



ADHARSHILA

FAMILY HEALTH CENTRE

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ADHARSHILA
FAMILY HEALTH CENTRE

QUARTERLY PROGRESS REPORT
APRIL 2026 – JUNE 2026
(HARKESH NAGAR 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
Areas Covered in Gurugram	• Gurugram • Gwal Pahari • New Gwal Pahari • Wazirabad • Ghata • Bandari • Shanti Colony • Bapu Colony • Mandi • Jonapur • Tigra Village • Badshah Pur • Kanhai Gaon Slum, Sector-45 • Kadar Pur
Reporting Period:	April 2026 – June 2026

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. 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 **6193** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3376**, Physiotherapy OPDs **178**, and homeopathic being **790**, 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 **1447** and **7235** 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 **402** 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 and Gurugram)	3376
2	OPDs - Physiotherapy	178
3	OPDs - Homeopathy	790
4	Cancer and BMD Screening Camp at Gwal Pahari	85
5	Cancer and General Health Checkup Camp with BMD Screening at	133
6	Awareness session on low-cost Nutrition	155
7	Awareness Session on Diabetes	237
8	Awareness Session on Pre-Pregnancy Nutrition	238
9	Awareness Session on Kangaroo Mother Care	198
10	Awareness Session on Summer Diseases and Their Prevention	60
11	Awareness Session on Budget Friendly Nutrition and Healthy Eating	96
12	Awareness Session on Nutritional Deficiencies and Nutrition	43
13	Awareness Session on Breast and Cervical Cancer	86
14	Awareness Session on Exercise and Nutrition	25
15	Awareness Session on How Physiotherapy important in Backache	20
16	Awareness Session on Dehydration and Exercise	19
17	Awareness Session on Early detection and Prevention of Cancer, CKD and Calcium Deficiency.	85
18	Awareness Session on Human rights in Hospitals and National Safety of Motherhood	80
19	Awareness session on Early Detection and Prevention of Cancer and Chronic Kidney Disease (CKD)	20
20	Awareness Session: Personal Hygiene, Nutrition, Good Touch & Bad Touch, and Bullying in School	85
21	Population Screening for CKD/DM/HT patients	184
	Total	6193
	Number of Indirect Beneficiaries	7235
	Grand Total	13428

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

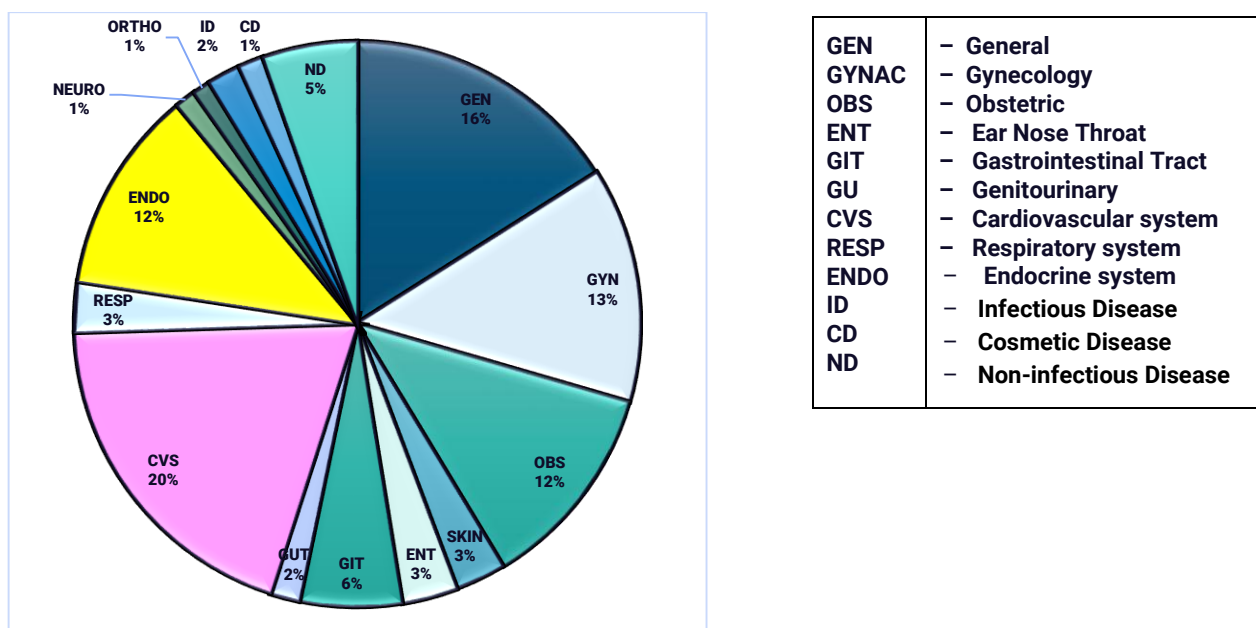
- OPDs were conducted at Harkesh Nagar Center by the health team.
- 1279 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 103 patients.
- USG was conducted for 34 patients.
- Albendazole tablets were given to 55 patients for deworming.
- Immunization (Tetanus vaccine) was provided to 10 ANC patients.
- OCP (Mala D/Femilon) tablets were given to 05 patients for contraception.
- 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	NEURO	ORTHO	ID	CD	ND	TOTAL
April 26	101	62	55	14	20	35	10	118	27	52	06	07	12	07	28	554
May 26	38	54	45	11	08	21	06	52	01	54	08	03	06	07	20	334
June 26	66	56	52	12	13	18	06	80	09	42	02	03	06	05	21	391
TOTAL	205	172	152	37	41	74	22	250	37	148	16	13	24	19	69	1279

Pie chart showing various ailments reported



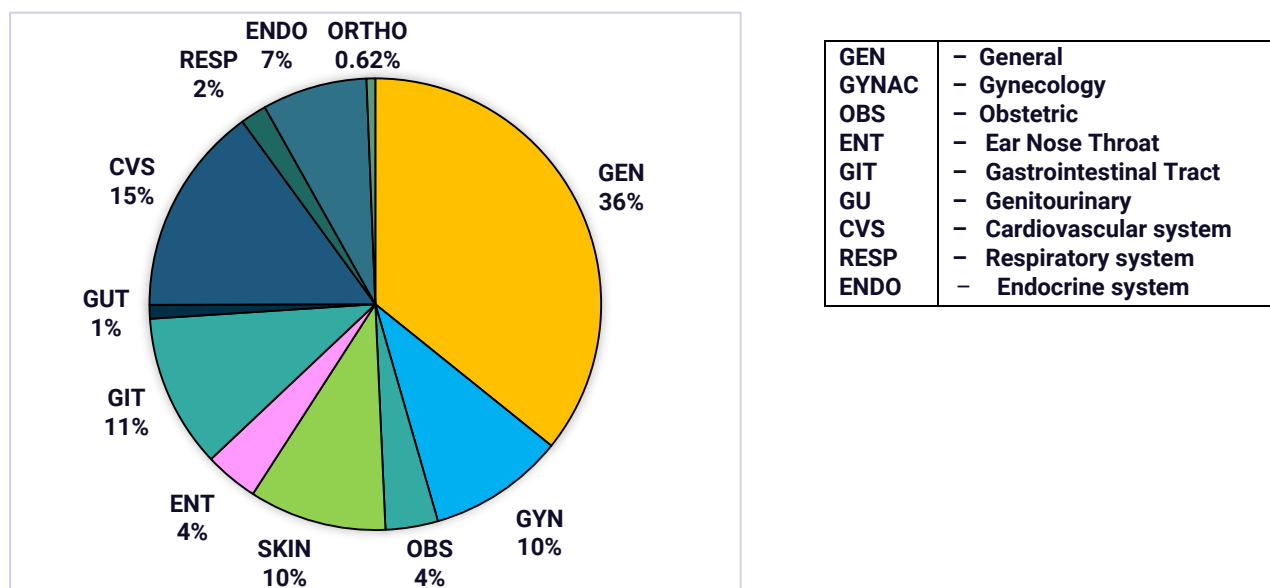
1.2) **OPDs – Stationery (Gwal Pahari)**

- OPDs were conducted at Gwal Pahari by the health team.
- 1118 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 106 patients.
- USG was conducted for 09 patients.
- Albendazole tablets were given to 87 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 09 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 06 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	ORTH	TOTAL
April 26	163	44	12	37	06	46	00	57	07	39	00	411
May 26	110	34	14	36	23	35	04	56	07	21	00	340
June 26	127	31	16	37	14	42	07	55	07	24	07	367
TOTAL	400	109	42	110	43	123	11	168	21	84	07	1118

Pie chart showing various ailments reported



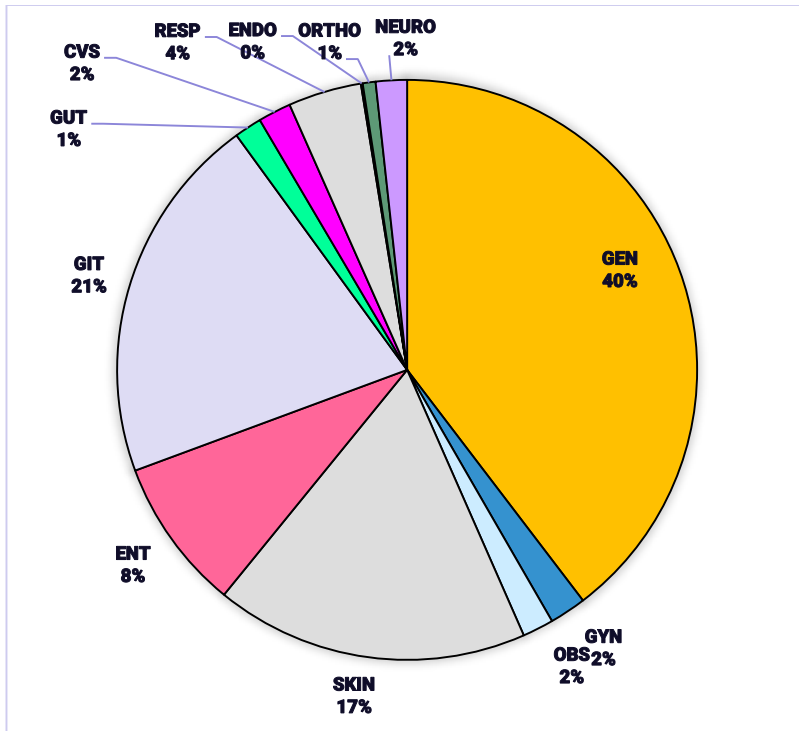
1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 979 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 86 patients for deworming.
- Pathology tests were conducted for 06 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 (Gurugram Outreach)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ORTH O	NEURO	TOTAL
April 26	122	10	09	49	39	51	02	04	12	00	00	00	298
May 26	116	05	03	44	27	71	06	08	15	00	00	00	295
June 26	150	05	05	78	17	80	07	06	13	01	07	17	386
TOTAL	388	20	17	171	83	202	15	18	40	01	07	17	979

Pie chart showing various ailments reported



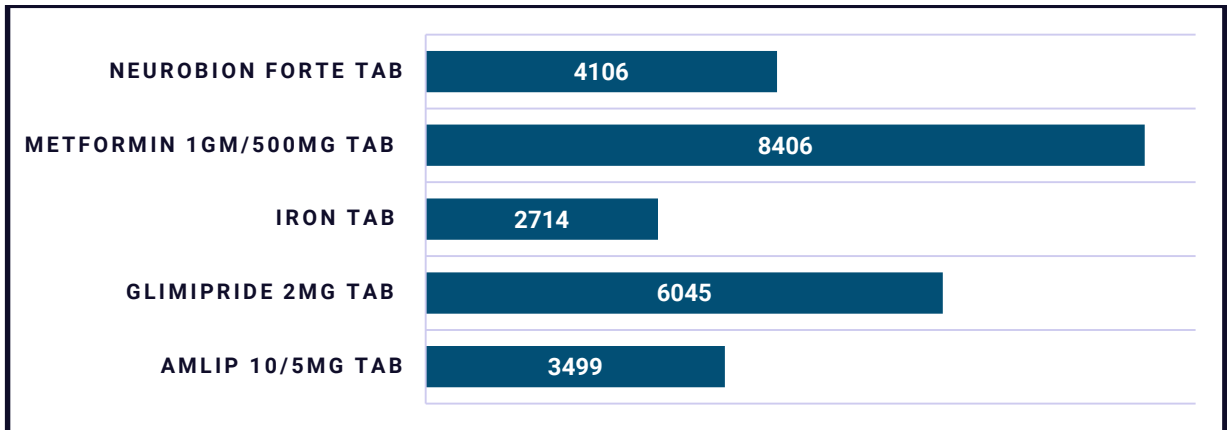
GEN	- General
GYNAC	- Gynecology
ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system



1.4) Most Frequently Prescribed Drugs

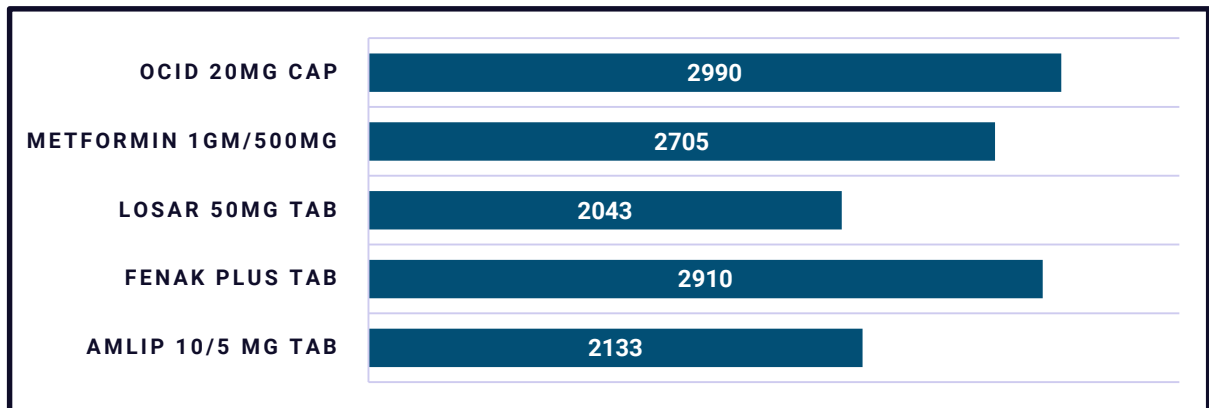
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, Anaemia, ANC, and Neuralgia.

Delhi



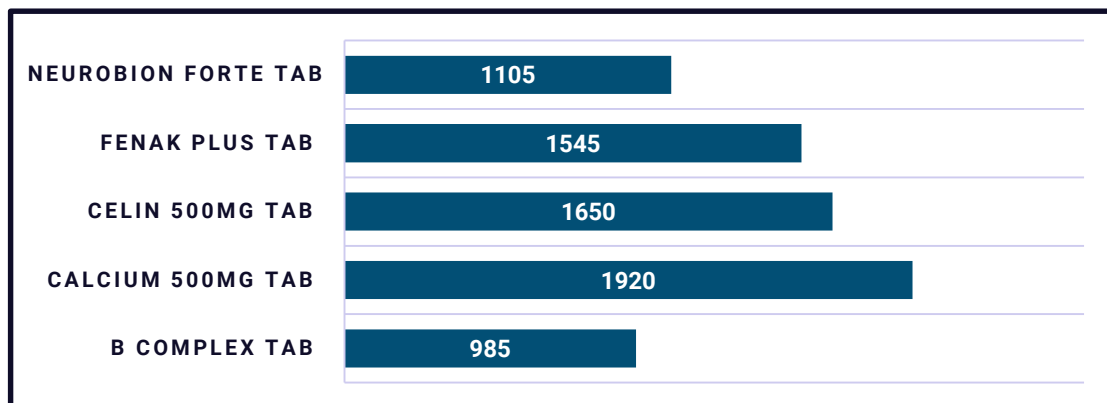
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Body ache, Diabetes, and Gastritis.

Gwal Pahari



Below is a list of the most commonly prescribed medications for conditions such as General Weakness, hypocalcaemia, Skin Infection, Bodyache, Neuralgia.

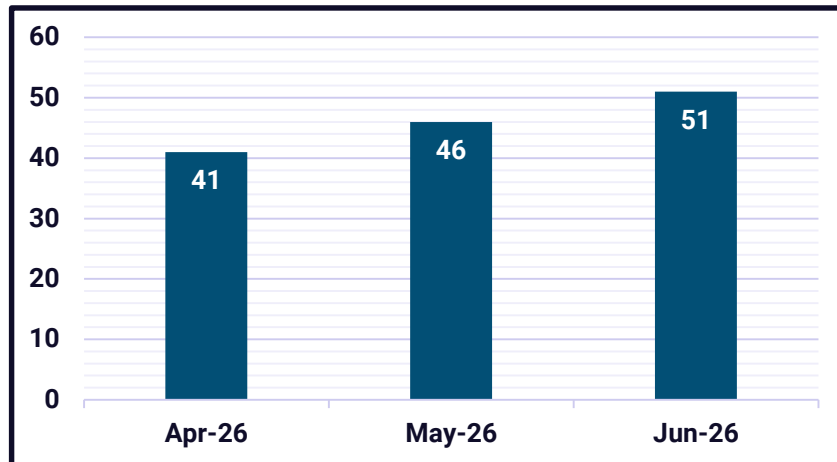
Gurugram Outreach



1.5) Antenatal care

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

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Miscarriage	Ongoing
1	April 26	40	08	07	00	41
2	May 26	41	10	05	00	46
3	June 26	46	07	02	00	51

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	Not Inform
			Caesarian Delivery	Normal delivery			
1	April 26	00	01	06	03	04	00
2	May 26	00	00	05	03	02	00
3	June 26	00	01	01	01	01	00

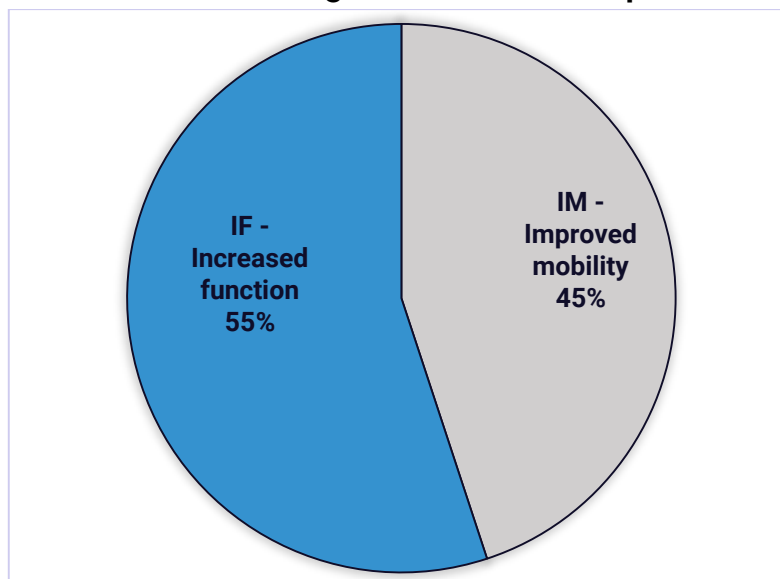
During the last quarter, a total of **40 ANC (Antenatal Care) patients** were registered, with **25 new registrations** in this quarter. Out of these, **14 successful deliveries** were reported, along with one miscarriage. Among these, **02 were caesarean deliveries**, and **12 were normal deliveries**. As of now, the health center is actively providing antenatal care to **51 ongoing ANC patients** and **14 lactating mothers**.

2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 178 doctor's consultations were availed by the patients
- 98 patients reported increased body function.
- 80 patients reported improved mobility.
- All 120 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

790 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 2026.

MONTH	GEN	GYNAE	GIT	RESP	SKIN	ENT	ORTHO	NEURO	CVS	ENDO	GUT	TOTAL
April 26	165	48	54	18	51	08	00	00	00	00	00	344
May 26	106	28	23	13	33	09	00	00	00	00	00	212
June 26	69	21	45	07	42	06	22	11	02	04	05	234
TOTAL	340	97	122	38	126	23	22	11	02	04	05	790



4. Other Highlights of This Quarter

4.1. Cancer, BMD (Bone Mineral Density) and Kidney Chronic Disease (CKD) Screening Camp

Date – 24th April 2026

Location – Bandhwadi, Gurugram

Number of Beneficiaries – 85

A **Cancer, Bone Mineral Density (BMD), and chronic kidney disease (CKD) Screening Camp** was successfully organized on **24 April 2026** at **Bandhwadi, Gurugram**, benefiting **85 registered participants**. The camp aimed to promote early detection, timely diagnosis, and preventive healthcare by providing comprehensive screening and specialist consultations across multiple health domains.

A total of **48 women** received gynaecological consultations. Of these, **33 women** underwent **Pap smear screening**, with **9 abnormal findings** identified, comprising **6 cases of inflammation** and **3 cases of bacterial vaginosis**. In addition, **Clinical Breast Examination (CBE)** was performed for all 48 women, resulting in **3 women being referred** for further diagnostic evaluation and specialist consultation.

ENT consultations were provided to **61 participants**. Clinical assessment identified **3 individuals with suspected Oral Potentially Malignant Disorders (OPMD)**, who were subsequently referred for further investigation and appropriate management.

Mammography Screening (BI-RADS Classification)

A total of **20 beneficiaries** underwent mammography screening. The findings were classified using the **Breast Imaging Reporting and Data System (BI-RADS)** as follows:

- **13 beneficiaries (65%)** were categorized as **BI-RADS 1 (Normal)**, indicating no radiological abnormalities.
- **7 beneficiaries (35%)** were categorized as **BI-RADS 2 (Benign)**, indicating non-malignant breast conditions such as cysts or fibroadenomas.

As part of the integrated tuberculosis control initiative, **68 participants received Tuberculosis (TB) prevention counselling** to enhance awareness regarding early symptoms, prevention, and timely healthcare-seeking behaviour. Additionally, **67 chest X-rays** were performed, of which **4 participants exhibited radiological findings suggestive of tuberculosis**, necessitating further diagnostic evaluation and clinical follow-up.

CKD screening was conducted for **all 85 registered participants** to facilitate early identification of kidney-related health risks. Based on clinical assessment, **26 urine dipstick tests**, **4 Kidney Function Tests (KFTs)**, and **2 supplementary blood investigations** were carried out to support further diagnosis and management.

Bone Mineral Density (BMD) screening was completed for **81 participants** to assess bone health and identify individuals at risk of osteoporosis. The screening results revealed:

- **35 participants** with **Osteopenia**
- **14 participants** with **Osteoporosis**
- **15 participants** with **Severe Osteoporosis**
- **17 participants** with **Normal Bone Mineral Density**

All participants diagnosed with reduced bone mineral density received individualized counselling on calcium-rich nutrition, lifestyle modifications, physical activity, and strategies for maintaining optimal bone health. Based on the clinical findings, participants requiring medical intervention were prescribed appropriate medications and advised on follow-up care.

4.2. Cancer, General Health Check-up, Bone Mineral Density (BMD) & chronic kidney disease (CKD) Screening Camp

Date – 30th June 2026

Location – Mandi Village

Number of Beneficiaries – 133

To strengthen community access to preventive healthcare and promote the early detection of non-communicable diseases and cancer, Adharshila organized a Cancer, General Health Check-up, Bone Mineral Density (BMD), and Chronic Kidney Disease (CKD) Screening Camp on 30 June 2026 at Mandi Village. The integrated camp received an encouraging response from the community, with 133 beneficiaries registering to avail comprehensive health screening, specialist consultations, diagnostic investigations, counselling, treatment, and referral services.

General Health Check-up: General OPD services were provided to 129 beneficiaries, enabling the early identification and management of common acute and chronic health conditions. Based on clinical assessment, beneficiaries requiring further investigations, specialist consultations, or treatment were managed accordingly and counselled on appropriate follow-up care.

ENT and Oral Cancer Screening: A total of 75 beneficiaries received ENT consultations, including 4 OPMD-assisted examinations for the early detection of Oral Potentially Malignant Disorders (OPMD). Participants identified with suspicious oral lesions were counselled and referred for further diagnostic evaluation and specialist management, supporting the early detection and prevention of oral cancer.

Gynecological and Cervical Cancer Screening: The Gynecology Clinic provided specialist consultations to 49 women. Based on clinical assessment, 34 women underwent Pap smear screening for the early detection of cervical cancer. The screening results showed:

- 24 women with normal findings
- 6 women diagnosed with inflammation
- 4 women diagnosed with bacterial vaginosis

Women with abnormal findings received appropriate treatment, counselling, and referrals for further clinical evaluation and follow-up, as required.

Chronic Kidney Disease (CKD) Screening: As part of the kidney health initiative, 102 beneficiaries underwent CKD screening to facilitate the early identification of kidney-related health risks. Based on screening outcomes, 20 urine dipstick tests and 2 Kidney Function Tests (KFTs) were conducted for beneficiaries requiring additional diagnostic assessment. Individuals identified with abnormal findings received counselling, appropriate medical management, and referrals for continued care.

Bone Mineral Density (BMD) Screening: A total of 100 beneficiaries underwent Bone Mineral Density (BMD) screening to assess bone health and identify individuals at risk of osteoporosis and related complications. The screening findings revealed:

- 62 participants diagnosed with Osteopenia
- 18 participants diagnosed with Osteoporosis
- 6 participants diagnosed with Severe Osteoporosis
- 14 participants with Normal Bone Mineral Density

All participants diagnosed with reduced bone mineral density received individualized counselling on calcium-rich nutrition, physical activity, lifestyle modifications, and bone health management. Based on their screening results and clinical assessment, 86 beneficiaries requiring treatment were provided with appropriate medications and referred for further medical management wherever necessary.

Camp Outcome: The integrated screening camp significantly strengthened access to preventive healthcare services within the community by facilitating the early detection of cervical abnormalities, oral potentially malignant disorders, chronic kidney disease, osteoporosis, and other common health conditions. Through comprehensive screening, specialist consultations, counselling, treatment, and timely referrals, the initiative contributed to improving health awareness, promoting early diagnosis, and ensuring continuity of care among underserved populations.

4.3 Awareness Session on Budget-Friendly Nutrition and Healthy Eating

Number of Sessions – 04

Location – Harkesh Nagar

Number of Beneficiaries – 96

The session was designed to raise awareness about maintaining a healthy and balanced diet within a limited budget. It aimed to provide participants with practical, cost-effective nutrition guidance to support informed food choices while managing household expenses. The session covered affordable and nutritious food options, simple meal-planning techniques, and practical strategies to optimize nutritional intake using locally available and low-cost resources. Of calcium, vitamin D, and regular exercise in preventing osteoporosis.

4.4 Awareness session on Diabetes

Number of Sessions – $6+7 = 13$

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – $136+72 = 208$

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 – $6+7 = 13$

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – $166+72 = 238$

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 – $5+7 = 12$

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – $121+77 = 198$

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 Awareness session on Low Cost Nutrition

Number of Sessions – $2+2 = 4$

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – $25+18 = 43$

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.

4.8 Awareness Session on Breast and Cervical Cancer

Date – 15th April 26

Location – Harkesh Nagar

Number of Beneficiaries – 86

An **Awareness Session on Breast and Cervical Cancer** was successfully conducted on **15 April 2026** at **Harkesh Nagar, Delhi**, by **Tanisa Foundation** in collaboration with **Adharshila** and **Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), Delhi**. The session witnessed the active participation of **86 students**.

The session was facilitated by **Dr. Shashi Rakheja**, who provided comprehensive information on cancer, its risk factors, and the importance of early detection. She also educated participants about the **Human Papillomavirus (HPV)**, its role in causing cervical cancer, and the significance of HPV vaccination for preventing cervical cancer among girls.

Participants gained valuable knowledge about common cancers, including **breast, cervical, and oral cancer**, their early warning signs, risk factors, preventive measures, and the importance of regular screening. A practical demonstration of **Breast Self-Examination (BSE)** was conducted using an anatomical breast model, enabling students to understand the correct technique for early detection of breast abnormalities. The session was highly interactive, with enthusiastic participation from the students through questions and discussions. Overall, the awareness programme significantly enhanced participants' understanding of cancer prevention, early detection, and healthy lifestyle practices, encouraging them to become informed advocates for their own health and within their communities.

4.9 Awareness Session on Nutritional Deficiencies and Nutrition

Date – 18th June 2026

Location – Tigri

Number of Beneficiaries – 43

A health awareness session on "Nutritional Deficiencies and Nutrition" was conducted at the Tigri Centre, benefiting 43 participants. The session highlighted the importance of balanced nutrition and essential nutrients such as iron, calcium, zinc, and vitamins A, B, C, and D for maintaining good health. Participants were informed about common nutritional deficiency disorders, including anaemia, stunted growth, weak bones, and low immunity, along with their preventive measures. They were encouraged to consume a balanced diet comprising green leafy vegetables, seasonal fruits, dairy products, eggs, and other nutrient-rich foods to promote overall health and well-being.

4.10 Awareness Session on Summer Diseases and their Prevention

Date – 14th & 22nd May 2026

Location – Tigri & Kalkaji

Number of Beneficiaries – 20+40=60

An awareness session was conducted at Kalkaji Centre to educate students about common summer-related illnesses and their prevention. The session focused on heat stroke, which is common during the peak summer months from April to June. Students were informed about the symptoms of heat stroke and dehydration, including high body temperature, loose stools, vomiting, fever, restlessness, and anxiety.

Preventive measures discussed during the session included:

- Avoiding unnecessary outdoor activities during peak heat hours (10:00 AM to 5:00 PM).
- Drinking adequate fluids such as water, glucose water, coconut water, buttermilk, and mango drinks to prevent dehydration.
- Consuming seasonal fruits and vegetables with high water content, such as watermelon, melon, and cucumber.
- Wearing full-sleeved cotton clothes to reduce direct exposure to hot air and sunlight.
- The session helped students understand the importance of staying hydrated and adopting healthy practices during the summer season.

4.11 Awareness Session on Exercise and Nutrition

Date – 10th April 2026

Location – Family Health Centre - Gwal Pahari

Number of Beneficiaries – 25

An awareness session on Exercise and Nutrition was conducted to promote healthy lifestyle practices among participants. The session emphasized the importance of regular

physical activity, including simple exercises like walking, stretching, and yoga, to maintain fitness and prevent diseases. It also highlighted the role of balanced nutrition, encouraging the intake of fruits, vegetables, whole grains, and adequate hydration while limiting junk food and sugary drinks. Practical tips for incorporating healthy habits into daily routines were shared. Participants actively engaged in discussions and clarified their doubts. The session concluded with motivation to adopt sustainable lifestyle changes for overall well-being and improved quality of life.

4.12 Awareness Session on How Physiotherapy Important in Backache

Date – 27th April 2026

Location – Family Health Centre – Gwal Pahari

Number of Beneficiaries – 20

An awareness session on the importance of exercise and physiotherapy in managing backache was conducted to educate participants on preventive and therapeutic measures. The session highlighted common causes of back pain, including poor posture, sedentary lifestyle, and improper lifting techniques. Emphasis was placed on regular stretching, strengthening exercises, and posture correction to reduce pain and prevent recurrence. The role of physiotherapy in pain relief, mobility improvement, and rehabilitation was explained with simple demonstrations. Participants were encouraged to adopt ergonomic practices in daily activities. The session was interactive, with attendees actively engaging and gaining practical knowledge for maintaining spinal health.

4.13 Awareness Session on Dehydration and Exercise

Date – 12th June 2026

Location – Family Health Centre – Gwal Pahari

Number of Beneficiaries – 19

The session emphasized the importance of maintaining adequate hydration before, during, and after physical activity to prevent dehydration, fatigue, muscle cramps, and heat-related illnesses. Participants were encouraged to drink sufficient water throughout the day, particularly during hot weather and while exercising.

The session also highlighted the benefits of regular physical activity, including improved cardiovascular health, stronger muscles and bones, effective weight management, and enhanced mental well-being. Participants were motivated to adopt healthy lifestyle practices by combining regular exercise with proper hydration to promote overall health, fitness, and well-being.

4.14 Awareness Session on Early detection and Prevention of Cancer, CKD and Calcium Deficiency.

Date – 27th April & 30th June 2026

Location – Bandhwadi and Mandi Village

Number of Beneficiaries – 85+20 = 105

An awareness session on early detection and prevention of cancer, CKD, and calcium deficiency was conducted to promote proactive health practices among participants. The session emphasized the importance of regular screening, including breast self-examination, Pap smear, and routine health check-ups for early identification of cancer. Risk factors such as tobacco use, unhealthy diet, and sedentary lifestyle were discussed, along with preventive measures. For CKD, the need for blood pressure and blood sugar control, adequate hydration, and timely kidney function tests was highlighted. Participants were also educated about calcium deficiency, its impact on bone health, and the importance of a balanced diet rich in calcium and vitamin D. Simple lifestyle modifications, including regular exercise and sun exposure, were encouraged. The session was interactive, enhancing awareness and motivating participants to adopt healthy behaviors for long-term well-being.

4.15 Awareness Session on Human rights in Hospitals and National Safety of Motherhood

Date – 15th April 2026

Location – Govt. School at Gwal Pahari

Number of Beneficiaries – 80

On 15-04-2026, an awareness session on Human Rights in Hospitals and National Safe Motherhood was conducted at Government School of Gwal Phari with the participation of 80 attendees. The session aimed to educate participants about patient rights, responsibilities, and safe maternal healthcare practices. Participants were informed about important human rights in hospitals, including the right to respectful and non-discriminatory treatment, informed consent, privacy and confidentiality, access to medical records, and the right to receive clear information regarding diagnosis, treatment options, and healthcare costs. The importance of voicing concerns and using grievance redressed mechanisms were also discussed, along with promoting mutual respect between patients and healthcare providers. In addition, the session focused on National Safe Motherhood by highlighting the significance of early pregnancy registration, regular antenatal check-ups, institutional delivery, postnatal care, proper nutrition, iron and folic acid supplementation, and timely immunization including tetanus vaccination. Participants were also made aware of danger signs during pregnancy and the importance of seeking immediate medical attention when required. Information regarding government maternal health schemes and support services were shared, and family involvement in ensuring safe pregnancy and childbirth was strongly encouraged. The interactive session empowered participants to

make informed decisions and adopt safe, ethical, and healthy healthcare practices for improved maternal and community well-being.

4.15 Awareness Session on Personal Hygiene, Nutrition, Good Touch & Bad Touch, and Bullying in School

Date – 4th May 2026

Location – Govt. School at Gwal Pahari

Number of Beneficiaries – 85

An awareness session was conducted at Government School, Gwal Pahari, for 85 students on the topics of Personal Hygiene, Nutrition, Good Touch & Bad Touch, and Bullying in School. The session aimed to promote healthy habits, personal safety, and a positive school environment among students.

The session began with a discussion on Personal Hygiene, emphasizing the importance of washing hands before meals and after using the toilet, brushing teeth twice daily, bathing regularly, wearing clean clothes, and maintaining a clean environment. Students were informed that good hygiene practices help prevent diseases and contribute to overall well-being.

The second topic focused on Nutrition and Healthy Eating Habits. Students were educated about the importance of consuming a balanced diet that includes fruits, vegetables, grains, milk, and protein-rich foods. The benefits of drinking adequate water and limiting the intake of junk food were also discussed to encourage healthy growth and development. The session further addressed the sensitive topic of Good Touch and Bad Touch. Students were taught to recognize safe and unsafe forms of physical contact. They learned that a good touch makes them feel safe and cared for, whereas a bad touch can make them feel uncomfortable, scared, or confused. Students were encouraged to say “No,” move away from the situation, and immediately inform a trusted adult if they experience any inappropriate touch.

The final topic covered was Bullying in School. Students were educated about different forms of bullying, including physical, verbal, and emotional bullying. They were encouraged to treat others with kindness and respect and to report any incidents of bullying to teachers, parents, or other trusted adults.

Distribution of Notebooks and Student Engagement

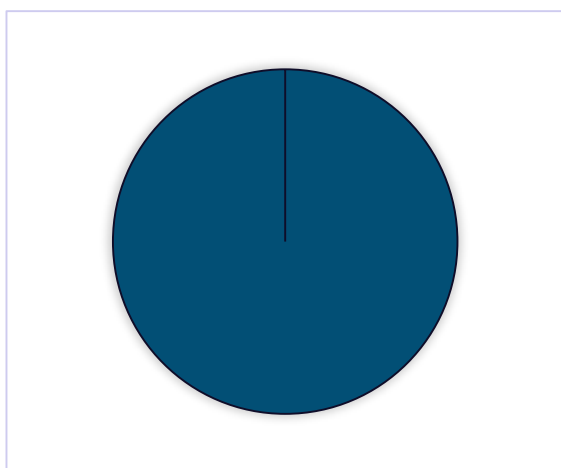
During the session, paper clip notebooks were distributed to all participating students. They were encouraged to use these notebooks to record important phone numbers, useful information, personal achievements, memorable experiences, and positive daily events. The students were informed that maintaining such notes can help improve organization, develop writing habits, and encourage self-reflection on their personal growth and accomplishments. The session was interactive and well-received by the students. Through active participation and discussion, the students gained valuable knowledge about maintaining personal hygiene, adopting healthy eating habits, ensuring personal safety, and fostering a respectful and supportive school environment.

4.16 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

Month	Location	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
April 2026	Bandwari, Gurugram, Haryana	82	33	24	04	00
June 2026	Mandi Village, Delhi	102	48	20	02	02
	Total	184	81	44	06	02



Across the CKD screening camps, a total of **two individuals** were identified with varying stages of chronic kidney disease. **Identified two Stage 2 CKD patients have been advised by our medical team to visit the Adharshila Family Health Centre, Gwal Pahari, for treatment initiation, comprehensive clinical evaluation, and disease management.**

5. CASE STUDIES

5.1 Managing Chronic Asthmatic Bronchitis Through Continuous Care

Registration number: 13170

Centre Location: Gwal Pahari

Medical History: A 56-year-old woman first visited the Health Centre in December 2021 with complaints of chronic cough, breathlessness, respiratory distress, and a clinical history suggestive of Chronic Asthmatic Bronchitis with APD. She was of average build and had no history of diabetes or hypertension. Her symptoms significantly affected her daily activities and required long-term medical management.

Intervention: Following a comprehensive clinical assessment, she was initiated on appropriate treatment, including Deriphylline, Omez, an Asthalin inhaler, and other supportive symptomatic medications. She also received regular counselling on the importance of medication adherence, correct inhaler technique, avoiding dust, smoke, and other respiratory triggers, along with guidance on maintaining a healthy lifestyle. Periodic follow-up visits were conducted to monitor her clinical condition and response to treatment.

Outcome: With timely diagnosis, appropriate treatment, and regular follow-up, her respiratory symptoms gradually improved. Episodes of breathlessness became infrequent, allowing her to carry out her daily activities with greater ease and comfort. She continues to remain stable on treatment with regular follow-up at the Health Centre. This case highlights the positive impact of early diagnosis, continuous monitoring, patient adherence, and comprehensive chronic respiratory care in improving long-term health outcomes and quality of life.

5.2 Managing Hypertension Through Timely Care

Registration number: 35457

Centre Location: Gwal Pahari

Medical History: A male patient visited the Health Centre in December 2025 with elevated blood pressure (152/108 mmHg) and complaints suggestive of Acid Peptic Disease (APD). Although his routine investigations were within normal limits, his uncontrolled hypertension required timely medical intervention to reduce the risk of future cardiovascular complications.

Intervention: Following a comprehensive clinical assessment, he was initiated on appropriate treatment, including Losar 50, Amlol-AT, Ocid, diuretics, and nutritional supplements. He also received regular counselling on the importance of medication adherence and healthy lifestyle practices, including a low-salt balanced diet, regular physical activity, weight management, stress reduction, and routine follow-up. Continuous monitoring was carried out to assess his response to treatment and ensure sustained blood pressure control.

Outcome: With timely diagnosis, appropriate treatment, and regular follow-up, his blood pressure gradually improved and stabilized at 123/75 mmHg, with a pulse rate of 80 beats

per minute. His gastric symptoms also resolved, enabling him to resume his daily activities comfortably. He continues to remain stable on treatment with regular follow-up at the Health Centre. This case highlights the positive impact of early diagnosis, continuous monitoring, patient adherence, and comprehensive hypertension management in preventing complications and improving overall health outcomes.

5.3 Restoring Skin Health Through Timely Care and Continuous Treatment

Registration number: 36044

Centre Location: Gwal Pahari

Medical History: A female patient visited the Health Centre with complaints of persistent facial dermatitis associated with itching, redness, and discomfort. She also presented with symptoms of Acid Peptic Disease (APD). A detailed clinical evaluation was conducted, and her routine investigations were found to be within normal limits. Her skin condition required timely medical management to prevent progression and improve her quality of life.

Treatment Plan: Following a comprehensive clinical assessment, she was initiated on appropriate treatment with Fluconazole, Doxycycline, Levocetirizine, Ocid, and Vitamin C. She also received counselling on maintaining proper skin hygiene, avoiding known irritants, using gentle skincare products, and following dietary precautions to manage APD. Regular follow-up visits were scheduled to monitor her response to treatment and ensure continued recovery.

Outcome: With timely diagnosis, appropriate treatment, and regular follow-up over the past three months, her facial skin lesions showed significant improvement, with a marked reduction in itching, redness, and inflammation. She is now able to perform her daily activities comfortably and reports a better quality of life. To achieve complete recovery and prevent recurrence, she has been advised to continue treatment for an additional four months under regular medical supervision. This case highlights the positive impact of early diagnosis, continuous monitoring, patient adherence, and comprehensive clinical care in the successful management of chronic skin conditions.

5.4 Restoring Movement, Rebuilding Independence

Registration number: 36437

Centre Location: Gwal Pahari

Medical History: A 70-year-old homemaker visited the Health Centre on 15 June 2026 with complaints of persistent shoulder pain and restricted shoulder movement, which significantly affected her ability to perform routine household activities. A comprehensive clinical evaluation confirmed a rotator cuff tear. Physical examination revealed tenderness over the greater tuberosity, a painful arc during shoulder abduction, weakness of shoulder abduction

and external rotation, and a positive Drop Arm Test, indicating the need for structured physiotherapy rehabilitation.

Intervention: A personalized physiotherapy treatment plan was initiated to relieve pain, reduce inflammation, restore shoulder mobility, and improve muscle strength. The rehabilitation programme included cryotherapy (ice pack) to reduce swelling and tenderness, Transcutaneous Electrical Nerve Stimulation (TENS) for pain management, ultrasound therapy (UST) to promote tissue healing, and a progressive therapeutic exercise programme. During the initial phase, emphasis was placed on rest and pain control, followed by isometric exercises and progressive shoulder strengthening exercises. Regular follow-up sessions ensured continuous monitoring of her recovery and gradual progression of treatment.

Outcome: With timely physiotherapy intervention, regular follow-up, and adherence to the prescribed rehabilitation programme, the patient experienced significant pain relief and a marked improvement in shoulder mobility and strength. She was able to resume her daily household activities with minimal discomfort and greater confidence. She continues to perform the recommended home exercises and has adopted healthier lifestyle practices to maintain her recovery. This case highlights the positive impact of early rehabilitation, comprehensive physiotherapy care, and patient commitment in restoring function, independence, and overall quality of life.

5.5 Walking Towards a Pain-Free Life

Registration number: 36441

Centre Location: Gwal Pahari

Medical History: A 66-year-old woman visited the Health Centre with complaints of severe pain in both knees, causing difficulty in prolonged sitting, standing, and performing routine daily activities. A comprehensive clinical evaluation, supported by X-ray findings showing reduced joint space and osteophyte formation, confirmed the diagnosis of bilateral knee osteoarthritis. The condition had resulted in pain, restricted joint movement, and reduced functional mobility.

Intervention: A structured physiotherapy rehabilitation programme was initiated to relieve pain, reduce inflammation, improve joint mobility, and strengthen the muscles supporting the knees. The treatment included ice therapy to decrease swelling and inflammation, Interferential Therapy (IFT) to provide deep tissue stimulation and alleviate pain, and a progressive programme of therapeutic exercises aimed at improving strength, flexibility, and functional mobility. Regular follow-up sessions were conducted to monitor her progress and modify the treatment plan as required.

Outcome: With timely physiotherapy intervention, consistent treatment, and regular follow-up, the patient experienced significant pain relief and noticeable improvement in knee mobility. She was able to resume her daily activities with considerably less pain and discomfort, regaining greater independence and confidence in her movements. This case highlights the

positive impact of early physiotherapy intervention, structured rehabilitation, and patient adherence in effectively managing osteoarthritis and improving overall quality of life.

5.6 Early Detection, Timely Treatment, A Life Saved

Registration number: 16146

Centre Location: Gwal Pahari

Medical History: A 46-year-old woman visited the Adharshila Family Health Centre, Gwal Pahari, in July 2023 with a small ulcer on the right buccal mucosa. She had a history of tobacco chewing but no history of diabetes or hypertension. Considering the possibility of an underlying malignancy, a thorough clinical evaluation was conducted, and she was advised to undergo a biopsy. Histopathological examination, performed on **24 July 2023**, confirmed **Squamous Cell Carcinoma of the oral cavity**, requiring urgent specialist intervention.

Intervention: Following the diagnosis, she was immediately referred to a tertiary cancer care centre for specialized treatment. On **4 September 2023**, she underwent **Wide Local Excision (WLE)** of the right buccal mucosal lesion, **Right Selective Neck Dissection (Levels I–IV)**, and **Split-Thickness Skin Graft (STSG)** reconstruction under general anesthesia. She received comprehensive postoperative care and counselling on treatment adherence, follow-up visits, oral hygiene, and the importance of tobacco cessation. Her recovery was closely monitored through regular follow-up consultations.

Outcome: With early detection, timely diagnosis, prompt referral, and appropriate surgical management, the patient made an uneventful recovery and was discharged on **6 September 2023**. Despite socioeconomic challenges, she remained committed to her treatment and follow-up care. She has since resumed her normal daily activities and continues to remain free of disease recurrence during regular follow-up visits. This case highlights the life-saving impact of early cancer screening, timely referral, comprehensive treatment, and continuous follow-up in improving survival, quality of life, and long-term health outcomes.

5.7 Restoring Comfort Through Timely Fungal Infection Management

Registration number: 36720

Centre Location: Badshahpur

Medical History: A 45-year-old woman from Badshahpur visited the Health Centre with complaints of recurrent fungal infections over several months, experiencing intermittent episodes affecting the same area. Although each episode responded to treatment, the recurring nature of the infection caused discomfort and impacted her overall well-being. Clinical evaluation ruled out persistent lesions and invasive fungal infection, indicating a recurrent superficial fungal infection requiring medical management and preventive care.

Treatment Plan: She was initiated on appropriate antifungal treatment, resulting in complete resolution of symptoms after three follow-up visits. Alongside medication, she received comprehensive counselling on the importance of completing the full course of treatment,

maintaining proper personal hygiene, keeping the affected area clean and dry, avoiding prolonged moisture exposure and tight-fitting clothing, and seeking timely medical attention if symptoms recurred. She was also educated about identifying and managing potential predisposing factors, including diabetes, immunosuppression, and repeated antibiotic use. Regular follow-up visits were conducted to monitor her recovery and reinforce preventive measures.

Outcome: With timely diagnosis, appropriate treatment, and consistent follow-up, the patient's fungal infection resolved completely, and she remains free of symptoms. She has adhered to the prescribed medication and lifestyle recommendations, reducing the risk of recurrence and improving her overall health. This case highlights the positive impact of early diagnosis, patient education, continuous counselling, and adherence to treatment in the effective management and prevention of recurrent fungal infections.

5.8 Overcoming Anaemia Through Timely Care and Nutrition

Registration Number: 24484

Centre Location: Badshahpur

Medical History: A 30-year-old woman visited the Health Centre with complaints of shortness of breath, fatigue, generalized weakness, and irregular menstrual cycles. Clinical evaluation confirmed moderate anaemia, with an initial haemoglobin level of approximately 8 g/dL. Her symptoms were affecting her daily routine and required timely medical intervention along with nutritional support.

Intervention: She was initiated on appropriate anti-anemic therapy and received comprehensive counselling on the importance of medication adherence, consuming an iron-rich diet, and attending regular follow-up visits. Nutritional guidance was provided to improve iron intake and support recovery. Continuous monitoring of her haemoglobin levels and clinical condition was carried out to assess her response to treatment and reinforce healthy dietary practices.

Outcome: With consistent medication, improved nutrition, and regular follow-up, her haemoglobin level gradually increased from 8 g/dL to 10 g/dL, accompanied by a significant reduction in fatigue, breathlessness, and generalized weakness. She continues to follow the prescribed treatment plan and maintain an iron-rich diet to restore normal iron stores and prevent recurrence. This case highlights the positive impact of early diagnosis, appropriate treatment, nutritional counselling, and patient adherence in the effective management of anaemia and improvement of overall health and quality of life.

5.9 Relieving Itching, Restoring Healthy Skin

Registration number: 37977

Centre Location: Gurugram Outreach - DPS

Medical History: A 6-year-old girl was brought to the Gurgaon Outreach Health Centre (DPS) with complaints of persistent itching all over the body for one month, accompanied by

multiple red papular skin lesions. A similar history of itching among family members suggested household transmission. Clinical evaluation confirmed scabies, requiring prompt treatment to prevent further spread and relieve symptoms.

Intervention: She was initiated on appropriate treatment, including Tablet Ivermectin, Permethrin 5% lotion, and anti-allergic medication to relieve itching and eliminate the infestation. Her family also received comprehensive counselling on personal hygiene, proper application of medication, washing clothes and bedding, treating all close household contacts simultaneously, and maintaining a clean home environment to prevent reinfection. Follow-up was conducted to monitor her response to treatment and ensure complete recovery.

Outcome: With timely diagnosis, appropriate treatment, and adherence to hygiene measures, the child showed significant improvement within two weeks. The itching subsided, skin lesions healed, and she was able to resume her normal daily activities comfortably. This case highlights the positive impact of early diagnosis, family-based treatment, patient education, and proper hygiene practices in the effective management and prevention of scabies.

5.10 Timely Diagnosis and Effective Management of Scabies

Registration number: 39228

Centre Location: Gurugram Outreach – Sector 62

Medical History: A 56-year-old male from Sector 62, Gurgaon, visited the health centre with complaints of persistent itching and skin irritation. Clinical examination revealed characteristic symptoms of scabies, including intense itching and skin lesions affecting multiple areas of the body. The condition was causing considerable discomfort and impacting his daily routine. Based on the clinical findings, a diagnosis of scabies was confirmed.

Intervention: The patient was prescribed appropriate treatment, including Tab. Ivermectin, Permethrin Lotion 0.1%, and Tab. Cetirizine (CTZ) for symptomatic relief. He was counselled regarding personal hygiene measures, proper application of medication, washing and disinfecting clothes and bedding, and the importance of treating close household contacts to prevent reinfection. Detailed guidance was also provided on preventing the spread of infection and maintaining skin hygiene.

Outcome: The patient adhered well to the prescribed treatment regimen and hygiene recommendations. During follow-up after two weeks, a significant improvement in symptoms was observed, with a marked reduction in itching and healing of skin lesions. The patient's condition improved substantially, demonstrating the effectiveness of timely diagnosis, appropriate treatment, and preventive counselling in the management of scabies.

5.11 High-Risk Pregnancy with Hyperglycemia (History of Gestational Diabetes)

Registration number: 31689

Centre Location: Harkesh Nagar

Medical History: A 35-year-old pregnant woman first visited the Health Centre in April 2026 during early pregnancy. She had a history of two full-term normal deliveries and one spontaneous abortion at 8 weeks, classifying her current pregnancy as high-risk. She also had a history of gestational diabetes in a previous pregnancy. During her initial assessment, her random blood sugar level was recorded above 200 mg/dL, indicating uncontrolled hyperglycemia requiring prompt medical management.

Intervention: She was initiated on appropriate anti-diabetic medication and hormonal support to reduce pregnancy-related risks associated with her previous miscarriage. Regular antenatal check-ups, blood glucose monitoring, nutritional counselling, and continuous pregnancy care were provided. She has remained under close medical supervision with periodic follow-up visits to monitor both maternal and fetal health.

Outcome: With timely diagnosis, appropriate treatment, and regular follow-up, her blood sugar levels and overall pregnancy have remained stable. She is currently in her second trimester and continues to visit the Health Centre regularly for antenatal check-ups and medication. This case highlights the positive impact of early risk identification, continuous monitoring, and comprehensive antenatal care in supporting a healthy pregnancy.

5.12 Comprehensive Diabetes Care

Registration number: 17255

Centre Location: Harkesh Nagar

Medical History: A 41-year-old man visited the Health Centre in January 2026 after being diagnosed with uncontrolled diabetes. His initial investigations revealed a fasting blood sugar level of 164 mg/dL, a post-prandial blood sugar level of 271 mg/dL, and an HbA1c of 7.54%, indicating poor glycemic control and the need for timely medical intervention.

Intervention: He was initiated on appropriate anti-diabetic medication and received comprehensive counselling on diabetes management, including the importance of medication adherence, a balanced diabetic diet, regular physical activity, and routine follow-up. Continuous monitoring and periodic clinical assessments were conducted to evaluate his response to treatment and reinforce healthy lifestyle practices.

Outcome: With consistent medication adherence, lifestyle modifications, and regular follow-up, his blood sugar levels improved significantly. By 19 May 2026, his fasting blood sugar had reduced to 86 mg/dL, and his post-prandial blood sugar to 125 mg/dL, demonstrating excellent glycemic control. This case highlights the positive impact of early diagnosis,

continuous counselling, regular monitoring, and patient adherence in achieving effective diabetes management and improving overall health outcomes.

5.13 Relief from Chronic Urticaria Through Timely Care

Registration number: 35960

Centre Location: Harkesh Nagar

Medical History: A 22-year-old man visited the Health Centre on 5 July 2026 with complaints of recurrent itchy, raised skin rashes that had been interfering with his daily activities and affecting his quality of life. Following a detailed clinical evaluation, he was diagnosed with **chronic urticaria**, requiring medical treatment and lifestyle modifications to prevent recurrent episodes.

Intervention: He was initiated on appropriate medical therapy with **Levocetirizine and Montelukast**. In addition to medication, he received comprehensive counselling on the importance of treatment adherence, dietary modifications, avoidance of known triggers, and regular follow-up. Continuous monitoring was carried out to assess his response to treatment and reinforce preventive measures for long-term symptom control.

Outcome: With timely diagnosis, appropriate treatment, and consistent follow-up, the patient experienced complete resolution of symptoms within one month. There was no recurrence of wheals or itching, and he was able to resume his routine daily activities comfortably. He continues to follow the recommended lifestyle measures to minimize the risk of recurrence. This case highlights the positive impact of early diagnosis, appropriate medical therapy, patient education, and regular follow-up in achieving effective long-term management of chronic urticaria and improving overall quality of life.

5.14 Successful Management of Tinea Versicolor

Registration number: 35807

Centre Location: Harkesh Nagar

Medical History: A 33-year-old woman visited the Health Centre on **11 June 2026** with a longstanding history of discoloured patches over her skin, causing cosmetic concern and discomfort. Following a detailed clinical examination, she was diagnosed with **tinea versicolor**, a superficial fungal infection of the skin requiring appropriate medical treatment and preventive care.

Intervention: She was initiated on an appropriate course of oral and topical antifungal medications. In addition to treatment, she received comprehensive counselling on maintaining proper personal hygiene, keeping the skin clean and dry, wearing loose cotton clothing, avoiding excessive sweating, and following preventive measures to reduce the risk

of recurrence. Regular follow-up visits were conducted to monitor her response to treatment and reinforce lifestyle recommendations.

Outcome: With timely diagnosis, appropriate antifungal therapy, and good adherence to treatment and preventive measures, the patient showed marked improvement during follow-up. The skin lesions cleared significantly, normal pigmentation gradually returned, and she remains committed to maintaining the recommended hygiene and lifestyle practices. This case highlights the positive impact of early diagnosis, appropriate treatment, patient education, and regular follow-up in achieving successful long-term management of tinea versicolor and improving overall quality of life.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila: Empowering Communities through Healthcare, Education & Livelihood

- **Family Health Centre:** Provides affordable, inclusive healthcare services in family medicine, ophthalmology, gynaecology, dermatology, and homeopathy. The Centre also organizes regular health camps and community awareness programs focusing on preventive care and early detection, along with free medicines and subsidized diagnostic services to ensure accessible healthcare for all.
- **Education Program:** Promotes school retention and literacy through activity-based learning and remedial classes.
- **Digital Skills Training:** NIIT-certified courses in MS Office, Excel, cybersecurity, and spoken English enhance youth employability.
- **Adharshila Renal Care Project™:** Augmenting Adult & Paediatric Renal Care services in government hospitals, including CKD screening, Diet Counselling & CKD monitoring tools at Safdarjung, RML, SSKH-LHMC & KSCH-LHMC
- **PD-TAME™:** Building national capacity through training of Doctors for Pediatric Dialysis and Therapeutic Apheresis in emergencies—PD-TAME™ Pan India.

Adharshila's Impact:

- **3,48,000+** healthcare consultations through affordable family health services
- **1,10,000+** dialysis sessions and CKD screenings with diet counselling
- **22,500+** youth trained in digital skills
- **21,000+** students supported with activity-based learning.
- Conducted PD-TAME™ Workshops Pan India & trained **353+** Doctors in Pediatric Dialysis and Therapeutic Apheresis in emergencies.

For more info on our programs, u can visit:



Photographs of Project Activities

