

SEHATNAMA

BECAUSE OF YOU, CARE CONTINUES

Edition 01 • September 20, 2025

Dear Friends & Supporters,

Namaskar — and heartfelt thanks from all of us at Sanjhi Sehat. The last few months have been some of the most exciting in our journey. Why? Because of you. Your trust and encouragement gave us the courage to rethink how primary care should work for people often left behind.

Earlier, our work looked like : a camp, a screening, a prescription — and then silence. We realised that diagnosis without continuity is only half the solution. Medicines alone do not change habits; touchpoints and follow-ups do.

So we redesigned our model — moving from fragmented, one-time care to a continuity package: screening + counselling + tele-follow ups + community connections. With support from NSRCEL and your donations we trained counsellors, rolled out telecounselling, and set up simple follow-up protocols.

Already, we see change: one counselling session becoming two, a family getting the right information, a person starting medicine and continuing it. These small acts add up to big life changes.

With this, we are delighted to bring you the first edition of our monthly newsletter — a window into the data, the stories, and the change your support is making on the ground.

Warmly,

Pawandeep Singh

Founder, Sanjhi Sehat

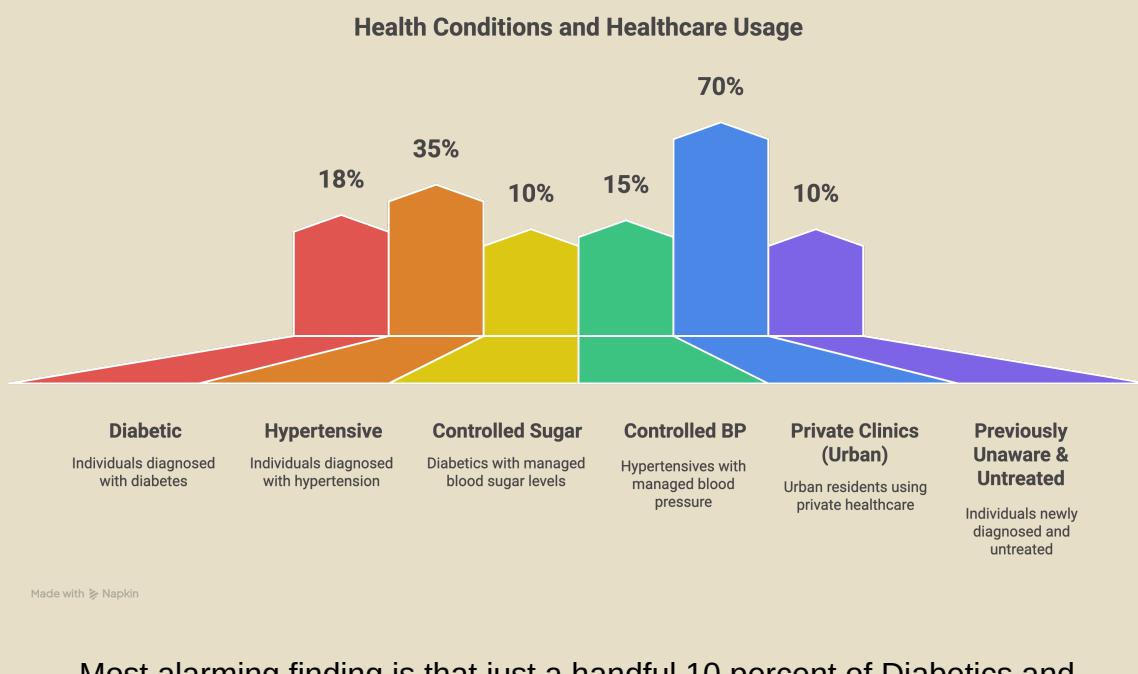


"Because of you, care doesn't stop at a prescription — it becomes a journey."

Sehat da Safar — Our Journey

With IIMB, NSRCEL's support and your generosity, we realised our offering is limited with one time care so we redesigned care into three connected dots:

-  **Screening** — early detection where people live and work
-  **Counselling** — guidance and behaviour change through our ground level cadre "Sehat Sarthi "
-  **Continuity** — follow-ups & telecounselling with IVR



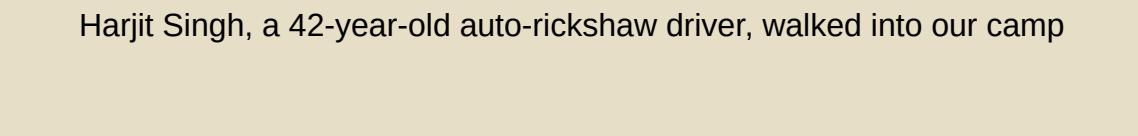
Because of you, our work no longer ends with diagnosis — it stays with people month after month.

Badlaav di Kahani — Impact Snapshot & Learnings

Milestone: Rapid Scale, Real Reach

Because of you, we screened 5,000 people in just 3 months — something that previously took nearly two years to screen just 2000. That scale gave us not just numbers but actionable insights.

Key findings:



Most alarming finding is that just a handful 10 percent of Diabetics and 15 percent of Hypertensive people have their condition under control. Rest all are exposed to futuristic catastrophes.

Because of you, these hidden cases are no longer invisible.

Harjit Singh's Story

Harjit Singh, a 42-year-old auto-rickshaw driver, walked into our camp

with a confident smile. His random sugar had shown 270 mg/dL, but when his fasting sugar came back at 140 mg/dL, he brushed it off.

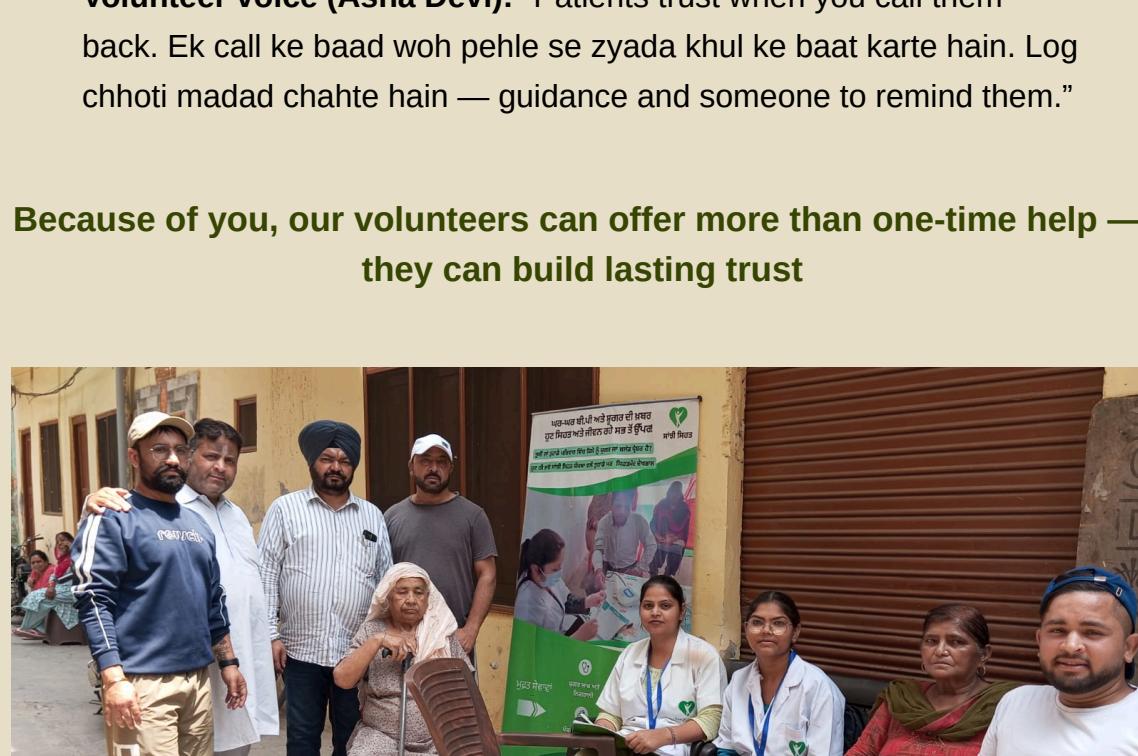
"Main theek hoon — merey pharmacist ne kaha mujhe kuch nahin," he said. Like many others, Harjit thought he had escaped the worst. The truth: 140 fasting sugar confirms diabetes.

Our counsellor sat with him for 20 minutes — "a baatcheet", gentle yet clear. She explained his results in simple words, asked about his family history and food habits, and suggested a practical plan: a low-dose medicine, small food swaps, and 20 minutes of daily walking. Before he left, she scheduled a follow-up call and an in-person review.

That conversation changed something in him. Harjit listened, asked questions, and began small changes. He also recalled how one of his relatives had lost a foot because of uncontrolled diabetes — a memory that shook him. "Ab main samajh gaya hoon — main iss par nazar rakhonga," he said.

Today, Harjit takes his medicines, eats more carefully, and checks his sugar regularly. His confidence has grown, and most importantly, his family feels more secure knowing he is taking charge of his health.

Because of you, Harjit didn't walk away untreated — he walks towards health, and his family towards hope....Story



Sehat Ke Saathi — Community Voice

Volunteer voice (Asha Devi): "Patients trust when you call them back. Ek call ke baad woh pehle se zyada khul ke baat karte hain. Log chhoti madad chahte hain — guidance and someone to remind them."

Because of you, our volunteers can offer more than one-time help — they can build lasting trust



Sehat di Jhalak — Quick Facts

⌚ Chai & Iron

- **Fact:** Drinking **chai with meals** reduces iron absorption (tannins bind non-heme iron).
- **Quick tip:** Add nimbu (lemon) to dal/sabzi or have citrus fruit with meals to boost iron absorption. (Sources: PubMed, Healthline)

🍎 Fruit vs Juice

- **Fact:** Whole fruits are better than juice for blood-sugar control because fibre slows sugar absorption; juice causes quick spikes.
- **Quick tip:** Choose seasonal fruit over packaged or even fresh juice. (Sources: Harvard Health, Diabetes UK)

Antim Vichaar — Final Thought

Because of you, Sanjhi Sehat turns one-time contact into lasting care. Small conversations become life-saving changes. Together, let's keep building this quiet revolution of compassion, continuity, and community.

Sanjhi Sehat • Amritsar

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