

# Newsletter

# DOCTORS FOR YOU

JAN, 2025

## DFY Volunteership Program



DFY has a long and long and honored history of association with and support of volunteers, be it for disaster response, healthcare exposure for students, both national and international, college internships, or corporate employees. The DFY Volunteership Program offers a structured platform for individuals passionate about healthcare and community service, providing hands-on exposure to India's healthcare system.

Ranging from one week to a year, the program engages volunteers in healthcare services, public health initiatives, and community outreach programs pan-India. Responsibilities include ethical conduct, data collection, program monitoring, and professional communication, with mandatory reports and GPS updates.

DFY hosts hundreds of volunteers annually, including over 5,000 volunteers during COVID-19 and 250 in 2024-25. With their invaluable contributions, DFY continues to drive impactful healthcare initiatives, fostering meaningful change in diverse communities through dedicated service and commitment.

### ***CONTACT US***

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

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### ***TO LEARN MORE***

🌐 [www.doctorsforyou.org](http://www.doctorsforyou.org)

    @DFYINDIA

## Advancing Cancer Care: Inauguration of BMT Unit at PGICH, Noida

*Supported by: Boeing, Adobe India, Ascendum, and Give*



Uttar Pradesh: Shri Brijesh Pathak, Deputy Chief Minister of Uttar Pradesh, inaugurated the state-of-the-art Bone Marrow Transplant (BMT) unit at PGICH, Noida, celebrating the milestone of 50 successful transplants. This advanced facility plays a vital role in treating childhood cancers and rare diseases, significantly improving access to life-saving treatments.

The establishment of this unit was made possible through the dedicated efforts of Doctors For You (DFY) and the generous support of our CSR partners—The Boeing Company, Adobe India, Ascendum, and Give. A special acknowledgment to The Boeing Company for their outstanding contribution, enabling DFY to extend critical care to those in need.

This achievement highlights the power of collaboration in transforming healthcare. DFY remains committed to innovation and expanding medical support to ensure quality care reaches every patient in need. Together, we are making strides toward a healthier future.

## Cold Wave Response 2025: Bringing Warmth to Vulnerable Communities



*Supported by HCLFoundation*



Uttar Pradesh: Cold waves bring serious health and livelihood challenges, especially for vulnerable populations in urban and peri-urban areas. In Gautam Budh Nagar, areas like HCL Uday (Sectors 8, 9, and 10) and other parts of Noida are particularly at risk due to the harsh winter, poor housing, and limited resources.

As part of our Cold Wave Response 2025, with support from our CSR partner HCL Foundation, we identified the most affected areas through a detailed needs assessment. We have distributed 332 blankets to families in need and are preparing to provide more support.

Beyond blanket distribution, we are also conducting awareness sessions on winter preparedness, educating communities about cold-related illnesses and preventive measures. Our teams are working closely with local authorities and community leaders to ensure aid reaches those who need it the most. Additionally, efforts are underway to explore long-term solutions that can help mitigate the impact of severe winters on vulnerable groups.

Our goal is to meet immediate needs, raise awareness about staying safe in the cold, and help communities become more resilient this winter.

# Empowering Mothers for Better Child Nutrition

*Supported by HCL Foundation*



As part of the 1000 Days Initiative, Doctors For You (DFY), with support from the HCL Foundation, conducted an awareness session at Jal Vayu Vihar Community Centre, Noida, to educate young mothers on complementary feeding and child nutrition.

The session covered:

- ◆ When & how to introduce complementary foods
- ◆ Recommended vs. avoidable foods
- ◆ Age-appropriate nutrition & developmental milestones

Through interactive discussions, mothers received expert guidance on nutrient-rich diets, identifying deficiencies, and ensuring optimal child growth. DFY remains committed to empowering families for a healthier future.

# Cervical Health Awareness: Empowering Communities

*Supported by Pfizer*



As part of the Aastha Project, Doctors For You (DFY), in partnership with Pfizer, is enhancing cancer care services through the Aastha Helpdesk across multiple locations in India. DFY is actively raising awareness about cervical health, focusing on prevention, early detection, and treatment of conditions like cervical cancer, infections, and dysplasia.

Key preventive measures include:

- ✓ HPV Vaccination to prevent cervical cancer
- ✓ Regular Pap Smears & HPV Testing for early detection
- ✓ Safe Sexual Practices to reduce infection risks

DFY also conducted awareness sessions across 12 centers, benefiting 674 individuals (255 males, 419 females), empowering communities with crucial knowledge on cervical health and cancer prevention.

## Case Study: 1 Recovery Stories from Pulwama Physiotherapy



J&K: The Physiotherapy Center in Pulwama is dedicated to providing high-quality services to patients at affordable rates, achieving remarkable recovery outcomes. In January, the center saw a total of 279 patients, averaging 11 daily, and has become an essential healthcare resource for the Pulwama District, especially during the winter months. The unit has treated a wide range of patients, including children with autism and cerebral palsy.

One notable case is that of Hiban, a child with cerebral palsy. His family learned about the center's services through Arshman, an autism patient who had made significant progress at the unit. After attending regular sessions, Hiban received targeted exercises from the physiotherapist, leading to significant improvement in his condition. Previously, Hiban struggled with scissoring, but now he can lift his foot without crossing his legs. This progress highlights the effectiveness of the physiotherapy services offered at the center.

### STAFF OF THE MONTH



We are excited to announce Ms. Kriti Sharma as our Employee of the Month! Kriti shows great dedication and always takes responsibility for her work. She consistently goes the extra mile to solve challenges. Her focus on meeting deadlines helps keep our projects on track. Congratulations, Kriti, for being an incredible asset to DFY!

## Case Study: 2 Timely Intervention for Severe Anemia



Patient: Shabana Shaikh, 30 years

Residence: Janta Nagar Mandala, Maharashtra

On January 2nd, Shabana visited the ZHT Mandala Health Center with complaints of extreme weakness and pain in both legs. Her initial assessment showed low blood pressure (90/60 mmHg), a pulse of 72, SpO2 at 93%, and a weight of 54 kg. A general examination revealed significant pallor (++), leading to further investigations.

Lab tests confirmed a critically low hemoglobin level of 4 g/dL, indicating severe anemia. Given the severity of her condition, she was immediately referred to a higher medical facility, where she was hospitalized for 3-4 days and received necessary treatment.

After discharge, she continued her care at the ZHT Mandala Health Center. A follow-up assessment showed improvement, with her hemoglobin level rising to 7 g/dL. Her overall health has improved, and she remains under regular monitoring and treatment.

This case highlights the importance of early diagnosis, timely medical intervention, and continued care in improving patient outcomes for severe anemia.

### Celebrating Mr. Tushar Birthday at Vasant Kunj, Delhi



DFY Delhi celebrated Mr. Tushar's birthday with a simple cake-cutting session. The relaxed gathering fostered light-hearted conversations, reflecting our easygoing workplace spirit. Team members enjoyed the warm, informal memorable yet low-key celebration.