



FAMILY HEALTH CENTRE

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QUARTERLY PROGRESS REPORT APRIL 2024 – JUNE 2024 (HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	● Harkesh Nagar ● Sanjay Colony ● Govindpurl ● Kalkaji ● Okhla I, II & III ● Tughlakabad ● Sangam Vihar ● Madangir ● Dakshin Puri ● Madanpur Khadar ● Badarpur
Areas Covered in Gurugram	● Gurugram ● Gwal Pahari ● New Gwal Pahari ● Wazirabad ● Ghata ● Bandari ● Shanti Colony ● Bapu Colony ● Mandi ● Jonapur ● Tigra Village ● Badshah Pur ● Kanhai Gaon Slum, Sector-45 ● Kadar Pur
Reporting Period:	April 2024 – June 2024

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

Adharshila Family Health Center aims to improve overall health outcomes through a comprehensive health delivery program in the slums, urban and semi-urban villages of Delhi NCR and Gurugram to reach the economically weaker sections.

The project aims to achieve the following:

1. To provide doctor consultations to low-income families in urban and semi-urban villages in Delhi NCR and Gurugram
2. To expand outreach of healthcare services through mobile support services.
3. To promote preventive health care by increasing awareness of Osteoporosis, Hypertension, Diabetes, Cancer, Anemia, counseling for family planning and birth spacing, sexual and reproductive health, and menstruation.

Project Locations:

1. I – 75A, Harkesh Nagar Okhla Phase – III, New Delhi – 110020
2. 81, Molarband Village, Badarpur, New Delhi – 110044
3. Gwal Pahari, Gurugram- 122003

Target group:

The target group is formed by migrant and economically disadvantaged groups predominantly from Uttar Pradesh, Bihar, Haryana, Rajasthan, West Bengal, Assam, Odisha, Nepal, Delhi-NCR, and Gurugram. The program is implemented in the informal settlements, urban and semi-urban villages of Delhi NCR including Harkesh Nagar, Tughlakabad village, Sanjay Colony, Okhla, Tigri, Sangam Vihar, Madangir (Delhi), Madan Pur Khadar, Noida (Uttar Pradesh), Gwal Pahari (Gurugram), Wazirabad, Ghata, Bandwadi, Mandi, Jonapur, Tigra Village, Badshah Pur, Kanhai Gaon Slum, Sector-45.

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **6459** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of 3822, Physiotherapy OPDs 217, and homeopathic being 707, we have expanded our horizons of outreach manifold. Awareness, something that has no finish line, given the changing scenario, is a word that we have heard over and over again. We try to modulate our sessions in such a way that they are consolidated and far-fetching. The direct beneficiaries reached out were 775 and 3875 indirect beneficiaries (Indirect beneficiaries are people whom we aim to impact indirectly through our awareness sessions. It is assumed that for one -an individual who attends the session, there are 5 people who are indirectly impacted-which may include friends/family/peer group). Team Adharshila has been proactive in providing various healthcare initiatives as well as enhancing health awareness among the vulnerable population. We focused on conducting camps this quarter and were able to conduct health camps successfully with beneficiaries' coverage as 1038.

Major activities that were conducted during the reporting period:

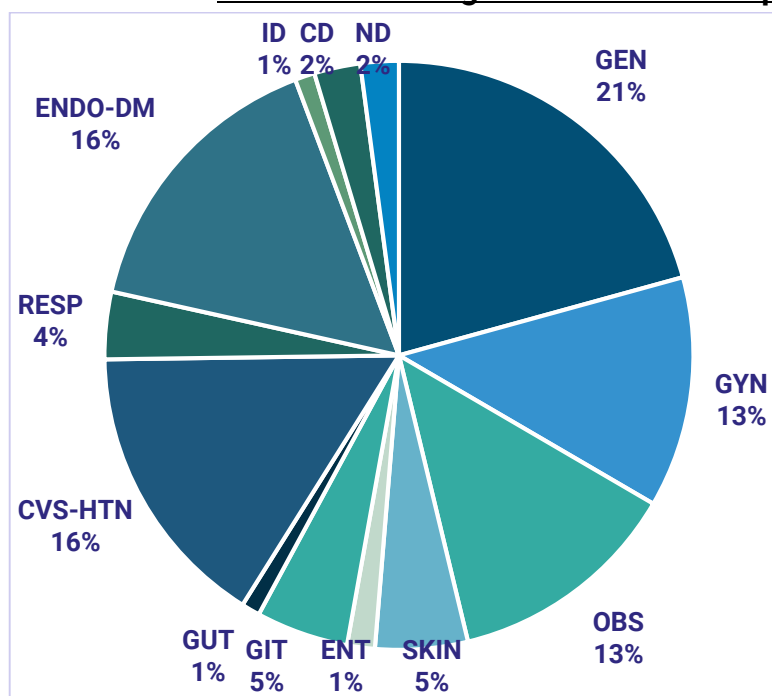
S. No.	Name of the Activity	No. of beneficiaries
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	3822
2	OPDs - Physiotherapy	217
3	OPDs - Homeopathy	707
4	Eye Checkup Camp	197
5	Eye Check-up Camp for children	257
6	Awareness session maintaining a balanced diet rich in essential nutrients	49
7	Awareness Session on Deworming	257
8	Awareness session on Asthma	63
9	Awareness Session on women's hygiene and health	35
10	Awareness Session on Health and Nutrition at Gwal Phari	40
11	Awareness Session on Improving Posture for a Healthier Life	40
12	Eye Check-up Camp at Gwal Pahari	144
13	CKD Screening Camps at Harkesh Nagar, Bandhwari, and Gwal Pahari	340
14	Awareness Session on chronic kidney disease (CKD) and Eye health at Gwal Pahari	144
	Cancer Screening Camp at Bandhwari	100
15	CKD Screening camp in Bandhwari	100
16	Awareness Session on women's hygiene and health.	12
17	Awareness Session on Health and Nutrition at Gwal Phari	35
	Total	6559

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1380 doctors consultations were availed by the patients.
- Pathology tests were conducted for 154 patients.
- USG was conducted for 27 patients.
- Albendazole tablets were given to 131 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 08 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 21 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Pie Chart showing various ailments reported



GEN	- General
GYNAC	- Gynecology
OBS	- Obstetric
ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
GU	- Genitourinary
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system
ID	- Infectious Disease
CD	- Cosmetic Disease
ND	- Non-infectious Disease

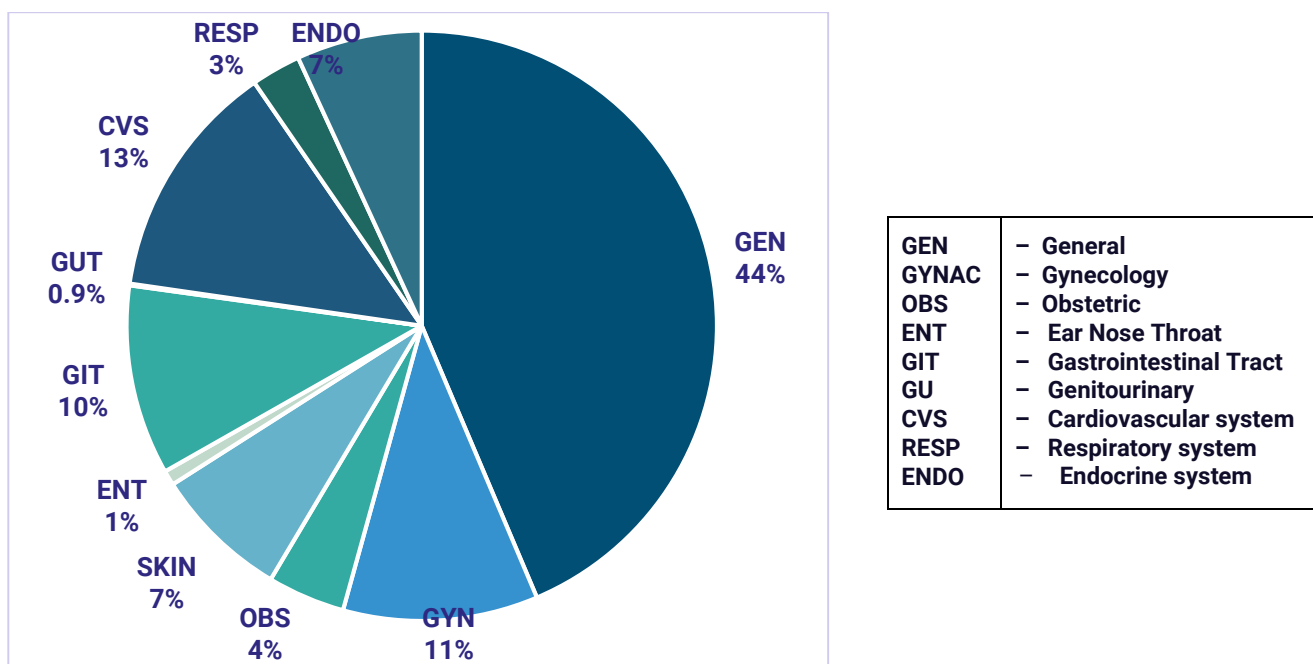
Doctor Consultation OPDs Report (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ID	CD	ND	TOTAL
April 24	85	37	64	22	07	16	06	77	23	77	06	07	08	435
May 24	135	84	69	28	07	36	02	79	16	92	08	17	15	588
June 24	66	54	44	20	07	18	06	63	12	49	01	11	06	357
TOTAL	286	175	177	70	21	70	14	219	51	218	15	35	29	1380

1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1105 doctors consultations were availed by the patients.
- Pathology tests were conducted for 72 patients.
- USG was conducted for 03 patients.
- Albendazole tablets were given to 155 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 14 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 07 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported



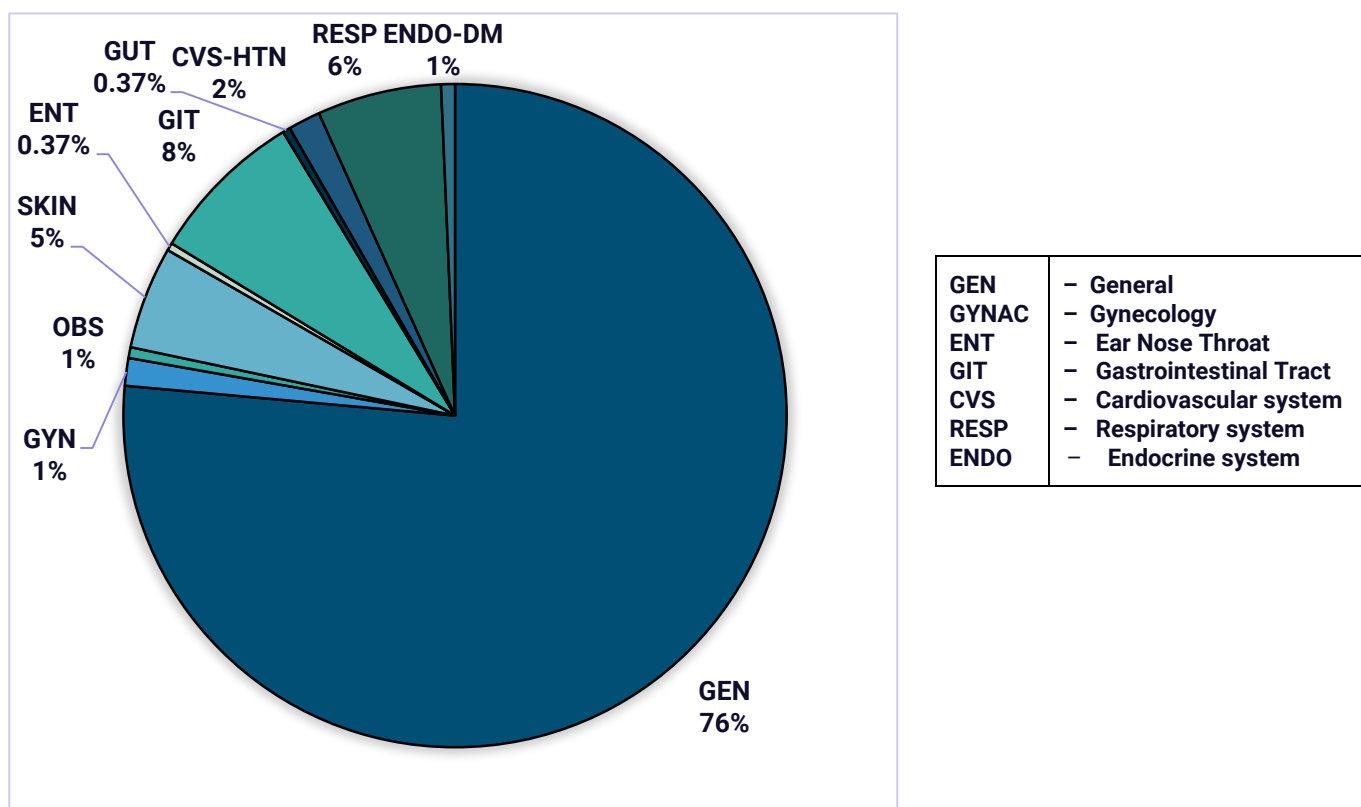
Doctor Consultation OPDs Report (Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
April 2024	160	34	12	25	04	36	01	60	17	32	381
May 2024	152	46	20	31	01	50	00	57	09	28	394
June 2024	170	38	15	26	04	29	00	28	04	16	330
TOTAL	482	118	47	82	09	115	01	145	30	76	1105

1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1337 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 375 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported



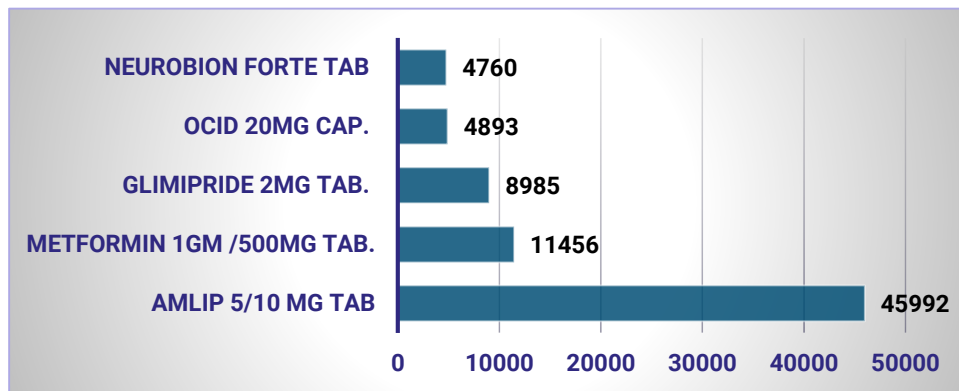
Doctor Consultation OPDs Report (Gurugram Outreach)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS-HTN	RESP	ENDO-DM	TOTAL
April 2024	266	11	04	38	02	49	05	08	51	05	439
May 2024	217	03	03	26	01	45	00	13	30	04	342
June 2024	539	04	00	03	02	08	00	00	00	00	556
TOTAL	1022	18	07	67	05	102	05	21	81	09	1337

1.4) Most Frequently Prescribed Drugs

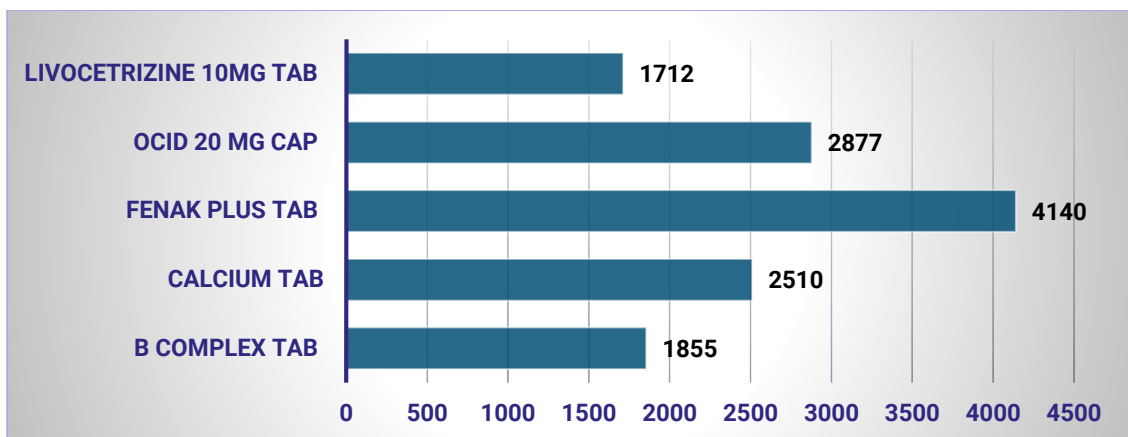
Following is the list of medications that were most commonly prescribed medications were for Neuralgia ,Gastritis, Hypertension and Diabetes.

Delhi



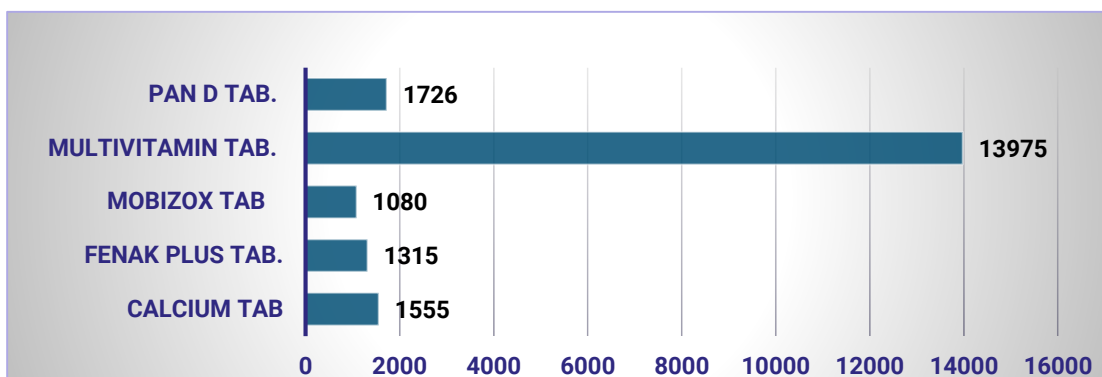
Following is the list of medications that were most commonly prescribed for Body aches, Allergies, backache, Neuralgia, Gastritis and Allergies.

Gwal Pahari



Following is the list of medications that were most commonly prescribed medications were for Bodyache, Gastritis, and Neuralgia.

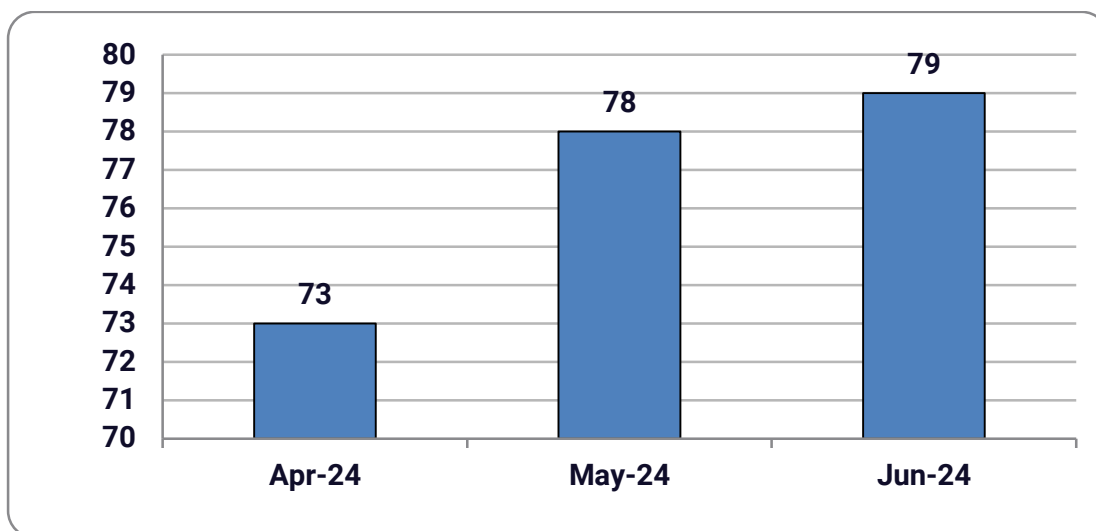
Gurugram Outreach



1.5) Antenatal care

Adharshila started with women's healthcare clinics which extended to family healthcare services. Given the elevated Maternal Mortality Ratio in India, we commit to delivering optimal care to women, particularly during pregnancy. An overview of the escalating number of women seeking ANC checkups at our center is outlined below:

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Ongoing
1	April 2024	66	11	04	73
2	May 2024	73	05	00	78
3	June -2024	78	04	03	79

S. No.	Months	Home Delivery	Institutional delivery		Female	Male
			Caesarian Delivery	Normal delivery		
1	April 2024	00	00	04	03	01
2	May 2024	00	00	00	00	00
3	June 2024	00	01	02	02	01

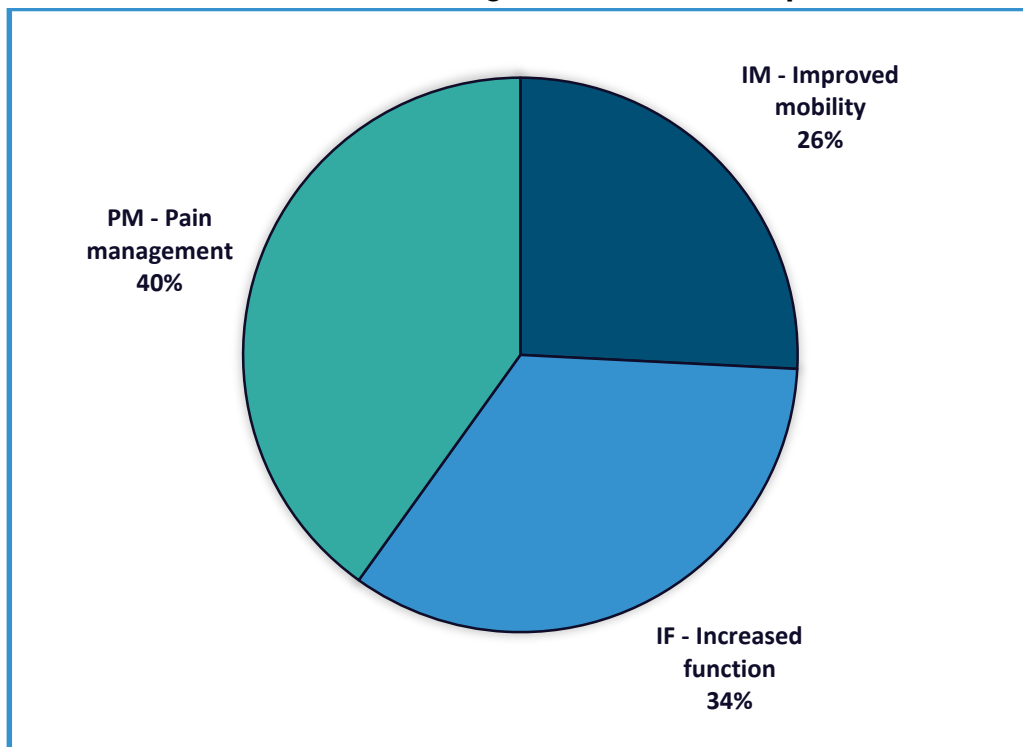
ANC patients registered with us in the last quarter were 66. 20 new ANC patients were registered in this quarter. Out of these 07 successful deliveries were ensured (05 female and 02 male babies), of which 01 were cesareans and 06 were normal deliveries. Currently, the health center is providing antenatal care to 79 ongoing patients and 07 lactating mothers.

2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 217 doctor's consultations were availed by the patients
- 87 patients were increased function.
- 56 patients were improved mobility.
- 74 patients were achieved pain management
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.
- Awareness session was also conducted to patients regarding Improving Posture for a Healthier Life.

Pie Chart showing various ailments reported



3. HOMEOPATHY OPD

707 beneficiaries reached out to Homeopathy OPDs this quarter at Tigri, Kalkaji, Jaitpur, and Harkesh Nagar centers. The following table shows the number and type of patients that were provided consultations during the months of April, May and June 2024.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	April 2024	75	41	45	25	05	62	08	261
2.	May 2024	73	44	75	24	03	65	10	294
3.	June -2024	52	14	31	07	01	40	07	152
	Total	200	99	151	56	09	167	25	707

4. Other Highlights Of This Quarter

4.1 Eye Checkup Camp

Date – 30th May 2024

Place – Jaitpur

Number of Participants - 197

An eye Check-up camp was conducted at Jaitpur center on 30/05/2024, attended by 197 people. The event aimed to provide comprehensive eye care services, out of these, 132 individuals were found to have spectacles, 45 had undergone cataract surgery, 86 were issued medications, 36 were issued Deworming medicine and 04 people were referred to a hospital for further treatment.

4.2 Eye Checkup Camp

Date – 7th June 2024

Place – Kalkaji and Tigri

Number of Participants - 257

A free eye check-up camp was organized at Kalkaji and Tigri centers, with 103 children participating at Kalkaji and 154 at Tigri. Eye drops, spectacles, and deworming medications were distributed. Adharshila, in collaboration with the Lenskart Foundation, conducted eye check-up camps for children aged 6-17. A total of 35 students (20 from Kalkaji and 15 from Tigri) received free glasses.

Objectives:

- Provide comprehensive eye exams.
- Identify and address vision problems.
- Educate on the importance of regular eye check-ups.
- Ensure follow-up care for vision issues.

Activities:

- Registration and preliminary screening.
- Recording basic information (age, weight, height, UID).
- Vision screening by Lenskart volunteers.
- Detailed eye check-ups by ophthalmologists.

4.3 Awareness Session on maintaining a balanced diet rich in essential nutrients

Date - 16th May 2024

Place - Harkesh Nagar

Number of Participants - 49

An awareness session on a balanced diet was conducted by Dr. Shella Duggal at Harkesh Nagar. The session emphasized the importance of a diet rich in essential nutrients, staying hydrated, and avoiding harmful substances for the health of both mother and baby during

pregnancy. Dr. Duggal advised always consulting a healthcare provider for personalized recommendations. The session benefited 49 participants.

4.4 Awareness Session on Deworming

Date - 7th June 2024

Locations - Kalkaji and Tigri

Number of Beneficiaries - 257

Adharshila Medical staff conducted a concise session during the health camp to raise awareness about deworming. The session highlighted the significance of taking deworming tablets to eliminate intestinal parasites, in addition to stressing the importance of maintaining sanitation and accessing clean water. Students were also educated on preventing dehydration and advised on staying adequately hydrated. In line with this initiative, 257 students received deworming tablets and Electrolyte Solutions.

4.5 Awareness Session on Asthma

Date – 16th & 17th May 2024

Locations: Tigri and Harkesh Nagar

Number of Beneficiaries: 63

Dr. Shikha, an esteemed homeopathic practitioner, led an enlightening session on asthma at the Adharshila Tigri and Harkesh Centres. She delved into the prevalent causes of asthma, such as nasal allergies, cold weather conditions, genetic predispositions, and adverse drug reactions. Dr. Shikha also outlined the primary symptoms, including shortness of breath, a persistent cough, chest congestion with mucus, and wheezing. The session was notably interactive, with students actively participating and posing questions about asthma and general health concerns. Dr. Shikha stressed the importance of recognizing these symptoms early and encouraged students to advise their families to seek medical evaluations if they notice any asthma indicators. Who found the information extremely beneficial and appreciated the chance to enhance their understanding of respiratory health.

4.6 Awareness session on Women's hygiene & health

Date – 24th April 2024

Place – Gwal Pahari Centre

Number of Participants - 35

Key Topics we explore.

- Menstrual Hygiene: Understanding the importance of using safe and hygienic menstrual products, managing menstrual pain, and debunking myths surrounding menstruation.
- Personal Hygiene Habits: Discuss the significance of regular bathing, proper handwashing, dental care, and grooming routines for women's overall health.

- **Reproductive Health:** Addressing the importance of regular screenings, contraception options, and maintaining reproductive health throughout life.
- **Preventing Infections:** To prevent common infections such as urinary tract infections (UTIs), yeast infections, and sexually transmitted infections (STIs).

4.7 Awareness Session on Health & Nutrition

Date – 26th April 2024

Place – Gwal Pahari Centre

No. of beneficiaries – 40

Key moments we Explore.

- **Basics of Nutrition:** Start with the fundamentals of nutrition, including macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals). Explain their roles in the body and why they are essential for good health.
- **Healthy Eating Patterns:** Discuss what constitutes a balanced diet and healthy eating habits. Encourage the consumption of a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Impact of Nutrition on Health:** Discuss how diet impacts overall health and well-being, including its role in preventing chronic diseases such as obesity, diabetes, heart disease, and certain cancers.

4.8 Awareness Session on Improving Posture for a Healthier Life

Date – 26th April 2024

Place – Gwal Pahari Centre

Number of Participants – 40

Awareness session on the pivotal role of physiotherapy in cultivating a healthy lifestyle. In today's session, we will explore crucial elements such as posture correction, integrating physiotherapy into daily activities, making informed nutritional choices, and adopting proper body positions during both work and leisure. with a total of 40 participants.

- **Posture Mastery:** Delve into the importance of maintaining optimal posture in our daily lives. Discover how improper posture can lead to various health issues and learn simple adjustments that can make a significant impact on your well-being.
- **Daily Activities and Physiotherapy Integration:** Explore the seamless integration of physiotherapy principles into your daily routines. Uncover Exercises and practices that contribute to overall well-being, enhancing physical health while engaging in day-to-day activities.
- **Nutritional Empowerment:** Examine the role of nutrition in supporting physiotherapy efforts. Learn about foods that promote muscle strength, joint flexibility, and overall health to complement your journey toward a healthier lifestyle.

- **Mastering Posture in Sitting and Standing:** Take a detailed look at the correct way to sit and stand to prevent muscle and joint strain. Receive practical tips and Exercises to maintain proper posture, whether at work or during leisure time.
- **Optimal Posture in the Workplace:** Explore the impact of work environments on posture. Receive guidance on ergonomic setup and learn how to minimize the risk of musculoskeletal issues. Additionally, discover short Exercises that can be seamlessly incorporated into your work routine to alleviate stress.

Conclusion:

As we wrap up this awareness session, our goal is for you to leave with a deeper understanding of the positive impact physiotherapy can have on your life. By focusing on posture correction, seamlessly integrating physiotherapy into daily activities, making mindful nutritional choices, and maintaining correct positions during both sitting and working, you are empowered to lead a healthier, more fulfilling life. Remember, even small changes can make a significant difference. Armed with the right knowledge and practices, we can all take steps toward a healthier, more balanced lifestyle.

4.9 Eye Checkup Camp

Date – 20th June 2024

Place – Gwal Pahari Centre

Number of Participants - 144

On 20th June, 2024, an impactful free eye check-up camp was held at Adharshila in partnership with “IClinix Advanced Eye and Retina Centre”. Dr. Varun Gogia played a pivotal role, offering his expertise generously. A total of 144 people seized the chance to prioritize their eye health. Apart from receiving free eye examinations, attendees were supplied with vital eye medications and received complimentary spectacles, guaranteeing holistic care for all participants.

The following services were offered during the camp:

- **Spectacles Distributed:** 55 individuals were provided with free spectacles to correct refractive errors.
- **Medications Provided:** 58 individuals received medications for various eye conditions diagnosed during the camp.
- **Cataract Surgeries Recommended:** 35 individuals were identified as needing cataract surgeries.
- **Referrals for Further Evaluation & Treatment:** 4 individuals were referred for further evaluation and treatment beyond what could be provided at the camp.

4.10 Population Screening for CKD/DM/HY Patients

We encourage individuals to visit our centers or camps for a comprehensive health check-up. Those diagnosed with diabetes and hypertension are especially urged to participate in CKD screening, which includes monitoring blood pressure and blood sugar levels. Our services cater to beneficiaries of all age groups, with a particular focus on individuals aged 40 and above. The screening camp aims to identify those at risk of or affected by CKD, with a specific emphasis on enhancing kidney health, raising awareness about the disease, and reducing its impact on the community's overall well-being

CKD screening CAMPS

Date	Location	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
15.05.24	Harkesh Nagar	96	15	15	09	01
11.06.24	Bandhwari	100	27	27	14	4
20.06.24	Gwal Pahari	144	36	36	13	7
	Total	340	78	78	36	12

4.11 Awareness Sssion On Chronic Kidney Disease

Date – 20th June 2024

Place – Gwal Pahari Centre

Number of Participants – 144

Awareness sessions addressing a spectrum of health concerns including chronic kidney disease (CKD), blood pressure (BP), and diabetes were conducted. The initiative aimed to equip the community with knowledge about various health issues, emphasizing the importance of early detection and preventive measures. The sessions included the screening of awareness videos focusing on key topics such as blood pressure (BP), diabetes, and overall kidney health. These videos aimed to raise awareness about the risk factors associated with CKD and the importance of preventive measures.

4.12 Cancer Screening Camp

Date – 11th June 2024

Place – Bandwari Village

Number of Participants – 100

A Cancer Screening Camp was held at Bandwadi Village in partnership with Tanisa Foundation, and Rajiv Gandhi Cancer Institute.

Key Activities and Participation:

The camp provided a variety of screening activities, including ENT Screening, Pap Smear, Gynecological Screening, and Mammography. A total of 82 individuals participated in ENT Screening, 26 in Pap Smear, and 20 in Mammography. The community's active engagement in the awareness session significantly contributed to the success of the camp.

Major Findings:

- Mammography results revealed that 02 women exhibited scattered fibroglandular tissue in their breast composition, indicating a need for further evaluation and monitoring.
- Pap smear test results identified eight females exhibiting signs of both bacterial vaginosis and inflammation, highlighting the importance of early detection and treatment of gynecological conditions.
- The most commonly observed health issues among patients included gynecological problems, general body aches, breathing problems, and diabetes.

4.13 Awareness Session on Women's Health & Hygiene

Date – 24th April 2024

Place – Sector 62 Gurugram

Number of Participants – 12

Key Topics we explore.

- Menstrual Hygiene: Understanding the importance of using safe and hygienic menstrual products, managing menstrual pain, and debunking myths surrounding menstruation.
- Personal Hygiene Habits: Discuss the significance of regular bathing, proper handwashing, dental care, and grooming routines for women's overall health.
- Reproductive Health: Addressing the importance of regular screenings, contraception options, and maintaining reproductive health throughout life.
- Preventing Infections: To prevent common infections such as urinary tract infections (UTIs), yeast infections, and sexually transmitted infections (STIs).

4.14 Awareness Session on Health & Nutrition

Date – 26th April 2024

Place – Ghata

Number of Participants – 35

The session emphasized key aspects of personal hygiene, including the importance of regular hand hygiene by washing hands with soap and using sanitizer when necessary. Oral hygiene was highlighted, advising participants to brush their teeth twice daily, floss, and undergo regular dental check-ups. Nail care involved trimming and cleaning nails regularly, while foot care included washing and drying feet daily, as well as wearing clean socks and shoes. The session stressed the significance of clothing hygiene by wearing clean clothes and doing laundry regularly. Menstrual hygiene practices were discussed, such as the regular use and changing of sanitary products. Additionally, maintaining a clean environment by keeping living spaces tidy and disposing of waste properly was encouraged. Participants were also advised to adopt healthy habits like avoiding touching their faces and not sharing personal items.

5. SUCCESS STORIES

5.1 Registration number: 14817

Centre Location: Gwal Pahari

Medical History:

- Condition: Scanty periods and Dysfunctional Uterine Bleeding (DUB)
- Duration: Attending OPD for almost 1 year (irregular visits)
- Investigations: Advised but not followed by the patient

Despite advised investigations, she did not undergo them initially. Treatment with hormones and oral contraceptive pills (OCPs) was initiated, resulting in regular menstrual cycles. Treatment has since been discontinued as the patient's condition has improved.

5.2 Registration Number: ANC 63

Centre Location: Gwal Pahari

Medical History: Patient initially presented as an infertility case. Upon examination, her uterus and adnexa were found to be normal; however, her cervical OS was pinpoint. To address this, a slight dilation of the cervical OS was performed.

Treatment Administered:

Medication:

Folvite (Folic Acid)

Fertyl (Clomiphene Citrate)

Outcome: Following the treatment, the Patient successfully conceived in June

5.3 Registration Number: 13722

Centre Location: Gwal Pahari

Medical History: Patient sought medical attention for hypertension, acid peptic disease (APD), vertigo, and leg cramps.

Treatment History: Patient has been under consistent treatment for the past year, taking medications such as Amlodepin, Losar, Omeprazol, Vertin, and Cap Evion.

Current Treatment Adjustment: Due to effective management, Patient's antihypertensive medications have been reduced to lower doses.

Medication Adherence: Mukesh demonstrates excellent adherence to her prescribed medication regimen.

5.4 Registration No: 22142

Centre Location: Gwal Pahari

Medical History: The patient presented two months ago with varicose veins, experiencing significant leg pain.

Treatment Provided: She underwent treatment involving Interferential Therapy (IFT) combined with exercise and physiotherapy.

Current Status: Patient has responded well to treatment and feels better.

5.5 Registration No: 22131

Centre Location: Gwal Pahari

Medical History: The patient visited three months ago with complaints of significant pain due to cervical issues and varicose veins affecting her legs.

Treatment Provided: Her treatment plan included hot pack therapy, Transcutaneous Electrical Nerve Stimulation (TENS), and exercise-based physiotherapy.

Current Status: The patient has shown improvement and is now feeling better.

5.6 Registration No: 26354

Centre Location: Gwal Pahari

Medical History:

A patient visited one month ago seeking treatment for severe back pain and muscle spasms.

Treatment Provided:

- Prescribed muscle relaxants to alleviate muscle spasms.
- Applied Diclofenac gel to reduce inflammation and pain.
- Provided oral supportive care to assist with pain management.
- Recommended a series of exercises to strengthen the back and improve flexibility.

Follow-Up and Current Status:

- During her follow-up visit, the patient reported significant improvement in her symptoms. She has been diligently performing the recommended exercises and continues to experience relief from her back pain and muscle spasms. The patient is now feeling much better.

5.7 Registration No: 24307

Centre Location: Ghatta

Medical History:

A patient visited one month ago seeking treatment for severe back pain and muscle spasms.

Treatment Provided:

- Prescribed muscle relaxants to alleviate muscle spasms.
- Applied Diclofenac gel to reduce inflammation and pain.
- Provided oral supportive care to assist with pain management.
- Recommended a series of exercises to strengthen the back and improve flexibility.

Follow-Up and Current Status:

- During her follow-up visit, the patient reported significant improvement in her symptoms. She has been diligently performing the recommended exercises and

continues to experience relief from her back pain and muscle spasms. The patient is now feeling much better.

5.8 Registration No: 22544

Centre Location: Badshahpur

Medical History:

The patient visited two months ago for the treatment of Acute Respiratory Tract Infection (ARTI). He was experiencing a severe cough and fever.

Treatment Provided:

- Prescribed antibiotics to combat the infection.
- Provided cough syrup to alleviate the cough.
- Administered NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) to reduce fever and inflammation.
- Implemented oral rehydration therapy to prevent dehydration.
- Recommended deep breathing exercises to improve respiratory function.

Follow-Up and Current Status:

- During his follow-up visit, Patient reported significant improvement. He has been performing the recommended exercises and is now feeling much better.

5.9 Registration No: 32132

Centre Location: Harkesh Nagar, New Delhi

Medical History: Diagnosed with hypertension 4 years ago but had not been taking medication regularly

The first visit to our center was on 15/5/24. She presented with heaviness in the head and uncontrolled hypertension. She was diagnosed with hypertension 4 years ago but was not taking medication regularly. On her first visit, her Blood pressure was 161/92 mm of Hg. The patient was counseled regarding the risks of high blood pressure and compliance of medication. She was put on anti-hypertensive medicine and asked to come again after a week. On her subsequent visits her blood pressure was 152/92 mmHg and 126/78 mmHg. Now she's a regular visitor to our center for Blood Pressure measurement and medicines.

5.10 Registration No: 15457

Centre Location: Jaitpur, New Delhi

Medical History: Santra Devi visited our health center on 07/05/24 with complaints of generalized itching and piles.

The patient visited our health center on 7/5/24 with the complaint of generalized itching and piles. She was diagnosed to be having urticaria and piles. The patient was dewormed and given medicine to control her itching and given dietary advice for her piles. Also prescribed an ointment to be applied in the anal region. She was also explained that urticaria might take some

time to be fully cured and that she will have to take medicine for a prolonged period to avoid its recurrence. She used to come regularly for medicines and now is almost 100 percent cured.

5.11 Registration No: 22615

Centre Location: Jaitpur, New Delhi

The patient was diagnosed with Type 2 diabetes mellitus 7 years back and was taking medication from a local doctor and taking medicines very erratically. She came to our center in the month of April with a Fasting blood sugar of 114 and post-prandial 258. She was given medicines to control her diabetes and was counseled about the risks of diabetes and compliance with medication. Her repeat blood sugar after taking medicine on 7/5/24 was fasting 84 and postprandial 153. On 1/7 her blood sugar levels were Fasting 90 and postprandial 131. She is a regular visitor to our center now.

5.12 Registration No: 20706

Centre Location: Jaitpur, New Delhi

Medical History: Bablu Sharma, a known case of hypertension for the past 2 years, had been on irregular treatment

A known case of hypertension since the last 2 years on irregular treatment. Came to our health center in the month of February with uncontrolled hypertension. His blood pressure was 176/102 mm Hg. He was counseled for compliance with medication and the importance of taking it on a regular basis without fail. Was explained the consequences of not taking the medicine. He visits our center on a regular basis for check-ups and medicines. His blood pressure readings on subsequent visits were 150/92 mmHg in March, 143/93 in April, 140/80 in May, and the latest reading was 134/73. The patient is counseled on every visit.

5.13 Registration No: 19778

Medical History: Hypertension

Centre Location: Harkesh Nagar, New Delhi

The patients embarked on her journey towards managing hypertension when she visited our clinic for the first time on January 25th, 2024. At that time, her blood pressure measured 148/90 mmHg, marking the beginning of her treatment with us as a recently diagnosed case of hypertension.

She was prescribed Tab. Amlip 5mg and Tab. Losartan 50mg to effectively manage her condition. Comprehensive monitoring, including kidney function tests, ensured her overall health was maintained.

Today, we are thrilled to share her progress. Her dedication to following the prescribed regimen has led to her blood pressure consistently remaining within normal limits. Her last recorded blood pressure, on April 16th, 2024, was a healthy 108/75 mmHg.

Her success story underscores the importance of timely diagnosis and effective management of hypertension. Her commitment to her health, coupled with the collaborative efforts of our healthcare team, has resulted in

5.14 Registration No: 17272

Centre Location: Harkesh Nagar, New Delhi

Medical History: He first visited our health center on 24/08/23 with the following blood sugar levels:

Fasting Blood Sugar: 129 mg/dL

Random Blood Sugar: 244 mg/dL

The patient visited our health center for the first time on 24/08/23 with fasting sugar- 129mg/dl and random blood sugar 244 mg/dl. The patient was counselled and started on oral anti diabetic treatment. He was given dietary and physical fitness advice. His sugar levels were repeated on 02/05/24 Postprandial blood sugar was 125mg/dl. His latest blood sugars on 16/07/24 are fasting-77 mg/dl and post prandial- 125mg/dl. The patient visited our center for regular follow-ups and his counselling was also done on every visit. Now he's on a maintenance dose.

5.15 Registration No: 32048

Centre Location: Harkesh Nagar, New Delhi

Medical History:

Manju first visited our health center on 16/04/24 with a known case of hypertension. She was not on any medications at the time of her visit. Her initial blood pressure was recorded as 154/96 mmHg.

Manju first visited our health center on 16/04/24 with a known case of hypertension. She was not on any medications at the time of her visit. Her initial blood pressure was recorded as 154/96 mmHg.

The patient visited our health center for the first time on 16/04/24 as a K/C/O Hypertension (not on any medications) with BP-154/96mmhg the patient was counselled and started on oral anti hypertensives. She was given dietary advices (low salt diet) and was told the importance of physically active lifestyle, motivated to lose weight. The patient visited our center for regular follow-ups and her counselling was done on every visit. Her BP recorded was 139/76 mmHg on 25/06/24. Her latest BP reading checked on 09/07/24 was 130/81 mmHg and has also lost 4kgs weight (now 84kgs). Now she's on a maintenance dose.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila works in a variety of fields besides health, including computer training, remedial education, and apparel design and fabrication. This quarter, Adharshila reached out to 8809 beneficiaries in health, 256 in computer training, and 185 in Apparel design and fabrication beneficiaries in skill, 219 beneficiaries in education, and 3185 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 1938.

For more info on our programs, u can visit:

