

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



Activity Report Year April 2008 – March 2009

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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 Arijit 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 2008- March 09)

Health Checkup Camp at Patna: (4th May 2008) Free diabetic, blood pressure, neuropathy, hypertension and obesity with Body Mass Index (BMI) checkup camp was jointly organized by Rotary Patliputra and PAHAL. About 150 persons were examined in the camp. Medical Director PAHAL Dr Diwakar Tejaswi examined the persons. Dr Kiran Sharan and Dr Dipika Tejaswi also advised the patients.

Free TB Checkup Camp at Patna: (6th July 2008) Free TB checkup camp was jointly organized by PAHAL and Rotary Patliputra. About 55 persons were examined and free medicines were distributed among the patients in the camp. Dr Diwakar Tejaswi, Medical Director PAHAL, Dr Shankar Nath, Dr K K Sharan, Dr Kiran Sharan and Sri Anand Dwivedi were present in the camp.



Free Myringoplast at Patna: (17th Aug 2008) Hearing of five poor persons was restored after a team of experts led by Dr K K Sharan performed free myringoplast on them at L S Institute of ENT under the aegis of PAHAL.

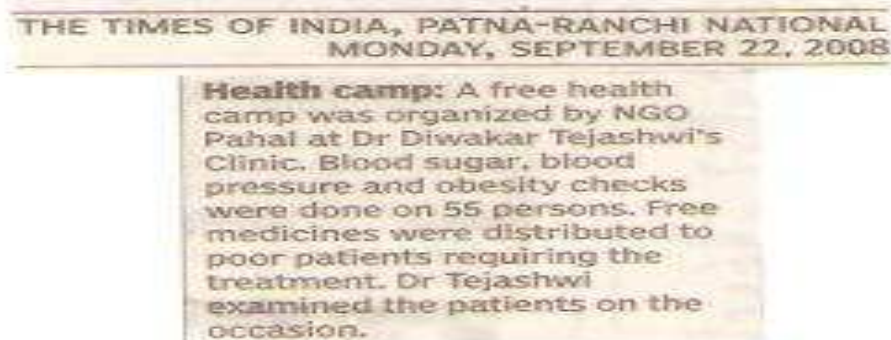
Free Health Checkup Camp at Patna: (24th Aug 2008) Over 150 persons were examined at a free diabetic, blood pressure, neuropathy and hypertension checkup camp. Dr Diwakar Tejaswi, Medical Director PAHAL said the world came to know about diabetic for the first time from India and the highest numbers of diabetic patients are also from India.



Blood Donation Camp for Flood Victims at Patna: (14th Sep 2008)

Rotary Patliputra and PAHAL jointly organized a blood donation camp for flood victims with the help of Red Cross Society. Altogether 35 persons donated blood on this occasion.

Free Health Checkup Camp at Patna: (21st Sep 2008) A free health camp was organized by PAHAL. Blood sugar, blood pressure and obesity checkup were done on 55 persons. Free medicines were distributed to poor patients. Dr Diwakar Tejaswi, Medical Director PAHAL examined the patients.



Free Camp for Hearing Impaired at Patna: (29th Sep 2008) Camp for hearing impaired was organized under the banner of PAHAL. About 107 persons were examined and 10 hearing impaired persons were provided with hearing machine. Dr K K Sharan, ENT Specialist examined the persons and also provided the free medicines.

Free Diabetic Camp at Patna: (5th Oct 2008) A free Diabetic and Blood Pressure check up camp was organized by PAHAL. About 55 persons were benefited from the camp. Dr Diwkar Tejaswi, Medical Director examined the patients and provided the free medicine.



Free Health Checkup Camp at Patna: (26th Oct 2008) PAHAL organized a free medical camp-cum-healthy baby show, which was inaugurated by Dr Narendra Prasad. On this occasion Patna Central MLA Arun Kumar Sinha was also present. About 150 persons were examined in the camp. Dr Diwkar Tejaswi, Medical Director PAHAL was also in the panel to examine the persons. Altogether 40 babies between the age group of 1yr and 3yr participated in the baby show.

Free Health Checkup Camp at Patna: (19th Nov 2008) A free medical check up camp for Asthma was organized by PAHAL. About 28 patients were examined with the available sophisticated equipment. Dr Diwkar Tejaswi, Medical Director PAHAL was provided the free advise to the patients.



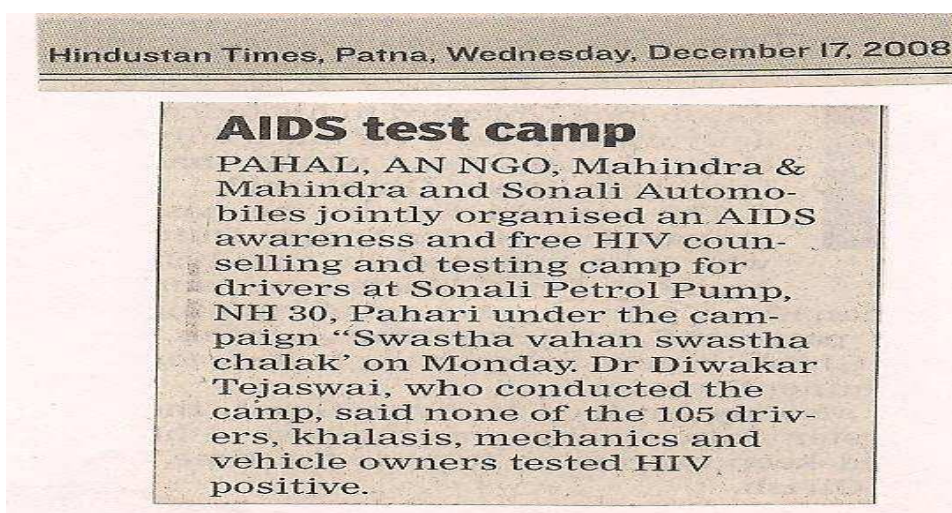
HIV Testing & Counseling Camp at Patna: (4th Dec 2008) HIV testing and counseling camp was organized under the banner of PAHAL. Medical Director PAHAL, Dr Diwkar Tejaswi and Dr Kiran Sharan, Pediatrician

addressed the people and gave the basic knowledge about HIV/AIDS. 11 persons were found HIV positive out of 1000 tested.

HIV/AIDS Awareness Camp at Patna Women's College, Patna : (8th Dec 2008) HIV/AIDS awareness camp for the students of Patna Women's College, was jointly organized by IHO and PAHAL. Medical Director of PAHAL Dr Diwakar Tejaswi was the resource person.



Free HIV Counseling and Testing Camp at Sonali Petrol Pump NH-30 Patna: (16th Dec 2008) HIV/AIDS counseling and testing camp was organized in collaboration with Mihindra and Mahindra at Sonali Petrol Pump. Dr Diwakar Tejaswi, Medical Director PAHAL has taken the counseling session. About 105 persons including drivers, khalasis and mechanics were tested for the HIV.



Free Health Checkup Camp at Patna :(14th Feb 2009) Free obesity and bone mineral density test camp was organized under the banner of PAHAL. ENT specialist Dr K K Sharan inaugurated the camp. About 150 persons were examined in the camp.

Free Health Checkup Camp on the occasion of Women's Day at Patna :(7th March 2009) A free health checkup camp for hemoglobin, Blood Pressure and Blood Sugar for women and girls living in slum, was organized by PAHAL at Prathamik Vidyalaya, Ambedkar Colony, Lohanipur, Patna on the eve of Women's' Day. Dr Diwakar Tejaswi, Medical Director PAHAL examined the women and girls. About 300 women and girls were examined.



World TB Day at Patna :(24th March 2009) On the occasion of World TB Day a Nukkad Natak was organized to make the general people aware about TB. It was organized by PAHAL at Gandhi Maidan. Diwakar Tejaswi, Medical Director PAHAL addressed the people and gave the basic information about TB.



Awareness Programme on Chicken Pox at Patna: (27th March 2009)

Under the banner of PAHAL an awareness Programme on Chicken Pox was organized among the students of Nalanda Open University and nursing staff at Alok Nursing Home, Patna. Dr Diwakar Tejaswi, Medical Director PAHAL, gave the basic knowledge about Chicken Pox and informed them about the symptoms, precautions and treatment of the infection. At that time chicken pox infection was very fast spreading in the city. About 50 students participated in the programme.

