



ADHARSHILA

FAMILY HEALTH CENTRE

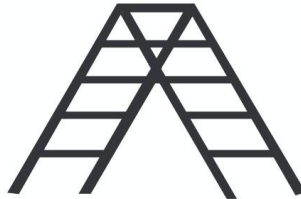
Co - Supported by
PRO[^]ACTIVE
DATA SYSTEMS
Converged Network Specialists

PRO[^]ACTIVE
DATA SYSTEMS
Converged Network Specialists



DLF
Foundation
LAL CHAND PUBLIC
CHARITABLE TRUST

MCG MUNICIPAL
CORPORATION
of GURUGRAM
NURTURING GURUGRAM



ADHARSHILA
FAMILY HEALTH CENTRE

QUARTERLY PROGRESS REPORT
JULY 2025 – SEPTEMBER 2025
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

| | |
|----------------------------------|--|
| Program Name: | Family Health Centre |
| Areas Covered in Delhi | <ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● Govind Puri● Kalkaji● Okhla I, II & III● Tughlakabad● Sangam Vihar● Madangir● Dakshin Puri● Madanpur Khadar● Badarpur |
| Areas Covered in Gurugram | <ul style="list-style-type: none">● Gurugram● Gwal Pahari● New Gwal Pahari● Wazirabad● Ghata● Bandari● Shanti Colony● Bapu Colony● Mandi● Jonapur● Tigra Village● Badshah Pur● Kanhai Gaon Slum, Sector-45● Kadar Pur |
| Reporting Period: | July 2025 – September 2025 |

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

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

The project aims to achieve the following:

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

Project Locations:

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

Target group:

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

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **8123** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3965**, Physiotherapy OPDs **191**, and homeopathic being **1318**, 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 **1572** and **7860** 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 **1077** as tabulated below.

Major activities that were conducted during the reporting period:

| S. No. | Name of the Activity | Total |
|---------------|---|--------------|
| 1 | OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram) | 3965 |
| 2 | OPDs - Physiotherapy | 191 |
| 3 | OPDs - Homeopathy | 1318 |
| 4 | General Health Checkup and BMD Screening Camp | 134 |
| 5 | BMD & Mammography Camp | 195 |
| 6 | Eye Checkup, BMD and CKD Screening Camp | 223 |
| 7 | Cancer, Bone Mineral Density(BMD) and Chronic Kidney Disease (CKD) Camp | 106 |
| 8 | Awareness Session on BMD, Eye health and CKD | 55 |
| 9 | Awareness session on low-cost Nutrition | 208 |
| 10 | Awareness Session on Diabetes | 228 |
| 11 | Awareness Session on Pre-Pregnancy Nutrition | 222 |
| 12 | Awareness Session on Kangaroo Mother Care | 188 |
| 13 | Awareness Session on Osteoporosis | 87+66 |
| 14 | Awareness Session on Basic Health and Nutrition Practices | 87 |
| 15 | Awareness Session on Cancer | 115 |
| 16 | Awareness Session on Community Health Alert: Early Screening & Prevention of Cancer | 106 |
| 17 | Awareness Session on Menstrual Hygiene and Nutrition | 120 |
| 18 | Awareness Session on Cancer at GSS School | 90 |
| 19 | Population Screening for CKD/DM/HT patients | 419 |
| | Total | 8123 |

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

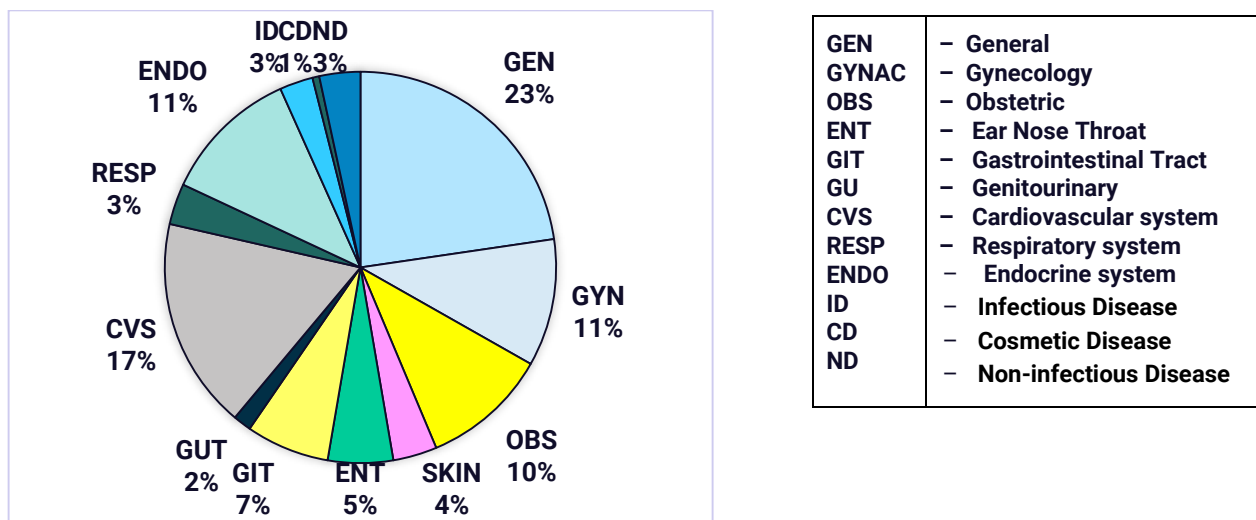
- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1596 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 159 patients.
- USG was conducted for 34 patients.
- Albendazole tablets were given to 553 patients for deworming.
- Immunization (Tetanus vaccine) was provided to 07 ANC patients.
- OCP (Mala D/Femilon) tablets were given to 04 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 | ID | CD | ND | TOTAL |
|--------------|------------|------------|------------|-----------|-----------|------------|-----------|------------|-----------|------------|-----------|-----------|-----------|-------------|
| July 25 | 135 | 52 | 68 | 25 | 19 | 33 | 11 | 109 | 14 | 68 | 13 | 02 | 10 | 559 |
| August 25 | 90 | 56 | 48 | 17 | 34 | 40 | 03 | 73 | 12 | 67 | 19 | 05 | 15 | 479 |
| September 25 | 137 | 60 | 51 | 16 | 33 | 37 | 10 | 97 | 28 | 46 | 12 | 02 | 29 | 558 |
| TOTAL | 362 | 168 | 167 | 58 | 86 | 110 | 24 | 279 | 54 | 181 | 44 | 09 | 54 | 1596 |

Pie chart showing various ailments reported



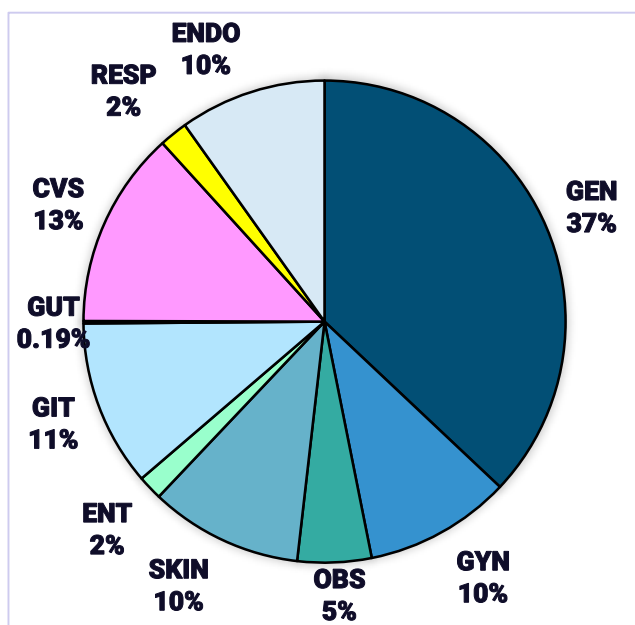
1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1210 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 112 patients.
- USG was conducted for 10 patients.
- Albendazole tablets were given to 37 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 16 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 17 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Doctor Consultation OPDs Report (Gwal Pahari- Gurugram)

| DATE | GEN | GYN | OBS | SKIN | ENT | GIT | GUT | CVS | RESP | ENDO | TOTAL |
|--------------|-----|-----|-----|------|-----|-----|-----|-----|------|------|-------|
| July 25 | 128 | 42 | 16 | 48 | 10 | 31 | 02 | 61 | 04 | 49 | 391 |
| August 25 | 125 | 36 | 20 | 39 | 08 | 54 | 00 | 44 | 07 | 28 | 361 |
| September 25 | 195 | 41 | 24 | 37 | 02 | 50 | 00 | 55 | 12 | 42 | 458 |
| TOTAL | 448 | 119 | 60 | 124 | 20 | 135 | 02 | 160 | 23 | 119 | 1210 |

Pie chart showing various ailments reported



| | |
|-------|--------------------------|
| GEN | - General |
| GYNAC | - Gynecology |
| OBS | - Obstetric |
| ENT | - Ear Nose Throat |
| GIT | - Gastrointestinal Tract |
| GU | - Genitourinary |
| CVS | - Cardiovascular system |
| RESP | - Respiratory system |
| ENDO | - Endocrine system |

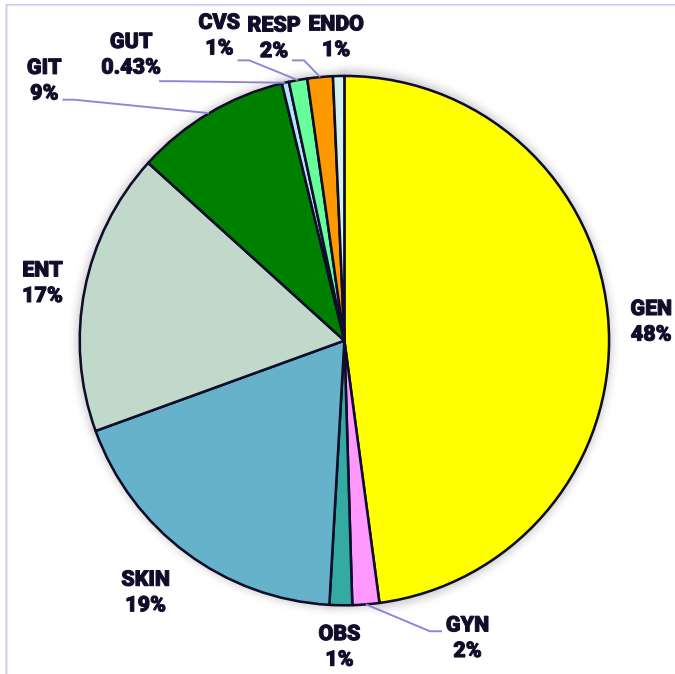
1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1159 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 260 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Doctor Consultation OPDs Report (Gurugram Outreach)

| DATE | GEN | GYN | OBS | SKIN | ENT | GIT | GUT | CVS | RESP | ENDO | TOTAL |
|--------------|------------|-----------|-----------|------------|------------|------------|-----------|-----------|-----------|-----------|-------------|
| July 25 | 269 | 06 | 05 | 80 | 50 | 31 | 01 | 05 | 06 | 02 | 455 |
| August 25 | 145 | 06 | 02 | 46 | 51 | 30 | 01 | 03 | 11 | 02 | 297 |
| September 25 | 141 | 07 | 09 | 89 | 99 | 49 | 03 | 05 | 01 | 04 | 407 |
| TOTAL | 555 | 19 | 16 | 215 | 200 | 110 | 05 | 13 | 18 | 08 | 1159 |

Pie chart showing various ailments reported



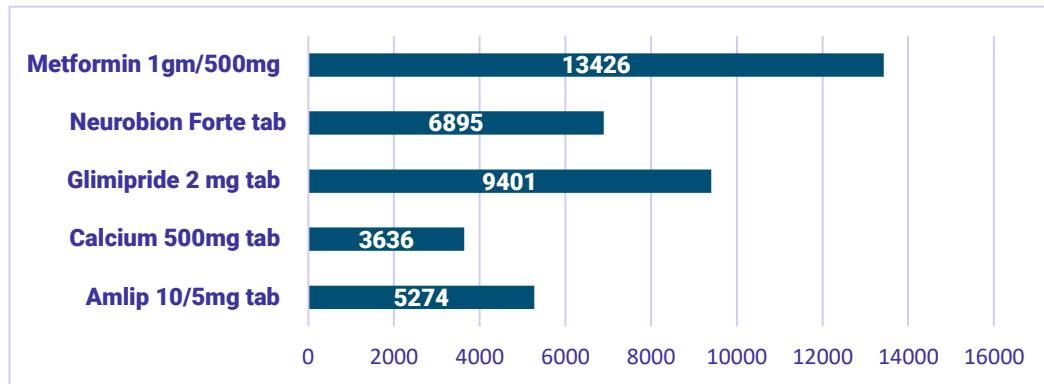
| | |
|-------|--------------------------|
| GEN | - General |
| GYNAC | - Gynecology |
| ENT | - Ear Nose Throat |
| GIT | - Gastrointestinal Tract |
| CVS | - Cardiovascular system |
| RESP | - Respiratory system |
| ENDO | - Endocrine system |



1.4) Most Frequently Prescribed Drugs

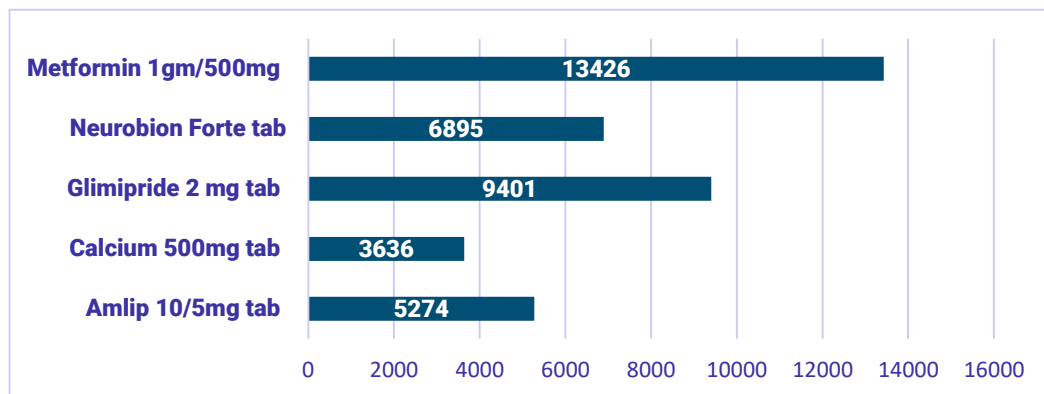
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, and Hypocalcemia.

Delhi



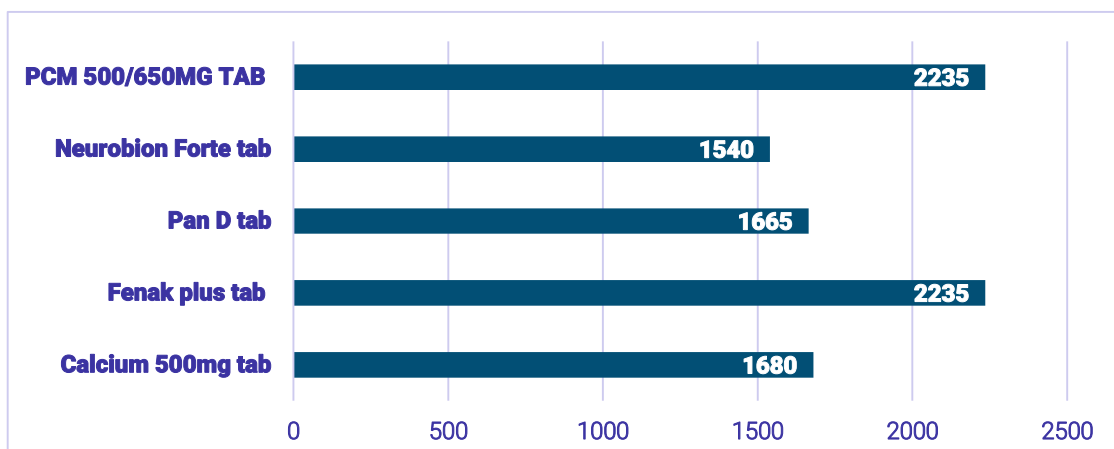
Below is a list of the most commonly prescribed medications for conditions such as Diabetes, Hypocalcemia, Gastritis, and Body aches.

Gwal Pahari



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

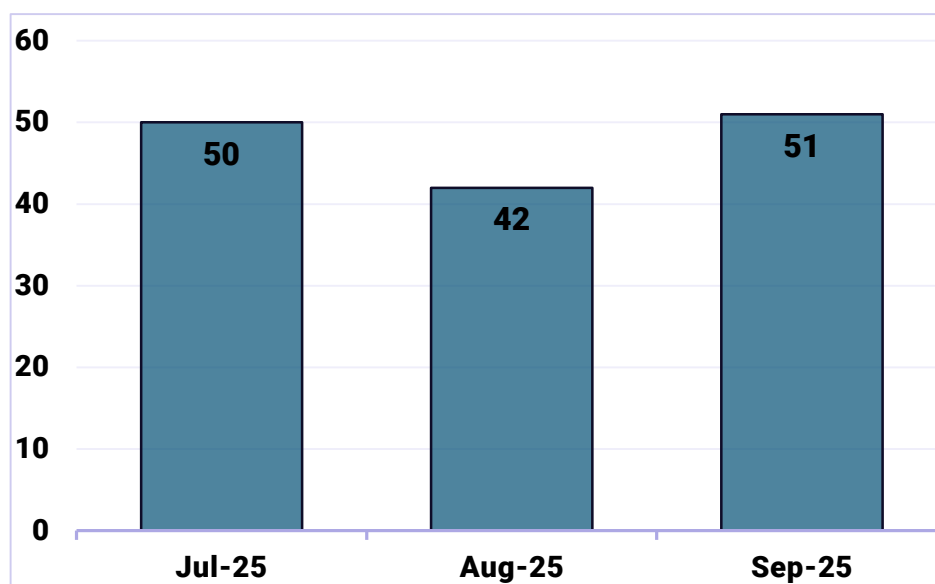
Gurugram Outreach



1.5) Antenatal care

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

No. of Pregnant women registered with Adharshila for Antenatal Care



| S. No. | Months | Balance of last month | New ANC patients | Deliveries | Miscarriage | Ongoing |
|--------|--------------|-----------------------|------------------|------------|-------------|---------|
| 1 | July 25 | 57 | 05 | 11 | 01 | 50 |
| 2 | August 25 | 50 | 06 | 14 | 00 | 42 |
| 3 | September 25 | 42 | 12 | 03 | 00 | 51 |

| S. No. | Months | Home Delivery | Institutional delivery | | Female | Male | Not Inform |
|--------|--------------|---------------|------------------------|-----------------|--------|------|------------|
| | | | Caesarian Delivery | Normal delivery | | | |
| 1 | July 25 | 00 | 03 | 08 | 05 | 06 | 00 |
| 2 | August 25 | 00 | 05 | 09 | 05 | 09 | 00 |
| 3 | September 25 | 00 | 00 | 03 | 00 | 03 | 00 |

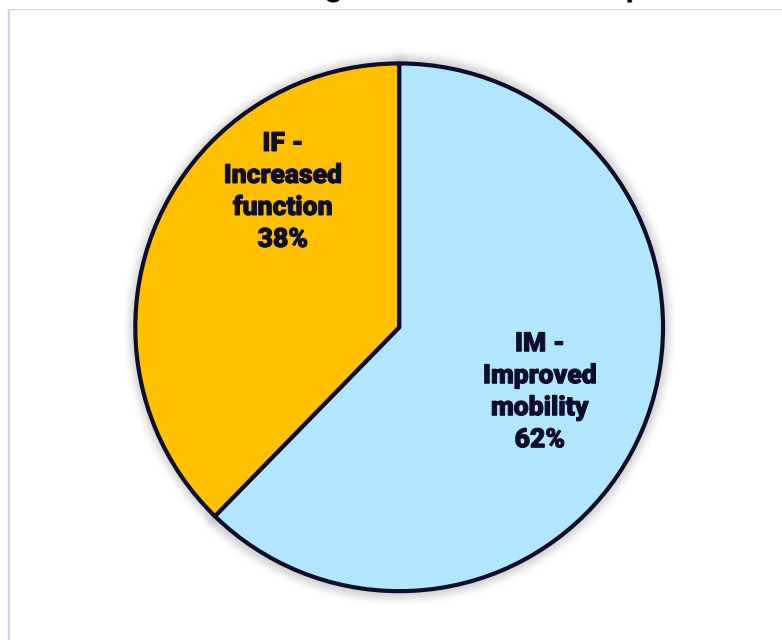
During the last quarter, a total of **57 ANC (Antenatal Care) patients** were registered, with **23 new registrations** in this quarter. Out of these, **28 successful deliveries** were reported. Among these, **8 were caesarean deliveries**, and **20 were normal deliveries**. As of now, the health center is actively providing antenatal care to **51 ongoing ANC patients** and **28 lactating mothers**.

2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 191 doctor's consultations were availed by the patients
- 72 patients reported increased body function.
- 119 patients reported improved mobility.
- All 191 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

1318 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 2025.

| S. NO | MONTH | GEN | GYN | GIT | RES | N. D. | SKIN | ENT | TOTAL |
|-------|--------------|------------|------------|------------|-----------|-----------|------------|-----------|-------------|
| 1. | July 25 | 123 | 28 | 60 | 07 | 02 | 114 | 23 | 357 |
| 2. | August 25 | 186 | 38 | 74 | 20 | 03 | 99 | 14 | 434 |
| 3. | September 25 | 227 | 45 | 69 | 20 | 04 | 142 | 20 | 527 |
| | TOTAL | 536 | 111 | 203 | 47 | 09 | 355 | 57 | 1318 |



4. Other Highlights of This Quarter

4.1. General Health Checkup and BMD (Bone Mineral Density) Screening Camp

Date – 27th, August 2025

Location – Badshahpur, Gurugram

Number of Beneficiaries – 134

The Badshahpur Health Camp witnessed strong community participation, with 134 individuals registering and availing consultations. Essential medications were provided free of cost, ensuring comprehensive primary healthcare access.

Key Medical Services & Outcomes:

Out of the **134** individuals registered, **53** were screened for Bone Mineral Density (BMD).

- 19 Normal
- 30 Osteopenia

- 02 Osteoporosis
- 02 Severe Osteoporosis

Impact & Significance:

Delivered preventive and diagnostic healthcare services to an underserved population. Highlighted the need for continued awareness and follow-up care, particularly in the area of bone health.

4.2. Bone Mineral Density and Mammography Screening Camp

Date – 22nd and 23rd, September 2025

Location – Lady Hardinge Medical College

Number of Beneficiaries – 195

The camp was organized to promote early detection and prevention of bone and breast health disorders, providing participants with meaningful insights into their health status and encouraging proactive steps toward long-term well-being.

Mammography Screening Details

- Mammography Screening
- Participants Screened: 35
- Purpose: Early detection of breast health abnormalities and risk factors through digital mammography.
- Findings (BIRADS Classification):
- BIRADS 0: 14 participants – Further evaluation with ultrasound advised
- BIRADS 1: 20 participants – Normal findings
- BIRADS 3: 1 participant – Benign lesion, follow-up recommended

The mammography results enabled early identification of potential breast health concerns, ensuring timely counselling and referrals for additional diagnostic evaluation where required.

Bone Mineral Density (BMD) Screening

- Participants Screened: 107
- Normal Bone Density: 19
- Osteopenia: 44
- Osteoporosis: 44

These findings indicate a notable prevalence of low bone density, reinforcing the need for regular screening, dietary calcium intake, and lifestyle modifications to prevent osteoporosis.

Key Outcomes

- Early detection of bone and breast health issues among participants.
- Enhanced awareness of preventive health practices and lifestyle management.
- Timely referrals and counselling provided for individuals requiring further evaluation or treatment.

4.3 Eye Check-up & Bone Mineral Density (BMD) and CKD Screening Camp

Date – 18th September 2025

Location – Harkesh Nagar

Number of Beneficiaries - 223

Technical Partners - IClinix Advanced Eye and Retina Centre

The camp was organized to deliver comprehensive community health screening with a focus on chronic kidney disease (CKD), eye health, and bone mineral density (BMD) assessment. The initiative also aimed to raise awareness about preventive health measures and promote early diagnosis and timely management.

Eye Check-up Services

- Total Screened: 181
- Spectacles Distributed: 92
- Cataract Cases Identified & Referred for Surgery: 34
- Advanced Referrals (other eye conditions): 06
- Eye Drops Distributed: 119

Bone Mineral Density (BMD) Screening

- Total Screened: 166
- Normal Bone Density: 52
- Osteopenia (early-stage bone loss): 97
- Osteoporosis: 11
- Severe Osteoporosis: 4

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

Chronic Kidney Disease (CKD) Screening

- Individuals Screened: 214
- Urine Dipstick Tests Conducted: 67
- Kidney Function Tests (KFT) Performed: 4

Key Outcomes

- Early identification of CKD risk and timely referrals for detailed evaluation and management.
- Detection and correction of vision impairments, including cataracts and refractive errors, improving overall eye health.
- Bone health assessment facilitated preventive measures against osteopenia and osteoporosis.

4.4 Cancer, Bone Mineral Density (BMD) and Chronic Kidney Disease (CKD) Camp

Date – 25th July 2025

Location – Gwal Pahari, Gurugram

Number of Beneficiaries - 106

A comprehensive community health screening camp focusing on Cancer, Bone Mineral Density (BMD), and chronic kidney disease (CKD) was organized on 25th July 2025 at Gwal Pahari, Gurugram. The initiative aimed to promote early detection and timely intervention for non-communicable diseases. A total of 106 individuals were registered during the camp.

Gynecology Services

- Consultations Conducted: 43 women
- Screened for Pap Smear Eligibility: 32
- Pap Smears Conducted: 9
- Referred for Further Evaluation: 23
- The gynecology unit played a critical role in identifying women at risk for cervical cancer, facilitating early screening and appropriate referrals.

ENT Services

- Total Consultations: 86
- Referrals for Tobacco De-addiction Counselling: 12
- The ENT team addressed common ear, nose, and throat complaints, with targeted referrals for individuals exhibiting signs of tobacco-related health risks.

CKD Screening

- Urine Dipstick Tests Conducted: 21
- Kidney Function Tests (KFT): 5
- Participants were screened for early indicators of kidney dysfunction. Those with concerning results were referred for further biochemical assessment.

Bone Mineral Density (BMD) Screening

- Total Screened: 101
- Findings:
- Normal BMD: 35
- Osteopenia: 49
- Osteoporosis: 15
- Severe Osteoporosis: 2
- BMD assessments facilitated the identification of bone health issues, with several participants showing early signs of calcium deficiency and reduced bone density.
- Necessary calcium, vitamin D, and osteoporosis management medications were distributed to 66 participants based on clinical findings.

4.5 Awareness Session on Low Cost Nutrition

Number of Sessions – 12

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 208

The session was designed to help people understand how to eat healthily without spending a lot of money. It aimed to provide practical advice on budget-friendly nutrition, enabling participants to make informed choices about their diet while managing their expenses effectively. The session was dedicated to teaching participants how to maintain a nutritious diet while keeping expenses low. This could involve discussing affordable healthy food options, effective meal planning, and strategies for making the most out of limited resources.

4.6 Awareness session on Diabetes

Number of Sessions – 14

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 228

The session aimed to educate participants about diabetes, including its causes, symptoms, and management strategies. The event provided practical advice on diabetes prevention and care, helping participants understand how to manage the condition through lifestyle changes and treatment options. Role of nutrition in managing Type 1 and Type 2 diabetes. It provided participants with guidance on proper dietary habits to control blood sugar levels and improve overall health., the event offered practical advice on managing diabetes through nutrition, tailored to the needs of both types.

4.7 Awareness session on Pre Pregnancy Nutrition

Number of Sessions – 11

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 222

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

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

4.8 Awareness session on Kangaroo Mother Care

Number of Sessions – 10

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 188

This session focused on Kangaroo Mother Care (KMC), a proven method of caring for newborns through skin-to-skin contact between the mother and baby, especially beneficial for preterm or low birth weight infants. Attended by 188 participants, the event highlighted how KMC promotes bonding, stabilizes the baby's body temperature, enhances breastfeeding, and improves overall health outcomes for newborns.

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

4.9 Awareness Session on Osteoporosis

Date – 10th & 11th July 2025

Location – Harkesh Nagar and Kalkaji

Number of Beneficiaries – 153

An awareness session on Osteoporosis was conducted on 10th & 11th July 2025 with **153 student** participants. The program included an educational video highlighting the causes, symptoms, preventive measures, and treatment options for the condition. Following the video, an interactive discussion was held through Q&A to assess understanding and encourage participation. The session effectively enhanced awareness about bone health, emphasizing the importance of calcium, vitamin D, and regular exercise in preventing osteoporosis.

4.10 Awareness Session on Osteoporosis

Date – 15th July 2025

Location – Harkesh Nagar

Number of Beneficiaries – 87

On 15th July 2025, an awareness session was organized for **87 participants** to promote essential health and nutrition practices, with a special focus on women and families. The session featured a series of short educational videos covering key topics: the importance of calcium in preventing osteoporosis, the benefits of exclusive breastfeeding for the first

six months, the role of insulin in regulating blood sugar and managing diabetes, and the significance of a balanced diet rich in iron, folic acid, and calcium during pregnancy. Each video was followed by interactive discussions and Q&A to assess comprehension and encourage participation. The session was highly engaging, enabling participants to gain practical knowledge on simple yet vital health practices that can enhance overall well-being, particularly for women and children.

4.11 Awareness Session on Cancer

Date – 10th, July 2025 & 27th August 2025

Location – Kalkaji & Tigri Centre

Number of Beneficiaries – 115

We organized a Cancer Awareness Session in collaboration with the Tanisha Foundation at our Adharshila Tigri Centre, attended by around **115 students**. The session was conducted by Ms. Garima, Ms. Nikita, and Ms. Divya, who shared valuable knowledge and insights with our students. They began by introducing their organisation, explaining the meaningful work they do, the communities they support, and the impactful projects they are currently engaged in. The session then focused on creating awareness about cancer and its prevention, with special emphasis on women's health and the importance of early detection. A particularly inspiring moment came when a cancer survivor joined the session and courageously shared her personal journey – speaking about the struggles she faced, the strength it took to recover, and the precautions that everyone should keep in mind. She also shed light on the importance of awareness around certain sexually diseases, encouraging students to take their health seriously. Overall, the session was extremely informative and inspiring, leaving the students not only more aware but also motivated to spread this knowledge further in their communities.

4.12 Awareness Session on Community Health Alert: Early Screening and Prevention of Cancer

Date – 25th July 2025

Location – Gwal Pahari

Number of Beneficiaries – 106

A recent health awareness session, attended by **106 participants**, emphasized the critical importance of early detection and prevention of cancer, chronic kidney disease (CKD), and calcium deficiency. The session highlighted that regular screenings, such as blood and urine tests, can facilitate early identification of CKD, enabling timely interventions to slow disease progression and reduce associated health risks. For cancer, the discussion highlighted the importance of routine screenings and early symptom awareness to enhance treatment outcomes. Additionally, the session addressed calcium deficiency, noting its potential link to conditions like CKD and the importance of maintaining adequate calcium levels through diet and, if necessary, supplementation. The event concluded successfully, reinforcing the necessity for ongoing community outreach and preventive healthcare services to enhance public health outcomes.

4.13 Awareness Session on Menstrual Hygiene and Nutrition

Date – 26th September 2025

Location – Gwal Pahari

Number of Beneficiaries – 120

An awareness session on menstrual hygiene and nutrition was successfully conducted on 26th September 2025 at the Gwal Pahari Community Centre, with the participation of **120 students** from the Government School, Gwal Pahari. The session aimed to educate adolescent girls on maintaining proper menstrual hygiene and adopting balanced nutrition for overall health and well-being.

The session was led by a qualified health educator, supported by resource persons from Matri Sudha and Adharshila. Dr Archana Gupta, Medical Expert from Adharshila, shared detailed medical insights on menstrual health and hygiene, addressed common queries, and informed participants about OPD days and timings—encouraging them to feel free to visit or seek medical advice whenever needed.

Key topics covered included:

- Understanding the menstrual cycle
- Correct use and safe disposal of sanitary products
- Hygiene practices to prevent infections
- The role of iron and nutrition in managing menstrual health

The nutrition segment emphasized the importance of iron-rich foods, fruits, vegetables, and hydration in maintaining good health during menstruation.

Each participant received a packet of sanitary pads, along with a demonstration on their proper use and disposal, ensuring both awareness and practical understanding.

Feedback from participants was overwhelmingly positive, with many expressing that the session was both informative and empowering. Conducted in collaboration with Matri Sudha, this initiative by Adharshila effectively enhanced knowledge, promoted healthy practices, and encouraged confidence among young girls.

4.14 Awareness Session on Cancer at Govt. School

Date – 2nd August 2025

Location – Gwal Pahari

Number of Beneficiaries – 90

Adharshila, in collaboration with the Tanisha Foundation, conducted a Cancer Awareness Session at GSSS (Government Senior Secondary School), Gwal Pahari.

The session engaged students in an interactive discussion covering all major causes of cancer, including oral, breast, and cervical cancers, and detailed prevention strategies for

each. The session began with an introduction to the Tanisha Foundation, highlighting the impactful work of the organization and the communities it supports.

A highlight of the session was a cancer survivor sharing her personal journey, discussing the challenges faced, the resilience needed to recover, and the preventive measures everyone should follow. The session also emphasized the importance of awareness about sexually transmitted diseases, encouraging students to take responsibility for their well-being.

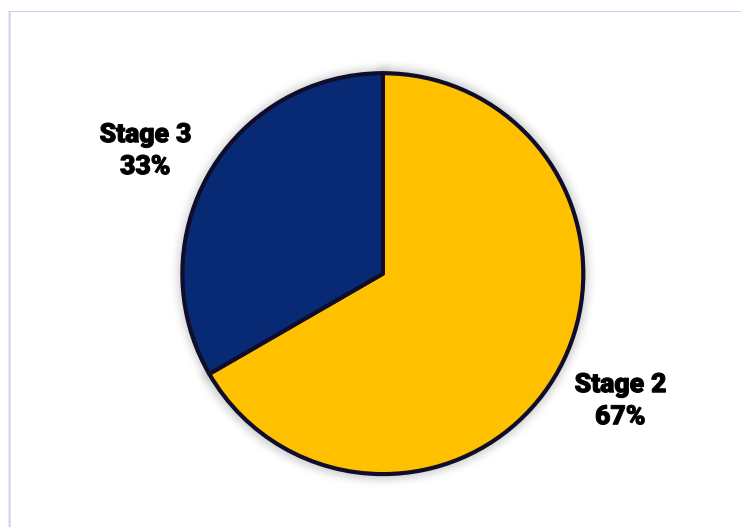
The session was highly informative and inspiring, equipping students with knowledge to protect their health and motivating them to spread awareness within their communities.

4.15 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 CKD Screening Camps held | No of Patients Screened for CKD | No. of Hypertensive & diabetic | No. of Urine dipstick test | KFT | No. Of CKD Patients |
|----------------|---------------|--------------------------------|---------------------------------|--------------------------------|----------------------------|-----------|---------------------|
| July 2025 | Gwal Pahari | 01 | 106 | 26 | 19 | 05 | 02 |
| August 2025 | Badshahpur | 01 | 101 | 57 | 19 | 07 | 04 |
| September 2025 | Harkesh Nagar | 01 | 212 | 143 | 134 | 04 | 03 |
| Total | | 03 | 419 | 226 | 172 | 16 | 09 |



Nine individuals were identified with CKD (six in Stage 2 and three in Stage 3). All, except one, were counselled by our medical team and referred to Safdarjung Hospital or Smt. Sucheta Kriplani Hospital (LHMC) for further evaluation and treatment. One patient from Harkesh Nagar has commenced treatment at LHMC, another deferred consultation due to an upcoming eye surgery, and one could not be reached due to phone-related challenges. Patients from Gwal Pahari and Badshahpur have opted to follow up at Civil Hospital, Gurgaon, owing to its proximity.



5. **CASE STUDIES**

5.1 Holistic Management of Systolic Hypertension with Associated Metabolic Imbalances

Registration number: 35061

Centre Location: Gwal Pahari

Medical History: **Systolic hypertension** (BP: 152/108 mmHg); laboratory tests revealed elevated serum uric acid and borderline vitamin D3 and B12 deficiencies.

Intervention:

1. Antihypertensives: Losartan 50 mg and Amlodipine 10 mg
 2. Diuretics for fluid management
 3. Vitamin supplementation for D3 and B12 deficiencies
- Personalised diet plan to support overall health

Outcome: With adherence to treatment and consistent follow-up, blood pressure stabilized (BP 117/74 P-91), normalized, and vitamin deficiencies were corrected. The patient reports feeling well, demonstrating improvement in overall health and effectiveness of a holistic management approach.

5.2 Integrated Management of PCOS with Hirsutism, Acne, and Anaemia

Registration number: 17639

Centre Location: Gwal Pahari

Medical History: Patient diagnosed with PCOS, hirsutism, acne, and anaemia. Hormone profile was normal.

Intervention: A comprehensive management plan was initiated, including:

1. Metformin for insulin regulation
2. Aldactone for hirsutism
3. Doxycycline for acne
4. Cetirizine for mild allergic reactions
5. Iron supplementation for anaemia

Outcome: The patient showed marked improvement with the prescribed regimen. Acne and facial hair growth reduced, skin clarity improved, and energy levels increased following correction of anemia. She continues to respond well, demonstrating the effectiveness of a personalized, multi-faceted approach in managing PCOS and its associated symptoms.

5.3 Comprehensive Management of Uncontrolled Diabetes Mellitus with Diabetic Neuralgia

Registration number: 29307

Centre Location: Gwal Pahari

Medical History: The patient presented with **uncontrolled diabetes mellitus**, reflected by an **HbA1c of 9.2%**, along with complaints of **diabetic neuralgia**. These findings indicated poor glycemic control and the onset of diabetes-related nerve complications.

Treatment Plan: A **comprehensive diabetes management plan** was initiated, focusing on glycemic control, nerve health, and lifestyle modification:

1. **Metformin 1 g twice daily**
2. **GP-2 twice daily**
3. **Neurobion (Vitamin B-complex)**
4. **Tailored diabetic diet plan** – emphasizing **controlled carbohydrate intake, high fibre, and balanced nutrition** to support long-term metabolic stability.

Regular **follow-up and monitoring** were advised to ensure treatment adherence and timely adjustments.

Outcome: With consistent medication compliance and adherence to dietary and lifestyle recommendations, the patient demonstrated **remarkable improvement**:

- **Blood sugar levels stabilized within the target range**
- **Neuropathic pain and discomfort significantly reduced**

This case underscores the **value of early intervention, patient compliance, and an integrated treatment approach** in achieving effective control of diabetes and its associated complications.

5.4 From Pain to Progress: Rehabilitation of a Knee Osteoarthritis Case

Registration number: 25881

Centre Location: Gwal Pahari

Medical History: The patient initially presented with knee pain, morning stiffness lasting less than 30 minutes, tenderness, and restricted range of motion. Pain was aggravated by physical activity. Over the course of treatment, gradual improvement was noted with reduced pain and stiffness. No swelling or tenderness was observed in recent visits.

Intervention:

- Interferential Therapy (IFT)
- Ultrasound Therapy (UST)
- Cold Therapy

Exercise program including:

- Quadriceps isometrics and strengthening
- Dynamic quadriceps exercises
- Ankle-toe movements
- Stretching of calf, hamstring, and quadriceps muscles

Outcome: The patient showed marked pain relief, better joint mobility, and improved gait. Advised to continue home exercises and attend regular physiotherapy follow-ups.

5.5 Rehabilitation in a Case of Lumbar PIVD

Registration number: 35136

Centre Location: Gwal Pahari

Medical History: The patient presented with lower back pain radiating to the knees, accompanied by tingling and numbness in the lower back. Pain worsened during forward bending and affected her daily routine.

Intervention: Modalities: Deep Heat Therapy, TENS (Transcutaneous Electrical Nerve Stimulation)

Therapeutic Exercises:

- Isometric exercises
- Stretching
- Strengthening exercises
- Bridging exercises
- Back extensor strengthening

Outcome: The patient reported significant pain reduction and complete relief from tingling sensations. She is now able to perform daily activities with minimal discomfort. Continued home-based exercises and regular physiotherapy follow-ups were advised to maintain recovery and prevent recurrence.

5.6 Centered Management of Primary Infertility

Registration number: 746

Centre Location: Harkesh Nagar

Medical History: The patient presented with **primary infertility** and a **strong desire to conceive**. Upon evaluation, her husband was found to have **erectile dysfunction**, identified as a contributing factor to the couple's difficulty in achieving conception.

Treatment Plan: A **comprehensive, couple-focused management plan** was implemented, emphasizing both medical and psychosocial aspects of fertility:

1. **Couple counselling session** – conducted to **address reproductive health, emotional well-being, and sexual health concerns**.
2. **Fertility education** – the couple was counselled on the **fertile window, optimal timing for conception**, and lifestyle factors influencing fertility.
3. **Folic acid supplementation** – initiated for the patient to **enhance reproductive health and support early fetal development**.

Regular follow-up and continuous guidance were provided to ensure adherence and address any emerging concerns.

Outcome: Following the recommended protocol and supportive interventions, the patient **successfully conceived in July 2025**. This case underscores the **importance of personalised counselling, addressing both partners' health factors, and integrating supportive treatment strategies** to achieve favourable fertility outcomes.

5.7 Effective Management of a Soft Tissue Infection (Neck Abscess)

Registration Number: 9583

Centre Location: Harkesh Nagar

Medical History: The patient presented with a **painful boil on the right side of the neck**, persisting despite prior treatment from a local practitioner, which had yielded **no clinical improvement**. On examination, findings were consistent with a **localized soft tissue infection**.

Intervention: A **targeted medical management plan** was initiated to address the infection and associated pain:

1. **Antibiotic therapy** – prescribed to control and eliminate the **bacterial infection**.
2. **Pain management** – initiated to provide **symptomatic relief and improve comfort**.

3. **Follow-up evaluation** – scheduled to monitor **response to therapy and wound healing**. At the first follow-up visit, the patient reported **approximately 50% reduction in pain and swelling**. The antibiotic regimen was **continued for two weeks** to ensure complete resolution.

Outcome: By the end of treatment, the patient achieved **full recovery**, with **complete resolution of pain, swelling, and infection**, and **no recurrence** of symptoms observed on subsequent follow-up.

5.8 Successful Conception Following Management of Secondary Infertility

Registration number: 821

Centre Location: Harkesh Nagar

Medical History: The patient, a mother of one 5-year-old boy, presented on **7th August 2025** with a history of **secondary infertility**, having been unable to conceive for the past year. A comprehensive evaluation, including **her husband's semen analysis**, revealed **normal findings**, ruling out major reproductive abnormalities.

Intervention: A **personalised preconception care plan** was initiated to optimize fertility and reproductive health:

1. **Folic acid supplementation** – prescribed to **enhance maternal health and support early fetal development**.
2. **Fertility counselling** – detailed guidance provided regarding the **fertile window, timing of intercourse**, and factors influencing conception.
3. **Lifestyle and dietary advice** – recommendations made to **promote hormonal balance and overall reproductive well-being**.

Regular follow-up was maintained to assess progress and provide continued support.

Outcome: The patient **conceived successfully in the first treatment cycle** and is **currently in her first trimester of pregnancy**.

5.9 Effective Long-Term Management of Hypertension and Diabetes Mellitus

Registration number: 21726

Centre Location: Jaitpur

Medical History: The patient, with a **known history of hypertension and diabetes mellitus**, visited the center on **11th February 2025** for evaluation and management of uncontrolled symptoms. On examination, her **blood pressure was markedly elevated at 182/100 mmHg**, and laboratory tests revealed **fasting blood sugar of 133 mg/dl** and **postprandial sugar of 271 mg/dl**, indicating poor glycemic control alongside hypertension.

Intervention: A **comprehensive chronic disease management plan** was initiated, combining pharmacologic therapy with lifestyle interventions:

1. **Antihypertensive medication**
2. **Antidiabetic therapy**
3. **Lifestyle modification counselling**
4. **Regular follow-up visits** – scheduled to assess treatment adherence and monitor progress.

Outcome: The patient demonstrated **excellent treatment compliance** and maintained consistent follow-up at the center. Over subsequent months, her condition improved significantly. On her most recent visit dated **9th August 2025**, her **blood pressure was well controlled at 130/77 mmHg**, and her **blood glucose levels were within normal limits** (fasting: 91 mg/dl; postprandial: 120 mg/dl).

5.10 Effective Management of Scabies

Registration number: 33935

Centre Location: Gurugram Outreach (Behind DPS School)

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

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

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

5.11 Effective Management of Scabies

Registration number: 33935

Centre Location: Gurugram Outreach (Behind DPS School)

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

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

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

5.12 Successful Pediatric Management of Scabies

Registration number: 37128

Centre Location: Gurugram Outreach (Wazirabad)

Medical History: A 3-year-old male presented with persistent pruritus and popular skin lesions, consistent with scabies. No prior history of chronic dermatological conditions was reported.

Intervention: The patient was treated with Tab. Bandy Plus, topical Permethrin 0.1%, and Syrup Cetirizine (CTZ). Caregivers were counselled on personal hygiene, cleaning and sun-drying of bedding and clothes, and monitoring of close contacts for similar symptoms.

Outcome: Significant improvement was observed within two weeks of treatment. Pruritus was markedly reduced, and skin lesions began resolving. The patient responded well to both pharmacological therapy and preventive guidance.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila: Empowering Communities through Healthcare, Education & Livelihood

- **Family Health Centre:** Provides affordable, inclusive healthcare in family medicine, ophthalmology, gynaecology, dermatology, and homeopathy, with free medicines and subsidized diagnostics.
- **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:** Strengthens renal services in government hospitals and expands CKD screening and Capacity Building of Paediatric dialysis care at Safdarjung, RML, and LHMC.

Adharshila's Impact:

- **3,20,000+** healthcare consultations
- **19,000** students supported through education
- **21,000** youth trained in livelihood skills
- **50,000+** Dialysis sessions & CKD screening with diet counselling in Renal Care Project

For more info on our programs, u can visit:

