



Anahat Foundation Annual Report 2022-23

Improving access to affordable, high quality primary and preventive healthcare for the urban poor in Bangalore, India



Message from the Founder

As we emerged from the Covid-19 pandemic in 2022, the pressures on the public health system remained, and likely increased. Through the Anahat Clinic, our flagship programme, we were able to continue to serve the health needs of our patients. The Clinic is based in the heart of Bangalore city and sees on average, 75-100 patients every day. We provide primary and preventive healthcare services to patients for free. Our patients come to the clinic to consult with our inhouse doctor, avail of free medicines and diagnostic laboratory tests. 70% of our patients at the Anahat Clinic are returning patients.

Almost 50% of our patients suffer from diabetes and/or hypertension. We recognized the need for sustained action and follow up, as well as affordable treatment for our patients, many of whom are from underserved communities who do not have access to good quality healthcare. And so we introduced Prerna at the Anahat Clinic, a special behaviour change awareness programme for people living with diabetes, hypertension and co-morbid diseases. Through Prerna, we integrated social and clinical interventions in a group setting every week, focussing on increasing awareness among our patients about the social and behavioural determinants of diabetes and hypertension.

Ananda, our mental health programme offers counselling and group therapy services to our patients, many of whom struggle with managing stress and anxiety. Through our inhouse qualified counsellor, we provide individual counselling and group therapy to our patients at the Anahat Clinic. We hope to build this programme out as the need is dire and we are, as far as we know, the first to offer free mental health services to urban poor communities.

Last but not least, we introduced physiotherapy at the Anahat Clinic in response to many of our patients presenting with some sort of chronic pain, mostly due to occupational hazards. Many of our patients are domestic workers, daily wage labourers, pushcart vendors and street sweepers who live with back, knee and joint pain as a result of their work. Our inhouse physiotherapist helps patients understand the importance of movement and stretching to relieve joint pain and stiffness in group sessions. He also treats patients individually for pain management using a combination of exercise and Interferential Therapy (IFT), a type of electrotherapy using a Transcutaneous Electric Neural Stimulation or a TENS machine which is a muscle stimulator for back pain and shoulder pain.

At Anahat, we are now poised to scale our Preventive Health programmes and build on the work of the last 4 years. We have a strong team in place and are excited about the future. We would greatly appreciate any financial support for our work. If you would like to donate, you can do so at www.anahatfoundation.org



Best wishes,

Rani Desai
Founder and CEO
Anahat Foundation
rani@anahatfoundation.org

The Problem

India's public primary healthcare system struggled to respond during the Covid-19 pandemic, with millions falling through the cracks.



Bangalore city has a population of 13 million, of which 40% or 5 million people live in slums. The city is divided into 225 wards, and has 147 Primary Health Centres (PHCs) to serve the basic health needs of its citizens. Each PHC serves around 87,000 people while the government recommends one PHC for 50,000 people. This shows that the existing PHC infrastructure is under-resourced to manage the urban population it actually services.

This in turn drives poor people to private doctors and clinics. Out of pocket medical expenses account for one of the main reasons why poor people in India are pushed even further below the poverty line. A WHO report from March 2022 estimates that high out of pocket expenditure on healthcare impoverished 55 million people in urban India with over 17% of households incurring catastrophic levels of healthcare expenditure.

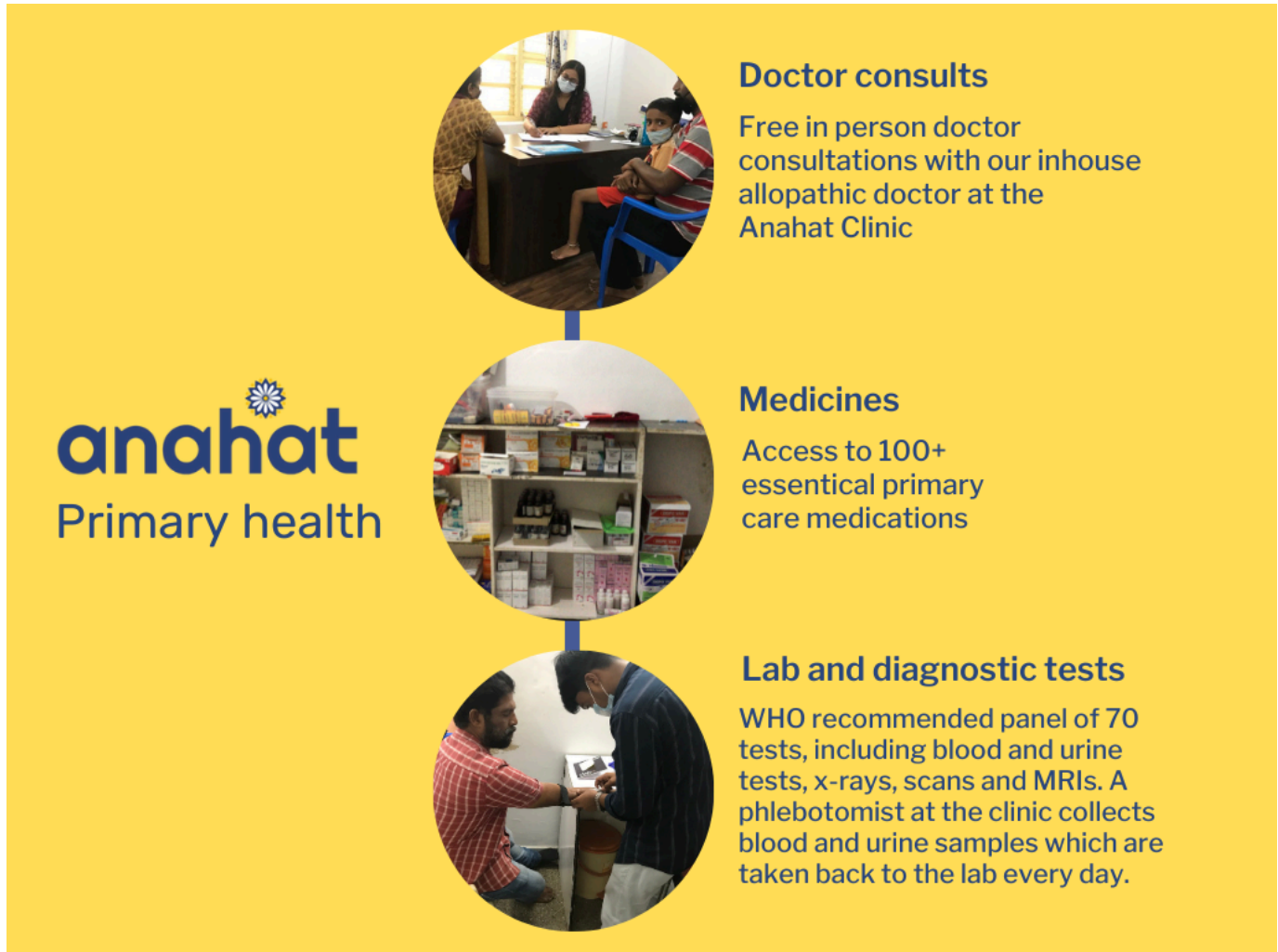
Access to quality affordable primary and preventive healthcare can greatly improve overall quality of life, and also reduces the load on tertiary healthcare systems. When strong primary and preventive healthcare compliment each other, communities live longer, healthier, more productive lives. There is enough evidence in support of this, as in Portugal for example, a relatively small country of 10 million people which has among the best population health outcomes in the world¹. Portugal provides a promising model for reaching at-risk residents early and tackling the chronic illnesses that drag down a nation's life expectancy. The country's 1976 constitution established every citizen's right to health care, regardless of ability to pay.



¹ Washington Post, [A tale of two sisters, two countries and their health systems](#)

Our Solution

Anahat provides free high quality primary and preventive healthcare to underserved communities in Bangalore, a Tier 1 urban metropolis in the state of Karnataka in South India. We offer free consultation with an allopathic doctor, medicines and diagnostic lab tests to 1500 patients a month through our free clinic in the heart of the city. We also take primary healthcare into communities through community health camps in partnership with hospitals, NGOs and corporates.



70% of patients at the Anahat Clinic are returning patients. They return for long term follow up care and because they see value in the healthcare services offered at the clinic. Almost half of our patients suffer from non-communicable diseases like diabetes, hypertension, hypothyroidism and obesity / malnutrition-related conditions, all of which are on an alarming rise among the urban poor. The prevalence of diabetes and other metabolic NCDs in India is considerably higher than previously estimated, according to an ICMR study published in June 2023.²

In addition to a strong Primary Health Programme at the Anahat Clinic, we also began building our Preventive Health Programme.

² [Metabolic non-communicable disease health report of India: the ICMR-INDIAB national cross-sectional study \(ICMR-INDIAB-17\)](#)

Preventive health

Prerna

A special programme for patients suffering from diabetes, hypertension and co-morbid diseases, integrating social and clinical interventions in a group setting over 2 months. Patients learn about the social and behavioural causes of diabetes and hypertension and also receive medication, lab testing and follow up doctor consultation to track their progress. We help patients manage their diets and live healthier lifestyles through Prerna, a deep and sustained long term engagement at the Anahat Clinic.



Ananda

Counselling and therapy in individual and group settings for patients at the Anahat Clinic, helping them manage stress and anxiety. We are likely the first and only healthcare provider that offers mental health services for free in Bangalore.



Physiotherapy

Helps patients manage chronic pain due to occupational hazards from jobs like manual labour and domestic work through exercise and IFT (Interferential Therapy). Many patients from underserved communities who work blue collar jobs suffer from debilitating pain that prevents them from working, thus causing loss of daily wages.



Prerna is a weekly programme conducted at The Anahat Clinic in Bangalore in partnership with Medtronic Labs for people living with diabetes and hypertension. Through Prerna, we integrate social and clinical interventions in a group setting with patients, focussing on the social and behavioural determinants of diabetes and hypertension. Patients also receive ongoing medication and lab testing and can consult with our doctor to address clinical needs, all for free. Reducing stress is key to managing diabetes and hypertension, and activities such as rangoli and colouring are great ways to decompress and have some fun while we're at it!



Ananda is our mental health programme through which we offer free counselling to patients at the Anahat Clinic. Many of our patients suffer from anxiety and depression as a direct result of poverty, but do not know the impact it can have on their physical health. Many didn't even know what mental health was until they experienced the benefits of talking to a counsellor. We refer more serious psychiatric cases to specialists and conduct group awareness sessions on the impacts of mental health on quality of life, and how simple coping techniques can do a world of good.



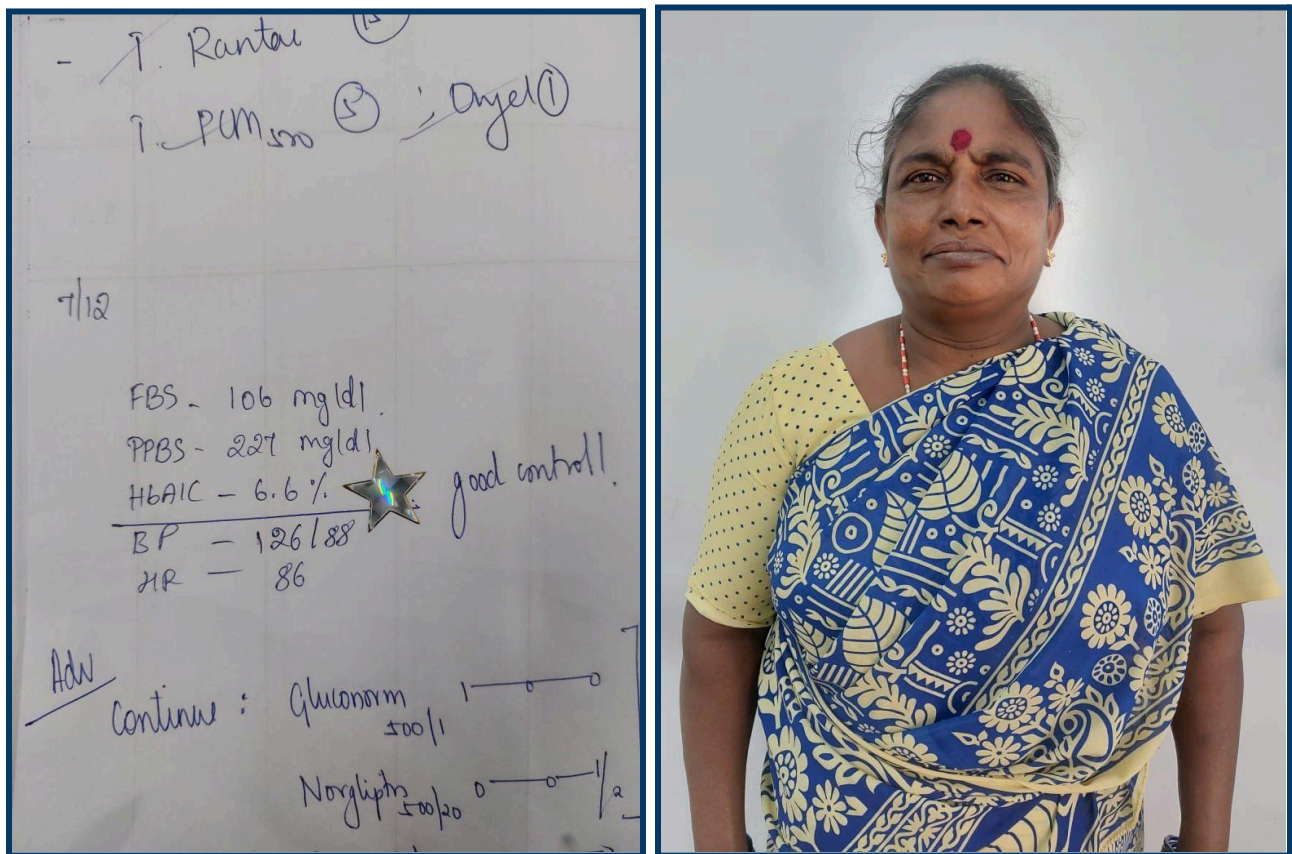


Impact

Diabetes is a chronic metabolic disease characterized by elevated levels of blood glucose (or blood sugar), causing excessive thirst or urination, fatigue, hunger and blurred vision. Over time if left unmanaged, diabetes can lead to serious damage to the heart, blood vessels, eyes, kidneys and nerves. An estimated 77 million people - that's 1 in 11 adults - in India live with diabetes, with higher prevalence in urban areas.

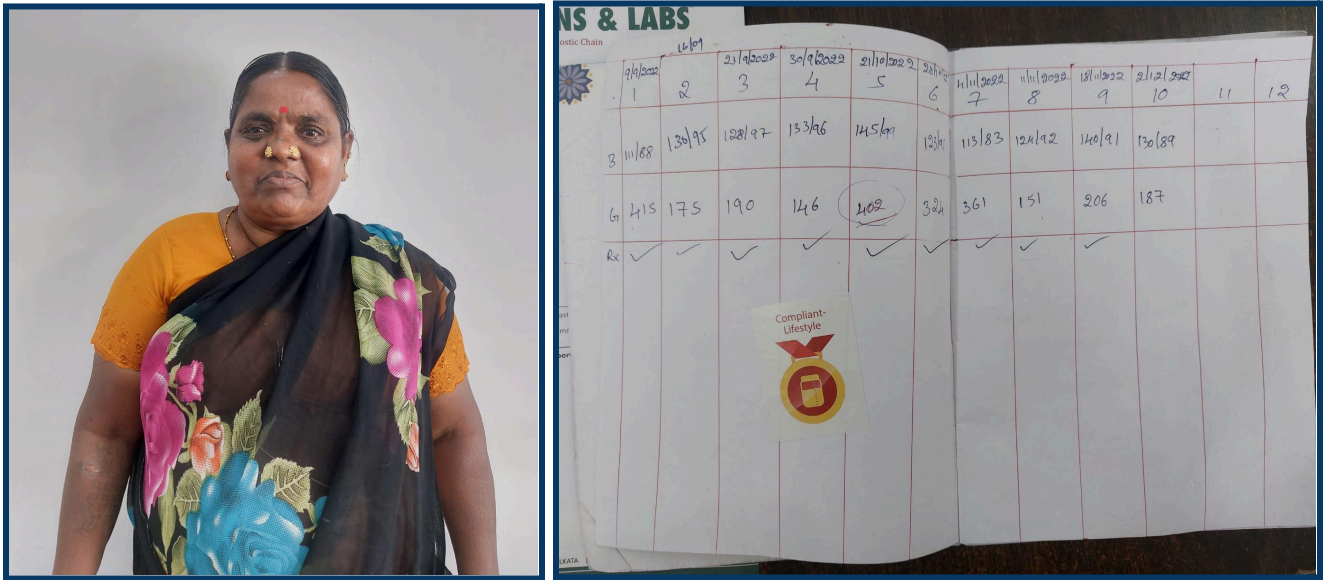
The difference a year can make:

Mrs. Indira came to the Anahat Clinic in December 2021 with a fasting blood sugar level of 359 and post prandial (after eating) of 725 - both several times over the normal limits. With regular medication, sugar monitoring and slight lifestyle modifications, her FBS is today at 106 and her PPBS is 227 - both close to the normal range.



Diabetes impacts lower income communities far more, because it is a chronic disease that requires long-term care and medication. If care is not available, diabetes and its complications (such as stroke, high blood pressure, blindness, foot amputation, kidney failure), affect the ability to work and to sustain a household and family. Even if care is available, it is often too costly for the poor. Diabetes in a family and a household leads to poverty, which in turn affects the next generation.

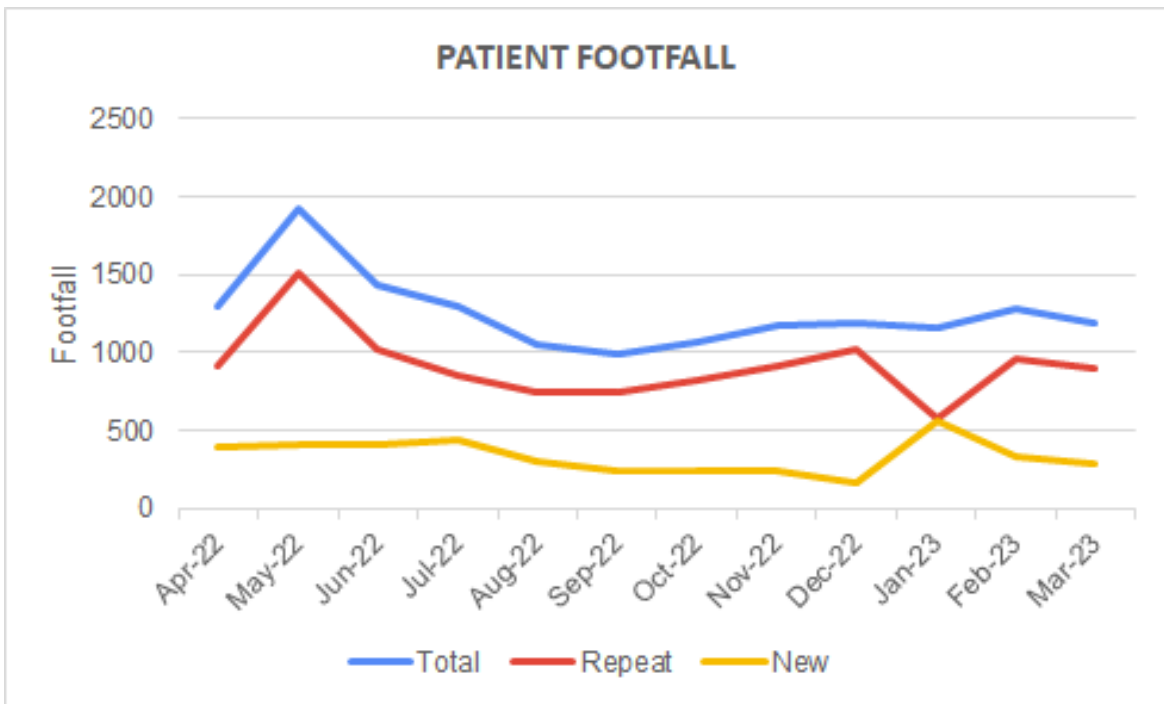
Kaniyamma is a returning patient at the Anahat Clinic. Through consistent medication and modifications in her diet and lifestyle as recommended by our doctor, she has successfully decreased her blood sugar levels over the course of just a few months.



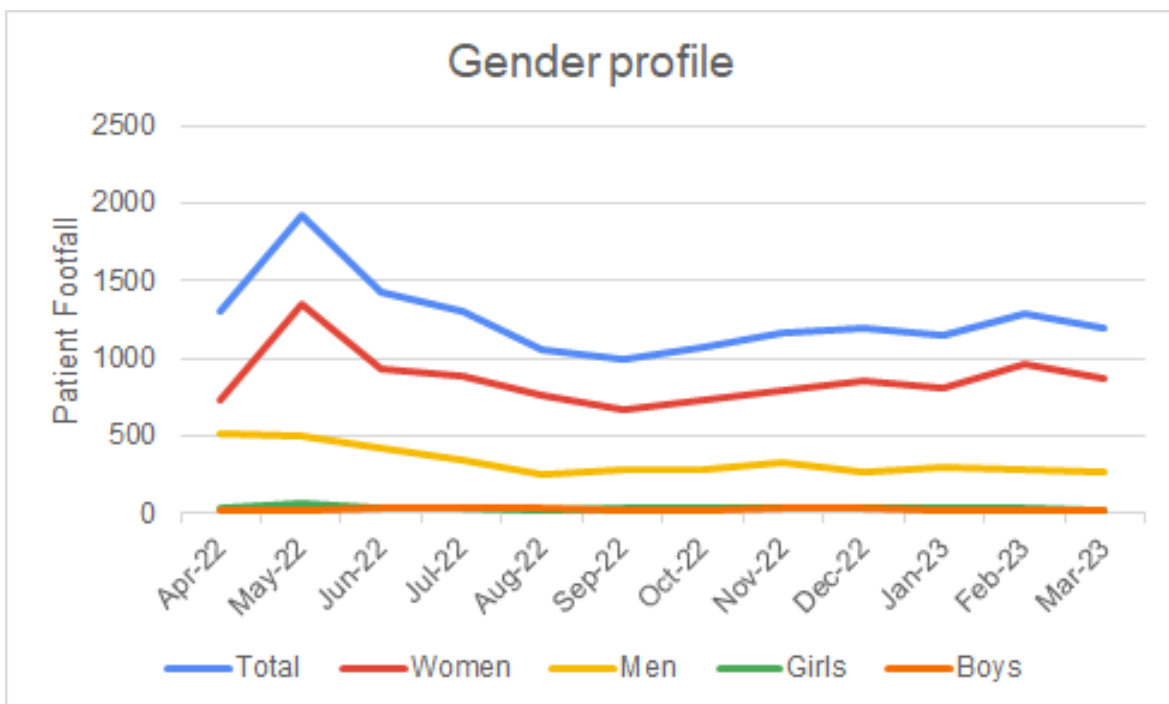
Bhaskar and Jyothilakshmi have been coming to the Anahat Clinic for a few years, and find it invaluable in helping them both manage their diabetes and hypertension. An elderly couple, Bhaskar works as a *dhobi* in Bangalore and makes just about enough for Jyothi and himself. They come to the clinic because they can't afford the medication they need and they are treated with respect by the staff. Many of our returning patients say they are treated disrespectfully elsewhere even when they pay for medical care, simply because they are poor.

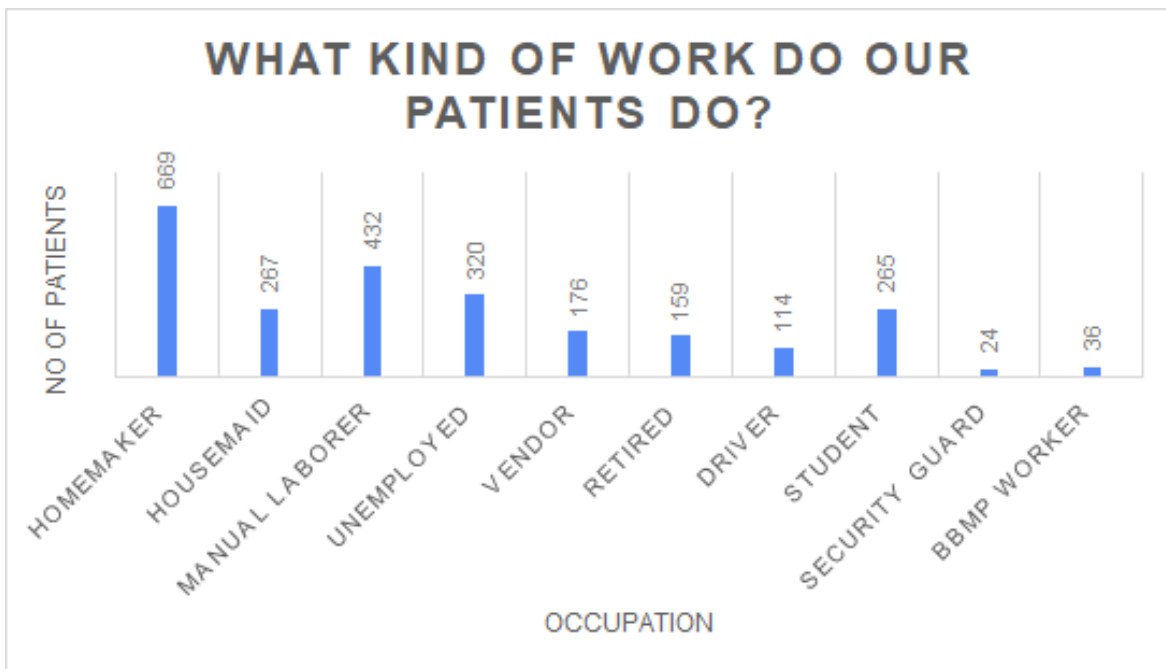
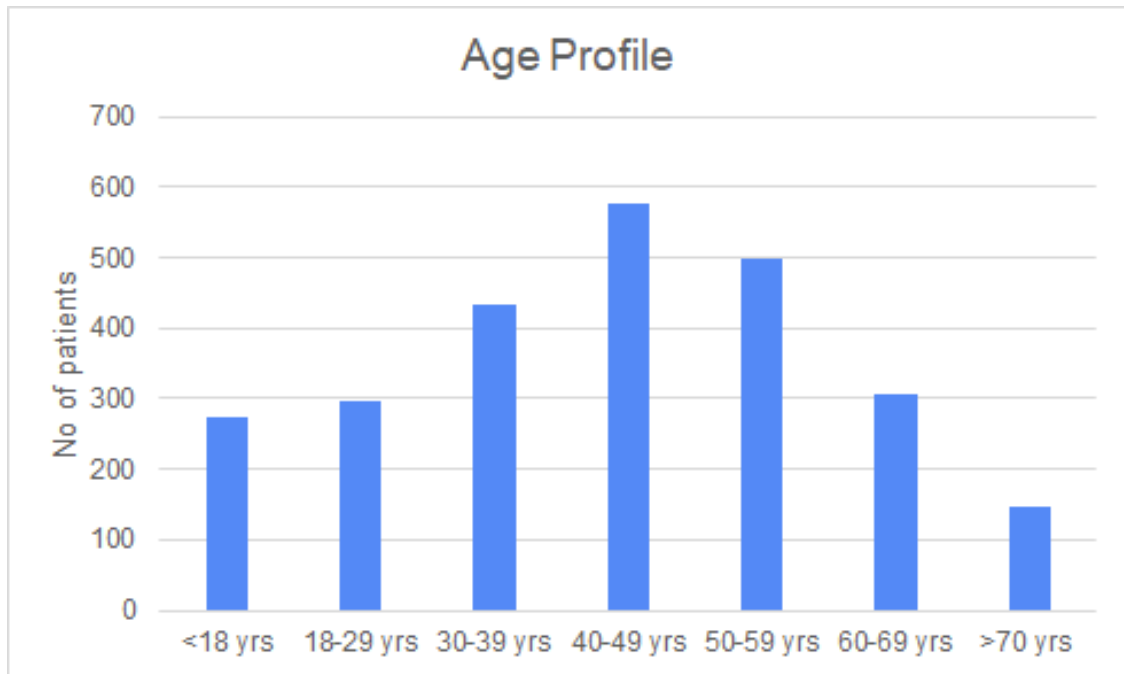


The Anahat Clinic treats 50-100 patients per day on average, with certain seasonal dips and peaks through the year. For example, we see more vector-borne diseases like dengue fever and chikungunya during the monsoon and more skin problems during peak summer. However with increasingly erratic weather patterns, these instances are becoming harder to predict. **In the year 2022-23 we treated 15,000 patients at the Anahat Clinic.**

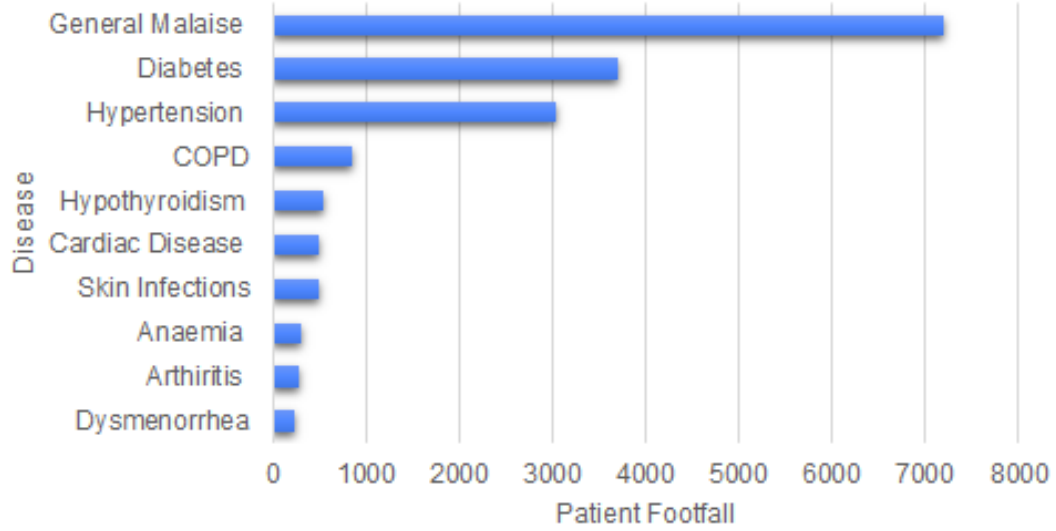


65-70% of patients at the Anahat Clinic are women.








Disease Profile



Audited financial statements

APPLICATION OF INCOME FORM 10		
AS ON 31st MARCH, 2023		
CLIENT	ANAHAT FOUNDATION	
STATUS	A O P (Charitable Trust)	
WARD/CIRCLE	Exemptions Ward 1(2) Bangalore	
FINANCIAL YEAR	31st, March, 2023	
ASSESSMENT YEAR	2023-2024	
P A N	AAGTA3009B	
COMPUTATION OF NET SURPLUS OF " ANAHAT FOUNDATION"		
Sl No	Particulars	Amount
		₹
1	Receipts	
a	Gross Receipts from Donations	52,66,039
b	Income from Other Sources	-
		52,66,039
	Less: Revennue Expenditure as claimed	48,27,845
2	Net surplus	4,38,194
Add	Depreciation claimed and investment claimed for earlier years	-
3	Net surplus available for application	4,38,194
4	Application for object of Trust	-
a	Capital Expenditure incurred during the year	-
b	Corpus Donations	-
c	Repayment of Loan(Secured Loan from HUDCO and KBL)	-
5	Balance	4,38,194
6	Accumulation U/s 11(1)(a) to the extent of 15% of Receipts (para iv) limited by actual balance as per amount available in the hands of the Trust. Rs. 7,89,906	4,38,194
7	Amount accumulated U/s 11(2)	-
8	Balance Taxable Income	-
9	Income Tax thereon	-
Add	Education cess & Surcharge	-
10	Total	-
a	Interst u/s 234(a), (b) & (c)	-
11	Total	-
12	Tax Deucted at Source	-
13	Balance payable/refundable	Nil
14	Balance as per Bank Statement as on 31/03/2023	10,22,193
for Anahat Foundation (Regd)		
		
Rani Desai (Managing Trustee)		
Place : Bangalore		
Date:		

Anahat Foundation

1B Elgin Court, Eagle Street
Langford Town, Bangalore - 560 025

Balance Sheet As at 31st March 2023

Particulars	Current Year	
	Details	Amount
	₹	₹
<u>SOURCES OF FUNDS</u>		
<u>CORPUS FUND</u>		
<u>General Fund</u>		
Addition during the year	6,47,355	
ADD : Excess of Income Over Expenditure	4,38,194	10,85,549
Loan from Trustees		10,000
Total		10,95,549
<u>FIXED ASSETS</u>		
Laptop		73,206
<u>Closing Balance</u>		
ICICI A/c 026905005632	10,20,465	
SBI NDBM	1,728	
STATE BANK OF INDIA	-	10,22,193
Cash Balance		150
Total		10,95,549

for Anahat Foundation (Regd)

For Iqbal Yezdi & Narain
Chartered Accountants



Rani Desai
(Managing Trustee)
Place : Bangalore
Date:



Aathika Ifthikhar
Partner
M. No. 029601
FRN: 001142S

Anahat Foundation

1B Elgin Court, Eagle Street Langford Town, Bangalore - 560 025

Income & Expenditure Account for the year ending 31st March 2023 - Combined

Particulars	Current Year
	AMOUNT
	₹
INCOME	
India Development Relief Fund	15,89,400
Donation	36,76,639
TOTAL	52,66,039
EXPENDITURE	
Health Camps / Telemedicine-Anahat Clinic	
Rent	4,93,000
Salaries	14,80,607
Medicines	6,81,751
Diagnostic Tests	3,54,044
Conveyance	43,849
Bio-medical waste	4,717
Printing & Stationery	68,017
Equipment	40,227
UPS & Wiring	40,300
Electricity & Water	44,865
Preventive Health Expenses	
Salaries	8,82,490
Ethical Certificate for academic paper	29,500
Administrative Expenses	
Salaries	3,13,100
Staff Welfare	43,695
Conveyance	43,849
Computer expenses	97,882
Website	7,753
Mobile / Broadband	13,550
Maintenance & Repair	44,395
Fundraising Capacity Building	455
CCTV	35,000
KPME License	1,250
Audit Fees	50,881
Vehicle Maintenance	10,000
Bank Charges	2,668
Excess of Income Over Expenditure	4,38,194
TOTAL	52,66,039

for Anahat Foundation (Regd)

For Iqbal Yezdi & Narain
Chartered AccountantsRani Desai
(Managing Trustee)

Place : Bangalore.

Date:

Aathika Hithikhar
Partner

M. No. 029601

FRN: 001142S

Anahat Foundation

1B Elgin Court, Eagle Street
Langford Town, Bangalore - 560 025

Receipts and Payments Account for the year ending 31st March 2023- Combined

RECEIPTS	AMOUNT	PAYMENTS	AMOUNT
	₹		₹
Opening Balance		Health Camps / Telemedicine-Anahat Clinic	
Cash	150	Rent	4,93,000
SBI NDBM	5,09,157	Salaries	14,80,607
STATE BANK OF INDIA	19,478	Medicines	6,81,751
ICICI A/c 026905005632	55,364	Diagnostic Tests	3,54,044
General Donations	36,76,639	Conveyance	43,849
India Development Relief Fund	15,89,400	Bio-medical waste	4,717
		Printing & Stationery	68,017
		Equipment	40,227
		UPS & Wiring	40,300
		Electricity & Water	44,865
		Preventive Health Expenses	
		Salaries	8,82,490
		Ethical Certificate for academic paper	29,500
		Administrative Expenses	
		Salaries	3,13,100
		Staff Welfare	43,695
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		Computer expenses	97,882
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		Maintenance & Repair	44,395
		Fundraising Capacity Building	455
		CCTV	35,000
		KPME License	1,250
		Audit Fees	50,881
		Vehicle Maintenance	10,000
		Bank Charges	2,668
		Closing Balance	
		Cash Balance	150
		SBI NDBM	1,728
		STATE BANK OF INDIA	-
		ICICI A/c 026905005632	10,20,465
TOTAL	58,50,188	TOTAL	58,50,188

for Anahat Foundation (Regd)

For Iqbal Yezdi & Narain
Chartered Accountants


Rani Desai
(Managing Trustee)
Place : Bangalore.
Date:




Aathika Ifthikhar
Partner
M. No. 029601
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