

Arogyavardhan Project Physiotherapy Dispensary

From 1st April 2023 to 31st March 2024

Implemented by

Seva Arogya Foundation

Under the CSR activity of

Allygram

Report Submitted by Dr. Priyanka Mohol

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Seva Arogya Foundation at a Glance

Seva Arogya Foundation, a non-governmental organization registered under the Trust Act, is actively addressing healthcare challenges within urban slum areas, specifically targeting Karve Nagar, Verjee, Kothrud, Paud Road, and Bavdhan. The foundation is committed to enhancing the well-being of urban slum communities through its multifaceted approach to healthcare provision. Operating under the auspices of the Trust Act, the organization demonstrates a dedication to transparency and accountability.

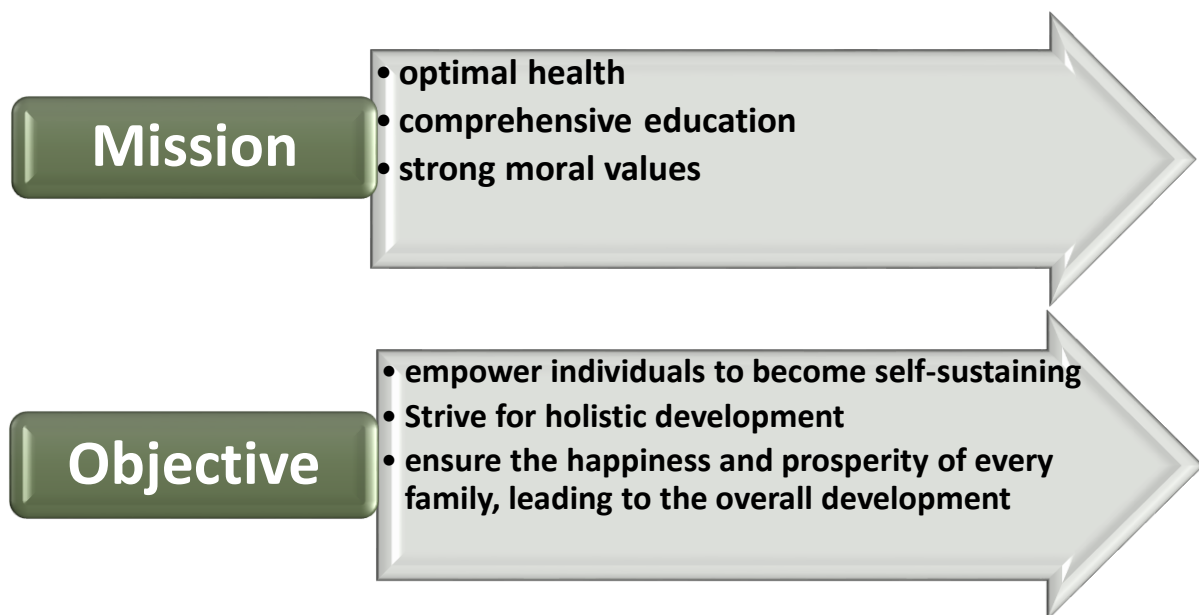
With a focus on urban slum healthcare and education, the Seva Arogya Foundation has implemented four major projects: 'Arogyavardhan,' 'GheBharari,' 'Sangati,' and 'Samrudhi Varga.' These initiatives form the backbone of the foundation's impactful presence in the targeted areas.

The Arogyavardhan Project comprises 20 weekly Primary Healthcare Provision Dispensaries/Centers (PHCs), a Traditional Ayurvedic Dispensary operating thrice a week, two Ophthalmology Dispensaries in collaboration with Sanjeevan Hospital Uttam Nager & Deenanath Mangeshkar Hospital, and five Physiotherapy Dispensaries in partnership with Brijlal Jindal College of Physiotherapy.

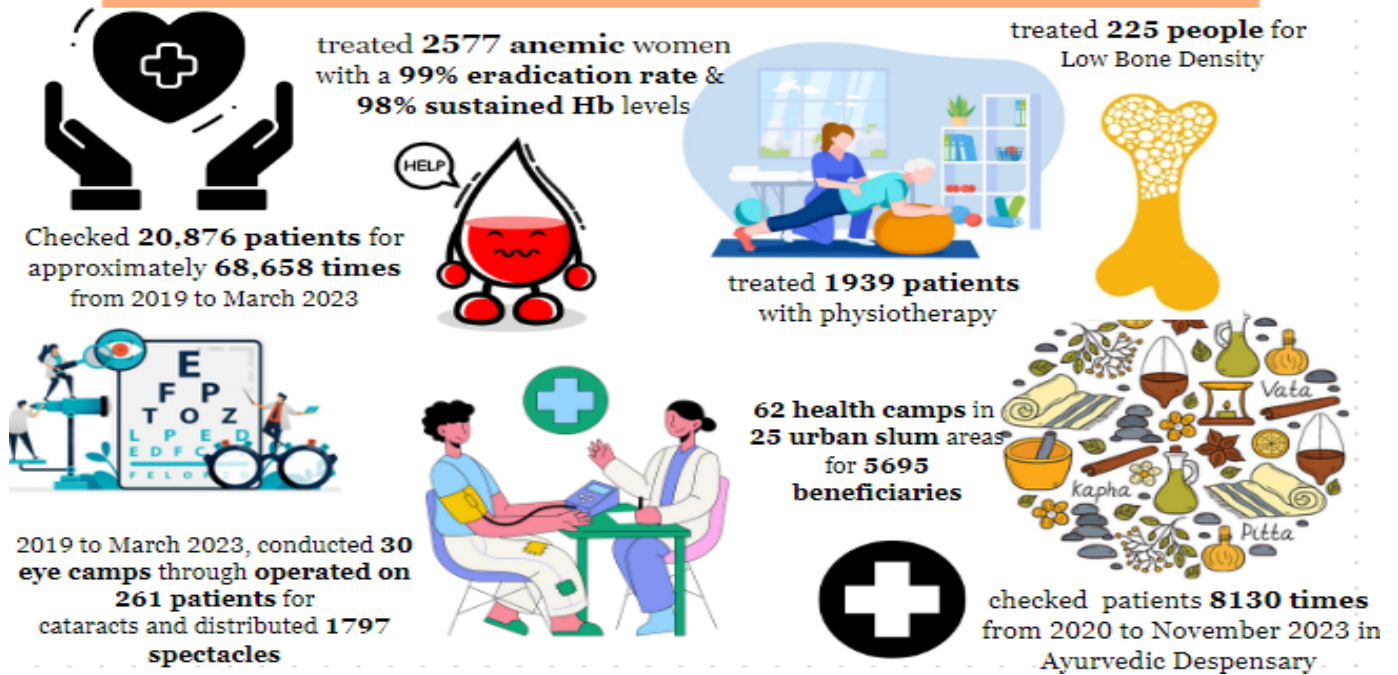
Seva Arogya Foundation's commitment to accessible and quality healthcare is further underscored by its collaborations with reputable institutions. These partnerships enhance the scope and effectiveness of healthcare services provided to urban slum communities.

This comprehensive report guides the foundation's endeavours, providing insights into its operational framework, achievements, and ongoing contributions to the health and well-being of urban slum dwellers.

Through its model approach, the Seva Arogya Foundation continues to address health disparities in vulnerable populations, positively impacting the lives of those in need.



Progress From 2019-2023



"Arogyavardhan Project: Transforming Health, Transforming Lives"

A. Needs Assessment for Arogyavardhan Project: Addressing Health Disparities Among Working Women in Urban Slums

The inception of the Arogyavardhan Project stems from a thorough examination of the circumstances faced by women residing in urban slums. A significant portion of these women engage in arduous roles as domestic workers and construction labourers, commencing work as early as 6 am and continuing until late in the evening. Their daily routine involves not only fulfilling work obligations but also managing household chores, childcare, and various responsibilities, such as cooking, cleaning, grocery shopping, and laundry.

When these women fall ill, seeking medical attention becomes a challenge. The proximity and long waiting times at government primary healthcare centres deter them from seeking timely care. Moreover, as their remuneration is tied to their working hours, the fear of losing wages prevents them from accessing healthcare during their working hours. Private clinics, viewed as expensive alternatives, are often avoided, leading these women to opt for over-the-counter medications from nearby chemist shops.

Compounded by their prioritization of family responsibilities over personal health, this trend results in the chronicity of diseases. Often, ailments progress to a critical stage requiring surgery or advanced treatment, which could have been avoided with timely intervention.

Recognizing these challenges, the Seva Arogya Foundation initiated the Arogyavardhan Project with a focus on creating awareness about a healthy lifestyle and enhancing the overall quality of life for women in urban slums. By establishing weekly dispensaries at the heart of these slums, operating from 3:30 pm to 5:30 pm – a time convenient for these working women – the project aims to bridge the healthcare gap. The dispensaries provide not only affordable and effective medicines but also authentic healthcare guidance and nutrition counselling, all offered at a nominal cost of just 20 RS.

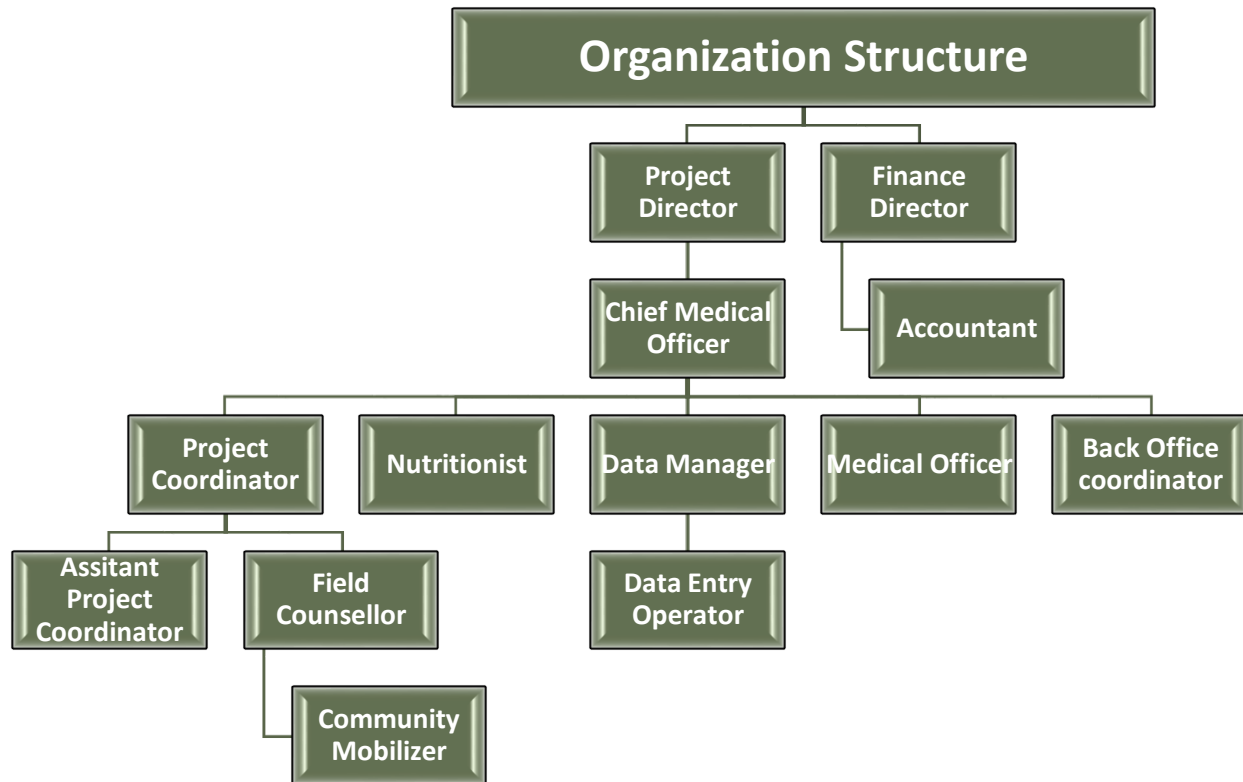
We conducted a thorough need assessment based on disease prevalence observed in our weekly dispensary sessions. In response, we have designed targeted programs for anaemia eradication, musculoskeletal problems, acid peptic disorders, skin diseases, and infectious diseases. These initiatives aim to prevent the occurrence and spread of prevalent health issues within the community. Through regular screenings, counselling, and the provision of cost-effective interventions, our programs are tailored to address the specific healthcare needs identified during our sessions, promoting overall well-being and sustainable health improvements. This needs-based initiative strives to address the unique healthcare needs of these resilient women and contribute to the improvement of their overall well-being.

B. The Uniqueness of Arogyavardhan Project: Crafting Success through Innovative Strategies

The triumph of any public health initiative hinges on meticulous planning tailored to the community's needs and the efficient execution that yields the highest possible outcomes. Through continuous assessments of community needs, feedback, and an in-depth analysis of project strengths and weaknesses, we continually evolve and strive to implement projects with the utmost impact. Here are a few distinctive steps that set our Arogyavardhan Project apart, ensuring maximum benefits to the community:

1. Organizational Structure

Our project is built on a robust organizational structure to optimize efficiency and responsiveness, ensuring seamless coordination for effective healthcare delivery.



Community Mobilizer: To enhance community engagement and bridge the gap between the foundation and the urban slum residents, we have appointed a dedicated community mobilizer, known as Arogya Maitrin. This role is fulfilled by a female volunteer who willingly supports our noble cause on a paid basis. Through comprehensive training, she is equipped to initiate effective communication with both the community members and foundation staff. Her responsibilities include coordinating dispensary arrangements, conducting surveys, organizing health camps, ensuring patient follow-ups, preparing case papers, understanding prescriptions, dispensing medicines, and providing counselling on disease prevention. This initiative not only provides a valuable earning opportunity to an individual from the urban slum but also strengthens our connection with the community by fostering better understanding and communication.

Data Manager: Our data manager and data entry operators play a crucial role in meticulously recording the information of all patients who avail of our facilities. This data serves as a valuable resource for analysing disease trends within specific areas, communities, and seasons. The insights gained contribute significantly to the iterative design and improvement of our projects each year. Maintaining individual patient records is instrumental in understanding their medical history and ensuring seamless transitions between doctors in our weekly dispensary, or when referring patients externally. Additionally, these records serve as tangible proof of our commitment to treating patients and creating a positive impact on the community, reinforcing the accountability and effectiveness of our healthcare initiatives.

Project Coordinator:

The Project Coordinator plays a vital role in ensuring the seamless execution of weekly dispensaries by collaborating with medical officers, community mobilizers, and nutritionists. Responsibilities include allocating necessary medicinal stock for each dispensary based on requirements and expected patient numbers. Duties also involve monitoring and managing medicine stock levels, creating lists of required

quantities, and directing field counsellors and community mobilizers to conduct surveys, health camps, and follow-ups in urban slums.

The Project Coordinator is responsible for facilitating communication with medical officers regarding health camps, report distribution, and patient follow-ups. The role involves providing comprehensive activity reports and escalating patient issues to the chief medical officer. Additionally, the Project Coordinator assists patients in connecting with hospitals for advanced care.

Other key responsibilities include maintaining attendance records for field workers and medical officers, submitting them to the accounts section, and collaborating with the chief medical officer in planning project execution. The Project Coordinator organizes regular training sessions for field workers and ensures effective communication between on-field and back-office staff, contributing to the smooth operation of all project processes.

Chief Medical Officer: The Chief Medical Officer shoulders a multifaceted role within the Arogyavardhan project. Their responsibilities extend from assessing societal needs to designing tailored programs that strategically address these requirements, taking into account execution capacity, available funds, and alignment with government policies. They play a pivotal role in staff training, ensuring that each team member is equipped to execute the project effectively for maximum benefits and positive impact. Data analysis and report generation fall under their purview, allowing for the measurement of project impact. Additionally, the Chief Medical Officer engages in conducting awareness sessions, patient assessments, referrals, effective communication with internal and external stakeholders, approval of medicine orders, negotiation with CSR partners, and fostering team-building initiatives. This comprehensive role underscores their critical contribution to the success and sustainability of the Arogyavardhan project.

Each staff member in the Arogyavardhan project holds unique roles and responsibilities across various levels, collectively contributing to the successful implementation of the initiative and the overall well-being of the community. From community mobilizers fostering direct connections with residents to data entry operators meticulously recording patient information, each role is integral. Medical professionals ensure quality healthcare delivery, while project managers oversee strategic planning and execution. The collaborative efforts of these diverse roles not only enhance project effectiveness but also establish a comprehensive support system that is paramount to the sustained well-being of the community.

2. Home Visits & Follow-Ups

The Arogyavardhan Project extends beyond traditional healthcare delivery by incorporating personalized home visits and follow-ups. Our healthcare professionals and community outreach teams actively engage with individuals in the comfort of their homes, allowing for a deeper understanding of their living conditions, lifestyles, and specific health concerns. This approach facilitates a more holistic and tailored healthcare experience, addressing not only the immediate medical needs but also considering the social determinants of health. By fostering a direct connection with the community through home visits, we aim to build trust, encourage open communication, and ensure that healthcare interventions are precisely aligned with the unique circumstances of each individual.

3. Focus on Preventive as well as Curative care

The Arogyavardhan Project distinguishes itself by adopting a dual-pronged approach that emphasizes both preventive and curative medical interventions. In the realm of preventive care, we prioritize community education, awareness campaigns, and lifestyle guidance to empower individuals with the knowledge and tools to proactively safeguard their health. Simultaneously, our curative focus involves the timely diagnosis and treatment of existing health issues. By addressing ailments at their early stages, we aim to prevent the progression of diseases, reduce the need for advanced medical interventions, and ultimately enhance the overall health and well-being of the community. This comprehensive strategy

reflects our commitment to not only treating illnesses reactively but also proactively promoting a culture of wellness and prevention within the community.

C. SWOT Analysis of Arogyavardhan Project



Strengths: [08]

1. **Established Network:** A robust network of local health workers facilitates effective follow-up actions and counselling in urban slum areas.
2. **Quality Healthcare Facilities:** Utilization of high-quality medicines and collaboration with skilled doctors enhances the effectiveness of our healthcare initiatives.
3. **Strategic Partnerships:** Collaborations with leading charity hospitals provide essential support for medical operations, ensuring comprehensive healthcare services.
4. **Empowered Health Workers:** Our well-trained health workers are empowered to proactively address challenges encountered in their daily work, contributing to effective problem-solving.
5. **Continuous Growth:** Over the past 5/6 years, we have experienced consistent growth, continually expanding and enhancing our range of medical activities.

6. **Patient Relationship Development:** We have developed strong relationships with patients, earning their trust as their family doctors. This has significantly reduced the fear of seeking treatment for various health problems.
7. **Rate of Betterment and Valuable Guidance:** Our combined approach to disease prevention and curative treatment has resulted in a high rate of improvement among patients. Through valuable guidance, we have successfully addressed chronic diseases and limited the spread of illnesses within the community.
8. **Low Cost:** Operating dispensaries at the lowest cost and offering many services free of charge, we ensure the highest quality healthcare accessible to even the poorest individuals. This affordability factor enables everyone, regardless of financial status, to seek treatment.

Weaknesses:

1. **Training Program Improvement:** Despite organizing various training programs, there is a need for more planned sessions addressing relevant subjects to enhance the skill set of our team.
2. **Manpower Expansion:** Further expansion requires additional manpower, necessitating strategic recruitment efforts.
3. **Financial Optimization:** Ensuring timely access to optimal financial resources is essential for the seamless execution of our projects. We require finances for staff expansion, patient treatment, and the provision of other essential facilities.

Opportunities:

1. **Service Expansion:** There is an opportunity to broaden our service horizon by adding more services and specialty camps. Geographical expansion to reach additional slums can further amplify our impact.
2. **CSR Partnership Growth:** Possibilities exist to onboard more organizations as CSR partners, expanding our collaborative efforts for community well-being.

Threats:

1. **Employee Skill Development Time:** The considerable time it takes for employees to become proficient in organizational operations poses a potential threat. The departure of critical resources can impact ongoing projects, highlighting the need for effective succession planning.
2. **CSR Funding Dependence:** Heavy reliance on CSR funds introduces uncertainty beyond a one-year timeframe. This poses a challenge in planning projects for the subsequent years, emphasizing the need for diversified funding sources and long-term sustainability strategies.
3. **Patient Attitude and Security Concerns:** Some patients exhibit reluctance or security concerns when it comes to completing treatment or visiting hospitals, even when services are offered at low or no cost. Overcoming this attitude and ensuring patient commitment to their healthcare remains a persistent challenge, requiring targeted counselling efforts.

D. Impact created over the years

1. Trust building

Individuals trust our doctors as their family physicians due to experienced medical check-ups, high-quality medicines, and personalized lifestyle counselling. Our community mobilizers ensure warm follow-ups, guiding patients not only on symptom improvement but also on advanced care options at minimal costs. Families, regardless of residence, trust us completely for their health and well-being.

2. Community Participation

Beneficiaries of our services actively engage in community support. They contribute by bringing refreshments for our staff, spreading the word about our services, aiding each other in hospital visits, and encouraging healthy practices. During health camps, community members offer their spaces and resources, demonstrating a strong sense of involvement and cooperation.

3. Enhanced Awareness

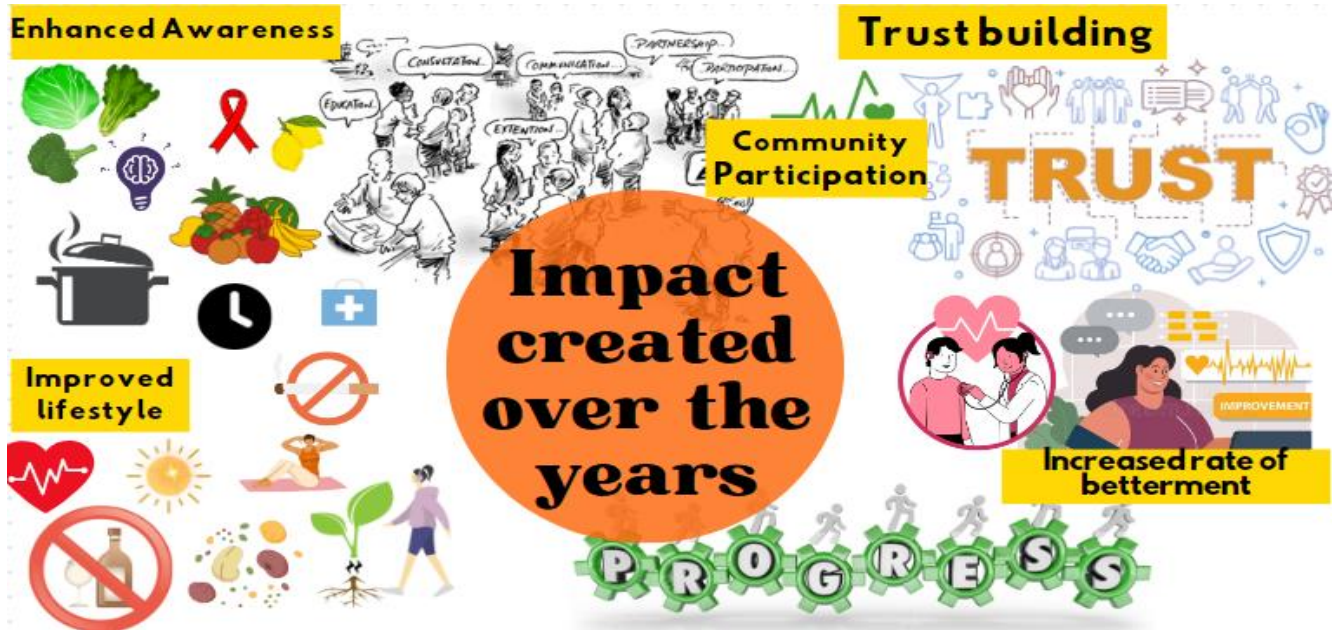
Continuous counselling and awareness sessions in our dispensaries and health camps have successfully raised awareness about personal and environmental hygiene, the significance of checking haemoglobin levels and completing treatments, proper use of sanitary napkins and menstrual cups, lifestyle changes, and dietary habits for bone health. Community members have embraced positive changes, such as adopting healthier lifestyles and motivating others to do the same.

4. Increased rate of betterment

A unique follow-up system at Arogya encourages patients to seek medical help for all ailments, ensuring adherence to advanced care plans from hospitals. Regular inquiries about health status, medication suitability, and timely consumption enhance treatment completion rates. The provision of cost-effective, quality medicines has also contributed to eradicating diseases and preventing their recurrence.

5. Improved lifestyle

Efforts by the Seva Arogya Foundation have led to substantial improvements in lifestyle choices. Over 98% of women now use sanitary napkins, reusable pads, or menstrual cups. Health camps have prompted the use of iron utensils, resulting in sustained and improved haemoglobin levels for entire families. Physiotherapy is now sought instead of relying solely on over-the-counter painkillers, and many have reduced tea consumption and the application of Mishra.



Arogyavardhan Initiatives Unveiled

As part of the Arogyavardhan Project, the Seva Arogya Foundation has implemented a comprehensive healthcare initiative to address the diverse medical needs of urban slum communities. This project encompasses a range of services to promote well-being and prevent prevalent diseases.

A. Weekly Dispensaries

The foundation operates a network of 20 Primary Healthcare Provision Dispensaries/Centres (PHCs), which are conducted once a week. These PHCs serve as essential hubs for delivering primary healthcare services, ensuring regular and accessible medical support for the residents of targeted urban slum areas.

Within our Primary Healthcare Provision Dispensaries/Centres (PHCs), we undertake the comprehensive management of both acute and chronic diseases. Our approach extends beyond immediate medical intervention; we offer invaluable guidance to patients regarding the most cost-effective avenues for further treatment or surgery in affiliated hospitals. Our commitment to accessibility is evident as we guide patients toward essential diagnostic tests at the most affordable rates.

In addition to medical care, our PHCs serve as hubs for holistic health promotion. We provide essential counselling services to educate patients on disease prevention practices, advocate for healthy lifestyle changes, and impart knowledge on cultivating nutritious eating habits. Recognizing the significance of addressing addiction issues, we extend our counselling services to support individuals in overcoming addiction and embracing a healthier, substance-free life.

Our multifaceted approach within the PHCs reflects our dedication to not only treating illnesses but also fostering overall well-being by empowering patients with the knowledge and resources needed for optimal health.

In our weekly dispensaries, we have checked 20,876 patients for approximately 68,658 times from 2019 to March 2023. Through our dispensaries, we have identified and operated 8 patients for various deformities like broad lip, Hearing defects etc.



B. Traditional Ayurvedic Dispensary

In addition to the PHCs, the Seva Arogya Foundation has established a Traditional Ayurvedic Dispensary, providing holistic healthcare services three times a week. This initiative integrates traditional Ayurvedic practices into the healthcare framework, offering a complementary approach to address health issues prevalent in the community.

In our Ayurvedic Dispensary, we have checked patients 8130 times from 2020 to November 2023.



C. Ophthalmology Dispensary & Eye Camps

Collaborating with Sanjeevan Hospital Uttam Nager & Deenanath Mangeshkar Hospital, the foundation operates two Ophthalmology (Ophthalmic) Dispensaries. This collaboration enhances the capacity to address eye care needs within the urban slum population, ensuring specialized services are readily available.

From 2019 to March 2023, we have conducted 30 eye camps through which we have operated on 261 patients for cataracts, 2 patients for Pterygium, 1 patient for strabismus amblyopia, and distributed 1797 spectacles for near and distant vision errors.



D. Physiotherapy Dispensary

Furthermore, the Seva Arogya Foundation has established five Physiotherapy Dispensaries in collaboration with Brijlal Jindal College of Physiotherapy. These dispensaries address musculoskeletal problems and provide vital physiotherapeutic interventions to improve mobility and overall physical well-being.

We have treated 1939 patients with physiotherapy from 2020 to March 2023.



E. Health Camps

Recognizing the specific health challenges prevalent in urban slum areas, the foundation conducts an annual health camp. This camp is a comprehensive health assessment and intervention program, targeting prevalent diseases such as nutritional deficiency anaemia and musculoskeletal problems.

We have conducted 62 health camps in over 25 urban slum areas for 5695 beneficiaries.



a. 100 Days Anemia Eradication Program

To combat nutritional deficiency anaemia, the Seva Arogya Foundation has initiated a '100 Days Anaemia Eradication Program.' This program employs a targeted and sustained approach to raise awareness, provide nutritional support, and implement preventive measures.

Through this program we have treated 2577 anaemic women with a 99% eradication rate and 98% sustained Hb levels in women.

b. Low Bone Density Awareness and Treatment Program

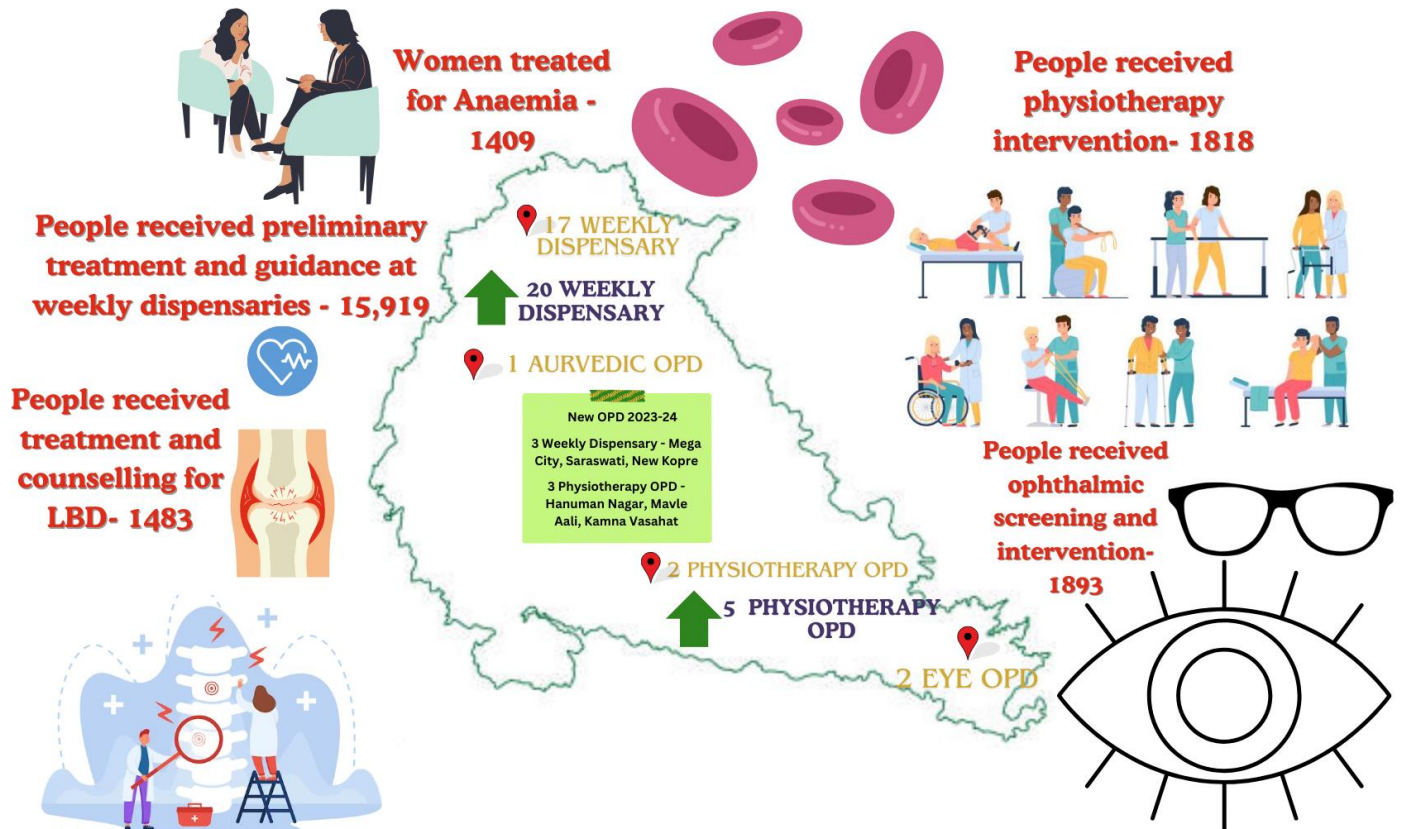
The foundation also runs a 'Low Bone Density Awareness and Treatment Program,' addressing musculoskeletal health concerns. This program aims to



increase awareness about low bone density issues, provide education on preventive measures, and offer treatment options to those in need.

Through this program, we have treated 225 people for Low Bone Density

Progress Year 2023-24



Allygram (Systems & Technologies)

Since its inception, Allygram Technologies has been dedicated to cultivating responsible social business practices that revolve around creating a more prosperous society and a healthier environment. The company places a strong emphasis on not only delivering value to its customers but also prioritizing the well-being of its employees, partners, suppliers, and the broader community.

Over the past two years, Allygram has actively contributed to the Arogyavardhan Project, implemented by the Seva Arogya Foundation, as part of its comprehensive Corporate Social Responsibility (CSR) initiatives. The company has committed itself to supporting various aspects of the project, demonstrating a commitment to making a positive impact on society.

Specifically, Allygram has channeled its CSR efforts towards healthcare initiatives, funding the establishment of four physiotherapy dispensaries that operate weekly throughout the year, from April 2023 to March. Additionally, the company has sponsored 14 eye camps, providing essential spectacles to address vision errors, and has facilitated six cataract surgeries during each health camp. This multifaceted approach underscores Allygram Technologies' commitment to social responsibility and its contribution to fostering sustainable and positive change in the communities it serves.

Following is the list of slums in which Arogyavardhan project is funded by Allygram for physiotherapy:

1. Shravandhara
2. New Laxmi
3. Kamna vasahat
4. Mavle Ali
5. Hanuman Nagar

Following is the list of slums in which Arogyavardhan project is funded by Allygram for eye Camps and visual aids:

1. Kailash Vasahat
2. New KopreGavthan
3. Higne Home Colony
4. Sutardhara
5. Gosavi
6. Sambha
7. New laxmi
8. Wadar
9. Shravandhara
10. New Shivne
11. Shramik
12. Mhatoba
13. Megha City
14. kishkinda

Arogyavardhan Physiotherapy Project 2023-24

Arogyavardhan Physiotherapy Project 2023-24

A. PHYSIOTHERAPY

1. Background

In our weekly dispensary assessments, it has been observed that 40-50% of patients seek treatment for various musculoskeletal complaints. The urban slum community, predominantly engaged in physically demanding occupations such as domestic work, construction labor, and other strenuous activities, experiences a high prevalence of musculoskeletal issues. Their suboptimal dietary habits contribute to inadequate nutrition, exacerbating musculoskeletal problems. Notably, patients frequently request painkillers and pain-relieving balms during dispensary visits, indicating an increasing dependency on such medications. Refusal to provide painkillers prompts individuals to resort to over-the-counter painkiller drugs, often without awareness of potential side effects. Many rely on these medications for sleep, adversely affecting their overall quality of life. Introducing physiotherapy as an alternative treatment approach would require addressing patient awareness and fostering a shift from pain relief dependency to comprehensive musculoskeletal care.

2. Introduction

In response to the imperative to address post-COVID-19 sequelae, the Seva Arogya Foundation launched its inaugural physiotherapy dispensary during the second wave of the COVID-19 pandemic. Focused on mitigating compromised lung capacity and joint pains associated with post-infection recovery, this specialized facility aimed to provide targeted physiotherapeutic interventions. The establishment of this dispensary coincided with a critical period marked by the aftermath of the COVID-19 surge, strategically designed to address the emerging musculoskeletal health challenges experienced by individuals recovering from the viral infection.

Recognizing the profound success of post-COVID-19 physiotherapy outpatient services in ameliorating symptoms with minimal reliance on allopathic medications, the foundation expanded its commitment to musculoskeletal health. This extension involved the establishment of five physiotherapy dispensaries through collaboration with Brijlal Jindal Medical College of Physiotherapy. The collaborative effort sought to create a comprehensive framework that not only addressed immediate post-COVID-19 symptoms but also catered to the broader needs of the community related to poor bone and muscle health.

The foundation's proactive approach is further manifested in its integration of musculoskeletal health assessments into its yearly health camps. These assessments included the evaluation of bone density and inquiries into related symptoms. After symptomatic and pathological findings, the foundation prescribed targeted interventions encompassing calcium and D3 supplements, promotion of long bone exertion exercises, dietary modifications to incorporate calcium-rich foods, and encouragement of early morning sun exposure. Augmenting allopathic interventions, the foundation introduced Ayurvedic pain-relieving balms and homoeopathic medicines to enhance the assimilation of nutritional supplements. For individuals requiring advanced physiotherapy interventions, particularly those who were bedridden, the foundation facilitated transportation to Brijlal Jindal College of Physiotherapy via a dedicated ambulance service. This advanced center provided access to sophisticated physiotherapy equipment, and all aids and services were rendered free of cost for patients referred by the foundation.

Notably, Allygram's sponsorship played a pivotal role in supporting four physiotherapy dispensaries throughout the year, located in Kamna Vasahat, Mavle Aali, Sutardara, and New Laxmi Nagar, from April 2023 to March 2024. This integrated initiative has demonstrated noteworthy positive outcomes in the comprehensive management of musculoskeletal issues within the community.

3. Project Objectives

1. Comprehensive Musculoskeletal Health:

To address broader community needs related to poor bone and muscle health by establishing and sustaining physiotherapy dispensaries in collaboration with Brijlal Jindal Medical College of Physiotherapy.

2. Annual Health Camp Integration:

Integrate musculoskeletal health assessments, including bone density evaluations, into yearly health camps to proactively identify and address emerging health challenges within the community.

3. Holistic Intervention and Education:

Provide comprehensive interventions encompassing calcium and D3 supplements, long bone exertion exercises, dietary modifications, and sun exposure recommendations. Educate patients about the importance of these interventions for overall musculoskeletal health.

4. Multi-Disciplinary Approach:

Collaborate with medical professionals, including Ayurvedic and Homeopathic practitioners, to offer a holistic approach to musculoskeletal health, augmenting allopathic interventions with alternative therapies as appropriate.

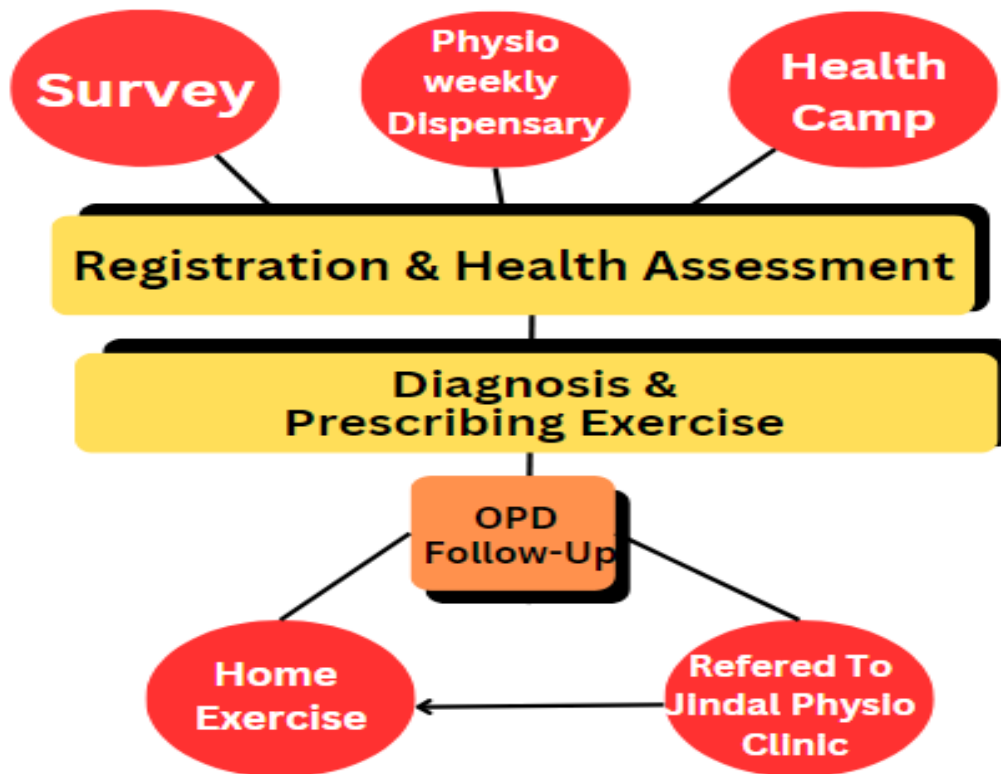
5. Advanced Physiotherapy Accessibility:

Facilitate access to advanced physiotherapy services for bedridden patients through a dedicated ambulance service, ensuring transportation to Brijlal Jindal College of Physiotherapy for sophisticated interventions.

6. Community Well-Being Enhancement:

Ultimately, contribute to the holistic well-being of the community by addressing musculoskeletal health challenges, improving patient outcomes, and fostering a comprehensive, sustainable healthcare initiative.

4. Execution & Implementation



1. Survey - Musculoskeletal Assessment:

Aarogya Maitrin, our physiotherapy trainee, conducts comprehensive home visits in urban slum areas to assess musculoskeletal issues among residents. This involves inquiring about family members' conditions, attendance at our weekly dispensary and health camps, and bone density checks. Trainees identify individuals with muscular-skeletal diseases not undergoing physiotherapy, encouraging them to visit our physiotherapy dispensary for evaluation and prescription. Detailed information is provided, emphasizing the substantial benefits of physiotherapy.



2. Bone Density Check-up at Yearly Health Camps:



Incorporating cutting-edge technology, our yearly health camps include bone density assessments using an electromagnetic wave-based machine at the heel. Results provide T scores and bone density scores, identifying patients with osteopenia, osteoporosis, or severe osteoporosis. Patients are educated about the impact of bone porosity on their daily lives, highlighting symptoms like lethargy, and joint and muscle pains. Convincing patients to adopt dietary changes, and

lifestyle modifications, and seek physiotherapy contributes to comprehensive musculoskeletal care.

3. Screening at OPD and Exercise Prescription by Physiotherapist:

Physiotherapists from Brijlal Jindal College conduct weekly screenings in urban slum areas, evaluating joint mobility, range of movement, pain scale, stiffness, and inflammation. Detailed symptom recording guides the prescription of personalized exercises, incorporating instruments and tailored routines for home practice. Patients requiring advanced care or mechanical aid are seamlessly referred to Jindal College OPD for further specialized treatment.

4. Exercise Follow-up by Physiotherapy Trainee:

Acknowledging challenges faced by patients with excessive stiffness and pain in adhering to prescribed exercises at home, our physiotherapy trainee offers dedicated assistance through home visits. Patients receive guidance until they can independently perform exercises. Corrective interventions address any issues hindering patients' adherence to exercise routines, ensuring sustained benefits through continuous home visits and follow-ups.



5. Home Visit for Bedridden Patients:

Understanding the limitations of bedridden patients in accessing physiotherapy OPD or hospitals, our physiotherapists and trainees conduct home visits. Thorough evaluations result in exercise prescriptions, involving family members and trainees in instructing and overseeing exercises throughout the week. Regular follow-ups monitor patient progress and report improvements to the supervising physiotherapist.



6. Ambulance Service for Advanced Mechanical Aid:

Recognizing the logistical challenges faced by patients requiring advanced care at Jindal OPD, an ambulance service is organized. This service efficiently transports multiple patients, including those who are bedridden, from urban slum areas to Jindal OPD. Operational multiple times per week, it ensures accessibility to specialized care for approximately 15 to 20 patients.

7. Treatment at Brijlal Jindal College of Physiotherapy:

The incorporation of therapeutic ultrasound as part of the treatment approach at Brijlal Jindal College of Physiotherapy introduces a sophisticated dimension to the healing process. This specialized device operates by emitting high-frequency sound waves, creating a profound ripple effect at the cellular level. The application of therapeutic ultrasound induces a series of physiological responses that contribute to enhanced cellular healing.



At the cellular level, the high-frequency sound waves generated by therapeutic ultrasound lead to increased cell membrane permeability. This heightened permeability facilitates improved transfer of essential substances across the cell membrane. As a result, the intracellular environment undergoes positive modifications, promoting cellular functionality and contributing to the overall healing response.

Furthermore, the ripple effect created by therapeutic ultrasound at the cellular level instigates micro-vibrations within the targeted tissues. These micro-vibrations induce a therapeutic response by influencing cellular processes such as metabolism and protein synthesis. The culmination of these responses contributes to accelerated tissue repair, reduced inflammation, and improved circulation in the treated area.

In the context of musculoskeletal conditions, therapeutic ultrasound is particularly valuable for promoting the healing of soft tissues, including muscles, tendons, and ligaments. Its application aids in addressing conditions characterized by inflammation, strain, or injury, providing a non-invasive and targeted therapeutic intervention.

In summary, the integration of therapeutic ultrasound within the treatment repertoire at Brijlal Jindal College of Physiotherapy underscores a commitment to leveraging advanced modalities for optimal patient outcomes. By harnessing the regenerative potential of high-frequency sound waves, therapeutic ultrasound serves as a valuable adjunct to the multifaceted approach aimed at fostering cellular-level healing and enhancing the overall efficacy of physiotherapeutic interventions.

5. Monitoring & Evaluation

Table 1. Total OPD conducted from April 22 to March 2024

Sr.No.	Slum Name	Total Patients	Total OPD conducted from April 2022 to March 24
1	Sutardhara	759	93
2	New Laxminagar	835	75
3	Kamna Vasahat	641	68
4	Mavle Ali	657	69
5	Hanumagar	213	18
Total		3005	323

From April, 2022, to March, 2024, a total of 2892 patients were treated across four slums. Among them, Sutardhara had 759 patients with 75 outpatient department (OPD) sessions, New Laxmi Nagar had 835 patients with 75 OPD sessions, Kamna Vasahat had 641 patients with 68 OPD sessions, and Mavle Ali had 657 patients with 69 OPD sessions.

Table 2

Sr.No.	Slum Name	Total Patients	Total OPD conducted from April 2023- March 2024
1	Sutardhara	371	40
2	New Laxminagar	474	41
3	Kamna Vasahat	375	42
4	Mavle Ali	385	43
5	Hanumagar	213	18
Total		1818	184

From April 2023 to March 2024, a total of 1,818 patients were treated across five slums. Among them, Sutardhara had 371 patients with 40 outpatient department (OPD) sessions, New Laxminagar had 474 patients with 41 OPD sessions, Kamna Vasahat had 375 patients with 42 OPD sessions, Mavle Ali had 385 patients with 43 OPD sessions, and Hanumagar had 213 patients with 18 OPD sessions.

6. Challenges Overcome

1. Patient's Mentality:

Addressing the initial resistance stemming from patients' perception of physiotherapy as an additional burden due to their already physically demanding routines posed a significant challenge. Patients commonly expressed concerns about fatigue, time constraints, and a lack of energy and will for additional exercise. Overcoming this required a targeted approach focused on educating patients about the therapeutic nature of physiotherapy. The emphasis shifted from viewing physiotherapy as an exhaustive exercise to understanding it as a tailored form of physical activity designed for muscle relaxation and strengthening of the musculoskeletal system. Patients were reassured that physiotherapy would not exacerbate tiredness but rather empower them, reduce pain and inflammation, enhance mobility, and ultimately improve their overall quality of life.

2. Laziness:

The inclination of some patients towards quick relief through pain-relieving balms and medications, rather than engaging in physiotherapy, presented a notable challenge. Laziness and a preference for passive solutions were addressed through targeted awareness sessions emphasizing the distinct benefits of physiotherapy. Physiotherapy trainees played a pivotal role in forming patient groups, actively engaging and motivating them to perform exercises regularly. By demonstrating exercises and providing hands-on support, the trainees encouraged patients to overcome inertia and actively participate in their rehabilitation.

3. Family Support for OPD Visits:

The necessity for consistent family support in bringing patients to the outpatient department (OPD) for regular physiotherapy sessions was identified as a key challenge. Financial constraints, coupled with the reluctance of family members to miss work for accompanying patients, often led to irregular attendance. To counter this, community engagement initiatives were employed to highlight the long-term benefits of physiotherapy. Additionally, recognizing the time constraints of families, flexible scheduling options, and outreach programs, including home visits and ambulance services, were implemented to ensure accessibility and adherence to physiotherapy regimens.

4. OPD Set-up:

Insufficient infrastructure and setups in certain locations, including inadequate rooms, beds, and facilities, presented obstacles in establishing well-equipped outpatient departments (OPDs) for physiotherapy. Overcoming this challenge involved strategic utilization of corporate social responsibility (CSR) funding to rent appropriate spaces in urban slum areas. The procurement of essential equipment, examination beds, and other instruments facilitated the transformation of OPDs into well-equipped facilities. This proactive approach enhanced the overall patient experience, ensuring accessibility and comfort during physiotherapy sessions, particularly for elderly patients or those with mobility issues.

5. Mistakes in Home Exercises:

Ensuring accurate execution of prescribed exercises at home emerged as a crucial challenge, as patients, at times, struggled due to ignorance or extreme pain. Physiotherapy trainees played a pivotal role in overcoming this challenge by personally mastering all exercises and providing hands-on guidance to patients. Through continuous home visits and personalized assistance, trainees ensured that patients performed exercises correctly, facilitating optimal recovery and preventing the exacerbation of pain or discomfort. This approach not only addressed mistakes in exercise performance but also empowered patients to take an active role in their rehabilitation.

7. Success Stories

Success Story 1

Patient Name: Suresh

Age: 65

Initial Condition: The patient had suffered a stroke a year ago, resulting in paralysis on one side of his body – affecting one arm and leg. He was bedridden, unable to lift himself, and had lost the ability to perform daily activities. Despite visiting multiple hospitals and trying various treatments, there was minimal improvement. The patient expressed a strong desire to independently visit the bathroom, a seemingly simple wish that remained unfulfilled.

Early Treatment: Doctors recommended an intensive physical therapy regimen. However, due to the severity of the paralysis, the patient was unable to attend sessions initially. Determined to make a change, the family sought assistance from others to help the patient move around and reach the bathroom. The patient insisted on being self-reliant and expressed a strong desire to achieve even this small goal.



Treatment Progress: Upon admission to the hospital, the medical team conducted a thorough assessment and initiated a personalized physiotherapy plan. The patient underwent three to four sessions per week, focusing on limb exercises and core strengthening. The physiotherapist introduced gradual movements, starting with the arms and progressing to the legs. The patient also received additional exercises to perform at home, promoting a consistent routine.

Later Stages: As the patient's strength improved, he began to show noticeable changes in his motor skills. Daily home exercises, along with support from family members, contributed to a significant enhancement in his ability to move. Encouraged by the progress, the patient gradually transitioned to using a walking stick, followed by independent movements without assistance. Eventually, he regained enough strength to resume his small business.

Conclusion: Suresh journey from paralysis to regained mobility stands as a testament to the power of determination and structured physiotherapy. The collaborative effort between medical professionals, family support, and the patient's unwavering commitment played a pivotal role in achieving this remarkable recovery.

Success Story 2

Patient Name: Chandrabhaga

Age: 68

Initial Condition: Chandrabhaga had experienced two consecutive strokes, resulting in paralysis on the right side of her body. Her right arm was immobile, and she relied on assistance from others to lift it. Despite the challenges, she continued with household chores and embroidery work, using the support of her left hand. Chandrabhaga did not seek medical attention immediately after the strokes, relying on home remedies and traditional treatments. As a consequence, she struggled with limited mobility and dexterity in her right hand.

Family Support: Chandrabhaga's granddaughter and another elderly neighbor assisted her with daily tasks, including wearing a saree. However, even with their help, Chandrabhaga couldn't independently wear a saree. Expressing a strong desire to regain self-sufficiency, she voiced her wish to perform daily activities without relying on others.

Medical Intervention: Upon seeking medical advice, Chandrabhaga was recommended for a comprehensive treatment plan. The medical team emphasized a combination of physiotherapy and occupational therapy to address her motor and functional limitations. The goal was to enhance her ability to perform daily activities independently.

Treatment Progress: Chandrabhaga underwent a series of sessions, starting with basic limb exercises and progressing to targeted activities involving a ball. The physiotherapist and occupational therapist worked together to improve her range of motion and coordination. Chandrabhaga diligently practiced the prescribed exercises at home, gradually noticing improvements in her hand movements.

Independence Regained: As the therapy continued, Chandrabhaga regained control and functionality in her right hand. The once immobile hand started responding to her commands, allowing her to perform tasks

she couldn't do before. Encouraged by her progress, Chandrabhaga expressed gratitude for the medical team's guidance and the support from her family and neighbors.

Conclusion: Chandrabhaga journey from paralysis to independence showcases the importance of timely medical intervention and dedicated rehabilitation efforts. Through a structured treatment plan, she not only regained functional ability but also rekindled her sense of autonomy. The collaborative efforts of healthcare professionals, family members, and the patient herself contributed to this inspiring recovery.

Success Story 3

Patient Name: Bamanibai

Age: 55

Initial Condition: Bamanibai, a 55-year-old woman, presented with chronic back pain exacerbated by her daily activities, especially bending over while working in her vegetable garden. She had a son but was unable to see him due to her debilitating condition. Bamanibai's occupation involved bending over to pick vegetables, leading to persistent lower back pain and discomfort. Despite seeking external remedies, the pain worsened, compelling her to consult with a local clinic.

Medical Consultation: Bamanibai's pain had become intolerable, and she sought medical attention. Her medical examination revealed signs of lumbar strain, prompting the doctor to prescribe pain relief medications. However, Bamanibai's condition did not improve significantly, and her quality of life continued to be affected.

Medical Intervention: Following an unsatisfactory response to medication, Bamanibai consulted a specialist who recommended a daily dose of painkillers. Unfortunately, the medication interfered with her sleep, and she continued to experience discomfort. Distressed by her situation, Bamanibai visited a physiotherapist who suggested specific exercises to alleviate her back pain.

Therapeutic Measures: The physiotherapist incorporated gentle exercises and stretching routines to improve Bamanibai's mobility and relieve her pain. Additionally, the physiotherapist recommended lifestyle modifications, including daily walks and dietary changes. Bamanibai diligently followed these instructions, incorporating simple exercises into her daily routine and making adjustments to her diet.

Progress and Lifestyle Changes: Over time, Bamanibai experienced notable improvements in her pain levels and mobility. She no longer relied on painkillers and learned to manage her discomfort through regular exercise and a healthier lifestyle. With the support of her family, she made modifications to her daily activities, focusing on ergonomics and proper body mechanics.

Gratitude and Closure: Bamanibai expressed gratitude for the guidance received from her physiotherapist and doctors. Her persistent efforts and commitment to the recommended exercises led to a significant



improvement in her overall well-being. Bamanibai's journey from chronic pain to a more active and manageable lifestyle stands as a testament to the positive impact of comprehensive medical care and personal determination.

Success Story 4

Patient Name: Ujwala

Age: 56

Initial Condition:Ujwala, a 56-year-old woman residing in Kamna Vasahat, faced considerable challenges with chronic pain in her back, neck, shoulders, and knees. Seeking relief, she approached the local hospital, where initial treatments provided temporary respite. Despite medication and short-term relief measures, Ujwala's persistent pain prompted her to seek further medical advice.

Medical Consultation:After thorough examinations, doctors prescribed pain relief medications, including oral and topical solutions. However, the frequency of her hospital visits increased due to the inefficacy of the prescribed medications. Concerned about Ujwala's deteriorating condition, doctors recommended a dietary modification, incorporating gentle morning exercises into her routine, and advised her to consult a physiotherapist for a specialized assessment.

Therapeutic Measures:Physiotherapy sessions focused on exercises targeting Ujwala's specific pain points. Simultaneously, doctors altered her diet to include anti-inflammatory foods and suggested morning exercises for better joint mobility. Despite these interventions, Ujwala's condition did not significantly improve, prompting doctors to perform a bone density check.

Bone Density Check:The bone density checks revealed signs of osteoporosis, explaining Ujwala's heightened susceptibility to fractures. Alarmed by this discovery, doctors initiated a comprehensive approach, incorporating medications to address bone health issues and prevent further deterioration.

Surgical Intervention:Considering the severity of Ujwala's condition, doctors recommended orthopedic surgery. Ujwala underwent a successful procedure, and post-surgery, she was advised to engage in daily exercises to enhance her recovery.

Recovery and Lifestyle Changes:Ujwala diligently followed her post-surgery exercise routine, gradually experiencing a reduction in pain and improved mobility. Doctors and physiotherapists applauded her commitment to a healthier lifestyle. The integration of dietary changes, regular exercise, and medical interventions collectively contributed to Ujwala's remarkable recovery.

Gratitude and Closure:Expressing gratitude to the medical professionals and therapists who played pivotal roles in her recovery, Ujwala now enjoys an active lifestyle, having returned to her daily chores with newfound energy. Her journey stands as a testament to the collaborative efforts of medical experts and the resilience of the human spirit in overcoming health challenges.



Success Story 5

Patient Name: Pushpa

Age: 66

Initial Condition: Pushpa, a 66-year-old woman from Kamna Vasahat, found herself facing the challenges of managing a household independently. Coping with pain in her knees, back, and shoulders, she struggled to perform daily activities. Despite the initial attempts to manage the pain with medications, Pushpa decided to discontinue her routine work, seeking a more effective solution.



Medical Consultation: Pushpa's persistent pain led her to multiple medical consultations. She had undergone various treatments, including medications and therapies, but her condition did not show significant improvement. Concerned about her overall well-being, the medical team decided to investigate the root cause of her pain further.

Diagnostic Findings: Pushpa's medical examination revealed chronic joint issues, affecting her mobility and causing considerable discomfort. Doctors emphasized the importance of exercise and physical activity in managing her condition. They recommended an orthopedic consultation and suggested exploring options for joint care to alleviate her pain.

Orthopedic Intervention: Following the orthopedic consultation, Pushpa opted for a minimally invasive orthopedic procedure. The surgery aimed to address the underlying joint issues and restore her mobility. Post-surgery, Pushpa was encouraged to engage in tailored exercises to aid in her recovery.

Recovery and Lifestyle Changes: Determined to regain her independence, Pushpa diligently followed her prescribed exercise routine. Gradually, her pain reduced, and she started to notice improvements in her overall health. Encouraged by the positive changes, Pushpa incorporated light exercises into her daily routine, empowering herself to perform household chores independently.

Empowering Transformation: Pushpa's commitment to her recovery journey extended beyond medical interventions. With the guidance of her healthcare team, she embraced the significance of regular exercise and adopted a healthier lifestyle. This holistic approach, combined with her resilience, resulted in a remarkable transformation.

Gratitude and Independence: Today, Pushpa enjoys a life free from constant pain, thanks to the collaborative efforts of medical professionals and her unwavering determination. Her story serves as an inspiration, illustrating the transformative power of medical interventions, tailored exercises, and the importance of an individual's commitment to their own well-being. Pushpa expresses gratitude for the support received during her journey to regain control over her life.

Success Story 6

Patient Name: Datta

Age: 42

Initial Condition: Datta, a 42-year-old man residing in New Lakshminagar, faced a challenging situation when he injured his hand while working as a daily wage laborer. His work involved physically demanding tasks, and the injury led to persistent pain and discomfort in his hand. Despite seeking initial treatment at local clinics and receiving a plaster cast for his fractured hand, the pain persisted, affecting Datta's ability to work and support his family.



Orthopedic Intervention: Concerned about the prolonged pain, Datta consulted doctors who recommended an X-ray. The results revealed a fracture in his hand, and the doctors decided to reset and plaster his hand. While the initial treatment brought some relief, the pain continued, leading to further medical examinations.

Challenges and Financial Strain: Datta, being the sole breadwinner for his family, faced financial strain due to the medical expenses and the inability to work. The constant worry about managing household expenses, raising his two young children, and coping with the physical discomfort created considerable tension and stress for Datta.

Orthopedic Surgery and Financial Burden: As the pain persisted, the doctors suggested an operation to address the underlying issues in Datta's hand. The surgery required a significant financial investment, leading to added stress for the family. With a lack of financial resources, Datta faced a dilemma on how to manage the medical expenses and ensure his family's well-being.

Turning Point: A Helping Hand: During this challenging time, a kind-hearted neighbor noticed Datta's struggles and recommended seeking assistance from charitable organizations. Through their guidance, Datta received financial aid to cover the costs of the operation, relieving him of a significant burden. The operation was successful, and Datta began his journey towards recovery.

Rehabilitation and Lifestyle Changes: Post-surgery, Datta was advised to undergo rehabilitation exercises to regain strength and mobility in his hand. Determined to overcome the challenges, he diligently followed the prescribed exercises. Gradually, the pain reduced, and Datta's hand started to show signs of improvement.

Impact on Family Dynamics: As Datta's health improved, the burden on his family lessened. His ability to actively participate in household chores and care for his children brought about a positive transformation in family dynamics. The financial aid received not only facilitated the surgery but also contributed to a more stable and harmonious family life.

Gratitude and Future Outlook:Datta, now free from the persistent pain, expresses gratitude for the support received during his challenging times. The financial assistance, coupled with medical care and rehabilitation, has not only restored his physical well-being but has also given him hope for a brighter future. Datta's story highlights the impact of community support and accessible healthcare in overcoming adversity and rebuilding lives.

Success Story -7

Patient Name: Tukaram

Age: 70

Background:Tukaram, aged 70, resides with his wife in New Lakshminagar. Both their children and grandchildren live separately, not providing much attention. Aaba had been working since 1975, initially as a laborer and later managing household chores, despite experiencing discomfort and pain.



Initial Health Concerns:While riding a bicycle, Aaba experienced palpitations and severe pain radiating down his legs. Persistent pain and swelling in his legs became a source of distress. He visited a local clinic where he was prescribed medications, but the relief was temporary.

Orthopedic Intervention:Seeking further assistance, Aaba visited a nearby hospital where doctors prescribed additional medications. The medications showed some improvement, but Aaba still experienced significant discomfort. Unfortunately, financial constraints prevented him from undergoing further medical investigations.

Seeking Support from Arogya Foundation:Amidst these challenges, Aaba's family reached out to Seva Arogya Foundation, a healthcare organization known for providing medical assistance to those in need. The Foundation, recognizing Aaba's plight, conducted a thorough examination and decided to support his case.

Orthopedic Surgery and Financial Assistance:Upon evaluation, Aaba was diagnosed with orthopedic issues that required surgical intervention. The Seva Arogya Foundation extended financial support for Aaba's surgery, relieving him from the burden of medical expenses.

Transformation and Rehabilitation:Post-surgery, Aaba's dedicated wife played a crucial role in his recovery. Aaba started attending physiotherapy sessions at the Foundation's facility. Gradually, he began experiencing relief from pain and regained mobility.

Independence Regained:As Aaba progressed in his rehabilitation, he gained enough strength to independently manage his personal hygiene. The transformation was not only physical but also contributed to Aaba's emotional well-being. His newfound independence brought joy and relief to both Aaba and his family.

Life After Surgery:With the support of Seva Arogya Foundation, Aaba's life has taken a positive turn. He now engages in regular exercises, ensuring a healthier lifestyle. The financial assistance provided by the Foundation not only covered the surgery expenses but also facilitated Aaba's overall well-being.

Conclusion:Tukaram journey is a testament to the impact of community support and accessible healthcare. Through the collaboration of caring individuals and organizations, Aaba overcame health challenges, leading to an improved quality of life. His story highlights the significance of compassion and collective efforts in transforming lives, especially in the realm of healthcare.

Success Story 8

Patient Name: Ravindra

Age: 40

Initial Situation:Ravindra resides with his wife and two children in Maval Ali. Ravindra, who was managing agricultural activities, suddenly experienced paralysis in one hand and one leg. His speech was affected, and he fell into a state of unconsciousness while still awake. Alarmed, his wife rushed him to the hospital where he was administered medications and initiated on BP-lowering drugs.

Medical Complications:Despite the initial treatment, Ravindra faced complications, including limb swelling. Doctors prescribed additional medications, and later, surgery was recommended to address the underlying issues. However, financial constraints hindered further medical interventions.

Family's Support:Ravindra's wife took the initiative to seek assistance from the healthcare system. She consistently managed his medications and sought medical advice to alleviate his suffering. She became an integral part of Ravindra's care, showcasing her dedication to his well-being.

Arogya Foundation's Intervention:Seva Arogya Foundation stepped in to support Ravindra's case. Recognizing the severity of his condition, the foundation provided financial assistance for his surgery and ongoing treatment.

Post-Surgery Rehabilitation:Following the surgery, Ravindra's wife actively participated in his rehabilitation process. She diligently followed physiotherapy exercises recommended by healthcare professionals, leading to a significant reduction in limb swelling and improved movement.

Transformation and Self-Care:Ravindra, motivated by his wife's unwavering support, began to actively engage in self-care. Initially paralyzed and dependent, he gradually regained control over his limbs. Daily exercises and self-motivation became routine, bringing about a positive change in his overall health.

Community Involvement:Encouraged by the healthcare team, Ravindra actively participated in community health programs. He shared his experience, emphasizing the importance of early medical intervention and consistent rehabilitation exercises.

Holistic Approach:Doctors recommended a holistic approach to Ravindra's care, including mental well-being. They suggested reading as a therapeutic activity, contributing to his mental health and fostering positive thinking.

Patient's Initiative:Ravindra, now inspired and motivated, took the initiative to read books independently. This mental stimulation, combined with physical rehabilitation, further accelerated his recovery.

Conclusion: Ravindra journey is a testament to the transformative power of healthcare intervention, family support, and community involvement. The collaborative efforts of his family, healthcare professionals, and organizations like Seva Arogya Foundation played a pivotal role in his recovery. The story underscores the significance of a comprehensive approach to healthcare, encompassing physical and mental well-being, leading to a positive outcome for Ravindra.

Success Story 9

Patient Name: Subhash

Age: 43

Initial Situation: Subhash, a hardworking individual, suffered a stroke at the age of 43, leaving him with paralysis in one hand and one leg. Despite facing significant physical challenges, Subhash continued to support his family, relying on his nephews for assistance. The financial strain and severe disability made everyday tasks, including basic self-care, extremely difficult.



Family's Struggle: Subhash's nephews took up the responsibility of household chores and managing the family-owned medical store. However, due to financial constraints, they couldn't afford Subhash's treatment, and his condition deteriorated over time.

Seva Arogya Foundation's Support: Recognizing the dire situation, Subhash's family sought help from Seva Arogya Foundation. The foundation facilitated Subhash's admission to a local medical facility for further evaluation and intervention.

Medical Intervention: Upon examination, it was evident that Subhash's stroke had resulted in severe limb weakness. The medical team recommended a combination of medications and physiotherapy to address the functional limitations he faced.

Rehabilitation Challenges: Subhash's initial struggles included difficulty in speaking and severe weakness in his affected hand and leg. His determination to regain functionality and independence was hampered by the extent of his disability.

Physiotherapy and Occupational Therapy: The physiotherapy team, working in collaboration with occupational therapists, devised a tailored rehabilitation plan for Subhash. Daily exercises, initially challenging, gradually became a routine, aiding in the restoration of some movement in his paralyzed limbs.

Financial Hurdles: Financial difficulties persisted, hindering Subhash's access to comprehensive healthcare. Seva Arogya Foundation continued to support Subhash's medical expenses, ensuring that he received the necessary medications and therapies.

Transformation and Gratitude: Over time, Subhash's condition improved, and he expressed deep gratitude towards Seva Arogya Foundation for providing critical financial assistance. He now attends the foundation's clinic regularly, showing remarkable progress in both physical and functional abilities.

Community Impact: Subhash's story serves as an inspiration within the community, highlighting the importance of timely medical intervention and persistent rehabilitation efforts. His resilience and the

collaborative support from Seva Arogya Foundation have not only transformed his life but also brought hope to others facing similar challenges.

Conclusion:Subhash journey is a testament to the transformative impact of healthcare foundations like Seva Arogya. Through comprehensive medical care, financial support, and community awareness, individuals like Subhash can overcome adversity and rebuild their lives. His story echoes the potential for positive change when healthcare organizations, families, and communities unite to support those in need.

Success Story 10

Patient Name: Lata

Age: 45

Address: Kamna Vasaht



Previous Condition:

Lata resides with her two sons and their respective families. Her husband, Mr. Fatak, engages in habitual alcohol consumption and is not actively involved in any work. The sons are currently pursuing education, and the overall financial situation is unstable. They work as daily wage laborers in a nearby garden, involving tasks such as uprooting and weeding, which often lead to back pain for Lata.

Due to the persistent back pain, Lata faced challenges in daily chores, including the regular washing of clothes. Seeking medical attention, she visited a local clinic where she was administered injections and prescribed oral medications. Despite the medication, her condition did not improve significantly. Mr. Fatak's lack of steady employment added to their financial constraints, making it challenging for Lata to seek advanced medical treatments such as physiotherapy.

Recent Developments: Upon consultation with doctors, Lata underwent X-rays, revealing a notable gap in her spine. Recognizing the need for specialized care, the doctors advised her to consult a physiotherapy specialist. However, the financial limitations prevented Lata from pursuing physiotherapy immediately. Frustrated by the lack of progress with medications and conventional treatments, the doctors suggested a more detailed examination through X-ray and emphasized the importance of physiotherapy.

In the subsequent phase of treatment, the physiotherapist recommended dietary modifications and introduced specific exercises to alleviate Lata's back pain. These exercises included gentle stretches, lying down with knees up, and consuming nutritious foods such as eggs and bananas. The physiotherapy sessions commenced, focusing on strengthening Lata's core muscles and improving her posture.

Current Condition: As a result of consistent physiotherapy sessions and following the prescribed exercises and dietary changes, Lata has experienced a significant reduction in her back pain. The daily physiotherapy routine, practiced three times a day, has contributed to improved mobility, enabling Lata to perform her daily activities more comfortably.

Lata expresses gratitude for the positive impact of physiotherapy and acknowledges the substantial difference it has made in her life. She emphasizes the importance of addressing not only the symptoms but also the underlying causes, reinforcing the role of physiotherapy in holistic healthcare.

Conclusion: Lata's journey illustrates the transformative effects of physiotherapy when integrated into a comprehensive healthcare approach. The collaborative efforts of medical professionals and physiotherapists have played a crucial role in improving Lata's quality of life and functionality. This narrative underscores the significance of accessible healthcare services and the positive outcomes achievable through timely and appropriate interventions.

Impact

1. Improved quality of life

In urban slums, basic amenities like access to clean water and proper sanitation can be scarce, impacting the quality of life for residents. Through targeted physiotherapy interventions, individuals once dependent on others for basic tasks, such as using the washroom or completing household chores, have achieved newfound independence.

By focusing on improving mobility, strength, and coordination, physiotherapy has empowered these individuals to reclaim control over their daily lives. Now, they navigate their surroundings with confidence and perform tasks independently, breaking the cycle of dependency and enhancing their overall well-being.

This transformation not only reflects the power of physiotherapy but also highlights the resilience and determination of individuals in underserved communities to overcome challenges and thrive.

2. Reduced dependence of medication

In underserved communities, reliance on medication has long been the norm for managing health. In marginalized communities, where reliance on medications like painkillers and anti-inflammatories was once widespread, there's been a remarkable decrease in dependency thanks to heightened awareness about the benefits of physiotherapy. Symptoms have notably improved, and individuals now enjoy a greater range of mobility and an enhanced quality of life.

By embracing physiotherapy as a cornerstone of their healthcare regimen, individuals have experienced transformative results. They've learned to manage pain and inflammation through targeted exercises and interventions, reducing the need for medication. This shift not only alleviates immediate symptoms but also addresses underlying issues, fostering long-term health and well-being.

The decrease in medication dependency reflects a broader shift towards holistic health practices within these communities. By prioritizing physiotherapy and its proactive approach to wellness, individuals are reclaiming control over their health and experiencing newfound freedom from the limitations imposed by medication dependency.

3. Improving economic stability

As awareness of the benefits of physiotherapy has spread throughout marginalized communities, there's been a notable increase in income generation due to improved muscular health. With individuals experiencing enhanced mobility and reduced pain, they're now able to work more effectively and for longer durations, leading to a significant boost in earnings.

By addressing muscular issues through targeted physiotherapy interventions, individuals have overcome physical limitations that once hindered their ability to work. As a result, they're not only more productive but also able to pursue a wider range of employment opportunities. This increase in earning potential has profound implications for both individuals and their communities, lifting them out of poverty and fostering economic stability.

The impact of improved muscular health on income generation underscores the transformative power of physiotherapy in empowering individuals to lead more fulfilling and financially secure lives. By investing in their physical well-being, these communities are breaking the cycle of poverty and laying the foundation for a brighter future.

4. Trust Building in the community

Through our commitment to delivering exceptional care and tangible results, trust within marginalized communities has flourished. By providing personalized physiotherapy treatments, including cutting-edge technology and tailored exercises, free of charge, we've fostered a profound sense of faith and loyalty among patients.

Gone are the days of relying solely on medication and generic exercise prescriptions. Instead, individuals receive comprehensive care that addresses their unique needs and challenges. This approach not only yields superior results but also demonstrates our unwavering dedication to their well-being.

As a result, patients wholeheartedly embrace our recommendations and diligently follow through with treatment plans. This newfound trust has strengthened the patient-provider relationship and empowered individuals to take an active role in their health journey.

By prioritizing individualized care and investing in advanced technologies, we're not just treating symptoms; we're fostering a culture of proactive health management that transforms lives and uplifts communities.

B. OPHTHALMOLOGY

Background

The background of this initiative stems from the identified challenges and gaps in eye care within these communities.

1. Lack of Awareness:

In urban slum areas, there is a significant lack of awareness regarding various eye problems. Residents often struggle to understand why they experience unclear vision or exhibit symptoms of conditions such as cataracts and glaucoma. Symptoms may include blurred vision, sensitivity to light, difficulty focusing, and in the case of glaucoma, elevated ocular pressure leading to vision compromise.

2. Limited Accessibility:

The daily wage earners in these slum areas face financial constraints and are unable to afford to take time off work for regular eye check-ups. This lack of affordability, combined with the urgency of daily survival, results in delayed or neglected eye care. Many individuals in these communities are coping with multiple health issues simultaneously, further contributing to the oversight of ophthalmic complaints.

3. Neglect of Elderly Population:

The elderly population in these communities often receives inadequate attention due to dependency issues. As family members may not prioritize or have the means to take them to hospitals or clinics for regular health check-ups, eye problems are ignored until they reach an advanced and critical stage. Instances include cases where cataracts are on the verge of bursting or partial vision loss due to elevated ocular pressure.



4. Pediatric Eye Health Challenges:

Children in these areas are susceptible to weakened eyesight due to factors such as malnourishment and prolonged exposure to screens. Parents may not be aware that a child's reluctance to study could be linked to poor vision, leading to unintentional neglect. This lack of awareness contributes to the persistence of eye-related issues among the paediatric population in these communities.

The Arogyavardhan Ophthalmology Camps aim to bridge these gaps by providing accessible eye care services, raising awareness about symptoms and preventive measures, and addressing the unique challenges faced by different age groups within the urban slum population. Through these efforts, the initiative seeks to contribute to improved eye health and overall well-being in the targeted communities.



Introduction

Following a comprehensive evaluation of the aforementioned challenges in urban slum areas, Seva Arogya Foundation has undertaken the initiative to organize Arogyavardhan Ophthalmology Camps, collaborating with Snjivan Eye Hospital Uttam Nagar and Deenanth Mangeshkar Hospital. This year, as part of the Corporate Social Responsibility (CSR) endeavours sponsored by Allygram, 14 eye camps were successfully conducted in the urban slum regions of Pune.

These eye camps served as a platform not only for the assessment and identification of ocular issues prevalent in the community but also as an avenue for delivering essential support and interventions. Seva Arogya Foundation, in collaboration with the expertise of Snjivan Eye Hospital and Deenanth Mangeshkar Hospital, extended aid to individuals in need, addressing various complaints and providing surgical interventions when required to ensure clear vision and mitigate ocular ailments.

Furthermore, as part of the sustained commitment to accessible eye care, Seva Arogya Foundation, in conjunction with Sanjivan Hospital, has established two ophthalmology dispensaries within the slum areas. These dispensaries operate on a philanthropic model, offering their services free of cost to the community. The provision of these dispensaries serves to create an ongoing avenue for regular eye care, thereby fostering sustained improvement in the ocular health of the urban slum population in Pune.

Project Objectives

1. Raise Awareness:

Increase awareness about eye problems and the importance of regular check-ups in urban slum communities.

2. Accessibility to Eye Care:

Provide free ophthalmic services through Arogyavardhan Ophthalmology Camps in collaboration with Snjivan Eye Hospital and Deenanth Mangeshkar Hospital.

3. Elderly Focus:

Address eye health issues in the elderly population, emphasizing early intervention.

4. Pediatric Eye Health:

Tackle paediatric vision challenges through screenings and interventions.

5. Surgical Interventions and Aid:

Perform surgeries for advanced eye issues and provide necessary aid for clearer vision.

6. Ophthalmology Dispensaries:

Establish and operate two free ophthalmology dispensaries in collaboration with Sanjivan Hospital.

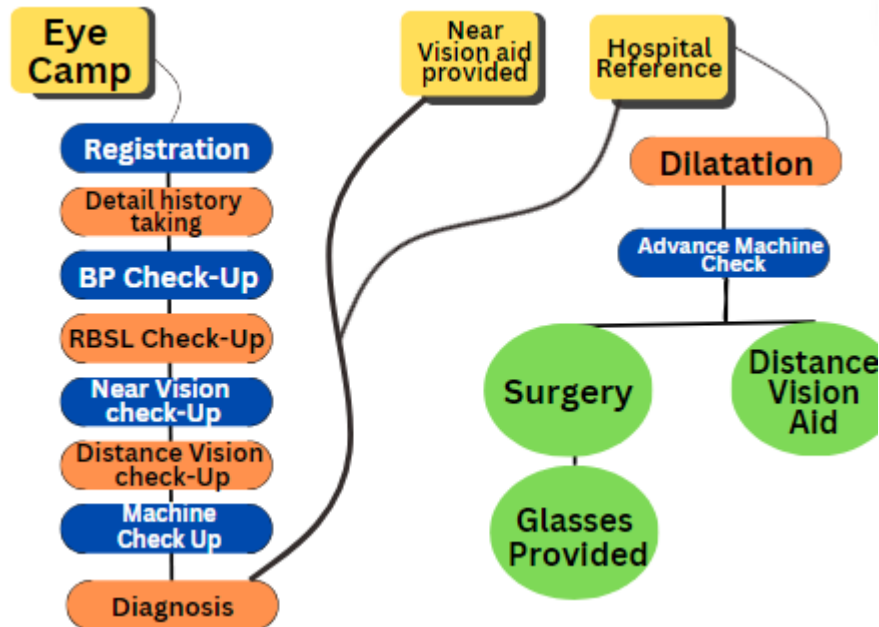
7. Monitoring and Evaluation:

Implement a system to assess the impact of the camps and dispensary services.

8. Community Engagement:

Engage and empower the community in eye health initiatives for sustained improvement.

Execution & Implementation



Step 1: Survey

To optimize outcomes, a comprehensive survey is conducted in the slum area over one to two weeks. Trained community mobilizers and field counsellors are equipped with knowledge on identifying signs and symptoms of eye diseases. A questionnaire is utilized to gather information on eye complaints such as poor distant or near vision, white spots in front of the eye, burning, dryness, and other relevant symptoms. Patients are informed about the Arogyavardhan eye camp and vision aid project, with an invitation to visit the camp for eye screening.



Step 2: Eye Camp

During the eye camp, patients are enrolled with preliminary information, and detailed histories of hypertension, diabetes, and previous eye illnesses and surgeries are obtained. Blood pressure and random blood sugar levels are checked to identify hypertension and diabetes risks. Ophthalmologists employ advanced ophthalmoscopes to assess



various eye defects, including cataracts, glaucoma, and pterygium. Near and distant vision power is evaluated, along with inquiries about additional complaints like pain, watering, dryness, itching, redness, headaches, screen time, and dizziness. After diagnosis, patients are guided for further treatment, prescribed suitable eye drops when necessary, and provided with spectacles for near vision errors on the spot. Patients requiring surgeries or distant vision corrections are referred to Sanjivan Hospital.

Step 3: Sanjeevan Hospital Visit

Eye Check-Up: Utilizing advanced machines for comprehensive eye examinations.

Dilatation: Pupil dilation for a thorough assessment.

Surgery Planning: Surgical plans are developed based on thorough evaluations and necessary blood tests.

Follow-Up: After surgery, patients are closely monitored to ensure improved vision and resolution of complaints.

Specs Distribution: Ophthalmologists at Sanjivan Hospital assess patients for various eye conditions, including cylindrical numbers and bifocals. Customized spectacles are made for each patient, and community mobilizers facilitate the distribution of these spectacles.



Step 4: Follow-Up

Intensive follow-up is crucial for project success. Community mobilisers contact each person who visited the camp, ensuring actions recommended by the ophthalmologist have been taken. Follow-ups include verifying spectacle suitability for near or distant vision, convincing patients diagnosed with conditions requiring surgery, providing necessary support, counselling patients and their families, and inquiring about post-surgery outcomes to ensure the resolution of complaints. This proactive approach enhances the overall impact and effectiveness of the Arogyavardhan Ophthalmology Camps.



Monitoring & Evaluation

table 1

Sr. No.	Slum Name	Total no. of Patient Visited			Total	Normal	Patients with Eye Problems
		Male	Female	Children			
1	Kailash vasahat	14	83	5	102	20	82
2	New KopreGavthan	23	93	5	121	30	95
3	Higne Home Colony	30	103	10	143	40	103
4	Sutardhara	15	84	4	103	40	63
5	Gosavi	21	86	12	119	24	95
6	Sambha	5	81	12	98	49	49
7	New laxmi	38	78	8	124	28	96
8	Wadar	16	63	11	90	22	68
9	Shravandhara	9	73	7	89	15	74
10	New Shivne	13	73	7	93	14	79
11	Shramik	13	78	16	107	38	69
12	Mhatoba	1	87	17	105	20	32
13	Megha City	11	99	17	127	23	20
14	kishkinda	4	72	24	100	17	21
Total		213	1153	155	1521	380	946

Overall, 213 patients were visited across all slums, consisting of 1153 males, 155 females, and 1521 children. Among them, 380 were diagnosed as normal, while 946 had eye problems.

Table 2

Sr. No.	Slum Name	Diagnosed for Near Vision Impairment	Diagnosed for Distant Vision Impairment	Reading Glasses Provided	Post Operative specs Provided & Distant vision Glasses Provided
1	Kailash vasahat	45	2	47	24
2	New KopreGavthan	48	2	50	26
3	Higne Home Colony	43	15	45	29
4	Sutardhara	39	1	41	35
5	Gosavi	47	6	49	36
6	Sambha	22	8	24	25
7	New laxmi	32	5	54	35
8	Wadar	24	2	26	22
9	Shravandhara	40	12	42	36
10	New Shivne	37	12	39	38
11	Shramik	38	7	40	23
12	Mhatoba	32	4	34	35
13	Megha City	41	7	43	25
14	kishkinda	20	13	26	26
Total		508	96	560	415

Overall, 508 individuals were diagnosed for near vision impairment and 96 for distant vision impairment. Additionally, 560 reading glasses were provided, along with 415 post-operative specs and distant vision glasses.

Table 3

Sr. No.	Slum Name	Cataract Surgery	Other Surgery
1	Kailash vasahat	12	1
2	New KopreGavthan	14	1
3	Higne Home Colony	13	2
4	Sutardhara	5	0
5	Gosavi	15	2
6	Sambha	6	1
7	New laxmi	12	2
8	Wadar	7	0
9	Shravandhara	5	0
10	New Shivne	6	1
11	Shramik	11	2
12	Mhatoba	5	1
13	Megha City	5	0
14	Kishkinda	6	1
Total		122	14

Overall, there were 122 individuals who underwent cataract surgery, and 14 individuals who underwent other types of surgery.

Challenges Overcome

Ignorance towards Symptoms:

Many individuals in slum areas exhibit ignorance towards impaired vision, often adapting to it rather than seeking medical attention. This is particularly evident in children who may not communicate vision problems to their parents, leading to academic challenges. Additionally, individuals may self-medicate with over-the-counter painkillers for eye-related discomforts. To address this, a structured survey questionnaire was designed to assess patients' eye health and vision-related issues. Conducting survey camps allowed for the identification of individuals with eye problems, leading to eye camp invitations. Approximately 120 patients were screened, revealing that over 95% had diagnosed eye problems, with only 5% requiring eye drops or having no complaints.



Fear of Surgery & Financial Constraints:

Many slum-area residents harbour fear of traditional surgical methods and remain unaware of advanced technologies such as FICO (Femtosecond Laser-Assisted Cataract Surgery) with minimal incisions. Efforts by field counsellors, dispensary doctors, and ophthalmologists involve repeated counselling, addressing concerns, showcasing successful cases, and utilizing videos to demystify surgeries. Financial constraints also pose a barrier, but collaboration with Sanjivan Hospital, Dinanath Mangeshkar Hospital, and Seva Arogya Foundation secures funds through CSR, community donors, and government policies like the Rajiv Gandhi Yojana. This ensures that all patients, regardless of financial limitations, receive necessary care.

Lack of Awareness:

The slum community lacks awareness about the consequences of untreated cataracts, uncontrolled diabetes and hypertension, and the importance of wearing properly prescribed spectacles. Counselling efforts involve presenting both the best and worst scenarios, emphasizing the urgency of timely treatment to prevent permanent vision loss. Challenges arise with daily wage workers seeking quick fixes and reluctance to spend on diagnostics or procedures. Family members often need counselling too, especially if they are financially dependent on the patient.



Lack of Support from Family:

Elderly individuals in slum communities, particularly those not contributing financially, face challenges garnering family support for surgeries and treatment. Field workers play a crucial role in obtaining family consent, accompanying elderly patients to hospitals, facilitating

pathological tests, and providing support during and after treatment.

Post-operative Care:

Patients often overlook post-operative care measures, including protection from wind and sunlight, avoiding eye rubbing, regular use of eye drops, and wearing prescribed glasses. Field counsellors and community mobilizers conduct frequent home visits to reinforce the importance of follow-ups and proper care. Lack of adherence to hygiene and precautions may result in post-operative infections, sometimes leading to misinformation and negative publicity. Dispensary doctors, ophthalmologists, and community mobilizers intervene by counselling patients and suggesting necessary care and treatment adjustments.

Success Stories

Success Story 1

Name: Janabai

Age: 70

Residing in Kailas Vasahat, Janabai, at the age of 70, faced a challenging situation with her deteriorating eyesight due to cataracts. Her daughters, unable to care for her, left her in a small hut, making it necessary for Janabai to fend for herself.

Living in the makeshift dwelling, Janabai struggled to make ends meet. During a community health camp survey, the organizers discovered her and noted her visual impairment. Recognizing the urgency, the organizers insisted that she consult doctors for her cataracts.

Janabai, initially hesitant, decided to visit the health camp organized by the Seva Arogya Foundation at Kailas Vasahat. There, doctors diagnosed her with cataracts in both eyes, rendering her almost blind. The doctors recommended immediate surgery to restore her eyesight.

Faced with financial constraints, Janabai couldn't afford the surgery. In a desperate situation, she was guided to contact Sanjeevani Hospital. Taking this advice, Janabai reached out to Dr. Omak and Dr. Priyanka at Sanjeevani Hospital, seeking assistance for her predicament.

Impressed by her determination, the hospital decided to undertake Janabai's case. All her diagnostic tests, including BSL and HB tests, returned normal results. The hospital extended a helping hand, ensuring that Janabai received the required surgery, offering her a chance to regain her eyesight.

On a Tuesday following the health camp, Janabai was admitted to Sanjeevani Hospital for her cataract surgery. The operation was performed,



and post-surgery, the doctors administered drops to aid her recovery.

While recovering, Janabai faced challenges in moving around due to her limited eyesight. However, with the support of hospital staff and the assistance of Vandanatai, she gradually adapted to the changes. Despite facing initial difficulties, Janabai's determination and the care provided by Sanjeevani Hospital played a crucial role in her recovery.

Janabai diligently followed the post-operative care routine, taking prescribed medications and applying eye drops as instructed. Her commitment, coupled with the support from Seva Arogya and Sanjeevani Hospital, resulted in a remarkable improvement in her eyesight.

Janabai expressed her heartfelt gratitude to Seva Arogya and Sanjeevani Hospital for transforming her life. The financial assistance and quality healthcare she received made a significant impact on her journey from darkness to sight.

Janabai story exemplifies the transformative power of community health camps and the compassionate intervention of healthcare organizations like Sanjeevani Hospital. Her triumph over cataracts stands as a testament to the positive outcomes that can be achieved through collective efforts and dedicated healthcare services.

Success Story 2

Name: Suman

Age: 60

Suman Tai resides in Shraavandhara, facing days filled with hardship due to her worsening eyesight, particularly in her left eye. Continuous discomfort and persistent blurry vision made simple tasks, like going outdoors or even recognizing her own surroundings, increasingly challenging.

In the course of her daily struggles, Suman Tai encountered a young lad from her neighborhood, who noticed her difficulties. This compassionate young man, aware of the free eye check-up camp organized by Sanjeevani Hospital, persuaded Suman Tai to attend.

During the health camp, Suman Tai's condition was thoroughly examined by the doctors. They discovered her significant visual impairment and the urgent need for medical attention. Suman Tai's left eye had cataracts, causing the persistent discomfort and hindrance to her daily life.

Living on limited means, Suman Tai found it difficult to afford the necessary eye surgery. Her financial struggles were compounded by the fact that her son, though diligent, could only contribute so much to cover the costs.

Understanding the severity of her condition, the doctors at the health camp recommended Suman Tai to visit Sanjeevani Hospital for a detailed examination. The hospital, known for its philanthropic work, welcomed her and conducted a comprehensive eye check-up, including tests for blood pressure, sugar levels, and urine analysis.



Remarkably, all the medical reports came back normal, except for the issue with her left eye. The doctors then explained to Suman Tai that an immediate surgery was required to rectify the cataract issue. The hospital assured her of the necessary financial aid for the operation.

Suman Tai underwent successful cataract surgery on her left eye at Sanjeevani Hospital. Post-surgery, her vision significantly improved. The hospital, recognizing her financial constraints, arranged for her son to have a stable job, ensuring a more sustainable financial future for Suman Tai.

Now, with her vision restored, Suman Tai expresses immense gratitude to the doctors and staff at Sanjeevani Hospital. Her joy knows no bounds as she can once again step out of her home independently, experiencing the world in its full colours.

Suman Tai's journey from visual impairment to recovery is a testament to the transformative impact of community health camps and compassionate healthcare organizations. The collaborative efforts of individuals, doctors, and hospitals have not only restored her eyesight but have also improved the overall quality of her life, providing hope and inspiration to others in similar circumstances.

Success Story 3

Ranjana

Age: 52

Ranjana Tai resides in New Kopare with her two daughters. Despite her responsibilities in the field and at home, the gradual onset of cataracts in her eyes made every task a challenge. Her struggles intensified as blurry vision, especially in the evenings, hindered her daily activities.

Ranjana Tai's modest earnings from working in the fields were barely enough to support her family. Even when she managed to gather some money, it would quickly be spent on the immediate needs of her daughters, leaving nothing for her own health concerns. Frequent visits to the local store to buy essentials became an ordeal, as she would often miscalculate and face challenges in identifying items.

One day, during a community survey, Ranjana Tai learned about a health camp organized by Sanjeevani Hospital & Seva Arogya Foundation. Intrigued by the prospect of getting her eyes checked, she attended the camp, where doctors diagnosed her with cataracts in both eyes.

Here she was offered a thorough medical examination and, recognizing the urgency, recommended an immediate cataract operation. The hospital assured her that the operation would be free of cost.

Ranjana Tai underwent a successful cataract operation at Sanjeevani Hospital. Post-surgery, her vision dramatically improved. No longer struggling with daily tasks, she could now manage her household efficiently and resume her work in the fields without hindrance.

Apart from restoring her eyesight, the organization, recognizing her financial constraints, provided Ranjana Tai with financial support, ensuring she could manage her family's needs without compromising



her health. Now, Ranjana Tai leads a well-organized life. With her vision restored and the burden of financial constraints lifted, she efficiently manages her daily chores. The assurance of free medical care from Sanjeevani Hospital & Seva Arogya Foundation has not only improved her health but also alleviated the stress associated with medical expenses.

Ranjana Tai expresses her heartfelt gratitude to Sanjeevani Hospital & Seva Arogya Foundation and its dedicated team of doctors. The support received, both in terms of healthcare and financial assistance, has not only changed her life but has also positively impacted her daughters' lives, creating a ripple effect of well-being in the community.

Ranjana Tai's journey from struggling with cataracts to leading a fulfilling life is a testament to the transformative impact of accessible healthcare. Sanjeevani Hospital & Seva Arogya Foundation commitment to providing quality medical care, irrespective of financial constraints, underscores the importance of community health initiatives in creating a healthier and more resilient society.

Success Story 4

Patient Name: Amrita

Age: 30

Amrita Tai, residing in Kishkida Nagar, earned her livelihood by working on sewing and button-stitching tasks. Despite her proficiency in her work, she faced challenges due to the constant use of needles and the strain on her eyes. Amrita Tai had a near-sightedness condition and always wore glasses.

Amrita Tai's work involved intricate details, such as sewing buttons and using needles. She often struggled with distinguishing small letters, and her work with buttons required precise vision. The strain on her eyes was apparent, affecting her efficiency and causing discomfort.

Recognizing her visual impairment, Amrita Tai attended an eye check-up camp organized by Sanjeevani Hospital. The doctors diagnosed her with near-sightedness and recommended wearing glasses. However, the cost of the glasses was beyond her financial means.

Upon learning about Amrita Tai's financial constraints, the hospital team informed her about an upcoming free eye check-up camp where they would also distribute glasses at a subsidized rate.

Amrita Tai attended the eye check-up camp and received her prescription glasses. The transformation was remarkable – her vision improved significantly, enabling her to carry out her tasks with greater precision. The strain on her eyes diminished, enhancing her overall work experience.



With her new glasses, Amrita Tai's daily life underwent a positive change. She could easily read small letters, manage intricate stitching, and operate her sewing machine effortlessly. The glasses not only improved her work efficiency but also boosted her confidence.

Amrita Tai expressed her gratitude to Sanjeevani Hospital for their free eye check-up camp and the affordable glasses they provided. The hospital's commitment to accessible healthcare services made a substantial difference in her life.

Amrita's journey from struggling with near-sightedness to gaining clear vision and improved work efficiency highlights the transformative impact of accessible eye care. Sanjeevani Hospital's initiative not only addressed her visual impairment but also contributed to her overall well-being, emphasizing the importance of community health programs in creating a healthier and more empowered society.

Success Story 5

Patient Name: Savita

Age: 40

Savita Tai resides in New Laxmi Nagar with her husband and two children. Her husband works as a reader, but the family faced financial challenges. Savita Tai took up household work and tailoring to contribute towards her children's education.

Savita Tai faced numerous challenges due to her vision issues. Sewing and buttoning clothes, tasks integral to her tailoring work, became difficult. The tiny details, especially when threading a needle or working with small buttons, were hard to discern. The constant strain on her eyes from her work left her feeling exhausted and sometimes even resulted in injuries.



During a community survey, Savita Tai was informed about an eye check-up camp organized by Seva Arogya Foundation. Recognizing the importance of her vision for her livelihood, she decided to attend the camp.

At the eye camp, doctors diagnosed Savita Tai with a need for glasses. The doctors provided her with a pair of glasses, transforming her visual experience.

With her new glasses, Savita Tai's ability to sew and perform intricate tasks improved significantly. The constant headaches and eye strain reduced, allowing her to work more comfortably. The clear vision not only positively impacted her work but also improved her overall well-being.

Savita Tai's increased efficiency and improved work quality with the help of glasses led to a rise in her income. Previously earning around 700-800 rupees, she now earns between 900-1200 rupees. The financial burden on her family lessened, and her children's education became more manageable.

Savita Tai expressed her gratitude towards Seva Arogya Foundation, stating that the free eye check-up camp and the provision of glasses not only improved her vision but also uplifted her family's economic

condition. She acknowledged the impact of the foundation's initiatives on her life and expressed heartfelt thanks.

Savita Tai's journey from struggling with vision issues to enhanced clarity and financial stability exemplifies the positive impact of accessible healthcare. Seva Aarogya Foundation's commitment to community health and well-being, especially through initiatives like free eye check-up camps, plays a crucial role in creating a healthier and more empowered society.

Success Story 6

Patient Name: Ratnamala

Age: 45

Ratnamala Tai resides in Shramik Vasahat and works in a local mess. Her routine involves selecting fresh vegetables daily, a task that took a toll on her eyes due to constant exposure to cutting, chopping, and heat.

Her persistent discomfort was ignored for a long time. The continuous strain on her eyes resulted in regular headaches, and she began experiencing vision issues. Despite the daily struggles, her focus was on earning a living and supporting her family. Ratnamala Tai's husband, who also runs a vegetable vending business using a handcart, shared the financial responsibilities.



During a health camp organized by Seva Aarogya Foundation in Shramik Vasahat, Ratnamala Tai had her eyes checked. The medical examination revealed the need for glasses. However, she had never considered consulting a doctor for her vision issues due to her busy work schedule and financial constraints.

Once she started wearing glasses, Ratnamala Tai experienced a significant improvement in her work. The constant headaches reduced, and her ability to select vegetables efficiently increased. The glasses made her realize the details she had been missing, contributing to her overall well-being.

Ratnamala Tai, like many laborers, faced a dilemma between attending to her health issues and fulfilling work responsibilities. The daily grind left her with little time for medical check-ups. It took a health camp to make her aware of the importance of her vision in her daily life.

With the newfound clarity in her vision, Ratnamala Tai could perform her job with greater precision. Her work in the mess involved a variety of tasks, including selecting and chopping vegetables. The glasses facilitated a smoother workflow, and her productivity increased significantly.

Following the health camp, Ratnamala Tai went for a follow-up examination. The doctor affirmed the positive impact of the glasses on her vision. Grateful for the improvement in her life, she expressed her thanks to Seva Aarogya Foundation for organizing the health camp.

Ratnamala story reflects the transformative power of accessible healthcare. The provision of glasses not only enhanced her vision but also improved her overall work efficiency and quality of life. Aarogya

Foundation's initiatives in organizing health camps play a vital role in bringing about positive change in the lives of individuals like Ratnamala Tai, contributing to the well-being of the community.

Success Story 7

Patient Name: Shantabai

Age: 62

Shantabai, a 62-year-old resident of Kishkinda Society, has been living there with her two sons. Her elder son works in Mumbai, while the younger one, residing with her, is involved in waste management within the society.

Shantabai and her sons, despite being married, live in challenging economic conditions. While the elder son supports the family, the younger one contributes by managing waste in the society. Financial constraints led Shantabai to actively engage in waste management work, collecting garbage from door to door.

During one such routine day, Shantabai stumbled and fell into a pit while collecting garbage. This incident caught the attention of fellow society members, who noticed her struggling to see. Concerned about her well-being, they approached her, asking about her health.

Upon inquiry, Shantabai admitted to facing issues with her eyesight. The society members discussed the possibility of a mistake made by her falling into a pit due to poor vision. Worried about her safety, they collectively suggested she get her eyes checked.

Shantabai was reluctant initially but agreed to visit a health camp organized by Seva Aarogya Foundation. There, she underwent a thorough eye check-up, revealing she had cataracts. The doctors recommended Motibindu Operation to restore her vision.

Shantabai, after being informed about the operation and its benefits, underwent the procedure at Sanjeevani Hospital. The operation was successful, and she was advised a brief recovery period. During this time, Shantabai's sons took over the waste management responsibilities, allowing her to rest.

Following the operation, Shantabai's vision was restored, and she could see clearly without any hindrance. Grateful for the support received, she expressed her heartfelt thanks to Aarogya Foundation for organizing the health camp and Sanjeevani Hospital for the successful operation.

Once Shantabai recovered, she resumed her work with a renewed spirit. Her ability to contribute to waste management increased significantly. She expressed her gratitude to the foundation, acknowledging the positive impact on her life.

Shantabai's journey from struggling with vision issues to regaining clear eyesight not only improved her personal life but also elevated her work in waste management. The collaborative effort of the community, Seva Aarogya Foundation, and Sanjeevani Hospital showcases the power of collective action in transforming individual lives.

Shantabai story is a testament to the transformative impact of accessible healthcare and community support. Through timely intervention and a successful Motibindu Operation, she not only regained her



vision but also continued contributing to her community. This narrative underscores the importance of health camps and collaborative efforts in fostering positive change in the lives of individuals and communities.

Success Story 8

Patient Name: Nandini

Age: 13

Nandini resides in New Shivane Gavthan with her parents, a brother, and a sister. Currently studying in the 7th grade, Nandini's family faces financial challenges due to her father's paralysis. Despite her young age, Nandini actively contributes to the family income.



Nandini's father, paralyzed and unable to work, faces limitations in generating income. To support the family, Nandini takes up the responsibility of collecting scrap materials and earns around Rs. 200 to Rs. 300 daily. Her mother manages household chores, and the combined effort barely sustains their expenses.

Nandini's mother, aware of an eye health camp organized by Seva Arogya Foundation, decides to visit with her daughter. During the camp, doctors examine Nandini's eyes and discover a significant vision problem. Despite her young age, Nandini struggles to read and focus on nearby objects.

The doctors diagnose Nandini with a refractive error and recommend glasses. However, the family's financial constraints make purchasing a pair of glasses for Rs. 4000 seem impossible. Nandini, unaware of the solution, continues to face difficulties in her studies and everyday tasks.

Upon understanding the financial struggle, the foundation offers to cover a portion of the cost, leaving Rs. 2000 to be arranged by Nandini's family. Feeling defeated, Nandini hesitates to approach her father. A second meeting is arranged, where Nandini's mother discusses the situation with Seva Arogya Foundation officials, who agree to provide the glasses for Rs. 500.

Nandini receives her glasses and experiences a newfound clarity in vision. She can now read and study comfortably. Overjoyed, Nandini expresses her gratitude to Seva Arogya Foundation and the kind-hearted people who supported her family during this challenging time.

With improved vision, Nandini excels in her studies. The glasses prove to be a turning point, enhancing her academic performance and overall well-being. The family's financial burden begins to lighten as Nandini's education becomes more focused.

Nandini's family is immensely grateful to Seva Arogya Foundation and the compassionate individuals who made the glasses accessible to her. Nandini's success story reflects the positive impact of community support and accessible healthcare on an individual's life.

Nandini journey from facing vision problems to acquiring glasses symbolizes the transformative power of community support and accessible healthcare. The collaboration between Aarogya Foundation, compassionate individuals, and Nandini's family showcases the potential for positive change when communities come together to uplift those in need. Nandini's story emphasizes the importance of addressing health issues for holistic development, especially in young minds striving for education and a brighter future.

Success Story 9

Patient Name: Riyan

Age: 7

Condition: Eye Infection

Riyan, a seven-year-old boy residing in Vadar Vasti, faced a challenging situation when he developed a severe eye infection. His parents, employed as laborers, struggled to afford the necessary medical care.

Despite studying in the third grade, Riyan's eyes started showing signs of infection. Unfortunately, his parents couldn't afford immediate medical attention. Riyan's mother noticed redness and swelling in his eyes, hinting at a potential serious condition.

During a routine visit to the local health camp organized by Seva Aarogya Foundation, Riyan's mother learned about the available medical assistance. Understanding the severity of Riyan's eye infection, she decided to seek help at the camp.

At the camp, doctors prescribed eye drops for Riyan. However, due to the family's financial constraints and the significant cost of the eye drops, Riyan's parents struggled to purchase the required medication.

Upon learning about the family's financial struggles, Seva Aarogya Foundation stepped in. They provided the necessary eye drops at a subsidized cost, making it more accessible for Riyan's family. This intervention ensured that Riyan received prompt and effective treatment for his eye infection.

As Riyan's condition didn't improve significantly, Seva Aarogya Foundation suggested a hospital visit for thorough examination and treatment. Riyan's mother, despite facing financial challenges, decided to prioritize her son's health. With Seva Aarogya Foundation's support, Riyan was admitted to Sanjeevani Hospital.

During his stay at the hospital, Riyan underwent comprehensive eye examinations and received appropriate treatment. Within five days, the infection subsided, and Riyan's eyes returned to normal. His parents, grateful for the support from Seva Aarogya Foundation, expressed their heartfelt thanks.



Riyan's case highlights the positive impact of community health initiatives. Seva Aarogya Foundation's intervention not only ensured Riyan's complete recovery but also relieved his parents from the burden of significant medical expenses. This community-driven approach to healthcare emphasizes the importance of accessible and affordable medical assistance.

Riyan journey from an untreated eye infection to complete recovery showcases the transformative power of community health initiatives. The collaboration between Seva Aarogya Foundation, healthcare professionals, and the family highlights the potential for positive change when communities come together to support those in need. Riyan's story serves as an inspiration for the importance of timely medical intervention, especially for families facing financial challenges.

Success Story 10

Patient Name: Vaishnavi

Age: 12

Vaishnavi, a diligent 12-year-old residing in Kishkindha Nagar, faced academic struggles due to poor eyesight. Despite her dedication to studies, her vision impairment hindered her learning process.

Vaishnavi, studying in the seventh grade, found it challenging to comprehend her lessons. The text on the blackboard and in her books appeared blurry, affecting her academic performance. Her parents, who were already grappling with financial difficulties, couldn't afford proper eye care.

During a routine eye check-up camp organized by Seva Aarogya Foundation, Vaishnavi's eyes were examined. The doctors identified the need for corrective glasses. Aware of the family's financial constraints, Seva Aarogya Foundation offered subsidized glasses, making it affordable for Vaishnavi's parents.

Before the intervention, Vaishnavi's academic performance suffered due to her unclear vision. Despite her efforts, she faced challenges in reading and writing, leading to below-average marks in exams. The teachers noticed her struggles, and Vaishnavi often received reprimands for her poor performance.

Recognizing Vaishnavi's difficulty, Seva Aarogya Foundation provided her with glasses tailored to her prescription at a nominal cost. This support significantly improved her vision, allowing her to see the chalkboard clearly and read her textbooks with ease.

After receiving the glasses, Vaishnavi's progress was closely monitored. Within eight days, she showed remarkable improvement. Her ability to read and understand lessons increased, and her confidence in the classroom grew. The follow-up examination confirmed the positive impact of the corrective glasses.

Vaishnavi's improved academic performance brought joy not only to her but also to her grieving mother. Having lost her husband two months earlier, Vaishnavi's mother found solace in her daughter's educational progress. The family's financial burden was alleviated by Seva Aarogya Foundation's assistance.



Empowered by her newfound vision, Vaishnavi started participating actively in class discussions and extracurricular activities. Her mother, overwhelmed with pride, expressed gratitude for the positive turn in their lives.

Vaishnavi's journey from academic struggles to success, facilitated by Seva Aarogya Foundation, exemplifies the transformative impact of community health initiatives. The collaborative efforts of the foundation, healthcare professionals, and Vaishnavi's family not only improved her vision but also restored hope and dreams for a brighter future. The story underscores the importance of accessible healthcare in shaping the lives of individuals and communities

Impact

1. Improved quality of life

Through our concerted efforts in providing comprehensive eye care services, we've witnessed a remarkable enhancement in the quality of life among geriatric and underserved populations. By raising awareness about common eye issues and offering tailored interventions, we've successfully preserved vision and transformed countless lives.

With a focus on preventive screenings and early detection, individuals now have a better understanding of the importance of eye health. This increased awareness has led to timely interventions, effectively mitigating the progression of vision-related conditions and safeguarding precious eyesight.

Moreover, by addressing the unique needs of geriatric and marginalized communities, we've not only improved their quality of life but also bolstered their economic prospects. With preserved vision, individuals can remain active participants in society, contributing to their families and communities with renewed vigor.

Our success in saving vision and enhancing overall well-being underscores the transformative impact of proactive eye care. By prioritizing accessibility, education, and personalized interventions, we're breaking down barriers to eye health and paving the way for a brighter future for all.

Our collaborations



Deenanath Mangeshkar Hospital



Brijlal Jindal Collage of Physiotherapy



Jana Kalyan Blood Bank



Sanjeevan Hospital, Uttam Nagar

CSR Partners of Arogyavardhan Project

