

Date: 04 July 2025

The  
Director General  
Uttarakhand State Council for Science and Technology (UCOST)  
Vigyan Dham, Jhajra  
Dehradun – 248007

**Subject:** Submission of Project Proposal for UCOST Research Grant  
**Respected Sir,**

We are pleased to submit a research project proposal titled: "**Assessment of Healthcare Accessibility among Women and Children in Hilly Regions of Rural Uttarakhand: Challenges and Potential Solutions**" for consideration under the UCOST research funding scheme.

The study aims to generate evidence-based insights to support early detection, prevention strategies, and public health policy relevant to Uttarakhand. The required documents are enclosed as per guidelines.

**I humbly request your kind consideration for the financial support of this research initiative.**

Regards,

Dr. Arvind Singh  
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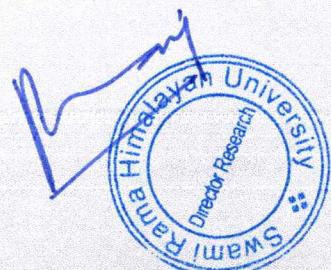
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Attachment:

1. Proforma for submission of R&D projects.



**R&D AND DEMONSTRATION**

**UTTARAKHAND STATE COUNCIL FOR SCIENCE & TECHNOLOGY**  
**(GOVT. OF UTTARAKHAND)**  
**DEHRADUN- 248007**

**PROFORMA FOR SUBMISSION OF R&D  
AND DEMONSTRATION PROJECTS IN THE IDENTIFIED AREAS**  
*(Only the Online Mode of Application Will Be Accepted on Call Basis)*

**PART I : GENERAL INFORMATION**

**1. Project Title:**

"Assessment of Healthcare Accessibility among Women and Children in Hilly Regions of Rural Uttarakhand: Challenges and Potential Solutions"

**2. Name of the Institute/University/Organisation:**

School of Pharmaceutical Sciences, Swami Rama Himalayan University, Jolly Grant, Dehradun, Uttarakhand

**3. Status of the Institute:**

NAAC A+ Accredited, Private University established under Act No. 12 of 2013 by the Government of Uttarakhand; recognized by University Grants Commission (UGC), New Delhi.

**4. Name and designation of the Executive Authority of the Institute / University  
forwarding the application**

Commander Challa Venkateswar (Retd.), Registrar, Swami Rama Himalayan University, Jolly Grant, Dehradun

**5. Category of the Project:**

R& D

**6. Specific Area:**

Data-Driven Policy & Interdisciplinary R&D

**7. Duration:**

2 Years

**8. Total Cost (Rs.):**

₹ 13,54,815

**9. Is the project Single Institutional or Multiple-Institutional:**

Single Institutional

**10. If the project is multi-institutional, please furnish the following:**

**Name of Project Coordinator:** NA

Affiliation: NA

Address: NA

**11. Project Summary:**

Women and children residing in the remote and hilly regions of rural Uttarakhand face some of the most pressing challenges in accessing essential healthcare services. Geographical isolation, underdeveloped road infrastructure, harsh climatic conditions, and a shortage of trained healthcare personnel have compounded barriers to timely and quality care (Kumar et al., 2021). These constraints directly impact antenatal and postnatal care, immunization coverage, early diagnosis and management of childhood illnesses, nutritional monitoring, and overall health-seeking behavior. As a result, maternal and infant mortality remain high, and many preventable diseases go unaddressed in these communities (Bhandari & Dutta, 2022).

This project proposes a comprehensive assessment of healthcare accessibility among women and children across selected hilly districts of Uttarakhand using a mixed-method approach combining quantitative surveys, service mapping, and qualitative interviews. The study will focus on (1) Evaluating the availability, functionality, and accessibility of maternal and child health services at Sub-centres, PHCs, and CHCs in rural hill areas. (2) Identifying physical, social, and cultural barriers to healthcare-seeking among pregnant

women, lactating mothers, and caregivers of young children. (3) Assessing gaps in coverage and utilization of government health programs such as Janani Shishu Suraksha Karyakram (JSSK), Universal Immunization Programme (UIP), and NHM maternal-child health initiatives. (4) Documenting local perceptions, traditional health practices, and women's autonomy in health decision-making. (5) Recommending terrain-sensitive and gender-responsive interventions for improving access—such as mobile health units, ASHA-led outreach, community transport schemes, and digital health tools.

The state of Uttarakhand stands to gain substantial advantages from this initiative. This study will provide district-wise data that can inform micro-planning of maternal and child health programs in difficult terrain. The findings will support evidence-based decision-making for optimizing infrastructure placement, human resource deployment, and telemedicine expansion. Additionally, the study will contribute toward achieving the objectives of national programs like Ayushman Bharat and SDG 3 (Good Health and Well-being), while ensuring greater equity in healthcare delivery for marginalized populations in the state.

By bridging the data gap and amplifying the voices of underserved rural women, this project aims to catalyze systemic improvements in Uttarakhand's healthcare ecosystem strengthening institutional capacity and enhancing health outcomes where the need is greatest.

## **PART II : PARTICULARS OF INVESTIGATORS**

**12. Name : Dr. Arvind Singh Farswan**

***Principal Investigator***

Date of Birth : 04/06/1987 Sex : Male  
Designation : Assistant Professor  
Department : School of Pharmaceutical Sciences  
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No. of Projects being handled at present : Nil

**13. Name : Prof. (Dr.) Preeti Kothiyal**

***Co-Principal Investigator***

Date of Birth : 04/06/1966 Sex : Female  
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No. of Projects being handled at present : Nil

