

ASHA FOUNDATION

This report is for the period April 2009 to March 2010. The following projects were continued during this financial year.

1. The AIDS Helpline and Telephone Counseling service.
2. Adolescent Sexual Health Education Project
3. The KNH-PMTCT Project.
4. The KNH-CAR Project
5. Research

1.The AIDS Helpline and Telephone Counseling Service:

The project has completed eleven years. Presently the components under this project are

- The AIDS helpline automated number 1097
- The manual counseling numbers 23543333 and 23542222
- Queries via email
- Awareness programs through I-volunteers

The AIDS helpline automated number 1097

The toll free HIV/AIDS help line number 1097 received a total of 1079 calls from April 2009 to March 2010. The number of calls have considerably decreased on 1097 in the past two years in spite of publicizing the help line number. 1097 had two lines. One of the lines 23542222 has been disconnected from 1097 and is now used as a second manual telephone counseling line..From the date of inception in 1998 this help line has received a total of 3, 88,254 calls.

Manual telephone counseling on 23543333 and 23542222 The number of calls has decreased but has shown a minimal increase in the present financial year. Since inception in the year 2000, the total number of calls that we have received is 11,800 calls.

Publicity efforts for the AIDS Helpline :

- ❖ Posters display-tribal villages in HD Kote, Construction site for BMRCL at Jalahalli, Shahi Garments Electronic City Unit , 4 IVRCL-BMRCL construction sites at various places in Bangalore
- ❖ Distribution of leaflets-Times of India newspaper in Koramangala (700), New Horizon College of Engineering(600)
- ❖ Newspaper Display- helpline numbers were displayed in Deccan Herald(24th June, 11th October), Sanjevani (13th & 18th July), Bangalore Mirror(2nd & 3rd September, 23rd October, 11th November)

- ❖ Display of stickers -Community Health Clinic linked with Crescent an NGO (20 stickers),New Horizon College of Engineering(300),beneficiaries of AF who are auto drivers(6),Nilgiris outlets(6), Bible Society(15),ASHA Conference(40)
- ❖ Pharmacies- Apollo Pharmacy outlets(51 stickers), Trust Medicals(2)
- ❖ Blood banks- (8 stickers)
- ❖ Medical representative of CIPLA- 25 posters & 8 stickers for another representative
- ❖ Radio stations-Radio Indigo announced the helpline numbers(Oct), Fever 104(9th-30th November)
- ❖ SMS drive- 1 lakh people(80:20 ratio)

E-mail queries - Since January 2008 we have started receiving queries online on our email ID. In the current year (April 2009 to March 2010) we have received 56 email queries. Most of the calls are related to persons with risk.

Training programs- conducted- Ms. Chitra conducted 5 sessions for students pursuing Masters in Social Work at Acharya Institute of Management Studies on the following days:

- ❖ 4th April-General information on HIV/AIDS and Pre –test counseling
- ❖ 11th April- Post- test counseling and Role of a Social Worker
- ❖ 5th December–Role of a Social Worker, Introduction to HIV/AIDS infection
- ❖ 12th December-Counseling skills, Values, attitudes of a counselor, culture and tradition
- ❖ 2nd January 2010- Post- test counseling

Training programs attended: The staff under this project attended a total of 5 training programs.

- ❖ Ms. Chitra attended a 3 day workshop on “Research Methodology for EGPAF PMTCT India consortium partners “at Hyderabad between 23rd Sep to 25th September 2009.
- ❖ The supportive staff attended training programs conducted by Lawyers Collective &Bangalore HIV/AIDS Forum on four occasions

I-volunteers program- The awareness programs conducted by volunteers from the I-volunteer group and ASHA Foundation staff during the year include :

1	11 April 2009	HIV/AIDS awareness for Tribal	Tribal Men & Women	Nisarga Foundation, H D Kote, Mysore	100
2	23 May 2009	HIV/AIDS awareness for Construction Workers	Men	Metro construction Site, Jalahalli, Bangalore	50
3	30 May 2009	HIV/AIDS awareness for Garment Workers	Women & Men	Shahi Garments, Kudlu Village, Bangalore	150
4	Jul 2009	HIV/AIDS awareness for Police Constables	Men	Police Academy, Yalahanka, Bangalore	250

5	Sep 2009	HIV/AIDS awareness for SHG	Women	Krupalaya, Marathahalli, Bangalore	100
6	30 January 2010	AIDS Awareness for Police Academy - Yelahanka Gallery	Security Cadets for BMTC	Armed Police Forces Academy, Yelahanka	200
7	06 March 2010	HIV/AIDS Awareness for Metro construction workers -IVRCL	Constuction workers	IVRCL, Byappanahally	70
8	13 March 2010	HIV/AIDS Awareness for Metro construction workers - IVRCL	Constuction workers	IVRCL, Marathally	40
9	20 March 2010	HIV/AIDS Awareness for Metro construction workers - IVRCL	Constuction workers	IVRCL, Isolation Hospital	40
10	27 March 2010	HIV/AIDS Awareness for Metro construction workers - IVRCL	Constuction workers	IVRCL, CMH Road	60

2. Adolescent Health Education: The Adolescent Health Education program of ASHA Foundation started in the year 2000.

A total of 36 teachers training workshops have been conducted so far and 1934 teachers have been trained so far.

	Up to 2008	2008 - 2009	2009 - 2010	Total
Workshops	31 Workshops	3 workshops	2 Workshops	36
Teachers	1765	117	52	1934
Schools		30 schools in Pune & 22 schools in Bangalore.	15 Schools in Pune, 8 schools in Mumbai, 20 in Visakhapatnam, 45 in Bangalore.	53 New Schools. 65 Old Schools
Students	About 50,000 completed in	4547 students in Pune.	8913 students in Visakhapatnam	Project Life reports 10,000

	Karnataka. 30,000 were doing the program	993 students in Mumbai	7147 Students in Pune.	students in Bangalore. Exact figures are not available for the rest. 7147 in Pune & Mumbai. 8913 in Visakhapatnam. Total 26,060 students
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A. Two teachers training workshops were held during the year. The details are as follows:

1. 16th – 18th April 2009. Teachers’ Training Workshop. Mumbai Participants 20
2. 26th -28th June 2009 - 3rd Teachers Training workshop – Pune -Participants 32

B. Alumni Meeting :One Alumni meeting was held on the 31st of January 2009 at Pune . 14 schools of the 30 schools/NGOs were represented and 25 participants attended the meeting. A good feedback in terms of implementation was received.

C. Follow up :The outstanding feature of the follow up in Pune continues to be that all the schools that attended the workshop have implemented the program. About 2,600 new students joined the program. The parent and student manual was provided to all these new students. Follow up in Karnataka and Vishakhapatnam took place as and when time permitted through correspondence and telephone calls. Project Life volunteers in Bangalore are following up the 40 Catholic Schools in Bangalore. They are reaching out to 10,000 students in these schools.

Trainings attended:

A two day workshop on Circle Time was conducted from 4th to 5th June 2009 for 9 members from ASHA Foundation who are involved in the technical aspect of the curriculum development project. This workshop which was conducted by Mrs. Maya Menon of Teacher Foundation.

Trainings/Meetings conducted : Orientation Program by ASHA Staff -5

- 10th July 2009 “Teachers’ Orientation”, seminar for teachers at St. Joseph’s High School, Bangalore, who are implementing the new curriculum.

- 6th August 2009 ‘Parents’ Orientation”, seminar for parents of students in class 8 at St. Francis Xavier School. Bangalore. This was done for implementing the new curriculum at the school.
- 12th July ’09 “Volunteers’ Orientation “, at the Fishermen’s Trust, an NGO working with Adolescents. This orientation was for the Life at the CrossRoads program.
- 23rd Oct ’09 “Youth Seminar; Understanding Human Sexuality”, organized by the Ecumenical center at Whitefield. Bangalore
- 30th Dec ’09 Seminar paper on HIV /AIDS in India & the Church’s Response. URBANA. St. Louis USA

D. Writing of Resource Manual

- Writing of Resource Material for Prevention Education in Schools. The curriculum consists of 5 Units. The first draft is ready for most of the lessons. Work is on to complete the lessons and improve those that have been written. The resource material is meant for teachers, for Students, for Parents.
- Field testing of Material in two schools. Two schools, St. Joseph’s Boys’ High School, St. Francis Xavier Girls’ High School have started use of the material. Feedback received from the parents, teachers and students has been rewarding. Both the schools have continued with testing of the second Unit.

3.Care and support services:

The KNH-CAR project supports the counseling, medical, nutritional and educational needs for children infected and affected by HIV/AIDS and their parents :

The following activities were undertaken:

To improve the educational status of children infected and affected by HIV/AIDS

As the part of the educational support, during the period, 123 children were supported for their education.

ELC (Early Learning Centre) Lkg & Ukg	16 (4 boys & 12 girls)
PE (Primary Education) 1 st std to 7 th Std	62 (35 boys & 27 girls)
SE (Secondary Education) 8 th std to 10 th std	39 (16 boys & 23 girls)
HE (Higher Education) 1 st PUC to Degree	4 (1 boy & 3 girls)
IC (Intellectually Challenged)	2 (1boy & 1 girl)

To improve the health status of the children infected and affected by HIV/AIDS and their families:-

HIV Testing

During the period, 212 persons have been counseled. Totally 157 HIV tests have been done including 13 children. Out of this 31 have been reported positive- 18 adult males, 09 adult females, 02 male children and 02 female children.

Medical Clinic

Children:-

ASHA Foundation conducts a HIV/AIDS clinic thrice a week on Monday, Wednesday & Friday afternoon from 1.30pm to 5.00pm. There were 148 days clinic days during this period. The medical team consists of 2 Physician, Pediatrician, nurse, project co ordinator and two Social worker. Free medical care is provided for all the HIV Positive patients and all children infected by HIV/AIDS. The services include routine medical care, treatment for opportunistic infections & TB treatment and provision of HAART.

Under the project a total of 22 children are receiving ART treatment and 27 children are under observation, and these children have increased their life span and their CD4 count has increased. 03 children has been started on HAART during the period. Totally there were 379 children visits to the clinic and 60 CD4 counts were done during the year. And Also, 47 children received support for various investigations like CBC, Hemoglobin ,Differential Count, ELISA, Blood Picture ,S.Creatinine & Culture & sensitivity tests. 04 children had been hospitalized during the period and 02 children were referred to Government ART centers.

Fifty three children received nutritional support during the period .

Adults

Totally 115 adult patients are on HAART and 253 patients are under observation during the period. Totally there were 1503 clinic visits. 49 patients had CD4 test and 22 patients had been started on HAART during the reported period. 20 patients had been referred for HAART to the various Government Hospitals. 30 patients received treatment for TB. 583 patients received routine medical care 103 patients had undergone other investigations. Fifty six new HIV positive patients have been registered during the period.

To improve the Socio economic status of the children and their parents infected or affected by HIV/AIDS

Four Self help Groups (80 members) have been formed under the guidance of ASHA Foundation with 20 members in each group. Regular meetings are being held every month and minutes are maintained. The four groups are Shrishthi, Trupti, Preethi and Prakruthi. In addition to that totally 8 of the beneficiaries have taken loans from the SHG. Totally 21 beneficiaries have utilized the loan facilities so far and 07 were repaid the loan amount completely. They have been part of the group for last four years. They meet on 3rd Sunday on every month.

Forty HIV positive families with children were supported with dry rations on a monthly basis. The dry rations consists of 6 kg rice, 1 kg wheat, ½ kg green gram, 1 kg oil, and ½ kg dhal.

ASHA Foundation has supported 27 individual ventures loans for 27 individuals under KNH Project. During the last financial year the following persons were given loans:

Sl.No.	Name	Amount	Purpose
1.	Person-1 (Female)	Rs.10,000	To purchase items for the fancy shop
2.	Person-2(Female)	Rs.7000/-	For saree business
3.	Person-3(Male)	Rs.30,000/-	To buy Auto for own use
4.	Person-4(Male)	Rs.30,000/-	To buy Auto for own use

For legal Aid support one case has been referred to the lawyers Collective and all the meetings of the **BHAF** which held on every third Friday have been attended by the staff and the information has been shared to the beneficiaries during the SHG meetings.

Annual Sports Day:-

On 26th of January Annual sports day was conducted for the children at Anand nagar ground and several games like Lemon & spoon race, Running Race ,Passing the Ball, Eating the Bun & Relay race were etc. Totally 102 children and 67 adults participated in the sports day. All children received gifts.

4.The KNH-PMTCT Project: : The KNH-PMTCT Project was started in January 2007 and is funded through Kindernothilfe, a funding agency based in Germany and the funds come through its partner organization, Christian Council for Child and Youth Care (CCCYC). ASHA Foundation has initiated Prevention of Mother To Child Transmission of HIV services in 23 mission hospitals in Kerala, Tamil Nadu, Andhra Pradesh and Karnataka. The partner hospitals are :

1. Bethesda Leprosy Hospital, Narasapur-AP
2. CSI Campbell Hospital, Jammalamadagu-AP
3. Womens Hospital Ambajipeta-AP
4. St.Joseph's Hospital- Guntur-AP
5. Christa Mitra Ashram Hospital, Ankola-Kar
6. Hope Medical center-Kolar-Kar
7. ETCM Hospital, Kolar-Kar
8. Lombard Memorial Hospital, Udupi-Kar
9. Seventh Day Adventist Hospital, Bangalore-Kar
10. Bangalore Baptist Hospital, Bangalore-Kar
11. CSI Mission Hospital, Bangalore-Kar
12. Snehalaya Hospital, Solur-Kar
13. CSI Mission Hospital, Codacal-Kerala
14. Rural Health Training Centre, Kazhakuttom-Kerala
15. Somervell Memorial CSI Hospital, Karakonam-Kerala
16. LMS brigade Hospital-Kollam-Kerala
17. Seventh Day Adventist Hospital, Ottapallam-Kerala
18. Bethesda Hospital, Ambur-TN
19. Bishop Walsh Memorial Hospital, Coimbatore-TN
20. Christian Fellowship Hospital, Oddanchatram-TN
21. CSI Hospital, Kancheepuram-TN
22. Gnananadurai Hospital, Sivakasi-TN
23. Salvation Army Catherine Booth Hospital,Nagercoil-TN

The table belows gives details of the project under KNH for the last year and the last column gives details on the work of ASHA Foundation in PMTCT since the year 2003.

Item	EGPAF Jan '03 – Mar '09	KNH PMTCT Apr '09 – Mar '10	ASHA PMTCT Cumulative Jan '03 – Mar '10
Total no. of deliveries	23,482	19,653	67,466
Total no. of ANC women	19,373	16,221	57,355
Total no. of women counseled	25,537	18,943	71,944
Total no. of women tested	24,986	19,024	69,918
Total no. of antenatal women identified HIV positive	157	109	431
No. of liveborns	129	(3 twins) 79	(4 twins) 329
Eligible women treated	120	75	304
No. of babies treated	124	74	315
PCRs or ELISAs done	89	60	232
Positive PCR	3	1	5
Negative PCR/ELISA	86	59	227
Transmission rate	3.4%	1.7%	2.2%
% of reduction in transmission from 30%	89%	94.5%	93%

The record of training conducted from Apr'09 to Mar'10 by ASHA Staff is as follows:

1.	No. of counselors trained in HIV/AIDS and PMTCT in Nov 09	7
2.	No. of doctors sensitized	5
3.	No of. nurses sensitized	11
4.	No. of nursing students sensitized	29
5.	No. of paramedics sensitized	13
6.	No. of attenders, and ward aides sensitized.	4
7.	Others	6
	TOTAL	69

The record of training conducted from Apr'09 to Mar'10 by counsellors who were trained by ASHA is as follows:

1.	No. of nurses sensitized	367
2.	No. of nursing students sensitized	513
3.	No. of paramedics sensitized	88
4.	No. of attenders and ward aides sensitized.	154
5.	No. in community & others	420
	TOTAL	1542

Training Attended:

Mrs. Philimol Philip and Mrs. Chitra Kanth attended a workshop on “Research Methodology” in Hyderabad organized by SAATHI from 23rd to 25th September 2009.

Dr. Glory Alexander, Dr. Eileen and Mrs. Philimol attended the Elizabeth Glaser Pediatric AIDS Foundation Consortium meeting at Hotel Capitol, Bangalore, on 23rd November 2009. The latest achievements and future plans of partners in PMTCT were discussed at this meeting.

Trainings conducted:

Three counsellors from Andhra Pradesh from CSI Campbell and Bethesda Leprosy Hospital came to ASHA office in June for 2 days to review financial reporting and counselling on infant feeding choices.

One workshop was held during this year from 2nd to 11th November 2009, for seven counsellors from Christa Mithra Ashram Hospital, Ankola; CSI Hospital, Codacal; LMS Boys’ Brigade Hospital, Kundara; ETCM, Kolar; and Hope Hospital, Kolar.

Site Visits:

1. Snehalaya Hospital, Solur – to re-establish contact, to discuss latest developments; replenish drug supplies and IEC material.
2. CSI Campbell Hospital – to follow up the trained counsellor’s work and assess needs.
3. Seventh Day Adventist Hospital, Bangalore – to clarify financial reports and meet the counsellor.
4. CSI Hospital, Kanchipuram to clarify financial reports and meet the counsellor and administrative staff.
5. CSI Hospital, Codacal to meet new administrative staff and clarify financial reports. A session on “Universal Precautions in Various Departments of the Hospital” was taken for 23 staff members.
6. Bishop Walsh Memorial Hospital, Thadagam to clarify financial reports and meet the staff. An update session on “Management of the HIV+ Mother in Labour” was taken for 43 staff members.
7. Gnanadurai Hospital to clarify monthly reports and meet the counsellor, doctors and other staff.
8. St. Joseph’s General Hospital to evaluate the program and address any problems the counsellor has in her new responsibilities.
9. Salvation Army Evangeline Booth Hospital, on 25th November 2009 to evaluate the program. After the evaluation the inadequacies of the program were discussed with the counsellor and administrative staff. In view of
 - a. the absence of the gynaecologist, and unavailability of any other part-time doctor to attend to caesarean sections, and

- b. the poor handling of HIV+ women who accessed their services, the project was closed in this hospital as of 25th November 2009.
- 10. Bethesda Leprosy Hospital to meet the new doctor and evaluate the program. The counsellor also enumerated her difficulties in counselling. Documentation was explained in more detail to her.
- 11. Women's Hospital to evaluate the work of the counsellors.
- 12. Ellen Thoburn Cowen Memorial Hospital, Kolar, for followup and evaluation of the project.
- 13. Hope Hospital, Kolar, for evaluation of the project and inspection of the new hospital building.

The new developments under the project are that new guidelines for PMTCT have been developed both by WHO and NACO . This entails more extended treatment for the mother, and follow up of the newborn for longer periods of time.

Dr. Glory Alexander was a member of the National expert committee that formulated the new guidelines by NACO.

5.Research : ASHA Foundation was accorded recognition as a Scientific and Industrial Research Organisation by the Department of Scientific and Industrial Research , Government of India in April 2009 for a period of two years.

In January 2010, a research consultant joined ASHA Foundation on a part-time basis and this has helped considerably in our research work.

The Research Advisory Board met this year.

So far, five papers and one booklet have been published. The booklet is on the experience of ASHA Foundation in Adolescent Health Education.

Three papers have been submitted for publication- from telephone counseling, PMTCT and AHE.

Currently ASHA staff are working on six projects for which data collection is going on after RAB approval.

The research proposal sent to ICMR is still under progress and discussion is still going on with regard to the project on immune discordance.

Both Dr.Glory and Dr.Eileen were requested to peer review articles submitted to journals for publication.

6. Miscellaneous ,CAF India and KC projects.

CAF India : CAF India supports us under their GAYE program and this money is used for the investigations for poor PLHIV.

The Chivukula funds continues to support poor adult patients on HAART.

The Overseas Womens' Club has supported ASHA Foundation over the years for needs that are not supported under project costs. This year they supported the cost of an UPS for the clinic.

We thank the Board members, the volunteers and all our friends and well wishers for their support.