

## THE THEME OF THE MONTH

### Uniting for change World AIDS Day

World AIDS Day, observed on December 1st each year, is a significant global event dedicated to raising awareness about HIV/AIDS, reflecting on progress made, and acknowledging the challenges that persist. This day plays a crucial role in educating people about HIV and its prevention. It promotes early testing and access to treatment, reducing the stigma and discrimination and serves as a global reminder that unity is essential in the fight against this life-threatening disease. It emphasizes the importance of safe practices and the need for knowledge dissemination.

## SPECIAL DAY

### World COPD Day – “Breathing is Life – Act Earlier”



World COPD Day, observed on 15th November 2023, marks two decades of global efforts to raise awareness about Chronic Obstructive Pulmonary Disease (COPD). Since its inception in 2002, this annual event educates the public worldwide about the dangers of COPD. The theme for 2023, "Breathing is Life - Act Earlier," underscores the crucial need for early attention to lung health. Recognizing that COPD can stem from factors beyond smoking, this campaign aims to broaden the scope of prevention and treatment. By emphasizing the significance of early lung health, the initiative advocates preventive measures, monitoring lung health from birth, diagnosing COPD precursor states, and ensuring prompt treatment.

## NEWS

### Gender-Based Violence – Workshop for Lawyers, Barwani, Madhya Pradesh



St. Augustine Social Service Society (GLRA partner NGO) organized a workshop on reducing Gender-Based Violence among Women and girls with Disabilities. As part of the project "Inclusive communities paving the way for gender equality", funded by BMZ and DAHW Germany, 54 lawyers and judicial staff attended this unique initiative. The event was inaugurated by Mr. Manvendra Pawar, District Judge and head of the District Legal Services Authority in the presence of many legal experts.

### Home-based care and support for people affected by Lymphatic Filariasis (LF) in Bihar, Uttar Pradesh, and West Bengal

People affected by LF need continued care and support for improving ADLs (Activities of Daily Living). GLRA India is currently engaged in supporting LF-affected people in Bihar, Uttar Pradesh and West Bengal. Our teams made a follow-up visit to their homes and demonstrated the importance of home-based self-care practices which involve their family members. GLRA's project WASH MY EYES (Funded by BMZ & LIONS Germany) actions are always aimed at promoting comprehensive care at home to those affected and enhancing their well-being. GLRA continues to make significant strides in its mission to enhance the lives of people affected by NTDs (Neglected Tropical Diseases) and promote overall health and hygiene.



### Skin and Disability camp in Malad, Mumbai



Maharashtra Lokahita Seva Mandal (GLRA's partner NGO) recently hosted a Skin and Disability Camp at SK Patil Hospital in Malad East. A total of 111 individuals received medical assistance for various skin ailments. Dr Waman Bhatki led the camp and Para-Medical workers counselled the participants on hygiene and specific needs.

The camp also extended its support to 17 people affected by leprosy, offering specialized care for ulcers and physiotherapy. The camp was attended by the urban health post staff and the nursing students. This initiative reflects our commitment to providing essential healthcare services and promoting the community's well-being.

## Strengthening the role and support of ILEP agencies, Andhra Pradesh

A state-level review meeting was organized on 9th September 2023 in Vijayawada, Andhra Pradesh, with the aim of fortifying the role of ILEP agencies, and leprosy NGOs in NLEP. The event saw active participation from the state leprosy program team, representatives of ILEP India organizations operating within Andhra Pradesh, the ILEP India Coordinator, and experts from various other NGOs dedicated to addressing leprosy in the state. During the meeting, the State Leprosy Officer provided a comprehensive overview of the current national strategic plan and the state's performance thus far. Subsequently, a detailed presentation of the work carried out by ILEP members and NGO partners across different districts of Andhra Pradesh was delivered. ILEP India Coordinator led the discussions, sharing insights and experiences, and reaffirming ILEP's unwavering commitment to enriching the lives of individuals affected by leprosy throughout India. The gathering also facilitated an extensive dialogue to identify and highlight existing gaps within the state program, emphasizing the necessity of collaborative approaches between the state- NLEP, ILEP, and NGO partners to effectively attain the targets established by the National Strategic Plan in Andhra Pradesh.



## Exploring New Horizons – AIPR Conference at Chitkara University, Punjab.



GLRA India, as a scientific partner, made a significant impact at the 2nd International Conference on Advances in Physiotherapy and Rehabilitation (AIPR: 23) for the Theme: 'Emergent trends and Evolving Practices in Electro-therapeutics and Diagnostic Approaches' which was hosted by Chitkara University, Punjab. Mr Shibu George and Ms Geetanjali Kaushik presented GLRA's commitment to staying at the forefront of healthcare. Mr. George, Interim CEO-GLRA, contributed expertise to discussions on "How Inclusive Healthcare in India?" Ms. Kaushik, Manager Communications & PR, presented on "Enhancing Physiotherapy Outcomes - The Transformative Power of Effective Communication." The conference facilitated insightful conversations, highlighting Chitkara University's dedication to advancing physiotherapy and healthcare sciences. GLRA extends appreciation to Chitkara University for fostering collaboration and propelling the field forward.

## Case story

### “Echoes of Compassion: TB Worrier Journey in the Hills”

Access to quality healthcare service is one of the significant challenges in remote areas especially in the hilly regions. Amidst these challenges, Mr Angad Gurung, a young and compassionate community Health worker (LTBIC), under Project Axshya Plus based out of Darjeeling, West Bengal has a vision of bringing quality TB care services to the doorstep of those living in remote hills. Every morning, Mr Angad sets out on his journey, navigating the narrow paths and steep inclines to reach out to the villages not just to deliver TB care service but as a friend, guide, and counsel to the unreached and untouched people in the community. His backpack is laden not only with IEC material but also with warmth, empathy, and a genuine desire to make a difference.



## From Struggle to Triumph: Ms Preeti's Inspiring Journey with GLRA India



Ms. Preeti, (name changed) a 32-year-old woman who had been facing severe swelling in her right leg for over 11 years, lived a challenging life. She struggled with daily tasks, including household chores and agriculture, all while caring for her family. Her journey took a positive turn when she met our community workers in the Sitapur district in Uttar Pradesh. She was suffering from Lymphatic Filariasis and with the guidance of our team, Ms Preeti started self-care therapy. In just a short time, her leg experienced significant relief. The team continued to provide support, educating her about Lymphatic Filariasis and raising awareness about the importance of sanitation and hygiene. Ms Preeti's story is a testament to the transformative power of determination and support.

To know more contact us on



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