



ADHARSHILA

FAMILY HEALTH CENTRE

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PROACTIVE
DATA SYSTEMS
Converged Network Specialists

QUARTERLY PROGRESS REPORT
OCTOBER 2024 – DECEMBER 2024
(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Areas Covered in Delhi	<ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● 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:	October 2024 – December 2024

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

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

The project aims to achieve the following:

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

Project Locations:

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

Target group:

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

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of **7878** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **4090**, Physiotherapy OPDs **164**, and homeopathic being **1146**, 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 **1147** and **5735** 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 **1331** 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)	4090
2	OPDs - Physiotherapy	164
3	OPDs - Homeopathy	1146
4	Cancer Checkup Camp	96
5	General Health Checkup Camp at Trehan Site (Noida)	132
6	Bone Mineral Density (BMD)	177
7	CKD Screening Camp	695
8	General Health Checkup Camp at Tigri	92
9	Awareness Session on BMD and CKD: Importance and Preventive Discussion	177
10	Awareness session on low-cost Nutrition	141
11	Awareness Session on Diabetes	268
12	Awareness Session on Pre-Pregnancy Nutrition	259
13	Awareness Session on Kangaroo Mother Care	165
14	Awareness Session on Improving Posture for a Healthier Life	20
15	Awareness Session on Cancer by Rajiv Gandhi Cancer Hospital	62
16	Awareness Session on Cancer by Tanisha Foundation	55
17	Eye Checkup Camp	139
	Total	7878

1. OPDs

1.1) OPDs – Stationery & Outreach (Delhi)

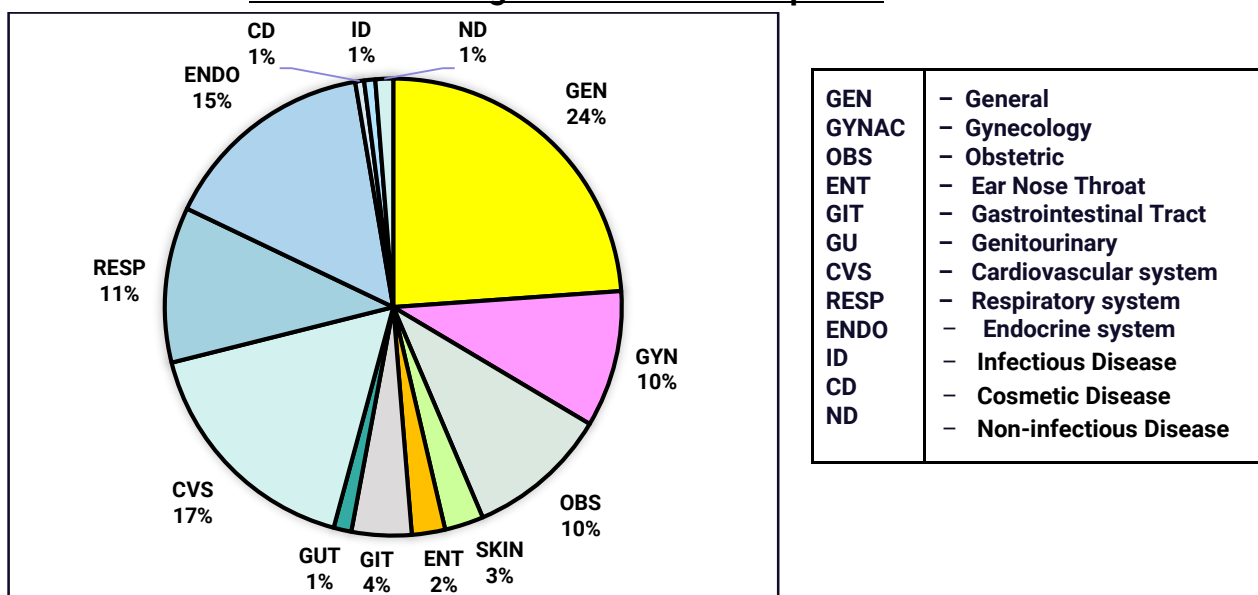
- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1273 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 103 patients.
- USG was conducted for 30 patients.
- Albendazole tablets were given to 44 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 07 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 19 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 (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ID	CD	ND	TOTAL
Oct 2024	97	43	38	12	01	17	07	57	58	68	03	01	07	409
Nov 2024	111	24	42	13	11	21	04	68	41	50	00	01	01	387
Dec 2024	96	56	48	10	18	16	05	90	41	76	05	08	08	477
TOTAL	304	123	128	35	30	54	16	215	140	194	08	10	16	1273

Pie chart showing various ailments reported



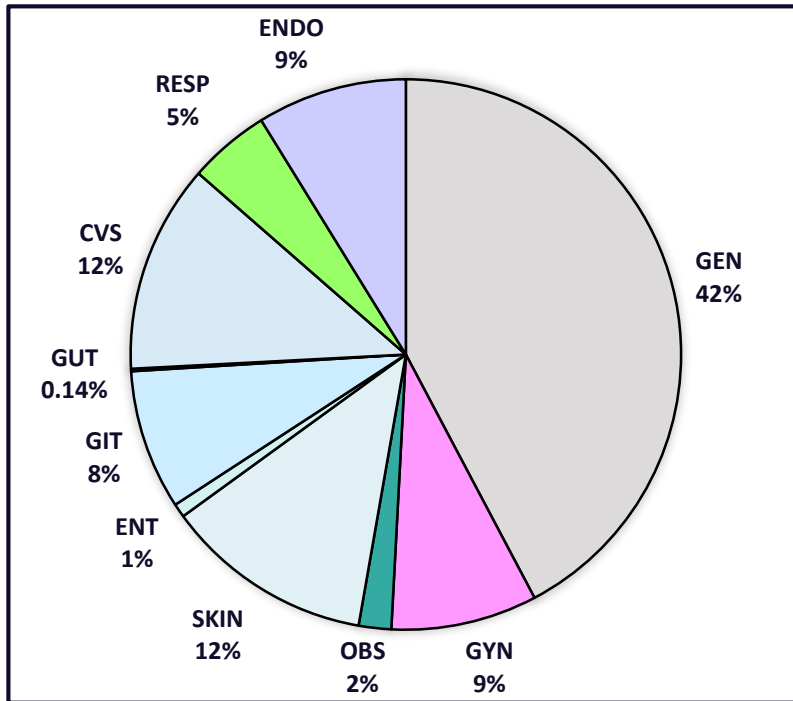
1.2) OPDs – Stationery (Gwal Pahari)

- OPDs were conducted at Gwal Pahari by the health team.
- 1363 doctor’s consultations were availed by the patients.
- Pathology tests were conducted for 98 patients.
- USG was conducted for 14 patients.
- Albendazole tablets were given to 45 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 14 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 03 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
Oct 2024	216	30	08	53	05	34	01	43	26	34	450
Nov 2024	177	39	06	66	02	30	01	56	14	35	426
Dec 2024	183	48	12	48	04	48	00	68	25	51	487
TOTAL	576	117	26	167	11	112	02	167	65	120	1363

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

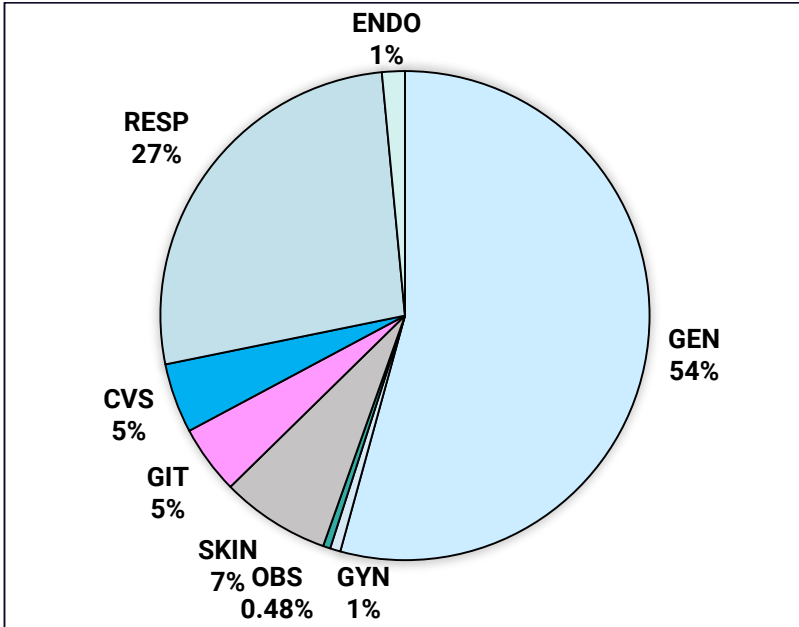
1.3) OPDs – Outreach Area (Gurugram)

- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 1454 doctor’s consultations were availed by the patients.
- Pathology tests were conducted for 93 patients.
- Albendazole tablets were given to 156 patients for deworming.
- Immunization (Tetanus vaccine) was provided to 75.
- 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)

	GEN	GYN	OBS	SKIN	GIT	CVS-HTN	RESP	ENDO-DM	TOTAL
Oct 2024	280	03	02	26	15	09	90	03	428
Nov 2024	363	07	05	55	28	29	186	14	687
Dec 2024	146	00	00	24	23	29	112	05	339
TOTAL	789	10	07	105	66	67	388	22	1454

Pie chart showing various ailments reported



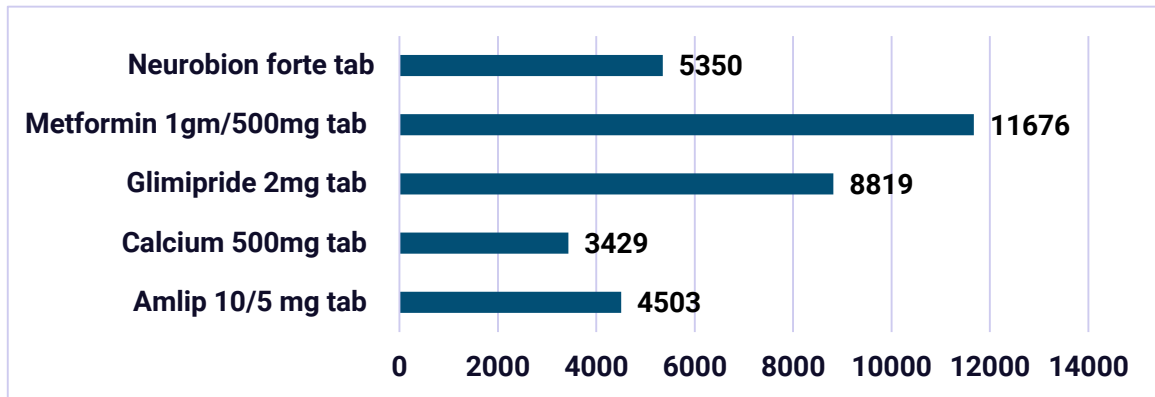
GEN	- General
GYNAC	- Gynecology
ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system



1.4) Most Frequently Prescribed Drugs

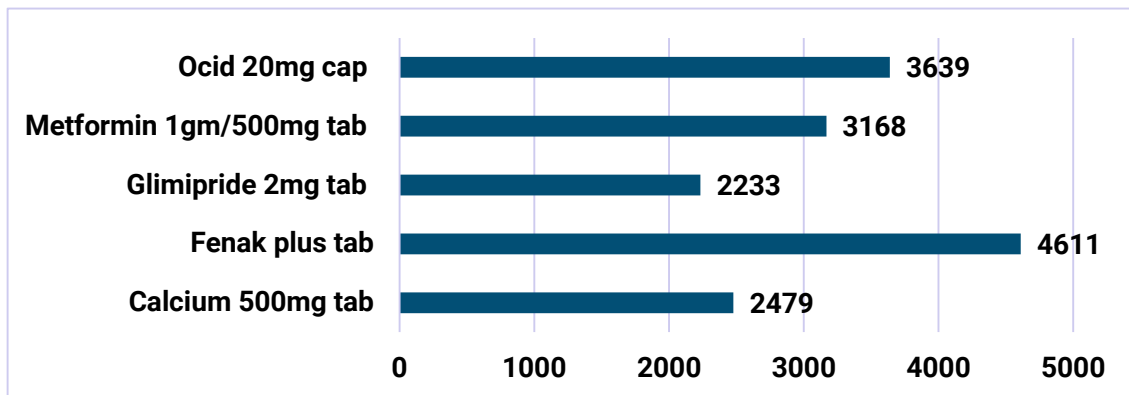
Following is the list of medications that were most commonly prescribed for Hypertension, Diabetes, gastritis, Neuralgia and Hypocalcemia.

Delhi



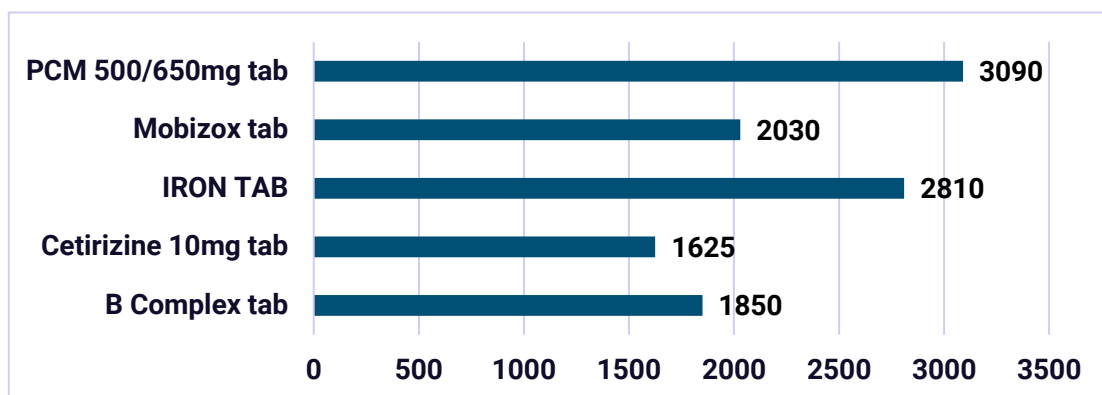
Following is the list of medications that were most commonly prescribed for Bodyache, Gastritis, Diabetes, Hypocalcemia and Allergys.

Gwal Pahari



Following is the list of medications that were most commonly prescribed for Diabetes, Arthritis, Bodyache, Gastritis, Fever, Hypocalcemia and Backache.

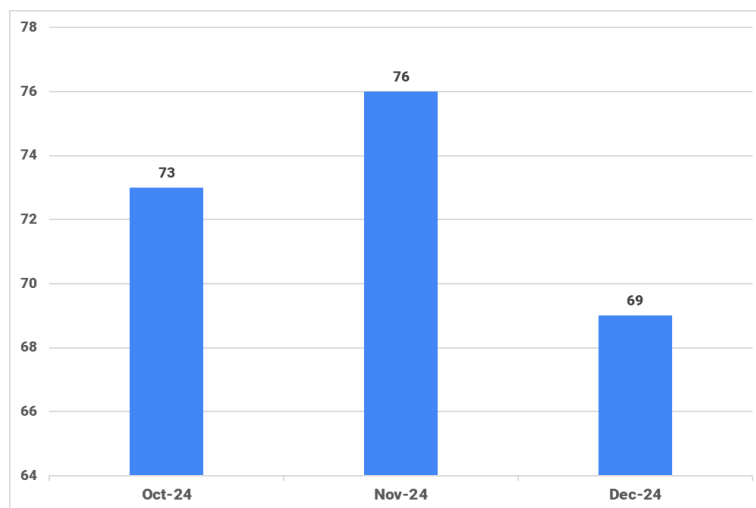
Gurugram Outreach



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	October 2024	82	03	12	00	73
2	November 2024	73	10	07	00	76
3	December 2024	76	03	09	01	69

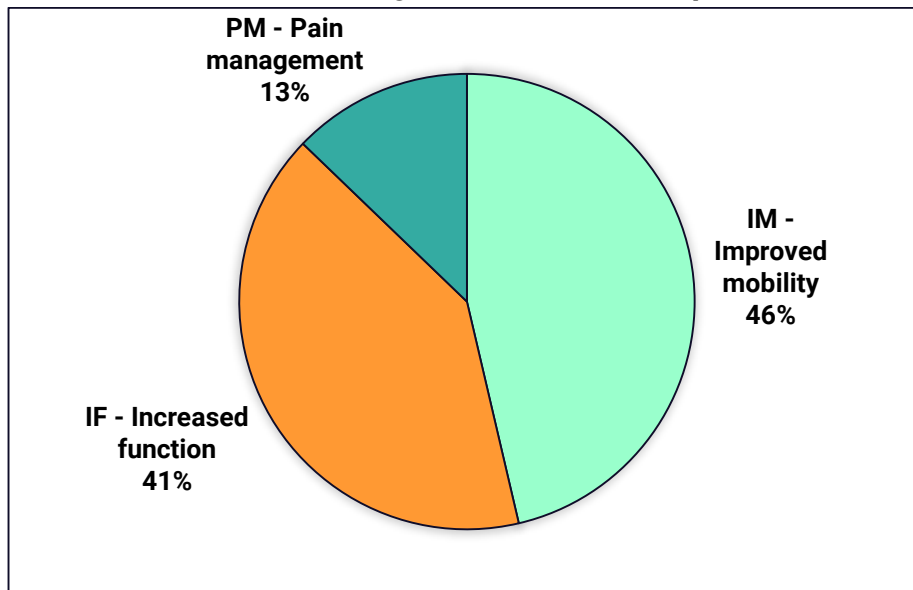
S. No.	Months	Home Delivery	Institutional delivery		Female	Male
			Caesarian Delivery	Normal delivery		
1	October 2024	00	02	10	05	07
2	November 2024	00	03	04	04	03
3	December 2024	00	03	06	03	06

ANC patients registered with us in the last quarter were 82. 16 new ANC patients were registered in this quarter. Out of these 28 successful deliveries were ensured (12 female and 16 male babies), of which 08 were cesareans, 20 were normal deliveries and 01 miscarriage. Currently, the health center is providing antenatal care to 69 ongoing patients and 28 lactating mothers.

2. PHYSIOTHERAPY OPDs

- OPDs were conducted at Gwal Pahari by the health team
- 164 doctor's consultations were availed by the patients
- 67 patients reported increased body function.
- 76 patients reported improved mobility.
- 20 patients reported better pain management
- 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

1146 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 2024.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	October 2024	84	30	62	38	03	93	18	328
2.	November 2024	84	40	81	52	04	79	16	356
3.	December 2024	88	73	113	50	03	117	18	462
	Total	256	143	256	140	10	289	52	1146



4. Other Highlights of This Quarter

4.1. Cancer Checkup Camp

Date – 17th, December 2024

Place – Gwal Pahari

No of Beneficiaries – 96

On 17th December 2024, a Cancer Checkup Camp was held at Gwal Pahari, registering 96 participants. The camp offered gynecological consultations (71 participants), Pap smear tests (45), ENT screenings (96), mammography tests (20). The event successfully raised awareness about preventive healthcare and provided essential screenings to the community. High participation in gynecology and ENT services highlighted strong engagement, while specialized tests like mammography offered targeted insights for early detection. We thank our sponsors for enabling this impactful initiative and fostering healthier communities through accessible healthcare services. Out of the 20 mammography tests conducted, 8 patients were identified with concerning findings.

These individuals have been referred to the hospital for further evaluation and treatment. The screenings emphasized the importance of early intervention, enabling timely care for those in need.



4.2. Awareness Session on Low Cost Nutrition

Number of Session – 10

Location - Gwal Pahari and Harkesh Nagar

Number of Participants – 141

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.

4.3. Awareness session on Diabetes

Number of Sessions – 17

Place – Gwal Pahari and Harkesh Nagar

No of Participant – 268

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.

4.4 Awareness session on Pre Pregnancy Nutrition

Number of Sessions – 14

Place – Gwal Pahari and Harkesh Nagar

No of Participant – 259

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.

4.5 Awareness session on Kangaroo Mother Care

Number of Sessions – 10

Place – Gwal Pahari and Harkesh Nagar

No of Participant – 165

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 19 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.

4.6 Awareness Session on Cancer

Date – 17th December, 2024

Location – Gwal Pahari

Number of Participants – 62

On December 17th, 2024, a cancer awareness session was organized in collaboration with the **Tanisha Foundation** and **Rajiv Gandhi Cancer Hospital**. The session aimed to educate

participants about various types of cancer affecting both males and females. The Tanisha Foundation experts provided valuable insights into the causes, prevention, and potential cures for different cancers, emphasizing the importance of early detection and healthy lifestyle choices. Participants were encouraged to stay informed, undergo regular screenings, and adopt preventive measures to reduce the risk of cancer. A total of 62 people attended the session, which proved to be an essential platform for spreading awareness and empowering individuals to take proactive steps toward their health.

4.7 Awareness Session on Improving Posture for a Healthier Life

Date – 8th November 2024

Place – Gwal Pahari

Number of Participants – 20

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.



4.8 General Health Checkup Camp

Date - 15th October 2024

No of Beneficiaries -132

Place - Greater Noida

A General Health Checkup Camp was held on 15th October 2024 at the Trehan Construction Site, Greater Noida, with 132 individuals participating. Key services included doctor consultations, lab investigations for 119 participants, TT injections for 114 individuals, urine dipstick tests for 18, and deworming medication for all attendees.

The camp was well-received, highlighting the importance of preventive healthcare. Participants appreciated services like TT injections and deworming tablets, which are often neglected in routine care. Regular follow-up camps and expanded diagnostic services are recommended to ensure ongoing health improvements.

4.9 Bone Mineral Density Checkup Camp

Date – 30th November, 2024

Location – Harkesh Nagar

Number of Participants – 177

A comprehensive health camp focusing on Bone Mineral Density (BMD) screening camp was organized at the Family Health Centre, Harkesh Nagar, on November 30, 2024. The

camp catered to 177 individuals, providing essential diagnostic and preventive healthcare services to the local community.

During the BMD screening, a total of 177 participants were evaluated. The results revealed that 103 individuals had normal bone density, 66 were diagnosed with osteopenia, and 2 were found to have osteoporosis. To promote bone health, calcium supplements were distributed to 53 individuals who required additional nutritional support. This intervention aimed to improve bone strength and reduce the risk of further complications like fractures or osteoporosis.

4.10 Awareness Session on Bone Mineral Density (BMD) and Chronic Kidney Disease (CKD)

Date – 30th November, 2024

Location – Harkesh Nagar

Number of Participants – 177

An awareness session focusing on Bone Mineral Density (BMD) and chronic kidney disease (CKD) was successfully conducted in collaboration with Adharshila "All Activity Project." The event combined health education with community outreach, emphasizing the importance of preventive healthcare and holistic development. The primary goal of the camp was to raise awareness about maintaining bone and kidney health through early detection and proactive measures. Participants were informed about preventive strategies, diagnostic services, and essential health interventions aimed at enhancing their overall well-being. Educational sessions enriched the event by providing valuable insights into bone health, preventive measures, and the significance of early detection in managing chronic health conditions. Additionally, information was shared about Adharshila's educational programs and admissions, creating an avenue for bridging community health initiatives with opportunities for personal and educational growth. The initiative was met with a positive response from the community, highlighting the urgent need for such outreach programs in promoting preventive healthcare. By addressing key health concerns, the camp contributed to the shared goal of building a healthier, more informed, and empowered community. This event exemplified Adharshila's commitment to fostering holistic development by integrating health awareness with educational opportunities, paving the way for sustainable community empowerment.

4.11 Eye Checkup Camp

Date – 19th December, 2024

Location – Jona Pur, Delhi

Number of Participants – 139

The Eye Check-up Camp held at Jona Pur on 19th December 2024 successfully registered 128 participants. All 139 attendees underwent eye screenings, with 88 receiving spectacles to address vision issues. The camp also identified 53 individuals in need of

cataract surgeries, and 7 people were referred for further specialized care. In addition to eye care, 86 participants were provided with eye drops to manage various conditions.

This comprehensive camp not only addressed eye health but also provided vital information and services related to kidney health and cancer prevention. We have done 7 Cataract surgeries Successfully and given them all the medication and Safety Glasses that are required for the patient.



4.12 Awareness Session on Cancer by Tanisha Foundation

Date - 19th December 2024

Location - Jona pur Delhi

Number of Beneficiaries - 55

On December 19th, 2024, a cancer awareness session was organized in collaboration with the Tanisha Foundation. The session aimed to educate participants about various types of cancer affecting both males and females. The Tanisha Foundation experts provided valuable insights into the causes, prevention, and potential cures for different cancers, emphasizing the importance of early detection and healthy lifestyle choices. Participants were encouraged to stay informed, undergo regular screenings, and adopt preventive measures to reduce the risk of cancer. A total of 55 people attended the session, which proved to be an essential platform for spreading awareness and empowering individuals to take proactive steps toward their health.

4.13 General Health Checkup Camp

Date: 20th December 2024

Location: Tigri Delhi

Number of Beneficiaries: 92

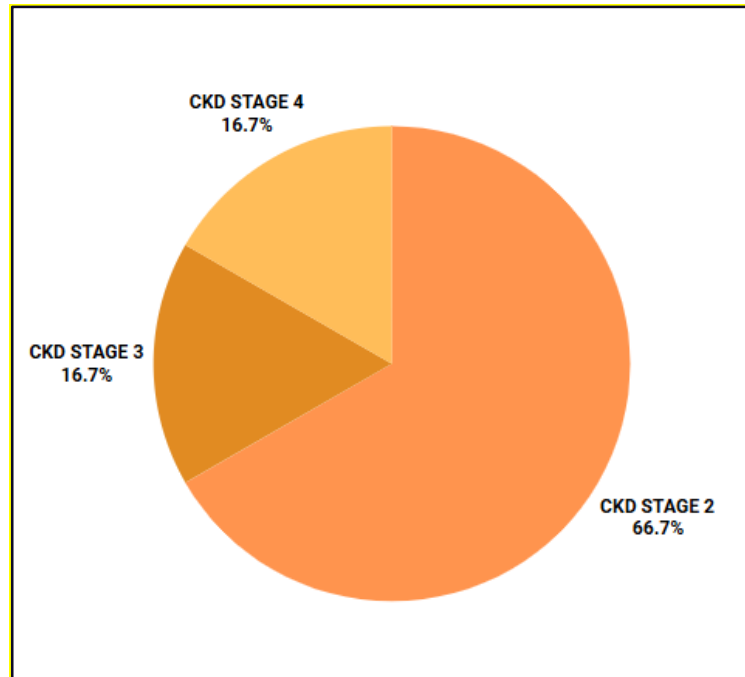
On December 20, 2024, a General Health Checkup Camp was successfully organized in Tigri, attracting 92 participants. Each attendee benefited from personalized doctor consultations, ensuring their health concerns were thoroughly addressed. Additionally, 86 individuals received essential medicines to support their ongoing healthcare needs, enhancing the camp's impact. The initiative aimed to promote better health awareness and provide accessible medical services to the community. Alongside consultations and medicine distribution, the camp featured supplementary services, further contributing to the overall well-being of the attendees. This effort underscores our commitment to delivering quality healthcare and fostering healthier communities in underserved areas.

4.14 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

Date	Location	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
15.10.24	Noida	130	18	18	15	01
29.11.24	Nehru Nagar	96	21	21	05	03
30.11.24	Harkesh Nagar	169	38	38	02	00
17.12.24	Gwal Pahari	96	18	18	04	00
19.12.24	Jonapur	117	51	51	07	02
20.12.24	Tigri	87	39	39	11	00
Total		695	185	185	44	06



5. CASE STUDIES

5.1 Registration number: 28940

Centre Location: Gwal Pahari

Medical History: A 30-year-old woman visited with symptoms of anxiety, depression, and anorexia. These conditions had deeply affected her overall quality of life, leading to significant physical and emotional distress. Her progress was closely monitored throughout her treatment

to ensure optimal results and adjust the interventions if necessary. Regular follow-ups helped assess her response to medication and her mental and physical health improvements.

Treatment Plan: She was treated with the following medications:

- **Liver Enzyme Supplementation** – To improve digestion and nutritional status.
- **Clonazepam** – To manage anxiety and depressive symptoms.

Outcome: With adherence to the treatment, she experienced significant relief, including improved mental health and appetite. Her progress highlights the effectiveness of personalized care in addressing complex conditions.

5.2 Registration number: 11098

Centre Location: Gwal Pahari

Medical History: A patient visited with symptoms of cervical spondylitis accompanied by episodes of vertigo. These symptoms significantly impacted her daily activities and quality of life. A thorough diagnostic workup was conducted, and all investigation results were found to be within normal limits, ruling out any severe underlying complications. The diagnosis was confirmed as cervical spondylitis with vertigo.

Treatment Plan: Her treatment included:

- **Medications:** She was prescribed Vertin and Fenak PL to manage vertigo and reduce inflammation and pain.
- **Therapeutic Intervention:** A customized cervical exercise regimen was introduced, aimed at strengthening her neck muscles and reducing cervical spine strain.

Outcome: By consistently adhering to the prescribed medications and faithfully practicing the recommended cervical exercises, she experienced substantial improvement. Her vertigo episodes diminished significantly, and the stiffness and discomfort associated with cervical spondylitis were markedly alleviated.

5.3 Registration number: 11061

Centre Location: Gwal Pahari

Medical History: A patient with a history of cerebrovascular disease, sought treatment for recurrent urinary tract infections (UTIs), which were impacting her quality of life. It is noteworthy that she is non-diabetic, simplifying her treatment and overall management plan.

Treatment Plan: She is undergoing treatment with the following medications:

- **Medications:** A course of targeted antibiotics to treat the infection effectively.

- **Adjunct Therapy:** Syrup Alkasol was prescribed to help alkalinize urine and reduce discomfort.

Outcome and Follow-up: Under this treatment regimen, she showed commendable progress. She reported significant relief from her UTI symptoms and improved overall well-being. The absence of complicating factors like diabetes contributed positively to her recovery.

5.4 Registration number: 20522

Centre Location: Gwal Pahari

Medical History: A 38-year-old female, visited on October 30, 2024, with ankle pain due to a recent sprain, leading to discomfort and restricted mobility. Clinical evaluation indicated an acute ankle sprain with mild swelling, tenderness, and limited range of motion. No severe injuries like fractures or ligament tears were noted.

Treatment Plan: A five-session physiotherapy plan focused on pain relief, reducing inflammation and improving mobility. Treatment included:

- Manual therapy for joint mobility
- Ice therapy to reduce swelling and pain
- Therapeutic exercises to enhance strength and range of motion

Outcome and Follow-up: She showed gradual improvement with pain reduced from 6/10 to 1/10 by the fifth session. She regained mobility, walking without discomfort. The treatment effectively restored her ankle function.

5.5 Registration number: 30940

Centre Location: Gwal Pahari

Medical History: A 45-year-old female, visited on October 25, 2024, with severe back pain, leading to difficulty with daily activities. Clinical evaluation confirmed acute back pain with significant discomfort and limited mobility.

Treatment Plan: A physiotherapy plan focused on pain relief, reducing inflammation and improving strength and mobility. Treatment included:

- TENS (Transcutaneous Electrical Nerve Stimulation) for pain relief
- Ultrasound therapy to reduce inflammation
- Therapeutic exercises to improve strength and mobility

Outcome and Follow-up: After completing the sessions, she reported significant pain reduction and improved functional mobility. She was able to resume daily activities with less discomfort.

5.6 Registration number: 30948

Centre Location: Gwal Pahari

Medical History: A 50-year-old female, visited in October 2024 with severe back and neck pain, affecting her daily activities. Clinical evaluation confirmed significant pain in both the back and neck, with limited mobility and discomfort during movement.

Treatment Plan: A 10 sessions physiotherapy plan focused on pain relief, reducing inflammation and improving strength and mobility. Treatment included:

- TENS (Transcutaneous Electrical Nerve Stimulation) for pain relief
- Ultrasound therapy (US) to reduce inflammation
- Therapeutic exercises to enhance strength and range of motion

Outcome and Follow-up: After completing the 10 sessions, she reported significant improvement, with pain fully resolved and no further issues. Her mobility and function were restored.

5.7 Restoring Vision through Eye Camp

Centre Location: Gwal Pahari

Medical History: A 70-year-old woman from a low-income household in Uttar Pradesh, lived with her younger son, and they worked as domestic helpers to support themselves. She began experiencing vision problems, which eventually led to complete vision loss. Despite seeking help at a private eye center, the high cost of surgery made treatment unaffordable, leaving her with limited options for care. With no financial support from her family, she faced significant emotional and practical challenges. She was unable to continue her daily activities and felt increasingly dependent on others.

Intervention: Her life took a positive turn when she learned about the eye camp at Adharshila's Gwal Pahari Center. Through the generous efforts of Adharshila and its sponsors, her surgery was fully funded. The intervention aimed to restore her vision and improve her quality of life.

Outcome: Before the surgery, she had completely lost her sight. Following the successful operation, she regained her vision, marking a life-changing moment. The surgery not only restored her ability to see but also significantly improved her independence and confidence.

5.8 Registration number: 29833

Centre Location: Wazirabad

Medical History: A 55-year-old woman, visited at our health center on 25/11/24 with uncontrolled hypertension (BP 169/90 mmHg). She had no prior treatment history and lacked awareness about managing her condition effectively.

Treatment Plan: Our team developed a comprehensive care plan that included:

- **Medication:** Initiating oral antihypertensive therapy to manage her blood pressure.
- **Dietary Guidance:** Emphasizing a low-salt diet to reduce sodium intake.
- **Lifestyle Changes:** Encouraging regular physical activity and setting achievable weight-loss goals.
- **Counselling and Follow-ups:** Providing consistent motivation and education to ensure adherence to her treatment plan.

Outcome: With regular follow-ups and ongoing support, she made remarkable progress. By her last visit on 17/01/25, her blood pressure had improved to a healthier 133/78 mmHg, reflecting the effectiveness of personalized care and patient engagement.

5.9 Registration number: 29706

Centre Location: Wazirabad

Medical History: A patient visited our center on 20/12/24 with symptoms of scabies, a skin condition causing severe itching and discomfort.

Treatment Plan: Our team developed a tailored treatment plan, which included:

- **Medications:** Targeted therapies to address the root cause of the infection.
- **Topical Care:** Application of specific creams to soothe and heal the affected skin.

Outcome: Within three weeks, he experienced a significant improvement in his condition, and by the end of the treatment period, he had fully recovered.

5.10 Registration number: 32668

Centre Location: Harkesh Nagar

Medical History: A 60-year-old woman, visited at our center with toxic melanoderma, a condition that caused significant darkening of her facial skin, deeply affecting her confidence and quality of life.

Treatment Plan: A thorough diagnosis revealed the condition and potential triggers, including dietary factors. A personalized care plan was implemented to address her specific needs. Key components included:

- **Lifestyle Modification:** Avoidance of mustard oil, identified as a potential aggravator.
- **Skin Care Regimen:** Tailored treatments to promote healing and lighten the affected areas.

Outcome: She responded remarkably well to the treatment. Over time, the darkened areas on her face lightened noticeably, restoring her confidence and improving her overall well-being.

5.11 Registration number: 32454

Centre Location: Harkesh Nagar

Medical History: A 40-year-old woman, sought medical attention for a rare dermatological condition marked by generalized warts. The condition had a profound impact on her quality of life, causing physical discomfort and emotional distress.

Treatment Plan: After a detailed clinical evaluation, a customized treatment regimen was devised, including

- **Oral Medications:** Systemic therapy to address the underlying condition.
- **Topical Applications:** Targeted treatments to promote the resolution of warts.

Outcome: She exhibited a remarkable clinical response within weeks of initiating treatment. The warts diminished significantly, leading to noticeable relief and improved quality of life.

5.12 Registration number: 32407

Centre Location: Harkesh Nagar

Medical History: A patient visited at our center with symptoms of venous stasis in her legs, manifesting as heaviness and discomfort in her lower limbs. These symptoms significantly impacted her daily activities and overall mobility.

Treatment: Following a thorough clinical assessment, a tailored treatment plan was implemented, focusing on:

- **Improving Venous Circulation:** Therapeutic interventions to enhance blood flow and reduce venous stasis.
- **Symptom Relief:** Medications and lifestyle adjustments to alleviate heaviness and discomfort.

Outcome: With timely and comprehensive care, she experienced significant relief. The heaviness in her lower limbs subsided, and her overall comfort and mobility improved notably.

5.13 Registration number: 32650

Centre Location: Harkesh Nagar

Medical History: A 60-year-old female, visited the health center with complaints of elevated blood sugar levels. She had no significant history of diabetes but had experienced recent fatigue and excessive thirst. On evaluation, her blood glucose levels were found to be elevated:

- **Fasting blood glucose:** 104 mg/dl

- **Random blood glucose:** 196 mg/dl These findings were indicative of Type 2 diabetes mellitus, prompting the initiation of treatment.

Treatment: Our team promptly initiated oral anti-diabetic therapy and provided comprehensive counselling. Key recommendations included:

- A personalized, diabetes-friendly diet.
- Regular physical activity tailored to her needs.
- Education on lifestyle modifications and regular monitoring.

Outcome: Through consistent follow-ups and adherence to the treatment plan, she achieved remarkable glycemic control.

- By 08/11/24, her postprandial blood sugar had improved to 125 mg/dl.
- Her most recent readings showed fasting blood sugar at 81 mg/dl and postprandial blood sugar at 88 mg/dl.

5.14 Registration number: 19778

Centre location: Harkesh Nagar

Medical History: A 55-year-old woman, first visited our health center on 25/01/24 with newly diagnosed hypertension. Her initial blood pressure reading was 160/100 mmHg.

Treatment and Progress: After a detailed evaluation, she was prescribed oral anti-hypertensive medications and received comprehensive counselling, which included:

- Adopting a low-salt diet.
- Incorporating regular physical activity.
- Making lifestyle changes focused on weight loss and overall well-being.

Outcome: Her journey serves as an inspiration for achieving long-term health benefits through commitment and comprehensive care. She showed remarkable progress through consistent follow-ups and adherence to her treatment plan:

- By 19/11/24, her blood pressure had reduced to 121/73 mmHg.
- During her most recent visit on 07/01/25, her blood pressure was recorded at 133/78 mmHg, reflecting sustained control.

5.15 Registration number: 3858

Centre location: Harkesh Nagar

Medical History: A 50-year-old woman, has been under the care of our health center since 2019 for diabetes mellitus. At her initial diagnosis, her fasting blood sugar (FBS) was 196 mg/dl, and her postprandial blood sugar (PPBS) was 299 mg/dl.

Treatment: She was prescribed oral hypoglycemic medications and provided personalized counselling that emphasized:

- A diabetes-friendly diet.
- The importance of regular physical activity.
- Continuous monitoring and follow-up care.

Despite her efforts, her blood sugar levels on 17/09/24 rose to FBS 229 mg/dl and PPBS 376 mg/dl, necessitating further adjustments to her treatment plan and lifestyle guidance.

Outcome: With consistent adherence to her treatment and regular follow-ups, she achieved significant improvement. By 07/01/25, her blood sugar levels had dropped to FBS 100 mg/dl and PPBS 125 mg/dl, reflecting excellent glycemic control.

5.16 Registration number: 23004

Centre location: Harkesh Nagar

Medical History: A 27-year-old woman, visited our health center on December 5, 2024, complaining of moderate to high-grade fever persisting for nearly a month. Despite previous treatment from local practitioners, her symptoms persisted without significant relief. A thorough review of her medical history and a complete blood count (CBC) test revealed a bacterial infection. Key findings included:

- Total Leukocyte Count (TLC): 18,800 (normal upper limit: 11,000).
- Neutrophil count: 84% (elevated).
- Lymphocyte count: 11%.

These results confirmed an ongoing bacterial infection requiring targeted intervention.

Treatment:

- A 7-day course of antibiotics to combat the bacterial infection.
- Antipyretic medication to manage fever and associated symptoms.

Outcome: At her follow-up visit a week later, she was afebrile and reported significant improvement in her overall condition. However, residual weakness was noted, and she was provided with multivitamin supplementation to support her recovery.

5.17 Registration number: 723

Centre location: Harkesh Nagar

Medical History: A 24-year-old woman, visited our health center on September 5, 2024, with concerns of primary infertility and oligomenorrhea. She had been married for two years and reported a history of menstrual cycles lasting only one day. A detailed evaluation, including normal thyroid and CBC test results, ruled out systemic conditions. Based on her history and test outcomes, she was diagnosed with primary infertility and oligomenorrhea.

Treatment and Progress: She was provided with a holistic care plan, which included:

- Hematinics with folic acid to address potential deficiencies.
- Education on her fertile period to optimize conception chances.
- General lifestyle recommendations to support reproductive health.

Outcome: By November 2024, she reported a missed period. A positive urine pregnancy test confirmed her pregnancy, with her last menstrual period (LMP) recorded on October 10, 2024. She now visits our health center regularly for routine antenatal check-ups and continues to receive necessary medications and guidance.

5.18 Registration number: 640

Centre location: Harkesh Nagar

Medical History: A 25-year-old primigravida, first visited our health center on December 14, 2023, presenting with early pregnancy and spotting. A positive urine pregnancy test (UPT) was confirmed; however, ultrasound results revealed no gestational sac or retained products of conception, indicating a complete abortion. She received emotional support and reassurance to cope with the loss. She was advised on measures to optimize her health for future conception.

Treatment and Progress: In August 2024, she returned to the center with lower abdominal pain and dyspareunia. After appropriate treatment and further fertility guidance, she resumed her efforts to conceive. In November 2024, she missed her period, and a UPT confirmed her pregnancy, with her last menstrual period (LMP) recorded on October 9, 2024. Given her history of spontaneous abortion, Priti was started on hormone therapy to support the pregnancy. A Level 1 ultrasound (NT/NB scan) revealed normal development, and she is now progressing well in her second trimester. She continues to visit the center for regular antenatal check-ups and medication.

Outcome: Her journey highlights the importance of timely medical intervention, emotional support, and tailored care in overcoming reproductive challenges. Her successful progression through pregnancy demonstrates the effectiveness of a holistic and patient-centered approach in achieving positive maternal outcomes.

5.19 Registration number: 24073

Centre location: Jaitpur

Medical History: A 47-year-old patient, first visited our health center on 19th November 2024 with complaints of headache and vulval itching. She had been diagnosed with hypertension several years ago but had not been consistently taking her prescribed antihypertensive medication. At the time of her visit, her blood pressure was elevated at 163/104 mmHg.

Treatment and Progress: After a thorough consultation, she was educated on the importance of medication adherence and started on appropriate treatment for her hypertension, as well as for her gynecological concerns. Her blood sugar levels were found to be within the normal range.

Outcome: She now visits our center regularly for blood pressure monitoring and medication. On her most recent visit, her blood pressure was well-controlled at 118/78 mmHg. Her journey highlights the significant impact of regular follow-ups, patient education, and consistent treatment in managing hypertension and improving overall health.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila works in a variety of fields besides health, including computer training, remedial education, and apparel design and fabrication. This quarter, Adharshila reached out to 7878 beneficiaries in health, 210 in computer training, and 270 in Apparel design and fabrication beneficiaries in skill, 182 beneficiaries in education, and 5735 indirect beneficiaries. We Focused on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 1331.

For more info on our programs, u can visit:

