

Family Health Centre in Gwal Pahari

Problem Statement:

Quality healthcare is a necessity for every individual. Unfortunately, quality healthcare is often costly and beyond the means of many. Government facilities and welfare schemes are often inadequate in meeting the healthcare needs of a growing India. People with low incomes, when forced to spend beyond their means for healthcare due to unforeseen medical crises, enter a vicious cycle of indebtedness and poverty. This often leads to hesitation in reaching out to formal healthcare providers when the need arises. Under such circumstances it is essential for relevant stakeholders to reach out and help the people in need who have fallen through the gaps of the healthcare systems. There is an acute need for making quality healthcare more accessible by making it more affordable. With this objective in mind, DLF Foundation has partnered with Adharshila Trust to provide quality healthcare free of cost to the people of Gwal Pahari and its surrounding areas, who suffer from a lack of access to quality general healthcare.

Background:

DLF Foundation is the CSR implementing arm of the DLF Group. It seeks to transform communities through high impact interventions in spheres of education, healthcare, and social sustainability with the resolve of enabling a better quality of life backed by sustainable ecosystems for all stakeholders within the immediate and extended communities. This is accomplished through the creation of customized programmes and innovative institutions that address India's current development challenges and by providing a platform for collaborations with other institutions, professionals, and subject matter experts to deliver sustained, magnified impact across communities of interest.

Adharshila is a non-governmental Trust, engaged inter-alia, in improving education, health and livelihood outcomes for communities below the poverty line, living in informal settlements in Delhi-NCR, and neighbouring states. Adharshila aims to bring low-cost quality healthcare to the doorstep of the impoverished communities by organizing camps offering free health check-ups, tests, diagnosis, professional consultations, and medicines.

Methodology and Execution:

DLF Foundation is collaborating with Adharshila to provide speciality care family healthcare in areas such as gynaecology, paediatrics, dermatology etc. at a Family Health Centre in Gwal Pahari. As a part of the programme a general physician and specialized doctor from Adharshila visit the centre thrice a week to attend to patients. The consultations are provided free of cost to the people of Gwal Pahari and neighbouring communities. Medicines are distributed free of cost or at a nominal fee post doctor's consultation and based on the patient's requirement. Beneficiaries are usually residents of Gwal Pahari and neighbouring villages.

Another facet of this health programme is the Outreach Initiative which aims to promote effective healthcare in neighbouring areas. Health screening sessions are conducted with a mobile clinic visiting various slums in areas in and around Gurugram, with general health

checkups and blood tests conducted for beneficiaries. Medicines are also provided free of cost based on the diagnosis of the doctor.

In addition to the programme being run at the family health centre in Gwal Pahari, DLF Foundation also seeks to spread awareness about various aspects of healthcare through various thematic health camps.

On the occasion of World Heart Day, DLF Foundation collaborated with Adharshila to bring to attention the deficits in the heart health of labourers at labour camps. An awareness session and health screening camp were organized at a labour site in Gurugram. As a part of this Cardiac Awareness Session, the topics covered were reasons for heart attack, symptoms of heart attack, immediate steps to be taken if one notices symptoms and steps to be taken for having a healthy heart. In addition to this, free health screening, medical counselling, tetanus vaccinations, and medicines were provided to all attendees. Over 280 beneficiaries attended the awareness session and participated in the free health screening.

On the same lines, DLF Foundation collaborated with Adharshila and Tanisa Foundation, an NGO specializing in cancer patient care and detection, to organise Cancer Screening Camp in the month of December at the Family Healthcare Centre in Gwal Pahari. The aim of this camp was to highlight the deadliness of the disease and to provide cancer testing free of cost to underserved communities in and around Gwal Pahari.

Through this camp a series of tests were conducted such as Clinical Oral Examination by ENT, PAP Smear test by Gynaecologist, Clinical Breast Examination by Gynaecologist, Blood sugar, Blood pressure, Mammography test, Dental Check-ups, and Eye Check-ups with the aim to detect early signs of cancer along with for a general health check-up. Additionally, in collaboration with the Society for Promotion of Youth and Masses (SPYM), a health screening camp was organized to provide free health check-ups to beneficiaries of the Rehabilitation for the Homeless programme as well as provide medicines to those in need, free of cost. It was observed that many of the beneficiaries had issues ranging from dermatitis, seasonal allergies, viral infections, anaemia as well as malnutrition in children.

Impact:

The Family Healthcare Centre Initiative in Gwal Pahari has had a tremendous impact and has benefitted the residents of Gwal Pahari and neighbouring villages. Through this programme around 1900 consultations have been successfully conducted in 6 months at the health centre, with 35 to 40 patients visiting the centre regularly to access the healthcare services.

Through regular outreach health screening camps at various slums in neighbouring areas, the importance of regular health check-ups has been highlighted. Till date around 390 beneficiaries in slums around Gurugram were able to benefit through this initiative.

Additionally, through the health screening and awareness camps, various important facets of prevention and treatment of diseases such as cancer and heart ailments have been highlighted and awareness on the importance of a healthy lifestyle has also been disseminated to beneficiaries of these camps and to their community members. On the World Heart Day Camp around 280 beneficiaries were able to benefit through the awareness sessions and health check-ups and at the Cancer Screening Camp, around 120 beneficiaries were able to benefit through

the cancer check-ups as well as general health check-ups. Around 40 beneficiaries at the SPYM shelter as part of the health-camp organized in collaboration with Adharshila, benefitted through the health check-ups and medicines provided for various ailments.