



FAMILY HEALTH CENTRE

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DATA SYSTEMS
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QUARTERLY PROGRESS REPORT
July 2023 – September 2023
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Activity Start Date and End Date: (from the first allocation of funds)	1 st July 2023 - 30 th September 2023
Areas Covered in Delhi	<ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● Govindpurl● 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:	July 2023 to September 2023

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 **5965** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of 3934 and homeopathic being 1294, 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 372 and 1860 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 365.

Major activities that were conducted during the reporting period:

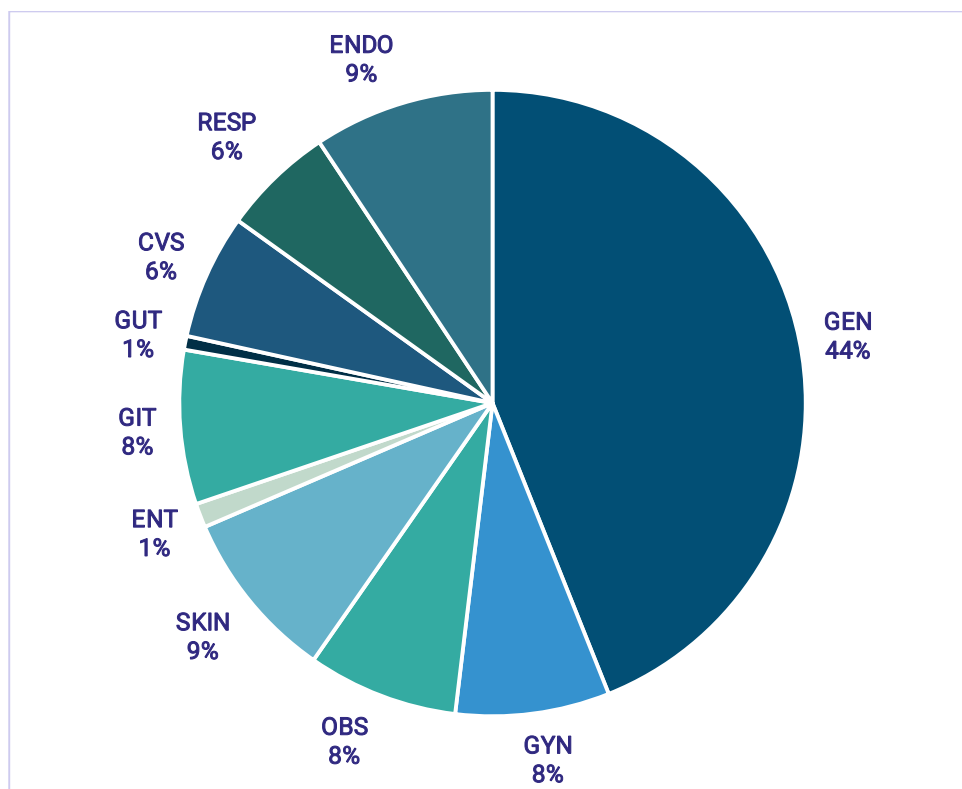
S. No.	Name of the Activity	No. of beneficiaries
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	3934
2	OPDs - Homeopathy	1294
3	Cancer screening camp	109
4	Eye checkup camp	155
5	Blood pressure checkup camp	14
6	Awareness session on Hygiene and Gynea health issue	40
7	Awareness Session on Eye Flu	45
8	Awareness session on Physiotherapy	35
9	Awareness Session on Conjunctivitis	50
10	Awareness session on Conjunctivitis and personal hygiene	120
11	Awareness session on Menstrual hygiene	82
12	General health camp for construction labor	87
	Total	5965

1. OPDs

1.1) OPDs – Stationery & Outreach

- OPDs were conducted at Harkesh Nagar, Jaitpur Centers, Gwal Pahari, and Gurugram Outreach Areas by the health team.
- 3934 doctors consultations were availed by the patients.
- Pathology tests were conducted for 191 patients.
- USG was conducted for 28 patients.
- Albendazole tablets were given to 218 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 29 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 40 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 during July '23 - September '23



ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
GU	- Genitourinary
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system

Doctor Consultation OPDs Report (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
July 2023	215	50	77	30	07	14	00	43	21	72	529
August 2023	124	54	84	37	11	40	04	27	44	107	532
September 2023	150	54	66	48	13	25	04	31	30	106	527
TOTAL	489	158	227	115	31	79	08	101	95	285	1588

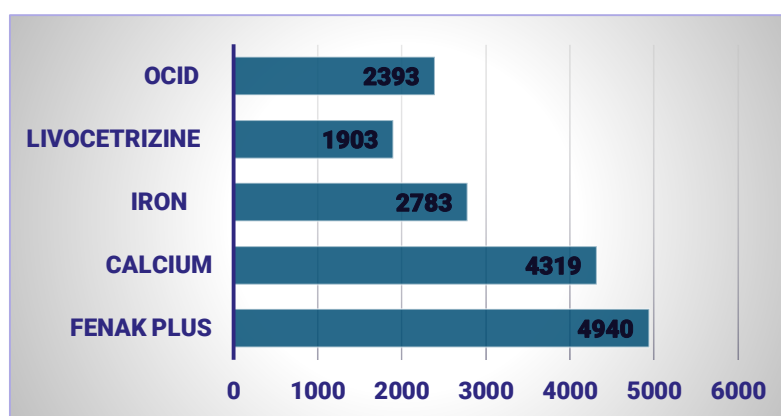
Doctor Consultation OPDs Report (Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
July 2023	513	56	32	61	08	73	08	53	05	19	828
August 2023	329	51	24	76	07	88	02	46	48	22	693
September 2023	398	48	23	96	03	73	10	54	79	41	825
TOTAL	1240	155	79	233	18	234	20	153	132	82	2346

1.2) Most Frequently Prescribed Drugs

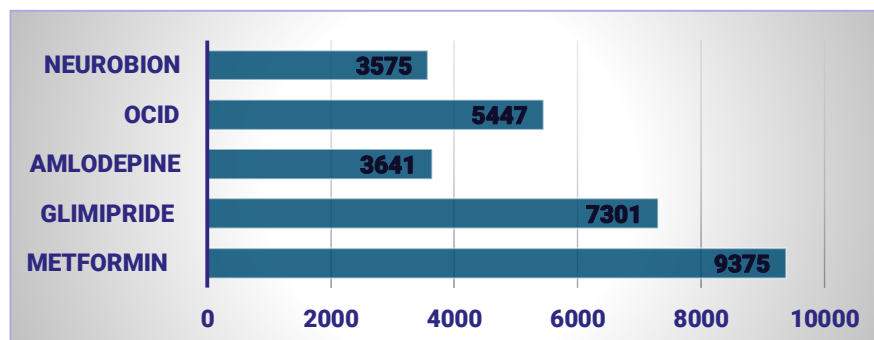
Following is the list of medications that were most commonly prescribed medications were for general pain, gastritis, allergy relief, pregnancy and anemia. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

Gurugram



Following is the list of medications that were most commonly prescribed medications for neuralgia, gastritis, hypertension, and diabetes. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

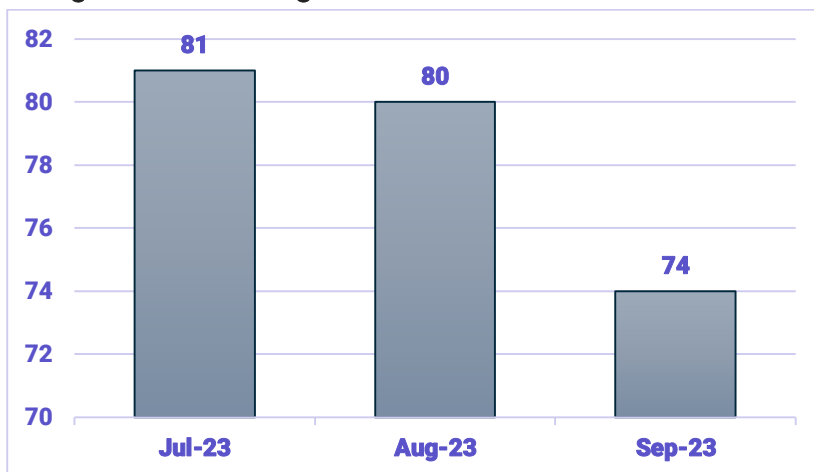
Delhi



1.3) 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	Missed Abortion/ miscarriage/DNC	Ongoing
1	July 2023	84	07	09	01	81
2	August 2023	81	05	05	01	80
3	September 2023	80	09	15	00	74

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	No information
			Caesarian Delivery	Normal delivery			
1	July 2023	00	01	08	04	04	01
2	August 2023	00	01	04	02	03	00
3	September 2023	00	05	10	06	09	00

ANC patients registered with us in the last quarter were 84. 21 new ANC patients were registered in this quarter. Out of these 29 successful institutional deliveries were ensured (12 female and 16 male babies), of which 07 were cesareans and 22 were normal deliveries. Currently, the health center is providing antenatal care to 74 ongoing patients and 29 lactating mothers.

2. HOMEOPATHY OPD

1294 beneficiaries reached out to Homeopathy OPDs this quarter at Tigri, Kalkaji, Jaitpur, and Harkesh Nagar centers. The following table shows the number and type of patients that were provided consultations during the months of July, August and September 2023.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	July 2023	169	30	61	28	09	85	06	388
2.	August 2023	183	38	73	49	11	131	13	498
3.	September 2023	121	45	79	43	08	107	05	408
	Total	473	113	213	120	28	323	24	1294

3. Other Highlights Of This Quarter

3.1 Cancer Screening Camp

Date – July 2023

Place – Bandhwari Village

Number of Participants – 109

Partner – Tanisha Foundation and Rajiv Gandhi Cancer Institute

We conducted a Cancer screening camp in collaboration with Tanisha Foundation, Rajiv Gandhi Cancer Institute and Path kind at the Bandhwari Village. We received an overwhelming response from the community who were extremely happy that they were being screened for overall health.

All the teams/ stakeholders were extremely cooperative and all together did their best to leave no stone unturned to cater to the community needs.

The following activities were conducted:

- A staggering 109 beneficiaries were registered in the camp. The doctor's consultation was followed by.
- ENT screening - ENT screening was done for 79 beneficiaries and the major issues seen were pre-cancerous lesions and throat infection.
- Gynecology screening – Pap smear for cervical cancer screening for 13 patients and mammography for breast cancer screening for 14 patients.

Through our work together, DLF and Adharshila would continue to reach out to vulnerable, below the poverty line and migrant communities in Gurugram to enhance the well-being of various communities through focussed interventions.

3.2 Eye Checkup Camp

Date - September 2023

Place – PHC, Gwal Pahari Centre

Number of Participants – 155

Partner – Dr. Shroff's Charity Eye Hospital

Eye Checkup Camp that took place at our Gwal Pahari Centre on September 22, 2023. It was a successful event with the following key outcomes:

Total Registrations: We had a total of 155 individuals who registered for the eye check-up camp.

Consultations: All 155 registered individuals received consultations with our dedicated ophthalmologist, ensuring that everyone who attended received the attention they needed.

Spectacles Distribution: During the camp, we distributed 80 pairs of spectacles to those in need, helping improve their vision and overall quality of life.

Cataract Diagnoses: Our medical team diagnosed 24 individuals with cataracts during the camp, identifying a critical need for further intervention.

Referrals: In collaboration with our ophthalmologist, we provided referrals to 20 beneficiaries who require additional treatment. They have been directed to visit their hospital for further evaluation and care.

Medication Distribution: Medications were distributed to 80 beneficiaries, ensuring that those with various eye conditions have access to necessary treatments.

3.3 Blood Pressure Checkup Camp

Date - August 2023

Place – New Gwal Pahari

Number of Participants - 14

The Adharshila Team successfully organized a Blood Pressure Check-Up Camp at New Gwal Pahari on 14th August 2023. The primary objective of the camp was to provide free blood pressure screenings and awareness about the importance of maintaining a healthy blood pressure level. The event not only provided essential health services to the community but also raised awareness about the significance of monitoring blood pressure regularly. 8 patients were found to be hypertensive and advised regular monitoring and follow

3.4 Awareness Session on Hygiene and Gynea Health Issue

Date – July 2023

Place – Badshah Pur Village

Number of Participants - 40

Introduction: Greetings everyone! Today, we have gathered here in Badshah Pur Village for an essential awareness session on two crucial topics: Hygiene and Gynaecological Health. It is our responsibility to prioritize our health and well-being, and through this session, we aim to empower all of you with knowledge and practices that can lead to a healthier and happier life. So, let's begin!

1. Importance of Hygiene: Maintaining good hygiene practices is fundamental to preventing the spread of diseases and infections. Hygiene includes personal hygiene, environmental hygiene, and food hygiene. Simple practices like washing hands regularly, taking proper care of personal hygiene, and keeping our surroundings clean can go a long way in protecting ourselves and others from illnesses.

2. Gynecological Health Issues: Women's health is of utmost importance, and it's essential to address

- **Menstrual Hygiene:** Use clean and hygienic sanitary products during menstruation. Change sanitary pads or tampons regularly to prevent infections.
- **Urinary Tract Infections (UTIs):** Drink plenty of water and maintain good personal hygiene to reduce the risk of UTIs. Avoid holding urine for too long and empty your bladder after sexual intercourse.
- **Reproductive Health:** Regular health check-ups and screenings are crucial to detect any reproductive health issues early. Safe sexual practices, such as using condoms, can prevent sexually transmitted infections (STIs).
- **Breast Health:** Women should perform regular self-breast exams and seek medical attention if any abnormalities are detected. Mammograms and breast screenings are essential for early detection of breast cancer.

3.5 Awareness Session on Eye Flu

Date – July 2023

Place – Ghata Red Light

Number of Participants - 45

The primary objective of this awareness session is to educate all the participants about Eye Flu, its causes, symptoms, prevention, and early treatment. By the end of this session, we hope that they will have a better understanding of the Eye Flu and take the necessary precautions to safeguard their eyes and overall health. Eye Flu can be a bothersome and potentially contagious condition, but with proper awareness and care, it can be managed effectively. By adopting preventive measures, seeking early treatment, and following good hygiene practices, we can protect ourselves and others from this eye infection.

3.6 Awareness Session on Physical Well-being Physiotherapy

Date - July 2023

Place - Gwal Pahari,

Number of Participants - 35

Adharshila - PHC for an awareness session on a topic that is essential for our physical well-being - Physiotherapy. Physiotherapy plays a crucial role in various aspects of our lives. It is not only beneficial for people who have suffered injuries or accidents but is also valuable for enhancing physical capabilities in day-to-day activities. Incorporating physiotherapy exercises into your routine can make a significant difference in maintaining a healthy, active lifestyle.

It was advised that Physiotherapy helps in improving and restoring physical function, mobility, and quality of life. Through a wide range of exercises, manual therapy, and specialized techniques that aim to alleviate pain, promote healing, and prevent further injuries.

3.7 Awareness Session on Conjunctivitis

Date: - July 2023

Place: - Tigri Centre

Number of Participants: - 50

An awareness session was conducted by Dr Zeenat Fatema for all ADF, computer, remedial and soft skill students of Tigri Centre. The focus was on enlightening attendees about the causes, signs, and symptoms of Conjunctivitis. Emphasizing the importance of personal hygiene, the doctor offered valuable advice to curb the transmission of eye flu. Additionally, she shared a set of do's and don'ts for individuals dealing with the infection, aiming for improved outcomes.

3.8 Awareness session on Conjunctivitis and Personal Hygiene:

Date: - August 2023

Place: - Harkesh Nagar and Kalkaji Centre

Number of Participants: - 120

An awareness session was conducted by Dr Zeenat Fatema for all ADF, computer, remedial and soft skill students of Tigri Centre. The focus of the session was on shedding light on the causes, signs, and symptoms of Conjunctivitis. Dr. Fatema urged students to prioritize personal hygiene as a preventive measure against the spread of eye flu. Additionally, she provided practical do's and don'ts for individuals dealing with the infection, aiming to enhance their overall outcomes.

3.9 Awareness Session on Menstrual Hygiene

Date: - August 2023

Place: - Kalkaji Centre

No. of beneficiaries: - 82

A Menstrual Hygiene Awareness Session was conducted at Adharshila, Kalkaji center, on 7th of August 2023, organized by CWSHW, with the aim of educating our students about the importance of menstrual hygiene. A total of eighty-two female students and women participated in the awareness session. Dr. Rashmi Ardey provided an overview of menstruation, explaining the biological process and the significance of menstruation in women's lives with the help of a video.

The awareness session also aimed at breaking the stigma surrounding menstruation, and providing practical information and guidance on proper menstrual hygiene practices. Dr. Rashmi presented practical information on various menstrual hygiene products such as pads, tampons, menstrual cups, and demonstrated their correct usage. Instructions on changing and disposing of menstrual products were also provided, emphasizing cleanliness and waste management. Students gained a better understanding of the biological process of menstrual cycle as well as the necessity to maintain hygiene during menstruation. Sanitary pads, soap bars, and refreshments were also distributed to the students at the end of the session.

3.10 Awareness Session on Menstrual Hygiene

Date: - 25th August 2023

Place: - Noida

No. of beneficiaries: - 87

Summary - A health and safety camp was organized at Trehan Iris, Greater Noida to address the health and safety needs of the workforce and skilled staff involved in construction activities, including masons, welders, fitters for steel shuttering and scaffolding, carpenters, and administrative support staff. The camp provided the following services:

Health Screenings - A total of 87 laborers and skilled staff were screened for various health concerns to ensure their well-being and fitness for work.

Tetanus Vaccinations: 86 tetanus vaccinations were administered to individuals, ensuring that they are adequately protected against tetanus.

Pathlab Investigations - A total of 300 path lab investigations were conducted on the camp attendees to identify any underlying health issues and assess their overall health.

Recommendations-Based on the camp's findings, the following recommendations are made:

- Regular Health Screenings: Organize periodic health screenings for all laborers, skilled staff, and administrative personnel to identify and address any health concerns early.
- Timely Vaccinations: Ensure that all workers are up to date with their tetanus vaccinations, and maintain records to track when booster shots are due.
- Continued Health Monitoring: Continue to conduct path lab investigations to monitor the health of the workforce and staff, especially those engaged in physically demanding work.
- Health and Safety Awareness: Promote health and safety awareness among the workforce and staff, providing training and information on safety protocols and practices.
- Provide Necessary Support: Address any health issues discovered during screenings promptly and provide necessary support or medical attention as required.

Overall, the camp aims to create a safe and healthy working environment for all personnel involved in construction activities.

4. SUCCESS STORIES

4.1 Registration number: 14323

Gender: Female

Condition: Primary Amenorrhea due to Uterine Hypoplasia

Centre Location: Gwal Pahari

Her remarkable journey to recovery began on July 13, 2022, when she sought medical care for Primary Amenorrhea, a condition caused by the hypoplasia of the uterus. Her hope for a normal and healthy life was rekindled by the diligent care and treatment she received.

Under the expert guidance of our healthcare provider, she was prescribed Meprate, to be taken twice daily. This therapeutic intervention proved to be a turning point in her life. The follow-up ultrasound (USG) revealed a remarkable transformation, showing that her uterus and adnexa had returned to their normal size.

Furthermore, her perseverance and the effectiveness of the treatment were evident when she began experiencing regular, normal menstrual periods.

4.2 Registration Number: 17865

Gender: Female

Condition: Diabetes Mellitus (DM) and Hypertension (HTN) Initial Blood Sugar (Fasting): 159 mg/dL Initial Blood Pressure: 149/93 mm Hg

Centre Location: Gwal Pahari

She was diagnosed with Diabetes Mellitus and Hypertension on September 11, 2023. At the time of diagnosis, her fasting blood sugar level was 159 mg/dL, and her blood pressure was

measured at 149/93 mm Hg. Her treatment plan included Metformin 500mg, GP2, and Losar 25. We are pleased to share that she has shown remarkable progress in managing her health conditions. With consistent adherence to her prescribed medications and lifestyle modifications, all her vital parameters are now well under control.

We are proud to report that her blood sugar levels and blood pressure have stabilized. This success story underscores the importance of proactive healthcare and patient engagement. We commend her dedication to managing her DM and HTN, and we look forward to continued positive progress in her health journey.

4.3 Registration Number: 14483

Gender: Female

Condition: Arterial Peripheral Disease (APD), Hypertension (HTN) and Osteoarthritis in both knees

Centre Location: Gwal Pahari

On August 22, 2022, she was diagnosed with various health issues, including Arterial Pulmonary Disease (APD), Hypertension (HTN), and Osteoarthritis in both knees. At the time, her blood pressure was recorded at 180/98. To address her conditions, our healthcare team prescribed a combination of medications, including Losar 50, Amlolol AT, Cap Acid, and Fenak Plus. Since then, she has diligently followed her treatment plan and medication regimen. Her commitment to her health has led to remarkable results, with her blood pressure and overall health being well-controlled. Her journey towards better health serves as a testament to the positive impact of effective medical care and the importance of patient adherence to treatment.

4.4 Registration No: 1076

Gender: Female

Condition: Hypertension (HTN)

Centre Location: Gurugram

Her remarkable transformation began on June 9, 2023, when she first sought medical assistance. At that time, she was grappling with uncontrolled hypertension, experiencing a worrisome blood pressure of 184/76, along with troublesome symptoms such as persistent headaches, vertigo, and bilateral knee joint pain.

Her path to recovery commenced with a prescribed dose of Amlip 5mg. With time, her treatment plan evolved, incorporating Amlip AT and Losar 50. These interventions were instrumental in helping regain control over her blood pressure, which has now stabilized within the bounds of normalcy.

4.5 Registration No: 15453

Age: 31 years

Gender: Male

Diagnosed with: Diabetes

Address: Jaitpur, New Delhi

File No. 15453, a 31-year-old gentleman from Jaitpur, who embarked on a remarkable path towards better health. In January 2023, he walked through our center's doors with a diagnosis of diabetes mellitus type 2. Two years prior, he had been diagnosed at a local clinic and had been inconsistently managing his condition.

Upon his initial visit, his fasting blood sugar levels were at 168 mg/dl, and his post-prandial levels were elevated at 237 mg/dl. Recognizing the importance of consistent treatment, our team counseled him on medication compliance and promptly initiated the appropriate treatment plan. Throughout his journey, we closely monitored his blood sugar levels, adjusting his treatment as needed to ensure optimal control. His commitment to his health shone through, as he became a dedicated visitor to our health center.

Today, we are delighted to share his success story. His most recent post-prandial blood sugar reading, taken on October 2, 2023, stood at a remarkable 147.2 mg/dl. His determination and our team's guidance have allowed him to better manage his diabetes and pave the way for a healthier, more vibrant future.

4.6 Registration No: 15566

Age: 9 years

Gender: Female

Diagnosed with: Persistent Fever

Address: Jaitpur, New Delhi

File no. 15566, a 9-year-old girl resident of Jaitpur, experienced a remarkable recovery at our health center. On September 5, 2023, she sought medical care due to a persistent fever that had troubled her for the past 20 days.

Upon thorough examination, our medical team recommended a Complete Blood Count (CBC) and a TYPHIDOT test for her. She was promptly started on a course of antibiotics and antipyretic medications to address her fever.

After a week, she returned to our health center with her blood test results, which indicated that her values were within the normal range. Additionally, she was free from the fever that had previously been a cause for concern. Recognizing her need for a boost in energy, she was provided with a regimen of multivitamins to alleviate her feelings of weakness. Her remarkable recovery is a testament to the effectiveness of early medical intervention and comprehensive care.

4.7 Registration No: 19157

Gender: Female

Medical History: Hypertension (HTN), type 2 Diabetes Mellitus (T2DM) with Diabetic Neuropathy

Address: Jaitpur, New Delhi

Her path to vitality and well-being is a source of inspiration, showcasing resilience and the remarkable effectiveness of medical care. Facing a complex health profile that included hypertension and Type 2 Diabetes Mellitus (T2DM) with diabetic neuropathy, she embarked on a transformative journey toward recovery.

Her medical odyssey commenced with the formulation of a personalized treatment regimen. Her treatment protocol encompassed the prescription of Amlip, initially at a 5mg dosage, later adjusted to 10mg to effectively manage her hypertension. Moreover, she was administered Metformin 500 and GP2 to address her diabetes, along with Pregaba M to combat the challenges posed by diabetic neuropathy. With the dedicated efforts of our healthcare team, her blood pressure was successfully regulated at 130/70, while her fasting blood sugar (FBS) and postprandial blood sugar (PP) levels were brought down to 98 and 115, respectively.

Over time, her unwavering commitment to her health and the collaborative efforts of our healthcare professionals resulted in remarkable progress. Her blood sugar levels and blood pressure were carefully managed, falling within the normal range. Even more impressively, she experienced significant relief from the debilitating effects of diabetic neuropathy.

4.8 Registration No: 14065

Age: 67 years

Gender: Female

Medical History: Hypertension (HTN) with Bilateral Knee Osteoarthritis (OA)

Address: Jaitpur, New Delhi

File no. 14065, a 67-year-old female, presented with a medical history of hypertension and bilateral knee osteoarthritis. She had been managing her conditions with the following medications: Amlip AT, Losar 50, Omnigel, and occasional analgesics. At the beginning of her treatment, her blood pressure readings were consistently around 140/90+.

With the dedicated care and management provided by our healthcare team, her health has seen remarkable improvements. Her latest recorded blood pressure reading now stands at a healthy 111/71. This significant drop in blood pressure demonstrates the effectiveness of her treatment plan, which includes the appropriate medications and lifestyle modifications.

Her journey serves as an inspiring success story, showcasing the positive impact of medical intervention and the dedication of healthcare professionals to improving the health and well-being of their patients.

4.9 Registration No: 17443

Age: 45 years

Gender: Male

Medical History: Hypertension (HTN) with neck pain

Address: Harkesh Nagar, New Delhi

His journey towards better health is truly inspiring. When he first visited our clinic, he was struggling with hypertension and neck pain. His initial blood pressure reading was alarmingly high at 179/113, a concerning sign of uncontrolled hypertension.

His treatment journey began with the prescription of Amlip 5mg to manage his blood pressure. Over time, our medical team adjusted his medication to further improve his condition, transitioning him to Amlip AT in combination with Losar 50, a more tailored approach to address his hypertension.

His determination and commitment to his health paid off, as evidenced by his most recent blood pressure reading. After several months of adhering to his prescribed medications and adopting a healthier lifestyle, his blood pressure is now well-controlled at a remarkable 114/75. This significant improvement is a testament to his dedication to managing his health.

4.10 Registration No: 5615

Age: 66 years

Gender: Female

Medical History: Hypertension (HTN) with Shortness of Breath (SOB)

Address: Harkesh Nagar, New Delhi

Current Medications: AmloAT, Losar 50, Deriphyllin Blood Pressure: Successfully maintained within normal limits, resulting in relief from breathlessness

File no. 5615, a 66-year-old female, had been facing health challenges due to hypertension (HTN) and associated shortness of breath (SOB). Her medical journey began with a diagnosis of HTN, which was effectively managed through a combination of medications, including AmloAT and Losar 50, as prescribed by our healthcare provider.

Additionally, she was also experiencing SOB, a distressing symptom that can significantly impact one's quality of life. Our dedicated healthcare team recognized the importance of addressing this issue and introduced Deriphyllin as part of her treatment plan.

Through consistent and diligent management, her blood pressure was successfully maintained within normal limits. This remarkable achievement not only ensured the control of her hypertension but also led to significant relief from the distressing symptoms of breathlessness that had been affecting her daily life.

4.11 Registration No: 19756

Age: 53 years

Gender: Female

Medical History: Hypertension (HTN) with Shortness of Breath (SOB) (chronic smoker) and chronic constipation

Address: Harkesh Nagar, New Delhi

Medications: Amlip 10, Metopol, Inhaler Farocott, Deriphyllin

File no. 19756, a 53-year-old woman, came to us with a history of hypertension, chronic smoking, and chronic constipation. Her initial blood pressure readings were consistently high, at 160/90+. Her health journey with us has been a testament to her dedication and the positive impact of our care.

Upon her admission, we initiated a personalized treatment plan that included lifestyle modifications, medication management, and regular monitoring. Her commitment to her well-being played a pivotal role in her remarkable progress.

Over the course of her treatment, her blood pressure readings improved significantly. Her most recent reading stood at 140/87, a clear indication of her better cardiovascular health. This positive shift in her blood pressure levels is a testament to the effectiveness of her treatment plan and her willingness to adhere to it.

Her chronic smoking habit was a significant contributor to her health concerns. Through counseling and support, she decided to take steps towards quitting.

4.12 Registration No: 14014

Age: 22 years

Gender: Female

Medical History: infertility treatment with TSH

Address: Harkesh Nagar, New Delhi

File no. 14014, a 22-year-old woman residing in Harkesh Nagar, embarked on a journey towards motherhood that led to a remarkable success story. Her pursuit of conceiving naturally had spanned over three years, during which she and her husband had been devotedly striving for the joy of parenthood.

Her first visit to our health center occurred on February 2, 2023, marking the beginning of her transformative path. Recognizing her determination to achieve her dream of becoming a mother, we conducted a thorough evaluation of her health. Despite having attempted to conceive for two years without success, her initial tests, including a CBC (Complete Blood Count) and Serum TSH, revealed normal results. This encouraging outcome gave us a solid foundation upon which to build her fertility journey.

She was prescribed Tab Folic Acid, and she received comprehensive guidance regarding her fertile period and essential general instructions for optimizing her chances of conception. Our dedicated healthcare team ensured that she was well-informed and empowered to make informed choices on her path to motherhood.

She diligently attended regular follow-up appointments, displaying unwavering commitment to her goal. As time passed, she briefly returned to her village but remained steadfast in her pursuit of motherhood. In a heartwarming turn of events, her determination and resilience bore fruit, as she successfully conceived in the month of May 2023.

Her transformative journey continued, and she returned to our health center for her antenatal checkup on September 21, 2023. The health of her pregnancy has been consistently positive, marking a testament to her unwavering determination and the comprehensive care she has received.

Her success story serves as an inspiring example of resilience, hope, and the remarkable outcomes that can be achieved with dedication, medical guidance, and the power of determination.

4.13 Registration No: 19552

Gender: Male

Medical History: Diabetes

Address: Harkesh Nagar, New Delhi

His inspiring journey to better health began when he first visited our health center on July 7, 2022, with a diagnosis of Type 2 Diabetes Mellitus. Despite previously seeking treatment from a local doctor, his blood sugar levels remained consistently high. Determined to regain control of his health, he embarked on a new treatment plan.

Under the guidance of our healthcare team, he diligently followed his treatment regimen, and his progress was monitored through regular blood sugar tests. Fast forward to July 9, 2023, and the results speak for themselves: his latest blood sugar readings revealed remarkable improvements. His fasting blood sugar level had dropped to 100, and his postprandial (after-meal) blood sugar level now stands at a healthy 128.

His commitment to his health, combined with the expertise and support of our health center, has led to this remarkable success story. We celebrate his dedication and progress on his journey to managing Type 2 Diabetes Mellitus and achieving better overall health.

5. MAJOR OUTCOMES OF THIS QUARTER

- The decision to secure a separate and dedicated space for healthcare in Gurugram, Harkesh Nagar, and Jaitpur is a strategic move. It reflects your organization's ability to adapt to the increased number of patients and accommodate their trust in your services. Providing a dedicated healthcare space allows you to optimize operations, improve efficiency, and offer a more comfortable and focused environment for both patients and healthcare providers.
- Continuing to deliver health benefits and helping beneficiaries improve their health status is a testament to the effectiveness of our health program. As we grow and serve more beneficiaries, it's essential to maintain the quality of care and remain committed to their well-being. By constantly evolving and expanding our services, we are making a positive impact on the community's health and building a reputation as a trusted healthcare provider.
- To increase the no. of patients and time spent by the doctor counseling the patients, a revised methodology of patient record keeping by the staff nurse was adopted so that the doctor could give more quality time to the patients.

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 5965 beneficiaries in health, 172 in computer training, and 136 in Apparel design and fabrication beneficiaries in skill, 204 beneficiaries in education, and 1860 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 365.

For more info on our programs, u can visit :

