



Okti foundation  
In service of Community



**REPORT**  

---

**2022**

गुरुक्रृह्मा गुरुविष्णु गुरुदेवो महेश्वरः  
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः



## From the Editor's Desk



In the year 2022, India recorded the highest number of cervical cancer cases in Asia. Despite being largely preventable, it remains the second most common cancer found in Indian women. 2023 has seen an increasing attention being given to cervical cancer prevention by the mass media as well as the government of the country. Under the aegis of Azadi Ka Amrit Mahotsav, celebrating 75 years of Indian independence, the government announced India's first indigenously developed vaccine for the prevention of cervical cancer 'CERAVAC' made by the Serum Institute of India. Union Minister Dr Jitendra Singh in a public gathering highlighted that the most promising intervention for preventing cervical cancer is vaccination against human papillomavirus (HPV). It is estimated that HPV types 16 and 18 (HPV-16 and HPV-18) together contribute to approximately 70% of all invasive cervical cancer cases worldwide. Okti has been vaccinating against cervical cancer for 10 years and welcomes this initiative with an open heart.

The treatment of cancers of any nature remains a distant dream for the rural poor who often receive the expensive diagnosis as a death sentence. In such a situation, a vaccine to prevent the disease acts as a boon for such people. Keeping this vaccine accessible to the masses must be a priority for the State. Okti, as always, shall remain the bridge between central initiatives and regional implementation for the betterment of society.

### Dr Sonal Bathla

MBBS, MD, FICOG, FICMCH, FIMS, FIMSA

Head, Department of ObS. & Gynae

Consultant Obstetrician, Gynaecologist, Vaginal & Laparoscopic Surgeon

Sant Parmanand Hospital, Delhi

Secretary General Okti Foundation, Delhi



**Okti foundation**  
In service of Community



My active participation in Rural surgical camps conducted in various rural hospitals and stretching over a period of one decade, has been a life enriching experience. First and foremost, I was always enamoured by the Surgical skills of Dr. LAZZI THOMAS and his team including Dr. Sonal Bathla who circumvented various obstacles due to lacunae in equipment, drugs and logistics with their unique skills and experience. My own abilities to deliver safe Anesthesia got a shot in the arm, as providing Anesthesia in the rural milieu with the same logistical & lacunae posed a big challenge. Most importantly, ability to provide succour to the long sufferings of rural folks, particularly it's womenfolk, due to myriad socio- economic reasons, provided succour to my own tired soul which has always worked in the concrete jungles of the National capital of India.

The daily precision based and clockwise routine during the camps, perfectly implemented protocols while conducting cases in a machine like manner, long preparatory work in intervening period between camps, by the Shimla team, and the much required bonhomie orchestrated by Dr. George Verghese, Dr.G R Bazlier and Dr. Sonal Bathla and many others in the team was commendable, as it was developed on the platform of rich past experience. Being a traveler, I also observed and imbibed the growth of Dr.Verghese as a great rural surgeon, notably was mesmerized by his struggle and stories to establish this facility in Himachal Pradesh. Lastly my frequent visits and brief sojourns in the Himalayan hospitals at Shillai, Herbertpur, Anni and Rekong Peo where I used to drive on my own, uplifted both my spirits and my skills.

I have no qualms when I say, "I am a much better doctor and Anesthesiologist after working with the Surgical team of Dr. George Verghese and Dr. Sonal Bathla," along with other team members.

#### **DR SUBRATA DAM**

Head, Department of Anesthesiology,  
Kailash Hospital and Neuro Institute,  
Sector 71, NOIDA, Uttar Pradesh

## **JANUARY 2022 TO DECEMBER 2022 SURGICAL VENTURES**

Okti Foundation, Delhi in collaboration with Sant Parmanand Hospital and Rural Committee of Indian Menopause Society organized six Surgical Ventures in the year 2022. A total of 92 patients in remote locations got benefited. The dedicated team of professionals involved in voluntary services included Dr George Verghese, Dr Shiela Verghese, Dr T C Sharma, Dr Sonal Bathla, Dr Naresh Singla, Dr Uttam Mahapatra, Dr Narjeet Kaur, Dr Josy, Dr Shailesh, Dr Prabhu Das, Dr Prabhu, Dr Mandeep, Dr Novin, Mr Dilip Singh, Mr Harish, Ms Somlata, Ms Dolma Phuntsog & Ms Raksha.

### **DUNCAN HOPITAL RAXUAL, BIHAR - FEBRUARY 18-19, 2022**

A Surgical Venture was organized at Duncan Hospital, Raxaul Bihar from 18/2/22 to 19/2/22. Surgeries of 10 poor patients were conducted with financial assistance from family & friends. Dr T C Sharma, Dr Uttam Mahopatra, Dr Novin, Dr Prabhu & sister Dolma contributed their services to the camp.

#### **List of patients**

S.No	Name	Sex	Diagnosis	Surgery
1	Dharmwati Devi	Female	Renal Calculi	PCNL
2	Rajan Kumar	Male	Cystitis(? Tuberculosis)	Cystoscopy
3	Anrudh Yadav	Male	Urethral Stricture, BPH	TURP+OIU
4	Shobha Musmat	Female	Right renal calculi	Right PCNL+DJ Stenting
5	Satyam Kumar	Male	Hypospadias	Hypospadias Repair
6	Rev Dharmendra	Male	Urethral stricture	OIU
7	Aryan Kumar	Male	Hypospadias	Urethroplasty
8	Chameli Devi	Female	Cholelithiasis	Lap Cholecystectomy
9	Sabrun Khatun	Female	Ovarian cyst	Laparotomy B/L Salpingectomy with right Oophorectomy
10	Jaisundar Devi	Female	Dysfunctional Uterine bleeding	Vaginal Hysterectomy with PFR



## CIVIL HOSPITAL, JOGINDER NAGAR, HIMACHAL PRADESH

### APRIL 8 -11, 2022

A Surgical Venture was organized at Civil Hospital, Joginder Nagar, Himachal Pradesh from 08/4/22 to 11/04/22 in collaboration with Rotary Club Joginder Nagar. Surgeries of 23 poor patients were conducted with financial assistance from Shree Cement Pvt Ltd. Dr George Verghese, Dr Preeti Yadav, Dr Josy, Dr Narjeet, Mr Harish, Ms Somlata, Ms Raksha contributed their services to the camp.

#### **List of patients**

S.No	Name	Age/Sex	Diagnosis	Procedure
1	Vidya Devi	50/F	3 <sup>rd</sup> Degree Prolapse	VH with Repair
2	Anu Kumari	40/F	Fibroid Uterus	NDVH
3	Puniya Devi	49/F	DUB	NDVH
4	Maya Devi	50/F	Gall Stones	Open Cholecystectomy
5	Inderjeet Singh	48/M	Gall Stones	Open Cholecystectomy
6	Reena Devi	31/F	Gall Stones	Open Cholecystectomy
7	Anita Devi	38/F	Gall Stones	Open Cholecystectomy
8	Amar Singh	66/M	Gall Stones	Open Cholecystectomy
9	Bodh Raj	31/M	Gall Stones	Open Cholecystectomy
10	Satya Devi	38/F	Gall Stones	Open Cholecystectomy
11	Pinki Devi	33/F	Gall Stones	Open Cholecystectomy
12	Kishan Chand	51/M	Gall Stones	Open Cholecystectomy
13	Bharebti Devi	66/F	Gall Stones	Open Cholecystectomy
14	Bhag Dei	36/F	Gall Stones	Open Cholecystectomy
15	Bhavna Devi	45/F	Gall Stones	Open Cholecystectomy
16	Usha Devi	59/F	Appendicular Lump	Appendectomy
17	Heera Lal	39/M	Incisional Hernia	Herniorrhaphy
18	Reeta Devi	36/F	Completed Family	Tubectomy
19	Chetna Devi	25/F	Completed Family	Tubectomy
20	Sapna	23/F	Completed Family	Tubectomy
21	Neelam	29/F	Completed Family	Tubectomy
22	Sunita Devi	34/F	Completed Family	Tubectomy
23	Geeta Devi	30/F	Gall Stones	Open Cholecystectomy



**DR PRABHUDAS HOSPITAL, TOTU, SIMLA, HIMACHAL PRADESH**  
**MAY 18-21, 2022**

A Surgical Venture was organized at Prabhudas Nursing Home, Totu, Shimla, Himachal Pradesh from 18/5/22 to 21/5/22. Surgeries of 20 poor patients were conducted with financial assistance from Dr Amit Kumar Gupta in memory of his Mother Smt Shakuntala Gupta. Dr Prabhudas, Dr Mandeep & team contributed their services to

**List of patients**

S.No	Name	Age/Sex	Diagnosis	Procedure
1	Pansara	40/F	Fibroid Uterus	Abdominal Hysterectomy
2	Saira Bano	41/F	Cholelithiasis	Lap Cholecystectomy
3	Shivani Sharma	45/F	Fibroid uterus	Myomectomy
4	Ajay	29/M	B/L Ishceo-rectal Abscess	Drainage and deroofing
5	Gopi Chandel	68/M	Large Hydrocele	Hydrocelectomy
6	Malti Mishra	48/F	Large right breast Abscess	Incision & Drainage
7	Sheela	48/F	DUB with Fibroid uterus	Total Abdominal Hysterectomy
8	Chanran Dass	70/M	Large Umbilical Hernia	Mesh repair of RIH
9	Tek Bahadur		Right Inguinal Hernia	Mesh Repair of RIH
10	Harak Singh	45/M	B/L Hydrocele	Hydrocelectomy
11	Rita	38/F	Cholelithiasis	Lap Cholecystectomy
12	Meera Devi	46/F	Fibroid uterus	Abdominal Hysterectomy
13	Amrita Jamwal	40/F	Cholelithiasis	Lap Cholecystectomy
14	Sunita	46/F	DUB with Chronic PID	Abdominal Hysterectomy
15	Anku	9/M	Appendicitis	Appendectomy
16	Kala Devi	36/F	AUB	Abdominal Hysterectomy
17	Sharda	69/F	Cholelithiasis	Lap Cholecystectomy
18	R C Sharma	80/M	Umbilical Hernia	Repair of umbilical hernia
19	Vijay	37/M	Left renal calculus (staghorn)	Nephrolithotomy
20	Godawari	47/F	Right renal Calculus	Pyelolithotomy



## SAHAYAK SURGICAL CENTRE, MANALI, HIMACHAL PRADESH JULY 2022

A Surgical Camp was organized at Sahayak Surgical Centre, Manali in July 2022. Surgeries of 20 poor patients were conducted with financial assistance from Pitamchand Charitable Trust. Dr George Verghese, Mr. Harish, Ms Somlata, Ms Raksha contributed their services to the Camp.

### List of patients

S.No.	Name	Diagnosis	Surgery
1	Anju	Gall Stone	Cholecystectomy
2	Ankit	Right Club Foot	Club Foot Repair & POP
3	Muna Thapa	Gall Stone	Cholecystectomy
4	Parvati	Gall Stone	Cholecystectomy
5	Indra Kumari	Ureteric Stone	Right Uretero Lithotomy
6	Gaurav	Hypospadias	Repair of Hypospadias
7	Himi Devi	Fracture Coccyx	Excision of Broken Coccyx Piece
8	Shanmi	Ovarian Cyst	Ovarian Cystectomy
9	Bal Kumari	Completed Family	Tubectomy
10	Sita	Gall Bladder Stone	Cholecystectomy
11	Manisha Bharti	Gall Bladder Stone	Cholecystectomy
12	Leela Devi	Gall Bladder Stone	Cholecystectomy
13	Tara Chand	Extensive Papillomas on Scrotum	Excision
14	Lukes Kumar	Hypospadias	Repair of Hypospadias
15	Kirna Devi	Gall Bladder Stone	Cholecystectomy
16	Sonal	Post Tubectomy	Tuboplasty
17	Paini Devi	Fibroid	Abdominal Hysterectomy
18	Nari Devi	Gall Bladder Stone	Cholecystectomy
19	Aaron	Chronic Tonsilitis	Tonsillectomy
20	Utkarsh	Finger Contracture Right Hand	Pedicle Graft



## SANT PARMANAND HOSPITAL DELHI

### DECEMBER 2022

Poor patients from villages and from migrant population in Delhi were financially supported for surgeries Sant Parmanand Hospital, Delhi with financial assistance from family & friends. 12 patients were operated by Dr Sonal Bathla, Dr Shalu Jain, Dr Anju Bala, Urosurgeon Dr T C Sharma, Dr Kumar Saurav & Anaesthetists Dr B N Seth and team at Sant Parmanand Hospital.

S.No	Name	Age	Sex	Diagnosis	Procedure
1	Azra Akhtar	23	Female	Right Renal Stone	Right Mini PCNL +D.J.Stenting
2	Janak Rani	61	Female	Burst abdomen.	Resuturing
3	Sidheshwari	53	Female	Abnormal Uterine Bleeding.	NDVH with B/L conservation of ovaries
4	Gudiya Devi	31	Female	P1 L1 with frozen Pelvis	Diagnostic Laparoscopy with Peritoneal biopsy
5	Mansara Devi	42	Female	P3 L3 with RPOC	D&C
6	Madhu Saxena	41	Female	Symptomatic fibroid uterus with grade IV endometriosis	TAH with BSO
7	Shakeela	41	Female	P2 L2 with AUB	NDVH
8	Jerom Tirkey	67	Male	BPH with Prostatitis with Raised PSA	TURP + Prostatic Biopsy
9	Vishakha	25	Female	G3 P1 L1 EP1 at 37+5wks pregnancy with previous LSCS	LSCS with TL
10	Keya Samanta	21	Female	Pre term labour pains	Preterm NVD
11	Firdaus	37	Female	P1 L1 with Fibroid uterus with Previous H/o Myomectomy with Menorrhagia	NDVH
12	Gauri Das	40	Female	Menorrhagia with endometrial Polyp	Hysteroscopic Polypectomy with D&C with Mirena insertion



**LEHMON HOSPITAL HERBURTPUR, UTTRAKAHAND**  
**DECEMBER 2-3, 2022**

A Surgical Venture was organized at Lehmon Hospital Herburtpur, Uttrakhand on 2<sup>nd</sup> & 3<sup>rd</sup> December 2022. Surgeries of 7 poor patients were conducted with financial assistance from family & friends. Dr TC Sharma & Ms Dolma contributed their services to the Camp.

**List of patients**

S.No.	Name	Age/Sex	Diagnosis	Procedure
1	Ujjwal	20/M	Urethral Stricture	VIU
2	Pancham Singh	67/M	BPH	TURP
3	Kapil	25/M	PUJ right sided stone	PCNL
4	Sansar	56/M	BPH	TURP
5	Manju	22/F	Ureteric Stone	URS with DJ stenting
6	Arun	35/M	Left Renal stone	PCNL
7	Sangeeta	53/F	Ureteric Stone	URS



## **WOMEN HEALTH CAMP, PALNA ORPHANAGE JULY 2022**

Women Health Camp was conducted by Inner wheel Club North Delhi District 301 Charter No.1405 in collaboration with Department of Obstetrics and Gynaecology Sant Parmanand Hospital under the aegis of Okti Foundation, Indian Society of Colposcopy & Cervical Pathology, Inner Wheel Work Wonders for a week from 1<sup>st</sup> July'22 to 8<sup>th</sup> July'22 for the female workers of Palna Orphanage, which is a non-government organisation under Delhi Council of Child Welfare, total of 71 women participated in the health check of which 35 were post-menopausal. All the women underwent screening for cervical cancer, breast cancer & endometrial cancer by VIA & VILI, clinical breast examination and transvaginal ultrasound respectively. The Women were made aware about the importance of diet and physical exercise for their well-being. Out of 71 patients following positive findings were detailed.

Uterine Prolapse	- 2 cases (2.8%)
Postmenopausal Bleeding	- 1 case (1.4%)
Fibroid Uterus	- 3 cases (4.2%)
Adenomyosis	- 1 case (1.4%)
Surgical Menopause	- 3 cases (4.2%)
Endometrial Polyp	- 2 cases (2.8%)
Ovarian Cyst	- 1 case (1.4%)
Premature Menopause	- 1 case (1.4%)

They were advised appropriate medical and surgical treatment.



## AWARDS WON BY OKTI FOUNDATION

FELICITATION BY DMA, 8<sup>TH</sup> MARCH 2021

Dr Sonal Bathla was felicitated at DMA Bhawan on 8<sup>th</sup> March 2021 on behalf of Okti Foundation for the social sevices rendered to the population at large by the team.



Okti foundation  
In service of Community

Felicitation by Delhi Chapter IMS , FOGSI Midlife and Education Committee in Delhi towards services to women in remote locations and work for Menopausal Health in 2019.



"Compassion Extra Ordinaire" by Sh J P Nadda, honourable Health Minister of India and FOGSI President DrJaideep Malhotra for the surgical services and capacity building at remote villages pan India by the dedicated Team of Doctors in 2018.



The Okti Foundation Surgical Team represented by Dr George Verghese (Surgeon), Dr Vinod Kalla (Anaesthetist), Dr T.C Sharma (Urologist), Dr Sonal Bathla (Gynaecologist) was Nominated for the "Best Surgical Team "Award in South East Asia BMJ Awards in 2018 amongst nine countries and 1595 entries for contribution towards the Surgical Services and Capacity Building in Rural India.



"Woman of the Year Award - 2019" by "Delhi Gynaecologist Forum" and 'Wow India' to Dr Sonal Bathla in 2019 in Delhi for the contributions to the health Sector in India.



FOGSI Dr Duru Shah Community Service Award 2020 was conferred upon Okti Foundation at AICOG Indore in 2022.



An appreciation from FOGSI - FIGO was also received in year 2020 for active participation of the organization in dissemination of awareness, execution of screening and vaccination against Cervical Cancer in remote locations in India.



## **ACKNOWLEDGEMENTS**

The Okti Foundation acknowledges the contributions of all the doctors, paramedical staff and community workers for their voluntary services for the cause of humanity. The Financial contributions made by various organizations and individuals, exempted under 12A and 80G, are highly appreciated. The awards conferred upon the organization by various organizations and institutions not only boosted the morale of each and every member of the organization but also enhanced the credibility to the authentic work. It has encouraged many more people to associate themselves to this humanitarian work. The financial contributions from the following donors are highly appreciated.

1. Shree Cement Pvt Ltd
2. Dr Amit Kumar Gupta
3. Sh H. L. Bathla
4. Smt Sumitra Bathla
5. Dr Naresh Taneja
6. Ms Indu Taneja
7. Ms Neha Arora
8. Pitam Chand Chariatable Trust
9. Ms Sudesh Arora
10. Sh BK Kapila
11. United Drilling Tools Pvt Ltd.,

**Data Compilation :** Ms Geeta Rana, Rama, Ms Saira Bano

**Web Coordinator :** Mr Deepak Bhatt

**Accounts :** Mr Arun Ahuja, Ms Devanshi Khattar, Ms Kanwal, Mr Sachin

**Contact:**

**Dr Sonal Bathla & Dr George Verghese**  
6B/7, Raj Narayan Marg, Civil Lines, Delhi-110054.  
[www.oktifoundation.in](http://www.oktifoundation.in)  
(M) 9811444563; drsonalbathla11@gmail.com

**THE SURGICAL TEAM THAT GAVE SO WILLINGLY OF THEMSELVES,  
SO THAT OTHERS MIGHT LEAD BETTER LIVES**

Dr Bazliel, Dr George Verghese, Dr Shiela Verghese, Dr T C Sharma, Dr Sonal Bathla, Dr Vinod Kalla, Dr Naresh Singla, Dr Preeti Yadav, Dr Raghav, Dr Shailesh, Dr Uttam Mahapartra, Dr Babitha, Mr Harish, Dr Anupam Philip, Dr Rechal Philip, Dr Prabhudas, Dr Mandeep, Dr Viju John, Dr Bhawna, Dr Sonal, Dr Chingmak, Dr Raminder Sehgal, Dr Subroto Dam, Dr Nirmala Agarwal, Dr Meena Naik, Dr Priti Arora Dhamija, Dr Gurpreet Popli, Dr Tanuja, Dr Murali, Dr Daniel, Dr Nirmala Pipera, Dr Sweta Balani, Dr Deepa Agarwal, Dr Tina, Dr Naru, Dr Dinesh, Dr Sampat, Dr Anju Bala, Dr Shalu Jain, Dr Akanksha, Dr Serin, Dr Mittali, Dr Tova, Dr Dolkar, Dr Bhanupriya, Dr Temsula, Dr Arpit Mathew, Dr Prabhu, Dr Novin, Dr Ravi George, Dr Josy, Dr Narjeet Kaur, Mr Dilip, Mr Harish, Ms Raksha, Ms Somlata, Ms Dolma.



Okti foundation  
In service of Community

**Dr. George Verghese, Dr. TC Sharma  
Dr. Sonal Bathla**

6B/7 Raj Narayan Marg  
Civil Lines, Delhi-54  
[www.oktifoundation.in](http://www.oktifoundation.in)

(M) 9811444563,  
drsonalbathla11@gmail.com