



FAMILY HEALTH CENTRE



QUARTERLY PROGRESS REPORT
JANUARY 2025 – MARCH 2025
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	<ul style="list-style-type: none">• Harkesh Nagar• Sanjay Colony• Govind Puri• Kalkaji• Okhla I, II & III• Tughlakabad• Sangam Vihar• Madangir• Dakshin Puri• Madanpur Khadar• Badarpur
Areas Covered in Gurugram	<ul style="list-style-type: none">• 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:	January 2025 – March 2025

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 **9155** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3754**, Physiotherapy OPDs **136**, and homeopathic being **1252**, 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 **922** and **1322** 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 **3091** 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)	3754
2	OPDs - Physiotherapy	136
3	OPDs - Homeopathy	1252
4	Eye Checkup Camp (Harkesh Nagar and Kalkaji)	437
5	General Health Checkup Camp at Tigri	137
6	Cancer & CKD Screening Camp	123
7	Eye Check-up & CKD Camp at Gwal Pahari	162
8	Bone Mineral Density (BMD)	239
9	Awareness session on low-cost Nutrition	186
10	Awareness Session on Diabetes	246
11	Awareness Session on Pre-Pregnancy Nutrition	203
12	Awareness Session on Kangaroo Mother Care	187
13	Awareness Session on Bone Mineral Density (BMD) and Chronic Kidney Disease (CKD) Screening	100
14	Population screening FOR CKD/DM/HT patients	1993
	Total	9155

1. OPDs

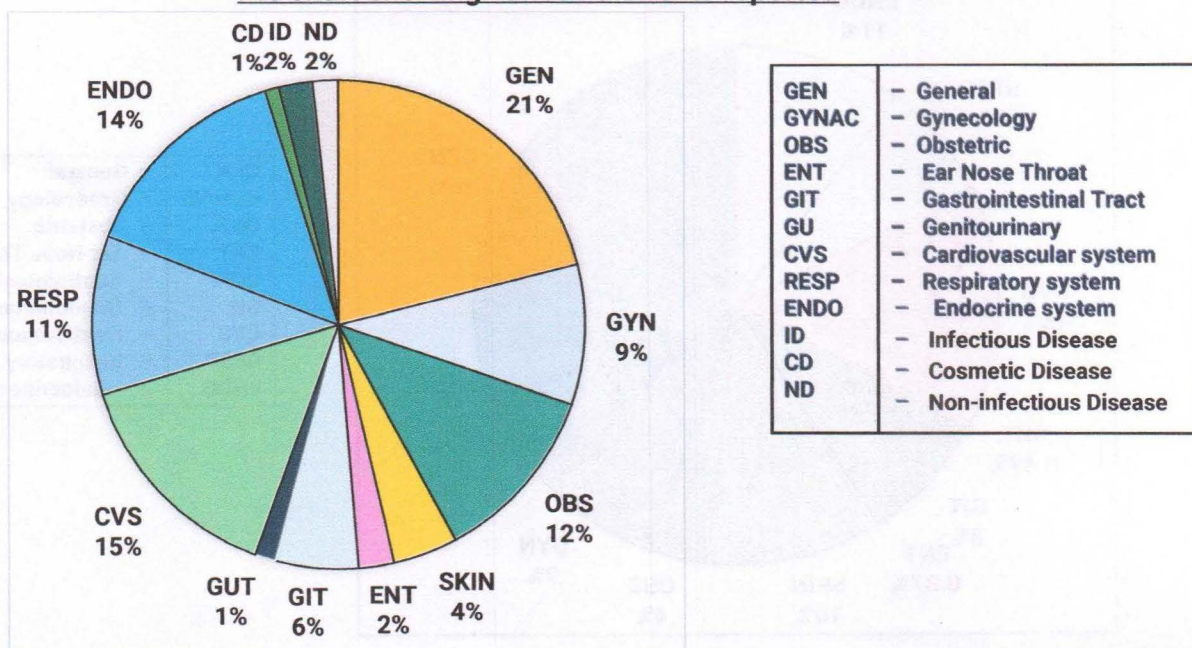
1.1) OPDs – Stationery & Outreach (Delhi)

- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1627 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 166 patients.
- USG was conducted for 26 patients.
- Albendazole tablets were given to 199 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 04 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 17 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
Jan 2025	96	45	59	17	10	27	07	86	44	88	07	16	11	513
Feb 2025	127	49	65	24	11	34	06	73	62	82	07	08	05	553
Mar 2025	119	57	69	28	17	27	09	83	65	63	01	12	11	561
TOTAL	342	151	193	69	38	88	22	242	171	233	15	36	27	1627

Pie chart showing various ailments reported



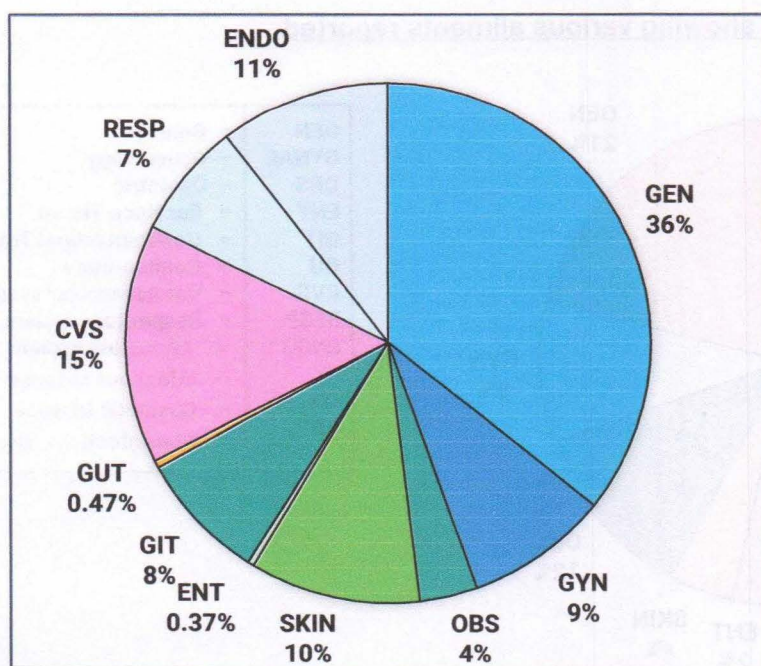
1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1075 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 144 patients.
- USG was conducted for 13 patients.
- Albendazole tablets were given to 45 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 15 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 05 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
Jan 2025	139	43	11	41	00	25	04	69	38	44	414
Feb 2025	111	29	12	38	04	27	01	43	26	24	315
Mar 2025	134	23	15	34	00	34	00	48	13	45	346
TOTAL	384	95	38	113	04	86	05	160	77	113	1075

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

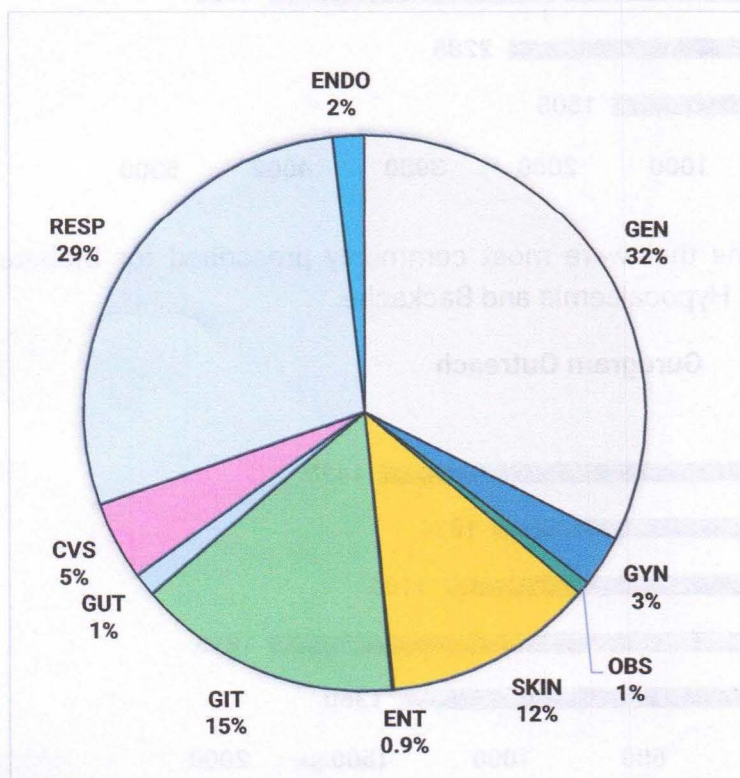
1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1052 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 212 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	GUT	CVS-HTN	RESP	ENDO-DM	TOTAL
Jan 2025	156	10	04	49	00	64	11	22	153	07	476
Feb 2025	78	07	02	33	00	43	01	06	86	06	262
Mar 2025	108	14	02	46	01	53	02	20	62	06	314
TOTAL	342	31	08	128	01	160	14	48	301	19	1052

Pie chart showing various ailments reported

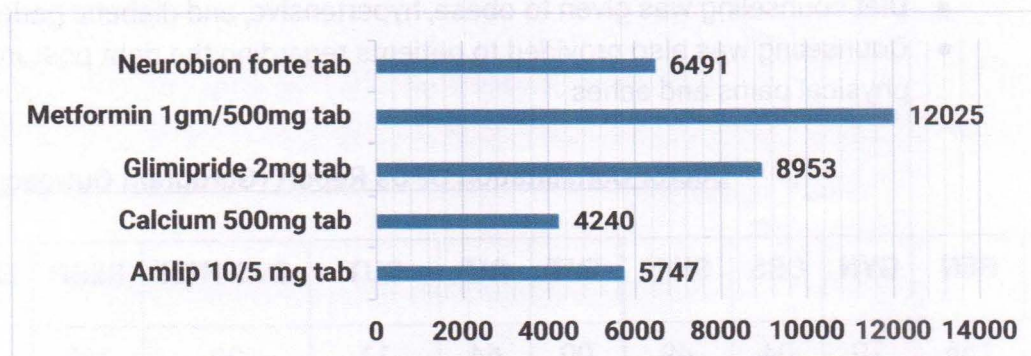


GEN	- General
GYNAC	- Gynecology
ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system

1.4) Most Frequently Prescribed Drugs

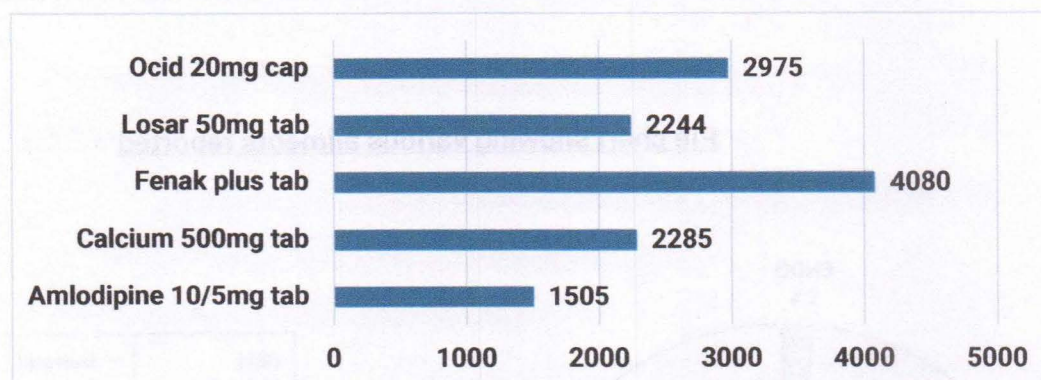
Following is the list of medications that were most commonly prescribed for Hypertension, Diabetes, gastritis, Neuralgia and Hypocalcemia.

Delhi



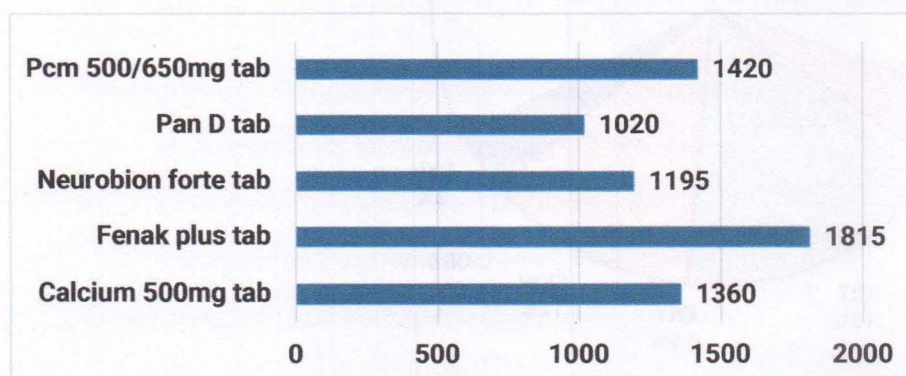
Following is the list of medications that were most commonly prescribed for Bodyache, Gastritis, Diabetes, Hypocalcemia and Allergys.

Gwal Pahari



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

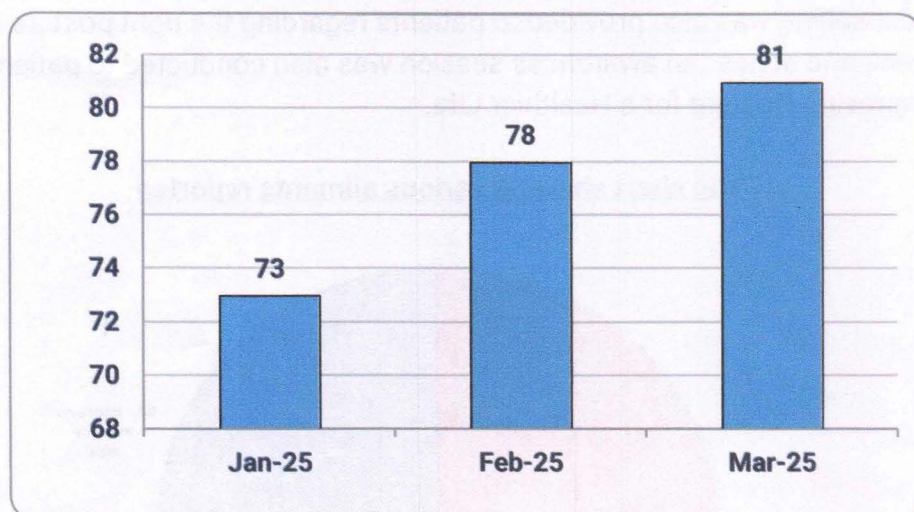
Gurugram Outreach



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	Miscarriage	Ongoing
1	January 2025	69	13	09	00	73
2	February 2025	73	10	05	00	78
3	March 2025	78	07	02	02	81

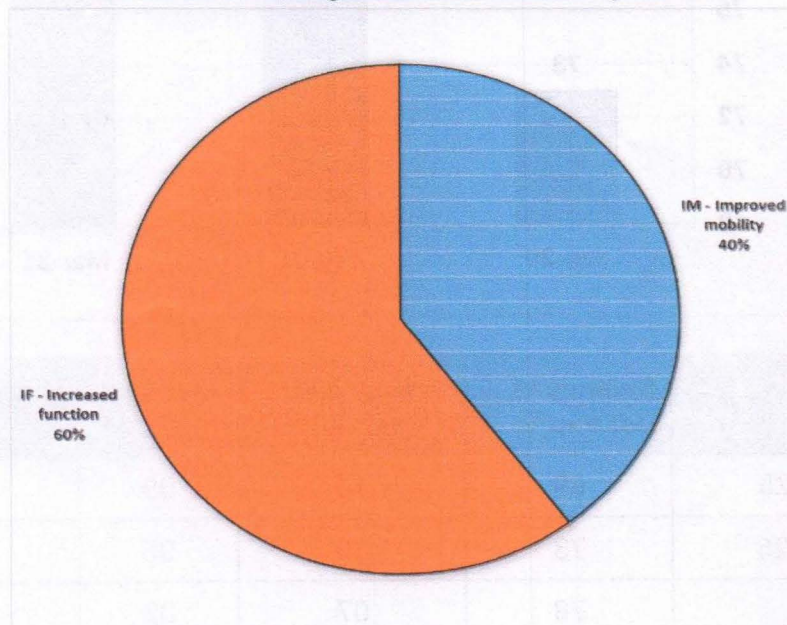
S. No.	Months	Home Delivery	Institutional delivery		Female	Male
			Caesarian Delivery	Normal delivery		
1	January 2025	00	04	05	03	06
2	February 2025	00	00	05	02	03
3	March 2025	00	00	02	01	01

ANC patients registered with us in the last quarter were 69. 30 new ANC patients were registered in this quarter. Out of these 16 successful deliveries were ensured (06 female and 10 male babies), of which 04 were cesareans, 12 were normal deliveries and 02 miscarriages. Currently, the health center is providing antenatal care to 81 ongoing patients and 16 lactating mothers.

2. PHYSIOTHERAPY OPDs

- OPDs were conducted at Gwal Pahari by the health team
- 136 doctor's consultations were availed by the patients
- 54 patients reported increased body function.
- 82 patients reported improved mobility.
- All 136 patients reported effective pain management through medical intervention and physiotherapy support.
- 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

1252 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 January, February and March 2025.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	Jan 2025	92	78	119	45	03	121	20	478
2.	Feb 2025	89	52	88	35	02	116	24	406
3.	Mar 2025	79	52	83	27	05	112	10	368
	TOTAL	260	182	290	107	10	349	54	1252



4. Other Highlights of This Quarter

4.1. Eye Checkup Camp

Date – 23rd, January and 20th January 2025

Place – Harkesh Nagar and Kalkaji

No of Beneficiaries – 437

As part of our ongoing community health initiative, two Eye Health Screening Camps were successfully conducted—on 23rd January at Harkesh Nagar and on 20th February at Kalkaji. These camps aimed to provide accessible and quality eye care to underserved populations.

A total of **437 individuals** registered for the camps. Of these, **395 participants** underwent comprehensive eye examinations. The outcomes were as follows:

- **160 individuals** were provided with corrective spectacles to address vision impairments.

- **92 individuals** were diagnosed with cataract and identified as candidates for surgical intervention.
- **64 participants** were referred to tertiary care centers for further specialized treatment.
- **184 individuals** received prescribed eye drops for the management of various ocular conditions.

We are pleased to report that **23 cataract surgeries** have been successfully completed to date. Each surgical beneficiary received appropriate postoperative medications and protective safety eyewear to support recovery and long-term eye health. These camps reflect our commitment to delivering integrated, community-centered healthcare services, and we are grateful for the continued support that enables us to make a lasting impact.



4.2. General Health Checkup Camp

Date – 1st February 2025

Location – Senior Citizen Home, Tigri

Number of Participants – 137

On February 1st, a comprehensive health check-up camp was organized in Tigri, attracting a total of 137 participants. The camp aimed to provide essential medical assistance and screenings to the local community. Free medicines were distributed to all attendees, ensuring they received the necessary treatment and support.

As part of the health assessments, 69 individuals underwent kidney screening tests to detect potential renal issues at an early stage. Additionally, 21 participants had their Kidney Function Tests (KFT) conducted to assess their overall kidney health. These diagnostic tests played a crucial role in identifying health concerns and guiding further medical intervention.

The camp proved to be highly beneficial for the participants, offering them access to free medical care and early disease detection. The initiative not only addressed immediate health concerns but also raised awareness about the importance of regular check-ups and preventive healthcare.

4.3. Awareness session on Low Cost Nutrition

Number of Sessions – 05 + 06

Place – Harkesh Nagar and Gwal Pahari

No of Participant – 109 + 77 = 186

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.

4.4 Awareness Session on Diabetes

Number of Sessions – 07 + 08

Place – Gwal Pahari and Harkesh Nagar

No of Participant – 117+126 = 243

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.

4.5 Awareness session on Pre Pregnancy Nutrition

Number of Sessions – 06 + 06

Place – Harkesh Nagar and Gwal Pahari

No of Participant – 118 + 85

This session emphasized the critical role of nutrition in preparing for pregnancy, focusing on how a well-balanced diet can enhance fertility, improve reproductive health, and support a healthy pregnancy. Participants learned about the essential nutrients such as folic acid, iron, calcium, and omega-3 fatty acids, which are vital for fetal development and reducing the risk of complications during pregnancy.

The session also highlighted the importance of maintaining a healthy weight, managing stress, and avoiding harmful substances like alcohol, tobacco, and excessive caffeine. Practical advice included meal planning, incorporating nutrient-dense foods, and understanding the impact of specific food groups on hormone regulation and overall reproductive health.

4.6 Awareness session on Kangaroo Mother Care

Number of Sessions – 05 +06

Place – Harkesh Nagar and Gwal Pahari

No of Participant – 106+81

This session focused on Kangaroo Mother Care (KMC), a proven method of caring for newborns through skin-to-skin contact between the mother and baby, especially beneficial for preterm or low birth weight infants. The event highlighted how KMC promotes bonding, stabilizes the baby's body temperature, enhances breastfeeding, and improves overall health outcomes for newborns.

Participants were educated on the proper techniques for practicing KMC, its physiological and emotional benefits, and its role in reducing neonatal mortality and morbidity rates. The session also provided practical demonstrations, allowing attendees to better understand the process and its implementation. By the end of the session, participants gained valuable knowledge to support newborn health and strengthen maternal-infant connections.

4.7 Cancer & CKD Screening Camp Report

Date – 7th March, 2025

Location – Jonapur

Number of Participants – 123

The Cancer and Chronic Kidney Disease (CKD) Screening Camp was held in Jonapur, New Delhi, on 7th March 2025, to promote early detection and preventive healthcare. The initiative focused on cancer, CKD, and women's health through screenings and consultations.

Key Outcomes -

- 123 participants attended the camp.
- CKD Screening: 45 urine dipstick tests, 4 Kidney Function Tests (KFT).
- Women's Health: 61 gynaecological consultations, 20 mammography screenings, 35 Pap smear tests.
- ENT Consultations: 101 individuals evaluated.
- Counselling on diet, hydration, osteoporosis prevention, and lifestyle changes.

Conclusion -

The camp successfully raised health awareness and provided essential screenings. With continued support, we aim to expand such initiatives for early diagnosis and better healthcare access.

4.8 Eye Checkup Camp

Date – 20th March 2025

Place – Gwal Pahari

Number of Participants – 162

The camps aimed to provide accessible and quality eye care to underserved populations. A total of 162 individuals registered for the camps. A total of **146 individuals** received comprehensive eye examinations. The outcomes included:

- **61 beneficiaries** provided with prescription spectacles to address refractive errors.
- **63 individuals** identified with operable cataracts.
- In collaboration with **Adharshila**, **30 cataract surgeries** were completed, significantly improving patients' vision and quality of life.
- **9 patients** were referred to higher-level care facilities for further specialized ophthalmic intervention.
- **116 participants** were provided with medicated eye drops to treat minor ocular conditions.
individuals received prescribed eye drops for the management of various ocular conditions.

We are pleased to report that 23 cataract surgeries have been successfully completed to date. Each surgical beneficiary received appropriate postoperative medications and protective safety eyewear to support recovery and long-term eye health. These camps reflect our commitment to delivering integrated, community-centered healthcare services, and we are grateful for the continued support that enables us to make a lasting impact.

4.9 Bone Mineral Density Checkup Camp

Date - 20th March 2025

No of Beneficiaries - 128

Location - Gwal Pahari

A comprehensive health camp focusing on Bone Mineral Density (BMD) screening camp was organized at the Family Health Centre, Gwal Pahari, on March 20, 2025. The camp catered to 128 individuals, providing essential diagnostic and preventive healthcare services to the local community.

A total of 128 individuals underwent BMD tests, out of which 32 were diagnosed with osteoporosis, 52 with osteopenia, and 7 with severe osteoporosis, while 44 had normal bone density. These results highlight the prevalence of bone-related issues and the need for preventive care.

Additionally, 84 individuals received medicines as per their health conditions. The camp provided valuable guidance on bone health, emphasizing the importance of a calcium-rich diet, vitamin D intake, and regular weight-bearing exercises to improve bone.

4.10 Bone Mineral Density Checkup Camp

Date – 7th March, 2025

Location – Jonapur

Number of Participants – 111

A comprehensive health camp focusing on Bone Mineral Density (BMD) screening camp was organized at the Family Health Centre, Gwal Pahari, on March 07, 2025. The camp catered to 111 individuals, providing essential diagnostic and preventive healthcare services to the local community.

A total of 111 individuals underwent BMD screening, with 11 diagnosed with osteoporosis, 42 with osteopenia, and 58 having normal bone density. These results highlight the importance of early detection and preventive measures for bone health. 53 individuals received medicines as per their health conditions.

The camp provided valuable guidance on bone health, emphasizing the importance of a calcium-rich diet, vitamin D intake, and regular weight-bearing exercises to improve bone.

4.11 Awareness Session on Bone Mineral Density (BMD) and Chronic Kidney Disease (CKD)

Date – 20th March, 2025

Location – Gwal Pahari

Number of Participants – 100

An awareness session on Bone Mineral Density (BMD) and chronic kidney disease (CKD) screening was conducted with 100 participants, emphasizing early detection and prevention strategies for these critical health conditions.

The session highlighted that BMD screening helps identify osteoporosis and osteopenia, conditions that increase fracture risk. Participants were educated on the importance of calcium-rich diets, vitamin D, weight-bearing exercises, and lifestyle modifications to maintain strong bones. For CKD screening, experts discussed the role of the kidneys in filtering waste and maintaining overall health. Risk factors such as diabetes, hypertension, and unhealthy lifestyles were addressed. Participants were informed about urine dipstick tests and kidney function tests (KFT) for early diagnosis. Preventive measures, including hydration, a balanced diet, and regular medical check-ups, were emphasized.

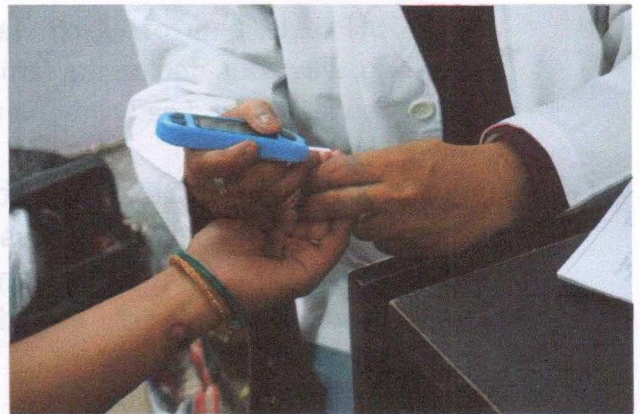
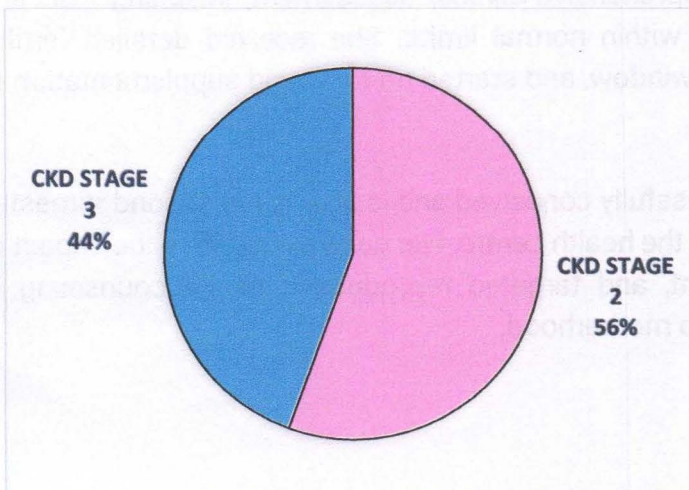
The session successfully increased awareness and encouraged proactive health management, ensuring participants understood the importance of timely screening and preventive healthcare practices.

4.12 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 CKD Screening Camps held	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
January 2025	Harkesh Nagar, Sanjay Colony, Jaitpur and Kalkaji, Gwal Pahari,	34	1508	774	567	58	16
February 2025	Kalkaji	01	205	72	72	08	01
March 2025	Jaunpur and Gwal Pahari	02	280	106	106	09	01
Total		37	1993	952	745	75	18



5. CASE STUDIES

5.1 Registration number: 32474

Centre Location: Harkesh Nagar

Medical History: A 12-year-old girl from Harkesh Nagar, presented on February 6, 2025, with a 5–6-month history of intermittent blood and mucus in stools. Despite receiving treatment from a local practitioner, her symptoms persisted without improvement.

Treatment Plan: Following a comprehensive clinical assessment, she was started on an appropriate antibiotic regimen and provided with dietary recommendations to support gastrointestinal recovery. Based on her clinical response, a 10-day course of antibiotics was continued to ensure complete resolution.

Outcome: At follow-up, she showed significant clinical improvement, with resolution of symptoms and restored well-being. Her case illustrates the critical role of accurate diagnosis, evidence-based treatment, and timely medical intervention in managing pediatric gastrointestinal conditions.

5.2 Registration number: 720

Centre Location: Harkesh Nagar

Medical History: A 21-year-old woman from Harkesh Nagar presented on August 29, 2024, with concerns of primary infertility, having been unable to conceive despite regular attempts.

Treatment Plan: She underwent a comprehensive clinical assessment, including CBC and Serum TSH tests, both of which were within normal limits. She received detailed fertility counseling, was educated on the fertile window, and started on folic acid supplementation to support conception and early pregnancy.

Outcome: By December 2024, she successfully conceived and is now in her second trimester, attending regular antenatal check-ups at the health centre. Her case exemplifies the impact of early intervention, accurate assessment, and targeted reproductive health counseling in supporting young women on their path to motherhood.

5.3 Registration number: 23082

Centre Location: Harkesh Nagar

Medical History: A 40-year-old female from Harkesh Nagar, presented to the health center on December 5, 2024, with complaints of menorrhagia (excessive menstrual bleeding) and breathlessness during physical activities such as walking and climbing stairs. Clinical examination revealed visible pallor, prompting an immediate hemoglobin test, which indicated a critically low level of 5.3 g/dL.

Treatment Plan: Given the severity of her condition, she was promptly started on a comprehensive treatment plan, including:

- Deworming medication
- Hematinic supplements
- Medications to control excessive bleeding
- Dietary guidance to improve iron intake and overall nutritional status
- Further tests confirmed low iron levels, reinforcing the need for consistent and targeted therapy.

Outcome and Follow-up: After three months of dedicated treatment and strict adherence to the prescribed regimen, her hemoglobin level improved significantly to 11.9 g/dL. She no longer experienced breathlessness, and her overall health showed marked improvement. Her case underscores the importance of early diagnosis, timely intervention, and patient commitment in successfully managing severe anemia and menstrual disorders.

5.4 Registration number: 23047

Centre Location: Gwal Pahari

Medical History: A 32-year-old woman from Harkesh Nagar, presented to the health center in September 2024 with a known history of hypertension. At her initial visit, her blood pressure was significantly elevated at 166/106 mmHg, indicating poor control of her condition.

Treatment Plan: She was immediately started on antihypertensive medication to manage her elevated blood pressure. In addition, comprehensive counseling was provided, focusing on dietary modifications and the importance of regular physical activity to support blood pressure control. Follow-up visits included consistent monitoring and lifestyle adjustments.

Outcome and Follow-up: Her blood pressure showed steady improvement with ongoing treatment and lifestyle changes. By February 11, 2025, her BP had reduced to 138/90 mmHg, and by March 25, 2025, it was further controlled at 133/84 mmHg. This case demonstrates the significance of early intervention, patient education, and regular follow-ups in managing hypertension effectively.

5.5 Registration number: 4596

Centre Location: Harkesh Nagar

Medical History: A 62-year-old woman from Harkesh Nagar, presented with Type 2 Diabetes and significantly elevated blood sugar levels. At her first visit, her fasting blood sugar was 143 mg/dL and her postprandial level was 262 mg/dL, indicating poor glycemic control.

Treatment Plan: She was started on oral anti-hypoglycemic medications to regulate her blood sugar levels. In addition to pharmacological treatment, dietary counseling was provided, emphasizing the importance of nutritional changes and maintaining an active lifestyle to improve overall glycemic control. Regular follow-ups and continuous support were integral parts of her treatment plan.

Outcome: Her blood sugar levels showed steady improvement over time. By her February 28, 2025 follow-up, her fasting blood sugar had decreased to 100 mg/dL and her postprandial level had dropped to 144 mg/dL. She is now on a maintenance dose and continues to monitor her health closely. Her case highlights the effectiveness of structured care, patient education, and consistent follow-up in achieving better diabetes management.

5.6 Registration number: 7687

Centre Location: Harkesh Nagar

Medical History: A 40-year-old woman from Harkesh Nagar, has been under our care for the management of hypertension for several years. At her initial visit, her blood pressure was recorded at 155/96 mmHg, indicating the need for immediate intervention and consistent monitoring.

Treatment Plan: She was started on oral antihypertensive medications and was provided with ongoing counseling regarding lifestyle modifications, which included adopting a low-salt diet and engaging in regular physical activity. Regular visits to the health center were scheduled to ensure consistent monitoring of her blood pressure and further lifestyle guidance.

Outcome: Through her commitment to the treatment plan and regular follow-ups, her condition showed steady improvement. As of her most recent visit on March 25, 2025, her blood pressure was successfully controlled at 139/85 mmHg. She is currently on a maintenance dose and continues to actively manage her condition with the ongoing support of our health center, exemplifying the positive outcomes of continuous care and patient engagement.

5.7 Registration number: 31591

Centre Location: Harkesh Nagar

Medical History: A 9-year-old girl, presented to the Adharshila Family Health Centre on March 13th, 2025, with a long-standing case of keratoderma, a chronic skin condition that had caused significant discomfort over several years.

Intervention: Following a detailed assessment, our healthcare team initiated a targeted medical treatment plan tailored to her specific condition. This included the use of appropriate topical treatments and regular follow-up visits to monitor her progress and adjust care as needed.

Outcome: With adherence to the prescribed therapy and regular follow-ups, she showed a remarkable improvement. Her symptoms have now completely resolved, and she no longer experiences discomfort. This case highlights the effectiveness of timely, targeted care in improving the quality of life for children suffering from chronic skin conditions.

5.8 Registration number: 31650

Centre Location: Harkesh Nagar

Medical History: A 40-year-old patient, presented to the Adharshila Family Health Centre on March 27th, 2025, with a diagnosis of vitiligo, a chronic condition characterized by the patchy loss of skin pigmentation. This condition had been affecting his self-esteem and overall well-being.

Treatment Plan: Upon evaluation, our medical team developed a comprehensive treatment plan aimed at slowing the progression of the condition and promoting repigmentation. The treatment included topical therapies and regular follow-up appointments to monitor progress and adjust the care plan as needed.

Outcome: Since initiating treatment, he has shown significant improvement in the appearance of the affected areas. He has also gained increased confidence. His treatment is ongoing, with regular follow-ups to ensure continued progress. His journey underscores the importance of timely intervention and ongoing care in managing vitiligo effectively.

5.9 Registration number: 31519

Centre Location: Harkesh Nagar

Medical History: A 19-year-old patient, presented with a history of persistent warts that had been left untreated and undiagnosed despite seeking medical attention previously. The condition had caused significant physical discomfort and affected his confidence and daily activities.

Treatment Plan: Upon his visit to the Adharshila Family Health Centre, our medical team performed a thorough assessment and promptly diagnosed the condition. A targeted treatment plan was initiated, focusing on effective removal of the warts and providing appropriate follow-up care.

Outcome: With timely and effective treatment, his warts were successfully resolved, and he has now fully recovered. His case highlights the importance of accurate diagnosis and early intervention in managing dermatological conditions.

5.10 Registration number: 33022

Centre Location: Jaitpur

Medical History: A 37-year-old patient from Jaitpur, presented to the clinic on January 25, 2025, with complaints of generalized itching. A thorough history and clinical evaluation led to the diagnosis of scabies.

Treatment Plan: She was immediately started on appropriate treatment, which included topical medications for scabies and anti-allergic medication to alleviate itching. A follow-up visit revealed a significant improvement in her symptoms, with 80-90% relief. To ensure complete recovery and to prevent recurrence, an additional week of anti-allergic medication was prescribed.

Outcome: With adherence to the prescribed treatment regimen, she made a full recovery from scabies, restoring her comfort and quality of life. Her case underscores the importance of early diagnosis and effective management in treating dermatological conditions.

5.11 Registration number: 23472

Centre Location: Jaitpur

Medical History: A 9-year-old patient from Jaitpur, presented to our center on March 11, 2025, with complaints of generalized itching persisting for two months. Despite previous treatment by a local doctor, her symptoms had not improved. A thorough examination led to the diagnosis of scabies.

Treatment Plan: She was immediately started on appropriate treatment for scabies. In addition to the prescribed medications, comprehensive counseling on personal hygiene and preventive measures to avoid reinfestation was provided.

Outcome: Within one week, she reported an 80% improvement in her symptoms. She continued with two additional follow-up visits, during which her condition steadily improved. By the final follow-up, she was completely symptom-free and in excellent health. Her case underscores the critical importance of an accurate diagnosis, timely treatment, and patient education in managing dermatological conditions such as scabies.

5.12 Registration number: 21900

Centre Location: Gwal Pahari

Medical History: A 28-year-old woman presented at the Family Health Centre in Gwal Pahari with concerns related to secondary infertility. She had a history of delivering her first child 10 years ago but had been unable to conceive again. Clinical evaluation indicated a pelvic infection, which was likely contributing to her fertility challenges.

Treatment: The medical team initiated a targeted treatment regimen that included antibiotics and anti-inflammatory medications to manage the pelvic infection. To support and enhance reproductive health, Folvite (folic acid supplement) was prescribed. Additionally, ovulation induction therapy was started to stimulate ovulation and improve the chances of conception.

Outcome: With continued medical supervision and intervention, the patient successfully conceived and is currently in the early stages of pregnancy. Her case highlights the importance and effectiveness of accessible, timely, and personalized fertility care—made possible through the ongoing support of our healthcare initiatives.

5.13 Registration number: 22181

Centre Location: Gwal Pahari

Medical History: A 10-year-old boy visited the Family Health Centre in Gwal Pahari with severe facial acne and dermatitis, which was causing him considerable discomfort and affecting his overall well-being.

Treatment: A comprehensive treatment approach was implemented, including the use of antibiotics, fluconazole (an antifungal medication), antiallergic drugs, and dietary supplements to promote skin healing and reduce inflammation.

Outcome: With consistent medical supervision and adherence to the prescribed treatment, the patient experienced significant improvement in his skin condition. This case underscores the critical role of accessible dermatological care in enhancing the health and quality of life of pediatric patients.

5.14 Registration number: 30435

Centre location: Gwal Pahari

Medical History: A 60-year-old male patient presented at the Family Health Centre in Gwal Pahari with multiple serious health issues. He was diagnosed with uncontrolled diabetes (HbA1C: 15, Fasting Blood Sugar: 283 mg/dL, Postprandial Blood Sugar: 486 mg/dL), hypertension, bilateral cataracts, and a severe foot infection. The combination of these conditions placed him at high risk for serious complications and required urgent, coordinated medical care.

Treatment and Progress: An integrated and intensive treatment plan was implemented. It included oral antidiabetic medications (Metformin and Glimepiride), antihypertensive drugs, antibiotics, and anti-inflammatory medications to control infection and reduce inflammation. The patient was placed under regular monitoring to track progress and adjust care as needed.

Outcome: Following consistent treatment and monitoring, the patient's diabetes is now well-controlled (HbA1C: 7.40, Fasting Blood Sugar: 151 mg/dL, Postprandial Blood Sugar: 173 mg/dL). He underwent successful cataract surgery, resulting in restored vision, and the foot infection has fully healed. This case exemplifies the transformative effect of timely, integrated healthcare in managing multiple chronic conditions and significantly improving patient quality of life.

5.15 Registration number: 16147

Centre location: Gwal Pahari

Medical History: The patient visited the Family Health Centre on January 3rd with complaints of severe neck pain, which significantly limited her mobility and interfered with her daily activities and overall well-being.

Treatment: Following a comprehensive assessment, a personalized physiotherapy-based treatment plan was initiated. The plan focused on pain management, posture correction, and strengthening exercises to improve neck function and reduce discomfort.

Outcome: With regular therapeutic sessions and consistent adherence to the prescribed plan, the patient reported marked reduction in pain, improved mobility, and enhanced confidence. She is now able to carry out her daily activities with ease, reflecting the positive impact of timely and tailored musculoskeletal care.

5.16 Registration number: 31031

Centre location: Gwal Pahari

Medical History: The patient visited the Family Health Centre on February 14th with complaints of severe back pain, which significantly hindered her mobility and interfered with her daily routine.

Treatment: Following a detailed evaluation, a customized treatment plan was developed. It included five physiotherapy sessions focused on pain management, mobility restoration, and muscle strengthening exercises to support long-term relief.

Outcome: Through consistent participation and commitment to the treatment plan, the patient experienced substantial improvement, with a notable reduction in pain and enhanced mobility. Her recovery reflects the effectiveness of targeted therapy combined with patient determination, resulting in a renewed sense of comfort and confidence in her daily life.

5.17 Registration number: 21887

Centre location: Gwal Pahari

Medical History: The patient visited the Family Health Centre on March 4th with complaints of a severe back muscle sprain, which caused significant pain and discomfort, limiting her ability to carry out daily activities.

Treatment and Progress: After a thorough clinical assessment, a personalized treatment plan was initiated. This included a combination of rest, physiotherapy sessions, and prescribed medications aimed at reducing pain, improving mobility, and supporting muscle recovery.

Outcome: The patient responded positively to treatment, showing steady improvement over time. Through adherence to medical guidance and rehabilitation, she successfully regained strength and mobility. She is now pain-free and able to perform her daily tasks comfortably, demonstrating the impact of timely medical care and a structured recovery plan.

5.18 Registration number: 33753

Centre location: Wazirabad

Medical History: A patient presented with a 4-month history of scabies, with persistent itching, papular rashes, and burrow marks.

Treatment and Progress: She was treated with Tab. Bandy Plus, topical Permethrin 0.1%, and Tab. Cetirizine. She also received counseling on hygiene, sun-drying of clothes and bedding, and treating close contacts.

Outcome: Within 2–3 weeks, her symptoms improved significantly, with reduced itching and healing of skin lesions. This case highlights the value of timely treatment and hygiene education in managing chronic skin conditions.

5.19 Registration number: 33743

Centre location: Wazirabad

Medical History: A 28-year-old patient, presented with complaints of vaginal irritation, pruritus, and foul-smelling discharge persisting for several days, indicative of vaginitis.

Treatment and Progress: She was prescribed a standard course of pharmacological treatment tailored to address infection and inflammation. Additionally, she was advised to maintain proper genital hygiene and undergo routine gynecological check-ups.

Outcome: Within two weeks, she reported complete resolution of symptoms with no recurrence or complications during follow-up. Her case demonstrates the effectiveness of timely diagnosis, appropriate treatment, and preventive care in managing reproductive health concerns.

5.20 Registration number: 29536

Centre location: Wazirabad

Medical History: A 40-year-old patient, presented with symptoms of Tinea cruris (jock itch), including itching in the groin and inner thighs, redness, and a ring-shaped rash, consistent with a fungal skin infection.

Treatment and Progress: He was managed with a combination of oral and topical antifungal medications along with antihistamines for symptomatic relief. He also received counseling on personal hygiene, including the importance of regular handwashing, wearing loose-fitting clothing, and keeping the affected area clean and dry.

Outcome: He showed marked clinical improvement, with a significant reduction in itching and gradual resolution of skin lesions. His recovery underscores the effectiveness of appropriate antifungal therapy and hygiene education in treating superficial fungal infections.

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 6064 beneficiaries in health, 158 in computer training, and 93 in Apparel design and fabrication beneficiaries in skill, 165 beneficiaries in education, and 1322 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 3091.

For more info on our programs, u can visit:

