



2022-2023 Annual Report

प्रयास
प्रयास (आरोग्य गट)

PRAYAS HEALTH GROUP



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Foreward

Dear friends,

We are pleased to present the annual report of Prayas Health Group (PHG) for the year 2022-23.

This report gives the details of our activities from April 2022 to March 2023.

We are grateful to our donors, funding agencies, friends and, well-wishers for their continued support.

We are indebted to our patients, participants in our programs, and research projects to motivate us to continue our work.

Dr. Sanjeevani Kulkarni
Coordinator, Prayas
Health Group

Dr. Vinay Kulkarni
Coordinator, Prayas
Health Group

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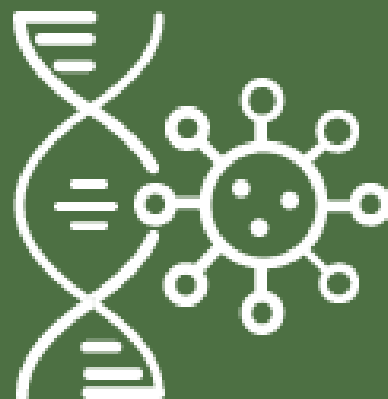
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HIV



Services

HIV care at Prayas Amrita Clinic

Amrita Clinic (AC) was started by DR. Vinay Kulkarni in 1989 to provide HIV-related healthcare. It was later merged with Prayas Health Group in 2006. It provides healthcare and related services to people living with HIV (PLHIV).

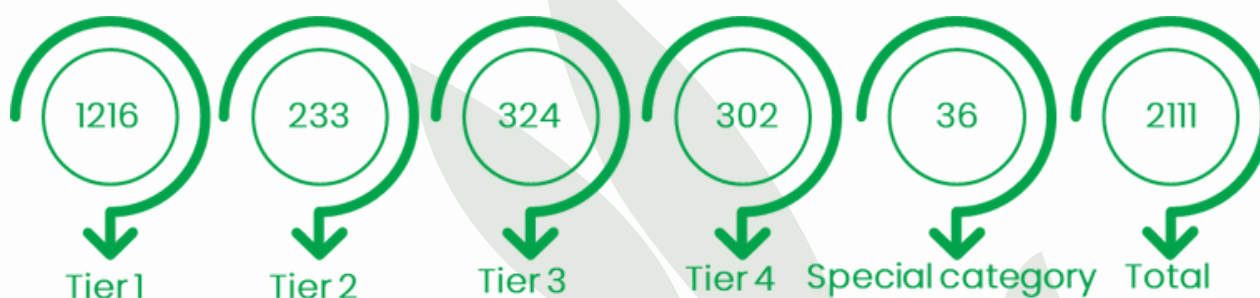
Registration	Number
PLHIV ever registered at AC (adults and children)	8848
Adult PLHIV registered at AC	8195
CLHIV (Children living with HIV) registered at AC	653
New PLHIV registered in AC during Apr 2022 till Mar 2023	106
PLHIV-Men newly registered in AC	56
PLHIV -Women newly registered in AC	47
PLHIV -TG newly registered in AC	01
CLHIV newly registered in AC	02
PLHIV followed in the respective financial year	2111

For the entire month of December 2022, we provided free Counseling on HIV and sexual health concerns and free testing for HIV, Hepatitis B, Hepatitis C, and Syphilis.

Affordable Anti-Retroviral Therapy (ART) [Sakav Program]

PHG initiated the Sakav program in 2006 to provide ART at an affordable cost. Sakav is a self-sustaining program under which every patient receives medicines at lower prices than in the market. Surplus from the affording of patients is used to offset costs for those with meager incomes. The tiers are decided based on the patient's economic status (paying capacity). Tier 1 patients pay the maximum amount (which is still highly subsidized - around 50% compared to market price), and Tier 4 patients pay the minimum. There is also a special category in which two of the combinations of ART not covered under the Sakav program are subsidized to patients from low socio-economic status.

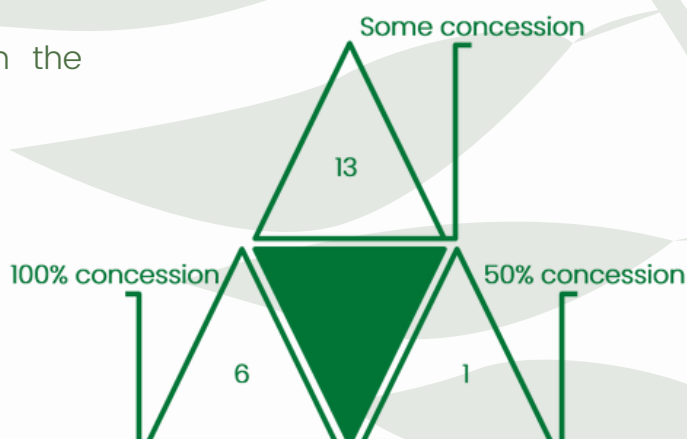
Number of patients in each tier:



Free HIV care and ART for Children [Child Care Program]

This project supports treatment for children whose parents cannot afford treatment. The medicines and investigations are provided entirely free or with partial support from Prayas. The consultation fees for these children are waived. Such support is provided till the children enter adulthood, i.e., till they become 18 years of age. We spend around Rs. 2.5 - 3 lakhs per year on ART medicines for these children. The resources are generated through individual donations from well-wishers.

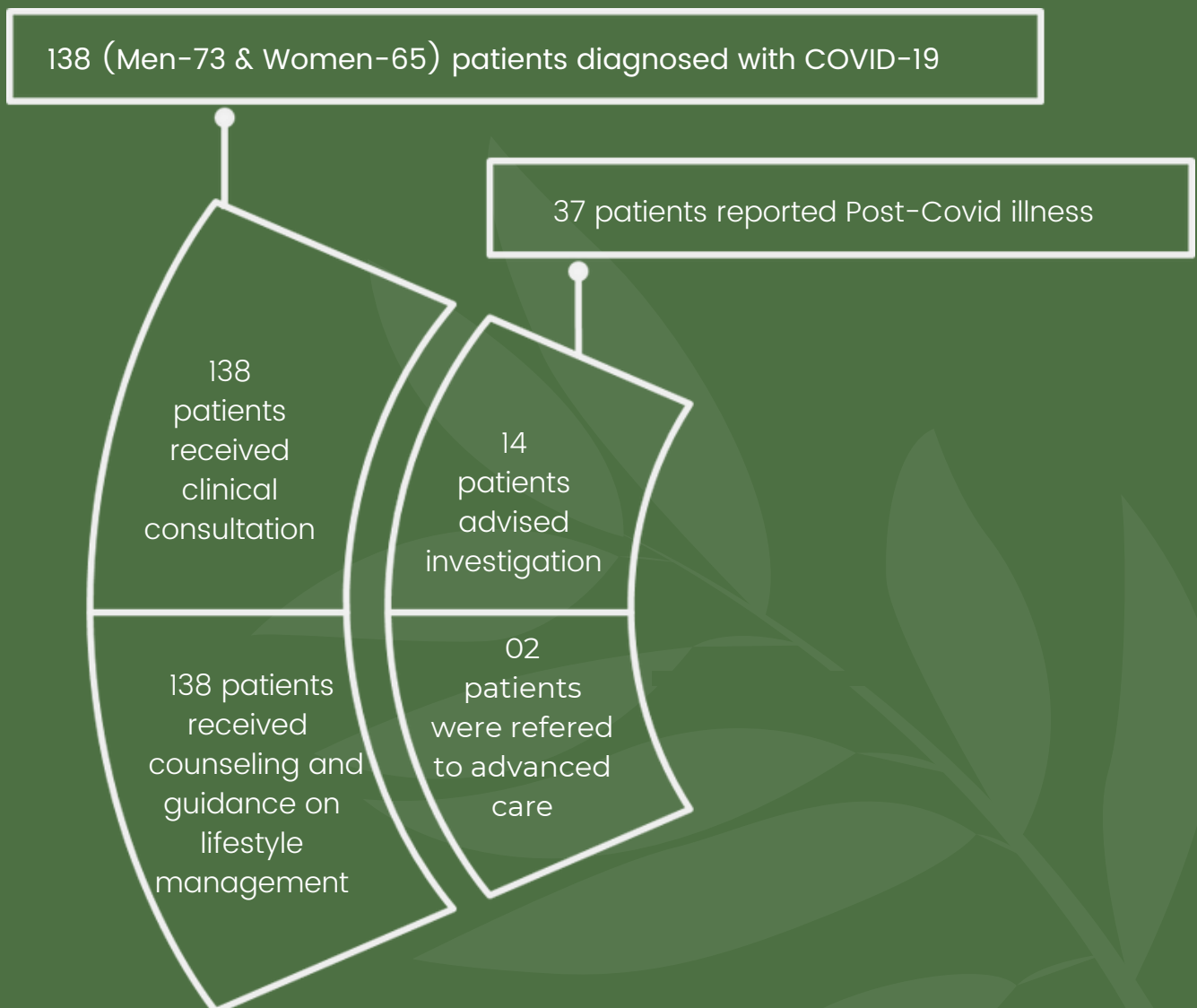
Details of the children enrolled in the Child Care project:



Post Covid-19 care center

During the Covid-19 pandemic, PHG's clinical set up was used to start a post-COVID Care Center in August 2021 to provide comprehensive care, including medical management and counseling support. We continued providing these services till August 2022, with funding support from Maharashtra Foundation, USA.

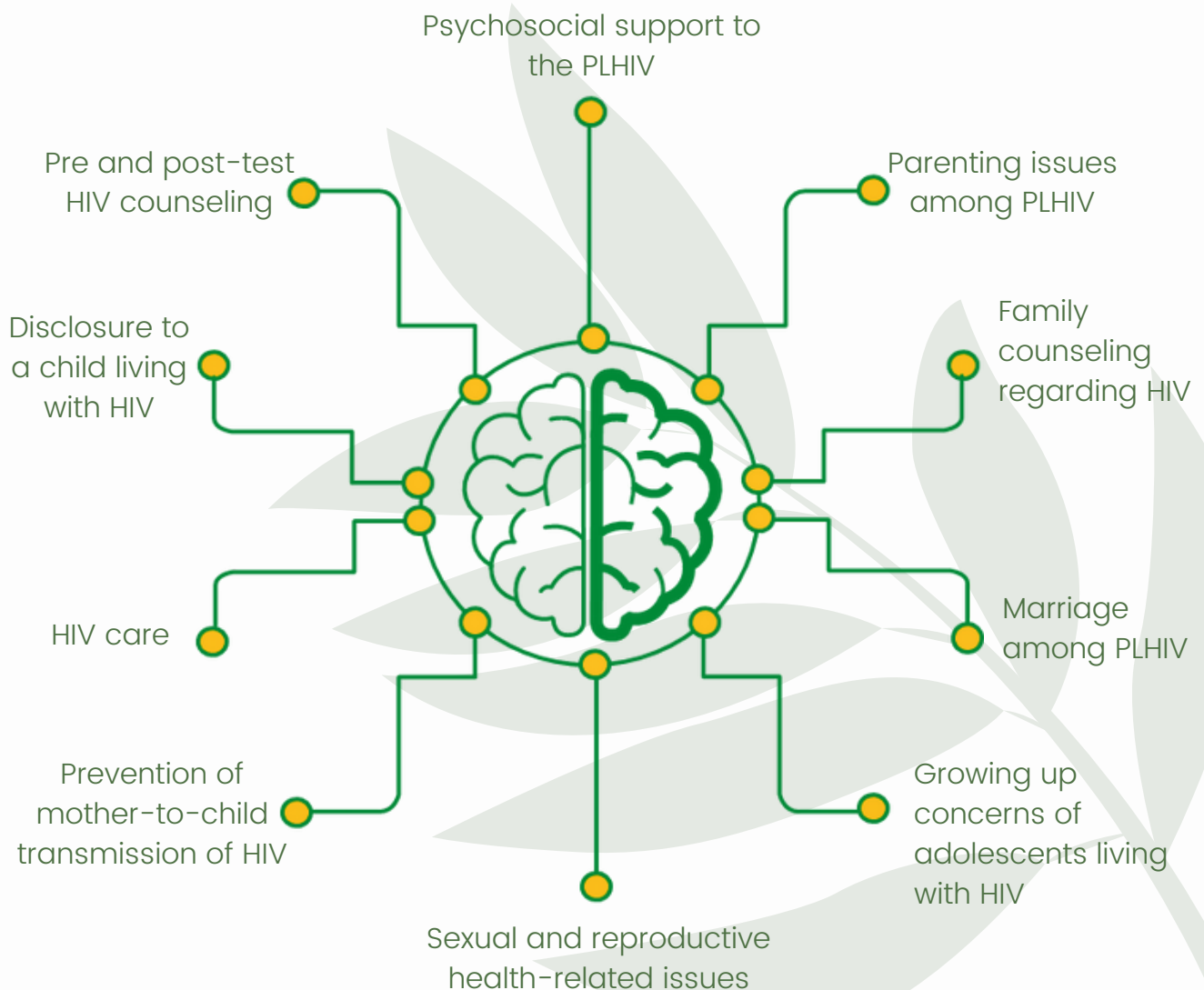
Post COVID 19 CARE CENTER



Prayas HIV Counseling Center

Addressing the psychological needs of HIV-infected individuals is an integral part of comprehensive care. Prayas, through its counseling center, has been providing psychological support to HIV-infected and affected individuals. Counseling services are offered free of cost. Trained and dedicated counselors have provided the counseling center's services since 1998. Prayas has also developed reader-friendly educational material addressing various issues of HIV care, which is also used to support counseling. During this financial year, **more than 2000 counseling sessions** were provided for PLHIV registered in Prayas AC for various HIV-related issues

Prayas counseling center provides counseling for:



Prayas Health Laboratory

PHG established the PRAYAS Health laboratory in 2007 to provide diagnostic and prognostic tests required to manage HIV at subsidized rates for the patients registered at Prayas Amrita Clinic.

Name	Total
Anti-HIV	294
CD4	2404
HIV viral load	1730
Routine ART monitoring test	1990
HBsAg	716
HCV	303
VDRL	191
HIV DNA PCR	12
Abacavir Sensitivity test	10
Drug resistance	27
Cervical biopsy- histopathology	183

There were 1488 (86%) HIV viral load tests with undetectable viral load. A total of 48 tests were positive for VDRL tests done, one was positive for HCV tests, and 11 were positive for HBsAg tests.



Intervention projects

Youth and Resilience, Empowerment and Edutainment (YaREE) Project

Since 2019, the 'YaRee' project has been implemented in Maharashtra. The project aims to reach adolescents and youth living with HIV (A/YLHIV) and increase their agency and knowledge regarding HIV, sexuality, and relationships. Keep A Child Alive (KCA), a non-profit organization funds it. Below are some highlights of the project from financial year 22-23.

1) Development of digital resources -

To address the issues related to HIV, Sexual and Reproductive Health, mental health, cyber safety, etc., PHG adopted and dubbed 105 short animation videos from AMAZE.org in Marathi and Hindi. These videos are prepared by Advocates for Youth, an NGO based in Washington, DC, working to increase access to medically accurate, age-appropriate, affirmative, and honest sexuality education for young people. They have hosted these videos on a platform- amaze.org.

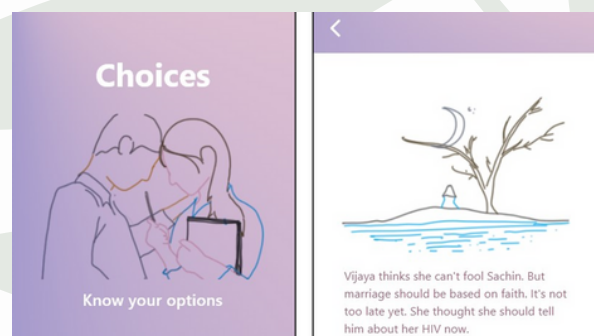


2) Social media engagement -

PHG is conducting Instagram live discussions on various sexuality-related topics to build a discourse to discuss sexuality-related issues.

3) Development of digital resources and tools-

We have developed a digital game to improve informed decision-making among A/YLHIV regarding disclosing HIV status to the romantic partner.



4) Conducting workshops for A/YLHIV - We conducted six workshops for A/YLHIV in 2022-23. Two for participants from residential homes and four for A/YLHIV registered to NGOs/CBOs working for A/YLHIV.

5) Tele-counseling support- A total of 169 A/YLHIVs were provided psychosocial support through Tele-counseling. The main concerns were marriage, aspiration to have a baby, baby testing, ART shortage, stigma, relationship issues, etc.

6) Virtual community platform: 460 A/YLHIV are linked to the virtual community (WhatsApp group). The virtual group meetings are conducted monthly on topics suggested by youths or selected by a facilitator, such as sexuality, HIV, stigma, mental health, etc.,



144

Adolescents and Youth served through 6 workshop

67

One-to-one counselling sessions

16

Meetings with state/district AIDS control and prevention units and NGOs/CBOs

775

Adolescents and young people served through Virtual group, online counselling and workshops

2

Online sessions conducted for adolescents and Youth through 'Virtual community' meetings

Research Studies

Dolutegravir Phase IV Trial

Study Title:

Multicenter, non-randomized, non-controlled, open-label Phase IV trial to evaluate the safety, tolerability, and Effectiveness of Dolutegravir 50 mg tablet of Emcure Pharmaceuticals along with other antiretroviral among HIV-1 Infected subjects.

Prayas site Principal Investigator:

Dr. Vinay Kulkarni, Coordinator, Prayas Health Group

Funding support:

Emcure Pharmaceutical Ltd.

Enrollment in the study was completed in Feb 2022. Six-month follow-ups of enrolled participants were completed in Aug 2022. Currently, the team is in the process of analyzing the data and writing the report/manuscript.

Participants	Number
Participants screened	64
Participants enrolled	62
Participants failed to screen	02
Participants withdrew from the study/expired	04
Participants completed study follow-ups	58
Participants currently following	00

Workshops/Trainings/Meetings

Oral presentation on – Risk factors for severe COVID-19 disease in persons living with HIV (PLHIV) in a private clinic from Pune, Maharashtra
April 3 to 5, 2022, at Hyderabad

By Dr. Kailas Kurkute
During the 13th National Conference of AIDS Society of India-ASICON

Debate on – Is HIV drug resistance testing after treatment failure imperative?
April 3 to 5, 2022, at Hyderabad

Conducted by Dr. Vinay Kulkarni
During the 13th National Conference of AIDS Society of India-ASICON

Panel discussion on – Market-driven solutions to advance the sustainable financing of community-based HIV services in Asia;
August 30-31, 2022 at, Bangkok, Thailand

Panelist- Dr. Vinay Kulkarni
A forum co-hosted by USAID, EpiC FHI 360, UNAIDS, and others

Session on – How to treat Sexually transmitted diseases in Pregnancy.
25th to 27th Nov 2022 at Nashik

By Dr. Vinay Kulkarni
In Dermazone West and Cuticon Maharashtra 2022 Conference

Talk on – Role of a Doctor in society at the foundation course for newly admitted MBBS students at BVU Medical College, Pune.
30th November 2022

By Dr. Vinay Kulkarni
Organized by Bharati Vidyapeeth Medical College, Pune

Awareness session on HIV/AIDS
1st December 2022 at Pune

By Mr. Amol Kale
Organized by CYDA, Pune
Attended by 39 participants

Awareness session on HIV awareness in Tata Motors Ltd. Pune on the occasion of World AIDS Day, 1st December 2022

By Dr. Vinay Kulkarni
Attended by 100 employees and team members

Moderation of a session on Interactive Clinical Discussion 17th to 19th March 2023, at Delhi

By Dr. Vinay Kulkarni
During ASICON 2023 Conference

Presentation on-Distress beyond Disease and Death: Sexual behaviors during the pandemic.
31st March – 2nd Apr 2023 at Mumbai

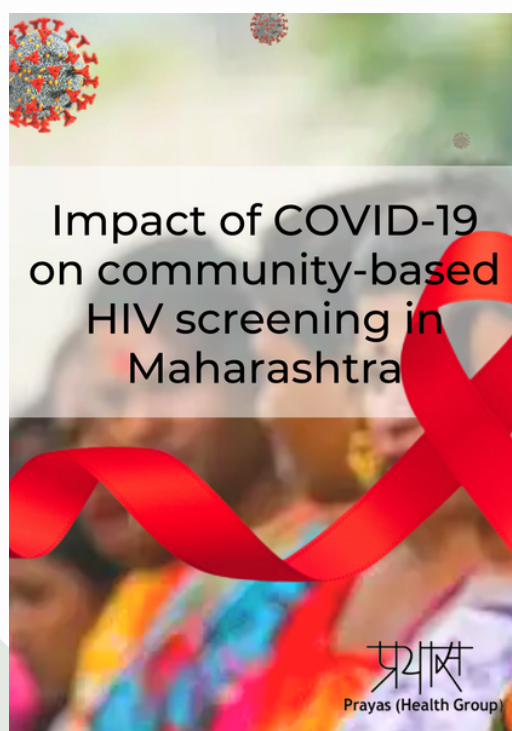
By Dr. Vinay Kulkarni
During HIV Congress 2023

Publications

Reports

1) Impact of COVID-19 on Community-Based HIV Screening in Maharashtra; Feb 2023

(click on image for more details)



Peer-reviewed journal articles

1) Impact of COVID-19 Pandemic on HIV Testing Uptake Among Key Populations Enrolled in Targeted Intervention Program in Maharashtra, India

Authors:

Ritu Parchure, Trupti Darak, Purva More, Vijaya Jori, Shrinivas Darak, Lokesh Gabane, Pramod Deoraj, Neha Kapoor, Vinita Verma, Bhawani Singh, Chinmoyee Das, Shobini Rajan & Vinay Kulkarni

Journal: AIDS and behavior

DOI: [DOI: 10.1007/s10461-023-04011-5](https://doi.org/10.1007/s10461-023-04011-5) (click here for details)

Sexual and Reproductive Health



Services

Sexual and Reproductive Health related counseling

NESTS for Youth:

Non-judgmental, Empowering, Self-reflective, and Technology-assisted Spaces (NESTS) project was conceptualized to improve young adults' health, specifically sexual health and other mental & physical health issues linked with sexuality. NESTS are confidential counseling and listening spaces for Youth to discuss concerns. The CSR initiative of Bristlecone India Ltd supported the project from July 2019, till March 2022. We continued providing NESTS services free of cost through internal resources till Dec 2022. Since Jan 2023, these services have been provided at nominal charges.



Intervention projects

mMitra Project - Free mobile voice call service for improvement of maternal and child health indicators.

Prayas has been implementing mMitra (mobile mMitra) project in Pune (PMC) and Pimpri Chinchwad Municipals Corporation (PCMC) since 2016. ARMAAN, Mumbai based organization, supports the project. It is a free mobile voice call service that provides timed and culturally appropriate comprehensive information to pregnant women and women with children under one year of age to reduce maternal and infant mortality and morbidity in the urban poor. The services are provided by 14 trained Aarogya Sakhis placed in the hospital. We conducted eight awareness and training sessions to build the capacities of Arogya Sakhi and some orientation sessions for hospital staff.

Private and Public sector	Number of facilities	Number of women enrolled
Private trust hospitals	06	11635
PMC, PCMC maternity homes	08	18367
Total	14	30002



Workshops/Trainings/Meetings

Training on sexual health issues of institutionalized children and adolescents for counselors and office staff 7th – 8th April 2022 at Snehalaya, Ahmednagar	By Dr. Shirish Darak, Ms. Maitreyee Kulkarni, Mr. Amol Kale Attended by 35 participants Organized by Snehalaya, Ahmadnagar
Presentation on Findings of the research project -Impact of COVID-19 on Community-based HIV screening in TI program in Maharashtra. 3rd to 5th Feb 2023 at Tuljapur	By Ms. Vijaya Jori During Mahila Hakka Parishad 350 women health workers from 69 organizations participated in this conference
Presentation on – Sexuality and Mental Health of Youth and Initiatives by Prayas to Improve Communication on this Topic 3rd to 5th Feb 2023 at Tuljapur	By Dr. Trupti Darak During Mahila Hakka Parishad
Workshop conducted on Growing up, Menstruation, and sexuality education 26th to 30th January 30, 2023 At Jai Jawan nagar, Yerawada	By Dr. Shirish Darak, Dr. Trupti Darak, Ms. Vijaya Jori Attended by 26 adolescents girls Organized by Feminist Approach to Technology (FAT)
Training on Sexuality and Mental Health 16th May 2022 at Lighthouse, Hadapsar	By Mr. Amol Kale Attended by 48 students
Three days of training on sexuality 18th to 20th August 2022 at Khelghar, Pune	By Dr. Shirish Darak, Ms. Maitreyee Attended by 20 staff members Organized by Khelghar, Pune
Training of Trainers with Hello Medical Foundation's peer leaders 17th Sep 2022 at SM Joshi Foundation, Pune	By Mr. Amol Kale Attended by 20 peer leaders
Amaze films screening and discussion on Masturbation and Relationship issues for adolescents 2nd February 2023 at Khelghar, Pune	By Dr. Shirish Darak and Mr. Amol Kale Attended by 25 adolescents
Sessions on Gender and Gender Discrimination for students 8th February 2023 at Mangaon	By Mr. Amol Kale Attended by 100 students of 8th to 10th Std. from Marathi Vidhya Niketan, Belgaum
Sessions on Puberty in Boys 14th February 2023, at Puja Kasturba Gandhi English Medium School, Koregaon Park, Pune	By Dr. Shirish Darak, Mr. Amol Kale Attended by students of 8th to 10th classes, Organized by Akansha Foundation.
Session with parents on Talking about sex with kids 25th March 2023	By Dr. Shirish Darak and Ms. Maitreyee Kulkarni Attended by 15 participants Organized by Counselor Sonali Kale

Information Education and Communication Material

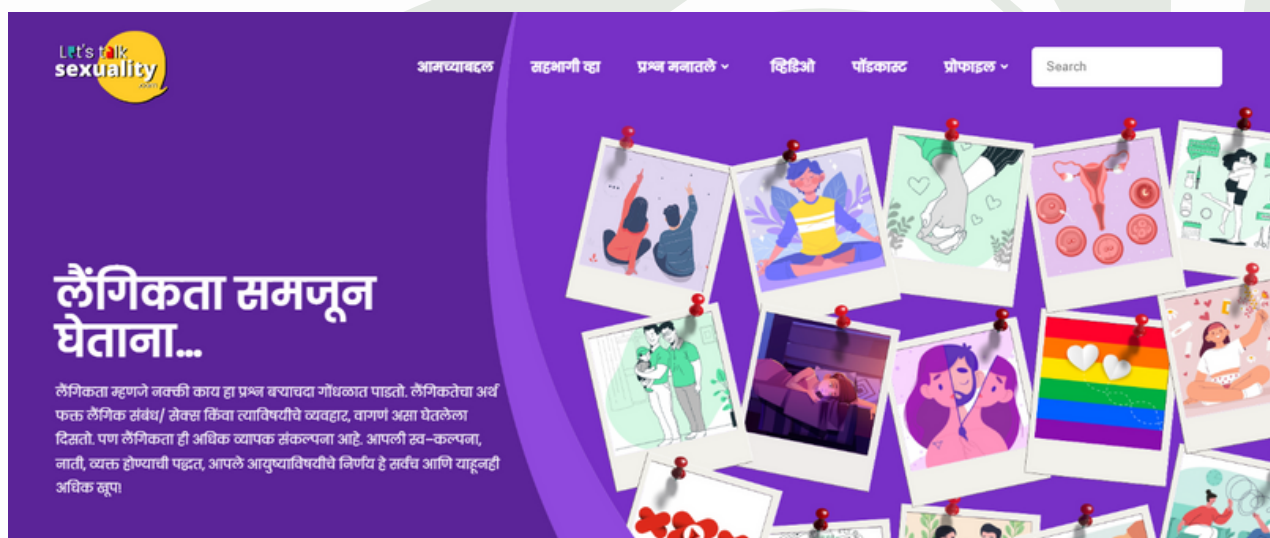
Amaze Videos in Marathi and Hindi

PHG has dubbed and adopted around 105 short animation videos on AMAZE.org in Marathi (70 videos) and Hindi (35 videos) to increase Indian adolescents' access to sexuality education. We started releasing these videos on our different social media platforms in December 2022, and some have received more than 1000 views.



Let's Talk Sexuality.com (LTS)

This is a resource website in the Marathi language regarding Sexual and Reproductive Health and rights-related issues for Youth, parents, and educators. This resource website was initially prepared by a Pune-based NGO, Tathapi, which was handed over to PHG in 2021. We redesigned this website and launched it in Dec 2022. We also created a digital conversational agent (bot) that would respond to commonly asked questions on sexuality in Marathi. The bot is incorporated into the LTS website. (click on image for more details)

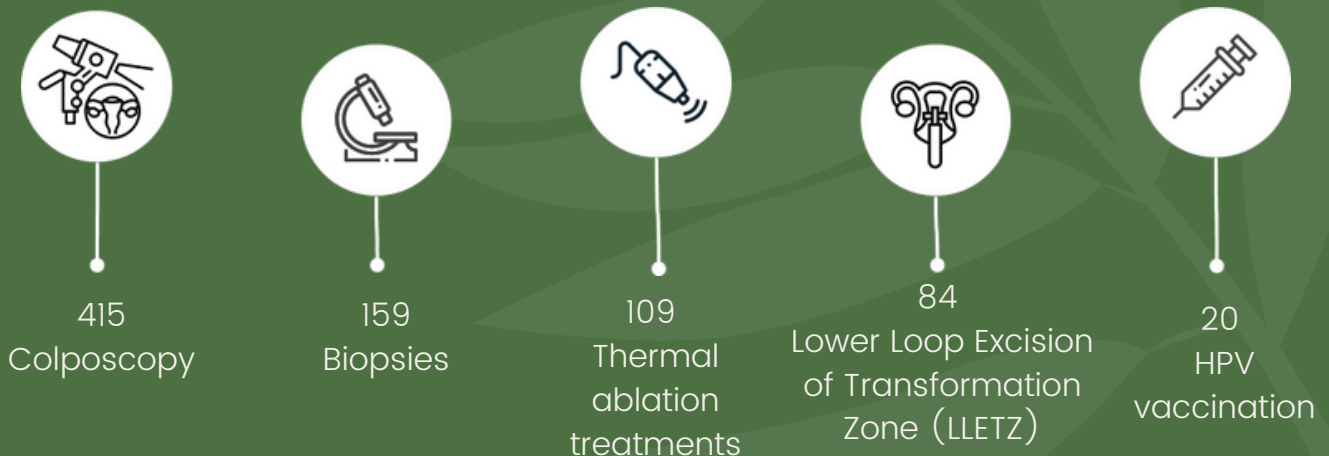


Preventive Oncology



Cervical cancer prevention services at Prayas:

The Preventive Oncology Section at Prayas has been involved with various cancer screening programs and research studies since 2010. We have a dedicated clinic where cervical cancer screening using an HPV test, colposcopy, biopsy, and appropriate treatment for cervical precancer (ablation treatment using thermal ablation and excisional treatment using Large Loop Excision of Transformation Zone) and Human papillomavirus (HPV) vaccination services are provided either free of cost (if enrolled in any research project or supported by any program) or at highly affordable costs.



Cervical cancer screening services in the community for women from the low and middle-income strata and treatment of precancer

Funding support: Emerson Electric Co. (India) Pvt. Ltd.

Cervical cancer screening and treatment of screen positives is a lifesaving intervention for women, particularly in the low- and middle-income strata. From July 2022 to March 2023, we screened 5006 women in the community setting. The screening was performed by trained nurses/ health care providers using an HPV test. The HPV test was provided free to Prayas by iShareFoundation and GenepathDx under their Aban Gharda initiative. Women with positive HPV tests were called to Prayas for colposcopy and further treatment, free of cost. Treatment was provided to screen positive women following the WHO guidelines.

HPV vaccination in adolescent girls

Funding support: BMC Software India Pvt. Ltd.

We completed 1000 HPV vaccinations for girls from the low and middle-income strata, aged 9 to 15, in the schools in Pune city, in two months. Awareness sessions were conducted for parents and girls, and the written informed consent of the parents was taken before vaccination.

Cervical cancer screening and HPV vaccination camps in the community:



Research Studies

Study title: A pilot study for breast cancer screening by clinical breast examination (CBE) and iBreastExam (iBE) for early detection of breast cancer

Principal Investigator: Dr Smita Joshi, Senior Scientist, PHG

Co-investigators: Dr. Shekhar Kulkarni, Consultant Breast Surgeon

Funding support: Atlas Copco Charitable Foundation

Mammography screening is the mainstay of breast cancer screening in high-income countries. However, such organized screening programs are challenging and expensive in low and middle-income countries. Hence alternative screening strategies must be evaluated. iBreastExam (iBE) is a new technology approved by the US FDA and approved in India. We conducted a research study to assess the diagnostic performance characteristics of Clinical Breast Examination (CBE) with iBE for the early detection of breast cancer. We enrolled and screened 10,012 women in the study. The study was initiated in Jan 2020 and completed in March 2023.

Study title: The Colorectal Cancer Screening Pilot Demonstration Project in Pune, India

Principal Investigator: Dr Smita Joshi, Senior Scientist, PHG

Co-investigators: Dr. Parimal Lawate, Gastroenterologist
Dr. Vinay Kulkarni, Coordinator, PHG

Funding support: Live Life Love Life Charity Foundation

We initiated a colorectal cancer screening (CRC) project in Pune city in June 2021 to evaluate the acceptability, feasibility, organization, implementation, monitoring, and evaluation of CRC screening in a cross-sectional study involving the general population in Pune city to guide the eventual large-scale scaling up of CRC screening in high-risk regions of the country. We have consented to 5003 men and women aged 50 to 75. The study enrolment was completed in December 2022.

Workshops/Trainings/Meetings

Training of Gynaecologists on – Visual Inspection with Acetic Acid (VIA) screening and management of screen-positive women
31st January to 1st February 2023
at Jaipur, Rajasthan

By Dr. Smita Joshi
Attended by 30 Gynaecologist
Organized jointly by the Medical Health and Family Welfare Department, Medical Education Department, Government of Rajasthan, and Clinton Health Access Initiative (CHAI)

Presentation on 'HPV vaccination, latest evidence.'
17th December 2022

By Dr. Smita Joshi
During the monthly webinar
Organized by the Indian Society for Colposcopy and Cervical Pathology

Moderation for the panel discussion on 'Cervical cancer screening in an unusual situation: Transgenders, sex workers, HIV and immunocompromised women.'
18th to 20th November 2022

By Dr. Smita Joshi
During AOGIN India 2022 conference

Panel discussion entitled, 'HPV genotyping in screening algorithms.'
18th to 20th November 2022

By Dr. Smita Joshi
During AOGIN India 2022 conference

Training of Gynaecologist on Colposcopy and Cervical Cancer Prevention
11th to 16th May 2022 at Prayas Health Group, Pune

PHG facilitate the dissemination of Colposcopy and Cervical Cancer Prevention Course recognized by the International Federation for Cervical Pathology and Colposcopy (IFCPC) in collaboration with the International Agency For Research on Cancer (IARC).

Publications

Peer-reviewed journal articles

Can we increase the cervical cancer screening interval with an HPV test for women living with HIV? Results of a cohort study from Maharashtra, India; July 2022

Authors: Smita Joshi, Richard Muwonge, Vinay Kulkarni, Mahesh Mandolkar, Eric Lucas, Sanjay Pujari, Rengaswamy Sankaranarayanan, Partha Basu.

Journal: International Journal of Cancer

DOI: <https://doi.org/10.1002/ijc.34221>

Climate Change and Health



Climate change is considered the most significant public health challenge of this century. Prayas health group engages with this issue to understand the nature and extent of health consequences of climate change in the Indian context and explore the relevance and effectiveness of health adaptation responses.

Intervention project

Exploratory work in Bhore Block of Pune district, Maharashtra

In 2022–2023, PHG focused on engaging with various ground-level stakeholders in the Pune district. An exploratory work in nine villages (covering 9000+ population) of Bhore block of Pune district, Maharashtra, was initiated. It broadly aims to explore the scope and possible opportunities to integrate the climate change lens into village-level health systems. Several awareness sessions and participatory group activities were conducted with village communities, gram panchayat members, and health care providers (Asha, Anganwadi workers, and the PHC/subcenter team).

These sessions revealed that

- People can play an active role in climate-induced health vulnerability mapping. However, they need anchors to make climate-health interconnections.
- The village-level health system structures (e.g., village health and sanitation committees) can be enabled for collective action. It requires sustained efforts to motivate and enable the communities.
- Existing structures under National Rural Health Mission provide various opportunities to integrate the climate change dimension.

Research

A scoping review of heat health research from India

In May 2022, PHG completed a scoping review of heat health research from India. The study identifies knowledge gaps in research on heat-health impacts and adaptation. It provides insights for prioritizing actions and setting the context for future research in India. A report based on this work was published, and the study findings were also disseminated through a series of print media articles in the local language and a talk show on the radio (Pune Akashwani).

Publications

Reports

A review of Heat and Health research in India: Knowledge gaps in building climate change



Media Articles

तापमानाच्या पंचेचाळीशी नंतर (लोकसत्ता)	Media article
वाढत्या उन्हाळ्याच्या झळा यापुढे जीव घेतील? (लोकमत)	Media article
उन्हाचा भडका अधिक वाढेल तेव्हा आपण काय करणार (लोकमत)	Media article
आज युरोप जळतो आहे उद्या आपण असू (लोकमत)	Media article
हवेचे प्रदूषण श्वसन मार्गात जाऊन दगा होण्यापूर्वी (लोकमत)	Media article
तपत्या झळा उन्हाच्या: सप्ताह विशेष चर्चा (पुणे विविधभारती 101 एफएम)	Radio program

(click on newspaper's name for more information about article)

Peer reviewed journal article on COVID-19 related work

1) Understanding Emergent Dynamism of Covid-19 Pandemic in a City; Sept 2022

Authors: Souvik Barat, Vinay Kulkarni, Aditya Paranjape, Ritu Parchure,
Shrinivas Darak & Vinay Kulkarni

Journal: Transactions of the Indian National Academy of Engineering

DOI: <https://doi.org/10.1007/s41403-022-00369-5>



Internal Committee (IC) report

Internal Committee (A committee for the prevention of sexual harassment at the workplace): The committee has been formed as a statutory requirement for non-governmental organizations in view of providing support that is accessible to people in the organization in case of the possibility of any sexual exploitation. It is a joint committee for all groups of the PRAYAS organization. Each group has a representation in the committee. Sexual harassment grievances would be dealt with based on the related Supreme Court guidelines and judgment on sexual harassment. PRAYAS has its anti-sexual harassment policy.

Following is the list of committee members from the organization and external members-

1. Ms. Vijaya Jori (PHG Representative and Chairperson)
2. Ms. Preeti Karmarkar (External Member)
3. Adv. Vrishali Vaidya (External Member)
4. Ms. Aparna Joshi (Representative of Prayas Trust Office)
5. Mr. Shirish Darak (PHG Representative)
6. Mr. Abhiram Sahasrabudhe (PEG Representative)
7. Ms. Shweta Kulkarni (PEG Representative)

IC report for the period of April 2022 to March 2023

Title	Numbers
Number of complaints received during the year	00
Number of complaints disposed during the year	00
Number of cases pending more than 90 days	00
Action taken by the employer	NA
Number of workshops or awareness programs conducted for the prevention of sexual harassment at workplace (New member sensitization - 5, session for outreach, consultants and interns - 14)	19

Representation on committees

1

Dr. Sanjeevani Kulkarni is a representative of the ICC (Internal Complaint Committee) of the National AIDS Research Institute (NARI) and the National Institute of Virology (NIV).

2

Ms. Vijaya Jori - Global Community Advisory Board member (Community representative) since 2014 on Global Community Advisory Board, AIDS Clinical Trial Group (ACTG), Washington, USA,

3

Ms. Vijaya Jori Community Advisory Board member since 2008 in Clinical Trial Unit, B. J. Medical College, Pune



PRAYAS HEALTH GROUP
PRAYAS AMRITA CLINIC,
ATHAWALE CORNER,
KARVE ROAD,
DECCAN GYMKHANA,
PUNE- 411004



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