

No. EDN-HE(21)F(9)07/2020-AIDS
Directorate of Higher Education
Himachal Pradesh, Shimla-1

Dated: Shimla-171001 the

08 AUG 2024
July, 2024

To

1. All the Principals of Govt. Colleges, Himachal Pradesh.
2. All the Deputy Directors of Higher Education, HP.

Subject: -

Regarding organizing State Level Event for Launch of Intensified Campaign and international Youth Day on 12th August, 2024 at Peterhoff Shimla.

Please find enclosed herewith photocopy of letter No. HPSACS/IEC/2027, dated 29-07-2024 alongwith its enclosures and also copy of the Minutes of meeting held on 6th July, 2024 at 11:00AM under the Chairmanship of Sh. Rajiv Kumar, HPAS, Project Director HPSACS, Shimla-2, on the subject cited above.

In this context, it is intimated that as per guidelines of National AIDS Control Organization, Ministry of Health & FW, GoI, the Intensified Campaign is being organized in entire country including Himachal Pradesh from 12th August to 12th October 2024. The State level event to launch Intensified Campaign alongwith observation of International Youth Day will be organized at Hotel Peterhoff Shimla on 12th August 2024. During this event following activities are planned to be conducted through students of Colleges & Schools in Shimla city:

- 1) Natti with messages on HIV prevention by 1500 students of GSSSs of Shimla City in ground of Hotel Peterhoff.
- 2) Participation of 600 students of all colleges of Shimla city in convention of HIV prevention at Darbara Hall Hotel Peterhoff Shimla.
- 3) Skit by student of colleges at Darbara Hall Hotel Peterhoff Shimla.
- 4) Awareness stall by student of colleges at Hotel Peterhoff Shimla.

In view of above, the Principals of Govt. Colleges and Govt. Senior Secondary Schools in Shimla City are directed to actively participate in their concerned activities during State level event on 12th August 2024 and share the report as per Annexure.

Further, all the DDHES in the State directed to issue necessary directions to all the Principals of Govt. Senior Secondary Schools in their respective district to arrange address in HIV prevention during morning assemblies between 12th August to 12th October 2024 under Intensified Campaign. Link has also been shared through mail for reporting schools level activities during above said campaign. All the Principals of Govt. colleges in the State having Red Ribbon Clubs (Annexure-1) will organize Flash Mobs as per RRC activity calendar from 12th August to 12th October 2024 and share the report as per attached Annexures. Hence, all concerned are directed to do the needful, under intimation to this Directorate.

Encl: As above.

Director of Higher Education
Himachal Pradesh

Endst. No. EDN-KGR (Sc. Consultant) HIV/2024
010 The Dy. Dir. of Higher Education Kangra at D/shala

Copy to:-

All the Principal's/HMIs of GSSS/GHS/Pvt. schools in Distt. Kangra are directed to conduct the awareness session on HIV in morning assembly. The report of the ~~from~~ all the activities conducted during the campaign should be uploaded through a link that is being shared with you through Email and Whatsapp.
Encls- Activities Detail.

Dy. Director of
Higher Education
09 AUG 2024
4622
Dispat. No.
Kangra at Dharamshala

Dy. Director of Hr. Education
Kangra at Dharamshala

No. HPSACS/IEC/ 2024
Government of Himachal Pradesh
Department of Health & Family Welfare
Himachal Pradesh State AIDS Control Society
Hari Villa, Near Forest Rest House, Khalini Shimla-2
Telephone No.: 0177-2621608 Telefax No.: 0177-2625857 Helpline No.: 1097
Website: www.sacshp.org E-Mail: sacshp@gmail.com

To Dated, Shimla the 29/7/2024,
The Director,
Higher Education Department,
Himachal Pradesh, Shimla

Subject: Regarding organizing State Level Event for Launch of Intensified Campaign and International Youth Day on 12th August 2024 at Hotel Peterhoff Shimla.

Sir,

Reference to the subject cited above.

It is to inform you that as per guidelines of National AIDS Control Organization, Ministry of Health & FW, GoI, the Intensified Campaign is being organized in entire country including Himachal Pradesh from 12th August to 12th October 2024.

In this regard, the State level event to launch Intensified Campaign alongwith observation of International Youth Day will be organized at Hotel Peterhoff Shimla on 12th August 2024. During this event following activities are planned to be conducted through students of colleges & schools in Shimla city:

- 1) Natti with messages on HIV prevention by 1500 students of Govt. Senior Secondary Schools of Shimla City in ground of Hotel Peterhoff
- 2) Participation of 600 students of all colleges of Shimla city in Convention of HIV prevention at Darbara Hall Hotel Peterhoff Shimla
- 3) Skit by student of college at Darbara Hall Hotel Peterhoff Shimla
- 4) Awareness stall by student of colleges at Hotel Peterhoff Shimla

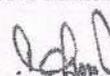
Also, address on HIV prevention during morning assemblies in all Govt. Senior Secondary Schools in Himachal Pradesh and Flash Mobs through colleges having Red Ribbon Clubs as per Annexure-1 have been planned to be organized during Intensified Campaign from 12th August to 12th October 2024.

It is, therefore, requested to issue necessary instructions to:-

- (i) all the Govt. Senior Secondary Schools and Colleges in Shimla City for actively participating in their concerned activities during State level event on 12th August 2024 and share the report as per Annexure-2;
- (ii) all the Govt. Senior Secondary Schools in HP to arrange address in HIV prevention during morning assemblies between 12th August to 12th October 2024 under Intensified Campaign and share the report as per Annexure-3; and
- (iii) all colleges having Red Ribbon Clubs (Annexure-1) to organize Flash Mobs as per RRC activity calendar from 12th August to 12th October 2024 and share the report as per Annexure-4.

The minutes of the planning meeting for state level launch of Intensified Campaign held under the chairmanship of undersigned on 6th July 2024 are also enclosed herewith for your kind information please.

Yours faithfully,


Project Director
HPSACS, Shimla-2

THE MINUTES OF MEETING ON INTENSIFIED CAMPAIGN HELD UNDER THE CHAIRMANSHIP OF SH. RAJIV KUMAR, HPAS, PROJECT DIRECTOR, HP STATE AIDS CONTROL SOCIETY ON 6th JULY 2024 AT HIMACHAL PRADESH AIDS CONTROL SOCIETY, KHALINI, SHIMLA-02 AT 11:00 AM.

Following attended the meeting:-

HPSACS:-

1. Mr. Balbir Singh, Deputy Controller (F & A) HPSACS.
2. Dr. Lalit Thakur, SPO, HPSACS.
3. Mr. Vishal Acharya RC NACO.
4. Ms. Meena Kumari, Deputy Director TI, HPSACS
5. Ms Neerja Thakur, Assistant Director (M & S) HPSACS.
6. Mr. Rahul Chauhan Assistant Director- IEC, HPSACS.
7. Ms. Kritika Sharma, Assistant Director- Youth, HPSACS
8. Mr. Rajinder Thakur, Accountant, HPSACS.
9. Ms. Nisha Thakur, DA, HPSACS.

Participants from other departments:-

1. Mr. Vijay Bragta, Dy. Director, Panchayati Raj Department HP.
2. Ms. Savita Gupta, Assistant Director, Department of Higher Education, HP.
3. Dr. Ravinder Kumar, SPO (NTEP) NHM, HP.
4. Dr. Hitanshu Manta, SPO, NHM, HP.

Mr. Rajiv Kumar, Project Director Himachal Pradesh AIDS Control Society, welcomed all the participants and informed that as part of ongoing efforts to combat HIV/AIDS and enhance awareness, National AIDS Control Organization has devised a vital initiative i.e. "**Intensified Campaign**" aimed at enhancing HIV/AIDS awareness efforts across country.

On this initiative, HP State AIDS Control Society has planned to launch this Intensified Campaign to be organized for **two months** with primary focus on enhancing awareness and education regarding HIV/AIDS among all segments of the society including youth, general population, key population, and rural areas. This Campaign is to be launched in the state on **12th August 2024**.

The detailed objectives of the Campaign are as under:-

- (i) To intensify activities towards increasing comprehensive knowledge about HIV/ AIDS/ STI/ Hepatitis B & C & Tuberculosis.
- (ii) To promote information on the routes of transmission of HIV and knowing the risks associated.
- (iii) To create demand for services such as condom, STI services, and other services under NACP.
- (iv) To promote literacy on the HIV and AIDS (Prevention & Control) Act 2017 to address stigma and discrimination towards people infected and affected by HIV/AIDS.
- (v) To strengthen collaboration between various government departments to promote awareness and uptake of NACP services.

Agenda Item No. 3:

Department of Higher Education.

- **Implementation of intensified Campaign at School Level :** It is decided in the meeting that Intensified Campaign will be carried out in all Sr. Sec. Schools of 12 Districts.
- **Implementation of activities:** Minimum 3 to 5 morning assembly address may be taken by the students on the topics on HIV/ AIDS prevention, STI, Adolescence Education, TB, Drug abuse etc during the campaign between 12th August to 12th October 2024 (two months). The content of the topic will be finalized by Higher Education & HPSACS. The topic will be shared through email with Higher Education and all District Education Officer to issue further instructions to Schools. The schools may also organize Poster making competition on the above mentioned topics during the campaign between 12th August to 12th October 2024 (two months). Higher Education Department is also requested to provide best two posters from each district may be submitted to HPSACS for providing Rs. 500/- to each poster with details of participating students.
- **Reporting:** It was decided in the meeting that the Google Sheet will be provide by HPSACS for reporting of the campaign at School Level and the same is to be filled by each school after completion of activity and may also share photos and visuals of the activities.

Agenda Item No. 4:

Other items with permission of Chair.

- It was also informed to Assistant Director, Department of Higher Education, HP that the flash mob activities has been allocated to all the Red Ribbon Clubs (RRC) for the campaign to be organized from 12th to 31st August 2024 and further Rs. 2250 for old (2 flash mob- one indoor & one outdoor) & Rs. 1500 for new RRC for one flash mob at college level. Funds have been allocated to Chief Medical Officers for further release to Colleges. In this regard, it is requested to the Department of Higher Education to issue instructions to all RRC colleges to organize flash mob activity from 12th to 31st August 2024. Further colleges may coordinate with District AIDS Programme Officers (DAPOs) for selection of location, topic & content preparation of flash mob. The list of colleges having RRCs and list of DAPOs is enclosed herewith at Annexure '4' & '5'.


Project Director,
HPSACS, Shimla

सरकारी स्कूल के लिए एचआईवी और एड्स अभियान के दौरान दी जाने वाली जानकारी सामग्री

एच.आई.वी. संक्रमण के 4 मुख्य कारण हैं:-

- (1) एच.आई.वी. संक्रमित व्यक्ति के साथ असुरक्षित यौन संबंध से ।
- (2) एच.आई.वी. संक्रमित सुई / सिरिंजों का साँझा प्रयोग से ।
- (3) एच.आई.वी. संक्रमित गर्भवती महिला से होने वाले शिशु को।
- (4) एच.आई.वी. संक्रमित रक्त या रक्त उत्पाद चढ़ाने से।

एच.आई.वी. संक्रमण इन कारणों से नहीं होता है:-

- ⌘ संक्रमित व्यक्ति से गले मिलने, हाथ मिलाने से ।
- ⌘ मच्छर के काटने से।
- ⌘ संक्रमित व्यक्ति द्वारा उपयोग किये गये बर्तनों के इस्तेमाल करने से।
- ⌘ एचआईवी संक्रमित व्यक्ति के साथ एक ही दफ्तर में काम करने से।
- ⌘ संक्रमित व्यक्ति द्वारा उपयोग किये गये शौचालय के इस्तेमाल करने से।
- ⌘ संक्रमित व्यक्ति की देखभाल करने से।
- ⌘ संक्रमित व्यक्ति द्वारा इस्तेमाल किये गये उपकरणों के उपयोग करने से।

एच.आई.वी. की जांच

- ⌘ एच.आई.वी. की जांच सरकारी अस्पताल के एकीकृत परामर्श एवं जांच केंद्र (ICTC) में होती है।
- ⌘ एकीकृत परामर्श एवं जांच केंद्र (ICTC) में एच.आई.वी.जांच बिल्कुल मुफ्त है।
- ⌘ एकीकृत परामर्श एवं जांच केंद्र (ICTC) केंद्रों में प्रशिक्षित परामर्श दाता (Counsellor) द्वारा उचित परामर्श दिया जाता है एवम् इन केंद्रों में जांच करवाने वाले व्यक्ति की पहचान व रिपोर्ट गोपनीय रखी जाती है।
- ⌘ यदि कोई व्यक्ति जांच में पाज़िटिव पाया जाता है तो घबराने की बात नहीं है, उस व्यक्ति को नजदीकी ए.आर.टी. सेंटर से जोड़ा जाता है और मुफ्त दवाओं एवम् उपचार लेने से व्यक्ति एच.आई.वी. के साथ लंबा एवं स्वस्थ जीवन जी सकता है।
- ⌘ यह सब सुविधाएं सरकारी अस्पताल में बिल्कुल मुफ्त दी जाती है।

एच.आई.वी. पाज़िटिव गर्भवती माँ से उसके होने वाले बच्चे को एच.आई.वी. संक्रमण से बचाया जा सकता है

- ⌘ एच.आई.वी. पाज़िटिव गर्भवती माँ से उसके होने वाले बच्चे में संक्रमण के संचरण को रोका जा सकता है।

- ⌘ इसके लिए सभी गर्भवती महिलाओं की पहले तीन महीने में एच.आई.वी. और सिफलिस की जांच की जाती है ।
- ⌘ समय पर जाँच एवं उपचार से एच.आई.वी. / सिफलिस पॉजिटिव माँ से शिशु को एच.आई.वी. और सिफलिस संक्रमण से बचाया जा सकता है, और इलाज द्वारा माँ और शिशु दोनों स्वस्थ और लंबा जीवन जी सकते हैं।
- ⌘ सिफलिस का पूर्ण रूप से इलाज संभव है, जिससे माँ से बच्चे में होने वाले संक्रमण को रोका जा सकता है।
- ⌘ सुनिश्चित करें कि प्रसव नजदीकी सरकारी अस्पताल में प्रशिक्षित डॉक्टर की देखरेख में ही हो।

एचआईवी और एड्स (रोकथाम और नियंत्रण) अधिनियम 2017

- ⌘ एचआईवी और एड्स (रोकथाम और नियंत्रण) अधिनियम 2017, सितंबर 2018 को भारत सरकार द्वारा नोटिफाई किया गया है।
- ⌘ इस के तहत एचआईवी के कारण किसी भी तरह का भेदभाव प्रतिबंधित है।
- ⌘ भेदभाव होने पर भेदभाव करने वाले के विरुद्ध इस अधिनियम के तहत उचित कार्यवाही हो सकती है ।
- ⌘ भेदभाव की शिकायत एचआईवी और एड्स (रोकथाम और नियंत्रण) अधिनियम 2017 के तहत Complaint Officer के माध्यम से www.sacshp.org और hphivact@gmail.com पर की जा सकती है ।

टोल फ्री एड्स हेल्पलाइन 1097

- ⌘ एच.आई.वी./एड्स और यौन संक्रमित संचरण के बारे में अधिक जानकारी के लिए टोल फ्री हेल्पलाइन नंबर 1097 पर बात करें ।
- ⌘ इस हेल्पलाइन पर प्रशिक्षित अधिकारी द्वारा मुफ्त परामर्श दिया जाता है और कॉल करने वाले की पहचान गोपनीय रखी जाती है।

नाको एड्स ऐप (NACO AIDS App)

राष्ट्रीय एड्स नियंत्रण संगठन, एचआईवी / एड्स रोकथाम और नियंत्रण समितियों के माध्यम से भारत के सभी राज्यों में एड्स नियंत्रण कार्यक्रम लागू कर रहा है। नाको एड्स ऐप (NACO AIDS App) की जानकारी 12 क्षेत्रीय भाषाओं में उपलब्ध है। ऐप अपने गेमिफिकेशन फीचर की मदद से आम लोगों में जागरूकता फैलाता है। यह ऐप एचआईवी जोखिम मूल्यांकनकर्ता जैसी सुविधाओं से युक्त है, जो आपको यह बताती है कि क्या आप एचआईवी / एड्स HIV के जोखिम में हैं । इतना ही नहीं, यह आपको भ्रम और भ्रान्तियों एवं एचआईवी से जुड़े तथ्यों के बारे में अपडेट रहने में मदद करता है ।

नाको एड्स ऐप की मुख्य विशेषताएं

- १ एचआईवी जोखिम मूल्यांकनकर्ता
- १ एचआईवी से जुड़ी भ्रम और भ्रांतियों पर उचित जानकारी
- १ सुविधाओं का पता लगाने के लिए लिंक (NACO website and NACO helpline)
- १ सामाजिक सुरक्षा योजना

हिमाचल सरकार - योजनाएँ

1. एचआईवी/एड्स से पीड़ित व्यक्ति को सरकार द्वारा 1500/- रुपये प्रति माह दिया जाता है।
2. एचआईवी/एड्स के साथ जी रहे व्यक्तियों के बच्चों / अनाथों को शिक्षा एवम अन्य जीवनयापन सम्बन्धित आवश्यकताओं के लिए राज्य सरकार द्वारा आर्थिक सहायता योजना वर्ष 2007-2008 से शुरू की गई है।
 - I. 0-3 वर्ष तक 300/रु प्रतिमाह
 - II. 4-6 वर्ष तक 400/रु प्रतिमाह
 - III. 7-9 वर्ष तक 500/रु प्रतिमाह
 - IV. 10-12 वर्ष तक 600/रु प्रतिमाह
 - V. 13-15 वर्ष तक 700/रु प्रतिमाह
 - VI. 16-18 वर्ष तक 800/रु प्रतिमाह
3. एचआईवी/एड्स के साथ जी रहे व्यक्तियों और उपचार के लिए उनके साथ आए एक व्यक्ति को आने जाने का बस पास दिया जाता है, ताकि इन्हें बिना किसी विलंब के उपचार मिल सके व उपचार सुचारु रूप से चल सके।
4. एचआईवी/एड्स के साथ जी रहे बच्चों के लिए न्यूट्रिशनल किट स्कीम (100 ग्राम पंजीरी और अजवाइन बिस्किट प्रति दिन प्रति बच्चा) देने का भी प्रावधान है।
5. एचआईवी/एड्स के साथ जी रहे व्यक्तियों को राज्य लीगल सर्विसेज ऑथराइटी द्वारा मुफ्त कानूनी सहायता प्रदान की जाती है।
6. एचआईवी/एड्स के साथ जी रहे व्यक्तियों के परिवार के लिए रियायती (सबसिडी) राशन दिया जाता है।

MONTH WISE ACTIVITY PLAN FOR RED RIBBON CLUBS

Sl. No.	Month	Activity	Budget (in Rs.)		Remarks
			Old RRC	New RRC	
1	July	Registration of new Members in RRC (Male & Female) and all members to follow NACO and HPSACS Social Media Accounts as Annexure-1	Non-budgeted	Non-budgeted	<ul style="list-style-type: none"> Promotion –Class to Class Motivation and promotion for new Registration by Nodal Officer. RRC related material to be provided to all new members
2		Identification of New Peer Educators and updating of their contacts	Non-budgeted	Non-budgeted	<ul style="list-style-type: none"> Follow up by Nodal officer with NSS Coordinators to nominate as peer educators. Sharing and updating of IEC material + RRC material
3	August	First Annual orientation meet	250	250	<ul style="list-style-type: none"> Orientation session of RRC coordinators, Patron Officers of RRC at Universities/colleges etc. Session on role and responsibilities of the RRC members by the nodal person/ Patron Officer Honorarium to be provided to Nodal Person.
4		International Youth Day-Flash Mobs	2250	1500	<ul style="list-style-type: none"> New RRC-One Flash Mob in college campus and Following of Social Media Handles of NACO/ HPSACS by college/institution Old RRC-2 Flash mobs (One in college Campus and one outside in nearby city/village area)
5	September	Guest Lecture/ Workshop by nodal person and Resource Person. Session on HIV and related issues and session on removing myths and misconceptions. Query solving session.	250	250	<ul style="list-style-type: none"> In consultation with DAPO DAPO/Disha/ SACS Officials or nearest available ICTC Counsellor/ Health Educator to be invited as Resource Person Honorarium of Rs. 500/- to be provided to resource person (not applicable to HPSACS staff) and Rs. 250/- to be provided to RRC In-charge
6	October	Reporting submission of first quarterly report to DAPO on format at Annexure-2	Non-budgeted	Non-budgeted	
7		Reel making competition	500	500	<ul style="list-style-type: none"> Reel making competition to be conducted at every college/institution on any one issue of these Mode of Transmission HIV/HIV testing/Toll Free Helpline 1097
8	November	Screening of Film on HIV prevention i.e. TeachAIDS& 5 spots	Non-budgeted	Non-budgeted	<ul style="list-style-type: none"> Students will be gathered in one hall and short film and 5 spots will be shown. Movie will be provided by DAPO to RRCs
9	December	World AIDS Day- <ul style="list-style-type: none"> Pinning of Red Ribbon, Cultural Fashion show with message on HIV or Skit on HIV in college/institute at main stage Red Ribbon Formation & Messages Skit Outside Campus in Nearby Town/ village (only for Old RRCs) 	2250	1500	<ul style="list-style-type: none"> In case organizing any specific activity instruction from NACO, then same will be informed to RRCs through DAPOs in month of November Any other innovative activity may be decided in consultation with concerned DAPO
10		Review of RRC by Principal College/Institute			
11	January	Reporting submission of first quarterly report to DAPO on format at Annexure-2	Non-budgeted	Non-budgeted	
12		National Youth Day- Walkathon or Cycle Rally or Stakes rally	500	500	Only for non-winter closing Colleges/Institutes
13	February	Walkathon or Cycle Rally or Stakes rally	500	500	Only for winter closing colleges/institutes
14		Annual Festivals of Colleges/Institutes-Awareness activities	Non-budgeted	Non-budgeted	
15	March	Reporting submission of 4 th quarterly report & annual report to DAPO on format at Annexure-2	Non-budgeted	Non-budgeted	

Annual cumulative Budget:

- ✓ For New RRC -Rs. 5000/-
- ✓ For Old RRC -Rs. 6,500

Note:-

- 1) SoPs of each as mentioned above is enclosed herewith for guidance
- 2) CPM Kangra & Mandi will be responsible for orient on Monthly activities including SoPs, Reporting formats & Guidelines for RRCs during trainings conducted for Nodal Officers & Peer Students in their respective Districts of Bilaspur, Chamba, Hamirpur, Kangra, Kullu, Lahaul & Spiti, Mandi and Una
- 3) AD Youth HPSACS will be responsible for orient on Monthly activities including SoPs, Reporting formats & Guidelines for RRCs during trainings conducted in District Kinnaur, Shimla, Sirmaur and Solan
- 4) Reporting formats, training schedule, ready reckoners' formats of RRCs & its members and others are enclosed
- 5) Nodal Officer of RRC will share quarterly & annual report of activities to concerned District AIDS Programme Officer and District AIDS Programme Officer with the support of DISHA staff will submit report HPSACS

LIST OF CONTACT NUMBER OF CHIEF MEDICAL OFFICERS' and DISTRICT AIDS PROGRAMME OFFICERS' (DAPOs) FOR COORDINATION AT DISTRICT & FIELD LEVEL

Sr. No.	District	Name of DAPOs	Mobile No.	CMO's Office No.	Email ID
1.	Bilaspur	Dr. TahsinMushtaq	94190-62434	01978-222586	cmoblsp@gmail.com dapobilaspur1@gmail.com mohbilaspur@gmail.com
2.	Chamba	Dr. HaritPuri	70180-41165	01899-222223	cmochambahp@yahoo.co.in dapocba123@gmail.com
3.	Hamirpur	Dr. Sunil Verma	91296-00006	01972-222223	cmohamirpur@gmail.com dapohmr@gmail.com nhmhamirpur1@gmail.com
4.	Kangra	Dr. Rajesh Sood	94180-64077	01892-224874	cmokangra@gmail.com drksood@gmail.com nacphpkgr@gmail.com
5.	Kinnaur	Dr.SudhirNegi	94187-85110	01786-222922	cmokinnaur@gmail.com kinnaur@gmail.com dapokinnaur@gmail.com
6.	Kullu	Dr. Suresh	70182-97809	01902-223077	cmokullu@gmail.com lackullu@gmail.com
7.	Lahaul&Spiti	Dr. Jagdish Chand	94180-42950	01900-222243	cmokeylong23@gmail.com ictckeylong@gmail.com
8.	Mandi	Dr. Arindom Roy	94183-16416	01905-222177	cmomandihp@yahoo.co.in dapomandi@gmail.com
9.	Shimla	Dr. Yogvinder	78310-50994	0177-2657225	cmoshimla@gmail.com mohshimla@gmail.com daposhimla@gmail.com
10.	Sirmour	Dr. VeenaSangal	98785-37264	01702-222543	cmosirmour@gmail.com daposirmaur@gmail.com veenadgr@gmail.com
11.	Solan	Dr. Ajay Kumar Singh	98826- 67823 94180-84614	01792-224181	cmo-sol-hp@nic.indaposolan@gmail.com
12.	Una	Dr. Ramesh Rattu	83605-54066	01975-226064	cmouna_hp@yahoo.co.in ostuna2015@gmail.com