

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



Activity Report Year April 2025 – March 26

Regd. Office

Nema Place

Dr. K K Sharan Lane

Exhibition Road, Patna – 800001

Tele-fax: 0612-2206964

Email: diwakartejaswi@gmail.com

www.pahalhealth.com

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.

Activity Report April 2025 - March 2026

World Health Day (7th April 2025) 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.



Diabetes Awareness Prog., Patna (11th April 2025): PAHAL organized Prevention of Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



Prevention of Diabetes awareness prog. , Patna (6th May 2025): PAHAL organized Walk for Life Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



On Eve of World Hypertension Day, Patna (16th May 2025): On eve of World Hypertension Day, Hypertension 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 prevention of Hypertension.



Free Vitamin-D Awareness Prog. (21st July 2025): PAHAL organized Vitamin-D Awareness Prog. Dr. Diwakar Tejaswi Clinic, Exhibition Road Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the importance of Vitamin- D.



Health Awareness Prog on Sarcopenia (14th August 2025): PAHAL organized prevention of muscle mass loss and awareness prog on Sarcopenia. Many benefitted from this awareness programme.



Prevention of Diabetes awareness prog. , Patna (11th September 2025): PAHAL organized Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



Diabetes awareness prog. , Patna (22nd September 2025): PAHAL organized Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



27th Lady Sharan Memorial Deafness Detection & Hearing Testing Camp, Patna (29th September 2025): PAHAL organized “27th Lady 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 75 persons got tested.



7th October, 2025

Awareness prog on spurious cough syrup and its side effects on health.



Dr. K.K. Sharan Memorial Deafness Detection & Hearing Aid Distribution Camp, Patna (14th October, 2025): PAHAL organized Dr. K.K. Sharan Memorial Deafness Detection Camp and Hearing Aid distribution camp" at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Altogether 75 persons got tested for deafness and out of that 17 underprivileged and needy patients were provided hearing aid free of cost.



Infectious Diseases Conference , Atlanta, USA (16th October 2025): PAHAL Medical Director Dr Diwakar Tejaswi invited and will attend prestigious infectious disease conference, Atlanta, USA in Oct 25



WORLD AIDS DAY- HIV/ AIDS Awareness & Testing Camp at, Patna

(1st December 2025): 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. 85 were tested for HIV and HBsAg on this occasion. None were found to be positive.



19th December 2025

Awareness prog on Cardiogenic Chest pain and pain due to excessive gas.



Free Diabetes Awareness Prog., Patna (2nd February 2025): PAHAL organized Prevention of Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



Doctor K K SHARAN MEMORIAL Chikitsak Samman Samaroh (8th Feb. 2026):

PAHAL organized Dr K.K. Sharan Memorial Chikitsak Samman Samaroh at Dr. Diwakar Tejaswi Clinic, Exhibition Road, Patna. Noted Medical experts including Dr. Sanjeev Kumar, Dr. Manoj Kumar, Dr. Amar Kumar Sing and Dr. Sharika Roy was honoured for his contribution in the field.



Free Health Awareness Prog., Patna (19th February 2026): PAHAL organized Prevention of Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



6th March 2026

PAHAL Medical Director Invited as Chairperson in AIDS Society of India Meeting.



Free Obesity and Diabetes Awareness Prog., Patna (17th March 2026): PAHAL organized Prevention of Diabetes Awareness Prog. in Patna. Dr. Diwakar Tejaswi, Medical Director of PAHAL talked about the Prevention of Diabetes.



Eve of World TB Day: TB Awareness Camp at Patna (23th March 2026): 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.



30th March 2026

International Conference of Person Centered Medicine- PAHAL Medical Director Dr Diwakar Tejaswi attended the international conference on person centered medicine.

