

PUBLIC **A**WARENESS FOR **H**EALTHFUL **A**PPROACH FOR **L**IVING (PAHAL)



Activity Report Year Jan 2005 – March 07

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Regd. No. 1699 (Under Societies Regd. Act 1860, IG Registration, Bihar)

Public Awareness for healthful Approach for Living (PAHAL) is a Patna, Bihar, India based recently registered non – profit organization working towards improving the health of the poorest people in Bihar, through health and developmental programs. We are a newly established multidisciplinary team who has been working in Bihar with expertise in the areas of public health, clinical medicine, health programmes and policy development, rural development and empowerment of the disenfranchised.

The global response to the HIV epidemic has thus far rightly targeted high-prevalence regions of India for the past twenty years. As the epidemic has recently abated, new epicenters have been identified and have emerged for the spread of the virus. Due to the prevalence of several high-risk indicators, including wide-spread poverty, low economic growth, low literacy rates, dense population and high migration, the HIV epidemic is arising in the state of Bihar.

In response to this growing crisis, PAHAL is organizing HIV AIDS awareness camp and programmes along with general health camps in different parts of Bihar by itself and through its network partners. Our AIDS prevention programs effectively build awareness and bring about behavior modification in the at-risk public because they are sensitive to local culture.

Our plan is to cover the following major issues and areas in coming years:

- **Environmental Health:** Prevention and control of water-borne diseases by providing resources for water and sanitation, health and hygiene, education and training of women in the use of Oral Rehydration Therapy (ORT)
- **Maternal and Child Health:** Vaccinations for children and mother, maternal health care including family planning and reproductive health services, and the training of new health care workers.
- **Empowerment of women:** Education and vocational training. Vocational training were added in order to further empower the women and encourage them to assume leadership roles in their community.
- **HIV/AIDS Control and prevention:** Awareness and Intervention programmes for truck drivers and associated workers in transport agencies, adolescent boys and girls, migrant population etc on HIV/AIDS.

- **Adolescent Reproductive Health (ARH):** To improve the demographic and reproductive health status of the community by changing the reproductive and sexual behavior of young adults both married and unmarried in the age group 12-25 years.
- **Hepatitis B Awareness Programme:** To make the community aware about Hepatitis B, through awareness programme.

Board Members of PAHAL

President:

Dr. (Mrs.) Kiran Sharan, MBBS, MD DCH

Secretary & Medical Director:

Dr. Diwakar Tejaswi, MBBS, MCH, FCCP, Ph.D

Treasurer:

Sri Anand Dwivedi - Senior Bank Officer

Members:

Dr. Himanshu Roy - MBBS, MD

Sri Rakesh Dubey - Police Officer

Sri Arjit Shashawat - IT Profesional

Sri Santosh Kumar - Self Business

Patron:

Mr. Sandeep Sinha – Director Business Development, Motorola, WA

Advisors:

Mr. Raja Kumar – Vice President, MGL Americas Inc., CA, USA

Mr. Vibhakar Yashaswi– B Tech (IIT Delhi), MBA (Florida State University)

Mr. Sudhakar Tapaswi– B Tech (IIT Kanpur), MBA (Melbourne Business School)

Activity Report (Jan 2005 – March 07)

A Workshop on TB and Diabetes at Patna :(12th Jan 2005) A workshop on TB and Diabetes was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL addressed the people and provided the basic details about the disease. About 100 persons were examined for TB and diabetes.



Free Health Checkup Camp at Patna :(3rd April 2005) A free health checkup camp for TB and Diabetes was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients and provided the basic information about the disease. About 105 persons were examined for TB and diabetes.



Free Health Checkup Camp at Patna :(11th Sep. 2005) A free health checkup camp for Blood Pressure, Heart Disease, TB and Diabetes detection was organized under the banner of PAHAL in collaboration with Inner Wheel Club Patliputra at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients and provided the basic information about the disease. About 150 people were examined.

Dr Diwakar Tejaswi shared food with HIV Positive:(24th Sep. 2005) Dr Diwakar Tejaswi, Medical Director PAHAL shared food with HIV Positive and gave a message to society not to discriminate the PLWHA. As a result of it a family was rehabilitated.

दैनिक जागरण, कवर पेज : शनिवार 25.9.05.

सारण के एड्स पीड़ित परिवार की दहला देने वाली कहानी

सबने ठुकराया, धरती के 'भगवान' ने अपनाया

हमारे सिटी प्रतिनिधि, पटना

सारण के मुख्तार यादव के परिवार को जो दिन देखना पड़ा है, भगवान किसी को न दिखाये। इस एड्स पीड़ित परिवार का गांव वालों ने न सिर्फ सामाजिक बहिष्कार कर दिया, बल्कि मुख्तार की मौत के बाद उसके शव को भी नहीं जलाने दिया। यहां तक कि एड्स के प्रति जानकारियों से अनभिज्ञ लोगों ने उसकी बच्ची को जिंदा ही नदी में फेंकने की भी कोशिश की। चारों ओर निराश मुख्तार की बेवा रामपति देवी और उसके परिवार को आखिर पटना में ठौर मिला, जहां एक डाक्टर उसके लिए भगवान बनकर सामने आये।

सारण जिले के चैनवा स्थित चड़वा गांव का मुख्तार रोजी-रोटी कमाने के लिए बंगलूर गया था।

वहां उसने कई साल तक राज मिस्त्री का काम किया। इस बीच वह हर वर्ष परिवार के लिये रुपये की शकल में खुशियां लाता रहा। करीब तीन साल पहले वह गंभीर रूप से बीमार पड़ा। इलाज के दौरान उसे टी. बी. हो गयी। इसके बाद वह बिस्तर लग गया और उसकी हालत खराब होती गयी। धीरे-धीरे जब वह गले से कुछ भी निगलने की स्थिति में भी नहीं रहा तो उसने पटना में डा. के. के. शरण को दिखाया। उन्होंने उसे डा. दिवाकर तेजस्वी के यहां जांच के लिए भेज दिया। और जिस बात का डर था, जांच में वही निकला। उसे एड्स हो चुकी थी और अब उस स्थिति में पहुंच चुकी थी, जहां दवाओं की नहीं, दुआओं की जरूरत होती है। अपनी नियति **श्रेष्ठ पृष्ठ 2 पर**



■ **मानवता** : साथ खाने पीने से एड्स नहीं प्यार फैलता है

जान रामपति अपने पति और बच्चों को लेकर गांव लौट गयीं। अब तक पूरे गांव में मुख्तार को उसके एड्स होने की बात फैल चुकी थी। बस इसके बाद शुरू हुआ इस परिवार पर सामाजिक प्रताड़ना का अमानवीय कहर। गांव वालों ने इस परिवार का बहिष्कार कर दिया। यहां तक की मुख्तार के पिता ने भी अपने इकलौते बेटे से किनारा कर लिया। गांव वालों की अमानवीयता यहाँ खत्म नहीं हो गयी। लगभग एक माह पूर्व मुख्तार की मौत हो गयी तो न तो किसी ने शव को कंधा दिया और न जलाने नहीं दिया। अंततः शव गंगा में प्रवाहित किया गया। रामपति बताती है कि लोग उसकी तीन साल की बीमार बच्ची अंशु को भी जिंदा ही गंगा में फेंक देने पर उतारू थे। इस तरह जब मदद के सारे रास्ते बंद गये तो सामने आये बिगहा गांव निवासी और रिस्ते में मुख्तार के साधु रामचन्द्र राय।

वह अपने पांचों बच्चों को लेकर पटना आ गयी और तब से डा. दिवाकर तेजस्वी की देखरेख में इलाजरत है। डा. तेजस्वी का कहना है कि रामपति सुबे की इकलौता महिला नहीं हैं। उसकी कहानी उन तमाम घरों की कहानी है, जहां से पति महानगरों में कमाने जाते हैं और एड्स जैसा रोग लेकर लौटते हैं। उनका यह भी कहना है कि एच आई वी पोजेटिव शुरूआती दौर में पकड़ में आ जाये तो इलाज संभव है। मरीज दवा के बल पर बीस-बीस साल तक ठीक रहते हैं। उन्होंने मीडिया के समक्ष रामपति देवी के हाथों भोजन कर इस मिथक को भी तोड़ा कि एड्स पीड़ित व्यक्ति को छूने से एड्स हो जाता है। उन्होंने एचआईवी पोजेटिव पीड़ित तीन साल की अंशु को भी सामान्य बच्चों की तरह ही बताया। डा. तेजस्वी ने स्वयंसेवी संगठनों से अपील की है कि वे इस परिवार के पुनर्वास के लिये आगे आकर समाज में उदाहरण पेश करें।

Free Health Checkup & Diabetes Detection Camp at Patna:(23rd Oct 2005) Free health checkup and diabetes detection camp was organized under the banner of PAHAL. Medical Director of PAHAL examined the patients. Free medicines were also distributed to the needy. About 100 persons were benefited during the camp.

Free Health Checkup Camp at Patna :(28th Feb 2006) Free health check camp was organized at Exhibition Road under the banner of PAHAL. Medical Director of PAHAL examined the patients. About 100 persons were benefited during the camp.

Health Awareness Camp at Patna :(9th April 2006) A free health checkup and Awareness camp for Blood Pressure and Diabetes detection was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients and also provided the free medicine and medical advice. About 150 people were examined. Dr Kiran Sharan, Prominent Pediatrician was also present.

H-TIMES - 10-4-06

Health awareness camp

AT A health awareness camp organised by Public Awareness for Healthful Living (PAHAL) at Harinarayan Complex, Exhibition Road, on Sunday, out of the 150 patients examined, 15 had diabetes problem, 20 were hypertensive and 10 were diabetic neuropathy cases. Dr Diwakar Tejaswi, who examined the patients, said that 15 patients had symptoms of TB. He said India had over seven crore diabetics accounting for 40 per cent of total such patients in the world. Unprecedented rise in kidney problems, heart attacks, neuropathy, eye problems and TB was also due to rise in the diabetes cases, he added.

Health Awareness Camp at Patna :(13th Aug. 2006) A free health checkup and Awareness camp for Blood Pressure and Diabetes detection was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients and also provided the free medical advice. About 150 people were examined.

Blood Donation Camp at Patna :(18th Aug. 2006) On the occasion of Dr Tejaswi's Birthday a Blood Donation Camp was organized under the banner of PAHAL in collaboration with Gramin Vikas Samiti at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL celebrated his Birthday with People Living With HIV/AIDS (PLWHA) and also shared cake with them. About 15 persons donated blood including Dr Diwakar Tejaswi.

Health Checkup Camp at Patna :(22nd Oct. 2006) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr

Diwakar Tejaswi, Medical Director PAHAL examined the patients. About 50 people were examined.

Monday, October 23, 2006
Hindustan Times, Patna

Medical camp

BLOOD SUGAR and blood pressure of over 50 persons were examined at a free medical camp organised by Public Awareness for Healthful Living on Sunday. According to Dr Diwakar Tejaswi, who examined the patients, 10 were found suffering from diabetes while 14 had high blood pressure. Patients were also given free medicines, he added.

Health Awareness Camp and Baby Show at Patna :(12th Nov. 2006)

A free health checkup and Awareness camp and Baby Show was organized under the banner of PAHAL at Kankarbagh, Patna. Dr Kiran Sharan, Prominent Pediatrician and Dr Diwakar Tejaswi examined the patients and provided free medical advice. About 200 people were examined and 75 babies were participated in baby show.

हिन्दुस्तान
पटना, सोमवार, 13 नवम्बर, 2006

स्वास्थ्य शिविर लगा व बच्चों की हुई प्रतियोगिताएं

पटना (हि.प्र.)। बाल दिवस पूर्व कार्यक्रमों का सिलसिला शुरू हो गया है। रविवार को पहल संस्था की ओर से निःशुल्क स्वास्थ्य परीक्षण शिविर का आयोजन डा. किरण शरण के क्लिनिक में किया गया। बेबी शो (1 से 3 वर्ष) में 60 बच्चों ने भाग लिया जिसमें प्रथम स्थान आर्यन और शाम्भवी, द्वितीय स्थान शौर्य ने प्राप्त किया तथा तृतीय स्थान पर यश वर्मा रहे। निर्णायक मंडल में डा.एस.पी.अम्बष्ट, डा.के.के. शरण, के.बी.वर्मा एवं शिवदत्त मिश्र रहे। 4 से 10 वर्ष तक के बच्चों के लिये रंग भरो प्रतियोगिता आयोजित की गयी जिसमें कुल 75 बच्चों ने भाग लिया। 4 से 5 वर्ष के बच्चों में आयुषी, यश तथा अंकिता, 6-8 वर्ष के बच्चों में सोनाली, दिवाक्षी तेजस्वी तथा पियूष ने जबकि 8-10 वर्ष के बच्चों में पूर्णिमा, प्रियंका तथा सौरभ को क्रमशः प्रथम, द्वितीय तथा तृतीय स्थान मिला। इस मौके पर डा. किरण शरण, डा. के.के. शरण एवं डा. दिवाकर तेजस्वी ने उपयोगी स्वास्थ्य संबंधी जानकारी दी। डा. दीपिका तेजस्वी ने कार्यक्रम के आयोजन में अपना महत्वपूर्ण योगदान दिया। कार्यक्रम के अन्तर्गत दिवाक्षी तेजस्वी, अपर्णा अभीजित के साथ बच्चों ने मनमोहक नृत्य प्रस्तुत किये।

Health Checkup Camp at Patna :(14th Nov. 2006) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients. About 74 people were examined.

Dr Diwakar Tejaswi at Press Conference at Patna :(14th Dec. 2006) A press conference on MIGRATION & HIV/AIDS was organized by NGO Nidan. Dr Diwakar Tejaswi addressed the media persons and provided the present status of HIV/AIDS in different States.

Health Checkup Camp at Patna: (11th March 2007) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients and provided the free medicines to the patients. About 110 people were examined.

