



SEHATNAMA

BECAUSE OF YOU, CARE CONTINUES

Edition 02 • October 20, 2025

Help restore healthcare in flood-hit Punjab — your support brings medicines, care, and hope to those who've lost everything.

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Dear Friends & Supporters,

Namaskar — and thank you for walking alongside *Sanjhi Sehat*.

In the last edition, we spoke about *lagataar dekhbhaal* — continuous, connected care. This month, we saw that vision come alive across communities. From home visits to PHC coordination, our *Sehat Sarthis* are helping people not just get diagnosed, but stay on treatment with confidence.

Many who once stopped medicines are now continuing them — not out of fear, but out of understanding. That's the real change your support has made — turning awareness into adherence, and diagnosis into daily care.

Your trust keeps us grounded and growing. Let's continue this *safar* together — with *sehyog*, *samaj*, and *seva*.

Warmly,

Pawandeep Singh

Founder, Sanjhi Sehat



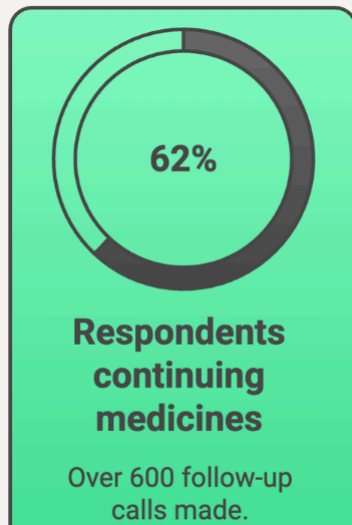
Badlaav di Kahani — This Month's Highlights

Scale & Reach

We have now completed **7,200 screenings** across five adjoining areas — **Dhapai, Chotta Haripura, Vadda Haripura, Dam Ganj, and Gurbaksh Nagar**.

This marks a major leap in coverage, showing how local partnerships and consistent follow-ups can create sustainable change at the grassroots level.

Telecounselling Impact



Zindagi Badalti Kahani — A Patient's Journey

Balbir Kaur, 58, from a village near Verka, was diagnosed with hypertension two years ago. Feeling better after a few months, she stopped her medicines, assuming the problem had gone. After two months without medication, Balbir began feeling dizzy and weak. When our *Sehat Sarthi* met her during a home visit, her BP read **170/100 mmHg** — dangerously high.

Our counsellor explained that high BP is a *silent condition* — even when one feels fine, it can still cause hidden damage. She helped Balbir restart her medicines through the local PHC and guided her family on monitoring and reminders.

Within a week, Balbir's BP dropped to 138/86 mmHg. She now maintains a simple diary to record readings and medicine timings.

Because of you, Balbir's story became one of awareness, action, and hope.

Sehat Ke Saathi — Voices from the Ground

Kulwinder, Sehat Sarthi:


“People remember your voice. When you call again, they say — ‘tussi oh hi ho jihane mainu samjhaya si.’ That recognition builds trust. It's not just a call — it's a connection.”



Sehat di Jhalak — Quick Health Bytes

Milk & Medicine

Some BP medicines don't absorb well with milk.

 **Tip:** Take tablets with plain water unless your doctor advises otherwise.

(Source: Mayo Clinic)

Simple Eating Rule

Eat *salad pehla, roti baad vich* — it slows sugar spikes and supports better digestion.

(Source: Harvard Health)

Every ₹1000 you donate helps 5 people access life-saving diabetes and BP care in Punjab's flood-affected villages.

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