



**ADHARSHILA**

# FAMILY HEALTH CENTRE

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**ADHARSHILA**  
**FAMILY HEALTH CENTRE**

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**QUARTERLY PROGRESS REPORT**  
**OCTOBER 2025 – DECEMBER 2025**  
**(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)**

## **PROGRAM OVERVIEW:**

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

## **PROGRAM INTRODUCTION/DESCRIPTION:**

### **The Objective of the Proposed Project:**

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

The project aims to achieve the following:

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

### **Project Locations:**

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

### **Target group:**

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

## **PROGRAM IMPLEMENTATION PROCESS**

### **Introduction:**

During this quarter, with your co-support, a total of **6818** beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of **3269**, Physiotherapy OPDs **159**, and homeopathic being **1342**, 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 **1140** and **5700** 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 **908** as tabulated below.

**Major activities that were conducted during the reporting period:**

<b>S. No.</b>	<b>Name of the Activity</b>	<b>Total</b>
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram )	3269
2	OPDs - Physiotherapy	159
3	OPDs - Homeopathy	1342
4	Eye Checkup, BMD and CKD Screening Camp at	183
5	Eye Checkup, BMD and CKD Screening Camp at	152
6	General Health Camp	126
7	Awareness Session on Menstrual Health and Hygiene	90
8	Awareness session on low-cost Nutrition	91
9	Awareness Session on Diabetes	222
10	Awareness Session on Pre-Pregnancy Nutrition	212
11	Awareness Session on Kangaroo Mother Care	175
12	Awareness Session on Disability Prevention in Newborns	50
13	Awareness Session on Budget Friendly Nutrition and Healthy Eating	70
14	Awareness Session on Drug Addiction, Animal Bite Prevention, and First Aid	230
15	Population Screening for CKD/DM/HT patients	447
	<b>Total</b>	<b>6818</b>

## 1. OPDs

### 1.1) OPDs – Stationery & Outreach (Delhi)

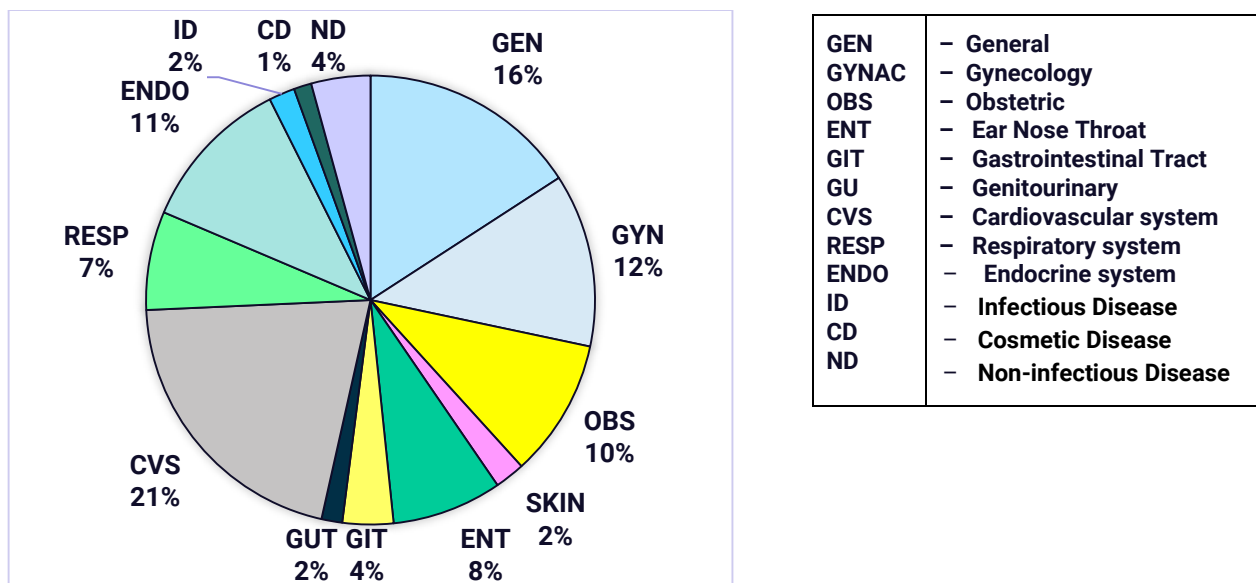
- OPDs were conducted at Harkesh Nagar and Jaitpur Centers by the health team.
- 1338 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 103 patients.
- USG was conducted for 27 patients.
- Albendazole tablets were given to 43 patients for deworming.
- Immunization (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	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	ID	CD	ND	TOTAL
October 25	68	30	32	9	20	17	5	86	22	52	0	01	10	352
November 25	70	65	48	9	40	15	7	95	35	53	11	08	23	479
December 25	74	72	53	11	46	17	8	97	38	45	14	08	24	507
TOTAL	212	167	133	29	106	49	20	278	95	150	25	17	57	1338

**Pie chart showing various ailments reported**



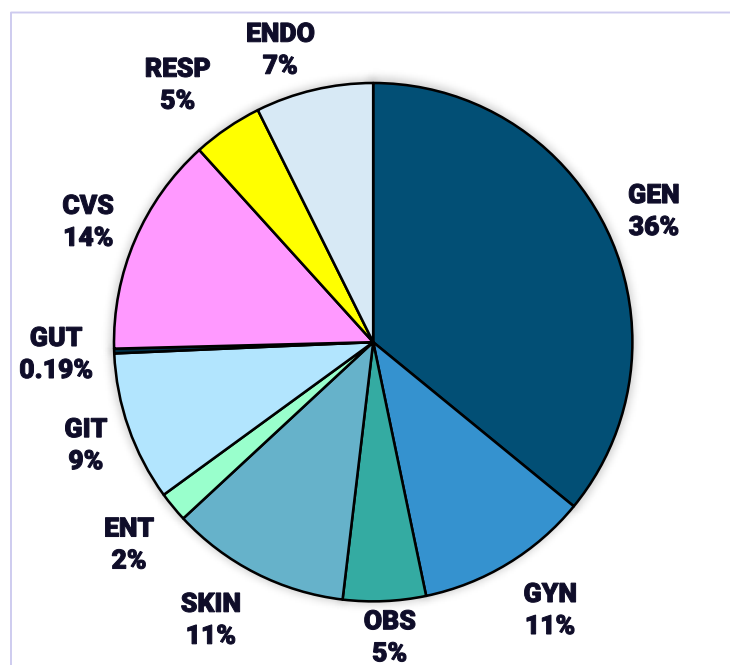
## **1.2) OPDs – Stationery (Gwal Pahari)**

- OPDs were conducted at Gwal Pahari by the health team.
- 1008 doctor's consultations were availed by the patients.
- Pathology tests were conducted for 90 patients.
- USG was conducted for 19 patients.
- Albendazole tablets were given to 48 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 15 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 10 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
October 25	134	23	15	32	03	29	00	38	17	20	311
November 25	111	40	22	42	06	26	02	37	18	22	326
December 25	117	46	15	39	10	39	01	63	09	32	371
<b>TOTAL</b>	<b>362</b>	<b>109</b>	<b>52</b>	<b>113</b>	<b>19</b>	<b>94</b>	<b>03</b>	<b>138</b>	<b>44</b>	<b>74</b>	<b>1008</b>

**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)**

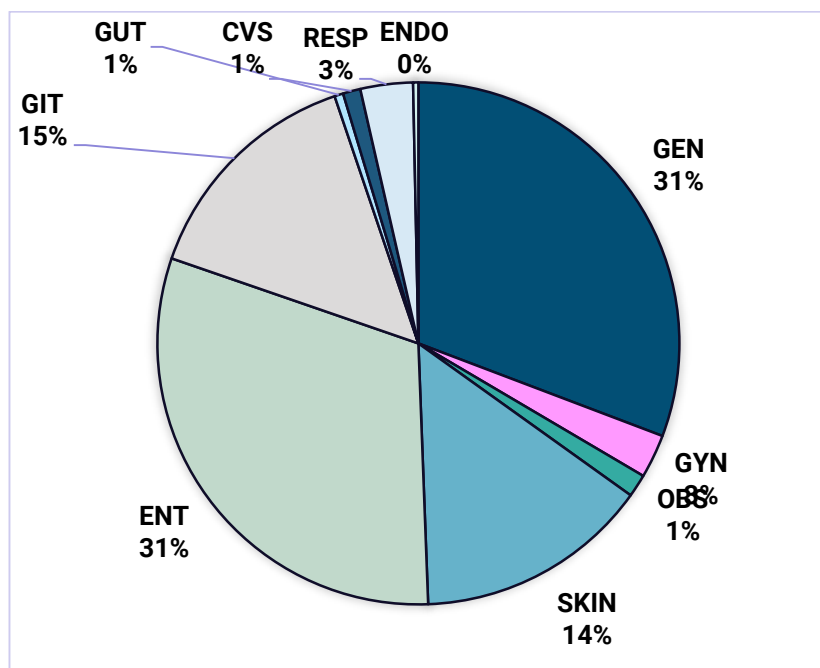
- OPDs were conducted at Gurugram Outreach Areas by the health team.
- 923 doctor's consultations were availed by the patients.
- Albendazole tablets were given to 221 patients for deworming.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

#### **Doctor Consultation OPDs Report (Gurugram Outreach)**

 DATE		GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
October 25	104	06	05	23	77	35	01	01	18	03	273
November 25	77	07	03	35	103	46	01	02	04	00	278
December 25	103	12	05	76	105	53	03	07	08	00	372
<b>TOTAL</b>	<b>284</b>	<b>25</b>	<b>13</b>	<b>134</b>	<b>285</b>	<b>134</b>	<b>05</b>	<b>10</b>	<b>30</b>	<b>03</b>	<b>923</b>



**Pie chart showing various ailments reported**



GEN	- General
GYNAC	- Gynecology
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GIT	- Gastrointestinal Tract
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system

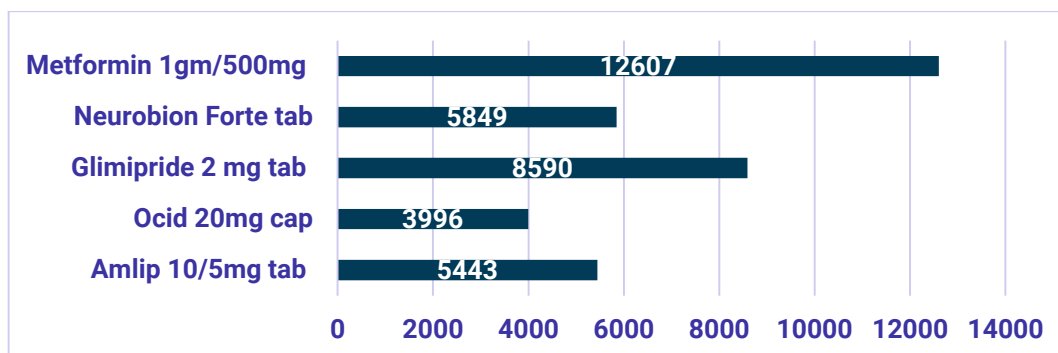




#### 1.4) Most Frequently Prescribed Drugs

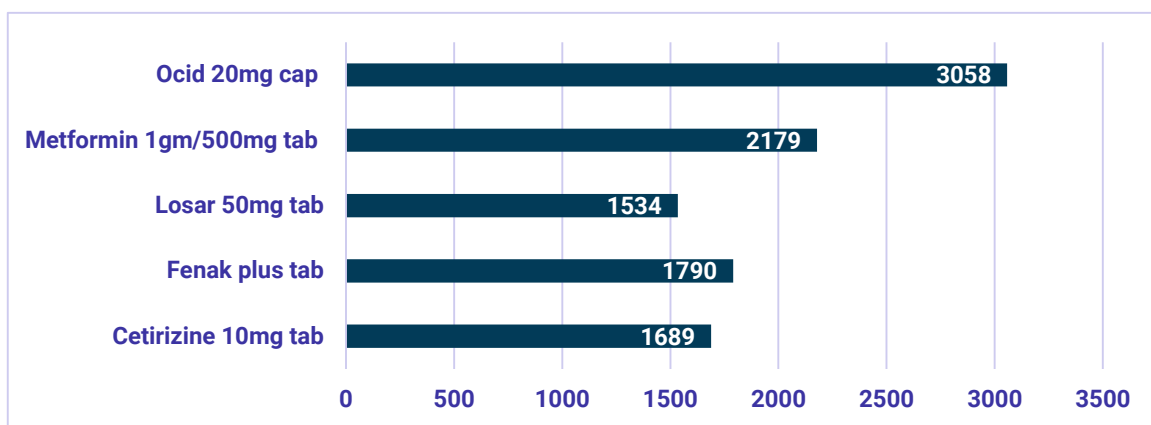
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, Neuralgia and Gastritis

##### Delhi



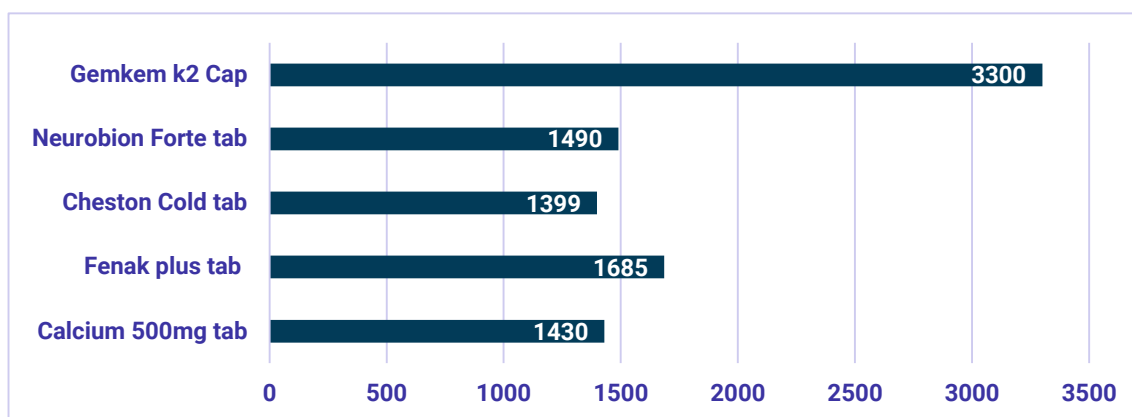
Below is a list of the most commonly prescribed medications for conditions such as Hypertension, Diabetes, Body ache, Allergies and Gastritis

##### Gwal Pahari



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

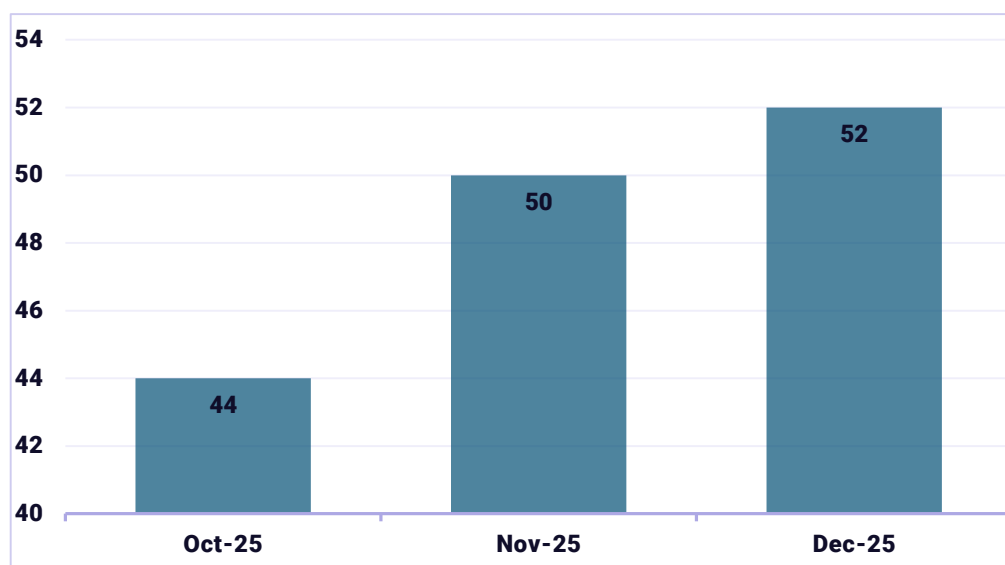
##### Gurugram Outreach



## 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	Ongoing
1	October 25	51	03	10	44
2	November 25	44	08	02	50
3	December 25	50	06	04	52

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	Not Inform
			Caesarian Delivery	Normal delivery			
1	October 25	00	03	07	05	05	00
2	November 25	00	00	02	01	01	00
3	December 25	00	00	04	03	01	00

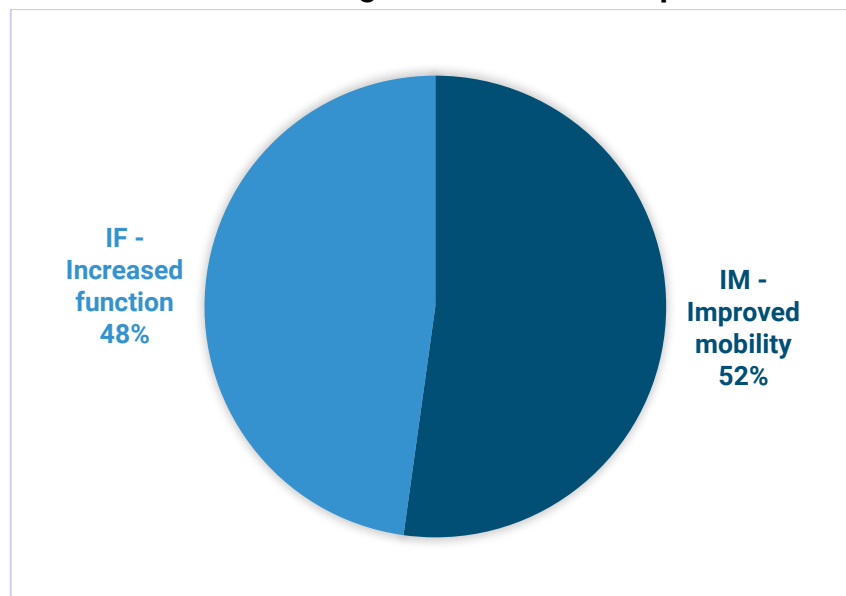
During the last quarter, a total of **51 ANC (Antenatal Care) patients** were registered, with **17 new registrations** in this quarter. Out of these, **16 successful deliveries** were reported. Among these, **3 were caesarean deliveries**, and **13 were normal deliveries**. As of now, the health center is actively providing antenatal care to **52 ongoing ANC patients** and **16 lactating mothers**.

## 2. PHYSIOTHERAPY OPDs

OPDs were conducted at Gwal Pahari by the health team

- 159 doctor's consultations were availed by the patients
- 76 patients reported increased body function.
- 83 patients reported improved mobility.
- All 159 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

**1342** 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 2025.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	October 25	134	30	51	19	00	96	17	347
2.	November 25	204	53	67	23	03	80	21	451
3.	December 25	224	77	91	35	03	88	26	544
	<b>TOTAL</b>	<b>562</b>	<b>160</b>	<b>209</b>	<b>77</b>	<b>06</b>	<b>264</b>	<b>64</b>	<b>1342</b>



### 4. Other Highlights of This Quarter

#### 4.1. Eye Checkup, Chronic Kidney Disease (CKD) and BMD (Bone Mineral Density) Screening Camp

Date – 30<sup>th</sup>, October 2025

Location – Bandwadi Village, Gurugram

Number of Beneficiaries – 152

A comprehensive Eye Check-up, Chronic Kidney Disease (CKD), and Bone Mineral Density (BMD) Screening Camp was successfully organized at Bandhwadi on **30 October 2025**.

The initiative aimed to deliver preventive health screening services and promote early detection of visual, renal, and bone health disorders among the local community. The camp witnessed active participation from **152 individuals** who registered for various health assessments.

**Eye Care Services** - A total of **145 patients** underwent detailed ophthalmic examinations.

**Key Findings:**

1. **Refractive Errors: 102 patients** were diagnosed and provided corrective spectacles on-site.
2. **Cataract Cases: 56 patients** were identified and enlisted for free cataract surgeries.
3. **Referrals: 6 patients** referred to tertiary eye care centers for advanced management.
4. **Eye Drops Distributed: 115 patients** received preventive or therapeutic medication.

These efforts contributed to the early management of visual impairments and enhanced community awareness regarding eye health.

**Chronic Kidney Disease (CKD) Screening** - A total of **135 patients** underwent CKD screening.

**Key Findings:**

1. **Urine Dipstick Tests: 68**
2. **Kidney Function Tests (KFT): 1**

The screening facilitated the early identification of potential renal abnormalities and included counselling sessions to promote regular monitoring and healthy lifestyle practices for kidney health preservation.

**Bone Mineral Density (BMD) Screening** - A total of 121 participants underwent Bone Mineral Density assessment to evaluate bone health and detect early signs of osteopenia or osteoporosis.

**Key Findings:**

1. **Normal:** 45 participants
2. **Osteopenia:** 35 participants
3. **Osteoporosis:** 28 participants
4. **Severe Osteoporosis:** 13 participants
5. **Medications Provided:** A total of 76 participants received appropriate medications and calcium/vitamin D supplementation based on their BMD results, along with counselling on dietary modifications, physical activity, and preventive bone health practices.

## **4.2. General Health Checkup Camp**

Date – 18<sup>th</sup> November 2025

Location – Shakti Dhalini Manav Kalyan Camp

Number of Beneficiaries – 126

The Shakti Shalini Health Camp successfully registered **126 participants**, all of whom received **doctor consultations**, demonstrating high engagement. The camp focused on **general health, bone health, and kidney health**, delivering essential preventive and diagnostic services to the community.

**Bone Mineral Density (BMD) tests** were conducted for **109 participants**, with results summarised below:

<b>BMD Status</b>	<b>Participants</b>
Normal	28
Osteopenia	34
Osteoporosis	39
Severe Osteoporosis	8

**Key Observation:**

Approximately **75% of participants** exhibited low bone mass, indicating a significant prevalence of osteopenia and osteoporosis and highlighting the need for early interventions and lifestyle management.

**Chronic Kidney Disease (CKD) Screenings** were conducted for **106 participants**, including:

- **Kidney Function Tests (KFT):** 3 participants
- **Urine Dipstick Tests:** 36 participants

**Key Observation:** The screening demonstrates a **proactive approach** toward early detection of kidney-related conditions, ensuring targeted follow-ups for at-risk individuals.

## General Health Assessment

### Summary of Diagnoses

<b>Department</b>	<b>Conditions Observed</b>	<b>No. of Cases</b>	<b>Key Observations</b>
General OPD	Anaemia (2), Body Ache (24), Viral Fever (3), Weakness (19), Low Appetite (4), Injury (5), PICA (1), Breast Abscess (1)	59	Non-specific/general complaints dominate; Body Ache (24) and Weakness (19) most frequent
GIT	Gastritis (4), GI Infection (4), Abdominal Pain (2), Piles (1), Oral Ulcer (1), Deworming (16)	28	Deworming is the largest contributor (16 cases)
Orthopaedics	Knee Pain (19)	19	Single dominant complaint
ENT	Earache (1), URT Infection (10), Vertigo (1), Piles (1)	13	URT infections account for the majority
Eye	Conjunctivitis (2)	2	Minor representation
Gynaecology	Amenorrhea (1), Atrophic Vaginitis (1), Dysmenorrhea (1), PCOD (1), PNC (1)	5	Small and evenly spread numbers
Neurology	Numbness (3), Sciatica (1)	4	Low incidence
Respiratory	Bronchitis (5), Cold/Cough (2)	7	Bronchitis most common
Skin	Acne (1)	1	Minimal representation

### Pattern Insights

- **Majority of complaints** were **non-specific symptoms** (body ache, weakness, low appetite).
- **Infectious conditions** (viral fever, worm infestation, URT infections, bronchitis) were notable across departments.
- **Chronic/structural issues** (knee pain, sciatica, piles) were present but fewer in number.

### Follow-Up Care

The Adharshila medical team ensured **prompt follow-up** for participants requiring additional medical attention:

- Patients needing **nephrology care** were contacted, and appropriate follow-up was initiated. They were referred to the **Department of Nephrology, Safdarjung Hospital**, for **specialised evaluation, treatment, and long-term management**.
- **Patient reports**, including **medication details for one participant** and **doctor recommendations for another**, have been forwarded to your centre for **record-keeping and further action**.

These observations underscore the **high prevalence of low bone mass** and other health concerns within the community. Several participants require ongoing care, particularly for:

- Nephrology follow-up
- Thyroid evaluation
- Urinary tract infection (UTI) management
- Anaemia treatment

### Recommended Follow-Up Actions

In light of these findings, it is recommended to:

- **Organize monthly General Health Camps/OPDs** at Shakti Shalini.
- Conduct **regular monitoring and screenings** to facilitate **early detection, timely intervention, and improved health outcomes** for all beneficiaries.

## 4.3 Awareness Session on Menstrual Health and Hygiene

Date – 19<sup>th</sup> December 2025

Location – Gwal Pahari

Number of Beneficiaries – 90

An awareness session on Menstrual Health and Hygiene was successfully conducted to educate participants about the importance of safe and healthy menstrual practices. The session aimed to break myths and taboos surrounding menstruation and promote scientific understanding. Topics discussed included the menstrual cycle, common menstrual problems, and the importance of maintaining personal hygiene during periods. Participants were informed about the correct use and disposal of sanitary pads, menstrual cups, and cloth pads, along with the need for regular changing to prevent infections. The



session also emphasised the role of proper nutrition, hydration, and rest in maintaining menstrual health. Special focus was given to recognising warning signs such as irregular cycles, excessive pain, or heavy bleeding, and seeking timely medical advice. Interactive discussions encouraged participants to ask questions freely, helping to reduce hesitation and stigma. Overall, the session was informative and empowering, contributing to improved awareness, confidence, and healthier menstrual practices among participants.

#### **4.4 Awareness session on Low Cost Nutrition**

Number of Sessions – 6

Location – Gwal Pahari

Number of Beneficiaries – 91

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.

#### **4.5 Awareness session on Diabetes**

Number of Sessions – 13

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 222

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.

#### **4.6 Awareness session on Pre Pregnancy Nutrition**

Number of Sessions – 12

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 212

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.

#### **4.7 Awareness session on Kangaroo Mother Care**

Number of Sessions – 11

Location – Gwal Pahari and Harkesh Nagar

Number of Beneficiaries – 175

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.

#### **4.8 Awareness Session on Disability Prevention in Newborns**

Date – 4<sup>th</sup> December 2025

Location – Harkesh Nagar

Number of Beneficiaries – 50

An awareness and educational session were organized to promote disability prevention in newborns and to ensure a healthy and safe pregnancy for every mother. The session focused on the importance of proper maternal care during pregnancy.

Key messages shared with pregnant women included the regular intake of essential supplements such as Folic Acid and Iron, and the mandatory requirement of regular antenatal check-ups.

Participants were also informed about the importance of essential investigations during pregnancy, including blood tests such as Hemoglobin (Hb), Thyroid-Stimulating Hormone (TSH), High-Performance Liquid Chromatography (HPLC) for thalassemia screening, HIV,

VDRL, HBsAg, Urine Routine, Random Blood Sugar, along with timely ultrasound examinations.

The session aimed to improve awareness, encourage early detection of health risks, and promote preventive care to reduce the incidence of disabilities in newborns.

#### **4.9 Awareness Session on Budget-Friendly Nutrition and Healthy Eating**

Number of Sessions – 03

Location – Harkesh Nagar

Number of Beneficiaries – 70

The session was designed to raise awareness about maintaining a healthy and balanced diet within a limited budget. It aimed to provide participants with practical, cost-effective nutrition guidance to support informed food choices while managing household expenses. The session covered affordable and nutritious food options, simple meal-planning techniques, and practical strategies to optimize nutritional intake using locally available and low-cost resources. Of calcium, vitamin D, and regular exercise in preventing osteoporosis.

#### **4.10 Awareness Session on Drug Addiction, Animal Bite Prevention, and First Aid Readiness**

Date – 12<sup>th</sup> December 2025

Location – Gwal Pahari School

Number of Beneficiaries – 230 Students

An educational awareness session focusing on **Drug Addiction Awareness, Dog & Cat Bite Prevention, and First Aid Readiness** was organised with the objective of promoting health, safety, and responsible behaviour among participants. The session was attended by students from both the **primary and senior secondary sections** of the school.

The session commenced with an informative talk on **drug addiction**, highlighting its causes, commonly abused substances, early warning signs, and the adverse physical, psychological, and social consequences. Emphasis was placed on prevention strategies, managing peer pressure, and the importance of seeking timely help, counselling, and support services.

The second segment focused on **dog and cat bite prevention**. Participants were educated on common reasons for animal bites, safe behaviour around pets and stray animals, and risk reduction measures, particularly for children. Guidance was provided on avoiding provocation, recognising warning signs in animals, and promoting responsible pet ownership. Immediate first aid steps following an animal bite—such as washing the wound thoroughly with soap and running water—were clearly explained, along with the importance of prompt medical attention and rabies vaccination.

The final segment addressed **first aid readiness**, covering basic first aid principles for managing bleeding, burns, fractures, fainting, and bite-related injuries. The importance of maintaining a well-equipped first aid kit at home, school, and the workplace was emphasised. Demonstrations and interactive discussions enhanced participants' understanding of practical, life-saving skills.

Additionally, **Organic Purna Gummies were distributed to all participants as a Vitamin D booster**, reinforcing the importance of nutritional support for overall health and immunity. Overall, the session was highly informative and engaging, significantly enhancing awareness, preparedness, and confidence among students to respond effectively to health emergencies and risky situations.

#### **4.11 Eye Checkup, Chronic Kidney Disease (CKD) and BMD (Bone Mineral Density) Screening Camp**

Date – 18<sup>th</sup> December 2025

Location – Kalkaji Centre

Number of Beneficiaries – 185

A comprehensive Eye Check-up, Chronic Kidney Disease (CKD), and Bone Mineral Density (BMD) Screening Camp was successfully conducted at the Kalkaji Centre on 18 December 2025. The initiative aimed to provide integrated preventive healthcare services and promote early detection of visual, renal, and bone health conditions within the community. The camp recorded 185 registrations, reflecting strong community participation.

**Eye Care Services** - A total of 183 beneficiaries underwent comprehensive ophthalmic screening.

##### **Key Findings:**

1. **Spectacle Prescription:** 95 beneficiaries were diagnosed with refractive errors and provided corrective spectacles (approximately 52%).
2. **Cataract Identification:** 43 beneficiaries were identified with cataract-related conditions (approximately 24%).
3. **Advanced Referrals:** 14 beneficiaries were advised further investigations for specialized ophthalmic evaluation, including retinal assessment (5 cases), corneal evaluation (2 cases), and dilated examination (7 cases).
4. **Medication Distribution:** Eye drops were distributed to 115 beneficiaries (approximately 63%) for preventive or therapeutic care.

These interventions supported early diagnosis and management of visual impairments while enhancing awareness regarding eye health.

**Chronic Kidney Disease (CKD) Screening** - A total of 156 beneficiaries were screened for CKD-related conditions.

**Tests Conducted:**

1. Urine Dipstick Tests: 70 beneficiaries
2. Kidney Function Tests (KFT): 6 beneficiaries

**Key Findings:**

The majority of urine dipstick results were negative, while varying degrees of proteinuria were detected in select cases. Based on eGFR values from KFT, three beneficiaries were classified under Stage 1 CKD, two under Stage 3, and one under Stage 4. One beneficiary additionally underwent haemoglobin, thyroid function, lipid profile, urine microalbumin, and urine routine investigations for comprehensive assessment. All beneficiaries identified with renal abnormalities were counselled and referred to Harkesh Nagar OPD for further evaluation and clinical management.

**Bone Mineral Density (BMD) Screening** - A total of 97 beneficiaries underwent Bone Mineral Density assessment to evaluate bone health and detect early signs of osteopenia and osteoporosis.

**Results:**

- Normal: 15 beneficiaries
- Osteopenia: 44 beneficiaries
- Osteoporosis: 29 beneficiaries
- Severe Osteoporosis: 9 beneficiaries

**Medications Provided:**

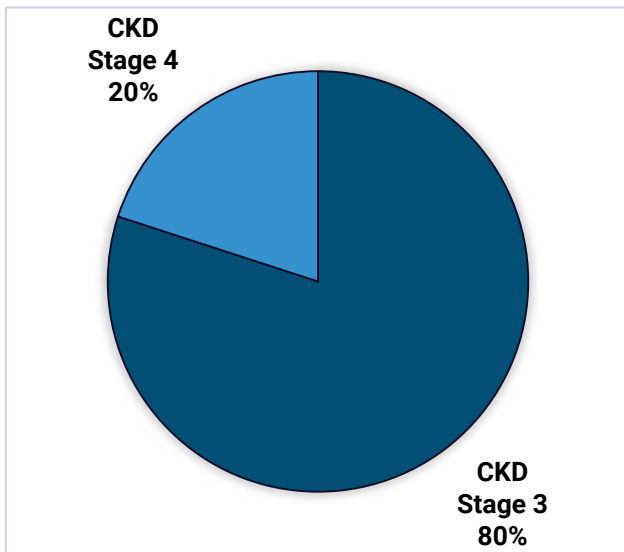
Based on BMD findings, 82 beneficiaries received appropriate medications and supplementation. Counselling was also provided on nutrition, calcium and vitamin D intake, physical activity, and preventive strategies to improve bone health.

#### **4.12 Population screening FOR CKD/DM/HT patients**

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

### CKD screening Camps

Month	Location	No of CKD Screening Camps held	No of Patients Screened for CKD	No. of Hypertensive & diabetic	No. of Urine dipstick test	KFT	No. Of CKD Patients
October 2025	Kalkaji and Bandhwari	02	185	116	79	01	01 patient diagnosed with <b>Stage 3 CKD</b>
November 2025	Shakti Shalini (Nehru Nagar)	01	106	43	36	03	01 patient diagnosed with <b>Stage 3 CKD</b>
December 2025	Kalkaji	01	156	91	70	06	02 patients with <b>Stage 3 CKD</b> , and 01 patient with <b>Stage 4 CKD</b> .
<b>Total</b>		<b>04</b>	<b>419</b>	<b>226</b>	<b>172</b>	<b>16</b>	<b>05</b>



Across the CKD screening camps, a total of **five individuals** were identified with varying stages of chronic kidney disease. **Five individuals were diagnosed with advanced CKD**, including **three cases of Stage 3 CKD and one case of Stage 4 CKD**. All patients diagnosed with Stage 3 and Stage 4 CKD were **promptly referred to Safdarjung Hospital for further evaluation and specialized nephrology management**.

## 5. CASE STUDIES

### 5.1 Comprehensive Management of Uncontrolled Diabetes Mellitus with Diabetic Neuralgia

**Registration number: 29307**

Centre Location: Gwal Pahari

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

**Intervention:**

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

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

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

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

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

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

### 5.2 From Pain to Progress: Rehabilitation of a Knee Osteoarthritis Case

**Registration number: 25881**

Centre Location: Gwal Pahari

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

**Intervention:**

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



**Exercise program including:**

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

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

**5.3 Musculoskeletal Injury (Hamstring Strain)**

**Registration number: 35437**

Centre Location: Gwal Pahari

**Medical History:** The patient presented with severe back and leg pain, resulting in difficulty performing daily activities. Clinical assessment revealed a pulled hamstring muscle, associated with pain, discomfort, and restricted mobility.

**Treatment Plan:**

A structured physiotherapy management plan was initiated, focusing on pain relief and restoration of strength and mobility. The treatment included:

- Hot fomentation to relieve muscle stiffness and promote relaxation
- TENS (Transcutaneous Electrical Nerve Stimulation) for pain management
- Therapeutic exercises aimed at improving muscle strength, flexibility, and functional mobility

**Outcome:** Following completion of the physiotherapy sessions, the patient reported significant reduction in pain and improved range of motion. He was able to resume daily activities with minimal discomfort, demonstrating restored functional mobility and a positive treatment outcome.

**5.4 Successful Maternal Outcome After Infertility Treatment**

**Registration number: 21564**

Centre Location: Gwal Pahari

**Medical History:** The patient reported in September 2024 with a history of secondary infertility and bad obstetric history, including two previous first-trimester pregnancy losses. She was also diagnosed with anemia.

**Treatment Plan:**

- Folic acid (Folvite) supplementation
- Doxycycline
- Iron tablets for correction of anemia
- Ovulation induction therapy

Following conception, progestogen support was given to maintain the pregnancy.

**Outcome:** The pregnancy progressed smoothly with regular antenatal follow-up. The patient delivered a healthy male baby by Lower Segment Caesarean Section (LSCS) on 30 October 2025.

### 5.5 Fungal Skin Infection

**Registration number: 38058**

Centre Location: Kanhai Village, Gurugram

**Medical History:** The patient presented with generalized dermatophytic (fungal) infection, associated with pruritus, erythema, and multiple cutaneous eruptions.

**Intervention:** The patient was treated with systemic and topical antifungal agents. Comprehensive counselling was provided regarding avoidance of precipitating factors, maintenance of personal hygiene, and preventive skin care.

**Outcome:** Complete clinical resolution of the fungal infection was achieved after two follow-up visits, conducted on 13 October 2025 and 14 November 2025, respectively.

### 5.6 Successful Management of Scabies

**Registration number: 38329**

Centre Location: Sector 62, Gurugram

**Medical History:** The patient presented with complaints of generalized pruritus for the past one month, accompanied by cutaneous lesions. A similar history among family members was reported. The patient was a known case of scabies.

**Intervention: Modalities:** Treatment included oral Ivermectin, topical Permethrin 0.1% (long-acting), and anti-allergic medications. In addition, comprehensive counselling was provided to the family regarding personal hygiene, environmental cleanliness, and prevention of reinfestation.

**Outcome:** The patient showed significant clinical improvement within one week of initiating treatment. The last follow-up visit was recorded on 12 December 2025.

## 5.7 Management of Hypertension

**Registration number: 33837**

Centre Location: Ghata, Gurugram

**Medical History:** The patient has been attending the outreach OPD since 9 May 2025. She was diagnosed with hypertension on 8 October 2025, with an initial blood pressure recording of 148/95 mmHg. Since diagnosis, the patient has remained under regular clinical follow-up at the center.

**Treatment Plan:** Pharmacological management was initiated with oral antihypertensive therapy. The patient also received structured lifestyle and dietary counselling, including guidance on adherence to a low-salt diet, the importance of regular physical activity, and medication compliance. Counselling was reinforced during each follow-up visit.

**Outcome:** The patient demonstrated progressive improvement and effective control of blood pressure with continued treatment and follow-up. The most recent blood pressure measurement recorded on 19 December 2025 was 121/65 mmHg, reflecting successful management of hypertension.

## 5.8 Abnormal Uterine Bleeding

**Registration Number: 33080**

Centre Location: Harkesh Nagar

**Medical History:** The patient presented to the health center on 13 November 2025 with complaints of excessive bleeding per vaginum. She had undergone an endometrial biopsy at a private facility approximately one week prior to presentation and reported continuous bleeding since the procedure.

**Intervention:** The patient was clinically evaluated and initiated on hormonal therapy along with hemostatic agents to control bleeding. She was advised to return for follow-up after one week. During the follow-up visit, the bleeding was found to be negligible, and she was advised to continue the prescribed treatment for a total duration of 21 days.

**Outcome:** On subsequent follow-up visits, the patient reported complete resolution of symptoms and remained clinically stable, indicating a successful response to treatment.

## 5.9 Primary Infertility

**Registration number: 785**

Centre Location: Harkesh Nagar

**Medical History:** The patient first visited the health center in April 2025 with complaints of primary infertility. She had been married for three years and was cohabiting with her husband since marriage. Initial investigations, including Complete Blood Count (CBC) and Serum TSH,

were found to be within normal limits. The husband's semen analysis revealed a slightly reduced sperm count.

**Intervention:** The husband was prescribed appropriate medical treatment for the low semen count. The patient received counselling regarding the fertile period, along with general lifestyle and reproductive health advice. She continued to attend the health center for regular follow-up visits.

**Outcome:** With continued counselling and follow-up, the patient successfully conceived in October 2025. A urine pregnancy test (UPT) confirmed the pregnancy, indicating a positive outcome following management.

## **5.10 Traumatic Wound Management**

**Registration number: 35685**

Centre Location: Jaitpur

**Medical History:** The patient presented to the health center on 11 November 2025 with a deep wound on the right foot. He had sustained a road traffic accident approximately one month prior and had received treatment from a local practitioner; however, there was no significant improvement.

**Intervention:** The wound was clinically assessed, thoroughly cleaned, and aseptic dressing was applied. The patient was prescribed appropriate antibiotic therapy and received regular wound care at the health center for a duration of two weeks.

**Outcome:** With continued treatment and follow-up, the wound showed progressive healing and was completely healed at the end of two weeks, indicating a successful outcome.

## **5.11 Diabetes Mellitus Management**

**Registration number: 35511**

Centre Location: Jaitpur

**Medical History:** The patient was diagnosed with diabetes mellitus on 1 July 2025, with an initial fasting blood sugar (FBS) of 113 mg/dL and post-prandial blood sugar (PPBS) of 393 mg/dL.

**Intervention:** The patient was initiated on antidiabetic medication and received comprehensive counselling regarding medication compliance and dietary modifications. She was advised on appropriate lifestyle changes and attended the health center regularly for follow-up consultations and blood glucose monitoring.

**Outcome:** With consistent treatment and follow-up, the patient achieved significant improvement in glycemic control. The most recent blood glucose levels recorded on 9

December 2025 showed a fasting blood sugar of 61 mg/dL and a post-prandial blood sugar of 144 mg/dL, indicating effective management of diabetes.

### 5.12 Musculoskeletal Injury (Coccydynia)

**Registration number: 28864**

Centre Location: Gwal Pahari

**Medical History:** The patient, Hemlata, a 31-year-old female, presented with severe pain in the tailbone (coccygeal) region, resulting in difficulty with prolonged sitting and standing. Clinical evaluation confirmed **coccydynia**, associated with pain, discomfort, and limited mobility.

**Intervention:** A structured physiotherapy treatment plan was implemented, focusing on pain relief and improvement of strength and mobility. The treatment included:

- Ice therapy to reduce swelling and inflammation
- IFT (Interferential Therapy) to provide deep tissue stimulation and relieve pain and inflammation
- Therapeutic exercises to enhance muscle strength, mobility, and functional movement

**Outcome:** After completion of the physiotherapy sessions, the patient reported significant reduction in pain and noticeable improvement in mobility. She was able to resume daily activities with minimal discomfort, indicating restored functional mobility and a positive treatment outcome.

## 6. ADHARSHILA - A MULTIFACETED TRUST

**Adharshila: Empowering Communities through Healthcare, Education & Livelihood**

- **Family Health Centre:** Provides affordable, inclusive healthcare in family medicine, ophthalmology, gynaecology, dermatology, and homeopathy, with free medicines and subsidized diagnostics.
- **Education Program:** Promotes school retention and literacy through activity-based learning and remedial classes.
- **Digital Skills Training:** NIIT-certified courses in MS Office, Excel, cybersecurity, and spoken English enhance youth employability.
- **Adharshila Renal Care Project:** Strengthens renal services in government hospitals and expands CKD screening and Capacity Building of Paediatric dialysis care at Safdarjung, RML, and LHMC.

**Adharshila's Impact:**

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

For more info on our programs, u can visit:

