



Annual Report

2019-2020

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Blessings of Mentor

Health of our rural and tribal brethren has always been a burning issue on which Ekal Abhiyan has been worried since its inception. This has resulted into many experiments in this field. Lately we have chosen to on preventive and social health as we don't want to make our brothers addict to modern allopathic treatment regimes which are not only costly but also result into so many side effects that sometimes it makes one more fearful to the treatment than the disease itself. In this respect it is good that Arogya has chosen herbal remedies as its main theme for curative treatment. This is also making the people more self dependent in the field of curative health.

Addition of Yogasan to strengthen the physic and mind both is also a welcome initiative. During these days of Covid crisis whole Abhiyan has followed the advice of Arogya to strengthen the defense system of body against this untreatable disease. I advise Arogya to add Hanuman Pariwar yojna also to it so that the people may come out of distress easily and develop a fearless faith in Ekal's aims.

Telemedicine and eye vans are new feathers in the cap of Arogya. This health laboratory of Ekal, I hope will keep on experimenting in the field of health to serve our Devata – the Graminjan in a better way. I wish Arogya's constant growth and shower my blessings for the same.

Shyam Gupt
Sangthan Prabhari



Shyam Gupt

Message from President Ekal Abhiyan

Arogya Yojna in Ekal Abhiyan spectrum of activities has very significant role in normal times but its importance has undoubtedly acquired criticality in present time of Covid 19 coronavirus pandemic. Rural and tribal communities being the focus of Ekal, its Arogya Yojna is perhaps the most suited and appropriate remedy for these communities. To overcome the catastrophic impact of this pandemic without loss of time and in a sustainable manner, Ekal Arogya is fully equipped and geared to render yeoman's service. This confidence is rooted in the disciplined, trained, skilled and focused services rendered by the volunteer force of Ekal Arogya over last one decade plus period. The remedies adopted by Ekal Arogya in focusing on preventive mechanism has found to be the most adaptable, fruitful and beneficial in long run in addressing the health issues of these communities.



Bajrang-lal-Bagra

The Ayush ministry approved formulae to fight the Coronavirus, in Kadha made of locally available herbs and spices has worked wonders in boosting immunity of the masses, that too at virtually no cost or marginal cost. The herbs like Tulsi and Geloy are available in plenty in countryside and the spices like clove, pepper and ginger are things of daily use in kitchen in every household. Thus, the long tested and used wisdom has been brought back to save the humanity.

The low-cost remedies with high impact like the one mentioned above have been the hallmark of Ekal Arogya, as witnessed in its key project of Anemia control. The multi-pronged approach in propagating waste pits, soak pits, nutrition gardens have been found to be very effective. The training and retraining of its Arogya Sahayikas has raised a force of quasi-qualified but with competent skills, commitment and dedication. The easy access of this force to womenfolk and perfect communication in local dialect ensure the efforts to bring desired results. Equipping the force with tools like charts etc has added to ease of delivering.

The tele-medicine project has proven to be effective for providing remedial support to remote areas, bringing expert advice at their doorstep, using the technology. The pilot has been successful and the plans to spread its network is on drawing board, I believe.

I wish Ekal Arogya team a thumping success in bringing to rural communities the Pahla Sukh Nirogi Kaya.

(Bajrang Bagra)

President

Message from President Arogya Foundation

Just before, we were about to close the 2019-20 in March, Covid-19 pandemic changed a lot for one and all. Activities of Ekal Arogya thus, were not left alone but to be stalled in the field. Arogya Team under the zestful leadership of Dr. Mukul Bhatia, our National Coordinator along with his dedicated team of Medicos, Paramedics, Arogya Coordinators, Arogya Sanyojikas and Sevikas, simply did a course correction and made the best use of lockdown period. As has been observed, incessant training and upskilling was undertaken on day to day basis and, are still continuing, as I am writing this in the month of May 2020. Other activities undertaken by the whole Arogya Team, which included awareness and educating the villagers in fearless fighting of the Novel Corona virus, are a few amongst many. Team Arogya was also vehemently involved in securing their respective villages to ensure isolation of people coming from outside, distributing ration, masks, etc. to the needy and, did whatever they could with their limited resources locally available. For this my special thanks to the whole of the Team.



Avineesh Matta

The year gone by saw many laudable initiatives having been taken up by the Team Ekal Arogya, the details of which you will find in this report. However, the most notable was the commissioning of Eye Screening Vans at Jharkhand and Rajasthan under the laudable guidance of Dr. Raj Mohan Ji of Ranchi. Telemedicine is yet another initiative, which the Team Arogya is looking forward to scale up.

Team Ekal Arogya also had drawn ambitious plans to reach out to more than 2250 village from exiting 1100 in the year 2020-21, but given the current scenario of economic slowdown and movement restrictions, the plans may take a bit back seat. However, the plans as drawn up, shall not loose sight of and be executed at earliest possible opportunity, available. Whole Team Arogya eagerly look forward to realise its dream.

The work done by team Ekal Arogya is the outcome of the hard work of numerous karyakartas, STOs, Coordinators, at the field level and the volunteers associated at Sanch Samiti and, Chapters all across. Overseas support from HFRI, Health Foundation of Rural India, USA under the direction of Dr. Veena Gandhi and her team had been noteworthy. Going forward, with the amalgamation of team HFRI in Ekal USA's Health Committee, continuous support under the leadership of Dr. Rakesh Gupta and Shri Arun Gupta along with whole of the US sympathisers, I am sure shall be at the higher ebb.

On parting, I have experienced that the best part of the Ekal is, more you get involved, more it captivates you.

With sincere gratitude,

Avineesh Matta
President

Message from Vice President Arogya Foundation

Quotes like 'Health is wealth' & 'Jaanhai to Jahaanhai' have never been more pertinent than in the current scenario. Ekal Abhiyan has nevertheless grown exponentially & more than ever committed to implement its 5 ayams of shiksha amid the current pandemic. Out of these 5, Aarogya is being implemented by Aarogya Foundation of India (AFI). To deliver health related services in the remotest of areas & that too at low budget is a herculean task but AFI is an organisation of grit & determination. It has stood up to the challenge head on & has been continuously increasing its chapters as well as adding new villages. Currently, AFI has also shouldered the responsibility of providing health education & treatment to all Ekal villages over the due course of time.

I sincerely pray to Almighty to bestow His blessings on our Ekal movement as a whole & make AFI successful in fulfilling the aspirations of our community at large.

Thanks.

Dr Umesh Paliwal

Vice President,

Aarogya Foundation of India



Dr Umesh Paliwal

Message form National Secretary Arogya Foundation

I consider myself fortunate for having been associated with Ekal's AFI and also being given the responsibility as the National Secretary. AFI is providing healthcare services to Rural India residing in the villages.

This objective is financed by our Benefactors/Donors/NRIs overseas. In appreciation, we recently hosted 9 NRI students from USA at Baroda under the 10 day PME program. We were overwhelmed with the appreciation given by a few parents of these students who were present on the final day.

The services of all the Sevikas&Karyakartas and Medical fraternity is laudable and appreciated for their dedicated and selfless contribution.

I wish the Ekal Arogya Yojana, continued success in creating awareness of the Mission 'HEALTH FOR ALL'.

Sudarshan Sureka
Secretary
Arogya Foundation of India



Sudarshan Sureka

Message From National President Ekal Arogya Yojana

I am utilizing this opportunity to share my feelings of gratitude towards the philanthropic volunteers, who are offering their invaluable services to the rural masses of India through Arogya foundation of India (AFI) and Ekal Arogya Yojana.

Dear friends, we Indians hold the belief that "Health" is divine right of not only human, rather of every living being, inhabitant of this world. This feeling of ours is reflected in our prayer of Arogya- "May every living being avail the best of health"

India is sharing about 18% of world population on just an area of 2.4% of globe and the irony is that it has the disease burden of about 21% of world. Undoubtedly, with all out efforts of Government of India, our health care is improving day by day. A helping hand extended by voluntary service organization like AFI may prove an additional force in this direction, and it goes without saying that volunteers and devoted workers, whether national or international, are sheet anchors of fulfilling 'Dreams' of this organization.

With best wishes
Madhukar S. Bhatt
President Ekal Arogya Yojana



Dr M S Bhatt

VISION AND MISSION

A healthy nation is a wealthy nation. But where majority of the people live in villages and all medical facilities are confined to urban areas healthy nation is a distant dream. Already complex medically deprived rural India is heading towards another health disaster in the post covid era due to huge migration of population from cities to their native villages.

As a contrast to this ancient India which was more rural than today never suffered from deprivation of health services. All the health providers-Vaidya, Rishis, Munis were rural based. Even kings had to send their messengers to villages to call a Vaidya in the times of their illness. Medical profession in India was never a business. Advent of Modern allopathic science and its inherent marketing culture from the place of its inception, the western world, infused this poison into this ancient cultural country's veins and consequent crumbling of the age-old health system of our villages. Now health is a market commodity crying under the crushing weight of corporate hospitals of metropolitan Giant companies-the modern demons.

Rising amidst this dark shadow of modern health system of India, comprising of exploitive private health sector and grossly deficient government health systems, Arogya Foundation of India is striving hard to lit a small lamp of hope for our tribal and rural brethren with the philosophy of our mentor Swami Vivekanand, who said that ancient cultural values and knowledge combined with modern science is the only way of true progress without destruction.

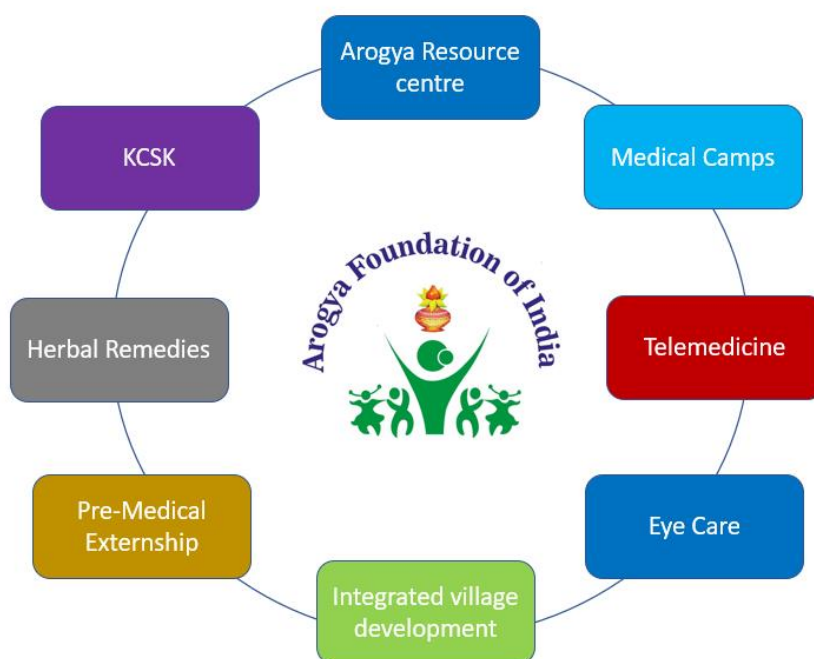
Thus we:

1. Demonstrate and establish the values of ancient old herbal remedies of Ayurveda, Yogasan and Dincharya.
2. Teach hygiene and sanitation as barriers of transmission of communicable diseases along with preventive methods of diseases.
3. Eat with the villagers in their homes the right type of food in right proportions, grown in nutritional gardens.
4. Make them learn modern first aid.
5. Take curative services of modern allopathy as well as Ayurveda to their door steps through camps, eye vans and telemedicine.

Main philosophy is to take knowledge and means wherever they are available and deliver them to the deprived rural and tribal brethrens through the trained ladies belonging to the same villages.

INTRODUCTION

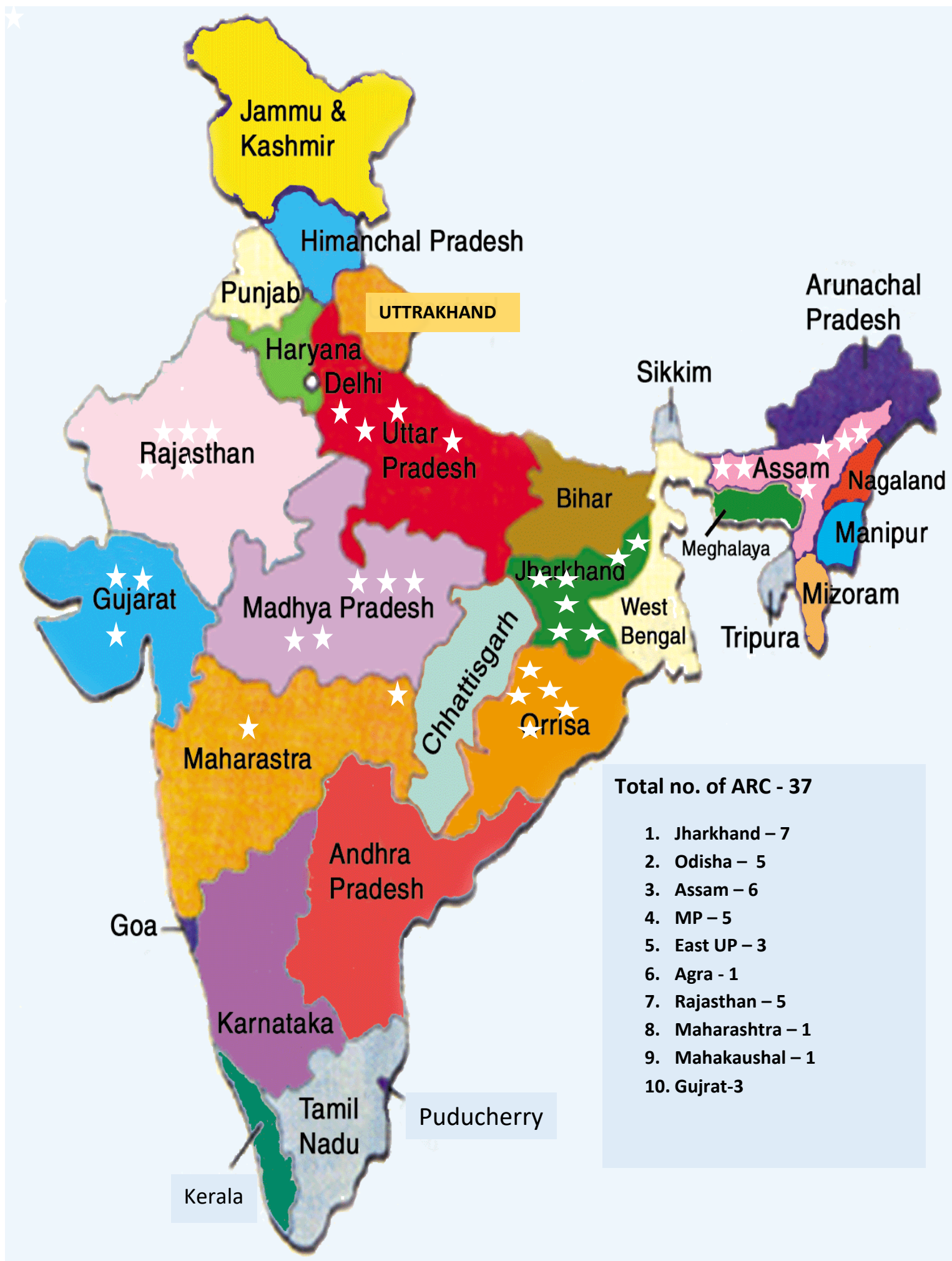
Ekal Arogya Yojana has initiated two major projects of Eye diagnostic vans in Rajasthan and Jharkhand along with commencement of Telemedicine services in 90 more villages of Jharkhand. A new concept of overall development of villages in the form of Integrated Village Development (IVD) was also initiated by AFI with Gramothan, Ekal Vidyalaya and Sanskar Shiksha in coordination with all of them. While Ekal Abhiyan achieved its long awaited dream of one hundred thousand Ekal vidyalayas, Arogya Foundation was all set to implement through Ekal network all its well tested health projects but exactly at this juncture Covid-19 hit the country bringing to halt all organizational activities at least for a while. Only incumbent year will unfold the mysteries of destiny of the people of this country as well as of Ekal Arogya Yojna's health plans.



Model of Ekal Arogya Yojana

ARC's Throughout India

S.NO.	SAMBHAG	Anchal	Sanch
1	ASSAM	Dibrugarh	Naharkatia
		Majhuli	Balichapori
		Golaghat	Sarupathar
		Silchar	Dholai
		Tezpur	Thelamara
		Tinsukia	Bordubi
2	Jharkhand	Palamu	Barwadih
		Ranchi	Silli
		Ramgarh	Gola
		Dhanbad	Govindpur
		Lohardaga	Bhandra
		Giridih	Shikharji
		Deoghar	Duma
3	Odisha	Keonjhar	Telkoi
		Raurkela	Jarangloi
		Anugul	Khamar
		Rairangpur	Karanjia
		Bhawanipatna	Golamunda
4	East UP	Yamunapar	Chaka
		Chunargadh	Durgamandir
		Renukoot	Myorpur
5	Brijmandal	Agra	Fatehpur Sikri
6	Rajasthan	Alwar	Viratnagar
			Thanagazi
		Udaipur	Jhadol
		Hindon city	Masalpur
		Bara	Kishanganj
7	Madhyabharat	Khandwa	Khalwa
		Khargone	Jhirnya
		Ratlam	Bajna
		Gwalior	Dabra
		Shivpuri	Pichhore
8	Maharastra	Nasik	Jogmudi
9	Mahakaushal	Narsinghpur	Midli
10	Gujrat	Dahod	Kharsana
		Narmada	Mathamogar
		Dang	Pampasarovar



April 2019- March 2020

The benefits provided to the society through ARCs are depicted below:-

April 19 to March 2020											
Sambhag	Jharkhand	East up	Odisha	Assam	MP	Rajastha n	Agra	Mahakaushal	Maharashtra	Gujarat	Total
Sanch	7	3	5	6	3	5	3	1	1	3	37
Village	202	90	137	154	90	143	90	30	30	90	1056
Soak pit	1373	2879	4511	697	871	468	211	274	366	572	12222
Waste pit	1564	4718	2264	1642	1078	486	195	88	328	726	13089
Wall writing	1793	8202	3011	665	5591	3353	5308	1128	936	1060	31047
Toilet Nirman	14384	6854	8763	788	2355	1233	3577	154	585	3373	42066
Jagaran no.	1644	3875	998	447	1612	1208	621	369	86	154	11014
Presence Jagaran	54418	46089	29543	11955	12510	38666	13405	4856	2380	4510	218332
Pariwar Sampark	48910	7313	39831	13194	6180	12770	6280	1833	2988	4759	144058
Home remedies	5837	9030	13355	8604	9869	4722	15969	1198	1110	3097	72791
Poshan vatika	1418	3186	3902	2810	906	1102	399	2798	821	1702	19044

Soak pits - premier preventive effort of sevikas.

Proper drainage of waste water of household is the key to prevent five major mosquito borne health problem of India viz- malaria, filaria, chikengunea, dengue and Japanese encephalitis.

Second major advantage of it is that they replenish the depleting underground water. It bears such great importance, because all our fields are irrigated by tube wells and now India has become the global leader in extraction of underground water, which is going down at a speed of. 33 metre per year. In one year, the country depletes mother Earth of its 300,000 billion litres of water. In this scenario, household soak pit is like Ramban.

This year we again added 12,222 soak pits to our previous tally of 60,318 pits and so sending a large amount of water under the earth.

This year's calculation is:-

60,318(soak pit of previous year) + 12,222

=72,540*500 litre (minimum amount of water used by a family per day)*365(days of the year)

=1.323855 billion litre of water.

If only 37 * 30 *100=111,000 families of 37 ARC's can replenish this much amount of water to the earth, what will be the magnitude if only one lakh Ekal villages start a movement of constructing soak pit for every family, a hand pump and Well with an added advantage of wiping all the mosquito - borne diseases, out of our villages.



Other Activities



Wall Writing



PoshanVatika



Compost Pit



Rally



Poster Demonstration



Home Remedies



School visit



Abhyashwarg

Herbal Remedies :-



Developing Medicinal Garden by Arogya Sevika_Followed by all villagers.

I am KanmaniKuli, an Arogya sevika of village Barghuli of Balisapuri ARC in Majhuli district of Assam. I joined Arogya Foundation in 2016. When trained to treat patients with herbal medicines I began to try this. But it was a herculean task to collect herbs from the forest thus I decided to develop my own herbal garden.

Within a year with hard labor I started developing it and today I have 45 types of medicinal plants like Punarnava, BhuiAnwala, Mandukparni, Ghritkumara, Amrita and many more. I daily treat 2 to 3 patients like – leucorrhoea, piles, Jaundice, Urinary infection, itching and menstrual irregularities. I have treated 575 patients till now, out of which 315 are cured. More the 50% patients of my village use herbal remedies and more and more families are growing their own herbal gardens and using them for their various health problems.



Amrita is really like Nectar (Amrit)

(Experience of a patient)

I am Smt Bhamani Das of ARC Balisapuri, village Bevejia, district Majuli of Assam. I am at present of 22 years of age. Since the age of 14 years when I entered puberty I felt great pain at the time of menstrual bleeding. I consulted 5 doctors for this problem but I got no relief. One day I met SmtJunmani_Doley, Arogya Sevika didi and told her about my problem. She prepared a medicine from Amrita and other herbs and I took it with full faith in her . Within a month I was relieved of my problem and for last 2 years it has not recurred. I am highly obliged to Arogya sevika didi and the organization.

Medical camps in 2019-2020

Medical camp with NMO

A major association

National medico's organization consisting of like-minded Doctors & Medical students have branches in almost all medical College of our country. They have contributed major part in many health initiatives taken up by Ekal Arogya throughout the country whether it is ARC monitoring, telemedicine project or medical camps.

This year too two, major series of medical camps were organized with the association of NMO-one was Mahamana Madan Mohan Malviya Swasthya Seva Yatra in East UP and the other Guru Gobind Singh Swasthya Seva Yatra in Punjab .

The number of camps organized and doctor involved along with the patients benefited is given below:-

Sl.No.	Name of Sambhag	General	Dental	Eye	Total	No of Patients				Doctors
						Male	Female	Child	Total	
1	East UP	164	0	0	164	5643	5019	2953	13615	183
2	Punjab	10	0	0	10	109	339	118	566	12



Guru Gobind Singh Swasthya Seva Camp



Mahamana Madan Mohan malviya Swasthya Seva Camp

Medical camps in Jammu and Kashmir & Laddakh

Sponsored by IRCON Ltd

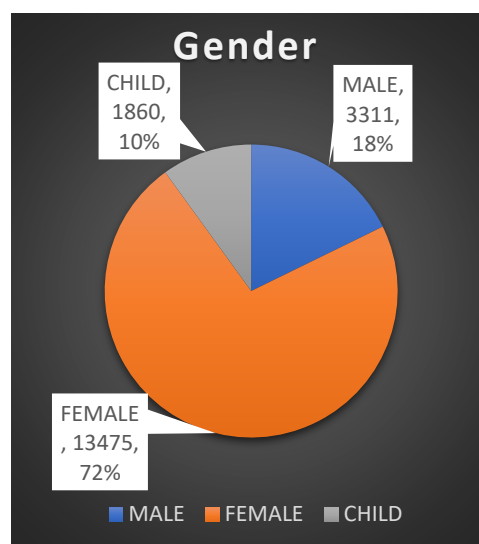
Since the flood and thunderous rains in J & K in 2014 Arogya Foundation of India initiated holding series of medical camps in the state. For last 4 years these have been sponsored by IRCON International Ltd. This year total 90 camps were organized. This year's two unique features were that unlike last 3 years when the camps were held within a span of 3 – 5 days this year the camps were held throughout the year- 5 to 15 camps in every month. Other special feature was that 10 camps were held in Laddakh as well - Aryan valley as well as in Jhanskar valley . In Jammu region too the camps were in very remote areas on the snow covered hill tops as is evident from the experience of one of the doctors Dr. T.N. Satpathy. In these camps 18265 patients were treated as is evident from the data given in the table below

Sl.No.	Name of Sambhag	General	Total	No of Patients				Doctors
				Male	Female	Child	Total	
1	Jammu	80	90	3311	13475	1860	18646	18
2	Laddakh	10						





Dr T N Satpathy in a camp inLaddakh



Medical camp in snow

Dr. T N Satpathy

I am Dr. T N Satpathy a graduate from Odisha and working as National Joint Coordinator of Arogya Foundation of India. I too hold camps in various parts of J&K for last 6 years .This year we had planned to hold camps in most remote places of J &K including union territory of Laddakh where we held 10 medical camps as a part of the 90 camps in all, in the region. But here I want to share an experience of holding camp in village Karcha which proved to be most difficult and memorable medical camp of my life. After holding camp at Ramban on 18 December 2019 we had moved up to the hilltop of Panjari from where we had to go to village Karcha 40 kilometer to hold camp next day. On the way a tiger obstructed our way but by God's grace left the place for us to move ahead.



In Panjari we slept in the karyalay which was on river side and we left the vehicle on road side since it was all snow around the karyalaya and the road. Next morning, snow had piled up to 6 feet. It was impossible to move the vehicle but I knew that people were waiting at Karcha so I decided to leave it and took out the medicine boxes loaded them on a bus which was ready to leave and with it reached Karcha in time to hold the camp. After day's exhaustive work examining more than two hundred patients we had no energy to go back. Thus,we stayed in one of the hutments after taking dinner of ragi chapattis. Next day on the journey back by bus to Panjari the bus broke down when it was still 10km from Panjari We loaded medicine cartons on our heads and walked down to the place where jeep was still standing covered by snow. With the help of 15 persons vehicle was moved out of the six feet high snow and then only we were able to commence our journey back to Udhampur.

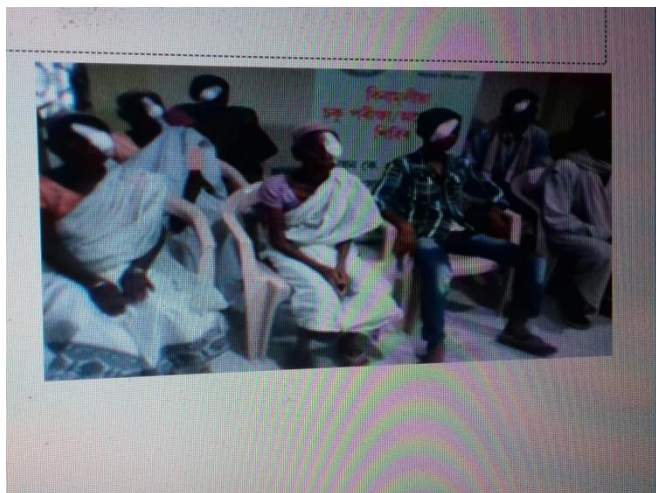
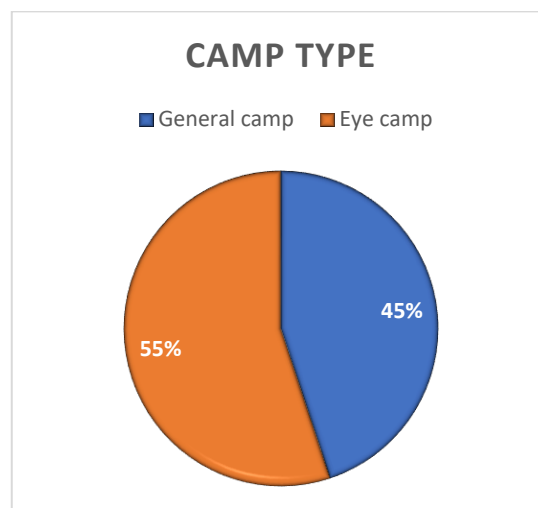
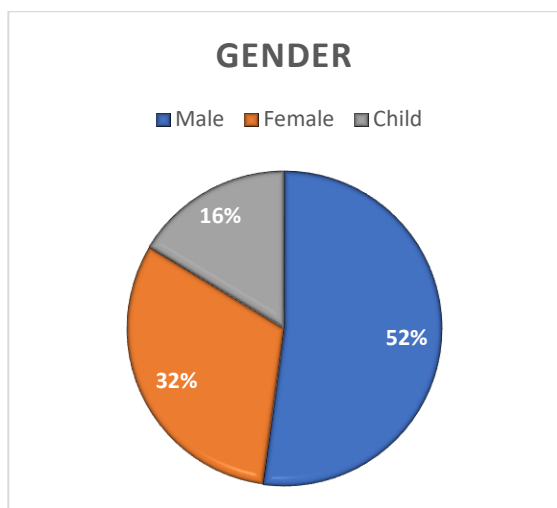
Medical Camps by Ekal Arogya Yojana Team of Doctors

Sl.No.	Name of Sambhag	General	Dental	Eye	Total	No of Patients				Doctors
						Male	Female	Child	Total	
1	Jharkhand	2	0	1	3	475	320	117	912	48
2	Rajasthan	4	0	1	5	235	509	294	1038	22
3	Odisha	5	0	0	5	209	289	109	607	19
4	Agra	19	3	0	22	421	520	599	1540	71
5	Assam	14	1	-	15	1282	1195	162	2639	41
6	MP	5	0	0	5	140	310	175	625	19
7	Gujrat	0	0	0	0	0	0	0	0	0
8	Mahakaushal	2	0	0	2	125	80	40	245	3
9	Maharashtra	2	0	0	2	40	85	35	160	3



Eye camps

Eye camps in 2019- 2020										
Sl.No.	Name of Sambhag	General	Month	EYE	Total	No of Patients				Operations
						Male	Female	Child	Total	Cataract
1	Belgaum	31	12	38	69	778	470	244	2246	318
2	Assam			13	13	739	426		1165	382



TELEMEDICINE PROJECT

This mode of outreaching the rural patients with common ailments was initiated in Odisha and Jharkhand amidst much complicated controversy about its legality. Now as **Government of India has promulgated a clear circular endorsing our mode of implementing Telemedicine** in Arogya villages we can freely expand it.

Meanwhile as more and more villages came under our operational area the benefits are distinctly demonstrated.

The analytical report shows its benefits to a large variety of patients. In terms of monetary benefits we can calculate as follows:-

1. Total Patients benefitted in Jharkhand and Odisha – $3,697 + 1,673 = 5,370$

The expenditure saved is travelling cost + staying cost in city and consultation fee – Rs 3000.

Thus total money saved last year was :- $5,370 * 3000 = 1,61,10,000$

1 crore 61 lakhs. In addition to this in terms of investigations money saved is:-

Average Sugar test price – Rs 100

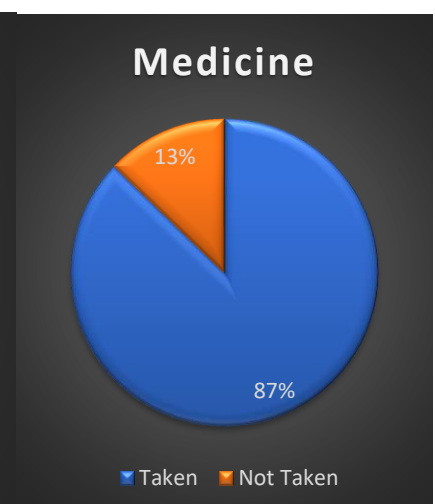
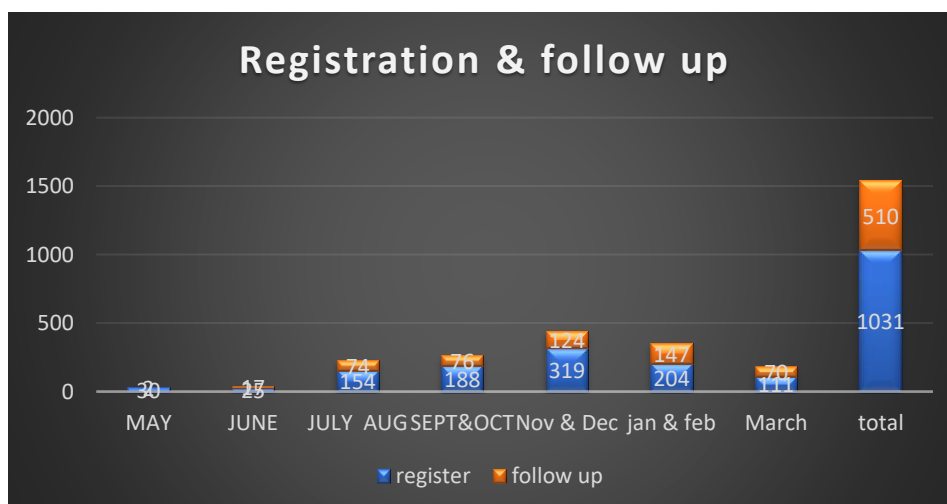
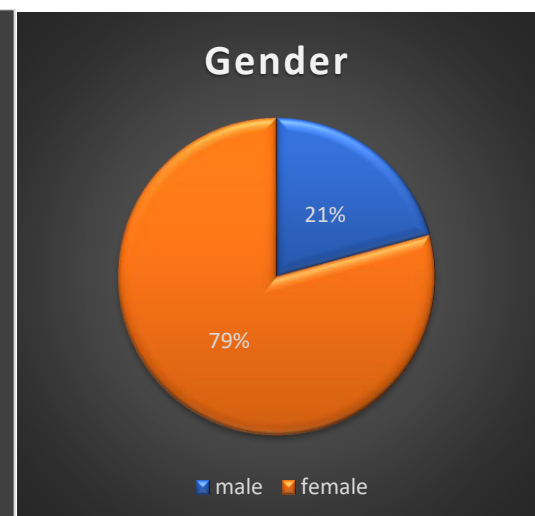
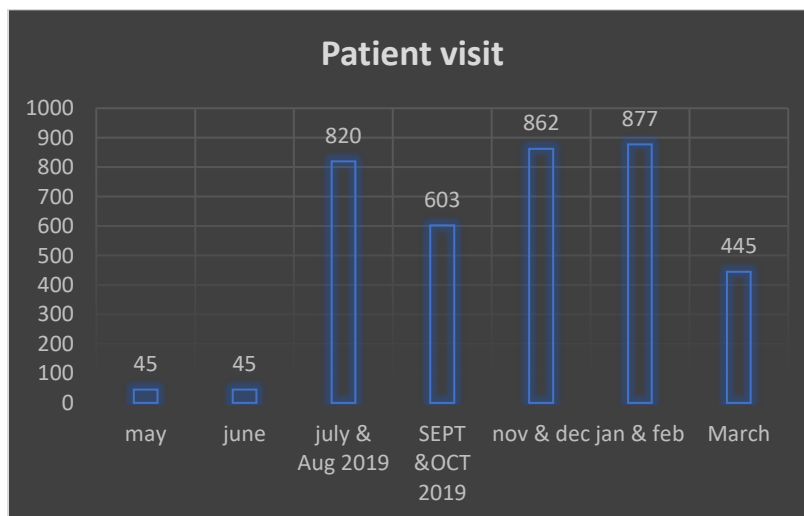
Money saved – $26 * 100 = 2600$

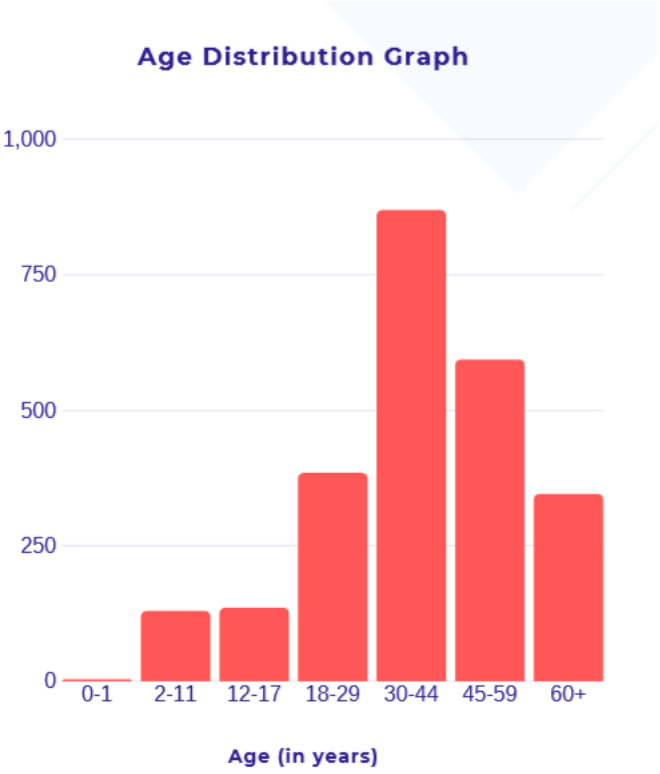
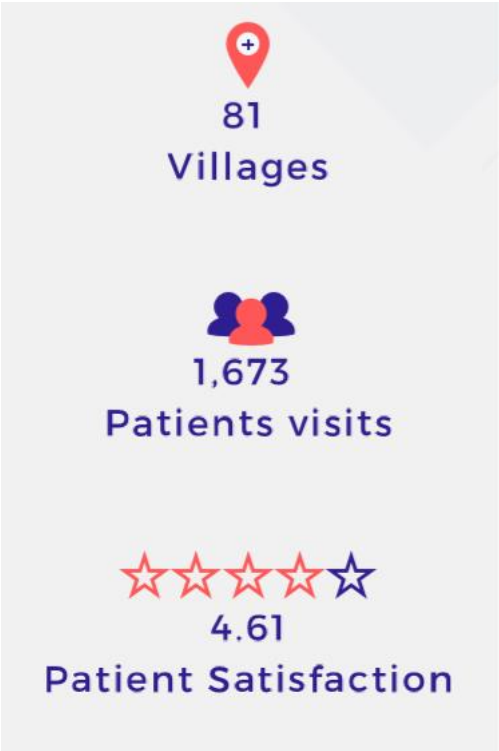
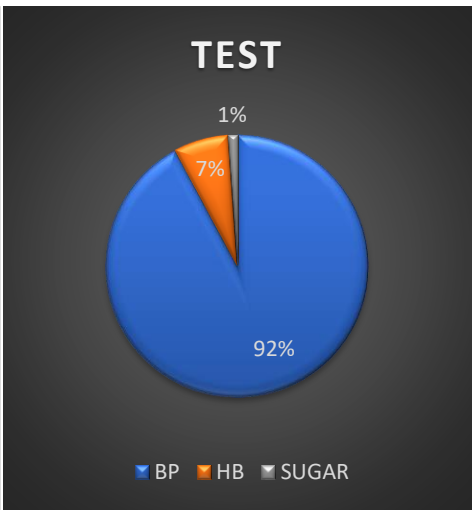
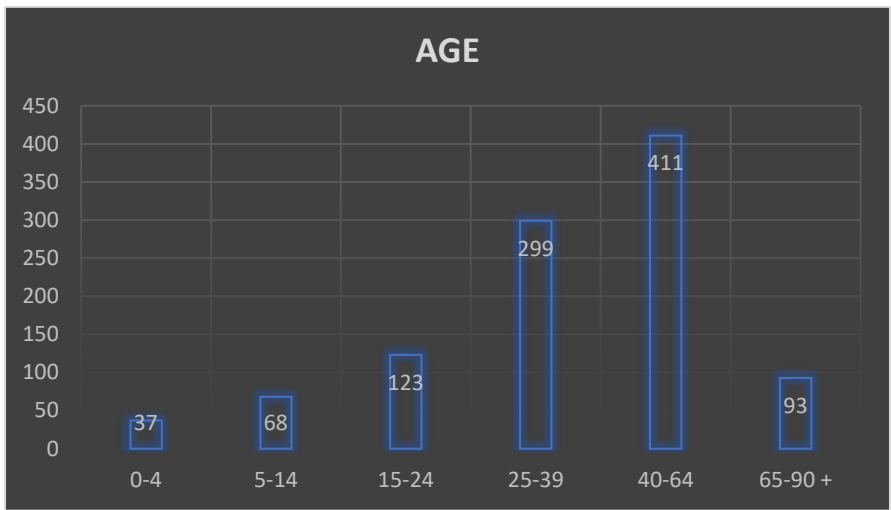
Average HB% test cost = Rs 50

Money saved = $167 * 50 = \text{Rs } 8,350$

Thus we returned to the society, through telemedicine project in Odisha and Jharkhand Rs 1,61,20,950/- while the total cost of the project last year has been around Rs 22,50,000/- It means AFI's telemedicine projects have returned almost 7 times more benefits to the society than what it took to initiate and run these projects in Odisha and Jharkhand.

1) Telemedicine Report (From 19 May – 20 March)





1.

I am Rina Pradhan, Telemedicine Sanyojika, of Khamar, Dist. Angul, Odisha.

Mrs. Sumitra Kisan, age- 45 living in the village Ghenakani, PS – Khamar, Dist. – Angul was suffering from chronic arthritis (Bata Byadhi) since more than 5 years and was treated in her village itself by the quacks and the age old traditional witchcraft practitioners with no result. She was not able to perform her daily household works properly and some times lying in bed for more than 10 – 15 days in a month. Her husband is a daily labour and do not get work all the time in a month. She has 3 daughters and one son. The son is younger one and in the home without any education.

During last January Mrs. Sumitra was identified by the Sevika Ms. Kamini of Arogya Telemedicine project and informed me about her. I took the history and sent to Tele health Doctor for diagnosis and prescription. As per the advice of the doctor Mrs. Sumitra was under medication for more than a couple of months. Now she is cured from the disease since last 2 months and able to walk freely and leading a normal life.

For all these efforts Mrs. Sumitra is highly obliged to telemedicine and telling others to take advantage which is affordable with nominal cost.



2. EKAL AROGYA TELE MEDICINE AND LIVELIHOOD

I am Ms Shantilata Behera of village Saala, PS – Khamara, Dist. – Angul, a Sanjojika in EKAL TELEMEDICINE project supported by Arogya Foundation of India in remote rural tribal area and am working in the project since 2017.

In the year 2009, Mr Mahendra Kumar Behera, aged 16 years, my only son suffered an injury on his forehead and upper portion of face in a bike accident in the evening hours. With severe injuries he was admitted to the Govt. PHC. As he didn't improve there after two days, he was admitted in a private Nursing home at Cuttack which is 200 km from the native area and was expensive too.

During the treatment I sold all my ornaments including some part of cultivable lands to meet the hospital and medicine expenses. Later Manoj suffered from psychiatric illness with multiple complications till 2017 and underwent various medication with no result. In due course of time I heard about Telemedicine Project which was about to be launched in my area. I joined the project and health workers training at Bhubaneswar organized by Ekal Arogya Foundation by the expert trainers of health sector, Odisha. After that I was appointed as a telemedicine Sanjojika of 10 villages.



Mahendra was the first patient of this Telemedicine project / program and with the supervision of expert doctors and medication for a couple of months was cured. Now since more than 2 years Mahendra is able to perform his normal duty and helping the family.

I am the lone bread earner of my family and working tirelessly for others in the villages around me. Now I am recognized as a health provider in the area and feel highly obliged for the effort of Ekal Arogya Foundation of India for the people as much as for curing illness of my son..

3. Telemedicine - Medical expert at door steps

I am Santoshi Devi, Arogya Sanyojika of ARC Silli in Ramgarh district in Jharkhand Since 2015. In the beginning I worked to monitor Arogya yojana in 10 villages of the ARC and the Arogya Sevika of these villages. Due to the rigorous training we received, we were able to treat 2,126 patients during 4 years of my tenure through the Sevika and myself.

But in 2019 April I was asked to Join telemedicine project for those very 10 villages. I was scared in the beginning because we had no experience of working with Allopathic doctors and more over to take BP, temperature, pulse, test in Hemoglobin, sugar and urine that too independently was a challenge for me but rigorous and repeated trainings in Ranchi by senior doctors, software engineers and in the field by our Nodal doctors gave me lot of confidence.

In the very beginning I had to travel on foot around 20 kms taking with me all the equipments – BP instrument, weighing machine, tablets, HB meter, analysis strips, stethoscope etc. But later I learned to drive scooty and purchased one also but I see the difficulties of my other colleagues who are still doing the same labour.



Now I have gained perfection in recording the history of the patients on tablets and examining them. When we send this to the doctors (specialists) in the cities and provide their consultation and prescription to the patients at their door steps they are highly obliged to Arogya Foundation. We have gained a lot of recognition and credibility and patients no more go to quacks in the villages and are saved of lot of financial loss.

EYE VAN PROJECT

A new dimension in our Arogya service program

Eye Van

Difficulty in vision or impaired vision and blindness is still a major problem in our country, which can be testified by the survey of Ministry of Health, held in 2019, stating that about 0.36% (48 lacs) of our population is suffering from blindness, villagers and women are out numbering. A large percentage of blindness is preventable if progression towards it, is detected and treated early. The matter of concern is that, about 15% of this number is constituted by children and this has been an important cause of school drop out in villages.

With the arrival of two “Eye Diagnostic Vans”, a new dimension of service has been added to our Arogya Yojna. One van was donated by sister Ms. Urmila in the sweet memory of her husband late Nandu Gujrathi, and the other by Todi Foundation. Each van costed the donors to the tune of about forty lacs. Really it is much beyond extending thanks only, rather by their philanthropic attitude, we must be inspired to offer such gesture.

Worth mentioning are the pains taking efforts of Sri Sudarshan Sureka (National secretary AFI) and Dr. Raj Mohan who made it possible to bring the van on road in a desired working condition. It was a huge task of purchasing the - vehicle, equipment and instruments, fabrication, and legal formalities. Training of two persons was arranged at the famous charity Eye hospital of Chitrakut by Dr. Raj Mohan who is a renowned Eye specialist of Ranchi and is Director of the program

The aim of undertaking this project is to detect blindness and difficult vision (DV), in villagers and school going children. To begin with, one van is posted at Dumma sunch of Deoghar district (Jharkhand) and the other at Viratnagar of Jaipur district (Rajasthan).

A Director of State Health converted to_Ekal Volunteer

I am Dr Raj Mohan, an Ophthalmic Surgeon by profession. I was Director of Blindness Control Program of Jharkhand Government. I used to train the Arogya Sevikas of Ekal Arogya Yojana in Ranchi for last three years. Two years back when I retired from the Govt. job I was requested by AFI to give shape to a proposed project of Eye van for Jharkhand and Rajasthan. It was my dream project even during my tenure in the state health department which could not be fulfilled there. Thus I used whole of my energy to make this dream come true. Two vans sponsored by Sri Nand Todi and Smt Urmila Gujrathi of USA are now ready to be deployed in the villages. I am highly impressed by the selfless service of the karyakarta of this organization. Multifarious developmental work in the remote villages by them really inspires me. Arogya Sevika are able to make a lot of improvement in the health of these villagers who are otherwise deprived of medical facilities. They are cultivating medicinal plants to treat common ailments successfully. They are learning the knowledge about various means of improving immunity during this Covid times and also how to protect themselves from its transmission. Telemedicine services through them is a very essential health project and is the only solution of the health problems of the villages. I am much impressed by their devotion and feel too happy to be a part of this organization.



1. Inauguration of Eye van in Jaipur



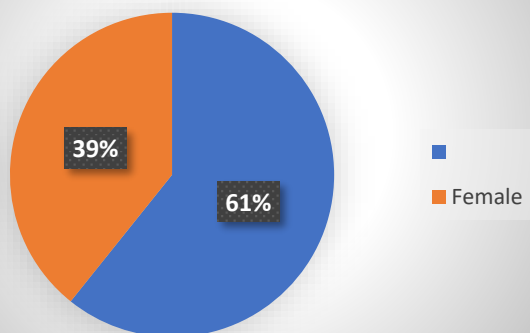
2. Inauguration of eye van in Jharkhand



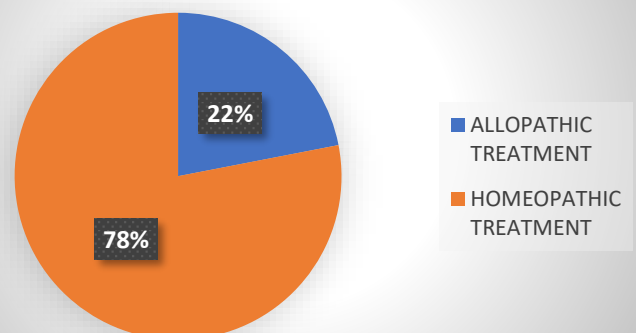
Allopathic & Homeopathy 2019 - 2020

KCSK Report 2019 - 2020			
S.No.	Month	Allopathic	Homeopathy
1	Apr-19	31	39
2	May-19	16	50
3	Jun-19	11	47
4	Jul-19	24	57
5	Aug-19	32	49
6	Sep-19	18	53
7	Oct-19	7	51
8	Nov-19	3	40
9	Dec-19	4	53
10	Jan-20	0	41
11	Feb-20	0	39
12	Mar-20	0	0
	Total	146	519

Gender



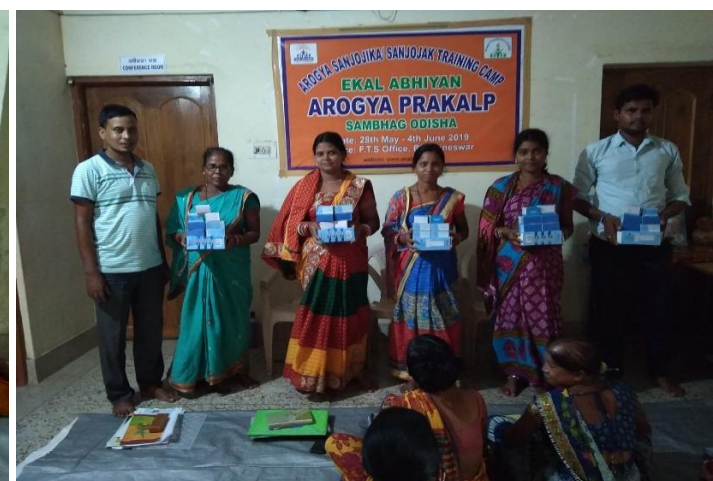
Treatment type



ARC Training Report							
S.No.	Sambhag	Sanyojikavarg	Present	Trainer	Sevika varg	Present	Trainer
1	Jharkhand	1	19	18	7	208	115
2	Assam	1	18	17	6	189	49
3	Odisha	1	18	8	5	150	24
4	Rajasthan	1	16	21	5	130	59
5	East UP	1	18	24	3	86	24
6	Agra	1	33	12	2	67	20
7	Mahakaushal	1	9	9	3	91	17
8	M.P	1	3	9	1	31	4
9	Maharashtra	1	3	9	1	31	4

Number of Resources with Arogya

No of Sevika	No of Sanyojika	No of Project Co-ordinator	No of STO	No of central co-ordinator
1110	111	10	14	1



PRE-MEDICAL EXTERNSHIP (PME) – 2019-20 - BARODA

The 2019-20 Pre-Medical Externship Program was held in Baroda, the new location for the program and was completed successfully with great satisfaction! With 9 pre-medical students from various universities in the USA, the Pre-Medical Externship program was held from Dec. 23rd to Jan 2nd

The medical teachings happened in **The Baroda Medical College** for 5 days, in the internal medicine, general surgery, obstetrics and gynecology, pediatrics and community medicine departments.

A beautiful example of **“Public Private Partnership”** was seen subsequently at **Motafolia Medical Facility**. This was an amazing example of a well-managed and a clean facility for the villages! It can be compared with any small hospital of the USA. The whole project was also associated with a school of 600 students, equipped with all different kind of facilities to encourage the students in the different areas of interest with the appropriate basic teachings.

“Purul Medical College” was a private medical college in Baroda. Dr. Kiran and Dr. Pallavi Patel’s (from USA) vision was reflected in this medical college and the associated hospital. The facility was well equipped with good staff.

Subsequently the students also saw and experienced a **Private Hospital Visit** like **“Savita Hospital”**, as well as private nursing home of Dr. Vrijesh Shah. Learning at every stage of these visits was very well received by the students and appropriate.

“College of Ayurveda” gave the students an exposure of plant and herbal medicines along with the uniqueness of each human body when you treat disease.

Daily Yoga at 7 AM to 8 AM was surprisingly an unique joy for the students. The true meaning of yoga with its physical, mental and spiritual benefits were taught by Dr Veena Gandhi Few slokas with their meaning were also memorized by the students.

The lodging, boarding and transportation in the local areas were taken care in great detail by our team Gujrat of **Arogya Foundation of India (AFI)** under the leadership of **Dr Bhaumik Upadhyaya, Secretary, Gujrat AFI** and **Dr RN Mehta, President of Gujrat EkalArogyaPrakalp**.

On Jan 1st, the students visited **“Ram Krishan Mission”**, in Baroda where Swami Vivekanada had stayed for a few days during his lifetime with the blessings from Swamiji along with a poster exhibition on Swami Vivekanadji. The students’ New Year started with great BLESSINGS. Our visit to the **“Hare Rama Hare Krishna Temple”**, on Jan. 1st was also very satisfying.

And of course, how could we not miss the **“Statue of Unity”** visit while we were in Gujrat. The magnanimous statue’s visit was a matter of pride for us. In the same trip we enjoyed a village visit where we were able to see an **Arogya Resource Center (ARC)**. By talking to **Health Sevikas and Sayojikas**, the students were able to learn about how in the remote areas, prevention and healthy life style along with basic knowledge keeps them to maintain a good life.

Thus overall, from the students’ and volunteers’ feedback, we concluded this externship was a great success. It was the guidance of Dr M S Bhatt of Ranchi who had conducted this program in previous four years successfully, and planning of Dr Bhaumik Upadhyaya which made it possible to run the program smoothly.



सात दिवसीय प्रशिक्षण वर्ग का समापन

आगरा। आरोग्य फाउंडेशन ऑफ इंडिया के 12 संघ के आरोग्य संयोजक एवं संयोजिका की सात दिवसीय प्रशिक्षण वर्ग का समापन कार्यक्रम, स्थान पुरुषोत्तम दास सावित्री देवी कैन्सर हॉस्पिटल सिकंदरा में भारत माता के चित्र पर माल्यार्पण कर प्रारंभ किया गया। इस समापन कार्यक्रम के मुख्य अतिथि दिलीप, प्रांत सह व्यवस्था प्रमुख राष्ट्रीय स्वयंसेवक संघ आगरा, आरोग्य आगरा चैप्टर के सचिव डॉ. अंकुर बंसल, सेवा भारती के जगमोहन गुप्ता, डॉ. अरुण चतुर्वेदी, प्राकृतिक चिकित्सक डॉक्टर एमपी सिंह, मुरारी लाल फतेहपुरी, आगरा समिति कोषाध्यक्ष रामदेव शर्मा, आरोग्य केन्द्रीय प्रशिक्षण प्रमुख डॉ. टी.एन. सतपती, इन्दौर आरोग्य प्रकल्प प्रमुख श्री संतोष शिववेदी जी, श्री लक्ष्मण पवार जी, एवं डॉ. प्रेमचंद उपस्थित रहे।



आगरा। आरोग्य फाउंडेशन ऑफ इंडिया के 12 संघ के आरोग्य संयोजक एवं संयोजिका की सात दिवसीय प्रशिक्षण वर्ग का समापन कार्यक्रम, स्थान पुरुषोत्तम दास सावित्री देवी कैन्सर हॉस्पिटल सिकंदरा में भारत माता के चित्र पर माल्यार्पण कर प्रारंभ किया गया। इस समापन कार्यक्रम के मुख्य अतिथि दिलीप, प्रांत सह व्यवस्था प्रमुख राष्ट्रीय स्वयंसेवक संघ आगरा, आरोग्य आगरा चैप्टर के सचिव डॉ. अंकुर बंसल, सेवा भारती के जगमोहन गुप्ता, डॉ. अरुण चतुर्वेदी, प्राकृतिक चिकित्सक डॉक्टर एमपी सिंह, मुरारी लाल फतेहपुरी, आगरा समिति कोषाध्यक्ष रामदेव शर्मा, आरोग्य केन्द्रीय प्रशिक्षण प्रमुख डॉ. टी.एन. सतपती, इन्दौर आरोग्य प्रकल्प प्रमुख श्री संतोष शिववेदी जी, श्री लक्ष्मण पवार जी, एवं डॉ. प्रेमचंद उपस्थित रहे।

स्वास्थ्य कैंप लगाकर 400 मरीजों का किया परीक्षण

संवाद सूत्र कसेंदा : भारत भूषण पंडित मदन मोहन मालवीय स्वास्थ्य सेवा संस्थान द्वारा रविवार को चायल के बलीपुर टाटा में स्वास्थ्य शिविर का आयोजन किया गया। इसमें क्षेत्र के करीब आधा दर्जन गांवों से आये हुए करीब चार सौ मरीजों का परीक्षण किया गया। इसमें दर्जन भर से अधिक एनिमिक मरीज मिले हैं। इनमें महिलाएं और बच्चों की संख्या अधिक है।

एकल विद्यालय अभियान के बैनर तले आयोजित हुए इस शिविर में क्षेत्र के पिपरी, मीरन, पूरकलापत, धमसेड़ा, चकबादशाहपुर, बबुरा, चरवा आदि गांवों के चार मरीजों का परीक्षण किया

गया। चायल और चरवा प्राथमिक स्वास्थ्य केंद्र की डॉक्टर की टीम ने मरीजों के स्वास्थ्य की जांच किया। इन मरीजों में से 23 मरीज एनीमिया रोग से पीड़ित मिले। इनमें सात बच्चे रहे और 16 महिलाएं रहीं। बाकी मरीज वायरल बीमारियों से ग्रसित मिले। आंख, कान और गला रोग से पीड़ित मरीजों को इलाज के लिए पीएचसी रेफर किया गया है। स्वास्थ्य कैम्प में चायल पीएचसी प्रभारी डॉ. मुक्तेश द्विवेदी, कैम्प संचालिका विनीता गुप्ता, ज्ञान सिंह, सुरेंद्र कुमार, चक्रेश मिश्रा, महिला डॉक्टर शीबा परबीन आदि लोग मौजूद रहे।



जागरूकता शिविर में ग्रामीणों का किया परीक्षण

आगरा। एकल आरोग्य प्रकल्प मंच फतेहपुरीसीकरी में बंदरौली ग्राम में सौर के प्राणन में स्वास्थ्य जागरूकता शिविर का आयोजन किया गया। इसमें बच्चों व ग्रामीणों को शारीरिक, मानसिक, बौद्धिक विकास, कार्यक्रम, व स्वाकर्षण रोग बचने हेतु ग्रामों में चल रहे संस्कार शाला का जायजा भी लिया गया। कार्यक्रम में स्त्री रोग विशेषज्ञ डॉ. सुधा बंसल, प्रसिद्ध चिकित्सक डॉ. अरुण चतुर्वेदी, डॉ. शमी कालरा, आयुर्वेद, एकल आरोग्य के केन्द्रीय अधिकारी, राकेश गुप्ता, समाजसेविका श्रीमती उषा गुप्ता, संजित शिखर मे, शक्ति उमस्कर, आरोग्य सेविका, संयोजक, प्राणन, डॉ. प्रेमचंद कुमार उपस्थित रहे। कार्यक्रम में बरसात के मौसम में होने वाले बीमारियों से बचाव, महिला, चिकित्सक, राकेश गुप्ता निवारण व पोषण, व्यक्तिगत स्वच्छता, रोग परीक्षण व परामर्श ग्रामीणों को दिया गया। अंत में बच्चों के मध्य ब्रिफिंग वितरण किये गये।

खानपान पर विशेष ध्यान देने की सलाह

खानपुर (गाजीपुर) : क्षेत्र के अमेहता गांव में विश्व आयुर्वेद परिषद और नेशनल मेडिकल आर्गनाइजेशन की ओर से रविवार को आयोजित चिकित्सा शिविर में डा. महेश ने लोगों को स्वच्छता, स्वास्थ्य और पोषण के लिए जागरूक किया। महिलाओं को खानपान पर विशेष ध्यान देने की सलाह दी गई। छोटे बच्चों में पोषण और संचारी रोग से बचने के लिए समझाया गया। एकल अभियान के सदस्यों ने गांव-गांव घूमकर लोगों को इस शिविर के लिए जागरूक किया। (जास)

खानपुर (गाजीपुर) : क्षेत्र के अमेहता गांव में विश्व आयुर्वेद परिषद और नेशनल मेडिकल आर्गनाइजेशन की ओर से रविवार को आयोजित चिकित्सा शिविर में डा. महेश ने लोगों को स्वच्छता, स्वास्थ्य और पोषण के लिए जागरूक किया। महिलाओं को खानपान पर विशेष ध्यान देने की सलाह दी गई। छोटे बच्चों में पोषण और संचारी रोग से बचने के लिए समझाया गया। एकल अभियान के सदस्यों ने गांव-गांव घूमकर लोगों को इस शिविर के लिए जागरूक किया। (जास)

बौद्धिक विकास को ग्रामों में संस्कार शाला का उद्घाटन



आगरा। आरोग्य फाउंडेशन ऑफ इंडिया, एकल आरोग्य प्रकल्प मंच, फतेहपुर सीकरी अंचल का कार्यक्रम गोवर्धन होटल में किया गया। फतेहपुर सीकरी के 30 ग्रामों में आरोग्य सेविका को सिलाई मशीन, आराम रोप, पुस्तक, कैरम बोर्ड, बास्केटबॉल वे

सभी सामान देकर संस्कार शाला का शुभ उद्घाटन किया गया। कार्यक्रम में प्रसिद्ध चिकित्सक स्त्री एवं प्रसुति रोग विशेषज्ञ डॉ. सुधा बंसल, फैमली फिजिसियन डॉ. शमी कालरा, संघ समिति के संयोजक सुमेश गोयल संरक्षक श्री मोहन अग्रवाल, कोषाध्यक्ष राहुल घाटी, डॉ. कुलदीप गोयल, अंचल

शिविर में 168 मरीजों का हुआ इलाज



पट्टी (ब्यूरो)। भारत सिंह इंटर कालेज कुम्हिया में एकल विद्यालय के सौजन्य से मदन मोहन मालवीय स्वास्थ्य शिविर का आयोजन किया गया। जिसका उद्घाटन ब्लाक प्रमुख पट्टी द्वारा किया गया। शिविर में पीएचसी से आई चिकित्सा टीम ने 168 मरीजों का निःशुल्क चेकअप करने के साथ दवाएं भी वितरित कीं। चिकित्सक डा. महेश सिंह, डा. राकेश कुमार, डा.एम.एम. खान समेत चिकित्सीय स्टाफ ने महिलाओं का निःशुल्क परीक्षण करते हुए उन्हें दवाएं वितरित कीं। इस मौके पर पवन सिंह प्रधानाचार्य, अशोक श्रीवास्तव, राजनाराय मिश्र, विनय, मनोज, रामवहादुर, अरविंद, कुलदीप, विकास, सुभाष समेत तमाम लोगों ने सहयोग किया। कार्यक्रम में राजेश्वरी प्रसाद खरे, सुरेंद्र आदि ने अपने विचार रखे।

The women wing of EAP

Prabha Bhatt

Secretary, EAP, Jharkhand

The women wing of Ekal Arogya Yojana of Jharkhand State has continued its activities like previous years. Whole year along, I accompanied with president women wing Ms Neelam Rani, secretary Dr. Sushma Narayan and treasurer Ms. Mandira Gogoi, kept visiting villages to confirm the reports of our health workers. We also participated in their Abhyas varg to boost their knowledge and training.

This year on Deepawali festival we were able to raise about Rs.34,000/- by selling decorated Deeps. Deeps were decorated by all the members of women wing.

In the direction of Women empowerment, this year too, seven girls from remote villages were brought and were admitted in tailoring training school. This school is run by Vikas Bharati in Arogya Bhavan campus itself. The expenditure on fees and hostel was born by our wing.

Our determination to volunteer our services towards the cause of upliftment of our rural sisters, was further inspired by listening deliberations of great personalities of national and international repute at Parivartan Kumbh held at Lucknow.

We extend our thanks to the Arogya Foundation of India for providing us the opportunity of service to the mankind.

Bharat Mata ki jay



Batch of Trainees of Sewing Centre



Deep sold before Dipawali



Mahila Samiti with Arogya Sevikas

There are 12 chapters to support the ARCs.

- | | |
|-----------------|---------------|
| 1. Guwahati | 10. Mumbai |
| 2. Ranchi | 11. Belgaum |
| 3. Dhanbad | 12. Jabalpur |
| 4. Bhubaneshwar | 13. Delhi |
| 5. Varanasi | 14. Bangalore |
| 6. Agra | 15. Jammu |
| 7. Indore | |
| 8. Jaipur | |
| 9. Vadodara | |

National Executive meets every year at least four times every year. This year also four meetings were held at different venues throughout the country.

S. No.	Date	Venue	Members Present
1	21 – 4 - 2019	Jaipur	13
2	1 – 9 - 2019	Delhi	13
3	1 – 12 - 2019	Delhi	12
4	29 – 2 - 2020	Jabalpur	18



NEC Meeting at Jabalpur



Santosh Shivwedi



Dr Vani Ahluwalia

A Gynecologist converted to Ekal Volunteer inspired by a Karyakarta

I Santosh Kumar Shivwedi joined as Acharya in Ekal Abhiyan in 2003. In 2004, I was given the role of Purnakaalik. Since then, my life style was completely changed. I dedicated myself to the Abhiyan and all the responsibilities of the Abhiyan. In October 2017, I was given the responsibility of State Arogya Coordinator of Mahakaushal. Till now I was not fully aware of the plan and procedure of health care. Meanwhile, on 14 November 2017, I received an order by telephone from Dr Mukul Bhatia ji from Ranchi that I have to take three Sanyojaks along with me to Ranchi for training for 10 days. I instantly became worried and met the committee of Barman Midli Sanch where We had to initiate an ARC. As a result of their effort one Karyakarta became ready to go to Ranchi for training. In Ranchi we, along with 3 other Karyakarta from other parts of the country, were trained by eminent doctors associated with Arogya Foundation and also by Dr Mukul Bhatia ji.

Now many of my doubts had been cleared and I was well aware about the subject. My confidence had also increased. Returning with renewed vigor, I started work, surveyed MidhliSancha and selected 30 ladies according to the plan. Since 23 February, their training started in the Gram Panchayat Bhawan of Chawarpatha.

In September 2018, Dr Mukul Bhatia visited Mahakaushal and MP. Before proceeding to Indore, it was his plan to reach out to some doctors at Jabalpur. I reached Jabalpur earlier and established contact with three-four doctors to accomplish this task, but failed. In the hour of disappointment, Dr. Vani Ahluwalia didi of JK Hospital's permission to meet us raised new hopes. I informed her about Arogya Foundation and our National Coordinator Dr. Mukul Bhatia ji's visit and requested to give time to meet. She agreed to give only 10 minutes at 12 o'clock. But on meeting him she was so impressed by Dr Bhatiaji's talks that she forgot the time limit and the conversation went on for one hour. She also agreed to visit Midhli to meet Arogya Sevika during the monthly training. It turned out to be a long association and today she is not only State Secretary of Ekal Arogya of Mahakaushal but also talks to all the Karyakarta of Ekal to guide them.

On January 7, 2020, I met with an accident. For 24 hours I was unconscious and then only somebody informed Dr Ahluwalia about the accident. She immediately approached me and helped me to shift from an Nursing home to Jabalpur Medical college where due to her acquaintances I was given proper attention by the doctors and was treated well. I was released with instructions to take rest at home after 10 days. Even during that period, I kept talking to the workers and after getting well, I am working even more than before. Now she is guiding the project of the entire country as a member of the Central Committee of AFI. This entire project has been able to provide continuous health services in the remote rural areas of the country due to the sacrifice and devotion of such great doctors.

A busy physician turned Ekal volunteer

I am Dr Shammi Kalra physician by profession, in Agra, seeing pain and agony of ailing people since 1982 in private practice and during medical study since 1979. I have seen all segments of people in urban area having plenty of money but no feeling of love and affection in reciprocation. While those of villages feel obliged and reciprocate with affection and consider doctors to be God on earth.

During my practice since 1982_83 to 2017_18 I saw patients from rural area spending their hard earned money on urban doctors who exploit them by hook or by crook.

This always gave me so much pain but was helpless. I tried to help them through various social platforms like NMO & IMA but failed to fulfill my desire to serve poor villagers.

One day Dr Mukul and Mr Satish Gupta, who were very close mentors in my student life, contacted me for training programs of Arogya Sevikas of Fatehpur Sikri. This was like winning a lottery for me to interact with village people by means of Arogya foundation. I gave them lectures, visited their villages and met their family members and decided to find some time to serve these villages.

I am above 60yrs of age and thought many a times of bringing about a change in my life but without retiring from work but was not successful. And at this very juncture of my indecisive stage came a divine person, truly dedicated, devoted to his mission and disciplined -Dr Premchand who fascinated me by his virtues. I decided to minimize my clinical work at my clinic and devote a day every week for the villages of Fatehpur Sikri. Dr Premchand provided me very good support in doing this service to the nation.

I have seen villages in my life very closely so I was not scared of going to villages. I love their respect giving altitude, hospitality and warm welcoming gestures which we have forgot in developed cities.

I started going to these villages met Pradhan, a social worker and sevikas whom I like to call didi.

Their dedication and their acceptance to our project look like they were waiting for this to occur.

Training and teaching disciplined young villagers while educating older rigid villagers with a big ghoonghat, working happily with consent of husband they will definitely bring about a new revolution in the history of Indian villages.

When we go to the villages and see the welcome and work culture, hospitality and affection which may be their inherent property or effect of Arogya abhiyan I don't know but I love this project.

Arogya and its good team has changed a lot drastically in the life style of villages. Now they are more of health conscious educating personal cleanness and of their living places and villages.

They are fighting against social evils like smoking, tobacco chewing and caste discrimination. They help each other and Sevika didi used to visit selflessly to other's houses give good message of harmony and brotherhood. She is Indus and goddess of the village. Villagers are ready to take her help any time.

These days it is corona era and villagers have accepted our messages like sermons of god, taking care of all aspects and they have succeeded to a great extent in preventing spread of the infection in their villages.

There is lots of things are to be done in our villages

Migration from villages is a big issue. We must check it by developing local handicraft and advanced techniques in farming and multiple crops round the year.

School children must be trained skills rather than becoming book creepers.

We have started project of Sanskarshala in 30 villages and it is giving reward still we will have to work very hard in this direction.



Way forward

Uncertainty prevailing in the country due to Covid -19 has caused all of us to rethink our plans during the year of pandemic. Still as the calamity is a health concern Ekal desires to outreach with its health projects to maximum villages. In fact AFI had planned to almost double its number of ARCs in the incumbent year in January 2020 itself. To implement the plan Ekal Arogya Yojan had activated its team of Karyakartas to rope in new Karyakarta and had organized training of the new lot of 16 karyakarta in March at EPK Kolkata. Just on next day of the valedictory program on 21st March the pandemic crisis and resultant Janta Curfew followed by lock down struck the Nation and we are still struggling to come out of it.

Now to revise the plan we, if permitted to follow the original plan, will expand our **ARCs to 75 which are 37 at present.**

We planned **Telemedicine** also to double in the next year but now a new form of the project is conceived to make it cost effective and to extend its outreach to all the villages of all the ARCs even if movement out of the village is not permitted. For this we have to provide smart phones to all the Arogya Sevikas.

The two Eye Vans will start working as soon as the lockdown conditions improve. Viewing the Corona prevalence the work pattern of the vans and ophthalmic assistants will have to be modified.

Thus to summarize the plan of 2020-2021 it will be like this:-

A. ARCs

ARCs old	ARCs new	Total
37	38	75

B. Telemedicine

Telemedicine villages old pattern	120 villages
Telemedicine New Pattern	990 villages

Thanks message to Donors of Arogya Foundation of India

Swami Vivekanand said “The world can only experience both peace and true progress when modern scientific knowledge of The West will combine with the cultural heritage of The East”. The volunteers of Arogya Foundation of India are going beyond this. The philanthropic international donors and national donors - both sons and daughters of Great Mother Bharatmata, have united to promote the effective Arogya preventive and curative initiatives in the remote villages of the country combining the age old Ayurvedic knowledge of this country with the knowledge of modern medicine to solve the health problems of these regions.

With the support of Ekal USA and Health Foundation of Rural India we could sustain our ARCs in year 2019-20.

With the support of Mr Gopal and Mrs Urvashi Savjani (USA) we could expand our telemedicine project in Jharkhand while sustaining the same in Odisha with the support of HFRI.

Unique projects of two Eye Vans could be inaugurated this year with the support of Smt Urmila Gujrathi and Sri Nand Todi of USA.

IVD are the dream projects of Ekal for overall development of the villages. IVDS where we could become a part of the new initiative was with the support of Sri Sajjan Bansal, Sri Satish Mullick, Sri Adish & Asha jain, Sri Vivek & Vandana Sharma , Sri Hasmukh Shah & Tej Gupta, Sri Sawnil Aggarwal & Palace Inn.

We are highly thankful to our supporters of East and West to provide us the strong base for implementing health plans of Ekal Arogya Yojana which serve our remotely placed rural and vanvasi brethren.

Sudarshan Sureka
National Secretary
Arogya Foundation of India

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List of Doctors with their respective speciality and place

Sl No	Name	Specialist	Place
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2	Dr.M.S.Bhatt	M.S	Ranchi Jharkhand
3	Dr HK Mittal	M.S	New delhi
4	Dr Kusum Chopra	Gynaecologist	New delhi
5	Dr pravas ranjan tripathy	M.D	Bhubneswar Odisha
6	Dr. Sarita Mittal	Gynaecologist	Not answering, 2times
7	Dr. Mahesh Sanghvi	Ayurvedic Physician	Ghatkoper east Mumbai
8	Dr. B.M. Bhatt	Phd	Noida
9	Dr. Dinesh Chandra	M.D	noida
10	Dr Vani Ahluwalia	DASE, PGDMCH, LLB	Jabalpur
11	Dr R N Mehta	Diploma Anaesthesia	Vadodara
12	Dr KK Mangal	M.Ch	Jaipur
13	Dr. Atul Karande	M.D	Tilak nagar Indore
14	Dr Sanjeev Gupta	Child specialist	Jaipur
15	Dr. Harishanand	M.D Homeopathy	Faridabad haryana
16	Dr. O. P. Agarwal	M.S	Ranchi Jharkhand
17	Dr. Rajmohan	Eye Specialist	Ranchi Jharkhand
18	Dr narayan prasad modi	M.D	Not answering, 2 times
19	Dr debikalyan mishra	M.D	cuttack, Odisha
20	Dr.Bishnu Pd Sharma	M.D	Guwahati
21	Dr.B.D.Singhal	Family Physician	Indore
22	Dr. Vijay Hawaldar	E.N.T Specialist	Indore
23	Dr. R.N. Chaurasiya	Neurologist Physician	Uttar Pradesh
24	Dr. P. S. Byadgi	Ayurvedic Physician	varanasi
25	Dr. Ravi Maurya	General Physician	varanasi
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31	Dr RN Mehta	Diploma Anaesthesia	Vadodara
32	Dr Vaishali	B.A.M.S	karnataka
33	Dr Arun Chaturvedi	General Physician	Agra
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35	Dr. S.K. Kalra	M.D	Agra
36	Dr. Banwari Lal Bagra	General Physician	Jaipur
37	Dr K K Mangal	M.Ch	Jaipur
38	Dr Yugal Tak	M.D Pulmonary	Jaipur

National Executive Ekal Arogya Yojna Team with Respective Roles

National Executive Ekal Arogya Yojana

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