

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



Activity Report Year April 2024 – March 25

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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 Uttam Kumar – EX. 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, Child Specialist



Ms Diwakshi Tejaswi BBA 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.

Free Health Awareness Prog. (6th April 2024) – On eve of World Health Day-7th April - Free Health Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Tips for Healthy Life was given by Dr Diwakar Tejaswi. Many people were benefited in the awareness camp.



Walk for Life for Prevention of Diabetes awareness prog. , Patna (7th April 2024): Walk for Life Awareness Prog. was organized in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention and Management of Diabetes.



Free Fibro Scan Liver Test (10th April 2024):

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 5 had liver problem. They were given free medicines also.



Free Health Awareness Prog. (13th April 2024): Free Health Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Many people were benefited in the awareness camp. People were made aware of dreaded diseases caused by Injectable Drug Abuse.



TB Awareness Camp at Patna (4th May 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 in Society. He urged Govt to ensure timely supply of anti TB medicines.



Free Fibro Scan Liver Test (8th May 2024):

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 80 persons got tested free of cost and 5 had fatty liver and liver fibrosis problem. They were given free medicines also.



On Eve of World Hypertension Day, Patna (16th May 2024): On eve of World Hypertension Day, 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 Hypertension.



Walk for Life for Prevention of Diabetes awareness prog. , Patna (9th June 2024): PAHAL organized Walk for Life Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



CHIKITSA SAMMAN SAMAROH ON DOCTOR'S DAY (1st JULY 2024) :- "Rotary Patliputra, Patna" Organised Chikitsa Samman on doctor's day. PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work.



Free Health Awareness Prog. (3rd July 2024): PAHAL organized campaign against misleading claims by self-proclaimed Baba and Neem Hakeem



AIDS Awareness and Update On AIDS Treatment 31.7.24- PAHAL MEDICAL Director Dr Diwakar Tejaswi after returning from International AIDS Conference, updated on recent advancement on AIDS Treatment and long acting injectables.



Prevention of Diabetes Awareness Prog., Patna (11th August 2024): Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



Dengue Awareness Program at Exhibition Road Patna (7th September 2024) Dengue Awareness program was conducted by PAHAL at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi delivered an awareness note on Dengue Prevention.



26th Laldy Sharan Memorial Deafness Detection & Hearing Testing Camp, Patna (29th September, 2024): PAHAL organized "26th Laldy Sharan Memorial Deafness Detection Camp" at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Dr. Suraj Kumar examined the patients and free audiometry test was done. Altogether 55 persons got tested.



Dr. K.K. Sharan Memorial Deafness Detection & Hearing Aid Distribution Camp, Patna (2nd October, 2024): PAHAL organized Dr. K.K. Sharan Memorial Deafness Detection Camp and Hearing Aid distribution camp" at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Altogether 55 persons got tested for deafness and out of that 16 underprivileged and needy patients were provided hearing aid free of cost.



Eco-friendly Diwali Awareness Program, Patna (30th October 2024):

Awareness program was conducted by PAHAL at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the eco-friendly Diwali and its benefit in reducing air pollution. He also stressed upon the health adverse effects on adulterated sweets.



Chitragupt Mahaparivar Chikitsa Samman (3rd November 2024): "Chitragupt

Samajik Sansthan ORGANISED CHIKITSA SAMMAN SAMAROH on the eve of Chitragupt Puja. PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work.



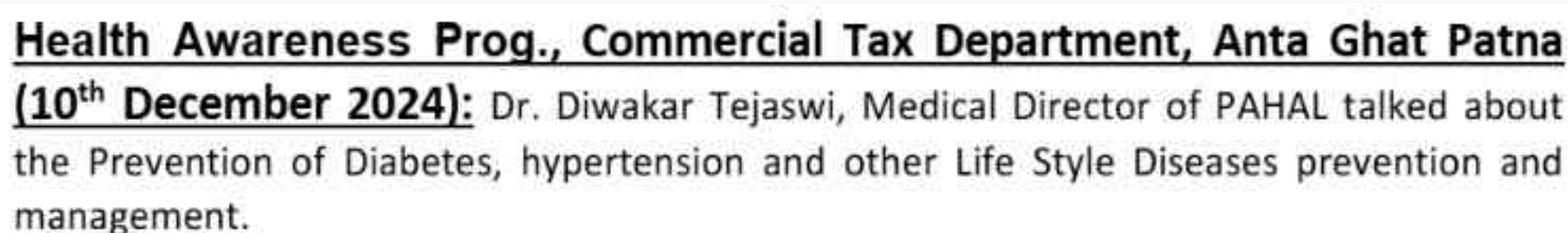
TB Awareness Prog. (18th November 2024): TB Awareness Prog. at Exhibition Road, Patna was organized under the banner of PAHAL. Medical Director PAHAL Dr. Diwakar Tejaswi, delivered informative lecture on TB. He spoke on the urgent need to develop effective anti TB vaccine.



On Eve of WORLD AIDS DAY- HIV/ AIDS Awareness & Testing Camp at, Patna (30th November 2024): 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. 80 persons were tested for HIV and HBsAg on this occasion. None were found to be positive.



HIV/AIDS Awareness Prog. at Patna was organised under the banner of Rotary Club of Patna. Medical Director PAHAL, Dr Diwakar Tejaswi spoke on length about HIV/AIDS in the Awareness prog.



Free Fibro Scan Liver Test (11th December 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, Liver Fibrosis and its prevention. Altogether 30 persons got tested.



Free blanket distribution Camp (19th January 2025): Free blanket distribution Camp at Bir, Dhanrua, Patna was organized under the banner of PAHAL. Pahal's Medical Director and Senior Physician Dr. Diwakar Tejaswi and Pediatrician Dr. Mrs. Kiran Sharan distributed free blankets among the needy, poor and the elderly.



Cervical cancer Awareness Prog., Patna (31st January 2024): Cervical cancer Awareness Prog was organized under the banner of PAHAL . Medical Director PAHAL Dr. Diwakar Tejaswi , delivered informative lecture on Cervical cancer prevention. Importance of vaccination in prevention of Cervical Cancer was discussed during the prog.



Doctor K K SHARAN MEMORIAL Chikitsak Samman Samaroh (9th Feb. 2025):

PAHAL organized Dr K.K. Sharan Memorial Chikitsak Samman Samaroh at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Noted Medical experts including Dr. Himanshu Roy, Dr. Alok Abhijit, Dr. Alok Kumar, Dr. Rakesh Choudhary, Dr. Avinash Kumar Sahay and Dr. Jyoti Ranjan Pandey were honoured for their contribution in the field.



World TB Day: TB Awareness Camp at Patna (25th March 2025): 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.

