

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



Activity Report Year April 2007 – March 08

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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:

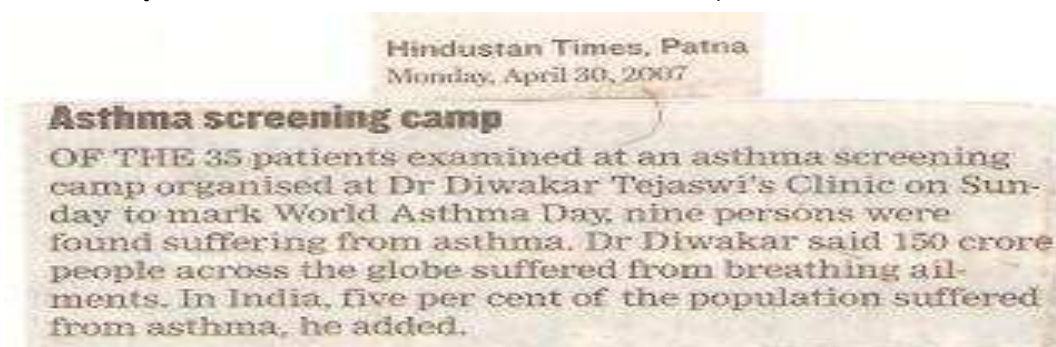
Mr. Raja Kumar – Vice President, MGL Americas Inc., CA, USA

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

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

Activity Report (April 2007 – March 08)

Asthma Checkup Camp at Harinarayan Complex, Patna: (29th April 2007) To mark the World Asthama Day About 35 patients were examined at an asthma screening camp organized under the banner of PAHAL. Dr Diwakar Tejaswi, Medical Director examined the patients.



Health Checkup Camp at Patna: (6th May 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 115 people were examined. Dr Kiran Sharan was also provided her kind support in organizing the camp.

Asthma Checkup Camp at Harinarayan Complex, Patna: (27th May 2007) A free medical checkup of asthmatic patients was organized at Dr Tejaswi's clinic at Exhibition Road under the banner of PAHAL. About 32 people were examined.



Health Checkup Camp at Patna: (17th June 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. About 110 people were examined.

Health Checkup Camp at Patna: (2nd Sep 2007) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar, obesity and body mass index was organized under the banner of PAHAL at Harinarayan Complex, Patna in collaboration with Rotary Patliputra. About 150 people were examined.

Health Checkup Camp at Patna: (30th Sep 2007) A free health checkup and Awareness camp for Heart, Blood Pressure and Blood Sugar, obesity was organized on the eve of World Heart Day under the banner of PAHAL in collaboration with Rotary Club of Patliputra at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the people. About 55 people were examined.



Health Checkup Camp at Patna: (17 Oct 2007) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar, obesity and body mass index was organized under the banner of PAHAL and incollaboration with Rotary Patliputra at Harinarayan Complex, Patna. About 100 people were examined.

Health Checkup Camp at Patna: (25th Nov. 2007) A free health checkup and Awareness camp for asthma was organized jointly by PAHAL & Rotary Patliputra at Harinarayan Complex, Patna. About 32 people were examined.

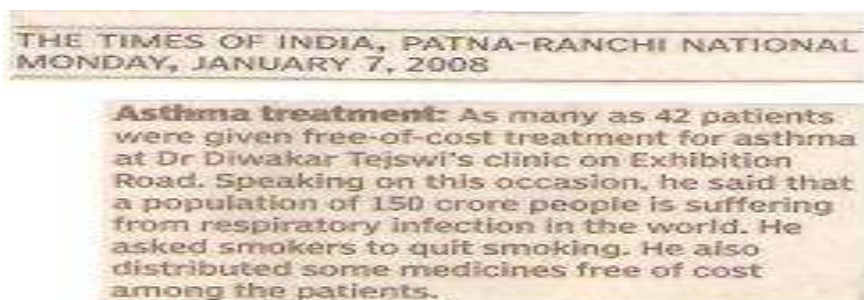


Health Checkup Camp at Patna: (9th Dec 2007) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar, obesity was organized under the banner of PAHAL at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the people. About 55 people were examined.

Health Checkup Camp at Patna: (23rd Dec 2007) A free health checkup and Awareness camp for Blood Pressure and Blood Sugar was jointly organized by PAHAL and Gramin Vikas Samiti at Harinarayan Complex, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL examined the people. About 57 people were examined.



Asthma Checkup Camp at Patna: (6th Jan 2008) A free Asthma checkup camp was organized under the banner of PAHAL. About 42 patients were given free of cost treatment for Asthma. And also free medicines were distributed among the patients. On this occasion Dr Tejaswi, Medical Director PAHAL made the people aware about the respiratory infection.



Seminar on “Oral Cancer- Symptoms & Prevention” at Patna: (3rd Feb 2008) A seminar on Oral Cancer was organized to mark the World Cancer Day under the banner of PAHAL. Initiating the symposium ENT expert Dr K K Sharan expressed deep concern over the rise in the cases of mouth cancer among youth.

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MONDAY, FEBRUARY 4, 2008

Symposium on mouth cancer: A symposium on mouth cancer, its causes and remedies was organized here under the banner of the Public Awareness For Healthful Living (PAHAL) on the eve of World Cancer Day at L S Institute, Exhibition Road. Initiating the symposium ENT expert Dr K K Sharan expressed deep concern over the rise in the cases of mouth cancer among youth.