



THE UNIVERSITY OF
MELBOURNE

Nossal Institute for
Global Health



CRHP

PRIMARY HEALTH CARE IN JAMKHED, INDIA

Information sheet



2023 COURSE: 19 NOVEMBER – 9 DECEMBER

This course runs annually, 2024 dates will be confirmed in April 2024

This course is a collaboration between the Nossal Institute for Global Health at the University of Melbourne (Nossal Institute) and the Jamkhed Comprehensive Rural Health Project (CRHP). The training institute at Jamkhed has for many years been training health professionals in primary health care and rural development, based on their experience in rural Maharashtra for almost 40 years.

CRHP has been an internationally recognised best practice model of comprehensive primary health care since the mid 1970s, and one of the models which formed the basis for WHO's landmark Alma Ata Declaration on Primary Health Care in 1978. CRHP pioneered or developed many of the approaches which are now standard in community-based health care programs around the world. Empowerment of women, the potential for economic independence in a drought ridden area, the change in health indices of women and children, and the reduction of stigma attached to leprosy and HIV are just a few of the remarkable achievements of CRHP's community-based approach in Jamkhed.

The Nossal Institute for Global Health is the University of Melbourne's global health institute within the School of Population and Global Health, Faculty of Medicine Dentistry and Health Sciences. The Nossal Institute is committed to making a difference to global health practice, learning and research. It has a combined focus on development assistance, research and teaching. Through capacity building and partnership, the Nossal Institute works internationally across South and Southeast Asia, southern Africa and the Pacific to address global health challenges in regions where public health needs are greatest.

The Nossal Institute Limited, an operational arm of the Nossal Institute for Global Health, started the partnership with CRHP to undertake research and training activities in 2002. The first Primary Health Care course was held in January 2003, and since then over 550 participants have completed the course. For many it has been a profound immersion experience and has gone on to influence their practice of public health in diverse ways.

JAMKHED

The small town of Jamkhed is in an arid, rural area in the heart of Maharashtra state, India. It is approximately four hours' drive east of Pune and nine hours' drive east of Mumbai. The CRHP campus is based on the outskirts of this town, but the program involves villages in a wide area in the surrounding districts. As a participatory primary health care and development program, almost all of the activity of the program is in the villages, but there is a small secondary hospital on campus, along with a large training centre used for program staff and to train the increasing numbers of national and international visitors who come to learn from this world-renowned model.

The area is relatively poor, with most people being subsistence farmers or growing meagre cash crops, although the effects of India's rapid urbanisation and industrialisation can be seen in the slums outside Jamkhed and the factories being built nearby. Jamkhed provides a good snapshot of the complex and paradoxical context of India (and many other rapidly developing nations) and the resulting challenges for implementing effective health and development programs.



ABOUT THE COURSE

This is a three-week immersion course. Each teaching day starts at 8.00 in the morning with reflection sessions, tutorials and talks in the training centre classroom. The teaching session runs until lunchtime and includes a tea break. There is a longer lunch break and the afternoon classes start at 3.00-3.30. The day finishes around 6 pm. The teaching involves a mix of classroom exercises, field observations and interviews. It is overseen by people who have a long-term commitment to the vision and development of Jamkhed CRHP. Some classroom exercises are lecture presentations or group work and others are stories shared by the village health workers and other community members.

Each week there are one or two field trips where you observe the community programs in the surrounding villages.

Topics covered during the course include:

- Primary health care (PHC) – history of PHC approaches, how they became popular, waned, and were 'rediscovered'; how CRHP have implemented PHC in their program; how PHC can be applied in other settings and populations.
- Village health workers – their selection, training and ongoing support.
- Community groups – the women's groups and farmers' groups are integral to the success of the Jamkhed program – how we get communities involved and participating in programs.
- Gender issues – part of the success at Jamkhed has been in the way they have tackled gender inequity and worked to empower women.
- Broader development issues – water and sanitation, income generation, watershed development: all have strong links to health and are part of the model at Jamkhed.
- Project cycle and project development – part of the course also looks at applying skills that are required for those working in global health program implementation in low and middle income contexts.

FEEDBACK FROM PAST PARTICIPANTS

"The most mind opening experience, both personally and professionally"

"A wonderful subject highlighting the practical application of primary health care"

"It has been a great privilege to observe a PHC program in action that actually make a difference"

There are often visitors with expertise who may be present or there may be a special activity taking place that you would be involved in. Often the timetable will be changed due to festivals/other activities. This can be frustrating for some students but reflects the **need for flexibility** in these learning environments.

On each course, there will be two Nossal Institute staff tutors in addition to the Jamkhed teaching staff. The tutors will assist not only in the teaching of some topics and guiding reflective sessions, but also in providing support for you while you are at Jamkhed.

There is a small library at the training compound containing materials relevant to community-based development, and fairly reliable wifi access.

In addition to the training institute there is a small hospital within the CRHP compound. On occasions, interested students may also observe surgery in the operating theatre of the hospital. All students who are interested in doing this will be required to read and follow the guidelines developed by the Nossal Institute for the prevention of blood borne viruses.

All participants (even those taking the course without academic credit) will be required to do a small group project that you will present to your fellow students. This group exercise is to develop a project plan for a given scenario. The objective of this exercise is to learn how to apply primary health care principles in different contexts to that seen in Jamkhed.

In the middle of the course is a trip to the city of Aurangabad, including to the World Heritage listed Ellora caves.

This is a three-day trip, staying in a hotel in Aurangabad, where students have an opportunity to learn more about the rich culture and history of India, and be refreshed after the intense learning environment of Jamkhed.



ACADEMIC ASSESSMENT AND CREDIT

All participants receive a certificate on completion of the course, awarded by the Jamkhed

Institute. In addition, participants can enrol in the course for academic credit. This can be done by:

- Enrolling in the course as the subject POPH90137 “Primary Health Care in Jamkhed, India” as part of an eligible graduate program at the University of Melbourne (note: please do not enrol until you have been accepted as a participant by the Nossal Institute through the application process).
- Cross-institutional enrolment in the subject from a graduate program at another Australian university.
- Enrolment through the University of Melbourne’s Community Access Program, which does not require enrolment in a graduate degree, allows participants to study one-off subjects, and confers academic credit that can be claimed as advance standing when enrolling in some graduate degree courses at a later date

All students seeking academic credit should take responsibility for ensuring that this subject is eligible for credit in their degree course and institution.

For students taking the course for academic credit, assessment will be based on:

- Group participation and presentation during the course (10%)
- Group presentation of a project proposal (20 minutes) (10%)
- A 1000 word written reflection piece due three weeks after the course ends (20%)
- An essay of 3000 words (60%), to be submitted approximately two months after the course is completed

FACILITIES

The courses will be held in the residential training institute at CRHP in Jamkhed.

ACCOMMODATION

Participants stay in dormitory style shared rooms with attached bathroom. The furnishings are simple—a bed, a table and wardrobe. There is electricity and hot water (inconsistently) in each bathroom.

MEALS

Meals are taken together with the rest of the course participants at the institute. The lunch and dinner are mostly simple Indian meals (rice/chapatis, lentils and vegetable curries), with occasional European dishes and meat curries. Most food is lightly to moderately spiced. CRHP can cater for vegetarians and those with halal or Hindu dietary requirements, and (to a limited extent) people with some food intolerances or allergies. Food is hygienically prepared and nutritious. Fruit is provided when available. Safe bottled drinking water is provided. It is easy to buy snacks/soft drinks etc. in Jamkhed town, and most standard food items available in Australia (such as breakfast cereal, porridge, jam, and peanut butter) can also be bought locally.

COMMUNICATION

Wireless internet is available for students who have a laptop/tablet with them. Internet is generally reliable but may not be always be fast enough to stream or download large files. There are a few computers for course participants in the library where you can access the internet.

There is mobile phone coverage in Jamkhed. Local Airtel and Vodafone SIM cards work well in the Jamkhed area and must be purchased in Mumbai or Pune prior to arrival. International global roaming on mobile phones also works in the area. There is also a public phone booth for international calls at the gate to the Jamkhed compound. Incoming calls can be received at the Jamkhed office and transferred to the training institute, for urgent situations.

RECREATION

There is a table tennis table, volleyball net and many board games available at the institute and you can arrange to watch videos/DVDs in the evenings. Walking to and from the shops, or to a lake 20 minutes from the compound can be your exercise, and if you don’t mind being followed by some children, you can go jogging in the mornings. Many students like to do yoga/stretching on the roof of the institute as the sun is setting or rising; this is a great way to finish and/or start the day – and is usually organised and led by the students.

COSTS

There are three different sets of costs, which must all be paid.

1. The fee paid directly to the Nossal Institute Limited (AUD\$3500 per student) which covers:
 - CRHP's tuition fee
 - Part of the Nossal Institute tutor and administration costs
 - Accommodation and meals at CRHP, and accommodation in Aurangabad
 - Group transfers between Pune and Jamkhed, and transport to Aurangabad during the course.
2. The University of Melbourne subject tuition fee for this 12.5 credit point graduate subject. For University of Melbourne students, this fee varies according to whether you have a Commonwealth Supported Place, are a full-fee paying student or are in some other category, and the Nossal Institute cannot give advice on these fees. Please refer to the University's policy on fees for more information. If you are enrolling from another university as a cross-institutional student, or enrolling as a CAP/short course student, you will have to pay the full University of Melbourne fee up front, regardless of your fee status at your own university. Please note that cross-institutional students are responsible for any additional fees their own university may impose.
3. Additional travel costs which participants need to cover themselves, including:
 - passport
 - Indian visa fees (see section on Travel below)
 - airfares
 - travel insurance (if not using the free university student travel insurance)
 - medical preparation
 - local transport costs outside of course or travel for personal reasons during course
 - lunch and dinner costs and entrance fees for the mid-course trip to Aurangabad
 - Indian sim card if you choose not to use global roaming services

Every year we have students who successfully obtain travel scholarships worth up to several thousand dollars. Please see your institution's scholarships and travel websites for more information. We do not administer or offer any scholarships directly so you will need to research this yourself.

TRAVEL

You need to apply yourself for your India tourist visa for this trip, well in advance of travel. Visa wait times may be much longer (or you may not be granted a visa at all) if you or your parents had citizenship in certain countries other than Australia. Please see the Indian visa website for details as soon as possible after your enrolment is confirmed. **Please do not apply for a student visa**, as you are registered students of an Australian (not Indian) institution.

GETTING THERE

Jamkhed is 180 km from Pune. A bus from CRHP will meet students at the train station at **Pune** around midday (time TBC) of the first day (Sunday 19th November) and transport them to Jamkhed. Students should plan their travel to arrive in Pune no later than 10am

Students are returned by bus to Pune by mid-afternoon on the day of the course end (Saturday 9th December). You can get to Pune by bus, train or plane from Mumbai. Bus/car from Mumbai is the most reliable route but also the least safe. Morning trains and planes into Pune are often delayed. Mumbai is the closest international airport to Pune. Airfares vary significantly depending on carrier, and how far in advance you book. You could also choose to travel to Pune via New Delhi, Chennai, Bengaluru or other international airports in India.

Travel by train within India can be booked from Australia. For the longer trips, eg. Delhi to Mumbai, or Kerala to Mumbai, you need to book early.

We will put participants registered in each course in touch with each other so that they can exchange travel information or team up in travelling. We recommend travelling in groups for safety reasons.

MEDICAL PREPARATION

Each student will be required to gain medical clearance for their travel from their own doctor. Forms for this will be sent to you when your application has been received. All information provided in the medical forms will be treated confidentially.

CRHP Jamkhed is in a remote location and the nearest specialist services are five hours away. It is important for the safety of all students that the Directors at Jamkhed know in advance of any conditions that you may have that require any additional care during your stay (e.g. specific allergies).

To prepare for your trip, you should see a travel health doctor. Vaccinations you should consider having include those against typhoid, hep A, hep B and meningitis, and check that your tetanus and polio immunisations are up to date. Jamkhed is in a malarious area (although relatively low risk during this winter course) and you should discuss malaria prophylaxis options with your doctor.

USEFUL WEBSITES

www.traveldoctor.com.au/

General information on travel preparation and malaria medication

www.smartraveller.gov.au

Information from the Australian Government on safety advice for Australian travellers.

This is also the website to register your travel so the Australian High Commission in India has a record of your whereabouts.

COVID-19 RISK MANAGEMENT

Students who are not fully vaccinated will likely not be permitted to join this course. Current international travel rules, as well as many of the activities conducted as part of this course (living on a hospital campus, meeting with vulnerable groups) require that students are able to provide an international COVID-19 vaccination certificate when travelling to show they meet the 'fully vaccinated' definition currently in use in most jurisdictions (i.e., two doses of most common vaccines, or equivalent). This is not expected to change before we travel.

The Nossal Institute staff accompanying you are vaccinated and will be carrying COVID RATs. CRHP staff are vaccinated and the vaccination rate in the surrounding community is over 85%. The Jamkhed hospital has a basic COVID ward and ICU. We will be required to comply with local isolation and quarantine protocols, in order to protect each other and the local community, which may mean that students who test positive will need to be accommodated separately and forego field trips to vulnerable communities. You will need to ensure you have adequate insurance cover in the event of a positive test, forced quarantine or medical treatment for COVID-19 symptoms.

INSURANCE

You will need to arrange your own travel insurance. The University of Melbourne provides travel insurance for their enrolled students during their course at Jamkhed (this is like the normal cover for students on field trips etc., and protects students if they have a course related accident). This policy may not cover you for all of your trip's activities outside your time at Jamkhed, so please check the insurance cover provided to make sure it meets your needs.

Please read carefully the inclusions and exclusions related to COVID-19. **Students must apply for this travel insurance themselves.** This insurance does not cover cross-institutional and short course students, who must arrange private travel insurance.

MONEY

There are many automatic cash machines in Mumbai and Delhi (but often not at the airport!) and at Pune train station. There are also several ATMs at Jamkhed. We recommend you change some money (ideally \$200 - \$300) prior to coming to Jamkhed however, as ATMs may not work all the time. Since the course fee paid to the Nossal Institute includes tuition, accommodation and meals during the three-week period at CRHP, the only money you will require at Jamkhed would be for any local clothes/souvenirs, and phone calls, as well as meals and entry tickets for the trip to Aurangabad. Many people enjoy the shopping opportunities at Jamkhed and the 'average' (if there is such a thing) amount spent for the three weeks is around \$250 – more if you are looking to buy expensive silk saris or jewellery.

WHAT TO BRING

November/December is still cool in the evenings so one jumper/jacket is good to have. Loose cotton clothing is best when it starts to warm up. For women who wish to adopt local clothing styles, it is easy to buy a salwar kameez or even a sari in Jamkhed. Indian men would tend to wear long cotton trousers rather than shorts, even in hot weather. For visits into Jamkhed and the surrounding villages, it is best to wear clothes that are accepted locally.

A sheet, pillow, quilt, and towel will be provided, so no need to bring bedding, but some past students have brought a sleeping bag (the quilts can be dusty).

Jamkhed is in a rural area and only has small shops, with a limited range of foods and household goods. Soap, toothpaste etc are readily available but bring your own deodorant, period products, personal medications, sunscreen and insect repellent.

You may like to bring small gifts for people and families you meet, Jamkhed staff who teach you – examples may include cricket paraphernalia, postcards, small calendars, stationery etc. It is CRHP's request that students do not give presents out to children in the villages/town as this creates expectations that are not appropriate.

BRIEFINGS AND FURTHER INFORMATION

There will be a one-day pre-departure workshop at the Nossal Institute in September/October, (exact date to be confirmed).

During that day we will have a chance to get to meet each other and learn more about Jamkhed and the course from the Nossal Institute tutors. We will have briefings on India, the culture of rural village life and explore ways to get the most out of the experience. The cost of the day, including lunch and tea breaks, is included in the course fees. It is strongly recommended that you come to the briefing workshop. Earlier students have found this a good opportunity to initiate ongoing communication as a lead-up to arrival to Jamkhed.

More detailed information on the course, cultural context and logistics will be available at the pre-departure workshop and will be emailed to participants closer to the departure date.

APPLICATION PROCEDURE

Whether applying for a short course or for academic credit, complete the online form found at the Nossal Institute website. We will confirm your acceptance within two business days, and direct you to a University of Melbourne website to pay the **AUD\$250** deposit. Applications close when the maximum number in the course is reached (30 students), and is on a 'first come, first served' basis. The payment balance (**AUD\$3250**) is due on **20th September 2023**.

There is a waiting list after applications close in case of late withdrawals. The Nossal Institute will confirm acceptance once payment is made, (also subject to medical clearance - *see paragraph on Medical Preparation above*).

For those taking this as a subject for academic credit, the enrolment procedure of the Melbourne School of Population and Global Health of the University of Melbourne has also to be followed. For queries about enrolment issues and deadlines, please contact the Academic Programs Officer at sph-gradinfo@unimelb.edu.au

WITHDRAWAL AND CANCELLATION

In case of withdrawal of registration after a place is offered, the deposit will be refunded, less a \$25 administration fee, if written notice is received by the Nossal Institute by **30th June 2023**. After this date, the deposit is non-refundable. Once the payment balance is made this amount is non-refundable unless another student is able to take your place.

SUGGESTIONS FROM PAST PARTICIPANTS

Bring: Wetwipes, torch, travel mug and Aussie chocolate.

Don't bring white clothes!

Definitely a comfortable pillow, a large travel mug, muesli bars—for something different, pack foods you love from home and less clothes—clothes are so cheap and it's fun shopping.

Coffee and an Aeropress

FURTHER INFORMATION

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The information above is correct as at 15 May 2023 and is subject to change without notice.