

Okti foundation
In service of Community



ACTIVITIES

2017

VASUDHAIVA KUTUMBAKAM

The world is one family



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.**



FROM THE EDITOR S DESK.....

“Healing is a matter of time, but it is sometimes also a matter of opportunity”- Hippocrates

These wise words highlight the health condition of many individuals in our country today.

We, as a nation are struggling with providing universal access to health care facilities to all our citizens as they deserve by the virtue of humanity. We are presented with the challenge to provide health care that is accessible, available and affordable to people, especially those in low income bracket.

Despite earnest efforts and great advances being made in infrastructure, India's healthcare system faces substantial challenges in providing care to its citizens. Nearly three quarters of our population lives in the rural areas and there is considerable rural-urban imbalance, where accessibility is significantly lower in rural areas. Surgical intervention in a patient from remote location calls for an expenditure of lifetime savings & loss of regular income too.

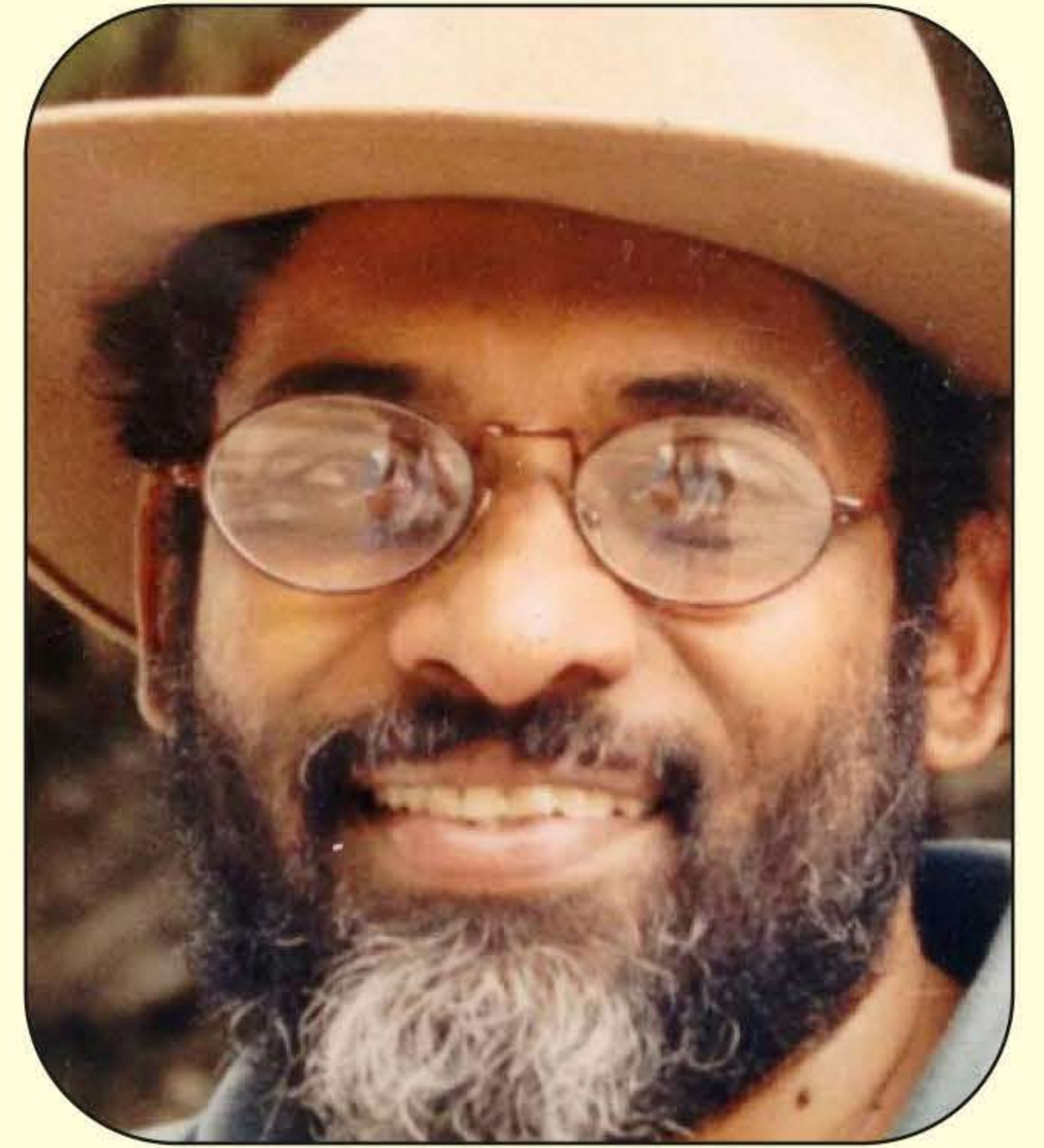
We, at Okti, make an effort to tackle the situation by focusing on providing surgical services in the village, upgrading surgical skills, capacity development and promoting community participation. We reach the disadvantaged at remote locations and operate on low risk patients requiring surgical intervention free of cost. This helps in capacity building & improvement of surgical skill in village set up. The high risk patients are brought to Delhi & operated in hospital with intensive care backup facility. The community participation in terms of raising funds, skill reaching the village, support from local authorities helps in materializing this marathon task.

This year 2017 has been fruitful in our efforts to serve humanity and further the cause of Indian healthcare, and with your continued support we intend to pursue the same.

Keep the faith.

Dr. Sonal Bathla

MBBS, MD, FICOG, FICMCH, FIMSA, CIMP



MESSAGE

As I look back at the past year of work done by OKTI, I am grateful to God Almighty for enabling each one in the foundation with wisdom, skill and energy. Our land is too big for any one group or system to provide the needed surgical and medical care for all. So the need for a small group like OKTI. We are insignificant from the nation's point of view yet we feel compelled to do something to alleviate the unnecessary suffering of a few. If such care can be multiplied across this land by small groups of committed professionals then a greater degree of well being could be experienced by more. OKTI team go where we are invited and local support is given. Thus the good will of the community is essential for the team to serve. We are also supported by various well wishers who share the responsibility of being partners in this venture. We want to be an example to young medicos and seniors to break free from the restrictions imposed by various faceless power structures and be involved in caring for the disadvantaged in their own unique way. Thus OKTI welcomes those who need practical training to learn the art of providing low cost surgical procedures under the careful supervision and support of seniors. There is a joy in working together for a common purpose where cash, class and caste are irrelevant. Teaching and training to impart skills and provide space for a paradigm shift in our current thinking of health delivery is part of OKTI's agenda. There are many ways to help people especially those who are marginalised due to society's cruelty. Their voiceless cry can challenge some one to take up their cause and become creative to ease the pain. OKTI has members who are doing just that. Unlearning own narrow thinking and our obsession with financial gain will open the way to be generous. Do we have a reason to change and become truly Human so that our selfishness, pride and greed could be replaced with goodness, humility and sharing? This is the question I am faced with.

In a world of gurus and godmen, we have no shortage of suggestions and ideas about how to become better people. There are many who point the way and give techniques about mastering oneself. Then we find guru's themselves have clay feet. Their suggestions are like giving advice to a quadriplegic to learn skinning and be free!! We need a Sach Guru who will take our hand and walk with us all the way. We need a Guru who will model for us a life so that we can know how to live. We need a Guru who will come alongside and share our stories and help us to see Life differently and empower us to be people of Grace. Blessed is that person who seeks and finds such a GURU.

OKTI can move forward only thru shared resources. Let us all share our knowledge, time, money to work towards the dream of all... Shalom...Health and Well being.

Dr George Varghese
MBBS, FRCS

SURGICAL VENTURES

OKTI Foundation, Delhi in collaboration with Sant Parmanand Hospital, Rural Committee of Indian Menopause Society , Association of Gynaecologists of Delhi & RCOG(NZ) organized eight Surgical Ventures in remote villages in six states of the country and one in Delhi in year 2017. A total of 269 poor patients got benefited from surgeries and many got the advantage of the awareness and the screening programmes. The Foundation raises funds for elective surgeries to help people especially those who are marginalised due to socio-economic disparity at remote locations. The Ventures were conducted at following locations free of cost.

Surgical Venture at ITD Hospital, Uripok, Imphal, Manipur

A Surgical Venture was organized at ITD Hospital Uripok, Imphal, Manipur on 15th and 16th April 2017 in which 10 patients were operated free of cost. This camp was financially supported by the Shree Cement Ltd.

The surgical team included Dr. T C Sharma, Dr. Gurpreet Singh Popli and Mr. Th. Romesh. All the patients were discharged in satisfactory condition.



S.no	Name of the Patients.	Age	Sex	Address	Name of the Procedure.
1	Thangjam Bigky	8yrs	Male	Ukhongsang	Herniorrhaphy
2	L.Enaoton	9yrs	Male	Ukhongsang	Herniorrhaphy
3	M.Addision	16 months	Male	Ukhongsang	Herniorrhaphy
4	Th. Ibochou	68yrs	Male	Bamon kampu Mayai leikai	TURP
5	Th.Sanatomba	51yrs	Male	Bamon Kampu mayai leikai	Anal Fistulectomy
6	H.Gokul	57yrs	Male	Uchekon khonou	Pyelolithotomy
7	Y.Raghu	40yrs	Male	Uripok	Pyelolithotomy
8	Th.Naocha	40yrs	Male	Sagolband	D J stenting
9	T.Rajesh	35yrs	Male	Patsoi part 1	URS
10	I.Basu	27yrs	Male	Yarembam	URS

Surgical Venture at Joginder Nagar, Himachal Pradesh

A Surgical Venture was organized at Civil Hospital, Joginder Nagar, Mandi, Himachal Pradesh from 12th May to 14th May 2017 which was supported by Rotary Club Joginder Nagar. A total of 23 patients were operated free of cost. This camp was financially supported by Shree Cement Ltd. The surgical team included Dr George Verghese, Dr Vinod Kalla, Dr Ramninder Sehgal, Dr Naresh Singla, Dr Preeti Yadav, Dr Raghav, Dr Shailesh, Dr Chris & Dr Babitha.

<u>S.No</u>	<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>Diagnosis</u>	<u>Surgery</u>
1	Geeta Devi	40	Female	Gall Stone	Cholecystectomy
2	Sarla Rani Thakur	51	Female	Gall Stone	Cholecystectomy
3	Kanta Devi	60	Female	Gall Stone	Cholecystectomy
4	Lat Devi	40	Female	Fibroid Uterus	Total Abdominal Hysterectomy
5	Nardo Devi	55	Female	Right ovarian cyst	Right Salpingoophorectomy
6	Madhu Devi	19	Female	Gall Stone	Cholecystectomy
7	Indira Devi	35	Female	Gall Stone	Cholecystectomy
8	Bimla Devi	53	Female	Right renal Calculi	Pyelolithotomy
9	Nikko Devi	30	Female	Gall Stone	Cholecystectomy
10	Lalita Devi	29	Female	Cholelithiasis	Cholecystectomy
11	Phool Maya	40	Female	Cholelithiasis	Cholecystectomy
12	Kalli Dass	62	Female	Cholelithiasis	Cholecystectomy
13	Gyano Devi	52	Female	Cholelithiasis	Cholecystectomy
14	Reenu Devi	31	Female	Cholelithiasis	Cholecystectomy
15	Lal Maya	70	Female	Left renal calculi, Ureteric calculus	Pyelolithotomy
16	Bimla Devi	43	Female	Infertility	Recanalization
17	Nirmala Devi	59	Female	Cholelithiasis	Cholecystectomy
18	Rajja Devi	36	Female	Cholelithiasis	Cholecystectomy
19	Kavita	36	Female	Cholelithiasis	Cholecystectomy
20	Savitri Devi	60	Female	Cholelithiasis	Cholecystectomy
21	Leela Devi	45	Female	Cholelithiasis	Cholecystectomy
22	Vidya Devi	50	Female	Pelvic Organ Prolapse	Vaginal Hysterectomy with PFR with Sacrospinal fixation
23	Rajni Devi	29	Female	Gall Stone	Cholecystectomy



Surgical Venture at Sahayak Surgical Centre, Manali, Himachal Pradesh

A Surgical Venture was organized at Sahayak Surgical Centre, Manali, Himachal Pradesh on 11th and 12th June 2017. A total of 32 patients were operated free of cost. This camp was financially supported by Oil and Natural Gas Corporation (ONGC). The Surgical team included Dr George Verghese, Dr Shiela Verghese, Dr T C Sharma, Dr Sonal Bathla and Mr Harish.



List of Patients at Sahayak Surgical Centre, Manali, Himachal Pradesh

S.No	Name	Age	Sex	Diagnosis	Surgery
1	Krishan Swaroop	76	Male	BPH	TURP
2	Sumna	50	Female	Cholelithiasis	Cholecystectomy
3	Gajju Ram	89	Male	Bladder diverticulum	Divercuclectomy
4	Angyal	59	Male	Cholelithiasis	Cholecystectomy
5	Dev Nandi	65	Female	Prolapse Uterus	Vaginal Hysterectomy with repair
6	Jalfu Ram	43	Male	Left Ureteric stone	Left URS
7	Adtya	13	Male	Hypospadias	Hypospadias repair
8	Om Prakash	32	Male	Cholelithiasis	Cholecystectomy
9	Chet Ram	51	Male	Cholelithiasis & Pancreatic cyst	Cholecystectomy & drainage
10	Chunni Lal	69	Male	Left inguinal Hernia	Hernia Repair with Mesh
11	Ram Kali	55	Female	Cystocele	Cystocele repair
12	Shakuntala	48	female	Prolapse uterus	Vaginal Hysterectomy with repair
13	Balam Chand	32	Male	Cholelithiasis	Cholecystectomy
14	Prem Singh	66	male	Cholelithiasis	Cholecystectomy
15	Anil Kumar	19	Male	Cholelithiasis	Cholecystectomy
16	Meena	39	Female	Cholelithiasis	Cholecystectomy
17	Guddi	34	Female	Hydatid cyst Liver	Hydatid cyst evacuation
18	Bheem Dasi	41	Male	Cholelithiasis	Cholecystectomy
19	Saili	45	Female	Cholelithiasis	Cholecystectomy
20	Gauri	8	Female	RVF	Closure Colostomy
21	Doli	29	Female	Cholelithiasis	Cholecystectomy
22	Lamu	48	Female	Cholelithiasis	Cholecystectomy
23	Kamini	40	Female	Chronic Tonsilitis	Tonsilectomy
24	Sunita Adhikar	36	Female	Elderly Primi	LSCS
25	Tikaram	80	Male	Left Inguinal Hernia	Hernia repair with Mesh
26	Neha	10	Female	Fibroadema right breast	Excision
27	Tej Singh	41	Male	Right hydrocele	Hydrocoelectomy
28	Krishna Raj	43	Male	Bladder Tumor	Cystoscopy Excision
29	Monisha	16	Female	Fibroadema right breast	Excision
30	Shiv	11	Male	Perineal Fistula	Excision
31	Naman	84	Male	Duplex meatus	Urethroplasty
32	Hukum Singh	40	Male	Phimosis	Circumcision

Surgical Venture at Duncun Hospital, Raxaul, Bihar

A Surgical Venture was organized at Duncun Hospital, Raxaul Bihar on 11th & 12th September 2017. A total of 27 patients were operated free of cost. This camp was financially supported by ONGC. The surgical team included Dr George Verghese, Dr T C Sharma, Dr Uttam Mahapatra & Dr Preeti Yadav



List of at Duncun Hospital, Raxaul, Bihar

<u>S.No</u>	<u>Name</u>	<u>Age</u>	<u>Sex</u>	<u>Diagnosis</u>	<u>Surgery</u>
1	Shanti Devi	45	Female	Renal Calculi	PCNL
2	Nagma Khatoon	25	Female	Uv prolapse	VH with PFR
3	Saraswati	60	Female	Stage IV POP	VH with PFR
4	Shrimati Devi	36	Female	UV prolapse with cystocele	VH with PFR
5	Ruth Maltoo	40	Female	Fibroid uterus	TAH with Right BSO
6	Parwati Devi	50	Female	POP	VH with PFR
7	Sakila Devi	45	Female	1st degree POP with Menorrhagia	VH with PFR
8	Meera Devi	44	Female	Vault Prolapse	Anterior colporhaphy with sacrospinal fixation of vault with perineorrhaphy
9	Usha Devi	40	Female	POP	VH with PFR
10	renu Devi	55	Female	POP	VH with PFR
11	Ajay Kumar Srivastava	40	Male	Urethral Stricture	Cystoscopy with urethral dilatation
12	Giraja Devi	60	Female	Right ureteric stone	Stone removal with DJ stenting
13	Bhimal Baitha	65	Male	BPH	TURP
14	Rahman Miyan	60	Male	BPH	TURP
15	Mohd Miyan	55	Male	BPH with Abscess bladder neck region	TURP with drainage of abscess
16	Indu Devi	30	Female	Post Menopausal BPV	TAH with BSO
17	Ramabesh Patel	60	Male	BPH	TURP
18	Arun Kumar Girija	59	Male	BPH	TURP
19	Rahul Kumar	20	Male	Right renal stone	PCNL
20	Ram Bihari Singh	65	Male	BPH	Open transvesical prostatectomy with SPC
21	Raj Kali Devi	26	Female	Right renal calculus	PCNL
22	Poonam Devi	22	Female	Left Ureteric calculus	Left ureteric stone removal with DJ stent
23	Bina Taing	42	Female	Right renal calculus	Right PCNL
24	Poonam Devi	40	Female	Ureteric calculus	Left URS
25	Paras Sah	60	Male	BPH	TURP
26	Asha Rani Lal	52	Female	Urethral stricture	Urethral dilatation
27	Anup Ashish	37	Male	Haematuria	Cystoscopy

Surgical Venture at Joginder Nagar, Himachal Pradesh

A Surgical Venture was organized at Civil Hospital, Joginder Nagar, Mandi, Himachal Pradesh on 3rd & 4th November 2017. which 31 patients were operated free of cost. This camp was financially supported by Friends of Sant Parmanand Hospital, Delhi. The Surgical team included Dr George Verghese, Dr Tanuja , Dr Naresh Singla, Dr Anupam Philip, Dr Rachel Philip, Dr Shailesh , Dr Maurus Reemer and Dr Murli.



List of Patients at Joginder Nagar, Himachal Pradesh

<u>S.No</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Diagnosis</u>	<u>Procedure</u>
<u>1</u>	<u>Sarvgandha</u>	<u>Female</u>	<u>30yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>2</u>	<u>Pawna Devi</u>	<u>Female</u>	<u>39yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>3</u>	<u>Kamlesh</u>	<u>Female</u>	<u>32yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>4</u>	<u>Slinta Devi</u>	<u>Female</u>	<u>32yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>5</u>	<u>Diwan Chand</u>	<u>Male</u>	<u>51yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>6</u>	<u>Bhawani Devi</u>	<u>Female</u>	<u>57yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>7</u>	<u>Ramesh Chand</u>	<u>Male</u>	<u>46yrs</u>	<u>Left indirect inguinal Hernia</u>	<u>Herniorhaphy</u>
<u>8</u>	<u>Maya Idya Devi</u>	<u>Female</u>	<u>32yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>9</u>	<u>Saraswati Devi</u>	<u>Female</u>	<u>29yrs</u>	<u>Acute cholecystitis with cholelithiasis</u>	<u>Cholecystectomy</u>
<u>10</u>	<u>Vidhya Devi</u>	<u>Female</u>	<u>60yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>11</u>	<u>Mansa Devi</u>	<u>Female</u>	<u>39yrs</u>	<u>Chronic PID with prolapse Uterus</u>	<u>VH with Repair</u>
<u>12</u>	<u>Leela Devi</u>	<u>Female</u>	<u>60yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>13</u>	<u>Nirmala Devi</u>	<u>Female</u>	<u>68yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>14</u>	<u>Soma Devi</u>	<u>Female</u>	<u>23yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>15</u>	<u>Reeta Devi</u>	<u>Female</u>	<u>45yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>16</u>	<u>Meena Devi</u>	<u>Female</u>	<u>45yrs</u>	<u>Fibroid Uterus with prolapsed</u>	<u>Vaginal Hysterectomy</u>
<u>17</u>	<u>Devi Saran</u>	<u>Male</u>	<u>39yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>18</u>	<u>Kamla Devi</u>	<u>Female</u>	<u>59yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>19</u>	<u>kanta Devi</u>	<u>Female</u>	<u>56yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>20</u>	<u>Popli Devi</u>	<u>Female</u>	<u>74yrs</u>	<u>Uterine Prolapse</u>	<u>VH with Cystocele & pelvic floor repair</u>
<u>21</u>	<u>Summa Devi</u>	<u>Female</u>	<u>42yrs</u>	<u>Fibroid Uterus</u>	<u>Total Abdominal Hysterectomy</u>
<u>22</u>	<u>Gulabo Devi</u>	<u>Female</u>	<u>75yrs</u>	<u>Prolapse Uterus</u>	<u>Vaginal Hysterectomy</u>
<u>23</u>	<u>Marud Devi</u>	<u>Female</u>	<u>67yrs</u>	<u>Uterine prolapse</u>	<u>VH with Sacrospinous fixation</u>
<u>24</u>	<u>Geeta Devi</u>	<u>Female</u>	<u>36yrs</u>	<u>Fibroid Uterus with prolapsed</u>	<u>Vaginal Hysterectomy</u>
<u>25</u>	<u>Rajni</u>	<u>Female</u>	<u>31yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>26</u>	<u>Reena</u>	<u>Female</u>	<u>32yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>27</u>	<u>Hinla Devi</u>	<u>Female</u>	<u>72yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>28</u>	<u>Kiona</u>	<u>Female</u>	<u>27yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>29</u>	<u>Charni Devi</u>	<u>Female</u>	<u>68yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>30</u>	<u>Kaushalya Devi</u>	<u>Female</u>	<u>72yrs</u>	<u>Gall Stones</u>	<u>Cholecystectomy</u>
<u>31</u>	<u>Dewan Chand</u>	<u>Male</u>	<u>35yrs</u>	<u>Varicose veins</u>	<u>Multiple ligation of varicose veins</u>

Surgical Venture at Sahayak Surgical Centre, Manali, Himachal Pradesh

A Surgical Venture was organized at Sahayak Surgical Centre, Manali, Himachal Pradesh from 10th to 12th November 2017 in which 24 patients were operated free of cost. This camp was financially supported by Shree Cement Ltd. The Surgical team included Dr George Verghese, Dr Sheila Verghese and Mr Harish.



List of Patients at Sahayak Surgical Centre, Manali, Himachal Pradesh

S.No	Name	Age	Diagnosis	Surgery
1	Shakuntala	45	Fibroid uterus with Endometriosis	Abdominal Hysterectomy
2	Sukh Dassi	65	Cholelithiasis	Cholecystectomy
3	Robin	5	Left Hernia with hydrocoele	Hernia repair with hydrocoelectomy
4	Shakuntala Devi	50	Polymenorrhagia with cervical polyp	Abdominal Hysterectomy
5	Veena Devi	34	Cholelithiasis	Cholecystectomy
6	Saraswati	34	Cholelithiasis	Cholecystectomy
7	Harshita	2	Left inguinal swelling	Herniorrhaphy
8	Deyang	1	Right cleft lip	Repair
9	Surindra	46	Cholelithiasis	Cholecystectomy
10	Jeevan	43	Right ureter Stone	Ureterolithotomy & Stenting
11	Amarjeet Singh	65	Pyloric Stenosis	Gastrojejunostomy
12	Analya	38	Bartholin cyst	Marsupialisation
13	Begi Devi	44	Cholelithiasis	Cholecystectomy
14	Man Chand	45	Hernia	Herniotomy
15	Prem Bhutti	57	Fibroid uterus with Gall stones	Abdominal hysterectomy with Cholecystectomy
16	Bhag Devi	38	Fibroid Uterus	Abdominal Hysterectomy
17	Ranjana	36	Cholelithiasis	Cholecystectomy
18	Veena	41	Cholelithiasis	Cholecystectomy
19	Thile Maya	68	Right Lipoma	Excision
20	Tanko Devi	48	Cholelithiasis	Cholecystectomy
21	Maya Rani	32	Fibroid Uterus	Abdominal Hysterectomy
22	Nathi Lal	65	Cholelithiasis	Cholecystectomy
23	Munni Devi	46	Left ureteric stone	Ureterolithotomy
24	Ram Kali	49	Hernia	Herniorhaphy

Surgical Venture at Lehmon Hospital, Herburtpur, Uttarakhand

Surgical venture was organized at Lehmon Hospital Herburtpur, Uttarakhand in November 2017 in which 29 patients were operated free of cost. This camp was financially supported by ONGC. The Surgical team included Dr T C Sharma, , Dr Viju John, Dr Sonal and Dr Bhawna. All the patients were discharged in satisfactory condition and few patients followed up for surgery in Delhi..



List of Patients at Lehmon Hospital, Herburtpur, Uttarakhand

<u>S.N</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Diagnosis</u>	<u>Surgery</u>
1	Sumita	Female	50	Prolapse uterus	TVH
2	Santo devi	Female	45	Left ureteric partial injury	Cystoscopy proceed left DJ stenting
3	jitender kumar	Male	24	Nephrolithiasis	Right PCNL
4	Farzana	Female	20	Cholelithiasis	Cholecystectomy
5	Pankaj	Male	13	Urethrocutaneous fistula	Fistula repair
6	Jannet	Female	33	Cholelithiasis	Lap cholecystectomy
7	Babloo kumar	Male	28	Cholelithiasis	Cholecystectomy
8	Vimla	Female	50	Cholelithiasis	Cholecystectomy
9	Jansi rani	Female	54	Cholelithiasis	Lap cholecystectomy
10	Anuj	Male	4	Postoperative epigastric hernia	Mayo s hernia repair
11	Sushil kumar	Male	35	Haemorrhoids	Haemorrhoidectomy
13	Baru	Male	39	Haemorrhoids	Haemorrhoidectomy
13	Rekha	Female	45	Fibroid uterus	TAH+BSO
14	Rajni oraon	Female	43	Lump	Lump excision
15	Saroj	Female	55	Prolapse uterus	TVH
16	Laxmi devi	Female	42	Cholelithiasis	Lap cholecystectomy
17	Thallo devi	Female	49	Prolapse uterus	TVH
18	Rekha	Female	39	Hernia	Mayo s hernia repair
19	Devanand	Male	38	Hernia	Mesh Hernioplasty
20	Meena	Female	56	Prolapse uterus	TVH
21	Sheetal	Female	22	Bilateral breast lump	Lump excision
22	Sushma	Female	35	Cholelithiasis	Lap cholecystectomy
23	Sabi devi	Female	47	Fibroid uterus	NDVH
24	Basanti	Female	42	Fibroid uterus	TAH
25	Varginia	Female	42	Right nonfunctional kidney with left renal calculi	Nephrectomy
26	Vishal	Male	11	Hypospadiasis	Hypospadias repair
27	Hanif	Male	65	BPH	TURP
28	Afsana	Female	35	SUI	Cystoscopy
29	Sapna	female30	30	Nonfunctional kidney	Nephrectomy

Surgical Venture at Nagaland

A Surgical Venture was organized at Nagaland in Dec 2017 in which 68 patients were operated free of cost. The Surgical team included Dr George Verghese, Dr Shiela Verghese, Dr Chingmak. This camp was financially supported by ECS Society Tuensang.



Surgical Venture at Sant Parmanand Hospital, Delhi

Low risk patients were taken up for surgeries at remote locations and the rest of the high risk patients were brought to Sant Parmanand Hospital, Delhi for effective surgical management in collaboration with ONGC. Last year 20 such patients were operated at Sant Parmanand Hospital by Dr Sonal Bathla, Dr T.C Sharma, Dr Preeti Yadav and Dr Tanuja. The Organization is grateful to Sh. B. G. Bangur, Dr Shekhar Agarwal, Sh B R Maheshwari and Dr Nirmala Agarwal for their continued support and encouragement.



List of Patients at Sant Parmanand Hospital, Delhi

S.N	Name	Age	Sex	Diagnosis	Procedure
1	Jaswani	43	F	CA cervix stage IB	Wertheim's hysterectomy
2	Meena Devi	30	F	Menorrhagia with Anaemia	NDVH
3	Surinder Kaur	67	F	Right renal tumor	Radical Nephrectomy
4	Bodi Kashyap	70	M	Right renal stone	Right PCNL
5	Majda Khatoon	21	F	MDR TB with Pregnancy	D&C
6	Sirjana	25	F	Fibroid uterus with bleeding PV	D&C
7	Munni Devi	52	F	Menorrhagia with Left ovarian cyst	LAVH with B/L salpingo oophorectomy
8	Mumina	32	F	Vesico vaginal fistula	VVF repair
9	Sudama	50	F	Post menopausal BPV	NDVH with B/L salpingo oophorectomy
10	Chanda	21	F	Infertility	Laparoscopy with Hysteroscopy
11	Tahmina	46	F	Bilateral renal calculus	Right RIRS Left PCNL, B/L DJ stenting
12	Saraswati	23	F	Complex Right adnexal mass	Lap right salpingo oophrectomy with Left tubal sterilization
13	Seema	30	F	Right Ectopic with haemoperitoneum	Laparotomy, Rt. salpingo oophorectomy with Lt .tubal sterilization
14	Faraz	30	M	Left renal stone	PCNL
15	Ninni	21	F	Right renal stone	PCNL + DJ stenting
16	Priyanka Jana	26	F	Term pregnancy with unstable lie	LSCS
17	Satto Devi	45	F	Left DJ stent	DJ stent removal
18	Radha	45	F	Menorrhagia with fibroid uterus	TAH
19	Shazia	23	F	Pregnancy	Conservative management
20		26	M	Ureteric Stone	URS

Hundred Solar Powered Street Lights in Villages of Himachal Pradesh

I, Dr Sonal Bathla, was on a Surgical Camp in a remote village of Himachal Pradesh near Manali in 2015. At 2:00 O'clock in the middle of the night I received a call that the post prostectomy patient in a near by hut was draining urine from the abdominal wound. I went to see him but because of lack of light, road and transport facility we could not shift the patient to the base hospital till dawn. This event inspired me to arrange for a Pakka road & Street lights in that area.



First proposal for Solar Powered Street lights sent to ONGC, Delhi was addressed. They granted 100 Solar lights to five more villages around that area. The "Save Manali" a local NGO in Himachal Pradesh helped to coordinate with local government authorities for permission and implimentation of the Project.

We are highly obliged to Ms Swati, Mr Sunny, Mr Ajay Kumar and Mr Amar Singh for helping us achieve this great job of bringing light to the dark areas and bring awareness about solar lights to the local villagers.

Cervical Cancer Awareness Rally

A Cervical Cancer Awareness Rally was organized on 2nd April 2017 in North Delhi by Sant Parmanand Hospital in association with AOGD, DGF(North), ISCCP, RCOG(NZ) and IMS. The two km walk started from Bonta Kamla Nehru Ridge, Delhi University and culminated at Sant Parmanand Hospital. There was active participation of Innerwheel District 301, Friends of Sant Parmanand, Bonta Runners & Okti Foundation. The event was a great success and over 450 people walked for this noble cause. On reaching Sant Parmanand Hospital an awareness programme was conducted for the public against cervical cancer which was attended by Dr Shalini Rajaram President ISCCP. This event was conducted under supervision of Dr Nirmala Agarwal and Dr Shekhar Agarwal.

Public awareness talks were deliberated on

1. Causes of Cervical Cancer by Dr.Ranjana Sharma
2. Signs and Symptoms of Cervical Cancer by Dr.Sonal Bathla
3. Ways to Prevent Cervical Cancer by Dr.Sweta Balani
4. Myths & Facts of Vaccination by Dr.Sanjivini Khanna

Poetry recitation by Ms.Nirmal Jain, Ms.Renu Gupta, Dr.Priti Arora and Ms. Ameya added colour to the event. The message was clearly given to the public that cervical cancer can be prevented by early vaccination & cervical cancer screening. Friends of Parmanand in association with Sant Parmanand Hospital registered 70 women for free Gynae Health Check in this rally.



Project: Cervical Cancer Awareness, Screening & Vaccination

This Project **“Cervical Cancer Awareness, Screening & Vaccination”** was a joint effort of Okti Foundation and ONGC, Delhi initiated and implemented by Dr Priti Arora Dhamija, Dr Sonal Bathla & Dr Nirmala Agarwal.

The first phase of “Cervical Cancer Awareness” was organised by Okti Foundation, Sant Parmanand Hospital & Sitaram Bhartia Institute of Science and Research on 5th October 2017 and was supported by FOGSI, AOGIN INDIA, AOGD, IMS, RCOG NZ India, ISCCP, Friends Of SPH, Inner Wheel & Rotary Club Gurgaon.

The purpose of the project was to reach out to women and young girls belonging to low socioeconomic strata and impart them education regarding the prevalence of cervical cancer in India, its risk factors, symptoms and spread awareness regarding importance of screening and vaccination against it. It was a good opportunity to make them aware about breast cancer as well. We began by identifying slum clusters in and around Vasant Kunj and distributing pamphlets and putting up banners in the area.

The awareness phase comprising health talk and registration for screening and vaccination was organised at Shiv Mandir, JJ Bandhu camp, opposite B5-B6 Vasant Kunj, Delhi. The health talks were given by Dr. Nirmala Agarwal, Chairperson, RCOGNZ India, Dr. Sonal Bathla, Secretary General, Okti Foundation, Dr. Preeti Yadav, Dr. Tanuja from Sant Parmanand Hospital and Dr. Priti Arora Dhamija, Dr. Neeru Jain from Sitaram Bhartia Hospital. Paramedics from Sant Parmanand Hospital performed a street act to convey the message. This was a major force for women to let go of their inhibitions and attend the meeting in large numbers. We gave them the slogan “जानकारी, जाँचवटीका, कैंसरपड़जाएफ़ीका”

There was an overwhelming response and each woman brought 4 more with her. The concept of vaccination was also welcomed by them. Some women had health queries which were promptly attended. We registered nearly 140 women for screening and 40 girls for vaccination in the second phase. In the end, food was distributed to the participants and their families.



Cervical Cancer Screening and Vaccination Drive

The Second phase of “**Cervical Cancer Awareness, Screening and Vaccination Drive**” was conducted on 29th and 30th November 2017. The purpose was to reach out to women belonging to low socioeconomic strata and screen for cervical cancer in a population that was practically uncovered by vaccination and lacked education and awareness regarding cervical and breast cancer and its screening.

The health activity was organised at JJ Bandhu camp, opposite B5-B6 Vasant Kunj, Delhi. Demographic evaluation showed that the population was marred by early age at marriage and first child birth, multiparity, poor contraceptive usage and symptoms suggestive of chronic cervicitis.

Enrolment for checkup was free and voluntary. Five health volunteers from the area played a big role. The team consisted of six doctors, two nurses, two lab technicians and eight paramedics. A total of 155 women twenty years and above came forward. For all women, on the spot weight, blood pressure, hemoglobin and random blood sugar was tested to screen for anemia, diabetes and hypertension and dietary advice given. Breast and per abdomen examination was done. Naked eye visualisation by per speculum examination followed by application of acetic acid (VIA) and Lugol's Iodine (VILI) was recorded in women who were willing. For unhealthy cervix, LBC (liquid based cytology) was collected and sent to laboratory. These lab services were outsourced. Bimanual pelvic examination was done and wherever suggestive of pelvic pathology, ultrasound pelvis was prescribed. Basic drugs like Calcium, Iron, antibiotic for pelvic inflammatory disease, vaginal pessaries were distributed wherever indicated.

All these tests were done free of cost. A mobile mammography van was sponsored by Rotary Gurugram and twenty mammograms done for women forty years and above. Forty one LBC's were collected and processed. Ten referrals for ultrasound were advised and arranged at nearby ultrasound centre.

As had been told in the awareness campaign, the women brought their adolescent and unmarried daughters/ relatives for HPV vaccination. Fifty eligible girls between 9 and 16 years of age were immunised with first dose of HPV vaccination with due parental consent. They will receive the second dose after six months.

Thus about twenty doctors, nurses and paramedics from Sant Parmanand hospital and Sitaram Bhartia Institute of Science and Research joined hands with social volunteers in organising this mammoth task over two days. It was a unique opportunity to bring state of the art health care to the most needy.

We are grateful to the participants, ONGC, Okti Foundation, management of the two hospitals, volunteers and the supporting organisations for making this venture a success. We are also grateful to Oncquest Laboratories for processing the LBC and HPV samples, Dr. Sheetal Dhawan Ultrasound Centre for radiology services, Umano healthcare for providing us with medicines and Rotary for providing their mobile mammography van.

The public response was overwhelming and the doctors team including Dr. Sonal Bathla, Dr. Renu Bajaj, Dr. Priti Arora Dhamija, Dr. Neeru Jain, Dr. Preeti Yadav, Dr. Tanuja and the paramedical staff worked extensively

Of the 155 women enrolled, 9 did not come for examination. Of the remaining 146, we detected 13 cases of hypertension and 4 cases of diabetes. Thirty women were moderately anemic and one was severely anemic. None of the women had breast lumps and all the 20 mammograms showed benign findings, the commonest being cysts. Pelvic examination was refused by 25 women, 2 had undergone hysterectomy and 2 had menstrual cycles so VIA and VILI was done for 117 cases and was positive in 17 cases, and bimanual pelvic examination showed findings in 10 – 12 women.

Ultrasonography was availed by seven women, 6 were abdominal and 1 was for bilateral breasts. The findings included 4 cases of endometrial hyperplasia who were advised endometrial biopsy, one case of medical renal disease and one splenomegaly. Endometrial sampling was done in one case which showed proliferative endometrium on histopathology. The patient has been put on medical management.

Of the 41 LBC , one was suspicious for squamous cell carcinoma and this patient was also found to be hr HPV +. She has been referred to AIIMS for further evaluation and is under our close follow up



Let's Go Green

The residents of Delhi are expected to have a life expectancy nine years lesser than the people living in the countryside. The incidence of chronic airway diseases is gradually rising. This is partly attributed to the disturbed concrete versus green ratio. In an effort to increase the green cover, a group of aware residents including Mrs.& Mr. H.L. Bathla, Mrs & Mr S L Taneja, Mrs & Dr Nargesh Taneja, Mrs & Mr Jhingan of Bathla Apartments planted 35 trees in their vicinity in Inderprastha Extension, Delhi, on the eve of Independence Day in August 2017. The organization plans to persue this activity in the coming future.

Project “Samarth”

The rising incidence of unrest in our society today is primarily attributed to increasing awareness & changes in our social structure. The increasing aspirations in our teenagers are leading them to promising jobs but if aspirations are not fulfilled and their energies are not channelized properly, it leads to restlessness, drug abuse, crime & so on. Under the “ Project Samarth” initiated in July 2017 counselling of juvenile inmates of “**Juvenile Justice Board-I**”, Sewa kutir Complex, Delhi was conducted under the able guidance of Sh.Vishal Singh for 3 months. Ms Priya Sinker from Okti Foundation conducted the Counseling & Healing session of the JJ inmates with an aim to channelize their energies and guiding them to a safe and fruitful life. The effort was welcomed and appreciated by the inmates and the authorities. The juveniles were taught relaxation exercises and meditation and were inspired to choose the path of righteousness when they move out into the main stream.

Awareness talk on Personal Hygiene under Swachhta Pakhwada Plan



Celebrating Womanhood

Health Awareness Talk for women of all ages on Personal Hygiene and Sanitation was delivered by Dr Sonal Bathla in July 2017 at Urja Bhawan Delhi. The meeting was attended by Dr Alka Mittal , Ms Swati and team under the Swachhta Pakhwada Plan of Government of India. The cause of menstrual hygiene in poor women was addressed and it was proposed to look into statistics of sanitary napkin production and disposal machines.

Awards

“Tejasvini Award” by “Rajasthan Ratnakar Society” for work on “Women Empowerment “ was awarded to Dr Sonal Bathla at Delhi on 15th July 2017. The Okti Foundation has been working on various Projects related to Women's Health and Empowerment.

1. Under the “Project Prolapse” poor women with uterovaginal prolapse in remote location are undertaken for surgery free of cost in surgical camps. The high risk patients are brought to Delhi for surgical management.
2. Talented under previlidged girls are given direction and sponsorship for higher education.
3. The organization buys the products raised by women in remote locations and distributes them as mementos in the city.
4. Health Awareness Talks are given in organizations & schools to promote women's health.
5. School curriculum books are sponsored for children of poor women who are keen on educating their children.



Appreciation Note

The organization sincerely appreciates the contributions of all the surgeons , the paramedical staff and the community workers who selflessly participated in the Surgical Ventures and Awareness Programs. The support from different associated organizations was encouraging. The financial contributions of the following organizations and individuals is praiseworthy. The contributions of all participants to the well being of their fellow human beings will go in a long way to bring health & happiness to them and their families. May God's blessings be on all of them !

- Oil & Natural Gas Corporation
- Shree Cement. Ltd
- Smt. Sumitra Devi Bathla
- Sh. Harbans Lal Bathla
- Dr. K M Bhagat
- Mrs. Manisha Bhagat
- Dr. Deepak Krishna
- Friends of Sant Parmanand Hospital Welfare association
- Bhaiya Fashions Pvt Ltd.
- Mr. Yeanho Jeong
- JJCH Hospital Robertsganj
- Cadila health Care Pvt Ltd
- Zydus Health Care Pvt Ltd.
- Mr Jag Prasad
- ECS Society, Tuensang, Nagaland
- Dr Naresh Taneja
- Mrs. Indu Taneja
- Dr Sanjeev Sehgal
- Dr Seema Bathla

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