

AROGYA INITIATIVE



Annual Report

2019-20

2020-21

2021-22





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ABOUT US

The Arogya ('disease free' in Sanskrit) Initiative is supported by Agrani India Foundation (Agrani) and Mitra Technology Foundation (Mitra). The initiative effectuates projects in Maternal and Child Health Care, Indoor Air Pollution, COVID Care and Education in rural parts of the Champawat district of Uttarakhand. It is led by Dr. Sushil Sharma, an Anesthesiologist and co-founder of Aarohi, a non-profit organization based in Uttarakhand. The model is based on a partnership between the district government, the not-for-profit and the corporate sector, and is aimed at strengthening both, the community and clinical aspects of primary health care of the government in the region.

Agrani is a charitable trust and Mitra a section 8 company started by Rahul Nainwal and Shalabh Sahai with a mission to improve the quality of life of economically marginalised people (especially women, Dalits and other such communities) through interventions in health, education, enterprise development and livelihood promotions. While the founders are the same, the organisations are legally separate entities.



3 Years in Review

of Arogya Initiative

2019-2020 | 2020-2021 | 2021-2022

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय |
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥

“Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure. Such evenness of mind is called yoga.”

Bhagavad Gita | Chapter 2 - 48

Vision

Equitable health care access for the people of rural Uttarakhand, especially for mothers and their children.

Mission

To improve the maternal and child health outcomes in Pati Block of Champawat District by 2023

- Train and mentor the Accredited Social Health Activist(ASHAs), Auxiliary Nurse Midwifery(ANMs), Anganwadi Workers(AWWs) and hospital staff in select centers.
- Strengthen institutional service delivery systems in 5 Sub-Health Centers (SHCs) and the Primary Health Centre (PHC) of Pati block.
- Increase community awareness for healthy living
- Facilitate construction of smokeless chullahs (cookstoves) reducing indoor air pollution and energy use.



MATERNAL AND CHILD HEALTH

ANM in Subhikhang Sub Centre



SURVEYS

Baseline Survey and Situational Analysis of Maternal and Child Health (MCH) Status in Champawat District, Uttarakhand

We did a baseline study before starting the Arogya Project in May 2019 to assess the health and nutrition status and prioritize issues related to maternal and child health in the district of Champawat (Champawat and Pati Blocks). The study was carried out with the help of Tata Trusts and conducted by Formative Research and Development Services (FRDS), New Delhi. The executive summary of the study is attached for reference.

Maternity care provision in five Indian Himalayan sub-centres, barriers and opportunities: Summative Findings Report

A six-month study from Feb'20 to Jul'20 in collaboration with the Northumbria University, UK, was conducted to assess the strengths, gaps, and challenges in delivery of maternal and child health in 5 SHCs namely Chaudamehta, Khetikhan, Paniya, Devidhura, and Mantande, in maternal and child health care. We worked with ANMs focusing on their training and mentoring. The detailed study report is available for downloading at our website.



AROGYA PROJECT, CHAMPAWAT

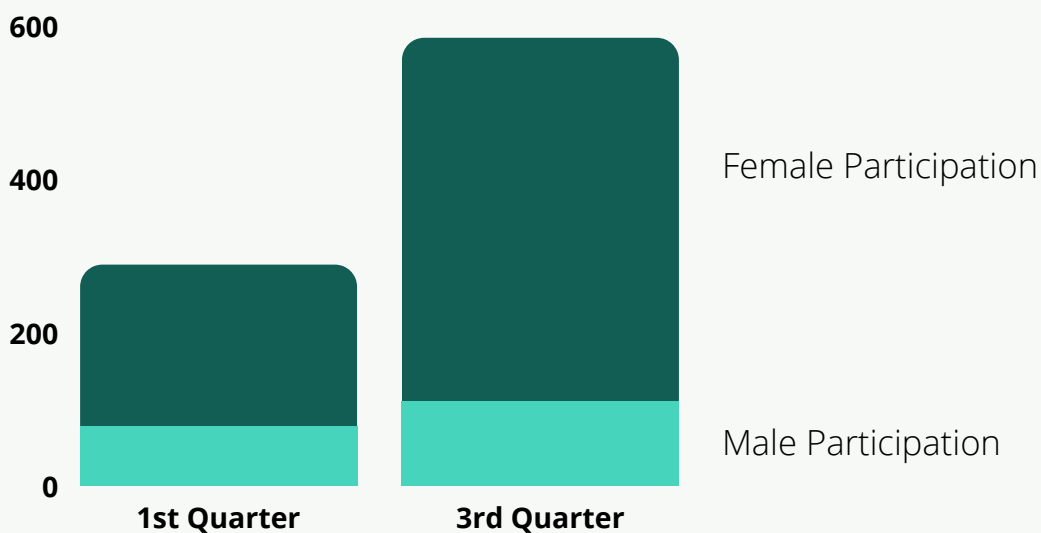
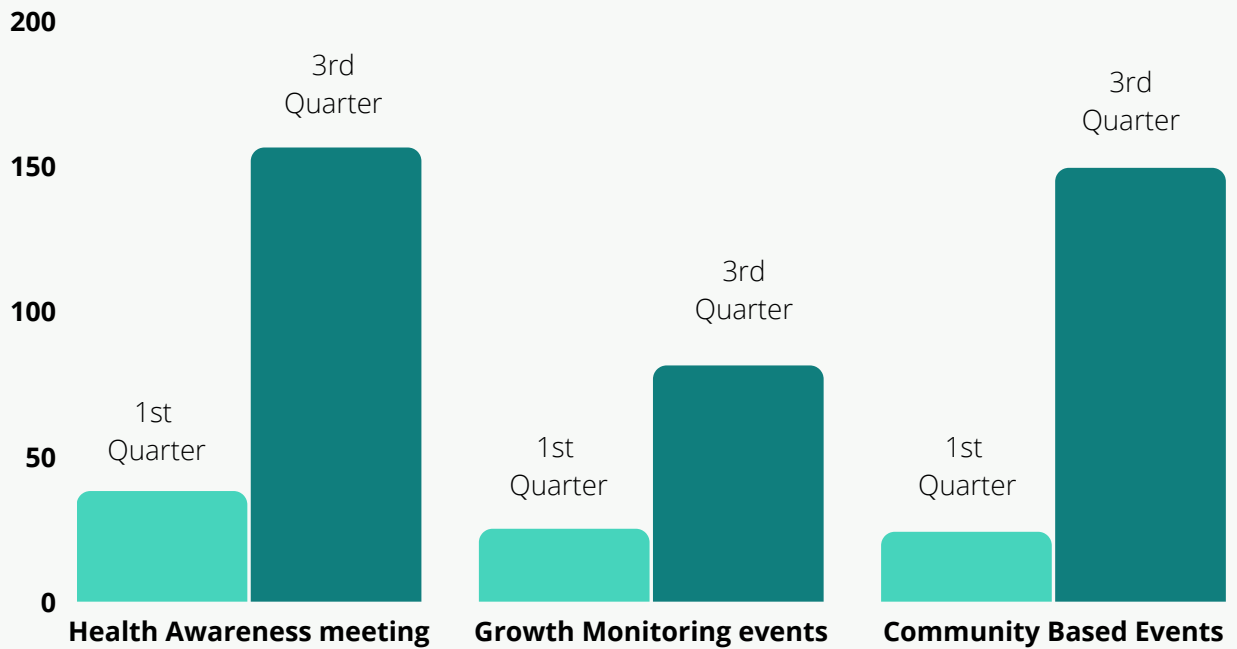
With support of the Champawat district administration and Bajaj CSR we worked directly with the frontline workers (ASHA/AWW) and the community people of Chalthi, Swala, Dyuri, and Sukhidang areas of Champawat block reaching out to 31 villages (30 Anganwadi centres) covering a population of approximately 9000 people.

WHAT WE DID

- Through our community interventions we were able to bring remarkable changes in the number of Community Based Events (CBEs) under the POSHAN Abhiyaan; the graph below shows the number of events increased more than 6 times since we started.
- Some of the Anganwadi workers started celebrating events like Godh Bharai and Annaprasan Diwas after relentless motivation, awareness and training sessions by our community mentors.
- Through our community intervention we were able to increase the participation of husbands and families during these events at Anganwadi Centres (AWCs).

IMPACT OF OUR COMMUNITY INTERVENTION

The graph below indicate the increase in community activities like meetings and events.



The above graph shows an increase in community participation in events and meetings.



AROGYA PROJECT, PATI

Under the Maternal & Child Health, Arogya Project, 5 government Sub-health centres of Pati block of Champawat district are being developed as ideal delivery points. Interventions are being made at different levels to build the capacity building of Auxillary Nurse Midwifery (ANMs) and Accredited Social Health Activist (ASHAs) through training and on the job handholding support. Government-approved, Dakshata and Skills lab modules are being used as guidelines for training. Antenatal cases are examined and topics under safe delivery practices covered.

WHAT WE DID

- During antenatal care clinics, pregnant women underwent complete antenatal checkup. ASHAs were trained to do ANC checkup, including abdominal examination.
- Antenatal care counselling with birth preparedness was done for each antenatal mother.
- The need and dose of iron and calcium supplements was explained to mothers.
- ASHAs counselled mothers on lifestyle and dietary habits, including beneficial traditional practices and the importance of locally grown food.
- ASHAs and ANMs were introduced to the concept of 'Respectful Maternal Care' and how they could practice it in their day to day lives.



AROGYA PROJECT, PATI

In the year 2022, we started with the development of Paniya SHC as a safe delivery point. All infrastructure inputs, including renovation of buildings, gap-filling of essential equipment will be done through the Arogya Project. One ANM, a multipurpose worker and a helper (probably a traditional birth attendant) will be appointed as support staff to conduct safe deliveries.

WHAT WE DID

- Detailed assessment of the Paniya SHC revealed that the walls of the labour room had major cracks and the roof leaked. It was unsafe for use.
- In partnership with 'Space Matters', a Delhi based architecture firm a plan was made to demolish this structure and rebuild it in a modern way, incorporating guidelines for Labour Rooms laid down by the Ministry of Health and Family Welfare.
- Approval was taken for these plans for renovation from the District Administration.
- A junior architect was appointed to stay on site and supervise the execution of the job.
- A contractor was appointed to execute this job in a remote location and we are finally ready to begin the civil work.



WORKSHOPS

Lifebox International Workshop

In the month of October 2019, Agrani India Foundation conducted a workshop on pulse oximetry and the use of the WHO safety checklist in the district hospital of Champawat in which 31 government doctors and paramedical staff were trained. Eight pulse-oximeters from Lifebox International were distributed.

Pulse-Oximetry and Safe Delivery Workshop

On 17th Aug 2020, we conducted a workshop on Pulse Oximetry and safe delivery at PHC, Pati with all the 11 ANMs of the Pati block, along with doctors and staff nurses.

Twelve pulse oximeters, received as donations from Dr Robert Graf were distributed free to the ANMs and Medical Officer in charge at the PHC Pati and one was given for the Chief Medical Officer, Champawat District. Practical demo on the use of pulse oximeters was done. A pre and post MCQ test was conducted. There was an overall 15% change in knowledge of ANMs after the training.

Safe Delivery:

The workshop was designed in a way that everybody could participate actively and express their doubts and problems they face during work. Demonstration of current practices using a mannikin was the high point of the workshop. The demonstration included:

- Preparations required to conduct delivery in the light of COVID 19
- Delivering a baby (Second stage of Labour)
- Active Management of Third Stage of Labour (AMTSL)
- Biomedical waste management with focus on infection control

Cervical cancer screening & Cardiology assessment



The team of doctors from Delhi and a team of health professionals from the district hospital braved the grey clouds and cold weather of Champawat for a successful health camp organized by Agrani India Foundation in collaboration with the district administration on 26th of February' 2020.

Two women among 32 screened for cervical cancer were found to be positive cases

Referred to higher facilities for further treatment, i.e., excision and histopathological evaluation.

Two trainees from the health department were trained

Thirty two patients were screened for hypertension and diabetes during the camp in the age group of 20-80 years.

Six patients were diagnosed with hypertension and 3 with diabetes. One patient was diagnosed with heart failure and treated accordingly.

→ RECOMMENDATIONS

- Screening camp on regular interval.
- In future, such camps should be conducted in collaboration with the higher centers where histopathological evaluation can be done.
- Elective Gynecological surgeries on camp basis can be organised.
- More professionals from health department can be trained on the screening techniques to ensure early detection of cervical cancer.



INDOOR AIR POLLUTION





BREATHING EASY

Indoor air pollution severely impacts health by causing various ailments like respiratory illnesses, eye problems, and cancer. According to the World Health Organisation (WHO), exposure to smoke from cooking fires causes 3.8 million premature deaths each year mostly in developing countries. Though the Government of India has taken initiatives like Pradhan Mantri Ujjwala Yojana (PMUY) to promote the use of clean energy, the rural nooks of states like Uttarakhand will take many years to catch up with such progressive trends. According to the survey we conducted in 2019, around 61% of households in Champawat still use wood for cooking. In a societal set-up where housework by women is not valued, collection and carrying of firewood are taken for granted. Traditional mountain homes with small windows and low roofs aggravate exposure to smoke. Our project 'Breathing Easy' addresses the issue of indoor air pollution by constructing smokeless chullahs, which is a useful and low-cost cookstove. Due to efficient combustion, it additionally reduces fuel consumption by almost 50%. By the end of October 2021, we had installed around 400 chullahs in Champawat district, predominantly in the Pati block.

WHAT WE ARE DOING

Upon the successful completion of 400 chullahs in phase I, in Pati block of Champawat, we started the second phase of the Breathing Easy Project in Nov 2021 with a target of another 300 chullahs in Pati block. We are now concentrating on the economically weaker sections of the community where most use fuelwood for cooking. In a span of 5 months, we have already installed 220 chullahs to reach 73% of our target.

COVID CARE





COVID-19 RELIEF WORK

The aim here was to bring awareness to rural communities and frontline workers of Pati and Champawat Block of Champawat District in Uttarakhand to manage the Covid-19 outbreak in their region.

WHAT WE DID

- We conducted awareness and training sessions, along with the distribution of safety kits to Front-line workers (FLWs), Village Health Sanitation and Nutrition Committee (VHSNC) members, Antenatal care and Postnatal care (ANC/PNC) mothers and community people.
- We also conducted training sessions at 4 delivery points to ensure safe institutional delivery during the time of Covid-19.
- A Covid Care Centre was set up during the second wave of Covid spread in a Primary School of Pati Block with the support and supervision of the Medical Officer in charge of the Primary Health Centre. The centre was well equipped with all supplies and facilities required to monitor and treat Covid positive patients. It was linked to the Dedicated Covid Healthcare Centre in the district hospital of Champawat for referral. It was also equipped with sufficient oxygen concentrators through generous global support.

Total sessions

55

People trained

928

Total Safety kits distributed

285

EDUCATION





SCHOOL EDUCATION PROGRAMME

With an objective to raise awareness of adolescents on menstrual practices and Anaemia, 36 sessions were conducted in 3 colleges covering 1240 students.

Through advocacy with the health department, a camp was organised to conduct haemoglobin screening tests in Government Girls' Inter College, Champawat, in the school premises by ANMs. Here out of 382 girls, 330 were screened. Of these, 43% girls were identified Anaemic, with less than 11 gm% of haemoglobin.



Gina's Happy Children's Fund

This scholarship fund was started in memory of Gina Ali Khan, an educationist from Pune. She actively guided the teaching-learning process at Aarohi Bal Sansar, Satoli. Through her life, Gina encouraged every child to be a learner. Scholarships were awarded to five bright children of Shango village in Champawat, for their higher education.

FINANCIAL REPORT

FINANCIAL REPORT FOR THE PERIOD 2019 - 2022 (UN-AUDITED)			
AROGYA INITIATIVE: AGRANI INDIA FOUNDATION			
PARTICULARS	FINANCIAL YEAR		
	2019 - 2020	2020 - 2021	2021 - 2022
UN-SPENT FUND B/F	6,37,288.00	15,41,026.00	9,80,720.00
GRANTS RECEIPTS			
Sir Dorabji Tata Trust	9,99,506.00	-	-
Bajaj - CSR	23,00,000.00	51,000.00	-
Emmers' Society	-	-	2,00,000.00
Disaster Relief Donations	-	-	1,13,504.00
Scholarship Donation	-	1,00,000.00	-
Individual Donations	1,70,000.00	1,07,000.00	70,000.00
Reimbursement Receipts	1,23,008.00	1,46,168.00	1,16,504.00
INCOME FOR THE YEAR	35,92,514.00	4,04,168.00	5,00,008.00
TOTAL	42,29,802.00	19,45,194.00	14,80,728.00
EXPENDITURE			
Sir Dorabji Tata Trust	9,99,506.00	-	-
Bajaj - CSR	16,43,128.00	6,89,871.00	-
Northumbria University	8,022.00	-	-
Disaster Relief	-	-	1,00,000.00
Scholarship Paid	-	50,000.00	50,000.00
Vehicle Expenses - Fuel	26,820.00	43,400.00	76,045.00
Conveyance Exp	5,700.00	2,227.00	-
Office Admin Exp	5,600.00	78,976.00	20,507.00
Loan repayment Dr Sushil	-	1,00,000.00	-
EXPENDITURE FOR THE YEAR	26,88,776.00	9,64,474.00	2,46,552.00
UN-SPENT FUND C/F	15,41,026.00	9,80,720.00	12,34,176.00

Note: The above report has been prepared exclusively for Champawat Health Project

Ram Janki Poddar
 Manager - Finance
 21st June 2022



FINANCIAL REPORT

FINANCIAL REPORT FOR THE PERIOD 2019 - 2022 (UN-AUDITED)			
AROGYA INITIATIVE: MITRA TECHNOLOGY FOUNDATION			
PARTICULARS	FINANCIAL YEAR		
	2019 - 2020	2020 - 2021	2021 - 2022
UN-SPENT FUND B/F	1,03,179.00	13,86,120.00	33,24,969.00
GRANTS RECEIPTS			
Swiss Himalayan Amity - Project	7,19,562.00	31,40,124.00	27,23,775.00
Swiss Himalayan Amity (General)	-	7,90,686.00	8,12,000.00
Lifebox Foundation	66,464.00	-	-
UTSAAH	-	2,39,548.00	-
Northumbria University	-	4,10,491.00	-
Donations - Individuals	7,28,996.00	-	73,137.00
INCOME FOR THE YEAR	15,15,022.00	45,80,849.00	36,08,912.00
TOTAL	16,18,201.00	59,66,969.00	69,33,881.00
EXPENDITURE			
Swiss Himalayan Amity - Project	30,000.00	18,49,942.00	29,04,822.00
Swiss Himalayan Amity (General)	-	2,25,490.00	3,62,236.00
Lifebox Foundation	66,464.00	-	-
UTSAAH	-	1,95,000.00	-
Northumbria University	24,280.00	3,71,568.00	-
Program Salary	65,172.00	-	-
Program Cost	24,165.00	-	-
Capital Expenses	22,000.00	-	-
EXPENDITURE FOR THE YEAR	2,32,081.00	26,42,000.00	32,67,058.00
UN-SPENT FUND C/F	13,86,120.00	33,24,969.00	36,66,823.00

Note: The above report has been prepared exclusively for Champawat Health Project

Ram Janki Poddar
 Manager - Finance
 21st June 2022



ENGAGE WITH AROGYA



Volunteer

We welcome doctors, nurses, community health managers, social entrepreneurs, fundraising experts and, anyone else who share our values and want to be a part of a small, dedicated and a committed team. Come work with us for mountain communities and experience a new way of being and living in the mountains.

Please write to sushimalaya@gmail.com for information on work opportunities and volunteering program.

Contribute

Your support will help us immensely to extend our reach. Every effort counts and every Rupee makes a difference.

Donations can be made to:

AGRANI INDIA FOUNDATION

BANK NAME: ICICI BANK LTD

BRANCH: DEFENCE COLONY

ACCOUNT NO: 630001028102

RTGS/NEFT: ICIC0006300

BANK/BRANCH ADDRESS: B-88, DEFENCE COLONY, NEW DELHI - 110024

For Foreign Contributions, contact Dr Sushil Sharma sushimalaya@gmail.com

Contributions are eligible for an Income Tax Benefit u/s 80G (5) of the IT Act

We thank you for your support.

Meet the team

Program Advisor	Dr. Sushil Sharma
Program Coordinator	Erika Dutta
Community Trainer	Mr. Deepak Joshi
Accountant	Neeraj Nayal
Driver	Vinod Arya
Community Nurse	Sunita
Finance Manager	Ram Janki
Coordinator	Monika Rana

