

ANUAL REPORT 2021-2022



**BELLA HEALTH CARE
CHARITABLE TRUST**

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MESSAGE FROM THE FOUNDER



Bella has completed Nine years of service to our communities in Uttarakhand. I want to thank Dr. Preeti Deoli, Dr. Kritiki, Dr. Arushi Sunmala Rawat, Kailash Chandra and all other staff members for keeping my dream alive through their leadership, hard work and commitment to Bella. I want to acknowledge the support and encouragement provided by Chief Medical Officer and Director of Education. primary healthcare as well as educational services to the women, children and adolescents in our communities. We will also continue to find new partners to help deliver our services to more communities.

Our goals for the next two years are to:

- 1) Provide direct health care services to over 1 lac women and children and educate more than 2 lakh adolescents through our Adolescent Health Education Program in 70 Schools;
- 2) Continue our collaboration with Vitamin Angles and Departments of Health and Education of Govt of Uttarakhand.
- 3) Specially thanks to DKD (Daliyo ka Dagadiya), Srinagar NGO to collaborate with Bella and provide the new target area's in Tehri Garhwal.

Dr. V.P. Agarwal

Founder

Bella Health Care Charitable Trust

THANKS TO OUR DONAR

Bella Health has been supported for the past Nine years through the generous donations of Dr. Vijay P. Agarwal. A native of Mumbai, he has dedicated his life to medicine and helping people indiscriminately to achieve health and well-being. He is a dedicated physician and admired by all of his patients and colleagues. Dr. Agarwal has supported Bella Health with his firm belief in our mission and vision to improve the lives of women in India.



ABOUT BELLA HEALTH

VISION: To enhance the health and quality of life of all, whom we serve and address health disparities in our communities.

Bella Health Charitable trust is an NGO based in Dehradun, Uttarakhand working tirelessly since 2011 for the enhancement of women health and quality of life, by empowering women to increase their ability to make informed family planning and reproductive health choices. The activities include health care services that address maternal, child and reproductive health issues. Bella Health has been a pioneer in the provision of Reproductive Health care services in North India. Through our community-focused and mobile approach, including our highly skilled and dedicated team, we have broken down the barriers to access within these communities. The health care services we provide are supplemented with health education; this health education not only empowers women and their communities but sets them on a path to continuous health maintenance by encouraging them to prevent, and sustain positive health behaviors. The knowledge we impart stays in the villages and fosters a healthy life-course amongst beneficiaries and their communities even when our programs are not there We have given a detailed table explaining the number of beneficiaries we have provided service to, in the past 9 years.

OUR TEAM

NAME	POSITION ON GOVERNING BODY	QUALIFICATION	YEARS OF EXPERIENCE
Dr. Vijay P. Agarwal	Founder	MD, MBBS	15
Mr. Atul Negi	President	MSW	4
Dr. Preeti Deoli	Board Member	BAMS	4
Miss. Sunmala Rawat	Board Member	MSW	5
Mr. Kailash Chandra	Board Member	MSW	5

Bella Health is so blessed to have such dedicated, passionate, hardworking and talented team members.

Health Care Provider: Dr. Preeti Deoli, Dr Kritiki Butola, Dr. Arushi Kanojiya.

Health Educators: Miss. Sunmala Rawat, Mr. Kailash Chandra, Mr. Atul Negi

Clinical Support staff : Miss. Manju Bidlan, Miss. Divya Sharma.

Nurse: Mrs. Leela Devi, Mrs. Anuradha Suyal. Miss. Deepa.

Driver: Mr. Som Bahadur



OVERVIEW

While the underlying causes of these Reproductive Health morbidities are complex and multifaceted, much can be done by providing direct health services and education at the primary and community care level. We focus exclusively on reproductive health - there is a huge need to go back to basics and teach people about proper menstrual hygiene, dismantle common misconceptions about reproductive health and teach accurate and relevant topics on family planning, pre/post natal care, menstrual hygiene, sexually transmitted infections, respiratory tract infections, infertility. Our programs address the aforementioned problems by providing high quality health services supplemented with health education. We empower women with education, so they can have a healthier life. We also want this education to begin young, so that a healthy life course approach is adopted early in order to be better maintained throughout the different stages of life and health. In light of this, the adolescent program, which was piloted in 2013, has been a major success. The community feedback has been positive and we are leaving adolescents with knowledge that will shape their attitudes, decisions and lead to healthier behaviors. These tools will not only make the new generation healthier, but their families and communities healthier too.

MPACT OF OUR WORK

Reproductive Health- Beneficiaries of Bella Health services have increased awareness of reproductive health issues and have better health outcomes. Beneficiaries have no UNMET needs for contraception. The rates of modern contraception use is 25% higher in patients using our services than baseline. The rates of unsafe abortion have decreased, as they have safe abortions. Pregnant patients receive an average of 5 antenatal visits and 3 prenatal visits, which is 200% increase from baseline data. The beneficiaries are also more likely to have an institutionalized delivery. Additionally, they are more aware of dangerous conditions during pregnancy that will lead to early treatment, which in turns protects the health of both mother and infant. Obstetric and gynaecological emergency situations are identified early and respective interventions were sought immediately. Dangerous conditions for the mother and the baby have been reduced through these early interventions, knowledge and proper counselling for the mother and family.

Maternal Health- There have not been any maternal ,child deaths and pregnant patients in our target area. The majority of sexually transmitted disease/reproductive track infection and pelvic inflammatory disease infections have been treated and the patients remain infection free, by having adopted some form of modern contraception. Most importantly, the beneficiaries perceive that woman's health is important. There have been 75-100% increase in the perception of indicators such as: the importance of woman's health, feeling empowered to seek treatment, feeling empowered to know what is wrong with their health and feeling comfortable talking to their health care providers about family planning.

Health Education- Knowledge has increased 70-100% in health topics. Beneficiaries are educated and have increased their knowledge on contraception, HIV/STI's, abnormal vaginal discharge and other reproductive health focused topics. They gained knowledge about Covid-19 Disease and It's prevention. They have increased awareness in the prevention, transmission and treatment for sexually transmitted infections and reproductive tract infections. This increased knowledge is an indicator that beneficiaries feel a greater sense of empowerment regarding their health, health care decisions and in their interactions with providers. To summarise- The beneficiaries are empowered!



Computer Education Classes-

Bella health education classes started computer education classes to enhance technical knowledge of community girls in village Dhakrani, Vikas nagar block, Dehradun Uttarakhand. There was no computer facility in or near by the village and the youth had to go to the market area for any online work.

Computer education classes play a pivotal role in shaping the skills and knowledge of individuals in today's technologically driven world.



These classes serve as a gateway for students to develop a profound understanding of computer systems, software applications, and digital literacy. In these classes, students not only learn the basics of hardware and software but also delve into more advanced topics such as programming, data analysis, and information technology. The curriculum is designed to equip learners with the skills necessary to navigate the digital landscape with confidence and efficiency. Beyond technical proficiency, computer education classes foster critical thinking and problem-solving skills. Students are challenged to analyze problems, develop logical solutions, and apply their understanding to real-world scenarios. This not only enhances their computational thinking but also prepares them for the dynamic challenges of the modern workforce. Moreover, computer education classes often emphasize the importance of responsible and ethical technology use. Students learn about digital citizenship, online safety, and the ethical considerations surrounding information technology. This holistic approach ensures that individuals not only become proficient users of technology but also responsible and ethical contributors to the digital community. In essence, computer education classes are a cornerstone of contemporary learning, empowering individuals with the knowledge and skills needed to thrive in an increasingly digital and interconnected world. Whether pursuing careers in technology or other fields, the insights gained in these classes lay a foundation for a well-rounded and digitally literate society.



BELLA HEALTH NUMBERS

Year	Patient-s	Health Education	ARH Education	Total Beneficiaries	Labs	Medicines Dispendis	ANC/PNC Reproductiv e Health	Computer Education Classes
2012	6,964	7,912	-	14,876	3,553	281,632	484	-
2013	9,665	20,279	4,629	34,573	4,861	147,945	876	-
2014	21,522	10,221	14,036	45,779	3,660	241,954	533	-
2015	5,976	10,222	8,921	25,119	1,673	178,411	335	-
2016	7,365	13,301	22,168	42,834	1,830	124,284	414	-
2017	7,704	11,546	16,898	36,148	1,976	157,000	332	-
2018	7,873	11,393	22,765	42,031	2,010	216,809	360	-
2019	9,360	12,168	23,450	44,978	2,496	2,19,336	624	-
2020	7,597	8,564	-	16,161	1,465	2,15,102	426	-
2021	3336	2115	-		804	85136	215	36
Total	87,326	107,721	1,12,867	307,914	24328	17,867,609	4,599	36

GEOGRAPHIC IMPACT



MONITORING AND EVALUATION

Bella health has created numerous surveys to monitor and measure the outcomes and impact the services have. Below are the tools we use to measure the impact and outcomes. They are a mix of quantitative and qualitative tools. Some are measured continuously while others are measured at certain points in the year.

TOOL	FREQUENCY	METHODOLOGY
Baseline of key indicators for health care services	Before Intervention	Quantitative
Patient Satisfaction of health care services	Annually	Quantitative
Program Monitoring of health care services	Annually	Quantitative

FUTURE PLANS

- Revive the activities of Health camps
- Health Education Classes
- Get more partners and donors for sustaining the activities

LEGAL DOCUMENTS

