

Dr. Poonam Khattar is Professor in the Department of Education and Training, National Institute of Health & Family Welfare, New Delhi. Her recent assignments include development of 'Health Education Books for classes III to X' for the Ministry of Health and Family Welfare as part of the coordinating team. Development of the Training Modules for the Programme staff under National Tobacco Control Programme in collaboration with the World Health Organization and Ministry of Health and Family Welfare is another key activity being coordinated by her. She has been the Coordinator for the e-learning course for the officers for the Programme Management Support Unit under National Rural Health Mission. As part of assignment to the institution, she has been the core team member for initiating the National training programmes on Youth Friendly Health Services by NIHF in collaboration with Lund University, Sweden and Mamta Institute of Health Institute.

Health promotion is one of the emerging needs of the nation. Dr. Khattar as core member was responsible for the development and launch of the course on 'Health Promotion' through Distance Learning and is coordinator for the same at NIHF. She has been the coordinator for the activities related to Partners in Population and Development (PPD) at NIHF. As coordinator, developing a module on "Policy Makers on the Health of the Adolescent/Youth" was an important activity undertaken for PPD. The same was circulated to all member countries by PPD.

Dr. Khattar has undertaken various assignments in collaboration with WHO. She has been the coordinator for organizing training programmes for trainers for the Rashtriya Kishor Swasthya Karyakram and Weekly Iron Folic Acid supplementation programme (WIFS) in collaboration with Ministry of Health and Family Welfare, Government of India and World Health organization.

She had developed norms for various teacher education courses including physical education for B.Ped and M.P Ed and other courses while at National Council for Teacher Education. She has also rendered services to NCERT for developing modules for adolescent health and source books for Health and physical education.

She has been Guide/Supervisor for academic courses including PhD, DHA and PGDPHM.

Contact:

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Areas of Specialization:

Health Promotion
Gender
Adolescent Health
Training Technology
Tobacco Control in India
Non-communicable diseases.

Research and Development Activities

- Finalization of **Module for the Peer Educators** for Adolescent & Reproductive & Sexual Health in collaboration with WHO & SWACH, NGO.
- Case study, '**Innovative approaches to Adolescent Sexual and Reproductive Health: The case of Haryana in India,**' for the Monograph by PPD.
- Developed the "**Facilitators Guide and the Training Module for the Policy Makers on the Sexual and Reproductive Health for the Adolescents/Youth (A Generic Module)**".
- Developed the '**IEC Tool Kit for the Health Workers** for Non-Communicable and Life-Style Diseases towards Preventive and Promotive Aspects of Health' in collaboration with WHO & MoHFW.
- Institutional research study, '**Assessment of Knowledge and Practices related to the use of smokeless forms of tobacco in selected states of India.**'
- Research study, '**An assessment of functioning of mobile health units in Jharkhand**' in collaboration with MGM college, Jamshedpur and NIHFV.
- Research "**To assess the Knowledge, Attitude and Practices related to use of Smokeless forms Tobacco among the school children in the Dehradun district**" in collaboration with Himalayan Institute of Medical sciences, Dehradun and NIHFV.

Training Activities on themes:

Total training Programmes/workshops Organized: About 100

- Rashtriya Kishor Swasthya Karyakram
- Adolescent and Youth Friendly Health services in India
- Training Technology
- Gender – Health and Human Rights
- Health Promotion
- National Programme on Prevention & Control of Diabetes, Cardio-vascular Diseases & Stroke and National Programme on Health Care of Elderly
- National Vector Borne Disease Control Programme

Awards / Honours:

Received honours from Lady Irwin College, University Of Delhi on its 75th Founder's Day as a special recognition of contribution in area of work.

**About 45 publications in the field
Papers Published/presented In Conferences in Last five Years**

1. **Poonam Khattar**. Demographic dividend- Focusing on women in India. Indian Journal of Adult Education. April-June 2016. ISSN 0019-5006. Vol 77, No-2. Pp 95-102.
2. **Poonam Khattar**. 'How effective are the interventions related to physical activities and nutrition in the school-based health promotion programmes: A Review of literature.' International Journal of Sports and Physical Education (IOSR-JSPE). Volume 2 Issue-1. 2015. Pg.1-6.
3. Samindra Pratap Singh, **Poonam Khattar**. Social Determinants of Health and its impact on child morbidity and mortality. Indian Journal of Adult Education. Vol. 76 No.1 pp.95-104.
4. Sonal,G; **Khattar Poonam**; Agarwal, A. 'To assess the nature of use of social media and its impact on health, academic achievement and social and family relationship among adolescents in Delhi'. Indian Journal of Medical informatics (IJMI), volume-8 (2014), page number 63-69.
5. Manisha, J. V. Singh, **Poonam Khattar** & S.V.Adhish. Promoting Hand washing practices among primary school children through health education. Journal of Contemporary Indian Polity and Economy. Vol.4 (4) Oct-Dec 2014.
6. **Khattar Poonam**. 'Health promotion at Workplaces: A priority intervention area' Poster presentation in the 57th Annual National Conference of Indian Public Health Association (IPHA) on 2nd February, 2013 at Kolkata.
7. **Khattar P. Best paper presentation** on, "Achieving Gender Equity through Gender Budgeting" in 56th All India Annual Conference IPHA at Kerala from 10-12th February, 2012.
8. "Smokeless form of Tobacco- A Burden that Refuses to Burn" in the 55th Annual National Conference of IPHA organized by the Department of Public Health, KLE University, Belgaum from 28-30 January, 2011.