ADHARSHILA

FAMILY HEALTH CENTRE

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QUARTERLY PROGRESS REPORT
JULY 2026 – SEPTEMBER 2026
(HARKESH NAGAR AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	• Harkesh Nagar • Sanjay Colony • Govind Puri • Kalkaji • Okhla I, II & III • Tughlakabad • Sangam Vihar • Madangir • Dakshin Puri
Areas Covered in Gurugram	• Gurugram • Gwal Pahari • New Gwal Pahari • Wazirabad • Ghata • Bandari • Shanti Colony • Bapu Colony • Mandi • Jonapur • Tigra Village • Badshah Pur • Kanhai Gaon Slum, Sector-45 • Kadar Pur
Reporting Period:	July 2026 – September 2026

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

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

The project aims to achieve the following:

1. To provide doctor consultations to low-income families in urban and semi-urban villages in Delhi NCR and Gurugram
2. To expand outreach of healthcare services through mobile support services.

3. To promote preventive health care by increasing awareness of Osteoporosis, Hypertension, Diabetes, Cancer, Anemia, counseling for family planning and birth spacing, sexual and reproductive health, and menstruation.

Project Locations:

1. I – 75A, Harkesh Nagar Okhla Phase – III, New Delhi – 110020
2. Gwal Pahari, Gurugram - 122003

Target group:

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

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **5839** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3322**, Physiotherapy OPDs **157**, and homeopathic being **567**, 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 **1207** and **6035** 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 **586** as tabulated below.

Major activities that were conducted during the reporting period:

S. No.	Name of the Activity	Total
1	OPD - Stationery & Outreach (Harkesh Nagar and Gurugram)	3322
2	OPDs - Physiotherapy	157
3	OPDs - Homeopathy	567
4	Eye Checkup and Dental checkup Camp at Baliawas, Gurugram	172
5	Eye Checkup and BMD Screening Camp at Gwal Pahari	106
6	Eye Checkup and General Health Camp at Nehru Nagar	115
7	Awareness Session on Low Cost Nutrition	124
8	Awareness Session on Diabetes	190
9	Awareness Session on Pre-Pregnancy Nutrition	217
10	Awareness Session on Kangaroo Mother Care	235
11	Awareness Session on Stress Causes & Management	57
12	Awareness Session on Health Problems During Change of Weather	35
13	Awareness Session on Pain Management, Posture Correction and Personal Hygiene	22
14	Awareness Session on Pain Management and Menstrual Hygiene	22
15	Awareness Session on Pain Management	19
16	Awareness Session on Dental Hygiene	146
17	Awareness Session on Personal Hygiene and Grooming	106
18	Awareness Session on Exercise and Physiotherapy for Shoulder and Back Pain	34
19	Population Screening for CKD/DM/HT patients	193
	Total	**5839**

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

- OPDs were conducted at Harkesh Nagar Center by the health team.
- 1137 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 90 patients.
- USG was conducted for 28 patients.
- Albendazole tablets were given to 42 patients for deworming.

- Immunization (Tetanus vaccine) was provided to 17 ANC patients.
- OCP (Mala D/Femilon) tablets were given to 03 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.

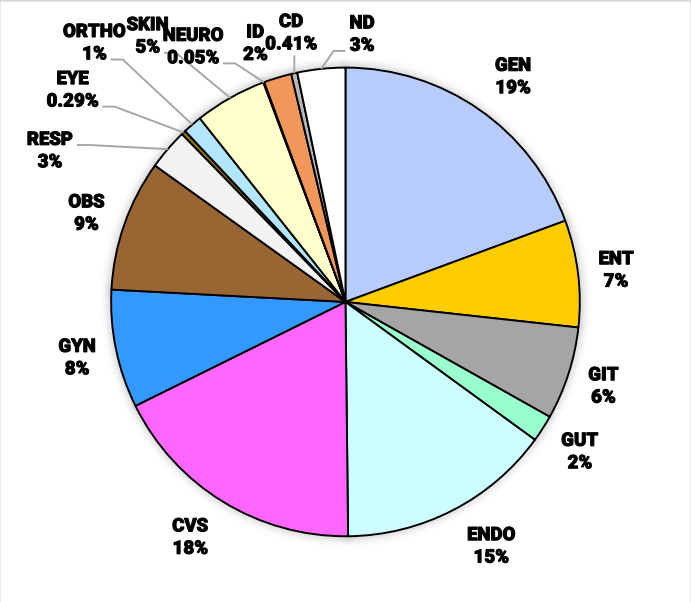


Doctor Consultation OPDs Report (Delhi)

DATE	GEN	ENT	GIT	GUT	ENDO	CVS	GYN	OBS	RESP	EYE	ORT HO	SKIN	NEU RO	ID	CD	ND	Total
July 26	86	39	44	11	71	90	58	62	11	00	07	16	01	09	04	26	**535**
Aug. 26	107	36	30	07	82	98	38	43	14	02	09	38	00	12	00	12	**528**
Sep. 26	130	48	33	13	94	110	40	46	22	03	06	29	00	11	03	17	**605**
TOTAL	**323**	**123**	**107**	**31**	**247**	**298**	**136**	**151**	**47**	**05**	**22**	**83**	**01**	**32**	**07**	**55**	**1668**

The total number of patients registered was **1137**, with all patients receiving doctor consultations. These consultations addressed a range of common health concerns, resulting in **1668** diagnoses treated, highlighting the continued demand for accessible primary healthcare services.

Pie chart showing various ailments reported



GEN	– General
GYNAC	– Gynaecology
OBS	– Obstetric
ENT	– Ear Nose, Throat
GIT	– Gastrointestinal Tract
GUT	– Genitourinary
CVS	– Cardiovascular system
RESP	– Respiratory system
ENDO	– Endocrine system
DERMA	– Dermatology
ORTHO	– Orthopaedic (ORTHO)
NEURO	– Neurology (NEURO)
ID	–Infectious Disease
CD	–Cosmetic Disease
ND	–Non-infectious Disease

1.2) OPDs – Stationery (Gwal Pahari)

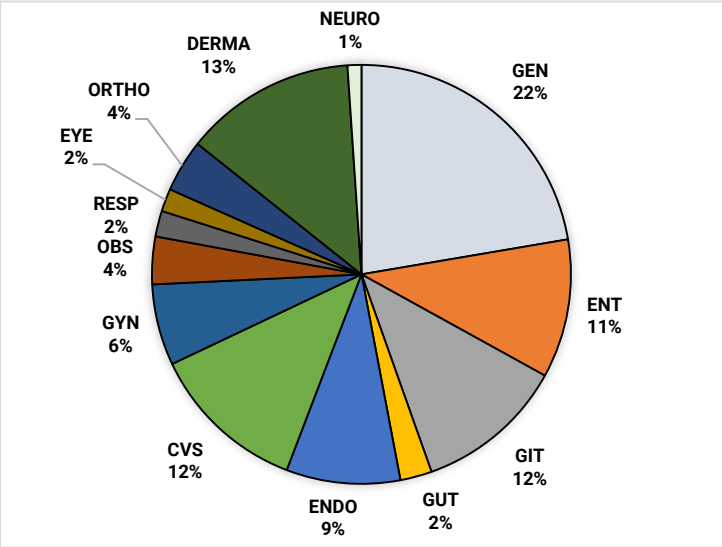
- OPDs were conducted at Gwal Pahari by the health team.
- 1054 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 87 patients.
- USG was conducted for 13 patients.
- Albendazole tablets were given to 32 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 18 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.

Doctor Consultation OPDs Report (Gwal Pahari- Gurugram)

DATE	GEN	ENT	GIT	GUT	ENDO	CVS	GYN	OBS	RESP	EYE	ORTHO	DERMA	NEURO	Total
July 26	98	47	34	14	39	59	28	13	06	09	15	61	01	**424**
Aug. 26	79	35	65	09	32	54	27	23	06	07	22	63	09	**431**
Sep. 26	115	58	52	09	44	46	27	12	14	07	16	49	04	**453**
TOTAL	**292**	**140**	**151**	**32**	**115**	**159**	**82**	**48**	**26**	**23**	**53**	**173**	**14**	**1308**

The total number of patients registered was **1054**, with all patients receiving doctor consultations. These consultations addressed a range of common health concerns, resulting in **1308** diagnoses treated, highlighting the continued demand for accessible primary healthcare services.

Pie chart showing various ailments reported



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ORTHO	– Orthopaedic (ORTHO)
NEURO	– Neurology (NEURO)

1.3) OPDs – Outreach Area (Gurugram)

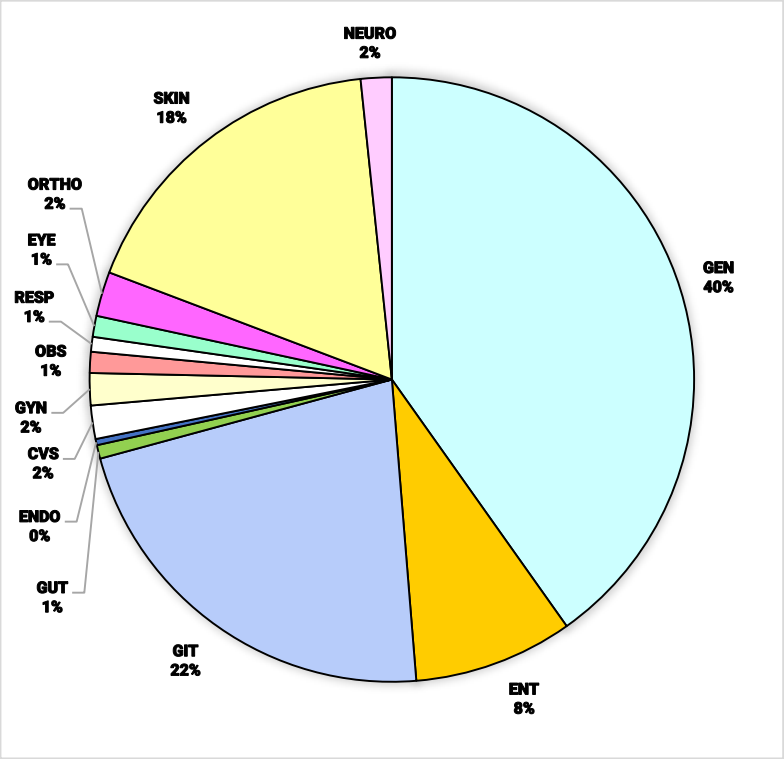
- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1131 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 218 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Doctor Consultation OPDs Report (Gurugram Outreach)

DATE	GEN	ENT	GIT	GUT	ENDO	CVS	GYN	OBS	RESP	EYE	ORTHO	SKIN	NEURO	Total
July 26	216	25	99	04	00	09	07	06	08	05	16	95	08	**498**
Aug. 26	152	63	49	03	02	08	08	07	01	04	08	66	01	**372**
Sep. 26	240	41	186	04	03	10	11	04	03	08	12	105	16	**643**
TOTAL	**608**	**129**	**334**	**11**	**05**	**27**	**26**	**17**	**12**	**17**	**36**	**266**	**25**	**1513**

The total number of patients registered was **1131**, with all patients receiving doctor consultations. These consultations addressed a range of common health concerns, resulting in **1513** diagnoses treated, highlighting the continued demand for accessible primary healthcare services.

Pie chart showing various ailments reported



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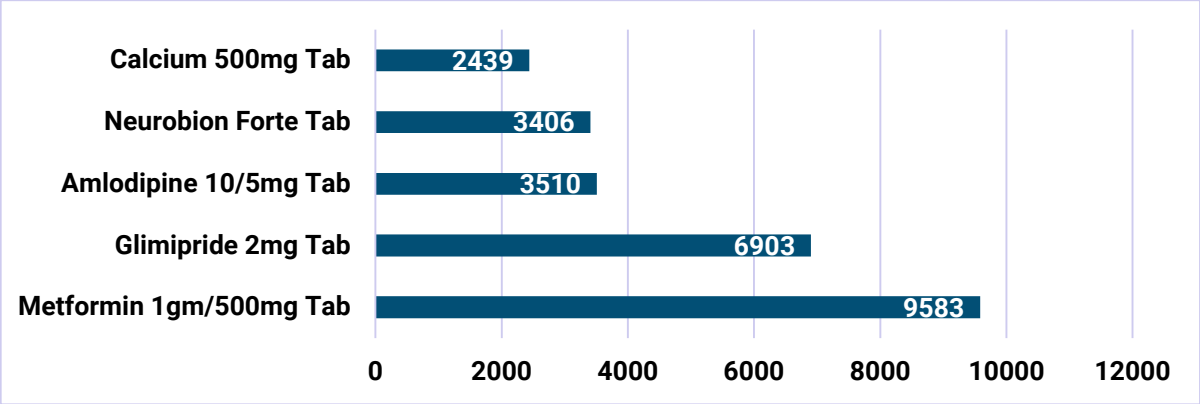
DERMA	– Dermatology
ORTHO	– Orthopaedic (ORTHO)
NEURO	– Neurology (NEURO)



1.4) Most Frequently Prescribed Drugs

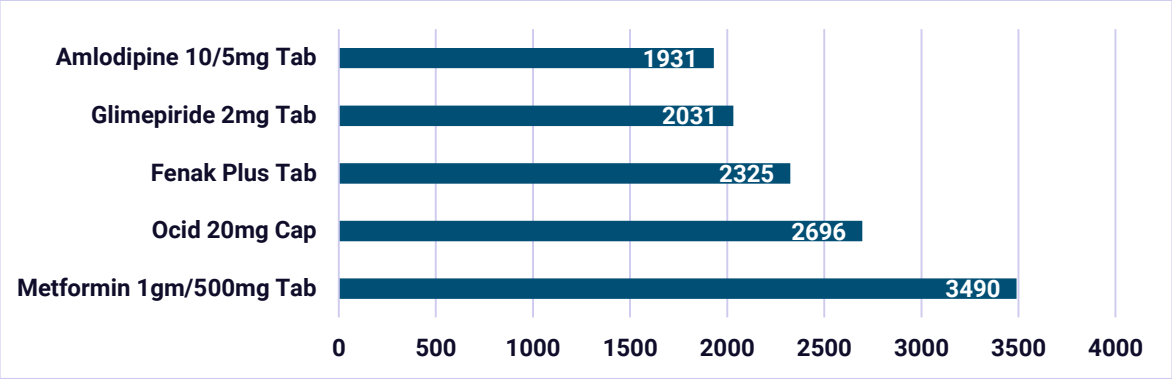
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, Anaemia, ANC, and Neuralgia.

Delhi



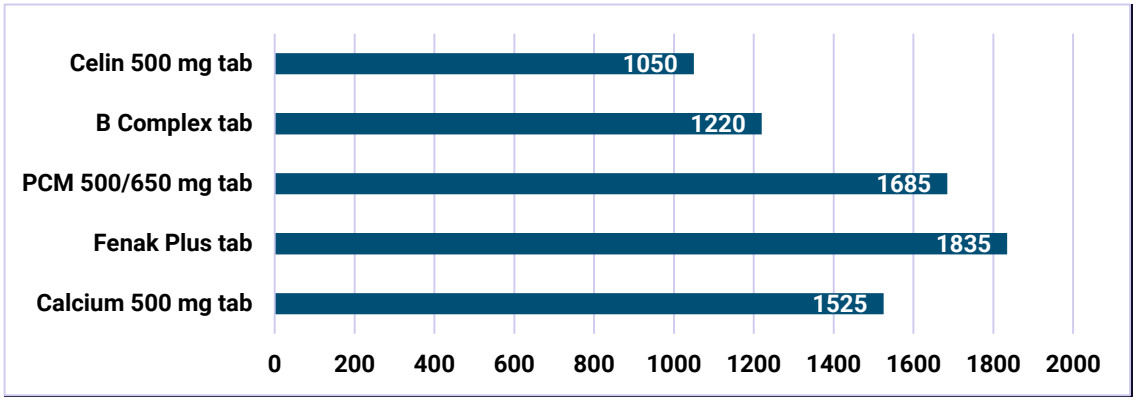
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Body ache, Diabetes, and Gastritis.

Gwal Pahari



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

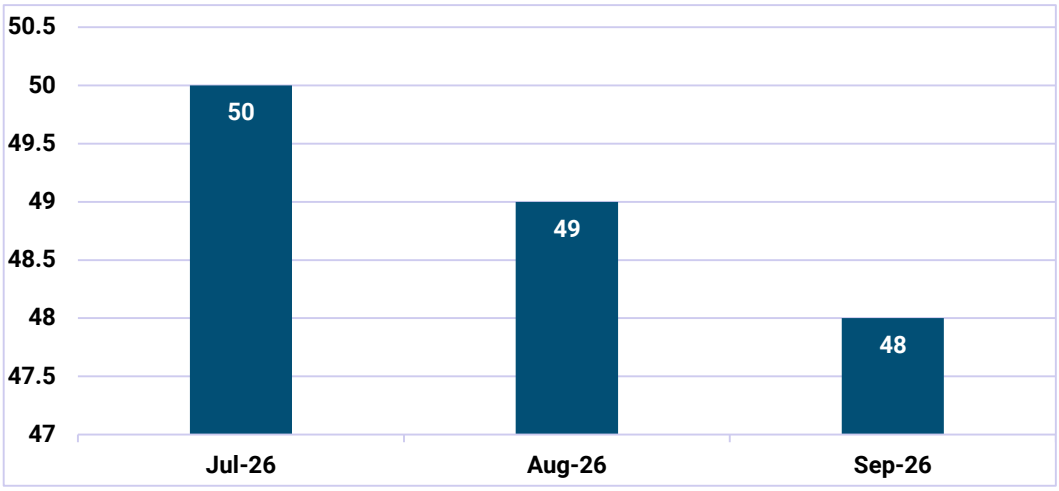
Gurugram Outreach



1.5) Antenatal care

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

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Miscarriage	Ongoing
1	July 26	51	10	09	01	50
2	August 26	50	04	05	00	49
3	September 26	49	05	06	00	48

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	Not Inform
			Caesarian Delivery	Normal delivery			
1	July 26	00	00	09	06	03	01
2	August 26	00	02	03	03	02	00
3	September 26	00	02	04	01	05	00

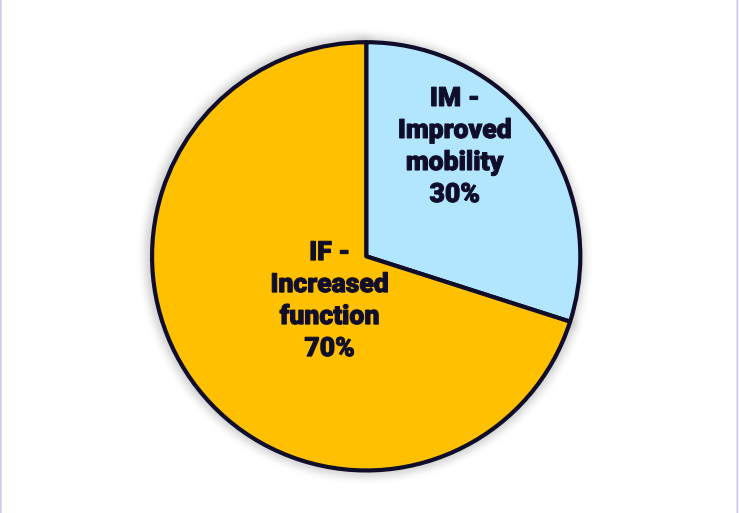
During the last quarter, a total of **51 ANC (Antenatal Care) patients** were registered, with **19 new registrations** in this quarter. Out of these, **20 successful deliveries** were reported, along with one miscarriage. Among these, **04 were caesarean deliveries**, and **16 were normal deliveries**. As of now, the health center is actively providing antenatal care to **48ongoing ANC patients** and **20 lactating mothers**.

2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 157 doctor's consultations were availed by the patients
- 110 patients reported increased body function.
- 47 patients reported improved mobility.
- All 157 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

567 beneficiaries reached out to Homeopathy OPDs this quarter at Tigri, Kalkaji, 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 2026.

MONTH	GEN	GYN	GIT	RESP	SKIN	ENT	ORTHO	NEURO	URO	CVS	ENDO	EYE	GUT	TOTAL
July 26	92	30	35	10	65	05	24	13	00	01	03	00	04	**282**
Aug. 26	11	8	12	03	07	00	06	02	00	00	00	00	01	**50**
Sep. 26	51	29	37	13	60	04	17	10	00	03	02	02	07	**235**
TOTAL	**154**	**67**	**84**	**26**	**132**	**09**	**47**	**25**	**00**	**04**	**05**	**02**	**12**	**567**



4. Other Highlights of This Quarter

4.1. Eye Checkup and Dental Checkup Camp

Date – 10th September 2026
Location – Government Middle School, Baliawas, Gurugram
Number of Beneficiaries – 172

A comprehensive **Eye Check-up, Dental Check-up, and Health Awareness Camp** was organized at Baliawas to promote preventive healthcare and personal hygiene among students and the community. A total of **172 participants** registered for the camp.

During the eye screening, all **172 participants** underwent an eye check-up. **72 spectacles** were distributed to beneficiaries requiring vision correction, while **54 participants** received **eye drops** as advised.

The dental team conducted screening for **151 participants**. To promote good oral hygiene, **151 toothbrushes and 151 toothpaste packs were distributed**. One toothpaste and one toothbrush were also retained as samples by the teacher.

As part of student engagement, **18 diaries** were distributed as rewards and **120 gummies** were distributed. In total, **198 diaries** were distributed, comprising 172 to participants, 8 to staff, and 18 during the Camp. The camp was informative and successfully promoted preventive eye, dental, and personal healthcare practices.

4.2. Eye Checkup and Bone Mineral Density (BMD) Screening Camp

Date – 27th August 2026
Location – Family Health Centre, Gwal Pahari
Number of Beneficiaries – 106

Purpose: To promote preventive healthcare, early detection, and timely referral for eye and bone health conditions.

Eye Screening

- 106 participants underwent eye screening.
- 53 participants were provided spectacles.
- 30 participants were identified for cataract surgery.
- 10 participants were referred for pupil dilation and further evaluation.
- 6 retina-related cases and 1 pterygium case were identified for follow-up.
- 119 eye-drop units were distributed as required.

BMD Screening

- 81 participants underwent BMD screening.
- 15 participants had normal BMD.
- 32 participants were identified with osteopenia.
- 33 participants were identified with osteoporosis.
- 1 participant was identified with severe osteoporosis.
- 66 participants were provided BMD medicines.

Overall, the camp successfully enhanced awareness, screening, early detection, and timely referral for better community health outcomes.

Key Outcome

The camp facilitated early identification of health conditions, access to essential treatment support, and timely referral, contributing to improved preventive healthcare access for the community.

4.3 Eye Checkup and General Health Camp

Date – 28th July 2026
Location – Shakti Shalini, Nehru Nagar
Number of Beneficiaries – 115

An Eye Checkup and General Health Check-up Camp was organized at Shakti Shalini, Nehru Nagar, to strengthen access to preventive healthcare, promote early identification of health conditions, and facilitate timely treatment, counselling, and referral.

Eye Care Screening & Outcomes

Comprehensive eye examinations were conducted for all 115 beneficiaries, resulting in the identification of:

- 07 Cataract cases
- 04 retinal disorders
- Beneficiary requiring YAG laser treatment
- 03 beneficiaries referred to higher healthcare facilities for specialized management
- To support immediate eye care and improve visual health:
- 42 pairs of spectacles were distributed.
- 72 beneficiaries received prescribed eye drops.
- 02 beneficiaries successfully underwent cataract surgery,

The screening enabled timely identification of eye conditions and facilitated appropriate advice and referral, particularly for beneficiaries requiring specialized ophthalmic care.

The camp witnessed an encouraging response, with 115 beneficiaries receiving healthcare services. All beneficiaries underwent general OPD consultations and comprehensive eye examinations, enabling the medical team to identify health concerns and provide appropriate medical advice.

Key Health Outcomes

Laboratory investigations provided valuable clinical insights and supported the identification of beneficiaries requiring continued medical attention. Key findings included:

- One beneficiary recorded an HbA1c of 9.2%, with a calculated mean plasma glucose of 217 mg/dL, indicating poor glycaemic control and the need for further evaluation and diabetes management.
- One beneficiary had haemoglobin of 10.8 g/dL, below the reported reference range, warranting further assessment for possible anaemia.
- One beneficiary recorded haemoglobin of 17.0 g/dL, above the reported reference range, requiring clinical correlation and follow-up as appropriate.
- Minor variations were also observed in certain biochemical and electrolyte parameters, including sodium, chloride, phosphorus, and uric acid, which were noted for appropriate clinical follow-up.

The remaining reported laboratory parameters were largely within the respective laboratory reference ranges.
These investigations enhanced the clinical value of the camp by enabling the medical team to identify individuals who could benefit from further monitoring, counselling, treatment, and referral.

Overall Impact
The camp provided an integrated platform for general health assessment, laboratory investigations, and comprehensive eye care, bringing preventive healthcare services closer to the community. The initiative facilitated the early identification of potential health concerns, including poor glycaemic control, anaemia, and eye-related conditions, enabling timely counselling, treatment support, monitoring, and referral.

Beyond the immediate clinical services, the camp also contributed to greater awareness of regular health screening, eye health, diabetes management, early diagnosis, and timely medical intervention.

Overall, the initiative strengthened the continuum of community-based healthcare by connecting beneficiaries with screening, early detection, clinical guidance, treatment support, and referral services, supporting more informed and timely healthcare-seeking practices.

4.4 Awareness session on Diabetes

Number of Sessions – 6+6 = 12
Location – Gwal Pahari and Harkesh Nagar
Number of Beneficiaries – 120+70 = 190

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

4.5 Awareness session on Pre Pregnancy Nutrition

Number of Sessions – 5+6 = 11
Location – Gwal Pahari and Harkesh Nagar
Number of Beneficiaries – 155+80 = 235

This session emphasized the critical role of nutrition in preparing for pregnancy, focusing on how a well-balanced diet can enhance fertility, improve reproductive health, and support a healthy pregnancy. Participants learned about the essential nutrients such as folic acid,

iron, calcium, and omega-3 fatty acids, which are vital for fetal development and reducing the risk of complications during pregnancy.

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

4.6 Awareness session on Kangaroo Mother Care

Number of Sessions – 5+7 = 12
Location – Gwal Pahari and Harkesh Nagar
Number of Beneficiaries – 121+77 = 198

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

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

4.7 Awareness session on Low Cost Nutrition

Number of Sessions – 6+2 = 8
Location – Gwal Pahari and Harkesh Nagar
Number of Beneficiaries – 78+46 = 124

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

4.8 Awareness Session on Stress Causes and Management

Number of Sessions - 02
Location – Tigri and Kalkaji
Number of Beneficiaries – 57

An awareness session was conducted at Kalkaji Centre to educate the students about causes of stress and its management. The session focused on different sources of stress, which is common in every age group.

Students were informed about the following causes of stress: -

- Overuse of screen -mobile phones/laptop etc.
- Consumption of negative or criminal type of content, that may also lead to stress.
- Lack of physical exercise.
- Video/online games.
- Night watching – late night waking leads to disturb the sleep cycle and digestion too, that leads to stress.

Preventive measures discussed during the session included:

- Avoidance of screen as much as possible.
- Encouragement for physical exercise, yoga, meditation, running, normal walk, listening music etc.
- Make a habit to read books rather than using screen /soft copies.
- Ideal time to sleep and early wake up – 10p.m. to 5a.m. approx. 7-8 hrs. of normal sleep hours should be there.
- The session helped students to understand the importance of staying in a bit of discipline and adopting healthy practices in their lives.

4.9 Awareness Session on Health Problems During Change of Weather

Date – 10th September 2026
Location – Tigri
Number of Beneficiaries – 35

Objective of the Session - To raise awareness among students about seasonal health problems and preventive measures to maintain good health and immunity.

Session Highlights - An awareness session was conducted for 35 beneficiaries on common seasonal health issues, including cold, cough, sore throat, allergies, and breathing difficulties. Students were educated about healthy eating habits, regular physical activity, personal hygiene, hydration, and immunity-boosting practices. A traditional herbal drink made with ginger, cloves, black pepper, turmeric, and water was also demonstrated.

Outcome - The session enhanced students' awareness of seasonal health risks and encouraged them to adopt healthy lifestyle practices and preventive measures for better health and well-being.

4.10 Awareness Session on Pain Management, Posture Correction and Personal Hygiene

Date – 24th August 2026
Location – Gwal Pahari
Number of Beneficiaries = 22

Back and neck pain, including cervical pain, is common due to poor posture, prolonged sitting, excessive screen time, lack of exercise, and improper lifting. During this awareness session, participants will learn the importance of maintaining a healthy spine and preventing pain in daily life.

Maintain good posture while sitting, standing, studying, or working. Keep your computer or mobile screen at eye level and take short breaks every 30–45 minutes. Perform gentle stretching and regular physical activity to keep muscles flexible and strong. Avoid lifting heavy objects incorrectly; bend your knees and keep the load close to your body. Personal hygiene is also essential for overall health. Bathe regularly, wash hands frequently, wear clean clothes, maintain clean surroundings, and follow proper sleeping and workplace habits.

Persistent or severe pain, numbness, weakness, or restricted movement should be evaluated by a healthcare professional. Prevention, awareness, and healthy habits can help maintain a pain-free lifestyle.

4.11 Awareness Session on Pain Management and menstrual Hygiene

Date – 24th August 2026
Location – Family Health Centre - Gwal Pahari
Number of Beneficiaries – 22

An awareness session was conducted to educate participants on the prevention and management of back pain and the importance of Menstrual Hygiene Management (MHM). The session focused on promoting healthy practices, improving awareness, and encouraging participants to seek timely medical care when required.

Key Topics Covered:

- Common causes of back pain and preventive measures.
- Correct posture and safe lifting techniques to prevent back strain.
- Simple stretching and strengthening exercises for maintaining back health.
- Importance of regular physical activity and healthy habits.
- Menstrual hygiene practices and the proper use and safe disposal of menstrual products.
- Importance of maintaining personal hygiene during menstruation.
- Recognizing menstrual health concerns and signs that require medical attention.

- Addressing common myths and misconceptions related to menstruation.
- Encouraging open and informed discussions around menstrual health and hygiene.

The session provided participants with practical information and encouraged them to adopt healthier practices for improved physical and menstrual health.

4.12 Awareness Session on Pain Management

Date – 25th September 2026
Location – Family Health Centre – Gwal Pahari
Number of Beneficiaries – 19

An awareness session on the importance of physiotherapy in managing back, neck, and knee pain was conducted to educate participants about the role of physiotherapy in improving mobility, strength, and overall physical well-being. The session focused on common causes of pain, including poor posture, prolonged sitting, muscle weakness, injuries, and lack of physical activity.

Participants were informed that physiotherapy can help reduce pain, improve flexibility, strengthen muscles, and support better movement through appropriate exercises and therapeutic techniques. Special emphasis was placed on maintaining correct posture while sitting, standing, and working, as well as taking regular breaks during prolonged periods of sitting.

The session also highlighted the importance of performing exercises under proper professional guidance, particularly when experiencing persistent or severe pain. Participants were encouraged to remain physically active and follow healthy lifestyle practices.

The session was informative and interactive, helping participants understand how physiotherapy can contribute to pain management, functional recovery, and improved quality of life.

4.13 Awareness Session on Dental Hygiene

Date – 10th September 2026
Location – Government Middle School, Baliawas
Number of Beneficiaries – 146

An awareness session on **Dental Hygiene** was conducted by **Dr. Shweta Javali** for **146 students** with the aim of educating them about the importance of maintaining good oral health. The session provided students with practical knowledge about proper dental care and encouraged them to develop healthy oral-hygiene habits.

Dr. Shweta explained the importance of brushing teeth twice a day using the correct brushing technique. She highlighted the role of fluoride toothpaste in preventing dental cavities and emphasized the need to clean the tongue and maintain overall oral cleanliness. Students were also educated about the importance of flossing and regular dental check-ups for early detection and prevention of dental problems. The session covered common causes of tooth decay, gum problems, bad breath, and other oral-health issues.

Dr. Shweta also discussed the impact of excessive consumption of sugary foods and beverages on dental health and encouraged students to follow a balanced diet and drink adequate water. The interactive session allowed students to ask questions and clarify their doubts regarding dental hygiene. The students actively participated and showed great interest throughout the programme. The session was informative and successful in creating awareness among the students about the importance of maintaining good oral hygiene and adopting healthy dental-care practices.

4.14 Awareness Session on Personal Hygiene and Grooming

Date – 8th July 2026 and 11th September
Location – Government School of Gwal Pahari and Sector 24, Gurugram
Number of Beneficiaries – 68 + 38 = 106

Personal hygiene and grooming are essential for maintaining good health, confidence, and a positive personality. Simple habits such as bathing daily, washing hands regularly, brushing teeth twice a day, wearing clean clothes, trimming nails, and keeping hair neat help prevent illnesses and improve overall well-being. Good grooming also reflects self-respect and creates a positive impression on others. Always cover your mouth while coughing or sneezing and maintain cleanliness in your surroundings. By practicing personal hygiene every day, you protect yourself and others from infections while building healthy habits that last a lifetime.

4.15 Awareness Session on Exercise and physiotherapy for Shoulder and Back Pain

Date – 5th August 2026
Location – Family Health Centre - Gwal Pahari
Number of Beneficiaries – 34

Shoulder and back pain are common problems that can affect people of all ages and interfere with daily activities, work, sleep, and overall quality of life. Regular exercise and physiotherapy play an important role in preventing and managing these problems. Appropriate exercises help strengthen muscles, improve flexibility, maintain joint movement, and support better posture. Physiotherapy provides individualized assessment and treatment based on the person's condition. Physiotherapists may use therapeutic

exercises, stretching, manual therapy, posture correction, and education to reduce pain and improve function.

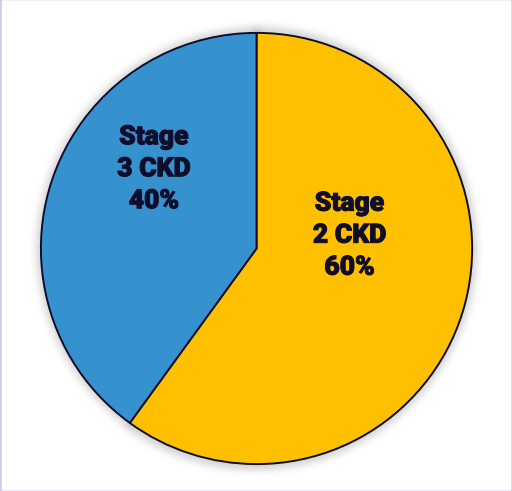
It is important to avoid prolonged inactivity, as excessive rest may lead to stiffness and muscle weakness. However, exercises should be performed correctly and progressed gradually under professional guidance, especially when pain is severe or persistent. Maintaining a healthy weight, practicing good posture, taking regular breaks, and staying physically active can further protect the shoulder and back. Early professional advice can help prevent chronic pain and improve recovery.

4.16 Population screening FOR CKD/DM/HT patients

We encourage individuals to visit our centers or camps for a comprehensive health check-up. Those diagnosed with diabetes and hypertension are especially urged to participate in CKD screening, which includes monitoring blood pressure and blood sugar levels which includes proteinuria, KFT tests to identify the status of kidney functions. Our services cater to beneficiaries of all age groups, with a particular focus on individuals aged 40 and above. The screening camp aims to identify those at risk of or affected by CKD, with a specific emphasis on enhancing kidney health, raising awareness about the disease, and reducing its impact on the community's overall well-being.

CKD screening Camps

Month	Location	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
July 2026	Shakti Shalini, Nehru Nagar, Delhi	98	56	48	09	01 patient diagnosed with Stage 2 CKD and 01 patient diagnosed with Stage 3 CKD
August 2026	Gwal Pahari, Gurugram	95	59	42	03	02 patients diagnosed with Stage 2 CKD and 01 patient diagnosed with Stage 3 CKD
	Total	**193**	**115**	**90**	**12**	**05**





Three Stage 2 and Two stage 3 CKD patients have been identified and counselled by our medical team to visit the Adharshila Family Health Centre, Gwal Pahari and Harkesh Nagar, for treatment initiation, comprehensive clinical evaluation, and disease management

5. CASE STUDIES

5.1 Effective Management of Hypertension

Registration number: 36095

Centre Location: Gwal Pahari

Medical History: A 45-year-old male patient, a resident of Bihar, visited the Adharshila Family Health Centre, Gwal Pahari, in January 2026 with severe hypertension and APD. Following a medical assessment, he was diagnosed with uncontrolled high blood pressure and advised appropriate medical management

Intervention: The patient was prescribed Losar 50 mg, Amlodipine 5 mg, and Pan-D for daily use as per the physician's advice. He received regular medical consultations, medication guidance, and follow-up care to monitor his blood pressure and overall health status.

Outcome: With regular medication and consistent follow-up, the patient's blood pressure gradually came under control. During subsequent visits, he demonstrated significant improvement in his health and overall well-being. His blood pressure is currently well controlled with the prescribed medication, and he reports feeling normal.
This case highlights the importance of timely diagnosis, consistent medication adherence, and regular follow-up in effectively managing hypertension and improving patients' quality of life.

5.2 Shoulder Pain & Mobility Improvement
Registration number: 14756
Centre Location: Gwal Pahari

Medical History: A 67-year-old female patient visited the Gwal Pahari Centre with complaints of shoulder pain and difficulty lifting her arm overhead, combing her hair, and performing daily activities. She also reported disturbed sleep due to shoulder discomfort.

Clinical Assessment:

- Restricted and painful shoulder movements.
- Tenderness over the rotator cuff region.
- Weakness of shoulder muscles.
- Positive Drop Arm Test and Painful Arc Test, indicating possible rotator cuff involvement.

Clinical Impression: Suspected Rotator Cuff Injury with restricted shoulder mobility.

Intervention: Physiotherapy included ice therapy, IFT, assisted shoulder ROM exercises, pendulum exercises, rotator cuff strengthening, resistance-band exercises, scapular stabilisation, and postural correction. A home exercise programme was also explained.

Outcome: After a few physiotherapy sessions, the patient reported significant pain relief, improved shoulder mobility and strength, and better ability to perform daily activities with reduced discomfort. Good with regular physiotherapy, home exercises, and follow-up.

5.3 3 Improving Neck Health Through Physiotherapy: Cervical Spondylosis
Registration number: 28881
Centre Location: Gwal Pahari

Medical History: A 60-year-old female patient visited Adharshila Family Health Centre, Gwal Pahari, with complaints of neck pain and discomfort. Following clinical assessment, she was diagnosed with cervical spondylosis.

Treatment Plan:
The following physiotherapy treatments were provided:

- TENS: To relieve neck pain.
- Ultrasound Therapy (UST): To reduce pain and muscle discomfort.
- Strengthening Exercises: To improve neck muscle strength and support.

The patient was advised to perform prescribed exercises regularly, maintain proper neck posture, and avoid prolonged neck bending.

Outcome: The patient received initial physiotherapy treatment and was advised to continue sessions and prescribed exercises for further pain relief and improvement in neck mobility.

5.4 Physiotherapy Management of Cervical Spondylosis
Registration number: 41057
Centre Location: Gwal Pahari

Medical History: A 72-year-old female patient visited the Physiotherapy OPD at Adharshila Family Health Centre, Gwal Pahari, with complaints related to cervical spondylosis. She was advised physiotherapy exercises to improve neck muscle strength, mobility and manage her symptoms.

Intervention:

- Neck isometric exercises
- Gentle neck strengthening exercises
- Physiotherapy guidance and advice

Outcome: The patient was guided on performing neck isometric exercises correctly. Regular exercises were advised to strengthen neck muscles and improve functional mobility. Physiotherapy and regular exercises play an important role in managing cervical spondylosis by improving neck muscle strength, mobility and daily functioning.

5.5 Successful Treatment and Management of Scabies
Registration number: 39874
Centre Location: Sector – 62, Gurugram

Medical History: A 31-year-old female resident of Sector-62 visited the Adharshila Health Centre with complaints of itching all over her body for approximately one month. On examination, she presented with multiple red papular skin lesions. A similar history of itching was also reported among her family members, indicating possible household transmission of scabies.

Intervention: Following clinical assessment, she was prescribed Tab. Ivermectin, topical Permethrin 5% ointment, and anti-allergic medication. The patient and her family members were also counselled on personal hygiene, proper use of prescribed treatment, washing clothes and bedding, and preventive measures to avoid reinfection and further spread of infection.

Outcome: With appropriate medication, treatment adherence, and improved personal hygiene practices, the patient experienced significant relief from itching and skin lesions within 2–3 weeks. Her condition improved considerably, highlighting the importance of timely diagnosis, appropriate treatment, and family-level awareness in managing contagious skin conditions such as scabies.

5.6 Successful Treatment and Management of Recurrent Fungal Infection

Registration number: 39865

Centre Location: Sector – 62, Gurugram

Medical History: A 40-year-old male resident of Sector 62 visited the Adharshila Family Health Centre with complaints of recurrent fungal infections over several months. He experienced intermittent episodes affecting the same area, with symptoms recurring periodically. There was no history of persistent lesions or invasive fungal infection.

Intervention: Following medical assessment, appropriate antifungal treatment was prescribed. The individual responded well to the treatment over three follow-up visits, with complete resolution of symptoms. He was also counselled on completing the prescribed medication course, maintaining personal hygiene, keeping the affected area clean and dry, avoiding prolonged moisture exposure, and wearing comfortable, breathable clothing. Guidance was also provided on identifying potential underlying risk factors, including diabetes and immunosuppression, and avoiding unnecessary antibiotic use.

Outcome: There was a positive response to treatment, with complete resolution of the fungal infection after three visits. The individual is currently asymptomatic and has followed the prescribed medication and lifestyle recommendations.
This case highlights the importance of timely treatment, medication adherence, personal hygiene, and preventive counselling in managing recurrent fungal infections and reducing the risk of recurrence.

5.7 A Journey Towards Motherhood

Registration number: 92287

Centre Location: Harkesh Nagar

Medical History: A 30-year-old patient visited the Adharshila Family Health Centre, Harkesh Nagar, on 15 May 2025. She had a history of one missed abortion six months prior and was diagnosed with hypothyroidism. She was experiencing difficulty conceiving again, which raised concerns about her reproductive health. During subsequent follow-ups, she also developed hypertension, requiring medical attention and appropriate treatment.

Treatment Plan: The patient received regular medical consultations, appropriate treatment, and continuous monitoring of her reproductive health, thyroid condition, and blood pressure. The medical team provided ongoing follow-up and guidance to support her health and conception journey

Outcome: In September 2026, the patient achieved a significant milestone when her Urine Pregnancy Test (UPT) returned positive. Her Last Menstrual Period (LMP) was recorded as 1 September 2026. This marked an important and encouraging development in her journey towards motherhood.

This case highlights the importance of timely medical intervention, regular follow-ups, continuous monitoring, and supportive healthcare in addressing reproductive health challenges.

5.8 Overcoming Severe Anaemia and Achieving Menstrual Health

Registration Number: 35815

Centre Location: Harkesh Nagar

Medical History: A 14-year-old girl visited the Adharshila Family Health Centre, Harkesh Nagar, for the first time on 3 June 2026 with a history of delayed menarche. On clinical examination, she appeared extremely pale, raising concerns about severe anaemia. She was advised to undergo a Complete Blood Count (CBC) and an ultrasound of the whole abdomen.

Intervention: Following the initial assessment, the patient was dewormed, started on iron supplementation, and provided with appropriate dietary counselling. Her investigations revealed a critically low haemoglobin level of 4.6 g/dL, while the ultrasound showed a prepubertal uterus. She was advised appropriate medical management and regular follow-up to monitor her condition.

Outcome: With continued treatment, medication adherence, nutritional support, and regular follow-up, the patient showed significant improvement. Within two months, she experienced her first menstrual period. Her repeat haemoglobin test on 6 August 2026 showed a remarkable improvement from 4.6 g/dL to 11.5 g/dL. This case highlights the importance of early diagnosis, timely medical intervention, nutritional support, and continuous follow-up in addressing adolescent anaemia and improving girls' reproductive health.

5.9 A Journey from Infertility to Pregnancy Through Comprehensive Medical Care

Registration number: 854

Centre Location: Harkesh Nagar

Medical History: A 21-year-old woman visited the Adharshila Family Health Centre, Harkesh Nagar, for the first time on 15 May 2025 with complaints of primary infertility and irregular menstrual cycles. Following clinical evaluation and ultrasound examination, she was diagnosed with Polycystic Ovarian Disease (PCOD). Further evaluation of her husband revealed a very low sperm count, which was identified as an additional contributing factor to the couple's infertility.

Intervention: Based on the medical assessment, appropriate treatment was initiated for the patient to manage PCOD and irregular menstrual cycles. Her husband was also provided with appropriate treatment based on his semen analysis. Both partners received medical guidance and were advised to maintain regular follow-up visits and adhere to the prescribed treatment.

Outcome: With consistent treatment, regular follow-ups, and adherence to medical advice, the couple continued their journey towards parenthood. After months of medical care, they received the positive news of pregnancy in July 2026. Her last menstrual period (LMP) was recorded as 12 June 2026.

This case highlights the importance of timely diagnosis, comprehensive evaluation of both partners, appropriate medical intervention, and continuous follow-up in managing infertility and supporting couples on their journey towards parenthood.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila: Empowering Communities through Healthcare, Education & Livelihood

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

Adharshila's Impact:

- **3,53,000+** healthcare consultations through affordable family health services
- **1,28,500+** dialysis sessions and CKD screenings with diet counselling
- **22,500+** youth trained in digital skills
- **21,000+** students supported with activity-based learning.
- Conducted PD-TAME™ Workshops Pan India & trained **353+** Doctors in Pediatric Dialysis and Therapeutic Apheresis in emergencies.

For more info on our programs, u can visit:

Photographs of Project Activities











