



ADHARSHILA

FAMILY HEALTH CENTRE

Co - Supported by

PROACTIVE
DATA SYSTEMS
Converged Network Specialists

QUARTERLY PROGRESS REPORT
October 2023 – December 2023
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	<ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● Govindpur● Kalkaji● Okhla I, II & III● Tughlakabad● Sangam Vihar● Madangir● Dakshin Puri● Madanpur Khadar● Badarpur
Areas Covered in Gurugram	<ul style="list-style-type: none">● Gurugram● Gwal Pahari● New Gwal Pahari● Wazirabad● Ghata● Bandari● Shanti Colony● Bapu Colony● Mandi● Jonapur● Tigra Village● Badshah Pur● Kanhai Gaon Slum, Sector-45● Kadar Pur
Reporting Period:	October 2023 to December 2023

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

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

The project aims to achieve the following:

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

Project Locations:

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

Target group:

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

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **6680** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of 3884 and homeopathic being 1214, 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 767 and 3835 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 815.

Major activities that were conducted during the reporting period:

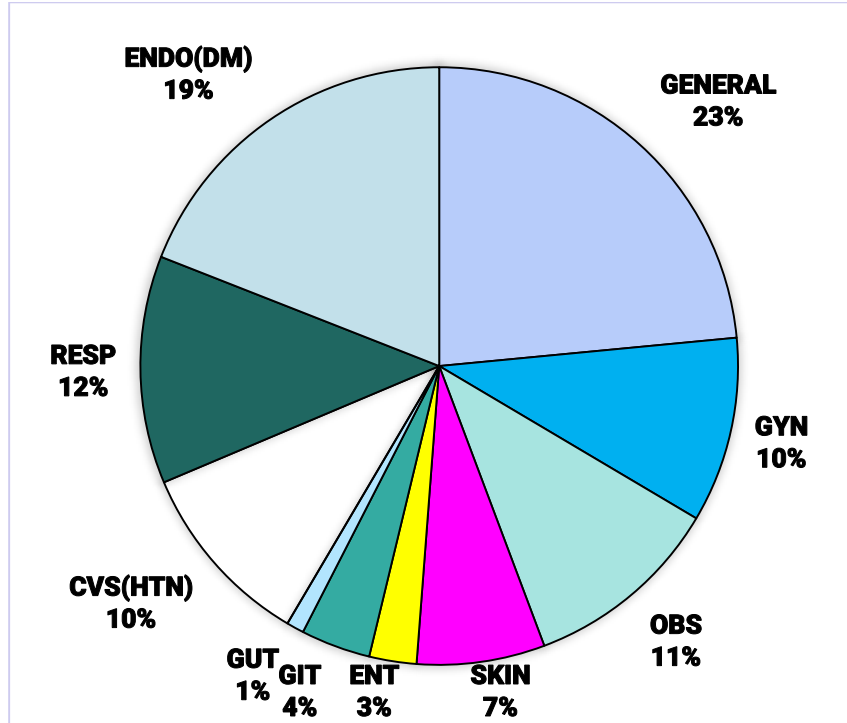
S. No.	Name of the Activity	No. of beneficiaries
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	3675
2	OPDs - Physiotherapy	209
3	OPDs - Homeopathy	1214
4	Cancer and CKD screening camp at Gwal Pahari	113
5	General health camp at Noida	113
6	CKD screening at Gurugram	125
7	CKD screening at Harkesh Nagar, Tigri and Jaitpur	233
8	Cancer and CKD screening camp at Kalkaji and Harkesh Nagar	231
9	Awareness session on enhancing well being - A physiotherapy session on posture and healthy living	166
10	Awareness Session on chronic kidney disease (CKD) and cancer prevention at Kalkaji and Harkesh Nagar	299
11	Awareness session on Dengue Fever	42
12	Awareness Session on Chronic Kidney Disease (CKD)	138
13	Awareness session on Pneumonia	122
	Total	6680

1. OPDs

1.1) OPDs – Stationery & Outreach

- OPDs were conducted at Harkesh Nagar, Jaitpur Centers, Gwal Pahari, and Gurugram Outreach Areas by the health team.
- 3675 doctors consultations were availed by the patients.
- Pathology tests were conducted for 173 patients.
- USG was conducted for 34 patients.
- Albendazole tablets were given to 283 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 20 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 22 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported during October '23 - December '23



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

Doctor Consultation OPDs Report (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
October 2023	150	56	56	34	12	16	03	49	74	98	548
November 2023	92	45	50	32	17	13	06	46	55	94	450
December 2023	107	48	54	37	9	27	05	56	54	91	488
TOTAL	349	149	160	103	38	56	14	151	183	283	1486

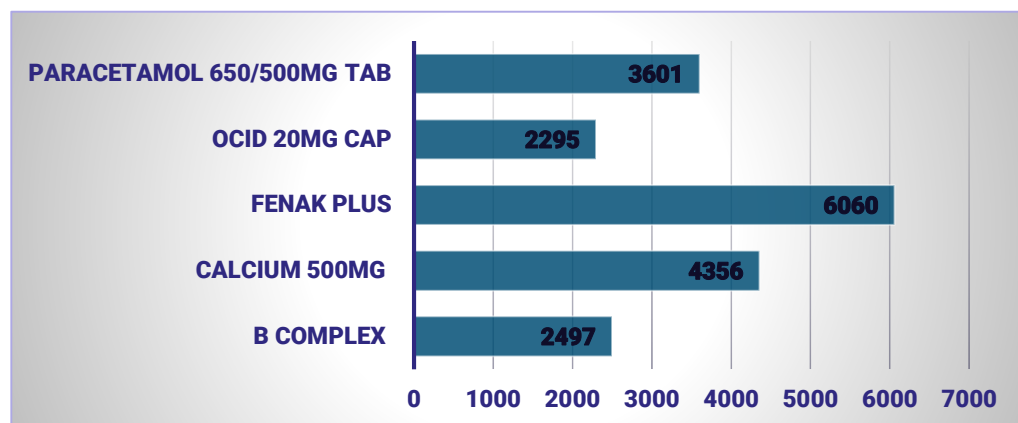
Doctor Consultation OPDs Report (Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
October 2023	380	45	23	72	02	61	05	46	120	42	796
November 2023	260	35	19	78	01	61	02	45	112	24	637
December 2023	414	38	10	60	05	56	00	44	100	29	756
TOTAL	1054	118	52	210	08	178	07	135	332	95	2189

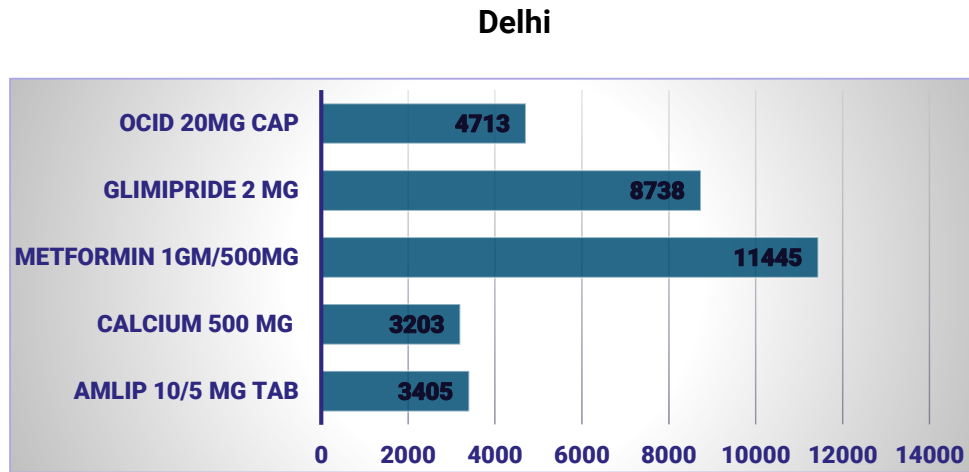
1.2) Most Frequently Prescribed Drugs

Following is the list of medications that were most commonly prescribed medications for Body aches, osteoporosis, Gastritis, Fever, and Headache. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

Gurugram



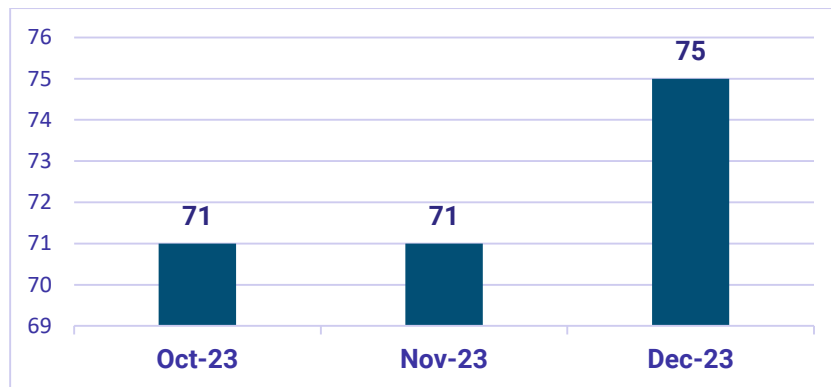
Following is the list of medications that were most commonly prescribed medications for Bodyache, Backache, osteoporosis Gastritis, Hypertension and Diabetes. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.



1.3) Antenatal care

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

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Missed Abortion/ miscarriage	IUD	Ongoing
1	October 2023	74	09	10	01	01	71
2	November 2023	71	06	06	00	00	71
3	December 2023	71	11	07	00	00	75

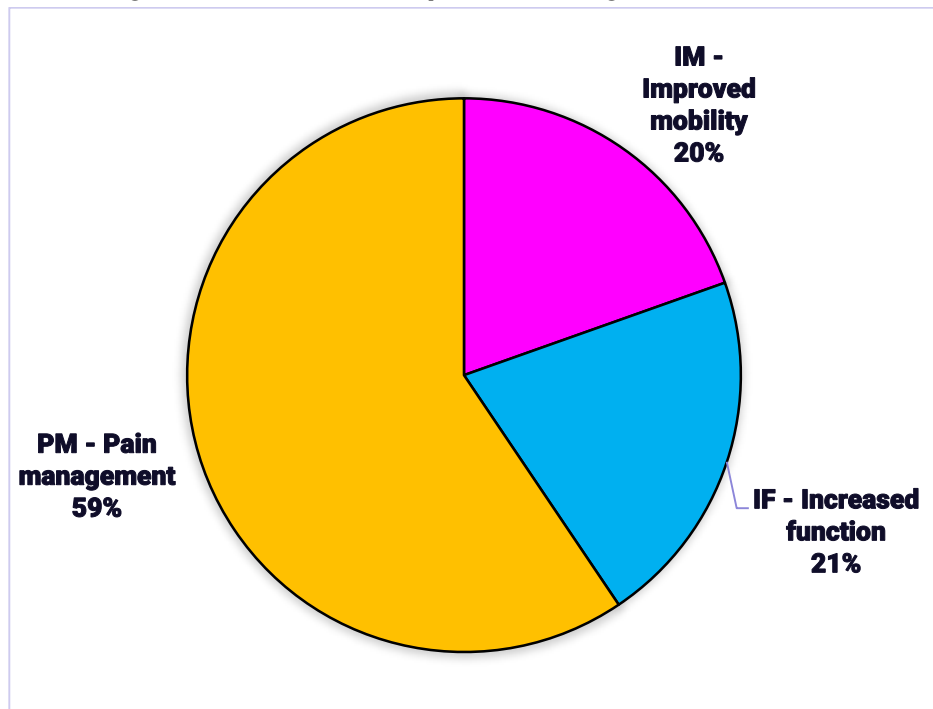
S. No.	Months	Home Delivery	Institutional delivery		Female	Male
			Caesarian Delivery	Normal delivery		
1	October 2023	00	02	08	05	05
2	November 2023	00	02	04	03	03
3	December 2023	00	01	06	03	04

ANC patients registered with us in the last quarter were 74. 26 new ANC patients were registered in this quarter. Out of these 23 successful institutional deliveries were ensured (11 female and 12 male babies), of which 05 were cesareans and 18 were normal deliveries. There were 01 misarrange and 01 IUD during this quarter. Currently, the health center is providing antenatal care to 75 ongoing patients and 23 lactating mothers.

2. PHYSIOTHERAPY OPDs

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

Table showing various ailments reported during October '23 - December '23



3. HOMEOPATHY OPD

1214 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 October, November and December 2023.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	October 2023	149	44	52	75	13	105	27	465
2.	November 2023	139	17	41	51	06	83	15	352
3.	December 2023	151	52	40	42	12	78	22	397
	Total	439	113	133	168	31	266	64	1214

4. Other Highlights Of This Quarter

4.1 Cancer and CKD Screening Camp

Date – 20th December 2023

Place – Gwal Pahari

Number of Participants – 113

Partner – Tanisha Foundation and Indian Cancer Society

We conducted a Cancer and CKD screening camp in collaboration with Reliance Foundation, Tanisa Foundation and Indian Cancer Society at the Gwal Pahari. We received an overwhelming response from the community who were extremely happy that they were being screened for overall health.

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

The following activities were conducted:

A staggering 113 beneficiaries were registered in the camp. The doctor's consultation was followed by.

- ENT screening- ENT screening was done for 113 beneficiaries
- Gynaecology screening - PAP smear for cervical cancer screening for 38 patients and mammography for breast cancer screening for 12 patients.

During the camp, it was identified that 38 female patients and 8 male patients had low haemoglobin levels.

According to mammography results, 10 women exhibited a pattern of scattered fibro glandular tissue in their breast composition. Among the patients, the most commonly observed health issues included gynecological problems, hypertension, diabetes and hypothyroidism.

A chest X-ray revealed the presence of bronchiectasis in the left lung, accompanied by ipsilateral rib crowding and elevation of the trachea and left hemidiaphragm in one patient. Subsequent diagnosis indicated Stage 3 tuberculosis. Following consultation with a physician, the individual was seamlessly connected to a government tuberculosis center by the Adharshila team with the assistance of an ASHA worker.

CKD screening- CKD screening was done for 78 patients

In the health camps conducted at Gwal Pahari, Gurgaon, on 20/12/2023, a total of 78 individuals were screened for CKD, with a focus on those with hypertension and diabetes. Out of the screened individuals, 32 were identified as hypertensive and diabetic. Urine dipstick tests were conducted for all participants, and Kidney Function Tests (KFT) were performed on 5 individuals.

Among the screened individuals, two were diagnosed with CKD at Stage 2. These patients are currently undergoing treatment at Adharshila Health centre

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

4.2 General Health Checkup Camp

Date - October 2023

Place – Delhi, Noida and Gurugram

Number of Participants – 113

Adharshila organized a health camp benefitting 113 individuals at different offices of Trehan Iris in Delhi NCR. The medical team conducted comprehensive assessments, including measurements of blood pressure, height, and weight for all participants. Additionally, the diagnostic team administered blood tests for every individual.

Subsequently, the project management team analyzed the blood report data of all patients, and further scrutiny was applied by a qualified doctor to the lab reports. Based on these findings, a teleconsultation was conducted, during which the doctor inquired about the patients' medical histories, prescribed medications as needed, and provided dietary counselling tailored to each individual.

The health camp revealed a prevalence of diabetes and hypertension among the tested employees, with 40% identified as having hypertension and 27% diagnosed as diabetic out of the total 113 beneficiaries. Furthermore, a considerable number of beneficiaries exhibited Vitamin D3 deficiency. A specific focus on the 16 females disclosed that 10 of them had low hemoglobin levels.

4.3 Awareness Session on Enhancing well – being – A physiotherapy session on posture and healthy living

Date – October and December 2023

Place – Gwal Pahari

Number of Participants - 166

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

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

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

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

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

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

Conclusion:

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

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

4.4 CKD Screening

Date – November and December 2023

Place – Gurugram

Number of Participants - 125

Adharshila CKD Screening Team conducted CKD screening in Gwal Pahari health centre. The total No, of screened patients are 125. No of Hypertensive, Diabetic patients are 25. No of Urine dipstick tests conducted are 25 and the total no. of KFT tests conducted are 2.

A single patient has been diagnosed with chronic kidney disease (CKD), and he has undergone counselling and has been directed for further treatment.

4.5 Cancer and CKD screening camp

Date – October and November 2023

Place – Kalkaji and Harkesh Nagar

Number of Participants - 231

In collaboration with Fena Foundation, Reliance Foundation, Tanisa Foundation, Rajiv Gandhi Cancer Institute, and Sharda Hospital, we organized a Cancer screening camp at Kalkaji and Harkesh Nagar. The community's response was overwhelming, and they expressed their happiness at being screened for overall health. All teams and stakeholders demonstrated exceptional cooperation, leaving no stone unturned to meet the communities' needs.

The following activities were undertaken:

A remarkable total of **231 beneficiaries** were registered at the camp. The medical consultation by doctors was followed by:

- ENT Screening: Screening was conducted for **155 beneficiaries**.
- Gynaecology Screening: PAP smears for cervical cancer screening were performed for **43 patients**, and mammography for breast cancer screening was carried out for **20 patients**.

According to the Pap smear test results, **six females** exhibited signs of both bacterial vaginosis and inflammation. The mammography results reveal the existence of left axillary lymph nodes in three women, bilateral vascular breast structures in two women, and one woman exhibiting suspicious foci. These women will receive treatment at the Rajiv Gandhi Cancer Institute at no charge. Among the patients, the most commonly observed health issues included gynaecological problems, hypertension, diabetes, body pain, gastritis, and hyperacidity.

CKD Screening: A total of 80 patients underwent chronic kidney disease (CKD) screening. The camp conducted at B.V.K, AMI CHAND KHAND, KALKAJI, and Harkesh Nagar on 27/10/2023 and 30/11/2023 focused on screening individuals for CKD, specifically targeting those with hypertension and diabetes. A total of 231 individuals were screened for CKD, out of which 80 were identified as hypertensive and diabetic. Urine dipstick tests were conducted

for 80 participants, and Kidney Function Tests (KFT) were performed on 18 individuals. Among the screened individuals, six were diagnosed with CKD at STAGE 2 and two were diagnosed with CKD at Stage 3. One individual is currently receiving CKD treatment at ESI Hospital.

Another patient is undergoing treatment at a Delhi Government dispensary, and three individuals are undergoing follow-up care scheduled for 25/01/2024 at Hakesh Nagar Health Centre

Our collaboration with Fena Foundation and Adharshila aims to continue reaching out to vulnerable, below the poverty line, and migrant communities in Delhi, enhancing the well-being of various communities through focused interventions.

4.6 CKD Screening

Date – November and December 2023

Place – Kalkaji, Jaitpur and Harkesh Nagar

Number of Participants - 299

ADHARSHILA CKD Screening Team conducted CKD screening in Harkesh Nagar, Tigri and Jaitpur health centres. Total No. of screened patients are 233. No of Hypertensive, Diabetic patients are 57. No of Urine dipstick tests conducted are 57 and the total no. of KFT tests conducted are 7 Total no of CKD patients detected are 3. These 3 patients with chronic kidney disease (CKD) have undergone counselling and have been directed for further treatment.

4.7 Awareness Session on Chronic Kidney Disease (CKD) and Cancer Prevention

Date: - October and November 2023

Place: - Kalkaji and Harkesh Nagar

Number of Participants: - 299

A comprehensive awareness session was held on October 27th and November 30th, 2023, at Kalkaji and Harkesh Nagar, respectively. The session focused on addressing a spectrum of health concerns, including chronic kidney disease (CKD), breast cancer, uterus cancer, blood pressure (BP), and diabetes. The primary goal of this initiative was to empower the community with knowledge about various health issues, underscoring the significance of early detection and preventive measures.

During the cancer and CKD screening camp, an informative and engaging session took place, providing attendees with valuable insights into maintaining good health. To augment the impact of the awareness campaign, strategically placed informative videos were incorporated into the session. These videos covered a wide range of topics, including risk factors, screening methods, and lifestyle modifications for each of the addressed health

issues. The use of visual aids was aimed at effectively conveying essential information and fostering a better understanding among the participants.

4.8 Awareness session on Dengue Fever

Date: - October 2023

Place: - Tigri Centre

Number of Participants: - 42

An awareness session was conducted by Dr. Zeenat Fatema to all remedial students at Tigri Centre. The doctor spoke about the cause of Dengue fever, its signs, symptoms and complications as well as. Emphasis was laid on preventive measures, hygiene and sanitation.

4.9 Awareness Session on Chronic Kidney Disease (CKD)

Date: - November 2023

Place: - Tigri Centre

No. of beneficiaries: - 138

A session on raising awareness about chronic kidney disease (CKD) was organized by Dr. Zeenat Fatema for students enrolled in remedial, ADF, computer, and Personality Development courses at Tigri Centre. During the session, the medical professionals explained the nature of CKD and emphasized that individuals with diabetes and hypertension are particularly susceptible to developing this condition. The significance of regular blood testing in patients with diabetes and hypertension was also highlighted.

4.10 Awareness Session on Pneumonia

Date: - November 2023

Place: - Tigri, Harkesh Nagar and Kalkaji

No. of beneficiaries: - 122

An awareness session was conducted by Dr. Zeenat Fatema for all remedial, ADF, computer and Personality development students at Tigri, Harkesh Nagar and Kalkaji Centre. Doctor shed light on Pneumonia and raised awareness that it is one of biggest infectious killer of children under 5 yrs. of age and adults over 65 yrs. of age also its causes signs and symptoms. Emphasis was laid on prevention including maintaining good hygiene washing hands often, quitting smoking and keeping the immune system strong by getting regular physical activity and eating healthy and vaccines can also help to prevent some types of pneumonia.

5. **SUCCESS STORIES**

5.1 Registration number: 17917

Gender: Female

Condition: Allergic and asthmatic bronchitis

Centre Location: Gwal Pahari

A 36 years old woman from Gwal Pahari, has experienced a remarkable success story. Her husband works in the private sector. She was grappling with allergic and asthmatic bronchitis, along with persistent backache. Under the expert care at Gwal Pahari's medical center, she was prescribed a treatment plan that included medications such as cap Mox, levocetirizine, fenak plus, Deriphylline, and a cough syrup. Thanks to the diligent implementation of this regimen, Usha has shown significant improvement in her health, demonstrating a successful recovery.

5.2 Registration Number: 14293

Gender: Male

Condition: Allergic Contact Dermatitis (APD) coupled with fungal infection

Centre Location: Gwal Pahari

A patient from Gwal Pahari presented with symptoms indicative of Allergic Contact Dermatitis (APD) coupled with fungal infection in the nails. The prescribed treatment included levocetirizine tablets, fluconazole, Omez, and an antifungal ointment. Remarkably, he achieved full recovery from the initial condition.

Currently, His reports a new set of concerns, specifically backache and urticaria. To address these issues, he is now undergoing symptomatic treatment to alleviate his symptoms effectively. The comprehensive approach taken in his case underscores the success achieved in managing the initial dermatological condition, while the ongoing care demonstrates our commitment to addressing his evolving health needs

5.3 Registration Number: 20482

Gender: Female

Condition: Hypertension (HTN) and Diabetes Mellitus (DM)

Centre Location: Gwal Pahari

A patient from Gwal Pahari, was diagnosed with Hypertension (HTN) and Diabetes Mellitus (DM) six weeks ago, has experienced significant progress under our care. The prescribed treatment plan included oral medications for diabetes and hypertension, specifically metformin, glimepiride 2, atorvastatin 10, amlodipine 5, and losartan 50.

Remarkably, her health has responded well to the medication regimen, resulting in well-controlled blood pressure and blood sugar levels. This success underscores the effectiveness

of the treatment approach, providing her with the necessary support to manage both conditions and enhance her overall well-being.

5.4 Registration No: 16546

Gender: Female

Condition: Neck and back pain

Centre Location: Gwal Pahari

A patient initially sought treatment two months ago, presenting with severe neck and back pain. Employing a holistic approach, doctor incorporated hot pack therapy, Interferential Therapy (IFT), and targeted stretching exercises into her customized treatment plan. Remarkably, after just 4-5 visits, she witnessed significant alleviation of her discomfort.

In addition to in-office treatments, we suggest that the patient with specific stretching exercises be continued at home, fostering sustained progress in her recovery journey. I am delighted to share that she has now achieved a state of well-being, completely free from the initial discomfort, and she expresses satisfaction with her enhanced health.

5.5 Registration No: 16545

Age: 21 years

Gender: Female

Diagnosed with: Low back pain

Centre Location: Gwal Pahari

A patient initiated her treatment journey two months ago, seeking relief from severe low back pain during her inaugural visit. Employing a comprehensive approach, I administered hot pack therapy, Interferential Therapy (IFT), and tailored stretching treatments. Astonishingly, after just 4-5 visits, she witnessed substantial relief and a noticeable improvement in her condition.

Complementing our in-clinic interventions, I provided her with specific stretching exercises to perform at home, playing a pivotal role in sustaining the positive trajectory of her recovery. She has now attained a state of wellness, triumphing over the initial challenges, and she expresses joy with her enhanced health. This success narrative underscores the efficacy of our treatment methodology and our unwavering commitment to empowering patients for enduring well-being.

5.6 Registration No: 595

Age: 26 years

Gender: Female

Diagnosed with: Secondary infertility

Centre Location: Harkesh Nagar, New Delhi

A patient visited our Harkesh Nagar health center on the 8th of August with secondary infertility. She has one 6 years old male child. She was trying to conceive since last one year but was

unsuccessful. We got some basic investigations done viz CBC, Sr TSH and husband's semen analysis which were within normal range. She was given folic acid tablets and advised about the fertile period and given some general instructions. She visited our center on a regular basis for medicine and guidance. She finally conceived in the month of November with her last menstrual period on the 12th of November and is doing fine.

5.7 Registration No: 20801

Gender: Male

Medical History: scabies

Centre Location: Gurugram

Treatment Approach:

A patient, 12yearsold male, presented with scabies and was promptly treated with a combination of medications. The prescribed treatment included Tab. Bandy Plus, L/A Permethrin 0.1%, and Tab. CTZ.

Progress and Current Status:

Within a span of two to three weeks, he showed significant improvement in his condition, demonstrating the effectiveness of the prescribed medication regimen. This success story highlights the positive outcome achieved through the tailored treatment provided during the Gurgaon Outreach OPDs.

5.8 Registration No: 15575

Age: 52 years

Gender: Female

Medical History: Diabetes mellitus 2

Address: Jaitpur, New Delhi

The patient visited our Jaitpur health center for the first time on the 19th of September 2023 with diabetes mellitus 2. She was diagnosed with diabetes about 2 years back and was not taking the medicine regularly. We got her fasting and post prandial blood sugar tested which was quite high. The first reading of fasting blood sugar was 237 mg/dl and postprandial was 337 mg/dl. She was started on medication and counselled for compliance. Also explained the risks of not taking the medicine in time. Another blood sugar test was done after 2 weeks to see the effect of the medicines.

On 27th September her blood sugar fasting was 168 mg/dl and postprandial 212 mg/dl. She comes regularly to our health center now to get her medicine. Her latest blood sugar levels done on 6th December are fasting 109 mg/dl and postprandial 154 mg/dl. On her visit to our center besides getting medicine's she is also counselled on a regular basis for regular checkups and compliance of medication.

5.9 Registration No: 172111

Age: 24 years

Gender: Female

Medical History: Bad obstetric

Address: Harkesh Nagar, New Delhi

A patient presented with a bad obstetric history. She had 2 spontaneous abortions at 6 weeks and 7 weeks of gestation. When she came for a visit to our center she had just missed her periods. She was put on hormonal treatment right from the beginning along with folic acid. She got her ultrasound done as and when required for fetal well-being. She visits our center on a regular basis for antenatal check up and medicines. She is in her third trimester of pregnancy now and is registered in Safdarjung Hospital for delivery.

5.10 Registration No: 19157

Age: 47 years

Gender: Female

Medical History: Generalized itching

Address: Jaitpur, New Delhi

The patient visited our clinic in the month of October 2023 with generalized itching. She was dewormed and given anti-allergic medication. She used to remain fine till the effect of the medicine lasted. She was treated for scabies and was counselled regarding personal hygiene and was given anti-allergic medicine for a prolonged period. Her itching is almost negligible now.

5.11 Registration No: 16201

Age: 18 years

Gender: Female

Medical History: Diagnosed with End Stage Renal Disease(ESRD)

Address: Gurugram

During the BP, Diabetes and CKD awareness session at the Cancer camp, a young boy approached us seeking help for his cousin's sister, who had recently been diagnosed with ESRD at Safdarjung Hospital. Their family, coming from an underprivileged background with both parents working as industrial laborers, found it challenging to afford the expensive dialysis sessions at a charitable hospital in Delhi. They were spending nearly 4000 rupees every week for 2 sessions of dialysis treatment through family contribution. Consequently, we collected the patient's medical history and conducted a financial assessment.

After these evaluations, we provided them with information about CKD and the Ayushman Bharat scheme. Leveraging our network, we connected them with a dialysis center near their home within five working days that accepts the Ayushman Bharat card. Additionally, we arranged for the necessary viral marker test, using funds from our trust, which was a

prerequisite for her upcoming dialysis treatment. Our timely intervention would help them to get high-quality dialysis treatment at no cost and monthly family savings of Rs.16000. Adharshila's continued support was offered to overcome the waiting period for timely intervention which included a Chest HRCT scan on 4.11.23 & testing for PT INR, CBC, KFT, and ECG on 18.11.23

Also, Connected her to a Centre in Navi Mumbai for free Dialysis if her parents want to take her back with them

5.12 Medical History: Neurogenic pulmonary edema, acute respiratory distress syndrome, and ventilator-associated pneumonia and GDD

Age: 2 years

Gender: Male

At Safdarjung Hospital, this child, diagnosed with neurogenic pulmonary edema, acute respiratory distress syndrome, and ventilator-associated pneumonia following a brain injury, also suffers from Global Developmental Delay (GDD) and needed an MRI test. Due to the steep treatment expenses and the family's economically disadvantaged status under the EWS category, Adharshila, with the endorsement of Kalkaji MLA, arranged for the MRI using Adharshila's funds on December 12th 2023. The MRI findings revealed distinct signal alterations in the bilateral peritrigonal and peri/periventricular regions, coupled with a loss of white matter volume. Furthermore, the thinning of the corpus callosum was evident. Other than these observations, the brain parenchyma appeared unremarkable, showing no apparent focal lesions. Normal vascular flow voids and cranial nerves were also observed following which he was referred to Tertiary care and his treatment is in progress.

5.13 Registration No: 4132

Gender: Female

Medical History: Known Case or Occurrence (K/C/O): Hypertension (HTN) with generalized body ache

Address: Harkesh Nagar, New Delhi

Patient History:

She has been a consistent patient in our care for the past few years. Her recorded blood pressure consistently exceeded the threshold at >169/100 in the initial stages.

Treatment Approach:

She has been prescribed anti-hypertensive medication, specifically Tab, Amlo AT, to manage her hypertension.

Progress and Current Status:

With consistent adherence to the prescribed treatment plan, her blood pressure has significantly improved. The latest recorded BP is now within normal limits at 139/87, showcasing the effectiveness of the prescribed medication and the positive impact on her overall health.

5.14 Registration No: 5185

Gender: Female

Medical History: Known Case or Occurrence (K/C/O): Hypertension (HTN) with shortness of breath (SOB) and chronic constipation

Centre Location: Harkesh Nagar, New Delhi

Patient History:

She has been a consistent patient under our care for several years. Initially, her recorded blood pressure exceeded the normal range at >180/100.

Treatment Approach:

To address her hypertension, she has been prescribed anti-hypertensive medication, specifically Tab. Amlip 10 mg. Additionally, she is receiving Syrup Asthalin and Tab—deriphyllin to manage shortness of breath, resulting from her medical condition.

Progress and Current Status:

With dedicated adherence to the prescribed treatment plan, her blood pressure has shown significant improvement, with the latest recorded BP within normal limits at 140/77. Furthermore, the administration of Syrup Asthalin and Tab. Deriphyllin has notably improved her shortness of breath, reflecting positive progress in her overall health condition.

6. MAJOR OUTCOMES OF THIS QUARTER

- We have continued to progress and expand our health program! Adding Physiotherapists OPDs enhanced the services we provided to beneficiaries to address their specific needs. By offering specialized care, we are demonstrating a commitment to their well-being and showing responsiveness to the growing demand.
- The decision to secure a separate and dedicated space for healthcare in Gurugram, Harkesh Nagar, and Jaitpur was a strategic move. It reflected our organization's ability to adapt to the increased number of patients and accommodate their trust in our services. Providing a dedicated healthcare space allows us to optimize operations, improve efficiency, and offer a more comfortable and focused environment for both patients and healthcare providers.
- Continuing to deliver health benefits and helping beneficiaries improve their health status is a testament to the effectiveness of our health program. As we grow and serve more beneficiaries, we strive to maintain the quality of care and remain committed to their well-being. By making a positive impact on the community's health, we have built a reputation as a trusted healthcare provider.

- The growth of the project also poses a challenge of documentation, which was overcome by the staff nurse helping the doctor to write the register prescription and the data done by additional assistance so that the number of patients would be increased, especially pregnant women.

7. ADHARSHILA - A MULTIFACETED TRUST

Adharshila works in a variety of fields besides health, including computer training, remedial education, and apparel design and fabrication. This quarter, Adharshila reached out to 6680 beneficiaries in health, 256 in computer training, and 185 in Apparel design and fabrication beneficiaries in skill, 219 beneficiaries in education, and 3835 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 815.

For more info on our programs, u can visit :

