



ADHARSHILA

# FAMILY HEALTH CENTRE

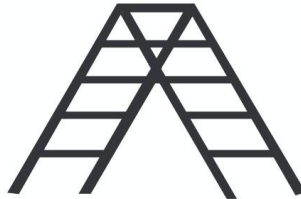
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**ADHARSHILA**  
**FAMILY HEALTH CENTRE**

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**QUARTERLY PROGRESS REPORT**

**APRIL 2025 – JUNE 2025**

**(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)**

## **PROGRAM OVERVIEW:**

<b>Program Name:</b>	Family Health Centre
<b>Areas Covered in Delhi</b>	<ul style="list-style-type: none"><li>● Harkesh Nagar</li><li>● Sanjay Colony</li><li>● Govind Puri</li><li>● Kalkaji</li><li>● Okhla I, II &amp; III</li><li>● Tughlakabad</li><li>● Sangam Vihar</li><li>● Madangir</li><li>● Dakshin Puri</li><li>● Madanpur Khadar</li><li>● Badarpur</li></ul>
<b>Areas Covered in Gurugram</b>	<ul style="list-style-type: none"><li>● Gurugram</li><li>● Gwal Pahari</li><li>● New Gwal Pahari</li><li>● Wazirabad</li><li>● Ghata</li><li>● Bandari</li><li>● Shanti Colony</li><li>● Bapu Colony</li><li>● Mandi</li><li>● Jonapur</li><li>● Tigra Village</li><li>● Badshah Pur</li><li>● Kanhai Gaon Slum, Sector-45</li><li>● Kadar Pur</li></ul>
<b>Reporting Period:</b>	April 2025 – June 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 **6255** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3387**, Physiotherapy OPDs **123**, and homeopathic being **1263**, 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 **648** and **3240** 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 **834** as tabulated below.

**Major activities that were conducted during the reporting period:**

<b>S. No.</b>	<b>Name of the Activity</b>	<b>Total</b>
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram )	3387
2	OPDs - Physiotherapy	123
3	OPDs - Homeopathy	1263
4	General Health Screening Camp (BMD)	104
5	Bone Mineral Density (BMD) & Eye Checkup Camp at Tigri	171
6	Bone Mineral Density (BMD) & Eye Checkup Camp at Jaitpur	184
7	Awareness Session on BMD, Calcium & Vitamin D Important	50
8	Awareness session on low-cost Nutrition	98
9	Awareness Session on Diabetes	135
10	Awareness Session on Pre-Pregnancy Nutrition	111
11	Awareness Session on Kangaroo Mother Care	84
12	Awareness Session on Daily Exercise	42
13	Awareness Session on Improving Posture for a Healthier Life	28
14	Awareness Session on Healthy Bones	30
15	Awareness Session on Summer Health Problems and their Prevention	40
16	Awareness Session on Urinary Tract Infections (UTIs)	30
17	Population Screening for CKD/DM/HT patients	375
	<b>Total</b>	<b>6255</b>

## 1. OPDs

### 1.1) OPDs – Stationery & Outreach (Delhi)

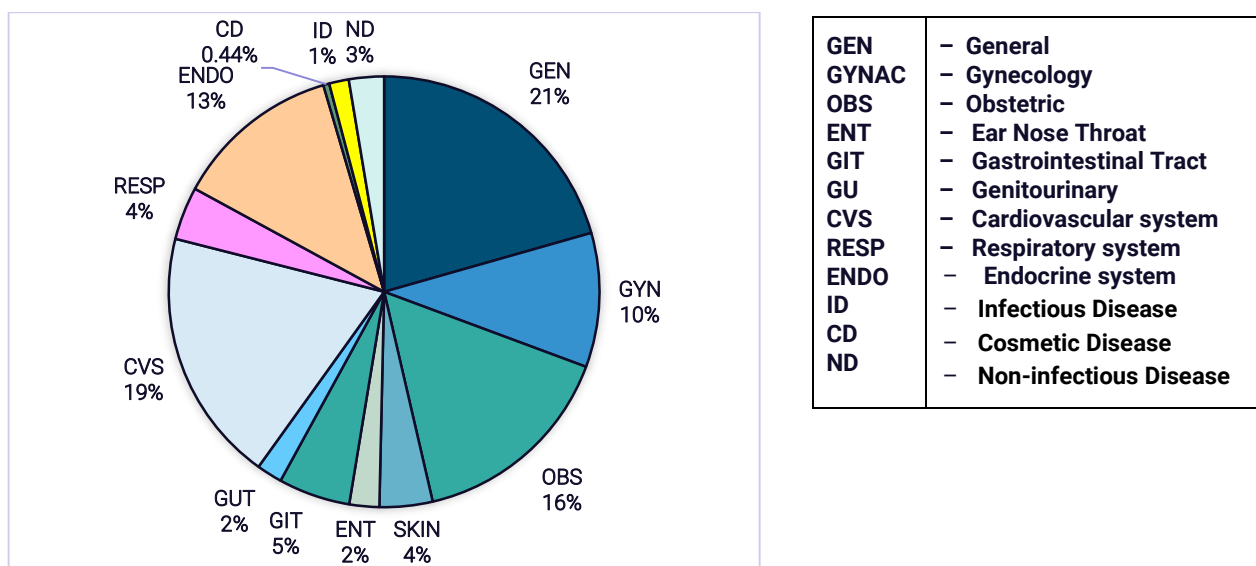
- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1559 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 148 patients.
- USG was conducted for 20 patients.
- Albendazole tablets were given to 67 patients for deworming.
- Immunization (Tetanus vaccine) was provided to 11 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
Apr 2025	124	48	80	16	05	35	08	98	37	88	03	14	18	574
May 2025	80	53	91	17	10	18	09	88	10	48	02	07	10	443
Jun 2025	117	56	74	29	20	31	13	111	15	59	02	02	13	542
<b>TOTAL</b>	<b>321</b>	<b>157</b>	<b>245</b>	<b>62</b>	<b>35</b>	<b>84</b>	<b>30</b>	<b>297</b>	<b>62</b>	<b>195</b>	<b>07</b>	<b>23</b>	<b>41</b>	<b>1559</b>

### Pie chart showing various ailments reported



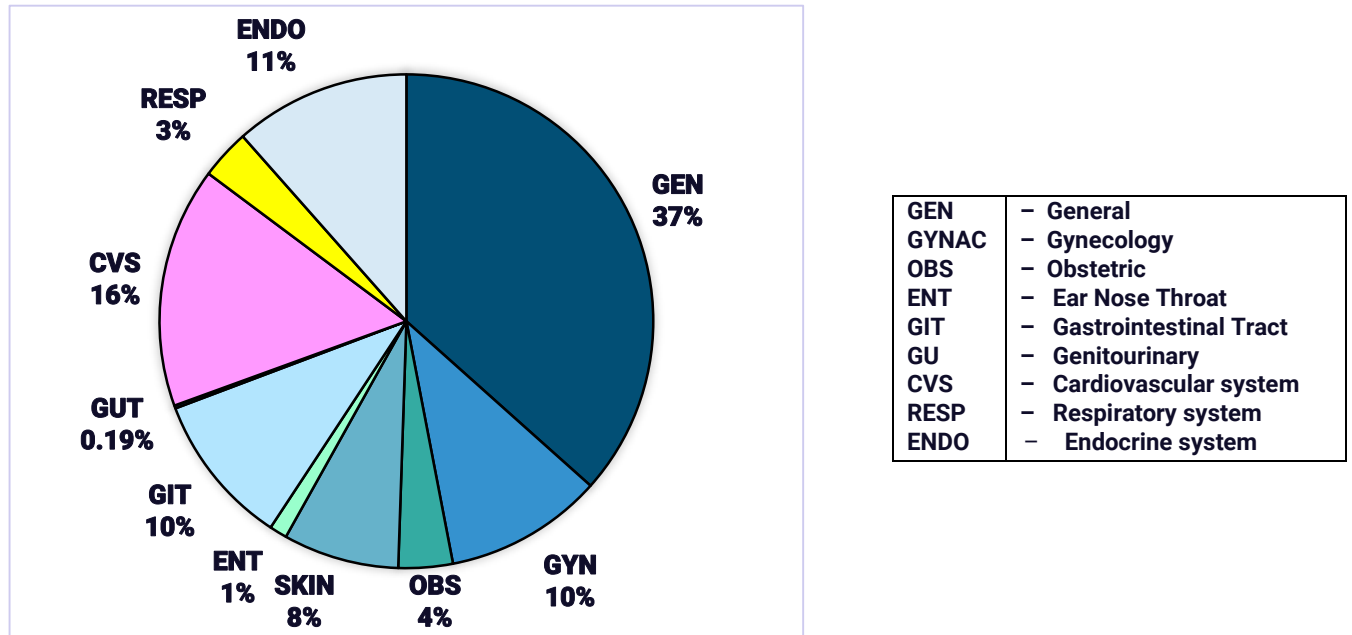
### 1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1041 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 106 patients.
- USG was conducted for 12 patients.
- Albendazole tablets were given to 149 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 23 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 01 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
April 2025	123	36	13	24	01	32	01	60	17	43	350
May 2025	123	40	10	27	07	38	01	51	11	47	355
June 2025	135	32	14	28	04	34	00	53	06	30	336
<b>TOTAL</b>	<b>381</b>	<b>108</b>	<b>37</b>	<b>79</b>	<b>12</b>	<b>104</b>	<b>02</b>	<b>164</b>	<b>34</b>	<b>120</b>	<b>1041</b>

**Pie chart showing various ailments reported**



### **1.3) OPDs – Outreach Area (Gurugram)**

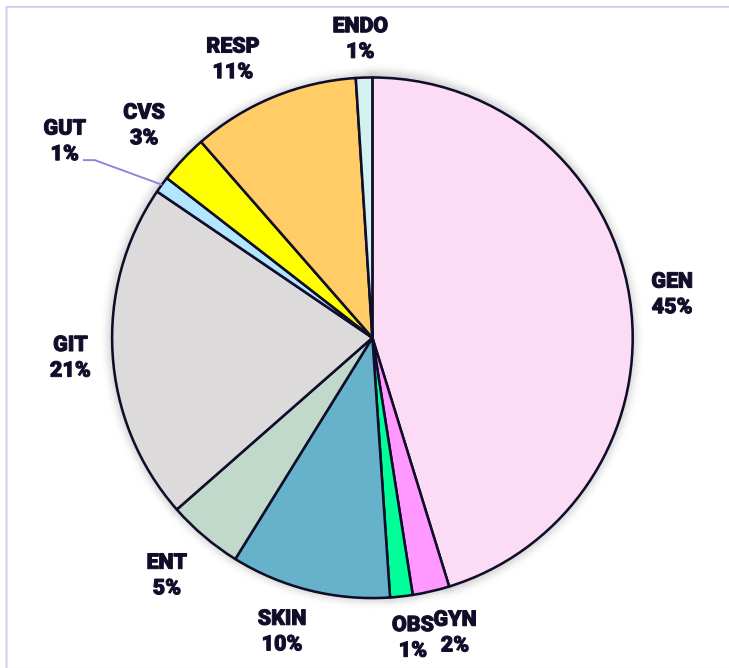
- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 787 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 109 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

#### **Doctor Consultation OPDs Report (Gurugram Outreach)**

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
April 2025	93	06	01	22	01	70	02	11	58	01	265
May 2025	90	04	06	27	20	44	05	03	12	01	212
June 2025	173	08	04	29	16	51	01	10	12	06	310
<b>TOTAL</b>	<b>356</b>	<b>18</b>	<b>11</b>	<b>78</b>	<b>37</b>	<b>165</b>	<b>08</b>	<b>24</b>	<b>82</b>	<b>08</b>	<b>787</b>



**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

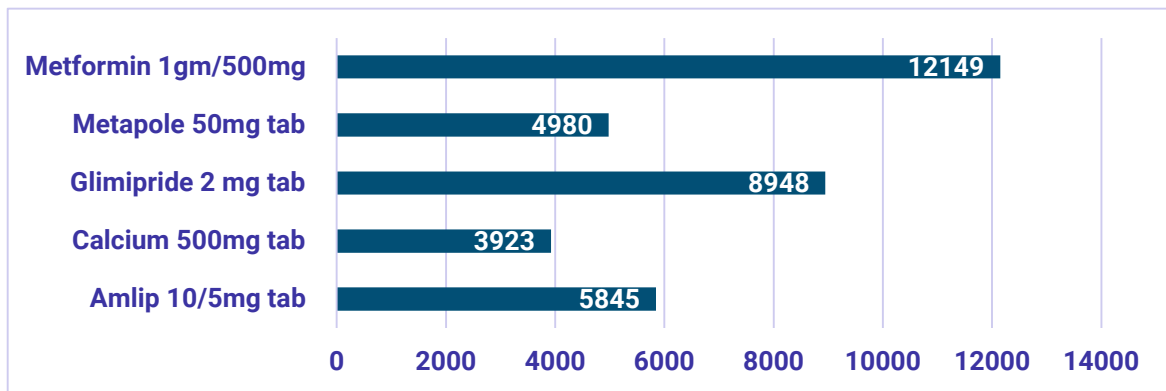




#### 1.4) Most Frequently Prescribed Drugs

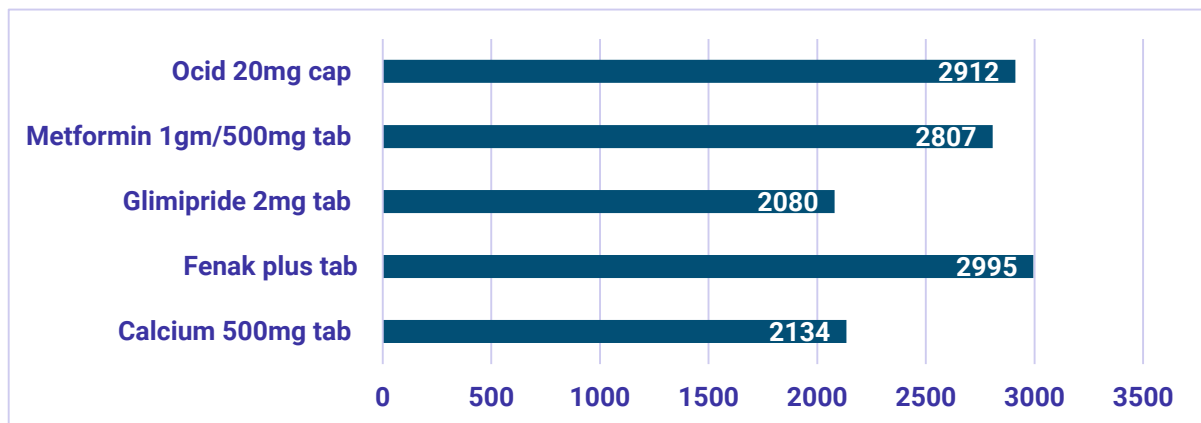
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, and Hypocalcemia.

##### Delhi



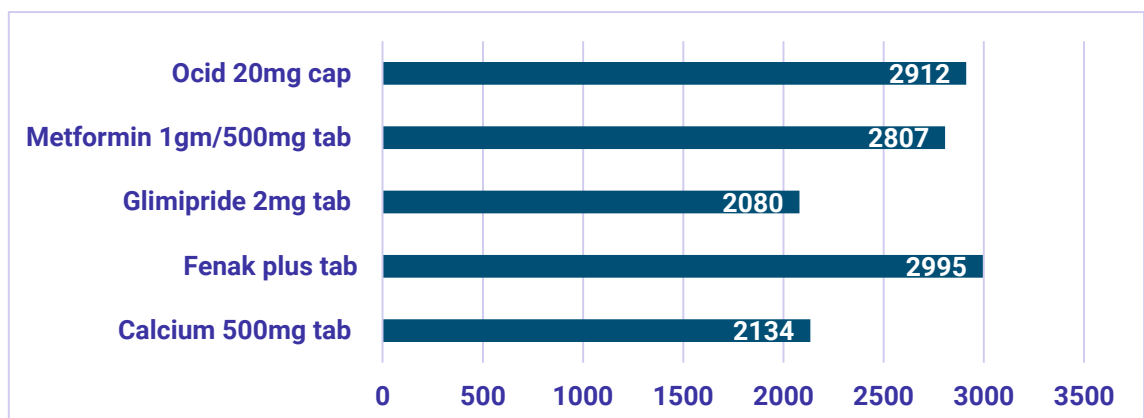
Below is a list of the most commonly prescribed medications for conditions such as Diabetes, Hypocalcemia, Gastritis, and Body aches.

##### Gwal Pahari



Below is a list of the most commonly prescribed medications for conditions such as Osteopenia, Osteoporosis Hypocalcemia, Body ache, Gastritis, and Fever.

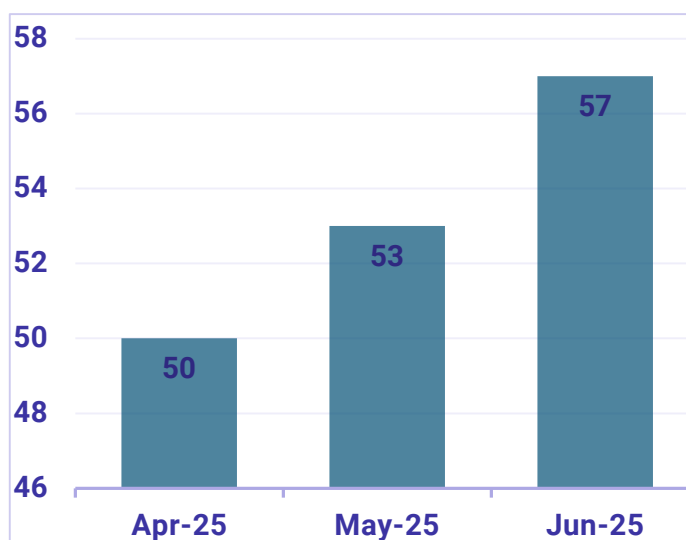
##### Gurugram Outreach



## 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	April 2025	69	01	20	00	50
2	May 2025	50	08	05	00	53
3	June 2025	53	07	03	00	57

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	Not Inform
			Caesarian Delivery	Normal delivery			
1	April 2025	00	00	02	01	01	18
2	May 2025	00	01	04	03	02	00
3	June 2025	00	01	02	01	02	00

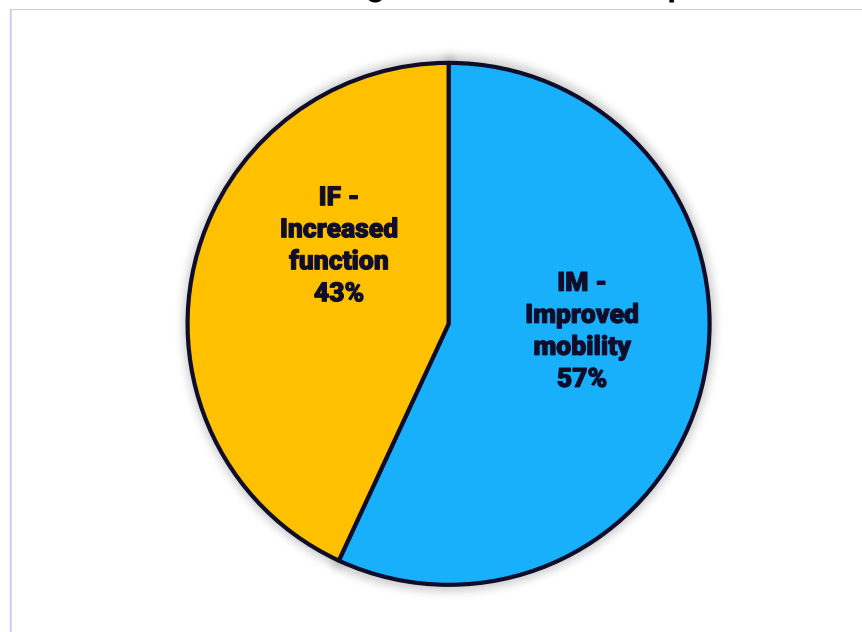
During the last quarter, a total of **69 ANC (Antenatal Care) patients** were registered, with **16 new registrations** in this quarter. Out of these, **28 successful deliveries** were reported. Among these, **2 were caesarean deliveries**, and **8 were normal deliveries**. For the remaining **18 deliveries**, which took place in patients' native villages, delivery details were not available. As of now, the health center is actively providing antenatal care to **57 ongoing ANC patients** and **10 lactating mothers**.

## 2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 123 doctor's consultations were availed by the patients
- 53 patients reported increased body function.
- 70 patients reported improved mobility.
- All 123 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

1263 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 2025.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	April 2025	75	56	76	24	06	138	13	388
2.	May 2025	150	41	85	32	05	148	18	479
3.	June 2025	118	45	68	24	14	108	19	396
	<b>TOTAL</b>	<b>343</b>	<b>142</b>	<b>229</b>	<b>80</b>	<b>25</b>	<b>394</b>	<b>50</b>	<b>1263</b>



### 4. Other Highlights of This Quarter

#### 4.1. General Health Screening Camp (Bone Mineral Density)

Date – 18<sup>th</sup>, June 2025

Location – Baliawas, Gurugram

Number of Beneficiaries – 104

As part of our ongoing commitment to strengthening preventive healthcare access in underserved areas, Adharshila Family Health Centre – Gwal Pahari conducted a one-day Community Health Screening Camp in Baliawas, Gurugram on 18th June 2025. This initiative, made possible through the generous support of our funders, focused on the early detection of bone health issues and kidney-related conditions, alongside general medical consultations.



A total of 104 individuals registered for the camp, and 102 received in-person medical consultations. These sessions addressed a broad range of health concerns and provided counselling on lifestyle modifications, nutrition, and preventive practices.



## 4.2. Bone Mineral Density with Eye Check-up Camp

Date – 15<sup>th</sup>, May 2025

Location – Tigri

Number of Beneficiaries – 171

Technical Partner: Adharshila & Iclinux Advanced Eye and Retina Centre

A multi-specialty health camp was successfully conducted at Tigri with active participation from the local community. The camp offered free diagnostic screenings and consultations focused on Bone Mineral Density (BMD), Eye Health, and chronic kidney disease (CKD). A total of 171 individuals benefited from this initiative, which was aimed at enhancing access to preventive healthcare services for underserved populations.

### Key Outcomes:

#### 1. Bone Mineral Density (BMD) Screening

Total Screened: 133 individuals

- Normal Bone Density: 27 (20.3%)
- Osteopenia (early-stage bone loss): 86 (64.7%)
- Osteoporosis: 10 (7.5%)
- Severe Osteoporosis: 10 (7.5%)

**Outcome & Follow-Up Plan:**

The screening revealed a high prevalence of osteopenia and osteoporosis, highlighting the urgent need for nutritional support and medical intervention. Patients identified with bone loss were counseled and provided with appropriate medications.

**Follow-Up Strategy:**

We plan to conduct a follow-up BMD re-screening after the completion of the prescribed medication course to assess clinical improvement and track progress. This ongoing monitoring will help evaluate the effectiveness of the treatment and guide further care.

**2. Eye Check-ups**

Total Screened: 141 individuals

- Spectacles Provided: 85 participants received free corrective glasses
- Cataracts Identified: 48 individuals diagnosed
- Referrals to IClinix: 42 patients referred for advanced treatment and surgical assessment

**Significance:**

This segment of the camp made a measurable impact in restoring vision and improving the quality of life, particularly for elderly individuals and those with limited access to regular eye care.

**3. CKD Screening**

The CKD screening section covered 72 individuals, with 8 undergoing detailed Kidney Function Tests (KFT) for further evaluation. These tests play a crucial role in the early detection of kidney-related issues, which often go unnoticed until advanced stages.

The camp aimed to promote preventive healthcare and provide accessible medical services to the community, especially underserved populations.



#### **4.3 Eye Check-up & Bone Mineral Density (BMD) Camp Report**

Date - 22<sup>nd</sup> May 2025

Location - Adharshila Family Health Centre, Jaitpur

Number of Beneficiaries - 184

Technical Partners - IClinix Advanced Eye and Retina Centre

As part of our ongoing commitment to strengthening primary healthcare services in underserved communities, a comprehensive Eye Check-up and Bone Mineral Density (BMD) Camp was organized at the Adharshila Family Health Centre, Jaitpur. The camp aimed to promote early detection, treatment, and follow-up for eye conditions, bone health, and chronic kidney disease.

##### **Eye Check-up Services**

- Total Screened: 158
- Spectacles Distributed: 81
- Cataract Cases Identified & Referred for Surgery: 91
- Advanced Referrals (other eye conditions): 09
- Eye Drops Distributed: 125

##### **Bone Mineral Density (BMD) Screening**

- Total Screened: 168
- Normal Bone Density: 36 (21.4%)
- Osteopenia (early-stage bone loss): 101 (60.1%)
- Osteoporosis: 28 (16.7%)
- Severe Osteoporosis: 3 (1.8%)

Follow-up screenings will be done for those who received medication to monitor improvement in bone density levels.

##### **Medicine Distribution**

- Total Beneficiaries Provided with Medicines: 132

##### **Impact & Way Forward**

The camp significantly contributed to identifying high-risk individuals for eye ailments, low bone density, and kidney-related concerns. Immediate support, such as spectacles and medications, was provided on-site. Patients requiring further evaluation or surgical intervention were referred appropriately, with follow-up support being coordinated by the Adharshila health team.



#### **4.4 Awareness Session on Bone Mineral Density, Calcium & Vitamin D Importance**

Date – 15<sup>th</sup> May 2025

Location - Adharshila Skill Development Centre, Tigri

Number of Beneficiaries - 50

An awareness session was held at the Tigri centre to educate participants on the importance of calcium and vitamin D for bone health. The session highlighted how ageing contributes to a decline in bone density due to the gradual loss of these nutrients, leading to weakened bones and an increased risk of fractures. The discussion emphasised that women, particularly after menopause, are more susceptible to bone-related issues. Participants were encouraged to consume calcium-rich foods such as milk, curd, leafy vegetables, and almonds, and to ensure adequate vitamin D through sunlight exposure and supplements when necessary. The session was attended by 50 beneficiaries and aimed to promote preventive care and lifestyle changes for improved bone health within the community.

#### **4.5 Awareness Session on Low Cost Nutrition**

Number of Sessions – 7

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 98

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 Diabetes**

Number of Sessions – 8

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 135

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.

#### **4.7 Awareness session on Pre Pregnancy Nutrition**

Number of Sessions – 7

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 111

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.

#### **4.8 Awareness session on Kangaroo Mother Care**

Number of Sessions – 6

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 84

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. Attended by 84 participants, 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.

#### **4.9 Awareness Session on Daily Exercise**

Number of Sessions – 2

Location – Gwal Pahari

Number of Beneficiaries – 42

Regular exercise is essential for maintaining a healthy body and mind. It helps control weight, strengthens muscles and bones, improves heart health, and boosts immunity.

Physical activity also reduces the risk of chronic diseases like diabetes, hypertension, and osteoporosis. Beyond physical benefits, exercise enhances mood, reduces stress, and improves sleep and concentration. Just 30 minutes of daily activity—like walking, stretching, yoga, or cycling—can make a significant difference. Exercise is not just for fitness; it's a powerful tool for overall well-being. Make it a daily habit, and invest in a healthier, happier future. Your body will thank you!

#### 4.10 **Awareness Session on Physiotherapy, Fitness & Nutrition**

Date – 25<sup>th</sup> April 2025

Location – Gwal Pahari

Number of Beneficiaries – 28

On April 25, 2025, a community awareness session on physiotherapy, fitness, and nutrition was conducted at Gwal Pahari Family Health Center, benefiting 28 participants. The session aimed to promote healthy lifestyle choices through regular physical activity and balanced nutrition. Key topics included the physical, mental, and social benefits of exercise, the importance of a balanced diet, and practical tips for preventing lifestyle-related diseases. Challenges such as sedentary behaviour, poor dietary habits, and lack of awareness were addressed. Participants received clear recommendations on incorporating daily exercise, making healthier food choices, and reading nutrition labels. The session was well-received, with positive feedback and interest in future health programs. It highlighted the need for continued education to support long-term community wellness.



#### **4.11 Awareness Session on Healthy Bones**

Date – 25<sup>th</sup> April 2025

Location – Gwal Pahari

Number of Beneficiaries – 30

An educational session on osteoporosis and osteopenia was conducted at the Family Health Centre in Gwal Pahari to enhance community awareness about bone health and preventive care. A total of 30 participants attended the session.

The session focused on distinguishing between osteopenia—an early stage of bone density loss—and osteoporosis, a more advanced condition marked by porous, fragile bones that are highly susceptible to fractures, particularly in the hip, spine, and wrist. These conditions often progress without symptoms and are frequently diagnosed only after a fracture occurs.

Participants were sensitized to the various risk factors, including advancing age, menopause, insufficient calcium and vitamin D intake, physical inactivity, smoking, excessive alcohol consumption, and prolonged use of certain medications. The session emphasized the importance of preventive strategies, such as engaging in regular weight-bearing and strength-training exercises, maintaining a balanced diet rich in calcium and vitamin D, and adopting lifestyle modifications to reduce overall risk.

The importance of Bone Mineral Density (BMD) testing, particularly through DEXA scans, was highlighted as a key diagnostic tool for early detection and ongoing monitoring of bone health. In addition, participants received practical dietary guidance on how nutritional interventions can support bone strength and help prevent or manage osteoporosis and osteopenia.

The session concluded by underscoring the critical need for increased awareness, especially among older adults and postmenopausal women, to enable timely intervention, reduce fracture-related complications, and improve long-term health outcomes.

#### **4.12 Awareness Session on Summer Health Problems and Their Prevention**

Date – 3<sup>rd</sup> April 2025

Location – Tigri

Number of Beneficiaries – 40

An awareness session was conducted to educate students on common health problems during the summer season and how to prevent them. Key issues discussed included diarrhoea, food poisoning, loss of appetite, prickly heat, rashes, and heat stroke—highlighted as a major community concern.

The session covered causes such as stale or contaminated food, poor hygiene, and lack of hydration. Special attention was given to high-risk groups like children, women, outdoor workers, and individuals with chronic illnesses or low immunity.

Students were advised to drink plenty of fluids (like water, lemon water, buttermilk, and coconut water), avoid outside and oily foods, take regular baths, maintain hygiene, wear protective clothing in the sun, and not share personal items to prevent infections. The session was interactive and well-received. Students expressed increased awareness and understanding of how to stay healthy in the summer.

#### **4.13 Awareness Session on Urinary Tract Infections (UTIs)**

Date – 13<sup>th</sup> May 2025

Location – Kalkaji

Number of Beneficiaries – 30

An awareness session was conducted at the Kalkaji centre to address one of the most common and recurring health issues in the community—Urinary Tract Infection (UTI). The session aimed to educate students about the causes, symptoms, and preventive measures related to UTIs, particularly among females, who are more susceptible due to their shorter urethra, rendering them more vulnerable to infections resulting from unhygienic toilet use.

The session explained that bacteria and microorganisms cause UTIs, often spread through the use of unclean public or domestic toilets. Common symptoms include a burning sensation during urination, painful urination, fever in severe cases, and occasionally blood in the urine. Preventive measures emphasised were maintaining proper personal hygiene, cleaning toilet seats before use, washing the genital area with clean water, and staying well-hydrated by drinking sufficient water and fluids throughout the day. A total of 30 students participated and actively engaged in the session. The discussion helped raise awareness and encouraged the adoption of better hygiene practices to prevent UTIs in daily life.

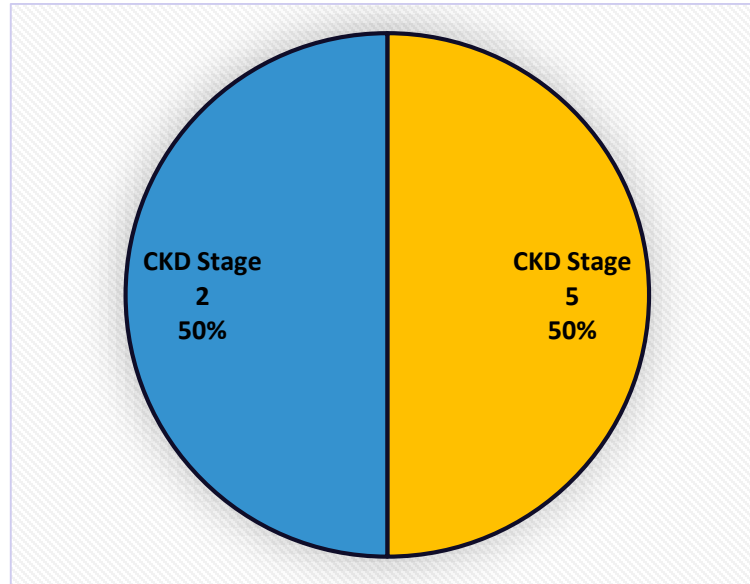
#### **4.14 Population screening FOR CKD/DM/HT patients**

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
May 2025	Tigri, Jaitpur	02	300	155	118	10	02
June 2025	Baliawas	01	75	27	05	02	00
<b>Total</b>		<b>03</b>	<b>375</b>	<b>182</b>	<b>123</b>	<b>12</b>	<b>02</b>



Two patients were identified with chronic kidney disease (CKD) at different stages during the screening. One patient was diagnosed with Stage 4 CKD, indicating a severe decline in kidney function (GFR between 15–29 ml/min/1.73 m<sup>2</sup>), and has been referred to the Department of Nephrology at Safdarjung Hospital for specialized evaluation and management. Another patient was found to be in Stage 2 CKD and has been under regular follow-up by the Adharshila team. However, despite repeated counselling sessions, the individual has not shown willingness to initiate or adhere to CKD-specific treatment.



## 5. CASE STUDIES

### 5.1 Empowering Parenthood: Patient Successful Conception After Recurrent Miscarriage Registration number: 21564

Centre Location: Gwal Pahari

**Medical History:** A woman with a history of two previous miscarriages visited our clinic with a strong desire to conceive again. She had no ongoing treatment at the time of presentation.

**Intervention:** A thorough diagnostic workup was conducted to identify contributing factors. A tailored fertility care plan was initiated, including hormonal support, nutritional counselling, and regular monitoring.

**Outcome:** She was conceived naturally in February 2025. Her pregnancy has progressed without complications under consistent antenatal care. This case reflects the importance of timely diagnosis, personalized reproductive health interventions, and sustained medical support in improving maternal outcomes.

### 5.2 Restoring Mobility Through Physiotherapy

Registration number: 21524

Centre Location: Gwal Pahari

**Medical History:** A 35-year-old male patient visited our center on May 16, 2025, with acute lower back pain that had persisted for over seven hours. The pain significantly impaired his mobility and disrupted his daily activities.

**Intervention:** Following a comprehensive assessment, a personalized physiotherapy plan was implemented. This included targeted pain relief techniques and guided exercises focused on improving flexibility and strength.

**Outcome:** With consistent therapy and adherence to the treatment plan, he experienced rapid and complete relief from pain. He regained full mobility and returned to his normal routine. His recovery highlights the effectiveness of timely physiotherapeutic intervention in managing musculoskeletal issues and improving quality of life.

### 5.3 Improving Lives through Timely Hypertension Management

Registration number: 21569

Centre Location: Gwal Pahari

**Medical History:** A 55-year-old male with a known history of hypertension presented with complaints of persistent backache and severely elevated blood pressure measuring 170/104 mmHg.



**Treatment Plan:** The patient was promptly started on a treatment regimen including Ocid, Losar 50 mg, and Amlip 5 mg, accompanied by regular monitoring and follow-up to ensure effective blood pressure control.

**Outcome:** Through timely intervention and adherence to the prescribed treatment, the patient's blood pressure stabilized at 111/71 mmHg with a pulse rate of 100 bpm. He reported significant improvement in his overall health, including the resolution of backache and increased energy levels. The patient continues to receive regular follow-up care to sustain his improved health status.

This case underscores the impact of early detection, prompt management, and consistent follow-up in controlling hypertension and enhancing quality of life.

#### **5.4 Effective Resolution of Scabies in a Patient with Persistent Pruritus**

Registration number: 33935

Centre Location: Gwal Pahari Outreach (Behind DPS School)

**Medical History:** The patient presented with a two-month history of persistent pruritus and papular skin eruptions, accompanied by characteristic burrow marks. There was no prior history of similar dermatological conditions.

**Intervention:** The patient was initiated on topical Permethrin 0.1% and oral Cetirizine (CTZ). Supportive counselling was provided, emphasizing personal hygiene practices, including the regular sun-drying of clothes and bedding. He was also advised on the importance of treating close contacts to prevent reinfestation and community spread.

**Outcome:** Marked clinical improvement was noted within two to three weeks of treatment. Pruritus significantly subsided, and skin lesions began resolving progressively. The patient adhered well to both the pharmacological regimen and hygiene measures, contributing to a favorable recovery.

#### **5.5 Effective Management of Scabies through Combined Medical Treatment and Hygiene Counselling**

Registration number: 33905

Centre Location: Gwal Pahari Outreach (Kanhai Village)

**Medical History:** The patient presented with complaints of persistent itching and papular rashes for the past two months. Clinical examination revealed characteristic burrow marks indicative of scabies. There was no prior history of similar dermatological conditions.

**Intervention:** The patient was treated with oral Ivermectin, topical Permethrin 0.1%, and Cetirizine tablets for symptomatic relief. In addition, she was counselled on maintaining personal hygiene, including the regular sun-drying of clothes and bedding, and the

importance of treating close contacts with similar symptoms to prevent reinfestation and further spread.

**Outcome:** The patient showed significant improvement within two to three weeks of treatment. Pruritus subsided markedly, and the skin lesions began to resolve progressively. Her adherence to both the medication and hygiene measures contributed to a favourable recovery.

## 5.6 Successful Conception in a Patient with Secondary Infertility and Rh-Negative Blood Type

Registration number: 21900

Centre Location: Gwal Pahari

**Medical History:** The patient had been experiencing secondary infertility for the past eight years, which had caused considerable emotional and physical strain. A rare Rh-negative blood group further complicated her case, increasing the medical risks and requiring specialized monitoring. Despite previous unsuccessful attempts, she remained hopeful and committed to pursuing motherhood.

**Treatment Plan:** A tailored treatment plan was developed, involving careful reproductive health evaluation and Rh-specific management protocols. The patient underwent continuous monitoring, counseling, and fertility treatment under expert supervision. Emotional support was also provided to help her cope with the psychological challenges associated with prolonged infertility.

**Outcome:** Following months of dedicated treatment and care, the patient successfully conceived. She is currently 28 weeks pregnant, and her pregnancy has been progressing smoothly. Both mother and baby are reported to be healthy and stable. The patient's journey highlights the importance of persistence, individualized care, and timely intervention in overcoming complex infertility cases.

## 5.7 Successful Management of Moderate Anemia in Early Pregnancy

Registration Number: 771

Centre Location: Harkesh Nagar

**Medical History:** The patient, a 19-year-old resident of Harkesh Nagar, made her first antenatal visit to the Family Health Centre on 06 March 2025, with a reported Last Menstrual Period (LMP) of 06 January 2025, placing her in the early weeks of pregnancy. During routine investigations in the second trimester, she was diagnosed with moderate anemia, with a haemoglobin level of 7.6 g/dL on 24 April 2025.

**Intervention:** She was promptly started on oral iron therapy and provided with personalized dietary counselling to meet her nutritional needs, focusing on iron-rich foods and improving

iron absorption. Regular follow-ups were scheduled to ensure adherence and monitor clinical improvement.

**Outcome:** At her follow-up visit on 03 June 2025, her haemoglobin had increased to 10.4 g/dL, demonstrating a positive response to the intervention. Her pregnancy is progressing well, and she remains under regular antenatal care with an Expected Date of Delivery (EDD) in October 2025.

### 5.8 Effective Management of Hypothyroidism through Medication Adherence

Registration number: 32400

Centre Location: Harkesh Nagar

**Medical History:** on thyroid hormone replacement therapy. However, during a recent visit to her native village, she discontinued her medication, leading to a significant elevation in serum TSH levels, recorded at 17.13.

**Intervention:** Upon her return, she was promptly restarted on thyroid hormone therapy. Comprehensive counselling was provided regarding the importance of lifelong medication adherence in hypothyroidism and the risks of abrupt discontinuation, including fatigue, weight gain, menstrual irregularities, and metabolic complications. She was also advised to undergo thyroid function tests every three months for optimal disease management.

**Outcome:** With consistent follow-up and strict adherence to her prescribed regimen, the patient's thyroid function improved significantly. Her most recent TSH level, checked on 26 June 2025, was 1.78, well within the normal range. She remains clinically stable and continues under regular monitoring.

### 5.9 Managing Diabetes with Consistency

Registration number: 20687

Centre Location: Jaitpur

**Medical History:** The patient, a 66-year-old male from Jaitpur, is a known case of Type 2 Diabetes Mellitus. Despite being on treatment from a local practitioner, his blood glucose levels remained poorly controlled. At his initial visit to our health center in 2024, his fasting blood sugar was 199 mg/dL and postprandial was 334 mg/dL, indicating uncontrolled diabetes.

**Intervention:** He was initiated on a tailored antidiabetic treatment regimen, supported with individualized dietary counselling, and received extensive education on the importance of medication adherence, dietary control, physical activity, and regular monitoring. Follow-up visits were scheduled to assess treatment efficacy and reinforce self-care behaviours.

**Outcome:** Through consistent follow-up and active participation in his care plan, the patient achieved significant improvement. His most recent blood glucose levels show a fasting sugar of 116 mg/dL and postprandial of 143 mg/dL, reflecting good glycemic control. He now visits the health center regularly for medications and routine monitoring, demonstrating improved health and quality of life.

## 5.10 Journey to Controlled Blood Pressure and Better Health

Registration number: 19153

Centre Location: Jaitpur

**Medical History:** The patient, a 38-year-old resident of Jaitpur, is a regular beneficiary at our health center. On April 7, 2025, she presented with complaints of severe headache and giddiness lasting for two days. On examination, her blood pressure was elevated at 162/106 mmHg, indicating newly diagnosed hypertension.

**Intervention:** She was immediately initiated on antihypertensive medication and received comprehensive counselling on treatment adherence, dietary changes (including salt reduction), stress management, physical activity, and the importance of regular blood pressure monitoring. She was enrolled for regular follow-up to track her progress.

**Outcome:** The patient demonstrated excellent compliance with her medication and lifestyle recommendations. At her most recent follow-up on June 17, 2025, her blood pressure was 120/80 mmHg, indicating well-controlled hypertension. She continues to follow up regularly and reports overall improvement in well-being.

## 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 6255 beneficiaries in health, 275 in computer training, and 149 beneficiaries in education, and 3387 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 834.

For more info on our programs, u can visit:

