

NATIONAL URBAN HEALTH MISSION (NUHM)

Achievements and Activities under NUHM 2024-2025

The National Urban Health Mission (NUHM) was launched in Mizoram on February 14, 2014. Initially, 8 Urban Primary Health Centers (UPHCs) were approved: 6 in Aizawl City and 2 in Lunglei Town. In 2019-2020, one UPHC was approved for Champhai District. For the ROP 2024-25, one UPHC was approved for Kolasib District.

Objectives: To provide integrated and sustainable primary health care to improve the health status of urban poor communities and low-income neighborhoods, especially those living on the outskirts of cities and towns, including vulnerable groups.

Staff Recruitment: - For the newly approved Kolasib Vengthar UPHC, recruitment included 1 Medical Officer, 3 Staff Nurses, 3 Health Workers/ANMs, 1 Lab Technician, 1 Account Clerk cum DEO, and 3 helpers.

Mahila Arogya Samiti (MAS):- MAS is a Women's Health Committee that promotes community participation in health activities under NUHM. Currently, 93 MAS members are approved and active.

Accredited Social Health Activist (ASHA): ASHAs are female community health workers who play a vital role in NUHM by providing health education, promoting healthy behaviors, and connecting individuals to healthcare services. Ninety-three (93) Urban ASHAs have been recruited, with an average of 25 household visits per month.

Convergence:

1. Collaboration between Health & Family Welfare, Urban Development & Poverty Alleviation, AMC, RIPANS, Apollo School of Nursing, MCON, Laithangpuii College of Pharmacy, and ZMC.
2. Coordination with the State NCD cell.
3. Annual screening and health check-ups for sanitation workers have been conducted since 2018.

Outreach: Eighty outreach camps were approved for 10 UPHCs, achieving 124% of the target. Out of 75 approved outreach sessions, 18 were conducted using IPA funding.

Urban Health Nutrition Day (UHND): UHND provides preventive, promotive, and basic curative services monthly at Anganwadi Centres or other community spaces. A total of 372 UHND sessions per month are approved for 10 UPHCs, with 3,984 sessions conducted during FY 2024-25.

Specialist Services: As approved by GOI, specialist services are available in all UPHCs. Three UPHCs (Zemabawk, Chawlhmun, and Lawipu) have been designated as Polyclinics, with three specialists visiting weekly.

Immunization: Routine immunization sessions are held on Saturdays, except the second Saturday of each month.

UPHC Performance 2024-2025 (Till January):

Outpatient Department (OPD): 84,186

Inpatient Department (IPD): 275

Deliveries: 66

Laboratory Tests: 64,716

NQAS Certification: Chawlhmun UPHC and ITI UPHC have received NQAS certification. - Sihphir UPHC, Lawipu UPHC, and Hrangchalkawn UPHC are certified under SQAU.

Good Practices:

1. Strong collaboration with local NGOs has resulted in valuable donations to UPHCs.
2. A local NGO donated land for Kolasib UPHC construction. NGOs also renovated the community hall and provided items such as carpets, benches, electric water filters, wall clocks, and a 2000-litre SINTEX water tank. Local carpenters contributed social work for the renovation.

Support from Partners: SELCO Foundation has installed solar panels, which are now functioning in all facilities.

Additional Convergence Efforts: Coordination with Health & Family Welfare, Urban Development & Poverty Alleviation, AMC, RIPANS, Apollo School of Nursing, MCON, Laithangpuii College of Pharmacy, ZMC, and MSACS. - Integration with all NHM programs, with UPHC performance reported monthly in NUHM reports. - Annual health screenings for sanitation workers continue since 2018.

Construction: Construction of Champhai UPHC has been approved and is currently in progress.