

Sparsh Sanjeevani

PROJECT UPDATE

27th Feb 2025



HEALTH INDICATORS OF THE DISTRICTS

Baramulla (Jammu & Kashmir)

- Malnutrition and anemia are common among children.
- Healthcare Infrastructure: Many villages rely on sub-centers and primary health centers, often facing staff shortages. Accessibility worsens during winters.
- Communicable Diseases: Respiratory infections are prevalent, exacerbated by poor living conditions and cold climates.

Patiala

- Child Anemia: Rural areas see an even higher rate of child anemia compared to urban zones (76.7% overall in the district).
- Access to Healthcare: Rural regions depend on government primary health centers (PHCs) and sub-centers, but infrastructure and staffing can be inconsistent. Aam Aadmi Clinics aim to bridge these gaps.
- Non-communicable Diseases: High prevalence of diabetes and hypertension, reflecting urban spillover into rural lifestyles.

Panipat (Haryana)

- While institutional delivery rates are high, rural women face barriers like limited antenatal care in villages.
- Health Infrastructure: Panipat's rural areas rely on PHCs and mobile health units. Rural outreach for programs like immunization is a key focus.
- Lifestyle Diseases: Growing incidences of hypertension and diabetes in rural communities indicate changing diets and reduced physical activity.

Narmada (Gujarat)

- Narmada (Gujarat) Tribal Health: Malnutrition is a severe issue in rural and tribal areas, especially among children.
- Healthcare Access: Rural Narmada faces challenges in healthcare delivery due to the remoteness of villages.
- PHCs and sub-centers often lack medical personnel and equipment.
- Communicable Diseases: Waterborne diseases like diarrhea are common, compounded by inadequate sanitation in rural households.

PREVALENT DISEASES

BARAMULLA

Hypertension, Diabetes and Anemia in children

NARMADA

Anemia, Malnutrition and non communicable disease

PATIALA

Non communicable disease like diabetes, obesity and Hypertension and chronic diseases like Arthritis.

PANIPAT

Non communicable diseases like Diabetes, Hypertension and Obesity.

OBJECTIVES

1. Improve Accessibility:

Deliver primary healthcare services to populations in rural, tribal, and remote regions lacking regular access to medical facilities.

2. Bridge Healthcare Gaps :

Act as an alternative where healthcare infrastructure is insufficient or inaccessible due to geographic or socio-economic barriers.

3. Maternal and Child Health:

Focus on antenatal care awareness and nutritional support to reduce maternal and infant mortality rates.

4. Early Diagnosis and Treatment:

Provide timely detection and management of diseases, including communicable and non-communicable conditions like diabetes, hypertension, and respiratory infections.

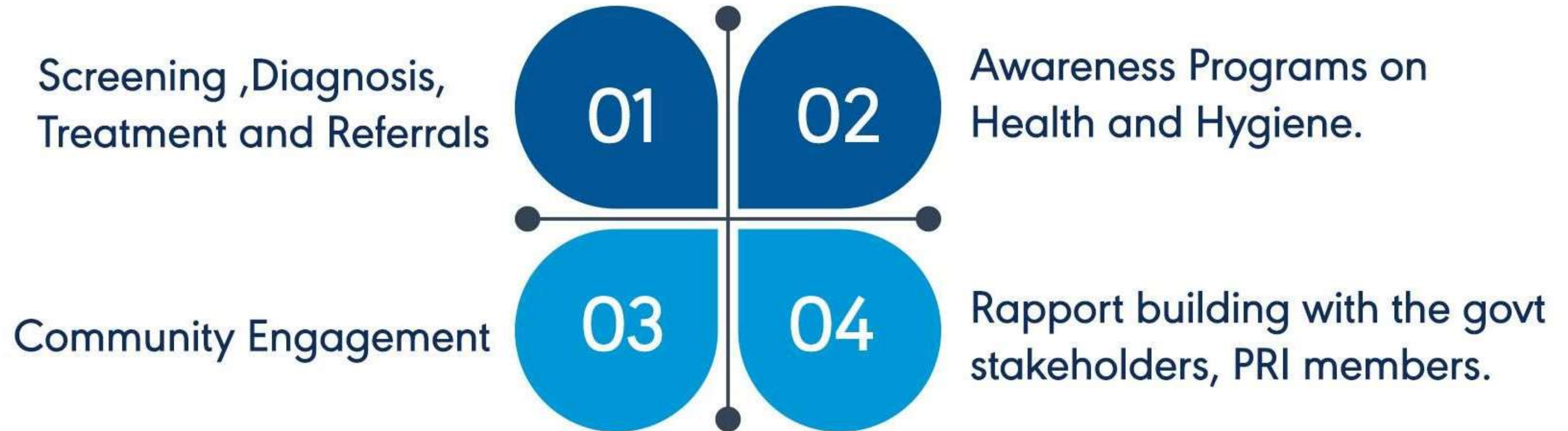
5. Health Awareness and Education:

Promote health literacy through awareness campaigns on hygiene, nutrition, family planning, and disease prevention.

6. Complement Existing Services:

Collaborate with fixed healthcare facilities to strengthen health systems by providing follow-up services and referrals.

MAJOR ACTIVITIES



FACILITIES IN THE VAN



Medical Equipments to monitor Bp, blood sugar, oxygen saturation, Pulse rate, body weight.

Diagnostic tests through diagnostic kits for blood sugar, malaria, Haemoglobin, typhoid etc

Essential medicines

Wound dressing

PROJECT UPDATE

- Total no. of Beneficiaries covered: 13833
- No. of Awareness camps - 40: No. of Participants - 683
- A special camp on screening and diagnosis of Diabetes, Hypertension, Obesity and Cardiovascular Disease in Panipat- held on 3rd Feb 2025.



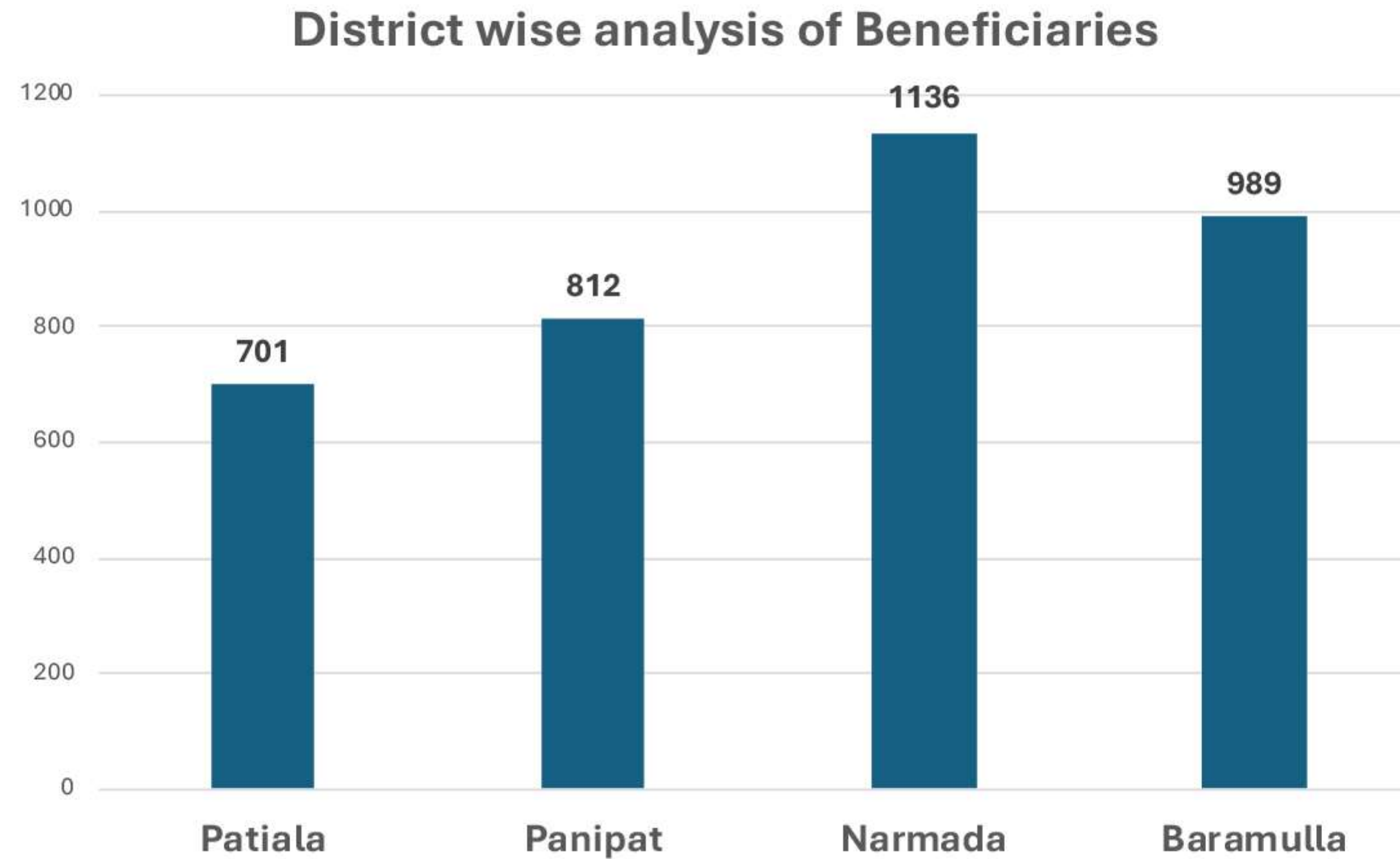
FEBRUARY DATA (As on 25.02.2025)

No. of Beneficiaries:

Patiala-701 | Panipat- 812 | Narmada-1136 | Baramulla-989 = **Total 3638**

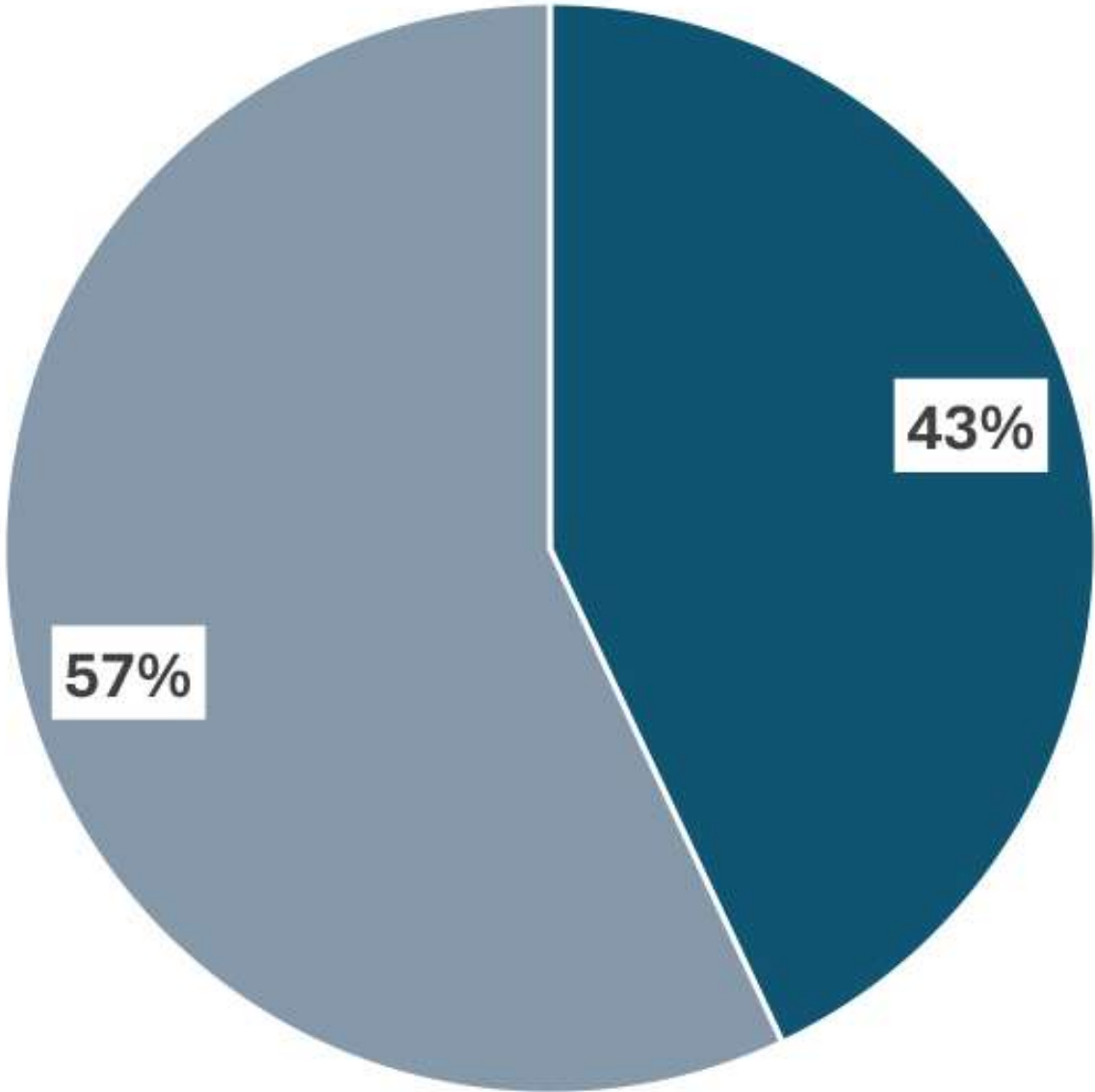
% of Males- 43 % | % of Females- 57% | % of NCDs- 61%

OVERALL PATIENT COVERAGE IN FEB



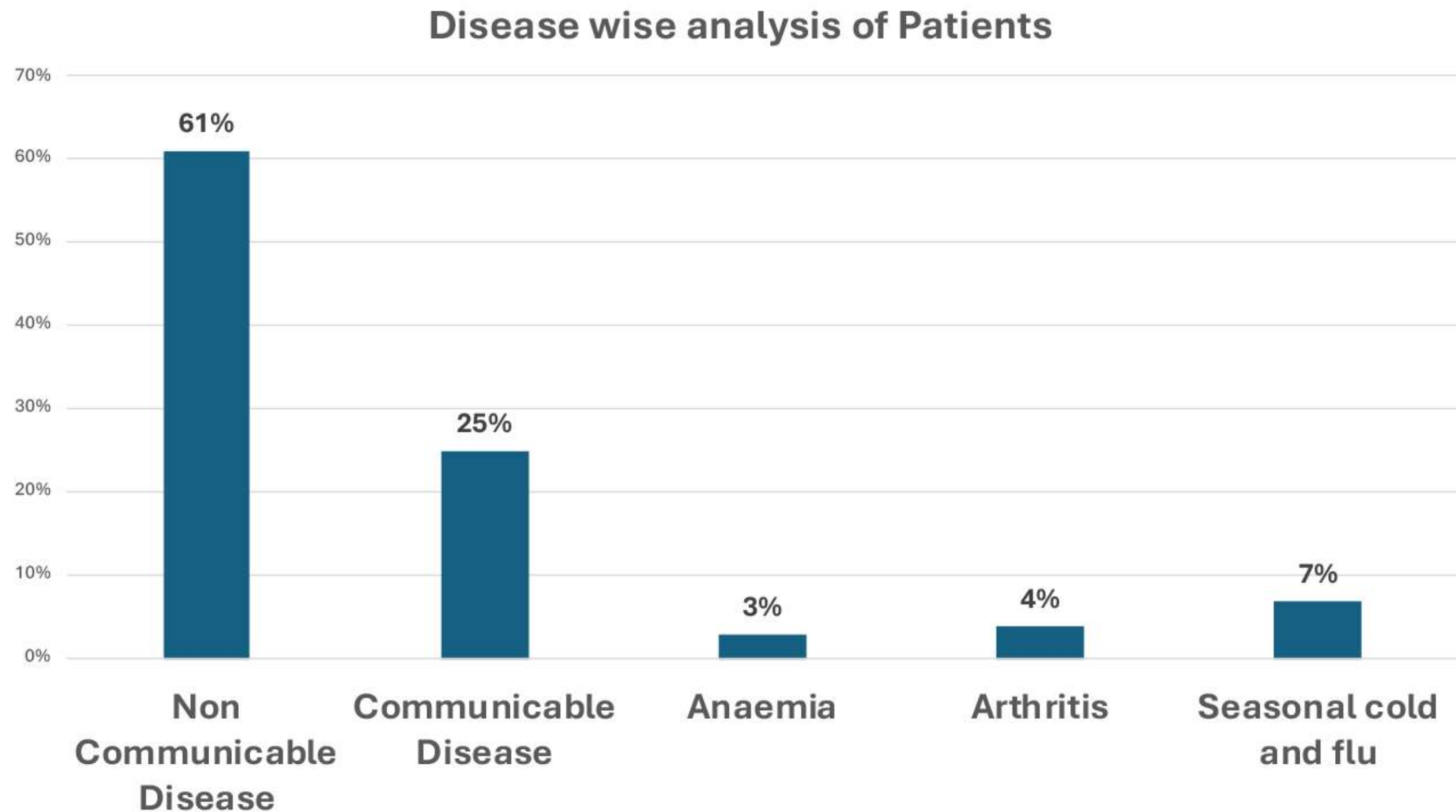
GENDER WISE ANALYSIS OF BENEFICIARIES

Gender wise analysis of Beneficiaries



■ Male ■ Females

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.

SPECIAL CAMP- PANIPAT

Special camp on Screening and Diagnosis of Diabetes, Hypertension and Obesity in Panipat on 3rd Feb 2025.

Non-Communicable Diseases like Diabetes, Hypertension and Obesity are prevalent diseases in Panipat due to poor lifestyle and dietary habits. There is a lack of awareness and stigma due to which people neglect health especially in rural areas. There is also a lack of medical facilities and healthcare providers in the rural areas of Panipat. People are unable to access basic healthcare facilities either due to distance or unavailability of healthcare facilities and healthcare providers.

The special camp on Non communicable diseases helps in identifying the population who are suffering from these diseases and facilitate them for their treatment. Awareness programs help people to be aware of the diseases, their complications and life-threatening conditions if left untreated.

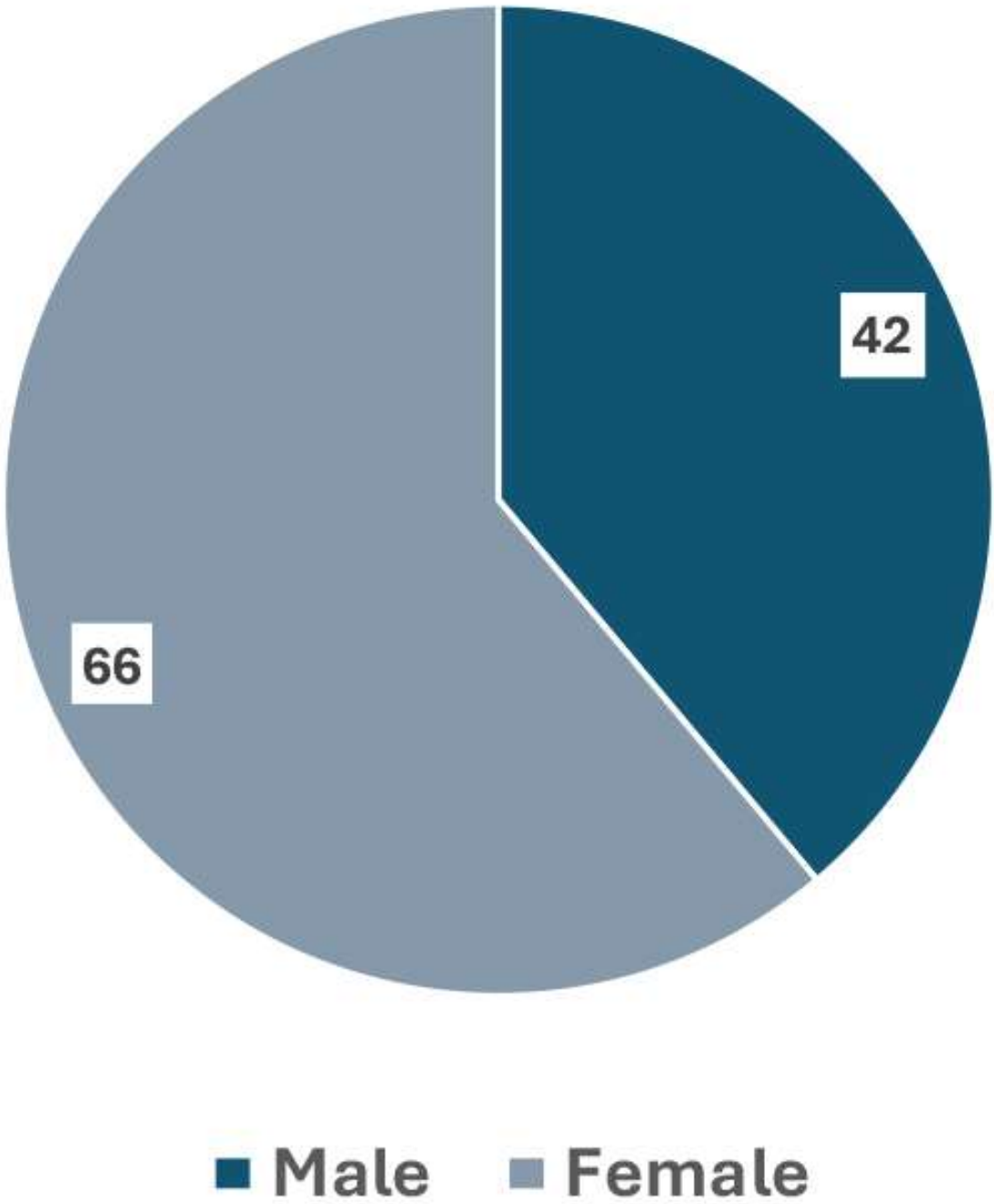
- Total no. of beneficiaries in the camp -108
- Male- 42, Female- 66
- Diagnosis:
- Hypertension- 19
- Hyperglycemia
- Gastroenteritis-6
- Seasonal cold and flu- 47
- Arthritis-4
- Allergy-2
- None- 18

All those patients who were diagnosed with Hypertension and Hyperglycemia were referred to Community Health Centre, Mohali for further lab diagnosis and treatment.

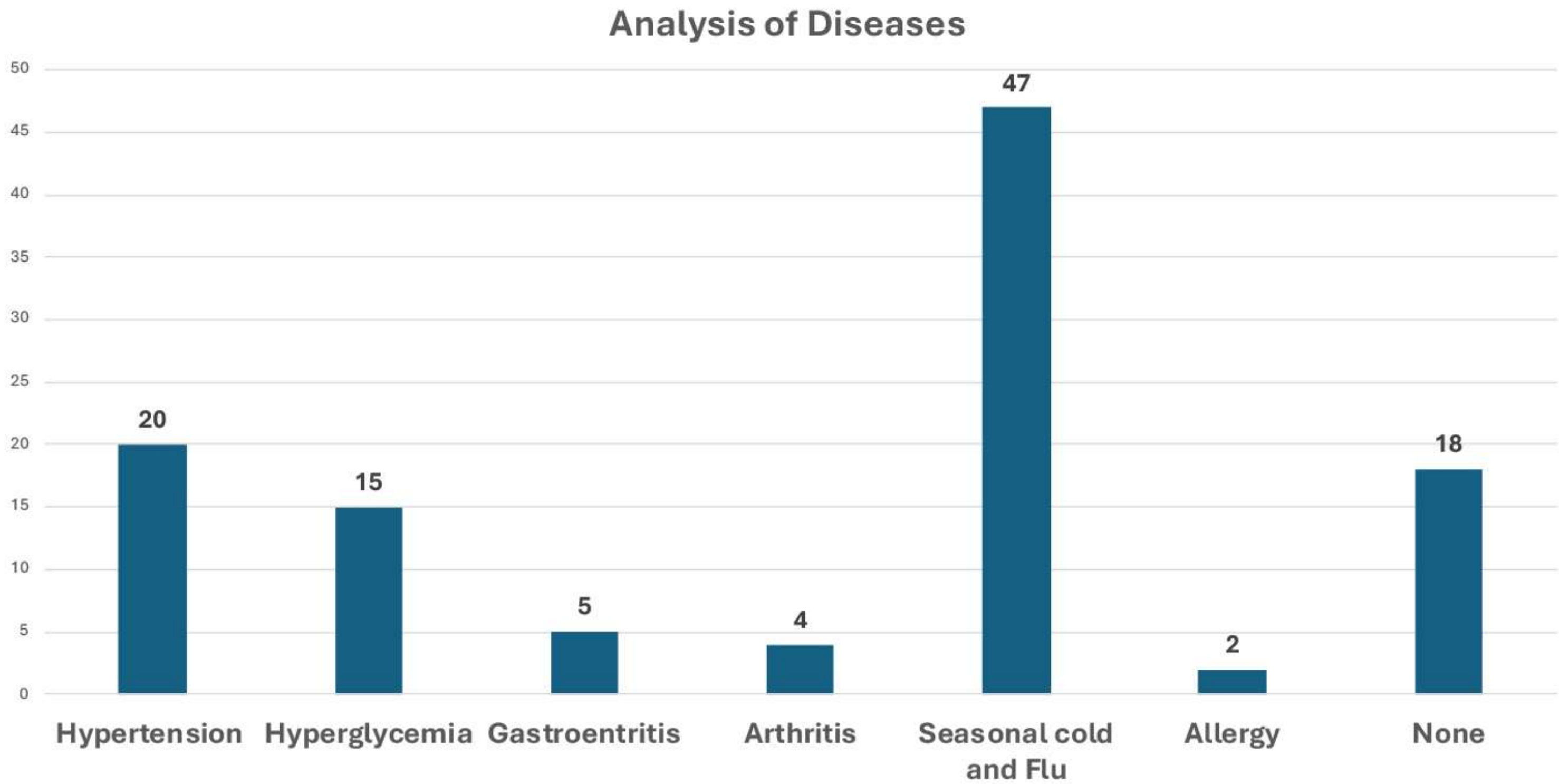


SPECIAL CAMP

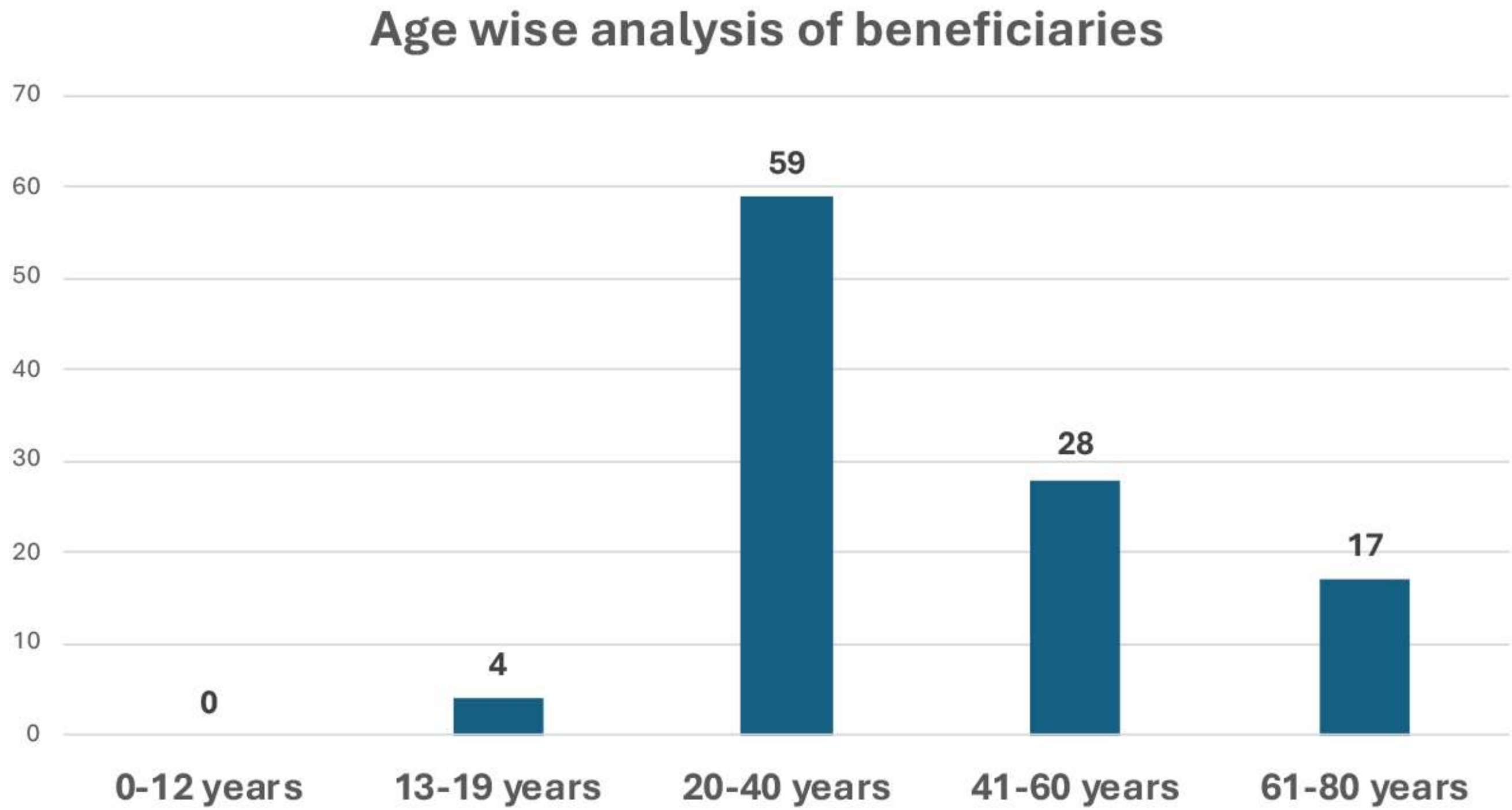
Genderwise analysis of beneficiaries



ANALYSIS OF DISEASES



AGE WISE ANALYSIS OF BENEFICIARIES



NARMADA



BARAMULLA



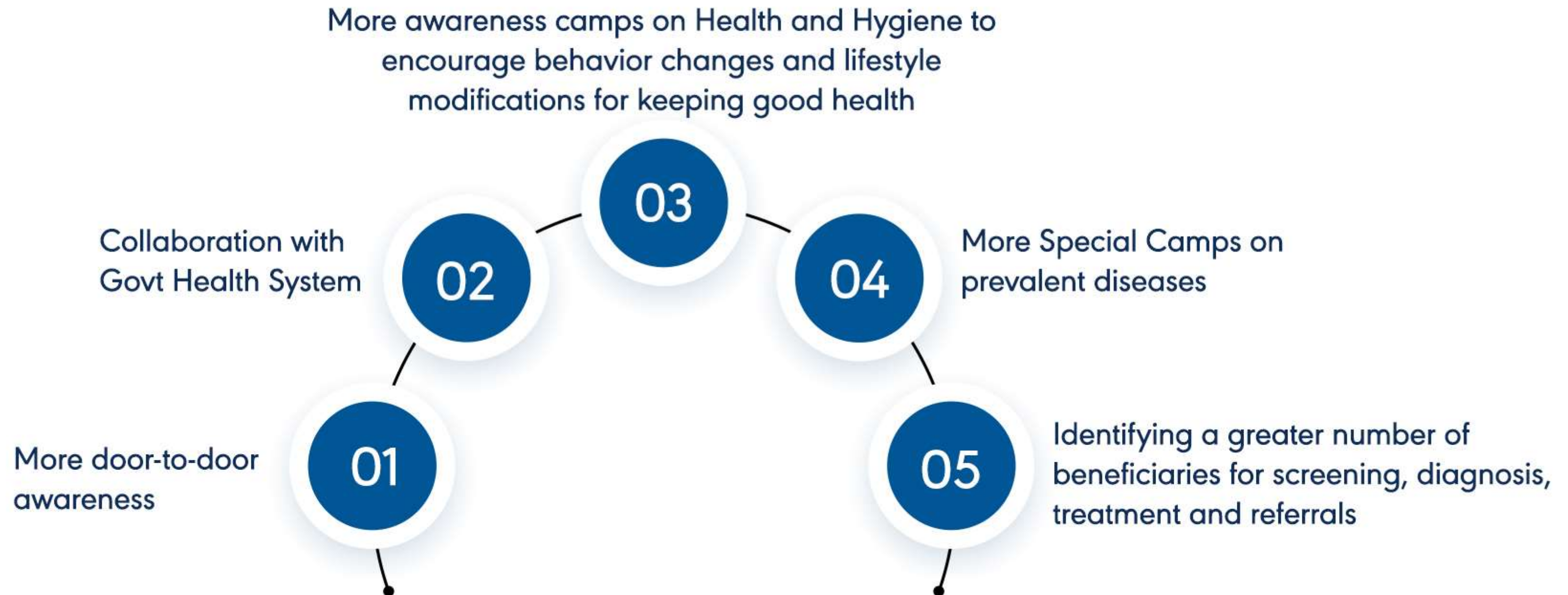
PANIPAT



PATIALA



WAY FORWARD



THANK YOU