

Sparsh Sanjeevani

PROJECT UPDATE

23rd April 2025



PROJECT OVERVIEW

Delivering Primary Healthcare to Rural Communities. to bridge the healthcare accessibility gap in rural and remote areas by delivering comprehensive primary healthcare services through mobile medical units.

RATIONALE

Many rural communities face shortage of healthcare facilities and staff, long travel distances to nearest health centers, financial and social barriers to care. Mobile Medical Units serve as a cost-effective, flexible solution to bring services directly to these populations.



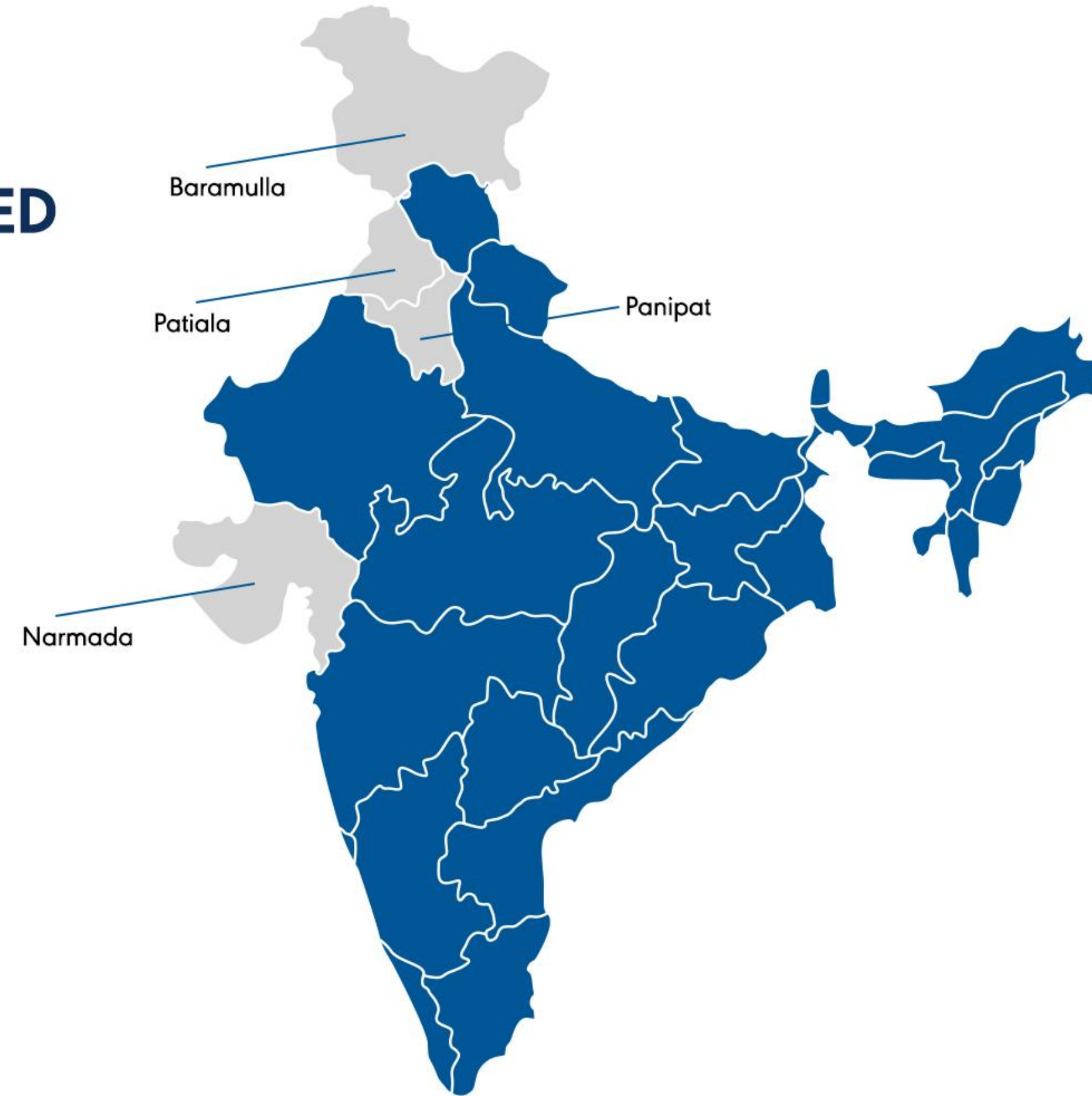
AIM

- Early Diagnosis and Treatment.
- Better Management of Chronic Conditions like Diabetes, Hypertension, Arthritis .
- Identification of Anaemia and communicable diseases due to their poor socioeconomic conditions.
- Regular follow-up of the patients.
- Referrals to the emergency cases.
- Awareness programs to spread awareness about Health and Hygiene to prevent serious diseases.

MOBILE MEDICAL UNITS WILL PROVIDE THE FOLLOWING PRIMARY HEALTHCARE SERVICES

- General outpatient care (fever, infections, minor injuries) , Maternal and child healthcare, adolescent and elderly care.
- Basic diagnostics (BP, glucose, hemoglobin, malaria screening), Health education and counseling (nutrition, hygiene, family planning) and Referral services for complicated cases.
- By regular follow ups, the patients are monitored for the efficiency and effectiveness of the treatment program

DISTRICTS COVERED



MAJOR ACTIVITIES



PROJECT UPDATE

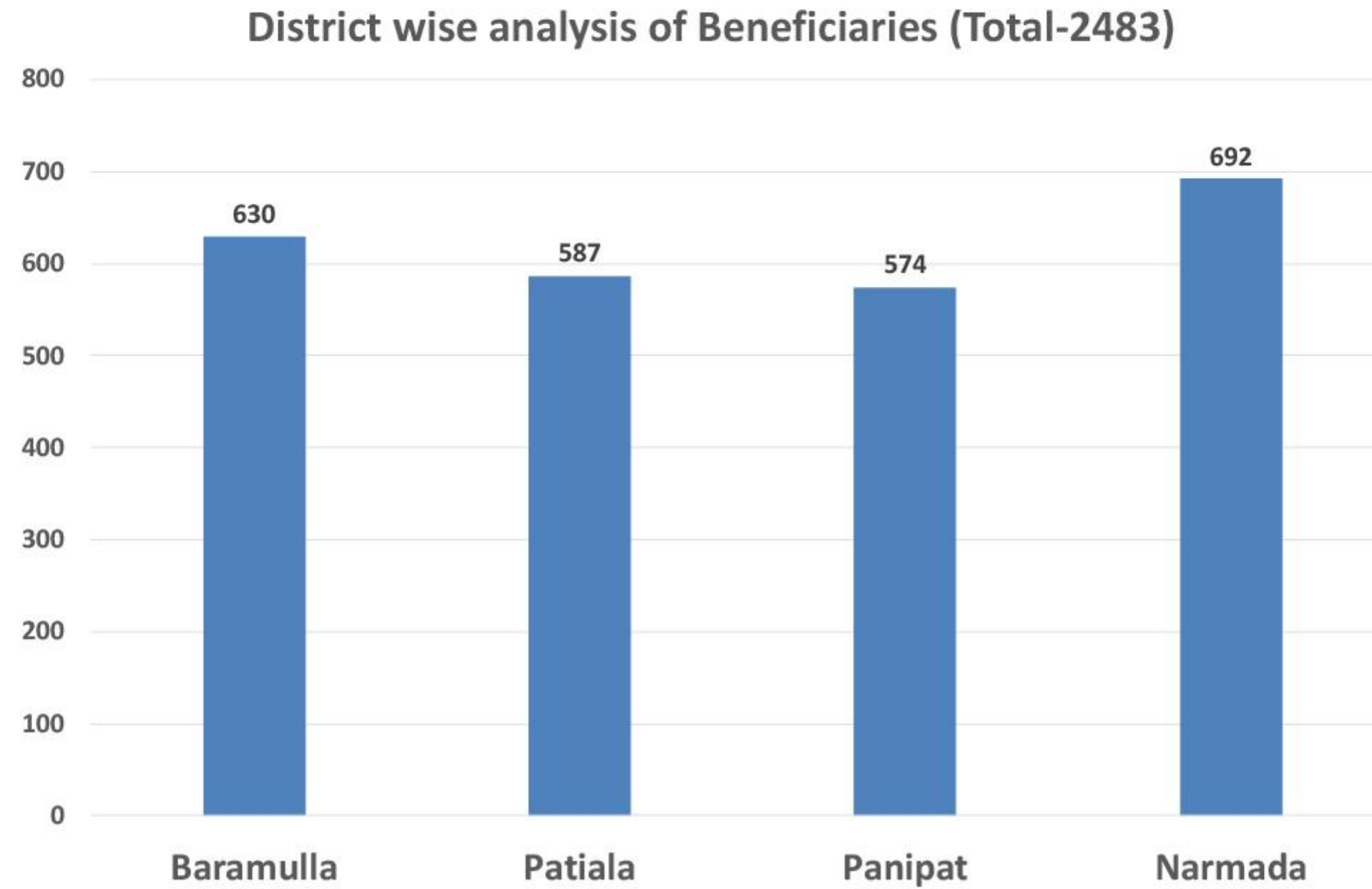
- Total No. of Beneficiaries in Feb – 2483
- Males- 40%, Females-60%
- Baramulla- 630: Panipat-574: Patiala:587 Narmada
- No. of Awareness Camps- 25

Topic Covered: WASH & Anaemia

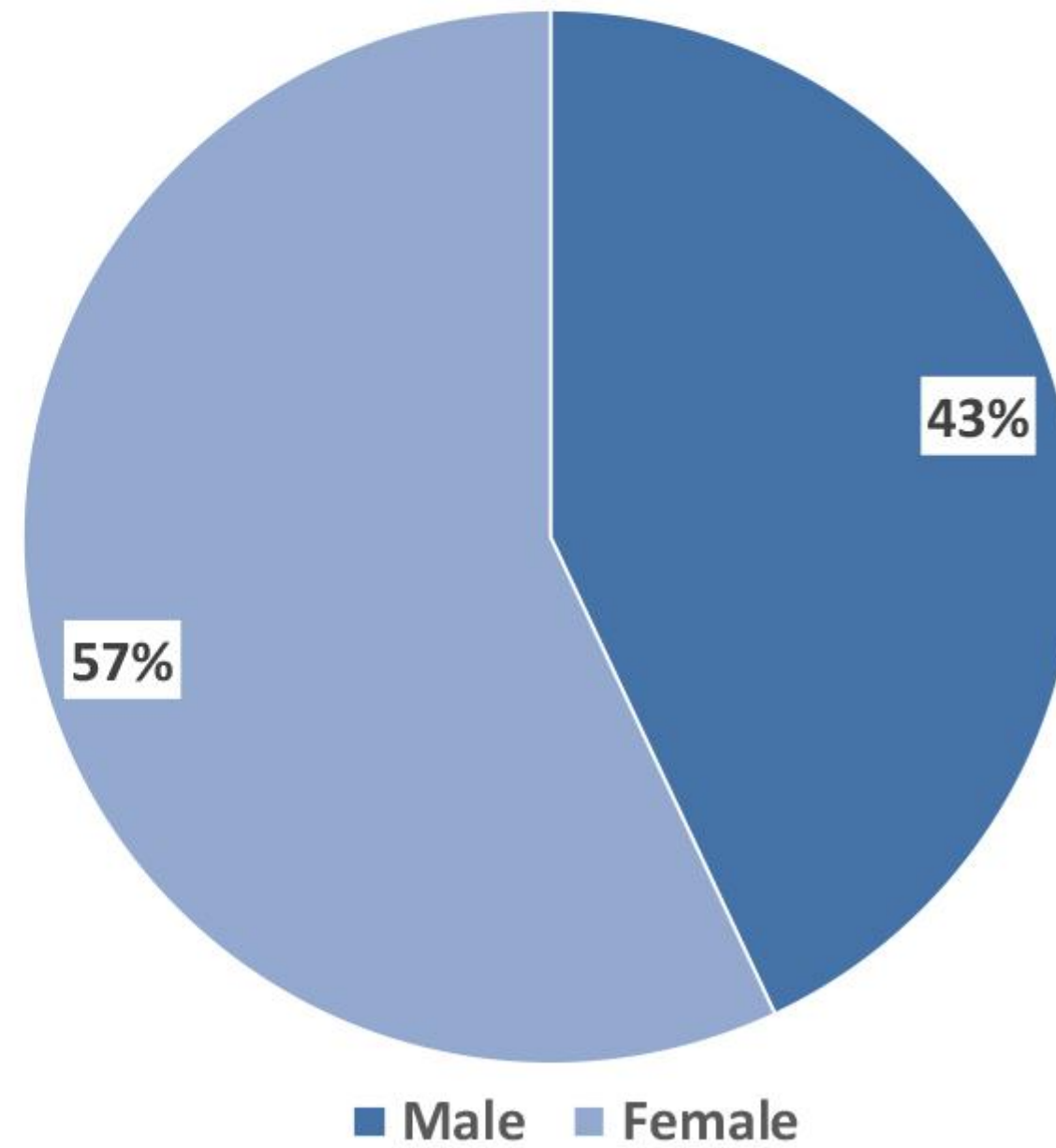
- % of Non-Communicable Disease- 55%,
Communicable Disease- 20%, Other Disease-25%



DISTRICT WISE ANALYSIS OF BENEFICIARIES (TOTAL-2483)

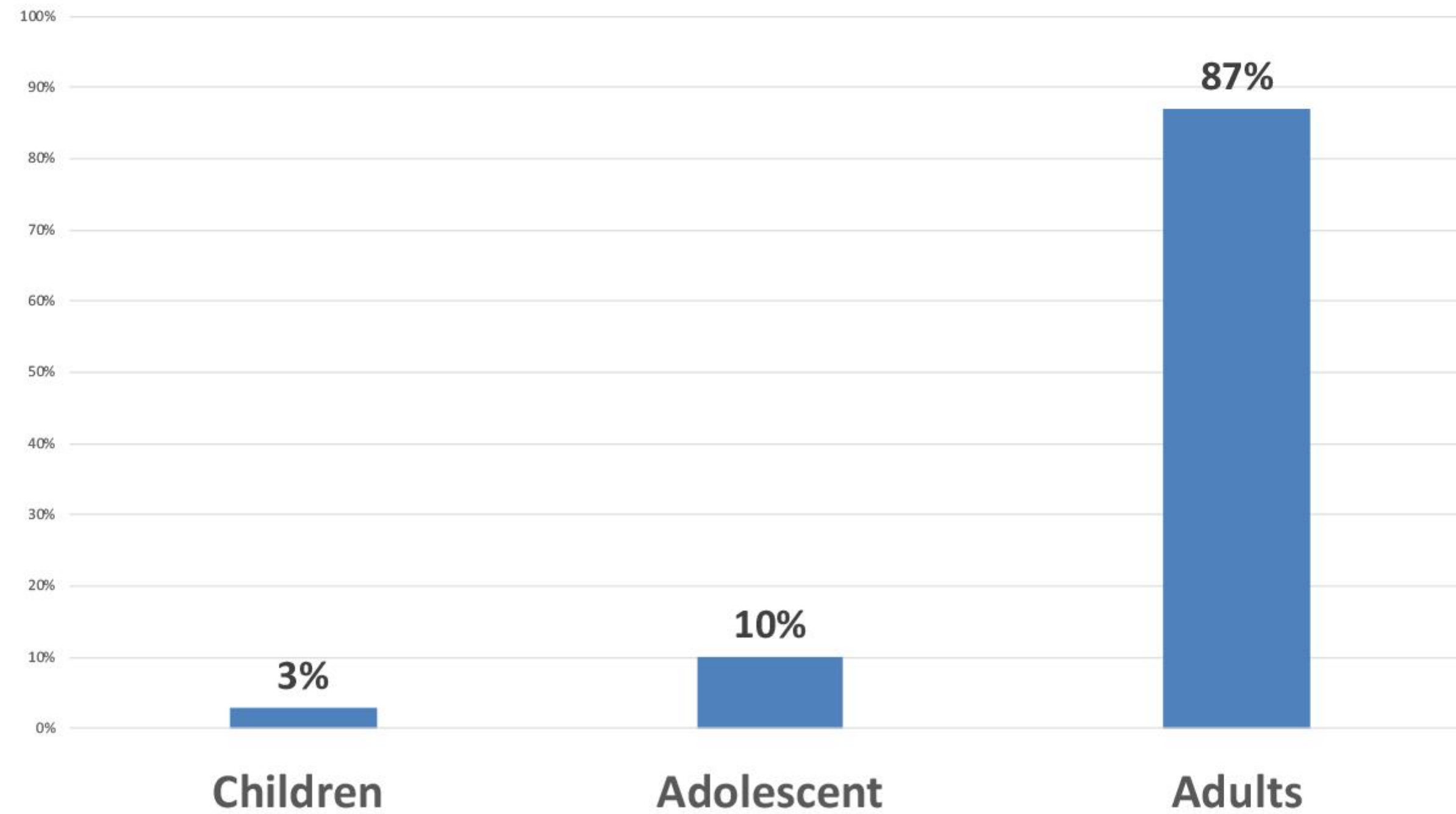


GENDER WISE ANALYSIS OF BENEFICIARIES

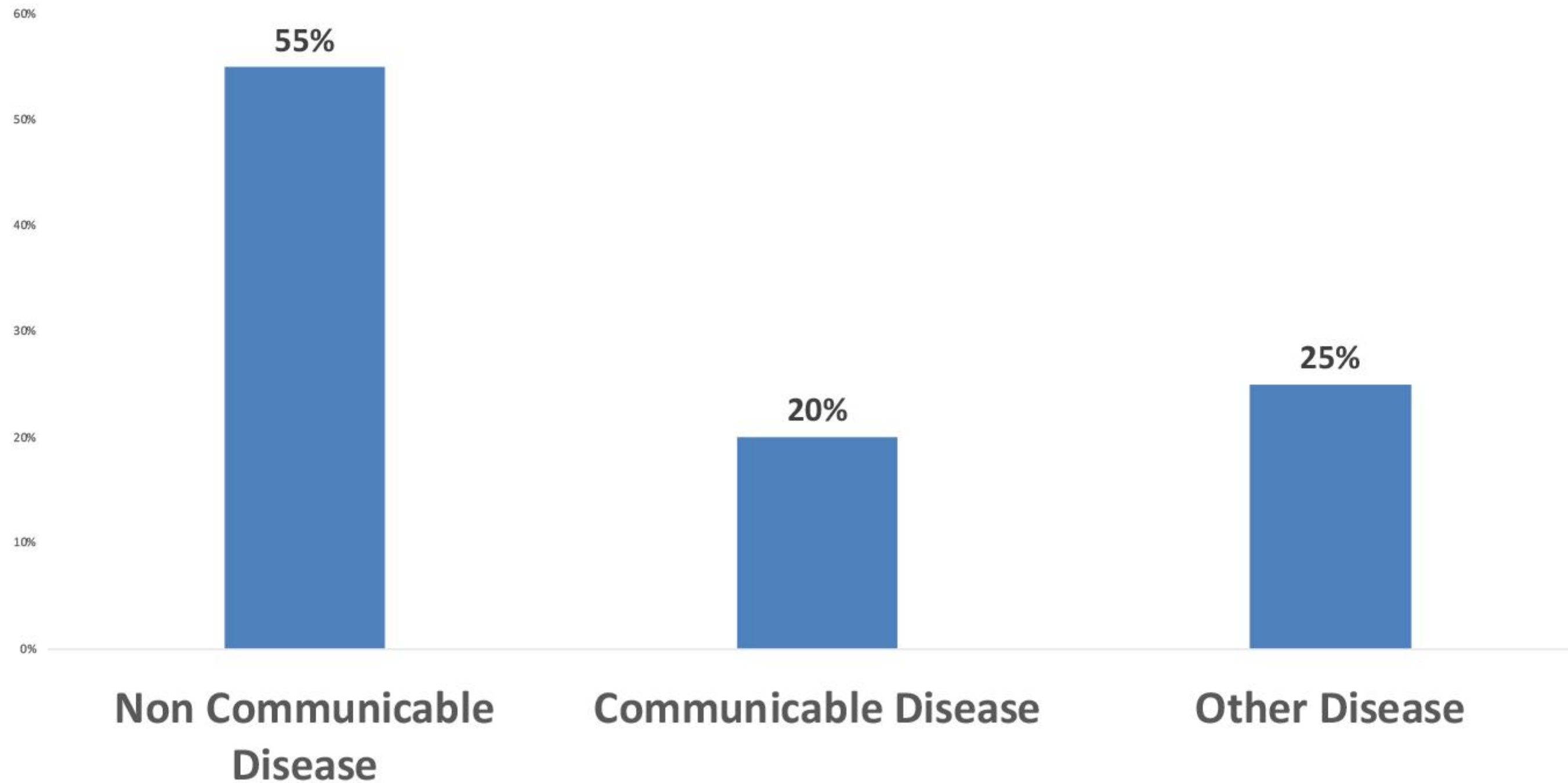


Male	Female	Total
1068	1415	2483
43%	57%	100%

BENEFICIARY PROFILE



ANALYSIS OF DISEASES



AWARENESS CAMPS

Women Health and Anaemia

Women's health and anemia are closely related, as anemia is a condition that affects many women, especially during their reproductive years. Anemia is a condition where the body lacks enough healthy red blood cells to carry adequate oxygen to tissues, and it often results from iron deficiency.

Anemia is common among women, particularly in low-income regions or areas where diets lack sufficient nutrients. It's especially prevalent during:

Menstruation: Heavy periods can lead to a significant loss of blood, causing iron deficiency anemia.

Pregnancy: The increased blood volume during pregnancy can lead to iron deficiency, which is why iron supplements are often recommended.

Postpartum: Women may experience anemia after childbirth due to blood loss during delivery.

Menopause: As menstrual cycles end, the risk for anemia from blood loss decreases, but dietary deficiencies or chronic conditions can still cause anemia.



Symptoms of Anemia in Women

- Fatigue and weakness
- Pale skin
- Shortness of breath
- Dizziness or lightheadedness
- Cold hands and feet
- Headaches

Common Causes of Anaemia in women

Iron Deficiency: The most common cause of anemia, particularly due to menstruation or poor dietary intake of iron-rich foods.

Vitamin Deficiencies: A lack of folate or vitamin B12 can also lead to anemia.

Prevention and Treatment

Diet: Women should include iron-rich foods in their diets such as red meat, poultry, fish, beans, lentils, spinach, and fortified cereals. Vitamin C can help with iron absorption.

Supplements: If diet alone isn't sufficient, iron supplements or other specific vitamins may be necessary.

Regular Check-ups: Routine blood tests can help detect anemia early, especially for pregnant women, those with heavy menstrual bleeding, or individuals with underlying conditions.

Management of Menstrual Bleeding: Heavy periods can be managed through hormonal treatments or medical interventions to reduce blood loss.



BARAMULLA



PANIPAT



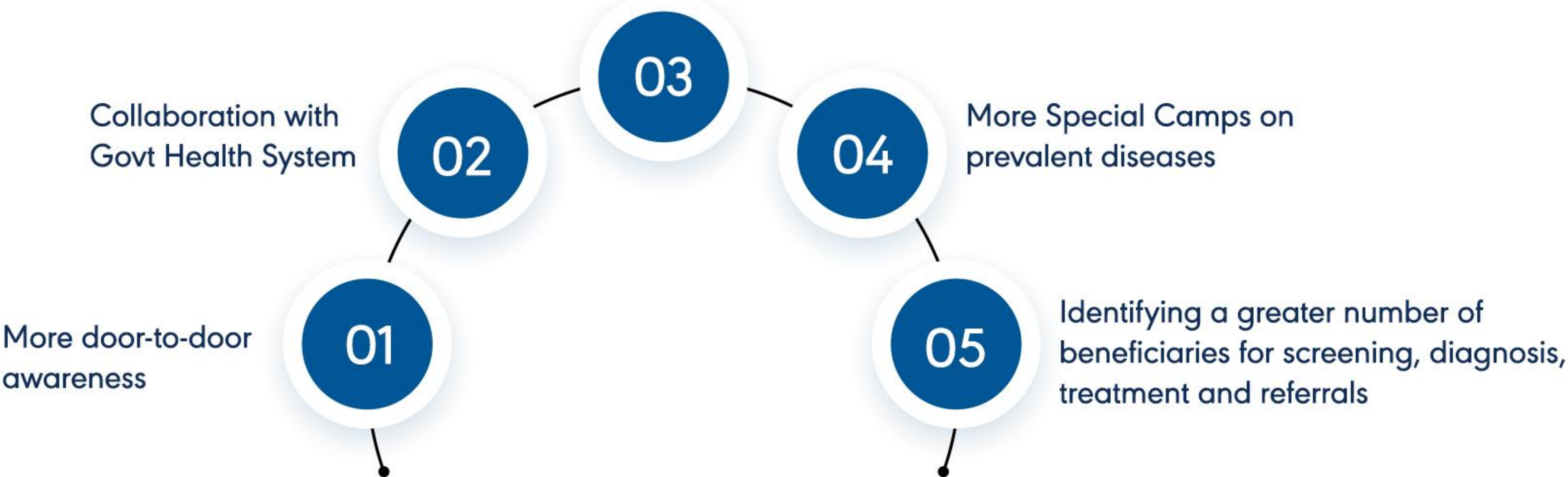
PATIALA



NARMADA

WAY FORWARD

More awareness camps on Health and Hygiene to encourage behavior changes and lifestyle modifications for keeping good health



THANK YOU