Dear friends of Ekal Health,

Sadar namaskar.

With the blessings of Almighty, “Power of Health Seminar” was completed on June 9th, Sunday in South NJ with the great success.

In the presence of about 65 attendees after the invocation Dr. Gandhi explained the overview of HFRI and how, when, where and why HFRI chooses certain Medical projects in certain states of Bharat, because health arena is like a open sky. At this time after four and a half years of the inception, HFRI has made very good progress and following are the projects under action at the present time.

1. **Preventive Medicine**: “Prevention is the best medicine”, this consist of one health sevika per village going from door to door explaining healthy lifestyle, preventive health care of the common medical diseases and their treatment, drinking water advises, management and prevention of collected water through soak pit, waste management, nutritional garden and basic ayurvedic plants knowledge.

These Sevikas are supervised by Sayogika. Their medical education is conducted on regular basis.

2. **Tele medicine**: This cutting edge project provides “Quality care medicine” for rural and tribal villages. Our one year experience with John Hopkins University has been a great learning with satisfactory progress. It serves 56 villages with three medical centers. After a year of functioning in Bhubaneswar we experienced improved performance of health sayogika, ease of diagnosis by physicians, 99.3% satisfaction by patients, and acceptance by the society with the involvement of the local team. This has prevented the villagers from the trouble of walking 16 to 40 kms to primary health care centers, saving them time and money also.

Our second Telemedicine project at Jharkhand, where three telemedicine centers just have started last month with the help of software from a physician in Delhi. In very first month we have seen 45 patients. We hope that these centers will perform great with the background of our previous experience at Bhubneshwar.

We have possibility of opening two more telemedicine centers, one in Indore and other in Gujrat with the help of two industrialists.

3. **Eye Care Project**: EHFRI is very excited about starting eye care project in the state of Rajasthan and Jharkhand. With 15M blind people in India, out of 36 M in the world and most of the blindness is preventable makes us take this project very enthusiastically. 15% of children need correction of refractory error. If this is not corrected they may lose interest in education.
The two Eye Medical Vans will be ordered very soon. They will travel everyday (5 days a week) to villages checking the eyes of all children and adults. Eye glasses will be provided and surgical needs will be corrected in the nearby hospitals.

4. **Anemia Prevention**: This will continue as before with preventive education, healthy appropriate diet, utilizing proper cooking utensils and iron and folic acid therapy, as long as our funds are available. Dr. Gandhi explained that this will impact on decreasing maternal mortality and infant and children’s physical and mental growth.

5. **Dental Care Project**: The basic preventive care, healthy nutrition and education about prevention of eating bad substances causing cancer will be taught.

**PROJECTS DONE BY USA:**

6. **Premedical externship**: Tanay Hardikar, a student in the first PME gave a detailed information and analysis of this program. “Connecting Youth from West to East “became an exciting project with 19 students travelling from USA to India. This gave the students tremendous exposure to Indian medical system, tropical diseases, private nursing homes, observing surgeries, Ayurvedic medicine, yoga and its influence on medical diseases and villages and city culture of India.

7. **EHFRI Health Seminars**: Collecting local people in a suitable location the information about EHFRI Projects are disseminated. With this awareness program, fundraising is also carried out. This year on June 9th we were blessed to have collected $41,500.

8. **Medicos for Bharat Mata**: This will be our new project for our 2020. In the second week of January Medical Personnel from USA and India, will provide the services in the tribal belt around Udaipur.

Friends, thank you very much for your continued heartfelt support, for the services to our brothers and sisters in the villages of India. Enjoy the attached pictures and videos.

Namaste,
Respectfully Submitted by
Veena S. Gandhi MD (Chair EHFRI)