



**Title:** mHealth interactive education and social support intervention for improving postnatal health

**Project Name:** KushalMaa

**Number of Vacancy:** 02 – Research Assistant

**Contract Duration:** Initially 1 year, later based on performance and availability of the funding

**Job Location:** Sehore District, Madhya Pradesh

## About Sangath

Sangath is a leading non-profit organization dedicated to transforming healthcare by focusing on mental health and public health initiatives. Our mission is to empower communities through world-class research, innovative healthcare solutions, and compassion-driven services. We are proud to have recently been recognized with the prestigious "Great Place to Work" award, a testament to our commitment to fostering an inclusive and supportive work culture.

## Our Values

At Sangath, our values form the cornerstone of everything we do. For nearly three decades, we have passionately upheld a belief in the power of empathy, teamwork, and respect for every individual we serve and work with. We are committed to excellence in delivering world-class research and mental health services, backed by professional rigor and cutting-edge technology.

Our drive for innovation keeps us forward-thinking, always learning and evolving to solve complex healthcare challenges. We take pride in our unwavering integrity, ensuring transparency, accountability, and ethical practices throughout our work. Finally, we hold performance as a key measure of success, continuously striving for impactful, sustainable solutions. These values have been the backbone of our organization, guiding us on a journey of creating lasting change in the communities we serve.

## Benefits

We believe in taking care of our team as much as they care for our mission. Sangath offers a dynamic range of benefits that reflect our commitment to our employees' well-being and professional growth. These include Provident Fund (PF), ESIC, Gratuity, and comprehensive Medical Insurance, ensuring financial and health security. We offer flexible work timings to promote a healthy work-life balance, along with special leaves such as Menstrual Leave and Gender Affirmation Leave. Our progressive work-from-home policy is designed to give employees the flexibility they need in today's changing work environment. Joining Sangath means being part of an organization that truly values and supports its people.

## About the Project:

The goal of this research study is to assess the effectiveness of a culturally-tailored mobile interactive education and social support group intervention to supplement standard postpartum care activities in comparison to standard care alone on health-related behaviours and health outcomes in a randomized controlled trial among 2100 postpartum Indian women living in 3 geographically diverse Indian states (namely Madhya Pradesh, Punjab, and Maharashtra) to estimate the impact on maternal and neonatal health-related knowledge, health-related behaviours, and health outcomes. The investigators also seek to characterize mechanisms of impact including knowledge, social support, self-efficacy, and behaviour change, and determine the cost-effectiveness.

More details on the study are available <https://clinicaltrials.gov/study/NCT05268588>



## Objectives:

**Primary:** To quantify the effectiveness of an mHealth interactive education and social support intervention on exclusive breastfeeding, postpartum family planning, and postpartum depression.

**Secondary:** To characterize the mechanisms of impact of the mHealth intervention on maternal and neonatal health in India. Determine the cost-effectiveness of the mHealth intervention in improving postpartum maternal and neonatal health as compared to the standard of care.

## Key Responsibilities:

- Supporting the documentation of findings of literature review, field testing of tools, SOPs etc
- Conducting informed consent, data collection and data entry for the study in the areas of primary health centres and/or participant homes in Icchavar and Shampur blocks of Sehore district
- Conducting the baseline and follow-up outcome assessments either in-person or telephonically, as per the study protocol and prescribed procedures, in the areas of selected primary healthcare centres and/or participant homes in Sehore district
- Supporting trial data entry and data cleaning following data protection policies and study ethics
- Supporting in data analysis and report writing, as may be required and directed by study personnel
- Report writing and documentation related to trial roll-out including outcome assessments
- Managing internal coordination with members of the research study, and external coordination and communication with frontline workers (ASHA, ANM, Anganwadi Worker), village leaders, family members and study participants on a regular basis, and as desired by the study procedures

## Qualifications and Experience

### Essential:

- A graduate/post-graduate degree in Public Health, or related Social Sciences
- Expertise in MS Office (Word, PowerPoint, Excel, Outlook, OneDrive)
- Proficiency with mobile-based data collection and data management procedures
- Strong verbal and written communication skills in Hindi (\*Basic English would be an advantage)
- Prior experience in community-based research, quantitative data collection and management
- Prior experience in qualitative research methods, data collection and data analysis
- At least 2-3 years of relevant public health work experience, especially with research projects
- Ability to liaise and coordinate with relevant health system stakeholders and project collaborators



- This position requires capacity for independent travel using personal bike/motorcycle in selected blocks and villages of Sehore District.
- An independent, organized, and proactive team member
- Respect and understanding of social norms and culture of communities in Madhya Pradesh

**Desirable:**

- Prior training in public health, social work, psychology
- Expertise in field data collection with pregnant and lactating mothers, including administering informed consent (preferred)
- Experience of working in maternal and child health projects will be an advantage
- Basic experience in quantitative analysis using SPSS or Stata

**Remuneration and Contractual Duration:**

The remuneration for this position will be commensurate with qualifications and experience, in accordance with Sangath's salary policy. The position includes a six-month probation period, with the possibility of extending for an additional year based on performance and availability of funding.

**How to Apply:**

Please send your CV to [shailendra.kumar@sangath.in](mailto:shailendra.kumar@sangath.in), including "Application for the post of Kushal Maa Research Assistant " in the subject line. Applications are open until **30 April 2025**.

**Equal Opportunity:**

*Sangath is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, religion, color, national origin, gender, gender identity, sexual orientation, age, status as a protected veteran, among other things, or status as a qualified individual with a disability.*