

Newsletter

DOCTORS FOR YOU

FEB, 2025

Sustainable Hygiene Technicians Training for Underprivileged

Supported by SIDBI Swavalamban Foundation



Doctors For You conducts a six-day housekeeping training program, providing comprehensive instruction and practical sessions to candidates. The organization supplies all necessary equipment and chemicals for future workplace use. Upon completion, participants receive a training certificate and are assisted in securing job placements at various locations—completely free of cost. Many trained individuals have successfully transitioned into stable employment, sharing inspiring stories of how the program has positively impacted their lives. This initiative not only equips candidates with essential skills but also promotes economic empowerment and career growth, fostering better employment opportunities and financial stability.

Empowering Youth through Hygiene Technician Training

Supported by Diversey



The Garima – Diversey School of Hygiene, India trains unemployed youth in scientific cleaning and hygiene, enhancing industry standards and restoring dignity to the profession. By redefining janitors as Hygiene Technicians, the program ensures expertise in chemical safety, equipment handling, and scientific cleaning methods. Trained professionals improve efficiency, cost-effectiveness, and hygiene standards through proper methodology and soft skills. This initiative creates employment opportunities, strengthens the workforce, and promotes responsible cleaning practices. By integrating technical knowledge and industry expertise, the program contributes to a cleaner, safer, and healthier India while upholding its social responsibility to uplift the cleaning sector.

CONTACT US

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TO LEARN MORE

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@DFYINDIA

Celebrated National Deworming Day

Supported by Wipro



National Deworming Day 2025 was observed on February 10 to protect children (age 1-19) from worm infections and promote a healthier future. This year's theme, "Eliminate Soil-Transmitted Helminths (STH): Invest in a Healthier Future for Children," highlights the importance of deworming. Under the WIPRO MCH program, awareness sessions and deworming syrups/tablets were distributed through community outreach, improving health, nutrition, education, and overall well-being.

Preparing for the Unexpected: Disaster Management Workshop

Supported by HCL Foundation



Doctors For You, in collaboration with HCLF and Delhi College of Arts and Commerce, conducted a Disaster Management Workshop on February 28, 2025, to equip youth with life-saving skills. Led by Dr. Prakreti Kashyap and Kriti Sharma, participants learned CPR, first-aid, and emergency response techniques for disasters like earthquakes, floods, and heatwaves. With ~25 beneficiaries, the workshop reinforced the importance of disaster preparedness, ensuring communities stay resilient and ready to act in times of crisis.

MRVC Lallubhai Healthcare Centre



Doctors For You hosted Dylan Muggeston and Sarah Bahoo, MBBS 4th-year students from Auckland University, New Zealand, for a six-week internship (Jan 14 – Feb 21, 2025). They contributed to patient care, community health, and public health research. Their work included taking vitals, preparing case studies, updating donor reports, and conducting CPR training. They actively participated in hygiene awareness programs, IEC material development, and ANC camps. Hospital visits to private and government institutions provided them insights into healthcare operations. Additionally, they engaged in environmental health projects, tuberculosis awareness, and data management for health camps. Their interactions with medical professionals and community stakeholders enriched their learning. Their dedication and enthusiasm made a significant impact, and DFY was grateful for their contributions and fresh perspectives.

Empowering Communities through Ammua Care Programme

Doctors For You (DFY) is planning to enhance community health in Arunachal Pradesh through the Ammua Care Programme, providing training to Self-Help Groups (SHGs), pregnant women, fathers, and teenagers. The sessions will focus on maternal and child care, essential health awareness, and overall well-being. By equipping communities with vital knowledge and skills, DFY fosters healthier families, improved healthcare practices, and strengthened community resilience, ensuring long-term positive health outcomes for vulnerable populations.

World Cancer Day Awareness Session

Supported by BC Jindal Foundation



On World Cancer Day, BC Jindal Health Centre, operated by Doctors For You (DFY), conducted an awareness session for 33 participants, focusing on cancer prevention, early detection, and treatment options. The session was led by Dr. Md. Hossain (Medical Superintendent) and Dr. Mallick, who provided insights into cancer symptoms, risk factors, and preventive measures.

Key highlights included:

Expert Talks: Discussions on common cancers, their causes, symptoms, and treatments.

Early Detection & Screening: Importance of regular check-ups, Pap smears, mammograms, and self-examinations.

Healthy Lifestyle Tips: Advice on diet, exercise, quitting smoking, and reducing alcohol consumption.

IEC Material Distribution: Informative leaflets were provided for continued awareness.

Patient Interaction: A Q&A session addressed cancer myths and misconceptions.

Outcomes & Impact:

Increased awareness about cancer prevention and early diagnosis. Encouraged screenings and lifestyle modifications among patients.

Strengthened doctor-patient communication, promoting regular health check-ups.

Reduced fear and stigma around cancer through education and discussion.

The session empowered patients with essential knowledge, ensuring that awareness extended beyond the event. By fostering proactive healthcare behavior, this initiative contributed to better health outcomes, timely diagnosis, and community well-being.

International Anemia Day Awareness and Screening



Supported by Metropolis Foundation



Doctors For You (DFY) successfully organized a special Anemia Awareness & Screening Event on February 20, 2025, at Lok Nayak Hospital, New Delhi, to mark International Anemia Day 2025. The event aimed to educate communities about anemia, its causes, symptoms, prevention, and provide free screenings for participants.

The session featured expert discussions, beneficiary success stories, and an interactive Q&A, engaging the community in a meaningful dialogue on anemia prevention and management. Dr. Wadhawan welcomed attendees, emphasizing DFY's commitment to addressing anemia through awareness and intervention programs. A video presentation showcased the impact of DFY's anemia initiatives, followed by the felicitation of chief guests and ground partners for their contributions to anemia prevention efforts.

During the screening, 130+ beneficiaries were tested, contributing to DFY's total outreach of 13,832+ individuals. Among them, 31 were aged 5-17 years, while 102 were 18 years and above. The gender distribution included 99 females and 34 males. 56 individuals were diagnosed with moderate to severe anemia and were referred to hospitals for further treatment.

This event reinforced the need for continued awareness and medical intervention, ensuring more individuals receive early diagnosis and appropriate treatment. By promoting preventive healthcare, DFY continues to play a crucial role in combating anemia and improving community health outcomes.

Case Study: 1 Transforming Lives: Physiotherapy Center in Pulwama



The Physiotherapy Center in Pulwama, J&K, provides high-quality, affordable care, significantly improving patient recovery. In January, it treated 279 patients, averaging 11 daily, serving as a vital healthcare hub, especially during winter.

The center supports children with autism and cerebral palsy, offering specialized treatment to improve mobility and independence. Hiban, a child with cerebral palsy, saw remarkable improvement after targeted therapy, overcoming scissoring to lift his foot properly.

His progress highlights the center's transformative impact, reinforcing its commitment to enhancing lives, restoring hope, and ensuring better healthcare access for Pulwama's community.

STAFF OF THE MONTH



Congratulations to Mr. Raju Kumar, our Employee of the Month, for his outstanding dedication to the Bihar PPSA project. His expertise in stakeholder coordination, invoicing, and problem-solving has been crucial in keeping operations on track. Beyond Bihar, he has supported Delhi and Odisha, strengthening the program across PPSA regions. His proactive approach, reliability, and leadership set a benchmark for excellence. Thank you, Raju, for your unwavering commitment and impactful contributions to our success!

Case Study: 2



Healing Hope: Karunakar's Journey to Recovery



Karunakar Sahoo, a 65-year-old resident of Derang village, Angul, Odisha, suffered from severe pain in his right foot due to multiple pus pockets and a cyst. Living in a remote area, accessing timely medical care was a challenge. Seeking treatment, he visited the BC Jindal Health Centre, where he received expert consultation, wound cleaning, local anesthesia, and a surgical procedure. Post-treatment, he was prescribed antibiotics, painkillers, and regular follow-ups, leading to a complete recovery within a week. Grateful for the accessible and quality healthcare, Karunakar considers the center a blessing for his community, providing needed medical services. He hopes for expanded healthcare facilities to support villagers facing similar health challenges.

Celebrating Mr. Fardeen Birthday at Andheri, Mumbai



DFY Mumbai celebrated Mr. Fardeen's birthday on 22nd February 2025 who is the SBC consultant for UNICEF programs at DFY, with a simple and heartfelt cake-cutting ceremony, capturing cherished moments through selfies and photographs. The celebration fostered team spirit and contributed to a positive, friendly workplace environment.