

16th SOMAARTH Foundation Day

9th October 2025 | Palwal, Haryana

Welcome Address by Prof. Narendra Kumar Arora and Dr Manoja K. Das, Executive Directors, INCLN

Dr. N.K.Arora and Dr Manoja K Das opened the program by warmly welcoming all the sarpanches and community members, expressing their deep pride in the supportive community formed by the 51 villages of Palwal within SOMAARTH DDESS. They introduced the speakers, acknowledging the invaluable teamwork of local leaders, health workers, and volunteers. Reflecting on SOMAARTH's 16-year journey in Palwal, Also they emphasized that none of the achievements would have been possible without the unwavering support of the community and the health department. Highlighted that there is now no corner where quality care doesn't reach, a testament to their collaborative efforts. Also spoke about the potential for a national scale-up based on the valuable lessons learned here, before extending his gratitude to participants and felicitated the chief guests.

Lighting of the Lamp

The ceremonial lighting of the lamp was conducted by esteemed guests, including: Dr. Satendar vashisht, Dr. Uttama Singh, Dr. Gaurishankar, Dr. NK Arora, Dr Manoja K Das and all the Sarpanches.



Expert session 1 by Dr. Anuj Ajaybabu

Dr Anuj explains the fever –its definition and valuable suggestion regarding the fever diagnosis and its Treatment along with dos and don'ts. He also explains the increase in the number of fever cases in Delhi and its neighbouring areas. He also shared the information regarding the intake of antibiotics, and its association with the fevers. In all the fever cases there is no need to take antibiotics as all the fever are not caused by the bacteria. Even for the fever, less than two days there is no need to take any treatment, only focus need to drawn towards the fluid intake and diet. If the fever persists more than the 5 days along with the symptoms like loss of appetite, bleeding from any point, vomiting, dizziness and generalized weakness then there is a need to consult the health facility or medical assistance.

Dr. N K Arora, concluded the session by thanking Dr. Anuj on behalf of the SOMAARTH team for sharing the valuable suggestion regarding the fever diagnosis and its treatment along with dos and don'ts.

SOMAARTH Program Update by Dr Shikha Dixit and Dr Abhishek Agarwal, Deputy Directors, INCLN

Dr. Shikha Dixit and Dr. Abhishek Agarwal provided a comprehensive update on the ongoing work at SOMAARTH Palwal, highlighting its focus on community health research. The SOMAARTH program addresses key areas such as maternal and child health, disease surveillance (both communicable and non-communicable) and elderly dementia, with particular attention to monitoring potential side effects.



Activities in the Past Year:

- 1. SOMAARTH Clinic:** The SOMAARTH Clinic has been an essential healthcare provider in the area, treating 16,596 patients from October 2023 to September 2024. The clinic serves 45 patients daily, with 20 follow-up cases regularly addressed.
- 2. National Tuberculosis Elimination Program:** Since 2022, SOMAARTH has supported 780 TB patients in 43 Panchayats, providing nutrition kits and health advice. From October 2023 to June 2024, 419 new patients joined the program. *SOMAARTH was honoured for its exemplary contribution to the National Tuberculosis Elimination Program (NTEP) as a Nikshay Mitra during the inauguration of the Ayushman Bharat Campaign.*
- 3. LaQshya Program:** Aims to improve maternal healthcare by enhancing childbirth services, focusing on health worker behaviour, cleanliness, and ensuring comprehensive care during childbirth. SOMAARTH is working in collaboration with the health department to improve service delivery under the program through implementation research.
- 4. Acute Febrile Illness (AFI) Study:** The study showed that 50% of individuals experienced a fever yearly, with dengue in 1 in 10 and chikungunya in 1 in 30 cases.
- 5. Dementia Study:** The study involved 6,441 elderly participants and revealed that 10% of educated and 15% of uneducated older adults showed signs of mild dementia.
- 6. Causes of admission to hospital and causes of death:** Information about major health-related events in all families during the past one year (Being admitted to hospital, Death, Pregnancy and childbirth (delivery))

Upcoming Projects:

- **RBSK:** Aims to catalysing early identification, referral and management of Deficiency, Defect, Delays and Diseases in Children.
- **Jan Aushadhi Kendra:** Generic medicines available at 50–90% lower cost.

Expert session 2 by Dr. Uttama Singh

She explained the current scenarios of mental health in the adolescents and its linkage with the social media applications. The high rate of the cell phone usage is directly affecting the health of a person and in the children cases it is worst, negatively impacting the developmental growth of the child.

Nowadays scenarios are completely different from the previous generations where there is sense of belongs among the relatives and close groups, which is totally different in the current situation children are disconnect with the family members. Pressure on the children to achieve high numbers in studies is also another important factor which is the reason for impacting the mental health among the children. Parent impose the career choices on their kids as they overlook the talent of their child. Social media and Political challenges -Nowadays as we see and have the awareness of the events in and around the society, children try to adapt and implicate the action in their lifes.eg racist, castiesm and other discriminatory remarks learnt from the social media.

Spiritual wellbeing-comprehensive approach need to be taken by the family members and society to overcome the mental health increasing cases. A disciplined life need to be followed so that our body and mind get the sufficient rest to cope up with the stress and negative factors affecting the life's.



Address by Dr. Satendar Vashisht, Chief Medical Officer

Dr. Satendar congratulate the Somaarth team on their 16th Foundation Day, expressing her admiration for the remarkable work the organization has done over the years.

She praised SOMAARTH for its long-standing collaboration with the health department in Palwal, working on important initiatives. She expressed his appreciation for their continuous efforts and the regular updates provided by the research team, which have contributed to improving health outcomes in the community.

She then reviewed how the organization has contributed to improving the health status of the district, service delivery, and outcomes that have made tangible differences in public health. Dr. Satender also called upon the community to continue their support for the Somaarth team, urging cooperation and participation so that the organization's current and future programs can succeed.



She concluded by expressing his heartfelt thanks and looking forward to SOMAARTH's future contributions.

Address by Shri Mukutlal Sharmaji, Chairperson, Community Advisory Board

Shri Mukutlal Sharma opened the discussion by extending a warm welcome and heartfelt thanks to the chief guests, CMO, ANMs, community members, and especially the youth present at the gathering. He expressed deep gratitude to Dr. Arora for selecting their area and consistently improving local health services over the years.

He emphasizes the importance of implementing the learnings and health education practices we've discussed today. These insights should guide our efforts as we replicate successful strategies across all project areas to ensure meaningful impact in our communities. He also expressed sincere appreciation for choosing Palwal as the focus area for this improvement initiative. Concluded by expressing heartfelt gratitude to the organization in consistently delivering essential services to the community.



Address by Dr. Harish Kumar Vashisth, Deputy Commissioner

Dr. Harish Vashisth extended warm regards to everyone present, including NKA and the chief guests, emphasizing that without community support, the government will struggle to achieve meaningful results in health initiatives. He stressed the importance of collaboration between government bodies and NGOs, highlighting that such partnerships are crucial for enhancing the reach of programs and activities at the grassroots level.



Award Ceremony

An exciting poster-making competition on the topic of *Mental Health in adolescent* was conducted in ten schools. The winners of the inter-school competition were Manav (Gehlab), who secured 1st place, followed by Deepanshi (Bamnikhera) in 2nd place, and Jareen (Banchari) in 3rd place. Additionally, the students who won in their respective schools included Laxmi (Sondhad), Jayoti (Bahin), Sahida (Kot), Yogita (Uttawar), Sanjana (Tikari Brahman), Sivam (Kondal), Khushi (Aurangabad). All of these students were felicitated with medals and cash prizes for their achievements.



Vote of Thanks by Dr. Pinki Sharma Officer-in-Charge SOMAARTH Palwal

Dr. Pinki expressed her heartfelt gratitude to all attendees on behalf of SOMAART INCLIN Trust International. She sincerely appreciated their valuable time and active participation in the event, highlighting how their presence contributed to the success of the gathering.

Attendance Summary – 16th Foundation 2025

A total of **487 participants** attended the 16th Foundation Day celebration held on 9th October 2025. The attendees included **9 Sarpanchs, 16 Ex-Sarpanchs, 107 Panchs, and 3 Numberdaars**. From the health sector, there were **9 ANMs, 46 ASHAs, and 60 Anganwadi Workers (AWWs)**. In addition, **39 key persons and 1 Self-Help Group (SHG) member** were present. The event was also attended by **21 students, 12 teachers, and 3 district officers**. Representatives from the **Health Department (District, CHC, PHC, Sub-Centre)** totaled **12 attendees**. From the organizing teams, **35 staff members from IEO-Delhi, 35 from Somaarth Palwal, and 37 from Advance College** participated. The gathering also included **27 others**, such as drivers of VIPs and health or district officials, along with **15 local media staff**



Thanking You...

