

# ***Newsletter***

# **DOCTORS FOR YOU**

MARCH, 2025

## **Mobile Dental Van: Bridging Gaps in Oral Healthcare**

*Supported by Haleon*



Doctors For You, in collaboration with Haleon CSR, proudly launches a Mobile Van for Oral Healthcare in Gautam Buddha Nagar, ensuring accessible, affordable, and preventive dental care for underserved communities. Doctors For You is dedicated to delivering quality healthcare to underserved communities. With the launch of the mobile van for oral healthcare in Gautam Buddha Nagar, Uttar Pradesh, we are taking a significant step toward ensuring that no one is deprived of basic dental care due to lack of accessibility. This initiative will provide free screenings, treatment, and awareness programs, empowering individuals to take control of their oral health. Through community screenings, school health camps, and outpatient services, we aim to bridge the gap in healthcare access and quality. This mobile van symbolises accessibility, affordability, and awareness in oral healthcare, providing dental treatments, education, and screenings in remote areas to reduce health disparities and improve overall well-being. A healthy smile is the foundation of overall well-being, and this mobile clinic will ensure that essential dental services reach those who need them most. With strong partnerships and dedicated implementation, we strive to make oral healthcare an integral part of holistic well-being, ensuring a brighter, healthier future for all.

## ***CONTACT US***

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

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📞 8261890890

## ***TO LEARN MORE***

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



@DFYINDIA

## Postpartum Family Planning Training Session

*Supported by HCL Foundation*



On March 17, a postpartum family planning training session was conducted under the 1000 Days Program (Q4) for 127 beneficiaries, facilitated by the Family Planning Association of India, Noida – HCLF Project. Participants learned about contraceptive methods, fertility tracking, and birth spacing. A Nukkad Natak reinforced the importance of maternal and child health, empowering women to make informed family planning decisions for healthier futures.

## World Water Day Celebration

*Supported by Wipro Foundation*



On March 21, 2025, in observance of World Water Day, the WIPRO MCH program team conducted a community awareness session at Transits Camp (A), Mankhurd, benefiting approximately 70 individuals. As part of the WASH (Water, Sanitation, and Hygiene) initiative, the session emphasised the significance of well-maintained water facilities, access to clean drinking water, and methods for water conservation and pollution control. Volunteers actively engaged the community, educating them on safe water practices to prevent waterborne diseases and ensure sustainability. Additionally, hygiene kits and soaps were distributed to encourage proper hygiene habits. This initiative marks a vital step toward fostering a healthier, more informed, and water-conscious community.



## Enhancing Maternal and Child Health in Arunachal Pradesh

*Supported by Boeing*



With the support of Boeing, DFY has equipped the Primary Health Center (PHC) in Singchung, West Kameng district, with a much-needed ultrasound (USG) machine. Previously, the absence of this facility forced pregnant women to travel 30 km to the district hospital for routine scans—an arduous journey through hilly terrain. The installation of the USG machine marked a significant step toward improving prenatal care, ensuring timely diagnosis, and enabling swift management of high-risk pregnancies.

Additionally, DFY successfully conducted the Amua Care Program, a community-driven initiative aimed at raising awareness about pregnancy-related challenges. The program engaged expectant mothers and fathers, Women Self-Help Groups, and teenage girls, fostering a deeper understanding of maternal health and well-being.

This initiative represents a vital step in strengthening healthcare access for women and children in the region.



## Strengthening Psychosocial Care in Disaster Management

*Supported by Tata Community Initiatives Trust*



The Technical Collaboration Training Program on Psychosocial Care & Disaster for Counselors was held from 17th to 22nd February 2025 at Haritagiri Hotel, Kalpetta. Organized by WCD & Doctors for You in collaboration with NIMHANS & DPSSDM, the training aimed to enhance counselors' preparedness in disaster response. Facilitated by Dr. Jayakumar and Dr. Subhasis Bhadra, the sessions covered disaster management, psychosocial support strategies, leadership roles, and community engagement through interactive discussions, case studies, and role-playing exercises. The program emphasized multidisciplinary collaboration, community awareness, and the establishment of a network of trained psychosocial care providers. The event concluded with a certificate distribution and recommendations for expanding training, refresher courses, and integrating psychosocial care into disaster response policies. The program successfully strengthened the capacity of counselors to provide effective psychological support in disaster situations.



## Skill Development & Employment Initiative

*Supported by Sodexo*



The Sodexo Skill Development Project, launched in January 2025, aimed to empower underprivileged youth by providing training in Food & Beverage Services and Housekeeping. With support from Sodexo, over 120 candidates from underdeveloped areas of Mumbai received over a month of hands-on training, equipping them with practical knowledge and job-ready skills. To facilitate employment, Sodexo organized a job drive, where renowned companies like Hindustan Unilever, Reliance Industries, JP Morgan, and Lilavati Hospital participated. Out of 60 attendees, 40 candidates secured jobs in various positions, creating meaningful employment opportunities. Additionally, as part of the training, 26 candidates participated in an industrial visit to JP Morgan Chase & Co., gaining exposure to kitchen, food court, and pantry services. The visit also included interviews, resulting in 10 candidates securing roles such as VIP Steward, Pantry Steward, and Kitchen Utility. This real-world exposure enhanced their professional competencies and marked a significant milestone in their career progression, blending learning with industry experience and opening doors to long-term employment in the hospitality sector.



## Aastha Help Desk Observes World Down Syndrome Day

*Supported by Pfizer*



AIIMS Bhopal's and LNH Delhi Aastha Rare Disease Help Desk organized World Down Syndrome Day on March 21, 2025, at the Pediatric OPD. The event featured awareness sessions by doctors, caregiver interactions, activities with patients, and gift distribution. Discussions covered Down syndrome awareness, challenges, diagnosis, and medical care. With 250 beneficiaries, the event was led by Dr. Shikha Malik and Dr. Bhavna Dhingra, supported by the Pediatrics Department and AIIMS management.

## Plantation Drive at Victoria Hospital

*Supported by Siemens*



Over 1,000 plants were planted as part of a green initiative at Victoria Hospital, aiming for 10,000 plants across the campus. This drive supports Sustainable Development Goals (SDGs), including Climate Action (SDG 13), Life on Land (SDG 15), and Good Health & Well-being (SDG 3) by enhancing green cover, improving air quality, and fostering a healthier ecosystem.



## Promoting Dental Hygiene among Students

*Supported by B C Jindal Foundation*



The World Oral Health Day awareness session, held on 20th March 2025 at Bally Barrackpore High School, WB, Gopalpur, DL and Angul, OD and aimed to educate students on oral hygiene, preventive dental care, and its link to overall health. Organized by BC Jindal Health Centre with 312 beneficiaries. (Doctors For You), the event featured an interactive session by Dr. Sandip Mondal, including awareness talks, brushing demonstrations, a quiz, a dental check-up, and the distribution of dental kits. Students pledged to adopt healthy oral habits. The session successfully increased awareness, improved hygiene practices, reduced fear of dental visits, and encouraged healthier eating habits. The event fostered long-term commitment to oral health and community awareness, making it a highly impactful initiative.

## Upgradation of Kalkurichi HSC Handover Ceremony (TN)

*Supported by HDFC ERGO*





## Spreading Awareness on World Tuberculosis Day

Supported by Wipro Foundation



On 24th March 2025, to mark World Tuberculosis (TB) Day, an interactive awareness session was conducted in coordination with the Nimoni Baug Health Post, M/East Ward, for patients diagnosed with tuberculosis and currently undergoing treatment.

The Medical Officer of the Health Post conducted a session on tuberculosis awareness, emphasizing early diagnosis, proper treatment, and strict adherence to medication for effective recovery. The session also highlighted the importance of sanitation and hygiene in preventing the spread of TB within communities.

As sanitation and hygiene play a vital role in controlling the spread of TB, hygiene kits were distributed to the patients under the WASH initiative. Promoting good hygiene practices among TB patients not only helps in managing the disease but also protects the community.

Together, let's continue raising awareness and working towards a TB-free future!

## DFY Featured in the Newspapers



வெள்ளை மலர் 20-ல் குடியாத்தம் ஒன்றியத்துக்குட்பட்ட வளத்துர் ஊரட்சிபீடம் பொது கலந்துரம் மற்றும் நோய் தடுப்பு துறை மற்றும் (DFY) தன் ஆய்வன் குழு இயங்குது துறாடும் மருத்துவ முகாம் நடத்தது. ஊராட்சி மன்ற தலைவர் திருமணி செல்வ குமாரன் கலந்துரம். இதில் டாக்டர்கள் கிரிஷ்மா, கிரேஸ் ஆர்மியர் தலைமையிலான மருத்துவ குழுவின் ஊரட்சிபீடம் பணிபுர்த்தும் துறாப்பணிகள் மற்றும் பொதுமக்களுக்கு சர்க்கரை நோய், ரத்த அழுத்தம், கை நோய் உள்பிட்ட பரிசோதனைகள் செய்தனர். நோய் கண்டறிப்பட்டவர்களுக்கு மருத்துவத்தினால் வழங்கப்பட்டது. இதில் கற்று பகுதி மருமக்களை சேர்த்து மக்கள் வலிந்து கொண்டனர். முகாமில் செவியன் மீட்டர், செவியன் உதவியைக் கல்யாண, பஞ்சவந்து செவியன் செவியன் மற்றும் கைநாடி ஆய்வன் சந்த ஆர்மியர் உடன் இருந்தனர்.

An article in Dinamalar - Local Newspaper on our Cancer Screening program (WCW) of Vellore



**The Sentinel**  
of this land, for its people

### Awareness programme on menstrual hygiene

**GUWAHATI, March 20:** To commemorate International Women's Day, an awareness camp on "Menstrual Hygiene Management" was held at Loko High School, Fancy Bazar, Guwahati, with the support of National Highway Infrastructure Development Corporation Limited (NHIDCL), Regional Office, Guwahati, as part of its Corporate Social Responsibility (CSR) initiative. It was implemented by "Doctors For You" (DFY), a humanitarian organization dedicated to strengthening public health services.

Dr. Anuradha Barik, Joint Director, District Health Services (DHS), provided invaluable knowledge to everyone present, especially the students of Loko High School, and recommended NHIDCL for its financial contribution of Rs.20,00,000/- (Twenty Lakh Only) towards the initiative, describing it as "a significant and impactful step" towards empowering women through awareness and access to proper menstrual hygiene products. She emphasized the importance of such programmes in promoting good health and well-being, especially for adolescent girls, and urged NHIDCL and DFY to conduct similar awareness sessions regularly.

The camp featured an informative session on menstrual hygiene management, where participants were educated on the importance of maintaining hygiene during menstruation, the safe use and disposal of sanitary products, and ways to manage menstrual discomfort. The session also addressed common myths and misconceptions surrounding menstruation, aiming to foster a more informed and open dialogue.

As part of the initiative, reusable sanitary napkins were distributed among the participants, promoting sustainable and cost-effective menstrual hygiene solutions. The attendees expressed their appreciation for the practical knowledge shared and the access to reusable hygiene products, and a press release.

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## MENSTRUAL HYGIENE MANAGEMENT: NHIDCL, DFY distributes reusable sanitary napkin



Dignitaries with students during awareness camp on "Menstrual Hygiene Management" in Kohima on March 17. (Morning Photo)

Our Correspondent  
Kohima | March 17

With an objective to create awareness on the importance of menstrual health and hygiene for the well-being of women and adolescent girls, an awareness camp on "Menstrual Hygiene Management" and distribution of reusable sanitary napkin took place today at Mewi Higher Secondary School, Kohima.

This programme, marking International Women's Day, was part of the Corporate Social Responsibility (CSR) of the National Highway Infrastructure Development Corporation Limited (NHIDCL) and implemented by Doctors For You (DFY) with the

to do more such programmes, he maintained that adequate sensitization and education on menstrual hygiene are crucial for good health and well-being of women and adolescent girls. In this, Changsang stressed the need to sensitize the school students, parents, rural women, teachers and church workers. Men folk also need to be sensitized, he added.

Changsang informed that IDAN has been working closely with different organizations across the state.

DFY is one of our partners, he said.

Further, he stressed on the need to cultivate a healthier society as good health and well-being, lived as one of the 17

strict Hospital. Histopathology labs at Naga Hospital Authority Kohima and Mokokchung District Hospital.

In general, Dr. Das said that for the past 17 years, DFY has been at the forefront of health care and disaster response and saving many lives across India, from maternal and child health to cancer care, tuberculosis management, hospital capacity building and disaster relief.

"As we embark on today's programme (Awareness camp on Menstrual Hygiene)," Let us reaffirm our collective responsibility towards accessible, equitable and effective health care regarding menstrual hygiene and health," he said.

## நடமாடும் மருத்துவக்குழு முகாம்

குடியாத்தம்: பொதுசுகாதாரம் மற்றும் நோய்தடுப்பு துறை மற்றும் (DFY) டி. எப். வை தன்னார்வலர் குழு சார்பில் ஏழை, எளிய மக்கள் பயன்பெறும் வகையில் தொலை தூரத்தில் உள்ள கிராமங்களுக்கு மாதம்தோறும் குறிப்பிட்ட நாட்களில் கிராமங்களுக்கே சென்று நோய்களை கண்டறிந்து சிகிச்சை அளிக்கும் வகையில் நடமாடும் மருத்துவக்குழு ஏற்படுத்தப்பட்டது.

கலெக்டர் சுப்புலட்சுமி உத்தரவின் பேரில் மாவட்ட சுகாதார அலுவலர் பரணி தரன் மேற்பார்வையில் குடியாத்தம் வட்டாரத்துக்குட்பட்ட சேம்பள்ளி பஞ்ச. அலுவலக வளாகத்தில் நடமாடும் மருத்துவக்குழு சார்பில் முகாம் நடந்தது. இதில் டாக்டர்கள் கிரிஷ்மா, கிரேஸ் ஆர்மியர் தலைமையிலான மருத்துவக்குழுவின் பஞ்ச.ல் பணி யாற்றும் தூய்மை பணியாளர்கள் மற்றும் பொது மக்களுக்கு சர்க்கரை நோய், ரத்த அழுத்தம், கைநோய் உள்ளிட்ட பரிசோதனைகளை செய்தனர். நோய்கண்டறியப்பட்டவர்களுக்கு மருந்து, மாத்திரை வழங்கப்பட்டது. முகாமில் நர்சு ரம்யா, நர்சு உதவியாளர் கல்பனா, பஞ்ச.செயலாளர் கோட்டீஸ்வரன் ஆகியோர் உடன் இருந்தனர். இதேபோல் இன்று வளத்துர் கிராமத்திலும், நாளை ஒலகாசி கிராமத்திலும் மருத்துவ முகாம் நடக்க உள்ளதாக மருத்துவக்குழுவின் தெரிவித்தனர்.

Dinamalar Paper  
- Vellore for  
WCW Project



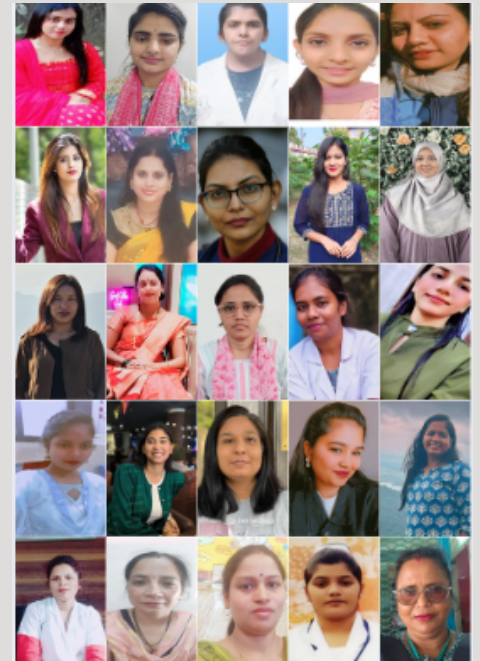
## International Women's Day

Doctors For You (DFY) proudly invited all DFY members to join Women's Day 2025 celebration, themed "For ALL Women and Girls: Rights. Equality. Empowerment". This special event, held online on March 8 from 1:30 PM to 3:00 PM, featured insightful discussions and inspiring addresses from esteemed speakers, including Dr. Rajat Jain (President, DFY) and Dr. Ravikant Singh (Founder, DFY).

Key sessions included a talk on women's empowerment through education and economic independence by Ms. Manvee Bansal (CEO, Career Width), reflections on a 30-year journey by Mrs. Rachana Dogra (Sr. VP, HDFC ERGO) and feminism in 21st century by Ms. Lahar Bhatnagar. A heartfelt appreciation note was dedicated to our incredible women colleagues and employees, acknowledging their hard work, resilience, and contributions. This was followed by the felicitation of women volunteers and DFY team members (Pan India Level), led by Mrs. Bhagya Shree (Manager, HR – DFY), to honour their dedication and impact in transforming communities.

A special cake cutting ceremony took place with our women staff at VK office, symbolising gratitude and celebration. Finally, the event concluded with a vote of thanks by Mr. Saket Jha (Secretary, DFY Board of Management), expressing appreciation for the efforts of all participants and reaffirming DFY's commitment to women's empowerment.

The event also recognised the invaluable contributions of women volunteers and DFY team members across India.



**Celebrated Her Strength,  
Honoured Her Story!**

From Dimanta Ghosh to Everyone:

Good Afternoon, Today, on March 8th, I want to honor the strength, resilience, and brilliance of every woman.

I want to appreciate our girls team members of IeDA jharkhand team,

Want to appreciate Our multitasker knowledge bank problem solver and full power house madam Ms.Niveditha PJ

Again I want to appreciate my team dedicated honest relentless team member Dr Minal Nandan.

From Dr. S. Negi- Doctors For You to Everyone:

Hi all I would like to wish happy international women day to all the respected women of the DFY -

Would like to appreciate here work ethics of Arpana ( cancer helpdesk incharge Muzaffarpur bihar ) & Abisha patient counsellor Kanchipuram TamilNadu & Kuldeep Kaur coordinator ferozepur punjab

Regards  
Shubham

## Celebrating International Women's Day with Menstrual Hygiene Awareness

Supported by NHIDCL



On the occasion of International Women's Day, DFY organised menstrual hygiene awareness and distribution events across three districts: Guwahati (Assam), Kohima (Nagaland), and West Kameng (Arunachal Pradesh).

During these events, gynecologists conducted informative sessions for schoolchildren and young women, educating them on menstrual health management and available hygiene options. Following the awareness talks, reusable sanitary napkins were distributed to participants.

This initiative was made possible with the support of NHIDCL, reinforcing our commitment to empowering women and promoting menstrual health awareness.

## Case Study: 1

### Bridge the Gap



Prashant Kumar, a 44-year-old male from Bihar, Prashant Kumar, the sole breadwinner of his family, was diagnosed with buccal mucosa cancer and sought treatment at Safdarjung Hospital's radiation department. His doctor advised a PET scan, but the high cost made it unaffordable. His wife, working as a cook, struggled to support the family. Seeking help, he approached the Aastha Help Desk, which coordinated with his doctor and registered him under Bridge the Gap for financial assistance. A few days later, his PET scan was successfully conducted, for which he expressed heartfelt gratitude.

### STAFF OF THE MONTH



We proudly recognise Dr. MD. Hossain as the Staff of the Month for March for his exceptional dedication, compassionate patient care, and unwavering patience. His kind and respectful approach toward patients, coupled with his commitment to providing quality treatment, makes him a true asset to our team. His professionalism and empathy continue to inspire everyone around him. Congratulations, Dr. Hossain!

## Case Study: 2

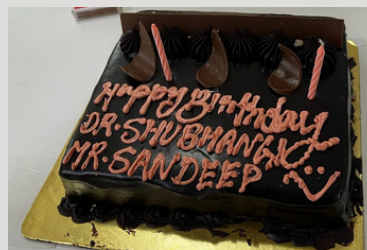


### Overcoming Persistent Fungal Infection



Mohd Anas, a 15-year-old resident of Janta Nagar, Mandala, suffered from a persistent tinea infection in the foot for 3-4 months, experiencing itching, redness, and scaling. Despite seeking treatment at another clinic, his condition showed no significant improvement, leaving him frustrated and symptomatic. Upon arriving at ZHT Mandala Health Centre, he underwent a thorough evaluation and was placed on a targeted antifungal regimen. Following treatment, he reported marked improvement, with reduced itching and clearing of lesions. This case underscores the importance of accurate diagnosis and effective treatment in managing fungal infections. The success of his treatment highlights the crucial role of accessible healthcare, emphasizing the need for continued follow-up to ensure complete recovery and prevent recurrence.

### Celebrating Dr. Shubhangi, Mr. Sandeep and Mr. Prince Birthday at Vasant Kunj, Delhi



DFY Delhi celebrated Dr. Shubhangi Agarwal, Mr. Sandeep Chauhan birthday on 9<sup>th</sup> March and Mr. Prince Jaiswal birthday on 26<sup>th</sup> March 2025 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 workplace environment



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2024-25 a Success and Empowering Futures Together



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