



ANNUAL WORK REPORT: 2024-25

SANGWARI PEOPLE'S ASSOCIATION FOR EQUITY AND HEALTH





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Foreword from CEO

As Sangwari approaches the milestone of completing five years of its presence in Surguja, Chhattisgarh, I feel both humbled and proud of the journey we have undertaken together. What began with a vision to bring quality health care closer to underserved communities has today grown into a committed effort that touches the lives of people across more than a thousand villages.

Guided by a dedicated team of 141 health personnel, including 8 specialist doctors, Sangwari now provides comprehensive primary health services across diverse parts of Surguja. Beyond this, our reach extends to supporting public health systems in three other districts—Surajpur, Jashpur, and Durg—particularly in strengthening care for sickle cell disease.

One of our notable contributions has been recognizing the unmet need for palliative care in the region, and working actively to address it. Alongside direct services, we are also helping the state health system build its own capacity to incorporate palliative care into mainstream health delivery.

A significant step forward has been made possible with the support of the local Panchayat and district administration: securing land near Manja village in Lakhanpur block for the establishment of a health centre. This centre, with a 20-bedded inpatient facility, will soon begin construction and will serve as a cornerstone of our expanding services.

Looking ahead, Sangwari remains committed to tackling some of the most pressing health and nutrition challenges of our times—whether it is addressing undernutrition in children under three, improving maternal health, or confronting emerging concerns such as diabetes in young adults with lean body weight and the continued burden of tuberculosis.

Our journey is shaped by the trust of communities, the guidance of local institutions, and the dedication of our team. As we step into the next chapter, we carry forward the same vision: to stand by the people we serve, and to build a healthier, more resilient future together.

— Dr. Yogesh Jain , CEO, Sangwari

About Us

Sangwari (meaning “partner” in local Chhattisgarhi language) is a nonprofit healthcare organization working to improve health and equity in underserved communities of central India. Through a multi-programmatic approach, it delivers comprehensive health services in challenging “medical deserts” with limited infrastructure. Sangwari was founded in late 2020 by a group of doctors but has now grown into a family of 141 members- community health workers, nurses, pharmacists, lab technicians, social workers, public health professionals, administrative team, and many more. We are a not for profit organization registered under the Section 8 of the Companies act 2013 (CIN No – U85300DL2020NPL370615), registered for 12 A & 80 G and applied for FCRA registration.



Our Vision

We, at Sangwari, visualise a world where every living being, including the most poor and belonging to the most marginalized communities, have an equal opportunity to live as per their values in harmony with the environment.



Our Values

- **Equity:** We will strive for fairness in achieving better health for the marginalized communities and equity will underpin our decisions in choosing populations and problems in our work.
- **Caring attitude:** We will always have a caring attitude towards our patients.
- **Humility:** We will have humility to learn and understand from people, acknowledging our limitations and being self-reflective in our work.



Our Mission

To improve the health of the rural and tribal people through service, capacity building, research and advocacy.

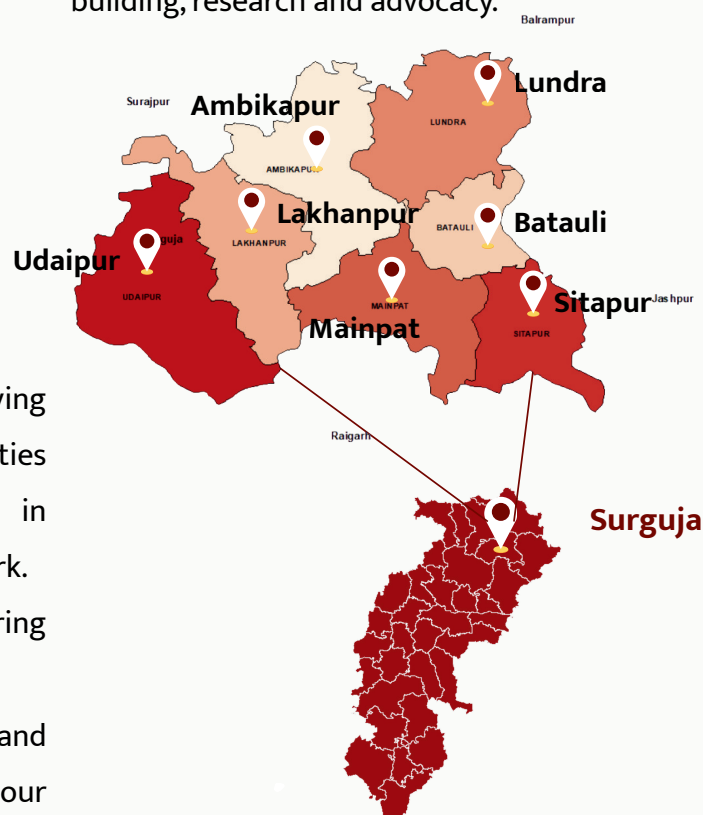


Fig.1 Geographic overview of Lakhanpur block, Surguja district, C.G.

Triumphs and Souvenirs of Last 5 Years



Clinical Care And Diagnostics

1,37,802

Total Consultations

63,371

Doctor led consultations

47,148

Specialist consultations

4,021

Nurse led consultations
(FY 2024-25)

61,117

Number of diagnostic tests



Community Based Care

60,399

Home Based Care to People

7,965

Community awareness beneficiaries

15,154

Community Referrals

4,869

Women health awareness beneficiaries



School Health Care

2,286

Students Health Check-ups and Health Education

1,139

Girls

1,147

Boys



Pain and Palliative Care

4,502

Consultations
for Palliative Care

2,299

Home-based
consultations

6,646

Consultations for pain
management



Mentoring Healthcare Professionals

5,219

Healthcare
Professionals
Trained

2,033

Trained at district level

12

Training contents,
materials developed



Health System Strengthening

78

Meetings to
Support
Health System

12

State level meetings

66

Division, district and block
meetings

Note: All figures mentioned in this section are cumulative since February 2022.

A photograph of a woman with dark skin and short dark hair, wearing a red dress with a blue and white floral pattern. She is holding a baby wrapped in a purple and white checkered cloth. The baby is lying down, and a hand is visible near its face. The background is a plain, light-colored wall. A semi-transparent red rectangle is overlaid on the image, containing the text "Community Clinics" in white.

Community Clinics

A close-up photograph of a woman with dark hair tied back, wearing a blue shirt and a colorful floral headband. She is looking down at a patient's arm, which has a purple bandage on it. The background is blurred, showing other people in a community setting.

“

Healing with heart: delivering equitable,
comprehensive health care at the
community's doorstep through our
community clinics.

Community Clinics

Community clinics form the backbone of our work. In addition to the three existing clinics (Amgasi, Argoti, and Kuniya), this year we started a weekly community clinic in the underdeveloped block of Lundra. The need for this was raised by the community itself, and supported by our longstanding partner Chaupal. Fig. 2 describes the monthly progress of clinical services provided. We have witnessed substantial increase in our consultations.

26,549

Doctor led consultations

4,021

Nurse led consultations

18,999

Specialist consultations

40

Admissions (day care and emergency)

26,625

Diagnostic tests

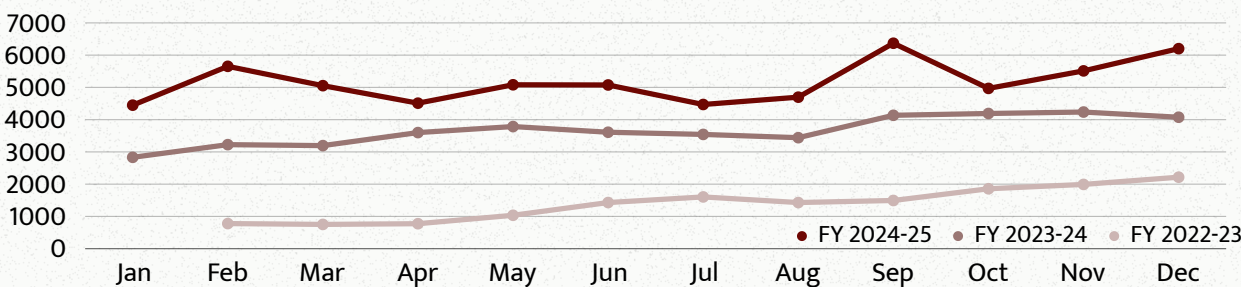


Fig. 2 Month wise total consultations in Sangwari clinics for 3 years

Other milestones

- **Specialized OPDs:** Weekly rehabilitation OPD & TB microscopy centre.
- **Diagnostics:** New X-ray facility; laboratory upgraded with support from CMC Vellore.
- **Emergency Care:** Managed critical cases; launched Village NCD care days for diabetes & hypertension.
- **Maternal & Child Health:** Opened nutrition rehabilitation centers; promoted kangaroo mother care.





Kangaroo Mother Care – A Journey of Hope



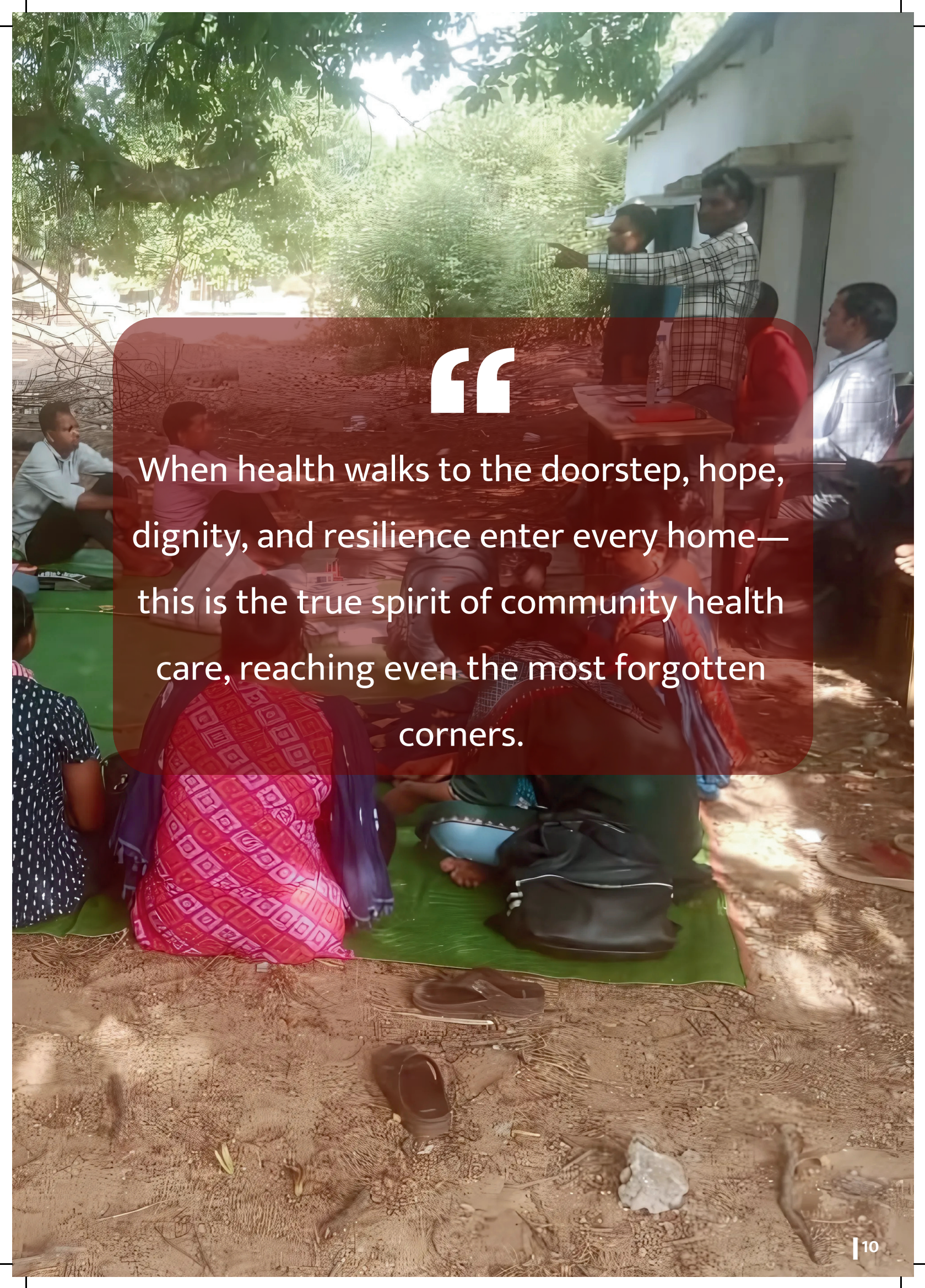
On 6th December in Khambhari Para, Kunia village, a mother delivered a baby girl at home weighing only 1.2 kg. The mother herself was underweight, and the newborn’s fragile condition worried the family deeply.

During a home visit, our team introduced the simple yet life-saving method of Kangaroo Mother Care (KMC)—keeping the baby warm through skin-to-skin contact in a special Kangaroo Bag. They patiently taught the mother and family how to use it, ensuring confidence in this new practice.

A sleeping bag was also provided for added care. What began as fear turned into hope, as the family realized their tiny daughter could survive and grow stronger. This is the promise of community health clinics—turning vulnerability into resilience.

A group of people, including men and women, are sitting on the ground under a large, leafy tree. They are gathered in a semi-circle, some sitting on mats and others on the ground. The setting appears to be a rural or semi-rural area with a dirt path and some structures in the background. The text "Community Health Program" is overlaid in a large, white, sans-serif font on a dark red rectangular background.

Community Health Program

A group of people, including men and women, are sitting on a green mat on the ground outdoors. They are in a rural setting with a white building and trees in the background. The scene is captured in a photograph that serves as the background for the text overlay.

“

When health walks to the doorstep, hope, dignity, and resilience enter every home—this is the true spirit of community health care, reaching even the most forgotten corners.

Community Health Program

We strongly believe that healthcare should not be restricted to clinics alone. Therefore, our community health program forms the other core of our work. Our Community Health Program extends care beyond clinics—training of the community health workers, training of mid-level health providers, providing treatments for primary illness, intense-active follows of the chronic diseases patients, surveillance, outbreak response, palliative care, Tuberculosis (TB) care, community health awareness and social support to families in program villages.

30,509	4,552	2,919
Home based care - primary illness	Community awareness beneficiaries	Women health awareness beneficiaries
6,560	622	265
Community referrals /linkages	Births registered	Deaths registered

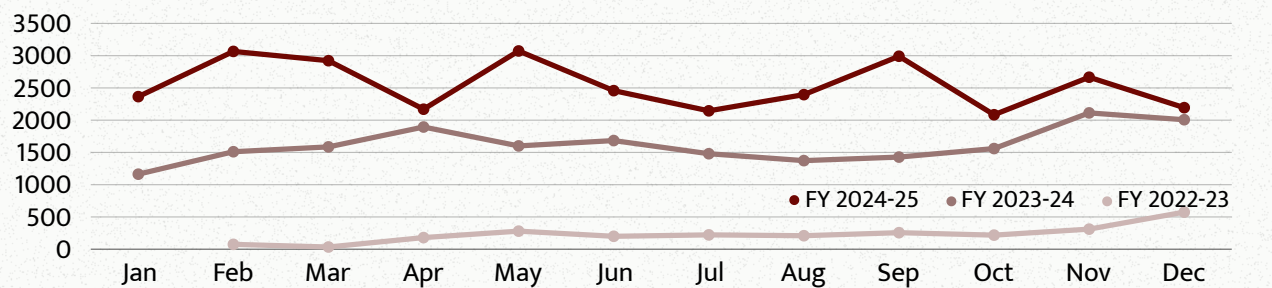


Fig. 3 Month wise total community care through home visits in Sangwari for 3 years

Other milestones

- **Health Worker Training:** CHWs skilled in pneumonia, malaria, and nutrition; workshops in tribal dialects.
- **Outreach:** Door-to-door malaria/ scabies screening, water site mapping, medicated soap distribution.
- **Social Security:** 265 families linked to benefits; Aadhaar/PDS issues resolved in remote hamlets.





1,099

Students receiving
health care and
health education

602

Girls

497

Boys



The Call from Khankhut

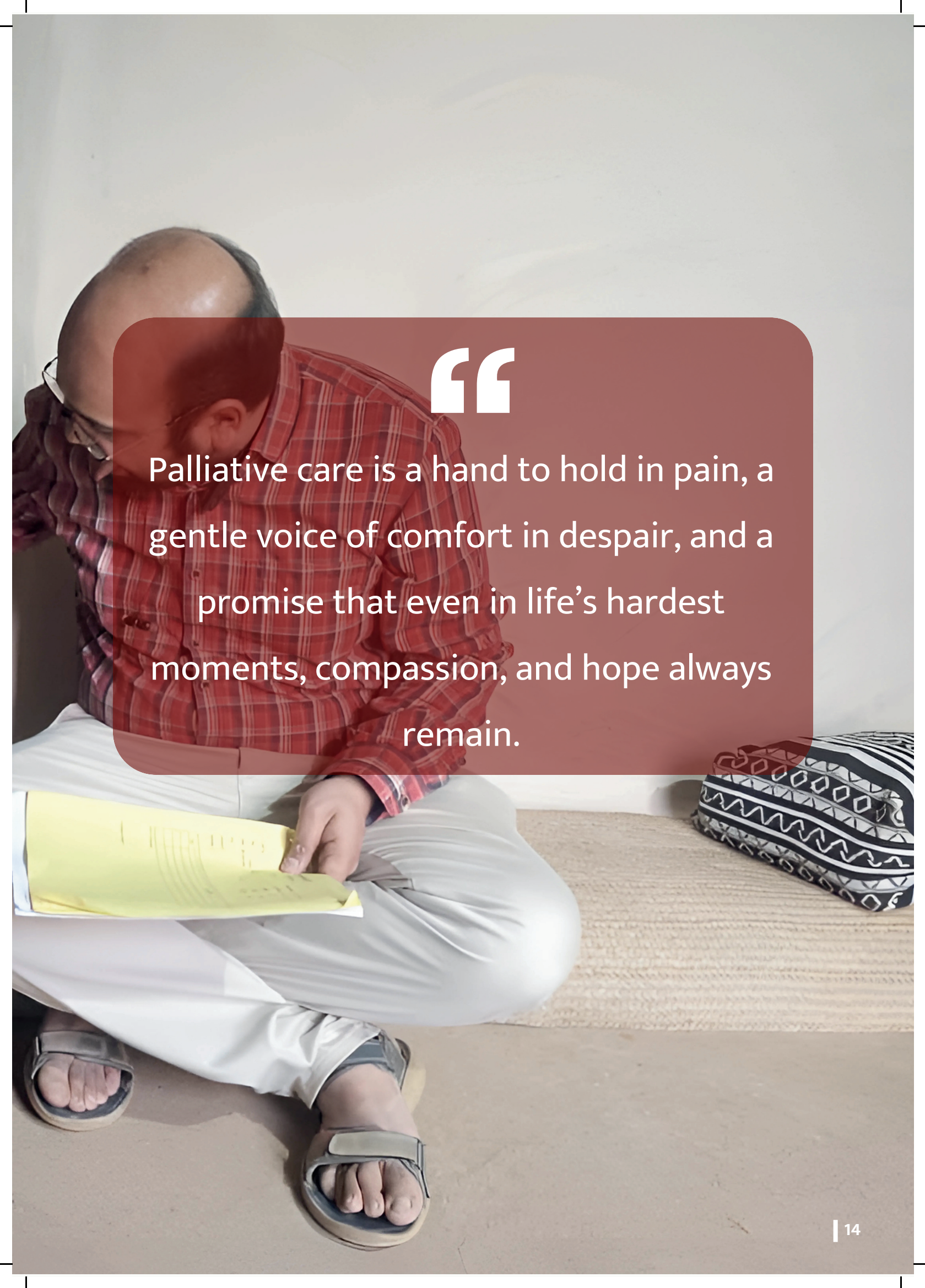
In Khankhut, a remote hamlet of the Pahadi Korwa tribe, 15 families live without an Anganwadi, school, or nearby ration shop. To reach healthcare or banking, they walk 30–60 km through steep hills.

In emergencies, patients are carried on a bamboo stretcher, locally called “Jhelargi,” for nearly 10 km before catching a bus to the nearest hospital. Families often remain unaware of the government schemes they are entitled to, even when benefits reach their accounts.

With no clean water and solar lights defunct for months, life here reflects neglect and resilience. Khankhut’s story reminds us why community health clinics matter—bringing care, dignity, and hope to the most forgotten corners.



Pain and Palliative Care Program



“

Palliative care is a hand to hold in pain, a gentle voice of comfort in despair, and a promise that even in life's hardest moments, compassion, and hope always remain.

Pain and Palliative Care Program

Sangwari’s Pain and Palliative Care program is one of its most unique features. Through this program, we provide specialized support for people with serious illnesses—easing physical pain while addressing emotional, social, and spiritual needs through comprehensive symptom management and supportive care.

2,777

Consultations for pain management

2,118

Consultations for palliative care

1,109

Home-based consultations

6,560

Physicians and nurses trained in pain management and palliative care

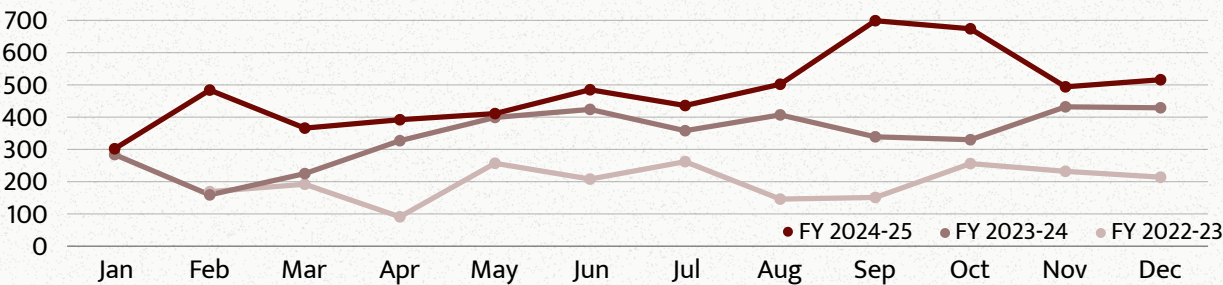


Fig. 4 Month wise total PRPC consultations including home visits in Sangwari for 3 years

Other milestones

- **Home-Based Care:** Nurses and physiotherapists provided regular visits; 190 assistive devices distributed.
- **Peer Groups:** Monthly gatherings for children with developmental delays (25 families) and caregivers, featuring teleconsultations with pediatric specialists.
- **World Hospice Day:** Hosted therapeutic activities for critically ill children, fostering "collective joy" (Oct 2024).





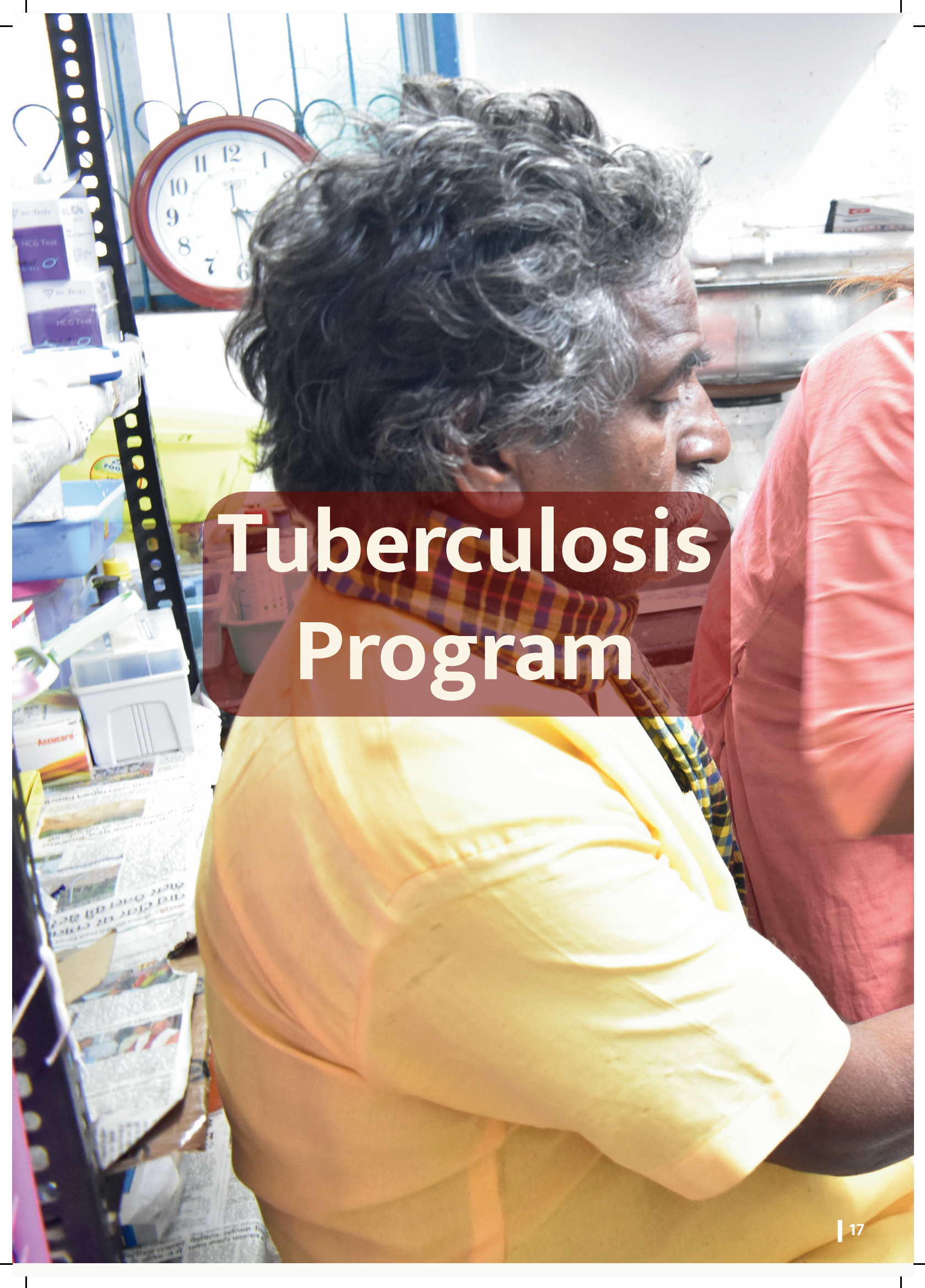
A Circle of Compassion Expands



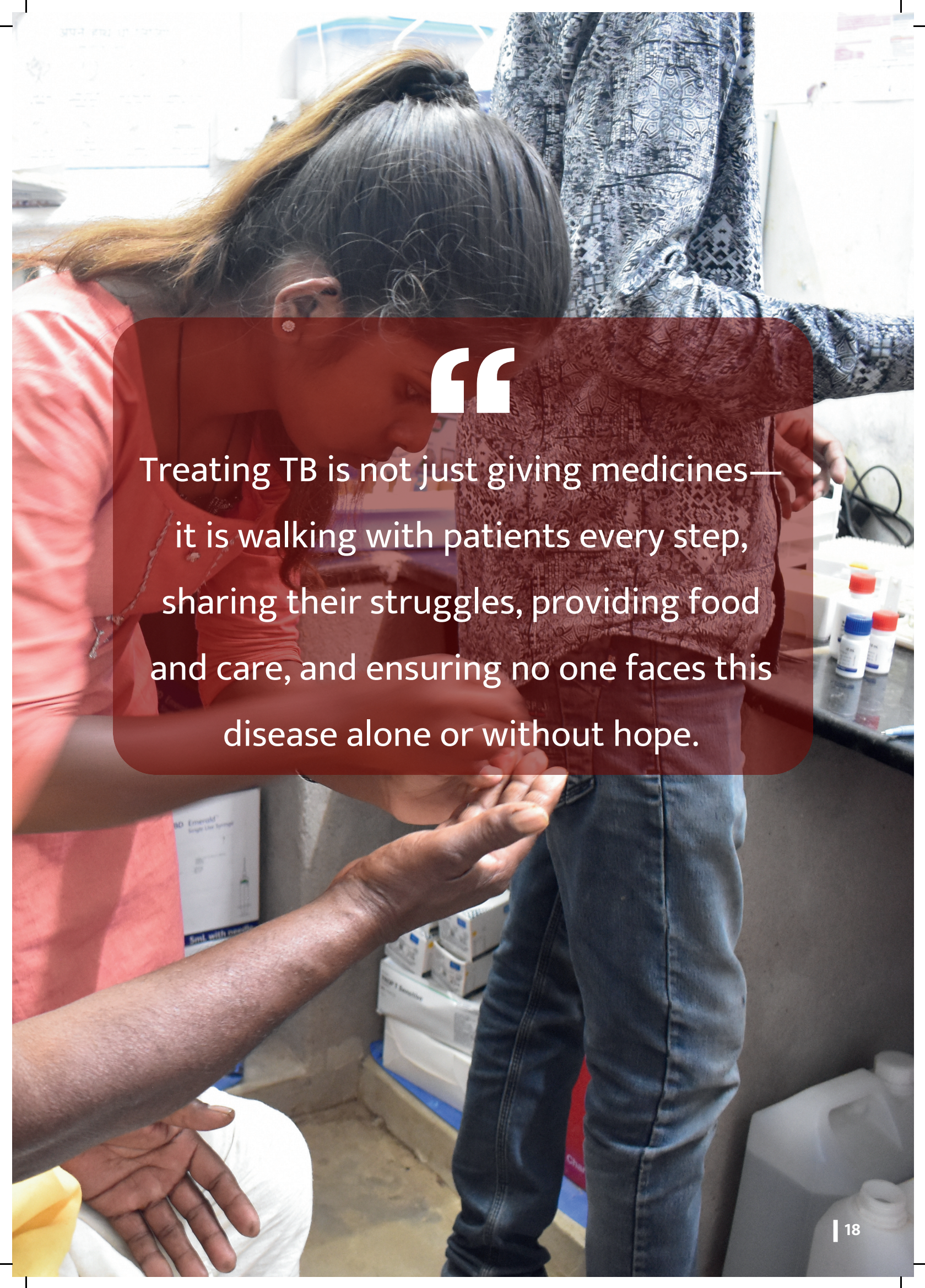
In the quiet villages of Chhattisgarh, families facing serious illness often had only pain, distance, and uncertainty for company. This year, our community health clinic began a heartfelt collaboration to bring home-based palliative care to their doorsteps.

For the first time, care came home—where mothers, fathers, and grandparents could be comforted in familiar surroundings, embraced by love.

Our team not only eased physical suffering but also stood by families through emotional and social struggles, restoring dignity and hope. What once felt like loneliness turned into collective strength, as communities realized compassionate care was within reach. This partnership is more than a program—it is a promise that even in life's hardest moments, healing and happiness are possible.



Tuberculosis Program

A healthcare worker in a red shirt is shown from the side, leaning forward and holding the hand of a patient. The patient is wearing a patterned shirt and blue jeans. The background shows a clinical setting with various medical supplies and equipment.

“

Treating TB is not just giving medicines—
it is walking with patients every step,
sharing their struggles, providing food
and care, and ensuring no one faces this
disease alone or without hope.

Tuberculosis Program

Our Tuberculosis Care Program has significantly expanded, offering comprehensive services that include diagnosis, treatment, nutritional support, and contact screening. Strengthened through outpatient visits, teleconsultations, and home visits, the program ensures patient compliance. We are also proud to be recognized as a Nikshay Mitra by the Ministry of Health and Family Welfare.

149
TB patients enrolled and receiving followups

55
Patients receiving rations under “Nikshay Mitra” initiative

106
Patients completed treatment successfully

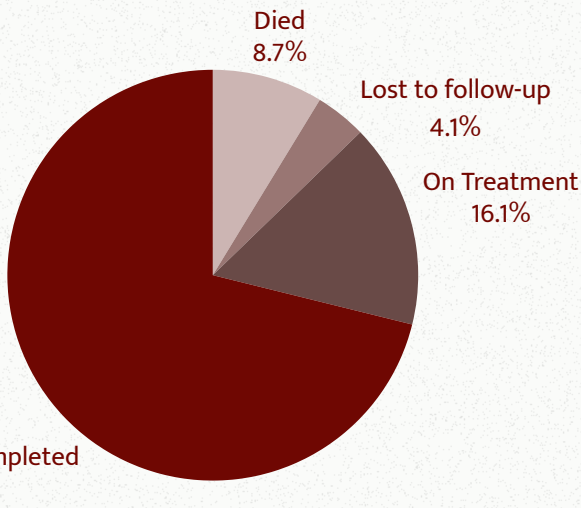


Fig. 5 Distribution of the tuberculosis patient follow up status in the clinics





From Struggle to Strength

Videsh Tirkey, a 30-year-old father from Lakhnapur, Sarguja, struggled for years with persistent illness, unable to fully support his wife and two young children. Multiple treatments failed, costing him thousands, yet his cough and weakness persisted. During a home visit, our team connected him with Sangwari Community Health Center, where testing on 13th September 2024 diagnosed him with tuberculosis. With guidance on regular check-ups and medication, Videsh began treatment with our support.

Today, his health has improved significantly. Inspired by his journey, Videsh now helps other patients understand treatment, sharing his story in simple language—turning his struggle into hope and change for the community.



Health System Support



“

A true health support system is more than hospitals and medicines — it is compassion, community strength, and the assurance that every life, deserves dignity and care.

Health System Support

Supporting and strengthening the health system remains our priority. We are strengthening the health system through collaborations, sickle cell support, and government partnerships, while training providers to ensure responsive, dignified, and accessible care for communities, fostering trust, resilience, and long-lasting health impact.

30

Total number of trainings

47

District level trainings participants

771

Doctors, nurses, mitatins and other healthcare professionals trained

Sickle Cell Program



- Trained **771 healthcare providers** in 30 sessions **across 4 districts**; facilitated peer-support groups and AIIMS-Raipur referrals for severe cases.
- **Screened 100+ college students**; advocated for scholarship linkages and disability certificates.



Government Partnerships



- Supported monthly sickle cell clinics at CHCs and **trained 45+ MOs /CHOs** in Surajpur /Jashpur districts.
- Co-organized the Sarguja Sickle Cell Jan Swasthya Sammelan (Oct 2024), **uniting 400+ patients** with policymakers.





Training Beyond Medicine

In Janjgir-Champa, a quiet revolution began when the Civil Surgeon sought Sangwari’s support to train providers on sickle cell disease.

Our divisional coordinator Indurose and Dr. Yogeshwar led powerful sessions with nurses, lab technicians, pharmacists, and doctors. Beyond diagnosis, the training emphasized correct use of hydroxyurea, weight-based dosage, and addressing mental health with compassion.

Providers also learned the value of peer support groups, creating circles of strength for patients and families. For 45 healthcare providers, it was not just training—it was empowerment, transforming knowledge into hope for countless lives.

A photograph of four people standing in a row against a light blue wall. From left to right: a man in a light blue checkered shirt and dark blue trousers with a red lanyard; a man in a light green striped shirt and dark blue trousers; a woman in a blue and pink patterned sari; and a man in a light blue shirt and dark blue trousers with a red lanyard. A semi-transparent dark red rectangle is overlaid in the center, containing the text 'Documentation, Research & Advocacy' in white. The floor is a light brown color.

Documentation, Research & Advocacy



Sangwari advances healthcare through rigorous documentation and strategic advocacy.

- Its collaborative research includes a published study on COVID-19 survivors (JFMPC- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11610865/>),
- Ongoing qualitative work on sickle cell disease with GMC, Ambikapur.
- Developed an evidence-based sickle cell FAQ manual.
- Dr. Chetanya Malik's ICMR fellowship focuses on TB care challenges.

The advocacy efforts of Sangwari are-

- Sickle cell initiatives—training patient advocates ("Sickle cell warriors"), partnering with NASCO, and influencing state protocols. Warriors now shape district-level World Sickle Cell Day events, sensitizing officials & care providers,
- Drives improvements in Type 1 diabetes care,
- Advocates for Particularly Vulnerable Tribal Groups (PVTGs) in Jashpur, enhancing maternal/child health and TB services.

Future Work Expansion

Sangwari expands care in Lakhanpur, Udaipur, and Mainpat, combining TB treatment and community nutrition to address health gaps in vulnerable tribal communities.

Community Nutrition Initiative



The program screens children under 3 years for SAM, provides therapeutic food, and supports care through Poshanghar centers and home visits.

Pregnant and lactating women receive antenatal care, anemia management, breastfeeding support, and nutrition counselling.

Nutrition-linked disease management offers dietary counselling for diabetes, hypertension, and TB, with food support for TB families.



Comprehensive Tuberculosis Care Program



The initiative ensures continuous treatment and follow-up for TB patients at community clinics, focusing on adherence and monitoring.

Through the Nikshay Mitra scheme, patients and families in Lakhanpur block receive food rations, reducing poverty-driven treatment gaps.

Every TB case diagnosed at Sangwari clinics undergoes systematic contact tracing to aid early detection and prevent transmission.



Elderly and vulnerable groups get malnutrition screening, food security linkages, and social entitlements.



Nutrition dialogues, school workshops, and educational materials strengthen community engagement.



Clinics provide growth monitoring, anemia testing, and individualized counselling for all age groups.



The program also builds local healthcare capacity through worker training and coordination with government TB programs to align resources and protocols.



For complex cases requiring advanced care, Sangwari will facilitate supported in-patient services.



This model blends care, nutrition, outreach, and partnerships to improve outcomes, and tackle TB's socio-economic roots in tribal communities.

Notes From the Field

“

जोगिडिह: पहाड़ों में बसा एक गाँव जहाँ जंगली हाथियों और दुर्गम रास्तों के बीच जीवन व स्वास्थ्य सेवाओं तक पहुँच का संघर्ष

इस बार हमे एक नया पारा की खोज हुई-- जोगीडीह! इसमे पूरी पहाड़ी कोरवा बस्ती है; और यह घाटोन पहाड़ी के निचले हिस्से में बसी है। कुछ 12-15 घर है और 60-70 लोगों की बस्ती है। कोई भी पक्के मकान में नहीं रहता, एक ही पक्का उंचा मकान है पर वह मकान को दरवाजा नहीं है।

जब हम पहुँचे तब हाथी आने का डर ज्यादा था; जिससे बचाव के लिया क्या करते है इसे पूछा तो सभी जन हाथी से बचने के लिए झरने के निचे गुंफा जैसे जगह में छुप जाते है, इसे गाँव में “माड़ा” बोलते है। हाथी आने के डर से कोरवा लोग पक्का घर नहीं बनाना चाहते है।

इस पारा से एक महिला का ऑपरेशन द्वारा प्रसव हुआ 1.5 महीने पहले, तब उन्हें ढो कर निचे लेकर आये कोदवारी तक फिर एम्बुलेंस से अंबिकापुर। उन्होंने पहले संगवारी से इलाज लिया था तब ही उन्हें ऑपरेशन का सलाह दिया था तो ज्यादा समय घर पर दाई द्वारा प्रसव करने में नहीं बिताया।

पर इस बार उनको ऑपरेशन की जगह का पट्टी करना और टाँके खोलने के लिए निचे आना संभव नहीं हुआ; तो हम ही चढ़ कर गये। उनके घर पर ही टाँके निकाले और पट्टी करी। उनके साथ ही हमे एक झटके का मरीज और गले के कन्डीडियसिस के मरीज भी मिले। उन्होंने भी दवा लिया और वह अभी स्वस्थ है पर वापस हमे पहाड़ चढ़कर ही दवा दे दो ऐसे बोल रहे है।

— श्रीमती विमलाजी , कम्प्यूनिटी सूपर्वाइजर



Our Collaborators



CHAUPAL (Chaupal Gramin Vikas
Prashikshan Evam Shodh Sansthan)



United Nations Children's
Fund (UNICEF)



Red-Cross Society,
Surguja



Pallium
India



District Administration,
Jashpur, Surguja, Surajpur, Durg



Public Health Department,
Surguja division



RAHA (Raigarh, Ambikapur
Health association), Surguja



Yumetta Foundation,
Maharashtra



Government Medical
College, Ambikapur



Doctors for You (DFY),
Delhi

Individual Donors

- Kapish Malik
- Chakravarthy Vimala Rangaswamy
- Paramjeet Bheteja
- Sangeeta Sijwali
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- Yash Agarwal
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- Reena
- Chandan Arora
- Prateek Vohra
- Vijay Kumar Jain

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- TATA Education and Development Trust, Mumbai, Maharashtra
- MSS India Pvt. Ltd., Nashik, Maharashtra
- Government Medical College, Ambikapur
- Malik Chemical and Polymers, Delhi
- Smt Bhagwanidevi Basudev Jhunjhunwala Trust, Mumbai, Maharashtra





संगवारी स्वास्थ्य संस्था सरगुजा, की ओर से
आयोजित

लब्धी दुसराज स्वास्थ्य केन्द्र
लखनपूर (दिनांक - १२-०८-२१)



Sangwari - People's Association for Equity and Health

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