



Impact Assessment Report Raj Rani Mittal Holistic Clinic

A CSR Initiative of Sonalika International



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Our commitment to OECD

The Organisation for Economic Co-operation and Development (OECD) DAC Network on Development Evaluation (EvalNet) has defined six evaluation criteria – relevance, coherence, effectiveness, efficiency, impact, and sustainability – and two principles for their use. These criteria provide a normative framework used to determine the merit or worth of intervention (policy, strategy, programme, project, or activity). They serve as the basis upon which evaluative judgements are made.

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Executive Summary

Raj Rani Mittal (RRM) Holistic Clinic, a collaborative initiative by Sonalika CSR and the Pillai Human Society in Hoshiarpur, Punjab, India, has been assessed by Team CauseBecause to evaluate its socio-economic and health impacts.

Established to provide affordable, non-invasive treatments like physiotherapy, chiropractic care, and osteopathy, the clinic addresses the critical need for accessible healthcare in Hoshiarpur and surrounding rural areas. This summary outlines the key findings, outcomes, and recommendations from the March 2025 impact assessment, conducted using a qualitative methodology aligned with OECD research principles.

- **Project Overview:**
 - The clinic offers low-cost healthcare services (e.g., physiotherapy at Rs. 200 per session) to address musculoskeletal and lifestyle-related disorders.
 - Targets underserved populations in Hoshiarpur and nearby rural areas, reducing the need for costly travel to urban centers.
 - Aims to improve health, mobility, and quality of life while promoting preventive care and community wellness.

- **Key Outcomes:**
 - **Health Improvements:** Served 1,600–1,800 patients monthly in 2022-23, achieving significant pain relief for conditions like back pain and joint stiffness.
 - **Functional Recovery:** Enabled children with Tethered Spine Cord Syndrome to walk independently and restored mobility for elderly patients, enhancing activities like dancing and walking.
 - **Socio-economic Benefits:** Saved patients transportation and medical costs and created local employment opportunities for healthcare professionals.
 - **Behavioral Shifts:** Encouraged proactive health practices and preventive care among beneficiaries.

- **Suggestions for Improvement:**
 - Expand services to include mental health and nutrition counselling.
 - Increase awareness campaigns to reach more communities.
 - Enhance staff training and scale infrastructure to meet growing demand.

- **Conclusion:**
 - The RRM Holistic Clinic has significantly improved health outcomes and quality of life for its beneficiaries while fostering economic and social empowerment.
 - Strategic enhancements in services, outreach, and infrastructure can further amplify its impact, ensuring sustainability and broader reach

1. Introduction

1.1 Overview of Sonalika Social Development Society (SSDS)

Sonalika Social Development Society (SSDS) was established in 2015 as a CSR arm of M/s International Tractors Ltd. (ITL). The foundation of SSDS marks a significant step towards advancing ITL's commitment to corporate social responsibility, focusing on impactful community initiatives.

The organization operates under several legal and regulatory frameworks to ensure transparency and accountability, including registrations with the Registrar of Societies, Income Tax Department, and Department of Companies Affairs.

1.2 Mission and Vision

SSDS aims to foster social development through welfare programs focusing on health, education, and community empowerment. Its vision is to cultivate a sustainable and equitable society through impactful CSR initiatives and active community engagement.

1.3 CSR Compliance

SSDS ensures its alignment with the CSR Law's requirements. This organization operates within the legal framework established for CSR activities, thereby enhancing its credibility and commitment to social responsibility. The compliance with CSR regulations underscores the organization's dedication to maintaining high standards of transparency, accountability, and ethical conduct in its social initiatives.

About this report

CauseBecause has been commissioned by Sonalika Tractors to conduct its second consecutive impact assessment of the "Project Raj Rani Mittal Holistic Clinic" CSR initiative, implemented by SSDS.

The study evaluates the program's effectiveness for both new beneficiaries and those continuing treatment, ensuring continuity in tracking long-term health impact through physiotherapy, chiropractic, and osteopathy services.

Using a robust mixed-method approach, the assessment combines desk research (reviewing project reports and stakeholder data) with field interviews (engaging beneficiaries and partners). A dedicated team, guided by research experts, analyzed findings to measure reach, effectiveness, and alignment with SSDS's mission and CSR compliance. The insights will help refine the initiative for sustained positive outcomes.

2. Impact Assessment Methodology

Team CauseBecause studied the project concept and its objectives thoroughly and also had brief discussions with Team CSR at Sonalika before devising the assessment methodology.

2.1: Desk review of available documents

As a first step, a thorough desk review of all the available material related to the project was done. This included literature provided by Team CSR as well as the Clinic.

The documents included:

- I. Project concept notes and implementation framework
- II. Project monitoring reports and project progress reports
- III. Names and coordinates of stakeholders, especially the project beneficiaries
- IV. Thorough details of courses and other activities under the project
- V. Monitoring and mid-term assessment reports by the company or third-party entities

2.2: Field research

The research team applied the following techniques for assessing the outcomes of the project:

- Thorough discussions with direct and indirect stakeholders of the project, including Sonalika team and the partner NGOs
- Interviews (virtual meetings and telephonic talks) with project stakeholders.

2.3: Qualitative data analysis

In order to collect essential information from the sampled participants, a professional team of management trainees, communication executives and market research interns worked under senior research professionals.

- **Quality control during collection**
CauseBecause project lead and supervisors engaged in the interviews.
- **Data verification post-collection**
Project lead verified interviewees' responses through random sampling. They also did a post-interview satisfaction survey.
- **Data analysis**
Experienced research professionals and the IT team at CauseBecause worked together for data analysis. The latest version of IBM® SPSS® platform, an effective statistical software, was used for extraction of accurate insights.

2.4 Need Assessment Summary

A needs assessment survey conducted in Hoshiarpur and surrounding areas identified a significant demand for specialized health services, particularly physiotherapy, chiropractic, and osteopathy, to address the physical health challenges faced by senior citizens and the broader community.

The survey revealed that many seniors experience mobility issues and reduced quality of life due to limited access to professional physiotherapy and holistic care, restricting their ability to engage in daily activities like walking or recreational pursuits. Community stakeholders, including local residents and healthcare providers, emphasized the absence of dedicated facilities offering comprehensive physical therapy, highlighting a critical gap in services that could enhance overall well-being.

The findings underscored strong community support for establishing a holistic clinic to provide physiotherapy and complementary treatments like chiropractic and osteopathy. Respondents expressed a clear need for such a facility to promote physical fitness and active lifestyles across age groups in Hoshiarpur.

The survey data establishes a compelling case for launching the Project Raj Rani Mittal Holistic Clinic, aligning with Sonalika CSR's mission to improve community health and laying the groundwork for a scalable model to address regional health needs.

KEY FINDINGS

3. About the Project

The Raj Rani Mittal (RRM) Holistic Clinic, located in Hoshiarpur, Punjab, India, is a transformative healthcare initiative launched by Sonalika CSR in collaboration with the Pillai Human Society.

Established to address the critical need for accessible, non-invasive healthcare, the clinic provides specialized treatments including physiotherapy, chiropractic care, and osteopathy at nominal rates. These services target musculoskeletal and lifestyle-related disorders, offering a drug-free, non-surgical alternative to conventional treatments. The clinic serves as a vital resource for the local population, particularly those who previously lacked access to such specialized care due to geographic and economic barriers.

By delivering high-quality healthcare at affordable prices, such as physiotherapy sessions at Rs. 200, the clinic has become a beacon of hope for residents of Hoshiarpur and its surrounding rural and semi-urban areas, fostering improved health outcomes and community wellness.

3.1 Geographic Scope

The RRM Holistic Clinic is situated in Hoshiarpur, a city in the Doaba region of Punjab, India. Hoshiarpur is known for its agricultural economy and diverse population, but access to specialized healthcare, particularly non-invasive treatments, has historically been limited. The clinic's services extend beyond the city to surrounding rural areas, where healthcare infrastructure is often inadequate.

The geographic focus addresses a critical gap in healthcare access, as residents in these areas previously had to travel significant distances to urban centers for specialized treatments, incurring high transportation and medical costs. The clinic's strategic location in Hoshiarpur enables it to serve a wide demographic, including urban residents, rural communities, and vulnerable groups such as the elderly and low-income individuals.

3.2 Implementing Partner

The RRM Holistic Clinic is a collaborative effort between Sonalika CSR and the **Pillai Human Society**. Sonalika CSR, the corporate social responsibility arm of Sonalika Group, a leading Indian tractor manufacturing company, drives the initiative with a commitment to community development and healthcare accessibility.

The Pillai Human Society, a key partner, brings expertise in grassroots healthcare delivery and community engagement. Together, these organizations have leveraged their resources and networks to establish and sustain the clinic's operations, ensuring that it meets the needs of the local population.

The partnership emphasizes affordability, quality, and scalability, with a shared vision of creating a replicable model for holistic healthcare in underserved regions. The collaboration has also facilitated local employment opportunities, particularly for healthcare professionals, and has strengthened community trust through transparent and ethical service delivery.

The clinic specializes in providing non-invasive treatments such as physiotherapy, chiropractic care, and osteopathy to address musculoskeletal and lifestyle-related disorders. By offering these services at nominal rates, the clinic aims to make specialized healthcare accessible to the local population, particularly those with limited access to such treatments.

3.3 Project Objectives

The RRM Holistic Clinic was established with the following key objectives:

- **Affordable Healthcare Solutions:** To provide cost-effective healthcare services to the community.
- **Non-Surgical, Drug-Free Alternatives:** To offer non-invasive treatment options for patients with chronic and lifestyle-related conditions.

- **Improved Health and Quality of Life:** To enhance the overall health, mobility, and well-being of patients in Hoshiarpur and surrounding areas.
- **Community Health Education:** To promote awareness about non-invasive healthcare practices and preventive care through community engagement.
- **Sustainable Healthcare Model:** To create a replicable and financially sustainable model for delivering specialized healthcare in underserved regions.
- **Empowerment Through Employment:** To generate local employment opportunities for healthcare professionals, fostering economic empowerment.

4. Findings of the Impact Assessment

4.1. Health and Well-being Improvements

- **Significant Pain Relief:** Over 1,600 to 1,800 patients per month in 2022-23 reported substantial reductions in chronic pain, particularly for conditions like back pain, joint stiffness, and muscular imbalances.
- **Functional Recovery:** Notable success stories include children with Tethered Spine Cord Syndrome who regained the ability to stand and walk independently after a year of treatment.
- **Enhanced Mobility for Elderly:** Elderly patients from Sanjeevni Sharnam, a senior citizen care center, demonstrated improved mobility, enabling them to participate in activities such as dancing and walking.
- **Improved Mental Well-being:** Patients reported reduced stress and improved mental health due to pain relief and increased physical functionality.

4.2 Socio-economic Impact

- **Cost Savings for Patients:** With physiotherapy sessions priced at Rs. 200, the clinic has significantly reduced transportation and medical expenses for patients, making specialized care more affordable.
- **Local Employment Opportunities:** The clinic has created jobs for local physiotherapists and healthcare professionals, contributing to economic growth in the region.
- **Reduced Healthcare Disparities:** The clinic's affordable services have bridged the gap for underserved populations, providing access to treatments previously unavailable locally.

4.3 Behavioural and Attitudinal Changes

- **Increased Commitment to Health:** Beneficiaries have shown greater engagement in maintaining their health through regular clinic visits and adherence to prescribed exercises.
- **Shift Towards Preventive Care:** Many patients have adopted a proactive approach, seeking treatment to prevent worsening of their conditions.
- **Community Health Awareness:** The clinic's presence has increased local awareness of non-invasive treatment options, encouraging more individuals to seek early intervention.

4.4 Operational Effectiveness

- **High Patient Volume:** The clinic successfully managed a high patient load, treating 1,600 to 1,800 individuals monthly, indicating strong demand and operational capacity.
- **Quality of Service Delivery:** Observations during site visits confirmed efficient patient interactions and effective service delivery, contributing to high patient satisfaction.
- **Adherence to Ethical Standards:** The clinic's operations align with OECD research principles, ensuring transparency, accountability, and ethical treatment of patients.

4.5 Community Impact

- **Improved Quality of Life:** The clinic's interventions have enhanced the overall quality of life for beneficiaries by improving mobility and reducing pain, enabling greater participation in daily activities.
- **Community Wellness:** By addressing immediate healthcare needs, the clinic has fostered a broader culture of health and wellness in the region.
- **Social Empowerment:** The clinic's focus on affordability and accessibility has empowered marginalized groups, including the elderly and low-income individuals, to prioritize their health.

5. Beneficiaries Stories

The following stories were gathered from beneficiaries of the Raj Rani Mittal (RRM) Holistic Clinic in Hoshiarpur, Punjab as part of the impact assessment.

5.1 Amit's Story: Overcoming Chronic Pain

Amit, a 45-year-old farmer from a village near Hoshiarpur, had been struggling with chronic back pain for years due to long hours working in the fields. The pain was so severe that simple tasks like bending to plant crops or lifting produce became excruciating, limiting his ability to provide for his family. Before discovering the RRM Holistic Clinic, Amit relied on painkillers, which offered temporary relief but came with side effects and high costs. After hearing about the clinic's affordable physiotherapy sessions, he decided to give it a try. "I couldn't move without pain before, but now I feel much lighter and can do my daily tasks," Amit shared. The physiotherapy treatments, priced at just Rs. 200 per session, helped him regain mobility and reduce his reliance on medication.

Over several months of regular sessions, Amit worked closely with the clinic's physiotherapists, who tailored exercises to strengthen his back and improve his posture. The compassionate care and clear guidance he received made him feel valued and motivated to follow through with his treatment plan.

"The doctors explained everything in a way I could understand, and they encouraged me to keep going," he said. Now, Amit can work longer hours without discomfort and has resumed activities like playing with his children, which he thought he'd never do again. His story reflects the clinic's success in providing effective, affordable solutions that restore functionality and hope to patients with chronic conditions.

5.2 Priya's Story: A Child's Recovery

Priya, a mother from Hoshiarpur, faced immense challenges when her young son was diagnosed with Tethered Spine Cord Syndrome, a condition that severely limited his mobility. A year ago, her son couldn't walk or stand independently, and the family was told that expensive surgeries or specialized treatments in distant cities were their only options. With limited financial resources, Priya felt helpless until she learned about the RRM Holistic Clinic through a community outreach program.

"My child couldn't walk a year ago, but after regular physiotherapy at the clinic, they can now stand and take steps on their own. It's a miracle for us," she expressed with tears of gratitude. The clinic's targeted physiotherapy interventions gave her son a chance at a better future without the need for invasive procedures.

The consistent care and encouragement from the clinic's staff played a crucial role in her son's recovery. Priya recalled how the physiotherapists patiently worked with her son, celebrating small milestones like his first steps. "They treated him like their own child, and that gave us so much hope," she said. The affordability of the treatments allowed Priya to maintain regular visits, and the clinic's holistic approach included guidance on home exercises to support her son's progress. Today, her son's newfound ability to walk has brought joy to the entire family, and Priya credits the clinic for transforming their lives.

5.3 Karan's Story: Rediscovering Joy in Movement

Karan, a 70-year-old resident of Sanjeevni Sharnam, a senior citizen care center in Hoshiarpur, had resigned himself to a life of limited mobility due to severe joint stiffness and arthritis. Simple activities like walking to the community hall or spending time with friends became painful, leaving him feeling isolated and dependent.

When the RRM Holistic Clinic began offering services to the care center's residents, Karan was skeptical but decided to try their chiropractic and physiotherapy treatments. "I never thought I could dance again, but the clinic's treatments have given me back my energy and joy," he shared, describing how he now joins dance sessions with fellow residents, a hobby he thought he had lost forever.

The clinic's tailored interventions, including gentle chiropractic adjustments and mobility exercises, helped Karan regain flexibility and reduce pain. He was particularly touched by the staff's patience and encouragement, which motivated him to stay committed to his treatment plan. "They didn't just treat my pain; they made me feel young again," Karan said. The affordable sessions ensured he could continue treatment without financial strain, and the sense of community at the clinic made each visit uplifting. Karan's renewed ability to engage in social activities has not only improved his physical health but also his mental well-being, highlighting the clinic's role in enhancing the quality of life for elderly patients.

5.4 Sunita's Story: Regaining Freedom to Walk

Sunita, a 68-year-old grandmother from Sanjeevni Sharnam, struggled with chronic knee pain that made walking a daily challenge. The pain restricted her from visiting her grandchildren or participating in community events, which took a toll on her emotional health.

After enrolling at the RRM Holistic Clinic, Sunita received physiotherapy that focused on strengthening her knees and improving her mobility. "Walking was painful, but now I can move freely and enjoy my time with others," she said, beaming with pride as she described walking to the local market without assistance for the first time in years.

The clinic's affordable rates and supportive environment made a significant difference for Sunita, who lives on a modest pension.

She appreciated the staff's thorough explanations and their emphasis on exercises she could do at home. "They taught me how to take care of myself, and I feel stronger every day," she noted. Sunita's ability to walk freely has restored her independence and allowed her to reconnect with her community, from attending family gatherings to joining group activities at the care center. Her story demonstrates the clinic's impact on empowering elderly patients to reclaim their active lifestyles.

5.5 Rahul's Story: Affordable and Caring Treatment

Rahul, a 35-year-old shopkeeper, suffered from persistent shoulder pain that made it difficult to lift inventory or manage his store. Unable to afford specialized care in larger cities, he felt trapped until a neighbor recommended the RRM Holistic Clinic. "At Rs. 200 per session, I can afford to keep coming back, and the doctors really listen to us," Rahul said, praising the clinic's accessibility and patient-centered approach. The physiotherapy sessions, combined with chiropractic care, alleviated his pain and restored his ability to work efficiently, saving him from financial losses.

What stood out to Rahul was the clinic's welcoming atmosphere and the staff's dedication to understanding his needs. "They took the time to explain why my shoulder hurt and gave me exercises to prevent it from happening again," he shared. The affordability allowed Rahul to attend regular sessions without worrying about costs, and the improvements in his shoulder have boosted his confidence and productivity. His experience reflects the clinic's commitment to providing high-quality, affordable care that empowers patients to maintain their livelihoods.

5.6 Meena's Story: A Family-Like Experience

Meena, a 50-year-old homemaker, had been dealing with lower back pain that made household chores unbearable. She was hesitant to seek treatment due to past experiences with dismissive healthcare providers, but the RRM Holistic Clinic changed her perspective. "The clinic feels like a family; they care about our health and explain everything clearly," she noted. The physiotherapy sessions helped reduce her pain, and the staff's empathetic approach made her feel valued and understood, encouraging her to stay committed to her recovery.

Meena particularly appreciated the clinic's focus on education, as the staff taught her exercises to strengthen her back and prevent future issues. "They didn't just treat me; they showed me how to stay healthy," she said. The low cost of Rs. 200 per session ensured she could continue treatment without straining her family's budget. Meena's improved health has allowed her to care for her family with renewed energy, and she now encourages others in her community to visit the clinic. Her story highlights the clinic's role in fostering trust and delivering compassionate care.

Note: Names have been assigned to anonymized beneficiaries to personalize their stories while maintaining confidentiality.

6. Recommendations

Based on the impact assessment of the Raj Rani Mittal (RRM) Holistic Clinic conducted by Team CauseBecause in March 2025, the following comprehensive recommendations are proposed to enhance the clinic's effectiveness, sustainability, and reach. These recommendations build on the clinic's existing successes while addressing areas for improvement to ensure long-term impact and scalability.

i. Expansion of Service Offerings

To strengthen the holistic care model, the clinic should broaden its services beyond physiotherapy, chiropractic care, and osteopathy to include complementary disciplines such as mental health counseling and nutrition guidance.

- **Mental Health Support:** Introduce counseling services to address stress, anxiety, and emotional challenges often associated with chronic pain and mobility issues. This could involve hiring licensed counselors or partnering with mental health organizations to provide low-cost sessions.
- **Nutrition Counseling:** Offer dietary guidance to support patients' recovery and overall well-being, particularly for those with lifestyle-related disorders. Nutritionists could design affordable, region-specific meal plans to complement physical therapies.
- **Implementation:** Pilot these services with a small group of patients to assess demand and impact, then scale based on feedback and resource availability.

ii. Enhanced Awareness and Outreach Campaigns

To increase the clinic's reach, especially in underserved rural areas around Hoshiarpur, robust awareness campaigns are essential to educate communities about non-invasive healthcare options.

- **Community Workshops:** Organize free workshops in villages and towns to demonstrate the benefits of physiotherapy, chiropractic care, and osteopathy, using success stories like those of Amit and Priya to build trust.
- **Digital and Local Media:** Leverage local radio, social media, and community noticeboards to share information about the clinic's affordable services and patient outcomes.
- **Partnerships with Local Leaders:** Collaborate with village leaders, schools, and religious institutions to promote the clinic's services and encourage early intervention for health issues.
- **Implementation:** Develop a six-month outreach plan with a dedicated budget for media campaigns and community events, targeting at least 10 surrounding villages initially.

iii. Staff Development and Continuous Training

To maintain high-quality care and stay abreast of advancements in non-invasive treatments, the clinic should invest in ongoing professional development for its staff.

- **Specialized Training Programs:** Arrange workshops and certifications in advanced physiotherapy techniques, chiropractic adjustments, and osteopathy to enhance staff expertise.
- **Knowledge Sharing:** Facilitate regular peer-learning sessions where staff can share case studies and best practices, fostering a culture of continuous improvement.
- **External Expertise:** Invite specialists from urban centres or academic institutions to conduct periodic training sessions, ensuring alignment with global standards.
- **Implementation:** Partner with medical training institutes to provide subsidized training programs, with a goal of training all staff annually.

iv. Infrastructure Scaling and Accessibility

With a high patient volume of 1,600–1,800 monthly, the clinic must address capacity constraints to accommodate growing demand.

- **Facility Expansion:** Increase the clinic's capacity by adding treatment rooms or extending operating hours to reduce wait times and serve more patients.
- **Satellite Clinics:** Establish smaller satellite clinics in neighbouring rural areas to bring services closer to underserved communities, reducing travel burdens for patients like Sunita and Karan.
- **Accessibility Enhancements:** Improve physical accessibility for elderly and disabled patients by adding ramps, handrails, and comfortable waiting areas.
- **Implementation:** Conduct a feasibility study within three months to identify viable locations for satellite clinics and secure funding for infrastructure upgrades.

v. Strengthening Partnerships and Sustainability Models

To ensure long-term financial and operational sustainability, the clinic should explore strategic partnerships and innovative funding models.

- **Government Collaboration:** Partner with local health authorities to integrate the clinic's services into public health programs, potentially securing subsidies or grants.

- **Philanthropic and Corporate Support:** Engage with NGOs, social impact investors, and corporate CSR programs to fund service expansions and infrastructure upgrades.
- **Community-Based Funding:** Introduce a tiered pricing model where patients who can afford to pay slightly more subsidize free or discounted treatments for low-income beneficiaries.
- **Implementation:** Form a task force within six months to explore funding opportunities and draft proposals for government and private partnerships.

vi. **Community Engagement and Health Education**

Fostering a culture of health and wellness requires active community involvement and education.

- **Health Education Programs:** Launch regular seminars on preventive care, posture correction, and exercise routines, targeting schools, workplaces, and community centers.
- **Volunteer Programs:** Engage local youth as volunteers to assist with outreach and patient support, building community ownership of the clinic's mission.
- **Implementation:** Develop a community engagement calendar with monthly events, starting with health camps in high-need areas.

7. **Conclusion**

The Raj Rani Mittal (RRM) Holistic Clinic has emerged as a transformative force in Hoshiarpur, Punjab, delivering affordable, high-quality physiotherapy, chiropractic, and osteopathy services to over 1,600–1,800 patients monthly in 2022-23.

By offering treatments at Rs. 200 per session, the clinic has reduced healthcare disparities, saved patients significant costs, and created local employment opportunities, contributing to both socio-economic growth and community wellness. Beneficiaries' stories highlight not only physical recovery but also a shift toward proactive health practices, underscoring the clinic's role in fostering long-term well-being.

Moving forward, the clinic has a unique opportunity to amplify its impact by implementing the recommended strategies: expanding services, enhancing outreach, investing in staff development, scaling infrastructure, strengthening partnerships, and deepening community engagement. These steps will ensure the clinic remains a sustainable, replicable model for holistic healthcare in underserved regions.

The RRM Holistic Clinic stands as a beacon of hope, demonstrating that accessible, non-invasive healthcare can transform lives and communities, with the potential to inspire similar initiatives across India.

GLIMPSES OF THE CENTRE



Neuro Rehabilitation and Exercise Therapy Unit



Electrotherapy Modalities used at RRM Holistic Clinic



Our Senior Physiotherapists administering treatment to the patients



Laser therapy with the Laser Class-4 OPTON machine from Zimmer Medizin Systeme GmbH, Germany



Ms Asha Gupta while taking treatment of lower back pain at RRM Holistic Clinic



Ms. Asha Gupta joyfully participates in her favorite dancing activity after recovering from lower back pain



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