



# AROGYA FOUNDATION OF INDIA

## Annual Report of 2023-24



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# Arogya Foundation of India

## Annual Report 2023-24

### 1. Foreword:

**Arogya Foundation of India (AFI)** started their mission in 2003 under the aegis of Ekal Abhiyan and continued to serve the people in need in the rural as well as tribal locations of India. Since prevention is always sought for than cure, AFI decided to provide free preventive health care services and awareness generation programmes to the inhabitants of remote areas and locations with challenging geographical conditions in India.

The preventive services offered by Arogya Foundation includes improvement in the general health condition, hygiene status, nutrition status, sanitation system and drinking water intake of the villagers. The awareness generation programme on the other hand includes activities like educating the community about hygiene related good practices and herbal remedies, sensitising them about using toilets instead of open defaecation, reaching out to school children and help them develop their personal hygiene habits. It also includes spreading general health awareness among the villagers through rallies and campaigns.

Alongside, AFI focuses on the empowerment of the rural women by training them as Arogya Sevika (Health workers) to serve the community, which provides them with a sense of accomplishment and dignity along with a livelihood. Selected women from the project villages are trained by the doctors with utmost care and diligence who are then transformed into efficient health workers or Sevikas. In the process they get prepared to earn independently.

### 2. Mission:

Marching Towards Preventive Health Care for Rural & Vanvasi population of India Through Traditional & Modern Medicines.

### 3. Objectives:

- I. Improving access to preventive health care services for marginalized community.
- II. Establishing 'Health Care Education' and awareness
- III. Empowering the community women as leaders and motivating them in community health care engagement activities.

### 4. Locations:

Arogya Foundation of India has been working nationwide to fulfil its mission. In the FY 2023-24 the number locations of project implementation were as follows:

Locations of implementation in 2023-24	
Number of States	15
Number of Anchal	59
Number of Sanches	71
Number of Villages	1974

## 5. Human Resources:

AFI runs their projects in several rural locations with the help of Karyakartas at different levels and the Sevikas. Doctors train the Karyakartas as well as the Sevikas and guide the implementation. The number of the Karyakartas, Sevikas and Doctors/Trainer in 2023-24 is as follows:

Trainer, Karyakarta and Sevika-2023-24	
Doctors and Trainers	3
Central Management Team	8
State Coordinators	17
Project Coordinators	16
Sanch Coordinators	71
Number of Sevikas	1076
Eye Project Karyakartas	9

## 6. The Projects:

Arogya Foundation of India works with several designs of project implementation such as, **Arogya Resource Centre (ARC)**, **Telemedicine Enhanced Arogya (TEA)** and **Integrated Village Development (IVD)**, **Eye Van & Chashma**, and **Medical Camps**.

Number of the projects as in March 2024 is as follows:

Projects in 2023-24	
Arogya Resource Centre (ARC)	59
Integrated Village Development (IVD)	22
Sanches with Telemedicine Enhanced Arogya (TEA) which is included in ARCs and IVDs	43
Eye Care Project – Eye Van (Rajasthan & Jharkhand) Chashma (Assam & Gujarat)	2 2
Medical Camps	53

### A. Arogya Resource Centre (ARC):

**Arogya Resource Centre or ARC** is focused on preventive health and hygiene services for overall community development. Possibilities of people becoming ill is reduced and restricted by different activities such as, reducing water logging through construction of **Soak Pits** and resisting water borne diseases. People are also educated to improve their drinking water by using water filter made by themselves with the help of the Arogya Sevikas. **Compost Pits** are constructed with biodegradable to be used in **Nutrition Gardens** that are grown to provide the required nutrition to the families to improve their nutrition status. **Medicinal Gardens** are grown by the Sevikas to prepare **Herbal or Home Remedies** which help the community to strengthen their immunity and fight against common ailments. Awareness generation activities are conducted through **Pariwar Sampark**, **Vidyalay Sampark**, **Poster Display**, **Wall Writing**, **Toilet Use Awareness Campaigns** and **Health Awareness Rallies**. Sevikas play the pivotal role in



the initiative as health workers from AFI, in the villages. They are empowered economically and socially through the project activities which is a major objective of AFI. ARC activities prepare the villages for Telemedicine (TEA) to be practiced.

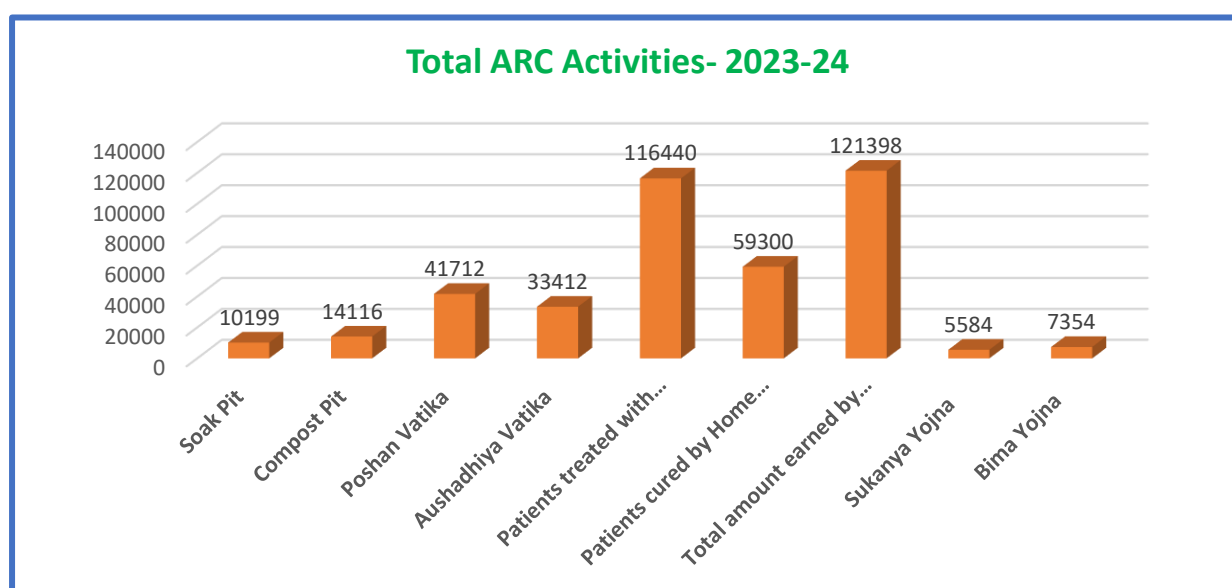
## B. Integrated Village Development (IVD):

Integrated Village Development or IVD, supported by Ekal Vidyalaya Foundation USA, focuses on an integrated approach to fight against illiteracy, unemployment, socio-cultural taboos and unhealthy condition of the villages through upgrading education, skill development activities and health & hygiene status. Arogya Foundation of India implements the health component of the integrated approach of Ekal Abhiyan, through ARC and TEA activities.

### ARC and IVD activities at a glance:

ARC and IVD Activities in 2023-24	ARC Activities	IVD Activities	TOTAL
SoktaGaddha (Soak Pit)	6944	3255	10199
JaibikGaddha (Compost Pit)	10134	3982	14116
Poshan Vatika (Nutrition Garden)	26922	14790	41712
AushadhiyaVatika (Medicinal Plants)	22379	11033	33412
Patients treated with Home Remedies (GhareluUpchar)	83812	32628	116440
Patients cured by Home Remedies	41745	17555	59300
Total amount earned by the Sevikas from Home remedies	90088	31310	121398
Number of people covered under Sukanya Yojna	2678	2906	5584
Number of people covered under Bima Yojna	5106	2248	7354

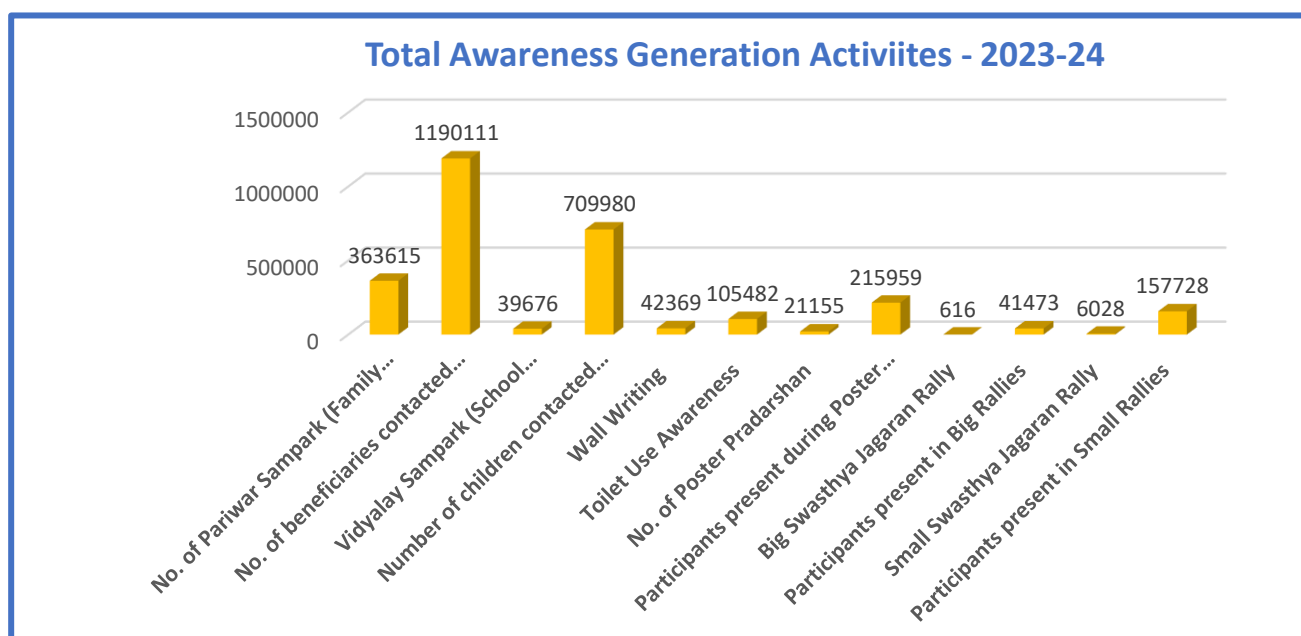
### Graphical representation of total ARC and IVD activities:



### Awareness generation activities at a glance:

Awareness Generation Activities in 2023-24	ARC	IVD	TOTAL
No. of PariwarSampark (Family Connect)	281343	82272	363615
No. of beneficiaries contacted through PariwarSampark (Family Connect)	911610	278501	1190111
Vidyalaya Sampark (School Connect) in days	29288	10388	39676
Number of children contacted through VidyalaySampark (School Connect)	537982	171998	709980
DiwalLikhan (Wall Writing)	30504	11865	42369
ShauchaalayUpayogJaagarookta (Toilet Use Awareness)	77410	28072	105482
No. of Poster Pradarshan (Display)	15948	5207	21155
Participants present during Poster Pradarshan (Display)	157528	58431	215959
Big SwasthyaJagaran (Health Awareness) Rallies	394	222	616
Participants present in Big Rallies	28423	13050	41473
Small SwasthyaJagaran (Health Awareness) Rallies	4696	1332	6028
Participants present in Small Rallies	115828	41900	157728

### Graphical representation of total Awareness Generation activities:



### C. Telemedicine Enhanced Arogya (TEA):

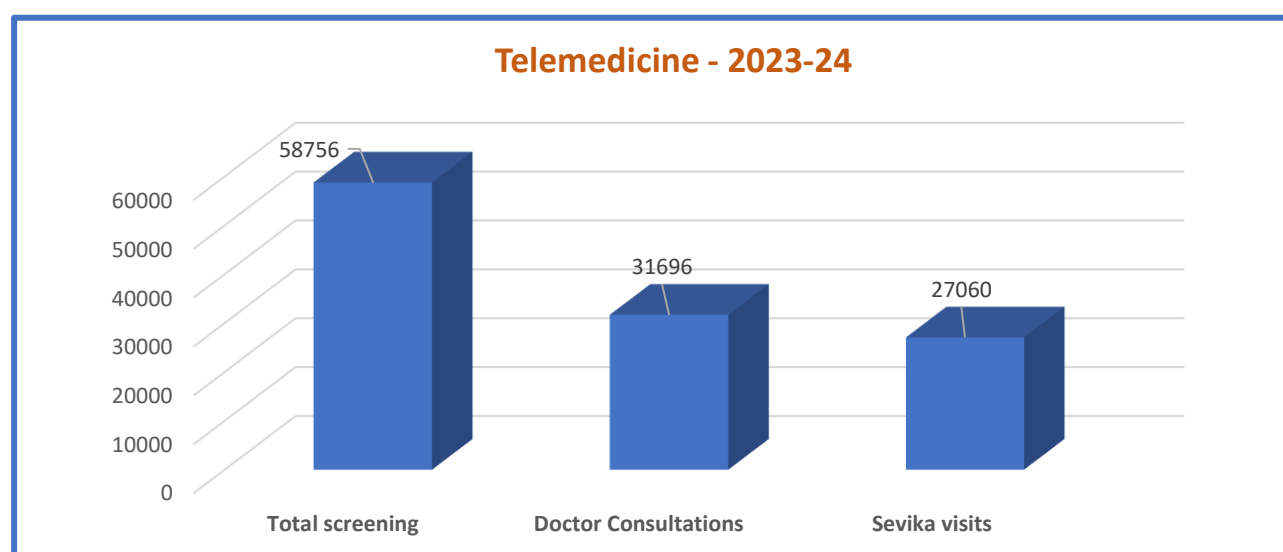
Telemedicine Enhanced Arogya or TEA focuses on curative services if and when people become ill, through digital **Telemedicine platform**. Sevikas check the vitals such as blood pressure, haemoglobin, blood sugar level, oxygen level, pulse, temperature, weight and height of the

villagers with the help of the instruments provided to them by AFI and upload the data on the Telemedicine app. If and when people are ill, Sevikas upload their condition, vitals and photographs on the app and seek Doctor Consultation. Doctors check the data on the app and issue prescriptions which the Sevikas share with the respective patients so that they get the medicines from a store.

#### Telemedicine activities at a glance:

Telemedicine Activities in 2023-24	
Total screening	58756
Doctor Consultations	31696
Sevika visits	27060

#### Graphical representation of Telemedicine activities:



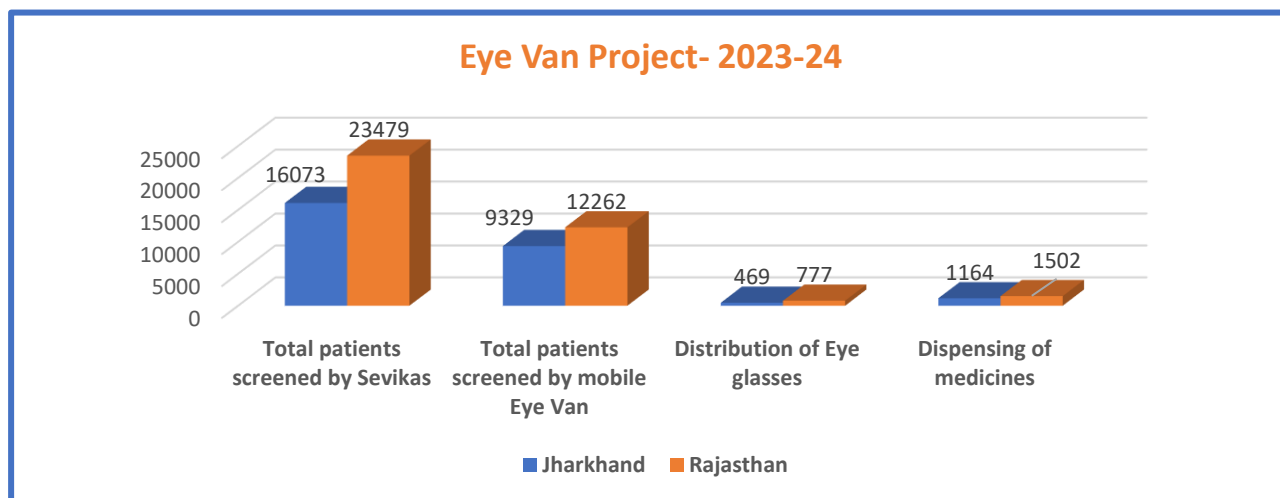
#### D. Eye Van and Chashma:

**Eye Van**, supported by Todi Foundation and **Chashma** project, supported by Sarva Mangal Family Trust focuses on providing access to vision screening, diagnosis of the eye related problems, providing eye glasses, free services for refractive errors to the under privileged villagers in the tribal villages. Also, low vision and other eye related diseases of children are diagnosed and medicines and glasses are provided to them free of cost. Villagers are also educated on eye disorders and prevention of eye diseases by awareness programs.

#### Eye Van activities at a glance:

Eye Van Project in 2023-24		
Activities	Jharkhand	Rajasthan
Total patients screened by Sevikas	16073	23479
Total patients screened by mobile Eye Van	9329	12262
Distribution of eye glasses	469	777
Dispensing of medicines	1164	1502

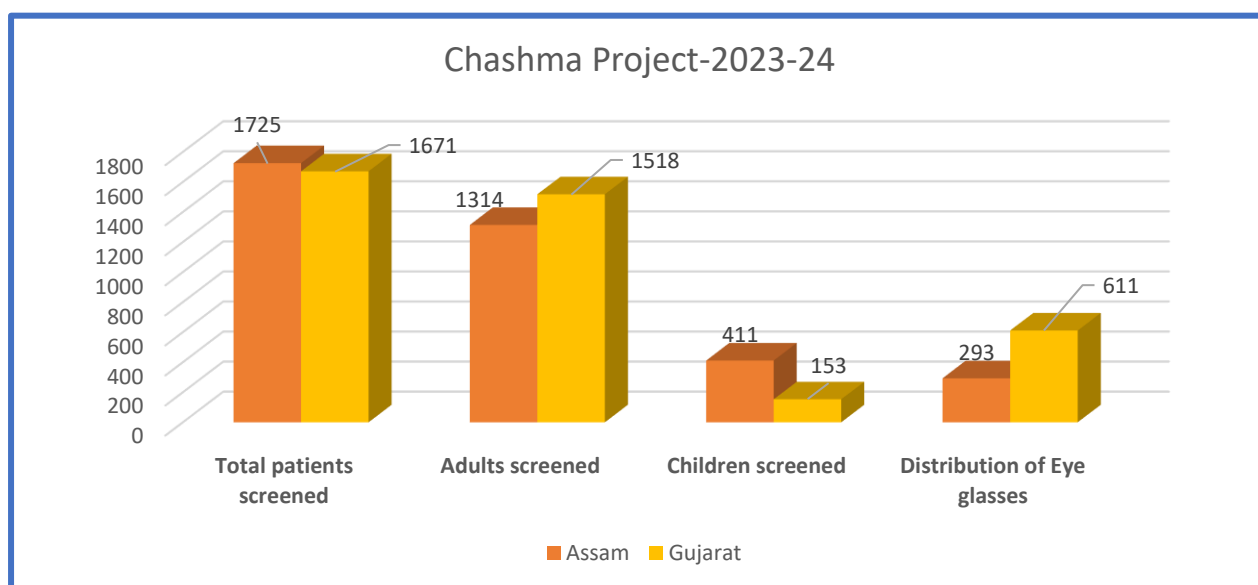
### Graphical representation of total Eye Van project activities:



### Chashma activities at a glance:

Chashma Project in 2023-24		
Activities	Assam	Gujarat
Total patients screened	1725	1671
Adults screened	1314	1518
Children screened	411	153
Distribution of Eye glasses	293	611

### Graphical representation of total Chashma project activities:



### E. Medical Camps:

Medical Camps, supported by IRCON focuses on general health check-up. Free medicine dispensing, creating general health awareness and introduce a sense of wellbeing and educating volunteers

about First aid and handling health emergencies. In the reporting financial year, the camps were conducted in 53 districts of Jammu and Kashmir.

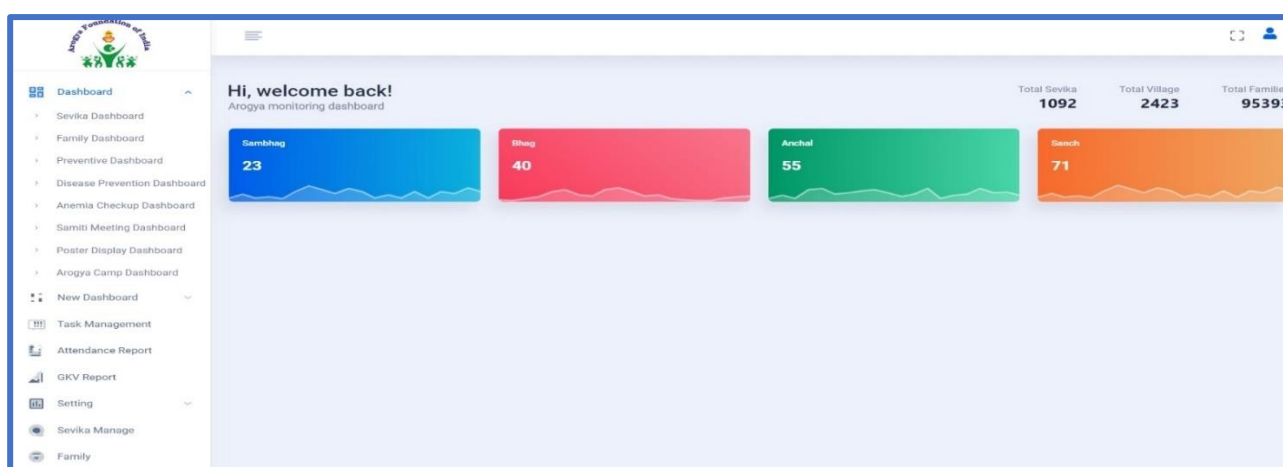
## 7. Digital Application:

Arogya Foundation of India uses open-source digital platform in the form of mobile apps to record the implementation in the field, in detail. There are two apps working for the purpose. Sevikas use these apps to upload the activity related data and photographs.

### A. Ekal Arogya ARC App:

Ekal Arogya ARC App was launched in the reporting period and it started functioning successfully. Sevikas login to the ARC App and upload the ARC activity related data and photographs.

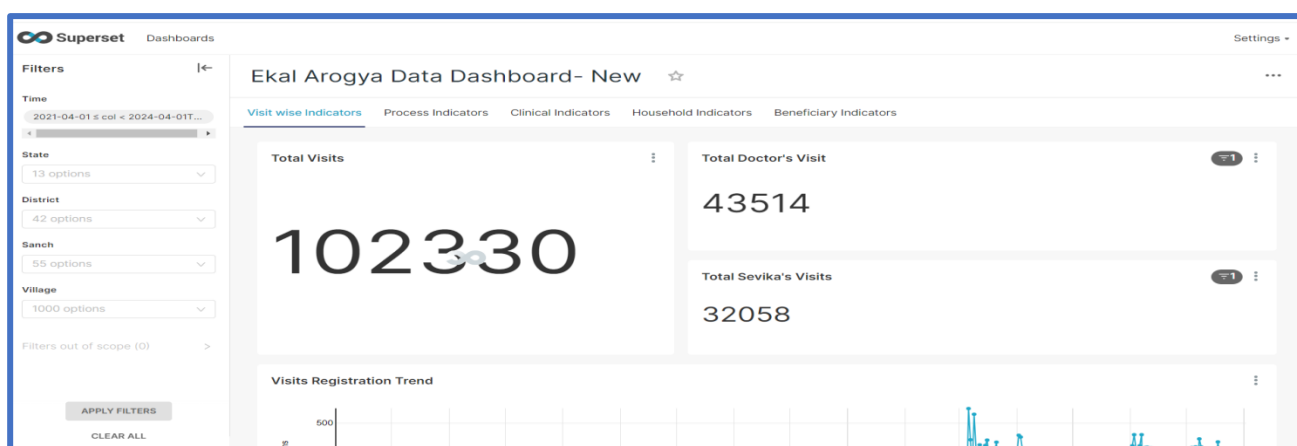
**Screenshot of ARC App Dashboard:**



### B. Ekal Arogya Telemedicine App:

Sevikas use the Telemedicine App to deliver their telemedicine services to the villagers. The platform consists of a mobile app for health workers and a cloud based electronic health record system as a backend (Open MRS) support.

**Screenshot of Telemedicine App Dashboard:**



### C. Volunteer doctors:

Volunteer doctors provide services through the telemedicine portal. Doctors from the urban areas who are willing to connect via the telemedicine platform provide direct consultation to the patients in the



villages. Arogya Foundation of India has a network of such doctors that they have identified. It is ensured that these doctors are trained in Telemedicine and are connected to the Arogya Sevikas.

## 8. Beneficiaries:

The rural as well as tribal population, devoid of the privileges, all over India is the target group of Arogya Foundation of India. According to the report on Tribal Health in India, commissioned by the government of India outlines that there is a vast disparity between the health outcomes of India's tribal population and its non-tribal population. It also shows how tribal populations are disproportionately bearing the burden of disease. Also, the remote tribal villages in India grossly lack access to the basic health services and information regarding healthy life conditions. Delays in seeking health care further leads the villagers to poor health outcomes and hasty hospitalizations, incurring great expense. The lack of awareness regarding health among the tribal community coupled with low levels of literacy and economic status makes the population at risk of fatal diseases. Maternal ill-health, child health problems and malnutrition are found to be in large numbers. Arogya Foundation of India works to serve the people in need.

**Total number of beneficiaries reached out in FY 2023-24 through all the activities was as follows:**

Beneficiaries in 2023-24	
Total number of Beneficiaries	987000

## 9. Capacity Building and Training:

### i) 5 Days ARC Training:

5 days residential ARC training sessions have been conducted at 81 Sanches (including the new ones), by the assigned doctors to train the Sevikas. The topics covered during each training are as follows- Concept of Arogya Resource Centre project; Roles, responsibility and limitation of the Sevikas; Human anatomy and physiology; Anaemia; Personal hygiene and cleanliness ; Social cleanliness; Filter for drinking water and water testing; Nutrition and malnutrition; Nutrition gardens; Home remedies/Herbal remedies; Diseases and its classification; First aids, Compost pits, Soak pits, Wall writing, Showing posters in order to generate awareness on herbal remedies and personal hygiene; Conducting awareness generation rallies; Identification of medicinal plants; Methodology of its usages; developing Medicinal gardens; Preparation of herbal medicines; Common diseases encountered in community level and the precautionary measures; Preparation of common herbal medicines, report writing and record maintenance; Yoga and Physical Exercises; Conducting family connect, Conducting school connect, etc.

### ii) 10 Days Telemedicine Training:

10 days residential Telemedicine training sessions have been conducted at 43 Sanches till March 2023, by the assigned doctors. Sevikas were trained on the introduction of Telemedicine, human anatomy, all the systems and physiology along with introduction, tests and management of Anaemia, Hypertension and Diabetes. They are also trained on taking vitals of the patients such as, BMI, Respiratory rate, SpO2, Temperature and Pulse, etc. They are trained on recording past medical history and family history of the patients. They are trained on mobile phone operations and app operations such as, app downloading, app setting up and patient registration.

Mobile phones, power banks and the medical equipment meant for the check up and recording vitals of the patients have been handed over to the Sevikas after training them on their use. The medical





equipment handed over were- i) weighing machine, ii) instrument for checking blood pressure iii) instrument for checking blood sugar level and related strips iv) instrument for checking haemoglobin and related strips, v) lancets, vi) pulse-oximeter and vii) thermometer

### iii) Kshamta Vikas Varg:

A nationwide capacity building workshop of the State Coordinators took place in 2 phases. 1<sup>st</sup> phase at Baroda (Meditation Ashram, Chapad) from the 1<sup>st</sup> August to 15<sup>th</sup> September, 2023 followed by the 2<sup>nd</sup> phase at Arogya Foundation of India, Ranchi office, from 1<sup>st</sup> of February to the 15<sup>th</sup> of March 2024. Seventeen STOs participated in the training to develop their capacity and skills.

## 10. Van Yatra:

Officials and senior executive members from Arogya Foundation of India had the Van yatra in South Jharkhand in February, 2024. Sanch Silli was visited, Karyakartas and Sevikas were met and interacted with, and the operation at the field was observed by the visitors.

## 11. Vanaushadhiya Vatika:

A nursery has been prepared with saplings of several medicinal herbs at the Arogya Foundation of India, Ranchi office compound. Sevikas are to be using these herbs to prepare herbal remedies in near future.

## 12. Volunteer Doctors Felicitation Programme:

The doctors who have been supporting the Telemedicine service voluntarily were felicitated and honoured for their selfless services by Arogya Foundation of India at Rajasthan Seva Sadan, Haryana, in November 2023. Mementoes were presented to the respected doctors as tokens of appreciation.

## 13. Milestones achieved:

- **New CSR Donors** were associated with Arogya Foundation of India in FY 2023-24
  - ✓ With the CSR support from Oil and Natural Gas Corporation Limited (ONGC Ltd.) 5 new telemedicine projects in the States of West Bengal and Chhattisgarh got initiated, introducing medicine dispensing as an important component.
  - ✓ Implementation was started at 2 new Sanches in the State of Odisha, under Pradeep Metals Limited
- A growth of 21% in FY 2023-24 was witnessed where in the number of Sanches got upscaled to 71 from 56.
- Ekal Arogya ARC App was launched successfully and has been functional

## 14. Way Forward:

- Expansion of implementation to 103 Sanches
- Indemnity of Directors & Officers and Doctors who are engaged
- Organizational restructuring

## 15. The Donors:

AFI receives support and funds from the donors of repute, CSR and individuals, from India and abroad. A list of the Donors in 2023-24 is as follows:

Sl.No.	Indian Donors
	<b>Corporate Social Responsibilities</b>
1.	Dr. Lal Pathlab Foundation
2.	Oil & Natural Gas Corporation Limited
3.	IRCON International Limited
4.	Gulshan Chemicals Private Limited
5.	Pradeep Metals Limited
6.	Govardhan Foundation
7.	Govardhan Overseas Private Limited
8.	Mark Steels Limited
9.	Sheo Bai Bansal Charitable Trust
10.	Kariwala Industries
11.	Tikaula Sugar Mills Limited
12.	SPD Construction Limited
13.	Orbit Group
14.	Seth Nathmull Dwarkadass Charitable Trust
15.	Castron Technologies
16.	Black Diamond Explosives Private Limited
17.	Aroham Happiness Homes
18.	Ananth Tech Foundation
19.	Miki Wire Works Private Limited
20.	Karuna Management Services Limited
21.	Dharamshikha Charitable Trust
	And 13 individual donors
<b>Foreign Donors</b>	
1.	Ekal Vidyalaya Foundation of USA
2.	Ekal Canada
	And several Non-resident Indian groups and individuals

## 16. The Board of Trustees of Arogya Foundation of India:

Sl.No	Name	Designation
1.	Shri Sajan Kumar Bansal	Chairman, Trustee
2.	Shri Ramesh Kumar Saraogi	Trustee
3.	Shri Puran Chand Dawar	Trustee

4.	Shri Suresh Kumar Agrawal	Trustee
5.	Shri Subba Rao Pavuluri	Trustee
6.	Shri Anurag Agarwal	Trustee
7.	Shri Umesh Paliwal	Trustee In – charge
8.	Shri Dwarika Prasad Tantia	Trustee

## 17. National Working Committee of Arogya Foundation of India:

Sl.No.	Name	Designation
1.	Shri Ramesh Kumar Maheshwari	President
2.	Shri Sumant Agarwal	Vice President
3.	Shri Manoj Kumar Modi	General Secretary
4.	Shri Ghanshyam Saraf	Treasurer
5.	Shri Sudarshan Sureka	Member
6.	Dr. Umesh Paliwal	Trustee & Member
7.	Dr. R N Mehta	Member
8.	Dr. Mukul Bhatia	Member
9.	Shri Satish Gupta	Member
10.	Smt. Binu Nanda	Member
11.	Dr. Harish Anand	Member
12.	Dr. Vani Ahluwalia	Member
13.	Shri Sumit Khaitan	Member
14.	Shri Debjyoti Ghosh	Member
15.	Smt. Sarita Bhansali	Member
16.	Shri Shiv Shankar Saboo	Member
17.	Shri Kundan Mal Agarwal	Member

## 18. Photo Gallery:

### Samiti Baithak/Committee Meeting





### Pariwar Sampark/ Family connect



### Sokhta Gaddha/Soak Pit







### Jaivik Gaddha/Compost pit







Poshan Vatika/Nutritional Garden





**Aushadhiya Vatika/ Medicinal Garden**





### Gharelu Upchar/Home Remedies





### Anaemia Testing





### Checking for Malnutrition





## Water Filter





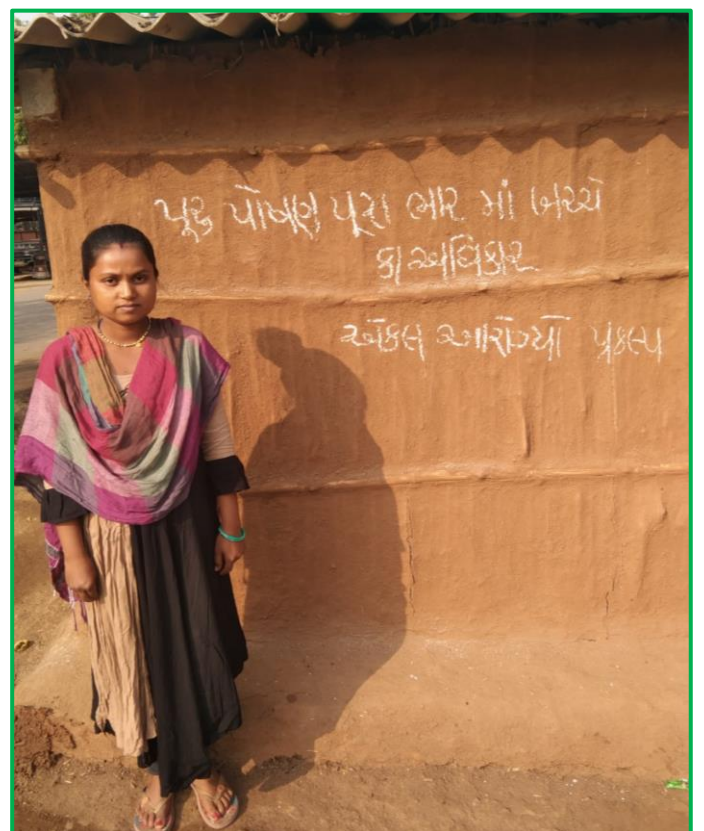
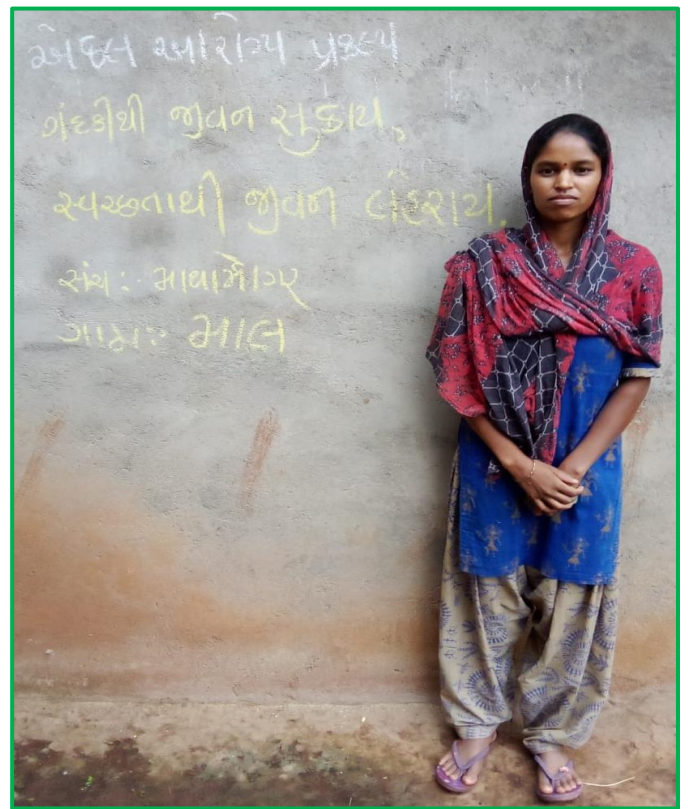
**Poster Pradarshan/display**





### Diwal Likhan/ Wall writing





Vidyalaya Sampark/School Connect





**Jagrukta /Health Awareness Rally**





### Telemedicine Activities









## Eye Care Projects (Eye Van & Chasma)









## Medical Camps at Jammu & Kashmir





## ARC Training





## Telemedicine Training





### Medicinal nursery /Vanaushadhiya Vatika



### Doctors Felicitation





## Van Yatra/ Field Visit





## Kshamata Vikas Varg





## Media Coverage

### एकल अभियान के तहत पांच दिवसीय प्रशिक्षण शिविर शुरू



कटूमर. एकल प्रशिक्षण शिविर में मौजूद संभागी।

कटूमर। धौलागढ़ देवी मंदिर केंद्रीय कार्यकर्ता उपस्थित रहे। प्रशिक्षण शिविर में बूज मंडल, 5 दिवसीय केंद्रीय आवासीय प्रशिक्षण शिविर का आयोजन किया गया। प्रशिक्षण एकल अभियान आरोग्य फाउंडेशन ऑफ इंडिया के तत्वावधान में प्रारम्भ हुआ। जिसमें विभिन्न राज्यों से संच व केंद्रीय कॉर्डिनेटर, स्टेट कोऑर्डिनेटर व उपस्थित रहे।

सूचना बाव

### प्रभात खबर

चिक् बाइट्स



### शिविर में लोगों की हुई नेत्र जांच

मगनपुर. गोला प्रखंड क्षेत्र की सोसोकला पंचायत के हेमतपुर गांव में एकल अभियान के तहत शुक्रवार को निःशुल्क नेत्र जांच शिविर का आयोजन किया गया। नेत्र जांच शिविर का संचालन हेमतपुर गांव की आरोग्य सेविका सुशीला देवी ने किया। शिविर में जांच के बाद लोगों को दवा भी दी गयी। जिनमें चश्मा की आवश्यकता पड़ी है, उन लोगों को एक सप्ताह में चश्मा दिया जायेगा। आंखों की जांच दीपक दास ने की। निःशुल्क नेत्र जांच शिविर पूरे गोला प्रखंड क्षेत्र के विभिन्न गांवों में चार से पांच महीनों तक लगेगा। मौके पर पूर्व वार्ड सदस्य जगेश्वर रजवार, तिलचंद महथा, अतेश्वर महतो, दशमी देवी, शक्ति देवी, एतवरिया देवी, संजय महतो, देवगन महथा, आर्यन पटेल मौजूद थे।

Saturday, June 8, 2024  
Rangarh  
https://epaper.prabhatkhabar.com/clip/66635562808674b85aea8ee4



### एकल आरोग्य प्रकल्प के टेलीमेडिसिन वर्ग का समापन



हिन्दू संवाददाता

मुजफ्फरनगर। 10 दिवसीय वर्ग समापन पर मुख्य रूप से पंडित धर्मेन्द्र मिश्रा जी एवं आनंदपाल प्रधान जी उपस्थित रहे। इस अवसर पर अभियान अंचल अध्यक्ष अमित गुप्ता, आरोग्य प्रकल्प अध्यक्ष रविकांत अग्रवाल, अंचल उपाध्यक्ष मनोज कंसल, डॉ मनीष अखिल भारतीय टेलीमेडिसिन

प्रशिक्षण प्रमुख, योगेश संभाग आरोग्य प्रकल्प प्रमुख संभाग गुजरात, शांति दीदी संभाग आरोग्य प्रकल्प प्रमुख संभाग कर्नाटका, मोनिका बरवाल पश्चिम उत्तर प्रदेश ऑर्डिनेटर, सुंदर पाल, एवम 15 गांव से आई हुई आरोग्य सेविका को स्मार्टफोन, बीपी मशीन, शुगर टेस्ट मशीन, हीमोग्लोबिन मशीन, ऑक्सीमीटर, थर्मामीटर, वेट मशीन, फर्स्ट एड किट दी गई।



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### जुनोठी येथे मोफत आरोग्य तपासणी

पेठ 1 दि. 2 प्रतिनिधी



आजच्या धकाधकीच्या व जीवधेण्या स्पर्धेचा युगात अनेक महिलांचे आपल्या आरोग्याकडे मोठ्या प्रमाणात दुर्लक्ष होत आहे. त्यामुळे महिलांच्या विविध रोगात लक्षणीय वाढ होताना दिसून येत आहे. महिलांच्या विविध समस्या व महिलांना होणारे विविध आजार लक्षात घेउन स्त्रियांच्या आजार व रोगावर उपाय योजना करण्याच्या दृष्टीकोणातून एकल आरोग्य अभियान, अरियास हॉस्पिटल नाशिक, भारतीय स्त्री शक्ती व ग्रामपंचायत यांच्या संयुक्त विद्यमाने जुनोठी येथील अंगणवाडी केंद्रात महिलांसाठी मोफत आरोग्य शिबिराचे आयोजन करण्यात आले होते. महिलांसाठी आरोग्य शिबिराचे आयोजन करण्यात आले होते.

सदर कार्यक्रमाचे उद्घाटन जुनोठी येथील सरपंच संदीप भोये यांनी केले. यावेळी डॉ. मनीषा आहेर स्त्री रोग तज्ञ यांनी महिलांची मासिक पाळी या विषयावर मार्गदर्शन केले. गर्भाशयाचा कर्करोग, स्तन कर्करोग आदी महिलांच्या विविध रोगांवर यावेळी उपस्थित महिलांना मार्गदर्शन केले. थोईरॉइड, कोलेस्ट्रॉल, शुगर, सीबीसी, हिमोग्लोबिन, ब्लडची मोफत तपासणी करण्यात आली. याप्रसंगी मंत्रुषाताई डहाळे, डॉ. मनीषा आहेर, जयश्री भोये, आशाताई कुलकर्णी,

मंगला भालेराव, सरिता जाधव, रत्नमाला घोंगे, साधना जगताप, अनिता मोटे, आश्लेषा निकम, लक्ष्मण पवार, मनीषा सातपुते, कन्याकुमारी गवळी, सरपंच संदीप भोये, उपसरपंच छबिलदास सातपुते आदी मान्यवर उपस्थित होते. कार्यक्रमाचे सूत्रसंचालन लक्ष्मण पवार यांनी केले तर आभार गुलाब पवार यांनी मानले. या शिबिरात जवळपास तीस ते चाळीस स्त्रियांनी या आरोग्य शिबिराचा लाभ घेतला आहे.