



FAMILY HEALTH CENTRE

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QUARTERLY PROGRESS REPORT JULY 2024 – SEPTEMBER 2024 (HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	● Harkesh Nagar ● Sanjay Colony ● Govind Puri ● 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:	July 2024 – September 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 **6289** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3890**, Physiotherapy OPDs **165**, and homeopathic being 855, 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 **731** and **3655** 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 **648** as tabulated below.

Major activities that were conducted during the reporting period:

S. No.	Name of the Activity	Total
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	3890
2	OPDs - Physiotherapy	165
3	OPDs - Homeopathy	855
4	Bone Mineral Density Camp	142
5	Awareness Session on BMD and CKD: Importance and Preventive Discussion	60
6	Awareness session on Women's Health Care	58
7	Awareness session on nutrition for Pregnancy	23
8	Awareness session on low-cost Nutrition	41
9	Awareness Session on Nutrition for Breastfeeding Mothers	17
10	Awareness Session on Diabetes	41
11	Awareness Session on Pre-Pregnancy Nutrition	17
12	Awareness Session on Kangaroo Mother Care	19
13	Awareness Session on Improving Posture for a Healthier Life	26
14	CKD Screening Camp	377
15	Awareness Session on Personal Hygiene, Anemia, and Low-Cost Nutrition	120
16	Health Camp focusing on Anaemia and Oral Rehydration Deworming	120
17	Oral & Dental Health Check-Up Camp	129
18	Awareness session on dental health problems	75
19	Awareness Session on Dengue-Understanding Dengue and Its Prevention	34
20	Cancer Awareness Session by Rajiv Gandhi Cancer Hospital	80
	Total	6289

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

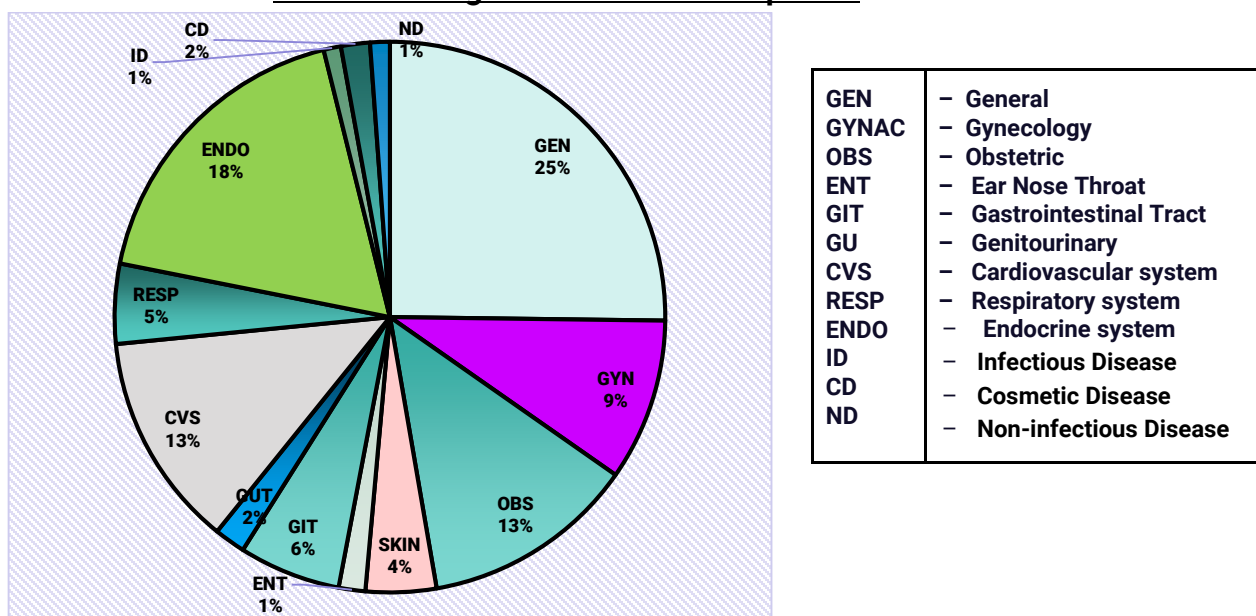
- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1472 doctors consultations were availed by the patients.
- Pathology tests were conducted for 167 patients.
- USG was conducted for 26 patients.
- Albendazole tablets were given to 156 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 11 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 45 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.



Doctor Consultation OPDs Report (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ID	CD	ND	TOTAL
July 2024	113	55	70	19	08	24	07	62	16	90	04	05	00	473
Aug 2024	106	38	59	15	10	31	03	65	23	90	03	14	10	467
Sep 2024	152	47	56	27	05	33	17	59	30	85	08	06	07	532
TOTAL	371	140	185	61	23	88	27	186	69	265	15	25	17	1472

Table showing various ailments reported



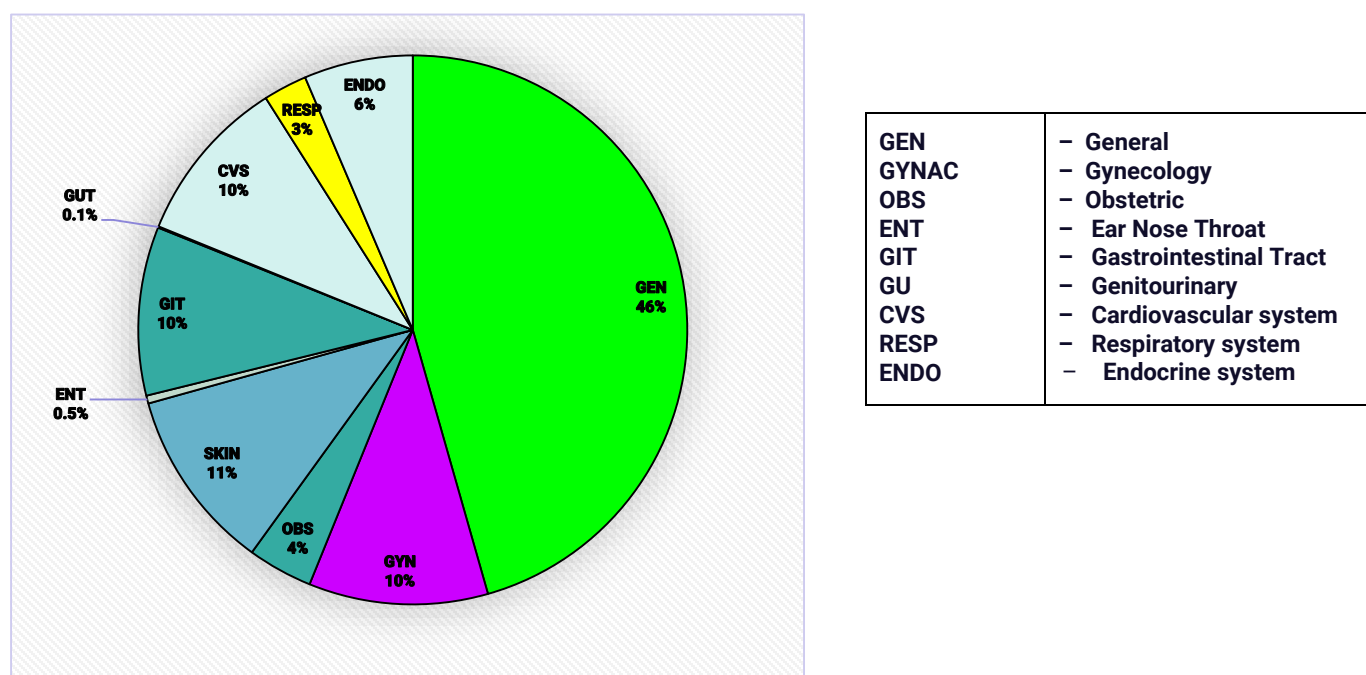
1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1279 doctors consultations were availed by the patients.
- Pathology tests were conducted for 104 patients.
- USG was conducted for 09 patients.
- Albendazole tablets were given to 49 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 09 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 14 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.

Doctor Consultation OPDs Report (Gwal Pahari- Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
Jul 2024	194	37	20	39	00	45	01	42	04	29	411
Aug 2024	175	46	16	47	03	45	00	41	10	23	406
Sep 2024	214	52	13	51	03	37	00	43	19	30	462
TOTAL	583	135	49	137	06	127	01	126	33	82	1279

Table showing various ailments reported



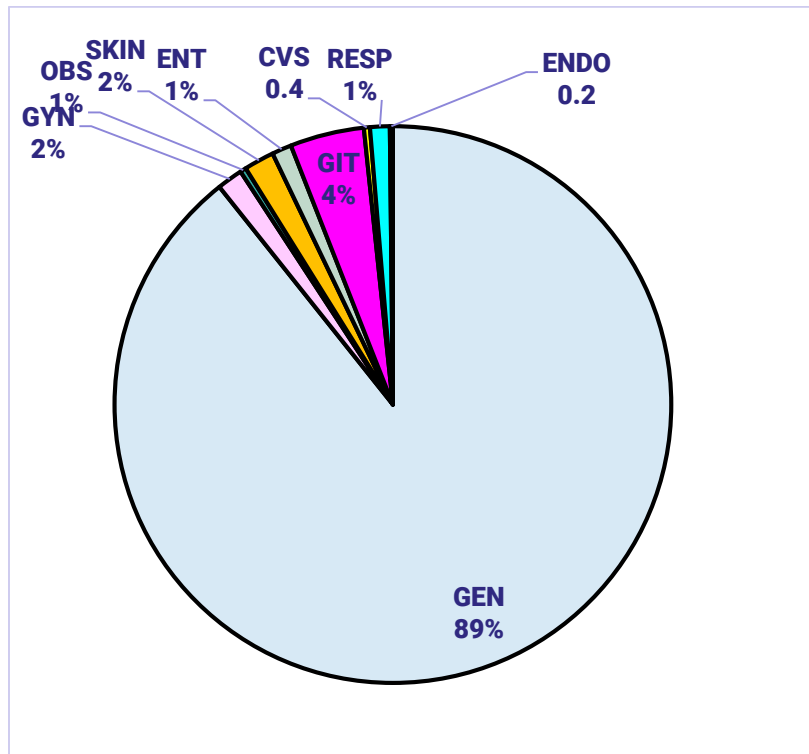
1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1139 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 170 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.

Doctor Consultation OPDs Report (Gurugram Outreach)

	GEN	GYN	OBS	SKIN	ENT	GIT	CVS-HTN	RESP	ENDO-DM	TOTAL
Jul 2024	470	04	03	08	06	14	00	00	00	505
Aug 2024	304	08	00	05	04	25	02	09	00	357
Sep 2024	243	05	01	07	03	10	02	04	02	277
TOTAL	1017	17	04	20	13	49	04	13	02	1139

Table showing various ailments reported



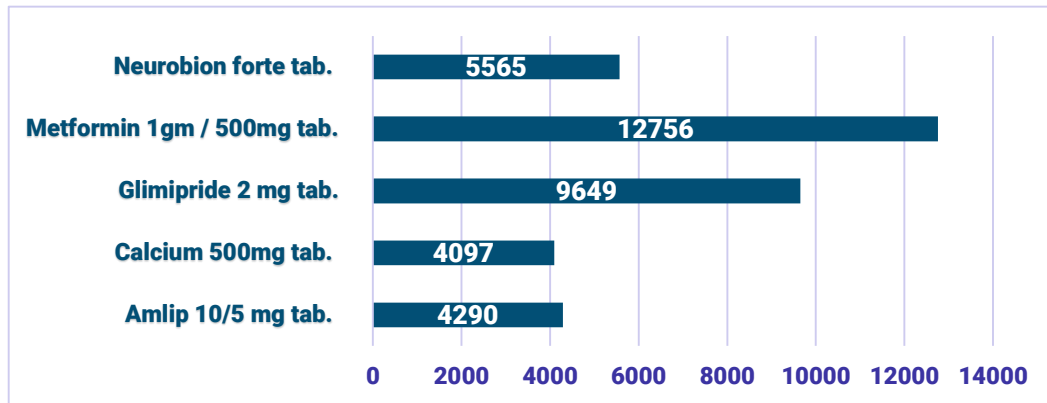
GEN	- General
GYNAC	- Gynecology
ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system



1.4) Most Frequently Prescribed Drugs

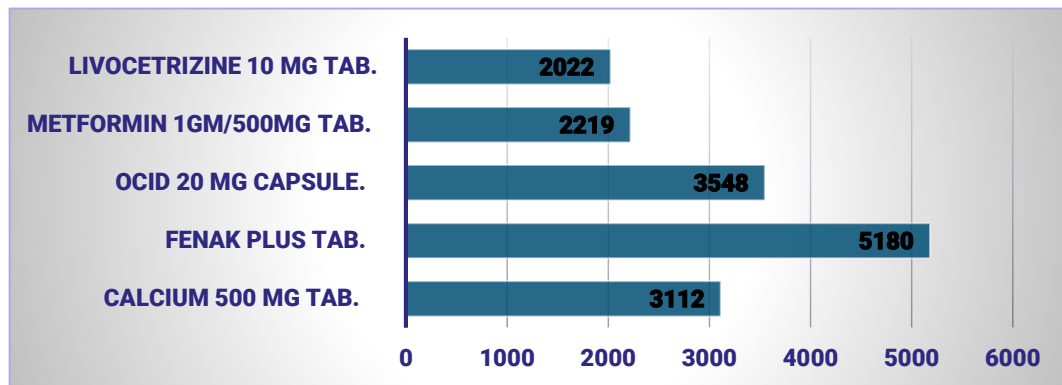
Following is the list of medications that were most commonly prescribed for Hypertension, Diabetes, gastritis, Neuralgia and Hypocalcemia.

Delhi



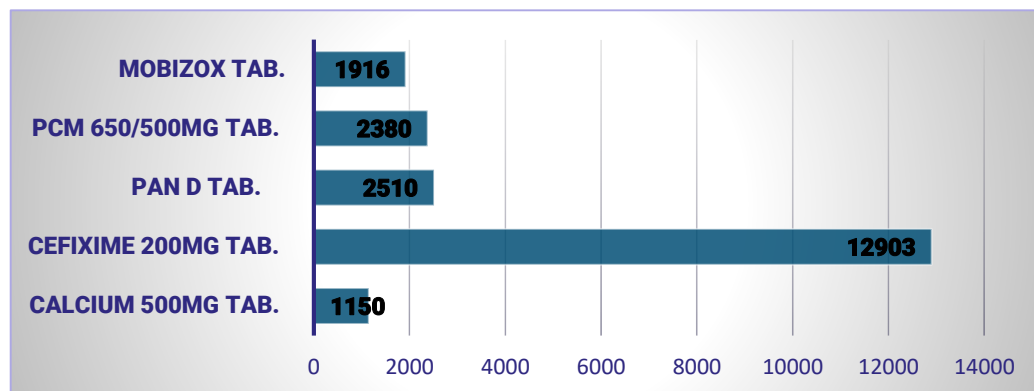
Following is the list of medications that were most commonly prescribed for Bodyache, Gastritis, Diabetes, Hypocalcemia and Allergys.

Gwal Pahari



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

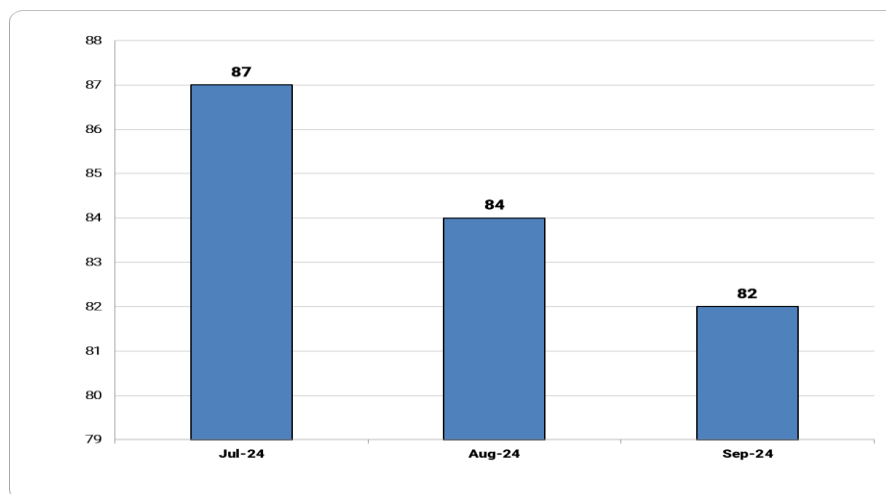
Gurugram Outreach



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	July 2024	79	13	05	87
2	August 2024	87	06	09	84
3	September 2024	84	02	07	82

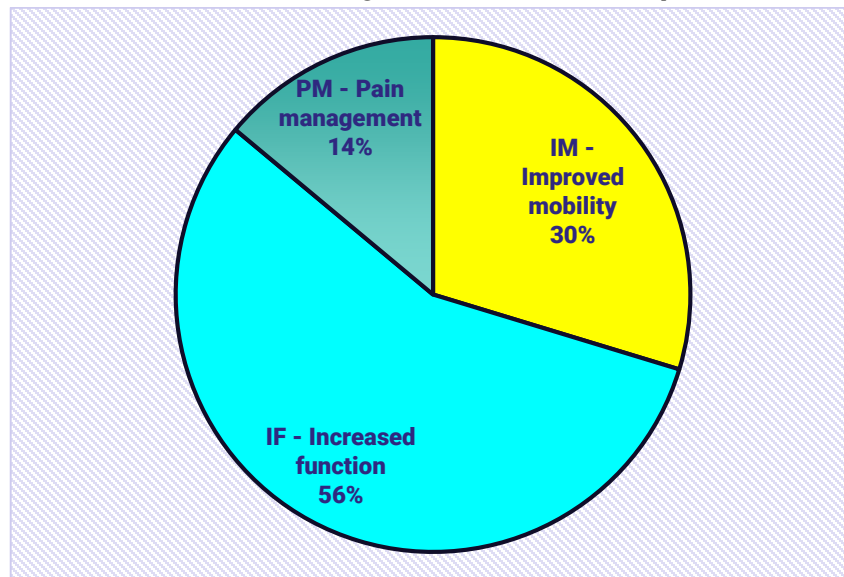
S. No.	Months	Home Delivery	Institutional delivery		Female	Male
			Caesarian Delivery	Normal delivery		
1	July 2024	00	00	05	03	02
2	August 2024	00	04	05	05	04
3	September 2024	00	00	07	05	02

ANC patients registered with us in the last quarter were 79. 21 new ANC patients were registered in this quarter. Out of these 21 successful deliveries were ensured (13 female and 08 male babies), of which 04 were cesareans and 17 were normal deliveries. Currently, the health center is providing antenatal care to 82 ongoing patients and 21 lactating mothers.

2. PHYSIOTHERAPY OPDs

- OPDs were conducted at Gwal Pahari by the health team
- 165 doctor's consultations were availed by the patients
- 93 patients reported increased body function.
- 49 patients reported improved mobility.
- 23 patients reported better pain management
- Counselling was also provided to patients regarding the right posture to avoid physical pains and aches. An 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 July, August, and September 2024.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	July 24	77	11	51	06	11	82	17	255
2.	August 24	103	31	58	18	05	63	20	298
3.	September 24	83	19	71	22	04	85	18	302
	Total	263	61	180	46	20	230	55	855

4. Other Highlights of This Quarter

4.1. Bone Mineral Density Checkup Camp(BMD)

Date – 27th, September 2024

Place – Gwal Pahari

No of Beneficiaries – 142

A health camp focusing on Bone Mineral Density (BMD) camp was conducted at Gwal Pahari, Gurgaon. A total of 147 individuals registered for the camp, with 142 undergoing BMD screening. Of these, 8 participants were diagnosed as osteoporotic, and 66 were found to be osteopenic, indicating low bone density. The remaining 68 participants had normal bone health.

BMD Screening – 142 (8 osteoporotic and 66 osteopenic)

Hypertensive Patients Identified – 39

Diabetic Patients Identified – 35

The camp also emphasized preventive care by distributing calcium supplements to 74 participants, aiming to improve bone health and reduce the risk of osteoporosis. This initiative served to raise awareness about the importance of early detection and proactive management of bone and kidney health. Overall, the camp was well-received by the community, as we offered both diagnostic services and essential health interventions to improve overall well-being.

4.2. Awareness Session on BMD and CKD Importance and Preventive Discussion

Date – 27th September, 2024

Location - Gwal Pahari

Number of Participants – 60

The session focused on Bone Mineral Density (BMD) and Chronic Kidney Disease (CKD), emphasizing their significance, the importance of early detection, and preventive strategies. With 60 participants, the event covered key lifestyle changes and medical interventions aimed at preserving bone health and preventing kidney disease.

Explanation:

BMD (Bone Mineral Density) - The session discussed the importance of maintaining strong bones and preventing osteoporosis. The BMD test, which measures bone strength, is essential for early detection of bone density loss. Preventive measures such as a calcium-rich diet, regular weight-bearing exercises, and avoiding smoking were highlighted as key to maintaining bone health.

CKD (Chronic Kidney Disease) - Chronic Kidney Disease was addressed by focusing on how it can be detected early through blood and urine tests. Participants learned about the importance of managing blood pressure and blood sugar levels, adopting a kidney-friendly diet low in salt, and staying hydrated to prevent kidney damage. The session also emphasized avoiding excessive use of painkillers and other medications that can harm kidney function.

In summary, the session aimed to raise awareness of these conditions and provided practical advice on how to prevent or manage them through early detection, healthy living, and appropriate medical care.

4.3. Awareness session on Women's Health Care

Date – 21.08.2024, 02.09.2024 and 04.09.2024

Place – Gwal Pahari

No of Participant – 26+12+20 = 58

The session addressed important aspects of women's health, such as reproductive health (e.g., pregnancy, menstruation), nutrition (e.g., balanced diet, essential vitamins and minerals), preventive care (e.g., regular check-ups, screenings), and common health conditions (e.g., osteoporosis, cardiovascular diseases).

Purpose: The session aimed to raise awareness about women's critical health challenges, including the importance of proper nutrition. It sought to empower participants by providing them with the necessary knowledge to understand these issues better and take proactive steps to maintain good health. Adding nutrition emphasizes the importance of diet and proper nutrition as a vital component of women's health, ensuring that participants are informed about how what they eat can impact their overall well-being.

4.4 Awareness session on nutrition for Pregnancy

Date – 23rd August 2024

Place – Gwal Pahari

No of Participant – 23

The session was titled "Awareness Session on Nutrition During Pregnancy," highlighting its focus on educating participants about proper nutrition for pregnant women. This includes guidance on essential foods, vitamins, minerals, and dietary practices that support the health of both the mother and the developing baby. Emphasizing nutrition underscores the importance of a healthy diet for women's well-being, ensuring that participants understand how their food choices can impact their overall health. This clarification ensures that attendees comprehend the significance of maintaining a healthy diet during pregnancy for the well-being of both the mother and baby.

4.5 Awareness session on low-cost Nutrition

Date – 28.08.2024, 09.09.2024 and 25.09.2024

Place – Gwal Pahari

No of Participant – $21 + 13 + 7 = 41$

The session was designed to help people understand how to eat healthily without spending a lot of money. It aimed to provide practical advice on budget-friendly nutrition, enabling participants to make informed choices about their diet while managing their expenses effectively. The session was dedicated to teaching participants how to maintain a nutritious diet while keeping expenses low. This could involve discussing affordable healthy food options, effective meal planning, and strategies for making the most out of limited resources.

4.6 Awareness Session on Pre-Pregnancy Nutrition

Date – 16th September, 2024

Location – Gwal Pahari

Number of Participants – 17

Explanation: This session focused on the importance of nutrition before pregnancy, educating participants on the essential nutrients and dietary habits that support fertility and a healthy pregnancy. With 17 participants, the event provided practical advice on how to prepare the body for pregnancy through balanced nutrition.

4.7 Awareness Session on Nutrition for Breastfeeding Mothers

Date – 6th September, 2024

Place – Gwal Pahari

Number of Participants – 17

Explanation: The session focused on educating breastfeeding mothers about essential nutrition for both mother and baby. With 17 participants, the event provided practical dietary advice to support healthy breastfeeding.

4.8 Awareness Session on Diabetes

Date – 11.09.2024 and 20.09.2024

Location – Gwal Pahari

Number of Participants - 20+21= 41

Explanation: The session aimed to educate participants about diabetes, including its causes, symptoms, and management strategies. The event provided practical advice on diabetes prevention and care, helping participants understand how to manage the condition through lifestyle changes and treatment options. Role of nutrition in managing Type 1 and Type 2 diabetes. It provided participants with guidance on proper dietary habits to control blood sugar levels and improve overall health, the event offered practical advice on managing diabetes through nutrition, tailored to the needs of both types.

4.9 Awareness Session on Kangaroo Mother Care

Date – 23rd September 23, 2024

Location – Gwal Pahari

Number of Participants – 19

Explanation: This session focused on Kangaroo Mother Care (KMC), a method of caring for new born that involves skin-to-skin contact between the mother and baby, particularly beneficial for preterm or low birth weight infants. With 19 participants, the event educated attendees on the importance of KMC for infant health, promoting bonding and better outcomes for new born.

4.10 AWARENESS Session on Improving Posture for a Healthier Life

Date – 21st August 2024

Place – Gwal Pahari

Number of Participants – 26

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.

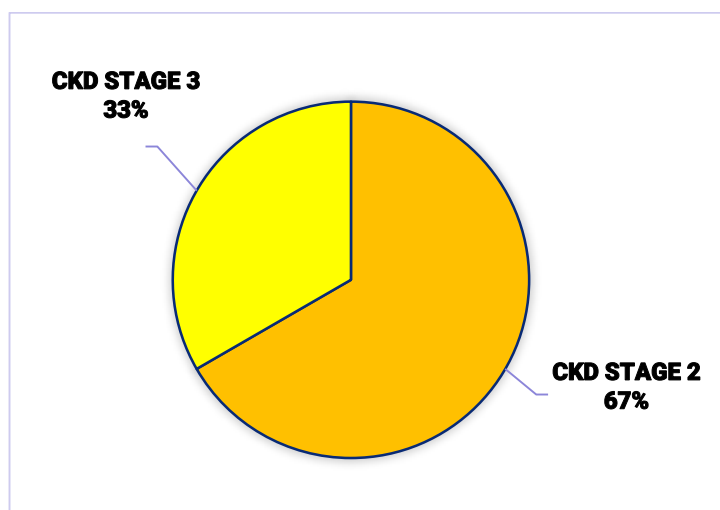
Conclusion: As we wrap up this awareness session, our goal is for you to leave with a deeper understanding of the positive impact physiotherapy can have on your life. By focusing on posture correction, seamlessly integrating physiotherapy into daily activities, making mindful nutritional choices, and 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.

4.11 Population screening FOR CKD/DM/HT 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 which includes proteinuria, KFT tests to identify the status of kidney functions. 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
13.09.24	Sangam Vihar	78	21	21	08	02
18.09.24	Tigra Village	76	13	13	03	02
27.09.24	Gwal Pahari	147	34	34	17	08
Total		301	68	68	28	12



4.12 Awareness Session on Personal Hygiene, Anemia and Low-Cost Nutrition

Date – September 18, 2024

Location – Tigra Village, Gurugram

Number of Participants – 120

Overview: On the same day as the health checkup camp, an awareness session was conducted focusing on three key topics: personal hygiene, anemia, and low-cost nutrition. This session aimed to educate the participants about the importance of maintaining good hygiene practices, understanding anemia, and exploring affordable nutritional options to improve overall health.

Personal Hygiene: Importance of regular handwashing, dental care, and sanitation.

Practices to prevent the spread of infections and diseases.

Anemia: Understanding anemia, its causes, and symptoms. Importance of dietary sources rich in iron and vitamins to combat anemia.

Low-Cost Nutrition: Tips for balanced diets on a budget. Affordable and nutritious food options to promote better health.

Goal: The session aimed to empower participants with knowledge and practical tips to improve their health and well-being through better hygiene practices, awareness of anemia, and access to nutritious food.

4.13 Health CAMP focusing on Anaemia, ORAL REHYDRATION & DEWORMING

Date – 18th Sept 2024

Venue – Tigra Village, Gurgaon

No. of beneficiaries – 120

During the health checkup camp, a total of 120 beneficiaries participated. Key health services included hemoglobin (Hb) testing, deworming, and oral rehydration solutions (ORS) distribution.

Hemoglobin (Hb) Testing:

- **Total Hb Tests Conducted: 78**

- **Anaemia Cases Identified: 42**

Purpose: The hemoglobin test measures the hemoglobin level in the blood, which is crucial for carrying oxygen throughout the body. Out of the 78 individuals tested, 42 were found to be anemic, indicating that their hemoglobin levels were below normal. Anemia can lead to symptoms such as fatigue, weakness, and dizziness, reducing overall well-being.

Addressing anemia is essential for improving energy levels and health outcomes.

Dehydration and ORS:

- **ORS Distributed: 120**

Purpose: ORS (Oral Rehydration Solution) helps treat and prevent dehydration, especially in cases of diarrheic or heat exposure. It replenishes essential salts and fluids, ensuring proper hydration, which is vital for maintaining healthy bodily functions.

Deworming:

- **Deworming Provided: 120**

Purpose: Deworming treatments were given to all participants to eliminate intestinal parasites like worms, which can cause malnutrition, weakness, and anemia. Regular deworming improves overall health, especially in children and vulnerable populations.

4.14 Oral & Dental Health Check-Up Camp

Date – 24th, July 2024

Place – Harkesh Nagar

Number of Participants – 129

Recognizing the significant interest and need for dental health services, Adharshila, in collaboration with the Dant Pari Foundation, organized a dental camp on July 24th, 2024, at the Harkesh Nagar Center. The event saw 129 registrations, each participant receiving a toothbrush, emphasizing the importance of daily oral hygiene. Healthcare professionals conducted a comprehensive awareness session on oral hygiene for all attendees, covering proper brushing techniques, the importance of flossing, the impact of diet on dental health, and preventive measures against common dental issues. Following their check-ups, doctors provided personalized guidance on the correct steps for brushing.

In addition to dental health education, the camp addressed broader health concerns. CKD (Chronic Kidney Disease) screenings were conducted for 48 individuals, identifying potential kidney issues that might otherwise go unnoticed. Furthermore, six participants underwent Kidney Function Tests (KFT) based on initial screening results, allowing for early diagnosis and management of any detected kidney problems.

4.15 Awareness Session on Oral & Dental Health

Date – 9th July 2024

Place – Harkesh Nagar

Number of Participants – 75

On July 9th, 2024, Adharshila, in collaboration with the Dant Pari Foundation, organized an in-depth awareness session on dental health problems, attended by 75 students, 20 students from ADF & 35 from Computer. The initiative aimed to educate the students on the essential role of dental health in overall well-being. The team began by discussing the importance of teeth, their role in food digestion, and clear speech. They emphasized the necessity of regular and proper brushing techniques, illustrating the risks of high sugar consumption, such as tooth decay and cavities, due to neglected dental care.

Interactive demonstrations highlighted effective teeth-cleaning methods, including correct brushing and flossing techniques. The importance of a balanced diet for maintaining dental health was also covered, underscoring the benefits of nutrient-rich foods and the dangers of sugary snacks and drinks. A significant portion of the session was dedicated to explaining

the harmful effects of tobacco consumption, detailing its potential to cause severe dental and health issues like gum disease, tooth loss, and oral cancer. By the end of the session, students were equipped with practical skills to maintain dental health and were well-informed about the detrimental impacts of poor habits such as excessive sugar intake and tobacco use.

4.16 Awareness Session on Dengue-Understanding Dengue and its Prevention

Date – 11th, July 2024

Place – Tigri Centre

Participants - 34 Students

Dengue is a mosquito-borne viral infection that can lead to a drop in platelet count, which normally ranges from 1.5 to 4.5 lakh per microliter of blood. Platelets are vital for blood clotting, and a significant decrease can cause Dengue Hemorrhagic Fever (DHF). DHF is characterized by severe bleeding, making early detection and regular monitoring through medical tests essential to managing the disease.

Key Preventive Measures:

- Use Mosquito Nets and Repellents: Protect yourself from mosquito bites, especially during the day when the Aedes mosquito is most active.
- Maintain Proper Sanitation: Clean your surroundings to eliminate mosquito breeding sites.
- Wear Protective Clothing: Opt for full-sleeved clothes to minimize exposure to mosquito bites.
- Avoid Standing Water: Water should not accumulate in and around your home or community, as this is where mosquitoes breed.

This session aimed to equip the students with essential knowledge about dengue, its risks, and how to prevent its transmission effectively.

4.17 Cancer Awareness Session by Rajiv Gandhi Cancer Hospital

Date – 20th September 2024

Place – Tigri Centre

Participants – 80 Students

On 20th September, Dr. Shashi Rakheja from Rajiv Gandhi Cancer Hospital conducted an impactful Cancer Awareness session for 80 students including 34 students from Computer & 46 students from ADF, focusing on three major types of cancer: Mouth Cancer, Breast Cancer, and Cervical Cancer. The session was highly informative and interactive, providing in-depth knowledge on the causes, symptoms, and preventive measures for these cancers. In addition to the general awareness, the team distributed educational pamphlets that reinforced the information shared during the session. Vaccine awareness, particularly concerning the HPV vaccine for cervical cancer, was a key highlight. Students were

encouraged to take proactive steps towards prevention and early detection, which are critical in combating cancer.

The session also featured a personal advisory segment where the attending doctor provided one-on-one consultations for special cases, ensuring personalized guidance and attention. This allowed participants to address specific concerns and gain further clarity. The event was well-received by the students, who actively engaged in the discussions, making it a highly successful and educational initiative. The session not only raised awareness but also empowered students to take preventive measures for a healthier future.

5. SUCCESS STORIES

5.1 Registration number: 23828

Centre Location: Gwal Pahari

Medical History: She was diagnosed with Polycystic Ovary Syndrome (PCOS), a condition that commonly affects women of reproductive age and is often associated with hormonal imbalances. In her case, she also presented with hirsutism, which is excessive hair growth in areas typically seen in men, such as the face, chest, and back.

Hormonal Imbalance: A hormone profile was conducted, which revealed an imbalance characterized by elevated levels of androgens, or male hormones, which is a common feature of PCOS and a key factor contributing to her hirsutism.

Treatment Plan: She was treated with the following medications:

- Aldactone (Spironolactone): This medication helps reduce the effects of excess androgens in the body, thereby helping to manage hirsutism and other symptoms related to elevated male hormones.
- Metformin: This is often prescribed to manage insulin resistance, which is frequently associated with PCOS. Metformin can help improve the body's sensitivity to insulin and, in some cases, regulate menstrual cycles.

Outcome: After treatment, she has experienced relief from her symptoms, indicating a positive response to the prescribed medication.

5.2 Registration number: 21618

Centre Location: Gwal Pahari

Medical History: She was diagnosed with cervical spondylitis, a condition characterized by degeneration in the cervical spine (the neck portion of the spine). This can lead to neck pain, stiffness, and sometimes dizziness or headaches. Cervical spondylitis is commonly seen in older adults due to wear and tear associated with aging, but it can also be caused by repetitive strain or previous injuries to the neck.

Treatment Plan: Her treatment included:

- Vertin (Betahistine): This medication helps alleviate vertigo or dizziness, which may occur as a result of cervical spondylitis affecting balance mechanisms in the neck.
- Fenak PL (Diclofenac + Paracetamol): This combination of anti-inflammatory and pain-relieving drugs is used to reduce pain and inflammation in the cervical spine, providing relief from discomfort.

Cervical Exercises: A regimen of neck exercises was prescribed to improve flexibility, strengthen the neck muscles, and reduce stiffness. These exercises are crucial in managing the symptoms of cervical spondylitis and preventing further progression of the condition.

Outcome: With this treatment approach, her symptoms have significantly improved, and she is now feeling much better.

5.3 Registration number: 27954

Centre Location: Gwal Pahari

Medical History: A patient, aged 50, was diagnosed with severe fungal dermatitis, a skin condition caused by a fungal infection. This condition typically presents with symptoms such as red, itchy, and inflamed skin. Severe cases require prompt treatment to prevent further spreading or complications. He is non-diabetic, which is a positive factor, as diabetes can often complicate the management of skin infections by affecting the immune response and delaying healing.

Treatment Plan: He is undergoing treatment with the following medications:

- Levocetirizine (for itching),
- Fluconazole (antifungal),
- Doxycycline (antibiotic for secondary infections),
- Candid B Ointment (topical antifungal and anti-inflammatory).

Outcome and Follow-up: While he has shown improvement with the current treatment, due to the severity of the fungal dermatitis, he will need to continue with the medication for another 3 months to ensure complete eradication of the infection and prevent any recurrence.

5.4 Registration number: 22193

Centre Location: Gwal Pahari

A patient came to us complaining of severe knee pain and swelling. After examining she has diagnosed with knee osteoarthritis. The treatment protocol was given IFT, UST, and set of isometrics exercises After continuing treatment she has experienced significant relief and is able to do her ADL's. Now the patient is advised to continue with home-based exercises and to take some precautions. We are encouraging progress and anticipated with further improvement in her health.

5.5 Registration number: 28669

Centre Location: Gwal Pahari

A patient came to us with complaining of severe shoulder pain since one month before and the patient has restricted movements. After examining the patient is diagnosed with frozen shoulder. The treatment protocol was given deep heat therapy, TENs, UST, and exercises. After 7 sessions the patient is experienced significant relief now and the patient is able to do all movements in the shoulder with no significant pain. Now the patient is advised to continue her home-based exercises with hot fermentation. Now we are encouraged by his progress and anticipated with further improvement with her health.

5.6 Registration number: 28994

Centre Location: Gwal Pahari

A patient came to us since one month ago with lower back pain radiating along the lower extremities. After evaluation, the patient is diagnosed with PIVD. The treatment protocol was given TENS, Ultrasounic back extensors exercises After 10 days of sessions the patient experienced significant relief now the patient is able to walk properly with no significant pain Now the patient is advised to continue her exercises. we are looking forward to seeing you with progress in better health and corporate with us.

5.7 Registration number: 20965

Centre Location: DPS, slum Basti

Medical History: The patient was diagnosed with hypertension in December 2023, presenting with an initial blood pressure of 149/93 mm Hg. At the time of diagnosis, she was prescribed Aml 5 mg (Amlodipine) and Losar 25 mg (Losartan) as part of her treatment plan. Additionally, she was advised to implement specific lifestyle modifications, including dietary adjustments, regular physical activity, and stress management techniques.

Progress and Current Status: Since her diagnosis, she has shown remarkable progress in managing her hypertension. Her consistent adherence to both her medication regimen and lifestyle changes has resulted in significant improvements in her health. Regular monitoring of her vital signs has confirmed that her blood pressure has stabilized and is now within a controlled range.

Conclusion: Her journey is a testament to the positive effects of patient engagement and proactive healthcare management. Her dedication to her treatment plan has led to substantial improvements in her condition. We are proud to report her success and look forward to continued progress as she maintains her commitment to her health.

5.8 Registration number: 22544

Centre Location: Badshahpur

Medical History: The patient has a history of respiratory tract infections, with his most recent episode occurring 15 days before his visit on 6th September 2024. He presented with severe cough and high fever and was diagnosed with Acute Respiratory Tract Infection (ARTI). His previous treatments have included standard medications for respiratory infections, along with occasional exacerbations requiring more intensive therapy.

Initial Treatment: On his initial visit, he has prescribed a course of antibiotics, cough syrup, NSAIDs to manage inflammation and fever, and oral rehydration therapy to prevent dehydration. Additionally, I recommended deep breathing exercises to improve lung function and support his recovery.

Progress and Current Status: At his follow-up visit on the 6th of September, 2024, he reported significant improvement in his symptoms. His cough and fever had subsided, and he was adhering well to the prescribed deep breathing exercises. I emphasized the continued importance of these exercises for respiratory health. Currently, he is doing well, and his condition continues to improve steadily.

5.9 Registration number: 7865

Centre Location: Harkesh Nagar

Medical History: She is a known case of hypertension (K/C/O HTN) and has been visiting our health center since June 2023. At her first visit, her blood pressure was recorded at 175/105 mmHg. She was promptly started on antihypertensive medications and was given detailed counselling regarding dietary modifications and physical fitness to help manage her condition.

Treatment and Progress: Over time, with consistent follow-ups and adherence to her prescribed treatment plan, her blood pressure gradually improved. By 12th September 2023, her BP had reduced to 149/75 mmHg. During each visit, Chanderawati received regular counselling, which focused on medication adherence, diet, and lifestyle changes.

Current Status: As of her last recorded visit on 8th October 2024, her blood pressure has stabilized within the normal range, measuring 116/65 mmHg. Her steady improvement and successful management of her hypertension reflect her commitment to her health and the effectiveness of ongoing counselling and treatment.

5.10 Registration number: 9262

Centre Location: Harkesh Nagar

Medical History: She is a known case of Type 2 Diabetes with previously uncontrolled blood sugar levels. At her first visit, her fasting blood sugar was 256 mg/dL, and her postprandial was 362 mg/dL. She was started on oral antihyperglycemics and received counselling on diet and the importance of an active lifestyle.

Progress: With regular follow-ups and ongoing counselling, her blood sugar levels have significantly improved. As of 12th September 2024, her fasting blood sugar was 81 mg/dL, and her postprandial was 156 mg/dL. She is now on a maintenance dose and continues to manage her diabetes effectively.

5.11 Registration number: 19291

Centre Location: Harkesh Nagar

Medical History: She has been visiting our health center since December 2023 with a diagnosis of hypertension. Her initial blood pressure was 148/95 mmHg. She was started on oral antihypertensives and advised to follow a low-salt diet along with maintaining a physically active lifestyle.

Progress: Over the past year, she has attended regular follow-ups, receiving continuous counselling on lifestyle changes and medication adherence. As of 8th October 2024, her blood pressure has stabilized to 113/77 mmHg, and she is currently on maintenance doses.

5.12 Registration number: 32608

Centre Location: Harkesh Nagar

Medical History: She has a history of recurring skin issues, and she presented to our clinic with both a fungal infection and melasma. The fungal infection caused irritation and discomfort, while the melasma led to pigmentation on her skin.

Treatment: We implemented a treatment plan targeting both conditions simultaneously. Saleha was prescribed antifungal medication to clear the infection, along with specific therapies and skincare advice to address her melasma. Sun protection and regular skincare were emphasized to prevent further pigmentation.

Progress: Over the course of a few months, her fungal infection was fully treated, and her melasma showed marked improvement. With consistent follow-ups, both conditions were effectively managed, and she continues to maintain good skin health.

5.13 Registration number: 32110

Centre Location: Harkesh Nagar

Medical History: He has a history of skin conditions, presenting with both melasma and eczema. Melasma led to pigmentation on his skin, while eczema caused inflammation, itching, and irritation.

Treatment: A comprehensive treatment plan was initiated to address both conditions simultaneously. He received topical medications and skin care treatments for melasma, while his eczema was managed with anti-inflammatory creams and lifestyle advice to avoid triggers.

Progress: Both his melasma and eczema have been successfully treated, and he is now on maintenance therapy to prevent recurrence and manage his skin health. Regular follow-ups are ensuring his condition remains stable.

5.14 Registration number: 32670

Centre location: Harkesh Nagar

Medical History: She presented with severe pain and discomfort due to Herpes Zoster, a viral infection that causes a painful rash. She had no prior history of similar episodes but was in significant distress at the time of her visit.

Treatment: She was given the latest antiviral treatment to address the Herpes Zoster infection, along with pain management therapy to ease her discomfort.

Progress: Within a week of starting treatment, She experienced significant relief, with a marked reduction in pain and improvement in her condition. She continues to follow the prescribed care regimen to ensure full recovery.

5.15 Registration number: 486

Centre location: Harkesh Nagar

Medical History: She has a history of pregnancy complications, including an incomplete abortion at 7 weeks during her first visit on 18th August 2022. She had also experienced a spontaneous abortion roughly five months prior. After these events, she was counselled on reproductive health and advised to avoid pregnancy for at least six months to support recovery.

Treatment and Progress: In January 2024, she returned with missed periods and a positive pregnancy test. Due to her previous complications, hormone therapy was started immediately, and she was advised to take bed rest. Regular ultrasounds were performed, showing steady progress, and hormone therapy was discontinued after a successful Level 1 ultrasound. She attended routine check-ups, closely monitored to support a healthy pregnancy.

Current Status: In September 2024, she delivered a healthy baby, and both mother and child are in good health. Postnatal follow-ups are ongoing to ensure continued well-being.

5.16 Registration number: 650

Centre location: Harkesh Nagar

Medical History: She married for one and a half years, visited our center on 11th January 2024 expressing a desire to conceive. She has a history of two spontaneous abortions—one at 11 weeks and another at 6 weeks. Given this history, she was counselled on reproductive health and started on folic acid supplements.

Treatment and Progress: She conceived during her next cycle, confirmed by a positive urine pregnancy test (UPT) on 1st February 2024. Due to her prior miscarriages, an ultrasound was performed on 14th February 2024 to assess fetal well-being, which showed normal growth and cardiac activity. A follow-up scan at 11 weeks confirmed normal progress. She was advised on routine antenatal investigations to support a healthy pregnancy.

Current Status: She continues to be monitored closely, with all antenatal investigations planned to ensure optimal care throughout her pregnancy.

5.17 Registration number: 32535

Centre location: Jaitpur

Medical History: She first visited our health center on 29th June 2024 with symptoms of dysfunctional uterine bleeding (DUB), experiencing heavy bleeding for the past 10 days. She appeared pale and was diagnosed with anemia, with a hemoglobin level of 8.9 gm/dL. An ultrasound revealed a large fibroid in the posterior uterine wall.

Treatment and Progress: To manage the bleeding, she was started on hemostatic medication along with iron supplements for anemia. Within two days, her bleeding stopped. Given her approaching menopausal age, a conservative treatment approach was chosen. She has been advised to attend regular follow-ups to monitor her condition and manage symptoms as needed.

5.18 Registration number: 22684

Centre location: Jaitpur

Medical History: He was diagnosed with diabetes mellitus two years ago and had been taking Ayurvedic medication; however, his blood sugar levels remained elevated. Referred by a relative, he visited our center for the first time on 2nd July 2024.

Treatment and Progress: At his first visit, his blood tests showed a fasting blood sugar of 290 mg/dL and an HbA1c of 11.7, indicating poor glycemic control. He was counselled on the long-term effects of uncontrolled diabetes and the importance of medication adherence. He was started on diabetes medication and advised to repeat his blood tests after 15 days, which showed fasting blood sugar of 290 mg/dL and postprandial blood sugar of 237 mg/dL. His medication dosage was adjusted, and as of 27th August 2024, his fasting blood sugar improved to 60 mg/dL, with postprandial at 148 mg/dL. He continues to visit our center regularly for ongoing management and monitoring.

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 6289 beneficiaries in health, 233 in computer training, and 115 in Apparel design and fabrication beneficiaries in skill, 163 beneficiaries in education, and 3655 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 648.

For more info on our programs, u can visit:

