

# PUBLIC AWARENESS FOR HEALTHFUL APPROACH FOR LIVING (PAHAL)



**Activity Report Year April 2023 – March 24**

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Regd. No. 1699 (Under Societies Regd. Act 1860, IG Registration, Bihar)  
*Regd. u/s 12A & 80G*

## INTRODUCTION

**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.
- **HEALTH AWARENESS PROG- HIV/ TB/ Hepatitis/ HEALTH Awareness Programme:** To make the community aware about Healthy lifestyle, through awareness programme.
- **Literacy Program:**To make the underprivileged resident of Village Bir, a Leela Prasad Memorial Literacy Centre was established by PAHAL at Bir.

## Board Members of PAHAL

### **President:**



Dr. Himanshu Roy, MBBS, MD (Infertility Specialist)

### **Secretary & Medical Director:**



Dr. Diwakar Tejaswi, MBBS, MCH, FCCP, Ph.D  
(Consultant Physician)

### **Treasurer:**



Smt Smriti Abhijit - Social Worker

### **Executive Members:**



Sri Rakesh Dubey -Senior Police Officer



Dr. Jyoti Ranjan Pandey- M.B.B.S., MD (Consultant Physician)



Smt. Nandini Sharan – Social Worker



Sri Santosh Kumar - Self Business

### **Patron:**



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



Mr. Raj Shukla –(Business), Columbia, Maryland, USA

### **Advisors:**



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



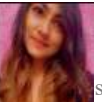
Mr. VibhakarYashaswi– B Tech (IIT Delhi), MBA (FloridaStateUniversity)



Mr. Sudhakar Tapaswi– B Tech (IIT Kanpur), MBA (MelbourneBusinessSchool)



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



MsDiwakshiTejaswiBBA honors & Master of Accounting (Florida Atlantic University)

## 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.
- **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.
- **NukkadNatak-** PAHAL tries to spread awareness about the different health issues with the help of NukkadNatak. It is the way to spread the message to masses.
- **Health and Literacy Center-** PAHAL established Leela Prasad Memorial 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.

**Uric Acid Testing & Awareness Program (27<sup>th</sup> May 2023)** Uric Acid Testing & Awareness program was conducted by PAHAL at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi delivered the awareness lecture on Hyperuricemia. Altogether 20 persons got tested free of cost.

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**PATNA SAHIB CHIKITSA SAMMAN (30<sup>th</sup> June 2023):**

"NAI DISHA PARIVAR ORGANISED CHIKITSAK SAMMAN SAMAROH ON THE EVE OF DOCTOR'S DAY (1<sup>st</sup> JULY). PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI WAS HONOURED FOR HIS ONGOING CRUSADE AGAINST DISEASE PREVENTION ON THIS OCCASION BY NAI DISHA



**World Hepatitis Day- Hepatitis Awareness Camp, Patna (28<sup>th</sup> July 2023): On the**

**Occasion of** World Hepatitis Day, Hepatitis Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi inaugurated the program and gave the necessary information regarding Hepatitis and its prevention.



**HIV/AIDS Awareness Camp (5<sup>th</sup> August 2023):** PAHAL organized AIDS Awareness programme for sero discordant couple and updated the latest treatment guidelines and informed in detail about new HIV medicines. He informed that U=U means undetectable is untransmissible.





### **Free Fibro Scan Liver Test (11<sup>th</sup> August 2023):**

Free Fibro Scan Liver Test and Liver Awareness Camp was organized at Exhibition Road, Patna under the banner of PAHAL. Medical Director PAHAL. Dr. Diwakar Tejaswi, delivered informative lecture on Liver Protection. Altogether 60 persons got tested free of cost and 6 had liver problem. They were given free medicines also.



### **Free Fibro Scan Liver Test (11<sup>th</sup> September 2023):**

Free Fibro Scan Liver Test and Awareness Camp was organised under the banner of PAHAL. Medical Director PAHAL. Dr. Diwakar Tejaswi, delivered informative lecture on Liver Fibrosis and Liver Cirrhosis and how to protect your Liver. Altogether 50 persons got tested free of cost.





**World Alzheimer Day( 22<sup>th</sup>September 2023 ):**World Alzheimer Day Awareness camp was organized at Exhibition Road, Patna under the banner of PAHAL. Medical Director Pahal Dr. Diwakar Tejaswi ,delivered informative lecture on Alzheimer disease.



**24<sup>th</sup>Ladly Sharan Memorial Deafness Detection & Hearing Testing Camp, Patna (29<sup>th</sup> September, 2023):** PAHAL organized “24<sup>th</sup>Ladly Sharan Memorial Deafness Detection Camp”. Dr. Suraj Kumar examined the patients and free audiometry test was done. Altogether 70 persons got tested.





**Free Fibro Scan Liver Test (11<sup>th</sup> October 2023):** Free Fibro Scan Liver Test and Awareness Camp at Exhibition Road, Patna organized under the banner of PAHAL. Medical Director Pahal Dr. Diwakar Tejaswi, delivered informative lecture on Fatty Liver and its prevention. Altogether 60 persons got tested.





**Dr. K.K. Sharan Memorial Deafness Detection & Hearing Aid Distribution Camp, Patna (14<sup>th</sup> October, 2023):** PAHAL organized Dr. K.K. Sharan Memorial Deafness Detection Camp and Hearing AID distribution camp". Altogether 60 persons got tested for deafness and out of that 18 underprivileged and needy patients were provided hearing aid free of cost.



**WORLD AIDS DAY- HIV/ AIDS Awareness & Testing Camp at, Patna (1<sup>st</sup> December 2023):** HIV/AIDS Awareness and Free testing Camp at Patna was organised under the banner of PAHAL. Medical Director PAHAL, Dr Diwakar Tejaswi spoke on length about HIV/AIDS in the Awareness camp. 55 People were tested for HIV and HBsAg on this occasion. None were found to be positive.





## **Doctor K K SHARAN MEMORIAL Chikitsak Samman Samaroh (8<sup>th</sup> Feb. 2024):**

PAHAL organized Dr K.K. Sharan Memorial Chikitsak Samman Samaroh at Dr. Diwakar Tejaswi Clinic, Patna. Noted low vision rehabilitation specialist Dr. Ashwini Kumar was honoured for his contribution in the field of low vision aid.



**Free Fibro Scan Liver Test (10<sup>th</sup> February 2024):** Free Fibro Scan Liver Test and Awareness Camp at Exhibition Road, Patna was organized under the banner of PAHAL. Medical Director Pahal Dr. Diwakar Tejaswi, delivered informative lecture on Fatty Liver and its prevention. Altogether 65 persons got tested.





**Free Fibro Scan Liver Test (11<sup>th</sup> March 2024):** Free Fibro Scan Liver Test and Awareness Camp was organized at Exhibition Road, Patna under the banner of PAHAL. Medical Director Pahal Dr. Diwakar Tejaswi, delivered informative lecture on Fatty Liver and its prevention. Altogether 70 persons got tested.



**World TB Day: TB Awareness Camp at Patna (24<sup>th</sup> March 2024):** TB Awareness Camp at Exhibition Road, Patna was organized under the banner of PAHAL. Medical Director PAHAL Dr. Diwakar Tejaswi, delivered informative lecture on TB. He spoke on length about the severity of emerging MDR TB and about its prevention in Society.

