

The Strategies, Activities and the Sub-Activities for HPT

1. Develop HPT as a Central Health Resource Centre (CHRC)

Activity 1: To function as a central resource centre

Sub-activities:

- To be equipped with information on the various central, state and district health schemes / services available
- To be equipped with information on issues that have an impact on health such as - environmental issues like climate change, air, water and noise pollution, deforestation etc.
- To gather information systematically on the existing health services / facilities available within the Archdiocese of Bombay and prepare a resource directory
- To facilitate and provide information on the above to the centres working with HPT
- To publish a health bulletin every quarter to disseminate information on various health issues
- To be a repository for various human resources associated with health in the Archdiocese of Bombay

Activity 2: To recruit personnel

Sub-activities

- To appoint full time social workers to monitor and supervise the health programme of the HPT partners and also to gather information on various health issues
- To appoint part time health professionals to provide guidance, direction, training, encouragement and motivation to the HPT partners
- To encourage health volunteers to provide their services to HPT and its partners as and when required

Activity 3: To enhance the knowledge and skills of the CHRC personnel

Sub-activities

- To ensure that the health personnel are familiar with the Millennium Development Goals (MDGs) of the United Nations, the targets and the health indicators
- To ensure that the health personnel enhance their knowledge and skills of holistic health therapies such as ayurveda and acupressure, yoga and pranayama, unani, siddha, homeopathy, herbal medicines and naturopathy for both the preventive and curative aspects of health care

Activity 4: To coordinate the health activities of the Archdiocese

Sub-activities

- To ensure prompt and regular guidance to the zonal health resource centres (ZHRCs)
- To share and exchange knowledge and skills on health issues with all the stakeholders

Activity 5: To assist in the development of 3-4 herbal gardens in the Archdiocese

Sub-activities

- To assist the concerned centre to have a dialogue and seek an approval from the parish priest / sister superior for the land allocated and other infrastructure to be constructed in order to initiate herbal gardens on church / convent property
- To assist the concerned centre to conduct a feasibility study by an expert for each site chosen
- To assist the concerned centre to prepare a project proposal indicating the requirements and the estimated costs
- HPT personnel will develop guidelines for the centres regarding the initiation and sustainability of herbal gardens
- To conduct exposure visits for HPT partners to some herbal gardens to help them understand the importance of herbs for various health issues and their sustainability

2. Develop four Zonal Health Resource Centres (ZHRCs) – One each in the Zones of Mumbai, Thane, Raigad and Dharavi Island

Activity 1: To select and develop a zonal health resource centre in each zone

Sub-activities

- HPT health personnel to develop guidelines for centres to qualify as zonal health resource centres
- To provide these centres with the appropriate and necessary support

Activity 2: To equip the ZHRC personnel with knowledge and skills

Sub-activities

- To ensure that the health personnel are familiar with Millennium Development Goals of the United Nations, the targets and the health indicators
- To ensure that the health personnel enhance their knowledge and skills of holistic health therapies such as ayurveda and acupressure, yoga and pranayama, unani, siddha, homeopathy, herbal medicines and naturopathy for both the preventive and curative aspects of health care

Activity 3: To coordinate the health activities of the zone

Sub-activities

- To ensure prompt and regular guidance to the centres in the zone
- To share and exchange knowledge on various health issues with the centres in the zone
- To update CHRC on the recent developments on health issues at the various centres

3. Capacity Building

Activity 1: Trainings and exposure visits at the CHRC level

Sub-activities

- To train the health personnel and upgrade their knowledge and skills in holistic health therapies
- To conduct exposure visits to various health institutions to learn more about herbs and their uses and to replicate or adapt such models as required by the centres
- To conduct exposure visits to health institutions to learn more about various health training modules and to prepare HPTs own health training modules
- To conduct health trainings for the ZHRC personnel

Activity 2: Trainings and exposure visits at the ZHRC level

Sub-activities

- To train the health personnel and upgrade their knowledge and skills in holistic health therapies
- To conduct exposure visits to various health institutions to learn more about herbs and their uses and to replicate or adapt such models as required by the centres
- To conduct health trainings at the grassroots level for health workers

Activity 3: Trainings and exposure visits at the grassroots level - health workers

Sub-activities

- To train health workers to acquire new knowledge and skills in holistic health therapies
- To conduct exposure visits to learn more about herbs and their health benefits

4. Networking

Activity 1: Networking with the government

Sub-activities

- To build rapport with government health officials by inviting them to various programmes conducted by HPT or the centres

- CHRC health personnel to meet state, district and municipality health officials to brief them about HPTs health programme and get to know about various government health programmes and schemes
- CHRC health personnel to meet at least every quarter the state, district and municipality health officials to share the progress made by the HPT health programme and to seek support from them to ensure effective health administration at the partner level
- ZHRC health personnel to meet and have a dialogue with the public health officials in government hospitals and health posts to share their needs and grievances if any
- ZHRC health personnel to meet every quarter to share the progress made and to seek support from them to ensure effective health administration at the partner level
- ZHRC health personnel to meet and have a regular dialogue and follow-up with the officials concerned with the administration of the public distribution system (PDS) to ensure that the same functions effectively
- All other health centres to be in touch with the government multipurpose health workers and anganwadi workers at regular intervals to ensure that people receive health facilities

Activity 2: Networking with the non- governmental organizations (NGOs)

Sub-activities

- To build rapport with NGOs on issues pertaining to health
- To exchange knowledge and skills pertaining to health with each other

Activity 3: Networking with health institutions

Sub-activities

- To obtain details of the health institutions and their programmes
- To exchange learning's with one another

Activity 4: Networking with other resource centres

Sub-activities

- To obtain details of the other resource centres and their programmes
- To exchange learning's with one another

5. Advocacy

Activity 1: Advocacy at the State level

Sub-activities

- To lobby with other like minded organizations to influence state policy with regard to health issues

- To bring people to power through the exercise of ones franchise at the state level who will serve for the betterment of the downtrodden
- To use the Right to Information Act for learning about various health policies and to ensure effective implementation of the health programmes
- To call for dharnas if justified demands for changes in health policy are not met and which have a negative impact on people's health in the state
- To keep in touch with the media to highlight various health issues in the state

Activity 2: Advocacy at the District level

Sub-activities

- To lobby with other like minded organizations working in the districts to influence policy with regard to health issues
- To bring people in power through the exercise of ones franchise at the district level who will serve for the betterment of the downtrodden
- To use the Right to Information Act for learning about various health policies and to ensure effective implementation of the health programmes
- To call for dharnas if justified demands for changes in health policy are not met which have a negative impact on peoples health in the district

Activity 3: Advocacy at the Municipality level

Sub-activities

- To lobby with other like minded organizations working in the same municipal area to influence the policy with regard to health issues
- To bring people in power through the exercise of ones franchise at the municipal level who will serve for the betterment of the downtrodden
- To use the Right to Information Act for learning about various health policies and to ensure effective implementation of the health programmes
- To call for dharnas if justified demands for changes in health policy are not met which have a negative impact on health in the municipality area

Activity 4: Advocacy at the Ward/ village level

Sub-activities

- To lobby with other like minded organizations working in the same ward/ village to influence the policy with regard to health issues
- To use the Right to Information Act for learning about various health policies and to ensure effective implementation of the health programmes
- To call for dharnas if justified demands are not met which have a negative impact on To use the Right to Information Act for learning about various health policies and to ensure effective implementation of the health programmes health at the ward/ village level

6. Research and Development

Activity 1: At the CHRC level for enhancing the health programme

Sub-activities

- Research will be conducted at CHRC through the qualitative and quantitative information gathered as well as through case studies. The findings of the research will be shared with all the stakeholders
- To compile centre profiles
- To develop tools to monitor the progress of each centre

Activity 2: At the ZHRC level for enhancing the health programme

Sub-activities

- Research will be conducted at ZHRC through case studies and the findings will be shared with all the stakeholders
- ZHRC personnel will follow-up with the other centres to monitor their health programmes

Our Supporters

NGO's, Go's and like minded organizations those who have community health centres or are into health programmes.