

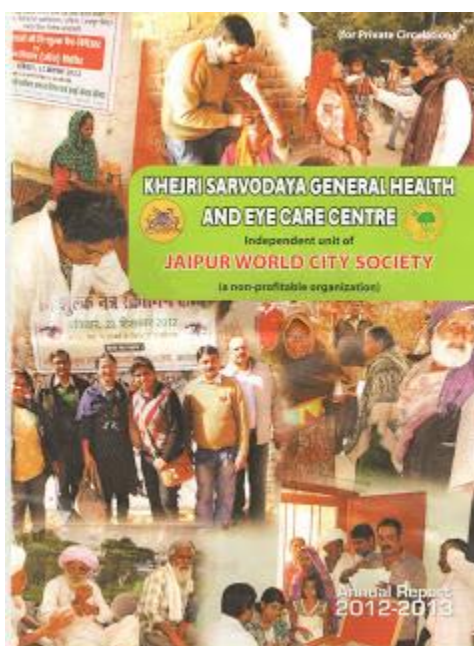
Annual Report 2012-13

KHEJRI SARVODAYA GENERAL HEALTH AND EYE CARE CENTRE

Independent unit of
JAIPUR WORLD CITY SOCIETY

(a non-profitable organization)

Annual Report 2012-13



Healing beyond Hope. In March Rabia died. She was 8 years and suffered from severe lymphatic cancer, which had spread through her entire body. Rabia lived with her father, a small vendor, her mother and a few siblings in the slum area nearby, working as rag pickers. Rabia was one of our “special” patients; her treatment being funded out of a separate fund which we had created for serious patients like her needing extensive treatment and care. Thanks to the intervention and treatment of the oncology department of the main government hospital Rabia’s life was extended by a few years. We reported about her with a photo in last year’s annual report, as we were hopeful that we could save her life. From 2004 till present this Fund has financially helped 65 patients with different severe ailments and disabilities. This Fund, which was initially instituted by Mr. and Mrs. Guenther and is mainly supported by Khejri Verein, Germany will finish this year. For several of these patients it meant hope for a new life, for some it was beyond hope.

Official figures have shown that still 65% of people in India lack regular access to health services and 23% do not even have the means to seek health related services. In general 70% girls are anemic and the maternal mortality is 21%; only 30% babies are

immediately and for 6 months breastfed. However, there is a good rise in institutional births. More than 38% children are undernourished and in our area we have above 50% of the school going children who are under standard Indian weight and many severely underweight.

The Khejri Health Centre completed 18 years of health related services to the community on a charitable/highly subsidized basis. Approximately 75% of its expenditure has once again been possible due to the munificence of some local and many foreign individual/small private organizational donors. On behalf of our patients, doctors and staff members we are very grateful to them for recognizing and supporting this most essential and basic service. Due to rising costs we have had to marginally raise our fees, especially for eye care/operations and for our laboratory services. However, we have maintained our registration fee at Rs. 20 for OPD consultation and free medicines. The genuinely poorest of the poor paid no fees, as also the 652 school children this year, who came to the health centre with a reference from their school.

In April 2012 we festively inaugurated a small building containing our new state of the art laboratory and the room for the ophthalmic technician. We are still cramped for space and often remember the fine health centre building we had before it was demolished by the government for road widening purposes in 2007. In May Dr. A.C. Bhargava, executive director and senior eye surgeon, suddenly left the Health Centre on short notice. We appreciate his long and devoted association with the Khejri Health Centre.

The Year at a Glance:

In the year under review the Khejri Health Centre was open to the patients morning and evening for 304 days, plus some Sundays on which we held camps. Including eye patients the total number reaches 33060 patients' visits. The month of September was the busiest: we had more than 4000 patients' visits, bringing a daily average of 162 patients! It is always heartening to note that the number of 'old' and 'new' patients are almost identical, which pleads for our reputation in the community. Also the difference over the years between male and female children remains constant, in spite of the declining sex ratio. We received more male patients than before, mainly in the evening clinic. The socio-economic profile of our patients is slightly changing due to urbanization, but still the majority, especially women and children, are in need of affordable/free health care.

Particular	Morning	Evening	Total
Working Days	304	-	304
No. of Patients	26001	7059	33060
Old Patients	12417	3581	15998
New Patients	13584	3478	17062
New Adult Male	4094	1170	5264
New Adult Female	5913	1130	7043
New Male Children	1906	592	2498
New Female Children	1671	532	2203
Antenatal Cases	1159	-	1159

Eye Patients	4812	-	4812
Eye Operation	189	-	189
E.C.G.	81	-	81
Laboratory	2955	-	2955
Immunizations	1021	-	1021

Patients' diseases and our specialized services:

As in previous years, the most frequently occurring diseases were: various types of skin diseases (2236); upper respiratory infections (4529); gastritis and dyspepsia (669); injuries (422), hypertension (197), antenatal and reproductive health (1159).



Our **antenatal and reproductive health services** have been badly affected by the new government rule that a sonologist can only work in two centres. Our sonologist came once a week to check the pregnant women; it is now impossible to find someone to do this. These new rules came into effect in 2012 after there was a tremendous, genuine outcry over the misuse of *sonography* machines for sex determination. We have applied for special permission, but as yet no positive reply to this. Dr. Aruna Kumari Kanwar looked after 1159 antenatal and reproductive health cases, who were given regular check-ups of weight, blood pressure, laboratory tests, vaccinations, iron calcium tablets, family planning assistance and treatment for specific reproductive ailments. This year we have paid special attention to *anemia* and tracked all the pregnant women on their hemoglobin ratings. We found that less than 10% of pregnant women had the required hemoglobin level of 13! Extra counseling for improved nutrition and hygiene was given. To educate young women/adolescents on the need for proper hemoglobin levels we have recently started a project in the schools in our area where we check the hemoglobin level of all girls above 12 years and counsel them on the importance of having a proper hemoglobin level (see below under School Health Programme). If this is successful, we can hope to break the vicious circle of weak mothers giving birth to weak babies. These women specific services are supported by donors from The Netherlands and Belgium.

As mentioned above, the **Eye Care Centre** faced a set-back by the sudden departure of Dr. A.C. Bhargava, who worked with us since the inception of the Health Centre. It took

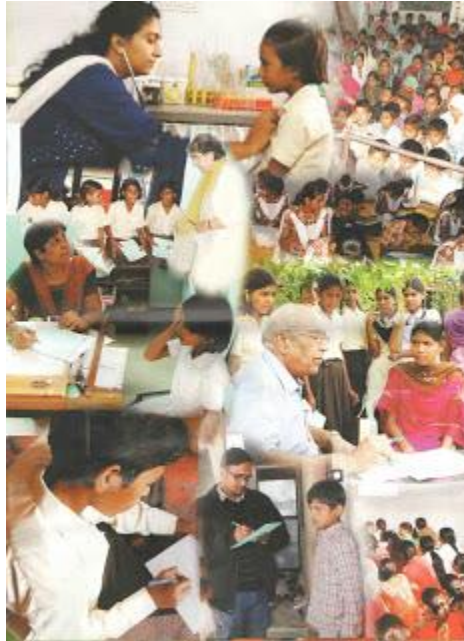
two months to find a suitable replacement in Dr. Apoorv Kotia, who joined the Centre in July, but only for half-time. Still there was a marginal increase in eye patients compared to last year, both in OPD attendance and in the number of operations. The major diseases relate to cataract (337), conjunctivitis (1016), glaucoma (100), refina (150), corneal ulcer (50), foreign body removal (60) and refractive errors (964). We conducted 4 camps for eye patients, 3 at the Khejri Centre itself and 1 in faraway Kanadwas village. In these camps a total of 523 patients were attended to and several identified for operations. All eye patients are investigated first for blood sugar and blood pressure, and other investigations - if required. 189 eye operations were performed. Mr. Puneet Sharma is the ophthalmic assistant, who does the intake and refraction service and assists with the operations along with senior nurse Sreeja Pillai. The Lions Workgroup for the Blind of The Netherlands has provided support to buy a non-electrical vitrectomy unit and also part of the running cost of the centre. Other support has been received from Dr. Vineet Kumar (UK).

Also this year with the support of the Netherlands Foundation 'Aid for Young People' we could continue to provide **free immunization** twice a week to 1018 babies and others: DPT and polio, all 3 doses; Hepatitis B, all 3 doses; measles, boosters, swine flu, tetanus 2 doses. Moreover, about 250 accident cases were all provided prophylactic tetanus shots. Sister Prasanna takes care of this service.

A great supporting diagnostic service is provided by our **Laboratory**. Mr. Babu Raj, the laboratory technician has performed 2995 investigations this year, of which 1726 pathology, 112 biochemistry, 102 sputum. On the inspiration of Prof. Kamla Chandra, retired pathologist of Delhi's Maulana Azad Hospital we started a campaign for providing pap smears. 55 pap smears were done. The laboratory functions thrice a week in the mornings. The laboratory services had to be greatly subsidized by donations from The Netherlands, UK and USA.

This year we held two multi speciality **camps** in May 2012 and in February 2013, where free treatment, investigations and medicines were provided. Specialists in dental and ENT, an additional gynaecologist, eye doctor, pediatrician were available to the patients. The May camp attended to 353 patients, the February one to 307 patients. In July and December we conducted separate eye camps, in which 179 and 120 eye patients were attended to. In August we held a free camp for breast cancer and cervical cancer (pap smear) attended by 60 women. The latter camp was supported by a surgeon and volunteers from the Mastectomy Association of Rajasthan and the Jaipur Cancer Relief Society. The camps were financed out of the Roma Bakshi Memorial Fund.

The School Health and Health Education Project:



This is Khejri's outreach flagship programme. We conducted 1218 medical examinations with free treatment and medicines of children in 8 different schools in our environment, viz. Arpit Children's Academy in Kandawas (15km to the east), Bal Bharti Public School, Dantli (10km to the east), Bal Vidya Mandir School, Khatipura 8km northeast), Manju Public School, Kundanpura (2 km east), Ganpati Public School, Khonagoriah (5km north). Humana People to People's India School, Jagatpura (4km west), Navjyoti Public School, Udaipur Gilaria (2km north) and Digantar School, Bhavgarh (10km northeast). The major diseases relate to eye, teeth, and other hygiene related illnesses. One or two more serious ailments were also detected. The major worry remains the low to very low weight of these children with as much as 50-80% under standard weight. We have been able to **supplement their nutrition** with protein/vitamin drinks, protein powder and vitamin tablets to all children thanks to the support of the Dutch organization 'Children of Tomorrow'. 2348 protein vitamin syrup bottles, 7284 supradyn multi vitamin tablets and later 35 jars of protein powder were distributed. Lately, the Digantar school in Bhavgarh, where 17 children were severely underweight and 14 adolescent girls showed very low hemoglobin, has decided to start supplementary meals for all 500 children in the next school year.

The funds for this programme come from donors in The Netherlands. Mrs. Jane Himmat Singh needs to be especially thanked for providing us with the hemoglobin monitor Hemacue, a Swedish product, which gives fast readings. We tested more than 200 adolescent girls and will continue this testing in various schools during the coming year. A card with the test result, information what hemoglobin is and does to the body plus advice as to how to improve the hemoglobin count, is provided to each girl. Dr. Y.K.Rajvanshi and his team are responsible for this programme. A special mention should be made of the voluntary services of Dr. Sunita Sharma, Mrs. Anju Chandna, Mrs. Niti Bhargava and Mrs. Suman Khanna

Our School Health Education Programme:

174 Senior students of Arpit Academy, Bal Bharati Public School, Manju Public School, Bal Vidya Mandir School, Navjyoti Public School and Ideal Public School were given 10 lessons each on basic health related topics during the months of August to February. The textbooks and workbook cover lessons on physiology, hygiene, nutrition, accident

prevention, vaccinations, etc. An extra examination was also introduced this year with prizes for those topping in performance. Besides, 322 students of different classes were shown interesting health related video programmes, which the children much enjoyed. We were fortunate to receive separate funds for an LCD projector from 'Children of Tomorrow', The Netherlands. This charitable organization also entirely funds the SHEP, Hemoglobin and Nutrition programme. It will also provide next year funds for first aid boxes.

In November we conducted a **First Aid Training Workshop** for 35 teachers of 10 government and 9 private schools from 14 villages, with whom we are constantly working. The workshop was once again guided by Dr. Marianne Jansen (Khejri Verein, Bremen). Other doctors were Dr. Sunita Sharma, Dr. Apoorv Kotia and Prof. Maya Tandon. The latter gave a fascinating power point presentation about 'the Golden Hour' saving the life of accident and other patients: resuscitation. The practical session were especially appreciated. Digantar once again provided the venue and lunch arrangements.

School Assistance programme :

With the generous financial assistance of Shanty Foundations, St. Theresia Foundation, St. Imelda Foundation and Jasper Fund 20 poor students (mainly orphans) in 6 different schools could be provided with annual fees, books, stationary, uniforms, etc. and one school was provided with extensive infrastructural facilities like toilets, computers and benches.

A special mention to be made about our active coordinator for both SHP, SAP and SHEP, Shri Bhanwar Lal Kumawat, who is also helpful with other health centre related activities.

Staff and Management:

Dr. A.C. Bhargava (executive director and ophthalmologist; till 15 May), Dr. Hanuman Sing and Dr. L.K. Pareeksh (physicians morning OPD), Dr. Prem Shekhawat (specialist internal medicine morning OPD), Dr. Aruna Kumari Kanwas (gynaecologist), Dr. Y.K. Rajvanshi (physician evening OPD, in charge of the STP patients and the school programmes), Dr. Apoorv Kotia (pt time eye surgeon, since July).

Para-medical: Mr. Rajendran Nair, Ms. Sreeja Pillai, Ms. Prasanna Shivan, Mr. Babu Raj, Mr. Puneet Sharma.

Administrative: Ms. Gerda J. Unnithan (hon.director), Mr. Bhasi M, Ms. Rekha Pillai, Mr. Ramchandran Pillai, Mr. Bhanwar Lal Kumawat.

Supporting staff: Ms. Zaida Bano, Ms. Kamlesh, Ms. Indira, Mr. Gogaram.

The overall management rests with Jaipur World City Society. The Health Center's Advisory Committee, consisting of the JWCS president Mr. B.L. Baid, its treasurer Mr. J.C. Gupta, Dr. Y.K. Rajvanshi, Mr. Hemnat Agrawal, Mrs. Krishna Gupta, Mr. Sanjay and Mrs. Niti Bhargava, Mr. B.M.S. Bareth and Mrs. G.J. Unnithan, meets regularly to guide and supervise the working of the Health Center. Prof. T.K.N. Unnithan is a special invitee.

Finances :

The total income during 1st April 2012-31st March 2013 from local sources and donations was Rs. 1367251, from foreign donations Rs. 2095342, and from bank interest Rs. 595908. Most foreign donations are for ongoing projects in the next year(s).

Total expenditure under various heads amounted to Rs. 3738748. These are unaudited figures. The accounts are being audited along with the accounts of Jaipur World City Society by Messrs. Shekhawat & Co. Income tax returns and FCRA Govt. of India formalities will be completed as in previous years.

Do continue to support us in future also.

Donations from abroad may please be sent to Jaipur World City Society account no. 10054351906, State Bank of India, Malviya Nagar, Jaipur, India (swift code SBININBB552).

FCRA (Govt. of India) registration no. of Jaipur World City Society is 125560068.

Local donations can directly be transferred to Khejri Sarvodaya General Health and Eye Care Center, account no. 67870511068686, ICICI Bank, University Marg, Jaipur.

Exemptions for donations under Sub Clause 80 (G) of Income Tax Act 1961. Certificate No. 705 dt. 18.7.2011

KHEJRI SARVODAYA GENERAL HEALTH AND EYE CARE CENTER

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