



Okti foundation

In service of Community



गुरुब्रह्मा गुरुर्विष्णु गुरुदेवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः



From the Editor's Desk.....



**"Healing is a matter of time,
but it is sometimes also a matter
of opportunity". - Hippocrates**

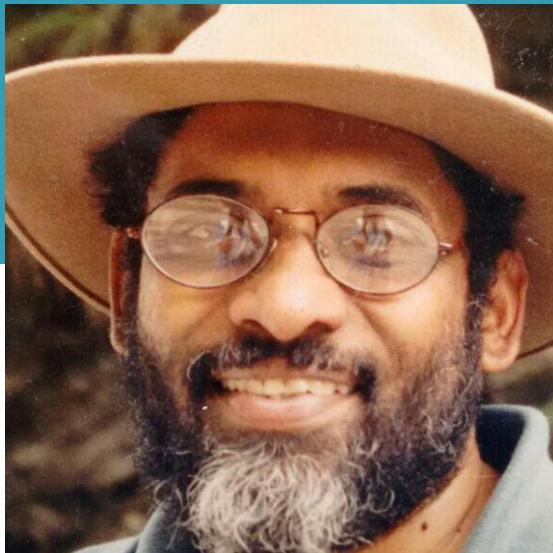
A wise quote that aptly signifies that healing goes beyond physical recovery to touch upon our emotional and spiritual aspects. It also describes the current state of health of several people in our country who are in dire need of basic health care -a health care that is available, accessible, and affordable to the masses at large. India with her vast diversity in terms of geography, culture, socio-economic conditions has been struggling to provide universal access to health care facilities to all her citizens. The country boasts of technological advancements, development of hospitals, super specialty hospitals and related infrastructure but it has failed to provide sufficient medical care to nearly three fourth of her population living in the rural hinterland. The rural healthcare system is far behind compared to that in the urban locations across the country. The biggest challenge is to provide basic medical facilities to people and then accessibility of patients to surgical interventions. An expenditure by a poor patient on a small surgery exhausts his lifetime savings, often make him indebted and lose regular income.

We, at OKTI make concerted and sincere efforts to address such challenges through provision of free surgical services in the remote villages, upgrade surgical skills, and capacity building. We aim to reach the disadvantaged population in remote locations, identify and operate on low risk patients who require surgical interventions in General Surgery, Gynecology and Urology. The local doctors and staff are associated with the procedures and are trained to enable capacity building and improvements in surgical skills within a village set up. The community participation is

encouraged to impart skills, generate funds, and gather support from local authorities in execution of this gigantic task, keeping in view the size of rural population and absolute neglect of such services. The high risk patients are brought to hospitals in Delhi and operated upon with intensive care facilities.

This report relates to the year 2017. The year has been very rewarding in our mission to serve the humanity and contribute to India's healthcare system. Our goals would not have been achieved without the continued support of a team of diligent and committed doctors, paramedical staff and financial partners. We have no words to show our gratitude to all who have generously supported our endeavors as part of their moral and social responsibilities. We hope to receive a continued support in the coming years as well.

**Dr. Sonal Bathla
MBBS, MD, FICOG, FICMCH, FIMSA,
CIMP Consultant Obstetrician Gynaecologist
& Laparoscopic Surgeon,
Secretary General Okti Foundation, Delhi**



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 skill, wisdom, and energy to work toward a cause. 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 holds importance. We may be insignificant from the nation's point of view yet we feel compelled to do something to alleviate the unnecessary suffering of a few owing to poor facilities. We feel if such care can be multiplied across this land by small groups of committed professionals, then a greater degree of wellbeing could be experienced by many more. OKTI team goes where we are invited and get local support. 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 wish to become an example to the young medicos and seniors to break free from the restrictions imposed by various faceless power structures and get involved in caring for the disadvantaged in their own unique way. OKTI welcomes those who need practical training to learn the art of providing low cost surgical procedures under the careful supervision and support of the seniors. There is a joy in working together for a common purpose where financial status, class and caste are irrelevant. Teaching and training to impart skills and providing 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 someone 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 gains will open the way to be generous. We have enough reasons to change and become truly human so that our selfishness, pride and greed could be replaced with goodness, humility and sharing. What could be the way in this regard is what 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 advise to a quadriplegic to learn skiing and be free !! We need a SachGuru 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 along side 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 find such a GURU.

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

**Dr George Varghese
MBBS, FRCS
Consultant Rural Surgeon,
Sahayak Surgical Centre,
Manali, Himachal Pradesh**

January-December 2017

I 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 nine Surgical Ventures in seven Indian states in year 2017. A total of 262 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 in remote locations, especially those who are marginalized and vulnerable in a low socio-economic set up. The Ventures were conducted at the following locations free of cost.



ITD Hospital, Uriopok, Imphal, Manipur – April 15 -16, 2017

With financial support by the Shree Cement Ltd., ten patients were operated at Manipur. 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. Addison	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	Uriopok	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

Civil Hospital, Joginder Nagar, Himachal Pradesh-

May 12-14, 2017

Supported by the Rotary Club Joginder Nagar, and Shree Cement Ltd., a total of 23 patients were operated. The surgical team included Dr George Verghese, Dr Vinod Kalla, Dr Raminder Sehgal, Dr Naresh Singla, Dr Preeti Yadav, Dr Raghav, Dr Shailesh , Dr Chris & Dr Babitha.

S.No	Name	Age	Sex	Diagnosis	Surgery
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

Civil Hospital, Joginder Nagar, Himachal Pradesh-

May 12-14, 2017

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



Sahayak Surgical Centre, Manali, Himachal Pradesh-

June 11-12, 2017

A total of 32 patients were operated free of cost with financial support 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.

S.N o	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	Diverculectomy
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



Duncan Hospital, Raxaul, Bihar -

September 11-12, 2017

A total of 27 patients were operated using funds given by the ONGC. The surgical team included Dr George Verghese, Dr T C Sharma, Dr Uttam Mahapatra & Dr Preeti Yadav .



S.No	Name	Age	Sex	Diagnosis	Surgery
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 perineorraphy
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	Uretheral stricture	Urethral dilatation
27	Anup Ashish	37	Male	Haematuria	Cystoscopy





Civil Hospital, Joginder Nagar, Himachal Pradesh - November 3-4, 2017

In all, 31 patients were operated with financial support 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.

S.No	Name	Sex	Age	Diagnosis	Procedure
1	Sarvgandha	Female	30yrs	Gall Stones	Cholecystectomy
2	Pawna Devi	Female	39yrs	Gall Stones	Cholecystectomy
3	Kamlesh	Female	32yrs	Gall Stones	Cholecystectomy
4	Slinta Devi	Female	32yrs	Gall Stones	Cholecystectomy
5	Diwan Chand	Male	51yrs	Gall Stones	Cholecystectomy
6	Bhawani Devi	Female	57yrs	Gall Stones	Cholecystectomy
7	Ramesh Chand	Male	46yrs	Left indirect inguinal Hernia	Herniorhaphy
8	Maya Idya Devi	Female	32yrs	Gall Stones	Cholecystectomy
9	Saraswati Devi	Female	29yrs	Acute cholecystitis with cholelithiasis	Cholecystectomy
10	Vidhya Devi	Female	60yrs	Gall Stones	Cholecystectomy
11	Mansa Devi	Female	39yrs	Chronic PID with prolapse Uterus	VH with Repair
12	Leela Devi	Female	60yrs	Gall Stones	Cholecystectomy
13	Nirmala Devi	Female	68yrs	Gall Stones	Cholecystectomy
14	Soma Devi	Female	23yrs	Gall Stones	Cholecystectomy
15	Reeta Devi	Female	45yrs	Gall Stones	Cholecystectomy
16	Meena Devi	Female	45yrs	Fibroid Uterus with prolapsed	Vaginal Hysterectomy
17	Devi Saran	Male	39yrs	Gall Stones	Cholecystectomy
18	Kamla Devi	Female	59yrs	Gall Stones	Cholecystectomy

19	kanta Devi	Female	56yrs	Gall Stones	Cholecystectomy
20	Popli Devi	Female	74yrs	Uterine Prolapse	VH with Cystocele & pelvic floor repair
21	Summa Devi	Female	42yrs	Fibroid Uterus	Total Abdominal Hysterectomy
22	Gulabo Devi	Female	75yrs	Prolapse Uterus	Vaginal Hysterectomy
23	Marud Devi	Female	67yrs	Uterine prolapse	VH with Sacrospinous fixation
24	Geeta Devi	Female	36yrs	Fibroid Uterus with prolapsed	Vaginal Hysterectomy
25	Rajni	Female	31yrs	Gall Stones	Cholecystectomy
26	Reena	Female	32yrs	Gall Stones	Cholecystectomy
27	Hinla Devi	Female	72yrs	Gall Stones	Cholecystectomy
28	Kiona	Female	27yrs	Gall Stones	Cholecystectomy
29	Charni Devi	Female	68yrs	Gall Stones	Cholecystectomy
30	Kaushalya Devi	Female	72yrs	Gall Stones	Cholecystectomy
31	Dewan Chand	Male	35yrs	Varicose veins	Multiple ligation of varicose veins



Sahayak Surgical Centre, Manali, Himachal Pradesh-

November 10-12, 2017

In all 24 patients were operated with financial support by Shree Cement Ltd. The Surgical team included Dr George Verghese, Dr Sheila Verghese and Mr Harish.

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 hydrocolectomy
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	Marsupalisation
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	Herniorraphy



Lehmon Hospital, Herburtpur, Uttarakhand- November 2017

Total 29 patients were operated with support given by the 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.



S.N	Name	Sex	Age	Diagnosis	Surgery
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	female	30	Nonfunctional kidney	Nephrectomy



Nagaland – December 2017

In all 68 patients were operated with financial support by the ECS Society, Tuensang. The Surgical team included Dr George Verghese, Dr Shiela Verghese, Dr Chingmak.



Sant Parmanand Hospital, Delhi

Low risk patients were selected for surgeries at remote locations while the high risk patients were brought to Sant Parmanand Hospital, Delhi for effective surgical management in collaboration with the ONGC. During 2017, 20 such patients were operated at Sant Parmanand Hospital by Dr Sonal Bathla, Dr T.C Sharma, Dr B. N. Seth, Dr Preeti Yadav and Dr Tanuja, fully encouraged by Sh. B. G. Bangur, Dr Shekhar Agarwal, Sh B R Maheshwari and Dr Nirmala Agarwal.

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 oophorectomy with Left tubal sterilization

13	Seema	30	F	Right Ectopic with haemoperitoneum	Laparotomy, Rt. salpingo oopherectomy 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	Lal Singh	26	M	Ureteric Stone	URS



II Ventures towards Rural Wellbeing

Hundred Solar Powered Street Lights in Villages of Himachal Pradesh

I, Dr. Sonal Bathla, was on a Surgical Camp in a remote village near Manali, Himachal Pradesh in 2015. At 2:00 a.m. in the middle of night, I received a call that the post prostetectomy patient in a nearby hut was draining urine from the abdominal wound. The patient was immediately required to be shifted to the base hospital but due to no light, kutcha road and hence no transport facility, he remained at home till the dawn. This incident and a sad state of affairs in a village inspired me to find ways to get made Pakka roads & install Street lights.

We sent the first proposal for Solar Powered Street lights to the ONGC, New Delhi. ONGC addressed our concerns for the villagers and granted 100 Solar lights not only to one village but to five more villages around that area. The "Save Manali" a local NGO in Himachal Pradesh helped to coordinate with the local government for permission and implementation of the Project.

We are highly obliged to Ms Swati, Mr Sunny, Mr Ajay Kumar and Mr Amar Singh for acceding to our request, bringing light to the dark locations and also awareness about solar lights to the local residents.



Cervical Cancer Awareness Rally – April 2, 2017

The OKTI foundation supported a Cervical Cancer Awareness Rally on 2nd April 2017 in North Delhi organized by Sant Parmanand Hospital and 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 an active participation of Innerwheel District 301, Friends of Sant Parmanand & Bonta Runners.. The event was a great success as over 450 people walked for this noble cause. On reaching Sant Parmanand Hospital, an awareness programme was conducted for the public regarding cervical cancer. This event was conducted under the supervision of Dr Nirmala Agarwal and Dr Shekhar Agarwal. Dr Shalini Rajaram President ISCCP was kind enough to take out time for participation in this event. Public awareness talks were deliberated upon on different themes by eminent doctors:

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

To add colour to the event, poetry recitation was planned and participated by Ms.Nirmal Jain, Ms.Renu Gupta, Dr.Priti Arora and Ms. Ameya. A clear message was 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 also registered 70 women for a Gynae Health Check free of cost.



Cervical Cancer Awareness, Screening & Vaccination - Phase 1- October 5, 2017

The Project “**Cervical Cancer Awareness, Screening & Vaccination**” was a joint effort of Okti Foundation and ONGC, Delhi, initiated and executed 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 this project was to reach out to women and adolescent girls who belong to the low income strata and educate them about the prevalence of cervical cancer in India, its risk factors, and symptoms and spread awareness on the importance of screening and vaccination against it. It was a good opportunity to make them aware about the growing menace of breast cancer as well. To begin with, we identified slum clusters in and around Vasant Kunj, New Delhi, chose a few for the camp and then distributed pamphlets and put up banners therein.

This was followed by an awareness meet at Shiv Mandir, JJ Bandhu Camp, opposite B5&6, Vasant Kunj, wherein we focused on health talk and registration of beneficiaries for screening and vaccination. The health talks were given by Dr. Nirmala Agarwal, Chairperson, RCOGNZ India, Dr. Sonal Bathla, SecretaryGeneral, 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, जाँच व टीका, कैसर पड़ जाए फीका ”

We could observe an overwhelming response and each woman brought 4 more women with her. The concept of vaccination was also welcomed by them. Some women had health queries which were promptly attended. A total no. of 140 women were registered for screening and 40 girls for vaccination. Food was served and distributed to the participants and their families



Cervical Cancer Screening and Vaccination – Phase II November 29-30, 2017

After more than a month of registration of women and girls, we revisited the place. The demographic evaluation revealed 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, led by Mrs. Sangeeta played an active role in this event. 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 was given. Breast and per abdomen examination was done. Naked eye visualization by per speculum examination followed by application of acetic acid (VIA) and Lugol's Iodine (VILI) was recorded in women who showed willingness. For unhealthy cervix, LBC (liquid based cytology) was collected and sent to the 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 with financial support received from ONGC. A mobile mammography van was sponsored by Rotary Gurugram and twenty mammograms done for women around forty years of age and above. In all, forty one LBC's were collected and processed. Ten referrals for ultrasound were advised and arranged at a nearby ultrasound centre.

As advised during the first phase of 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 immunized with first dose of HPV vaccination with due parental consent. They will receive the second dose after six months. 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 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 Initiative – August 15, 2017

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

The camp was very successful in terms of active participation of about twenty doctors, nurses and paramedics from Sant Parmanand hospital and Sitaram Bhartia Institute of Science and Research and by the women and girls from the clusters. The team of doctors joined hands with social volunteers and local area politician in organising this mammoth task over two days. It was a privilege to serve and heal poor people and a unique opportunity to bring state of the art health care to the neediest.

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 team of doctors comprising Dr. Sonal Bathla, Dr. Renu Bajaj, Dr. Priti Arora Dhamija, Dr. Neeru Jain, Dr. Preeti Yadav, Dr. Tanuja and the paramedical staff put in sincere efforts.





Project “ Samarth”

A social change is taking place these days with rising incidence of unrest among the younger generation. When the aspirations of the youth remain unfulfilled, it creates chaos and often makes them indulge in crime and drug addiction. Their energies need to be channelized properly. In this backdrop, we initiated a project 'Samarth" in July 2017. The counselling of juvenile inmates of "Juvenile Justice Board-I", Sewa kutir Complex, Delhi was conducted for 3 months under the guidance of Sh.Vishal Singh. Ms Priya Sinker associated with Okti Foundation conducted the Counseling & Healing session of the JJ inmates with an aim to channelize their energies and guiding them towards a safe and fruitful life. The effort was welcomed and appreciated by the authorities as well as the inmates. The juveniles were given counseling, taught relaxation exercises and meditation and were inspired to choose the path of righteousness once they move out.

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

Dr. Sonal Bathla, Secretary,OKTI foundation was awarded the prestigious "Tejasvini Award" by "Rajasthan Ratnakar Society" for her work on "Women Empowerment' on 15th July 2017 at Shah Auditorium , Delhi . The Okti Foundation under her aegis has been working on various Projects related to Women's Health and Empowerment and the society recognized her initiatives and tireless efforts:

- 1.Under the "Project Prolapse" poor women with uterovaginal prolapse in far off location are undertaken for surgery free of cost in surgical Ventures. The high risk patients are brought to Delhi for surgical management.
 - 2.Under privileged girls yet talented are given direction and sponsorship for higher education.
 - 3.The organization buys the products and handicrafts made by the rural women and distributes them as mementos in the city.
 - 4.Health Awareness Talks are given in organizations & schools to promote women's health.
- School curriculum books are sponsored for children of poor women, keen on educating their children



Acknowledgement

The OKTI foundation sincerely acknowledges the contributions of all the doctors, the paramedical staff and community workers in their selfless participation in the Surgical Ventures and Awareness Programs. The support from different associated organizations has been highly encouraging. The financial contributions made by the organizations and individuals (exempted under 80G and 12A) are praiseworthy. Their contributions towards the well being of fellow human beings will go in a long way in bringing health & happiness to them and their families. May God's blessings be on all!

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- 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
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