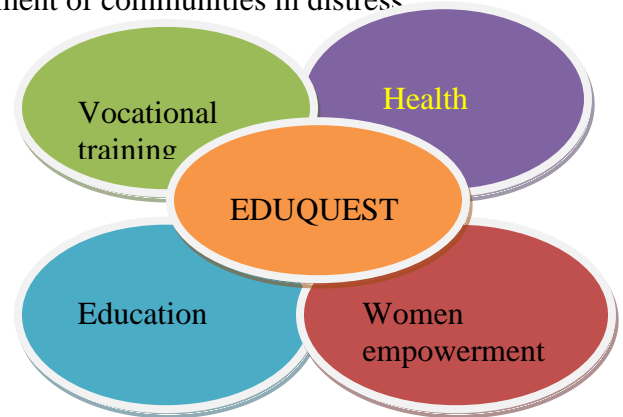


EDUQUEST- NGO

EDUQUEST is Non Govt. Organisation, under the leadership of Dr. Snehlata Rewaria (Physician & Social worker) running several interventions in the areas of Health care, child education, Women Empowerment & Vocational training. Eduquest reaches out to more than 600 beneficiaries every day including children, adolescent, women & families.

MISSION: To Promote community Development through awareness on Health, Education Women Empowerment and Environment.

VISION: To support and encourage the sustainable development of communities in distress



The major projects of EDUQUEST

- **Health care:** Eduquest have provided preventive and promotive health care services. Eduquest is currently running **PROJECT: MOBILE HEALTH DISPENSARIES SERVICES IN JHUGGI JHOPARI /RESETTLEMENT COLONY UNDER TPDDL AREA OF OPERATION with partnership with TATA Power DDL since February, 2015** and providing OPD services and educated them through awareness on various diseases and Hygiene at doorstep of patients. It has organized approximately 500 Awareness sessions and 80 health camps in different areas of Delhi since 2011 including a Govt. project “**Health promotion targeting lifestyle factors and danger signals for prevention & early detection of Cancer**”. Ref. to letter No. 17 (7) (81) DHS/GIA/2013/7090 DATED 24.01.2014 (Ministry of Health Govt. of Delhi. Karkardooma) The Eduquest has Examined, awared and treated /counseled an approximate 1,79,000 patients till January, 2017. Eduquest have provided awareness on various communicable and Non communicable diseases.. Presently Eduquest is running four mobile dispensaries in j j clusters of North and North-West areas of Delhi and covering approximate 600 patients daily in North-West area of Delhi.
- **Education: Shiksha ka Adhikar Sabko:** Eduquest is providing life skill training, free tuition, Cultural activities, festivals celebrations etc. and prepare them mentally and psychologically for study.
- **Women Empowerment:** Empowering women through Vocational training like cutting & tailoring, Beauty parlor, Mehandi designing etc.

In today's world to get good health service is our fundamental rights." But unfortunately we are not getting it. In our country the most important factor is rise in infectious and degenerative diseases. In addition to country is experiencing a rise in lifestyle diseases like Hypertension, cardiac diseases, Diabetes, Obesity, cancer etc. India is grappling with the emergence of other diseases also such as HIV/AIDS and food and water born diseases .A major portion of migrant labours that come from diseases endemic area settled in urban slums with highly vulnerable surroundings such as overcrowding, garbage, unsafe water, open sewers, stagnant water, poor immunity etc. These factors are suitable for transmission of communicable diseases & vector born diseases. In addition to above other high prevalence of risk factors are smoking, alcohol, drugs, lack of fiber intake of diet, physical inactivity, malnutrition and obesity in non communicable diseases.

The poor people living in Rural / J J Clusters are unable to avail medical facilities due to:

- High cost treatment
- Discrimination and perceived unfriendly environment at Govt. Hospitals.
- Lack of information and assistance to access these health care facilities.
- Lack of awareness regarding diseases caused by illiteracy non-guidance at hospital level

Rise in diseases in India:

- Substandard housing
- Inadequate water
- Swage and waste management system
- A crumbling public health infrastructure
- Lack of financial resources

Adopted unhealthy western diet that are high in fat & sugar. This causes increase in lifestyle diseases like Hypertension, diabetes, cancer, obesity etc leading to high mortality rate

- Lacking standard of health care. Poor public obtaining the treatment from unqualified practitioners who are providing many inappropriate and unwanted treatments.
- Direct purchase of self Medicines from chemists and using them inappropriate and doses.
- India is grappling with the emergence of diseases such as AIDS & non potable water & food diseases.

Objective:

- To improve the health status of people living in J J Clusters
- To improve the quality of health seeking behavior of people.
- To increase the credibility of service providers through improved quality of service.
- To provide awareness on preventive measures of diseases and healthy life style
- To provide awareness on importance of hygiene

**PROJECT: MOBILE HEALTH DISPENSARIES SERVICES IN JHUGGI
JHOPARI /RESETTLEMENT COLONY UNDER TPDDL AREA OF
OPERATION.**

WHAT WE DO: AT A GLANCE – Through four Mobile dispensaries

EDUQUEST is committed to work with TATA Power DDL to improve the health status of people living in J J Clusters & resettlement colonies through OPD service – Provisional Diagnosis & Investigations like Blood pressure and Blood sugar check-up, treatment, Counseling & health awareness at their doorsteps free of cost.

Our Priorities are:

- Health Awareness & Examination, investigations, diagnosis & Treatment
- Promotion of community health and life style
- To ensure enlightening of these inhabitants on issues pertaining to treatment, hygiene, family welfare and ethics etc.

Our Activities

At Location:

- ❖ OPD service – Provisional / clinical diagnosis , investigation & treatment and awareness on different diseases, counseling etc.
- ❖ The main objective behind the Awareness sessions organizing at locations and at Vocational Training centres is to educate the people for prevention of Communicable disease, Life style diseases, HIV/AIDS, STDs, skin diseases, sanitation, safe drinking water, diseases caused by open defecation, women health etc.

Mobile dispensaries are visiting at different location and providing treatment to the patients at their doorsteps. We have seen our beneficiaries are suffering from most of the preventable diseases. They are not aware about the prevention of diseases like:

- a. What are the diseases?
- b. How bacteria or virus or skin infections are transmitted?
- c. Signs and symptoms of diseases.
- d. After exposure the time to appear the symptoms
- e. Who is at risk
- f. When we should attend the hospital
- g. Treatment
- h. Preventive measures
- i. Malnutrition & Anemia

In addition to our routine OPD we have celebrated many World Health Days. The objective of the World Health Days celebration was

- To increase the public awareness of various causes and prevention life style diseases.
- To provide detail knowledge of getting prevented from various diseases and their complications like cancer, Diabetes etc .caused by smoking, drugs, alcohol etc.
- To encourage most vulnerable group of people to frequently check their blood pressure, Blood sugar and follow medications from the professionals
- To promote self care among the people in respect of Malnutrition, anaemia, hygiene leading to serious health problems. .

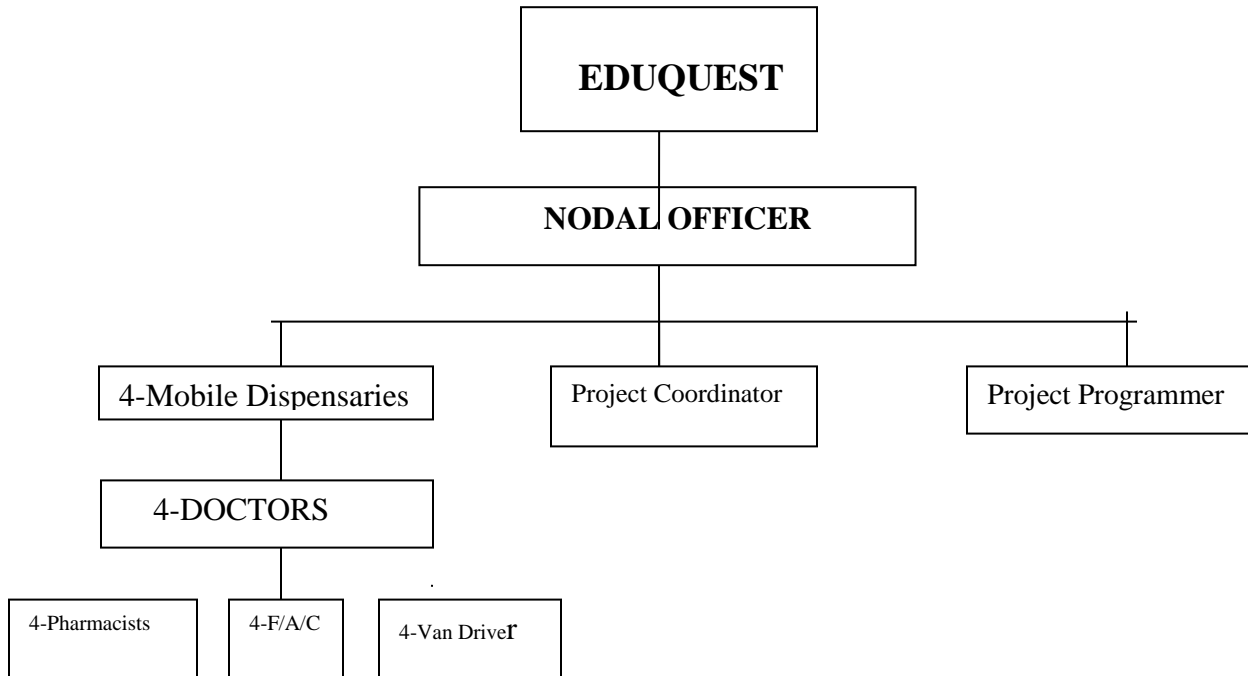


Awareness on Hygiene



Awareness on Diabetes and Hypertension

PROJECT ORGANIZATIONAL CHART



Mobile dispensaries team with CEO & MD TATA Power DDL and Head SIG

World Health Day

World Health Day celebration in the communities focuses on increasing the life expectancy by including good health to the lives of people and promoting healthier living habits.

Eduquest has celebrated WHO global health days in addition to routine job at J J Clusters and at V T Centres as:

World Cancer Day- 4th Feb. 2016

The main objective of behind the awareness sessions organized on Cancer at different locations was to educate the people on Cancer.

Cancer- A Preventable – tragedy

As the level of cancer awareness rises, the health seeking behavior towards early detection will increase and consequently the cancer load in the country will begin to decline.

The Mobile dispensaries has organized awareness sessions at Locations and at V T Centres in the month of Feb. At Locations we have educated people .They have raised lots of quarries. We have awared them on:



Awareness at V T centre on cancer cervix

- What is cancer?
- General Signs & Symptoms of cancer cervix
 - Cancer caused by Smoking and chewing Tobacco
 - Early detection of Breast cancer- Self examination of Breast
 - Prevention of Cervix cancer through vaccination
 - Warning signals of cancer
 - Prevention
 - Treatment

Breast cancer is number one cancer in women in India “Early Diagnosis is very important because breast cancer can be treated before it has spread.”

International Women's Day- 8th March. 2016

Eduquest has organised Awareness sessions on various diseases at V T Centres and at J J Clusters



- Pelvic Inflammatory diseases (PID)
- Personal hygiene and open defecation
- Hygiene practices during menstruation cycle
- Early detection of breast cancer
- Carcinoma cervix and vaccination
- Osteoporosis
- Thyroid
- Diet & Nutrition

← Awareness on Pelvic Inflammatory diseases



Female foeticide is aborting a female fetus after sex determination test

. Factors for female foeticide

- Preference for male babies- Sons are called upon to provide the income.
- “Raising a girl like a watering in the neighbor’s garden”- economical burden on the parents.
- Evil of Dowry
- Social security
- Deprivation of education of education
- Denial of right to property
- Caste system
- Urbanization

Steps to prevent female infanticide and female foeticide:

Empowering women through Education & Vocational training and keeping in good health.

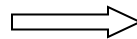
Early detection of Breast Cancer

SELF EXAMINATION OF BREAST

1. Inspect for: Skin changes & visible lumps
2. Raise Arms Up: Breasts should rise evenly
3. Feel for Lumps
4. Use the Middle of Your Fingers
5. Move your hand in small circles
6. Then move to another location
7. Feel the Armpit
8. Try to Express Nipple Discharge
9. Now Check the Other Side
10. Have a Professional Breast Exam Each Year



Awareness on Breast Self Examination



Get yourself screened for breast cancer



Awareness on women health and nutrition



International Women's Day Celebrated – Women Health

World Tuberculosis Day- 24th March 2016- “Unite to End TB”

Tuberculosis is a disease caused by tiny germs that enter your lungs when you breathe them in. It is called TB. Tuberculosis germs are commonly found in lungs, but sometimes they can move in other parts of the body. When you have TB in lungs you can spread it to others.



The Eduquest has organized Awareness on Tuberculosis in the community as well as in V T Centres. We have educated participants on:

- What are the Identifying symptoms ?
- Symptoms of Tuberculosis
- Modes of transmission of Tuberculosis.
- Diagnosis and treatment in Govt. Hospitals
- Extra pulmonary Tuberculosis
- What is DOT PLUS?
- T B is still a social stigma
- Revised National Tuberculosis Program



AWARENESS ON TUBERCULOSIS AT V T CENTRE

WORLD HEALTH DAY- BEAT DIABETES: 7th April, 2016

7th April 2016- The objective of the World Health Day is to increase awareness about the rise in Diabetes and its staggering burden and consequences, in particular in low and middle income countries. The campaign focuses on the tide of Diabetes world wide. The theme is **“BEAT DIABETES**

Health Camps organized at 12 locations. Approximate 300 people screened by three Mobile dispensaries and 170 found with high Blood sugar level and High Blood pressure. We have provided the facilities were:

- ❖ General Check-up
- ❖ Weight measurement
- ❖ Blood Sugar check-up
- ❖ Blood pressure check-up
- ❖ Free medicine distribution
- ❖ Awareness on Diabetes and blood pressure and their complications
- ❖ Counseling
- ❖ Awareness on facilities available in Govt. Hospitals for further management of diseases.

On World Health day 7.4.2016 All the three Dispensaries have organized Health camps at 12 locations and Blood pressure and Blood Sugar was checked and awareness on Diabetes and blood pressure and their complications was given. We have observed that in J J Clusters lots of people are suffering from Diabetes and hypertension, once they diagnosed they took the medicine for some days and stop the treatment. They don't want to go to hospital and private doctor is costly for them. In the camp we have found blood sugar level was 505 dl and B P was 220/120 mm of Hg. Patients have no complaints But it was a serious health issue he may get any time heart attack, cerebral hemorrhage etc. He might have other diabetes complications like retinopathy, kidney disease, CAD, Neuropathy etc. also. We have found 170 cases of high BP and high Blood Sugar level. Treatment was given, advised them to get Blood sugar check-up from our Mobile dispensary monthly. Some serious cases were referred to the Govt. Hospital for further investigations and treatment under supervision of Specialist.



Diabetes is a Lifestyle disease that poses major challenges and has to be controlled.

- **Symptoms of D.M**
- Polyuria.
- Polydipsia.
- Polyphagia.
- Weight loss (in IDDM).
- Other Symptoms like:
 - Fatigue
 - Unusual Infections
 - Blurred vision
 - Dry and itchy skin etc



Awareness on complications of diabetes &



Blood sugar check-up

We are taking special care of the patients which are suffering from Diabetes educating them on diet, medicines and excersise and blood sugar check-up routinely, Refer them to Govt hospitals for further management of Diabetes.

“NO TOBACCO-DAY” 31st May 2016

All the dispensaries has educated people at locations and at V T centres on diseases caused by smoking & chewing tobacco on “ **NO TOBACCO DAY**” 31st May 2016

1. World “ NO TOBACCO DAY” 31st May 2016

For World No Tobacco day, 31st May 2016, WHO is calling on countries to get ready for plain (standardized) packaging of tobacco products. It is a demand reduction measure. as

- It reduces the attractiveness of tobacco products
- Restrict use of tobacco packaging as a form of advertising
- Increase the effectiveness of health warnings

We have organized awareness sessions at locations and at V T Centres on Tobacco i.e Smoking and smokeless tobacco. We have educated the beneficiaries on:

- Chemicals in cigarette & bidi, tobacco
- Passive or Second smokers and effects on children
- Smokeless tobacco and oral health
- How to quit Smoking
- Smoking and oro-dental health
- Chemicals in cigarette smoke- There are more than 4,000 chemicals in cigarette smoke, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. The

chemicals includes are asbestos, DDT, hydrogen cyanide, ammonia, carbon monoxide, oxides of nitrogen etc.

- Cigarettes, cigars and pipes can affect a person's body like-
- Bad skin (pale & unhealthy) –psoriasis.
- Bad Breath - halitosis
- Bad-smelling clothes and hair.

Reduced athletic performance- rapid heartbeat, decreased circulation & shortness of breath



Smokeless Tobacco: Health & other effects:

- Oral sore that won't heal.
- Oral lump.
- Prolong sore throat.
- Difficulty in chewing.
- Restricted movement of the tongue, jaw
- A feeling of something in the mouth
- Oral cancer
- Tooth stain

Staying smoke free give you a whole lot more of every thing

- More energy.
- Better performance.
- Better look.
- More money in your pocket.
- In the long run, more life to live



Passive or Second hand smokers: It is called environmental tobacco smoke and have given more emphasis on educating the people to awareness on passive smokers as they living in a very small house. All the family members including old ,middle aged, youngsters and children and toddlers also living in the same house. Children and women are affected more. It causes Respiratory tract infection, Middle ear infection, asthma, and tonsillitis, delayed mental & physical growth in children of smokers. Passive

smokers carry related risks of lung cancer, heart attack & cerebro vascular disease. The school going children are suffering from upper respiratory tract infection, fever, tonsillitis and ear infection off and on and e doctors. Due to this they suffer from ill health and getting absent from the school time to time and in long run they could not reach up to the mark in study and remained behind in study as compared to other students and at the last they dropout from the school.



Awareness on Smoking at J J clusters



Awareness on Tobacco- Smoking and Smokeless/ Chewing tobacco in Industrial area- Free health camp

WORLD ORGAN DONATION DAY- 13th August 2016

Mobile dispensaries has organized Awareness sessions on locations and at V T Centres “ The chance to save lives organ and tissue donation.” One organ and tissue donor can transform the lives of 10 or more people. Participants sensitize on:



- What is Organ donation
- In India 10 Lakhs need Organ Donation
- Type of donors
- What can people donate?
- DONATIONS BEFORE DEATH (Live)
- Problems with Cadaver Organ Donation

Programme in India

- Cadaver transplant- conclusion
- Organ donor criteria
- Tissue donor criteria
- Why do people need transplants?



Awareness in J J Clusters on Organ Donation

Eduquest has sensitized 247 participants at various locations and at V T Centres for organ donation

**Special drive on Dengue and Chikungunya epidemic by Eduquest in North & North-West area of TATA Power DDL operation
IN
September 2016**

Eduquest NGO has taken a definitive special interest to save, treat and relieve fever & pain of the patients all the locations earmarked. This is in addition to awareness program conducted on locations and other places like V T Centres etc. The motivated staff of Eduquest with specially planned strategy has shown tremendous maturity to achieve the goal. The Eduquest have covered each & every locations with devoting extra hours daily including even Saturday at time depending upon the severity of disease and number of the patients.

While visiting various locations feedback was obtained regarding mortality of pts. But to the best satisfaction of the Doctors & paramedical staff of Eduquest, not a single causality/ death reported from any of the location. Though most patients have recovered from their illness, but we will not leave any stone unturned in further detecting of such cases in the month of October 2016.

The special drive is in addition to other ailments like joint pains a orthopaedic disease and other day to-day i.e multiple boils, dermatitis, eczema, scabies and other disease complained by the concerned area.



Awareness on Chikungunya at location

Eduquest organized 53 awareness session at locations and VT Centres and covered 1517 participants.

Oro-Dental care

Gutka is a flavored tobacco mixture with betel nut lime, and harmful additives like magnesium Awareness program organized at Vocational Training centres



We have educated the Beneficiaries / people as following:

- What is oral hygiene?
- What is oro-dental care

Important to have good oral hygiene:

Oral hygiene is the practice of keeping the mouth and teeth clean to prevent dental problems, most commonly, dental cavities, gingivitis, periodontal (gum) diseases and bad breath. There are also oral pathologic conditions in which good oral hygiene is required for healing and regeneration of the oral tissues.

Oral health is an important part of overall health. Good oral health contributes positively to our physical, mental and social well-being and to the enjoyment of life's possibilities, by allowing you to speak, eat and socialize unhindered by pain, discomfort or embarrassment

Good **oral hygiene** helps to prevent dental problems - mainly plaque and tartar (calculus) which are the main causes of gum disease and caries (tooth decay). Good oral hygiene may also help to prevent or delay dental erosion. Dental plaque is a soft whitish deposit that forms on the surface of teet.



Awareness on Oro-Dental health at location



& V T Centre

Hygiene

Eduquest has organized Awareness sessions for the in V T Centres and at locations to educate them for prevention of diseases like foot care, Hand wash, open defecation, nail care, hair wash, daily bath, Dental problems, head lice as:



Awareness on Hygiene and Joint pain – J J Clusters Bawana

- What is Hygiene ?
- Wash your hands frequently
 - to avoid spreading of germs.
- Open defecation and diseases and women safety
- Nails cutting
- Dental problems
- Hair care & head lice
- Skin diseases
- Soft drinks, junk food & its health hazards
- Foot care



Awareness on hand washing



head lice

&



Children before bath- j j cluster-

Awareness on hygiene Press road j j cluster:

Children educated on daily bath

- Take a bath daily and clean clothe to keep the dirt and odors away
- Wash regularly with shampoo. Rinse hair thoroughly with clean water
- Wash child's hair with or her lying back.



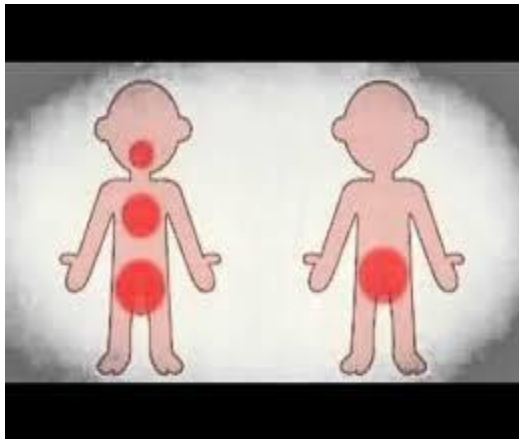
Children after bath

Komal a film on Child Sexual abuse



Awareness on child sexual abuse

We have educated children in various V T Centres and at locations on that “How you keep yourself safe?” Many of the children have faced any situation where they felt uncomfortable.



We have educated children that any one touched you in a wrong way that made you uneasy. You have personal four spaces in your body. They can't be touched by any one. They are mouth, chest. Parts between the legs and buttock. Only mother can touch when she is bathing you and Doctor uncle when cheek you, when you are ill in presence of mummy & papa. It is **safe touch**, These touches are clean & healthy.



Unsafe touch

If any one else show you dirty pictures and touches you in one of your four areas, it is called wrong and make you feel shy, unhappy, unrest and uncomfortable. These are called **unsafe touch**. Some people do such things they are not good. They hurt you. If something like happened to you, you must shout No – No and run to some one who you trust like mama and teacher- tell them till they understand you. **You should also know about child help line – 1098**

IF ANY ONE TOUCHES YOU IN UNSAFE AREA –SAY-NO.NO....



KOMAL FILM- CHILD SEXUAL ABUSE- film shown in various V T Centres and locations



Osteoporosis:

- **Osteoporosis:** Osteoporosis is a bone disease best described as “porous bone”. Bones are living tissue, constantly being rebuilt. With osteoporosis, the rate of bone loss is greater than that of bone rebuilding, causing thin, porous bones that break easily.



Awareness session on osteoporosis at V T Centre-Narela

We have educated women on:

- What is osteoporosis?
- Causes of Osteoporosis
- How is Menopause related
- Symptoms of Osteoporosis
- Main areas of bone fracture
- Risk factors for Osteoporosis
- Care and guidance for Osteoporosis

World AIDS Day-1st December 2016

Eduquest has celebrated World AIDS day at various locations and V T Centres and educated our participants on:



What is AIDS ?

Acquired immuno Deficiency Syndrome. A group of signs & symptoms of illness. The state in which the body's immune system is depleted so that it is unable to defend itself against the development of certain conditions, particularly infections.

Causes of transmission:

1. contaminated needles/ syringes and other piercing instrument
2. 2. of Through transfusion infected blood ,blood products and organs
3. By infected mother to her new born baby.
4. Unprotected sexual intercourse with an infected person



AIDS is not transmitted by

- Shaking hands, hugging
- Coughing or sneezing
- Using public phone/toilets
- Sharing food, eating or drinking from same utensils.
- Using public swimming pools.
- Through mosquito or other insect bite
- Visiting a hospital
- Using drinking fountains or tap

Health check-ups at Vocational Training centres

Time to time we have organized health check-ups for the students /participants of Vocational training centres. Regular health examinations and tests can help find problems before they start. Thereby making also can help find problems early, when your chances for treatment and cure are better. The Mobile dispensaries have organized Health check-up for the students/ participants of V T Centres.

1. Measure the Height and weight
2. Dental check-up and educated them on dental hygiene
3. Asked them regarding their bowel habits and pain abdomen
4. Eating habits and junk foods as it is easily available in these locations and it is unhealthy
5. Educated on Head lice that how they transmitted from one to another and treatment
6. Awareness on Hygiene like hand washing, bathing, nail cutting, washing of hair, skin diseases etc.
7. Awareness on Menstrual hygiene for adolescent girls
8. Management of Abdominal pain at the time of menstrual periods
9. Gynae problems for women attending Self Help Groups and V T Centres

We have provide treatment to them and if necessary referred to them for investigations and dental treatment.. Some of the teens were suffering from acne and anemia. Adolescent girls were suffering from gynecological problems. Due to rainy and humid environment some of the children were suffering from skin allergies and fungal infections and boils etc.



Health check-up- Participants of students of V T Centre Rohini

Dengue

Dengue awareness: At locations and at Vocational Training centers Mobile dispensary doctors have organized Awareness on Dengue. The staff has educated the participants on:

Dengue is an acute viral disease. It is caused by the bite of an Aedes mosquito. The incubation period is 3 to 14 days. Dengue fever is found mostly during and shortly after the rainy season. It is important to remain vigilant at all times in preventing dengue fever in daily living and while traveling. Dengue mosquito bite between 10.00 AM – 5.00 PM almost in the day time.

- **Signs & Symptoms of Dengue-**

- High fever for three to four days
- Severe headache
- Muscle and joint pain
- Eye pain
- Nausea and vomiting
- Skin rash
- In severe cases, the patient may present with bleeding and shock, and can die from **the disease.**

- **How is dengue fever transmitted**

- **Who is at risk for dengue- Dengue shock syndrome**

- **Prevention**

- Awareness on potential breeding grounds for Dengue mosquito
- Wear shoes, socks, long pants and long sleeve shirt
- Use mosquito repellents
- Mosquito nets
- Mosquito coils

➤ We have awared participants on Malaria and Chickengunea fever also and how they different from Dengue and their seriousness.



Awareness on Dengue- O Block Mangolpuri



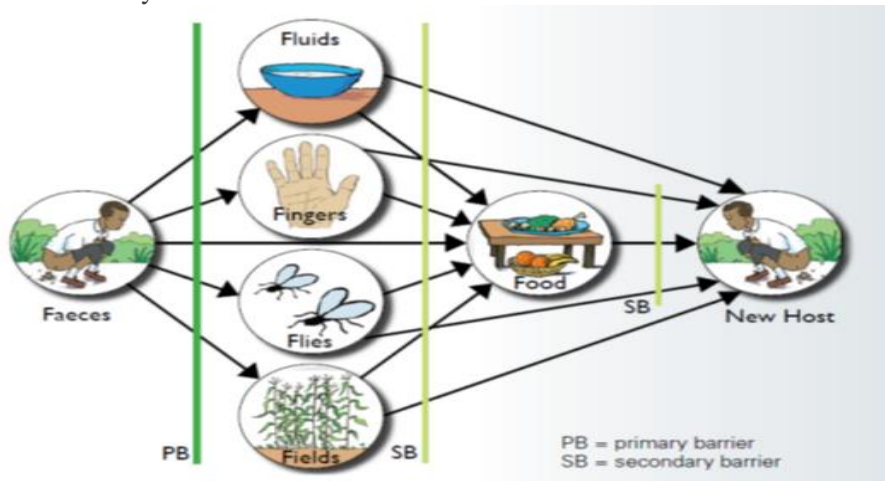
Chunabhati

Open Defecation

Open defecation is the practice of people defecating outside and not into a designated toilet. Coming from a slum close-by, they squat among the few trees and bushes along the railway tracks and defecate in the open. To many, this is a daily morning ritual despite the hazards of contracting diseases such as diarrhoea and hepatitis. It can be even more hazardous for women since each time a woman uses the outdoors to relieve herself, she faces a danger of sexual assault. people in India still "continue to defecate in gutters, behind bushes or in open water bodies, with no dignity or privacy". part from poverty and lack of lavatories, one of the reasons often cited to explain open defecation in India is the acceptance of wrong cultural norm making the practice socially accepted in some parts of the society.

Health Hazards:

Open defecation's link to global poverty is simple: Improper sanitation and open defecation lead to contaminated water sources, soil and land. This is what creates the health crisis. Children are suffering from lots of disease like pain abdomen, Diarrhea, Typhoid, Geardiasis, Hepatitis A, cholera etc. These are also diseases that claim the highest number of children lives under the age of five years old each year.



In this picture we have educated the beneficiaries how the diseases are spread with open defecation



Awareness on Open defecation- J J Cluster

Bad Lifestyle & Good Lifestyle:

Bad Lifestyle & Good Lifestyle: and their effects on day today life. Participants educated to adopt good life style in their day today life.



Awareness on Bad Lifestyle & Bad Lifestyle Mangopluri and Badli V T Centre

Bad Lifestyle:

- L. Lavish food
- I. Insufficient physical activity
- F. Fast pace
- E. Escapist attitude
- S. Spiritual bankruptcy
- T. Tones of negativity
- Y. Yo Yo weight cycle
- L. Low self esteem
- E. Elusive peer support

Good Lifestyle:

- ✓ L. Low fat , Low sugar & salt diet
- ✓ I. Intelligently paced work
- ✓ F. Fruitarian diet
- ✓ E. Efficient peer support
- ✓ S. Spiritually rich
- ✓ T. Total control over anger
- ✓ Y. Young at mind & heart
- ✓ L. Leg work more than tongue slip
- ✓ E. Empowerment of team at work

At Locations we have awared people about bad and good lifestyle. As we know that some one has no diseases and body disability. We don't assume that the person is healthy; unless the person has reasonably stable nature, has his/her anger under control, has a good peer support system & moves ahead but with team, the person still has lot to inculcate to be having healthy mind, body & soul.

Joint pains

Our most of female patients are attending the Mobile dispensaries for the complaints of lower backache, pain in legs and whole body pain irrespective to the age i.e 15 yrs- 70-80 yrs and some times children also. As we know most of the women residing in such areas are working as house maids, labour, working in factories and maximum females are unable to take proper diet due to poverty and they are suffering from Vit D and Calcium deficiencies and also anemia. One more important thing we can see in below picture that is in j j clusters also People including women & small children climb up through these wooden / iron stairs in upper floor every day ,so many times. They are loosely placed and so many times they fell down and having frequently blunt injuries / fractures and sometimes badly injured having head injuries or fracture hip. We have seen lots of malunion of fractures in these case



Awareness at Women literacy centre K Block Jahangirpuri on Joints pain



We have educated the participants on joints pain and their symptoms and treatment

Knee joint

What is Osteoarthritis of Knee joint ?

Osteoarthritis (OA) is a joint disease which primarily affects cartilage. This result in the wearing out of the joint surface. Over a period of time surface slowly erodes until the underlying bone is exposed. This exposed bone can be painful when the joint moves and bears weight.

What are the symptoms of Knee OA?

- Pain during movements and at rest.
- Stiff and swollen knee joint.
- Loss of movements.
- Disrupted sleep.
- Tenderness in the Knee area.
- “Grating” or “Catching” sensation.
- Weaker Knee muscles.
- Deformities of knee joint
-

What are the signs of OA

- Boney enlargement.
- Joint effusion.
- Malalignment of joints
- Joint deformity
- Pain and crepitus on motion
- Tenderness on pressure

How to manage OA with out medicine?

Physiotherapy:

Aims to restore the function of the joints to the maximum degree:

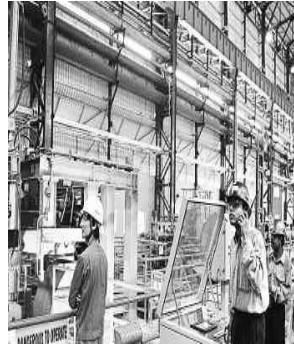
- Reduce pain
- Increase joint movement
- Increase muscle strength and
- Address specific restrictions in activitis

Introduction of Tata's Heritage

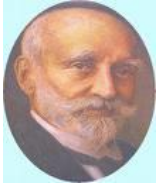
The Doctors of Mobile dispensaries has organized awareness sessions on Tata's Ethical values at various V T Centres



The man & his vision



- Jamsetji installed the first humidifiers and fire sprinkles in India as a safety measures.
- In 1886 .He instituted a pension scheme & provident fund.
- In 1895 begin to pay accidental compensation
- Arranged water filtration plant, sanitary hutments, grain depot followed by dispensary for the employees.
- Introduced a system of apprenticeship.



Responsibility

Dorab Tata once asked: 'Sir, we do not have money to pay salaries and wages to our employees.' What do you think Dorab Tata did? His interest in that company was not even 2%. He did not own that company, but he was responsible. He went to the banks and pledged every single thing that he owned, every personal assets that he owned, He mortgaged it to the banks so that he could raise a loan and those things that he could mortgaged also had his wife's entire jewelry.

Ethical Conduct

JRD Tata once said " I am cleaning the toilets, we Indians do not know how to use western facilities". The employee said: Why you are cleaning the toilet, that is my job'. JRD Tata said 'Why it can not be my job, is this not my airline? So, when you merge your internal self to that extent with your company, that is when your conduct becomes ethical.

Punctuality in Tata Air India

At the time of JRD Tata. Tata Air India was very punctual. Once there were two guys outside Geneva airport and one fellow asked the other: 'What time is it?' The other fellow replied: 'It is 1.00 PM.'. The first fellow then asked: ' How do you know that it is 1.00 PM., You did not even look at the watch; There is no clock in this restaurant?' The second fellow replied: 'Did you not see the Air India plan land?'

We are happy to present the People's Car to India and we hope it brings the joy, pride and utility of owning a car to families who need personal mobility.



RATAN TATA
January 10, 2008. while showcasing the Nano.

ROAD SIDE ACCIDENTS- SAVE THE LIFE OF PEOPLE



Road traffic accident in BAWANA ROAD



Road Traffic accident at different locations. provided First-aid and casualties transported to nearest hospital for further management in Rural areas as well as in City

Madarasi Colony: It is our routine location visited weekly for OPD. The person showing was badly injured and drunk. Police was also there but not taking care and said it happened every day. Our staff has cleaned his wounds and given first-aid.



Case study : Three Mobile dispensaries has day to-day some experiences at locations and follow-ups. Some of are mentioned as following:

1. case study of a patient who is suffering from diabetes and Ch. Bronchitis



Photo-1



Photo-2



Photo-3



Photo-4

Location- Haiderpur J J Cluster- in Photo-1, one can see a person covering his mouth with clothe. He was continuously coughing and spitting thick sputum. The Doctor of van was watching. She got down and reached to him and asked what the problem with you. He said I am a case of Diabetes but don't have money for blood sugar check-up. On every visit in the hospital the doctor said first get blood sugar check-up from outside and then come. In the mean time the patient developed Ch. Bronchitis i.e Lung infection. In Photo-2. He was with Electricity bill in his hand and registered himself and in photo-3 he got blood sugar check-up. His sugar was high i.e 375dl.. After that he referred to the near by Haiderpur hospital. In OPD the Doctor examined him and given the treatment for ch.Bronchitis and referred to the Govt. Hospital for Diabetes management. Now in follow-up he is doing well. Sugar is controlled and getting one month medicines from hospital. Photo-4 was also similar case her blood sugar was on H mark- means approximate 600 dl. She having the history of Diabetes but left the treatment one year back. She

developed Diabetic Retinopathy. She was also referred to the Govt. Hospital for further investigations & management.

1. Case -2



Location- G P Block- A 11 Yrs Boy came to the mobile dispensary and asked that I want to leave the Gutka chewing. Doctor examined his teeth were stained and broken, bad smell from mouth and C/O loss of appetite i.e bhukh nahi lagati. He said I am eating gutka since three years but now I came to know it is a bad thing. We have given him counseling on three visits and awareness through images on laptop. Given to understand the diseases caused by chewing tobacco. He was determining to leave the gutka. After one month he came to us and said abhi kafi kam kar diya hai.

Scabies:

Case – 3

Location: E-6, Sultanpuri J J Clusters

As per schedule provided by CSR department the mobile dispensaries visited the E-6 J J Cluster Sultanpuri on weekly basis for treatment of the beneficiaries since September 2015. However on the first day itself almost all the beneficiaries found suffering from scabies infection in addition to other diseases. So every house hold provided treatment and awareness on scabies and hygiene. As it is a communicable disease, If a person has had scabies before, symptoms appear much sooner (1-4 days) after exposure. An infected person can transmit scabies, even if they do not have symptoms, until they are successfully treated and the mites and eggs are destroyed. These patients were suffering from disease since long time despite taking treatment from quacks and medical stores.

We have treated patients at their doorstep weekly, educated them on how and when to apply the medicine on their body parts. Oral medicines and ointments were also given for secondary bacterial skin infection. We have treated them till date for 24 weeks and 965 patients (Age group 2 months- 85 yrs).

Infected scabies



Name: Fulad (Nitish), Age- 13 yrs (6 brothers & sisters)

Mother's Name: Nisha- a Bettery Rikshaw driver

Father's Name: Ballu (No work)

Add: Juggi No. 270/ E-6, Sultanpuri

This patient was suffering from severe secondary infection of scabies between in his thigh and inguinal region and lower part of the abdomen. He was under treatment of mobile dispensaries for 6 weeks. Every time the doctor has seen his improvement through photos . Now he is cured. We have educated him on hygiene like daily bath, clean cloth and further prevention.

Smoking

Case-4

Location: Kathputali colony

Our mobile dispensaries are visiting the Kathputali colony a JJ Cluster for health facilities provided at their doorsteps. It is a thickly populated area, people living in unhygienic conditions. Most of the youngsters and even children are drug addicts not even a single person including women are taking chewing tobacco. Some of the women are also smoking openly. The young boys are taking ganja, smoke , cigarette ,bidi etc. Time to time we are organizing Awareness program on Chewing tobacco and smoking. We have seen women wants to leave the habit of smoking as they developed Ch. Bronchitis, dental problems and gastritis. One of our beneficiaries has tried her best to leave the smoking. But could not succeeded.



Name: Saira Khatoon

Age: 65 years / F

Smoking habit since childhood approximate since the age of 8 years

She is living in Kathputali colony since many years. Having 3 children two sons and one daughter. All are married she having grandchildren also. Widow, living alone working as house maid in nearby kothies. No other source of income. She was our patients and under treatment of Mobile dispensary. On 13.5.2016 we have organized Awareness session on Smoking in this area.

Displayed posters written in simple language with images of hazards of smoking. Here we can see her in Blue sari with her grandchild looking on poster in picture-1



Picture-1



Picture-2

Here in picture -3 our counselor is taking awareness session on smoking and she again there for more information and last she came to doctor for all her queries. On next visits dated 20.5. 2016 she came and was so excited to tell that she has left the smoking on the same day i.e 13.5.2016. As she has already developed so many symptoms of smoking like chronic cough, breathlessness, chakker, headache etc . Now she promised to doctor that she will not smoke any bidi or cigarette in future because in last seven days feeling comfortable and symptoms are reducing. She told

us that at the as of 7-8 years when she was a child started smoking “ **jab maa and baba ki liye bidi jalati the.**” **One day I thought baba & maa taking every day why not me. Then I have started and slowly and slowly I became addict to bidi.**

Juvenile Diabetes- Case-5

Juvenile Diabetes: “ Type 1 Diabetes, once known as Juvenile Diabetes or Insulin dependant Diabetes, is a chronic condition in which the pancreas produces little or no Insulin, a hormone needed to allow sugar to enter cells to produce energy.



Location J Block Lakhi park

Jahangirpuri. Awareness on 11 yrs Child suffering from Juvenile Diabetes. His father was also called and educated on anti diabetic Insulin injection The patient was taking injection two times a day before taking his meal. Due to diseases the child and the family is under depression and he has left the school. He was encouraged to get the admission in the school again. He was also educated that if he will follow the doctor's instructions and get the injection every day

he will be live like normal child nothing will happened to you and it is a life long medicine you can't miss a single day. His father was also educated on his diet, timely blood sugar testing, medicines and exercise. He is referred to Govt. Hospital and getting further management from there as he needs regular check-up and Injection every day.

Case: 6: Location –Metro vihar phase-1



A one month old infant carried by her mother. The mother was crying like anything. One of our ABHA saw the woman with a child. The woman told to her that medicines were not issued from the Bawana Govt hospital and my husband is not taking care. She came to us with the help of ABHA The doctor of the Mobile van saw the hospital prescription the patient was examined by pediatrician prescription was well written but medicine were not issued to her. She told that my child is a female and one month old. She fell down from the coat in the night and my husband is not taking care because of a girl child. In the picture we can very well see the injury on upper arm of the patient. The Doctor assured her that it is not big injury her shoulder (Lt) is

ok. Medicines were issued as all were available in the Mobile dispensary.

Case-7: Counseling on Tobacco consumption



A patient Mr. Joginder 56 yrs of age attended the mobile dispensary at Inderpuri location with a complaint of cough with dyspnea since one month and could not getting relief taking treatment from various private doctors. The Doctor called him in the Mobile van and examined and asked him a question since when he started smoking? He said since the age of 15 years when he was in the school. He was counseled through visual like presentation on laptop and charts and emphasis was given that he must stop smoking otherwise will not get rid from these symptoms. After 15 day he again attended the mobile van and thanks to the doctor as he left the smoking and now improved his health.

Hazards caused by Lime- Chuna- Used in Khanni



The Mobile dispensary visited the Punjabi colony Jawahar camp- Narela for treatment of beneficiaries at their doorsteps. The Medical team of Mobile Dispensary visited the cluster and found approximate 80% women and adolescent girls were working for filling of plastic bottles with lime. These were working in this field since 20 yrs. The Doctor examined their hands and found they all were suffering from dermatitis and cracks in the skins and some were bleeding also. Lime can cause severe eye irritation or burning. Should be worn glasses where there is a risk of lime exposure. Lime, particularly quicklime, is an alkaline material that is reactive in the presence of moisture. Workers handling lime must be trained and wear proper protective equipment like gloves.

Women and child health

The health of women and child depends on their emotional, social and physical well being which are determined by different social, political and economic concept of their lives. In each community mother's figures in a major group. Mobile Dispensaries have visited the j j clusters and resettlement colonies. The people living in these areas are of low income group. Literacy rate is low. Maximum children were drop outs. Girls are taking care of their younger brothers & sisters when their parents were on work for bread & butter. Women were working as House maids, labour and working in fields and factories. It has been seen that they don't have time to visit Govt. hospital for treatment. In last two years the Mobile dispensaries doctors have examined, treated, counseled and provide awareness on different issues like health, education and social values to nearly 96569 women and children through mobile dispensaries at locations, V T Centres, Self Help Group & in health camps. We have organized following awareness sessions for women and children at locations, WLC and at V T centres:

- Early detection of breast cancer- **Breast self examination**
- Hygiene – Open defecation & women safety
- Women health
 - Personal hygiene
 - Awareness on Dysfunctional uterine bleeding
 - Cervix cancer
 - Osteoporosis
 - Thyroid
 - Nutrition & diet
- Oro dental hygiene
- Pelvic Inflammatory disease(PID)
- Chewing tobacco & Smoking
- Stress management
- Menstrual Hygiene
- Adolescent health
- Awareness on joint pains
- Stress in children
- Hygiene
- General Health check-up of children and women at V T Centres
- Dental hygiene
- Women empowerment
- Female foeticide in India
- Komal Film – (A film on child sexual abuse)



Women patients educated on prevention of diseases



The Doctors and staff respecting the Elderly patients and special patients (40 yrs female patients with congenital deformities, suffering from Hypertension)



Beneficiaries discussing their problems with Doctor of Mobile dispensary at location



Awareness on PIDV T Centre Wazirpur

J-Block Jahangirpuri

Adolescent health and Menstrual Hygiene

The Doctor have interacted with the adolescent girls at locations and at WLC & Educated them on Adolescent health & Menstrual hygiene, Stress and Time management at locations and WL Centres.



We have educated them on:

- Mental & physical changes in Adolescents
- Health problems in Adolescents
- Personal hygiene
- Crucial role of family and Community in adolescent health
- How to prevent adolescent pregnancy and STDs
- How can I help keep my adolescent safe
- The roles of parents and teachers
- Stress is a major problem in adolescents.

Awareness on Menstrual hygien at V T Centre & women literacy centre



Awareness on Women Empowerment – V T Centre



- Women are very precious assets of the World.
Because :
"Women are very cute daughters, very sweet sisters, very lovely lovers, best friends, darling wives, very adorable mothers, a source of strength."



Participated in Volunteers week-6, Count me in.

Eduquest has organized awareness sessions at Vocational centres, SHG centres and Free health camps at Industrial areas on Hygiene, Hazards of tobacco, Nutrition & health, Dental hygiene, Life style & disease, Health, hygiene & safety, Adolescent health, Oro – Dental Health, Positive health, Anemia, PID (Pelvic Inflammatory diseases, Early detection of breast cancer, Menstrual Hygiene, Women health etc, organized two health camps in industrial areas and provided facilities as Free consultation, Free medicine distribution, Counseling, Blood pressure check-up, Blood Sugar Check-up and awareness on various diseases & hygiene. **Total 21 activities organized and 1345 participants attended at various locations**



Awareness on Anemia



Awareness on WOMEN health- Self Help Group

New year 2017 Celebration- Shalimar Bagh Office



Mobile Dispensaries staff with Senior management of SIG Dept. TPDDL

First-aid Boxes



Provided at all Vocational Training Centres



First-aiders/ champions were trained in First-aid and educated for the use of medicines. Now every month the First-aid boxes are refilled by each Mobile dispensary as per schedule per month. The Eduquest has distributed the First-aid Boxes with necessary medicines and medical equipments to the Vocational Training centres. We have also given the training to the concerned person for use of medicines in emergency. Time to time we have taken sessions at V T centres on First-aid and CPR . Every month refilling of First – aid boxes are done by Pharmacist of Mobile dispensaries

Training one to one for First-aid providers at Vocational Training Centres

Locations attended from February 2015-January, 2017

S.No.	Circle	District	Zone	Cluster Name
1	CITY	MTN	1301	58 RAMA RD
2	CITY	MTN	1301	5/31 KIRTI NAGAR INDUSTRIAL AREA
3	CITY	MTN	1301	KIRTI NAGAR FURNITURE BLOCK
4	CITY	MTN	1301	8/35 KIRTI NAGAR INDUSTRIAL AREA
5	CITY	MTN	1301	ZAKHIRA
6	CITY	MTN	1302	KATHPUTLY COLONY
7	CITY	MTN	1302	INDIRA GANDHI CAMP
8	CITY	MTN	1302	SONIA GANDHI CAMP
9	CITY	MTN	1302	INDIRA MARKET CB
10	CITY	MTN	1302	SANGAM COLONY
11	CITY	MTN	1302	LOHA MANDI
12	CITY	MTN	1302	RAJEEV GANDHI CAMP
13	CITY	MTN	1302	SANJAY GANDHI CAMP
14	CITY	MTN	1303	CHUNA BHATTI
15	CITY	MTN	1303	JAWAHAR CAMP
16	CITY	MTN	1303	KAMLA NEHRU CAMP
17	CITY	MTN	1303	JHUGGI BELOW MAYAPURI FLYOVER
18	CITY	MTN	1303	CHOLE BHUTERE SUDERSHAN PARK
19	CITY	MTN	1304	A, B AND D BLOCK JJ CLUSTER
20	CITY	MTN	1304	E-BLOCK, INDERPURI
21	METRO	KPM	501	JJ CLUSTER A-BLK COMMUNITY CENTRE N 86
22	METRO	KPM	501	B 51 JJ CLUSTER LAWRANCE ROAD INDUSTRIAL AREA
23	METRO	KPM	501	B 28 JJ CLUSTER LAWRANCE ROAD INDUSTRIAL AREA
24	METRO	KPM	501	C 4 JJ CLUSTER KESHAV PURAM
25	METRO	KPM	501	C 3 JJ CLUSTER KESHAV PURAM
26	METRO	KPM	502	UDHAM SINGH PARK WIA
27	METRO	KPM	502	SUKHDEV NAGAR WZP IND,AREA
28	METRO	KPM	502	PATHARWALA BAGH (GRID SIDE)
29	METRO	KPM	502	A-143 WZP IND AREA
30	METRO	KPM	509	B AND C BLOCK WPIA
31	METRO	KPM	509	SAWAN PARK
32	METRO	KPM	509	JAILORWALA BAGH
33	METRO	KPM	509	SATSANG COLONY
34	METRO	KPM	520	NARANG COLONY SABJI MANDI
35	METRO	MGP	515	G-BLOCK, MANGOLPURI
36	METRO	MGP	515	X-BLOCK ,MANGOLPURI
37	METRO	MGP	515	F-BLOCK, MANGOLPURI
38	METRO	MGP	515	L-BLOCK, MANGOLPURI JJ CAMP, SANJAY SAMITI MARKET

39	METRO	MGP	515	Y - BLOCK MANGOLPURI
40	METRO	MGP	515	NEW J J CAMP ,K-BLOCK MANGOLPURI
41	METRO	MGP	515	O-BLOCK J J CLUSTER MSGOLPURI
42	METRO	MGP	518	BHALLA FACTORY(HGI LABOUR COLONY)
43	METRO	MGP	518	E-6 SULTAN PURI
44	METRO	MGP	518	D2 & D4 BLOCK SULTANPURI
45	METRO	MGP	518	JJ CLUSTER NEAR C-10 BLK SULTANPURI
46	METRO	MGP	518	JJ CLUSTER MANGAL BAZAR RD, B-BLK, SULTANPURI.
47	METRO	MGP	518	P-1, JJ CLUSTER SULTANPURI
48	METRO	MGP	518	J J CLUSTER NEAR C-9 BLK SULTANPURI
49	METRO	MGP	518	BALMIKI PARK P1 SULTANPURI
50	METRO	MGP	518	U T BLOCK MANGOLPURI, SULTANPURI
51	METRO	MGP	518	J J CLUSTER SECTOR 20 ROHINI
52	METRO	PPR	504	DERA GAZI KHAN JJ CLUSTER
53	METRO	PPR	508	GP BLOCK CLUSTER NEAR DISTT OFFICE
54	METRO	PPR	504	RANG MAHAL J J CLUSTER
55	METRO	PPR	508	AU-BLK PPR (EKTA CAMP)
56	METRO	PPR	530	L BLOCK RAJIV CAMP
57	METRO	PPR	530	L BLOCK SANT RAVIDAS CAMP
58	METRO	PPR	530	F BLOCK INDIRA CAMP
59	Sub-Urban	BWN	521	JJ COLONY BAWANA
60	Sub-Urban	NRL	514	METRO VIHAR HOLAMBI KHURD RESETTLEMENT COLONY
61	Sub-Urban	NRL	514	METRO VIHAR-PH 1
62	Sub-Urban	NRL	514	METRO VIHAR-PH 2
63	Sub-Urban	NRL	514	G BLOCK PUNJABI COLONY J J CLUSTER
64	Sub-Urban	NRL	517	SAWRANJAYNTI COLONY
65	TOWN	CVL	411	CHANDRAWAL BASTI
66	TOWN	CVL	411	23 NO DEPOT NEAR PETROL PUMP BHARGAVE LANE
67	TOWN	CVL	411	PRESS ROAD
68	TOWN	CVL	411	MADRASI BASTI
69	TOWN	CVL	411	KHEBERPASS BEHIND NEW CVL GRID
70	TOWN	CVL	416	KABIR NAGAR KISHOR NAGAR
71	TOWN	CVL	416	RAJPURA ROAD GURMANDI
72	TOWN	CVL	416	OMNAGAR DHOBIGHAT
73	TOWN	CVL	416	SANGAM PARK
74	TOWN	CVL	416	10 BLOCK SHAKATI NAGAR
75	TOWN	CVL	418	SANJAY BASTI
76	TOWN	CVL	418	MAJNU KA TILA N-68 BLOCK
77	TOWN	CVL	418	PATRACHAR
78	TOWN	CVL	418	INDIRA BASTI
79	TOWN	CVL	418	FCI AND 38 BLOCK RATION GODOWN

80	TOWN	MDT	402	LAL BAGH
81	TOWN	MDT	402	SHADI NAGAR NEAR AZADPUR
82	TOWN	MDT	413	INDIRA VIKAS
83	TOWN	MDT	415	BHAROLA (SARAI)
84	TOWN	MDT	402	CIGARETTEWALA BAGH
85	TOWN	MDT	402	KHILLONAWALA BAGH
86	TOWN	MDT	402	MUBARKBAD J J CLUSTER
87	TOWN	MDT	413	OUTRAM LINE
88	TOWN	MDT	413	NAND LAL J J CLUSTER
89	TOWN	MDT	413	MUNSHI RAM J J CLUSTER
90	TOWN	MDT	413	MALIKPUR
91	TOWN	MDT	413	VPC1 J J CLUSTER
92	TOWN	SKN	421	GULABI BAGH GANDA NAALA
93	TOWN	SKN	421	KISHAN GANJ GANDA NAALA
94	TOWN	SKN	422	AMAR PARK
95	TOWN	SKN	422	DAYA BASTI/ SARAI BASTI
96	TOWN	SKN	422	BAGICHI PEERJI
97	TOWN	SKN	423	CHUNA BHATI AMBA BAGHDHOBI GHAT AMBA BAGH
98	TOWN	SKN	422	GOPAL MANDIR
99	TOWN	SKN	422	FRISTA SOAP
100	TOWN	SKN	422	KALA PHAR
101	TOWN	SKN	422	CHUNA BHATI SARAI ROHILLA
102	URBAN	BDL	516	N-41 JJ CAMP SURAJ PARK BADLI
103	URBAN	BDL	516	SECTOR-26 PH-4 ROHINI
104	URBAN	BDL	516	JJ CAMP B-BLOCK SURAJ PARK BADLI
105	URBAN	BDL	516	E-BLOCK JJ CLUSTER SHAHBAD DAIRY
106	URBAN	BDL	516	B-BLOCK JJ CLUSTER SHAHBAD DAIRY
107	URBAN	BDL	516	F-BLOCK JJ CLUSTER SHAHBAD DAIRY
108	URBAN	BDL	581	SARDAR COLONY
109	URBAN	BDL	516	SANJAY COLONY DT-1
110	URBAN	BDL	507	MCD COLONY
111	URBAN	BDL	507	BHAGWAN PURA J J CLUSTER
112	URBAN	BDL	507	SANJAY COLONY DT-2 GRID SIDE
113	URBAN	BDL	516	SECTOR-26, RITHALA ROAD SHABAD DAIRY
114	URBAN	BDL	581	BADALI VILLAGE
115	URBAN	BDL	516	NEW A BLOCK SHABAD DAIRY
116	URBAN	RHN	551	DDA LAL QUARTERS 2160 FLATS
117	URBAN	RHN	551	INDIRA CAMP NEAR JAIPUR GOLDEN HOSPITAL
118	URBAN	SMB	505	H-03 AND H-04 BLOCK JAHANGIR PURI
119	URBAN	SMB	505	CD PARK -II (SABZI MANDI)
120	URBAN	SMB	505	CD PARK -I (BANGALI CLY).

121	URBAN	SMB	505	K-02 BLOCK JAHANGIR PURI
122	URBAN	SMB	505	EE- BLOCK JAHANGIR PURI (PRAYAS)
123	URBAN	SMB	505	K BLOCK ITI JAHANGIR PURI
124	URBAN	SMB	505	G BLOCK (DHOBI GHAT)JAHANGIR PURI
125	URBAN	SMB	505	A-01 BLOCK JAHANGIR PURI
126	URBAN	SMB	506	U AND V BLOCK SHALIMAR BAGH
127	URBAN	SMB	506	AO BLOCK SHALIMAR BAGH
128	URBAN	SMB	506	SMA INDUSTRIAL AREA ZONE-530
129	URBAN	SMB	506	BHALSWA DAIRY JJ-1
130	URBAN	SMB	506	BHALSWA DAIRY JJ-2
131	URBAN	SMB	506	BASANT DADA PATIL,KALANDER,VISHVANATH PURI
132	URBAN	SMB	505	SHAH ALAM JAHANGIRPURI
133	URBAN	SMB	505	LAKHI PARK (J BLOCK) JAHANGIRPURI
134	URBAN	SMB	506	A-01 BLOCK JAHANGIRPURI
135	URBAN	SMB	506	KELA GODOWN AA-BLOCK SHALIMAR BAGH
136				SAWDHA GHEWRA

Awareness program has organized at locations like Joint pain, Hazards of smoking in women, Dengue fever, Early detection of breast cancer, Hygiene, Oral health, Diseases caused by open defecation, P I D (Pelvic inflammatory diseases), Activity On Health & Fitness, Awareness on Osteoporosis, Menstrual Hygiene, Breast Self Examination, Komal film on Child Sexual Abuse, Adolescent Health & Menstrual Health, Tobacco consumption, Inhalation of Lime (Chuna used in Tobacco), Oro-Dental Care, Dengue, Chikangunia & Malaria, Life style and diseases, Organs Donation, Pollution & Tree Plantation, Viral Fever, AIDS/HIV, Urinary tract Infection, Menopause, anemia, Osteoporosis, cancer and so on.

Total 4447 participants attended 168 Awareness sessions at Locations.

Vocational Training Centres

S.No.	Vocational Training Centre
1	Vocational Training centre, Narela
2	Vocational Training centre, Bawana
3	Vocational Training centre,P-4 Block,Sultanpuri
4	Vocational Training centre ,Wazirpur Industrial Area
5	Vocational Training centre ,Indra JJ Colony.Rohini Sec 3
6	Vocational Training centre ,Furniture block, Kirti Nagar
7	Vocational Training centre, Chandra Sekhar Azad Colony, Sarai Rohilla
8	Vocational Training centre Netaji Subhash Place
9	Vocational Training centre ,CD Park, Sabzi Markaet,Jahangirpuri
10	Vocational Training centre, Opposite Bal Sadan, Timarpur
11	Vocational Training centre, N Block, Near Kala Mandir Mangolpuri
12	Vocational Training centre,Sahabad Dairy A-Block
13	Vocational Training centre, Badli Industrial Area
14	B-Block Mangolpuri
15	M2K Rohini, Sector-3

Awareness Sessions organised at Vocational Training Centres

Awareness sessions organized at Vocational centres to educate trainees and students on various health, Education and social issues like Cancer of different organs, Breast self examination, Tuberculosis, Hygiene, Women Empowerment & Women health, Dental hygiene& dental check-up, Health & Hygiene, Komal Film- A film on Child Sexual abuse, Life Skill education, Heritage of TATA's, Pelvic Inflammatory diseases (PID), Celebrated“ NO TOBACCO DAY,31st May., Chewing Tobacco, Awareness on Life style , Oro-Dental Care, Dengue, Stress Management, Chikungunya, Malaria, Awareness on Nutrition & Health, Anemia, Swine Flu, Positive attitude, Organ donation, Work shop on First-aid & CPR and so on.

Total 5114 participants attended 126 sessions in V T Centre and in Self Help Group.

Participation IN SAG activities

J J Cluster Gulabi bagh Programm organized by SAG on dated 29.3.2016

J J Cluster- “Step Forward “-health check-up camp and Awareness program on:

1. Hygiene
2. Women Empowerment

Total participants attended the health program were 137



Awareness on Hygiene & Women Empowerment



Health check-up camp

Health Camp- Organized at following locations in Industrial areas

Participation in Functions, Free health camps & Activities

Most of the free health camps were organized in Industrial areas.

Objectives of camp:

- To provide free quality medicines
- To increase awareness on basic health and hygiene and preventive health
- To provide awareness on hazards of Smoking & Chewing tobacco
 - Chemical in cigarette / bidi smoke
 - Passive / Second hand smoker
 - Smoking and oral health
 - Chewing tobacco & oral health
 - Hazards of smoking and chewing tobacco like CAD, lung & oral cancers etc.
 - Smoking and chewing cutting down.

Facilities were available in the camp:

- Free consultation for participants
- Free medicine distribution
- Counseling
- Blood pressure check-up
- Blood Sugar Check-up

Participants: Most of the participants were Industrial workers.

All camps were successfully completed. The organizer of the events from the Industries Association appreciated the camp and requested to organize again such types of health camps in near future.



Health camp- Industrial area Bawana- participants wanted to quit drugs

Awareness on Tobacco and Drugs in Health camp organized at Industrial area of Bawana . The participants have openly request to the Doctor attending the Health camp that they want leave the drugs. These labours were migrant from UP , Bihar & from other states. And living in groups on rent in J J Clusters / resettlement colonies. The Doctor has examined and found through their history that mostly young (Approximate 18 yrs-35yrs) participants were suffered from bad dental hygiene, skin infections and STDs. Some of the patients were in chronic stage and referred to hospital for investigation and treatment. The management of factories requested to Officer of TATA Power DDL for organizing the Medical camp for counseling on Sexually transmitted diseases for their work force on next time.



Health camp at Badli Industrial area



Bawana Industrial area



Health camp-Industrial area - Mangolpuri

Details of the activities

S.No.	Date	Function/ Activity/Programm	Locations	Remarks
1.	6.2.2016	Bachpan Gully	Mahavir Park, Sector-7, Rohini	nil
2.	20.2.2016	Bachpan Gully	BD-FD Park, Pitampura	nil
3.	24.2.2016	Free health check-up camp	Nariana, Industrial area	165 pts. attended
4.	27.2.2016	NGO Meet	Dhanpatmal virani Sr. Secondary school. Roop Nagar	1 pt. attended
5.	1.3.2016	IWA Health camp	347/28, near harijan basti, Dayalipuri	155
6	3.3.2016	Blood donation camp	CENCARE- CSR Office	1
7.	29.3.2016	J J Cluster- “ Step Forward “-health check-up camp and Awareness program on: 1. Hygiene 2. Women Empowerment	J J Cluster Gulabi bagh	140
8.	8.4.2016	Health camp and awareness on Occupational health	Badli Industrial area	135
9.	23.4.2016	Bachhpan Gully program	Gujrawalan Town	nil
10	30.4.2016	Bachhpan Gully program	Sector-11,Rohini	1
11	20.9.2016	Free health camp	DSI IDC Mangolpuri	252
12	3.10.2016	Free health camp	DSI IDC Bawana	403
			Total participants	1253

The EDUQUEST NGO has tried whole heartedly to provide best possible health services to approx 78180 beneficiaries without a single day schedule break in six months i.e February 2016- January 2017 . These beneficiaries were examined and treated, organized 125 Awareness sessions at 15 V T Centres attended by 5114 participants and also organized 168 awareness sessions at locations attended by approximate 4447 participants.

MIS for four Mobile dispensaries from February, 2016 – January, 2017

	Mobile van-1		REG NO-DL-ICM4494			
	B.A	SCG	TOTAL	NO.MALE	NO.FEMALE	No Child
February	32	2130	2162	510	1125	495
March	17	1983	2000	412	1119	452
April	16	1784	1800	431	997	356
May	5	2266	2271	620	1208	438
Jun	9	2268	2277	537	1239	492
July	16	2029	2045	497	1092	440
August	8	1995	2003	475	1084	436
September	15	2352	2367	743	1163	446
October	8	1732	1740	479	863	390
November	13	2068	2081	498	1085	485
December	6	2082	2088	558	1085	439
January	15	2052	2067	483	1054	515
Total	160	24741	24901	6243	13114	5384

	Mobile van-2		(REG NO-DL-ILV4934)			
Month	B.A	SCG	TOTAL	NO.MALE	NO.FEMALE	No Child
February	17	2000	2017	523	1060	417
March	13	1913	1926	576	994	343
April	5	1701	1706	502	964	235
May	2	2354	2356	728	1228	398
Jun	11	3020	3031	705	1721	594
July	20	2734	2754	744	1401	589
August	22	2547	2569	665	1354	528
September	21	3559	3580	984	1975	600
October	6	1735	1741	449	922	364
November	6	1725	1731	494	917	314
December	7	1874	1881	332	1055	487
January	7	2100	2107	421	1182	502
Total	137	27262	27399	7123	14773	5371

	Mobile van-3		REG NO-DL-ILV5341			
	B.A	SCG	TOTAL	NO.MALE	NO.FEMALE	No Child
February	5	2077	2082	492	1173	412
March	12	1611	1623	311	913	387
April	10	1816	1826	490	936	390
May	6	2046	2052	462	1172	412
Jun	7	2729	2736	620	1472	637
July	5	2527	2532	468	1525	534
August	3	2205	2208	502	1253	450
September	9	3006	3015	823	1568	615
October	8	2219	2227	727	1089	403
November	3	2332	2335	489	1342	501
December	6	855	861	166	513	176
January	16	1752	1768	431	967	364
Total	90	25175	25265	5981	13923	5281

	Mobile van-4		REG NO-DL- 1LX6490			
Month	B.A	SCG	TOTAL	NO.MALE	NO.FEMALE	No Child
January	4	611	615	171	319	121
Total	4	611	615	171	319	121

Total No. Of Beneficiaries attended from Feb.2016- Jan.2017

S.No.	B.A	SCG	TOTAL	MALE	FEMALE	CHILD
VAN-1	160	24741	24901	6243	13114	5384
VAN-2	137	27262	27399	7123	14773	5371
VAN-3	90	25175	25265	5981	13923	5281
VAN-4	4	611	615	171	319	121
Total	391	77789	78180	19518	42129	16157

**Total beneficiaries attended-- 129123
(February 2015 – 31st January 2017)**

Difficulties & challenges faced during working:

- No difficulties & challenged has faced by the Mobile dispensaries in this period.
- Everything was well planned and managed by SIG department and Eduquest.

Dr. Snehlata Rewaria
General Secretary- EDUQUEST-NGO
Email: eduquestreg2001 @ gmail.com
M: 9818100559
Website: eduquestreg.org

