

**Operation Guideline under National Programme for  
Prevention and Control of Fluorosis for the year 2024-25&  
2025-26.**



**National Health Mission,  
Health & F.W. Department, Govt. of Assam**

## PREFACE

### NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF FLUOROSIS (NPPCF)2024-2026.

- A. **Introduction:**-Fluorosis, a public health problem is caused by excess intake of fluoride through drinking water/ food product/ industrial pollutant over a long period of time. It's results in major health disorder.1. Dental fluorosis ( affects teeth)2. Skeletal fluorosis ( affects bones)3. Non- skeletal fluorosis.( affects soft, non- calcified tissues). NPPCF programme is implemented in 7 nos. of districts. The name of districts are- Nagaon, Kamrup, Karbi Anglong, Nalbari, Dhubri, Karimganj & Udalguri.

**Desirable limit of fluoride in water is 1 ppm(1 mg/ltr.)**Age 0-12 years are more prone to affect.

SOURCES OF FLUORIDE ENTRY TO THE BODY:

1. Drinking water and food.
2. Inhalation/ingestion from industrial avenues.
3. Fluoridated dental products.

PREVENTION:

Fluorosis is a easily preventable disease through practice of interventions.

- Safe fluoride free water
- Diet supplementation.
- Supply of micro nutrient.

- B. **Objectives of the Programme:** To identify the Dental/Skeletal and non-skeletal Fluorosis patient and differentiate the pain due to Skeletal Fluorosis and other pain. Promoting Nutritious Diet by Good foods , save drinking water and use of proper cooking method. Apart from that, supplementation of multivitamins and minerals to the affected people and refer the fluorosis affected people to tertiary level(GMCH/AMCH) for treatment. Set up of a Fluoride Rehabilitation Centre in fluorosis affected districts.

C. **Key priority areas:**

- a) Time to time survey in the community and school survey in affected areas also in new areas.
- b) Water samples should collected from all drinking water sources of affected areas.
- c) Urine samples should be collected from all affected people, identified Dental Fluorosis from survey.
- d) Diet counselling has to be done for the affected people with help of Counsellor of RBSK/ Nutrition programme.
- e) 1 nos of coordination meeting with the PHED Department, Social Welfare, Health, Education and NGO's and 1 district level review cum sensitization meeting must be arranged in a year.
- f) Monthly report- The monthly report of all activities under taken alongwith the expenditure incurred at the district level should be sent by the District Nodal Officer to State Cell.
- g) Quarterly report- The quarterly report has to be sent by the District Nodal Officer in prescribed format which will be examined by the State Nodal officer and will be forwarded to the Central Fluorosis cell, Govt. of India, MOH&FW, New Delhi.
- h) The Skeletal Fluorosis patient has to be taken for further investigation and treatment at tertiary level health facilities(Medical Collage Hospitals)

i) Submission of FMR on or before 7<sup>th</sup> day of every month. Booked the expenditure in proper FMR code.

**Budget summary of RoP approval under NPPCF for the year 2024-25& 2025-26.  
NCD.10**

Sl. No.	New FMR Code/ Sl. No.	Activity	Committed expenditure	Total RoP approval (Rs. In lakhs)	State H.Q. Allocation (Rs. In lakhs)	District Allocation (Rs. In lakhs)	Page No.
1.	120.1	Recurring Grant –in-aid(for ongoing district) Medical Management including treatment, surgery and rehab.	4.90	21.0	13.1	7.90	5
2.	120.2	Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities.	0.00	11.76	1.72	10.04	5
3.	120.3	Health Education & Publicity for NPPCF.	0.00	14.00	1.30	12.70	6, 7 & 8
4.	120.4	NPPCF Coordination meeting (Newly selected districts and ongoing district).	0.00	4.90	3.50	1.40	8, 9 & 10
5.	120.5	Travel cost under NPPCF.	0.00	4.00	0.50	3.50	10 & 11
<b>Total</b>			<b>4.90</b>	<b>55.66</b>	<b>20.12</b>	<b>35.54</b>	

**District wise budget summary of NPPCF as per RoP approval 2024-2025 & 2025-2026.**

Activities	F.M.R code	FMR owner	State H.Q.	Nagoan (in lakhs)	Karbi Anglong (in lakhs)	Kamrup(R ) (in lakhs)	Dhubri (in lakhs)	Nalbari (in lakhs)	Karimganj (in lakhs)	Udalguri (in lakhs)
Recurring Grant – in-aid(for ongoing district) Medical Management including treatment, surgery and rehab	120.1	SNO/DNO	13.1	1.40	0.75	1.40	0.75	1.20	1.20	1.20
Recurring grant-in Aid (For ongoing selected districts under NPPCF) Laboratory Diagnostic facilities	120.2	SNO/DNO	1.72	1.68	1.68	1.68	1.00	1.40	1.40	1.20
Health Education & Publicity for NPPCF	120.3	SNO/SME/DNO/DME	1.30	2.20	2.20	2.20	1.00	1.50	1.80	1.80
NPPCF Coordination meeting (Newly selected districts and ongoing district)	120.4	SNO/DNO	3.50	0.30	0.15	0.30	0.15	0.20	0.15	0.15
Travel cost under NPPCF	120.5	SNO/DNO	0.50	0.50	0.50	0.50	0.50	0.50	0.50	0.50
<b>Total</b>			<b>20.12</b>	<b>6.08</b>	<b>5.28</b>	<b>6.08</b>	<b>3.40</b>	<b>4.80</b>	<b>5.05</b>	<b>4.85</b>

**Total Budget Rs. 55.66 lakhs fresh approval.**

**NPPCF Justification 2024-25 & 2025-26.**

**District wise budget breakup:-**As per district requirement these fund will be utilized.

**1. New FMR Code/ Sl. No.:- 120.1**

**Name of the Activity:** Recurring Grant –in-aid(for ongoing district) Medical Management including treatment, surgery and rehab :

**Owner of the activity at state:** SNO

**Owner of the activity at District:-** DNO

**Owner of the activity at block:-** NA

- a) An amount of **Rs. 1.40 lakhs** each for 2 nos. of ongoing districts i.e. Kamrup(R) & Nagaon, **1.20 lakh** for Udalguri, Nalbari and Karimganj District, **0.75 lakh** each for Dhubri & Karbi Anglong district.
- b) The fund will be utilized for treatment of deformity of skeletal & dental fluorosis patients w.r.t physiotherapy, corrective plasters, outhouses, mobility aids, nutritional supplements including multivitamins, micronutrients and other treatment procedures as per district requirements.
- c) The essential drugs including Calcium , vitamin C available in EDL can be received from district drug warehouses, NHM as per district wise requirement .

**District wise budget breakup:-**

Activities	Nagoan (Rs. in lakhs)	Karbi Anglong (Rs. in lakhs)	Kamrup (R) (Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj (Rs. in lakhs)	Udalguri (Rs. in lakhs)
Recurring Grant –in-aid(for ongoing district) Medical Management including treatment, surgery and rehab	<b>1.40</b>	<b>0.75</b>	<b>1.40</b>	<b>1.20</b>	<b>0.75</b>	<b>1.20</b>	<b>1.20</b>

**2. New FMR Code/ Sl. No.:- 120.2**

**Name of the Activity:** Recurring grant-in Aid (For ongoing selected districts under NPPCF)

**Laboratory Diagnostic facilities.**

**Owner of the activity at state:** SNO

**Owner of the activity at District:-** DNO

**Owner of the activity at block:-** NA

**The approved amount is Rs. 11.76 lakhs.**

- a) An amount of **Rs. 1.68 lakhs** each for 3 nos. of ongoing districts i.e. Karbi Anglong, Kamrup(R), Nagaon, **1 lakh** for Dhubri, **1.40 lakh** for Nalbari and Karimganj & **1.20 lakh** for Udalguri District.



Health Education & Publicity for National Programme for Fluorosis (State and District Level)	1.30	2.20	2.20	2.20	1.50	1.00	1.80	1.80
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#### A. State Level IEC

Sl. No.	Activities per district	Amount	Details breakup
1	Printing of Leaflet/ Booklets / Hoarding	1.30	1. 800 multicolour booklets @ Rs 60,000/- 2. 1000 leaflets for 7 districts @Rs 5 X 1000 X 7 = 70000/-
	Total	<b>1.30 lakhs</b>	

#### B. 1. District level IEC for Nagaon, Kamrup, Karbi Anglong,

Sl. No.	Activities per district	Amount	Details breakup
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.00 lakhs	10 nos. Street play @ 6000/- x 10= Rs. 60,000/-  School Programme/ Other awareness programme = 15 nos. x @ 7000/- = Rs. 1,05,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 30 nos. of discussion should be held	0.30	DNO/ DSC NPPCF
3.	Printing of IEC materials (leaflets/ Booklets, Poster, Health corner board in the school etc.) as per local requirements.	0.25	DNO/DME
	Total	<b>2.20 lakhs</b>	@Rs. 2.20 lakhs x 3 nos. of districts= 6.60 lakhs.

#### C. District level IEC for Karimganj &Udalguri

Sl. No.	Activities per district	Amount (Rs. In Lakhs)	Details breakup
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.26	7 nos. Street play @ 6000/- x 7= Rs. 42,000/- School Programme/ Other awareness programme = 12 nos. x @ 7000/- = Rs. 84,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 29 nos. of discussion should be held	0.29	DNO/ DC NPPCF
3.	Printing of IEC materials (hoarding/leaflets/ Booklets, Poster, Health corner board in the school etc.)	0.25	DNO/DME
<b>Total</b>		<b>1.80</b>	@Rs. 1.80 lakhs x 2 nos. of districts= 3.6 lakhs.

#### D. District level IEC for Nalbari

Sl. No.	Activities per district	Amount (Rs. In Lakhs)	Details breakup
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	1.0	5 nos. Street play @ 6000/- x 5= Rs. 30,000/- School Programme/ Other awareness programme = 10 nos. x @ 7000/- = Rs. 30,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 25 nos. of discussion should be held	0.25	DNO/ DSC NPPCF
3.	Printing of IEC materials (hoarding/ leaflets/ Booklets/Poster/Health corner board in the school etc.)	0.25	DNO/DME
<b>Total</b>		<b>1.50</b>	<b>Rs. 1.50 lakhs</b>

#### E. District level IEC for Dhubri

Sl. No.	Activities per district	Amount (Rs. In Lakhs)	Details breakup
1.	Awareness programme as per district wise plan (street play, school programme/ other awareness programme with NGO's etc.)	0.58	5 nos. Street play @ 6000/- x 2= Rs. 30,000/- School Programme/ Other awareness programme = 4 nos. x @ 7000/- = Rs. 28,000/-
2.	Focus Group discussion at affected area @1000/- per discussion total 20 nos. of discussion should be held	0.20	DNO/ DSC NPPCF
3.	Printing of IEC materials (leaflets/ Booklets, Poster)	0.22	DNO/DME





NPPCF Coordination meeting (Newly selected districts and ongoing district)	0.30	0.15	0.30	0.20	0.15	0.15	0.15
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**Breakup per programme:**

- a) Two nos. of meeting per districts for Nagaon and Kamrup District. (@Rs 30,000/- X 2 nos of district = Rs 0.60 lakh)

Sl. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	30	75	1	2250.00
2.	Lunch and Tea	35	200	1	7000.00
3.	Banner	1	450	1	450.00
4.	Hiring Sound System, LCD/ Hall Rent etc.	1	3800	1	3800.00
5.	Contingencies	1	1500	1	1500.00
<b>Total</b>					<b>15000.00</b>

@Rs. 15,000/- x 2 nos. of meetings = Rs. 30,000/-.

- b) Breakup per programme: Two nos. of meeting per districts for Karbi Anglong, Karimganj, Dhubri and Udalguri District. (@Rs 15,000/- X 4 nos of district = Rs 0.60 lakh)

Sl. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	20	70	1	1400.00
2.	Lunch and Tea	25	170	1	4250.00
3.	Banner	1	450	1	450.00
4.	Contingencies	1	1400	1	1400.00
<b>Total</b>					<b>7500.00</b>

@Rs.7500/- x 2 nos. of meetings = Rs. 15000/- per district.

- c) Breakup per programme: Two nos. of meeting per districts for Nalbari District. (@Rs 20,000/- X 1 no. of district = Rs 0.20 lakh)

Sl. No.	Items	Unit	Unit cost	Period	Total
1.	Training Materials	30	70	1	2100.00
2.	Lunch and Tea	35	170	1	5950.00
3.	Banner	2	450	1	450.00
4.	Contingencies	1	1500	1	1500.00
<b>Total</b>					<b>10,000.00</b>

@Rs. 10,000/- x 2 nos. of meetings = Rs. 20,000/-.

Grand Total : A+B= 3.50 + (0.60+0.60+0.20) = 3.5+ 1.40= 4.90 L

**5. New FMR Code/ Sl. No.:-120.5**

**Name of the Activity: Travel cost under NPPCF**

**Owner of the activity at state: SNO**

**Owner of the activity at District:- DNO**

**Owner of the activity at block:- NA**

**The approved amount is Rs. 4.00 lakhs.**

**Activity:-**The DNOs, District Consultants, Lab. Techs have need to visit the field very frequently for collection of urine and water samples and also for the monitoring of the programme. They have also need to visit state H.Q. and some time also need to go for Training to outside of Assam. Therefore, travel cost is essential for the districts.

a) The total approved amount is Rs. 4.00 lakhs. An amount of Rs. 0.50 lakhs for 7 nos. of district and 0.50 lakhs for state HQ.

b) The travel cost is approved mainly to travel from State HQ and/or District H.Q. to different affected areas.

c) The travel cost is also approved for survey in community and school in affected area, collection of water samples, collection of urine samples, visit to the state NPPCF cell etc.

d) The survey has to be conducted with the help of existing field workers (ANM's/MPW's) and with RBSK/ RSKS team after training on NPPCF about sign & symptoms of fluorosis and must be collect drinking water samples for testing in PHED Laboratory.

**District wise budget breakup:-**

Activities	State HQ	Nagoan(Rs. in lakhs)	Karbi angling (Rs. in lakhs)	Kamrup (R)(Rs. in lakhs)	Nalbari (Rs. in lakhs)	Dhubri (Rs. in lakhs)	Karimganj(Rs. in lakhs)	Udalguri(Rs. in lakhs)
Travel cost under NPPCF	0.50	0.50	0.50	0.50	0.50	0.50	0.50	0.50

**Grand total Activity budget = Rs. 55.66 lakhs.**

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