



**Okti foundation**  
In service of Community



**ACTIVITIES**  
**2016**





गुरुर्ब्रह्मा गुरुर्विष्णुः  
गुरुर्देवो महेश्वरः ।  
गुरुःसाक्षात् परब्रह्म  
तस्मै श्रीगुरवे नमः ॥

**The Guru is Brahma, the Guru is Vishnu  
The Guru Deva is Maheswara (Shiva)  
The Guru is verily the Para-Brahman (Supreme Brahman)  
Salutations to that Guru.**



## OKTI FOUNDATION: ACTIVITIES 2016

The Okti Foundation and Sant Parmanand Hospital, Delhi under *The Ao Gaon Chalein Project* under aegis of the Rural Committee, Indian Menopause Society, AOGD and RCOG (NZ) conducted various successful programs in the year 2016. These included 8 surgical camps in which 235 successful surgeries were conducted for poor patients in remote villages all over India. Thirteen Medical Camps were organized in collaboration with Indian Menopause Society in which screening and public awareness were the main highlights.

### Surgical Venture held on 25th to 27th March 2016 at Civil Hospital, Joginder Nagar, Mandi, Himachal Pradesh.

A Surgical Venture was organized at Civil Hospital, Joginder Nagar, on 25th to 27th March 2016 in which 24 patients were operated free of cost. This camp was financially supported by Friends of Sant Parmanand Hospital, Jaguar Foundation Ltd. and Rotary Club. The Surgical team included Dr. George Verghese, Dr T C Sharma, Dr Sonal Bathla, Dr Anupam, Dr. Rechal, Dr. Rabecca, Dr. Babitha and Ms Anica. The male to female ratio was- 1:5, and 15 patients were more than 40 years of age. The number of gynecological procedures was 7, General surgery 15 and urological surgery was 2. All the patients were discharged in satisfactory condition.





**Surgical Venture held on 19th to 21st March 2016 at Manali, Himachal Pradesh**

Surgical Venture was organized at Sahayak Surgical Centre, Manali, Himachal Pradesh from 30th to 31st March 2016 in which 20 patients were operated free of cost. This camp was financially supported by Suvidha Diagnostic Centre. The Surgical team included Dr George Verghese, Dr Sheila Verghese and Dr T.C. Sharma. The male to female ratio was- 1:9, and 9 patients were more than 40 years of age. The number of gynaecological procedures was 5, General surgery 11 and urological surgery was 4. All the patients were discharged in satisfactory condition



**Surgical Venture held in Oct - 2016 at Duncon Hospital, Raxaul, Bihar**

Surgical Venture was organized at Duncon Hospital, Raxaul, Bihar in October 2016 in which 32 patients were operated free of cost. This camp was financially supported by the ONGC.




Indian Menopause Society



*Aao Gao Chalen*



**Can you lend a Helping Hand ?**

Let us pledge to do one free surgery for prolapse in each chapter of IMS on the eve of World Menopause Day

Please send details of the patient operated to [drsonalbathla11@gmail.com](mailto:drsonalbathla11@gmail.com) and you will be reimbursed Rs 7,000 against the bills raised through Chapter Secretary. Please send your account details.

Initiative by the Rural Committee of Indian Menopause Society, Okti Foundation and SPI



The Surgical team included Dr Gerorge Verghese, Dr Uttam Mahopatra and Dr T C Sharma. All the patients were discharged in satisfactory condition . The male to female ratio was 9:23 and 16 patients were more than 40 years of age. The number of gynecological procedures was 10 General surgery 05 and urological surgery was 12 into urology and laparoscopic surgery (key hole surgery) was conducted in this camp.





### Surgical Venture held in Dec 2016 at Nagaland

Surgical Venture was organized at Nagaland in December 2016 by ECS Society in which 40 patients were operated free of cost. The Surgical team included Dr Gerorge Verghese, Dr Sheila Verghese & Dr Tamsula. The male to female ratio was- 1:3, and 10 patients were more than 40 years of age. The number of gynecological procedures was 17, General surgery was 22 and urological surgery was 1. All the patients were discharged in satisfactory condition.



### Surgical Venture held on 11th Nov & 12th Nov 2016 at Civil hospital, Joginder Nagar, Mandi, Himachal Pradesh.

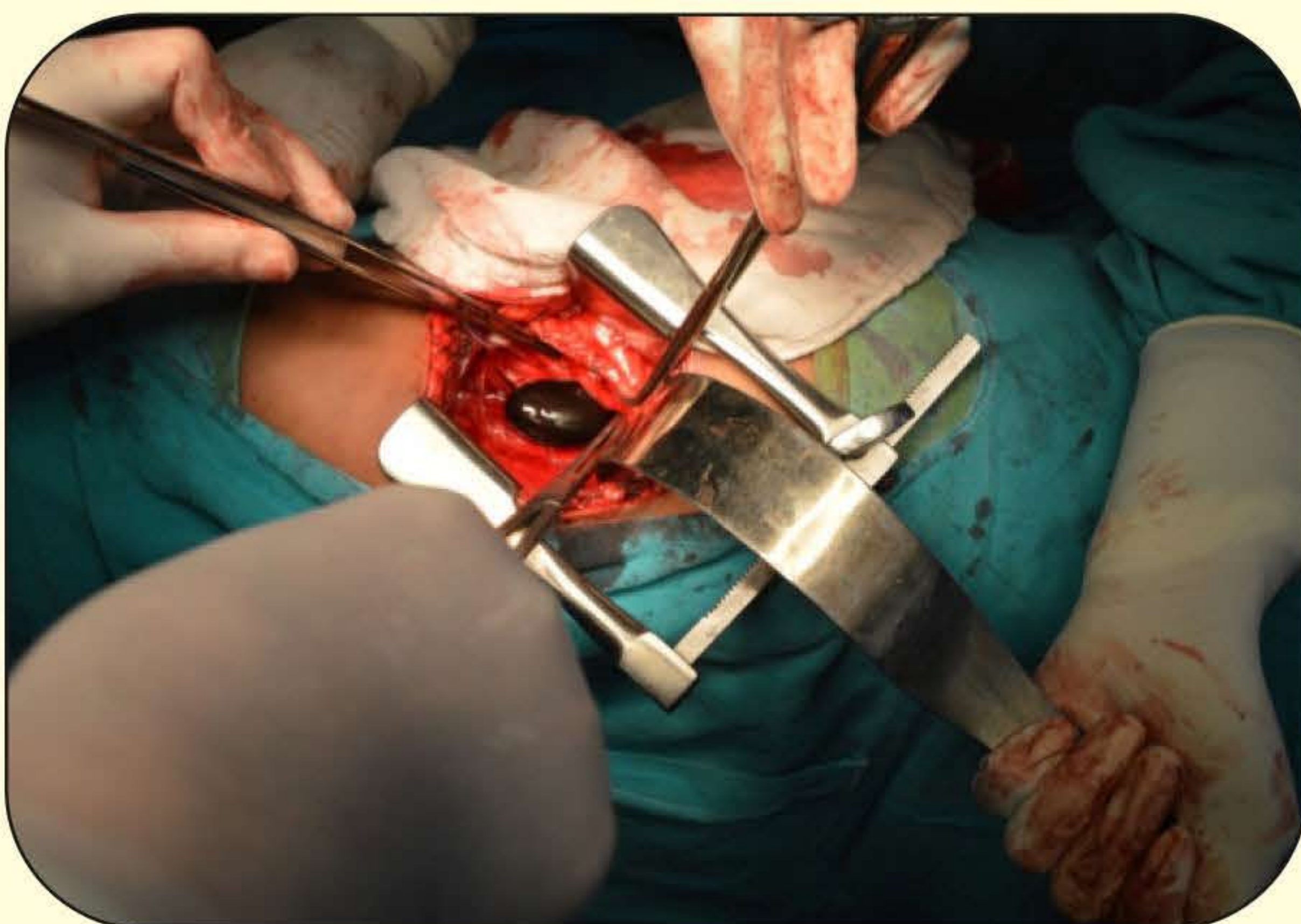
A Surgical Venture was organized at Civil Hospital, Joginder Nagar, Dist Mandi, Himachal Pradesh on 11th & 12th Nov 2016 in which 23 patients were operated free of cost. This camp was financially supported by Shree Cement Limited, Mrs Thekla Ahlrichs and Friends from Germany and Rotary Club. The Surgical team included Dr. Gerorge Verghese, Dr Anupam, Dr. Rechal, Dr. Rabeca, Dr Sahilesh, Dr Mitra, Dr Chris, Dr Tehi. The male to female ratio was 7:16 and 18 patients were more than 40 years of age. The number of gynecological procedures was 7, General surgery was 16 and urological surgery was 10. All the patients were discharged in satisfactory condition.





## Surgical Venture held in Oct 2016 at Lehman Hospital, Herburtpur, Uttrakhand

Surgical Venture was organized at Lehmon Hospital, Herburtpur, Uttrakhand in October 2016 in which 40 patients were operated free of cost. This camp was financially supported by the ONGC. The Surgical team included Dr Sonal Bathla, Dr T C Sharma, Dr Sonal Gardia, Dr Bhawna, Dr Babitha, Dr Rachna, Dr Davis. Laparoscopic surgery & endourology was undertaken at this centre to achieve better post operative results. The in house surgeon & gynecologist at this centre are skilled to handle camp surgeries independently. The male to female ratio was- 2:3 the number of gynaecological procedures was 7, General surgery 19 and urological surgery was 11. All the patients were discharged in satisfactory condition.





## Surgical Venture at Sant Parmanand Hospital, Civil Lines, Delhi

Free Surgeries for poor under privileged patients were conducted at Sant Parmanand Hospital, Delhi in 2016 in which 55 patients were operated free of cost. The mission is guided by Sh B.G. Bangur, Dr Shekhar Agarwal, Sh . B. R. Maheshwari. The Surgical team included Dr Nirmala Agarwal, Dr T C Sharma, Dr Sonal Bathla, Dr Arbinder Dang, Dr Sweta Balani, Dr Priti Arora Dhamija, Dr Praveen Kumar, Dr Poonam K Singh, Dr Vinod Kalla , Dr B N Seth , Dr S. Dam & Team. These surgeries were sponsored by Okti Foundation, Friends of Sant Parmanand Hospital & ONGC. The male to female ratio was 14:41 and 13 patients were more than 40 years of age. The number of gynecological procedures was 34, General surgery was 3 and urological surgery was 15.



## Surgical Venture held in Oct 2016 at Surat

One patient of prolapse uterus was operated by Dr Manisha Jhawar in Surat in Oct 2016 free of cost. Patient was discharged in satisfactory condition.



**Socks knit by women in villages of Manali were distributed as souvenirs by the organization**



**Success Story by Dr George Verghese** : This is about a patient X who was 65 yrs of age came to Joginder Nagar Surgical Camp in November 2016. She came from a distant village about 70km from the town. She was married at a younger age and had one daughter. Soon after the birth of the girl child the husband left her and got married to another woman and had no contact since. She brought up the daughter alone and supported herself by doing various village activities. A few years back she developed pain and swelling in her abdomen. Various people from the village collected some money and sent her to Amritsar for treatment. After spending all the money and finding no relief she came back to her village and continued to bear her discomfort. She found it difficult to have regular meals as her abdomen continue to enlarge. The village panchayat head came to know about the free camp conducted by OKTI and brought her to Joginder nagar . She was diagnosed to have a very big fibroid uterus and a big ventral hernia. She was anemic because of lack of proper food earlier. After taking the needed precaution, she was taken for surgery. She had a 7kg fibroid that was removed and repair of the big hernia with a synthetic mesh was done. She had a comfortable recovery and went home on the 4th day. Her daughter cared for her and she was grateful for the free surgical intervention that helped her to live a comfortable life.

She is one of the many who benefit from free surgical camps. The camps provide hope for many who suffer silently due to lack of financial support. All those who help OKTI's activities through various funds are bringing hope to many. The village community benefit indirectly economically and health wise. Its done in good faith and team is grateful to all who help. We can do this service only because of the generosity of donors. God's blessings be upon all of them.

**Success story** : An orphan 24years girl, a rape victim who underwent multiple VVF repairs was brought to Delhi. EUA showed a glass dropper encrusted inside the vagina. It was removed, stenosed vagina reconstructed & fistula repaired, bringing life to a beautiful soul.

**Capacity building**: The exposure in in Surgical Ventures helped many doctors, technicians and Nurses sharpen their surgical skills. Lehmon Hospital, Herbertpur independently conducted the camp & laparoscopic surgery was carried out at Lehmon Hospital, Herburtpur & Duncon Hospital, Raxaul , Bihar.

**Skill Development** : Ms. Sukhdei and Ms.Manisha were sponsored by the organization for Teacher Training to look after special children in Bangalore.

**Various Medical & Screening camps were organized in collaboration with Indian Menopause Society under the able leadership of Dr. Jaideep Malhotra as President, Dr.Nirmala Vaze as Vice President, Dr. Shobhna Mohandas as Secretary General and Dr. Sonal Bathla as Chairman Rural Committee. Few of them are as follows.**

**Screening camp** by Dr. Jyoti M Shah & Dr. Beena Kumari at Jan Kalyan Cancer Hospital, Mandvi , Kutch on 27<sup>th</sup> & 28<sup>th</sup> Feb 2016 in which 178 women were screened, 101 pap smear, 14 colposcopy and 12 cryo surgeries were done. A talk on "Cancer in Women" was given.





**Public Awareness Program** for rural women by Dr. Hephzibha in March 2016 at Chennai in which awareness about breast and cervical cancer and prevention by vaccination was imparted.



**Awareness Program** by Dr.C. Ambuja at Suraram Village, Hyderabad on 8<sup>th</sup> March 2016. Information about Menopause, Bone Health and Nutrition was given to rural women. This program was attended by 98 women with rural background.

**Breast Cancer Awareness Programme** on 19<sup>th</sup> March 2016 by Dr. Kanchan Sortey and Dr. Ujjwala Deshmukh at Nagpur which was attended by 42 farmers from Gondia.





**Health Camp** by Dr. Nimala Pipara at Parasmani Village, Laxbagan, Kolkata in March 2016 in collaboration with an NGO, Anandhara in which 150 women were screened for Anemia and Diabetes. Health education was imparted.



Free vitamin D Sachet and calcium was distributed to about 200 Adiwasi people of Haldarwa. They were educated about skill development.





**Many Awareness Camps** were conducted by Dr. Bhawna Sheth from Bharuch in 2016 in which female foeticide and alcohol abuse were discouraged.

**Breast Self Examination Awareness** was done by Dr. Hepazibha at a rural area near Thiruvallur, TN on 15<sup>th</sup> Aug' 2016 and trees were planted.



**Village Health and Public Awareness Camp** was organised by Dr. Punita Hasija in village Mohabatabad, Faridabad on 18<sup>th</sup> Oct 2016 in which the village women were subjected to health screening. Awareness about bone health, heart health, personal hygiene, role of exercises and diet was given.





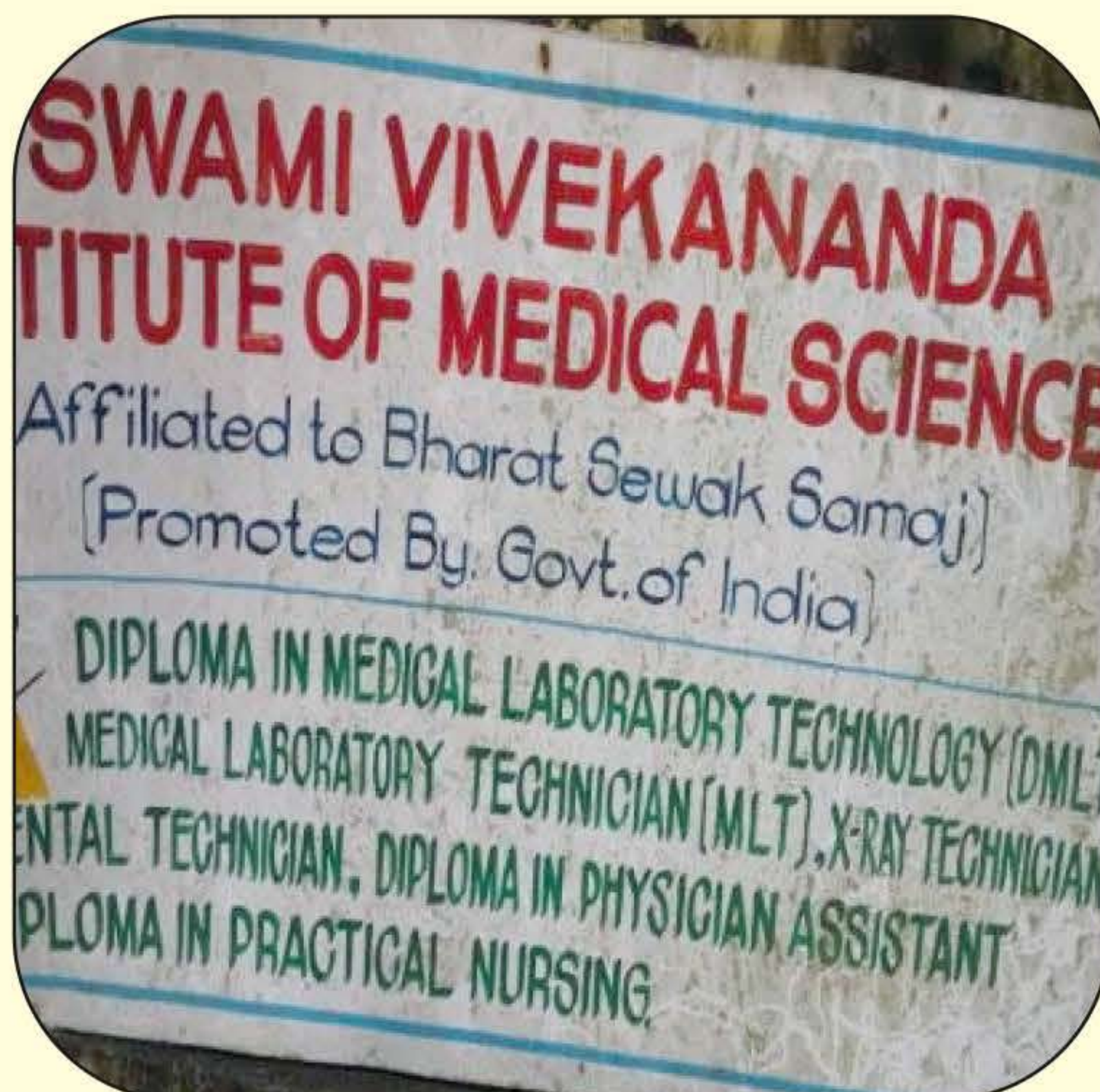


**Rural program** was conducted by Dr. N Hepzibah at Thiruvallur District on 22<sup>nd</sup> Oct 2016 in which 182 patients were screened for medical ailments.

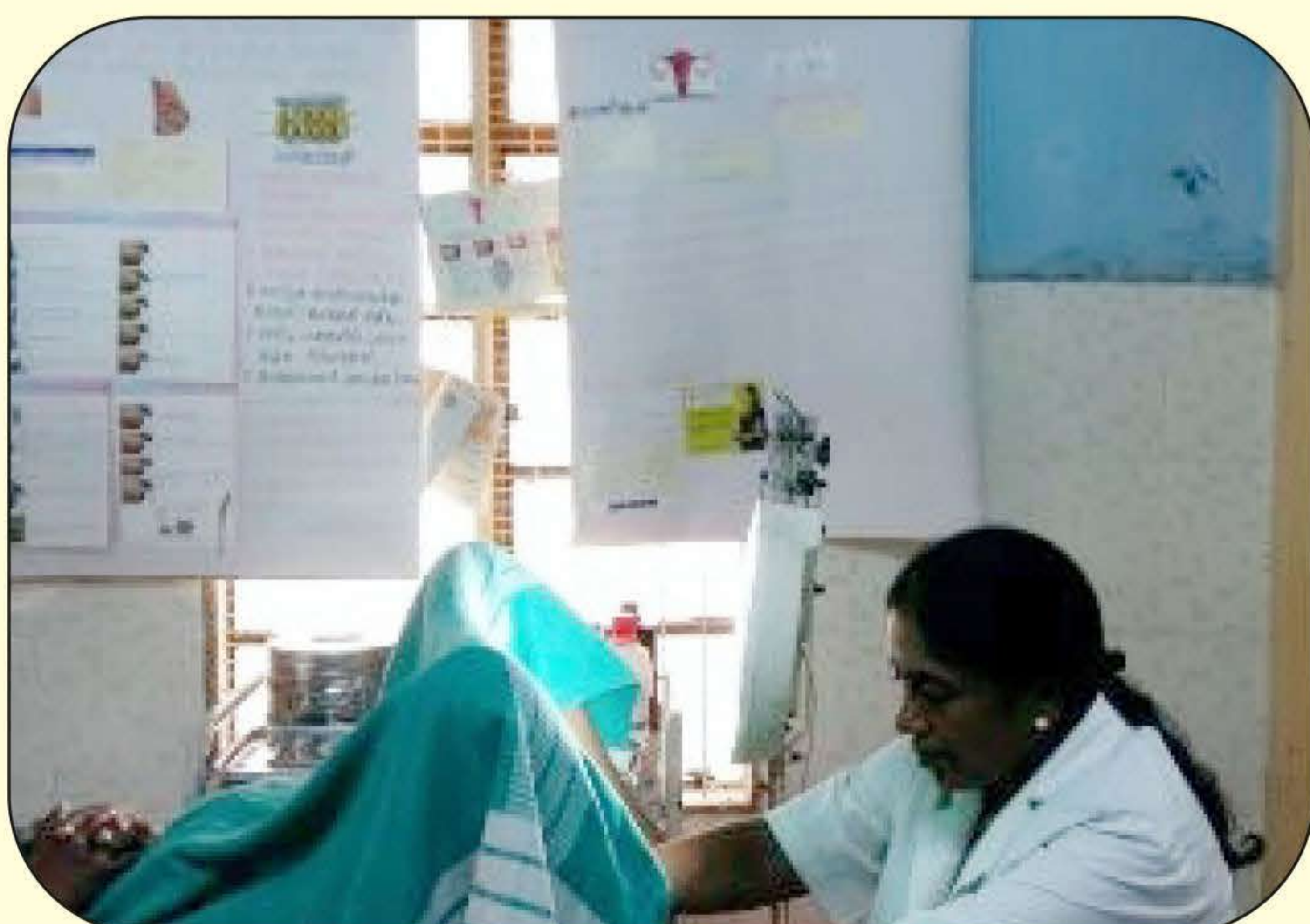




**Monthly Awareness Programs** were organized by Dr. M.K.Valsan in tribal colony of Waynad District at Cheeral in Kerala on 2<sup>nd</sup> Oct 2016 which was attended by 48 patients. This was in Collaboration with Vivekanand Mission Trust.





**Cervical Cancer Screening Program** by Dr. Hephzibah in a village at Thiruvallur district, Tamilnadu in which 65 patients were screened for cancer cervix.





# LETTER OF APPRECIATION

RID-3070  Club No. C0000 

**Rotary Club**  
Joginder Nagar, Distt. Mandi (H.P.)

**Ajay Thakur**  
Secretary  
Vill Dhola, P.O.  
Joginder Nagar,  
Distt. Mandi (H.P.)  
Ph. : 941812442

**Ranjeet Katoch**  
President  
Dharam, P.O. Jalpohar  
Joginder Nagar, Mandi  
Distt. Mandi (H.P.)  
Ph. : 941812442

Date : 26-03-2016

Dated: 26-03-2016

**LETTER OF APPRECIATION AND THANKS**

Rotary Club Joginder Nagar has the privilege to organise free surgery camp at Civil Hospital Joginder Nagar with the co-operation of OKTI foundation Delhi from 25-03-2016 to 26-03-2016 where in 24 major surgeries were successfully performed. Also free medicines provided to the patients with the post operative care. Following major surgeries were successfully performed:-

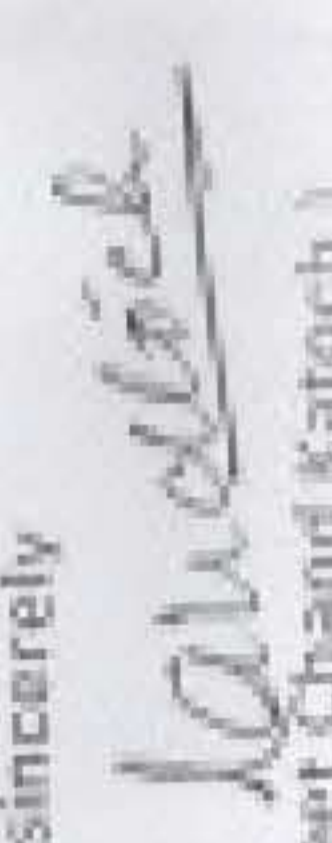
- Vaginal Hysterotomy (anterior and posterior repair) - 4
- Cholecystectomy - 16
- Pyloolithomy - 2
- MDVH / Cystectomy - 1
- Cyst - 1

Following doctors and nursing staff were engaged in carrying out the operations.

1. Dr. Verghese, M.B.B.S (M.S)
2. Dr. T.C. Sharma MCH (Urologist)
3. Dr. Sonal Bathla M.D (Gynaecologist / O.B.S)
4. Dr. Rebecca (Gynaecologist / O.B.S)
5. Dr. Babita M.B.B.S (M.S.)
6. Dr. Anupam Phillips M.B.B.S (M.S)
7. Dr. Rechal Singh Phillips M.D. (Anaesthesia)

Rotary Club Joginder Nagar Distt. Mandi Himachal Pradesh feels highly obliged and privileged to have the specialised services of the doctors engaged in performing charitable services untiringly. Rotary Club Joginder Nagar would ever be grateful to have the co-operation of OKTI foundation Delhi and also we earnestly long for their co-operation and services in future too.

Thanks.

Yours sincerely  
  
(Ranjeet Chand Katoch)

 Indian Menopause Society  
Presents: this

**Citation of Appreciation**

To

**Dr. Sonal Bathla**

In recognition of her contribution to IMS as the  
**Chairperson of Rural Committee, IMS**  
in year 2015 & 2016-17

**Dr. Rama Vaidya**  
Founder President IMS  
1995

**Dr. Jaideep Malhotra**  
President IMS  
2016-2017

**SAFOMS - IMSCON 2017**  
The 22nd Annual Conference of the  
**Indian Menopause Society**  
&  
**4th International Conference of South Asian Federation of Menopause Societies**  
17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> February 2017

Raipur







**Okti foundation**  
In Service of community

### **List of Donors**

1. Oil and Natural Gas Corporation
2. Shree Cement Limited
3. Jaguar Foundation
4. Friends of Sant Parmanand Hospital
5. Suvidha Diagnostic Centre
6. Mrs. Thekla
7. Dr. K.M. Bhagat
8. Sh. H. L. Bathla
9. Smt. Sumitra Bathla
10. Prof. Seema Bathla
11. Dr. Naresh Taneja
12. Ms. Indu Taneja
13. Ms. Saroj Malani
14. Dr Sanjeev Sehgal

Data complied by Ms. Rama, Ms. Geeta & Mr. Deepak

Accounts: Mrs. Devyanshi, Mr. Sanjay Nath, Ms. Kanwal and Mr. Arun Ahuja

So, a combined consistent effort of all known and unknown contributors has provided surgical relief to 235 under privileged beneficiaries in the year 2016.

**Dr George Verghese & Dr Sonal Bathla**

Co-ordinators, Okti Foundation

[www.oktifoundation.in](http://www.oktifoundation.in)

[09811444563](tel:09811444563)