Project Swasthya

A Special Focus on Women, Adolescent Girls & Children

A Collaborative project Of…

Coromandel International Limited, Kakinada

Padala Charitable Trust (PCT) , Kakinada

SDG Alignment



Annual Report 2025-26

Project Impact Area

Vakalapudi, Valasapakala, Suryarao Peta, Harbour Peta

Project at a Glance

Indicator	Achievement
Villages Covered	4
Adolescent Girls Reached	1200
Pregnant Women Reached	194
Lactating Mothers Reached	163
Mothers Reached through Mother Group Meetings	650
Health Workers Trained	60
Community Referrals	200+
Health Camp Beneficiaries	95
Door to Door Reach	2465
Nutrition Kits Distributed	1300+

Key Outcomes

- Average Hb improvement among women: **+1.3 g/dL**
- Increased menstrual hygiene awareness
- Improved maternal health practices
- Strengthened referral linkages with Coromandel Hospital
- Enhanced awareness on cervical cancer and reproductive health

Project Goal, Objectives & Key Highlights

Goal :

To enhance the health and nutritional status of women and adolescent girls through education, community mobilization, and improved access to health services in project villages Valasapakala, Vakalapudi, Suryaraopeta and Harbour Peta in Kakinada rural, Andhra Pradesh.

OBJECTIVES:

1.To increase awareness among women and adolescent girls on menstrual hygiene, reproductive health, nutrition, personal safety education and cyber safety.

2. To build community structures (Mother Groups, Peer Educators) to sustain health and hygiene behaviour change.

3. To strengthen linkages with health service providers including ASHAs, ANMs, and AWWs to improve accessibility and utilization of health services.

4. To conduct regular health check-ups, camps, and nutrition support activities for targeted groups.

5. To break the silence on Sustainable Menstruation and make the women more knowledgeable about reusable cloths, menstrual cups which are safer, less expensive and environment friendly.

Key Highlights:

1.Nutritional kits were provided four times to 100 pregnant and lactating mothers.

2.80 mothers were engaged through monthly meetings on nutrition, hygiene, and menstrual health.

3.Nutritional kits were Frequently distributed to 200 adolescent girls.

4.Peer educators were identified, reaching 100 beneficiaries through regular engagement.

5.Menstrual awareness sessions were conducted, and MHM kits were distributed.

6.HB screening was conducted for adolescent girls and mothers, and data was recorded.

7.Kishori Diwas and Girl Child Day were celebrated with competitions and prizes.

8.Cervical cancer awareness sessions were conducted in four areas.

9.Door-to-door campaigns enabled regular community interaction and hospital referrals.

10.Health workers were trained through doctor-led sessions and motivated with incentives.

Pregnant & Lactating Mothers Group Meetings

Through a focused maternal and child health intervention, the program empowered pregnant and lactating mothers with critical knowledge on health, child care, and nutrition, enabling informed decision-making and sustainable lifestyle changes. Structured counselling and continuous engagement helped strengthen positive health behaviours among women, particularly during the most vulnerable stages of motherhood.
By establishing an effective referral mechanism with **Coromandel International Hospital**, women with identified health concerns received timely medical attention, reducing risks associated with delayed treatment. Ongoing follow-up ensured continuity of care and reinforced health-seeking practices.
To date, the initiative has **reached 650 women**, contributing to improved maternal well-being, enhanced child care practices, and stronger community-level health outcomes.

Output :
650 pregnant and lactating mothers reached, improving access to health information and services
Increased adoption of healthy practices related to nutrition, antenatal and postnatal care
Early detection and referral of health issues, reducing maternal and child health risks
Strengthened hospital–community linkage through referrals to Coromandel International Hospital
Behavioural change enabled through continuous counselling and follow-up support.

Outcome :
- Reduction in preventable maternal and infant health complications
- Improved nutritional status of mothers and young children
- Enhanced health awareness leading to sustained behaviour change
- Contribution to **SDG 3: Good Health and Well-being** and **SDG 5: Gender Equality**



Mothers Nutrition Program

As part of the nutrition program for mothers, **nutrition kits were distributed to 100 beneficiaries**, including pregnant and lactating mothers. Each nutrition kit contained **10 essential food and nutrition items**, carefully selected to support the enhanced nutritional requirements during pregnancy and lactation. This intervention aimed to improve dietary intake, address nutritional gaps, and support maternal and child health.

Outputs :

- **100 pregnant and lactating mothers** received nutriti
- **10 essential nutrition items** included in each kit
- Timely distribution of kits under the maternal nutrition p
- Improved access to nutritious food supplements for vu







Outcomes :

- Enhanced nutritional intake among pregnant and lactating mothers
- Improved awareness on the importance of balanced nutrition during critical life stages
- Support towards healthier pregnancies and improved lactation outcomes
- Reduced risk of nutrition-related deficiencies among mothers and infants



Adolescent Peer Educators Training Program

Peer educators were identified from within the community and provided with structured training sessions to strengthen their knowledge, leadership, and facilitation skills. As part of the capacity-building initiative, **bags were distributed to identified peer leaders**, while **water bottles were provided to the remaining peer educators** to support their active participation and engagement in program activities. During the peer educators' meeting, comprehensive awareness sessions were conducted for all students on various aspects of menstruation, including menstrual health, common problems, prevailing myths, hygiene practices, and the importance of nutrition.
To ensure that the students retain this knowledge and are able to effectively share it with others, Swechha handouts were distributed to all participants.

Outputs

Peer educators identified from the target community
Training sessions conducted to build knowledge and leadership capacities
Bags distributed to selected peer leaders
Water bottles distributed to other peer educators
Improved participation and motivation among trained peer educators

Outcomes

Enhanced leadership and communication skills among peer educators
Strengthened peer-led awareness and outreach within the community
Increased ownership and sustainability of program interventions
Improved dissemination of health and awareness messages at the grassroots level



Adolescent Menstrual Hygiene Management Program

The program was designed to educate adolescent girls about the menstrual process and to promote the adoption of appropriate menstrual hygiene practices. As part of the initiative, hygiene kits consisting of sanitary napkins, hand wash, and handkerchiefs were distributed to the participants.
So far, the program has successfully reached **1200 adolescent girls**. Awareness sessions were specifically conducted for **8th and 9th grade students**, with the objective of providing them with essential knowledge and basic understanding of menstruation and personal hygiene.

Output
Menstrual health and hygiene awareness sessions conducted for adolescent girls.
Hygiene kits (sanitary napkins, hand wash, and handkerchiefs) distributed.
Structured sessions delivered to **8th and 9th grade students**.
Improved access to menstrual hygiene products for school-going adolescent girls.



Outcome
Increased awareness and understanding of the menstrual process among adolescent girls.
Improved menstrual hygiene practices and personal cleanliness habits.
Reduction in myths, fear, and hesitation related to menstruation among students.
Enhanced confidence and preparedness among girls to manage menstruation safely and hygienically



Adolescent Nutrition Program

As part of the adolescent health and nutrition initiative, **approximately 1200 nutritional kits Distributed to vulnerable adolescent girls** were identified and provided with nutrition kits. Recognising that anaemia and poor nutrition adversely affect not only physical growth but also mental development and academic concentration, this intervention aimed to address nutritional deficiencies and support the overall well-being of adolescent girls. The distribution of nutrition kits was intended to improve their health status, enhance energy levels, and enable better focus on education.

Key Outputs

- **Approximately 1200 Nutrition kits Distributed**
- Nutrition kits distributed to adolescent beneficiaries
- Focus on addressing anaemia and nutrition-related deficiencies
- Targeted support provided during the critical adolescent growth phase



Key Outcomes

- Improved nutritional intake among adolescent girls
- Reduction in the risk and impact of anaemia
- Enhanced physical growth and mental well-being
- Improved concentration, school attendance, and learning outcomes
- Increased awareness among girls about the importance of nutrition



Healthcare Workers Training Program

A structured training program was conducted for healthcare workers across four areas, facilitated by a subject expert (Guest Trainer). The program focused on enhancing the knowledge and skills of participants in key areas such as mental well-being, first aid, and snakebite management. A total of 60 healthcare workers actively participated in the training.



Output:

•Training program successfully conducted across four locations

•60 healthcare workers trained by an expert resource person

•Comprehensive orientation provided on mental health, first aid, and emergency response (snakebite management)

Outcome:

•Improved knowledge and practical skills of healthcare workers in handling common health and emergency situations

•Increased awareness on mental well-being and its importance in community health

•Strengthened capacity of healthcare workers to provide timely and appropriate first-level care within their communities

•Enhanced confidence among participants to respond effectively to emergencies and support community health needs

Nutrition Intervention and Hemoglobin Improvement Outcomes

Impact Snapshot

Women Beneficiaries -260

•Haemoglobin (HB) screening conducted before and after the intervention showed an **average increase of 1.3 g/dL** among women beneficiaries.

•Nutrition kits and regular health & nutrition awareness sessions contributed to improved nutritional status and anaemia reduction.

•Enhanced awareness on healthy dietary practices and preventive healthcare led to better health-seeking behavior.



Adolescent Girls -250

•Adolescent girls receiving nutritional support demonstrated a **significant improvement in haemoglobin levels**.

•Nutrition education sessions strengthened knowledge on balanced diets, anaemia prevention, and healthy food choices.

•Improved awareness and dietary practices contributed to better overall health and well-being.



Key Outcome

Integrated nutrition support and continuous awareness interventions resulted in improved haemoglobin levels, enhanced nutrition knowledge, and healthier lifestyles among women and adolescent girls in the project communities**.**

Community Outreach and Referral Support

Field staff regularly visited communities to understand ground-level realities and needs. Along with identifying issues, they provided relevant health awareness and facilitated referrals to Coromandel Hospital for appropriate care. Their consistent engagement enabled them to effectively reach adolescents and women, while building strong rapport within the community and ensuring continuous accessibility and support.

They also played a key role in supporting maternal and child health by educating pregnant women on trimester-wise care and guiding lactating mothers on the importance of breastfeeding. Additionally, they promoted proper hygiene practices, contributing to improved health and well-being among beneficiaries.

Output:

•Regular field visits conducted with continuous community engagement

•Awareness sessions delivered on maternal health, breastfeeding, and hygiene

•Adolescents and women effectively reached across target areas

•Timely referrals made to Coromandel Hospital for medical support

•Strong community rapport established and maintained

Outcome:

•Increased awareness among women and adolescents on health, nutrition, and hygiene practices

•Improved maternal and child health outcomes through better care practices and breastfeeding awareness

•Enhanced health-seeking behavior with increased utilization of hospital services

•Strengthened trust between community members and field staff

•Improved overall well-being of the community through sustained support and guidance**





Community Medical Camp

Community Health Camp Conducted under the Swasthya Project

As part of the **Swasthya Project**, a **Community Health Camp** was organized on **28 May 2026** at **Suryaraopeta** to improve access to healthcare services for women, children, and adolescent girls in the community.

A total of **95 beneficiaries** attended the camp and received medical consultations and guidance for their health concerns. The camp was led by **Dr. Amrutha, Gynecologist**, who conducted health screenings, provided medical consultations, and offered appropriate healthcare advice and support to the participants.

Category	Number of Beneficiaries
Pregnant Women	20
Lactating Mothers	10
Women	30
Adolescent Girls	25
Children	10
Total	**95**



During the camp, participants had the opportunity to discuss their health issues directly with the gynecologist and receive professional medical guidance. Special attention was given to maternal health, reproductive health, adolescent health, nutrition, and general well-being.

The initiative played a significant role in enhancing awareness about preventive healthcare, promoting timely medical consultation, and facilitating access to essential health services among vulnerable groups in the community. The successful conduct of the camp contributed to the overall objective of the Swasthya Project in strengthening community health and well-being.

International Girl Child Day celebration

As part of the **International Day of the Girl Child celebrations**, an awareness and engagement programme was conducted at **APSP School**. The initiative included **Drawing, Elocution, and Essay Writing competitions** aimed at encouraging self-expression, creativity, and awareness among students. Participating children were motivated through the distribution of **certificates and prizes**, fostering confidence and enthusiasm.
The programme was graced by the presence of **MEO–I and MEO–II, Kakinada Rural**, along with **Mrs. Gowri Jaganathan**, who distributed prizes to the students and encouraged their active participation. A total of **approximately 150 students**, including **both girls and boys**, took part in the event, reinforcing the message of gender equality and collective responsibility.



Key Outputs
•International Day of the Girl Child celebrations conducted at APSP School
•Drawing, Elocution, and Essay Writing competitions organised
•Certificates and prizes distributed to participating students
•Participation of MEO–I and MEO–II, Kakinada Rural, and Mrs. Gowri Jaganathan
•**Approximately 150 students** participated, including boys and girls



Key Outcomes
•Enhanced awareness on girl child rights, equality, and empowerment
•Improved self-confidence, creativity, and communication skills among students
•Positive reinforcement through recognition and rewards
•Increased engagement of boys in conversations around gender equality
•Strengthened school and stakeholder involvement in social awareness initiatives

National Girl Child Day celebration

As part of the Swasthya Project, National Girl Child Day was celebrated at Vakalapudi High School to promote gender equality, encourage self-expression, and create awareness about the importance of empowering girls.

The programme was graced by Mr. Devesh Pandey from the CSR Department of Coromandel International Limited Headquarters and Mr. K. Vamsi Krishna, who attended as chief guests and motivated the students through their inspiring messages.

To encourage creativity, critical thinking, and self-confidence among students, Drawing and Essay Writing Competitions were organized. The event witnessed enthusiastic participation from both boys and girls, reflecting their interest in issues related to education, equality, and social development.

A total of 100 students participated in the competitions. Following a fair evaluation process, 15 students were selected and recognized as winners. Participation Certificates and Compass Boxes were distributed to all participants in appreciation of their efforts. The winning students were honoured with Appreciation Certificates along with Documents Files and Writing Planks as prizes.

The celebration provided an engaging platform for students to showcase their talents, express their ideas, and strengthen their understanding of the importance of supporting and empowering girls in society.





Outputs

National Girl Child Day celebration conducted at Vakalapudi High School.

Chief guests from Coromandel International Limited participated and encouraged students.

Drawing and Essay Writing competitions successfully organized.

100 students (both boys and girls) actively participated in the event.

15 outstanding students were selected and recognized as winners.

Participation Certificates and Compass Boxes distributed to all participants.

Appreciation Certificates, Document Files, and Writing Planks awarded to winners.

Outcomes

Increased awareness among students regarding girl child rights, education, and gender equality.

Enhanced creativity, communication, and critical thinking skills through participation in competitions.

Improved self-confidence and motivation among students through recognition and rewards.

Encouraged positive attitudes among both boys and girls towards supporting gender equality.

Strengthened student engagement in social awareness and educational activities.

Fostered a supportive school environment that values the empowerment and development of girls.

Cervical Cancer Awareness Month Program

A Cervical Cancer Awareness Session was conducted for local women with the support of **ANMs** and a **Gynecologist from Coromandel Hospital**. The session focused on educating women about critical aspects such as personal hygiene practices, early warning signs, the importance of regular screening, and preventive measures related to cervical cancer. Through this initiative, **approximately 100 women** were sensitised and gained increased awareness on cervical health and preventive care.





Outputs

- Cervical cancer awareness session conducted for local women
- Participation of ANMs and a gynecologist from Coromandel Hospital
- Awareness created on hygiene, screening, and prevention methods
- **Approximately 100 women** reached through the session

Outcomes

- Improved knowledge and understanding of cervical health among women
- Increased willingness to undergo cervical cancer screening
- Adoption of better personal hygiene and preventive health practices
- Early identification and timely referral for further medical consultation

Menstrual Hygiene Day Celebration

On the occasion of **Menstrual Hygiene Day (28 May 2026)**, under the **Swasthya Project**, organized an awareness programme for **50 adolescent girls** to promote menstrual health and hygiene practices.

As part of the programme, a comprehensive **Hygiene Kit** was distributed to all participants. The kits were formally presented by the **District Collector of Kakinada, Sri Hareendhira Prasad Garu**, who graced the occasion and encouraged the girls to prioritize their health and well-being.

Each Hygiene Kit contained:

- 3 packets of sanitary pads
- Swechha awareness handout
- Hand napkin
- Handwash liquid
- Groundnut chikki box
- Sesame (Til) chikki box
- Dates box



In addition to the kit distribution, an interactive awareness session was conducted to educate the girls on menstrual hygiene management, healthy practices during menstruation, and the importance of maintaining personal hygiene.

The programme was attended by several distinguished guests, including:

- Smt. Lakshmi Garu, CDPO
- Sri K. Jaganthan Garu, Unit Head, Coromandel International
- Sri Jnanasundaram Garu
- Sri Padmanabham Garu
- Sri K. Vamsi Krishna Garu
- Smt. Swathirupa Madam, Hospital Staff, Coromandel Unit

The event also witnessed active participation from Anganwadi Teachers, whose support contributed significantly to the successful implementation of the programme.

The initiative reinforced the importance of menstrual health awareness among adolescent girls and encouraged them to adopt safe and hygienic menstrual practices with confidence and dignity.

Case Study -1

Maternal Health and Nutrition Intervention

Background
Mrs. P. Lova Lakshmi (23) lives in Valasapakala with her husband, a daily wage worker, and their two young daughters. The family belongs to a low-income background and resides in a thatched house. During her third pregnancy, she was enrolled in the nutrition program in her 6th month of pregnancy.



Challenge
Mrs. Lova Lakshmi was physically weak and anemic during pregnancy. Limited income affected the family's access to proper nutrition and healthcare. Additionally, the family preferred a male child, increasing the risk of repeated pregnancies and related health concerns.

Intervention
She was provided nutritional support and referred to Coromandel Hospital for regular antenatal check-ups. Continuous follow-up, counselling, and participation in Mother Group Meetings helped improve her awareness of maternal health, nutrition, and self-care practices.

Result
Mrs. Lova Lakshmi delivered a healthy male child in February 2026. Post-delivery health assessments showed significant improvement in her heamoglobin levels and overall health condition. The intervention contributed to a safe pregnancy, healthy delivery, and improved maternal well-being.

Case Study -2

High-Risk Pregnancy Management and Nutritional Support

Background
Mrs. Chepala Nagamani (27), a resident of Suryaraopeta, belongs to an economically vulnerable fishing community. She is a dwarf woman with limited educational opportunities and lives with her husband, a fisherman, in a rented house with an unstable income.



Challenge
Mrs. Nagamani's pregnancy was considered high-risk due to her physical condition, previous pregnancy loss in 2024 because of fetal abnormalities, and poor socio-economic status. These factors increased the need for close medical supervision and nutritional support.

Intervention
Mrs. Nagamani was identified and enrolled in the nutrition program during her pregnancy. She received nutritional kits, regular door-to-door monitoring, continuous counselling, and support for frequent medical check-ups to ensure proper maternal and fetal health.

Result
With sustained nutritional support and regular health monitoring, Mrs. Nagamani successfully delivered a healthy baby in January. Both mother and child are currently healthy and stable, demonstrating the positive impact of timely intervention and continuous care.

Case Study -3

Menstrual Hygiene Awareness and Behaviour Change

Background

Mrs. Bonthu Lakshmi (34), a resident of Simhadri Nagar, Valasapakala, belongs to a low-income family. She works as a housemaid, while her husband is a tractor driver. Prior to the intervention, she had limited awareness of menstrual hygiene and relied on the use of cloth during menstruation.

Challenge

Lack of knowledge about safe menstrual hygiene practices exposed Mrs. Lakshmi to potential health risks such as infections, skin irritation, and reproductive health complications. Financial constraints and limited access to awareness programs contributed to the continuation of unsafe practices.



Intervention

Mrs. Lakshmi participated in a Mother Group Meeting where awareness was provided on maternal health, breastfeeding, cancer prevention, and menstrual hygiene. She received individual counselling on the benefits of sanitary napkins, proper usage, timely changing of pads, and safe disposal methods. A sanitary napkin packet was also provided to encourage the adoption of hygienic practices.

Result

Mrs. Lakshmi gained awareness about the importance of menstrual hygiene and expressed her willingness to transition from cloth to sanitary napkins. She demonstrated an understanding of proper usage and disposal practices, indicating positive behavioral change toward improved personal health and hygiene.

Case Study -4

Supporting a Physically Challenged Pregnant Woman through Targeted Health Interventions

Background

Mrs. Erupalli Subbalakshmi (30) and her husband, both physically handicapped, live in a rented house in Valasapakala Panchayat, Kakinada. Belonging to an economically weaker section, the couple faces challenges in meeting their daily needs and accessing healthcare services, particularly during pregnancy.



Challenge

Mrs. Subbalakshmi was identified during the third month of pregnancy with a haemoglobin level of 9 g/dl, indicating moderate anaemia. Her physical disability, limited mobility, financial constraints, and nutritional deficiencies increased the risk of pregnancy-related complications.

Intervention

Under the Swasthya Program, Mrs. Subbalakshmi received regular home visits, continuous health monitoring, nutritional support through iron-rich nutrition kits, counselling on balanced diet and hygiene practices, and guidance on the regular intake of Iron and Folic Acid (IFA) tablets. She was also linked to Government General Hospital (GGH), Kakinada, for routine antenatal checkups and medical supervision.



Result

The beneficiary's haemoglobin level improved from 9 g/dl to 10 g/dl, and regular antenatal checkups ensured proper monitoring of her pregnancy. A sixth-month scan confirmed normal fetal growth and development. Her overall health condition improved, and both mother and baby are currently stable. The intervention enhanced her health awareness, reduced anaemia-related risks, and strengthened her confidence in seeking healthcare services.

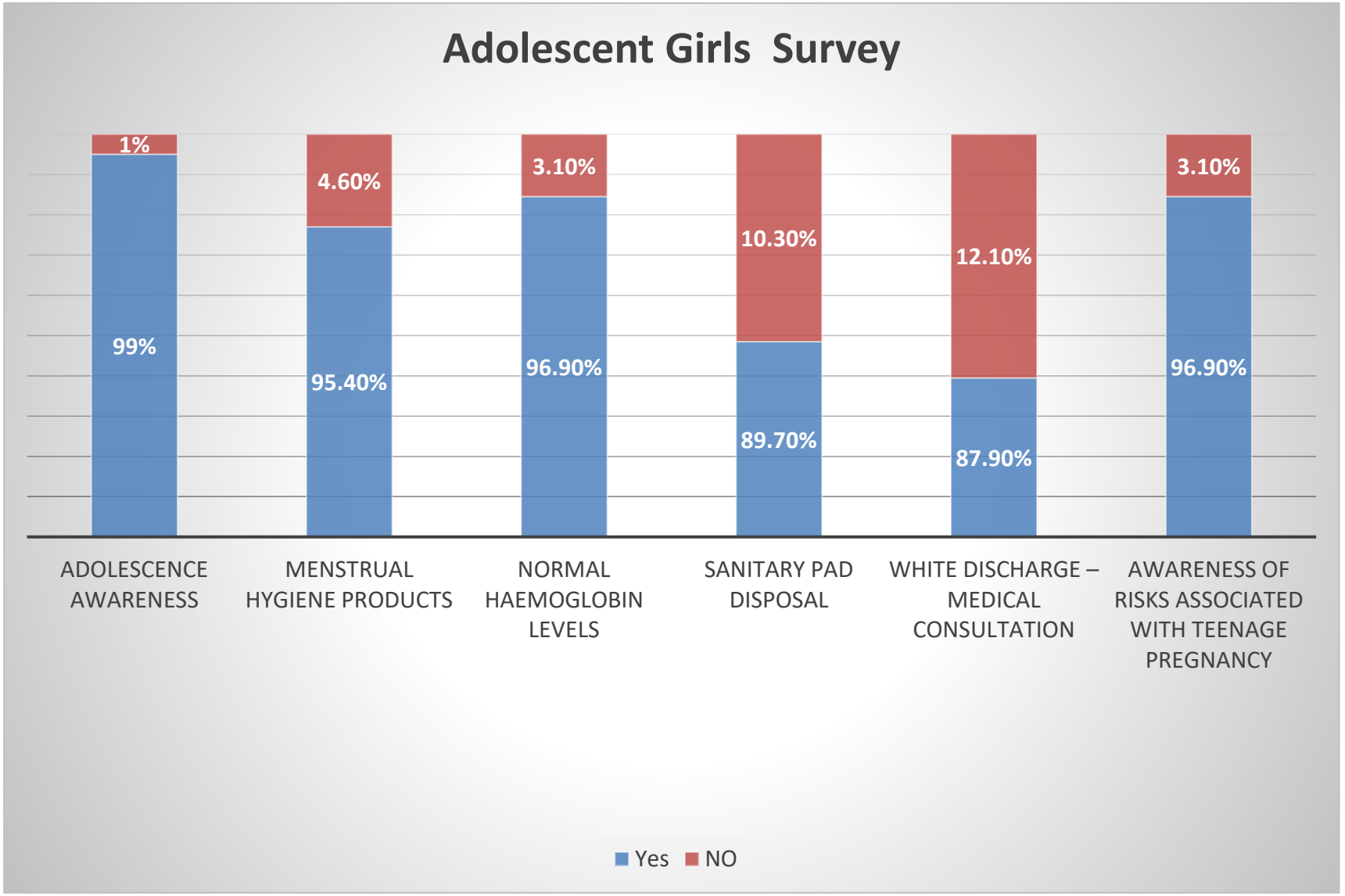
Program Indicators Reach Data

S.No	Indicator	Description	Status
1	1.1.1.3 : Mother Group formation and monthly meetings cum capacity building on Safe Motherhood, Child Care Practices, SRHR, Health & Nutrition	4 Mother Group meeting in each month 1 in each village every month conducted by Lead Mother. Covered at least 20 mothers in each meeting, from Sep 2025 to Mar 2026	We conducted meetings and reached 650 Mothers.
2	1.1.1.4 : Counselling and referral services to the Pregnant, Lactating mothers and other patients suffering from diseases.	200 families will directly cater from the project villages and refer to Coromandel Hospital and Govt. Health Centres	We refer 200 families to coromandel hospital
3	1.1.1.5 : Provision of Iron-rich food items for malnourished children and P&LW (Pregnant & Lactating Women)	100 women (pregnant/lactating) & children from 4 villages 25 from each village covered every month for 4 months (Sep to Mar, at alternate monthly). Kit of iron-rich food items	Reached the target
4	1.2.1.1 Adolescent Peer Educators (PE) identification and Adolescent Group Formation	10 PE (5 from Vakalapudi High School & 5 from Suryaraopeta High School) 10 Adolescent Groups formed	We recognize the leaders and formed groups.
5	1.2.1.2 : Training program for Peer Educators to capacitate towards Adolescent Health issues.	2 Training sessions to PE s once in 4 months.	We conduct training sessions to the Peer educators.
6	1.2.1.3 : Monthly sessions to adolescents facilitated by PE s on ARSH module, Adolescent health & nutrition	10 PE x 10 members covered each in each meeting. Alternative monthly meetings facilitated by PE. 10 PE x 5 meetings each = 50 meetings, total 500 adolescents covered	Reached the target.
7	1.2.2.2 : Kisor- Kisori diwas celebration at AWCs, in the project villages	200 adolescents covered from all project villages	We conduct International Girl child & National girl child day celebrations reached 200 adolescents.

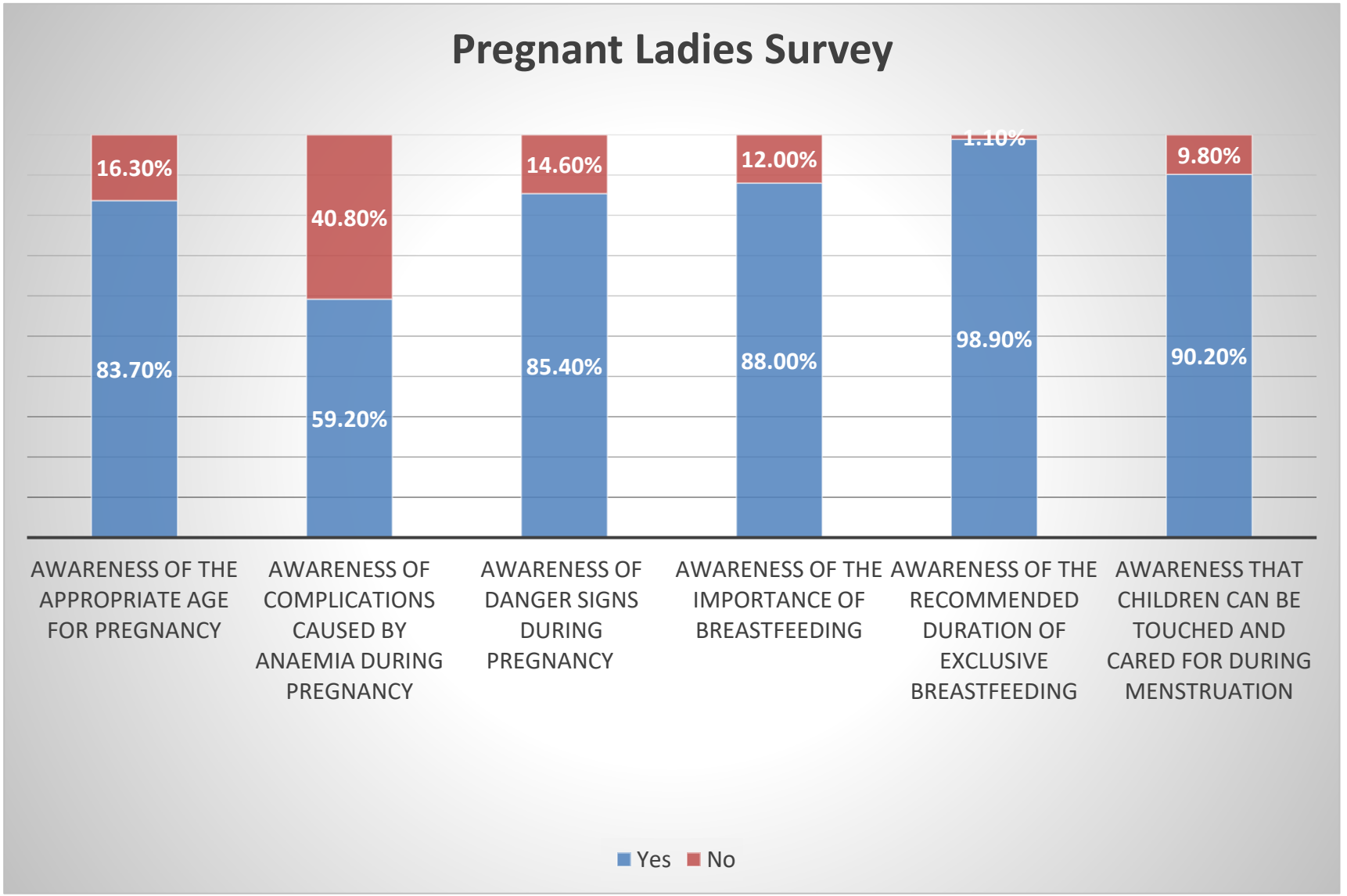
Program Indicators Reach Data

S.No	Indicator	Description	Status
8	1.2.2.3 : MHM kits to adolescents	1200 adolescents covered in month for 6 months	Reached the target
9	1.2.2.4 : Monthly nutrition (iron-rich food) and health education to adolescent girls at Schools and AWCs	1200 adolescents benefited with supplementary nutrition food items for 6 months	Reached the target
10	1.3.1.1 : Community level Health Camps in coordination with Govt. Health Facilities & Coromandel Hospital	Health Camps in the project village (physical arrange ments, doctor travel, honararium / lunch for medical team/branding)	Reached the target
11	1.3.2.1 : Training to the Health Care Workers of the targeted villages	1 central level training to health care workers	Reached the target.
12	1.3.3.1 : Door-to-door awareness campaign on communicable & noncommunicable diseases	2 campaign in each village	We reached the community through door to door visit.
13	1.3.3.3 : Conduct post intervention situational analysis to assess the impact of the intervention in the project villages.	One report based on the findings of the survey/study will be generated. Case studies will be compiled and shared	We complete the data

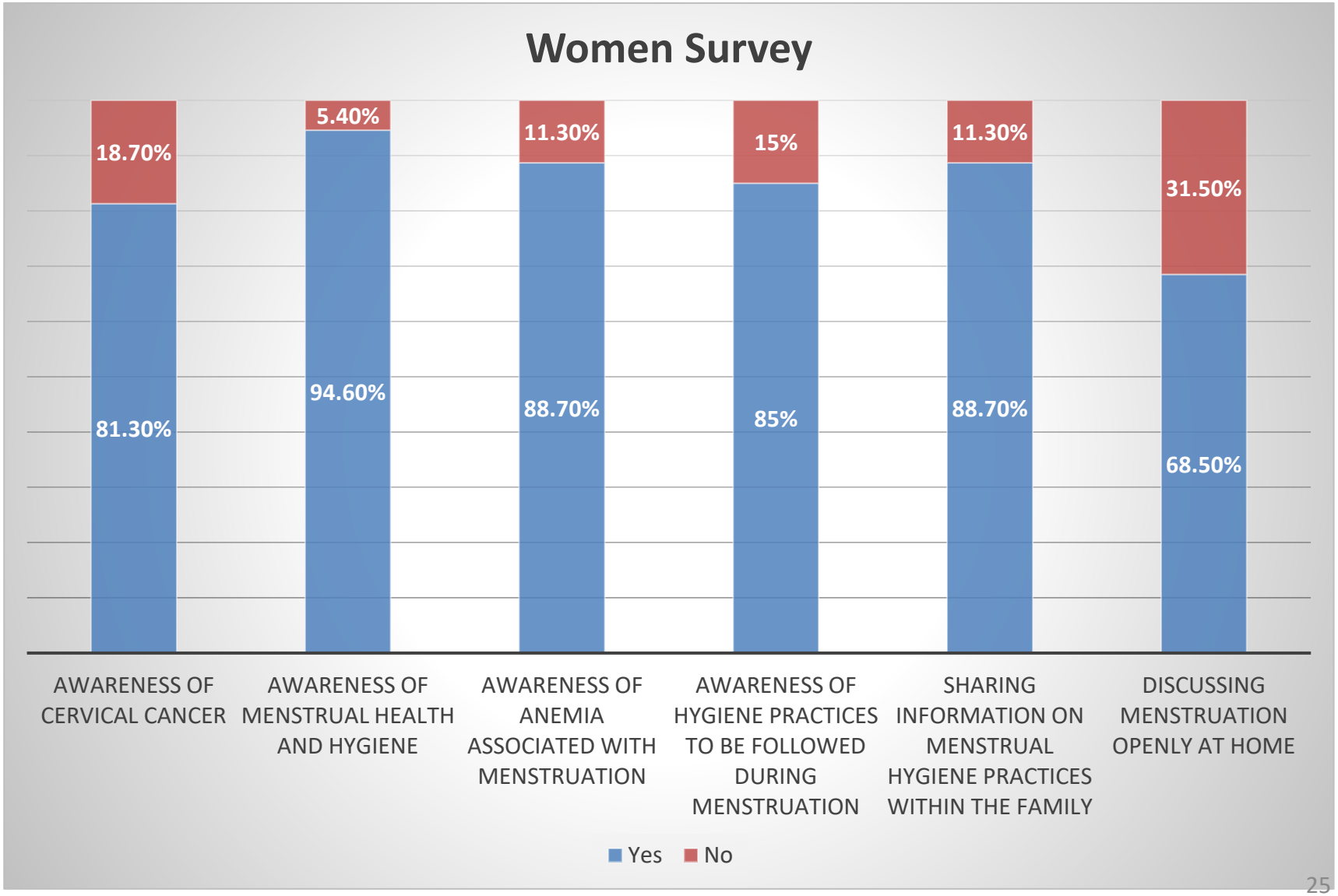
End line Survey



End line Survey



End line Survey



Feedback

School Management:



B. Srinivasa Kumar
HM & MEO , ZPHS Vakalapudi

ACKNOWLEDGEMENT & APPRECIATION TO PADALA CHARITABLE TRUST

I, B. Srinivas Kumar, Gazetted Headmaster of PM SHRI Zilla Parishad High School, Vakalapudi, take immense pleasure in expressing my profound gratitude and heartfelt appreciation to Padala Charitable Trust, in collaboration with Coromandel International Limited, for the commendable implementation of the "**Swasthya Project**" in our school during the academic year 2025–26.

This noble initiative has brought about a transformative impact on the lives of our adolescent girl students by fostering awareness, confidence, and healthy practices. The thoughtfully designed interventions under **Menstrual Hygiene Management (MHM)** and **Adolescent Nutrition** have not only educated the students but also empowered them to adopt healthier lifestyles with dignity and self-assurance.

The series of MHM programs conducted from November 2025 to March 2026, along with the distribution of sanitary kits, have significantly contributed to breaking taboos and promoting hygienic practices among the students. The Nutrition Programs, conducted periodically, have enriched students' understanding of balanced diets while supporting their physical well-being through the provision of nutritious food.

Furthermore, the Peer Educators Training, **National Girl Child Day** celebrations, and the HB Screening Test stand as exemplary efforts in nurturing leadership qualities, encouraging creative expression, and ensuring early health assessment among the students. These initiatives have collectively strengthened the foundation of holistic development within our school community.

I extend my sincere thanks and appreciation to:

Mr. Suryaprasad, Founder & CEO, Padala Charitable Trust, for his visionary leadership

The CSR Team of Coromandel International Limited for their unwavering support and commitment

Mrs. Devi Prasanna, Program Manager, for her effective coordination

Mrs. Rani, Field Coordinator And her dedicated team for their tireless field-level execution

As the head of this institution, I firmly acknowledge that the "Swasthya Project" has played a pivotal role in empowering our girl students with knowledge, awareness, and confidence, thereby contributing to their overall health and well-being. Such initiatives are instrumental in shaping a healthier and more informed future generation.

We deeply cherish this meaningful collaboration and look forward to continued association in the years to come.

With sincere regards and gratitude,

(B. Srinivas Kumar)

Gazetted Headmaster
PM SHRI Z.P.P. High School
Vakalapudi, Kakinada (R)
Kakinada Dist., A.P.
U DISE:28142300612

Feedback

- The Swasthya Project has been highly beneficial to us. The programme not only educates us about the types of nutritious foods that should be consumed during pregnancy and the healthy dietary practices that need to be followed, but also provides us with nutrition kits containing essential food items with high nutritional value.

Regular monthly meetings are conducted where we receive valuable information on various health-related topics. Special emphasis is given to important issues such as cervical cancer, breast cancer, maternal health, personal hygiene, and preventive healthcare practices. These sessions have greatly improved our awareness and understanding of health and nutrition.

In addition, regular haemoglobin (HB) tests are conducted to monitor our health status and identify any nutritional deficiencies. The project team continuously provides us with timely guidance, information, and support whenever required.

We are truly grateful for this initiative, as it has helped us improve our health and well-being. We believe that extending such programmes to more communities will benefit many more women and families and contribute to building healthier communities.

E.Subbalakshmi, Women, Valasapakala, Beneficiary

- The Swasthya Project has provided us with valuable guidance on how to take care of ourselves during adolescence and how to adopt healthy and hygienic practices. In addition to conducting informative awareness sessions, the project team regularly distributes sanitary pads and educates us on their proper usage, personal hygiene, and menstrual health management.

We were also provided with the *Swechha* handbook, which contains useful information on adolescence, menstrual hygiene, nutrition, health, and personal well-being. The sessions helped us understand not only the importance of nutritious food but also the various physical, emotional, and psychological changes that occur during adolescence. These discussions have increased our confidence and enabled us to better understand and manage this important stage of life.

The nutrition kits distributed under the project have further supported our health and well-being by encouraging healthy dietary practices. The knowledge gained through these sessions has been very useful, and I regularly share this information with my family members and friends so that they too can benefit from it. We are also encouraged through the celebration of special days and various engagement activities, which motivate us to participate actively and build our confidence.

We sincerely thank Coromandel International Limited for supporting such meaningful initiatives and for investing in the health, education, and empowerment of adolescent girls like us. We are grateful for the opportunities and support provided through this programme.

-Girl From Suryaraopeta HS, Beneficiary

Observations & Challenges

1.Through the Swasthya program's door-to-door campaigns, awareness has been successfully created among community members on various health-related aspects.
2.Positive changes have also been observed in their nutritional habits and practices.
3.In particular, the distribution of Menstrual Hygiene Management (MHM) kits to adolescent girls has encouraged the adoption of hygienic practices. Additionally, awareness sessions have helped them become more health-conscious.
4.Cervical cancer awareness sessions have improved understanding of the importance of regular screening. Awareness regarding sexually transmitted infections (STIs) has also been effectively disseminated.

Key Challenges (Summary)
Beneficiary Identification: Restricting nutrition support only to beneficiaries referred by Anganwadi Centers has led to some community dissatisfaction and exclusion concerns.
Mother Group Meetings: Irregular attendance and early departures by participants affect effective communication of key messages.
School Sessions: Delays in permissions and interruptions from teachers impact the smooth conduct of sessions.

Acknowledgement

Padala Charitable Trust extends its sincere gratitude to **Coromandel International Limited, Kakinada**, for its generous financial support and steadfast commitment to improving the health and well-being of women, adolescent girls, and children through the **Swasthya Project**. This partnership has been instrumental in the successful implementation of health, nutrition, and awareness initiatives across the project area.

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Finally, we place on record our appreciation for the dedication and commitment of the **Padala Charitable Trust project team and field staff**, whose tireless efforts ensured the successful implementation of the Swasthya Project.

The collective support of all stakeholders has contributed significantly to building healthier, more informed, and empowered communities, creating a sustainable and positive impact on the lives of women, adolescent girls, and children.

Gallery



Mother Group Meeting



Nutrition Kit Distribution - Women



Nutrition Kit Distribution - Adolescent Girls



MHM Kit Distribution



Peer Educator Training



Health care Workers Training

Gallery



HB Screening – Adolescent Girls



MH Day Event



Community Medical Camp









Door to Door Campaign

Gallery

CSR Visit





Impact Assessment





Endline Survey





Our Partners



Padala Charitable Trust (PCT)

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Thank You

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