



NGO Profile

NGO Details

TOPIC	DETAILS
NAME OF ORGANIZATION	Arogyam Shakti Foundation
REGISTRATION NO.	247
UNIQUE ID	-
ADDRESS	1/4197 Ram Nagar Extension Shahdara Delhi 110032
ESTABLISHED	2023
ORGANIZATION STATUS	Trust
LEVEL OF ACTION	Regional
REGISTERED UNDER ACT	Indian Trust Act, 1882
FCRA REGISTRATION	-
INCOME TAX EXEMPTION	-
PAN NUMBER	Registered U/s 12AA, 80G(5)
FOUNDER	Parmod Kumar
COUNTRY	India
PROGRAMME AREA	State : Delhi District : Central Delhi, East Delhi, New Delhi, North Delhi, North East Delhi, North West Delhi, Shahdara, South Delhi, South East Delhi, South West Delhi, and West Delhi
WORK AREAS	Integrates Ayurveda, promotes holistic well-being, empowers women, and supports physical and mental health.
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NGO Profile

VISION

This vision encapsulates Arogyam Shakti Foundation's ultimate aspiration: a future where healthcare is not a barrier to success but a fundamental right empowering women and children to live healthy and fulfilling lives. It emphasizes the foundation's commitment not only to providing healthcare access but also to fostering an equitable society where everyone has the opportunity to reach their full potential.

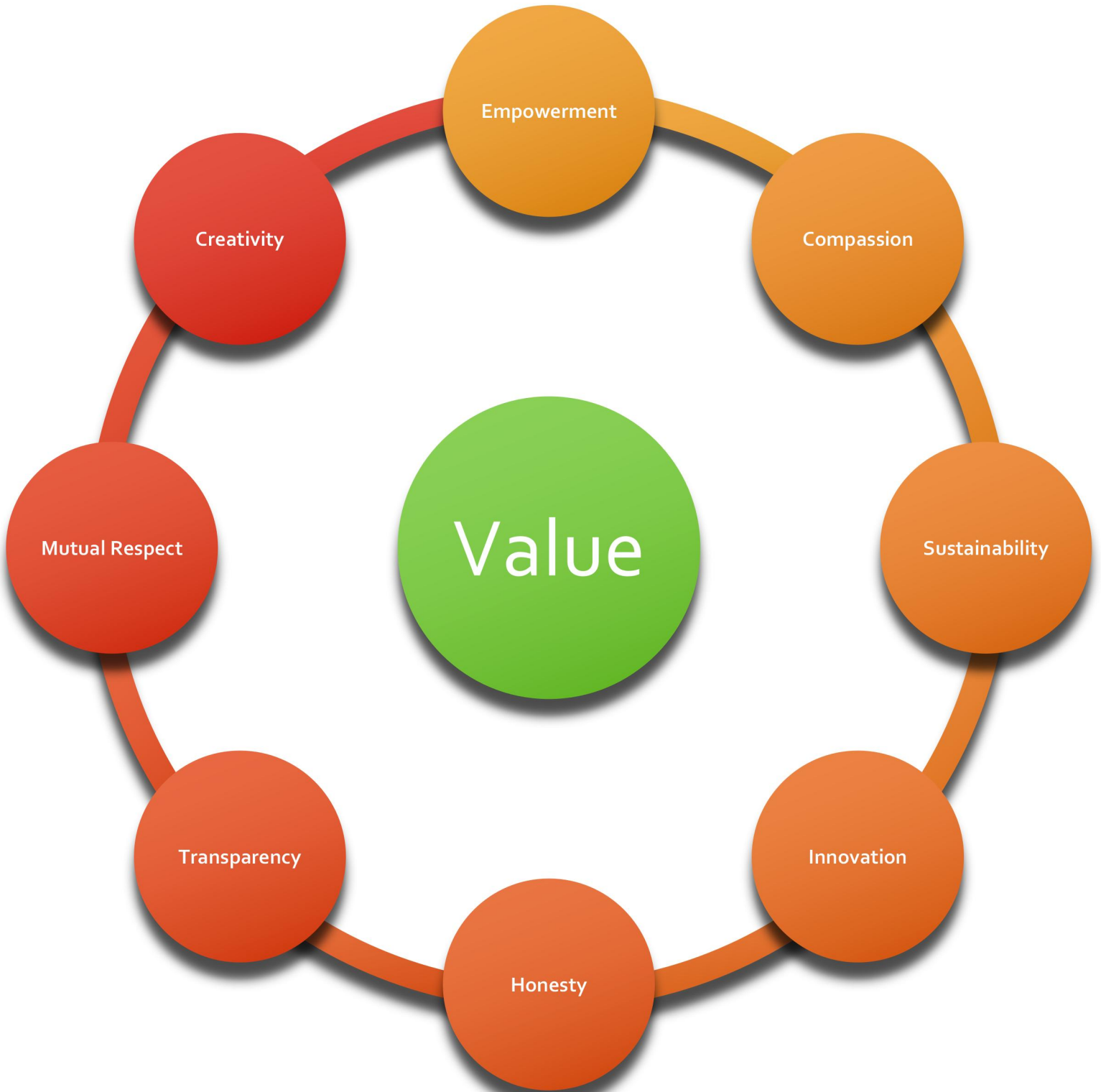
MISSION

- **Delivering comprehensive and accessible healthcare services:** We prioritize underserved communities, ensuring everyone receives essential medical care, regardless of their background.
- **Championing equitable healthcare policies:** We advocate for policies that promote equal access to healthcare and address the specific needs of women and children.
- **Empowering individuals through knowledge and education:** We equip individuals with the information and tools to make informed decisions about their health and well-being.
- **Fostering sustainable solutions through collaboration:** We partner with communities, healthcare professionals, and stakeholders to build enduring positive change.
- **Embracing innovation for enhanced impact:** We continuously explore and implement innovative approaches to improve the reach and effectiveness of our programs.



NGO Profile

CORE VALUE





NGO Profile

OUR APPROACH

At Arogyam Shakti Foundation, we believe in a collaborative and comprehensive approach to addressing the healthcare needs of women and children in underserved communities in India. Our unique approach is built upon five key pillars:

1. Community-Based Solutions:

- **Understanding Needs:** We prioritize dialogue and collaboration with communities to understand their specific needs, challenges, and cultural context. This allows us to develop culturally appropriate and sustainable solutions.
- **Empowerment through Participation:** We actively involve community members in the planning, implementation, and monitoring of our programs. This fosters ownership and ensures programs are relevant and meet their needs.

2. Holistic Healthcare:

- **Recognizing the Interconnectedness:** We understand that physical and mental health are intertwined. We offer programs that address both aspects, promoting overall well-being.
- **Integration of Ayurveda:** We believe in the potential of traditional practices like Ayurveda to complement conventional medicine. We explore its use for holistic well-being, focusing on preventive care and promoting healthy lifestyle practices.

3. Empowerment through Education:

- **Knowledge is Power:** We believe that education is key to empowering individuals to make informed decisions about their health and well-being. We provide comprehensive health education programs covering various topics, including:
 - a) Reproductive health
 - b) Nutrition and healthy eating
 - c) Preventive healthcare
 - d) Mental health awareness
- **Building Capacity:** We equip communities with the knowledge and skills to become advocates for their own health and hold stakeholders accountable for equitable access to healthcare.

4. Collaboration and Partnerships:

- **Synergy for Impact:** We believe that collaboration is essential for achieving sustainable



NGO Profile

change. We partner with various stakeholders, including:

- a) Government agencies
- b) Healthcare professionals
- c) Non-profit organizations
- d) Community leaders
- e) Private sector entities

- **Leveraging Expertise:** By combining our strengths and expertise, we can maximize our impact and reach a wider population.

5. Embracing Innovation:

- **Seeking New Solutions:** We are committed to continuously exploring innovative approaches to improve the reach and effectiveness of our programs. This can involve:
 - a) Utilizing technology for health education and communication.
 - b) Developing new models for healthcare delivery in underserved regions.
 - c) Adapting existing programs to meet evolving needs and challenges.

By combining these pillars, Arogyam Shakti Foundation strives to build a healthier future for all. We believe that through collaboration, empowerment, and continuous improvement, we can create a society where everyone has the opportunity to thrive

PROGRAMS

Arogyam Shakti Foundation, through its diverse and integrated programs, addresses the crucial healthcare needs of women and children in underserved communities in India. We believe in a holistic approach that combines traditional practices like Ayurveda with conventional medicine, while empowering individuals and promoting overall well-being. Here's an overview of our key programs and services:

1. Maternal and Child Health (MCH):

- **Prenatal Care:** We provide regular check-ups, nutritional counseling, and education on pregnancy complications, integrating Ayurvedic practices like prenatal massage and herbal remedies (where appropriate) to promote a healthy pregnancy.
- **Safe Delivery Services:** We partner with healthcare facilities and train birth attendants to ensure access to skilled birth attendance and emergency obstetric care, minimizing maternal and child mortality rates.
- **Postnatal Care:** We offer support to mothers and newborns during the crucial postpartum period through breastfeeding guidance, nutritional support, and mental health awareness



NGO Profile

sessions.

- **Immunization Programs:** We collaborate with government agencies to ensure children receive essential vaccinations, preventing childhood diseases and promoting their overall health.

2. Reproductive Health:

- **Family Planning Counseling:** We provide confidential counseling and information on various family planning methods, empowering women to make informed choices about their reproductive health.
- **Comprehensive Sexual and Reproductive Health Education (SRHE):** We conduct workshops and provide educational materials focusing on topics like menstruation, safe sex practices, and consent, promoting responsible sexual behavior and preventing unwanted pregnancies and sexually transmitted infections (STIs).
- **Safe Abortion Services (where permitted by law):** In areas where permitted by law, we ensure access to safe and legal abortion services in collaboration with qualified healthcare providers.

3. Integrated Care for Women:

- **Women's Health Camps:** We organize regular health camps in communities, providing free consultations, screening for chronic diseases like diabetes and cervical cancer, and promoting preventive healthcare practices.
- **Mental Health Support:** We recognize the mental health challenges faced by women, particularly those experiencing domestic violence or social stigma. We offer counseling services, support groups, and referrals to mental health professionals, promoting emotional well-being and resilience.
- **Skill Development Workshops:** We empower women by offering skill development workshops in areas like tailoring, handicraft making, and computer literacy, fostering financial independence and self-reliance.

4. Integration of Ayurveda:

- **Ayurvedic Consultations:** We offer consultations with qualified Ayurvedic practitioners, focusing on preventive care, managing chronic conditions holistically, and promoting overall well-being. This can include personalized recommendations for diet, yoga practices, and herbal remedies based on Ayurvedic principles.
- **Community Awareness Programs:** We conduct workshops and awareness campaigns in communities to educate individuals about the benefits of Ayurveda, demystifying traditional practices and encouraging them to explore its potential alongside conventional medicine.
- **Integration with MCH and SRH Programs:** We explore the potential of Ayurvedic practices to complement existing MCH and SRH programs, such as using herbal remedies for common ailments during pregnancy or promoting relaxation techniques for stress management.



NGO Profile

5. Supporting Physical and Mental Health:

- **Nutrition Education and Support:** We provide workshops and cooking demonstrations focusing on healthy eating habits, dietary diversity, and local food sources. We also offer nutritional support, including micronutrient supplements and food assistance programs, addressing malnutrition and promoting optimal physical health.
- **Yoga and Meditation:** We conduct yoga and meditation sessions, tailored to different age groups and abilities, to promote physical fitness, stress management, and mental well-being.
- **Mental Health Awareness and Support:** We raise awareness about mental health through workshops and campaigns, combating stigma and encouraging individuals to seek help. We also collaborate with mental health professionals to provide essential services such as counseling and support groups.
- **Acupressure Workshops:** Educational workshops could be conducted to introduce individuals to acupressure, including self-care techniques they can integrate into their daily routines. These workshops can empower individuals to manage common ailments like headaches, muscle tension, and insomnia using acupressure points.

GUIDING PRINCIPAL

UTILIZATION OF LOCAL WISDOM AND RESOURCES.

ENCOURAGEMENT OF INNOVATION AND CREATIVITY

PRIORITIZING QUALITY

ENHANCING COORDINATION AND NETWORKING

ACCEPTING CHALLENGES



ACTIVITY







NGO Profile

MANAGEMENT AND PLANNING

1. Governance and Leadership:

Board of Directors: The foundation is governed by a diverse and experienced Board of Directors who provide strategic guidance, oversee financial management, and ensure adherence to the organization's mission and values. The board comprises individuals with expertise in various fields, including healthcare, finance, law, and social development.

Management Team: A dedicated and qualified management team oversees the day-to-day operations of the foundation. This team is responsible for program implementation, fundraising, resource allocation, staff leadership, and ensuring adherence to best practices and ethical standards.

2. Planning and Strategy:

- **Strategic Planning:** The foundation undergoes a periodic strategic planning process, involving board members, management staff, and community representatives. This process helps to define long-term goals, identify key priorities, and develop strategies to achieve them.
- **Needs Assessment:** The foundation conducts regular needs assessments in the communities it serves to understand their evolving needs and challenges. This data informs program development, resource allocation, and ensures interventions are culturally appropriate and address the most pressing issues.
- **Monitoring and Evaluation:** The foundation implements a robust monitoring and evaluation system to track program progress, measure impact, and identify areas for improvement. This ensures accountability, transparency, and continuous improvement in program effectiveness.

3. Resource Management:

- **Financial Sustainability:** Arogyam Shakti Foundation strives for financial sustainability through a diversified funding strategy. This includes fundraising from individual donors, corporate sponsorships, grants from government agencies and international organizations, and earned income from social enterprises.
- **Transparency and Accountability:** The foundation maintains transparency in its financial management, publishing annual reports and undergoing independent audits to ensure responsible use of funds and adherence to ethical practices.
- **Resource Allocation:** Resources are allocated strategically based on program needs, community priorities, and potential impact. The foundation prioritizes cost-effectiveness and maximizes the return on investment for every dollar spent.

4. Risk Management:

The foundation proactively identifies and mitigates potential risks that could hinder its operations or impact its ability to achieve its goals. This includes risks related to funding, program implementation, staff capacity, and external factors like political or economic instability.



NGO Profile

DECISION MAKING

Arogyam Shakti Foundation believes that the decision making is a key part of an (administration) Administrative bodies activities, it permeates though all managerial function such as planning, organization, direction and control.

Decision making involves thinking and deciding before doing and its part of our function. In keep the view of our organization's objectives, policies, program and strategies are our organization decision making process.

CONCLUSION

Arogyam Shakti Foundation's journey exemplifies the transformative power of integrating traditional practices with modern medicine. We have strived to empower women and children, fostering holistic well-being in underserved communities across India. By delivering comprehensive programs that address physical and mental health, and by promoting the potential of Ayurveda alongside conventional approaches, we have demonstrably improved countless lives.

Looking ahead, we remain unwavering in our commitment to building a brighter future. We will expand our reach, ensuring more individuals benefit from our holistic approach. We will continuously innovate and adapt, seeking new solutions to address evolving needs. We will advocate for change, championing policies that promote equitable access to healthcare and prioritize the well-being of women and children. Finally, we will foster collaboration, building stronger partnerships to amplify our collective impact.

We invite you to join us in this journey. Through volunteering, donations, or simply raising awareness, you can contribute to a future where health is not a privilege, but a right, and where everyone has the opportunity to thrive in a society that embraces holistic well-being. Together, let's build a brighter future, one where all individuals can reach their full potential.

THANK YOU