



Okti foundation
In service of Community



ACTIVITIES 2015

VASUDHAIVA KUTUMBAKAM

The world is one family



गुरुब्रह्मा गुरुविष्णुः
गुरुदेवो 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.



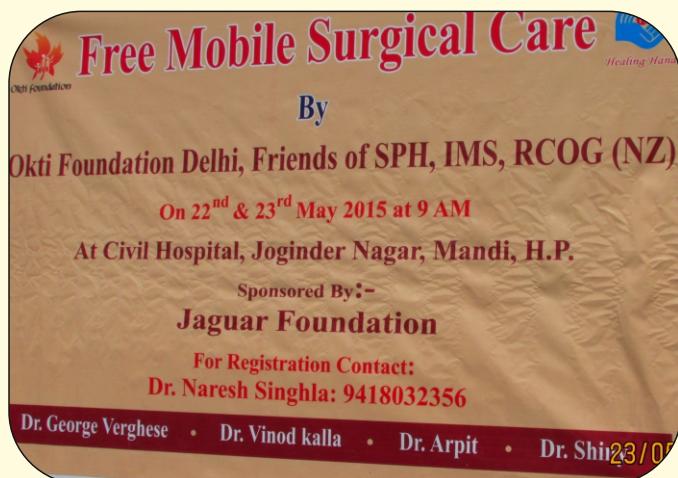
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OKTI FOUNDATION : ACTIVITIES 2015

The Okti Foundation is an organization dedicated to provide free surgical services to the poor patients in remote villages. It works on the principle of generating funds & skill from cities to be utilized for poor, needy patients whose surgical intervention would lead to an improvement in their quality of life.

In a span of one year Thirteen Free Surgical Ventures were conducted in collaboration with Sant Parmanand Hospital Delhi, Rural Committee IMS and RCOG NZ in which 278 surgeries were conducted. Three chapters were published and many lectures were presented.

Free Surgical Venture at Joginder Nagar, Himachal Pradesh on 22nd and 23rd May 2015 in which 19 major surgeries were conducted by Dr George verghese, Dr Arpit, Dr Vinod Kalla, Dr Assuntha, Dr Naresh Singla. This camp was sponsored by Jaguar Foundation Ltd and Suvidha Diagnostic Centre.



Free Surgical Venture at Manali, Himachal Pradesh on 20th and 21st June 2015 in which 23 major surgeries were conducted by Dr George Verghese, Dr Vinod Kalla, Dr Raminder Sehgal, Dr TC Sharma, Dr Sonal Bathla. This camp was sponsored by Shree Cement Ltd.



Free Cataract Surgeries for poor elderly under previleged women at Sant Parmanand Hospital Delhi on 31st July 2015 in which 25 women were subjected to the cataract surgery by the ophthalmology team. This Venture was financially sponsored by Okti Foundation, IMS, RCOG (NZ)



Free Surgical Venture at Lehman Hospital, Herburtpur Uttrakhand in Oct 2015 sponsored by ONGC in which Dr Viju John, Dr Sweta Balani, Dr Bhawna, Dr Ashley, Dr Popli & Dr. Ila operated on 26 under privileged patients.



Free Surgical Venture at Duncon Mission Hospital, Ruxaul, Bihar sponsored by ONGC & Ms Sumat Parshad Chariitable Trust in Oct 2015 in which Dr George Verghese, Dr TC Sharma, Dr Sonal Bathla, Dr Sumita, Dr Uttam, Dr Saira operated on 40 poor patients. 23 patients were subjected to endourology including URS & PCNL & 16 cases of prolapse were operated upon.



Bihar Surgical Camp - Special Report

The Surgical Venture conducted in Duncon Mission Hospital, Raxual, Bihar was an eye opener. In this camp 40 patients from poor socio economical strata were taken up for major surgeries.

Thirteen elderly patients were subjected to vaginal hysterectomy with sacrospinous fixation for prolapse, three were subjected to abdominal hysterectomy with one patient having 1.75kg sub mucous cervical fibroid. It must have been a pain to bear the weight of that mass for 3 years with its added nuisance of menorrhagia, not to mention the difficulty a widow must have experienced to hunt for proper surgical services in her vicinity. Endourology (PCNL, URS) was conducted on 23 patients with a lots of them having pus in the GU tract. It was found that an astounding 600 deliveries per month were being conducted in this centre of Bihar under supervision of midwives & juniors doctors a month. A German Gynaecologist was there for help doing cesarians & counseling those deaf ears. One patient had IUD due to her husband's absence to give consent & she could not consent for LSCS due to her social pressures. Getting married at the age of 11 & bearing children by the age of 13 & being a 16th gravida was a normal thing in the area due to soaring neonatal mortality . Rupture uterus, PPH, eclampsia too were very common. Women do not have any control on their fertility. They keep on reproducing without adopting any method of contraception and finally when bearing & rearing is complete they opt for abdominal hysterectomy as a method of contraception with the local quacks. They have a very poor genital hygeine & since all of them have husbands working in other states, the prevalence of HIV and STD's is high. Imagine a village 60 km away from a Railway Station but you need 3 hour to reach there because of underdeveloped roads. Hats off to the care providers and community health workers working in that area to improve the quality of life of people which may take another fifty years or so to improve.

Free Surgical Venture at Nagaland & Dimapur in Nov 2015 in which 80 surgeries were done by Dr George Verghese and training was given to budding surgeons.



Free Surgical Venture at Civil Hospital Joginder Nagar, Mandi, Himachal Pradesh sponsored by Shree Cement Pvt Ltd & Ms Sumat Parshad Charitable Trust in which Dr George Verghese, Dr Priti Arora Dhamija, Dr Rechal, Dr Anupam, Dr Babita, Dr Harwinder, Dr Baljeet, Dr Naresh Singla performed 34 surgeries.



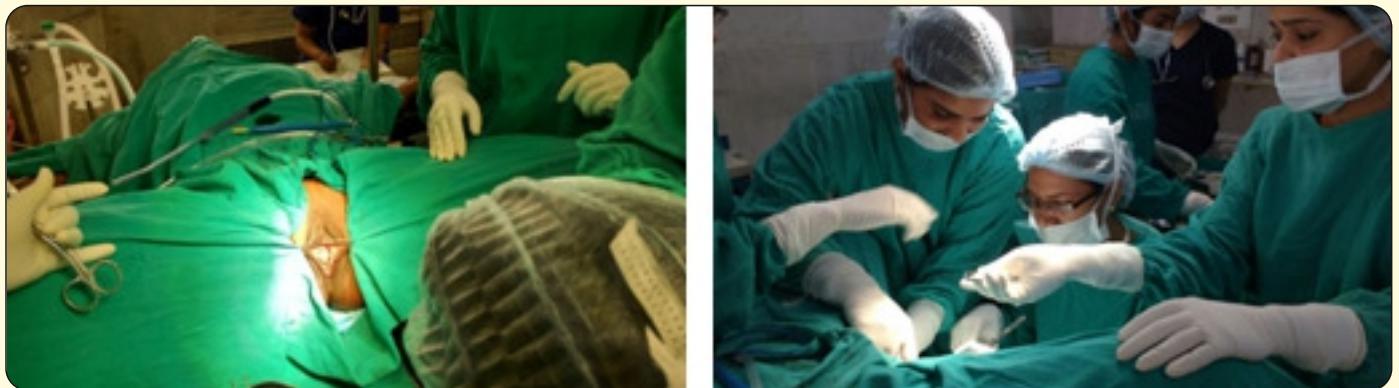
A free TLH was conducted at Tanvir Hospital, Hyderabad by Dr Meeta Singh & Dr Tanvir in October 2015 to mark the World Menopause Month Surgical Activity.



Surgical Venture at Matri Mangal Pratisthan, Kolkata in October 2015 in which 4 surgeries were done for underprivileged women. The surgical team included Dr Nirmala Pipara (Gynaecologist) & Dr K D Bakshi (Surgeon) Dr Anand Sharma, Dr Chinmoy Panja. (Anaesthetist).



Free Surgical Venture at UCMS & GTB Hospital, Delhi in which Five Free surgeries were conducted on poor patients of prolapse by Dr. Amita Suneja & Dr. Kiran Guleria of NARCHI, Delhi Chapter in October 2015 to mark the World Menopause Month Surgical Activity.



Six Free surgeries were conducted at Sant Parmanand Hospital, Delhi by Dr Sonal Bathla, Dr Priti, Dr Poonam & Dr T C Sharma with anaesthesia team in October 2015 to mark the world Menopause Month Surgical Activity.



Free Surgical Venture at Chandulal Chandrakar Memorial Medical College, Kachandur, Durg, Chhattisgarh in Oct 2015 in which Dr Meena Naik and team operated on 15 poor under privileged women suffering from prolapse. It was sponsored by Ms Sumat Parshad Charitable Trust



National Surgical Venture Oct 2015

National Surgical Venture was organised in the month of Oct'15 by Rural Committee IMS, Okti Foundation, Sant Parmanand Hospital, NARCHI Delhi Chapter & RCOG NZ. 69 surgeries were conducted for poor women in different chapters of IMS in different states of India. The financial aid for these surgeries was given by Ms. Sumat Parshad Charitable Trust and ONGC.

Place	Surgeon	No. of Surgeries
Bihar	Dr. Sonal Bathla / Dr George Verghese	15
Delhi	Dr.Sonal / Dr.Priti / Dr.T.C.Sharma	6
Delhi	Dr. Amita Suneria/ Kiran Guleria	5
Himachal Pradesh	Dr. Priti Arora Dhamija / Dr. George Verghese	9
Uttar Pradesh	Dr. Sweta Balani	9
Kolkota	Dr. Nirmala Pipera	4
Hyderabad	Dr. Meeta Singh	1
Chhattisgarh	Dr. Meena Naik	15
Nagaland	Dr. George Verghese	5

69 General ward Surgeries at Sant Parmanand Hospital were conducted from January to December 2015 by Dr. Nirmala Agarwal, Dr. Sonal Bathla, Dr. Arbinder Dang, Dr. Sweta Balani, Dr. Priti Arora Dhamija, Dr. Poonam, Dr. Praveen, Dr Pooja with Dr. Kalla, Dr Seth and team.





Reaching the unreached: Mobile surgical camps in a remote village of Himachal Pradesh

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ABSTRACT

Aims:

The aim was to study the epidemiological factors responsible for pelvic organ prolapse (POP) in poor women of the remote village Shillai, do their POP quantification staging, to study the variety of surgeries conducted in mobile surgical camps in this area.

Materials and Methods:

Retrospective analysis of surgeries conducted in five mobile surgical camps in Shillai, Himachal Pradesh from 2009 to 2013, under "Project Prolapse".

Results:

A total number of surgeries conducted in five camps from 2009 to 2013 were 490 including 192 gynecological surgeries. Eighty-two percent of gynecological surgery was conducted for POP. Poor nutritional status (mean weight 41.1 kg), multiparity (mean 3.5), early marriage (mean age 18.2 years), unassisted home deliveries (100%), premature bearing down (23.8%), early postpartum resumption of strenuous activity (54.7%) and smoking (33%) contribute to the high incidence of POP. Anterior compartment prolapse was seen in 99% of patients undergoing surgery while posterior compartment prolapse was seen in 4% of patients. Vaginal hysterectomy with anterior repair with culdoplasty was the most common procedure performed (73.4%), and vault suspension was done in 3.6% subjects. The complication rate was negligible



The Indian Practitioner

A Monthly Journal Devoted to Medicine, Surgery and Public Health

Path to reach the Unreached : Mobile Surgical Camps

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World Clin Obstet Gynaecol. 2015 : 4(I): 46-61

Pelvic Floor and Bladder Dysfunction

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List of Donors

1. Oil & Natural Gas Corporation (ONGC)
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Data Compiled by : Ms. Rama, Ms. Geeta & Mr. Deepak.

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

So, A combined consistent effort of all known and unknown contributors has provided surgical relief to 347 under privileged people this year

Dr George Verghese & Dr Sonal Bathla
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