

ANTI FILARIA DAY- 5TH JUNE

Lymphatic Filariasis (LF) is a parasitic disease caused by microscopic thread-like worms. The disease spreads from person to person by mosquito bites. The adult worms only live in the human lymph system which maintains the body's fluid balance and fights against infections. LF is a disfiguring and debilitating disease ranked as the second leading cause of disability globally.

Lymphatic filariasis is a serious public health problem in India. The disease is prevalent in rural and urban areas of 256 districts in the country. The infection may start at a younger age and the disease progresses slowly, resulting in irreversible chronic conditions such as lymphedema, elephantiasis, and hydrocele. These disease conditions inflict stigma, mental suffering, and social deprivation with economic loss and is a major cause of poverty in the affected communities.



Article by- *Dr. Debajit Sarkar - Medical Advisor, GLRA India*

THEME OF THE MONTH - "INTERNATIONAL YOGA DAY"

A COMPREHENSIVE APPROACH TO IMPROVE MENTAL AND PHYSICAL HEALTH THROUGH YOGIC PRACTICES

International Yoga Day (IYD) is quite significant because of several reasons leading to its global observance. Firstly, it emphasizes the promotion of physical and mental well-being. Secondly, the day serves as a platform for spreading awareness of yoga's origin. Lastly, it promotes global unity and harmony. This celebration nurtures a sense of togetherness and solidarity among individuals across geographical boundaries.

Yoga has a profound impact on mental health while offering various benefits that contribute to the overall well-being of yoga practitioners. Continuous yoga practice can reduce depression, enhance emotional resilience, and promote a greater sense of happiness and contentment.



IYD is a global celebration of yoga's ancient practice and its impact on physical, spiritual growth, mental, and emotional well-being. Practicing yoga substantially improves mental & physical health by reducing stress, improving emotional well-being, cognitive enhancement, sleep management, and also strengthening the mind-body connection.

Article by- *Ms. Geetanjali Kaushik - Manager PR & Communications, GLRA India*

GLIMPSE OF PROJECTS

PROMOTING EARLY LEPROSY CASE DETECTION WITH PUBLIC-PRIVATE PARTNERSHIP – MADHYA PRADESH

GLRA India, in collaboration with National Leprosy Eradication Program (NLEP), Madhya Pradesh has been implementing a public-private partnership project since August 2022 for early detection of leprosy by establishing an enhancing skin smear facilities at the government health facilities and private laboratories. The project engages private practitioners in promoting early referral of presumptive leprosy cases to government health centres for the diagnosis and bacteriological confirmation of leprosy. The Project covers 14 administrative blocks in four districts (Barwani, Khargone Bhopal, and Sehore). Jointly with the district administration, GLRA promotes the training of private practitioners and engages private laboratories for the slit-skin smear facility in each district. The project trained 92 private medical practitioners resulting in referring 254 presumptive leprosy cases and the engagement of four (4) private laboratories for skin-smear testing, resulted in diagnosing 38 skin-smear-positive cases.



HEALTH CARE FOR TRUCKERS – TAMIL NADU

Truckers are one of the most vulnerable sections who are deprived of adequate personal health care due to several reasons. Being away from their families for weeks and months, they are habitual in living in sub-standard unhygienic conditions thus exposure to communicable diseases. To address the health issues of truckers and allied populations, GLRA in collaboration with Apollo Tyres Foundation (ATF) initiated health care services in Chennai and Namakkal in Tamil Nadu and provided health check-ups such as Vision Care, Diabetes, Hypertension, HIV testing, and Tuberculosis screening through static centers and outreach camps.



CHALLENGING STIGMA THROUGH INNOVATIVE METHODS OF STORYTELLING



To address the issue of leprosy-related stigma and discrimination in India, GLRA India in collaboration with DAHW Germany designed a 2-year participatory stigma reduction pilot project through innovative and educative storytelling videos by persons affected by leprosy. In November 2022, GLRA India organized peer support meets with 20 persons affected by leprosy after assessing their mental well-being and stigma levels. Later, participatory storytelling videos were made in which they shared their stories of combating leprosy and gave messages to the community and peers on stigma, discrimination, and leprosy awareness.

The response from participants was very positive; they felt their voices were heard and wanted these voices to be reached out to bigger communities to help eliminate leprosy.

PROFOMA – MCR MANUFACTURING UNIT – KERALA

Micro-Cellular Rubber (MCR) is mainly used for making protective footwear for insensitive feet due to Leprosy and Diabetic. PROFOMA – a unit of GLRA Rehabilitation Fund was established in 1992 for producing high-quality Micro Cellular Rubber (MCR) sheets for the insoles and outer soles of footwear for people affected by Leprosy. Today, the unit provides leprosy, diabetic, and orthopedic footwear materials with soft MCR Sheets. PROFOMA collaborates with technical assistance from the Rubber Research Institute of India (Rubber Board) to develop newer products and enhance the quality of materials.



INSPIRING STORY

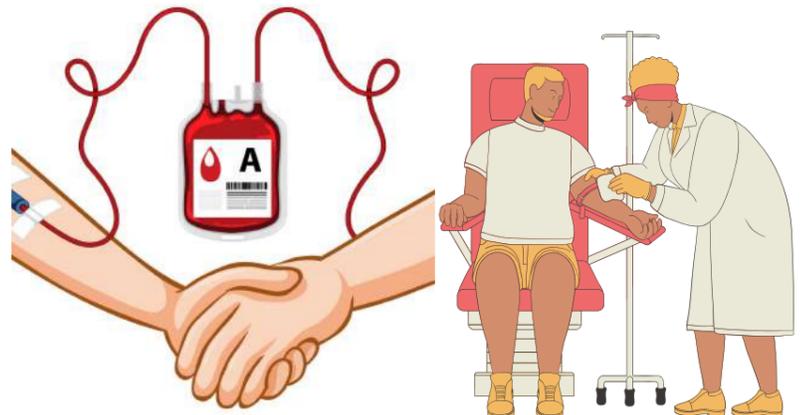
VISION RESTORED, LIFE TRANSFORMED!

Malti (name changed), a 64-year-old woman from rural Uttar Pradesh, was unable to afford the life-changing surgery due to cataracts in both eyes for two years. With the support of GLRA India's project "WASH MY EYES," she was able to receive a comprehensive eye checkup and travel fare support. With great determination, Malti underwent successful cataract surgery and her vision was restored. She is now a beacon of gratitude and independence, no longer burdened by darkness and able to witness life's precious moments and provide for her family's needs. This heartwarming success story reminds us that a compassionate act can illuminate the lives of those in need, forever.

SPECIAL DAY



"Give blood, give plasma, share life, share often" is the theme for this year's World Blood Donor Day. It focuses on patients who require ongoing transfusion support and emphasizes the important part that every person plays a vital role by contributing their precious blood or plasma. It also emphasizes the value of routine blood or plasma donations to build a secure and sustainable blood supply and blood products that can always be made available, globally, according to WHO, ensuring that all patients in need can receive timely care.



To know more contact us on



GLRA INDIA

Unleash Hope, Support Transformation



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