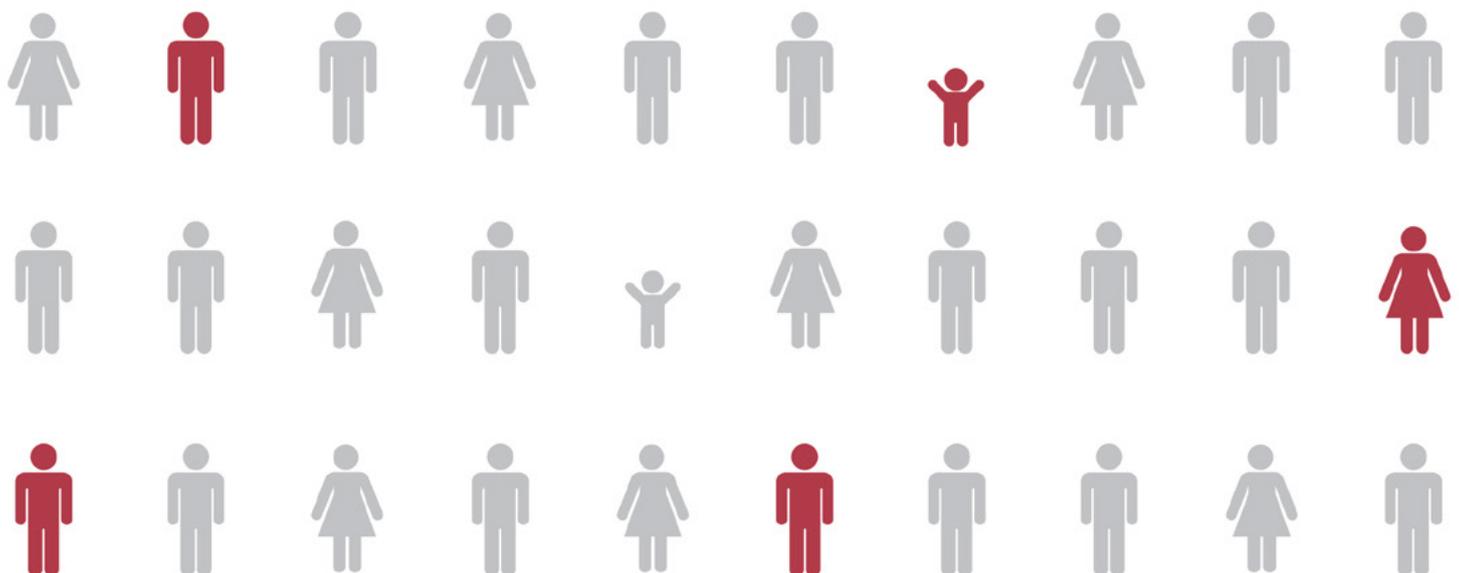
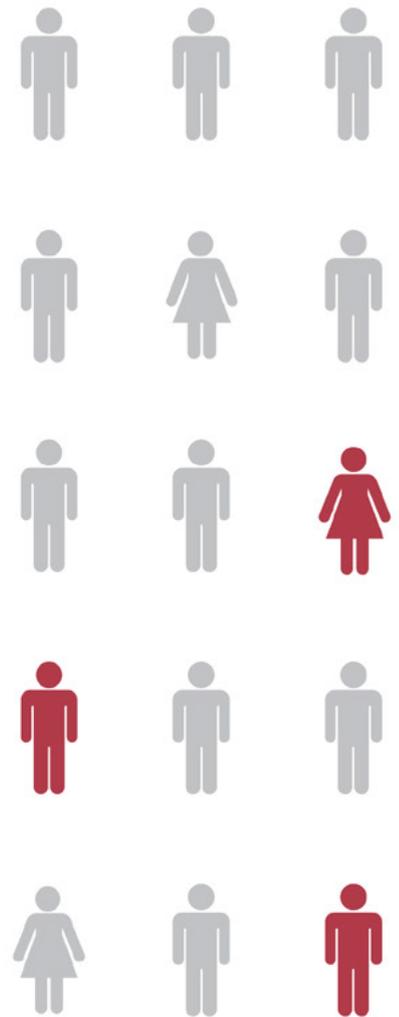


# Giving Diabetes A Tough Year

Diabetes is the defining health challenge of our generation. Yet it is not inevitable. It is largely preventable through lifestyle change

We are now changing the course of diabetes in Indians through prevention – one community at a time.

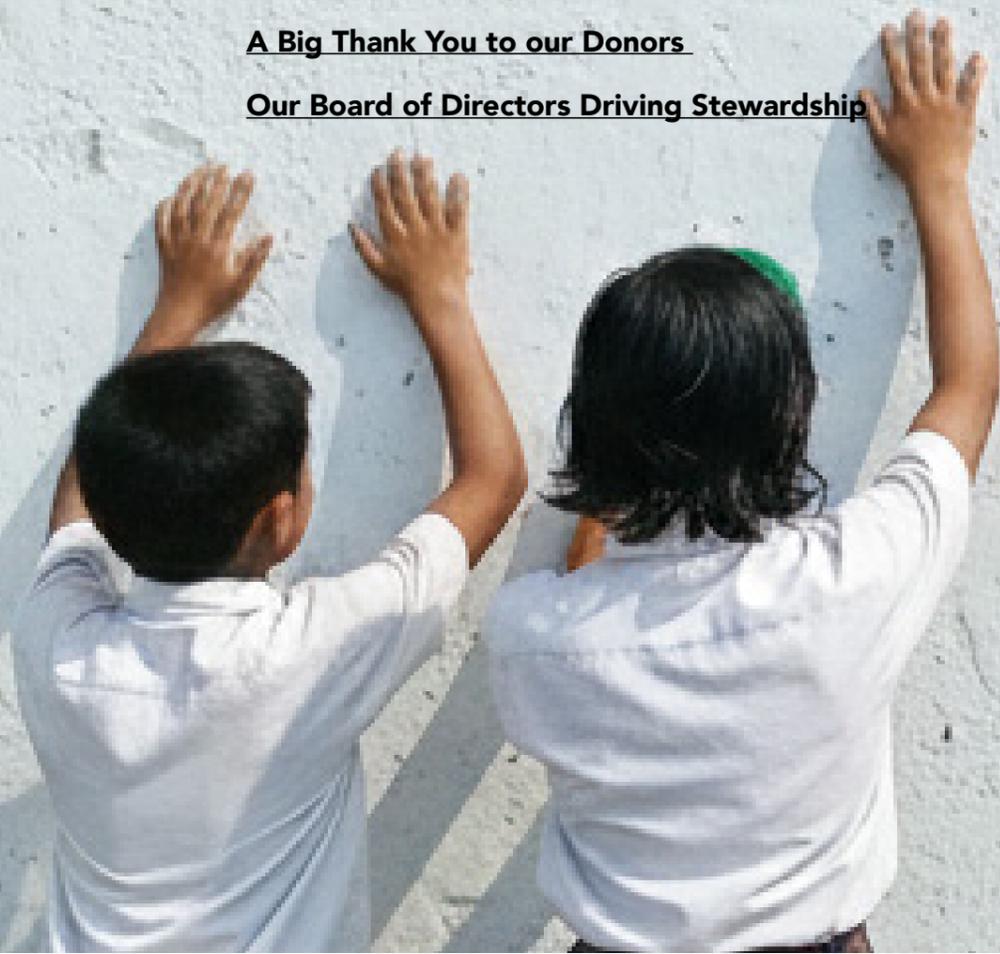
## 2025 Annual Report



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# GIVING DIABETES A TOUGH YEAR.

Our founder, Dr. Nalini Saligram reflecting on progress, scale, and the road to reaching 50 million lives

Dear Friends and Partners,

I am delighted to share Arogya World's 2025 Annual Report and the progress you helped make possible.

More than fifteen years ago, we began with a simple conviction that prevention through healthy living, grounded in science and delivered with quality, can change the course of diabetes. That conviction has only strengthened with time.

Today, Arogya World has reached nearly **30 million** people, and we are on track to achieve our **50 million** goal ahead of our original timeline of 2030. Like a compounding investment, our growth has also been exponential. In the last two years, we've reached as many people as we did in our first fourteen, and we're building on this momentum. Behind these numbers is

the growing evidence that prevention works when programs are designed with people and their real-world lives in mind and delivered consistently at scale.

In 2025, **with support from RIST**, we trained 6,560 government school teachers in West Bengal on our **Healthy Schools Program** equipping them to reach tens of thousands of children with crucial health education. We also launched Arogya Schools, an initiative focused on strengthening school systems to ensure sustainable impact beyond our Healthy Schools Program. And we published an important research paper with **Stanford CARE researchers** that affirmed the effectiveness of our flagship Healthy Schools Program, demonstrating measurable improvements in children's

understanding of diabetes prevention, stronger physical activity habits, and healthier eating patterns.

2025 was also a year of expanded reach through new collaborations. In **mDiabetes**, with support from **Endless Network**, we used short videos and social media creatives to bring 40,000 rural consumers onto the mDiabetes platform. We launched **Swastha Mysuru**, in partnership with the HH Sri Srikantadatta Narasimharaja Wadiyar Foundation, taking Arogya City from Bengaluru to a second city, Mysuru. And in workplace wellbeing, collaborating with the **Global Center for Healthy Workplaces** and **Godrej Industries Group**, elevated our **Healthy Workplaces** Conference to a

more global dialogue, signaling that prevention must be embedded at work where adults spend so much of their lives.

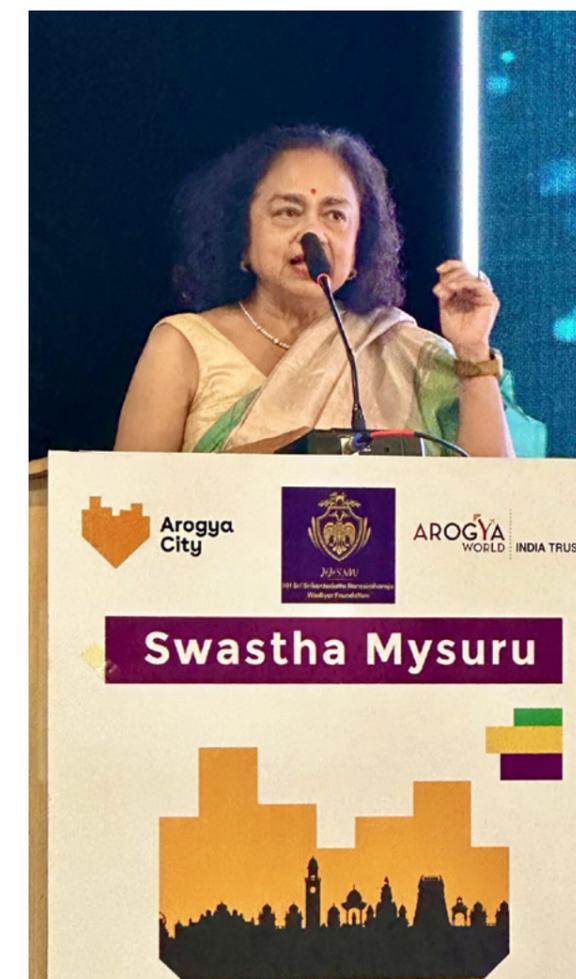
Another highlight of the year was that our **MyThali** work was recognized nationally with an ET award for the Best Marketing Campaign for our



Healthy Schools Program activity in Uttar Pradesh



Our 2025 Global Summit and Healthy Workplace Awards in partnership with Global Center for Healthy Workplaces, Godrej Industries Group, and media partner EHealthworld.com



Launching Swastha Mysuru

#HealthyWaliDiwali campaign. This reflects the power of culturally relevant messaging to influence what families choose to eat at every meal, every day.

We also continued to build bridges across geographies. In the US, we piloted youth-led **Arogya Clubs**, taking learning tools developed for Indian school children and adapting them for underserved communities in the US. The early response has been deeply encouraging and points that meaningful health education can travel, especially when it is rooted in respect, relevance, and behavior change science.



Our first Arogya Club @ Agape in Atlanta

Even as we celebrate this momentum, we remain clear-eyed about what will determine our next leap forward - **fundraising, stronger impact storytelling, and scaling through government systems.**

We are also very excited that our independent affiliate in India, Arogya World India Trust\* took one big step forward in 2025 and brought on board Sunish Jauhari as India President, Arogya World India Trust. Our joint collaborations have accelerated Arogya World's program scale in India.



Sunish Jauhari interacting with school children

We are encouraged that they have had promising conversations with the Government of Karnataka and the entire India team is energized by the recent grant from **Indian Council of Medical Research** made to Arogya World India Trust (supporting multimedia and AI-enabled enhancements to the mDiabetes program).

For the first time, the entire Arogya World India Trust team came to the U.S. for a joint strategy retreat with us. Our U.S. Board members had the opportunity to meet, interact with the India team in person and we appreciated the India team's on-the-ground perspectives, identifying new program opportunities for scale-up and future collaborations for our programs.



Arogya World India Trust team in the U.S. at the strategy retreat, in conversation with our Board Members

When prevention reaches a child, a worker, or a family at the right moment, diabetes doesn't get an easy win. That is how, together, we gave diabetes a tough year in 2025 and built momentum for an even stronger future. Thank you for believing in diabetes prevention, and for standing with us as we work to reach people where they live, learn, and work. This Annual Report will leave you as hopeful as we are about what's possible in the years ahead.

With gratitude,  
**Nalini Saligram, Ph.D.**  
**Founder & CEO, Arogya World**  
**An Ashoka Fellow**

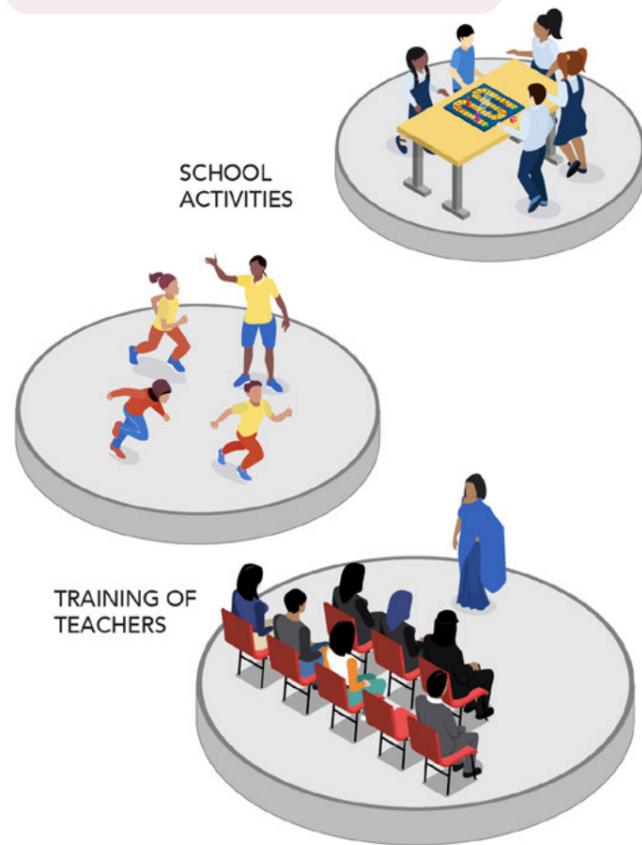
\*Arogya World India Trust, our affiliate, is a separate independent legal entity in India with FCRA status

# Taking diabetes prevention to people where they live, learn and work

Our community doorstep health model

## Healthy Schools

Two-year school-based program for diabetes awareness and prevention education for 11-14-year-olds



TOOLS & PROGRAMS FOR HEALTHY WORKPLACES

HEALTHY WORKPLACES AWARDS & SUMMIT



## mDiabetes

India's largest 6-month mobile-based diabetes prevention and management program, resulting in behaviour-change through scientific multilingual nudges to high-risk, low-income adults.



HEALTHY WALI DIWALI CAMPAIGN AND MONTHLY ONLINE CHALLENGES



RURAL MYTHALI



SUPERCHEF CULINARY COLLEGE CHALLENGE



RED FOR HER CHALLENGE - DIGITAL AND OFFLINE ADVOCACY



STREET FOOD VENDOR TRAINING

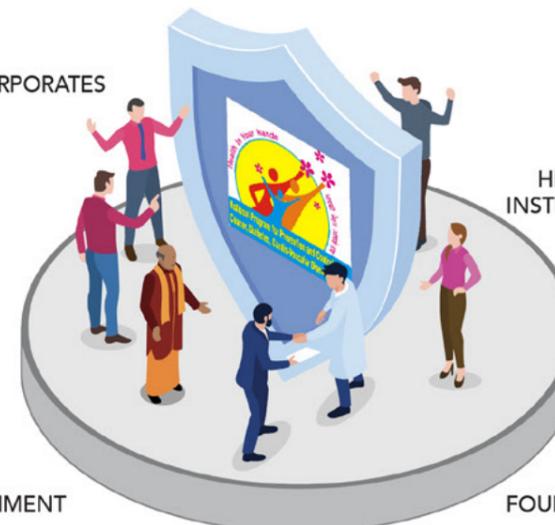


## Healthy Workplaces

Advancing the workplace health movement in India with evaluation, engagement and implementation of programs to enhance the health and well-being of the workforce.

CORPORATES

HEALTH INSTITUTES



GOVERNMENT

FOUNDATIONS

## MyThali

Making healthy eating simple, relatable, and doable by translating nutrition science into everyday actions through campaigns, workplace interventions, community training, and social media content.

## Arogya City

Participatory movement uniting diverse institutions such as government bodies, corporations, startups, educational institutions, and civil society organizations, to enhance the health and well-being of city's residents.

# DRIVING HOLISTIC IMPACT FOR THE WHOLE FAMILY

CUMULATIVELY REACHED

**29.5**<sub>MM</sub>

## HEALTHY SCHOOLS

**3**<sub>MM</sub>

children reached

**15.9%**

overall diabetes-related  
knowledge improvement<sup>1</sup>

## HEALTHY WORKPLACES

**285+**

companies engaged

**9**<sub>MM</sub>

employees reached

## AROGYA CITY

**1.5**<sub>MM</sub>

citizens reached

**2**

cities - Bengaluru & Mysuru

## mDIABETES

**2**<sub>MM</sub>

people reached

**2.5**<sub>x</sub>

increase in the understanding  
that diabetes is preventable<sup>2</sup>

## MYTHALI

**14**<sub>MM</sub>

impact engagement

**15% - 20%**

improvement in knowledge related  
to nutrition and cooking practices<sup>3</sup>

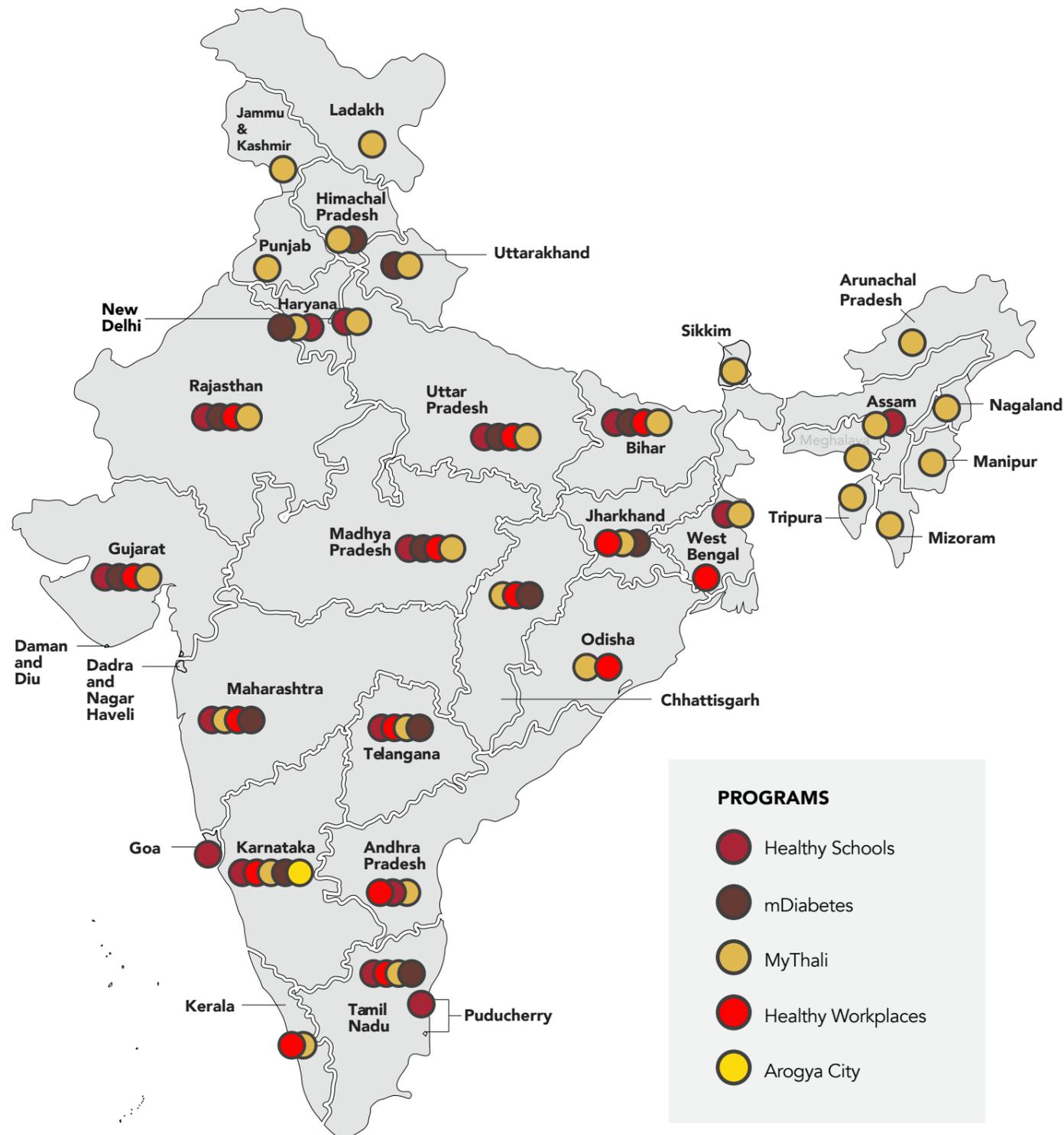
<sup>1</sup> Results validated by Stanford's Centre for Asian Health Research and Education and published

<sup>2</sup> Results validated and published with researchers from L V Prasad Eye Institute

<sup>3</sup> Results from an internal study

# SCALE OF OUR PROGRAMS

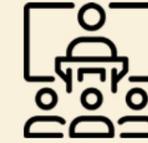
Diabetes prevalence is growing among adults and children all across India. Through our initiatives, we work pan-India to raise awareness and prevent diabetes.



# 2025 HIGHLIGHTS



Arogya Clubs launched in Atlanta, first US youth outreach among inner-city kids



Key role in IPA - Indiaspora Philanthropy Summit



Advanced talks with Government of Karnataka to scale mDiabetes



Important paper on Healthy Schools effectiveness published with Stanford CARE



Major partnership for Healthy Workplaces Global Summit: Global Center for Healthy Workplaces and Godrej Industries Group



MyThali wins ET Award for Best Marketing Campaign



Healthy Workplaces went global as Avery Dennison's sites across South Asia and Middle East applied for the assessment and were recognized as Healthy Workplaces



Swastha Mysuru launched, expands Arogya City movement



Exciting developments in 2025 for our independent affiliate in India, Arogya World India Trust\* :

- they appointed Sunish Jauhari as India President, Arogya World India Trust.
- they secured funding from Indian Council of Medical Research (ICMR) to enhance the mDiabetes program through multimedia and AI.

\*Arogya World India Trust is a separate independent legal entity in India with FCRA status

# INDIA PROGRAMS

# HEALTHY SCHOOLS PROGRAM (HSP)

Cumulatively reached out to 3 million children

Our participatory, activity-based intervention for students in grades 6-8 uses age-appropriate compelling games and teaches them about healthy eating and increasing physical activity, before their lifestyle habits are full set. Designed as a peer-led, in-classroom program through trained facilitators, it was digitized in 2020 for self-learning, and is hosted on the Diksha portal of the Government of India.



A Healthy School activity with students in Rajasthan



The team from Rural India Supporting Trust (RIST), our key funder of this program, visited Prayagraj, Uttar Pradesh schools in November 2025

Our Healthy Schools Program is primarily supported by long-time grantor, **Rural India Supporting Trust (RIST)** and an anonymous donor. With their support, in 2025 alone

we were able to reach out over million children which takes our overall cumulatively reach to over 3 million children. We run the Healthy Schools Program in several ways -

## 1. SYSTEM APPROACH ENGAGEMENT WITH STATE GOVERNMENTS

Healthy Schools aligns with Govt of India - Ayushman Bharat School Health & Wellness Program.

**Block Intervention Model (BIM):** We rolled out HSP in 5 districts (North 24 Paraganas, Cochrane, Jalpaiguri, Malda, Purulia) in West Bengal through local partner (CINI) in one block per district. In the rest of the blocks the program was rolled out by trained Nodal teachers and Peer leaders. We trained a total of 6,560 nodal teachers and 9,840 peer leaders on HSP.

**Uttar Pradesh, Banda district mandate:** Arogya World has been reaching out to middle school children in Banda under the District administration of Banda mandate. In 2025, our program reached 100,000 children.

**Government of Karnataka mandate:** As per Govt. of Karnataka MOU, we will deliver our program to 14,486 children in Kolar and Chikkaballapur districts, and in 10 Zilla Parishad schools in Bengaluru South.



### IMPACT

Results validated by Stanford's Centre for Asian Health Research and Education and published

**15.9%**

Overall knowledge improvement of diabetes and risks

#### Change in behavior of students

**7.4%**

improvement in composite healthy eating (more consumption of fruits, vegetables, whole grains and reduction of junk food)

**10.1%**

increase in physical activity such as walking, sports and exercise



### WE THANK OUR HSP PROGRAM PARTNERS

- CINI (Child In Need Institute)
- SRU Innovations
- MAMTA
- SHARP



A Healthy School activity with students in Karnataka

## 2. INTEGRATED MODEL

After a promising pilot of the integrated Healthy Schools Program + Rural MyThali program, we are now testing with 50,000 girls in Rajasthan in 2025-2026.

## 3. AROGYA SCHOOLS

**Arogya Schools is a new evolution of our effective program to bring sustainable impact in adolescents beyond the program operation lifecycle.**

We do this by building capacity of each school to deliver the program without us. In 2025, we refined the criteria for Arogya Schools, preparing to launch the first Arogya Schools in 2026.



A Healthy School activity with students in West Bengal



### 2025 MILESTONES

- Completed HSP implementation among more than a million children across 18,300+ schools
- Trained 6,550 Govt. schools teachers on HSP in West Bengal
- Partnered with project ECHO to deliver training online



A Healthy School activity with students in Punjab



### 2025 KEY PUBLICATIONS

- Rajeshuni, N., Huynh, M., Mahajan, S., Bacong, A., Mukherji, A., Jaswal, N., Ramalingam, S., Ganesh, N., Pahwa, S., Saligram, N., & Palaniappan, L. (2025). Effectiveness of a Novel School-Based Diabetes Prevention Program: A Post-Implementation Analysis of Arogya World Healthy Schools Program, India, 2015-2022. *Journal of Asian Health*, 5(2) - [Read here.](#)

### STORIES BEHIND THE DATA

*Please don't embarrass me by asking for cold drinks and chips in my shop.*

#### Ankesh Mondal

Bodai High School, West Bengal

When our team visited Ankesh, he was sitting in his grandfather's small shop. Ankesh has embraced healthy living in his own daily life, and he is now influencing people who visit his grandfather's shop. He wrote a hand-made sign for customers in his own sarcastic style that essentially said, "Please don't embarrass me by asking for cold drinks and chips in my shop."

It reflects something we see again and again through our Healthy Schools Program.

When children understand health and habits early, they don't just change themselves.

They begin changing the spaces around them.

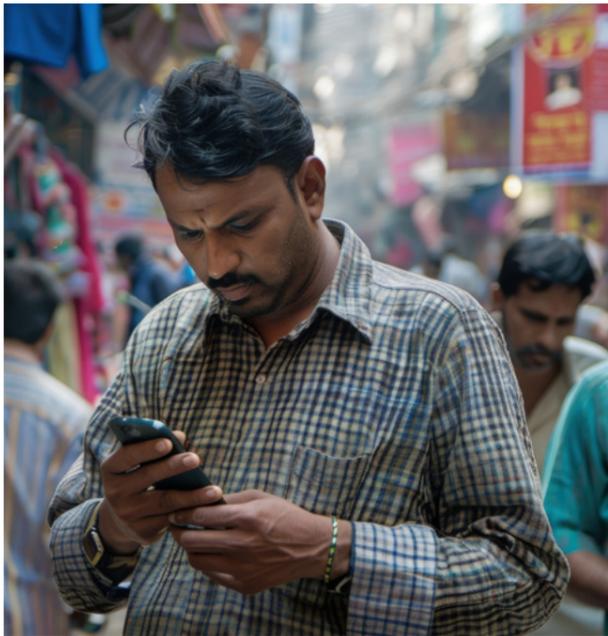


Onsite trainings for our NGO partners

# mDIABETES

Reached 2 million people cumulatively across more than 15 states

mDiabetes is a 6-month digital (WhatsApp-based) public health program designed to prevent and manage diabetes by delivering 62 behavior-change messages covering physical activity, healthy diet, quitting tobacco, managing stress, and understanding diabetes complications. All content is co-developed with Emory University and reviewed by a task force of medical, behavioral, and nutrition experts with guidance from the National Health Systems Resource Centre (NHSRC) to ensure scientific credibility. Our first-ever impact study published in 2016, in Journal of Medical Internet Research covering a million Nokia subscribers of mDiabetes showed a 15% improvement in diabetes-related health behaviors.



With Anaxee Digital Runners we reached out and onboarded half a million rural consumers across UP onto mDiabetes in 2025

Our digital promotion campaign supported by Endless Network, onboarded tens of thousands of rural individuals onto mDiabetes WhatsApp chatbot in 2025

## KEY PROGRAM INTERVENTIONS

In 2025, mDiabetes onboarded approximately 600,000 participants across 14 Indian states.

### Digital promotion campaign:

To leverage the growing trend of increased time spent on social media platforms among Indian rural population, we promoted 30-second videos along with static creatives across eight Hindi-speaking states.

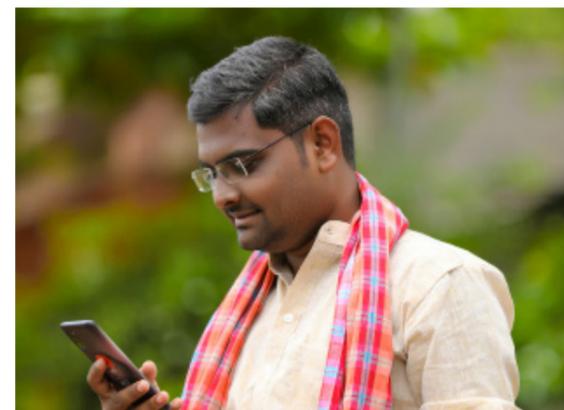
In 2025, the campaign onboarded over 21,000 people.

This grew to 40,000 rural Indians who joined by Feb 2026. We first used YouTube, but then found Instagram and Facebook worked better.

We are grateful to Endless Network for support of this project that used cutting edge digital media to recruit rural Indian consumers onto our mDiabetes program.

A few Anaxee frontline workers served as local influencers and Media Mantra managed the digital spends. We genuinely appreciate the huge strategic input of V Ananth from TechDivine for helping us resolve many of the technology and digital hurdles.

**Anaxee Digital Runners:** After successful completion of our pilot program in 2024 with Anaxee, we successfully scaled up in 2025 to reach 500,000 rural consumers across Uttar Pradesh, using their robust network of frontline workers or digital runners.



40,000 rural consumers onboarded with mDiabetes video outreach



## IMPACT

Results validated and published with researchers from L V Prasad Eye Institute

# 2.5x

increase in the understanding that diabetes is preventable

# 7 in 10

avoided fried and high-fat foods (up from 3 in 10)

# 4 in 10

performed daily structured exercise (yoga, running, gym, aerobics) up from less than 1 in 10

# 2x

increase in people choosing to take stairs regularly

# 8 in 10

reported making lifestyle changes after receiving the messages

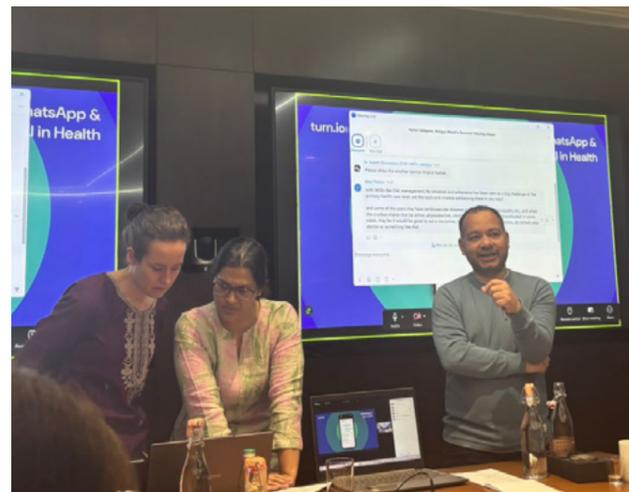
### NGO partner network:

We initiated in 2025 a partnership with the Transforming Rural India (TRI) Foundation to deploy the mDiabetes program in rural communities. We launched a pilot to

enroll 20,000 people in rural Jharkhand. We trained their local community workers on non-communicable disease (NCD) prevention and completed the onboarding process on the iECHO platform.



Training local community workers with TRI Foundation



As part of the important grant from ICMR (Indian Council of Medical Research) to our independent affiliate in India, Arogya World India Trust, in December 2025, the India team convened a multistakeholder workshop in Chennai to gather feedback from experts into mDiabetes multi-media content design, and AI integration strategy. The workshop was attended by researchers, behavior change and AI experts, and tech partners, among others.



### 2025 MILESTONE

- Advanced conversations on a collaboration with the Government of Karnataka to enrol citizens into the mDiabetes program as part of the Gruha Arogya Yojana, a significant government scheme for health screening



### 2025 KEY PUBLICATIONS - mDIABETES

- Rani PK, Williams JD, Jaswal N, Yandluri V, Sangani P, Sanagavarapu K, Natarajan R, Ramalingam S, Saligram N, Khanna RC - Effectiveness of mDiabetes intervention in enhancing diabetes awareness and promoting healthy lifestyle changes among the general population in rural India. *Front Public Health*. 2025 Jan 29;12:1470615. doi: 10.3389/fpubh.2024.1470615. PMID: 39944562; PMCID: PMC11818752 - [Read here](#).
- Chadwick J, Jaswal N, Surya J, Sivamani C, Ramesan V, Saligram N. - Artificial Intelligence – Enabled Mobile Health Intervention (mDiabetes) to Reduce Diabetes Risk Behaviors in Rural India: Quasi-Experimental Pre-Post Study. *J Med Internet Res* 2025;27:e79283 ; doi: 10.2196/79283; PMID: 41349037. [Read here](#).

### STORIES BEHIND THE DATA

*My father has diabetes and high blood pressure. Medicines were part of his routine, but movement was not. I enrolled him in the mDiabetes program. The daily reminders encouraged him to start walking every morning and evening. Slowly his habits changed and his diet improved. Today he looks fitter and feels better. The daily nudges made a big difference in his life.*

### Saloni Kumari

Community worker, Transforming Rural India (TRI)

# MyThali

Cumulative engagement with 14 million people

MyThali tackles the confusion around what to eat and how much, turning nutrition science into simple, practical habits for lasting healthy choices based on the National Institute of Nutrition's (NIN) dietary guidelines for Indians. We make healthy eating simple, relatable, and doable by translating nutrition science into everyday actions through creative campaigns, workplace interventions, community training, and appealing social media content. We use Instagram to reach out to urban consumers interested in healthy eating.



On Women's Day 2025, we got over 1,700 Bengalureans participating in our RunInRed event. Participation tripled from previous year.

## KEY CAMPAIGNS AND REACH

In 2025, we scaled our reach and deepened engagement (~9 million people) through our campaigns and earned national recognition for our nutrition advocacy, reflecting strong resonance with MyThali's simple, culturally rooted

approach to healthy eating.

**Red For Her campaign:** To support and strengthen conversations around women's heart health and diabetes prevention our Red For Her campaign engaged with >1.3 million people online in 2025. Moreover, we tripled the on-the-ground

participation for our RunInRed event with over 1,700 Bengalureans wearing something red and participating in the run.

**SuperChef challenge:** We engaged with culinary college students to apply nutrition principles and portion balance in real-world cooking, shaping

the next generation of chefs to create healthier, practical meals. In 2025, we expanded pan-India and engaged with over 1,000 culinary students by equipping them with skills and knowledge for healthier cooking.

**#HealthyWaliDiwali:** Our flagship Instagram campaign had a record breaking engagement with 5.2 million urban consumers in 2025. We also introduced a 21-day WhatsApp challenge which helped 2,000+ participants to reduce their sugar intake during the festive season by engaging deeply with them through our interesting quizzes, checklists, nutrition tips, and leaderboards.



## IMPACT

Results from an internal study

**15-20%**

improvement in the knowledge among culinary college students, related to recommended daily allowances for salt, sugar, oils and composition of foods

**>17%**

participants of the Healthy Wali Diwali campaign showed a shift from the unhealthy to healthy sugar scores\*

\*Sugar score is each participant's personal measure of daily sugar intake built from five daily check-ins tracking sugary drinks consumed, rice, potato and carb portions, and fruit intake.



Among nominations from corporates and FMCG multinationals, MyThali's Healthy Wali Diwali won the ET Nutrition & Wellness Awards 2025 as the Best Digital Marketing Campaign of the Year

**Monthly online challenges:** Monthly #MyThaliMyWay Challenges engaged 1,500+ participants, encouraging them to reduce consumption of salt, sugar, oil, and refined carbohydrates. And empowering them to read food labels and make healthier food choices.

**STORIES BEHIND THE DATA**

*You always come up with such exciting and thoughtfully curated contests that are truly amazing. Each one inspires us to make better food choices and gently guides us towards a healthier, stronger immunity. It's not just about participation, but about learning, growing, and caring for our well-being in a joyful way.*

**Anu Kamra**

MyThali Instagram Follower and participant of Monthly Online Challenges

**HEALTHY WORKPLACES**

We reached out to over 950 corporate employees from 10 Healthy Workplace companies through MyThali nutrition talks, menu audits and advocacy mailers.



MyThali team engaging with employees of our Healthy Workplaces Program with nutrition talks

**STORIES BEHIND THE DATA**

*If this competition wasn't there, we wouldn't have stretched our mind so much and we learnt so much. To the people who say healthy food can't be delicious - now we can make it delicious!*

**Drishya Mohan**

MyThali SuperChef Challenge 2025 Winner



SuperChef challenge engaging next generation of chefs to create healthier, practical meals



**2025 MEDIA MENTIONS**

- **The Times of India** - Vidya Balan's anti-inflammatory diet rules you should follow
- **NDTV India** - These spices reduce the amount of sodium
- **Etimes Lifestyle** (The Times of India) - The significance of maintaining an ideal calorie intake for health and wellness
- **India Today** - The what, when, how of mindful eating
- **Etimes Lifestyle** (The Times of India) - Nutritional rules to increase workplace productivity and stay alert

**STORIES BEHIND THE DATA**

*I did a 3km run wearing a saree. First time I did it, so I'm very happy! The Run was organized so well, everywhere there were pitstops, volunteers were so good. I enjoyed the entire run!*

**Shweta**

RunInRed Participant

# Healthy Workplace Program

Cumulatively we engaged with 285+ companies reaching over 9 million employees

Healthy Workplace Program (HWP) is a scientifically designed, evidence-based program developed to advance the workplace health movement in India. The program engages and educates the Human Resource and business leaders about preventing Non-Communicable Diseases (NCDs), especially diabetes. The effort is on-going to motivate, recognize and evaluate companies that enhance the health and well-being of their workforce.



Our Annual Global Healthy Workplace Summit in partnership with Global Centre for Healthy Workplaces and Godrej Industries Group with media partner ET Healthworld.com

## KEY PROGRAM HIGHLIGHTS

In 2025, we onboarded 27 new companies to the Healthy Workplace Program.

**Annual Awards & Summit:** In November, we hosted 2025 Global Summit & Annual Healthy Workplace Conference

in collaboration with Global Center for Healthy Workplaces and strategic partner, Godrej Industries Group. We brought together employers and global experts around one theme: *Workplace Health 2030: Redefining the Future of Work.*

The sessions and panel discussions at the

Summit focused on AI innovations, empathy-driven leadership, and the increasing influence of wellbeing on ESG (Environment, Social & governance) ratings and investor confidence. We recognized 7 Platinum companies and 27 companies across the Bronze, Silver, and Gold categories.

**Tata Consultancy Services (TCS) was inducted into the prestigious Hall of Fame for their sustained, wellbeing leadership across their global offices.**

**Tools & Program support to corporates:** With the help of the MyThali team, we delivered a year-long series of challenges focused on reducing salt, carbs, oil, and sugar, improving cooking habits, and strengthening overall health. We also delivered a series of impactful webinars covering how to manage stress and nutrition for better health, and also covered Art of Living techniques. We did a Masterclass on Building a Healthy Workplace with Bayer, and webinars on Heart Health – Awareness to Action, and Diabetes & Diet Myths.



The inspiring opening keynote by Dr. Rati Godrej set the tone for the 2025 Annual Global Healthy Workplace Summit

## STORIES BEHIND THE DATA

*Arogya World has played a pivotal role in Abbott's wellness journey by emphasizing the importance of smoking cessation and healthier eating habits among employees.*

*Their expert advisory and data-driven guidance enabled us to implement the right interventions at the right time, tailored to our workforce's needs. The positive feedback from employees has been a testament to the impact of these initiatives, reinforcing our commitment to holistic well-being.*

*We are proud to receive the Platinum Recognition, and this ongoing partnership continues to shape Abbott into a truly Healthy Workplace.*

### Vaibhav Mittal

Associate Director,  
Compensation & Benefits,  
Abbott India

A key highlight of 2025 was that for the first time, Arogya World went global with the Healthy Workplaces Program. It started with **Avery Dennison** Solutions Group India site approaching us to be a part of our Healthy Workplace Program.

As they began the process their several other South Asia and Middle East sites including those in Bangladesh, Pakistan, Sri Lanka, Dubai, and Indonesia applied for the assessment. All of their sites were recognized

at the Global Healthy Workplace Awards. Companies like Avery Dennison's showcase a strong focus on employee well-being, preventive health, and creating a safe, supportive, and healthy workplace.



Avery Dennison's (from left) Vincent van Eekhout - Global EHS Director, Saai Kishore Darbha CMSE@ AFOH CSRD - Regional EHS Manager, and Janardhan K - Head of Human Resources India, accepted the awards on behalf of all the South Asia and Middle East sites



Bestselling author (IKIGAI), Héctor García, spoke to us from Japan on Day 2 of the summit. He illuminated that people should live a life of purpose and he emphasised social connection and linked it all to workplace health and AI.



### MILESTONES ACHIEVED TILL DATE - HEALTHY WORKPLACES

- Companies reached - **285+**
- Employees reached - **9 million**
- MyThali program roll-out (nutrition talks, menu audits and advocacy mailers) - **62 companies**

### STORIES BEHIND THE DATA

*Employee well-being is a key lever for building future-ready and resilient workplaces. Arogya World has given us a framework to elevate our wellbeing efforts to the next level, pivoting on learning from industry benchmarks and developing strategies for preventive healthcare.*

#### Amitav Sahay

Chief Executive Officer, Tata Motors Body Solutions Ltd, and one of our 2025 Healthy Workplaces



Corporate menu audit by MyThali team



# Arogya City Now in Mysuru

Arogya City is a participatory movement uniting diverse institutions such as government bodies, corporations, startups, educational institutions, and civil society organizations, with one common goal: to enhance the health and well-being of our city's residents. We bring together organizations to publicly pledge to improve health of citizens, and encourage them to harness technology, celebrate progress, and measure impact. The focus is on addressing non-communicable diseases, including diabetes. It's an innovative collective impact exercise and is showing traction.



Karnataka Government's Health and Family Welfare Minister Dinesh Gundu Rao addressed at the Swastha Mysuru launch (our second Arogya City after Bengaluru). Swastha Mysuru was launched in collaboration with H.H. Sri Srikantadatta Narasimharaja Wadiyar Foundation, led by Pramoda Devi Wadiyar.

## KEY PROGRAM HIGHLIGHTS

In 2025, we reached the half way point through the second edition of the Arogya City Bengaluru, and launched the program in Mysuru.

### Launch of Arogya City in Mysuru (Swastha Mysuru):

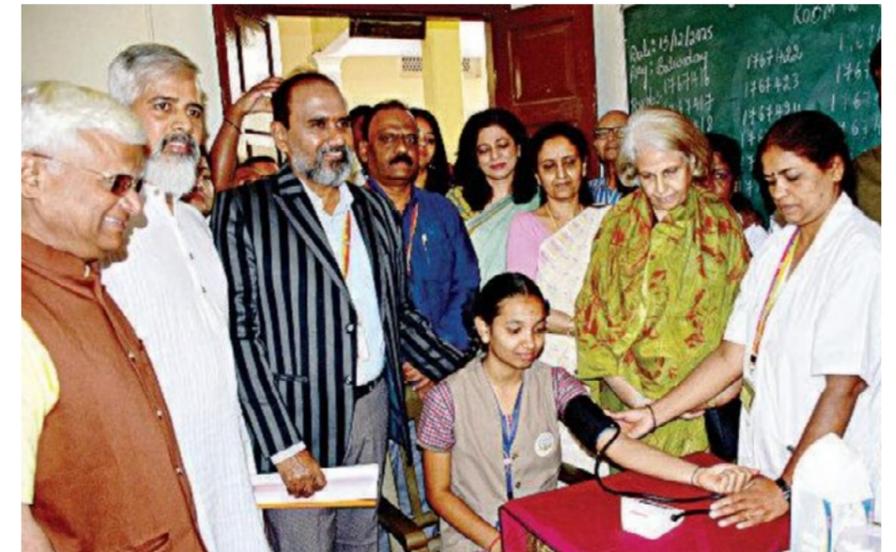
In December 2025, in collaboration with the HH Sri Srikantadatta Narasimharaja Wadiyar Foundation, Swastha Mysuru was launched,

a second city-wide movement under the Arogya City initiative. Karnataka's health minister Mr Dinesh Gundu Rao spoke at the event and was very positive about our efforts.

The program brought together government, companies, and institutions to reduce the burden of non-communicable diseases, and make healthy living the easier choice, at scale.

The Mysuru District Health Department, Government of Karnataka, under their Gruha Arogya program stepped forward and made a huge pledge – to screen 250,000 individuals for diabetes and hypertension.

20 organisations came forward as the first cohort of pledgemakers and committed publicly to health actions over the next two years.



Maharani Dr. Pramoda Devi Wadiyar leading the first Swastha Mysuru activity on-ground held at Sri Vani Vilas Arasu Girls' High School, Nazarbad



## 2025 MILESTONES

# +500,000

Bengalurians reached through awareness sessions, health screenings, health camps, and physical activities with the help of 35 Bengaluru City pledgemakers

# 20

organisations came forward as the first cohort Swastha Mysuru pledgemakers and committed publicly to health actions over the next two years

**Arogya City Bengaluru (second edition):** We hosted a Gala Dinner for the second edition of the Arogya City Bengaluru pledgmakers as they reached the halfway mark. The event brought together the pledgmaker organisations and created

a space where ideas flowed and collaborations deepened. Together the pledgmakers reached out to over half a million people through awareness sessions, health screenings, health camps, and physical activities.



Arogya City Bengaluru pledgmaker, Biocon Foundation, screened over 20,000 individuals for Oral, Breast and Cervical Cancer



#### 2025 MEDIA MENTIONS

- **Bangalore Mirror** - Arogya city transforms Bengaluru, reaches 2.1 million in two years
- **The Hindu** - Swastha Mysuru launched to tackle rising lifestyle-related diseases
- **Deccan Herald** - MoU signed for 'Swastha Mysuru'
- **Hans India** - Health Minister Dinesh Gundu Rao Signs MoU for "Swastha Mysuru"

#### STORIES BEHIND THE DATA

*We are doing community based screening treatment and follow up for NCDs (non-communicable diseases) covering 50,000 population in urban slums of Bangalore. We truly believe the initiatives undertaken by Arogya World through Arogya City is making a greater impact and we are glad to be part of this movement.*

**Dr. Archana Ashok**  
Program Manager,  
Wipro Foundation



Health screenings by Arogya City Bengaluru pledgmaker, Wipro Foundation

# USA PROGRAMS

# MyDesiPlate

Based on MyThali program, we launched MyDesiPlate a couple of years ago. It is a nutrition tool based on USDA nutrition guidelines, to provide an idea to Indian Americans and Americans alike about what to eat and in what quantities at a typical Indian meal. It promotes two key concepts to eating right – **a balanced meal** and **portion control**. In 2025, we promoted MyDesiPlate to American audiences using social media between Diwali and Christmas in partnership with South Asian Heart Center and Indiaspora.



The amount of cooked food to be eaten for lunch

# Lifestyle Change

In 2025, we partnered with the South Asian Heart Center to expand public awareness and access to cutting-edge chronic disease prevention programs. Through this ground-breaking partnership between two non-profits, the Center will provide its advanced prevention services that includes comprehensive risk assessments and lifestyle interventions, to Arogya World South Asian communities across the USA.

# Arogya Clubs

Built on the backbone of our proven Healthy Schools program from India, we launched Arogya Clubs. In the US, South Asians, Hispanic, and African Americans, are at very high risk for diabetes, hence reaching 11-13 years olds from these communities is important. Led by young people, Arogya Clubs helps shape health habits that can travel from classrooms into homes and communities.



Our first Arogya Club @ Agape led by 6 high school student leaders – Dev Katarya (founder, first from left), Sanay Raghavan, Jayan Nath, William Mogos, Alok Owen. Kubby Bhatia is not pictured here.

The first Arogya Club was launched in Atlanta in 2025 at Agape covering mostly Hispanic and African-American children. What makes this program special is who is leading it – six high school student leaders. They are running the program, and turning health learning into fun activities. And then they have gone over and beyond to ensure the learnings stick by cooking and serving healthy meals to the Agape kids.

The student leaders aren't just giving back, they're growing through it as well by internalising the habits first, experimenting with healthier foods, and paying attention to what they eat and drink.



A student leader makes sure the 6th grader gets the concepts about healthy living.



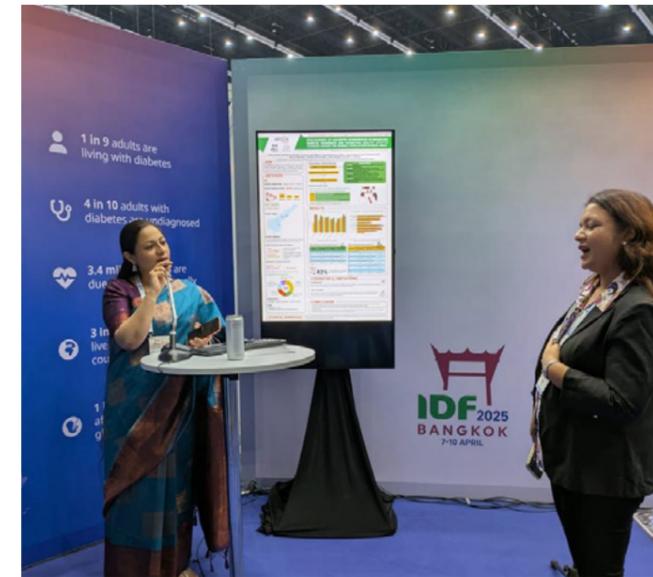
The Agape kids run a race as part of the Arogya curriculum

# NCD ADVOCACY & AWARENESS

In 2025, Arogya World leaders brought our prevention message to influential stages, speaking at conferences and events. These engagements helped amplify and advance the case for science-based behavior change, delivered at scale, that proves communities can build healthier habits.



Dr. Nalini Saligram, provides opening remarks at the Indiaspora and IPA Philanthropy Summit 2025, in San Francisco, California



Dr. Nidhi Jaiswal, M&E Lead, at the International Diabetes Federation World Diabetes Congress 2025 in Bangkok showcasing to over 6,000 delegates from more than 160 countries, our innovative, evidence-based, and scalable approach to diabetes prevention



Srabani Banerjee, Chief of Programs, was invited as the keynote Speaker at the Global Employee Assistance Summit 2025, in Istanbul. She highlighted how Arogya World has been leading the momentum for diabetes prevention and health and well-being.



Dr. Smriti Pahwa, Director - Scale up Programs, moderating the session on Changing Systems, Healthier Lives: Prevention, Care and Management of Obesity at the Confederation of Indian Industry's National Obesity Summit 2025



We also led the brainstorming at the Global Round Table on Food and Sustainability at IIM Mumbai, co-organised by the ATNi (Access to Nutrition initiative), the Global Alliance for Improved Nutrition (GAIN), and IIM Mumbai

OUR  
**FINANCIALS**

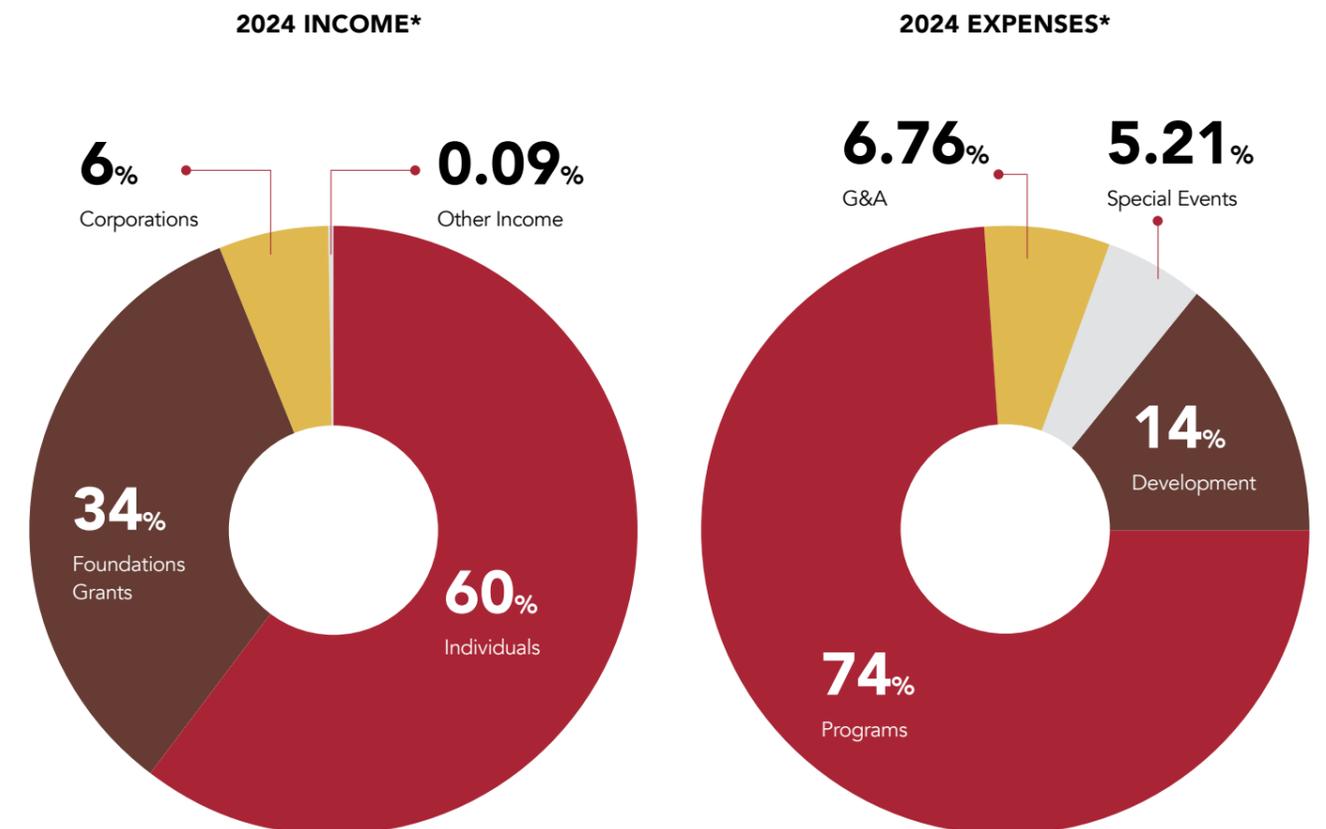
In 2025, we reached out to over 10.5 million people across all our programs.

For every \$5 of program spend, we are able to reach out to 55 people across our different programs.



- In 2024 we raised \$1.6 million including in-kind contributions, with just over 60% coming from individuals.
- As much as 74% of our expenses are for programs.
- 100% of all donations go to support programs.
- G&A and other expenses are covered by a generous donor.

**2024 AUDITED FINANCIALS**



**\*INCOME AND EXPENSES INCLUDE IN-KIND**

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OUR

# BOARD OF DIRECTORS DRIVING STEWARDSHIP

**DR. NALINI SALIGRAM**

Nalini Saligram, Ph.D, is Founder & CEO, Arogya World. She is an Ashoka Fellow, serves on the board of India Philanthropy Alliance, and TiE-Atlanta, and is active with Indiaspora and Emory Global Diabetes Research Center. Nalini is a passionate advocate for diabetes prevention and thinks deeply about scaling Arogya's impactful programs. A Ph.D. from Indian Institute of Science, she previously worked at Merck. She's also a TEDx speaker.

**DR. MANDEEP KAUR**

Mandeep Kaur has built her career on a distinctive reputation for bridging science and commercialization by helping biopharma organizations translate strong R&D pipelines into market success, enterprise value, and meaningful outcomes for patients.

**DR. PAMELA YIH**

PamelaYih, Pharm.D, serves as Chief Financial Officer of Arogya World, and has been serving in that capacity, working pro bono, right from the founding of the nonprofit in 2010. Pamela is President of Pamela Y-F Yih, Inc., a life science consulting company. She was previously at Bristol Myers Squibb specializing in global commercialization strategies and was on faculty at the University of Nebraska, College of Pharmacy.

**DR. KASHMIRA DATE**

Kashmira Date is an award-winning physician-epidemiologist and senior global public health leader with leadership across the public and private sectors, including CDC, Johnson & Johnson, and Pfizer. She also serves on key advisory committees and as Adjunct Faculty at Emory University. She is committed to advancing health equity, women's leadership, and the next generation of young health leaders.

**DR. SEEMA BHATIA**

Seema Bhatia is board certified in internal medicine and was in private practice for over 14 years. She is passionate about the role of preventative medicine in the fields of diabetes and hypertension.

**DR. SHIVANI PATEL**

Shivani Patel is a Applebaum-Peabody Associate Professor of Global Diabetes in the Hubert Department of Global Health at the Rollins School of Public Health, Emory University. She is also among the core faculty of the Emory Global Diabetes Research Center. She is also a TEDx speaker.

**DEEPA PRAHALAD**

Deepa Prahalad is an author and innovation consultant specializing in design strategy, working with startups and global firms. She co-authored *Predictable Magic* and writes for Harvard Business Review and other publications. She mentors leading social entrepreneurs and is committed to advancing innovation, design-led thinking, and global impact.

**DR. NITYA RAJESHUNI**

Nitya Rajeshuni is a Clinical Instructor in the Department of Pediatrics at Stanford University. She is faculty with the Stanford Center for Asian Health Research and Education (CARE), the Center for Innovation in Global Health (CIGH), and the Maternal Child Health Research Institute (MCHRI).

**SWATI CHAUDHARY**

Swati Chaudhary serves as a Director at Blue Meridian Partners (BMP). At the nexus of economic mobility and venture philanthropy, she is committed to listening to the voices of the vulnerable in our society, and channeling philanthropy towards solutions that are rooted in the realities and experiences of communities.

# AROGYA WORLD

## CHANGING THE COURSE OF DIABETES



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