

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



Activity Report Year April 2022 – March 23

Regd. Office

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

INTRODUCTION

Public Awareness for healthful Approach for Living (PAHAL) is a Patna, Bihar, India based recently registered non – profit organization working towards improving the health of the poorest people in Bihar, through health and developmental programs. We are a newly established multidisciplinary team who has been working in Bihar with expertise in the areas of public health, clinical medicine, health programmes and policy development, rural development and empowerment of the disenfranchised.

The global response to the HIV epidemic has thus far rightly targeted high-prevalence regions of India for the past twenty years. As the epidemic has recently abated, new epicenters have been identified and have emerged for the spread of the virus. Due to the prevalence of several high-risk indicators, including wide-spread poverty, low economic growth, low literacy rates, dense population and high migration, the HIV epidemic is arising in the state of Bihar.

In response to this growing crisis, PAHAL is organizing HIV AIDS awareness camp and programmes along with general health camps in different parts of Bihar by itself and through its network partners. Our AIDS prevention programs effectively build awareness and bring about behavior modification in the at-risk public because they are sensitive to local culture.

Our focus areas:

- **Environmental Health** : Prevention and control of water-borne diseases by providing resources for water and sanitation, health and hygiene, education and training of women in the use of Oral Rehydration Therapy (ORT)
- **Maternal and Child Health:** Vaccinations for children and mother, maternal health care including family planning and reproductive health services, and the training of new health care workers.
- **Empowerment of women:** Education and vocational training. Vocational training was added in order to further empower the women and encourage them to assume leadership roles in their community.
- **Adolescent Reproductive Health (ARH):**To improve the demographic and reproductive health status of the community by changing the reproductive and sexual behavior of young adults both married and unmarried in the age group 12-25 years.
- **HEALTH AWARENESS PROG- HIV/ TB/ Hepatitis/ HEALTH Awareness Programme:** To make the community aware about Healthy lifestyle, through awareness programme.
- **Literacy Program:**To make the underprivileged resident of Village Bir, a Leela Prasad Memorial Literacy Centre was established by PAHAL at Bir.

Board Members of PAHAL

President:



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

Secretary & Medical Director:



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

Treasurer:



Smt Smriti Abhijit - Social Worker

Executive Members:



Sri Rakesh Dubey -Senior Police Officer



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



Smt. Nandini Sharan – Social Worker



Sri Santosh Kumar - Self Business

Patron:



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



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

Advisors:



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



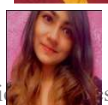
Mr. VibhakarYashaswi– B Tech (IIT Delhi), MBA (FloridaStateUniversity)



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



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



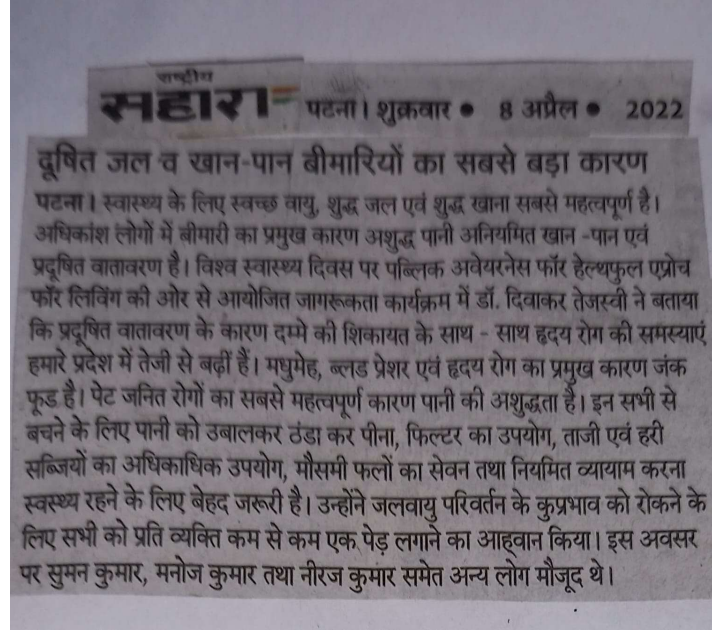
MsDiwakshi TejaswiBBA honors & Master of Accounting (Florida Atlantic University)

Ongoing Programmes

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

Activity Report April 2022 - March 2023

WORLD HEALTH DAY-Free Health Awareness Prog. (7 April 2022): Free Health Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Dr Diwakar Tejaswi deliberated on the adverse health effects of Air, Water and Noise Pollution.



Health Awareness Camp 24.4.22.- Awareness programme on Impaired Glucose Tolerance during Pregnancy was organized for slum dwellers (24th April 2022):



World Malaria Day (25th April 2022): Malaria Awareness Camp, Patna

(25th April 2022): On the Occasion of World Malaria Day, Malaria Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi inaugurated the program and gave the necessary information regarding Malaria, its complications and prevention.



Bihar Samman (3rd May 2022): Bihar Shiksha Evam Sanskritik Vikas Parishad ORGANISED BIHAR SAMMAN. PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work.



Dengue Awareness Program at Exhibition Road Patna (16th May 2022): Dengue Awareness program was conducted by PAHAL at Dr. Diwakar Tejaswi Clinic Patna. Medical Director of PAHAL Dr Diwakar Tejaswi delivered an awareness note on Dengue Prevention.



World Tobacco Day (31st May 2022): On the Occasion of World Tobacco Day, Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi inaugurated the program and gave the necessary information regarding ill effects of using Tobacco and its prevention.



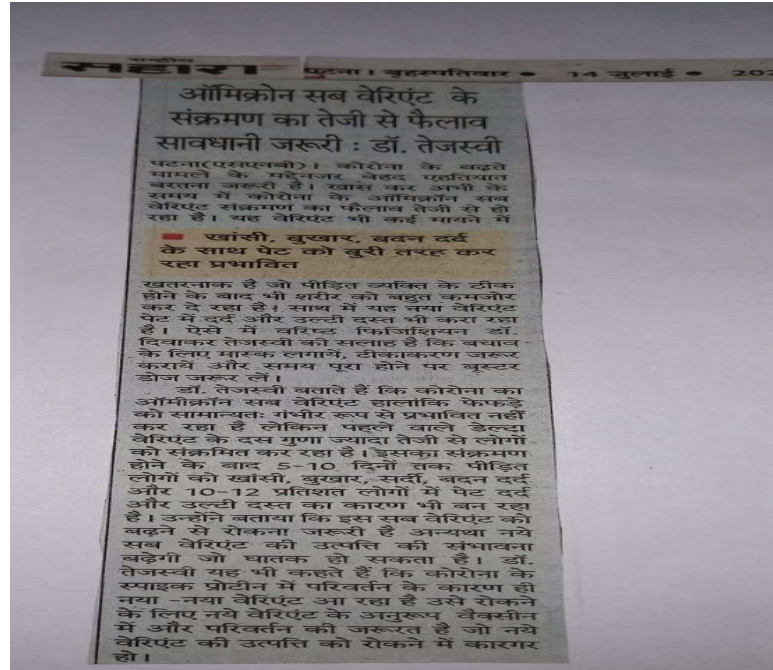
CORONA VIRUS Awareness Prog. (24 June 2022): An awareness programme on CORONA VIRUS was organized under the banner of PAHAL at Exhibition Road, Patna. People were advised for Do's and Don't's and how keep safe. He stressed upon COVID VACCINATION.



Health Excellence Awards 2022 (30th June 2022): "NAI DISHA PARIVAR ORGANISED CHIKITSA SAMMAN SAMAROH ON DOCTOR'S DAY (1st JULY). PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI WAS HONOURED FOR HIS ONGOING ACTIVITY AGAINST DISEASE PREVENTION ON THIS OCCASION BY NAI DISHA PARIVAR.



CORONA VIRUS Awareness Prog. (13 July 2022): An Awareness Programme on CORONA VIRUS was organized under the banner of PAHAL at Exhibition Road, Patna. People were advised for Do's and Don't's and how keep safe.



World Hepatitis Day- Hepatitis Awareness Camp, Patna (27th July 2022): On the Occasion of World Hepatitis Day, Hepatitis Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Medical Director of PAHAL Dr Diwakar Tejaswi inaugurated the program and gave the necessary information regarding Hepatitis and its prevention.



Dengue Awareness Program at Exhibition Road Patna (19th September

2022) Dengue Awareness program was conducted by PAHAL at Dr. Diwakar Tejaswi Clinic Patna. Medical Director of PAHAL Dr Diwakar Tejaswi delivered an awareness note on Dengue Prevention.



23th Lady Sharan Memorial Deafness Detection & Hearing Aid Testing Camp,

Patna (29th September, 2022): PAHAL organized "23th Lady Sharan Memorial Deafness Detection Camp". Dr. Suraj Kumar examined the patients with free audiometry. Altogether 60 persons got tested.



Dr. K.K. Sharan Memorial Deafness Detection & Hearing Aid Distribution Camp, Patna (14th October, 2022): PAHAL organized Dr. K.K. Sharan Memorial Deafness Detection Camp". Dr. Suraj Kumar examined the patients with free audiometry. Altogether 60 persons got tested for deafness and out of that 18 underprivileged and needy patients were provided hearing aid free of cost.



Lal Bahadur Samman-2022 (16th October 2022):

Vande Mataram Foundation ORGANISED Lal Bahadur Samman-2022 PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work



Samaj Seva Samman (16th October 2022): Nai Disha Parivar ORGANISED Samaj Seva Samman on Chhath Puja (16th October -2022). PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work .



Chitragupt Mahaparivar Chikitsa Samman (28th October 2022):

"Chitragupt Samajik Sansthan ORGANISED CHIKITSA SAMMAN ON Chitragupt Puja. PAHAL MEDICAL DIRECTOR, DR DIWAKAR TEJASWI was Honoured for his Medical and Social Work.



World Diabetes Week (12th November 2022): Free Blood Sugar Awareness and free testing camp was organized under the banner of PAHAL. Medical Director PAHAL Dr. Diwakar Tejaswi, delivered informative lecture on Blood Sugar.



On Eve of WORLD AIDS DAY- HIV/ AIDS Awareness Camp at Patna (30th November 2022): On eve of "World AIDS Day", HIV/AIDS Awareness Camp was organised at Exhibition Road, Patna under the banner of PAHAL. Medical Director PAHAL, Dr Diwakar Tejaswi spoke on length about HIV/AIDS in the Awareness camp along with other medical experts including Dr Kiran Sharan. Free HIV testing were done on this occasion.



WORLD AIDS DAY- HIV/ AIDS Awareness & Testing Camp at, Patna (1st December 2022): "World AIDS Day", HIV/AIDS Awareness and Free testing Camp at Patna was organised under the banner of PAHAL. Medical Director PAHAL, Dr Diwakar Tejaswi spoke on length about HIV/AIDS in the Awareness camp. 85 People were Free HIV testing on this occasion.



Doctor K K SHARAN MEMORIAL Chikitsak Samman Samaroh (8th Feb. 2023):

PAHAL organized Dr K.K. Sharan Memorial Chikitsak Samman Samaroh at Dr. Diwakar Tejaswi Clinic, Patna. Noted Medical experts including Dr. Akhouri S. B. Sahay, Dr. (PROF) Ajit Kumar Pandey and Dr. Annada Kumar Pandey were honoured for their contribution in the medical field. Short Biopic of Dr. Mrs Kiran Sharan was also released during the occasion.



Free Health Awareness Prog. (16March 2023): Free INSOMNIA AWARENESS and Health Awareness camp was organized under the banner of PAHAL at Exhibition Road, Patna. Dr Diwakar Tejaswi told about importance of proper night sleep.



On Eve of World TB Day: TB Awareness Camp at Patna (23rdMarch 2023): TB Awareness Camp at Exhibition Road, Patna was organized under the banner of PAHAL . Medical Director PAHAL Dr. Diwakar Tejaswi, delivered informative lecture on TB. He spoke on length about the severity of emerging MDR TB in Society.

