



ADHARSHILA

FAMILY HEALTH CENTRE

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PROACTIVE
DATA SYSTEMS
Converged Network Specialists

QUARTERLY PROGRESS REPORT
JANUARY 2024 – MARCH 2024
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	<ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● Govindpur● Kalkaji● Okhla I, II & III● Tughlakabad● Sangam Vihar● Madangir● Dakshin Puri● Madanpur Khadar● Badarpur
Areas Covered in Gurugram	<ul style="list-style-type: none">● Gurugram● Gwal Pahari● New Gwal Pahari● Wazirabad● Ghata● Bandari● Shanti Colony● Bapu Colony● Mandi● Jonapur● Tigra Village● Badshah Pur● Kanhai Gaon Slum, Sector-45● Kadar Pur
Reporting Period:	January 2024 to March 2024

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

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

The project aims to achieve the following:

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

Project Locations:

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

Target group:

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

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **8809** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of 4790, Physiotherapy OPDs 176, and homeopathic being 1268, 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 637 and 3185 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 1938.

Major activities that were conducted during the reporting period:

S. No.	Name of the Activity	No. of beneficiaries
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	4790
2	OPDs - Physiotherapy	176
3	OPDs - Homeopathy	1268
4	Cancer and CKD screening camp at Tigri	94
5	Eye and CKD screening camp at Harkesh Nagar, Kalkaji and Tigri	445
6	CKD screening at Gurugram	1335
7	CKD screening at Bhati Mines	64
8	Awareness Session on on addressing a spectrum of health concerns including chronic kidney disease (CKD), blood pressure (BP), and diabetes	301
9	Awareness session on Menstrual Disorders	38
10	Awareness session on Chronic Kidney Disease (CKD)	169
11	Awareness session on Skin Diseases	39
12	Awareness session on Enhancing well-being A Physiotherapy session on posture and healthy living	50
13	Awareness session on Diet and Nurtrition	40
	Total	8809

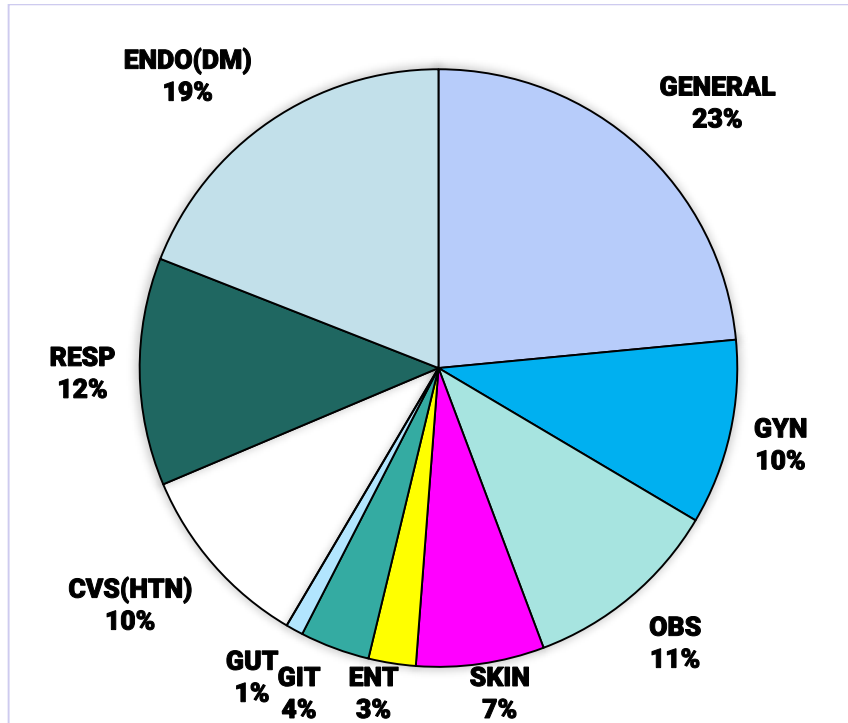
1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 2073 doctors consultations were availed by the patients.
- Pathology tests were conducted for 178 patients.
- USG was conducted for 27 patients.
- Albendazole tablets were given to 562 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 06 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 13 ANC patients.

- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported



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

Doctor Consultation OPDs Report (Delhi)

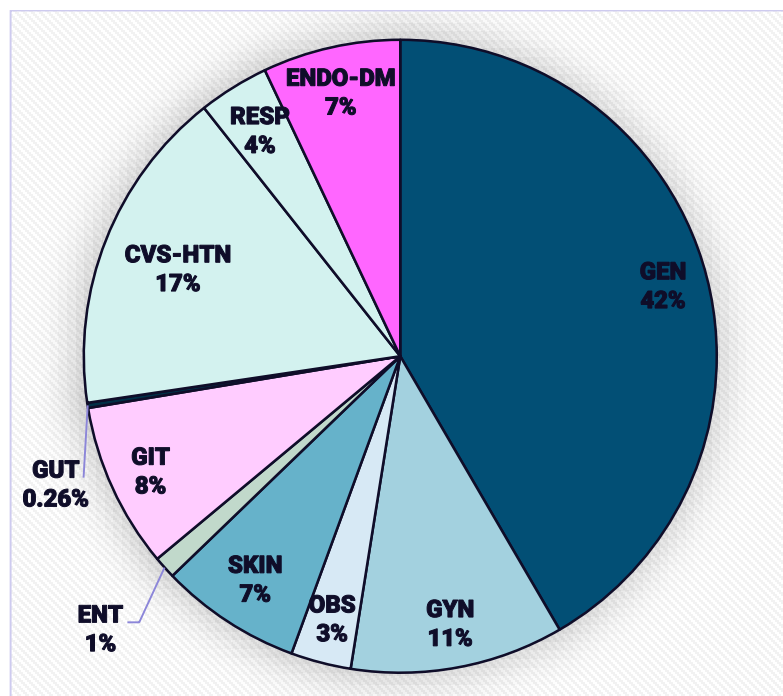
DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ID	CD	ND	TOTAL
January 24	87	58	47	20	16	12	03	68	53	82	08	00	05	459
February 24	266	79	83	34	21	40	04	90	81	120	16	07	23	864
March 24	203	58	77	32	8	38	10	95	100	100	10	06	13	750
TOTAL	556	195	207	86	45	90	17	253	234	302	34	13	41	2073

1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1137 doctors consultations were availed by the patients.
- Pathology tests were conducted for 52 patients.
- USG was conducted for 08 patients.
- Albendazole tablets were given to 34 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 11 patients for contraception.

- Immunization (Tetanus vaccine) was provided to 07 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported



GEN	- General
GYNAC	- Gynecology
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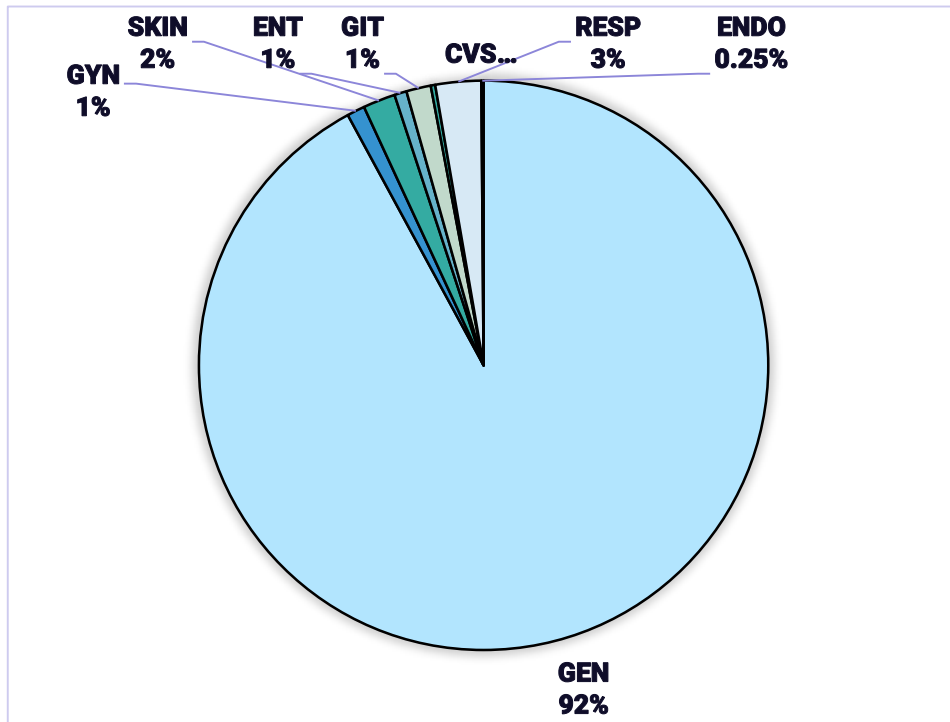
Doctor Consultation OPDs Report (Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
January 24	129	46	11	27	05	40	02	66	14	29	369
February 24	177	42	07	23	06	24	01	56	12	22	370
March 24	167	36	17	32	02	32	00	68	15	29	398
TOTAL	473	124	35	82	13	96	03	190	41	80	1137

1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1580 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 34 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported



GEN	- General
GYNAC	- Gynecology
ENT	- Ear Nose Throat
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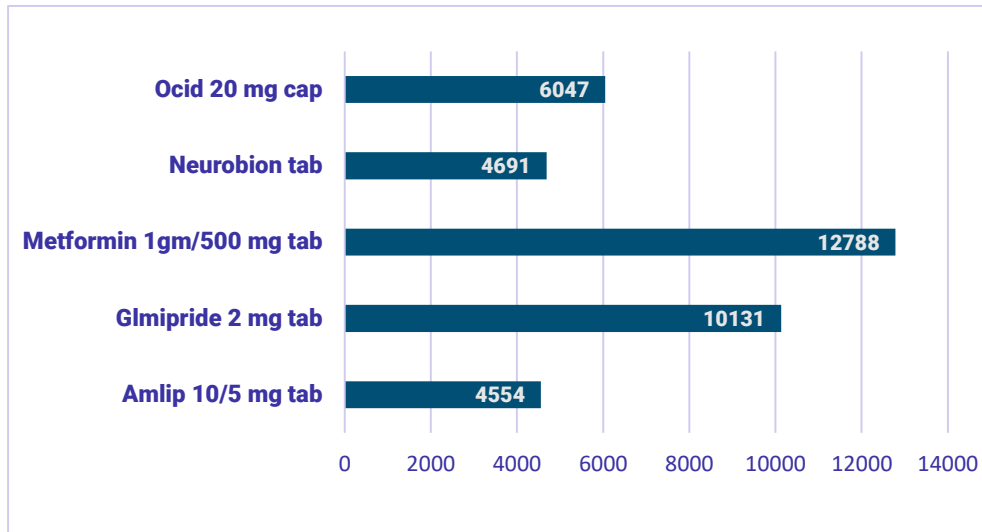
Doctor Consultation OPDs Report (Gurugram Outreach)

DATE	GEN	GYN	SKIN	ENT	GIT	CVS	RESP	ENDO	TOTAL
January 2024	490	03	00	03	00	00	08	00	504
February 2024	581	07	16	03	08	02	21	02	640
March-2024	384	06	13	05	14	02	12	00	436
TOTAL	1455	16	29	11	22	04	41	02	1580

1.4) Most Frequently Prescribed Drugs

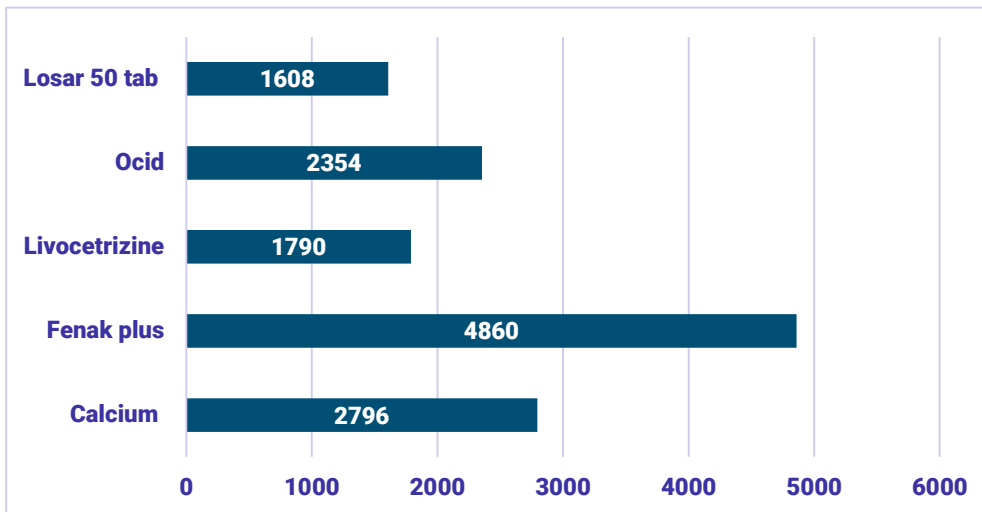
Following is the list of medications that were most commonly prescribed medications were for Neuralgia ,Gastritis, Hypertension and Diabetes. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

Delhi



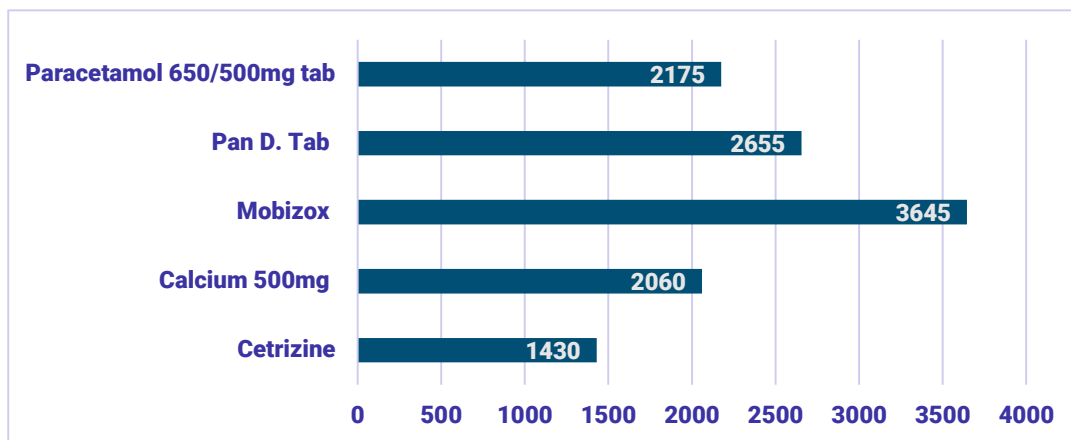
Following is the list of medications that were most commonly prescribed for Body aches, Allergies, skin infections Hypertension, and Gastritis. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

Gwal Pahari



Following is the list of medications that were most commonly prescribed medications were for Bodyache, Allergy and skin infection, Knee pain Muscle pain, Gastritis, and Fever headache. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

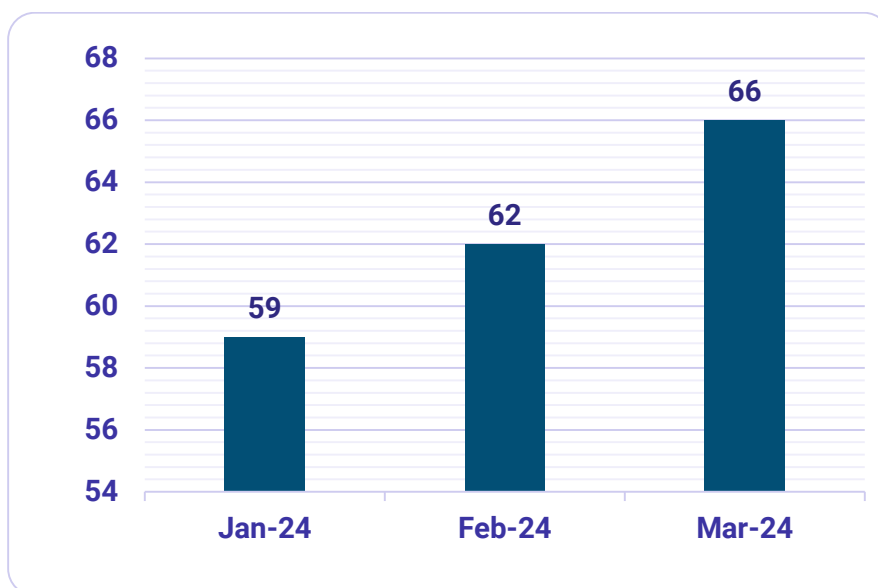
Gurugram Outreach



1.5) Antenatal care

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

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Ongoing
1	January 2024	74	10	25	59
2	February 2024	59	18	15	62
3	March-2024	62	05	01	66

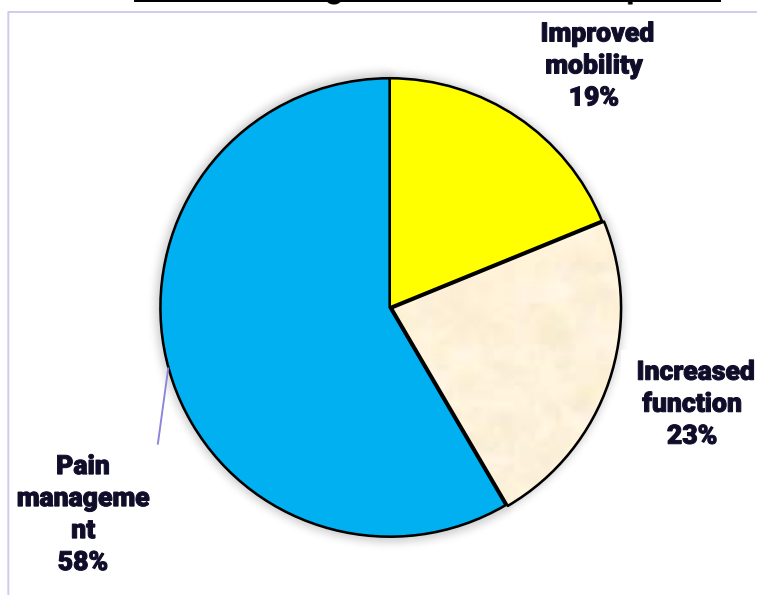
S. No.	Months	Home Delivery	Institutional delivery		Female	Male	No information
			Caesarian Delivery	Normal delivery			
1	January 2024	00	03	04	03	04	18
2	February 2024	01	03	11	08	07	00
3	March-2024	00	00	01	00	01	00

ANC patients registered with us in the last quarter were 74. 33 new ANC patients were registered in this quarter. Out of these 23 successful deliveries were ensured (11 female and 12 male babies), of which 06 were cesareans and 17 were normal deliveries. Currently, the health center is providing antenatal care to 66 ongoing patients and 23 lactating mothers.

2. PHYSIOTHERAPY OPDs

85 patients registered in Physiotherapy OPDs this quarter at Gwal Pahari and 209 physiotherapy sessions were conducted. The patients were advised physio sessions in order to achieve Improved mobility - 28 patients, Increased function - 30 patients and Pain management - 85 patients.

Table showing various ailments reported



3. HOMEOPATHY OPD

1268 beneficiaries reached out to Homeopathy OPDs this quarter at Tigri, Kalkaji, Jaitpur, and Harkesh Nagar centers. The following table shows the number and type of patients that were provided consultations during the months of January, February, and March 2024.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	January 2024	135	45	38	44	13	89	17	381
2.	February 2024	176	54	67	57	13	105	18	490
3.	March-2024	151	52	40	42	12	78	22	397
	Total	462	151	145	143	38	272	57	1268

4. Other Highlights Of This Quarter

4.1 Cancer and CKD Screening Camp

Date – January 2024

Place – Tigri

Number of Participants - 94

Introduction:

The Cancer and CKD Screening Camp held on January 18, 2024, aimed to provide comprehensive health screenings to individuals within the community. Organized by stakeholders including Adharshila, FENA Foundation, Reliance Foundation, Tanisa Foundation, and Rajiv Gandhi Cancer Institute, the camp targeted various health concerns, including cancer and chronic kidney disease (CKD).

Key Activities and Participation:

The camp offered a range of screening activities including SENT Screening, CKD Screening, Pap Smear, Gynaecological Screening, Mammography, Kidney Function Test (KFT), and BP & Sugar Investigations.

A total of 66 individuals participated in ENT Screening, 40 in CKD Screening, 22 in Pap Smear, 51 in Gynaecological Screening, and 20 in Mammography. Additionally, 11 individuals underwent KFT, while 80 individuals participated in BP & Sugar Investigations. The community actively engaged in the awareness session, contributing to the success of the camp.

Major Findings:

Mammography results revealed that 19 women exhibited scattered fibroglandular tissue in their breast composition, indicating a need for further evaluation and monitoring.

Pap smear test results identified six females exhibiting signs of both bacterial vaginosis and inflammation, highlighting the importance of early detection and treatment of gynecological conditions.

The most commonly observed health issues among patients included gynecological problems, general body aches, breathing problems, and diabetes. Among individuals screened for CKD, three were diagnosed with CKD at Stage 2, emphasizing the significance of routine screenings for chronic conditions.

4.2 Eye and CKD Screening Camp

Date – February and March 2024

Place – Kalkaji, Tigri and Harkesh Nagar

Number of Participants - 445

We have organized Three eye camps and a CKD screening camp. A total of 445 people registered for the camp, out of which 107 people had spectacles, 85 people had cataract surgery, 176 people were issued medications and 97 people were referred to the hospital for further treatment. Additionally, 223 people were checked for urine sugar and protein, and 56 people underwent a kidney function test.

4.3 Awareness Session on addressing a spectrum of health concerns including Chronic Kidney Disease (CKD), blood pressure and diabetes

Date: - February 2024

Place: - Kalkaji, Tigri and Harkesh Nagar

Number of Participants: - 301

Comprehensive awareness sessions addressing a spectrum of health concerns including chronic kidney disease (CKD), blood pressure (BP), and diabetes were conducted. The initiative aimed to equip the community with knowledge about various health issues, emphasizing the importance of early detection and preventive measures.

Date: - January and February 2024

Place: - Tigri

Number of Participants: - 169

An awareness session was conducted by Dr. Zeenat Fatema for all ADF, computer and Personality development students at Tigri Centre. Doctors define CKD and people who are Diabetic and Hypertensive are at risk of developing CKD. The doctor also told the importance of blood testing in diabetic and hypertensive patients. In total 94 had benefited from the session.

4.4 CKD Screening in Delhi

Date: Jan to March 2024

Locations: Kalkaji, Tigri and Harkesh Nagar, Sangam Vihar, Munirka, Bhikaji Cama place, Nehru Nagar

Number of Beneficiaries: 1335

We have organized Three eye camps and a CKD screening camp. A total of 445 people registered for the camp, out of which 107 people had spectacles, 85 people had cataract surgery, 176 people were issued medications and 97 people were referred to the hospital for further treatment. Additionally, 223 people were checked for urine sugar and protein, and 56 underwent kidney function tests. Out of the 85 individuals in need of cataract surgery, 28 underwent successful surgery at Dr. Shroff Charity Eye Hospital. These initiatives reflect our continuous dedication to delivering comprehensive healthcare to underserved communities.

4.5 CKD screening in Bhati Mines

Date: 22nd March 2024

Locations: Bhati Mines

Number of Beneficiaries: 64

ADHARSHILA CKD Screening Team conducted CKD screening in Bhati Mines. Total No, of screened patients are 64. No of Hypertensive, Diabetic patients are 25. No of Urine dipstick tests conducted are 25 and the total no. of KFT tests conducted is 7. The total no of CKD patients detected are 3. Among screened patients, No of CKD Stage 2 patients are 3.

4.6 Awareness session on Menstrual Disorders

Date: - January 2024

Place: - Harkesh Nagar Centre

Number of Participants: - 38

The awareness session was conducted by Dr. Zeenat Fatema to all ADF, computer, and Personality development students at Harkesh Nagar Centre. Doctors shed light on menstrual disorders aimed to enlighten participants about the various menstrual disorders affecting women's health. The session highlighted common disorders such as dysmenorrhea, menorrhagia, and polycystic ovary syndrome, shedding light on their symptoms, causes, and potential impacts on daily life. Emphasis was placed on dispelling myths surrounding menstrual health and fostering an open dialogue to eradicate stigma. Attendees gained valuable insights into recognizing early signs of menstrual disorders, seeking timely medical assistance, and adopting healthy lifestyle practices. The interactive nature of the session facilitated a comfortable environment for discussions, ensuring participants left with heightened awareness and a commitment to promoting menstrual health. The event successfully contributed to breaking taboos and fostering a supportive community for women's reproductive well-being. In total 38 female students had been benefited from the session.

4.7 Awareness Session on Skin Diseases

Date: - February 2024

Place: - Harkesh Nagar

No. of beneficiaries: - 39

The awareness session was conducted by Dr. Zeenat Fatema to all ADF, computer and Personality development students at Harkesh Nagar Centre. Doctors spoke that skin diseases can significantly impact our quality of life, but with proper awareness, prevention, and homeopathic management, we can effectively address them. The doctor told me about different causes of skin diseases and people who are prone to skin diseases. In total 39 students had been benefited from the session.

4.8 Awareness on Enhancing Well-being: A Physiotherapy Session on Posture and Healthy Living

Date – Jan and March 2024

Place – Gwal Pahari

Number of Participants - 50

Awareness session on the pivotal role of physiotherapy in cultivating a healthy lifestyle. In today's session, we will explore crucial elements such as posture correction, integrating physiotherapy into daily activities, making informed nutritional choices, and adopting proper body positions during both work and leisure. with a total of 20+30 participants.

Posture Mastery: Delve into the importance of maintaining optimal posture in our daily lives. Discover how improper posture can lead to various health issues and learn simple adjustments that can make a significant impact on your well-being.

Daily Activities and Physiotherapy Integration: Explore the seamless integration of physiotherapy principles into your daily routines. Uncover exercises and practices that contribute to overall well-being, enhancing physical health while engaging in day-to-day activities.

Nutritional Empowerment: Examine the role of nutrition in supporting physiotherapy efforts. Learn about foods that promote muscle strength, joint flexibility, and overall health to complement your journey toward a healthier lifestyle.

Mastering Posture in Sitting and Standing: Take a detailed look at the correct way to sit and stand to prevent muscle and joint strain. Receive practical tips and exercises to maintain proper posture, whether at work or during leisure time.

Optimal Posture in the Workplace: Explore the impact of work environments on posture. Receive guidance on ergonomic setup and learn how to minimize the risk of musculoskeletal issues. Additionally, discover short exercises that can be seamlessly incorporated into your work routine to alleviate stress.

Conclusion:

As we wrap up this awareness session, our goal is for you to leave with a deeper understanding of the positive impact physiotherapy can have on your life. By focusing on posture correction, seamlessly integrating physiotherapy into daily activities, making mindful nutritional choices, and maintaining correct positions during both sitting and working, you are empowered to lead a healthier, more fulfilling life.

Remember, even small changes can make a significant difference. Armed with the right knowledge and practices, we can all take steps toward a healthier, more balanced lifestyle.

4.9 Awareness Session on Diet & Nutrition

Date – March 2024

Place – Gwal Pahari

Number of Participants - 40

During an awareness session on diet and nutrition, attended by 40 beneficiaries, a doctor provided valuable insights. The session focused on educating participants about healthy dietary choices, including the importance of consuming beneficial foods such as green vegetables, fruits, and protein sources. Conversely, attendees were also informed about foods to avoid or limit, such as fast food, excessive oil and salt, and street food.

5. SUCCESS STORIES

5.1 Registration number: 17904

Medical History: Overcoming Amenorrhea with Obesity

Centre Location: Gwal Pahari

The Patients with registration number 17904, first consulted us on 18/09/2023, presenting a case of Secondary Amenorrhea along with obesity. Despite irregular attendance, she had been visiting the OPD for nearly a year. While investigations were recommended, she had not undergone them. She was initially treated with hormones and oral contraceptive pills (OCP) to regulate her menstrual cycle. With consistent treatment, her periods became regular, and the dosage of her medication was reduced. However, to determine the root cause of her hormonal imbalance, we advised her once again to undergo the recommended investigations. She has shown significant improvement and is currently in a better state of health.

5.2 Registration Number: 25583

Medical History: Overcoming Severe Dermatitis in the Groin Area

Centre Location: Gwal Pahari

The patient, a young girl, first visited us in March 2024, suffering from severe dermatitis in the groin area. She was prescribed oral antifungal medication, anti-allergis, and Candid B ointment for local application.

Through diligent adherence to her treatment regimen, she made a full recovery. Additionally, she was advised on the importance of proper hygiene, especially during her periods, to prevent recurrence of the condition. Her commitment to her treatment and hygiene has led to her successful recovery from severe dermatitis.

5.3 Registration Number: 13462

Medical History: Managing Diabetes and Hypertension

Centre Location: Gwal Pahari

The patient registered under number 13462, initially presented with general complaints of body aches and gastritis. Upon examination, she was diagnosed with diabetes and hypertension, with fasting blood sugar levels of 314 and postprandial levels of 376, along with a blood pressure reading of 176/98.

She was prescribed Losar 50, metformin twice daily, glimepiride 2 twice daily, Pan-D, and some analgesics. With consistent medication and management, her conditions are now well controlled. Her successful response to treatment highlights the importance of timely diagnosis and adherence to medication in managing chronic conditions like diabetes and hypertension.

5.4 Registration No: 22183

Medical Condition: back pain

Centre Location: Gwal Pahari

The patient came to our center two months ago with a case of lumbar spondylitis, which was causing her severe back pain. We provided her with Transcutaneous Electrical Nerve Stimulation (TENS), Myofascial Release (MFR), and a personalized exercise routine. Throughout six to seven visits, her progress was remarkable. We were encouraged by her improvement and advised her to continue with her exercises.

Her condition has significantly improved and we are thrilled with her progress. Her dedication to the treatment plan and regular exercise has led to this positive outcome. We remain optimistic about her future well-being.

5.5 Registration No: 16121

Diagnosed with: Neck Pain

Centre Location: Gwal Pahari

The patient visited our clinic two months ago seeking treatment for severe neck pain radiating into his right hand. He was provided with hot pack treatment, Interferential Therapy (IFT), Transcutaneous Electrical Nerve Stimulation (TENS), and a set of exercises.

After ten visits, he experienced significant relief. He was advised to continue with his exercises and maintain correct posture. He is feeling much better. His adherence to the treatment plan and incorporating exercises and posture correction have improved his condition. We are encouraged by his progress and anticipate further improvement in his health.

5.6 Registration No: 16257

Medical History: Hypertension (HTN) Initial Blood Pressure: 149/93 mm Hg

Centre Location: Ghata Village, Gurugram

The patient embarked on her journey towards wellness when she was diagnosed with hypertension in December 2023. At that time, her blood pressure stood at 149/93 mm Hg. The treatment plan outlined for her included the medications Amlo 5 and Losar 25. Today, we are elated to share the remarkable progress she has made in managing her health. Through unwavering commitment to her prescribed medications and embracing lifestyle modifications, she has achieved outstanding results. Her vital parameters now stand beautifully controlled, a testament to her dedication and perseverance. Her current state reflects her proactive approach to healthcare and her deep engagement in her well-being. We take pride in reporting that her blood pressure has stabilized, marking a significant milestone in her journey toward optimal health. This success story underscores the invaluable role of proactive healthcare and patient involvement.

Her determination to manage her hypertension is commendable, and we anticipate continued positive strides in her health journey. Her story serves as an inspiration, highlighting the power of dedication and proactive management in overcoming health challenge

5.7 Registration No: 22108

Medical History: scabies

Centre Location: Kanhai Village, Gurugram

The patient sought treatment at our center two months ago for Enteric fever, with symptoms including severe nausea and fever. He was promptly provided with antibiotics, NSAIDs, and oral rehydration therapy, along with an exercise regimen. During his subsequent visits, He showed significant improvement. Encouraged by his progress, he was advised to continue with his exercise routine. Today, we are pleased to report that his health has notably improved. His dedication to following the treatment plan and incorporating exercise into his routine has yielded positive results. We are delighted with his progress and optimistic about his continued recovery.

5.8 Registration No: 17378

Medical History: Diabetes

Centre Location: Jaitpur, New Delhi

The patient visited our health center for the first time on 5/12/23 with a random blood sugar of 267. Urine dipstick glucose ++ and protein ++.

The patient was counselled and started on anti-diabetic treatment. Was given dietary advice also. She was advised of Postprandial blood sugar which was 201. Repeat blood sugar after one month of fasting 152 and postprandial 201. The patient visited our center regularly to get

medicines and her counseling was also done on every visit. Her latest blood sugar done on 7/3/24 was fasting 73 and postprandial 123. Now she's on a maintenance dose.

5.9 Registration No: 20687

Medical History: Hypertension and Diabetes

Address: Jaitpur, New Delhi

The patient was diagnosed with hypertension and diabetes a few months back and was taking treatment from a local doctor. But in spite of taking medication both hypertension and diabetes were not under control. On his first visit, his blood pressure was 154/97 mm Hg and blood sugar fasting 199, and post prandial 334. Urine dipstick both protein and sugar were trace. His treatment was modified and he was counselled regarding medicine compliance. He visits our center regularly for medication and check-ups. His latest blood pressure was 126/81 and his blood sugar fasting 106 and postprandial 121

5.10 Registration No: 608

Medical History: Primary Infertility

Address: Harkesh Nagar, New Delhi

The patient from Harkesh Nagar visited our health center on September 21, 2023, with primary infertility. She had been married for two years and living with her husband since the beginning. We conducted a CBC (complete blood count) and serum TSH test, which came back normal. Her husband's semen analysis was also within the normal range. We educated her about the fertile period and provided some general instructions. Additionally, we prescribed a tab of Folic acid. She returned in early March, reporting missed periods, and her UPT (urine for pregnancy test) confirmed her pregnancy. Her last menstrual period was on January 24, 2024, and she is currently in her first trimester.

5.11 Registration No: 650

Medical History: Primary Infertility

Address: Harkesh Nagar, New Delhi

The first visit to our center was on 11/1/24 with a wish to conceive. She is married for one and a half years and staying with husband since the beginning. She has had 2 spontaneous abortions one at 11 weeks and the second at 6 weeks of pregnancy. She was started on folic acid and asked to come after her next menstrual period. She conceived in the same cycle. UPT (urine for a pregnancy test) done by the patient on 1/2/24 was positive. Keeping in mind her previous two miscarriages she was sent for an ultrasound for fetal well-being on 14/2/24 which showed normal growth with the presence of cardiac activity. Another scan was done at 11 weeks of pregnancy which also was normal. The patient was advised of antenatal investigations. She gave a blood sample for the investigations and was found to be sero positive. I got a call from the lab to disclose the result. I contacted the staff nurse immediately and asked her to call the patient along

with her husband the next day itself. On meeting her husband, I came to know that her husband was also sero positive and he came to know that in August 2023 when he was diagnosed with extra pulmonary tuberculosis. He had not disclosed his status to his wife. Her husband is on ATT (anti-tubercular treatment) and ART(anti-retroviral therapy)as his CD4 count on 23/8/23 was 68. With the husband's consent, his sero-positive status was disclosed to his wife and couple counselling was done. The couple was referred to Safdarjung Hospital ART Center as her husband was registered there for further management. They were asked to keep us updated and that she can come for her routine antenatal check-up to our center. The patient is in her second trimester of pregnancy. Her husband is a driver by profession and is working with MCD.

5.12 Registration No: 19819

Medical History: Hypertension

Address: Harkesh Nagar, New Delhi

The patient's health transformation began when he visited our clinic on February 20th, 2024, with a blood pressure reading of 154/100 mmHg, marking the start of his hypertension management journey with us. He was prescribed anti-hypertensive medications, Tab. Amlip 5mg, and Tab. Losar 50mg, and received comprehensive counseling on dietary changes, adopting an active lifestyle, and regular exercise. His commitment to his health was evident as he diligently followed the prescribed regimen, leading to a gradual weight loss of 2 kgs in 2 months (from 74 kgs to 72 kgs). Embracing a healthier lifestyle, his blood pressure gradually normalized. With modifications in medication dosages, his last recorded blood pressure on April 16th, 2024, was 137/80 mmHg, well within the normal range. Currently, he is on a maintenance dose of Tab. Amlong 10mg and Tab. Losar 50mg, reflecting his successful management of hypertension. His journey highlights the significance of proactive healthcare and the positive impact of lifestyle modifications in managing chronic conditions. We commend him for his dedication and are committed to supporting him in maintaining his optimal health.

5.13 Registration No: 19778

Medical History: Hypertension

Centre Location: Harkesh Nagar, New Delhi

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

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

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

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

5.14 Registration No: 10996

Medical History: Hypertension

Centre Location: Harkesh Nagar, New Delhi

The patient's journey towards managing hypertension began with us, marked by his first visit to our clinic. With a diagnosis of hypertension, he was promptly initiated on Tab. Amlip 5mg and Tab. Losar 50mg to address his condition.

Under careful monitoring and with adjustments to his medication regimen, his progress has been remarkable. Today, he is successfully managed with Tab. Amlip AT, indicating a personalized approach to his treatment plan.

We are delighted to report that his blood pressure has shown significant improvement. Previously recorded at 148/90 mmHg on November 28th, 2023, his last reading on April 16th, 2024, was a healthy 120/85 mmHg.

His success story highlights the importance of tailored treatment plans and consistent monitoring in managing hypertension effectively. We commend his dedication to his health and are committed to supporting him in maintaining his optimal 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 8809 beneficiaries in health, 256 in computer training, and 185 in Apparel design and fabrication beneficiaries in skill, 219 beneficiaries in education, and 3185 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 1938.

For more info on our programs, u can visit:

