

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



Activity Report Year April 2011 – March 12

Regd. Office

**L.S. Institute, Nema Place
Dr. K K Sharan Lane
Exhibition Road, Patna – 800001
Tele-fax: 0612-2206964
Email: diwakartejaswi@yahoo.com
WWW.pahalhealth.org**

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 focus areas:

- **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 was added in order to further empower the women and encourage them to assume leadership roles in their community.
- **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. Himanshu Roy, MBBS, MD

Secretary & Medical Director:

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

Treasurer:

Sri Anand Dwivedi - Senior Bank Officer

Members:

Sri Rakesh Dubey - Police Officer

Dr. Jyoti Ranjan Pandey

Dr. Alok Abhijit

Sri Santosh Kumar - Self Business

Patron:

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

Advisors:

Mr. Raja Uttam 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)

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

Ongoing Programmes:

- **Health Awareness and Screening Camps-** We are organising health awareness and screening camp on regular basis at the various places in Patna and adjacent (Rural places) including schools, colleges, slums etc., to serve the community. We provide screening of HIV, Hepatitis B and C, Heart Disease, Oral Cancer, Asthma, Blood Pressure, Diabetes, Body Mass Index (BMI), Bone Mineral Density (BMD) etc.
- **HIV/AIDS Awareness and Training programme-** We provide training on HIV/AIDS to nursing staff and lab technician. To make the general people and students of schools and colleges aware about HIV/AIDS, we conduct such awareness programme at school and college premises and among the truckers, migrants and villagers. We focus to remove the stigma and discrimination prevailing in our society.
- **Free Hearing Aid and free Ear Operation to Hearing Impaired poor person-** We organize screening camp for hearing impaired and provide free hearing aid and free ear operation to 10 to 15 selected hearing impaired poor persons every year.
- **Gyanshree Scholarship Scheme-** Under the scholarship scheme, PAHAL provides the partial financial support to the seven selected poor students of the community for their primary education.
- **Healthy Baby Show-** PAHAL organises the healthy baby show time to time, to make the mother aware about the baby's health and hygiene and also focuses on the benefit of the breast feed.
- **PAHAL Honour the good deed done in the field of HIV -** PAHAL honoured the women living with HIV/AIDS for their good deeds in the society. PAHAL also honoured the doctors who have done the surgery of a pregnant HIV positive woman.
- **Blood Donation-** PAHAL organises Voluntary Blood Donation Camp to serve the people.
- **Nukkad Natak-** PAHAL tries to spread awareness about the different health issues with the help of Nukkad Natak. It is the way to spread the message to masses.
- **Health and Literacy Center-** PAHAL established the health and literacy centre at village Bir. It is basically established to make the poor women and girls of village literate and also make them aware about health and hygiene related issues.
- **Free Distribution of Medicine -** Free distribution of anti TB and other medicines to the poor and also during calamities like flood.

Activity Report April 2011 - March 2012

Free Health Checkup Camp at Women's Training College, Patna (3rd April 2011): PAHAL organized a Health awareness and checkup camp for the students of NSS at Women's Training College, Patna University. Doctors at the camp informed students about the dangers of diabetes, blood pressure, obesity and other lifestyle diseases. The students were also given free health checkup and medical advice by PAHAL's Presidents Dr Kiran Sharan, Medical Director Dr Diwakar Tejaswi and Dr Himanshu Roy. About 50 students including teaching staff were examined in the camp.



युवतियों में बढ़ रहा मधुमेह



वीमेंस ट्रेनिंग कॉलेज में छात्राओं का हेल्थ चेकअप करते डॉ दिवाकर तेजस्वी.

फोटो : प्रभात खबर

पटना : युवतियों में तेजी से मधुमेह का रोग फैल रहा है. इसके साथ ही उनमें उच्च रक्तचाप की समस्या भी देखी जा रही है. इस बात का पता वीमेंस ट्रेनिंग कॉलेज में चल रहे सात दिवसीय राष्ट्रीय सेवा योजना शिविर के पांचवें दिन रविवार को हेल्थ कैंप में चला. कैंप में छात्राओं की जांच की गयी. जांच में पांच छात्राओं में मधुमेह, सात में उच्च रक्तचाप व नौ में मोटापा की शिकायत पायी गयी. डॉ दिवाकर तेजस्वी व डॉ किरण शरण ने छात्राओं की जांच की. उन्होंने कहा कि युवतियों में मधुमेह की बीमारी का बढ़ना चिंतनीय है. इसके कारणों को जान इससे छुटकारा पाने का प्रयास करना चाहिए, क्योंकि रोग

बढ़ जाने की दशा में यह परेशान कर सकता है.

रक्तदान से बढ़ा कोई दान नहीं : कैंप के ओपन सेशन में छात्राओं ने कहा कि रक्तदान से बढ़ा कोई दान नहीं. यदि किसी व्यक्ति की जान हमारे थोड़े से खून देने से बच सकती है तो हमें जरूर रक्तदान करना चाहिए.

राष्ट्रीय सेवा योजना हमें हमेशा दूसरों की मदद करने को सिखाता है. इस दौरान 50 छात्राओं ने रक्तदान किया. मौके पर रेड क्रॉस के डॉ विनय बहादुर सिन्हा, डॉ एसके श्रीवास्तव व राष्ट्रीय सेवा योजना कार्यक्रम पदाधिकारी डॉ शशि प्रभा, पहल के पवन कुमार, नीलिमा गुप्ता व इंद्र कुमार उपस्थित थे.

Voluntary Blood Donation Camp at Women's Training College, Patna (3rd April 2011): PAHAL organized a Voluntary Blood Donation Camp in collaboration with NSS at Women's Training College, Patna University. About 50 students donated blood during the camp.

Workshop on WHO Theme 2011 "Antimicrobial Resistance: no action today, no cure tomorrow" at Anupma Hospital, Patna (6th April 2011): On the eve of World Health Day, under the banner of PAHAL, a workshop was organized for the paramedical students of Nalanda Open University at Anupma Hospital, Patna to focus the WHO Theme 2011 – "Antimicrobial Resistance: no action today, no cure tomorrow". PAHAL's Medical Director Dr Diwakar Tejaswi delivered the technical based lecture on related issues. About 50 paramedical students benefited during the programme.

To Mark the Labors Day, Free Health Checkup Camp was organized at Exhibition Road, Patna (1st May 2011):

To mark the Labors Day, PAHAL organized a free health checkup camp for the local laborers. In the camp people were tested for blood pressure and blood sugar. Medical Director PAHAL Dr Diwakar Tejaswi advised the patients and also provided medicines to the needy. About 55 people were benefited during the camp.

Free Asthma Checkup Camp on the Eve of Asthma Day at Patna (2nd May 2011):

On the eve of Asthma Day, free Asthma checkup camp was organized under the banner of PAHAL at Exhibition Road, Patna. Medical Director PAHAL Dr Diwakar Tejaswi informed about the danger, precaution and treatment of Asthma during the camp. About 100 persons were tested for the Asthma in the camp.

Free Thyroid Checkup Camp at Patna (10th May 2011):

PAHAL organized a free camp for detection of thyroid disorder camp at PAHAL's Office, Patna. Medical Director PAHAL Dr Diwakar Tejaswi informed the people about the danger of thyroid and diabetes. About 55 persons were benefited during the camp.



World Hypertension Day : Free Blood Pressure, Diabetes detection & Awareness Camp at Patna (17th May 2011):

To mark the World Hypertension Day, PAHAL organized a blood pressure, diabetes detection and awareness camp at Exhibition Road, Patna. Medical Director PAHAL Dr Diwakar Tejaswi informed the people about the danger of the high blood pressure and blood sugar and also informed about what necessary precautions should be taken. About 80 persons were examined and free medicines were also provided to the patients.

Free Diabetes Detection Camp at Gandhi Maidan, Patna (22nd May 2011):

PAHAL, in collaboration with Biocon diabetology, organized a diabetes detection and awareness camp at Red Cross building, near Gandhi Maidan, Patna. Medical Director PAHAL addressed the masses and informed about the diabetes. Dr Tejaswi also examined the patients. About 105 persons were benefited during the camp.

World No Tobacco Day: Awareness Camp at Patna (31st May 2011):

On "World No Tobacco Day", an awareness camp was organized under the banner of PAHAL to draw

attention to the health problems that tobacco use can cause. PAHAL's Medical Director Dr Diwakar Tejaswi and ENT specialist Dr K K Sharan informed about the danger of tobacco. About 100 people were benefited during the awareness camp.



Encephalitis Awareness Camp on the eve of Doctor's Day at Patna (30th June 2011): On the eve of Doctor's Day, PAHAL organized an encephalitis awareness programme at L S Institute, Patna. Medical Director PAHAL Dr Diwakar Tejaswi informed about the encephalitis. About 100 people attended the awareness camp.

THE TIMES OF INDIA, PATNA
FRIDAY, JULY 1, 2011

Doctors' Day: On the eve of Doctor's Day, Public Awareness for Healthful Approach for Living (PAHAL) organized a daylong encephalitis awareness programme. Speaking on the occasion, PAHAL director Dr Diwakar Tejaswi gave information about the Japanese Encephalitis. He said that it is caused by mosquito bite and the symptoms are high fever, stiffness in neck, pain in legs and hands followed by vomiting. He advised people to keep cleaning the surroundings in such a way that no waterlogging takes place. Dr Kiran Sharan said that food articles should be properly packed and one should take adequate protection from mosquitoes as they caused various diseases like malaria, filaria, kala-azar, dengue etc.

Awareness Program on World Population Day at Patna (11th July 2011): To mark the World Population Day, PAHAL organized an awareness camp. Medical Director PAHAL Dr Diwakar Tejaswi addressed the people and focused on the burning issues of growing rate of population, female foeticide and other related issues. About 100 people were benefited during the programme.

Hepatitis B Check up Camp on World Hepatitis Day at Patna (28th July 2011): PAHAL and Rotary Patliputra jointly organized a Hepatitis B checkup camp at Exhibition Road

Patna to mark the World Hepatitis Day. Medical Director PAHAL Dr Diwakar Tejaswi gave information about prevention and precaution of Hepatitis B. About 100 people were tested for Hepatitis B.

Health Checkup Camp at Patna (13th Aug. 2011): PAHAL and Late Dr Fanibhushan Prasad Aayush Sansthan jointly organized free health checkup camp for the students of Kishore Dul Shishu Bhavan. Medical Director PAHAL Dr Diwakar Tejaswi and President Dr Kiran Sharan examined the students and advised them. About 80 students were benefited during the camp.

Health Awareness & Checkup Camp at Patna (18th Aug. 2011): Late Fanibhushan Prasad Ayush Memorial Foundation and PAHAL jointly organized a health awareness and checkup camp at PAHAL's office, Patna. The programme was inaugurated by the son of Late Fanibhushan Prasad and actor Mr Shekhar Suman. In the camp free checkup for Hepatitis C, Blood Sugar, Thyroid and BMI were done. PAHAL's President Dr Kiran Sharan and Medical Director Dr Diwakar Tejaswi informed the people about the danger of Hepatitis B & C and focused on the precaution measures. About 105 persons were benefited during the camp.

हिन्दुस्तान पटना • शुक्रवार • 19 अगस्त 2011

हेपेटाइटिस बी और सी के बढ़ने पर जताई चिंता



स्वास्थ्य परीक्षण शिविर में मौजूद अभिनेता शेखर सुमन। • फोटो: हिन्दुस्तान

पटना | संवाद सूत्र

स्व. फणीभूषण प्रसाद आयुष मेमोरियल फाउंडेशन एवं पहल के संयुक्त तत्वावधान में निःशुल्क स्वास्थ्य जागरूकता एवं स्वास्थ्य परीक्षण शिविर का आयोजन किया गया। 105 लोगों की निःशुल्क हेपेटाइटिस सी, मधुमेह, थायरॉइड एवं मोटापे की जांच कर चिकित्सीय सलाह दी गई। कार्यक्रम का उद्घाटन डॉ. फणीभूषण प्रसाद के पुत्र एवं अभिनेता शेखर सुमन ने किया। उन्होंने कहा कि पिताजी की यही इच्छा थी कि गरीबों को मुफ्त स्वास्थ्य लाभ मिले। डॉ. किरण शरण ने फैल रहे हेपेटाइटिस बी और सी पर चिंता जताई। पहल के चिकित्सा निदेशक डॉ. दिवाकर तेजस्वी ने भी विचार रखे। धन्यवाद ज्ञापन डॉ. केके शरण एवं फाउंडेशन के सचिव अरविन्द आनंद ने किया।

Workshop on Gender sensitization: HIV/AIDS – a challenge for empowerment of women at Patna Women's College, Patna (27th Aug. 2011): Medical Director PAHAL Dr Diwakar tejaswi addressed the students and teaching and non teaching staff during

the workshop. He focused on the relevant issues of Gender sensitization including HIV/AIDS. About 150 students including staff attended the workshop.

HINDUSTAN TIMES, KOLKATA
MONDAY, AUGUST 29, 2011

PATNA: Equal rights for women remains an essential pre-condition for the fairer sex to feel empowered and free in the true sense of the word, argued speakers at a workshop here on Saturday. They were speaking at a workshop on 'Gender sensitisation: HIV / AIDS - a challenge for empowerment of women', organised at Patna Women's College (PWC). PAHAL and IHO medical director Diwakar Tejaswi said violence against women lay at the root of various communicable diseases, including HIV/AIDS.

Awareness Camp on Cervical Cancer at Patna (13th Sep. 2011): PAHAL organized a Cervical Cancer Awareness camp at Exhibition Road, Patna. Talking about the cervical cancer, Medical Director PAHAL Dr Diwakar Tejaswi and President Dr Kiran Sharan focused on the precautions measures and informed about the vaccine available in the market. About 115 people were benefited during the awareness camp.

Free Screening Camp for Hearing Impaired and Free Hearing Aid and free Ear Operation to Hearing Impaired Poor Person at Patna (29th Sep. 2011): Ladlee Sharan Memorial free screening camp for hearing impaired was organized under the banner of PAHAL at L S Institute, Exhibition Road, Patna. ENT Specialist Dr K K Sharan examined the patients. About 135 persons were gone under the screening test. 10 poor hearing impaired were provided free hearing aid and 15 were under gone the free ear surgery.

प्रभात खबर शुक्रवार, 30 सितंबर, 2011

बहरापन शिविर में 135 लोगों ने करायी जांच

पटना : पहल की ओर से इंस्टीट्यूट ऑफ इण्टी केके शरण लेन में गुरुवार को लाडली शरण स्मृति मुफ्त बहरापन शिविर लगाया गया. शिविर में 135 मरीजों का परीक्षण किया गया और 10 लोगों को श्रवण यंत्र दिया गया. इंस्टीट्यूट के महाप्रबंधक डॉ केके शरण ने बताया शिविर में 15 मरीजों के बहरापन को ठीक करने के लिए ऑपरेशन भी किया गया. मौके पर डॉ आरआर प्रसाद, डॉ श्रीधर प्रसाद अम्बष्ठ, डॉ शंकर नाथ, डॉ दिवाकर तेजस्वी, डॉ दिपिका तेजस्वी, डॉ मनोज कुमार, डॉ नागेंद्र प्रसाद मौजूद थे.

International Day of Older Person: Free Hearing Aid to Hearing Impaired Poor Person at Patna (1st Oct. 2011): To mark the International Day of Older Person, PAHAL organized a camp for hearing impaired persons. Free audiometry was done in the camp. Six poor hearing impaired persons were provided free hearing aid. On this occasion, ENT specialist Dr K K Sharan examined the patients. About 55 persons were benefited during the camp.



PAHAL Treasurer Sri Anand Dwivedi, Medical Director Dr Diwakar Tejaswi and Coordinator Ms Neelima Gupta, during HIV/AIDS Awareness & Testing camp at Bus Stand, Patna on World AIDS Day.

Free HIV Testing Camp on World AIDS Day at Patna (1st Dec. 2011): To mark the World AIDS Day, free HIV Testing cum Awareness camp was organized by PAHAL at exhibition Road, Patna. Medical Director PAHAL Dr Diwakar Tejaswi discussed the current issues regarding the HIV/AIDS. About 100 people were tested for the HIV in the camp.

HIV Awareness Program at St. Karens School at Patna (5th Dec. 2011): In the continuation of health awareness program organized by PAHAL, an HIV/AIDS Awareness Program was organized for the students of St. Karens Secondary School, Patna. Medical Director PAHAL, Dr Diwakar Tejaswi delivered the interactive lecture on HIV/AIDS and health related issues. About 500 students including teaching staff were present in the awareness program.

Cancer Awareness Program at Patna (9th Dec. 2011): PAHAL organized a cancer awareness programme to make the people aware about the danger of cancer. On this occasion Dr K K Sharan, ENT specialist and Medical Director PAHAL, Dr Diwakar Tejaswi talked about the early symptoms and preventive measures of cancer. About 100 persons were benefited during the awareness program.

Free Checkup for Hepatitis B, Diabetes, Asthma, Neuropathy and Thyroid at Patna (23rd Dec. 2011): PAHAL organized the free health checkup and testing camp for Hepatitis, Diabetes, Asthma and Thyroid. Medical Director PAHAL examined the patients and advised them. About 150 people were tested in the camp.

MDR TB Awareness Program at Nalanda Open University, Patna (26th Dec. 2011): Awareness program on Multi Drug Resistant TB (MDR TB) was organized for the paramedical students of Nalanda Open University under the banner of PAHAL. Medical

Director of PAHAL, Dr Diwakar Tejaswi delivered the informative lecture on MDR TB. About 50 paramedical students attended the program.



Free Checkup for Lungs and Diabetes at Patna (28th Jan 2012): Free checkup for lungs and diabetes was organized by PAHAL. Medical Director PAHAL Dr Diwakar Tejaswi examined the patients and advised them. About 100 people were tested in the camp.



HIV/AIDS TB and Hepatitis Awareness Program at NABARD Haat Mela at Sinha Library, Patna (5th Feb 2012): HIV/AIDS Awareness Program was organized at NABARD Haat Mela, Patna, where about 200 handicraftsman from different places gathered for the exhibition of their handicraft were attended the awareness program as well. Medical Director of PAHAL Dr Diwakar Tejaswi was key speaker of the awareness program. Anemia test was also done there in Mela. About 140 female were tested for anemia.



Medical Director PAHAL Dr Diwakar Tejaswi, during awareness program at NABARD haat.

Health Awareness Program at National Public School, Patna (7th Feb 2012):

Health Awareness Program was organized at National Public School, Bhootnath Road, Patna. Medical Director PAHAL, Dr Diwakar Tejaswi informed the students and their parents including teaching staff about the healthy food habit and important health related issues was also discussed. More than 300 persons were present in the awareness program.

Free Uric Acid Test at Patna (8th Feb 2012):

PAHAL organized a free testing camp for uric acid. Medical Director PAHAL Dr Diwakar Tejaswi informed about the normal level of uric acid in blood and problem related to increased level of uric acid was also discussed. On this occasion President of PAHAL Dr Kiran Sharan and ENT Specialist Dr K K Sharan also discussed the health related issues. About 100 people were tested for the uric acid.



HIV/AIDS Awareness Program at Biharsharif (24th Feb 2012): PAHAL organized a HIV/AIDS Awareness camp among adolescent boys and girls at Biharsharif. PAHAL Medical Director, Dr Diwakar Tejaswi talked about HIV/AIDS and related issues. Many questions asked from the participants regarding the myth of HIV. Dr Tejaswi answered them. On this occasion Dr K K Sharan, ENT Specialist and Dr Kiran Sharan, Pediatrician were also talked about different health issues. About 200 adolescent boys and girls attended the awareness program.



HIV/AIDS Awareness Program for the NSS Students of Women's Training College, Patna (27th Feb 2012): HIV/AIDS awareness program was organized for the NSS students of Women's Training College, Patna. Medical Director PAHAL, Dr Diwakar Tejaswi was the key resource person. He delivered informative lecture on HIV/AIDS. About 180 students including teaching staff were present in the awareness program.



Awareness Program on Hepatitis B and Voluntary Blood Donation at Nalanda Open University, Patna (29th Feb 2012): Awareness Program on Hepatitis B and Voluntary Blood Donation was organized for the Nursing staff and OT Asst, students of Nalanda Open University at Patna. Medical Director PAHAL Dr Diwakar Tejaswi was the speaker of the awareness program. About 100 students attended the awareness program.



Free Hemoglobin Testing Camp at Patna (6th March 2012): PAHAL organized a free health checkup and hemoglobin testing camp for female and girl before “Women’s Day”. On this occasion President of PAHAL Dr Kiran Sharan expressed her deep concern about the gender discrimination. She appealed not to discriminate the girl child. Medical Director Dr Diwakar Tejaswi and President Dr Kiran Sharan examined the patients. About 100 female and girl were tested for hemoglobin.

THE TELEGRAPH WEDNESDAY 7 MARCH 2012



Public Awareness for Healthful Approach for Living (PAHAL)

Free Bone Mineral Density Detection Camp at Patna (17th March 2012): PAHAL organized free Bone Mineral Density (BMD) detection camp at Exhibition Road, Patna. Medical Director Dr Diwakar Tejaswi informed about the BMD and other health related issues. About 110 persons were tested for BMD.

On the eve of World TB Day: Press Conference was Organized at Patna (23rd March 2012): To spread the information related to TB, a press conference was organized under the banner of PAHAL. In the press conference Dr Kiran Sharan, Pediatrician talked about TB in children. Dr Himanshu Roy, Infertility Consultant informed about the infertility due to TB in women. Dr Diwakar Tejaswi also focused on the different types of TB. Talking about the TB Dr Tejaswi discussed the precautions measures and medication related to the disease. This event widely covered by media.



Dr Himanshu Roy talking about TB & Infertility during PRESS CONFERENCE on the eve of World TB Day, in presence of President Dr Kiran Sharn and Medical Director Dr Diwakar TejaswTejaswi

World TB Day: Awareness through “Nukkad Natak” (Street Play) at Gandhi Maidan, Patna (24th March 2012): PAHAL in collaboration with AODB, Mukta Foundation and Rotary Patliputra organized a street play to spread the awareness about Tuberculosis to the masses on World TB Day at Gandhi Maidan, Patna. Medical Director Dr Diwakar Tejaswi informed about the reason, precaution and medication of the TB. He also replied the questions asked by general public.

