



**DOCTORS  
FOR YOU**

**THERE TO CARE**



***Our Future depends on how we treat our children worldwide. How much we care about their health, education and nutrition. They don't belong to any religion, caste or country. All are one..!***

***Dr Ravikant Singh , Founder, Doctors For You***

VISION : Health For All

MISSION : Equitable, efficient & effective Health care & Education  
: for sustainable development of the community

## THE DOCTORS FOR YOU STORY

In 2007, Doctors for You (DFY) started as a Platelet donation and awareness drive to manage the outbreak of Dengue, Leptospirosis & Malaria in Mumbai. DFY is now serving in more than 12 states across India & 3 countries of South Asia region. With the aim of serving the most vulnerable and marginalised communities as priority, DFY is governed and advised by a board of eminent academicians & practitioners from national and international organisations.

Over the last 10 years, this team of committed individuals has reached out to communities affected by extreme poverty, disasters, neglect and years of injustice. Climate change has made the things much more challenging and we at Doctors for You are committed to realise overall development of communities whatever it may take.





Doctors for You has responded to Nepal Earthquake in 2015

•  
•  
•  
• KEY FOCUS AREA

**DISASTER RESPONSE & RECOVERY**

**PUBLIC HEALTH & NUTRITION**

**COMMUNITY DEVELOPMENT INITIATIVES**

DFY's first major Intervention was the voluntary effort it coordinated after the massive Kosi floods in Bihar (2008). Today DFY is a well known disaster relief and response organisation. DFY responded to almost all major natural (Uttarakhand floods, Kashmir floods, Nepal earthquake and Chennai floods ) as well as man made disasters like Kokrajhar violence in Assam (2012) and Rohingya's crisis at Cox's bazar near Bangladesh-Myanmar border.

Our young, energetic and committed team members and volunteers have always given their best under some of the most challenging conditions.





Doctors for You has constructed 538 family toilets in Bandipora Kashmir post floods in 2015



# • • • • **DISASTER RESPONSE & RISK REDUCTION**

Disaster Risk Reduction is the key to reduce the loss of lives, livelihood and property during any natural calamities. DFY help equip communities with the knowledge, skills and tools they need to mitigate disaster through activities like: health sector strengthening, water sanitation and hygiene education, and supporting in formulation of disaster management plan and research. There are also training and capacity building projects in place to strengthen disaster recovery efforts, encourage inter-agency collaboration, and support disaster education in communities.

In Bandipora district of Kashmir valley DFY has constructed 508 resilient toilet structure, carried out risk reduction activities in 40 schools, and strengthened 9 public health facilities. Furthermore, the organization has trained more than 4000 personnel in disaster management which includes Doctors, Paramedics, ASHAs, Anganwadi Workers, Teachers, Panchayat members, Village Health and Nutrition Committees, Officials from Public Health Engineering Department, Defence Personnel and other stakeholders of community from Assam, Kashmir, Uttarakhand and Bihar of India and Nepal.

Over years of experience in disaster response activities and research the organization has developed different training modules in *Public Health in Emergencies; Mass Casualty Management and Hospital Preparedness; and Community Based Disaster Risk Reduction* etc. for various stakeholders. Our team has extensive understanding of building capacities of stakeholders ranging from peripheral to tertiary level.





Doctors for You has trained more than 4000 doctors and nurses on Maternal Child Health & Public Health in Emergencies modules in India & Nepal. Training capacity building and hand holding of Public health staffs is an important area of our strategy to strengthen the public health and nutrition in the country. DFY has trained doctors on conducting Cesarean sections and spinal anaesthesia to basic MBBS doctors to save lives of mother & new born during difficult deliveries. Assam, Kashmir, Bihar, Uttarakhand, Madhya Pradesh are some of the states in which Doctors For You has conducted trainings in almost all its districts.



# • • • • **PUBLIC HEALTH & NUTRITION**

Health affects economic growth directly through labor productivity and the economic burden of illnesses. Health also indirectly impacts economic growth since, aspects such as child health affect the future income of people through the impact health has on education.

This indirect impact is easier to understand if it is observed on a family level. When a family is healthy, both the mother and the father can hold a job, earn money which allows them to feed, protect and send their children to school. Healthy and well-nourished children will perform better in school and a better performance in school will positively impact their future income. If parents ensure that their children have a high probability of reaching adulthood, in general they will have fewer children and they will be able to invest more in health and education for each of them. Additionally, the loss of health affects the poor to a greater extent since the main, and at times, only asset they have is their body. When they become ill they have fewer alternative solutions and suffer greater consequences. DFY commitment to improve Public health & Nutrition is the core of our all projects.





Doctors for You is running 4 Urban Health Centre's in Mumbai for the Urban poor providing primary and specialised health services to more than 62,000 population every year



## URBAN HEALTH CENTRE :

Nearly one-third of India's urban population live in crowded informal settlements or slum communities. UN-HABITAT has estimated that by the year 2020, India's total slum population will cross 200 million. City slums are characterised by poor access to clean water and adequate sanitation, the basic requirements for maintaining good hygiene and robust health. *Health-wise, the urban poor are worse off than their middle- and high-income counterparts; they also appear to be worse off than their rural counterparts.*

Doctors for You through its Urban slum health centres caters to more than 300,000 population in urban centres like Mumbai. All health centres provides basic primary & preventive health services through General OPD, Immunisation OPD, ANC OPD & Dental OPD. Centre in Lallubhai Compound (Mankhurd) supported by Mumbai Rail Vikas Corporation (MRVC) provide specialised services like Physiotherapy OPD, Gynaecology, Ophthalmology, Orthopaedic, Psychiatry and Geriatric OPD's also.

These services provided with consultancy charges of INR 10 for general OPD to INR 30 for speciality OPD, offers affordable care for urban poor.





More than 600 Pregnant women are registered with our Rural Health Centre for regular ANC check ups and follow up from villages around. Centre is supported by NM Budhrani Trust is the life line of the communities around, providing highly subsidised primary & emergency health care services 24x7



## RURAL HEALTH CENTRE :

The rural health centre project of Doctors for You, since its inception in 2015 December, has catered to more than 21,000 patients in and around Masarhi village in Patna district of Bihar. The health Centre established with the support of Naraindas Morbai Budhrani Trust (NMBT) and infrastructural support from Zahra Hasanaat Trust provides accessible and affordable primary health care services, prioritise maternal and child health, malnutrition and outreach services for patients irrespective of caste, creed and gender considerations.

The beneficiaries of the project includes patients from 70 villages of Fatuha Block and Daniawan Block of Patna District, Bihar. Centre is now the nodal centre for treatment of Malnourished children, animal bite and any other emergency for villagers 24x7.

Centre has treated more than 19,000 patients so far and is in constant need to upgrade the services to provide surgical and other speciality care for rural population.

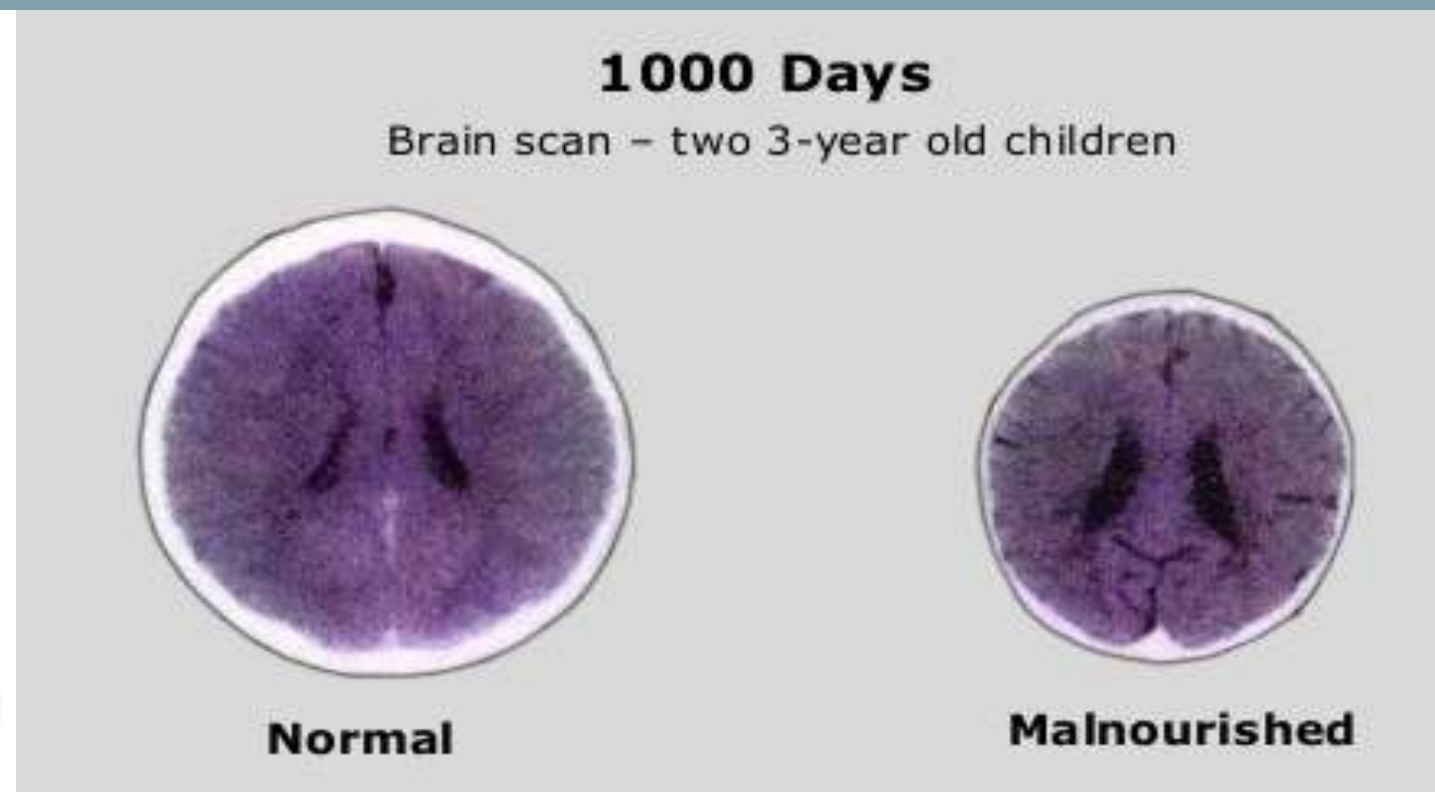
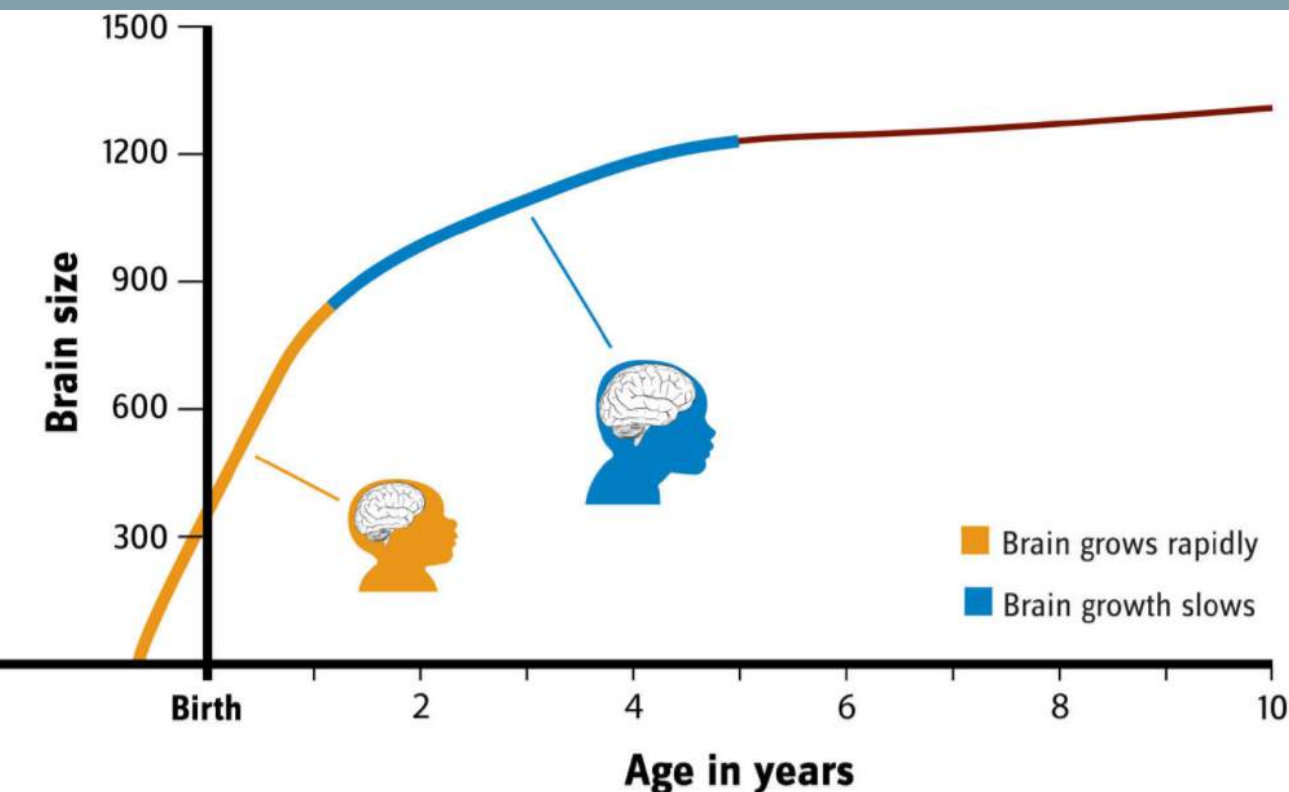




4 year old Nandini was found in severely malnourished condition during one of the malnutrition screening program in the villages by Doctors for You field team at Masarhi, Bihar. She was just having 5.5kg weight and MUAC of 8.6 cm. She was admitted at our Rural NMBT Health centre and after 3months she was able to stand on her legs for the first time.



# MALNUTRITION :



## Good nutrition is infrastructure for economic development

Stunting disrupts the critical 'grey matter infrastructure' – brain development – that builds futures and economies. Investing in this infrastructure supports human development throughout life and enhances mental and productive capacity, offering a \$16 return for every \$1 invested. Nutrition is linked to GDP growth: the prevalence of stunting declines by an estimated 3.2% for every 10% increase in income per capita, and a 10% rise in income translates into a 7.4% fall in wasting.





More than 20,000 House holds were surveyed for Immunisation dropouts, Pregnant women and Malnourished children around our health centres. Nursing assistant students (Trained Girls from local communities) are the backbone of this program and manages the whole program with minimal supervision. DFY has trained more than 80 Nursing / Health Assistants so far in Mumbai & Bihar



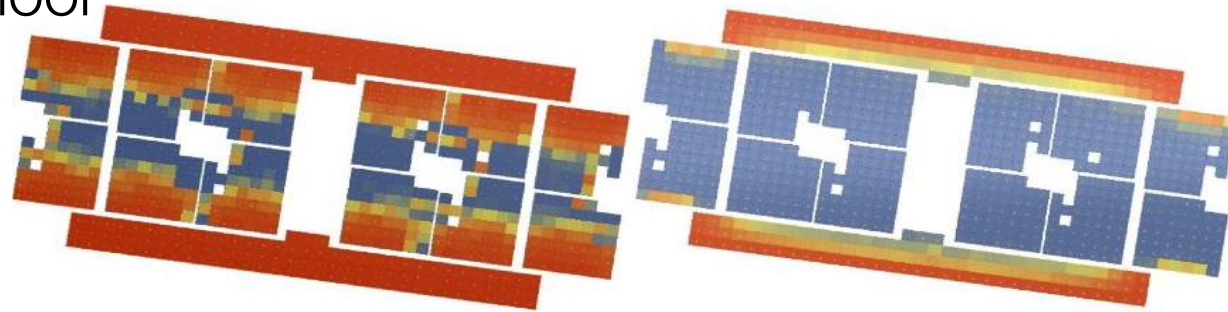
## IMMUNIZATION, DEWORMING & VITAMIN-A :

Immunisation, Deworming and Vitamin-A supplementations at regular interval are vital for child growth and development. Unfortunately the immunisation dropout rates are quite high in the villages and urban slums due to lack of access, poor follow up and data management system to track such children.

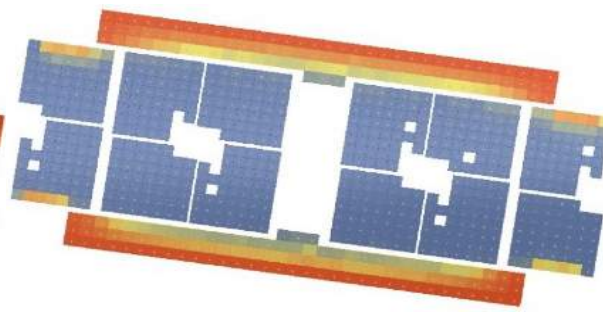
At Mumbai DFY conducted house to house survey to find such children and bring them back into the immunisation rounds. In Mandala slum of M-east ward in Mumbai we run mobile immunisation van to target all such dropout children, similarly with ASHA's & ANM's support we conduct immunisation, De-worming and Vitamin A supplementation drive in the villages. Till now DFY has immunised more than 32,000 children.



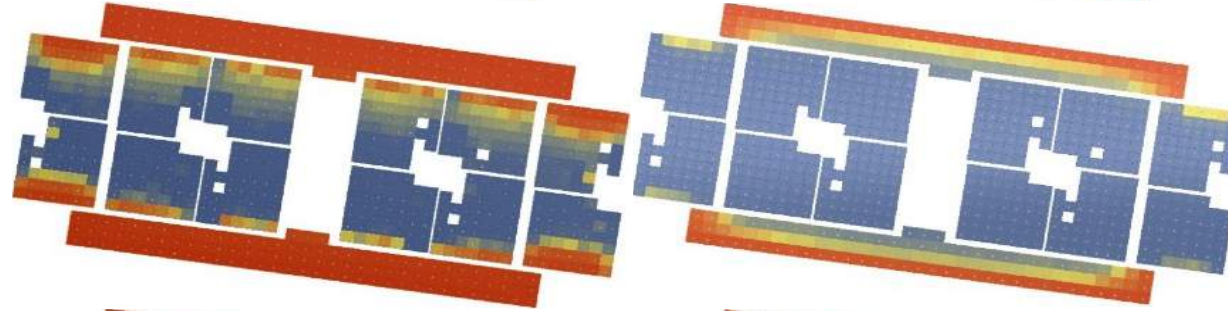
7th floor



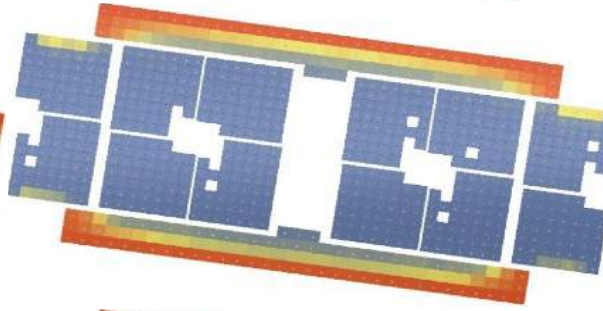
3rd



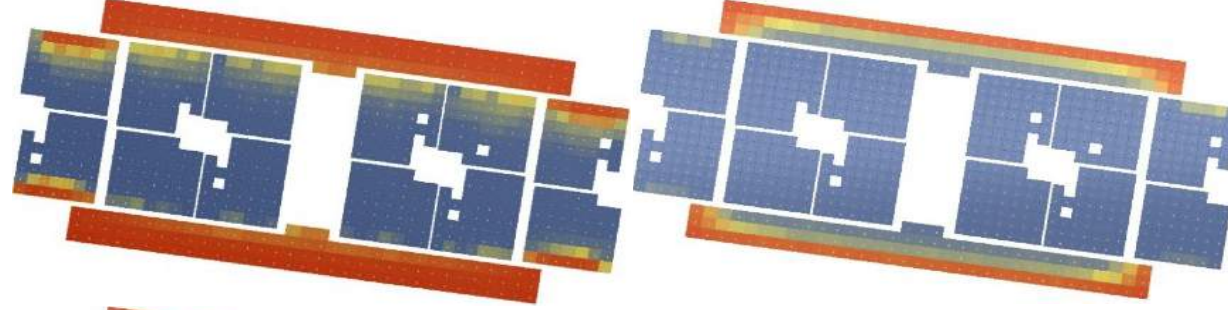
6th



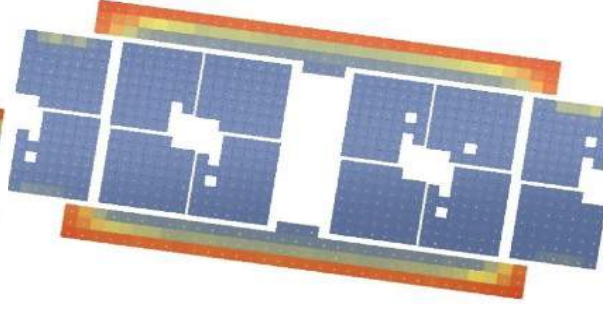
2nd



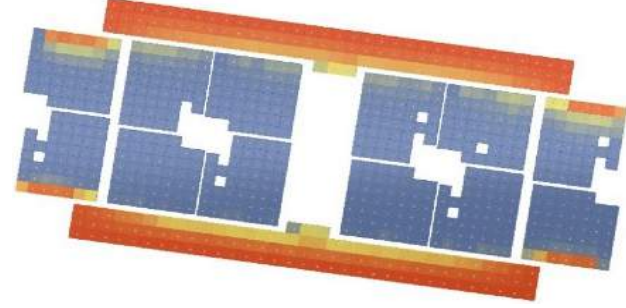
5th



1st floor



4th



*Computational Model showing Daylight Autonomy of 7 floors of congested resettlement colonies in M-east ward of Mumbai. High TB Patients load on lower floors receiving less sunlight*

\*TB & Structural factors study of Doctors For You with MMREIS & IIT Bombay

**\*\*Till now more than 6 International publications in last 3years**

# THE LANCET



**Karolinska  
Institutet**



**IIT Bombay**



**MMREIS**

## TATA TRUSTS



## Public Health Research



# RESEARCH IN PUBLIC HEALTH :

Research is essential to guide improvements in health systems and develop new initiatives. South Asia has a quarter of the world's population, weak public sector health care, and a staggering disease burden, and thus research is particularly important.

Only 10% of the world expenditure on health research and development is spent on health conditions that represent 90% of the global disease burden (10/90 Gap). This vast inequity between drug research and development and neglected diseases reveals a need to bolster the research capacity in developing countries through international and national collaboration.

Doctors For You with its limited resources attempts to fill this gap by promoting research studies in collaborations with some of the leading agencies across the globe. All our interventions are evidence based and try to generate new evidence for improving public health globally.



# • • • • **COMMUNITY DEVELOPMENT INITIATIVES**

The Livelihood generation is key to bring sustainable and long term impact in the lives of marginalised community. It impact Health, Nutrition and Education of the family members. This also help to develop life skills of communities and empower them in overcoming social, economic and environmental challenges.

Doctors for You community development initiatives focus on generating sustainable Livelihood projects. It aims to break the cycle of infrastructural inequalities and inter-generational transmission of poverty through developing their skills and linking them with job opportunities across India.

To overcome this vicious cycle, DFY is working with its partners in Govt, NGO and corporates like Diversey and NIIT in setting up vocational training & skill development centres across the country. The program provides a comprehensive training which skills the youths to work in advance settings. In addition to the training, the program also supports the candidates with placement.





A candidate during Hygiene technician training in Bihar. So far 8000 youth are trained across 10 states



# EDUCATION PROGRAM :

Modern education in India is often criticised for encouraging rote learning, rather than comprehension, critical thinking, and problem solving. Students spend most of their time memorising a syllabus with no thought given to learning or playing even basic personal awareness.

DFY through it's Learning Village Program tried to create awareness among the most backward communities about education in general and other issues concerning their welfare like WASH in particular. This addition is made from experience that long term contact through systematic method is necessary to bring about a sustainable change in the Behaviour of the children. Even in primary classes, the onus is placed on educating young minds about love, compassion, empathy, humanity, equality and the diverse cultures along with learning reading, writing, and other basic learning skills.

Started as a voluntary effort in Masarhi Village in Bihar, back in 2015, today the program have its versions running in 3 Indian States reaching out to more than 3000 children.





At DFY Learning Village Program the onus is placed on educating young minds about love, compassion, empathy, humanity, equality and the diverse cultures along with learning, reading, writing, and other skills



.....  
Doctors for You Address: Flat No-101/102, Building Number-31, Natwar Parekh  
Compound, Behind Shivaji Nagar Police Station, Govandi Mumbai -400043

Tel: +91 9324334359  
+91 9868665228

Email: [info@doctorsforyou.org](mailto:info@doctorsforyou.org)  
Website: [www.doctorsforyou.org](http://www.doctorsforyou.org)

Facebook: [facebook.com/DFYIndia](https://facebook.com/DFYIndia)  
Twitter: @DFYIndia