

**PROCEEDINGS OF THE MISSION DIRECTOR,
NATIONAL HEALTH MISSION-TAMIL NADU, CHENNAI-6**

PRESENT: TMT. SHILPA PRABHAKAR SATISH, I.A.S.,

Proc. No.4026/P6/NHM/2017

Dated: 21.02.2024

Sub: NHM-TN – Implementation of Rashtriya Kishori Swasthya Karyakram (RKSK) – Provision of Comprehensive Adolescent Health Services – Fund release of **Rs.96,60,000 /-** for the FY 2023-24 for the period from **October 2023 to December 2023 (3rd Quarter)** - for Phase I & II Districts for Adolescent Health Day at VHSNC level under RKSK – Sanctioned - Orders issued – Reg.

- Ref:**
1. G.O. (Ms.) No.65, H&FW (EAP II-1) Dept., Dt.05.03.2015
 2. G.O. (Ms.) No.455, H&FW (EAP II-2) Dept., Dt.07.02.2017
 3. F. No.M-11016/12/2022-NHM-II, MoH&FW, Nirman Bhavan, New Delhi, dated: 18.04.2022 (RoP 2023-24) - FMR RCH-5.38-C (i)
 4. This office Proc. No.4026/P6/NHM/2017, dt.08.07.23

ORDER:

As per the references 1st and 2nd cited, RKSK programme has been implemented in the Phase-I and Phase-II Districts by duly following the GoI guidelines.

In the 1st and 2nd Phase RKSK have been rolled out in 30 HUDs (Phase I-14 + Phase II-16). In the reference 4th cited above, funds have already been released towards Adolescent Health Day (AHD) in the Phase I & II District to the concerned HUDs for the period from April 2023 to September 2023.

In RoP 2023-24 Government of India have approved a sum of Rs.395.32 lakh for organizing 39532 Adolescent Health Day at 9883 VHSNCs @ Rs.1000/AHD in 4 quarters.

After careful consideration, based on the report received from concerned districts, it has been observed that 9660 Village Health Nutrition and Sanitation Committees are functioning (Village Panchayat and Town Panchayat) in 30 RKSK HUDs.

Now, it has been decided to release the funds for the Adolescent Health Day activity conducted during for the FY 2023-24 for the period from October 2023 – December 2023 in the district from the funds allocated in RoP 2023-24 @ Rs.1,000/- per quarter per VHSNC as per the Annexure-I for 9660 VHSNCs.

Sanction is hereby accorded for a sum of **Rs.96,60,000/- (Rupees Ninety Six Lakh and Sixty Thousand only)** towards Adolescent Health Day (AHD) in the Phase I & II Districts to the concerned HUDs as per the Annexure-I.

The Financial Advisor and Chief Account Officer, NHM-TN, Chennai-06 is hereby authorized to draw a sum of **Rs.96,60,000 /- (Rupees Ninety Six Lakh and Sixty Thousand only)** and disburse it to the Deputy Director of Health Services through Single Nodal Account by fixing of **transfer limits**.

The DDHS are requested to utilise the Adolescent Health Day funds towards the conduction of Adolescent Health camp based on and funds released under Adolescent Health Day may be utilized for the procurement of consumables as per the guidelines enclosed in Annexure-3.

The DDHSs are requested to send U.C and S.O.E for the expenditure incurred so far without fail.

The expenditure is debitabale under "FMR (RCH-5.38-C (i) -2.3.1.5-A.4.2.2)-Organizing Adolescent Health Day - RoP 2023-24".

Encl: Annexure-1	-	Fund Release
Annexure-2	-	RKSK Guidelines
Annexure-3	-	Fund release Guidelines
Annexure-4	-	Reporting format

**Sd./Shilpa Prabhakar Satish,
Mission Director.**

To
The Financial Advisor and Chief Accounts Officer, NHM-TN, Chennai-06.

Copy to

1. The Director of Public Health & Preventive Medicine, Chennai-06.
2. The Joint Director, HEB Section, O/o DPH & PM
3. The concerned HUDs
4. The Budget / Cash Section, NHM-TN.
5. Stock file/ S/c.1

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Bkm 21/02/24
for Mission Director.

21/02/24

Annexure. I
RKSK - Fund Release 2023-24 (for 3rd quarter)
(Oct'23 to Dec'23) (RCH.5.38.3 (i))
Phase-I & II Conducting of Adolescent Health Day
(Pro. No.4026/P6/NHM/2017, dt.21.02.2024)

Sl. No.	Name of the HUD	No. of Blocks	VP VHNC	TP VHNC	Total No. of VHNC	AHD @Rs.1000/Quarte r/ VHSNC (No. of VHSNC * Rs.1000)
1	Ariyalur	6	201	7	208	208000
2	Chengalpattu	8	359	30	389	389000
3	Dharmapuri	8	251	43	294	294000
4	Dindigul	7	144	65	209	209000
5	Palani	7	162	50	212	212000
6	Kallakurichi	9	412	40	452	452000
7	Kancheepuram	5	274	43	317	317000
8	Karur	8	158	42	200	200000
9	Krishnagiri	10	333	6	339	339000
10	Madurai	13	420	27	447	447000
11	Namakkal	15	322	78	400	400000
12	Perambalur	4	121	14	135	135000
13	Aranthangi	6	238	11	249	249000
14	Pudukkottai	7	259	18	277	277000
15	Paramakudi	6	259	31	290	290000
16	Ramanathapuram	5	173	6	179	179000
17	Ranipet	7	288	33	321	321000
18	Tenkasi	10	204	94	298	298000
19	Thanjavur	14	589	21	610	610000
20	Cheyyar	8	426	6	432	432000
21	Tiruvannamalai	10	434	38	472	472000
22	Koilpatti	5	251	21	272	272000
23	Thoothukudi	7	164	58	222	222000
24	Tirunelveli	9	204	94	298	298000
25	Tirupathur	6	208	3	211	211000
26	Tiruchirapalli	14	404	75	479	479000
27	Vellore	7	247	16	263	263000
28	Villupuram	13	688	7	695	695000
29	Sivakasi	6	240	31	271	271000
30	Virudhunagar	5	210	9	219	219000
Total		245	8643	1017	9660	9660000

for Mission Director.

Per
21/2/24
21/02/24

ANNEXURE-2

RKSK Guidelines

Activities related to Peer Educator / Adolescent Link Volunteer:-

Peer education is an approach to health promotion, in which community members are supported to promote health-enhancing change among their peers. Peer education is the teaching or sharing of health information, values and behaviour in educating others who may share similar social backgrounds or life experiences. There are five ways that peer educators can create change. (RKSK Guidelines GoI)

The five roles are:

1. Friend 2. Educator 3. Activist 4. Role Model 5. Team Member

- ✓ Being a friend: It is in the role as a friend that we have the opportunity to impact a person positively. Always listen in a non-judgmental way.
- ✓ Being an educator: Teach people the latest health information. Teach friends on strategies to stay safe. Correct myths and misperceptions about student behaviour.
- ✓ Being an activist: An activist is someone who has learned the skills and knowledge to create change and is willing to speak out and become a leader. Thus, Peer educators can create positive change through leadership and can challenge unhealthy attitudes and behaviours
- ✓ Role Model: Lead lives that are healthy and safe
- ✓ Team Member-Support and encourage other team members, speak with care and concern if the other peer educator makes unhealthy choices.

In order to streamline the RKSK Programme and fix the responsibility to the field staff, it has been decided to implement the RKSK programme through Village Health Water Sanitation and Nutrition Committee (VHSNC).

1. The Role of Village Health, Water Sanitation and Nutrition Committee (VHSNC) are as follows:
 - All the VHSNC in the selected 30 HUDs are responsible for implementing the RKSK programme
 - The VHSNC would select the 4 Peer Educator / VHSNC.
 - Peer Educator / Adolescent link Volunteer would be selected in the age group of 14 to 19 years (9th standard to 12th Standard)

- Peer Educator / Adolescent link Volunteer totaling to 4 would be based on the availability at VHSNC area. 2 Boys and 2 Girls are preferable. Out of school going Girls or Boys if available in the VHSNC area may be included.
- In case of any drop out of Peer Educator / Adolescent link Volunteer, the existing Peer Educator / Adolescent link Volunteer who are going to get dropped out may point out the new Peer Educator / Adolescent link Volunteer in the VHSNC area / Community.
- Before drop out, the existing Peer Educator / Adolescent link Volunteer should train / orient the new Peer Educator / Adolescent link Volunteer on Adolescent health issues and also on RBSK services rendered subsequently to enable the continuity of the RBSK programme.
- The existing children beneficiary of SABLA / Kishor Shakthi Yojana of ICDS may be identified as Peer Educator / Adolescent link Volunteer
- As of now the above scheme (SABLA/ Kishor Shakthi Yojana) has been converted as Scheme for Adolescent Girls (SAG) at ICDS by MWCD where in the out of school going girls are provided with take home ration of nutrition mix powder (சத்துமாவ) @ 130 grams / day. Such girls are provided with Health and Nutrition counselling sessions by AWW. These girls may be identified as Peer Educator / Adolescent link Volunteer.
- Hence fixed number of 4 Peer Educator / Adolescent link Volunteer for every VHSNC should be ensured for the participation by the Village Health Nurse.
- The VHSNC committee members viz. VHN, ASHA, AWW, HI, SHG member and Panchayath representative if any should ensure the following

A. Adolescent Health Day

- Adolescent Health day is being organized in any one of village at the VHSNC area **(preferably AWC/ HSC, Panchayath office/ School) once every quarter** on a convenient day preferably on a Friday after 2 p.m. during 4th week at Anganwadi centre.
- During an Adolescent Health day- The following services may be provided such as Information on Nutrition, Mental Health, Substance abuse, Menstrual Hygiene Sanitary Napkins, IFA tablets intake to prevent Anaemia, Biannual Deworming with Albendazole, Contraceptives Services

- To ensure coverage of adolescents in both schools and out of school, two peer educators (i.e., one male and one female) should be selected to work with adolescents in school, and similarly, two peer educators will be selected to work with adolescents out of school.
- Each male and female peer educator will be expected to form a group of 15 members with boys and girls respectively from their community and conduct weekly one to two hours participatory sessions at the AWC (Preferably on Friday) to be clubbed with following field activities of AWC.
- The meeting to be supervised by the AWW/ VHN.
- Community Based Event of Anganwadi centre conducted during the first week Friday of every month.
- Village Health Nutrition day of Anganwadi centre during second week Friday of every month.
- Early Child hood Care Education day with Parents at Anganwadi centre during third week Friday of every month.
- Weight Monitoring day of Anganwadi centre during fourth week Friday of every month.
- Proper social distancing.
- **ASHA in the Tribal areas are to be provided Rs.250 / Adolescent Health Day every quarter to mobilise the Peer Educator in her areas in Tribal / Hard to reach areas , wherever applicable**

B. Adolescent Health Club

- Adolescent Health Club/ Sub centre: - One VHN may have two to three VHSNC in her area. Adolescent Health Club has to be formed with all Peer Educator of VHSNC and monthly meeting should be organized at sub-centre level under the overall guidance of VHN. These clubs will meet to discuss issues of Peer Educators.
- The VHN should ensure that the Peer Educator / Adolescent link Volunteer are also included during the VHSNC Monthly Meeting conducted with AWW, SHG, HI, Panchayath representative if any.
- The VHSNC to ensure the active participation of Peer Educator / Adolescent Link Volunteer during the Adolescent Health Day and review the activities performed by them.

- ANTARA / Chaaya, General health check-up, Importance of Body Mass Index, hypertension and diabetes, mental health etc.
- **The Block MO/PHC MO to ensure that the Adolescent Health Day is conducted with proper precautionary measures.**
- Adolescent Friendly Health Clinics (for counselling and clinical services) are functioning in all Block PHCs, Sub district Hospital and District Head Quarters Hospital in the 30 HUDs where RSKS is functioning. Referral of adolescent children with health issues and with mental illness to such clinics to be done.
- The RSKS mobile health team visit the VHSNC area AWC on the day of Adolescent health day conducted every quarter during the afternoon hours so as to provide clinical opinion / confirm the Adolescent with health issues and mental illness.
- Advance tour plan of RSKS to be verified by the BMO concerned and to instruct the RSKS MO to include the VHSNC area AWC/ School for screening of children with 4 Ds. The RSKS MMU visit have to be clubbed with Adolescent Health day which is to be organised at AWC / school at VHSNC area every quarter.
- ATP of Block Hospital on wheels may also cater to the needs of Adolescents if it visits such villages in the VHSNC area so as to address health issues and mental illness.
- Next Adolescent Health day to be conducted during the forthcoming quarter i.e. the date and venue should be displayed at AWC / School at VHSNC area.
- The quarterly Village level Adolescent Health Day expenditure to be met as detailed below:

1.	Consumables and Reagents for Cell counter/ Hematology Analyzer required for conduction of Adolescent Health Camp	:	Rs.700
2.	Banners / contingency / display of nutrition activities / for decoration to make the event Adolescent friendly	:	Rs.300
			----- Rs.1000 -----

- Note Detailed in Annexure -3

The BMO role under RKSK programme

The BMO to instruct the PHC MO to review the programme during the monthly review meeting of the PHC on the following:

- Performance of AFHC – No. of Adolescent attended / week
- Outreach sessions conducted by the Peer Educator at AWC every week on Fridays in coordination with other events
- Adolescent Health day as per VHSNC (Village Panchayath - VP & Town Panchayath - TP) in the block – planned vs conducted, and reasons for non-conduction if any
- Peer Educator/ Adolescent Health Volunteer sanctioned vs in position (sanctioned is as per the VHSNC (Village Panchayath - VP & Town Panchayath - TP). Drop out whether replaced by new Peer Educator / Adolescent Health Volunteer.
- Adolescent health club meeting conducted – No. of Clubs planned vs conducted (one club / month / HSC)
- The Counsellor at RTI STI clinic at Block level may be fixed with the responsibility of Monitoring and Implementation of programme at the field. The Counsellor should visit outreach sessions conducted every week (every Friday) at the AWC by the Peer Educator / Adolescent link Volunteer
- The BMO also should review the RKSK Programme as per the above agenda.

-:oOo:-

Review
21/02/24
for Mission Director.

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21/02/24

Annexure-3 – Guidelines for fund release

As per the Announcement No-55 of Hon'ble Health Minister for the year 2023-24 "Health & Awareness Camp for Adolescents " are being conducted through RBSK team in all Districts. In this regard in continuation to the guidelines issued by DPH and PM, the following may be ensured

1. Health check up has to be conducted in Camp mode in nearby schools / Anganwadi centre/ colleges/Community Hall coinciding with the Advance Tour Plan of RBSK.
2. At least one camp per month per Primary Health Centre (PHC) area has to be conducted.
3. The Lab Reagents and Consumables in Block Public Health Laboratory (BPHL) can be mobilized to schools / Anganwadi's towards screening of anaemia any 0-19 years Children as being done now for the Adolescent campaign for the year 2023-24.
4. The consumables and Reagents required for the cell counter/ Hematology Analyzer for Adolescent Health Campaign may be purchased with funds released for Conduction of Adolescent Health Day every quarter at Village Health Sanitation Committee.
5. Monthly reporting format for submission of Adolescent Health activities in the district may be provided as per the Annexure-4
6. The Report should be submitted before 5th of every month to NHM-TN and with a copy marked to DPH & PM.

Annexure
21/2/2024
for Mission Director.

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21/02/24

Annexure - 4
Reporting Format

Name of the District
Month -

Activities		During the month			Up to the Month		
		Target	Achieved/ Available	%	Target	Achieved/ available	%
1.	No. of Peer Educator <i>If Not applicable specify NA</i>						
2.	% of Peer Educator trained vs selected in RKSK <i>If Not applicable specify NA</i>						
3.	No. of Peer Educator provided with Peer Educator Kit /Training <i>If Not applicable specify NA</i>						
4.	% of HSC conducted Adolescent Health Club <i>If Not applicable specify NA</i>						
5.	% of VHSNC conducted Adolescent Health Day <i>If Not applicable specify NA</i>						
6.	% of AFHC clinic conducted in districts (Block PHC, SDH, DHQ, MCH) <i>If Not applicable specify NA</i>						
7.	Number of Adolescent availed services in AFHC						
8.	Adolescent Health Camp as per Announcement 55 in all Districts						
a.	No. of Adolescent Health Camp Conducted						
b.	No. of Adolescent attended						
c.	No. of Adolescent tested Hb with Cell Counter						

Signature of the DDHS

for Mission Director.

21/12/24