

# CARE THAT MOVES

Taking Hope Forward,  
One Mile at a Time



An Initiative by Yashvi Lodha

Bringing essential  
healthcare directly to  
rural communities.

Empowering local  
women as part of the  
care network.

Promoting awareness  
alongside medical  
support.



# A NEED THAT COULDN'T BE IGNORED



Only 10% of rural Indians have a healthcare facility within 10 km.



About 80% of specialist posts at Community Health Centres in rural areas are vacant.



Many rural centres lack labs or diagnostic services for early disease detection.

While working on social projects in rural regions, I saw firsthand how difficult it was for people to access basic healthcare. Many families live miles away from the nearest clinic, often walking for hours across rough terrain just to see a doctor. For many, the cost and distance meant that treatable illnesses went untreated.

It struck me deeply that something as simple as distance could decide who gets care and who doesn't. I wanted to change that. My idea was simple — if people couldn't reach healthcare, healthcare should reach them. That thought led to the creation of the Mobile Medical Unit (MMU) — a set of fully equipped vans that travel to remote villages, bringing doctors, nurses, medicines, and diagnostic tools directly to people's doorsteps.

The MMU began as a small idea but grew into a structured outreach program designed to serve villages that had no regular access to healthcare. Each van functions as a moving clinic, equipped for basic diagnosis, treatment, and consultation.





## Every MMU is equipped with:

**Examination Bed** – For comfort during check-ups

**Pharmacy Section** – With essential medicines

**Diagnostic Tools** – For BP, glucose, and temperature

**Pharmacist & Nurse Station** – For consultation

### TRUSTING IN THE PROCESS

When the MMU first started, the biggest challenge wasn't logistics — it was trust. Many villagers hesitated to approach the van, unsure of its purpose. Some believed it was meant only for serious illnesses.

To change that, my team and I spent time in each village, talking to residents and explaining that the MMU was there for everyone — not just for emergencies but also for regular check-ups and preventive care. Slowly, trust was built, and the vans became a familiar and reliable presence.





# Healthcare is not a privilege — it's a right

Over time, I realized that access to healthcare isn't enough — awareness matters just as much. We began organizing educational drives covering hygiene, nutrition, vaccination, maternal care, and disease prevention. These sessions helped people understand that good health begins with awareness and everyday habits.

One of the most meaningful parts of this initiative is its double-fold impact — improving access to healthcare while also creating employment for women. We train and employ women as nurses, aides, and outreach coordinators. This gives them income, confidence, and a key role in improving their communities.



When Awareness  
Becomes the  
Strongest Medicine







**22,000+**  
patients  
reached

**11,000+**  
Women  
benefitted

**40+**  
Villages  
covered

**250+**  
health camps  
conducted

## WHY THIS MATTERS?

Rural India still struggles with basic access to healthcare:

- 65% of India's population lives in villages, but only 33% of doctors work there.
- In many areas, the nearest hospital is more than two hours away.
- Many illnesses become life-threatening simply because care is delayed.

The MMU bridges that gap. It delivers essential healthcare and health education directly to those who would otherwise go without it.

## LOOKING AHEAD

My goal is to expand the MMU program to new states, introduce digital health records, and collaborate with government health departments to support vaccination and anemia prevention drives. I want every person, no matter how remote their village, to have access to basic, dignified healthcare.

