



PROJECT

The Healthy Communities



This report highlights initiatives of an on-going healthcare program targeted specifically for the residential societies staffs & Helpers healthcare.



ABOUT OUR PROJECT

The Healthy Communities Program is designed to raise awareness about the importance of prioritizing employee health in residential/housing communities at Ghaziabad, U.P. In addition, it aims to facilitate research and improve knowledge about their health rights. The project seeks to screen, sensitize, educate, and refer high-risk individuals to nearby health facilities/institutions for access to health services. Aimed at those whose health is often overlooked due to the nature of their work, the program deliberately addresses the unmet healthcare needs.



VISION

The vision of this sale development project is to empower the working communities towards their health priorities so that they can take informed decisions and avail quality health services at the right time and right place.

MISSION

- Committed in ensuring health accessibility for all
- Dedicated towards maintaining the quality delivery of our programs
- Establishing trust within the society through impactful initiatives/programs.



THE PROBLEM

A Brief Description About the Healthcare issues

Resident staff, aides and servants often face health challenges due to their harsh working conditions, lack of access to health care and lack of knowledge about preventive measures. These people are more likely to suffer from various health issues such as- diabetes, hypertension, dental and osteoporosis due to heavy lifting and unhealthy lifestyles. In addition, mental health problems may also result from stress and prolonged working hours.

The burden of non-communicable diseases (NCDs) is increasing in India, and factors such as sedentary lifestyle, unhealthy diet and inadequate healthcare facilities aggravate the situation.

Preventive measures are needed great in preventing this trend, as early detection and intervention can significantly reduce the impact of NCDs on individuals and communities.



THE SOLUTION



Solution- Addressing Unmet Needs of the People

The Premansh Foundation's collaborative initiative has played an important role in addressing these challenges.

By conducting health screenings, increasing awareness of positive lifestyle practices, and providing access to health care, the Foundation empowers resident workers to take proactive measures to protect their health .



Through education and support, this program aims to reduce the burden of NCDs in this vulnerable population and create healthier and more resilient communities.





Camp Highlights

- A total of 350 individuals underwent screening, with 185 females and 165 males participating.
- Results revealed that 28% of those screened were underweight, 23% overweight, and 10% obese, while the remaining 39% were within normal weight ranges.
- Approximately 13% were identified as having a high risk of diabetes.
- Hypertension was more prevalent among males compared to females. Additionally, 15% of participants were diagnosed with dental issues, including poor cavity health and oral hygiene.
- Gynecological consultations disclosed that approximately 11% of females reported experiencing urinary tract infections (UTIs), infertility issues, and leucorrhoea.



OUR SUPER TEAM

The success of any project relies on the dedication and commitment of a dynamic team, and we are grateful for the invaluable contributions of our collaborative partner, the Anchal Charitable Trust (ACT), our dedicated volunteers and team members. Their unwavering support and active involvement has been instrumental in advancing our mission and making a meaningful impact in the communities we serve. Together, we have tackled the urgent health challenges faced by staff residents, auxiliaries and servants, ensuring they receive appropriate care and attention.

We appreciate each and every volunteer member of our team who generously gave of their time, skills and energy to make this program a success.

Through their dedication and passion, we are able to create positive change and foster healthier and happier communities.





The '**Healthy Communities**' project is currently on-going, and our numbers will keep growing as we are on our journey to reach more and more number of vulnerable communities, in an effort to empower them for a healthy living with access to quality healthcare services.



For more information, write to us



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