

STEPPING STONES TOWARDS A HEPATITIS FREE WORLD **HEPATITIS FOUNDATION OF TRIPURA**

Annual Report
(April 2022 to March 2023)

Background of the Organisation: Health and Education are two foundation stone of development of a country. Combining two that is “Health Education” can only form a “Healthy and Happy” society. India is developing at a rocket speed and hence imparting Health Education to the maximum number of people is the need of the hour.

Hepatitis Foundation of Tripura (HFT) was established in the year 2002 with the objective of rendering quality health care & health education to the people at large. Hepatitis Foundation of Tripura, well known as HFT, is the largest Networking NGO, having the incomparably highest number of members from different sphere of the society.



HFT House, Indranagar, Agartala, Tripura

The organisation registered under Societies Registration Act. 1860, bearing Reg. No. 4065/2002 dated on 28th November, 2002. That is the foundation has got an experience of serving the community for more than 21years.

Hepatitis Foundation of Tripura has got a life membership of more than 1400 throughout the state of Tripura from various professions, having a heterogeneous consistency & this is the strength of the organisation. With this huge number of voluntary activists, the foundation has materialized many health care programs in the state of Tripura. Hepatitis Foundation of Tripura is having the highest numbers of active branches (35 branches) throughout the state Tripura spreads in 10,649 sq kms.

HFT is the pioneer organisation is developing extensive awareness on liver disease and vaccinated above 14 lakh people in the state against Hepatitis B with the support of the Govt. of Tripura & this the record in the country. This mass Hepatitis B vaccination was appreciated extensively across the country and abroad. HFT took its debut on 28th July 2002, initially to work for the prevention, care and treatment of Hepatitis and Liver disease. The primary objective was to make Tripura Hepatitis B free by mass vaccination and today the organization can undoubtedly claim that it has achieved a bigger percentage of its target, as the foundation has vaccinated more than 37 % of population of Tripura up to August 2019.HFT is now involved in total care of People with Liver disease (PWLD).

The vaccination program and a new concept of “TRIPURA MODEL” of Hepatitis B Vaccination generated from land of Tripura and gradually popularized beyond the border of state & Country. Bristol Mayer’s Squibs foundation came forward to know the concept and to work with foundation. The Awareness program got a tremendous momentum in the state and accordingly the demand of vaccination also increased proportionately.

The Hepatitis B eradication program was a historical event and the people of Tripura and health care providers extended enormous support. It proved beyond doubt that “MOTIVATION IS THE BEST WAY OF AWAKING THE PEOPLE”.

In 2011 the foundation once again started a new program “At birth Hepatitis B Vaccination program” for the first time in the country. By the end of 2011 the govt. of India officially took over. At Birth Hepatitis B vaccination in the country and in December 2011, Govt. of Tripura took the responsibility of At Birth Hepatitis B vaccination.

Foundation has received number of awards from many national and international organizations. HFT is mutually coordinated with many organizations at national and

international level with whom the foundation exchanges thoughts and technical concepts.

Hepatitis Foundation of Tripura is also working in the field of HIV/AIDS since 2008 and till now the foundation is continuing to work in association with National AIDS Control Organization. Care of HIV/ AIDS patients through various care and support projects is also an important area of activity of Foundation since 2008 and continued.

The organization gradually shifted its area of activity to other health care sector particularly Public Health and got enormous success. Since 2018 drug addiction became a big problem in Tripura and foundation started Drug-De-addiction program. The foundation is running liver clinic since 2008 and it is continued till now on a twice in a week basis.

Foundation has got much interest in preventing non-communicable disease like diabetes, heart diseases, kidney disease and other non communicable disease. HFT regularly organizing program on various non communicable diseases.

HFT has organised hundreds of health education programs in the state. HFT is the master organisation in organising Community Level Health Camp throughout the state of Tripura.

The foundation is organising yearly conference (HFTCON) till now HFT has completed 19 Annual State Conferences. Hepatitis Foundation of Tripura organises biennial National level conference on Liver Disease “LIVERCON” since 2011. In 2022 HFT organized Livercon VI at Agartala.

In a nutshell the foundation has got in depth approach to health care and health education. Motivation is the basic motto of the organisation.

Education is another important area of activity and gradually getting success in this sector also. The foundation established HFT institute of Nursing sciences in 2019 and planning to extend its purview. So, another establishment of Hepatitis Foundation of Tripura is “HFT Institute of Nursing Sciences (HNS)” is one step forward to establish a “Happy and Healthy Tripura”.HFT is a determined to provide quality technical education in the form of Nursing Education to the desiring, determined and dedicated youth of Tripura.

HFT has already initiated many futuristic projects to serve the people at large. The Govt. of Tripura and people in general is extending support to this organization selflessly which is the tower of strength of Hepatitis Foundation of Tripura.

STEPPING STONES TOWARDS A HEPATITIS FREE WORLD

Summary of the Programme:

Programme Activities: The overall program activities related with Hepatitis Free World – a dream to be materialized by Stepping Stones Project.

Hepatitis Foundation of Tripura strongly believes that “Human Resource” is the best resource available in this galaxy. Only happy, healthy, educated, skilled, intelligent and intellectual “Human Resource” can build up a Strong society.

Tripura is one of the eight state of NER and the third-smallest state in the country, it covers 10,649 km² and is bordered by Bangladesh to the north, south, and west, and the states of Assam and Mizoram to the east. Hepatitis Foundation of Tripura is the title of a grand family of Social activists of state of Tripura. It’s a social organization for the society, of the society, by the society.



District wise Demographic Area of Tripura

The Collaborative Approach: Hepatitis Foundation of Tripura and Liver Foundation of West Bengal collaborated in the new and innovative Hepatitis Awareness related project named as **Stepping Stones – for a Hepatitis Free World**. It's a grass root advocacy program for 6 Eastern and North Eastern states of India. The time limit of the project is 12 months. The Stepping Stones towards a Hepatitis Free World project tested the effectiveness of a peer-group based, community-wide, hepatitis awareness program by empowering students and people living with Hepatitis B and C infection (PLHB/C). The target groups were empowered through digital training, peer group formation, government linkage and local community advocacy. The project learning was communicated through digital platforms, local media and meetings.

Liver Foundation, West Bengal – LFWB is a not-for-profit organization working in public health and broad human development areas since 2006. It was conceptualized by clinicians, researchers, activists and academicians who felt the need of raising awareness regarding liver and gastrointestinal health in the rural and urban communities. In the last 16 years LFWB has devoted itself in community health awareness, clinical and public health research, healthcare-related infrastructure & skill development and social support. It is now a Department of Scientific and industrial Research (DSIR) recognized Scientific and Industrial organization (SIRO).

For the past 15 years, LFWB has been raising awareness at micro-community levels regarding hepatitis prevention, hepatitis management and stigma eradication. LFWB has published peer reviewed articles on clinical and public health aspects of Hepatitis and liver health.

ALL4LIVER Grant supports local communities to enhance education about viral hepatitis across Asia in 2021. Hepatitis B affects 325 million people worldwide. More than 3% of the world's population are estimated to be living with chronic hepatitis B (HBV). According to the World Health Organization, Hepatitis B has contributed to approximately 887000 deaths mostly from cirrhosis and hepatocellular carcinoma.



Stepping Stone Related Organizations Logo

The Participants: The main aims of the project were selection of 100 students and 50 patients, so in this purpose we started our journey. Initially we visited few schools of different places of Tripura and we share our point of view about the Stepping Stones project. We found challenging issues initially like: 1. Govt. School may close at that time due to summer vacation and Private School did not response so much.

Then we have started our project works from middle of April 2022. Initially we studied about the Stepping Stone project, its goal and future activities etc. Then we create what's app group with all working member of Stepping Stone project (with the team member of Liver Foundation, West Bengal and Hepatitis Foundation of Tripura team).

In case of patient, we did not have much problem to communicate with them because Hepatitis Foundation of Tripura was running **LIVER PATIENT NETWORK (LPN)** group. So, we approached the group and gave them a short idea about Stepping Stone project.

The Beginning: Initially we organized one Hepatitis Awareness Program (Date: 25.04.2022) with all stakeholders and discussed our concept with them and share their point of view also.

We explained that The Stepping Stones towards a Hepatitis free world project will test the effectiveness of a peer-group based, community wide Hepatitis awareness program by empowering students (especially students of class IX to XII) and people living with Hepatitis B and C infection (patients). After finding the target groups then they will be empowered through digital training, peer group formation, government linkage and local community advocacy. All the project related work will be communicated through digital platforms and also local media and meeting.

Objectives: The main objectives of Stepping Stone project are:

- To spread awareness on Viral Hepatitis infection, prevention and management among the youth and the people living with chronic Hepatitis infection using interactive online platforms for rapid scaling up of awareness program.
- To create sustainable peer groups of people living chronic Hepatitis infection and youth.
- Mobilize school students and trained them about Hepatitis and Liver related information.
- Utilize the empowered peer groups for conducting grass-root awareness campaigns.
- Link the Community Based Organizations, Hepatitis Patients groups and government programs at the state and block levels.

- The essential component of this pilot project is to facilitate communication between the local hepatitis patients group with state NVHCP (National Viral Hepatitis Control Program).
- Eradicate Hepatitis B & C virus infection (HBV/ HCV) prevention throughout Eastern and North-Eastern states of India by disseminating proper awareness in local language, stigma eradication, and identifying best practices for involving the students and people already living with Hepatitis B & C infection in the Hepatitis B & C awareness campaign.
- Initiate patient and student advocate peer groups so that they themselves can create a cohesive unit that can spread awareness and advocate for Hepatitis B & C prevention and management.

Programme Components:

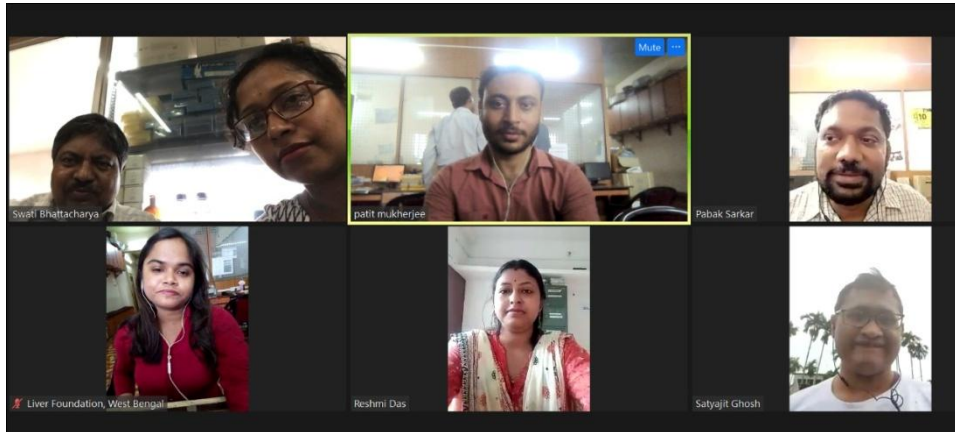
We have started our project work from 11th April 2022. Initially Founder members of Hepatitis Foundation of Tripura organized one meeting and selected Project Supervisor (Dr.Purba Bhaumik), Project Co-ordinator (Mrs. Swatilekha Bhattacharya) and Finance Officer (Mrs. Reshmi Das) as the official associate of Stepping Stone project. Mr. Satyajit Ghosh (Secretary of Liver Patient Network) also remained engaged with this project for helping towards the Hepatitis patient group. In this whole matter Dr. Pradip Bhaumik guided us in every step of the project.



Stepping Stone Tripura Team

The main component of this pilot project is to facilitate communication between the local hepatitis patient groups with the state chapter of National Viral Hepatitis Control Program (NVHCP). Enhanced communication will lead to strong partnership that will result in better coverage and dependable grass-root mobilization machinery. More testing and more case identification is crucial to eliminate hepatitis by 2030 and this partnership between the patient group, local non-profit organizations and dedicated National level program is essential to achieve the goal. This initiative will

also mobilize local educational institutions, healthcare groups to become a stakeholder in the goal to eliminate hepatitis by 2030. Network between Government – Patient Group – larger communities will lead to a sustainable and deep impact at the state level.



During Online Meeting with all Team Members of Stepping Stone Project

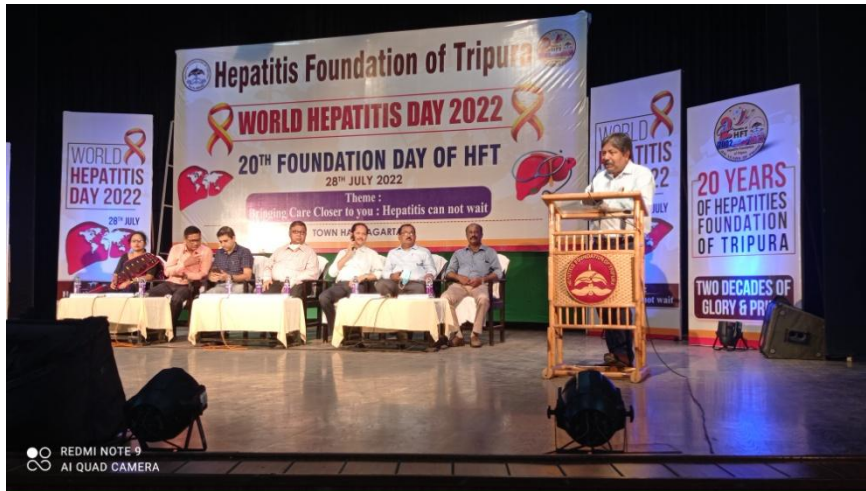
LPN Group Functions: LPN group was formed by HFT 6 years back. The member of Network was very much helpful to the students in materializing the Stepping Stone project. LPN and Stepping Stone project was complementary to each other.



LPN Group Member Meeting with Patients

Role of HFT towards Stepping Stone Project: Hepatitis Foundation of Tripura is working in the field of viral Hepatitis since 2002. Hepatitis Foundation of Tripura

performs different health related activities throughout Tripura. Hence where Stepping Stone Project a new model of Hepatitis elimination program which materialized by Hepatitis Foundation of Tripura. It also attached with Hepatitis Elimination Program. Involvement of students in Hepatitis program is a new thought and Hepatitis Foundation of Tripura members selflessly helped throughout the state.



HFT World Hepatitis Day Program

Role of NVHCP towards Stepping Stone Project: NVHCP started its work in Tripura from 28th July 2019. But a liver clinic was functional at AGMC & GBPH for many years (2005).

Hence Model Treatment Centre of NVHCP boosted the activity in viral hepatitis patients. From April 2022, Stepping Stone project become functional and we started giving regular input which benefits the patient those who attended Liver Clinic.

NVHCP State program Officer of Tripura Dr. Abhijit Das, shown appreciable positive response. Hence, the benefit could be extended to the positive people extensively. Dr Tapan Majumdar , Professor and Head of the Department Of Microbiology, AGMC and Nodal officer , Viral Hepatitis Laboratory supported extensively.



Meeting with NVHCP and Stepping Stone Team Members

Progress of Project:

1st Quarter (April-June 2022)

- **Goal:** The main goal of the project was selection of 100 students and 50 patients, so in this purpose we started our journey. Initially we visited few schools of different places of Tripura and we share our point of view about the Stepping Stones project. We found different issues in this regarding; like as: few Govt. School may close at that time due to summer vacation and other Private School did not response so much.

- **Planned Activities:**

Mobilization: Initiation of the Stepping Stone Project, in case of enrolment of students and patients we did not suffer so much to communicate with them because due to Hepatitis Foundation of Tripura a lot number of patients are connected with us. So, we contact with them and give them a short idea about Stepping Stone project. Initially we organized one Hepatitis Awareness Program (Date: 25.04.2022) with those patients and others members of HFT, we delivered our idea with them and share their point of view also.

Then we entered our basic need of the project, i.e.; Student and Patient enrolment process. We started 2 what's app groups, one with students and another with patients. In this process we started our communication with different schools of Tripura, we get help from the members of HFT (different HFT branches of Tripura). We started this enrolment process of Patient and Student in the month of June 2022 and this process continued for one month. In this process we enrolled near about 90 students and 40 patients from different parts of Tripura.

Enrolment of the Students: In 1st quarter we visit few schools for student enrolment of Stepping Stone project activities and collect feedback from them. But most of school are closed due to summer vacation, so we personally converse with school authorities and trying to convince them about the future activities of Stepping Stone project.

In this process we started our communication with different schools of Tripura, we get help from the members of HFT (different HFT branches of Tripura). We started this enrolment process of students in the month of June 2022 and this process continued for one month. We enrolled near about 90 students from different parts of schools of Tripura.



During Enrolment of Stepping Stone Students from Tebaria School

Enrolment of the Patients: In case of patients, we don't have suffer so much because patients are most of time linked with Hepatitis Foundation of Tripura, so firstly conduct one meeting and elaborate them about the functions and future plan of Stepping Stone project.

In case of patient enrolment, we communicate with them personally. Most of patient attends Liver Clinic, so we stated our journey from there and in 1st quarter we enrol near about 40 patients from different parts of Tripura.

Baseline Survey with Students & Patients: After completion of student and patient enrolment process, we started 2 what's app groups, one with students and another with patients. And share the Baseline link with them and started Baseline collection process.

Advocacy Meeting: We started communication with NVHCP team and we organized two meeting (Dated: 29.04.2022 & 27.05.2022) with the State Program Officer (Dr. Abhijit Das) and others dignitaries, different issues and the aim of Stepping Stones project discussed in this meeting.



Meeting with NVHCP & Stepping Stone Team Members

Hepatitis Foundation of Tripura organized one awareness program (Dated: 25.04.2022) with HFT members and Hepatitis B and C patients for the initiation of Stepping Stone project and also organized screening program (Date: 26.04.2022) of Hepatitis B and Hepatitis C with the nursing students of HFT Institute of Nursing Science at HFT office. We also organized 3 Peer Group Meetings (Dated: 25.04.2022, 25.06.2022 & 27.06.2022) with patients in this quarter.



Hepatitis Awareness Program with Nursing Students

Hepatitis Foundation of Tripura organized one Health Camp (Date: 25.06.2022) at Natun Bazar, in that camp student awareness program organized by Stepping Stone project and Dr. Pradip Bhaumik delivered lecture about Liver & Hepatitis and benefits of blood donation and health awareness idea etc.



Hepatitis B and C Screening Program



Health Camp and Student Awareness

In the month of May 2022 Hepatitis Foundation of Tripura organized Livercon VI Conference with National and International delegates. We also share one introductory session of Stepping Stone project in this program.



HFT Livercon VI Conference

Log in Credential Generation: After completing enrolment process, we provide them personal log in credential to all of them to their personal email and phone number and complete the log in process.

Module Preparation: We collect the printing materials or module from Stepping Stone Kolkata team and print them and provide to all enrolled students and patients.



Stepping Stones

FOR A HEPATITIS FREE WORLD

- Learn to protect yourself and your family from the silent killer of Liver Disease.
- Get trained by many humanitarian organizations' teams to raise health awareness.
- Participate in achieving the national goal of eliminating hepatitis.
- Be vocal about hepatitis and health awareness in your home state.
- Use your social media for a noble cause.
- Become a part of vibrant community of fellow Hepatitis Advocates from 6 states of India.

BE A HEPATITIS ADVOCATE

You will receive a Certificate and a token of acknowledgement for your contribution to this noble cause

10 Advocates from the entire state will be chosen for an advanced internship as Hepatitis Champions.

Implemented by **Liver Foundation, West Bengal**

Partners: **Life Care Foundation (Durgam), Hepatitis Foundation of India (Reg. No. 4865/2002), Friends in need of L.F. (Mumbai)**

Supported by **GILEAD, ALL 4 LIVER ASIA PACIFIC GRANT**

Stepping Stone Project Information Module

Track Media: We also cover different Media coverage from print media.

বিনামূল্যে লিভারের চিকিৎসা

রাষ্ট্রীয় কঠোর প্রতিশ্রুতি, আগরতলা, ২৪ জুন।

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স্কুল পড়ুয়াদের নিয়ে নেশা বিরোধী আলোচনা

স্বাস্থ্য প্রতিমন্ত্রী, আগরতলা, ২৪ জুন।

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- **Output:** In the process of communication with students and patients we started 2 what's app groups, one with students and another with patients. We also communicate with them by weekly online meeting. In this process we started our communication with different schools of Tripura, we get help from the members of HFT (different HFT branches of Tripura). We started this ennoblement process of Patient and Student in the month of June 2022 and this process continue for one month.
- **Outcome:** In this process we enrolled near about 90 students and 40 patients from different parts of Tripura.
- **Challenges:** Here are few challenges faces in 1st quarter:
 - * First of all, at the time of different school visit the school authority was not responding so much.
 - * In the process of Student enrolment most of guardians think that joining with this project may hamper their study, so we overcome that issue.
 - * In case of patients, most of them are not technically sound, so we face few problems with them (what's app and e-mail communication).
- **Mitigation Strategy:** In 1st quarter in case of Student enrolment process we change the idea like as: Hepatitis Foundation of Tripura firstly selected 10 students who will perform their duty as Advocate (each of them was selected by their Academic performance, Social and academic behaviour). Then each of them was given a target to select more students. So, by this way, each Advocate and the students, who ultimately get 90 students (9 students per Advocate).

2nd Quarter (July to September 2022)

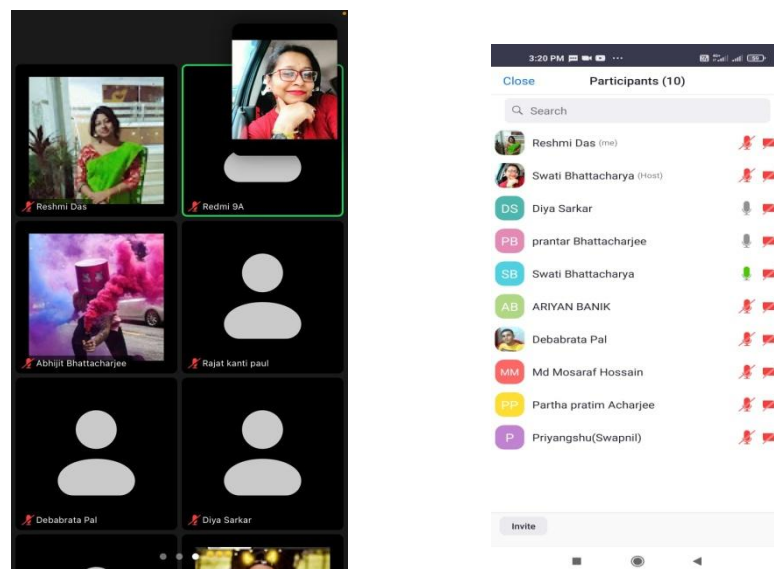
- **Goal:** The main aims of the project are selection of 100 students and 50 patients, so accordingly we started our journey. In last quarter (i.e.; April 2022 to June 2022) we visited few schools of different places of Tripura and we share our point of view about the Stepping Stones project and the enrolment process of Students and Patients at our project. We started this enrolment process of Patient and Student in the month of June 2022 and this process

continue for one month. After the enrolment process, we collect their (Students and Patients) individual phone number and email id. And accordingly, one message was sent from every one phone number then we have started our Base line survey with Students and Patients. We share one web link at what's app group and then they enter through the link and started their survey. This process continued for one month.

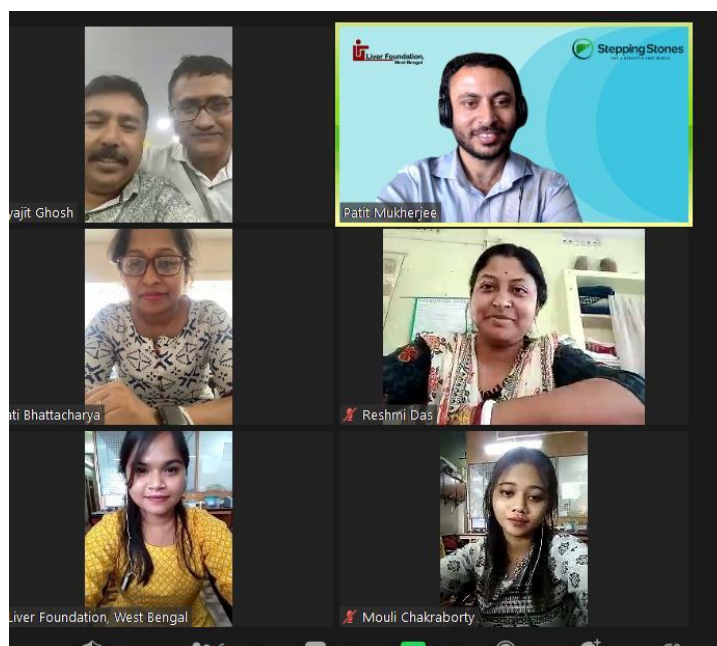
- **Planned Activities:**

Enrolment of the Students & Patient: We started this enrolment process of Patient and Student in the month of June 2022 and this process continue for one month. In this quarter we have completed the registration process with 100 students and 52 patients under Stepping Stone Project. We started 2 what's app groups, one with students and another with patients.

Online Training: In 1st quarter we started our online training process with patient and students and we also regularly continue it for this quarter. We communicate with them by one weekly online meeting through Zoom or Google meet app and decided that weekly meeting held at every Saturday 2 PM onward with patients and 3 PM onward with students.



Pictures of Online Meeting Session with Students and Patients



Online Meeting Session with Stepping Stone Team Members

Advocacy Meeting with the Stakeholders: We organize two Peer group meetings with patient group. We also organised School Awareness Program, World Hepatitis Day, Independence Day and Teachers Day program with patient and student groups and with HFT members.

- * In this quarter we organized World Hepatitis Day on 28th July 2022,
- * We celebrate Independence Day at 15th August 2022 at HFT office,
- * We organized one School Awareness Program with one of our Advocates at Tebaria School in the dated 09th July 2022,
- * We celebrate Teachers Day event with Nursing Students at HFT House in the dated: 05th September 2022.
- * We have done two Peer Group meeting with patients in the dated: 06th August 2022 and 07th September 2022.



World Hepatitis Day 2022



Independence Day 2022

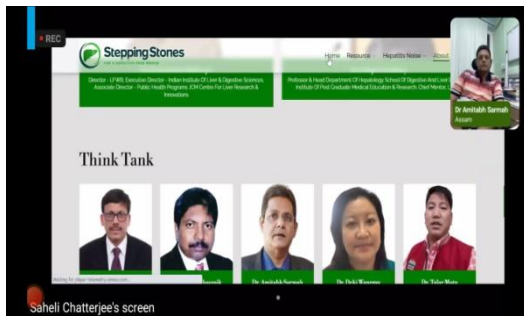


School Awareness Program

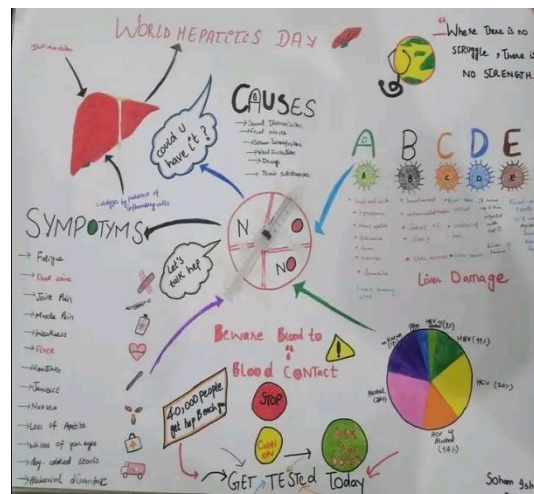
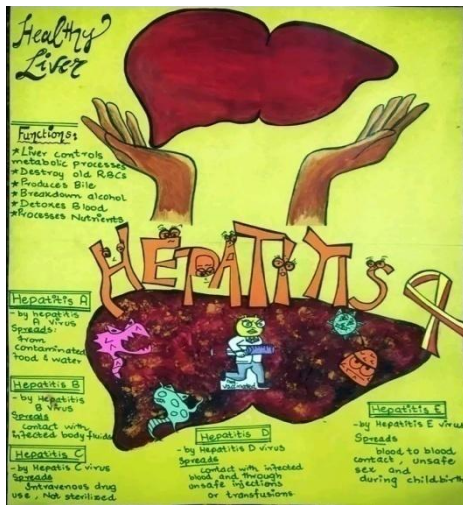


Teachers Day Celebration at HFT House

Website Involvement: In this quarter Stepping Stone launch its own website, so we actively participated with its launching online program. After that we involved all patients and students individually to share their point of view, different pictures, thoughts and other information at the page of website. Our students regularly post different view at that website page.



Website Launching Program of Stepping Stone Project



২৮শে বিশ্ব হেপাটাইটিস দিবস

বিতীর্ণ প্রতিদিন, আগরতলা। বিশ্ব হেপাটাইটিস দিবস ও হেপাটাইটিস ফাউন্ডেশন অব ত্রিপুরার কুড়িতম বর্ষ পূর্তি উপলক্ষে আগামী ২৮ জুলাই সন্ধ্যা ছয়টায় আগরতলা টাউন হলে এক সচেতনতা মূলক আলোচনা সভার আয়োজন করা হয়েছে। অনুষ্ঠানের উদ্বোধন করবেন উপমুখ্যমন্ত্রী বীধু দেববর্মা বিপিসি অতিথিদের মধ্যে উপস্থিত থাকবেন মন্ত্রী রাম প্রসাদ পাল, বিধায়ক ডা দিলীপ দাস, স্বাস্থ্য দপ্তরের সচিব ড দেবশীষ বসু, স্বাস্থ্য শিক্ষা অধিকর্তা ডা চিন্ময় বিশ্বাস। সভাপতিত্ব করবেন ফাউন্ডেশনের সভাপতি

ডা এন এল ডেমিক। অনুষ্ঠানের শুরুতে সমবেত বেহালা বাজাবেন শশী কলা কেন্দ্রের শিল্পীরা। এর আগে বিকেল চারটায় স্টেপিংস্টোনস প্রজেক্টের সহযোগিতায় অনুষ্ঠিত হবে হেপাটাইটিস বিবয়ক বিজ্ঞান ভিত্তিক আলোচনা চক্র। আলোচনা করবেন ডা অজিত চৌধুরী, ডা শিব ব্রত ভট্টাচার্য, ডা এন এল ডেমিক ও ডা অজিত দাস। এই আলোচনা সভায় হেপাটাইটিস রোগী ও স্কুল বসেজের ছাত্র ছাত্রীরা অংশগ্রহণ করবে। উদ্বোধনী অনুষ্ঠানের শেষে রোগের বিশিষ্ট শিল্পীগণ সঙ্গীত পরিবেশন করবেন।

হেপাটাইটিস ফাউন্ডেশন পক্ষ থেকে কৃতি ছাত্রছাত্রীদের সম্বর্ধনা



দর্শন অতিথিগণ, বিদ্যালয়, ও সেন্টেঙ্গার ৪ হেপাটাইটিস ফাউন্ডেশন অফ ত্রিপুরা বিদ্যালয় শাখার পক্ষ থেকে পরিবার দুপুরে ১২.৩০ মিনিটে বিদ্যালয় এসে প্রবেশ কৃত সর্ববর্গী ও স্বাস্থ্য বিবয়ক আলোচনা সভা আয়োজন করবেন হেপাটাইটিস অনুষ্ঠিত হয়। দর্শন প্রদর্শন করে অনুষ্ঠানের সূচনা করেন মডেল উপস্থিত অতিথিগণ। অনুষ্ঠানে উপস্থিত ছিলেন হেপাটাইটিস ফাউন্ডেশন এর প্রতিষ্ঠাতা সভাপতি রাজেশ বিশিষ্ট

ডা. দর্শন ডেমিক আলোচনা রাখতে গিয়েছিলেন, সন্ধ্যার সন্ধ্যা পর্যন্ত পরিবেশন করা হবে সন্ধ্যা চিত্রকর্ম শাখা ও পুষ্টিতে অন্যের সঙ্গে খেতে পরিবেশন হয়েছে। আগামী ২৮ জুলাই রাত্রে তিনি এই বার্ষিক সচেতনতা মূলক আলোচনা সভার আয়োজন করবেন। আগামী ২৮ জুলাই রাত্রে তিনি এই বার্ষিক সচেতনতা মূলক আলোচনা সভার আয়োজন করবেন। আগামী ২৮ জুলাই রাত্রে তিনি এই বার্ষিক সচেতনতা মূলক আলোচনা সভার আয়োজন করবেন।

তেবাড়িয়া স্কুলে স্বাস্থ্য বিধি অনুষ্ঠান

আগরতলা, ৯ জুলাই :: এইচ এফ টি ইনস্টিটিউট অব নার্সিং সায়েন্সেস এর উদ্যোগে আজ বামুন্টিয়ার তেবাড়িয়া উচ্চ বিদ্যালয়ে ছাত্রীদের নিয়ে ঋতুকালীন স্বাস্থ্য বিধি (ম্যানুয়্যাল হাইজিন) বিষয়ে এক সচেতনতা মূলক আলোচনা সভা অনুষ্ঠিত হয়েছে। একই সাথে হেপাটাইটিস বি এবং সি ভাইরাস প্রতিরোধে করণীয় বিষয় সম্পর্কেও ছাত্রীদের সচেতন করা হয়েছে। ইনস্টিটিউটের প্রিন্সিপাল শ্রীমতি শান্তি পাল, ফ্যাকাপলিট মছন দেবনাথ, অপরাধিতা দেবনাথ, সাথী ভট্টাচার্য সহ নার্সিং ছাত্রীরা আলোচনা করেছেন। বক্তাগণ বলেছেন, ঋতুকালীন সময়ে স্বাস্থ্যবিধি মেনে চলা অতি প্রয়োজন। স্বাস্থ্য বিধি মেনে না চললে অনেক কঠিন রোগ হবার ঝুঁকি রয়েছে। জীবাণু



সংক্রমণের সম্ভাবনা, এমনকি বক্ষ্যাত্মক পর্যন্ত হতে পারে। এছাড়া ঋতুকালীন সময়ে অনেকে কুসংস্কার ও অজ্ঞতাজনিত কারণে অবৈজ্ঞানিক জীবন যাপন করেন - যা অনেক রোগের কারণ হতে পারে। হেপাটাইটিস বি এবং সি ভাইরাস প্রতিরোধে সচেতনতার উপর গুরুত্ব দিয়েছেন আলোচকগণ। হেপাটাইটিস বি ভাইরাস প্রতিরোধে প্রতিবেশক টিকা গ্রহণ করার পরামর্শ দেওয়া হয়েছে। অনুষ্ঠানে স্কুল কর্তৃপক্ষ সার্বিক সহযোগিতা করেছেন।

- **Output:** In this quarter we have completed our patient and student registration process. Most of our student and patient completed the Base Line survey and started to join weekly online meeting where we demonstrated them about Modules. Students and Patients started sharing their thoughts at Stepping Stone website.
- **Outcome:** In case of registration process in this quarter we have completed the registration of 100 students and 52 patients under Stepping Stone Project. And in term of website posting activities, we completed more than 35 posts in the website.
- **Challenges:** Here are few challenges faces in this quarter:
 - * In time of Base line survey some of students not getting their log in id at time.

* In case of patients, at Base line survey they are not enough technically sound so they feel some difficulties in this process.

* In time of online meeting we had not find full 100% present of students and patients.

- **Mitigation Strategy:** In case of Base Line survey with patients most of them are not able to do the process then we change the strategy and individually meet with them and completed the survey procedure. In case students those who suffers, we individually contact with them trying to solve their problem.

3rd Quarter (October to December 2022)

- **Goal:** The main aims of the project are selection of 100 students and 50 patients, so in this purpose we started our journey. In last quarter, we have completed the registration process with 100 students and 52 patients under Stepping Stone Project. We started 2 what's app groups, one with students and another with patients. After the enrolment process, we collect their (Students and Patients) individual phone number and email id. And accordingly, one message was sent from every one phone number then we have started our Base line survey with Students and Patients. In last quarter out of 5 Modules we completed 3 Modules and in this quarter, we completed rest 2 Modules. We have completed all these 5 Modules before Durga Puja vacation.
- **Planned Activities:**
 - Online Training:** In previous quarter we continue every Saturday online meeting with patient and students' group, so in this quarter we also continue it.
 - Module Completion:** We continue the process of module completion process with students and patients.
 - Evaluation:** Overall we planned our activities and accordingly we should complete it.

Advocate Selection: Hepatitis Foundation of Tripura firstly selected 10 students who will perform their duty as Advocate (each of them was selected by their Academic performance, Social and Characteristic behaviour). Then each of them was given a target to select more students. So, by this way, each Advocate and the students, who ultimately get 90 students (9 students per Advocate).

Action Plan: The whole advocate selection procedure was supervised by local members of Foundation who had personal discussion with the students and parents. They have also confirmed that the concerned students are having access to android mobile.

Advocacy Meeting: We planned to organize Advocacy Meeting with NVHCP and Peer group meeting with patients in this quarter.

We also planned to organized one state level onsite meeting with students advocates and so we keep communicate with them.

Website Involvement: In this quarter we also continue the posting activities at website by us. And in term of website posting activities, we completed more than 80 posts in the website.

Track Media: In this quarter we also cover print media which attached at bellow.

- **Performed Activities:**

Online Training: In this quarter we have completed 6 online training sessions with students and patients in weekly one day (Saturday) basis.

Module Completion: Previously out of 5 Modules we completed 3 Modules and, in this quarter, we completed rest 2 Modules. We have completed all these 5 Modules before Durga Puja vacation.

Evaluation: In the initiation of this quarter, we planned few activities, i.e.; completion of modules, website posting, advocate selection process, onsite meeting etc. And all of these activities we continue in this quarter.

Advocate Selection: We selected advocates by this basis of points which described below:

- * Rural as well as urban area,
- * Boys as well as girl students,
- * Class IX or XI students are prioritized,
- * Students from Bengali speaking group, Kokborak speaking group and as well as English speaking group,
- * Students also selected from different religious, like as: Hindu, Buddhist, Christian and Muslim.



Our 12 selected Student Advocates

Action Plan: In case of advocate selection process the controlling team of Stepping Stone project, Project Supervisor and Project Coordinator contacted each and every student and brief them about the project criteria. Every student and their parents have given their concern then they selected for further activities.

Advocacy Meeting: We organized one advocacy meeting (Dated: 01.11.2022) with NVHCP, where the State Program Officer (Dr. Abhijit Das) and others dignitaries also present and discuss about different issues and the aim of Stepping Stones project.

We completed 2 Peer group meeting with patient groups in the dated: 02.11.2022 & 06.12.2022.

In the month of November Hepatitis Foundation of Tripura organize 19th State Annual Conference named as HFTCON 2022.



HFTCON 2022: Annual Conference of HFT

Another State level onsite program with students advocates also organized in this quarter (Dated: 19.12.2022), where student was gathered in one platform and share their thoughts with us.



State Level Onsite Activity Program with Student Advocates

Website Involvement: In this quarter total number of website posting activities becomes 80 which posted by stepping stone team members, patients and students.

Track Media: Here are few media coverage's of this quarter.

এইচএফটির উদ্যোগে স্বাস্থ্য-শিক্ষা বিষয়ক আলোচনা সভা কাল

আগরতলা, ৩০ ডিসেম্বর। ২০২৩ ইংরেজি নববর্ষের প্রথমদিনে রাজ্যবাসীকে সুস্থ ও সুন্দর জীবনযাপনের বিজ্ঞান সম্রত বার্তা দিতে হেপাটাইটিস ফাউন্ডেশনের অব ত্রিপুরার উদ্যোগে ১লা জানুয়ারি রবীন্দ্র শতবার্ষিকী ভবনে অনুষ্ঠিত হবে স্বাস্থ্য-শিক্ষা বিষয়ক আলোচনা সভা। এবারের প্রতিপাদ্য বিষয়, 'সুস্থ নারী সুস্থ সমাজ'। ওহাদিন সকাল নয়টা থেকে বিকাল চারটা পর্যন্ত অনুষ্ঠিত হবে ডাক্তারদের জন্য চিকিৎসা

বিজ্ঞান ভিত্তিক আলোচনা (সিএমই)। সন্ধ্যা পাঁচটায় হবে উদ্বোধনী অনুষ্ঠান ও সংগীতনুষ্ঠান। উদ্বোধন করবেন কেন্দ্রীয় প্রতিমন্ত্রী প্রতিমা ভোমিক। সম্মানীয় অতিথি হিসেবে উপস্থিত থাকবেন ফাউন্ডেশনের অন্যতম প্রতিষ্ঠাতা সদস্য ও বিধায়ক ডা. দিলীপ দাস। সিএমই-তে বিশেষজ্ঞ চিকিৎসক ও মেডিকেল ফ্যাকাল্টিগণ মহিলাদের বিভিন্ন রোগের চিকিৎসা নিয়ে আলোচনা করবেন। সিএমই-তে

রাজ্যের প্রায় দুইশো চিকিৎসক এবং নার্সিং ফ্যাকাল্টি অংশগ্রহণ করবেন বলে আশা করছে ফাউন্ডেশন। অনুষ্ঠানে ফাউন্ডেশনের 'ডক্তার অব দ্য ইয়ার' সম্মাননা প্রদান করা হবে। উদ্বোধনী অনুষ্ঠান শেষে সংগীত পরিবেশন করবেন কলকাতার এ প্রজন্মের জনপ্রিয় শিল্পী অরুণাশীষ গায় ও স্থানীয় বিশিষ্ট শিল্পী পুষ্পিতা চক্রবর্তী, নীলঞ্জনা চক্রবর্তী ও ঋতুপর্ণা দত্ত। অনুষ্ঠানটি সকলের জন্য উন্মুক্ত বলে এক বিবৃতিতে জাগানো হয়েছে।

হেপাটাইটিস ফাউন্ডেশনের ১৯তম রাজ্য সম্মেলন সম্পন্ন

সভাপতিমণ্ডল প্রতিনিধি, উদয়পুর, ২০ নভেম্বর। হেপাটাইটিস ফাউন্ডেশন অব ত্রিপুরার দুইদিন ব্যাপী ১৯ তম বার্ষিক রাজ্য সম্মেলন আজ শেষ হয়েছে। গতকাল উদয়পুর টাউন

শাখা কমিটির সম্পাদকগণ আলোচনায় অংশগ্রহণ করেন। সকলের আয়োজনার সাংগঠনিক দিঘরের পাশাপাশি রাজ্যব্যাপী মুক্ত করার কর্মসূচি বাস্তবায়নের

বিভিন্ন গোটা রাজ্যে ব্যাপক সচেতনতা মূলক কর্মসূচি গ্রহণ করবে। সচেতন থেকে সচেতন হারি উত্থাপন করা হয়েছে, ১৯ শতকের বেশি সময় ধরে



হলে শুরু হয় সম্মেলন। আজ সকাল ৯টায় সভাপতি ডা. এন এল জোমিৎকের লক্ষ্য এবং সাধারণ সম্পাদক বিহারক বেহেরার প্রতিক্রিয়া পেশ করার মহা নিয়ে শুরু হয় সাংগঠনিক আলোচনা।

সম্পন্ন গ্রন্থ বক্তব্যের পরে রাজ্যের তরুণ তরুণী ও যুব সমাজকে মারন মেশার গ্রাম থেকে লক্ষ্য করতে সচেতনতা মূলক প্রচারণা, চিকিৎসার পাশাপাশি কর্মের আইন প্রয়োগের দাবি উঠেছে। সিদ্ধান্ত হয়েছে ফাউন্ডেশনের আন্তর্জাতিক

হাসপাতালকে টি হেপাটাইটিস বি প্রতিবেদক টিকাকরণ করতে হবে। কেন্দ্রীয় সরকার ডা. হিটাল কোয়ার্টারের মুক্ত দেশ মতু কেলার যোগ্যতা দিয়েছে। বেশ হেপাটাইটিস মুক্ত করতে হলে সকলকে হেপাটাইটিস বি প্রতিবেদক টিকা

- **Output:** In this quarter we planned to complete modules with patient and students. We should continue to website posting activities. We also set a category to select student advocates. We also motivate student advocate to complete their onsite meeting awareness program.
- **Outcome:** We find our 10 student advocates in this quarter. We have completed to teach 5 modules to both student and patient groups. We post more than 80 posts in the website page of stepping stone. Our student advocate also stated onsite program at different parts of Tripura.





Onsite Activity Program by Advocates

- **Challenges:** Here are few challenges faced in this quarter:
 - * In time of posting at website by students they face few problems like image size, types of post, video editing etc. so; we help them in this matter.
 - * Patients were also unable to post at website then we guide them and help to post at website.
 - * In case of Onsite Activity Advocates faces few problems that they quite afraid to do such activities, so we advised them how to conduct these programs.
- **Mitigation Strategy:** In case of Website posting, we share short video with them how they post at website and in onsite activity we motivate them how they perform onsite activity.

4th Quarter (January to March2023)

- **Goal:** In this quarter we fully dedicated to completed onsite activities on time. According to last quarter all advocates started onsite activity at the middle of November, every individual advocate may perform 10 individual onsite activity programs of their end. So, in this regards we communicated with each of them and set particular program with them. We planned how they complete 10 onsite activities and which of the parts they cover in their program field. We provide few groups of beneficiaries (e.g., health workers, community people, SHG, student, NSS, LGBTQ, Barber community, school, Local self-government etc) to them. So, they cover these groups which are possible for

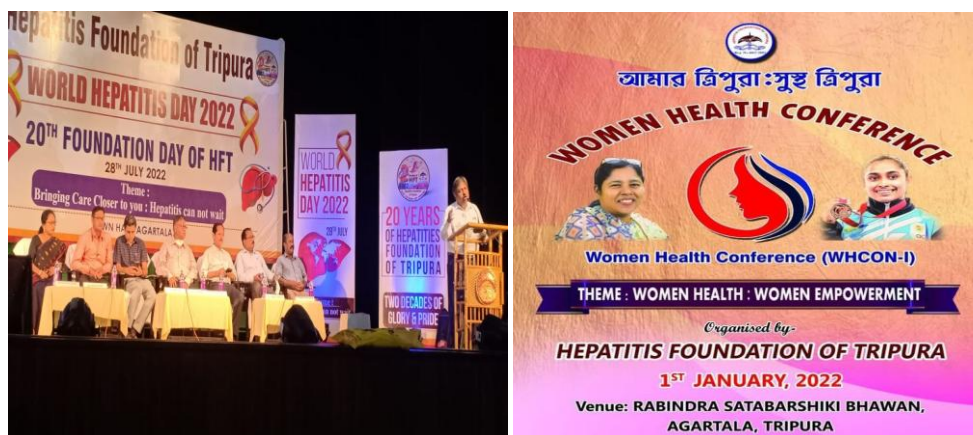
them, mostly they cover Health worker, Community people, Student, NSS, School, Local Self Govt. office, Rehabilitation centre, BSF Camp, Nursing Institute, NGO Group, Temple and Church area, Market place.

- **Planned Activities:**

Completion of On-site Activities: In this quarter our 11 student advocates have completed total 110 onsite activity program.

Baseline and End line Collection: In every onsite meeting our student advocates collect baseline and end line survey of attendant participants and send to us. They did total 430 baseline training and 420 end line training at their onsite program session.

Advocacy Meeting: In this quarter, in 1st January 2023 we conduct one program named as: “Amar Tripura Sustho Tripura”, in that program our organization (Hepatitis Foundation of Tripura) conduct one Women Awareness program and Hepatitis awareness and question and answering session with Hepatitis patients. Few of our advocates attend this program and they also conduct onsite activity at that program.



1st January 2023: Amar Tripura Sustho Tripura Program

We conduct four Peer Group Meetings with patients and two advocacies meeting with NVHCP in the month January and March 2023. In the March at NVHCP meeting we conduct a small program with the Stepping Stone T-shirt giving ceremony with Program Officer of NVHCP, Secretary of LPN Group and Pharmacist of Liver clinic. In the month of February 2023 our organization (Hepatitis Foundation of Tripura) conducts one Blood Donation

Camp at Agartala Govt. Medical College where we collect 40-unit bloods and transfer them to Blood bank.



HFT Blood Donation Camp at AGMC & GBP Hospital



Peer Group Meeting with Patients



Advocacy Meeting with NVHCP



Onsite Activity Program by Student Advocates



Stepping Stone T-shirt Distribution Program with Health Advisors

In the dated 11th January 2023 we organized one student Health Awareness Program about adolescence health, blood borne virus disease and countering drug addiction at New Hindi School, Goyala Basti. Our one advocate also attends the program and conducts one onsite activity at that area.



HFT Health Awareness Program

Dissemination: We are invited to attend Dissemination program which held at Kolkata, where all Stepping Stone Team should meet in one platform.

Track Media: In this quarter we also cover print media which attached at bellow.

• **Performed Activities:**

Completion of On-site Activities: We target to complete all of our onsite activities by students advocates in this quarter.

Baseline and End line Collection: In every onsite meeting our student advocates collect baseline and end line survey of attendant participants and send to us.

Advocacy Meeting: In this quarter HFT conduct one program named as: “Amar Tripura Sustho Tripura” in 1st January 2023. We planned to conduct Peer Group Meeting with patients and two advocacies meeting with NVHCP in the month January and March 2023.

Dissemination: We are invited to attend Dissemination program which held at Kolkata, where all Stepping Stone Team should meet in one platform.

Track Media: Here are few media coverage of this quarter.

এইচএফটি'র উদ্যোগে সুস্থ নারী-সুস্থ সমাজ

আগরতলা, ৪ ডিসেম্বর। ‘সুস্থ নারী, সুস্থ সমাজ’—এই প্রতিপাদ্য বিষয় সামনে রেখে আগামী ১লা জানুয়ারি হেপাটাইটিস ফাউন্ডেশন অব ত্রিপুরার উদ্যোগে রবীন্দ্রভবনে অনুষ্ঠিত হবে মহিলাদের স্বাস্থ্য বিষয়ক এক বিজ্ঞান ভিত্তিক আলোচনা সভা। এটি ফাউন্ডেশনের বাৎসরিক প্রোগ্রাম। এদিন সকাল নয়টা থেকে বিকাল চারটা পর্যন্ত অনুষ্ঠিত হবে ডাক্তারদের জন্য চিকিৎসা বিজ্ঞানভিত্তিক আলোচনা (সিএমই)। বিশেষজ্ঞ চিকিৎসক ও মেডিক্যাল ফ্যাকাল্টিগণ মহিলাদের বিভিন্ন রোগের চিকিৎসা নিয়ে আলোচনা করবেন। এই সিএমই-তে রাজ্যের প্রায় দুইশো চিকিৎসক এবং নার্সিং ফ্যাকাল্টি অংশগ্রহণ করবেন বলে আশা করছে ফাউন্ডেশন। সন্ধ্যায় অনুষ্ঠিত হবে উদ্বোধনী অনুষ্ঠান ও মূল প্রতিপাদ্য বিষয়ের উপর সচেতনতামূলক আলোচনা। রাজা ও বহিরাঙ্গের বিশিষ্ট ব্যক্তিগণ অনুষ্ঠানে উপস্থিত থেকে আলোচনা করবেন। অনুষ্ঠানে ফাউন্ডেশনের ‘ডক্টর অব দ্য ইয়ার’ সম্মাননা প্রদান করা হবে। অনুষ্ঠান শেষে অনুষ্ঠিত হবে এক মনোজ্ঞ সংগীতানুষ্ঠান। প্রসঙ্গত, ফাউন্ডেশনের উদ্যোগে প্রতিবছর বর্ষবরণের দিনে মহিলাদের স্বাস্থ্য ও চিকিৎসা বিষয়ক শিক্ষা ও সচেতনতামূলক অনুষ্ঠানের আয়োজন করা হয়। উদ্দেশ্য, বছরের প্রথম দিনই বিজ্ঞান চর্চার পাশাপাশি রাজ্যের মহিলাদের মনে করিয়ে দেওয়া যে পরিবারের অন্য সদস্যদের সাথে নিজের শারীরিক ও মানসিক স্বাস্থ্য নিয়েও সচেতন ও যত্নবান হতে হবে। সরকার মহিলাদের শিক্ষা, স্বাস্থ্য, কর্মসংস্থান সহ সকল মৌলিক চাহিদা পূরণের মাধ্যমে জীবনযাত্রার মান উন্নয়নে বিবিধ কর্মসূচি গ্রহণ করেছে। মহিলাদেরও চিকিৎসা পরিষেবা সহ সকল সুবিধা সম্পর্কে অবগত থাকতে হবে। ফাউন্ডেশনের প্রচার সচিব রনজীব ভৌমিক এক বিবৃতিতে এই সংবাদ জানিয়েছেন।

হেপাটাইটিস ফাউন্ডেশনের ড্রাগস বিষয়ক শিবির

আগরতলা। হেপাটাইটিস ফাউন্ডেশন অব ত্রিপুরার উদ্যোগে আজ ক্যাপিটেল কমপ্লেক্সস্থিত নিউ হিন্দী হায়ার সেকেন্ডারি স্কুলে ড্রাগস এবং রক্তবাহিত রোগ বিষয়ক এক সচেতনতা শিবির অনুষ্ঠিত হয়েছে। শিবিরে আলোচনা করেছেন ফাউন্ডেশনের প্রতিষ্ঠাতা সভাপতি তথা বিশিষ্ট চিকিৎসক প্রফেসর প্রদীপ ভৌমিক, নার্সিং ফ্যাকাল্টি দেবী চক্রবর্তী, ফাউন্ডেশনের স্টেপিং স্টোন প্রজেক্টের কোঅর্ডিনেটর সাথী ভট্টাচার্য, ফাউন্ডেশনের স্টেপিং স্টোন প্রজেক্টের কোঅর্ডিনেটর সাথী ভট্টাচার্য, ফাউন্ডেশনের সহ সম্পাদক অসীম দেব ও স্কুলের প্রিন্সিপাল অমীয়া সিনহা। বক্তাগণ ড্রাগসের ভয়াবহতা নিয়ে বিস্তৃত আলোচনা করেছেন। তাঁরা বলেছেন, ড্রাগস শুধু গ্রহনকারীর ক্ষতি করে না, পরিবার ও সমাজ জীবনে কুপ্রভাব রয়েছে। যারা শিরাপথে ড্রাগস গ্রহন করে, তাদের মারন রোগ এইডস, হেপাটাইটিস বি এবং হেপাটাইটিস সি ভাইরাস সংক্রমণের ঝুঁকি অনেক বেশি। ছাত্র ছাত্রীদের ড্রাগসের হাতছানি থেকে দূরে থাকার আহ্বান জানিয়েছেন বক্তাগণ।



- **Output:** According to last quarter all advocates started onsite activity at the middle of November, every individual advocate may perform 10 individual onsite activity programs of their end. So, in this regards we communicated with each of them and set particular program with them. We planned how they complete 10 onsite activities and which of the parts they cover in their program field.
- **Outcome:** In case of onsite activities, we provide few groups of beneficiaries (e.g., health workers, community people, SHG, student, NSS, LGBTQ, Barber community, school, Local self-government etc) to them. So, they cover these groups which are possible for them, mostly they cover Health worker, Community people, Student, NSS, School, Local Self Govt. office, Rehabilitation centre, BSF Camp, Nursing Institute, NGO Group, Temple and Church area, Market place. All the 11 advocates' complete 10 individual programs, so total 110 onsite program are completed.
- **Challenges:** These are few challenges we face in this quarter.
 - * In time of Advocates perform onsite Activity they quite uncomfortable in that situation, so we attend those programs and trained them how to complete that onsite activity etc.
 - * In time of Onsite Activity most of Advocates are unable to collect Baseline and End line activity form by the audience, so we teach them how they did this consent form.

* In case of Onsite Activity Advocates faces few problems that they have not taken photographs or video properly, so we guide them how they conduct these activities.

* In case of all 12 Advocates 11 Advocates doing their activity properly but we face problem in one case, we try to convene one advocate but he is not agreed to continue the program.

- **Mitigation Strategy:** In case of Onsite Activity programs when Advocates face problem we join with them and guide them how they overcome that particular problem.

Programme Findings:

Demographic Area Covered:

1. Number of districts covered: 7 out of 8 districts,
2. Numbers of rural and urban areas: Rural:65, Urban:45,
3. Total 10 School covered at Tripura (scattered at 7 districts, with rural & urban area).
4. We have done 12 Hepatitis awareness activities in different schools at all over states of Tripura.
5. We conduct 11 meeting with different school authorities for enrollment of students at Stepping Stone program.
6. In case of patient, we covered all district of Tripura and enrolled 52 patients and given services more than that no. of patients, with the constant help of NVHCP and LPN group.

Student Enrolled: 100 numbers.

Patient Enrolled: 52 numbers.

Number Online Session:

- Students Group: 17 sessions,
- Advocate Group: 05 sessions,
- Patients: 8 sessions.

Tables and Charts for different Programs:

PROGRAM DETAIL	ACTIVITIES (APRIL 2022 to MAR 2023)	TOTAL NO. OF ATTENDANCE	PARTICIPATING GROUP
STUDENT AWARENESS	25-APRIL-2022	35	STUDENT
PATIENTS MEETING	25-JULY-2022	20	PATIENT
MEETING WITH NVHCP	29-APRIL-2022	5	NVHCP
MEETING WITH NVHCP	27- MAY-2022	10	NVHCP
PEER GROUP MEETING	27-JUNE-2022	22	PATIENT
PEER GROUP MEETING	6- AUGUST-2022	25	PATIENT
MEETING WITH PATIENT	7-SEP-2022	6	PATIENT
MEETING WITH NVHCP	1-NOV-2022	10	NVHCP
MEETING WITH HEP B/C PATIENTS	2-NOV-2022	25	NVHCP
SEMINAR ON HEPATITIS	19.DEC.2022	110	PATIENT
PEER GROUP MEETING	06.DEC.2022	27	PATIENT
PEER GROUP MEETING	03.01.2023	25	PATIENT
MEETING WITH NVHCP	9-JAN-2023	10	NVHCP
PEER GROUP MEETING	27.JAN.2023	25	PATIENT
PEER GROUP MEETING	15.FEB.2023	28	PATIENT
PEER GROUP MEETING	22.MARCH.2023	28	PATIENT
MEETING WITH NVHCP	29.03.2023	10	NVHCP
ONLINE SITE(Day-1)	2 ND JULY 2022	10	STUDENT
ONLINE SITE(Day -2)	31 ST JULY 2022	46	STUDENT/PATIE

			NT
ONLINE SITE(Day-3)	6 TH AUGUST 2022	14	STUDENT
ONLINE SITE(Day-4)	13 TH AUGUST 2022	18	STUDENT/ PATIENT
ONLINE SITE(Day-5)	19 TH AUGUST 2022	32	STUDENT/ PATIENT
ONLINE SITE(Day-6)	27 TH AUGUST 2022	26	STUDENT/PATIE NT
ONLINE SITE(Day-7)	03 RD SEPTEMBER 2022	16	STUDENT
ONLINE SITE(Day-8)	11 TH SEPTEMBER 2022	10	STUDENT
ONLINE SITE(Day-9)	17 TH SEPTEMBER 2022	23	STUDENT/ PATIENT
ONLINE SITE(Day-10)	24 TH SEPTEMBER 2022	21	STUDENT
ONLINE SITE(Day-11)	29 TH SEPTEMBER 2022	19	STUDENT
ONLINE SITE(Day-12)	15 TH OCTOBER 2022	39	STUDENT/ PATIENT
ONLINE SITE(Day-13)	22 ND OCTOBER 2022	18	STUDENT/ PATIENT
ONLINE SITE(Day-14)	29 TH OCTOBER 2022	17	STUDENT/ PATIENT
ONLINE SITE(Day-15)	05 TH NOVEMBER 2022	06	STUDENT
ONLINE SITE(Day-16)	15 TH DECEMBER 2022	11	STUDENT
ONLINE SITE(Day-17)	29 TH DECEMBER 2022	12	STUDENT

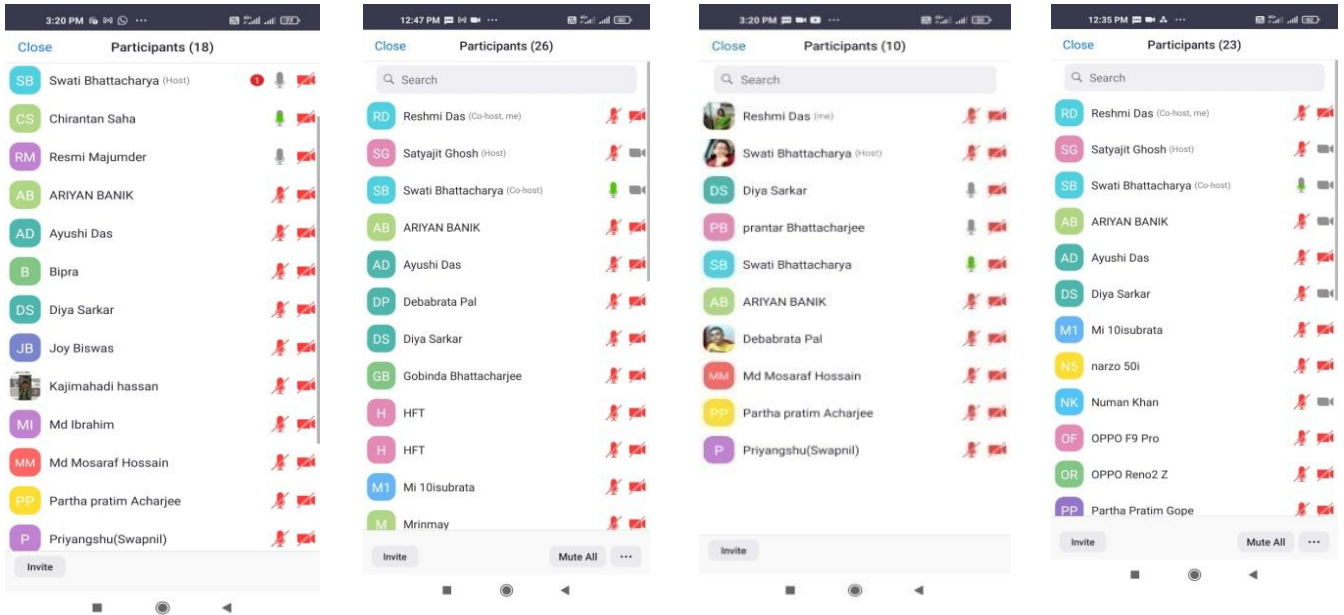
Onsite Activity Program Details:

ADVOCATE NAME	DATE OF ONSITE MEETING	PARTICIPANT NUMBER
SWAPNIL ROY	15.11.2022	15
SWAPNIL ROY	03.01.2023	8
SWAPNIL ROY	10.01.2023	10
SWAPNIL ROY	12.01.2023	15
SWAPNIL ROY	16.01.2023	12
SWAPNIL ROY	19.01.2023	10
SWAPNIL ROY	20.01.2023	20
SWAPNIL ROY	22.01.2023	15
SWAPNIL ROY	24.01.2023	13
SWAPNIL ROY	25.01.2023	15
PRANAB SAHA	19.11.2022	80
PRANAB SAHA	22.11.2022	18
PRANAB SAHA	19.12.2022	22
PRANAB SAHA	22.12.2022	12
PRANAB SAHA	28.12.2022	12
PRANAB SAHA	02.01.2023	10
PRANAB SAHA	04.01.2023	20
PRANAB SAHA	06.01.2023	15
PRANAB SAHA	07.01.2023	18
PRANAB SAHA	13.01.2023	14
ABHIJIT BHATTACHARJEE	28.11.2022	15
ABHIJIT BHATTACHARJEE	02.12.2022	23
ABHIJIT BHATTACHARJEE	19.12.2022	22
ABHIJIT BHATTACHARJEE	25.12.2022	14
ABHIJIT BHATTACHARJEE	16.01.2023	12
ABHIJIT BHATTACHARJEE	18.01.2023	38
ABHIJIT BHATTACHARJEE	22.01.2023	10
ABHIJIT BHATTACHARJEE	01.02.2023	8
ABHIJIT BHATTACHARJEE	02.02.2023	8
ABHIJIT BHATTACHARJEE	04.02.2023	12
PRANTAR BHATTACHARJEE	02.12.2022	15
PRANTAR BHATTACHARJEE	03.12.2022	12
PRANTAR BHATTACHARJEE	19.12.2022	33
PRANTAR BHATTACHARJEE	29.12.2022	18
PRANTAR BHATTACHARJEE	01.01.2023	13
PRANTAR BHATTACHARJEE	02.01.2023	12
PRANTAR BHATTACHARJEE	02.01.2023	18
PRANTAR BHATTACHARJEE	03.01.2023	22

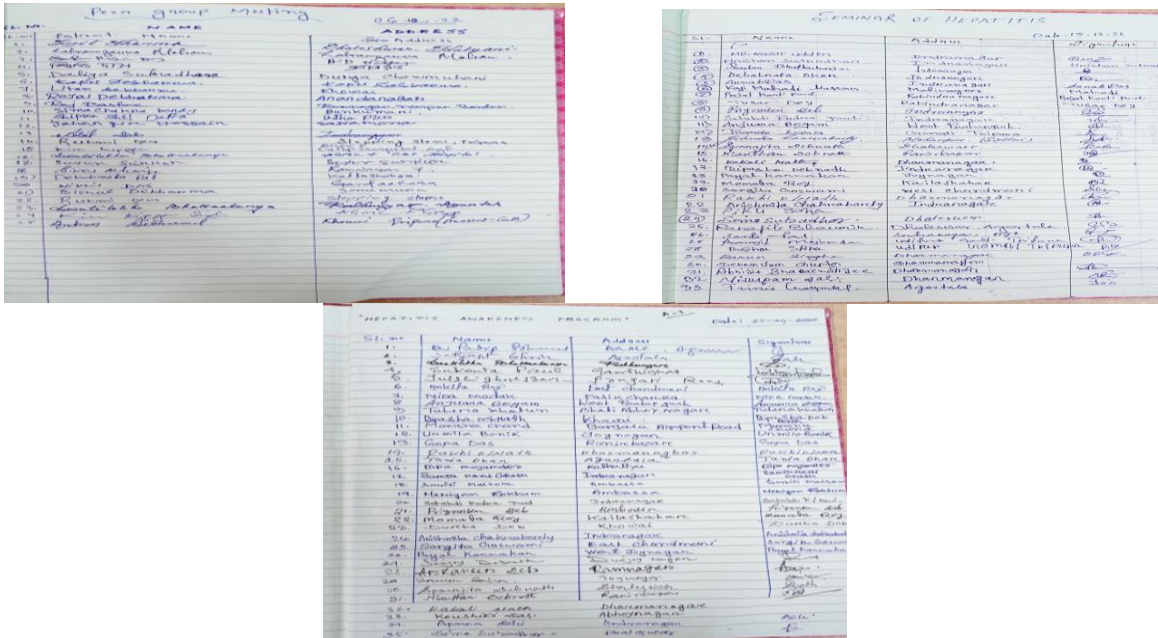
PRANTAR BHATTACHARJEE	03.01.2023	28
PRANTAR BHATTACHARJEE	04.01.2023	8
AYUSHI DAS	17.11.2022	40
AYUSHI DAS	19.12.2022	32
AYUSHI DAS	28.12.2022	27
AYUSHI DAS	29.12.2022	10
AYUSHI DAS	01.01.2023	14
AYUSHI DAS	03.01.2023	10
AYUSHI DAS	04.01.2023	11
AYUSHI DAS	05.01.2023	12
AYUSHI DAS	15.01.2023	9
AYUSHI DAS	01.02.2023	12
DEEP DAS	18.11.2022	20
DEEP DAS	25.12.2022	15
DEEP DAS	01.01.2023	10
DEEP DAS	01.01.2023	12
DEEP DAS	02.01.2023	12
DEEP DAS	18.01.2023	8
DEEP DAS	24.01.2023	11
DEEP DAS	27.01.2023	10
DEEP DAS	02.02.2023	10
DEEP DAS	04.02.2023	8
KAJI MEHEDI HASSAN	19.12.2022	33
KAJI MEHEDI HASSAN	21.12.2022	22
KAJI MEHEDI HASSAN	05.01.2023	8
KAJI MEHEDI HASSAN	28.01.2023	28
KAJI MEHEDI HASSAN	01.02.2023	18
KAJI MEHEDI HASSAN	03.02.2023	10
KAJI MEHEDI HASSAN	04.02.2023	14
KAJI MEHEDI HASSAN	05.02.2023	20
KAJI MEHEDI HASSAN	06.02.2023	25
KAJI MEHEDI HASSAN	07.02.2023	20
JOY BISWAS	27.11.2022	10
JOY BISWAS	12.01.2023	14
JOY BISWAS	13.01.2023	12
JOY BISWAS	15.01.2023	8
JOY BISWAS	27.01.2023	10
JOY BISWAS	27.01.2023	8
JOY BISWAS	28.01.2023	14
JOY BISWAS	29.01.2023	10
JOY BISWAS	01.02.2023	8
JOY BISWAS	02.02.2023	10

DEBOBRATA PAL	19.12.2022	37
DEBOBRATA PAL	03.01.2023	15
DEBOBRATA PAL	05.01.2023	10
DEBOBRATA PAL	19.01.2023	8
DEBOBRATA PAL	27.01.2023	9
DEBOBRATA PAL	01.02.2023	10
DEBOBRATA PAL	02.02.2023	8
DEBOBRATA PAL	04.02.2023	9
DEBOBRATA PAL	05.02.2023	8
DEBOBRATA PAL	09.02.2023	12
PARTHA PRATIM ACHARJEE	02.01.2023	15
PARTHA PRATIM ACHARJEE	13.01.2023	14
PARTHA PRATIM ACHARJEE	13.01.2023	12
PARTHA PRATIM ACHARJEE	18.01.2023	10
PARTHA PRATIM ACHARJEE	21.01.2023	18
PARTHA PRATIM ACHARJEE	21.01.2023	44
PARTHA PRATIM ACHARJEE	26.01.2023	12
PARTHA PRATIM ACHARJEE	26.01.2023	14
PARTHA PRATIM ACHARJEE	08.02.2023	12
PARTHA PRATIM ACHARJEE	14.02.2023	10
JAYA MAJUMDER	19.01.2023	10
JAYA MAJUMDER	20.01.2023	8
JAYA MAJUMDER	21.01.2023	10
JAYA MAJUMDER	25.01.2023	11
JAYA MAJUMDER	29.01.2023	14
JAYA MAJUMDER	01.02.2023	10
JAYA MAJUMDER	01.02.2023	8
JAYA MAJUMDER	03.02.2023	8
JAYA MAJUMDER	04.02.2023	8
JAYA MAJUMDER	04.02.2023	7

Online Meeting with Students & Patients Groups:



Offline Meeting Attendance Details:



Number of Awareness Activities:

Organizing Participants	Different Awareness Activities	Total Number of Awareness Activities
Hepatitis Foundation of Tripura & Stepping Stone Team	• HFT LIVERCON VI	2
	• World Hepatitis Day	1
	• Felicitation programs to the students	5
	• Health camp & Hepatitis awareness	5
	• Awareness program with nursing students at Teachers Day	1
	• Hepatitis screening program	2
	• Rally on world suicide day	1
	• Hepatitis awareness and Blood donation camp	5
	• HFT state annual conference	1
	• Diabetes screening with hepatitis awareness home to home	1
	• World AIDS Day celebrating with other benefitters	2
	• State Level Hepatitis Awareness Program	1

Hepatitis Foundation of Tripura & Stepping Stone Team	<ul style="list-style-type: none"> • Other school visit program 	12
	<ul style="list-style-type: none"> • Liver Clinic program 	30
	<ul style="list-style-type: none"> • Patient Awareness 	11
	<ul style="list-style-type: none"> • Onsite Activity Program by Student Advocates 	110

Number of Posts: 80 innovative posts by Stepping Stone Tripura Team.

Evaluation Matrix:

Name of the student	School	District	Post categories		Total no. of post	Total score (Σ of total grade)	Avr Grad. (Σ of total grade/ total no. of posts)	Range (Total Number of Post)	Attendance	Final grad.	Rank
PRANAB SAHA(ONSITE)	Vivekananda Vidya Mandir	Gomati	6	0	6	53	8.83	9.33	0.73	10.06	1
DEEP DAS(ONSITE)	Pabichara School	Unokati	8	0	8	69	8.62	9.12	0.66	9.78	2
JOY BISWAS(ONSITE)	Sonaihari HS School	South	2	0	2	18	9.00	9.25	0.46	9.71	3
SWAPNIL ROY(ONSITE)	Teliamura HS School	Khowai	20	0	20	154	7.70	8.70	0.86	9.56	4

E)	1										
Jaya Majumder	UBC H S School	South	4	0	4	35	8.75	9.00	0.4	9.40	5
AYUSHI DAS(ONSITE)	Sukhomay H S School	West	4	1	5	42	8.40	8.65	0.66	9.31	6
ABHJIT BHATTACHARJEE (ONSITE)	Bir Bikram Institute School	North	5	0	5	41	8.20	8.45	0.66	9.11	7
Debabrata Pal	Vivekananda Sishu Niketon	Sipahijala	4	0	4	31	7.75	8.00	0.73	8.73	8
Chirantan Saha	Sri Krishna Mission School	West	1	0	1	8	8.00	8.25	0.46	8.71	9
Partha Pratim Acherjee	Sri Krishna Mission School	West	13	0	13	93	7.15	7.90	0.6	8.50	10
KajiMahadi Hassan	N C I School	Sipahijala	2	0	2	16	8.00	8.25	0.2	8.45	11
PRANTAR BHAT	Henri Derijio H S	West	7	0	7	48	6.85	7.35	0.66	8.01	12

TACH ARJEE (ONSI TE)	Schoo 1									
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Action Plan: Detail of Action Plan described below:

Preparatory (Phase I)	<u>Timeline: (20 Nov to 15 Dec)</u>					Limitations
		<ul style="list-style-type: none"> ➤ Activities: Identifying the pockets, communicating with the representatives, Mobilizing and training the students, creating resource materials, communicating and mobilizing with the help of HFT members. ➤ Expected Outcome: Communities and advocate are prepared for the on-site activities. 				
Execution (Phase II)	Activities:	Resource materials	Numbers of advocates, Volunteers	Demographic areas covered	Date	
	Awareness program with Nursing students, School students.	Leaflets, pamphlet, laptop, banner, brochures, posters, baseline survey questionnaire form.	Advocates-1 Volunteer-1	Udaipur, Gomati District	05.12.2022	
	1. Meeting with food vendors in locality. 2. Awareness with local public in village community.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-2 Volunteer-1	Kumarghta, Dhalai District	07.12.2022	
	Awareness program with School students.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-6 Volunteer-1	Usha Bazar, West District	10.12.2022	
	Awareness program with private tuition group students.	Leaflets, pamphlet, laptop, banner,	Advocates-4 Volunteer-	Teliamura. Khowai District	13.12.2022	

	Brochures, posters, baseline survey questionnaire form.	1			
Awareness program with Nursing students.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-12 Volunteer-1	Indranagar, West District	15.12.2022	
Awareness program with ANM students.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-9 & 10 Volunteer-1	Indranagar, West District	17.12.2022	
Awareness with local public in village community.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-8 Volunteer-1	Bishalgarh, Sipahijala District	20.12.2022	
Roadside awareness program with general people.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-7 Volunteer-1	Dharmanagar, North District	23.12.2022	
Awareness program with ASHA workers.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-3 & 5 Volunteer-1	Belonia, South District	28.12.2022	
Awareness program with minority communities.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates-11 Volunteer-1	Sonamura, Sipahijala District	30.12.2022	

	Joint Community Awareness Program with NVHCP.	Leaflets, pamphlet, laptop, banner, Brochures, posters, baseline survey questionnaire form.	Advocates- 6, 9, 10 & 12 Volunteer- 1	Agartala, West District	01.01. 2022	
	➤ Expected Outcome: Community Awareness, Information about vaccination and Hepatitis Screening.					
Dissemination (Phase III)	➤ Timeline: starting date to ending date • Activities: End line survey, collecting the details of activity, documentation, reporting, etc. • Expected Outcome:					

Advocacy Meetings:

NAME OF THE MEETING	DATE	NO. OF PARTICIPANTS
Meeting with NVHCP	29-April-2022	5
Meeting with NVHCP	27- May-2022	10
Meeting with NVHCP	01-Nov-2022	10
Meeting with NVHCP	09-Jan-2023	10
Meeting with NVHCP	29-March-2023	10

Onsite Activities: Student Advocates of Tripura with the continuous help of Stepping Stone team members and HFT members successfully completed total 110 onsite activity program. Eleven numbers of advocates conduct those 110 programs at different rural and urban parts of Tripura. Every 11 advocates conduct 10 individual

number of program. Details of each program (date, participant's number and place) described at previously.

Number of Baseline Survey: Our student advocates successfully completed **430** baseline surveys at the time of their onsite activity.

Number of End Line Survey: Our student advocates successfully completed **420** baseline surveys at the time of their onsite activity.

Program Outcome: Here are few important points of Program Outcome:

- Awareness developments among students and their family members.
- Increased speaking capacity of students.
- Awareness among patients.
- Good coordination between NVHCP (Govt.) and people.

Case Study: Here is the case study of one HCV patient.

A Case Study

Basic Identification:

Name	: Mr. J. J,
Age / Sex	: 26 years, Male,
Occupation	: Bike Repairing Mechanic,
Religion	: Hindu,
Socio Economic Status	: Middle class,
Place	: Ratanpur, Khowai, Tripura,
Date of Hep C Detection	: 02.11.202,
Date of HIV Detection	: 05.12.2022,
Date of started Hep C medicine	: 01.01.2023,
ART Status	: On ART (TLD)
Duration/ Session	: 1 hour & 1 session,
Source of Information	: From VIHAAN Project of HFT,
Enlisted in Stepping stone	: January 2023.

Clinical History: Mr. J J is 26 years old male client. Professionally he worked as bike repairing mechanic. Presently he is unmarried & staying with his father, Mather, 2 brother and 1 sister. He is elder son of his family. His educational qualification is

up to secondary level. J J is smiling in nature. In his first visit he has talked clearly about his addiction behaviour, i.e., he using drugs for last 5 years. In this last 5 years he usually has taken two types of drugs, i.e., Heroine & Brown sugar.

When his family know about his drug addiction behaviour then they took him at one rehabilitation centre. In his 1st visit at rehabilitation centre i.e., in the year of 2021, he got tested and found Hepatitis C positive, then immediately he was referred to Liver Clinic at AGMC and GBP Hospital. At that clinic the client registered with enrolled patient of NVHCP. He continues his treatment for 2 months but after that he can't continue the treatment due to his personal family issues.

Then in December 2022 he admitted to GBP hospital for his poor health problems. At that time doctor advised him for regular blood check-up (HBsAg, HCV and HIV). Then he again found co-morbid infection of HIV and HCV. He mentally depressed at that time. But with family support again he started his treatment process. He started ART Medicine at ART Centre of GBP Hospital and as well as again come touch with Liver Clinic which held at every Wednesday at medicine outdoor of GBP Hospital.

In his second visit he aware about the Steeping Stone program and also attached with LPN group. With proper doctor advice and counselling session by Steeping Stone team member he completely aware about his health condition and mentally prepare to take care of his treatment process. His family constantly supported him in every situation, his all-family members was also tested and found negative and advised to should take Hepatitis B vaccine.

Now his treatment is going on. He is a regular patient of ARTC as well as liver clinic. He leaves all his drug addiction behaviour and regularly takes Hepatitis C medicine (Sof+Decla) for 3 months. In last month (March 2023) he completed his 3 months course of Hepatitis C treatment. Now his mental and as well as his physical condition become better compared to previous time. He also efficiently was doing his day-to-day activity and move forward for batter lifestyle.

Family History: The client is 26 years old male client. Professionally he worked as bike repairing mechanic. Presently he is unmarried & staying with his father, Mather, 2 brothers and 1 sister. He is elder son of his family. His educational qualification is up to secondary level. The client received all support from his family.

Personal History: Mr. J J was born in Ratanpur, Khowai Dist., Tripura. At present he lives in his present address (Khowai). Presently he worked as bike repairing mechanic in a garage. He is unmarried, but he is engaged with a girl for last 1year. He belongs to a simple middle-class family & getting APL card facility.

Sexual Behaviours: The client is HIV positive and he is sexually active, so he is suggested to take proper precaution (use of condom).

Present History: J J is staying with his family members at present address (Khowai). At present his health condition is better. He regularly takes his ART medicine & recently (March 2023) completed his Hepatitis C treatment successfully and become negative in ELISA report of HCV. He keeps contact with Stepping Stone team and LPN group. He discloses his every health related issues us. Dr. Pradip Bhaumik, Stepping Stone team member (Swatilekha Bhattacharya, Reshmi Das), Secretary of LPN group (Mr. Satyajit Gosh) also help him to complete his Hepatitis C treatment. Overall, now he is totally fine and he is attending our every month of patient's group meeting.

Achievement: Here are some achievements described below:

- A community leadership development among students.
- Empowerment of patient.
- Increased Hepatitis B vaccination among family members of HBV patients and at community level.
- Spreads Liver and Hepatitis awareness among general population.
- Increased treatment adherence.
- Good communication among all concerned.
- Capacity building.
- Achievable target to eliminate Hepatitis B by 2030.





Felicitation Program of Dr. Pradip Bhaumik



One of our Advocate (Pranab Saha) got Awarded from World Book of Record

The Last Memorable Program: On 07th April 2023 (Friday) Hepatitis Foundation of Tripura organized one Health rally on the eve of World Health Day. All Hepatitis Foundation of Tripura members, Health workers, Doctors, Nurses, Nursing students, Stepping Stone team members, NVHCP workers and others attend the rally. By that health-related rally Hepatitis Foundation of Tripura aware general public. Dr. Pradip Bhaumik sir guided the entire program.



HFT World Health Day Rally

CONCLUSIVE WORDS: Stepping Stone is an excellent Project of Public Health by increasing Communication, Coordination and Peer Group education.

Use of Modern Media in public Health is a wonderful Concept. Involvement of Students, the future stake Holders of Health Care delivery really accelerates the activities.

We have enjoyed to work in this project particularly sharing thoughts with team members of Other States of north east Region. LFWB team has performed a highly commendable task bring us together, guiding us every now and then and teaching an innovative model of Public Health.

Together we will definitely ELIMINATE HEPATITIS BY 2030.

We will live to with this beautiful team in future too.

Annexure: All the related documents, pictures, table and chart details provide earlier report.

Report Submitted by:

Swatilekha Bhattacharya, Project Co-ordinator, Stepping Stone Project &
Reshmi Das, Project Accountant, Stepping Stone Project.
