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NIRAMAY



Supported by





NIRAMAY

NIRAMAY is a collaboration between the National Health Mission, Assam, Piramal Foundation and Cisco to demonstrate the integration of digital health technology to strengthen public health care delivery in the north-east Indian state of Assam.

This project enables telemedicine interactions, rapid diagnostics, maintenance of patient health records, and data collection at the grass-root level in three districts of Assam.

Through a multi-year investment approach Cisco funded Piramal Foundation will deploy secure, swift and safe connectivity solutions, video conferencing, cyber security and other appropriate technologies. Advanced IOT diagnostic devices like HealthCube, smartphone based Non-Stress Test/Cardiotocography (CTG) machines like Fetosense and Swymed's innovative technology is being used to enable tele-consultations with specialist doctors through a Hub and Spoke model. Under the program 24 health & wellness centers, 3 primary health care centers and 3 first referral units (similar to district hospitals) were strengthened with digital infrastructure.

Output: Over the two years of the program 110,000 patient records have been digitized. Of the population 15% of the individuals with records have been referred to Telemedicine for special care and over 2000 women have visited the centers for antenatal care.

Swymed: Swymed is a digital platform (integrated into AMRIT) that has enabled effective telemedicine as part of NIRAMAY in the 3 districts - Baksa, Barpeta and Darrang. Swymed, supported by CISCO, works in low network areas, thus ensuring seamless access to telemedicine. 3187 people (high risk Ante Natal Cases and suspected NCD cases) have benefited from Swymed.





BAKSA



Lakheswari Kalita, Village-Silkijhar, NCD Care

I have diabetes, along with a variety of other health problems. I continued seeking medical attention at Health & Wellness Centre for my medical issues and now feel better after receiving consultation with doctor and receiving the right medications which has become possible due to Piramal Foundation. Also, I have taken a variety of medications on a weekly basis during HWC visits.

Marami Baishya, Village-Silkijhar, Pregnant Woman

I had to visit HWC during my pregnancy to have my weight, blood pressure, diabetes, and hemoglobin checked. I have benefited a lot from the NIRAMAY Project, with free lab test, sugar & blood pressure check, and medication. I will be delivering my baby in the next month.



BAKSA



**Nikumani Nath,
Village-Silkijhar, Pregnant Woman**

Currently, I am pregnant. I visit Health & Wellness Centre every month. We received medicine with the aid of NIRAMAY project. My health condition has improved as a result of receiving routine health checks at HWC with no cost, including hemoglobin and blood pressure checks.

**Nibha Chakraborty,
Village-Silkijhar, ASHA worker**

My name is Nibha Chakraborty. I work under Silkijhar HWC of Nizkaurbaha BPHC. After working for so long, I'm overjoyed to receive the tablet from NIRAMAY. The beneficiaries were very worried when I entered their information manually into diaries because they believed their names might be missed out and they would no longer be eligible to receive the benefits from government. But now we have this tablet, we can enter their information directly. Also, we have entered the ANC Checkup and the whole community survey here. We will work harder and with much more devotion with such kind of help. Due to the iron and calcium supplements, we obtained from NIRAMAY, we were able to offer a lot of services to the community.



BAKSA



Mrinal Deka,
Village-Lahapara, NCD care

I am 52 years old. I have high blood pressure from the past four to five years. I receive routine checkups and free medications as part of the NIRAMAY program at the Lahapara HWC, which is close to our village. As a result, I am now significantly better than I was before.

Sagarika Deka
Village-Lahapara, Villager

I am 19 years old. Numerous pregnant women and other patients benefited from the Lahapara HWC in our region, due to NIRAMAY's interventions. I hope to continue receiving the benefits.



BAKSA



**Jiten Chandra Deka,
Village-Lahapara, NCD care**

I am diabetic for last 4 years. I received a complimentary health checkup and medications from Lahapara HWC* as part of the NIRAMAY program. I am now feeling better than I did before.

**Nikumani Sarania,
Village-Lahapara, PNC care**

My age is 20 years. I was under weight and was assisted by our ASHA for the first ANC checkup at Lahapara HWC. As part of the NIRAMAY program, Community Health Officer Madam used a computer to connect me with a doctor, who gave me medication and other guidance. By taking those, I put on weight, my pregnancy went smoothly, and now my infant and I are both healthy.



BAKSA



Marami Boro, Village-Lahapara, Pregnant Woman

I am 36 years old. My hemoglobin was low when ASHA didi brought me to the Lahapara HWC for a checkup during my pregnancy. The doctor then recommended medications to me after Community Health Officer Madam connected me to him via a computer. My hemoglobin became normal after taking the medication.

Dr. Manoj Kr Das Village-Lahapara, Joint Director

NIRAMAY's work towards beneficiaries, particularly pregnant women which is supported by CISCO is greatly appreciated. The recommendations given by the gynecologist through telemedicine has greatly benefited the HRP mothers and the Community Health Officers as well. However, only 8 of the 63 HWCs in our district are presently being served by this program, and I sincerely hope that all the primary health care centers are included through this initiative so that it leads to decrease in the MMR of our district and also benefits the pregnant women and children.



MMR: Maternal Mortality Ratio



BARPETA



Gita Rabi Das, Village-Moutupuri, Lactating Mother

I had many complications in my pregnancy, but now I am fit & fine. I have benefited greatly from NIRAMAY project in terms of my well-being. I consulted with the doctor from the NIRAMAY Project, and I took the medication as directed by the doctor, which helped me a lot. Eventually, my delivery went well, and a healthy baby was born. I was very sick while I was pregnant, but now I am fit & fine.

Babita Deuri, Village-Moutupuri, Lactating Mother

I was extremely frail during my pregnancy, and my ASHA helped me in every manner. I visited HWC with the assistance of ASHA, and received a wide range of support from NIRAMAY, including free medical testing, nourishing food, baby clothes, and other things. Community Health Officer helped me in connecting with doctor of NIRAMAY through computer and his advice helped me improve my health condition. My Hemoglobin level improved after taking the doctor's suggestions. Later, I was able to deliver my baby successfully.



BARPETA



**Devi Sutradhar,
Village-Moutupuri, Pregnant Mother**

I am currently five months pregnant. ASHA assisted me in visiting HWC to speak with a doctor of NIRAMAY. Due to my weakness and low blood pressure, the doctor advised me to have frequent checkups. After taking my medication, I feel fine right now. The doctor recommended performing the 7th month checkup as well.

**Arati Sutradhar,
Village-Moutupuri, NCD Patient**

When I went to my nearest HWC, I discovered that my blood pressure was high. I had body aches and weakness also. Then teleconsultation with the doctor of NIRAMAY helped me to get the correct medication for my health.



NCD: Non Communicable Diseases
HWC: Health and Wellness Center

BARPETA



**Jaymati Sarkar,
Village-Moutupuri HWC, ASHA worker**

As an ASHA, I must admit that my documentation work has decreased since I began doing my normal work in a digital process. I got a tablet from the NIRAMAY Project to use for my regular work, digitize the records during home visits and reporting through mobile. Data digitization has made it simpler to record each HRP instance and refer them to higher facilities. Whenever required, I facilitate a telemedicine consultation of the beneficiaries with the doctor of NIRAMAY.

**Bhaben Sutradhar
Village-Moutupuri, NCD Patient**

ASHA assisted me in visiting HWC for medical test and checkup since I was unwell for a while and my blood sugar level was also at a higher side. The doctor from NIRAMAY project recommended medication during teleconsultation.



BARPETA



**Anjana Sutradhar,
Village-Moutupuri, Villager**

The NIRAMAY Project has helped our family members access numerous healthcare facilities, and I hope that we will soon enjoy a similar advantage in our communities.

**Abhijit Sutradhar
Village-Moutupuri, Villager**

Our community benefits from NIRAMAY's many health services, and we anticipate continuing access to the same facilities in the future too.



BARPETA



Gouri Shil

Village-Moutupuri HWC, Pregnant Mother

I started feeling weak when I conceived, and now that I am in the ninth month, regular video checkups by doctors of NIRAMAY have helped me to take care of my health.

Sandhya Barman
Village-Moutupuri, ANM Sandhya Barman

Now that we are collecting many beneficiaries' records digitally, it is simpler to follow up with patients.



ANM: Auxilliary Nurse and Midwife



DARRANG



Salema Khatun, Village-Bechimari, Pregnant Woman

I am currently 7 months pregnant. I went to the Bechimari HWC during my first trimester and was diagnosed as a diabetic patient after being tested by PoC devices supplied by the NIRAMAY project. Through a video call, Community Health Officer Sir connected me with a specialist doctor and gave medication. My sugar is under control now, and I'm good.

Sahanur Nessa Village-Bechimari, Lactating Mother

During my pregnancy I had visited Bechimari HWC along with ASHA and got tested by the PoC devices and discovered that my hemoglobin was very low. Community Health Officer Sir conducted a video call with specialist doctor under the NIRAMAY Project. The doctor provided me medicine based on discussion.

After taking the medicines regularly, my hemoglobin started increasing, and I had a normal delivery with no complications.



DARRANG



**Md. Yasin Ali,
Village-Bechimari, NCD Patient**

I am Yasin Ali. I struggle with elevated blood pressure and sugar levels. After visiting the HWC, Community Health Officer Sir made a video call to speak with a specialist doctor under NIRAMAY project. During the video call, the doctor gave me some medicine. I followed the doctor's guidance and regularly took the medication, and now I'm fine with controlled blood sugar & pressure level.

**Najia Hasan,
Village-Baruajhar, ASHA**

Before getting the tablet. from NIRAMAY project, it was difficult to identify high risk cases. But after getting the tablet is easy for us to detect high risk pregnant women and refer them to HWC for service uptake.



DARRANG



**Hafija Begum,
Village-Bechimari, Lactating mother**

I visited Bechimari HWC during my pregnancy and tested blood; the results revealed elevated blood sugar. Community Health Officer Sir held a video calling session with a specialist doctor under the NIRAMAY initiative. The doctor gave me some medication. I'm good right now, as is my new born baby.

**Sarufa Begum,
Village-Baruajhar, Adolescent**

My age is 18 yrs.
The Bechimari HWC has received some PoC equipment from the NIRAMAY initiative. It greatly benefits us and the entire neighborhood. It will be good for us if it continues.



DARRANG



**Nureja Begum,
Village-Bechimari, Villager**

My age is 21 yrs old. My village name Alisinga Jangal under Bechimari HWC. We've profited greatly from the NIRAMAY project at Bechimari HWC. We can readily conduct various tests at Bechimari HWC using the PoC devices at free of cost. We will benefit if the NIRAMAY initiative remains at the Bechimari HWC.

**ASHA Worker,
Village-Bechimari, HWC**

All of us working as ASHA in Bechimari HWC. The NIRAMAY initiative is active in Bechimari HWC. It is excellent and extremely beneficial to us and our neighborhoods. We plan to continue working on the NIRAMAY project and make improvements in the future. We are grateful.



ASHA: Accredited Social Health Activist

DARRANG



**Anjuma Begum,
Village-Nonke Gadhuwa, Antenatal Care**

My weight was extremely low when I visited HWC for a routine examination in the early stages of my pregnancy. Through a video call, CHO Madam connected me to a doctor under the NIRAMAY project. The doctor gave me several recommendations as well as medication. Now I am gaining my weight steadily.

**Gitika Dutta,
Village-Baruajhar, District Program coordinator**

Piramal Foundation & CISCO run NIRAMAY project in 8 HWCs of Darrang district. Since the entire endeavor is digital, it is very beneficial for our monitoring and management needs. The initiative also increased the benefits to the beneficiaries. I expect that this NIRAMAY project will cover all of the HWCs in the Darrang district.





PIRAMAL FOUNDATION

Building Bharat

Piramal Foundation is a not-for-profit organization committed to building Bharat through leadership, decentralisation, digitisation and inclusion, led by women and youth. We have a presence in 27 states and 2 Union Territories. We have touched the lives of 11.3 crore people so far.

Piramal Swasthya (a subsidiary of Piramal Foundation), is committed to making healthcare accessible, affordable and available to the most underserved populations.

We are thankful to the belief that CISCO has reposed in us. We believe our partnership in Assam towards impacting lives is the springboard of the country's transformation, where every person, no matter where she is, has access to quality affordable healthcare.

The wheels of change have already been set in motion, even as the country makes rapid progress towards becoming a developed nation.

