

# Newsletter

# DOCTORS FOR YOU

OCT, 2024

## Breast Cancer Awareness Month

Supported by AstraZeneca



GANGA APARTMENT, VASANT KUNJ

ARMY HOSPITAL, R &amp; R

BASE HOSPITAL, DELHI CANTT

New Delhi: In alignment with the global theme "No One Should Face This Battle Alone," DFY marked Breast Cancer Awareness Month with a week-long, **free screening** initiative, offering mammograms and health education to empower women. Targeted particularly at women over 40, this campaign emphasized the importance of early detection, while highlighting that dense breast tissue may lower mammogram sensitivity and obscure small masses.

The screening program was thoughtfully structured to support and inform each participant. It began with registration, signing of consent forms, and a health questionnaire, followed by personalized counseling on breast health. Participants then engaged in a slogan-writing activity to creatively emphasize breast health awareness. After expert evaluation to determine eligibility, eligible women proceeded with mammography screening. This careful process ensured that each woman felt guided and empowered throughout.

DFY's screenings took place over seven days, covering three locations and reaching numerous women across the community:

1. Ganga Apartment, D-6, Vasant Kunj (23 October): 26 registered beneficiaries, all of whom received mammography screenings.
2. Army Hospital Research and Referral, Delhi Cantonment (25-27 October): 88 registered beneficiaries, with 26 receiving mammography screenings.
3. Base Hospital, Delhi Cantonment (28-30 October): 109 registered beneficiaries, with 53 receiving mammography screenings.

The difference between the number of registered beneficiaries and those screened was due to eligibility criteria, including age and expert recommendations.

# Anemia Mukht Bachpan : A New Partnership Between DFY and IOCL

DFY KEY ACTIVITIES



## DFY Participates in Spirit of Run 2024 at Wipro Foundation



Maharashtra: On 6th October 2024, DFY took part in the Spirit of Run marathon organized by Wipro Foundation at their Airoli campus. The day started with a lively warm-up dance, setting the perfect mood for the 5km race. With great energy and enthusiasm, all DFY staff completed the run, showcasing their strong team spirit.

The marathon was followed by a vibrant cultural event, featuring performances from Wipro's healthcare partners. It was a day filled with fitness, fun, and celebration, leaving everyone energized and inspired!

Punjab: We are thrilled to announce the signing of an MOU between Doctors For You (DFY) and Indian Oil Corporation Limited (IOCL) on 12th October 2024 for the "Anemia Mukht Bachpan" project.

This initiative will focus on anemia screening and nutritional interventions for children in 72 schools across four districts of Punjab : Patiala, Fatehgarh Sahib, Sangrur, and Ludhiana.

Through our Test, Treat, and Talk (T3) camps, we aim to:

- Screen over 7,200 children for anemia
- Provide necessary treatments and supplements
- Spread awareness and educate students and staff on prevention strategies.

## DFY Observes World Mental Health Day 2024 Supported by Pfizer



World Mental Health Day, celebrated on October 10th, raises awareness about mental well-being. Established by the World Federation for Mental Health in 1992, it aims to reduce stigma, promote education, and advocate for better mental health services. The 2024 theme, "Mental Health at Work", emphasizes the importance of mental health in the workplace, benefiting both employees and organizations.

Doctors for You (DFY) marked the day with events across nine hospitals in India, reaching 432 beneficiaries—119 males and 233 females. These efforts helped raise awareness and encourage open conversations around mental health, reinforcing DFY's commitment to supporting mental well-being nationwide.

## DFY Conducts Handwashing Awareness and Soap Distribution in Howrah Supported by BC Jindal



West Bengal: As part of the BC Jindal Health Centre initiative, Doctors For You (DFY) organized a series of hygiene awareness activities in Howrah, West Bengal. These included interactive handwashing sessions, where participants were taught proper hand hygiene techniques to prevent the spread of infections. Soaps were distributed to reinforce daily hygiene practices among the local community. The events, conducted at a mobile medical unit camp, engaged beneficiaries actively and emphasized the importance of cleanliness. These efforts align with DFY's commitment to improving community health through preventive education and resource distribution in underserved areas.

# KEY DFY EVENTS

## New Dialysis Center Launched at MDJMIRC



New Delhi: Doctors For You (DFY) proudly launched a new Dialysis Centre at the Meena Devi Jindal Medical Institute & Research Centre (MDJMIRC) in New Delhi. This polyclinic already provides the community with a broad range of essential services, including an Outpatient Department (OPD), Laboratory Diagnostics, and Radiology Services. With the addition of Dialysis Services, we are further expanding our commitment to delivering accessible and quality healthcare to those in need.

For the past three years, Doctors For You has been dedicated to operating and managing the MDJ Charitable Polyclinic, ensuring the highest standards of care every day. This new addition represents another step forward in our continuous journey to make a difference.

"Healthcare is not just about treating diseases; it's about reaching hearts, building trust, and creating a healthier community."

## Inauguration event of Community Health and Wellbeing Project



Maharashtra: On 4th October 2024, the inauguration of the project was done by the dignitaries of Landmark group and Doctors for you.

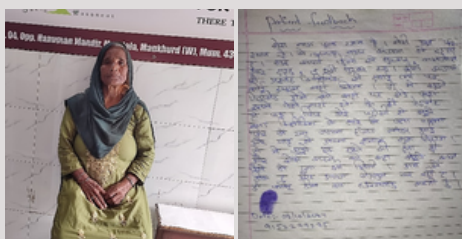
An inauguration ceremony was held at the village Panchayat samiti hall on Friday, where Mr. Pravin Kumar and Mr. Ajay Kumar from the Landmark Group, Dr. Sandeep Gadekar, Medical Officer of the health Bhiwandi, and Mr. Saket Jha, Secretary of "Doctors for You," lit the ceremonial lamp to mark the beginning of the program.

The event commenced with the lighting of the ceremonial lamp, which symbolises the knowledge and progress. All the dignitaries lit the lamp, which highlighted the importance of health care services in Padgha region.

This event marked the initiation of a new project, it emphasized the importance of involvement of community for better health outcomes and focus on lifestyle changes in the community.

### CASE STUDY 1

#### From Struggle to Strength: Puna Khan's Health Transformation



Name: -Puna Khan  
Age: - 72  
Mobile No: -9152299275

Maharashtra: Puna Khan, a 72-year-old resident of Janta Nagar, Mandala, Mankhurd, presented with complaints of fever, chills, headache, weakness, and vertigo. She initially sought treatment at a private clinic in Janta Nagar, but there was no significant improvement in her condition. After evaluation, the attending physician suspected a severe reduction in her WBC and platelet counts, advising hospitalization for further management. However, due to financial constraints, the patient was unable to afford the required admission. His neighbor recommended Zahat Clinic, suggesting he seek treatment there. Following this advice, the patient began receiving care at ZHT Mandala Health Center. After a comprehensive examination and review of his medical history, the doctor prescribed a week-long treatment course. As a result, the patient's condition improved markedly, with his WBC and platelet levels returning to normal. He is now fully recovered and in excellent health.

Patient detail: Ab Rasheed  
Age: 50/M  
Diagnosis: CA Oesophagus  
Phone Number: 9797275570  
Date: 11-10-2024

J&K: Patient history and concern: The patient with no medical comorbidity was in his usual state of health, then he started complaining of difficulty in swallowing solid food which gradually progressed to liquid food associated with vomiting. The patient is having no family history of malignancy and was a smoker.

Patient Present History: Patient is currently admitted in the Radiation Oncology Department undergoing further radiodiagnosis and receiving urgent medical assistance. Since the patient is unable to swallow solid foods so doctors have advised him to eat nutritious but mashed foods.

DFY intervention: The patient's attendant visited the DFY Aastha Helpdesk and asked for help to get a mixer/grinder for the patient because they can't afford it and have visited the department from a far off rural area namely Verinag which is 100 kms from Srinagar city. The DFY helpdesk tried to approach a local donor to get financial assistance for purchasing mixer/grinder from the local market. We received positive response from the local donor and succeeded to get a mixer/grinder for the patient who was in dire need to eat mashed foods which was only possible with this equipment. The patient was highly thankful for the immediate help and support by the DFY helpdesk team. The patient was also provided emotional support to lift his morale in the fight against cancer and his family was also navigated in the department to avail all medical facilities with convenience.

Outcome: The patient is able to eat nutritious foods now using the mixer/grinder which will improve his health conditions. The patient felt better also after a counselling session to cope up with the challenges posed by the disease.

### CASE STUDY 2 Bridge the Gap Initiative



Pic: DFY team handing over a grinder/mixer to the patient in the ward

## CASE STUDY 3

### STORIES FROM FIELD

Kerala Floods and landslide Response



#### A Journey from Grief to Healing

Following the terrible event, a 16-year-old girl from Meppadi, Miss. Y who had been referred to a counselor through the Tata Sustainability - funded Psychological Care and Support Program was found to be severely impacted by the Wayanad landslides. She experienced extreme anxiety and panic. She often had nightmares in which she re-lived the catastrophe, which impacted her sense of security and wellbeing. The trauma left her feeling overwhelmed, and she struggled with everyday activities as the memories of the landslide haunted her.

Multiple Sessions of counseling and specially designed stress management activities were started to offer the required consolation and assistance. Her anxieties could be freely expressed in a safe and trusting setting that the counselor established. In order to assist her in controlling her emotions and manage her anxiety, they collaborated on coping mechanisms such as grounding and relaxation techniques. She received encouragement to face her anxieties and deal with the trauma in a way that felt safe to her over time.

The girl started to show signs of progress after receiving constant support, assurance, and coping skills training. She began to live her everyday life with more confidence and less fear, and her dreams decreased in frequency. She progressively recovered to her former self over time, proving her resiliency and the beneficial effects of therapy in overcoming trauma.



3RD WEEK OCT, 2024

COUNSELLOR: SHANIBA P M  
UNIQUE ID : BS/005



Doctors For You is Humanitarian Medical NGO partner of Tata Sustainability, who are managing Psychological Care and Support program in coordination with Wayanad Administration. For More Information visit : [doctorsforyou.org](http://doctorsforyou.org)

### STAFF OF THE MONTH



Mr. Ramagya Gupta, the district lead for Gorakhpur where DFY serves as the PPSA agency, consistently demonstrates exceptional leadership. His dedication and focus on meeting 100% of monthly targets make him a highly commendable team member and a deserving choice for Staff of the Month.

## Diwali Festivities Across DFY Centers: A Celebration of Light and Unity



This Diwali, DFY centers across India were aglow with joy, colors, and togetherness. Each center embraced the spirit of the festival with beautiful decorations, vibrant rangolis, and the warm glow of diyas. Staff members celebrated in traditional attire, shared sweets, and cheerful gatherings, creating memorable moments that reinforced our commitment to spreading light and happiness in the communities we serve.

The festive celebration brought smiles to everyone's faces, reminding us of the strength in unity and the joy of giving.

## CONTACT US

For any Feedback or inquiries please reach out to us at-  
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