



Training Module for AYUSH Public Health Programmes



National AYUSH Mission Kerala

Contents

1. AYURVIDYA - Promotion of Healthy Lifestyle through AYUSH for School Children
2. AYUSH Mobile Medical Unit
3. KARUNYA_AYUSH Palliative care services
4. National Programme on Prevention & Management of Osteoarthritis & Other Musculoskeletal Disorders (NPPMOMD)
5. SUPRAJA-AYUSH Maternal & Neonatal Interventions

AYURVIDYA - Promotion of Healthy Lifestyle through AYUSH for School Children

AYURVIDYA-Training module for Medical Officers

Day 1	
Session 1(1 hour) Faculty suggested:	
Introduction to Ayurvediya Programme	<ul style="list-style-type: none"> • Details of the project • Aims, objectives and strategies for implementation • System structure
Session 2 (2 hours) Faculty suggested: Pediatrician (Modern Medicine)	
Pediatric and Adolescent Health	<ul style="list-style-type: none"> • Physical, mental and cognitive developmental stages of children and adolescents • Common Health issues during pediatric and adolescent stages • Sexual and reproductive health • Common communicable diseases and Non – communicable diseases of children and adolescents • Seasonal disorders in children and adolescents
Session 3(1.5 hours) Faculty suggested: Clinical Psychologist	
Mental health	<ul style="list-style-type: none"> • Identifying Mental health issues • Providing initial support and knowing when and how to make referrals in mental health issues • Dealing Anxiety in children • Prevention of substance abuse • Safe use of internet and internet addiction
Session 4(1.5 hours) Faculty suggested: Pedagogist	
Pedagogy and teaching techniques	<ul style="list-style-type: none"> • Principles of pedagogy • Techniques to engage students of various age groups effectively • Using activities, discussions, and multimedia tools to enhance learning.

Day – 2	
Session – 1 (1.5 hours)	
Faculty suggested: Naturopathy medical officer	
Dietary management and Yoga Therapy	<ul style="list-style-type: none"> • Diet, Daily and seasonal regimens. • Introduction to yoga and basic yoga practices
Session – 2(1.5 hours)	
Faculty suggested:	
Basic knowledge of Medicinal plants and home remedies	<ul style="list-style-type: none"> • Identification and usage of medicinal plants • Simple home remedies for common ailments • Safety and efficacy considerations
Session – 3(1.5 hours)	
Faculty suggested:	
Documentation and Record Keeping	<ul style="list-style-type: none"> • Data collection protocol • Variables for analysis • How to submit data • Ethical Considerations in documentation.
Session – 4(1.5 hours)	
Faculty suggested: Medical Officer	
IEC training	<ul style="list-style-type: none"> • Training on conducting IEC activities and record keeping • Effective use of social media for IEC activities
Session- 5 (1 hour)	
Faculty suggested	
Soft skill training	<ul style="list-style-type: none"> • Interpersonal skills • Communication skills • Intersectoral collaboration • Leadership qualities • Team building and working as a team
Session -6	
Review and feedback	<ul style="list-style-type: none"> • Peer discussions

Ayurvediya – Training Module for Multi-Purpose Health Workers.

Day 1	
Faculty suggested: Project MO & Project Coordinator	
Session 1 (1.5 hours)	
Introduction to Ayurvediya Programme	<ul style="list-style-type: none"> • Basic knowledge of project, • Aim, objectives and overall activities of the project.
Session 2 (1.5 hours)	
Faculty suggested:	
Basic examination skills	<ul style="list-style-type: none"> • Training of basic examination skills like height, weight, BMI etc.
Session 3 (1 hour)	
Faculty suggested:	
Basic Student data collection skill	<ul style="list-style-type: none"> • Basic patient data collection including name, age, gender, contact details, socioeconomic status etc. • Collection of feedback from beneficiaries.
Session 4 (1 hour)	
Faculty suggested:	
Basic computer and record keeping skill	<ul style="list-style-type: none"> • Improving basic computer knowledge for record keeping, data entry and IEC activities.
Session 5 (1 hour)	
Faculty suggested:	
Soft skill training	<ul style="list-style-type: none"> • Interpersonal skills • Communication skills • Intersectoral collaboration • Leadership qualities • Team building and working as team

AYUSH Mobile Medical Unit

AYUSH Tribal Mobile Medical Unit – Training Module for Medical Officers.

Day 1	
Session 1(1.5hrs)	
Faculty suggested: Jithesh Executive Director, SHSRC-K	
Introduction on Current status of AYUSH Tribal Mobile Medical Unit and Awareness of tribal culture and Customs	<ul style="list-style-type: none"> • System structure • Culture and Customs • Methods for eliciting information from tribal population • Referral system
Session 2 (1.5 hrs)	
Anaemia & Immunity among Women and children	<ul style="list-style-type: none"> • Diagnosis, types and management of Anaemia • How to address anaemia at different level • How to develop immunity among individuals especially among Women and children
Session 3 (1.5 hrs)	
Worm infestation and Skin diseases in children	<ul style="list-style-type: none"> • Causes, types, Diagnosis, treatment protocol and preventive measures
Session 4 (1.5 hrs) By a Dietician	
Dietary Habits among tribal population	<ul style="list-style-type: none"> • Common diet to be followed • Millet based diet • Dos and DON'Ts • Substance Abuse

Day 2	
Session 1 (1.5 hrs)	
Faculty suggested: Dr Asma (Obstetrician and gynaecologist)	
Common gynaecological and obstetrical problems among Women	<ul style="list-style-type: none"> • Leukorrhea • ANC and PNC • Menstrual hygiene practices • Causes, diagnosis and treatment of various gynaecological problems
Session 2 (1.5 hrs)	
Faculty suggested:	
Documentation and reporting	<ul style="list-style-type: none"> • Data collect protocol • Variables for analysis • How to submit data • Ethical Considerations in documentation.
Session 3 (45 minutes)	
Faculty suggested: By Forest department	
Safety rules	<ul style="list-style-type: none"> • Man, animal conflict • Safety measures to be followed
Session 4 (45 minutes)	
Faculty suggested:	
Stakeholder engagement	<ul style="list-style-type: none"> • Hamlet ASHAs • Tribal department (Tribal extension officers & Tribal promoters) • Forest department • Education Department • Social Welfare • Kudumbashree tribal unit

Session 5(1.5 hrs) Faculty suggested: Dr Raj Mohan-Associate Professor	
IEC training	<ul style="list-style-type: none"> • Training on conducting IEC activities and record keeping. • Social media knowledge
Session 6 Faculty suggested: Dr Parvathy -VPSV	
Diagnosis and treatment of psychological issues among tribal population	<ul style="list-style-type: none"> • Post partum depression, Anxiety, Stress-Diagnosis and basic management • Other psychological problems
Session 7(1.5 hrs) Faculty Suggested:	
Management of Various gynaecological issues among tribal women(Ayurveda&Homeopathy)	<ul style="list-style-type: none"> • Menstrual Disorders • Infections • Pelvic Inflammatory Disease (PID) • Prolapse • Cervical Cancer • Fibroids and Cysts • Infertility • Contraceptive Issues • Menopausal Symptoms • Leukorrhea
Session 8 (1.5 hrs) Faculty Suggested:	
Soft skill training	<ul style="list-style-type: none"> • Interpersonal skills • Communication Skills • Leadership qualities • Team building and working as team • Inter-sectoral collaboration

AYUSH Tribal Mobile Medical Unit – Training Module for Multi-Purpose Health Workers.

Day 1	
Faculty suggested: Project MO & Project Coordinator	
Session 1 (1.5 hrs)	
Introduction on Current status of AYUSH Tribal Mobile Medical Unit and Awareness of tribal culture and Customs	<ul style="list-style-type: none"> • System structure • Target • How to create rapport with tribes
Session 2 (1.5 hrs)	
Basic examination skills	<ul style="list-style-type: none"> • Training of basic examination skills like monitoring of BP, Pulse, Respiratory rate, BMI, how to use haemoglobinometer, Hygiene measures at low cost • How to handle medicines
Session 3 (1.5 hrs)	
Basic Patient data collection skill	<ul style="list-style-type: none"> • Data Collection: How to gather essential information using Standard Performa given. • Collection of feedback from beneficiaries.
Session 4 (1.5 hrs)	
Basic computer and record keeping skill	<ul style="list-style-type: none"> • Improving basic computer knowledge for patient record keeping and IEC activities.
Session 5 (1.5 hrs)	
Soft skill training	<ul style="list-style-type: none"> • Interpersonal skills • Communication Skills • Leadership qualities • Team building and working as team • Medicine distribution • Setting up Medical Camps

KARUNYA_AYUSH Palliative Care Services

KARUNYA – AYUSH Palliative care service – Training Module for Medical Officers.

Day 1	
Session 1 (30 mins)	
Faculty suggested:	
Course Introduction	
Session 2 (1 hr 45 mins)	
Faculty suggested:	
Introduction of palliative care	<ul style="list-style-type: none"> • Philosophy • Definition • Concept of total care • Components of palliative care program • Principles of palliative care • Palliative care policy • Delivery of palliative care by Government and non-Government agencies and community participation
Session 3 (1 hr 15 mins)	
Faculty suggested:	
History of palliative care delivery of patient	<ul style="list-style-type: none"> • Global, Indian and Kerala scenario • Modern palliative care
Session 4 (1 hr 30 mins)	
Faculty suggested:	
Communication	<ul style="list-style-type: none"> • Importance of effective communication, art of listening, barriers to effective communication. • Difficult situations - breaking bad news/collusion/handling emotions.
Session 5 (1 hr 30 mins)	
Faculty suggested:	
Basic nursing care	<ul style="list-style-type: none"> • Bed sore prevention • Bathing the patient • Wound washing

Day 2	
Session 1 (1 hr 30 mins)	
Faculty suggested:	
Genito-Urinary care palliative	<ul style="list-style-type: none"> • Hesitancy, retention, incontinence, hematuria, catheterization and sexual issues.
Session 2 (1 hr)	
Faculty suggested: Dr.	
Role of community in palliative care	<ul style="list-style-type: none"> • Self help groups • Volunteering
Session 3 (1 hr 30 mins)	
Pain management	<ul style="list-style-type: none"> • Definition • Pathophysiology • Classification • Management • Formularies
Session 4 (3hrs)	
Faculty suggested:	
Communication and dementia	

Day 3	
Faculty suggested:	
Session 1	
Advanced nursing care	<ul style="list-style-type: none"> • Head to foot care, skin care, • Wound management • Catheterization • Tracheostomy care • Basics of lymphoedema and ostomy care.
Session 2	
Vrinam management (Management of injuries/bedsores)	
Session 3	
Ethics/ End of life care	<ul style="list-style-type: none"> • Principles of medical ethics • Withholding/withdrawing futile treatment vs. euthanasia, management of end -of -life symptoms.
Session 4	
Soft skill development	<ul style="list-style-type: none"> • Leadership • Team management

KARUNYA_AYUSH Palliative care service – Training Module for Multi-Purpose Health Workers.

Day 1	
Faculty suggested:	
Session 1 (1.5 hrs)	
Introduction on KARUNYA Project and Palliative care	Aim Components of palliative care program Principles of palliative care Palliative care policy
Session 2 (2 hrs)	
Orientation on AYUSH Palliative service	Basic principles Nursing care through Ayush
Session 3 (1 hr)	
Basic Patient data collection skill	Basic patient data collection including name, age, gender, contact details, socioeconomic status etc. Collection of feedback from beneficiaries.
Session 4 (1.5 hrs)	
Basic computer and record keeping skill	Improving basic computer knowledge for patient record keeping and IEC activities.

National Programme on Prevention & Management of Osteoarthritis & Other Musculoskeletal Disorders (NPPMOMD)

NPPMOMD - Training Modules for Medical Officers

Day 1	
Session 1 (1.5 hrs)	
Introduction of Osteoarthritis & other Musculoskeletal Disorders	<ul style="list-style-type: none"> • Introduction on National Programme including its objectives, SOP etc. • Experience sharing by TOT on common MSDs in his/her clinical practice • Interactive session between MOs & TOT on their clinical experience on MSDs
Session 2 (1.5 hrs)	
Diagnostic tools for Osteoarthritis & other Musculoskeletal Disorders	<ul style="list-style-type: none"> • Basic radiology – Prescription & Evaluation • Refreshment on X-Ray, MRI, CT Scan on various MSDs
Session 3 (1.5 hrs)	
Management of OA & other MSDs	<ul style="list-style-type: none"> • Experience sharing by TOT from his/her clinical practice experience on OP & IP management of OA & other MSDs • Commonly used Oushadha Yogas for OA & MSDs
Session 4 (1.5 hrs)	
Common Physiotherapy interventions used for OA & MSDs	<ul style="list-style-type: none"> • Physiotherapy with respect to specific joints • Different rehabilitation techniques

Day 2	
Session 1 (1.5 hrs)	
Administrative training	<ul style="list-style-type: none"> • Registers to maintain • Format to follow in registers • Standard operating procedures (Case taking) to be followed in institutions/hospitals by MOs
Session 2 (1.5 hrs)	
Conducting IECs	<ul style="list-style-type: none"> • How to organise and conduct medical camps, IEC programs, awareness classes? • ASHA Sensitization
Session 3 (1.5 hrs)	
Class on Diet & Nutrition, Yoga	<ul style="list-style-type: none"> • Awareness class on basic nutrition & diet classes for OA & MSD patients • Ayurvedic & naturopathic food preparations for OA & MSD patients • Yoga postures for different musculoskeletal conditions
Session 4 (1.5 hrs)	
Hands on training, interactive session and doubt clearing	<ul style="list-style-type: none"> • Anusastra karmas like agnikarma, cupping • Bandaging etc. • Interactive Session and doubt clearing

NPPMOMD – Training Modules for Multi-Purpose Workers

Day 1	
Session 1 (1.5 hrs)	
Introduction on National Programme	<ul style="list-style-type: none"> • Introduction to objectives and standard operating procedures of National Programme for Prevention & Management of Osteoarthritis & Other Musculoskeletal disorders • Duties & Responsibilities
Session 2 (1.5 hrs)	
Soft Skill Training	<ul style="list-style-type: none"> • Interpersonal skills, communicative skills, Patient dealings • Medicine distribution • Setting up of medical camps
Session 3 (1.5 hrs)	
Maintenance of Registers	<ul style="list-style-type: none"> • Basic Data Entry • Maintenance of Registers • General Examination of patients including height, weight, blood pressure, Heart rate, temperature etc.
Session 4 (1.5 hrs)	
Hands on training, Interactive Session & doubt clearing	<ul style="list-style-type: none"> • Basic bandaging, basic massage techniques, how to use Infrared etc.

SUPRAJA-AYUSH Maternal & Neonatal Interventions

SUPRAJA-AYUSH Maternal & Neonatal Interventions -Training Module for Medical Officers

Day 1	
Session 1 (1 Hour) Faculty Suggested:	
Introduction to SUPRAJA project and awareness about current status of Maternal and child Health in India	<ul style="list-style-type: none"> • Details of the project • Aims ,objectives and strategies for implementation • System structure • Current situation of maternal and child health in India (Problem statement & Indicators) • Importance of maternal and neonatal interventions
Session 2 (2 Hours) Faculty suggested:	
Antenatal care	<ul style="list-style-type: none"> • Month-wise development of foetus • Month wise care to Pregnant woman • Lifestyle modifications advised Ayurveda • Dietary requirements & Nutritional supplementation • Yoga During Pregnancy • Vaccines During Pregnancy
Session 3 (1hour) Faculty Suggested:	
Routine Examinations and Screening during Pregnancy	<ul style="list-style-type: none"> • History taking and Risk assessment • Identification of high risk pregnancies • Physical Examinations (BP, Weight, Fundal Height) • Laboratory Examinations • Ultrasound and Foetal monitoring
Session 4 (2 hours) Faculty Suggested:	

Diagnosis and Management of common pregnancy related conditions	<ul style="list-style-type: none"> • Hyperemesis Gravidarum • Anaemia • Eclampsia • IUGR • Gestational Diabetes • Thyroid disorders • Ectopic pregnancy • Oligo & Polyhydramnios • Miscarriage • Infections (TORCH, Septicaemia, other Viral and Bacterial infections)
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Day 2

Session 1 (3 hours)

Faculty Suggested:

Postnatal care	<ul style="list-style-type: none"> • Postnatal care to mothers • Management of complications (Infections, PPH) • Lifestyle modifications • Awareness on Breast feeding & management of related issues • Dietary requirements and supplementation • Introduction to developmental milestones • Family Planning • Pre-Conceptional care
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Session 2 (1.5 hours)

Faculty Suggested:

Neonatal care	<ul style="list-style-type: none"> • Routine examinations and investigations to the new-borne • Diagnosis and Management of common conditions • Immunization schedule • Infant care practices
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Session3 (1Hour)

Faculty Suggested:

Psychological issues related with pregnancy and postpartum	<ul style="list-style-type: none"> • Postpartum depression and support • Diagnosis and management of other Psychological issues
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Session 4 (1.5 hours)

Faculty Suggested:

Documentation and Reporting	<ul style="list-style-type: none"> • Data collection protocol • Variables for analysis • How to submit data • Ethical Considerations in documentation.
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Session 5 (1hour)

Faculty Suggested:

IEC training	<ul style="list-style-type: none">• Training on conducting IEC activities and record keeping.• Social media knowledge
Session 6 (1hour) Faculty Suggested:	
Soft skill development	<ul style="list-style-type: none">• Interpersonal skills• Communication Skills• Leadership qualities• Team building and working as team• Inter-sectoral collaboration

SUPRAJA-AYUSH Maternal & Neonatal Interventions- Training Module for MultiPurpose Worker

Day 1	
Session 1 (1 Hour) Faculty suggested:	
Introduction to SUPRAJA project	<ul style="list-style-type: none"> • Basic knowledge of Supraja project • Aims ,objectives and strategies for implementation • System structure • Overall activities of the project
Session 2 (1 Hour) Faculty suggested:	
Basic examination skills	<ul style="list-style-type: none"> • Training of basic examination skills like monitoring of BP, Pulse, Respiratory rate, BMI, anthropometric measurements, etc. • How to use haemoglobinometer, Hygiene measures at low cost etc. • How to handle medicines
Session 3 (1 Hour) Faculty suggested:	
Basic Patient data collection skill	<ul style="list-style-type: none"> • Collection of patients' demographic details. • Collection of feedback from beneficiaries.
Session 4 (1 Hour) Faculty suggested:	
Basic computer and record keeping skill	<ul style="list-style-type: none"> • Basic data entry • Improving basic computer knowledge for patient record keeping and IEC activities.
Session 5 (1 Hour) Faculty suggested:	
Soft skill training	<ul style="list-style-type: none"> • Interpersonal skills • Communication Skills • Leadership qualities • Team building and working as team • Medicine distribution • Setting up Medical Camps