

Yoga for a Positive Life

International Yoga Day is celebrated annually on June 21st and was recognized by the United Nations in 2014. Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, and harmony between humans and nature. It also helps boost immunity and stamina.

Vihaan partners celebrated the power of this ancient practice by organizing yoga and meditation classes for PLHIV from 18th to 21st June to promote this holistic healthcare approach as part of positive living.



A yoga session in progress at a Vihaan Care & Support Centre conducted by UPNP+



PR Dashboard and Risk Management Workshop

Vihaan Principal Recipient (PR) India HIV/AIDS Alliance conducted a three-day workshop on “Global Fund PR Dashboard and Risk Management” for the 19 Sub Recipient (SR) partners of the Vihaan programme. The workshop was held from 13th to 15th June in New Delhi. The objective of the workshop was to strengthen the capacity of the SRs in using the Grant Risk Assessment and Management tool (GRAM) tool and to introduce the PR Dashboard as a programme management tool to support the SRs in their work.

The GRAM tool enables PRs and SRs to identify prospective risks associated with programme implementation and provides a basis for risk assessment and the proactive development of risk mitigation plans. The PR Dashboard is a tool designed by the Global Fund to assist in the performance monitoring and management of grants, including an overall grant performance rating of SRs and the PR.

All 19 SRs completed self-assessments using the GRAM tool. Key areas of risk among the SRs were discussed, and mitigation plans to address and overcome identified risks were developed. Prioritization and threshold setting was also completed for all the thematic areas in the dashboard, and 15 indicators were developed to be monitored in the dashboard to help guide implementation teams.



From No Hope towards Health

As a part of tracking Lost-to-Follow-Up cases, Alamgir Ansari, an outreach worker (ORW) from Vihaan CSC Palamu visited Hasandag village in Garhwa district of Jharkhand. During his field visit, a villager informed him about Sushma Devi. Sushma's health had deteriorated, and now she was bedridden. On visiting her and reviewing her diagnostic report, he learned that she was HIV-positive but not yet registered at local ART Centre. She was so ill that she weighed only 30 kilograms and could now not

even speak or move on her own. Alamgir immediately referred her to Meral Primary Health Centre (PHC), which is 25 kilometres from her home. Unfortunately, Sushma's husband refused to take her to the hospital as he had no money for travel or treatment. The ORW informed the project coordinator at CSC Palamu about the case, and a vehicle was arranged for Sushma using Vihaan's Emergency Support mechanism. Sushma was then quickly taken to the Meral PHC.

As her condition was determined to be critical, the PHC doctor referred her to the Rajendra Institute of Medical Sciences in Ranchi. CSC Palamu with help from CSC Ranchi arranged for transportation to take Sushma to Ranchi. Sushma's husband refused to accompany her or allow anyone else in the family to accompany her as he believed that his wife was destined to die. After much persuasion, Sushma's husband and two family members agreed to accompany her to the hospital.

Sushma was immediately registered in the Ranchi ART Centre, and her CD4 count was found to be only 25. However she was not started on ART medication as she also tested positive for TB and was put on TB treatment first. Unfortunately, her husband and family members were not supportive and failed to provide food and care to Sushma at the hospital. The CSC Ranchi staff did not let this lack of support from her family deter them, and they took proper care of Sushma, providing her with food and the medicines she needed. In less than a week's time, Sushma started showing improvements and was able to move on her own.

Now Sushma is back at home and continuing with her TB treatment. Though there is improvement, Sushma's condition is still serious. Vihaan CSC staff are monitoring her health condition and providing Sushma with necessary support. They regularly visit her at home and are still trying to motivate her family to play a more active role in her treatment.

– A case report from Vihaan partners CSC Palamu, CSC Ranchi and SAATHII in Jharkhand. (Sushma's written consent was obtained to use the photograph.)

Vihaan Updates

10,07,466 PLHIV registered and reached with care & support services

3,68,030 PLHIV and family members linked with social protection schemes

1,84,427 Lost-to-Follow-Up PLHIV tracked and returned to ART services

3,64,816 PLHIV screened for TB

(through May 2016)

India
HIV/AIDS
Alliance