



सत्यमेव जयते

Ministry of Health & Family Welfare
Government of India



National Centre for
Disease Control
Government of India



National Programme
on Climate Change
and Human Health

National Review Meeting

NATIONAL PROGRAMME ON CLIMATE CHANGE AND HUMAN HEALTH

National Center for Disease Control

Ministry of Health and Family Welfare

17th December 2021

India Habitat Centre, New Delhi



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Government of India
Ministry of Health & Family Welfare



**National Programme
on Climate Change
and Human Health**

National Review Meeting

The National Programme on Climate Change and Human Health

New Delhi 2021

State: Goa

State Nodal Officer: Dr Utkarsh Betodkar

NPCCHH Activities 2020-21/21-22 & Budget Proposed/Expended for F.Y. 2021-22

S. No	Activities	Sanction in 2021-22	Expenditure till date (%)	Reason for less utilisation	Plan of spending by March 31 st 2022	Reason for non proposal
1	3.3.3.3 Training of Panchayati Raj Institutions/ Block level training	1.65	Nil	-	1 st week of 2022	
2	9.5.29.8 a. Training at State level b. Training at District level	Nil	Nil	-	1 st week of 2022	
3	16.1.2.1.23 State and district level Task force meetings (multi-sectoral)	0.50	Nil			
4	16.1.2.1.24 a. Sensitization workshops/meeting at State level b. Sensitization workshops/meeting at District level	Nil	Nil			
5	5.1.1.2.13 a. Greening of health care facilities b. Climate resilient Healthcare facilities	100	Nil	Process already started		

NPCCHH Activities 2020-21/21-22 & Budget Proposed/expended for F.Y.2021-22 contd..

S.No	Activities	Sanction in 2020-21	Expenditure till date (%)	Reason for less utilisation	Plan of spending by March 31 st 2022	Reason for non proposal
6	10.2.14 a. Vulnerability Need Assessment (VA) related to Climate Change and Health b. Research on climate variables and impact on human health	Nil	Nil			
7	11.24.4.4 IEC	1.00	0.67			
8	12.17.3 Printing	Nil	Nil			
9	16.4.1.5.2 Consultant Climate Change				Waiting for salary approval in supplementary PIP	

Deliverables

Sl.No.	Major Milestones	Definition	Targets/Achievement during FY 2020-21	Targets/Achievements forFY 2021-22
1	Strengthening of State level organizational structure	1.1. Appointed State Nodal Officer-Climate Change (SNO-CC) 1.2. Constituted Governing Body under Hon'ble Health Ministers of State 1.3. Set up multi-sectoral Task Force under Principal Secretary (Health) 1.4. Established Environment Health Cell (Yes/No)	Yes No Yes Yes	Yes No Yes Yes
2	Strengthening of District level organizational structure	2.1. How many Districts have appointed District Nodal Officer-Climate Change (DNO-CC) 2.2. How many Districts have set up multi-sectoral Task Force under District Collector 2.3. How many Districts have established Environment Health Cell (EHC)	Nil Nil Nil	Nil Nil Nil
3	Consultant Climate Change and Health	3.1. Whether the State has appointed Consultant Climate Change and Health as per posts approved in ROP 2020-21	No	No

Deliverables contd...

Sl.No	Major Milestone	Definition	Targets/ Achievement during FY 2020-21	Targets/Achievements for FY 2021-22
4	State Action Plan Climate Change and Human Health(SAPCCHH) inclusive of air pollution and heat action plans	Has the State published the SAPCCHH ? If so, shared to NPCCHH programme division at NCDC?	No	No
5	Task Force meetings with Date of meetings Governing Body Meetings with Date of meetings	How many meetings conducted in the Year 2020-21?	Nil	Nil

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Deliverables contd...

S. No.	Major Milestone	Definition	Targets/Achievement during FY 2020-21	Targets/Achievements for FY 2021-22
6	Air pollution & Health	<ul style="list-style-type: none"> • Has the State identified the priority cities and designated the /sentinel hospitals for initiation of surveillance in context of air pollution? •How many of these sentinel hospitals have initiated reporting of surveillance data ? • Issuance of Health Advisory on Air Pollution (Y/N) •IEC translation /dissemination (Y/N) •Development of Health sector preparedness plan on air pollution • if any 	<p>Yes</p> <p>100%</p> <p>No</p> <p>Yes</p> <p>No</p>	<p>Yes</p> <p>100%</p> <p>No</p> <p>Yes</p> <p>No</p>
7	Heat and Related illness	<p>FY 2020-21 /2021-22</p> <ul style="list-style-type: none"> • Reporting (Y/N) • Advisory/IEC: (Y/N) • Heat alerts disseminated (Y/N) <p>FY 2021-22</p> <ul style="list-style-type: none"> • To Prepare Heat Preparedness plan • IEC/Meeting/ Hospital preparedness etc planned 	<p>Yes</p> <p>Yes</p> <p>Yes</p> <p>No</p> <p>No</p>	<p>Yes</p> <p>Yes</p> <p>Yes</p> <p>No</p> <p>No</p>

Deliverables contd...

S.No.	Major Milestone	Definition	Targets/ Achievement during FY 2020-21	Targets/Achievements for FY 2021-22
8	Awareness Activities	IEC Activities done. Date , Mode (Radio/TV/ Newspaper/Hoardings) Any other activity <ul style="list-style-type: none"> •Sensitization •International Day Celebration 		-Celebration of International Day of Clean Air for blue skies -Harbal Garden -World -Environment day
9	Training	Any training conducted for health professionals/workers in the state ? Briefly mention	Yes	Yes
10	Vulnerability Need Assessment	<ul style="list-style-type: none"> • Has the State started the VNA on climate sensitive disease? 	No	No
11	Green and Climate Resilient Healthcare	<ul style="list-style-type: none"> • Has the State undertaken any assessment for Green and Climate Resilient healthcare facilities and details if any •Whether the State is undertaking/undertaken any Green and Climate Resilient healthcare infrastructures development/retrofitting and details if any • Any further actions: please specify 	-Solar Plant for 1 PHC complete -Solar Water Heater -Harbal Garden at all PHC/CHC	-Solar Plant for 1 PHC complete -Solar Water Heater -Harbal Garden at all PHC/CHC
12	Research	Has the State started any research on climate sensitive	-Yes by SPCB	-Yes by SPCB

Training on Air Pollution and NPCCHH in the State under NPCCHH

- Training materials: PPT and information on Heat related illnesses and Air Pollution available.
- Trainings already conducted in the State
 - State-level Virtual Training for all the Extension Educators/Health Educators/IEC Supervisors held on 03/03/2021.
 - PRI trainings held by PHcs/CHCs/UHCs.
- Training to be conducted in 4th quarter
 - To train medical officers in air pollution and its health impact and ARI surveillance reporting
 - To train ANMs and MPHWs in air pollution
 - Training of PRIs by trained Medical Officers

Issue and Challenges

-No dedicated Human resource

*** Special Achievements or if any to do ***

Various IFC Materials Printed

गर्मी के खिलाफ छेड़े जंग कर्मचारियों का जीवन बनाए सुगम

आपातकालीन स्थिति में चिकित्सा सहायता

गर्मी की बीमारी / लू के संबंध में प्राथमिक चिकित्सा कदम

प्रति गर्मी प्रत्येक पर प्रारंभ करें, पानी पिलाएं।
 पैर को ऊपर करके लेटे, शरीर को ठंडे पानी से छेड़े और शीतल में होने की स्थिति में पानी पिलाएं।

बीमार कर्मचारी को नजदीकी अस्पताल ले जाए या एम्बुलेंस को कॉल करें

- अगर कर्मचारी बेहोश हो जाते हैं तो एम्बुलेंस कॉल करें - बीमारी को रोकें।
- अगर कर्मचारी बेहोश नहीं होते तो एम्बुलेंस कॉल करें - बीमारी को रोकें।
- बुझाव नहीं पड़ने पर 108
- कर्मचारी को पानी पिलाएं और उन्हें ठंडे पानी से छेड़े।
- कर्मचारी को पानी पिलाएं और उन्हें ठंडे पानी से छेड़े।
- कर्मचारी को पानी पिलाएं और उन्हें ठंडे पानी से छेड़े।
- कर्मचारी को पानी पिलाएं और उन्हें ठंडे पानी से छेड़े।

अधिक जानकारी के लिए: www.moh.gov.in

Safeguard Workers from Heat

Provide safe working environment

- Cool drinking water facility
- Timely medical care
- Frequent breaks in comfortable rest area
- Cool and comfortable area for child care
- Insulate and shield hot equipment
- Assign additional workers or slow down work pace

Administrative measures

- Schedule mandatory breaks for those working under direct sun
- Schedule strenuous and outdoor work for cooler time of the day i.e. morning or evening hours
- Ensure that baby care / crèche center has cool drinking water proper shade, cooling mechanism and ORS solution
- Start a buddy system to monitor health of workers

108 People at risk

Children love playing in the Sun heat should not spoil their fun

Symptoms of heat related illness

- Fainting, Muscle cramps, Seizures, Irritability, Headache, Increased sweating, Weakness, dizziness, Acts or talk confused, Fast breathing and heartbeat, Nausea and vomiting, Difficulty in waking up or can't wake up, Body temperature more than 102°F (38.3°C) or higher.

Be careful when child is

- Walking/cycling in Sun, School assembly, Playing barefoot in Sun.

First aid measures

- Bring the child indoors or into the shade immediately. Loosen their clothing while maintaining their dignity. Have the child lie down with slightly raised feet. Use fan to increase airflow.
- Use cool water to sponge the child's face and neck. If the child is alert and awake, provide frequent sips of cool, clear fluids.
- If the child vomits, turn them onto their side to prevent choking. If child is unconscious, don't give anything to drink or eat.

Prevention

- Don't let children play in direct sunlight. Don't let children play in hot areas. Don't let children play in hot areas.

108 People at risk

Symptoms of heat related illnesses

Be alert, remember the symptoms And take precautions

- Hot, red and dry skin, Body temperature $\geq 40^\circ\text{C}$ or 104°F , Nausea and vomiting, Throbbing headache, Muscle weakness or cramps, Rapid shallow breathing and rapid heart beat, Anxiety, dizziness, fainting & light headedness.

If you or others feel unwell

- Hydrate yourself, Move to cooler place and take rest, Take cool shower.

Visit doctor or call ambulance

- Heat cramps lasts more than one hour, Unconscious, Body temperature $\geq 40^\circ\text{C}$ or 104°F , Symptoms get worse.

108 People at risk

गर्मी से करें बचाव याद रखें ये सुझाव

रखा करें

- पर्याप्त तरल पदार्थों को लें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।

रखा ना करें

- शरीर को ठंडे, लीने एवं शीतल में रखें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।
- शरीर को ठंडे, लीने एवं शीतल में रखें।

अधिक जानकारी के लिए: www.moh.gov.in

VASANT RITUCHARYA

How is Environment?

- Hot weather, Intense sunlight, How the body changes? Medium Digestive capacity, Maximum Body Strength Dostic Condition, Vata prakop, Pitta Vaatashamana.

DO's & Don'ts - Diet

- Eat easily digestible & warm food, Drink boiled, cooled water or water stored in mudpot, Use ghee, buttermilk, curd, lemon, hing, Fresh buttermilk, Curd, shabdi, masoori (dalas, khat, etc), Fruits: Mango, grapes, dates etc; seasonal fruits, Pawan, bottle gourd, ridge gourd, pumpkin.

DO's & Don'ts - Lifestyle

- Use warm water for bath, Ayurveda - dry powder massage, Regular exercise & Yoga, Light exercises & walks, Wear clean, dry and cotton clothing.

Common Diseases

- Exposure to strong sunrays, Sweating in the day, Over-exertion & staying up late at nights, Over-eating or untimely eating.

Common Diseases: Exposure to cold winds can cause joint pains, muscle aches, swelling in joints, sinusitis, neck & back related complaints. Procedures: Snehana, Swedana, Yamaana, Nasya.

GREESHMA RITUCHARYA

How is Environment?

- Intense sunlight, Dry & hot breeze, How the body changes? Reduced Digestive capacity, Reduced Body Strength Dostic Condition, Vata prakop, Pitta Vaatashamana.

DO's & Don'ts - Diet

- Eat easily digestible & warm food, Drink boiled, cooled water or water stored in mudpot, Use ghee, buttermilk, curd, lemon, hing, Fresh buttermilk, Curd, shabdi, masoori (dalas, khat, etc), Fruits: Mango, grapes, dates etc; seasonal fruits, Pawan, bottle gourd, ridge gourd, pumpkin.

DO's & Don'ts - Lifestyle

- Short naps in daytime prior before meals, Use warm water for bath, Apply medicated oils before bath, Light exercises & walks in the evening, Wear light, dark colored clothes.

Common Diseases

- Exposure to hot sun & dry winds, Staying up late at nights, Excessive exercise/exertion, Over-eating or untimely eating, Use of very light, dark coloured synthetic clothing.

Common Diseases: Exposure to hot & dry breeze can cause dryness & itching in joints, hoarseness of voice, indigestion & flatulence, headaches, sleep related complaints. Procedures: Snehana, Swedana, Nasya, Anuvasana.

VARSHA RITUCHARYA

How is Environment?

- Rainy Season, Low Sunlight, How the body changes? Reduced Digestive capacity, Reduced Body Strength Dostic Condition, Vata prakop, Pitta Vaatashamana.

DO's & Don'ts - Diet

- Eat easily digestible & warm food, Drink boiled water, Use ginger, black pepper, harsic, rock salt, lemon, hing, Cold cereals: rice, barley, wheat, Lentils: moong, horse radish, Favaal, bottle gourd, ridge gourd, pumpkin, Use honey.

DO's & Don'ts - Lifestyle

- Use warm water for bath, Apply medicated oils before bath, Exposure to hot moon rays, Light exercises & walks, Vrechana, Nasya, Raktamokshana.

Common Diseases

- Exposure to mid day sun, Sleeping in the dark, Staying up late at nights, Excessive exercise/exertion, Over-eating or untimely eating, Wearing moist or musty clothes.

Common Diseases: Common cold, Running nose, flu-like conditions, Indigestion, Vomiting, Diarrhoea (esp. due to water contamination). Procedures: Snehana, Swedana, Basti.

SHARAD RITUCHARYA

How is Environment?

- Humid Winds, Increased intensity of Sunlight, How the body changes? Medium Digestive capacity, Medium Body Strength Dostic Condition, Pitta prakop, Kapha vikraya.

DO's & Don'ts - Diet

- Eat easily digestible & warm food, Food with sweet, bitter and astringent tastes should be used, Use ginger, cardamom, black pepper, harsic, masoori, Anis, Favaal, lemon, Cooled Apple, Moong, urad dal, bitter gourd, ladies finger, mint, Use honey.

DO's & Don'ts - Lifestyle

- Use warm water for bath, Apply medicated oils before bath, Exposure to hot moon rays, Light exercises & walks, Vrechana, Nasya, Raktamokshana.

Common Diseases

- Exposure to mid day sun, Sleeping in the dark, Staying up late at nights, Excessive exercise/exertion, Over-eating or untimely eating.

Common Diseases: Exposure to cold winds can cause joint pains, muscle aches, swelling in joints, sinusitis, neck & back related complaints. Procedures: Snehana, Swedana.

HEMANT-SHISHIR RITUCHARYA

How is Environment?

- Cold Winds, Intense Sunlight, How the body changes? Maximum Digestive capacity, Maximum Body Strength Dostic Condition, Pitta Shramana, Kapha vikraya.

DO's & Don'ts - Diet

- Tastes: Sweet, Sour, Salty, Heavy meals, milk & milk products, Wheat, rice, black grams, Drink boiled water, Include Meat, Eggs, fish in diet, All kinds of lentils & vegetables can be eaten.

DO's & Don'ts - Lifestyle

- Use warm water for bath, Apply medicated oils before bath, Daily exercise & Yoga, Wear natural woollen clothes, Sleep during daytime & staying up late nights, Excessive exercise/exertion, Excessive use of cold items of clothes, Wear light cotton or muslin clothes.

Common Diseases

- Exposure to cold winds can cause joint pains, muscle aches, swelling in joints, sinusitis, neck & back related complaints. Procedures: Snehana, Swedana.

Activities- World Environment day



International Day of Clean Air for blue skies

FIT INDIA
DIRECTORATE OF HEALTH SERVICES
National Programme on Climate Change and Human Health (NPCCHH)
Campal-Panaji-Goa

Organises
Cycle tour
for Staff of Directorate of Health Services
on occasion of
International Day of Clean Air for blue skies

Starting point: @ CHC Sankhall on 2nd October 2021 at 7.00am

Following activities will be carried during this tour:
1) Cycling appx 12 KM Morlem Waterfall.
2) Plastic collection drive at waterfall and nearby area.
3) Awareness on Air Pollution and Heat wave related health consequence in community with IEC material distribution.
4) Talk and medals presentation.

There are limited tickets available, so please register yourself
<https://form.joform.com/212621421226038> to confirm your entry

1st 40 registration will get event T-shirts
last date of registration
23rd September 2021

"Healthy Air, Healthy Planet"



f | t | i | DrPramodPSawant



WORLD ENVIRONMENT DAY



Earth is our home, and living in harmony with our environment is our responsibility.

On World Environment Day, I urge everyone to come together to protect our planet and its biodiversity for ourselves and our future generations.

Thank You



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Goa CM Pramod Sawant launched Goa Electricity Mobility Promotion Policy 2021 on Saturday to promote usage of e-vehicles in the state

"The policy will provide incentives for manufacturing & purchase of EVs and scrapping of IC (internal combustion) vehicles," CM Sawant said

