

## **RKSK - Rastriya Kishor Swasthya Karyakram**

### **Note and Justification for PIP proposals for the year 2022-24**

- RKSK program Launched in 7 January 2014, in New Delhi by Govt. of India

**Vision:** Adolescents (10- 19 yrs ) constitutes 21% in India are able to realize their full potential by making informed and responsible decision related to their health and well-being

#### **Strategies:**

##### **Community based interventions**

- Peer Education (PE)
- AHDs
- Weekly Iron Folic acid Supplementation Program (WIFS)
- Menstrual Hygiene Scheme

##### **Facility based interventions**

- Strengthening of AFHC
- Convergence with RBSK, NTCP, NMHP, NCDs
- With other dept: ICDS, Education & other line depts

##### **School based interventions**

- School Health & Wellness Program (SHWP)
- All schools identified two teachers as School Health & Wellness ambassadors
- All the ambassadors are trained in School Health & Wellness program
- In all Schools allotted one period in the time table for SHWP.

<b>Sl. No.</b>	<b>Services provided</b>	<b>Stage</b>
1	Adolescent Friendly Health Clinics	Provided
2	Organizing Adolescent Health & Wellness Days	Provided
3	Organizing Adolescent Friendly Club meetings at sub center level	Provided
4	Weekly Iron Folic Acid Supplementation & Hb testing consumables	Provided
5	Distribution of Sanitary Napkins under MHS to all School going Girl children	Provided
6	Incentives to Peer Educators to conduct PE sessions	Provided

7	Bi annual De- worming with Albendazole tablets	Provided
8	AFHS Training of ANM/LHV/MPW	Provided
9	Training of Peer educators at District Level	Provided
10	Training of Peer educators at Mandal Level	Provided
11	Monitoring of School Health & Wellness Programme	Provided
12	Establishment of M-(Model) AFHC at Medical Colleges /District Hospitals to improve the services to adolescent	New Activity proposed for the year 2022-24
13	School Health & Wellness program (For Monitoring)	New Activity proposed for the year 2022-24

### 1) Adolescent Friendly Health Clinics

It is a facility based intervention

#### Services provided in AFHC:

Clinical & Counseling services on every Friday & Saturday

To treat the minor ailments & also counseling, create awareness to all health related issues.

Training of ANM/LHV/MPW on AFHS to improve the services to adolescents, to improve the referrals to AFHCs, to implement the WIFS program and distribution of Sanitary Napkins

- **Total established clinics 1958 (PHCs 1149, UPHCs 560, CHC 195, AH 28, DH 14 and Teaching hospitals 12) @ Rs.1000 per Clinic per year i.e., 1958\*1000=1958000/-**
- **Total budget of Rs 2500000/- proposed for training of 25 batches of ANMs on AFHS @ Rs 100000 per batch for 5 days for the year 2023-24**

### 2) Organizing Adolescent Health & Wellness Days

Preventive and promotive interventions for adolescent and to increase awareness among adolescents, parents, family and stakeholders, operation of AHDs on every Saturday at subcentre level

**Total established AHWDs 10032 in 13 districts @ Rs. 1000/-) for 12 months i.e., 120384000/-**

### 3) Organizing Adolescent Friendly Club meetings at sub center level

AFCs Organized once in a month at subcentre level, to clarify the issues which they have encountered during their PE session

- **Total Organizing Adolescent Friendly Club meetings 10032 in 13 districts @ Rs. 500/-) for 12 months i.e., 60192000/-**

#### **4) Weekly Iron Folic Acid Supplementation**

To reduce the prevalence of anemia among adolescent Boys & Girls (10-19 years)

Will be provide IFA blue sugar coated large tablets to all school going and out of school going Girl children.

To avoid future complications during pregnancy and reduce the Maternal Mortality Rate (MMR)

- **Total budget of 536.79 Cr proposed for procurement of 255612500 IFA blue large tablets to supplement 4412717 school going children and 56043 out of school girls beneficiaries**
- **Hb testing consumables (Strips/consumable for Bi-annual testing of 15028274 children and adolescent 10-19 yrs i.e.,  $15028274 \times 13 = 390735124$ ).**

#### **5) Distribution of Sanitary Napkins under MHS to all School going Girl children**

Promotion of Menstrual Hygiene among Adolescent girls (10-19 Yrs)

##### **Objectives**

- ❖ To increase awareness on MHS
  - ❖ To increase access and use of high quality Sanitary Napkins
  - ❖ To ensure safe disposal of napkins in an environmentally friendly manner
  - ❖ To maintain hygiene and also prevent infections
- **Total budget of 1996.19 Cr proposed for procurement of Sanitary Napkins to 1250748 School going girl children of 7<sup>th</sup> to 12<sup>th</sup> class @ 10 Napkins per month for a period of 12months**

#### **6) Bi annual De- worming with Albendazole tablets**

De-Worming day is conducted Bi-annually among children to prevent worm infestation by which the children mentally, physically wellbeing and also prevent anemia

- **Total budget of 325.44 Cr proposed for procurement of 20467681 Albendazole tablets to cover total children of 9303493 for two rounds in 13 districts**

#### **7) Peer Educators**

The adolescent (10-19 Yrs) in the community are given awareness through Peer educators. They cover all 6 themes of RKSK, under this program 4 PEs (Two Boys & Two Girls) are selected per 1000 population. ASHA will be paid for selection of PEs. Non financial incentive is given to PEs to conduct PE sessions in the community

For selected PEs training will be given at district level (ToTs) and Mandal level

- Total budget of 312.59 Cr proposed for non financial incentive for 69464 PEs @ Rs 50/- per month for 9 months
- Total budget of 69.46 Cr proposed for ASHA incentive for support to PEs
- Total budget of 2.60 Cr proposed to conduct ToT training for PEs, 26 batches for 5 days at district level @ 10000 per batch with 30 participants per batch
- Total budget of 108.55 Cr proposed for training of PEs with 2171 batches for 6 days @ Rs 5000/- per batch with 40 participants (32 PEs + 8 ASHAs Per batch)

## 8) IEC & Printing

- Total budget of 347.32 Cr for PE kit @ Rs 400/- per kit and Rs 100/- per PE diary for 69464 Peer Educators in 13 districts
- Total budget of 3.92 Cr proposed for Printing of Client registers, Reporting formats and AFHC cards for 1958 AFHC clinics in 13 districts @ Rs 200 per clinic
- Total budget of 364.24 Cr proposed for IEC material for conducting Menstrual Hygiene Scheme (Posters & Leaflets) @ Rs 100000 per districts

## 9) Establishment of M-(Model) AFHC at Medical Colleges /District Hospitals to improve the services to adolescent

For monitoring of AFHS activities

- New activity proposed for establishment of Model Adolescent Friendly Health Clinics at District head quarters of all 13 districts @ Rs 120000 pr M-AFHC i.e.,  $120000 \times 13 = 1560000/-$

## 10) School Health & Wellness program

- ❖ For effective implementation of SHWP two Health Wellness ambassadors from each school are trained with modules.
- ❖ Incorporation of modules in the curriculum and one period is allotted for module reading every week
- ❖ Two question form the module shall be given in all class tests (FA & SA)
- ❖ The SHWP will be monitored by an internal team division wise two schools per week.
- Total budget of Rs 2600000/- proposed for monitoring of SHWP @ 200000 per district per 13 districts.

Name of the Division : RCH  
Name of the Programme : RKSK  
Name of the FMR Code :  
Name of the Scheme/Activity :

S. No	Detailed Head	ROP Approval 2021-22	Amount Proposed for 2022-23	Amount Proposed for 2023-24	Cost Breakup
1	DBT				
2	Infrastructure - Civil works (I&C)				
3	Equipment (Including Furniture, Excluding Computers)	116.34			
4	Drugs and supplies	6884.82	6765.77	6765.77	<p><b>2022-23</b></p> <p>Ongoing activity- Under NDD program- proposed for procurement of 20467685 Albendazole Tablets (with 10% buffer) @ Rs.1.59 per tablet for two rounds in 13 districts. Total Children 93,03,493*2(rounds) =1,86,06,986 + 1860699 (10% Buffer)=2,04,67,685*1.59= 3,25,43,619/-</p> <p>Ongoing activity-Under WIFS Program - Proposed for procurement of 255612500 IFA Blue Large tablets (10% buffer added) @ Rs.0.21 per tablet to supplement 44,12,717 school going children and 56043 out of school girl beneficiaries (10-19 years) in 13 districts</p>

					<p>Ongoing activity-Proposed for the procurement of sanitary napkins to the adolescent girls in govt. schools and govt. jr. colleges (1250748 students of 7th to 12th classes ) @ 10 napkins per month for a period of 12 months @ Rs.1.33 per napkin under Menstrual Hygiene Scheme. i.e., <math>1250748*10*12*1.33=19,96,19,381/-</math></p> <p>Ongoing activity Proposed for Procurement of 30056548 hb testing consumables (strips/consumable for Bi-annual testing of 1,50,28,274 children 5-9 years and adolescents 10-19 years. i.e., <math>1,50,28,274*2*13=39,07,35,124/-</math></p> <p><b>2023-24</b> <b>Same as above</b></p>
5	Diagnostics (Consumables, PPP, Sample Transport)				
6	Capacity building incl. training	136.15	111.15	136.15	<p><b>2022-23</b></p> <p>Ongoing activity-Under Peer Educator Program - Proposed 26 batches of 5 days PE TOTs at District level in 13 districts @ Rs.10000/- per batch, Rs.2000/- per day (for Refreshments, and Training material) with 30 participants per batch</p> <p>Ongoing activity-Under Peer Educator Program- Proposed for training of peer educators with 2171 batches for 6 days at sub block level @ Rs.5000/- per batch, Rs.835/- per day (for Refreshments) The proposed batch to have 40 participants (32 PE + 8 ASHA)</p> <p><b>2023-24</b> <b>Same as above</b></p>

					Ongoing activity Proposed for Training of 25 batches of ANMs on Adolescent Friendly Health Services (AFHS) @ Rs 100000 per batch, Rs.20,000/- per day (for refreshments, lunch and AFHs Training material )for 5 days. i.e., $100000*25=25,00,000/-$ Budget was not proposed for the year 2022-23 as the training was conducted by Zoom due to covid in the year 2021-22. Already approved Budget in the year 2021-22 will be utilized for the year 2022-23.
7	ASHA incentives	69.46	69.46	69.46	<p><b>2022-23</b></p> <p>Ongoing activity-Proposed for ASHA incentive for support to Peer Educator of 69464 PEs @ Rs 100 per PE i.e., <math>100*69464=69,46,400/-</math></p> <p><b>2023-24</b></p> <p><b>Same as above</b></p>
8	Others including operating costs (OOC)	449.51	339.13	339.13	<p><b>2022-23</b></p> <p>Ongoing activity Proposed for operational expenses (stationery and other misc. expenses) of 1958 clinics (PHCs 1149 , UPHCs 560, CHC 195, AH 28, DH 14 and Teaching Hospitals 12) @ Rs.1000 Per Clinic per year i.e., <math>1958*1000=19,58,000/-</math></p> <p>a) Communication support to 40 counsellors @ Rs 250 per month/Counsellor/Month for a period of 12 months.i.e.,<math>40*250*12=1,20,000/-</math></p>

					<p>b) Mobility support for outreach sessions to 40 counsellors @ Rs.150/- /session for 8 outreach sessions /month i.e., <math>40*150*8*12=5,76,000/-</math></p> <p>Ongoing activity-Proposed for non financial incentive for 69464 PEs @ RS 50 per month for 9 months i.e., <math>69464*50*9=3,12,58,800/-</math></p> <p><b>2023-24</b></p> <p><b>Same as above</b></p>
9	IEC & Printing	386.57	0.00	364.24	<p><b>2022-23</b></p> <p><b>Nil</b></p> <p><b>2023-24</b></p> <p>Ongoing activity-Proposed for PE Kit @Rs.400 per Kit and Rs.100 per PE Diary for 69464 Peer Educators in 13 districts. i.e., <math>69464*500=3,47,32,000/-</math></p> <p>Ongoing activity proposed for Printing of client registers, Reporting formats and AFHC cards for 1958 AFHC clinics in 13 districts @ Rs 200 per clinic i.e., <math>200*1958=3,91,600/-</math></p> <p>IEC material for conducting Menstrual Hygiene Scheme (Posters and leaflets) @ Rs 100000 per district i.e., <math>2,00,000*13=13,00,000/-</math> per year</p>

10	Planning & M&E	584.88	1805.76	1805.76	<p><b>2022-23</b></p> <p>Ongoing activity-Proposed for organizing Adolescent Friendly club meetings in 10032 sub centres at 13 districts @ Rs 500/ for 12 months i.e., <math>500*10032*12=6,01,92,000/-</math></p> <p>Ongoing activity-Proposed for organizing and conducting AHDs in 10032 Sub centres across 13 districts @ Rs 1000/- for 12 months. i.e., <math>10032*12*1000=12,03,84,000/-</math></p> <p><b>2023-24</b></p> <p><b>Same as above</b></p>
11	Surveillance, Research, Review, Evaluation (SRRE)				
	Total	<b>8627.73</b>	<b>9091.27</b>	<b>9480.51</b>	