



Nada India Foundation
Young India Network for Good Health

Reflections
Jan 2020 – Dec 2020



Our Innovation

First initiative with Healthy India Alliance in 2016 – 2017

Creating Risk Factor Peer Educators by Training Children and People Living With NCDs

ALLIANCE
Healthy India Alliance (HIA)

COUNTRY
India

DATE
April 2016 to March 2017



Awareness

This initiative involved numerous peer education among people living with NCDs. A peer education model was adopted for promoting NCD prevention and risk factor awareness among hard to reach via traditional methods.

CASE SUMMARY

This initiative encompassed a wide variety of activities to ensure young people, patients and caregivers are aware of their risk factors and are able to pass on this knowledge to other educators. Among other activities, it worked with peer educators (aged between 14 and 21) through training to promote NCD prevention and control.

The key target audiences included 56 oral



HEALTHY INDIA ALLIANCE
for prevention and control of NCDs

“

I want to help people. I want to help them change their behaviour.

18-year-old girl from an urban slum in south Delhi, a proud peer educator, explaining with tears in her eyes how she used to be a shy scarf-clad girl who could not even cross a road without holding her mother's hand.





About Nada India Foundation

1

MISSION

To foster a network of community based initiatives that will empower healthy choices amongst marginalized & vulnerable populations especially adolescents, women & senior citizens.

2

APPROACHES

Peer-based
People centered
Self help groups
Participatory

ADVOCACY

Barrier free services
Child rights & responsibilities
Use of interactive media
Gender sensitivity

3





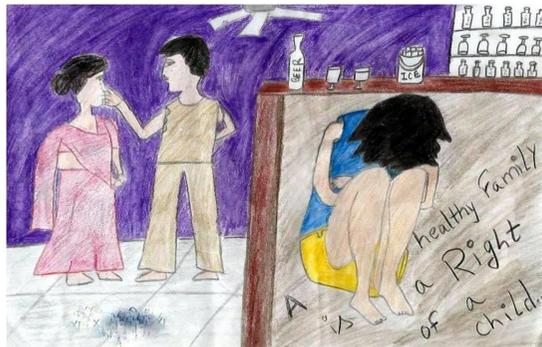
Our focus areas



Community Mobilisation



Holistic Healthcare



Life skills & Vocational education



Substance abuse



Our interventions in 2020

Through Young India Network for Good Health and My Community & I project our 2020 interventions were in 2 main projects:

1
My Healthy
Campus project

2
Meaningful
involvement of
PLWNCDS & NCD
caregivers

“ At NIF, we empower people, where people are at. ”





Young India Network For Good Health (YINGH)

OBJECTIVES	BENEFICIARIES	IMPACT
To empower & ensure entitlement of people affected and effected	Young people aged 16-30 years from schools & colleges	Capacity building & engagement
To assert the effected and affected right to health	PLWNCDS	Sensitization & meaningful involvement of adolescents/ youth/ women/ PLWNCDS
To promote & prevent NCDs & its risk factors	NCD caregivers	Capacity building workshops
Participate in early behavioural interventions		Growing of YINGH
Increase involvement of youth in health policy & advocacy		

#550

YINGH Peer Educators

#36

YINGH Peer Supporters

#5

YINGH Peer Leaders

#29

States Covered

#3

Institutions Covered

#29

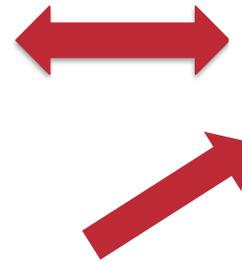
No. of training sessions





Meaningful involvement with PLWNCDS & NCD caregivers

Community Engagement & Care Model (CEC Model)



Bridging the Gap on NCDs



Our Advocacy

Self Advocacy

Digital Advocacy

Policy Advocacy

Health Advocacy

#NCDAF2017

“
For me advocacy is a journey from self-advocacy to community advocacy. It is about bringing up stories of people affected but hidden in the communities. It is about becoming the voice of people suffering in silence. It is also about shifting the focus to issues that really matter.”

Vindhya Vatsyayan, India
Volunteer, Nada India Foundation



اصدقاء مرضى السرطان
Friends Of Cancer Patients
نحن معكم We're With You

9-11 DECEMBER 2017
Sharjah, United Arab Emirates (UAE)





Narrative health: A workshop linking 'My community & I'



27-Feb

On the occasion of 'National Science Day'. Initiated by Nada India Foundation in collaboration with Kirori Mal College, Delhi for the students of Zoology.

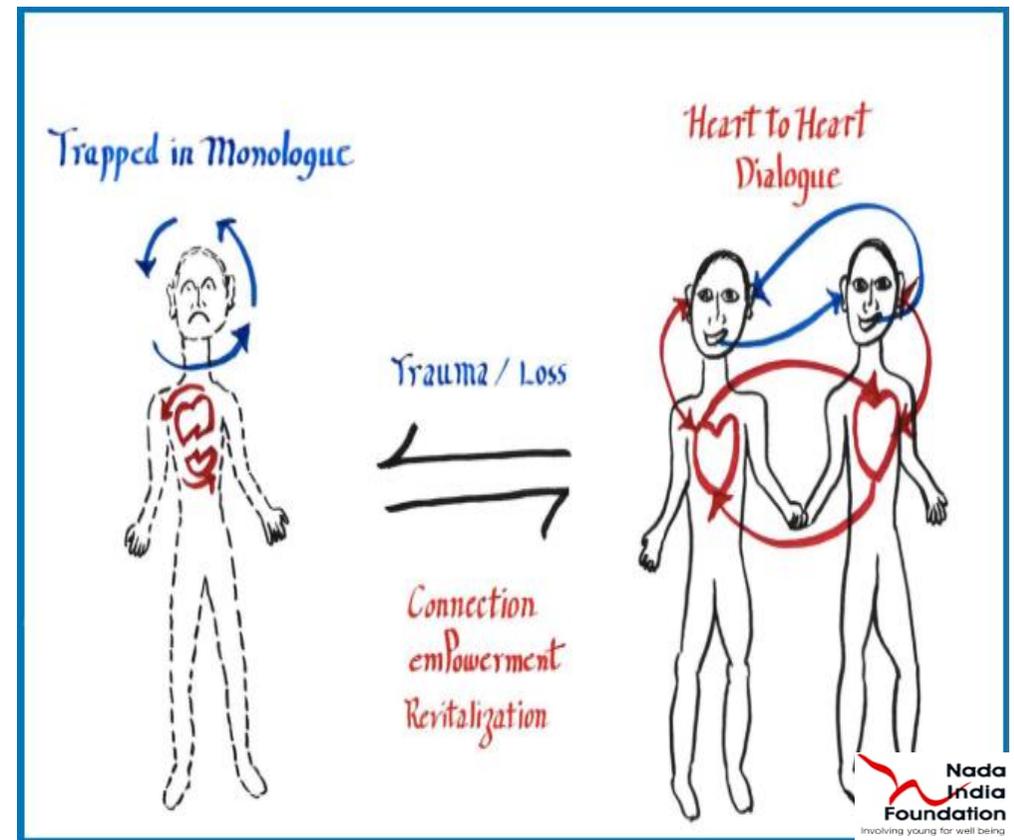


Training program on E-CPR, Mental Health and frontline health workers

- Covid-19 trauma, alcohol & non pharmacological interventions
- Impact of quarantine on mental health
- Ways to create safe space for good health: Emotional CPR, Criteria from DSM-5, Working from home health measure

27-April to 3-May

Initiated by Nada India Foundation,
Conducted by Mr. Suneel Vatsyayan





A campaign for 'World Day for safety and health at work place'



April, 28
World Day for
Safety and Health
at Work

28/04/2020
4PM

"Safety &
Health at Work
Can Save Lives"

Suneel Vatsyayan
Founder & Chairperson

Nada
India
Foundation



NAPSWI
National Association of Professional Software Engineers

"WORKING FROM HOME,
DURING THIS PANDEMIC,
I FEEL MY HEALTH HAS
IMPROVED. I'VE BEEN
EATING HOME-COOKED
FOOD IN A TIMELY MAN
NER AND MY CONSUMP
TION OF FAST FOOD HAS
DROPPED TO ALMOST
ZERO. IN THIS SENSE, I
BELIEVE, MY HOME IS A
HEALTHY WORKSPACE. "

28-April to 2-May

Initiated by Nada India
Foundation along with
Young India Network for Good
Health and NAPSWI





Key take away:

- Meaning of mentoring and role of mentors in creating a safe space for mentees to share their problems and seek support.
- Providing support through Emotional CPR
- Problems behind increasing usage of tobacco and how tobacco industry is using youth vulnerability to promote tobacco usage

Webinar on Mentoring: Mental Well-Being &

WEBINAR

AMITY INSTITUTE OF SOCIAL SCIENCES

Knowledge Partner
Nada India Foundation
Involving young for well being

**MENTORING:
MENTAL WELL-BEING
& TOBACCO USE**

THURSDAY, MAY 28, 2020 4PM-5PM


Suneel Vatsyayan
Chairperson
Nada India Foundation


Prashant R Chauhan
Moderator
Mentor Mentee Session

#TobaccoExposed


Nada India Foundation
Involving young for well being

28-May

Conducted by Mr. Suneel Vatsyayan, moderated by Mr. Prashant Chauhan at Amity Institute of Social Science





A webinar on Tobacco marketing & monitoring the tobacco industry



2-Oct

Presented by Dr. Mehak from Amity Institute of Social Science.

Initiated by Nada India Foundation





Grow, Nourish, Sustain Together.



- Be self-sufficient and grow what you eat
- Practice school/community gardening
- Garden based nutrition education
- Ways to reduce food shortage
- Building a healthy green campus
- Ways to nudge healthy eating habits among adolescents



16-Oct & 6-Nov

Initiated by Nada India
Foundation

Panelists: Dr. Atul & Dr. Vinay





Psycho-social determinants in our eating behaviour

- Polycystic Ovary Syndrome – PCODs
- Looking at psychological determinants of eating and beyond
- The impact of leading unconventional lifestyles on adolescent health

13-Nov

Panelists were Dr. Nancy from Central University of Jammu.

Initiated by Nada India Foundation interns

"Psychosocial determinants in our eating behaviour"

Online discussion with Dr. Nancy
Professor from Central University of Jammu

On 13th November, Friday at 11:30 AM

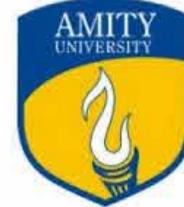
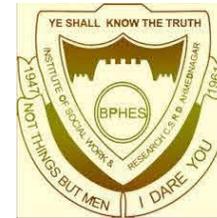
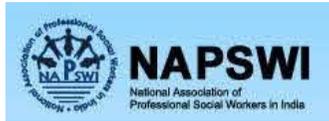
This discussion will focus on the various Psycho-social factors that influence eating behaviour & in return the ill effects of eating behaviour on health

Register before 12th November 11 PM

www.nadaindia.info nadaindia@gmail.com
<https://youthforwellbeing.org/> 9810594544 | 9677142472



Our Stakeholders & Collaborators





'Community Based Assessment Checklist'

An evidence based research initiated by
BSW & MSW students from
BR Ambedkar university & Central University of Jammu





Journey of students working in the domain of NCD's

- Objective: To identify people with high risk of NCD's and give suitable advice to people prone to NCD's.
- Methodology followed
 - Used CBAC Questionnaire to collect responses.
 - Responses collected by Google forms.
 - Method of random sampling followed
 - Identify people prone to high risk of NCD's
 - Spread awareness regarding NCD's
- Challenges faced
 - Network issues
 - Information Bias
 - First time researchers



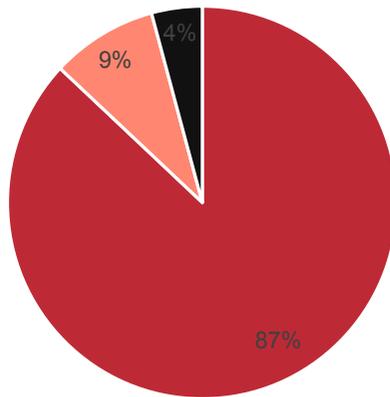
Description of the data

- ◆ The data was collected by-
 - ◆ DU students-203 responses
 - ◆ Jammu students-116 responses
- ◆ CBAC approved questionnaire-
 - ◆ Community based assessment checklist.
 - ◆ Detect the risk factor of NCD's
 - ◆ Questions based on ASHA workers manual.
- ◆ Qualitative based



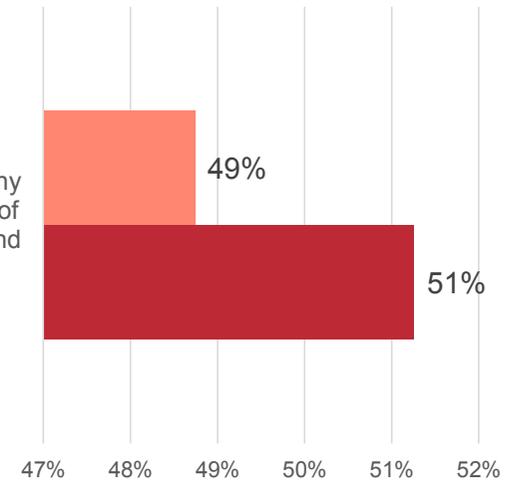
Findings- DU students

Do you smoke or consume smokeless products such as gutka or khaini ?



■ No ■ Sometimes ■ Yes

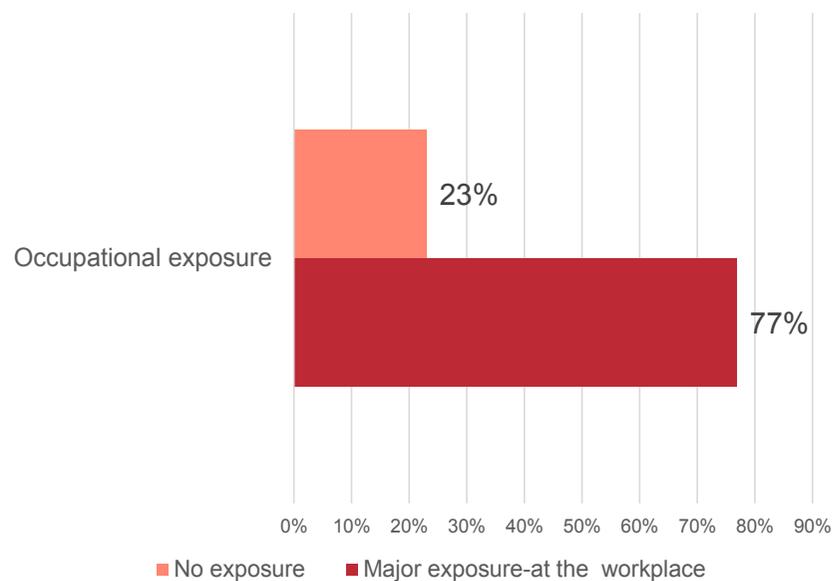
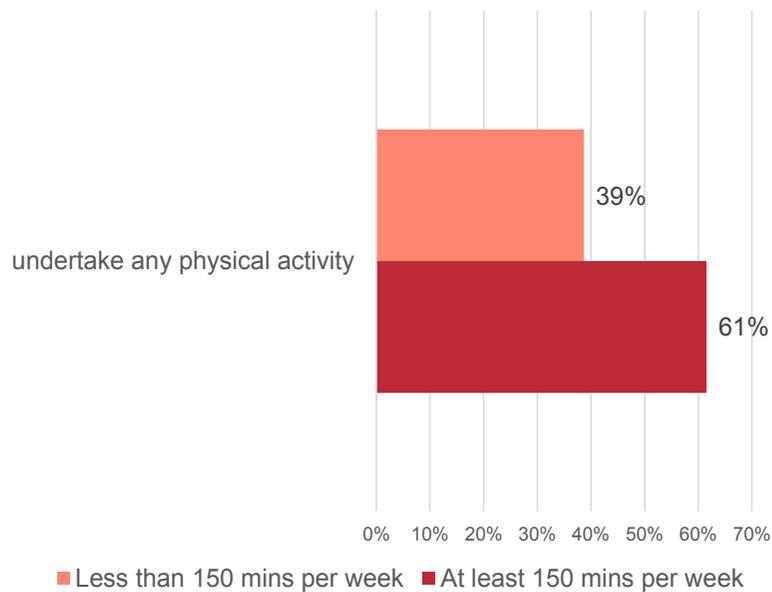
Do you have a family history (any one of your parents or siblings) of high blood pressure, diabetes and heart disease?



■ Yes ■ No



Findings- DU students





Findings- CBAC Questionnaire

Categorisation	Score	Respondents	Percentage
Healthy-low risk of NCD's	0—2	119	59%
Prone to NCD's	3—4	74	36%
High risk of NCD's	4 Above	10	5%

Mean estimation		Number of obs = 201		
	Mean	Std. Err.	[95% Conf. Interval]	
Score	2.119403	.1057	1.910974	2.327832
Alcoholhabit	.079602	.0191397	.0418605	.1173435
Smokinghabit	.199005	.0352813	.1294339	.2685761
Physicalactivity	.3930348	.0345368	.3249318	.4611379
FamilyhistoryNCDs	1.044776	.0706398	.9054818	1.18407





Evidence Based Research and Path further

- ◆ EBR- Information you use to make decisions about patient care is based on sound research.
- ◆ Area of interest of our researchers
 - ◆ Alcohol and drug use
 - ◆ Physical inactivity
 - ◆ Tobacco use
 - ◆ Unhealthy eating pattern(food)
 - ◆ Universal Health coverage
 - ◆ ASHA workers
- ◆ There is need to spread more awareness and conduct more surveys so the right population can be targeted for prevention of NCD's.

Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20

The screenshot displays a Zoom meeting interface with a grid of participants and a chat window on the right. The meeting is recorded, as indicated by the 'REC' button in the top left corner.

Participants:

- vinay kumar
- ReHeal 11:11
- Suresh Pathare
- Krishna Kumari
- thomas koshy
- kiran D pagare
- Tejaswini Wawge
- Pradeep Jare
- Nitisha Rao
- info
- Saloni Killedar
- Arjun Mishra
- Sanjai Bhatt
- Pranjal Kamble
- Nishita Agarwal
- Ajay Danna

Chat Window (Meeting details):

- You** 1:04 PM: Heart driven
- ReHeal 11:11** 1:05 PM: Yes agree
- Shahul Shinde** 1:05 PM: Thank you sir
- ReHeal 11:11** 1:09 PM: Yes
- Even himalya zandu failed
- Meenakshi D** 1:15 PM: Agree with Prof. Suresh...I also think Garden based nutrition effort taken by NADA is a good initiative to start at Primary schools...
- PHILIP JOSE** 1:15 PM: Children seek for taste more than health, so how can we convince them of the negative impacts of junk food and to try for organic food, what kind of voluntary activities can we undertake?
- You** 1:17 PM: Sharing of food
- Its an adult and young people partnership
- You** 1:18 PM: Bring the brightness in looks and smile

System Preferences



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20

LifeTime Achievement Award as a Good Health Ambassador



Participants in the video call:

- Nitisha Rao
- Krishna Kumari
- vinay kumar
- Suresh Pathare
- Pradeep Jare
- Sanjai Bhatt
- thomas koshy
- 2151 Greycy Prabhakar (Message: Thank You Sir 😊)
- Atul Pratap Singh
- Zehra Naqvi

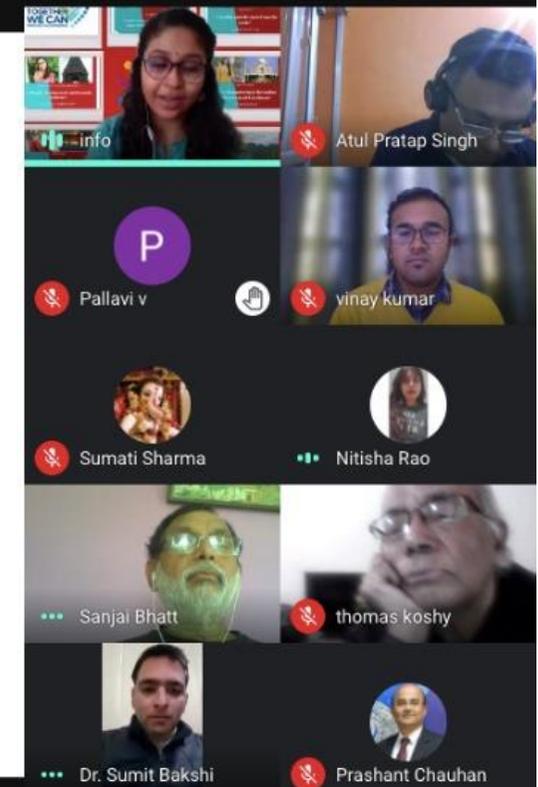


Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20



Amisha Choudhary has left the meeting



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20

REC info is presenting Mangal Bhoys and 116 more 131 12:18 PM

Meaningful involvement with PLWNCDS & NCD caregivers

Community Engagement & Care Model (CEC Model)

The diagram illustrates the CEC Model. On the left, a grid of six boxes shows various community engagement activities: 'IMAGINE & INITIATE', 'MY COMMUNITY AND I', 'GOOD HEALTH AMBASSADOR', 'YOUNG INDIA NETWORK', 'GOOD HEALTH CONCLAVE', and 'PATIENT CHAMPION'. Below this grid is a box labeled 'Role of ASHA'. A double-headed red arrow connects this grid to a central circular diagram. The central diagram is titled 'Bridging the Gap on NCDs' and features a central green circle with a white heart and a pulse line, labeled '3 GOOD HEALTH AND WELL-BEING'. Surrounding this central circle are four quadrants: 'LEADERSHIP' (top-left), 'INVESTMENT' (top-right), 'COMMUNITY ENGAGEMENT' (bottom-right), and 'ACCOUNTABILITY' (bottom-left). Each quadrant is accompanied by small icons representing the respective concept.

Ajay Dange has left the meeting

info Zehra Naqvi thomas koshy vinay kumar P Poonam Choudhary N Nishu Choudhary A Arjun Mishra Nitisha Rao Sarjai Bhatt MINCY LAKHMANI 2... Dr. Sazida Krishna Kumari



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20

The screenshot shows a Zoom meeting interface. At the top, it says "REC" and "info is presenting". The meeting title is "Newton Daimari and 116 more". The time is 12:19 PM. The main content is a presentation slide with a pink background. The slide features a quote from Vindhya Vatsyayan, an India volunteer at Nada India Foundation, about advocacy. The quote is: "For me advocacy is a journey from self-advocacy to community advocacy. It is about bringing up stories of people affected but hidden in the communities. It is about becoming the voice of people suffering in silence. It is also about shifting the focus to issues that really matter." The slide also includes the hashtag #NCDAF2017, the event name "2nd Global NCD Alliance Forum", and the dates "9-11 DECEMBER 2017" in Sharjah, UAE. On the left side of the slide, there are four categories of advocacy: "Our Advocacy", "Self Advocacy", "Digital Advocacy", and "Policy Advocacy". On the right side, there is a list of participants in a grid format, including names like Poonam Choudhary, Nishu Choudhary, Arjun Mishra, Nitisha Rao, Sanjai Bhatt, MINCY LAKHMANI 2..., Dr. Sazida, and Krishna Kumari. The Zoom interface also shows a "You" icon and a "131" participant count.



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20

REC info is presenting Deepika Choud... and 118 more 133 12:26 PM

Our Stakeholders & Collaborators

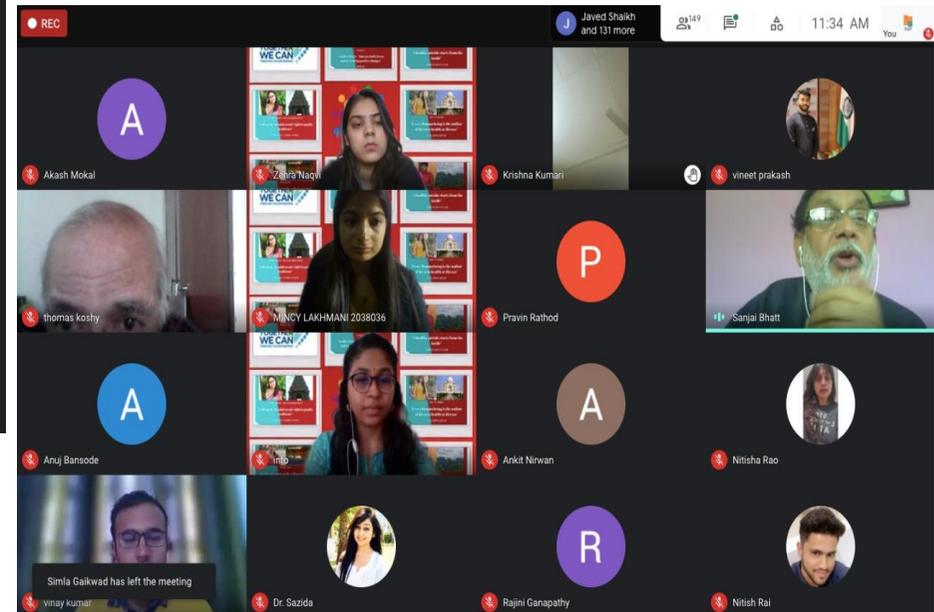
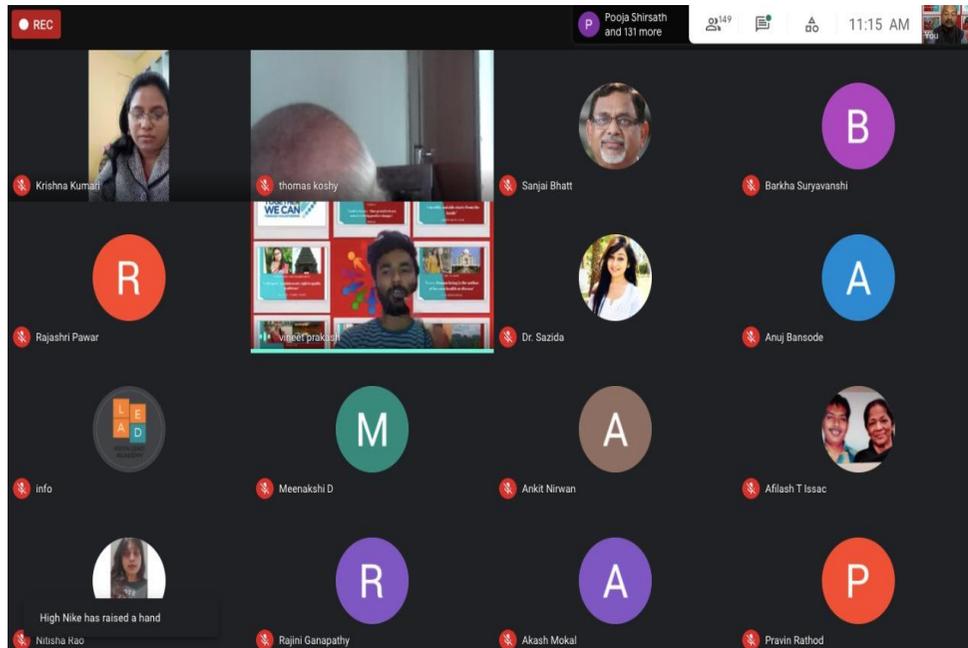
Shriya Kashyap has left the meeting

info Dr. Sazida thomas koshy vinay kumar Poonam Choudhary Nishu Choudhary Arjun Mishra Nitisha Rao Sanjai Bhatt MINCY LAKHMANI 2... Zehra Naqvi Krishna Kumari



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20



Snippets from National Youth Conclave 2020

Day 1: 05-Dec-20



Dietary risks are the number 1 risk factor and physical inactivity has been ranked at number 11 as a risk factor for the overall disease burden in India.



Cancer

Poor/unhealthy diet and physical inactivity are strong risk factors for cancers



Cardiovascular Diseases

Reduce sodium intake . Blood Pressure is a leading cause of the CVD burden



Diabetes & Obesity

Regulating diet and physical activity levels can reduce the risk of diabetes and obesity

Wellbeing is a way of life!

Promote Healthy Diet and Optimal Physical Activity

www.nadainida.info Mobile 9810594544



Visit us at:

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 @NadaIndiaFoundation

 @nada.india

Youth for well being: www.youthforwellbeing.org

 @YoungIndiaNetworkforGoodHealth

 @youthforwellbeing

Do you have any questions?

nadaindia@gmail.com | +91 9810594544





Thank you

