

A group of women and children are posed in front of a weathered wall with a blue door. Two women are seated on a stone ledge on the left, smiling. They are wearing traditional headscarves and colorful clothing. Behind them stand three children: a girl in a black top with green patterns, a girl in a white top with orange floral patterns and a yellow skirt, and a boy in a striped shirt. The scene is set in a rural environment with a rustic wall and a blue door in the background.

AROGYA INITIATIVE

www.arogyauk.org

ANNUAL REPORT
2022-23

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NOT FOR PROFIT

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 and Indoor Air Pollution in rural parts of the Champawat district of Uttarakhand. It is led by Dr. Sushil Sharma, an Anesthesiologist with 35 years of rural development experience in Uttarakhand. Arogya Initiative has a formal partnership with the district government. 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.

The Arogya Initiative started work in Pati block of Champawat during the first wave of COVID in 2020. An intensive community awareness program was conducted in all 156 villages of Pati block covering a population of 52,000 people. Infection prevention workshops were also conducted with doctors and paramedics of government health facilities.

"We dream to make the government health care system modern, humane and accessible to all in Uttarakhand."

AROGYA PROJECT

Maternal & Child Health



MODEL DELIVERY POINT

SAFE BIRTHS IN LAST-MILE VILLAGES

This is a story of the creation of the first model labour room designed to provide adequate facilities and wholesome care to mothers and children of the last-mile villages of Kumaon.

In early 2022, a labour room renovation project began in the government Sub-health Centre at Paniya village of Pati block in Champawat district. This was to serve approximately 15,000 people living in 40 surrounding villages. Despite initial struggles, the renovated labour room was inaugurated on February 1, 2023. It was supported by Swiss Himalayan Amity, Emmers' Society and Space Matters.

The centre adheres to prescribed government standards and includes:

- 24-hour labour room services with a skilled Auxiliary Nurse and Midwife, ensuring safe and hygienic normal deliveries. Warm colours were deliberately chosen to create a comforting and soothing ambience for families.
- A comfortable restroom with hot water facilities.
- A waiting area to handle routine events, meetings and trainings.
- A front yard to ensure a comfortable experience for visitors and regulate the flow of patients.

Other services include:

- Immunization
- Nutrition and feeding practices
- Abdominal examination
- Regular growth and vitals monitoring
- Counselling on family planning and early child development
- Information and awareness of government schemes.

To reflect the sensitivity of the terrain, the project used materials that are better for humans and more environment friendly. For instance, the use of light aerated concrete blocks reduced the overall weight of the structure, and lime was used as plaster since it is durable, more insulating and releases fewer harmful gases than cement.

BEFORE



AFTER

GALLERY



Inside the Labour Room



The restroom for the mothers & relatives



Dr. Sushil Sharma explaining the importance of the centre and the facilities



ANM TRAINING WORKSHOP & VILLAGE HEALTH CAMP

The Mitra Technology Foundation, in collaboration with Northumbria University, UK, conducted an assessment in 2020 of the Primary Health Centre and Sub Centres of Pati Block, Champawat District. What came out of this assessment was a knowledge gap among the Auxilliary Nurse Midwives (ANMs) in standard practices during childbirth. A series of trainings were conducted at the Primary Health Centre (PHC) of Pati to develop the knowledge on safe delivery. This was started in 2020 by Dr. Dewal. Unfortunately, due to the pandemic, COVID-directed efforts took priority.

We resumed our training of 18 government ANMs from September 2022 with the help of past volunteer doctors, and our new association with the Maulana Azad Medical College, Delhi.

Along with ANM training, volunteer doctors are now conducting village health camps, to address the general health issues that are often ignored due to lack of access to clinical services in this difficult mountain terrain. From December 2022 to March 2023 we conducted 6 health camps in the villages of Pati block. A total of approximately 260 patients were examined and treated.

The commonly identified ailments were osteoarthritis of the knee joints, generalized body ache and fever and scabies (common among school going children). The care required to control the spread of scabies and its treatment was explained to family members. Most common complaints were of cough, cold and fever among children and hypertension in adults. Patients with hypertension were counselled on modifiable risk factors and were asked to get further evaluation done at a higher centre. A few elderly women and men presented with problems of discharge from the eyes and poor eyesight. Due to lack of ophthalmic expertise, they were advised to seek help from a higher centre.

ANM TRAINING WORKSHOP

December '22



November '22



September '22



ANM TRAINING WORKSHOP



VILLAGE HEALTH CAMP



VILLAGE HEALTH CAMP



COMMUNITY AWARENESS PROGRAM

From the month of June, we resumed our community awareness program on maternal and child health. Our village health worker visited and conducted meetings at Anganwadi centres and took sessions on growth monitoring, importance of nutrition during pregnancy, exclusive breastfeeding, posture of mother during breastfeeding, the importance and proper way of taking Iron and Calcium tablets and others such topics related to maternal and child care. A total of 15 community awareness sessions were conducted in 6 months with an average of 10-15 people including pregnant and lactating women and their family members.

From the month of January '23, we've started training ASHAs (one session every month) on first aid, family planning and post-natal care during home visits.



BREATHING EASY PROJECT

Indoor Air Pollution



BREATHING EASY

Smokeless Chullah

We aim to reduce indoor air pollution in rural mountain homes, thus impact the health of the communities and their forests.

In the year 2022, we installed 300 smokeless chullahs in Pati block. We also did an impact evaluation through a survey of 90 households.

- An average family size of a household is 6
- 97% of households have an LPG connection
- **51%** women prefer chullah over LPG



IMPACT SNAPSHOT

98%

reported the reduction of smoke during cooking

88%

reported the reduction of wood consumption

100%

reported less blackening of utensils

97%

reported improvement in their health

93%

reported the reduction of cooking time

SCHOLARSHIP PROGRAM

Gina's Happy Children Fund

This is a scholarship program started in the year 2020, when Mr. Imran approached us with his wish to start a scholarship fund in memory of his beloved mother Gina Ali Khan. She was an educationist from Pune, who, for many years volunteered with the children at Aarohi Bal Sansar, Satoli. Throughout her life, she encouraged every child to be a learner.

This scholarship was awarded to five bright children of Shango village in Champawat for their continued education. The students were selected on the basis of their academic performance, future academic interest and ambitions, family background and economic status, personality, and other interests.

We are happy to state that we are able to continue to pass on the blessings of Gina to our 5 scholars for the third consecutive year. This year, we had a follow-up interview, where we met the 5 scholars to get an update about what they are currently studying, their future plans and how this scholarship money is helping them. After the follow-up interview, their scholarship of Rs, 10,000 each was continued for another year.



FUNDRAISING EVENT AT SWITZERLAND



Who would think that a team of 3 Indians would fly all the way to Switzerland, to help raise funds for mothers to have a safe delivery and to provide better healthcare facilities in Uttarakhand, at the Murten & Gurten festivals?



Thanks to the organisation SHA (Swiss Himalayan Amity) for their funding; the handpicked expert chefs who prepared delicious pakodas, samosas, momos, curries & the famous Chicken Tikka masala; and the twenty volunteers who took care of managing the stall, we were able to raise CHF 20,000 at the Murten & Gurten festival. A special thanks to Dr. Robert Graf, President – SHA and the SHA team for coordinating the event, organising volunteers from Switzerland and India and actively participating in the stall till the early hours of the morning.

DR ROBERT GRAF'S VISIT TO UTTARAKHAND

Our supporter and well wisher, Dr Rober Graf from Switzerland visited our work area in the month of November to review our work progress and to meet the team.



ROB'S VISIT TO INDIA

As narrated by Dr Sushil Sharma

Dr Robert Graf, the President of SHA, visited India twice during this financial year:

26-31 August 2022

Robert's visit was centred around the release of the film 'Mother Teresa and Me' starring Jaqueline Fristchi-Cornaz and Banita Sandhu and directed by Kamal Musale. We had a meeting with the producer Richard Fritschi in Switzerland during the fundraiser visit and there was promise of networking with some top Industrialists of India.

We met up with the key functionaries of Cankids in Delhi, visited their palliative care wards and had a virtual meeting with Dr Uttam Nath, the head of Haemato-Oncology at AIIMS Rishikesh. The next stop was meeting Dr Anurag Mishra, Professor of Surgery at MAMC Delhi to discuss future collaboration and surgical camps at Aarohi in Satoli. The same evening we were present for the launch of the film, followed by dinner, and the next day we took a flight to attend the release of the film in Mumbai. Some important networking was done and the result of this trip may yield long-term results.

The next day we drove to Pune to visit sites of smokeless chullah and incinerator construction done by ARTI (Appropriate Rural Technology Institute), a program that is being supported by SHA under the Arogya Project. We also met up with two prominent Plastic Surgeons from Pune and Goa, both of whom have been associated with doing surgical camps at Aarohi. This was in continuation of sharing experiences of doing surgery in a remote rural setting in the mountains.

20-28 November 2022

In November, Robert and I met up in Dehradun to first get the renewal of Robert's registration with the Uttarakhand Medical Council. We then had successful meetings with the Additional Secretary Health to discuss our MoU with the State government and with Dr Ahmed Iqbal, Commissioner Taxes who is the key government functionary at the State level to assist us in our work in Champawat.

The following day we visited AIIMS Rishikesh, met Dr Uttam Nath the head of Haemato-Oncology, had discussion with him and the head of Trauma and visited the paediatric cancer ward that is being supported by Cankids. We then travelled to Satoli to participate in a surgical camp at Aarohi. Robert, keen to start Swiss surgical camps from the next year, familiarized himself with the team and OR processes and assisted the visiting surgeon in major surgeries.

From Satoli, we visited the Arogya field office in Paniya (a four-hour tedious drive), saw the under-construction Birthing Centre, and interacted with families who had smokeless chullahs. The 3 families we visited had functioning chullahs and they were all very happy with the reduction in smoke in the house and the reduced consumption of wood for cooking.

WAY FORWARD

In continuity of our above work, we will add some more activities this year:

01

Training of government ANM of SHC Paniya and renovation work of second model delivery point

Regular training and monitoring of the ANMs by our clinical trainer. Authorization will be taken from the Chief Medical Officer to get one additional day for training. Subject to availability of funds, we will appoint a staff nurse or ANM to assist the government ANM to conduct deliveries.

02

Training of Anganwadi workers

Monthly sessions will be conducted in Anganwadis to mentor the workers.

03

School sessions on Adolescent Reproductive and Sexual Health (ARSH)

Monthly sessions will be conducted in government schools on ARSH.

04

Trauma Care

Initiation of Trauma Care lecture series by Dr Robert Graf in Champawat District Hospital / PHC Pati / AIIMS Rishikesh.

05

Smokeless Chullah

Breathing Easy Phase 3 will be resumed from April '23, where we will install 300 chullahs and 10 domestic incinerators in the Pati block of Champawat district.

TESTINOMIALS

Gina's Happy Children Fund



Kavita Negi

"I want to express my gratitude for your help and support I really appreciate your help, your support means a lot to me my strength is I am hard working person and I believe that one day all my hard work will pay off and when I will be financially stable just like you did I also want to help those children who Lack behind in achieving their goals due to financial instability."

Arogya Project

Dr. Dewal S


"When I started working with Arogya Initiative in Champawat, I was thrilled but it didn't take long for me to realize the fact that keeping the spirits high and reach out to people especially women in such a difficult terrain is a huge challenge. The organization's unwavering commitment to enhancing healthcare in challenging terrains particularly thorough trainings, community engagement, their exceptional work in establishing the Paniya Sub Health Centre (SHC) towards improving the accessing the access to MCH care is remarkable."






The dedication and commitment of this organization especially Dr. Sushil and Ms. Erika along with government staff and volunteers to serving mountain communities is truly inspiring. By identifying the need for MCH services in remote areas and taking proactive steps to address it, they have demonstrated their commitment to the well-being of mothers and children. I have witnessed first-hand the transformative impact of Arogya. The organization's focus on community engagement and involvement has fostered a sense of ownership and sustainability within the communities they serve."

Overall, Arogya's dedication towards improving access to MCH services in mountains is truly inspiring. I wholeheartedly support and applaud their efforts in making a lasting difference in the lives of mountain communities."

FINANCIAL REPORT

MITRA TECHNOLOGY FOUNDATION - NEW DELHI					
UTILISATION REPORT (FCRA) : AROGYA INITIATIVE, CHAMPAWAT 2022-23 (Till 31st March 2023)					
	PERIOD: 1st April 2022 to 31st March 2023				
	DATE: 12/04/2023				
	INCOME	AMOUNT (INR)		EXPENDITURE	AMOUNT (INR)
	Opening Balance	23,82,601		Project Expenses (Details as under)	36,88,935
	Donations/Grants	33,33,383			
	Total	57,15,984		Total	36,88,935
	Surplus/Deficit	INR 20,27,049.41			
	RECEIPT			PAYMENT	
S.No	Donations-Individual/ Institutions	CHF / USD	INR	Project & Admin Expenses	AMOUNT (INR)
1	SHA: Fund Raising Event	CHF 3,100	2,45,365	Sub Health Centre Construction	15,82,334
2	SHA: Fund Raising Event	CHF 2665	2,14,920	ANM Training	1,05,496
3	SHA: ANM Training	CHF 7500	6,07,127	Mahesh Kids Education- Fees	46,351
4	SHA : Fund Receipts	CHF 19990	17,53,123	Labour Charges - Chullah	5,700
5	Ripple Labs	USD 4980	4,08,111	Medical Expenses	600
6	Donation - Ashwin Rajiv		25,000	SHA - Fundraising Event, Switzerland	3,43,080
7	Mahesh Kids		39,340	Consultancy Staff Fees	9,09,435
8	SHA: Cankids		40,397	Stipend Exp	1,50,000
				Admin Salary - Delhi	78,000
				Office Admin Expenses	1,08,988
				Admin Travel	2,11,033
				SHA: Cankids	40,397
				Travelling Exp- Robert	1,07,521
	Grand Total	CHF 33255	33,33,383	Grand Total	36,88,935
<div> <div> Date Place: </div> <div> 12-04-2023 New Delhi </div> <div> For Mitra Technology Foundation  Manager - Finance </div> </div>					

FINANCIAL REPORT

AGRANI INDIA FOUNDATION (AROGYA INITIATIVE, CHAMPAWAT)					
UTILISATION REPORT 2022-23 (Till 31st March 2023)					
PERIOD: 1st April 2022 to 31st March 2023					
	INCOME	AMOUNT (INR)		EXPENDITURE	AMOUNT (INR)
	Opening Balance (01-04-2022)	12,34,176		Expenses	6,78,464
	Income (during the period)	20,93,210			
	Total (Income During the Period)	20,93,210		Total	6,78,464
	Surplus/Deficit - Agrani	26,48,922			
S.No.	RECEIPT	AMOUNT (INR)	S.No.	PAYMENT	AMOUNT (INR)
DONATIONS - INDIVIDUAL/INSTITUTIONS			Project & Admin Expenses		
1	Donations - Individual	3,21,000	1	Scorpio Uses Cost	77,635
2	Donations - Institutional (Accel Partners India LLP)	15,00,000	2	Insurance - Scorpio	11,859
3	Donations - Online	58,100	3	Mahesh Kids Education - Fees	25,586
4	Vehicle Reimbursement Receipts	2,14,110	4	Admin Expenses	44,278
			5	Gina Scholarship Payment	50,000
			6	Sub Health Centre Construction	4,69,106
	Total	20,93,210		Total	6,78,464
<div> <div>Date: 20/04/2023</div> <div>Prepared By: Monika Rana</div> <div>  </div> </div> <div> <div>   </div> <div>Verified By: Ram Janki Manager- Finance</div> </div>					

Our Vision is to provide equitable health care access for the people of rural Uttarakhand, especially for mothers and their children.



Be a part of our vision
by contributing here:



Contact us

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