



**One Health Programme
Training Module
(Community Mentors & Volunteers)**



**Health and Family Welfare Department
Government of Kerala**



**Center For One Health Kerala (COHK)
Thycaud Thiruvananthapuram**

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KERALA.HEALTH

One Health Programme

Training Module

Community Mentors & Volunteers

KERALA.HEALTH

Contents

Session 1	One Health concept and importance.
Session 2	Spread of epidemics, zoonotic diseases, and the environment
Session 3	One Health, Kerala, and the organizational system
Session 4	Community Based Surveillance and One Health
Session 5	Selection, training of volunteers and follow-up assistance

One Health

Training Program for Mentors and Volunteers in Local Self Governments

Background

The concept of One Health is gaining traction globally. The health of humans, animals, plants, and the environment are interconnected. The concept of human health or healthcare alone is no longer relevant. Therefore, the aim of One Health is to enable various sectors to work together against diseases and health problems caused by environmental factors between humans and animals.

We are aiming for a social change towards health practices where human diseases, zoonotic diseases and other naturally occurring diseases and outbreaks are reported to the upper echelons and remedies are ensured. Decentralization of power has provided wide opportunities for local government bodies to intervene in the field of One Health. Training courses are organized to utilize these opportunities effectively. Mentors and volunteers of local self-government bodies participate in this training program.

Training objectives

1	Explain the concept of One Health and its current relevance.
2	Create awareness about infectious diseases, zoonotic diseases, and natural diseases
3	Explain how the concept of One Health is related to the environment, food chain, biodiversity, and climate change.
4	Help identify environmental factors that cause disease.
5	Explain how human and animal diseases should be monitored and the importance of a unified surveillance system.
6	Clarify the role of local governments in implementing the One Health Programme and how the knowledge, skills and services of social volunteers and mentors should be utilized in the process.
7	Empower Community Mentors to identify and train volunteers required to implement Community Based Surveillance in each Panchayat.
8	Inculcate how the process should shape the unified and integrated operations of various line departments.

Training subjects

Session 1	One Health concept and importance.
Session 2	Spread of epidemics, zoonotic diseases, and the environment
Session 3	One Health, Kerala, and the organizational system
Session 4	Community Based Surveillance and One Health
Session 5	Selection, training of volunteers and follow-up assistance

Training Partners

Mentors in local self-governments

Training Duration

A training day starts at 10 am and ends at 4 pm.

Training Venue

Grama panchayat level venue

Method of study

A participatory approach to adult learning
Group Discussion

Trainers

District Mentors of the Health Department.
Resource persons with subject area expertise

Study Materials

A handbook will be distributed to the training participants for detailed reading and further study.

Follow-up services

Faculty members leading the training will continue to provide opportunities to participants. Also, facility will be provided to use Help Dusk system working in association with district level DPSU for clearing doubts.

Training of Community Mentors is carried out only after conducting TOT for Trainers

Programme Schedule

Sl No	Subject	Time
1	Welcome and introduction	30 minutes (10 to 10.30 am)
2	One Health – Concept and Importance	45 minutes (10.30 – 11.15 am)
	Tea break	15 minutes (11.15 – 11.30 am)
3	Spread of epidemics, zoonotic diseases, and the environment	45 minutes (11.30 am – 12.15 pm)
4	One Health – Kerala, the Organizational Structure, Duties and Responsibilities of Local Governments	45 minutes (12.15 – 1.00 pm)
	Lunch break	45 minutes (1.00 – 1.45 pm)
5	Community Based Disease Surveillance and One Health	45 minutes (1.45 – 2.30 pm)
6	Election, training of volunteers and follow-up assistance	60 minutes (2.30pm – 3.30 pm)
7	Conclusion and Acknowledgments	30 minutes (3.30 -4.30)

Session-1

1. Topic: One Health Concept and Importance.
2. Objective: At the end of this session the training participants should be able to perform the following:
 - i. Explain what the concept of One Health is.
 - ii. Explain the contemporary relevance of the concept of One Health.
3. Time: 45 minutes
4. Venue: Public venue
5. Content and Methodology

Sl No	Subject	Time (Minutes)	Method	Tools
1.	Explains what health is and what One Health is.	5	Brain Storming, Participatory Presentation	Slide 2
2.	How did the concept of One Health start? Briefly explain what the history of the concept of One Health is.	3	Presentation	Slide 3
3.	Explains how the concept of One Health can be implemented collectively and how to protect the	7	Participatory Presentation	Slide 4

Sl No	Subject	Time (Minutes)	Method	Tools
	health of humans, animals, and the environment			
4.	One Health – illustrates the imperativeness of multi-sector collaboration	5	Participatory Presentation	Slide 5
5.	Discusses the essential levels of resistance.	5	Participatory Presentation	Slide 6
6.	Health problems, epidemics, natural disasters, waste disposal problems and food contamination in Kerala are discussed.	5	Participatory Presentation	Slide 7
7.	Explains how One Health can help combat common problems.	10	Case Study – Group Discussion - Presentation	Slide 8
8.	Clearing doubts	5		

Necessary notes

1. Let's start with the question: What is health? It then becomes clear that health is the physical, mental, and social well-being of a person. From this

definition the concept of One Health should be clarified. It should be clarified that One Health includes the health of humans, flora and fauna and the health of the environment. Pollution of water, air and soil, deficiencies in scientific waste management and loss of biological diversity are factors that determine the health of ecosystems or the environment.

2. Diseases that spread from humans to animals and vice versa are called zoonotic diseases. Briefly on what zoonoses are and the One World One Health raised by the 2004 Wildlife Conservation Symposium and the 2007 conference organized in New Delhi on the One Health Approach to Pandemics. It is preferable to present the information on this slide in three minutes.

3. Discusses epidemiological triads. Agent refers to the pathogen, host refers to the person affected by the disease, and environment refers to the environment. Composite health care should be based on the concept of One Health. It includes human health, flora and fauna and ecosystem health.

4. If the concept of One Health is to be implemented effectively, joint action of various departments like Veterinary Department, Agriculture Department, Forest Wildlife Department, Food Safety and Pollution Control is required.

5. It should be explained with the help of the chart that food security in the form of ensuring healthy food, incurable and dangerous trends including the use of pesticides in agricultural activities, animal-borne diseases, crises caused by climate change, the use of antibiotics, etc.

6. Epidemics, natural calamities, food security problems, waste disposal and water supply problems faced by the people of Kerala should be explained in simple terms.

7. One Health is a popular topic. The activities of various departments and agencies should be coordinated at the local level. There needs to be a change in the attitude of people, people's representatives, and officials. Service and participation of volunteers should be ensured in this regard. Past experiences testify that a similar situation exists in our state. The following topic should be given for discussion and analysis to create awareness and understanding among stakeholders on this issue. It is preferable to discuss in two groups. After the discussion at least one group should be given an opportunity to present.

Case Study - Subject

It was noticed that some children who ate guavas lying under a guava tree felt sick and a bat was lying dead in the yard. What would a volunteer do in this situation?

A report should be given discussing what can be done. The facilitator should conclude the class by summarizing.

Session-2

1. Topic: Epidemiology, Animal Diseases and Environment
2. Objective: At the end of this session the training participants should be able to perform the following:
 - i. Give accurate awareness about various infectious diseases that can be transmitted to humans.
 - ii. Diseases from wild animals, domesticated animals and insects can be described based on the concept of One Health.
 - iii. It enables us to recognize the effects of pathogens and to understand the goals we need to achieve.
3. Time: 45 minutes
4. Venue: Public venue
5. Content and Methodology

Sl No	Subject	Time (Minutes)	Method	Tools
1.	Discusses illnesses, communicable diseases, and epidemics.	5	Brain Storming, Participatory Presentation	Slide 2 Chart Paper
2.	Explains the major communicable diseases and newly emerging diseases in Kerala	3	Participatory Presentation	Slide 3, 4
3.	Explains the conditions of transmission of the disease	5	Participatory Presentation	Slide 5
4.	Various zoonotic diseases, insect-borne diseases and the causes of such diseases are explained.	5	Participatory Presentation	Slide 6-8
5.	Modes of transmission of zoonotic diseases are explained with examples	3	Participatory Presentation	Slide 9
6.	The epidemiologic triad explains the relevance and importance of the environment in One Health	8	Participatory Presentation	Slide 10,11,12
7.	The impact of an epidemic on families and communities	11	Group Discussion	Slide 13
8.	Clearing Doubts	5		

Necessary Notes

1. How do diseases occur? What are infectious diseases? Start the class by asking the students questions like They should write their answers on chart paper. After that the second slide should be shown and explained.
2. Must be well-studied about common infectious diseases and new and re-emerging diseases and pathogens in Kerala.
3. Epidemics common in Kerala and new and returning diseases should be explained in a participatory manner. Having read the manual should have a clear understanding of diseases and pathogens.
4. Zoonotic diseases are diseases transmitted between vertebrates and humans. Humans get diseases from wild animals, domestic animals, and insects. Diseases can be transmitted from humans to animals. The reasons for the increase in such diseases should be clarified. Details are on the slide.
5. Modes of transmission of zoonotic diseases should be presented in a participatory manner by showing slides.
6. The biosphere is the part of the earth inhabited by living things. Elements like air, soil and water found in the living world are called abiotic elements. Microorganisms, plants, and animals are called living organisms. Plants are producers among organisms. Herbivores survive by eating plants and carnivores survive by eating them. Microorganisms break down dead matter. Environment is the relationship between living and non-living things. It can be said that air pollution, water pollution and soil pollution all affect the health of the environment. Epidemiological triads should be analyzed. The importance of the environment should be clearly explained.
7. When epidemics spread, they affect more than just individuals. It affects the family and society. Students should be brought back into groups to discuss. After the discussion, slide 13 should be shown and the facilitator should codify the class.

Session-3

Topic: One Health and Kerala organization system

1. Objective: At the end of this session the training participants will be able to:

- i. Objectives: At the end of this session the training participants will be able to perform the following:
- ii. Understand how the organizational structure created by the government order in Kerala for the implementation of the One Health Programme
- iii. Understand the relevance and importance of local governments in implementing the One Health Programme

2. Time: 45 minutes

3. Venue: Public venue

4. Content and Methodology

Sl No	Subject	Time (Minutes)	Method	Tools
1.	Explains how relevant the One Health programme is to Kerala	5	Participatory Presentation	Slide 2-3
2.	Explains Kerala's areas of emphasis in relation to One Health and the need for coordinated action by various departments and agencies.	5	Participatory Presentation	Slide 4
3.	Explains the One Health Management System based on the Government Order	10	Participatory Presentation	Slide 5,6,7,8
4.	Duties of local governments	20	Presentation	Slide 9, 10

SI No	Subject	Time (Minutes)	Method	Tools
5.	Clearing Doubts	5		

Necessary Notes

1. One Health plan is very relevant for Kerala. Animal-borne diseases are being reported on an increasing scale in Kerala. Kerala's status in water pollution and air pollution is not satisfactory. Biodiversity depletion and other environmental issues need to be seriously investigated. One Health encompasses the health of humans, animals, and the environment. High population density, high number of non-resident Keralites, extensive forest area are the characteristics of Kerala. In this situation, the implementation of the project in Kerala is a necessary thing.

2. Emphasis areas related to implementation of One Health plan in Kerala should be explained. Ensure a uniform monitoring system for all types of diseases. For this, the necessity of proper functioning of various departments and agencies should be convinced.

3. What is the implementation system of One Health program and the committee systems to be formed for the same at state, district, and local self-government level G. O (RT) No.399/ 2022/H

Session-4

1. Topic: Community Based Surveillance and One Health

2. Objective: At the end of this session the training participants will be able to:

- i. As part of the implementation of the One Health program, what is the social observation that needs to be expressed and what is its importance.
- ii. Convinces the importance and necessity of voluntary service in the implementation of One Health programme.
- iii. Develops an understanding of the characteristics required of volunteers, how they are selected and their follow-up activities.

3. Time: 45 minutes

4. Venue: Public venue

5. Content and Methodology

Sl No	Subject	Time (Minutes)	Method	Tools
1	Clarifies what community surveillance is	5	Brain Storming, Participatory Presentation	Slide 2
2	Introduces the methods used for community surveillance	5	Participatory Presentation	Slide 3
3	Explain the objectives of community surveillance. Explains the procedures for applying community surveillance	5	Participatory Presentation	Slide 4
4	Discusses the structure of the program and the	8	Participatory Presentation	Slide 5, 6

Sl No	Subject	Time (Minutes)	Method	Tools
	characteristics and role of volunteers, mentors, and community workers			
5	Explains various methods of communication	5	Participatory Presentation	Slide 7
6	Explains that the surveillance process is a collective activity	5	Participatory Presentation	Slide 8
7	Epidemics, their symptoms, and how they should be reported are explained with examples	7	Participatory Presentation	Slide 9
8	Clearing Doubts	5		

Necessary Notes

1. Community surveillance is the method by which members of the community detect and report unique events affecting public health. Community Based Surveillance is a community based surveillance system. Two types of monitoring systems should be explained. Indicator Based Surveillance and Event Based Surveillance.

2. The objectives of the process of community surveillance are presented in a participatory manner.

3. Seven people from each ward should be selected as community volunteers. Find mentors from those currently working with the community in consultation with local government representatives.

4. Characteristics of community workers should be detailed. More information is mentioned in the handbook.

5. Elaborate the roles and communication methods of Menders.
6. Surveillance process is a collective activity. These activities should be explained with the help of slides.
7. Explain the major communicable diseases, their symptoms and how to report them.

Session-5

1. Subject: Selection, training, and follow-up assistance of volunteers
2. Objective: At the end of this session the training participants should be able to:
 - a. Objectives: At the end of this session the training participants will be able to perform the following:
 - b. It is possible to find volunteers at the ward level and involve them in One Health activities.
 - c. Enables volunteers to receive necessary training and follow-up support.
3. Time: 60 minutes
4. Venue: Public venue
5. Content and Methodology

Sl No	Subject	Time (Minutes)	Method	Tools
1	Discusses the Kerala Model of Voluntary Activities	7	Participatory Presentation	Slide 2,
2	Seven characteristics of volunteers are specified	15	Participatory Presentation	Slide 3,
3	Explains who all can be a volunteer	8	Participatory Presentation	Slide 4 Chart Paper
4	Selection of volunteers and training to be given to them is discussed	10	Participatory Presentation	Slide 5

Sl No	Subject	Time (Minutes)	Method	Tools
5	they discuss the activities to be done after the training and the help they get from the local governments	10	Participatory Presentation	Slide 6
6	Discussion of various communication methods	5	Participatory Presentation	Slide 7
7	Clearing Doubts	5		

Necessary Notes

1. Kerala is one of the states where voluntary work is done the most. The students should be informed that we have been able to use people's participation and voluntary work on an increased scale in the literacy campaign, public planning, survival of natural calamities and covid prevention activities conducted in our state. The Kerala model of voluntary work has attracted the attention of the world. Voluntary activity is a level where people are directly involved in the governance process.

2. Those who enter the field of work as volunteers should have seven characteristics including social responsibility. These features should be presented in a participatory manner. Detailed information is included in the handbook.

3. Volunteers should be selected from those who are working at various levels in the society. Ask the learners who they can choose from and record the answers on chart paper and explain with the help of slide (4).

4. Volunteers should be identified by Menders in consultation with the People's Representatives. 7 people should be selected from each ward. Menders are responsible for their training. Training should be done at Gram Panchayat level.