

2010



# ANNUAL REPORT

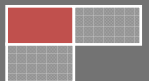
## HEALTH TEAM

### Youth for Seva

*The activity report of the YFS Health team in the year 2010-11*



[www.doctorsforseva.org](http://www.doctorsforseva.org)



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## **I. INTRODUCTION**

Youth for Seva (YFS), started in April 2007, is a project of Hindu Seva Pratishthana, a well known NGO.

The primary objective of Youth for Seva has been to engage volunteers in community development, and to spread the concept of voluntary service. Until June 2010, YFS volunteers would involve themselves in Education and Environment related projects in schools, slums and orphanages across Bangalore, and projects under health mainly consisted of volunteering in hospitals to provide emotional support to patients. While working with children in schools, YFS volunteers often came across cases which needed medical attention, counseling, or a simple awareness talk on basics of health and hygiene.

On one hand, we saw parents taking children to unqualified doctors due to financial constraints, absenteeism among adolescent girls due to lack of knowledge on correct menstrual hygiene practices, adolescent boys being drawn to the world of cigarettes and addiction and several cases of ailing children being ignored by parents due to lack of time and money.

And on the other hand, we came across qualified doctors who were very keen on offering their skills and time for the benefit of the needy, but unable to find a platform to serve the community.

This is when the health team at Youth for Seva took shape in June 2010 to connect needy patients to doctors who are willing to provide voluntary medical services.

The doctors group began as a small initiative called Doctors for Seva, and has now grown to include 23 individual doctors & 16 hospitals across Bangalore, benefitting 4917 children and 1820 adults from 23 schools, 2 slums and 2 villages. All this, in just a matter of 10 months!

Also, YFS' volunteer base played an active and important role in connecting the two ends by relieving doctors from coordinating & organizing medical camps and following up treatments with patients. As on March 2011, the health team has 128 non-medical volunteers with nearly 50 being active.

## II. ACTIVITIES IN 2010-11

### DOCTORS FOR SEVA

*"I've always wanted to help people- it's one of the main reasons I chose Medicine as a profession. It feels great now to be able to help so many people with YFS- I'm privileged to be a part of this great initiative." – Dr. Rachita Rama Murthy*

Doctors for Seva comprise a team of medical professionals who are willing to provide free/subsidized medical services to the economically needy. This team includes doctors & physicians, psychiatrists and counselors, medical students, nurses, hospitals, clinics, medical colleges, diagnostic labs and pharmacists.

Our aim is to build a network of Doctors for Seva across Bangalore, and to map each doctor to a government/corporation school, orphanage or slum, nearest to the doctors' locality, and thus ensure that those in need have ongoing access to qualified doctors.

Dr. Vimochana, a Pediatrician who is currently the convener of Doctors for Seva, helped us initiate this concept of voluntary service by doctors. In the initial stages, support from Dr. Latha Venkataraman (Gynaecologist) and Dr. Shubha Badami (Pediatrician) has gone a long way in making us believe that there will be more doctors who are service minded and that we are moving along the right path.

Within 10 months of starting Doctors for Seva, we have a team of 23 individual doctors and 16 hospitals providing voluntary consultation, treatments and even surgery for free!

*The complete list of Doctors for Seva members can be seen in Appendix 3, Page 20*



Dr. Vimochana, Pediatrician



Oxford Dental Hospital



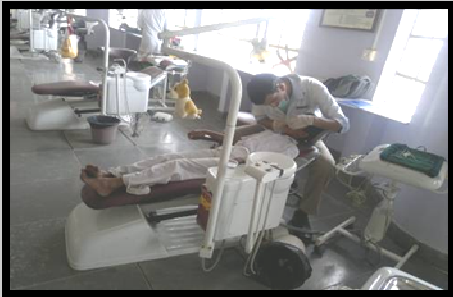


Narayana Nethralaya

## SCHOOL HEALTH PROGRAM

*It is not uncommon to see children from government schools going through practices like using charcoal on teeth, ministering injections for minor fever, inserting sharp objects to clean ears, visiting quacks to save a few rupees. All this happens because quality medical care is unaffordable and hence unthinkable for parents of many of these children.*

The school health program was started with the intention of providing accessible and quality healthcare to children from government, corporation and in select cases, government-aided schools. We also reached out to children in orphanages and homes for destitute children. Typically, the process at one school involves:

STEP 1: PRE-SCREENING	STEP 2: MEDICAL CAMP	STEP 3: REFERRALS
<p>To get an idea of each child's medical history, a one-day pre-screening of all children is done by non-medical volunteers. This involves volunteers interacting with the children and their teachers. The use of a standard questionnaire enables any volunteer to do the pre-screening. Each child's data is recorded on the spot with the help of volunteers who offer to bring their laptops.</p>	<p>A one-day medical camp organized in the school involves Pediatricians, Eye Specialists and Dentists screening each child; the Doctors all being a part of the DFS network, screening is done for free. Hemoglobin testing for the children could also be done (optional). Where plausible, basic medicines are distributed on the day. Data entry for each child will be completed on the spot with the help of volunteers.</p>	<p>All children who require further specialist consultation or treatment are listed out, and arrangements are made to take them to hospitals and doctors for further treatment. YFS volunteers accompany children to the hospitals/doctors' clinics and make sure every child's case is personally followed up until completion.</p>
		

### **Impact of the School Health Program**

Since June 2010, we have conducted health check up camps and provided treatment for children in 23 locations under the School Health Program.

From educating children about oral hygiene to accompanying them for extractions which would otherwise be done using unsafe methods; from screening children during a camp to providing medicines for those needing them; from conducting eye-screening camps to ensuring that free spectacles are provided, the health team at YFS has worked very hard and sincerely to ensure that no child touched by this program has been left out.

### **Statistics**

<b>Total Number of camps conducted under the School Health Program</b>	<b>23</b>
<b>Total Number of children screened</b>	<b>4917</b>
<b>Total Number of cases needing medical attention</b>	<b>3451</b>
<b>Total Number of cases closed without referrals</b>	<b>362</b>
<b>Total Number of cases referred to hospitals for further tests/treatments</b>	<b>3089</b>
<b>Total Number of cases closed after referrals</b>	<b>1203</b>

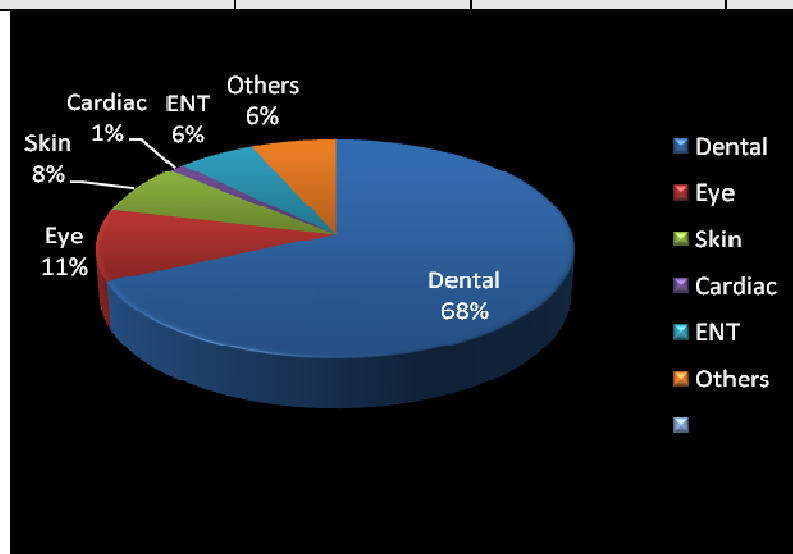
*School-wise details of the medical camps can be read in APPENDIX 2, Page No. 23*

**Shamita's Story** - 12 year old Shamita(name changed) is a very bright student, often topping her class. During a pre-screening, YFS volunteers learnt that she has been having trouble reading and an ophthalmologist had prescribed spectacles for her. However, coming from an economically needy family, Shamita's parents could not afford to buy the spectacles. This led to our first call out to volunteers to donate towards spectacles for needy children diagnosed from our medical camps. The response was very encouraging, with volunteers donating money for nearly 40 spectacles. Later on, corporates came forward to sponsor, and we have been able to distribute free spectacles to 91 children diagnosed from our eye screening camps.

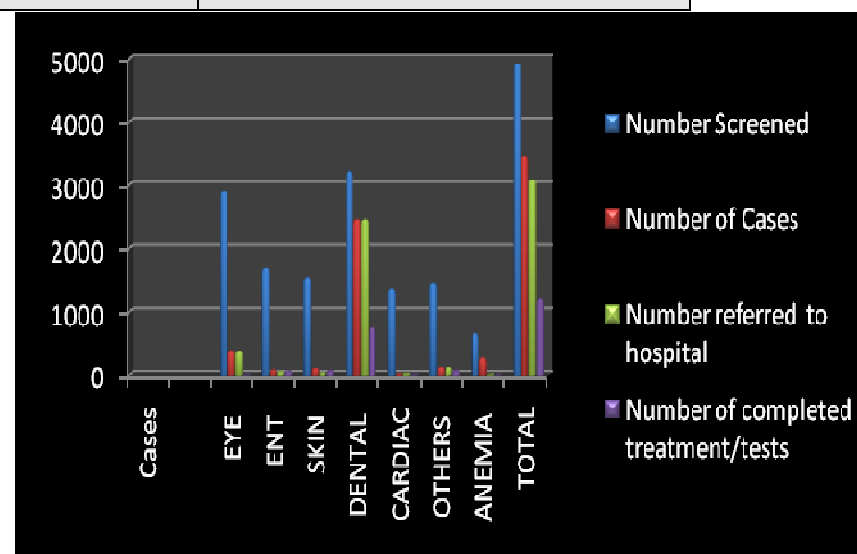
Now, whenever Shamita sees YFS volunteers, she never fails to smile and show her spectacles!

### Overview of School Health Program

Cases	Number Screened	Number of Cases	Number referred to hospital	Number of completed treatment/tests
EYE	2901	389	389	219 tested and 91 spectacles distributed
ENT	1685	84	57	64
SKIN	1536	104	40	76
DENTAL	3227	2460	2460	752
CARDIAC	1366	19	19	13 tested
OTHERS	1460	124	124	79
ANEMIA	656	271	-	Iron tabs given to all
<b>TOTAL</b>	<b>4917</b>	<b>3451</b>	<b>3089</b>	<b>1203</b>



Percentage wise distribution of cases from a typical school under the School Health Program



Status of cases, referrals and completion of treatments under the School Health Program

## MENSTRUAL HYGIENE AWARENESS

*While volunteering as a teacher in a Govt. High school, one of my girl students suddenly stopped coming to school for over a month. A chance meeting with her led me to enquire about her reason for being absent. I was told “Miss, I have become a Big Girl now”. Apparently, her mother had decided that since she has attained puberty, it would be “safer” for her to remain at home. Also, ignorance on her part on basic hygiene practices and natural discomfort during her menstrual cycle, led to her going along with the idea of remaining absent. – Sinu, Health team*



One key issue we decided to address, prompted by the observation of a tendency for school absenteeism by a number of High School Girls, was that of the lack of awareness amongst these girls regarding Menstrual Hygiene. Neither the girls nor their mothers seemed to have correct knowledge about basic hygiene. And, except for a few cases, most teachers also shy away from discussing or educating girl students about Menstrual Hygiene.

Interactions with school-going Adolescent girls revealed three main findings:

- ❖ **Lack of awareness and harboring of a number of disbeliefs regarding puberty, adolescence and menstrual hygiene**

*Ex: Disposal of Sanitary Napkins causes a Shaapa (curse); menstrual blood is impure and that's why a woman must be locked separately during a period; once a girl attains puberty, it is better to keep her at home*

- ❖ **A near-complete absence of reliable sources the girls could approach for information regarding these aspects**

*Ex: Most girls are discouraged from discussing menstruation with parents or teachers. And all the information they get are from friends who themselves lack sufficient knowledge*

- ❖ **The adoption of incorrect and often hazardous menstrual hygiene practices**

*Ex: One woman we came across in Mittur village would remain in a cattle shed during her period; Several cases of cloth being used without being washed properly was also noticed*

We address these issues by having trained volunteers conduct awareness sessions for adolescent girls, where they are educated about these aspects, their doubts clarified, and myths/incorrect beliefs/fears dispelled. In addition, to prevent school absenteeism, volunteers educate the girls about the usage and safe disposal of Sanitary napkins. School authorities are also informed about having adequate disposal facilities in the



school toilet. A month or two's supply of sanitary pads (sponsored by donors) are also distributed free of cost to these girls, to get them used to and comfortable with this practice. Mount Carmel College, Bangalore, provides these Sanitary napkins manufactured in their campus through a mini-production unit that has been set up as a community centric initiative. In 2010, we reached out to 964 adolescent girls under this project. In 2011-12, we plan to reach out to at least 2000 more girls from rural schools as part of this program, by partnering with Rotary West, Bangalore who will be sponsoring Sanitary Napkins for 2 months in each school covered.



Student shares her experience in  
Srivalli High School, Shirali



Distributing Sanitary Napkins in SKR  
High School, Mittur

MENSTRUAL HYGIENE AWARENESS	
<b>Total number of adolescent girls reached out to</b>	<b>964</b>
Rural	444
Urban	520
<b>Distribution of Sanitary Pads- number of packets</b>	<b>649</b>
Rural	559
Urban	90

**Breaking rules** - Adolescent girls, especially from rural schools, are extremely shy and uncomfortable discussing Menstrual Hygiene. It is a topic considered a taboo by most girls and women in villages.

Therefore, to break the ice and get the girls comfortable, we began by narrating our personal experiences as adolescents. Following this, five girls "volunteered" to share their experience as well. It was absolutely wonderful to see them feel so free to share their personal experiences.

During the question & answer session, the girls really had a lot of questions ranging from irregular periods to pregnancy to menopause!! We had a great time interacting with the girls and clearing their doubts.

- Volunteers Vyjayanti & Sinu on their interactions with high school girls at Jalige village

# **MENSTRUAL HYGIENE AWARENESS- LOCATIONS COVERED**

<b>RURAL LOCATIONS</b>	<b>Number of Girls reached out to</b>	<b>Awareness Talks &amp; Interactive session</b>	<b>Sanitary Pads distributed to *</b>
SKR Govt.-aided High School, Mittur village, Kolar district	78 high school girls	Yes	228 packets (57 girls for 4 months)
Govt. High school, Jalige village, Devanahalli	110 high school girls	Yes	165 packets (55 girls for 3 months)
VHP Junior College, Chamrajnagar district	50 college-going girls	Yes	-
Srivali High School, Shirali, Mangalore	166 high school girls	Yes	166 packets (for 1 month)
Dabahalli village, Mandya	20 girls	Yes	-
Parvathi Bala Sevashram, Chamrajnagar	20	Yes	-
<b>TOTAL</b>	444 girls		559 packets (4472 Sanitary Napkins)

<b>URBAN LOCATION</b>	<b>Number of Girls reached out to</b>	<b>Awareness Talks &amp; Interactive session</b>	<b>Sanitary Pads distributed *</b>
Govt. Model Middle and High School, Basaveshwaranagar	120 girls (classes VII to X)	Yes	90 girls for 1 month
Govt. High school, Jakkur	140 high school girls	Yes	-
BBMP High school, Shivajinagar	260 high school girls	Yes	-
<b>TOTAL</b>	520 girls		90 packets (720 Sanitary Napkins)

*\*In all schools, except Srivali High School, Sanitary Napkins were distributed only to those girls who had attained puberty. Each packet contains 8 sanitary pads.*

## CSR WITH BOSCH



BOSCH team with YFS volunteers

*"You [YFS] have showed us that you have been working in a very systemic way, and we look for partners who look for sustainability. A very good track record, high level of commitment; you have many young colleagues that are professionally well qualified volunteering, and this makes us extremely proud and happy to work with you..."*

*-Mr. Soumitra Bhattacharya, Senior Vice-President, BOSCH*

BOSCH India Limited, a company which needs no introduction, approached Youth for Seva in April 2010 to undertake health programs in and around the Bosch campus in Adugodi, Bangalore, as part of its Corporate Social Responsibility (CSR) program.

The analysis by YFS of an extensive survey done in around 22 slums around Adugodi, led to Bosch deciding on undertaking a "Child Development Project" in government schools in and around Bosch's Adugodi campus. The first school to be adopted under this program was Munichinappa Government Primary School in Aug 2010. Going by the success of this program, Bosch has adopted 2 more schools in Wilson Garden for the year 2011-12.

While Bosch provides complete logistical support for the medical camp and assists on a day to day basis by providing transportation and medicines for students requiring medical attention, volunteers from YFS and Bosch accompany the children to the hospitals, and provide timely records and documentation.

Mr. Rajanna (senior retired executive, and CSR consultant, Bosch) and Mrs. Usha (CSR in charge, Bosch) require special mention for their dedication and personal involvement in the day to day activities and coordination.



Thayamma and her brother with Dr. Nidhi from R.V. Dental Hospital

**Thaiamma's Story** – 12 yr old Thaiamma, studying in Munichinappa Govt School, Adugodi, had been experiencing severe pain in her teeth leading to sleepless nights crying in pain, and difficulty in chewing food, thereby affecting her nutrition. It was a regular sight to see her come to school, hand over her cheek, crying in pain. The option of spending a few thousands on dental treatment was unthinkable for Thaiamma's mother, being a single parent.

Fortunately for Thaiamma, Bosch adopted Munichinappa Govt School as part of its CSR program with YFS. Everyday, Bosch would arrange transportation for children needing treatment, and volunteers would accompany children to the hospital. Dr. Nidhi, from R.V. Dental college, who treated Thaiamma said

"Thaiamma had 8 permanent caries teeth with infections that ran very deep. 6 of the teeth needed cleaning and filling and 2 needed endodontic therapy (root canal)" Now that the treatment has been completed, Thaiamma is back to being her lively self.

Timely intervention by Bosch and YFS, helped Thaiamma smile again.

## SPONSOR A PATIENT (SAP)



Inauguration of SAP by Dr.  
Jayanti Thumsi

*Every time I saw a poor patient, I always felt, "should they suffer just because they are poor?" I wanted to do something for them, but did not know how and what to do. That was when I was introduced to Youth For Seva through my friend, Prathima, who is also a volunteer in YFS. Here, I came to know many realities of the lives of people, which I thought till then, never existed. How very wrong I was!*

*Through YFS and Sponsor A Patient, I have got a very distinguished honor of serving my fellow country men. SAP is such a noble initiative which not only supports poor patients monetarily, but also morally. Now, this is one attribute of SAP which stands out.*

*– Sunil, SAP Volunteer*

Sponsor a Patient program was inaugurated in August 2010, under the aegis of Youth For Seva. In a span of a few months, the number of volunteers has steadily grown to 35 members. It involves patients with severely disabling illnesses, who are unable to look after themselves, and have no social, moral and financial support system. The number of such needy patients is remarkably high, but society is turning a blind eye to them. Sadly, these patients, from low economic backgrounds, are forced to live a life of misery as they do not have the funds to pay for their treatment, nor do they have a social support system to care for them.

Sponsor a patient connects such needy patients to donors and SAP volunteers monitor their health needs and assist them wherever possible.

So far, 9 patients have been enrolled under the Sponsor a Patient Project.



Volunteer team of SAP

**Ramesh's Story** – Ramesh (name changed), aged 30 years, has been in a state of coma for five years as a result of an accident due to which his head was injured severely and left his limbs damaged. He has to be fed artificially. Also, medicines are given through a tube through his nose. He is hospitalized in a village near Mangalore. His younger brother is the only earning member and cannot afford the treatment. His mother looks after him, but the requirement is of fulfilling the cost of the treatment.

Sponsor a patient is reimbursing Rs. 1000 of his medical expenses every month, and his health status is monitored regularly by SAP volunteers.

## MEDICAL CAMP FOR ADULTS



Free Surgery Camp by Mahaveer Jain Hospital in Sheshadripuram Slum

In addition to camps for children, we also organized medical camps for adults in slums, villages and in apartment complexes for the security and housekeeping staff.

A special mention needs to be made of Mahaveer Jain Hospital who conducted Surgery camps in Konunkunte and Sheshadripuram slums and provided free surgery for 141 patients diagnosed during the camp.

*Details of the type of surgery and referrals undertaken can be seen in Appendix II, Page 29*

### SUMMARY OF ADULT CAMPS

#	Camp location	Camp Date	Camp Type	Total screened	Total Referred for Surgery	Total Surgeries undertaken
1	Medical / Surgery Camp, Konunkunte	14-Nov, 2010	Medical / Surgery	422	145	88
2	Mantri Tranquil Camp for Security & Housekeeping staff, Konunkunte	12 & 13 – Jan, 2011	Comprehensive	355	-	-
3	Medical / Surgery Camp, Sheshadripuram	20-Feb, 2011	Medical / Surgery	575	417	53 (ongoing)
4	General Medical Camp, Dabahalli (Mandya)	9-Mar, 2011	General	311	4	-
5	Elders' camp in Mittur (Kolar)	11-Mar, 2011	Comprehensive	157	14	Not tracked

**A life saved** – Manjunath (name changed), aged around 40, had travelled all the way to Konunkunte from a village in Tumkur because he had heard of a free surgery camp by Mahaveer Jain Hospital. He was in considerable pain as his right leg was terribly infected. The doctors found out that his leg had developed gangrene and the only way out to save his life was to amputate his right leg.

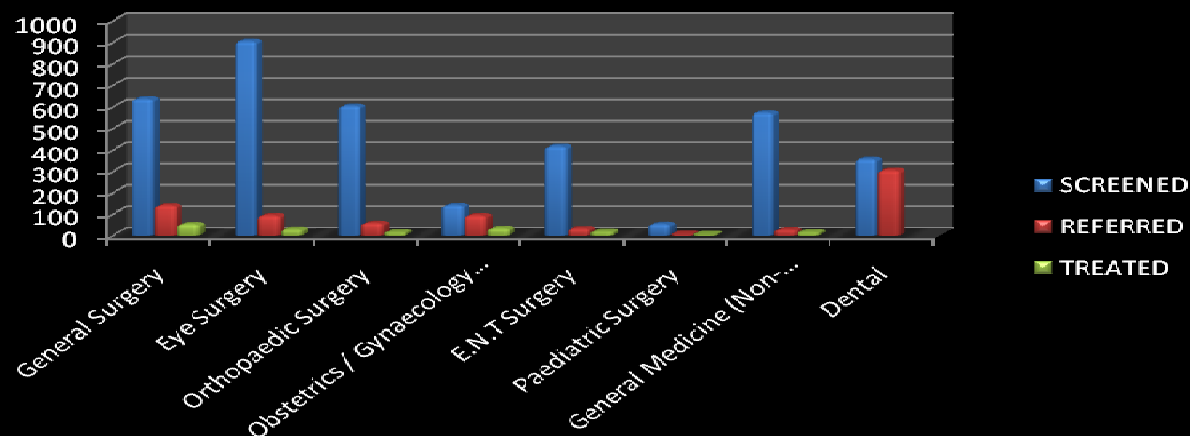
Mahaveer Jain Hospital did a free surgery, bore all the costs of admission, medicines and food, and also gave him a free artificial leg with which he is able to walk around and lead a normal life. Manjunath was in the hospital for nearly 2 weeks, and YFS volunteer L.K. Ashok would regularly visit him and be his moral support.

Manjunath remains grateful to the hospital and to Mr. Ashok for giving him a new life.



### ADULT MEDICAL CAMPS – REFERRAL DETAILS

#	SPECIALITY	SCREENED	REFERRED	TREATED
1	General Surgery	638	139	53
2	Eye Surgery	904	94	28
3	Orthopaedic Surgery	604	59	15
4	Obstetrics / Gynaecology Surgery	140	94	33
5	E.N.T Surgery	417	32	18
6	Paediatric Surgery	54	6	5
7	General Medicine (Non-Surgical treatment)	571	27	15
8	Dental	355	305	Not tracked



### Ready to face the World

Through her teenage and adolescence, Spandana (name changed) had to endure a sense of low self-esteem, because of the presence of a large mole covering almost a quarter of her face that made her very conscious whenever she stepped outdoors.

Screened at the Medical camp at Seshadripuram in February, she was referred to Mahaveer Jain Hospital for skin grafting and flap surgery to remove the mole.

The 6-hour long operation was a success, and 19 year old Spandana is now ready to face the world with a new-found confidence and a matching smile...

## AWARENESS TALKS



Oral Hygiene Awareness talks by AECS  
Maruti Dental College & Hospital

Believing that “Prevention is better than Cure”, YFS volunteers conducted and organized various awareness talks for children as part of the health activities. Awareness talks on General hygiene, nutrition, menstrual hygiene, HIV/AIDS, Anti-tobacco, Oral hygiene and sessions by the EMRI 108 emergency service team were conducted in different schools.

Type of Awareness talk	Number of schools covered
General Hygiene	5
Nutrition	6
Menstrual Hygiene	8
HIV/AIDS	3
Anti-tobacco	4
Oral Hygiene	3
EMRI 108	4



Dr. Vimochana during an awareness  
talk on Nutrition



Anti-Tobacco skit in Jalige govt school,  
Devanahalli

### Excerpts from a report on Anti-Tobacco Awareness Skit by volunteers

*.... What was interesting about the approach was that the message was put forward in a manner which the children could understand and relate to rather than the usual boring “Smoking is Injurious to Health” lectures.*

*..... Convinced students were requested to voluntarily stand up for an oath taking ceremony. To everyone’s pleasant surprise, all 200 students present along with teachers enthusiastically shouted out the oath to never consume tobacco in any form.*

*This was followed by a ceremony where specially made anti-tobacco themed badges or caps were distributed to those who undertook the oath, to serve as a reminder of the awareness created.*

## RURAL INITIATIVES



Survey in Mittur on Women's health and hygiene

Although our primary area of work was in Bangalore city, we also undertook some initiatives in rural areas. Medical camps in Mittur village (Kolar) and awareness talks in Jalige (Devahanalli) and Shirali (Mangalore) were done under the initiative of Mr. R.S. Kalawar, a retired railway man, currently 83 years of age. A medical camp in Dabahalli village was undertaken under the initiative of Dr. Vimochana, the Convener of Doctors for Seva.

ACTIVITY	2010-11
Rural areas covered– Mittur (Kolar), Jalige (Devanahalli), Dabahalli (Mandya), Shirali (Mangalore) and Chamrajnagar	5 locations
Medical Camps – Organized medical camps for adults in Mittur & Dabahalli and for children in Mittur	3 camps; 446 adults and 300 children screened
Menstrual Hygiene – Awareness talks for adolescent girls in Mittur, Jalige, Chamrajnagar, Shirali and Dabahalli, and distribution of Sanitary Pads	556 girls given awareness. 4568 pads distributed
Anti-tobacco Awareness – Anti-tobacco campaigns through skit & presentation was done for adolescent boys in Jalige & Shirali	331 adolescent boys
Survey in Mittur on Women's health and hygiene	47 houses and 106 women surveyed

**Making a difference** – We came across 13 year old Namratha (name changed) during a medical camp in Mittur High School. She was extremely shy and scared, she didn't speak a word, one of her hands were stiff and her classmates kept laughing at her, and tried to tell us that she has some problem.....We got her to Bangalore, took her to a neurologist, and later had an IQ test done. The result of it all was that she was declared a case of moderate MR, and we were told that nothing could be done.

True, there wasn't much we could do for her medically. But every time we visited Mittur, we'd make it a point to interact with her, make her feel important and in general be nice to her. These simple acts brought quite a transformation in her. The previously scared girl is the first to approach us every time we're in Mittur; her classmates don't laugh at her anymore; and the same shy girl was the first to raise hands in response to questions during the menstrual hygiene awareness session!



## BLOOD DONORS REGISTRY



Blood Donation camp in  
Banashankari on Dec 25, 2010

Another new initiative under the health team is the Blood Donors Registry. Under this initiative, interested volunteers from YFS are requested to register themselves as willing to donate blood in case of an emergency. We maintain a registry of such volunteers, and whenever there is an emergency requirement for blood, YFS will contact volunteers whose blood group matches with the requirement, keeping in mind the location.

So far 680 volunteers have registered with us. The following Blood Donation camps have been conducted in association with Rashthrothana Blood Bank, in 2010.

#	DATE	EVENT	No. of people who donated blood
1	15-June-2010	A Blood donation drive in association with EMRI 108 Emergency services	45
2	15-Aug-2010	A Blood donation drive in association with Rashthrothana Blood Bank	65
3	26-Sep-2010	A walkathon and Blood donation drive in association with Rashthrothana Blood Bank	95
4	25-Dec-2010	A Blood donation drive in association with Rashthrothana Blood Bank	60
		4 Blood Donation Drives	265

*"They say donating blood might save a life- the reality of this only struck me when I received a call one evening from a man who thanked me profusely for donating blood the previous morning- his ailing father had successfully undergone an operation, and it was the blood I had donated that had come in handy! I would never have imagined that I could make such an impact in another person's life..."*

*- Srichand, blood donor*

## VOLUNTEERING AT HOSPITALS



Volunteers in a round of fun-and-games with children at the Paediatric ward in Kidwai Hospital

rehab and also with children.

Volunteers have been engaged in a variety of activities at two Hospitals in Bangalore- **St.Martha's Hospital** and **Kidwai Institute of Oncology**. Based on the belief that healing happens better through a combination of a more conducive environment and a supportive hand in addition to the Medical aspects, these activities have ranged from spending time with ailing children to assisting patients with their therapy to manning help desks to assist hospital visitors.

Volunteering in Kidwai takes place at the Pediatric ward where volunteers engage children in various fun activities and celebrate festivals with these children. At St. Martha's Hospital, volunteering involves working with stroke patients undergoing



Group Therapy Session in progress for stroke patients at St.Martha's Hospital



Volunteers organizing an Art Therapy session for children at the Physiotherapy Dept. at St.Martha's

*YFS coordinated a story telling session and a paper handbag making activity in the pediatric ward, with around 50 kids, at Kidwai Cancer Institute on 13th March, 2011. These activities were conducted by Ms. Manjula, Ms. Jayshree and Ms. Ranjini.*

*By the end of the session every kid had 2 to 3 paper bags which they proudly carried. It was heart wrenching to see children battling with a life threatening disease like cancer, and yet they were high on enthusiasm and eager to learn.*

*-Volunteer Namita sharing her experience in Kidwai*



Ugadi celebrations at Kidwai Hospital

## **II. NEW ADDITIONS FOR 2011-12**

### **Doctor at School**

Along with organizing medical camps and treatments, we plan to introduce a new project in the coming year, called “Doctor at School”. The objective of this project is to provide a particular school/slum long term and continuous access to a doctor irrespective of a medical camp happening.

Under this project, a doctor from the Doctors for Seva(DFS) team will be connected to a school/slum closest to their location of preference. In other words, a doctor unofficially adopts a school/slum where he/she provides free consultation a few times a month. In addition to doctors, volunteers from the health team will visit the school every weekend, conduct awareness sessions, form student health clubs and do a pre-screening of the children. Children identified as requiring further treatment will be referred to the hospitals in the DFS network.

### **Sanjeevani Free Clinic**

Doctors for Seva (DFS), in association with Anatha Shishu Nivasa, Bangalore, started a free clinic on April 10, 2011. This clinic, situated on Bull Temple road, provides free consultation and basic medicines to any needy patient. A family health booklet is also issued to patients to record all patient visits. While Anatha Shishu Nivasa provides logistical support, DFS team provides doctors who consult at the clinic. We not only provide free consultation and medicines, but also refer patients requiring further treatment / surgery to hospitals in the DFS network who provide services at a subsidized rate/free of cost for needy patients.

Going forward, we plan to start clinics for Ayurveda, Homeopathy, and Specialist clinics like Ante-natal, Pediatric and Surgery.

### **Youth Counseling Centre**

YFS health team in association with Prasanna Counseling Centre, Bangalore, plans to start a youth counseling centre in Konunkunte, Bangalore. This counseling centre will be situated in the YFS office premises at Konunkunte and will have psychiatrists and trained lay counselors providing free consultation for clients, mainly in the adolescent age group (10-19 years).

## VOLUNTEERS



patients' homes to being present at the time of a patient's admission and surgery - the health team is proud to have such a dedicated and compassionate pool of volunteers!

We appreciate the work done by the following volunteers: Ashok L.K, Vyjayanti, Namita Solanki, Akanksha Arya, Sarah Brown, Rucha, Roshni Srinath, Vivek K.M, Sourabh Gupta, Hemalatha, Preethi, Dhanush, Sudha, Prem, Anand Baskaran, , Neha Rao, Anu, Tina, Swetha, Revathi, Guru Prasad, Pramod, Ashwini Bhat, Sinu, Pradeep, Manasa, Amitha, Kishan, Amar Bajpayee, Hemanth, Sayali, Pallavi Kamat, Rashmi, Panindra, Asha, Dev Chandar, Srichand, Sunil, Deepika, Soumya R, Sudhakar, Sandeepa, Bajaji, Beshaja, Deepak, Nishant, Sreekanth, Tejaswini, Deeksha, Richa, Nishanth, Thishya, Navya, Preeti, Shilpa, Sheshadri, Goutham, Santosh, Pratima, Nikhil, Nischitha, Anuradha, Yeshwanth, Mohan, Mrs Rama, Ms. Ranjini, Mubarak, U.Siddharth, Shreedhar, Tanveer, Praveen Mali, Arpita Narahari, Mardhini, Prashant, Veena, Suraj Ganapathy, Sonal Singh, Gana, Ullas, Altaf, Syed, Channa Basava, Kiran Kumar, Jagadesh, Bharati, Sujata, Leelavati, Vishal, Akshata, Harsha Athulari, , Vamsi Krishna, Namratha, Renita Jain, Judith Kituku, Akshaya Kannan, Padma, Madhuri, Raghu Bale, Vaishnavi, Nimesh, Shikha, Akshata Gowda, Arvind, Bhadri, Balakrishna, Dhruva, Santosh, Vijay Kumar, Mridula, Nirupama, Panindra, Deepika, Ram, Jayant, Vikrant, Karthik and others who have silently worked behind the scenes.

As on March 2011, YFS health team has 128 volunteers, with nearly 50 being active on a regular basis.

*"The service provided by the volunteer of YFS is extremely good. The volunteers were very kind and efficient and managed the entire school camp well, making it a success." – Dr. Ashwini Maiya, Pedodontic Department, Oxford Dental College*

*"YFS volunteers' commitment and involvement in executing a project in a timely way is commendable. The genuine dedication to reach out to the underprivileged is quite heartening. I wish the team all the very best & thank them for the support given to Bosch CSR." – Mrs. Usha, CSR in charge, Bosch*

From organizing a medical camp, to taking children for treatments in their personal vehicles; from pooling in money for medicines and spectacles to raising funds for projects like SAP; from visiting

## VOLUNTEER SPEAK

*"Being highly influenced by the definitions of belief and dedication in whatever we do, however big or small the work is, I am pleased to say that I have had a very satisfactory experience in the sense of bringing about a good change in our society through the various medical camps organized and executed by this volunteer movement which is headed by very able and dedicated volunteers. The things that I have learnt and experienced by being a part of this, has made me a better person and has given many dimensions to the way I live."* – Hemant Hiremath, Software Engineer

*"We must appreciate the great efforts put in by Mr. Ashok for the success of the camp. His interest, enthusiasm was tremendous on the day. It needs lot of preparation, coordination and of course time to organize such camps and Mr. Ashok proved himself above expectation"*

– Volunteer Praveen Mali's thoughts on the free surgery camp organized by Volunteer L.K. Ashok

*"I still remember the day in that class room at Urdu School (Malleshwaram) when Anand & Sinu put forth the idea of a pilot project at Malleshwaram zone for "health activities". And immediately my thoughts moved in the direction of "This would never succeed". The pilot project had its share of pessimistic views from people like me. I wasn't sure if we could carry on with the activities at the scale as was being discussed. But, today a year later, the health team (and I proudly say I've participated with this team) has not only covered Bangalore but also surrounding areas and the scale of activities are much larger. The success to the whole endeavor goes to all those involved in the precise planning, methodical organization and working on necessary tie-ups with hospitals and doctors; all of them with a special mention of Anand & Sinu. With you all in here, I am not surprised I was proven wrong."*

– Vivek K.M., Software Engineer

*"Initially, through YFS, I got a chance to volunteer in helping post stroke patients in the Physiotherapy Section of St Martha's Hospital, Bangalore. Later on, my first voluntary experience was in a Government Primary School in Srirampuram, where I attended a Medical Camp organized by YFS Health Team. The moment I entered the school, without even an introduction, the children rushed to me with a Good Morning wish. I could see the sparkle in their eyes and smile in their faces while greeting me..... Slowly I was encouraged to take part in Health Awareness Talk and with the support of Health Coordinators; I started getting the confidence to involve myself in Awareness Talk, especially on the Menstruation Hygiene for the School Girls. At the age of 50, I am experiencing the true joy of giving whenever I am engaged in any voluntary service..... It needs to be highlighted that YFS gives lot of freedom for volunteers to work and is always open to ideas & suggestions for any good initiation from volunteers. Truly a Team Work in Health Team makes every good move possible."*

– Mrs.Vyjayanti., working with IIMM





## **APPENDIX**

### **DOCTORS FOR SEVA**

Given below is the list of all doctors and hospitals who have provided voluntary service as part of the Doctors for Seva network.

<b>HOSPITALS – EYE (3)</b>	<b>Person contacted</b>
Narayana Nethralaya (Rajajinagar & Bommasandra)	Dr.Narendra & Phani Kishore
Sankara Nethralaya (Bellary Road)	Diwakar, Deputy Administrator, Mr. Anandh, Administrator, Dr. Aditya Neog
Devi Eye Hospital (Koramangala)	Mr. Chandrakant Sehgal

<b>HOSPITALS &amp; CLINICS – DENTAL (8)</b>	<b>Person contacted</b>
Ramaiah Dental College (Malleshwaram)	Dr.Abhishek, Dr. Shwetha
Oxford Dental College (Hosur road)	Dr. Naganandini, Dr.Shilpashree
R.V. Dental College (JP Nagar)	Dr. Karthik (HOD of Pedodontics), Dr. Sudhir (Pedodontics)
AECS Maruti Dental College (Bannerghatta Road)	Dr.Shilpa
Bangalore Institute of Dental Science(BIDS), (Wilson garden)	Dr. Ramesh Laxmikanth
Rajarajeshwari Dental College and Hospital (Rajarajeshwarinagar)	Dr. Nithin
Narain Dental & Oral Care (Malleshwaram)	Dr. Sachin Sinha
Arunodaya Dental Clinic (Vidyaranyapura)	Dr. Shivakumar

<b>HOSPITALS – GENERAL (5)</b>	<b>Person contacted</b>
Shri Krishna Sevashrama Hospital (Jayanagar)	Dr. Kalpana, in charge of administration
Rangadore Hospital (Basavangudi)	Dr. Lata Venkataraman (Gynecologist) & Dr. Shubha Badami (Pediatrician)
Mahaveer Jain Hospital (Vasanthnagar)	Mr. Ranka, Dr. Marker, Dr. Rajeshwari and Dr. Sapna
Rajarajeshwari Medical College and Hospital (Rajarajeshwarinagar)	Dr. Vinod Kotreshappa, Asst Professor, Dept of Community Medicine, Dr. Nikhil & Dr. Shashikala (HOD, Dept of Community Med)
Shri Devraj Urs Medical College and Hospital (Kolar)	Dr. Ranganath, Prof and Head of Community Medicine, SDUMC, Kolar

<b>INDIVIDUAL DFS MEMBERS (23)</b>	<b>Location</b>
Dr. Vimochana (Pediatrician)	Vishwasa Child Health Centre, Basaveshwarnagar
Dr. Shubha Badami (Pediatrician)	Rangadore Hospital, Basavangudi
Dr. Latha Venkataraman (Gynecologist)	Rangadore Hospital, Basavangudi
Dr. Prabha Ramani (Gynecologist)	Rangadore Hospital, Basavangudi
Dr. Dhiraj (Pediatric Surgery)	Rangadore Hospital, Basavangudi
Dr. Subramanya Rao (ENT)	Rangadore Hospital, Basavangudi
Dr. Lakshmi K.S (Pediatrician)	Chan Re Diagnostic Lab, Malleshwaram
Dr. Lakshmi Achar (Pediatric Neurology)	Prof at KIMS, V.V.Puram

Dr. Pritha Chitagi (Pediatrician)	Basaveshwarnagar
Dr. Dinesh (Orthopaedic)	Vijayanagar
Dr. Pallavi Kamat (Medical Student)	Vijayanagar
Dr. Sachidanand, Professor, Dept of Dermatology	Victoria Hospital, Fort Bangalore
Dr. Mallikarjun, Professor & HOD, Dept of Dermatology	Victoria Hospital, Fort Bangalore
Dr. Raghunand Shinde, Dentist	Double Road
Dr. Rachita Rama Murthy (General Practitioner)	Basavangudi
Dr. Aaradhana, Pediatrician	Basavangudi
Dr. Geeta Krishnaswamy (General Physician)	Basavangudi
Dr. Eash Hoskote (Paediatrician)	Basavangudi
Dr. Jayalakshmi (General Physician, Bangalore Diabetes Hospital)	Vijaynagar
Dr. Rashmi Ambareesh (Pediatrician)	Girinagar
Dr. Shailender, Asst. Professor, Dept. of Community Medicine, Sri Siddhartha Medical College, Tumkur	JP Nagar
Dr. Gayatri, General Physician	Fortis Hospital, Bannerghatta
Dr. Subbalakshmi, General Physician	St. Philomena's Hospital
Dr. Hetal Mehta, Pediatric Cardiologist	Fortis Hospital, Bannerghatta Road



## MEDICAL CAMPS DETAILS

### LIST OF SCHOOLS AND DFS MEMBERS IN MEDICAL CAMPS

#	School's Name	Camp Date	Camp Type	DFS Members
1	Govt Urdu Medium Primary School & Kannada Medium Primary School, Malleshwaram	June-10 & July-26	Dental & Eye	M.S. Ramaiah Dental, Narayana Nethralaya
2	Govt Girls School, Srirampuram	26-Jul	Eye	Narayana Nethralaya
3	BBMP Primary & High School, Malleshwaram	26-Jul	Eye	Narayana Nethralaya
4	Mahila Mandali School, Basavangudi	27-Jul	Dental	Oxford Dental College
5	Gottigere High School, Gottigere	2-Aug	Dental	AECS Maruti Dental College
6	Munichinappa Govt School, Adegudi	3-Aug	Comprehensive	Oxford Dental College, R.V. Dental College, Devi Eye Hospital , Dr. Vimochana
7	Ganganagar Govt High School, Ganganagar	10-Aug	Eye	Narayana Nethralaya & Sankara Nethralaya
8	Jakkur Govt High School, Jakkur	13-Aug	Eye	Narayana Nethralaya & Sankara Nethralaya
9	Sanegoruhanahalli Govt Primary & High School	24th, 25th, 26th-Aug and 4-Sep	Comprehensive	Dr. Vimochana, Dr. Pritha, Dr. Lakshmi, Dr. Pallavi, Narayana Nethralaya, Narain Oral & Dental Clinic, M.S. Ramaiah Dental, Padmashree Diagnostic Labs
10	Govt Urdu Primary School, Electronic City	20-Sep	Dental & Eye	Oxford Dental College & Narayana Nethralaya
11	Nele Narendra, Laggere	26-Sep	General	Dr. Lakshmi K.S

#	School's Name	Camp Date	Camp Type	DFS Members
12	M.E.S Primary & High School, Jayanagar	27-Sep	General & Dental	Dr. Lakshmi Achar, Dr. Pritha, BIDS (Dental)
13	S.K.R High School, Mittur (Kolar)	2-Oct	General & Hb	Dr. Pallavi
14	Sri Krishna Orphanage, Uttarahalli	3-Oct	General, Dental, Hb	Dr. Rachita, Dr. Pritha, Dr. Sachin Sinha, Dr. Ujwal Jayaram
15	Vyalikaval Education Society, Vyalikaval	2nd, 4th, 6th, 13th, 20th-Nov	General, Eye	Dr. Lakshmi K.S, Dr. Jayalakshmi, Dr. Vimochana, Narayana Nethralaya
16	Govt Primary School, Vasanthpura	7-Dec	Dental	Rajarajeshwari Dental College
17	Govt Primary & High School, Uttarahalli	13th & 16th Dec	Dental	Rajarajeshwari Dental College
18	Govt Primary School, Mittur	20-Jan	General, Dental	Shri Devraj Urs Medical College
19	Govt Kannada Primary School, Wilson Garden	28-Feb	Comprehensive	Sri Krishna Sevashrama Hospital, Dr. Jayalakshmi, Victoria Hospital, R.V. Dental College
20	Govt Urdu Primary School, Wilson Garden	28-Feb	Comprehensive	Sri Krishna Sevashrama Hospital, Dr. Jayalakshmi, Victoria Hospital, R.V. Dental College

## DENTAL AND EYE CAMPS

#	School's Name	Camp Date	Camp Type	Dental			Eye		
				Screened	Referral	Treated	Screened	Referred	Given Specs
1	Govt Urdu Medium Primary School & Kannada Medium Primary School, Malleshwaram	June-10 & July-26	Dental & Eye	156	141	97	307	16	7
2	Govt Girls School, Srirampuram	26-Jul	Eye	-	-	-		11	4
3	BBMP Primary & High School, Malleshwaram	26-Jul	Eye	-	-	-		18	8
4	Mahila Mandali School, Basavangudi	27-Jul	Dental	223	248	0	-	-	-
5	Gottigere High School, Gottigere	2-Aug	Dental	322	314	40	-	-	-
6	Ganganagar Govt High School, Ganganagar	10-Aug	Eye	-	-	-	262	47	17
7	Jakkur Govt High School, Jakkur	13-Aug	Eye	-	-	-	362	107	17
8	Govt Urdu Primary School, Electronic City	20-Sep	Dental & Eye	172	160	53	198	9	2
9	Govt Primary School, Vasanthpura	7-Dec	Dental	247	166	0	-	-	-
10	Govt Primary & High School, Uttarahalli	13th & 16th Dec	Dental	706	481	30	-	-	-
11	Munichinappa Govt School, Adegudi	3-Aug	Comprehensive	240	207	199	240	13	10

#	School's Name	Camp Date	Camp Type	Dental			Eye		
				Screened	Referral	Treated	Screened	Referred	Given Specs
12	Sanegoruvanahalli Govt Primary & High School	Aug 24 – Sep 4	Comprehensive	280	205	115	317	51	22
13	Nele Narendra, Laggere	26-Sep	General	NA	NA	NA	NA	NA	-
14	M.E.S Primary & High School, Jayanagar	27-Sep	General & Dental	342	288	146	196	11	4
15	S.K.R High School, Mittur (Kolar)	2-Oct	General & Hb	123	42	39	123	23	0
16	Sri Krishna Orphanage, Uttarahalli	3-Oct	General, Dental, Hb	47	33	33	47	5	0
17	Vyalikaval Education Society, Vyalikaval	2 <sup>nd</sup> to 20 <sup>th</sup> -Nov	General, Eye	NA	NA	NA	480	34	0
18	Govt Primary School, Mittur	20-Jan	General, Dental	149	3	0	149	2	0
19	Govt Kannada Primary School, Wilson Garden	28-Feb	Comprehensive	180	140	To be done in June 2011	180	33	To be done in June 2011
20	Govt Urdu Primary School, Wilson Garden	28-Feb	Comprehensive	40	32	To be done in June 2011	40	9	To be done in June 2011
<b>23 Locations</b>			<b>Dental &amp; Eye</b>	<b>3227</b>	<b>2460</b>	<b>752</b>	<b>2901</b>	<b>389</b>	<b>91</b>

### COMPREHENSIVE CAMPS

#	School's Name	General	Skin			Cardiac				ENT			Others		Hb				
		Screened	Cases	Referred	Treated	Referred	Tested	Needs Treatment	Done Treatment	Cases	Referred	Treated	Referred	Treated	<8 gm%	8 to 9.9	10 to 11.9	>12	Iron Tabs
1	Munichinappa Govt School,Adugodi(3-Aug)	240	32	3	1	5	5	2	0	8	8	8	13	11	NA	NA	NA	NA	NA
2	Sanegoruvanahalli Govt Primary & High School (24Aug - 4 Sep)	486	17	17	11	8	5	2	1	10	10	8	19	19	7	17	121	334	given for 12 weeks
3	Nele Narendra, Laggere (26-Sep)	47		NA	NA	NA	NA	NA	NA		NA	NA	21	21	NA	NA	NA	NA	NA
4	M.E.S School, Jayanagar (27-Sep)	196		11	10	3	3	0	0		8	8	6	6	NA	NA	NA	NA	NA
5	S.K.R High School, Mittur (Kolar) (2-Oct)	123	22	0	22	NA	NA	NA	NA	17	0	17	NA	NA	0	27	56	40	given for 12 weeks
6	Sri Krishna Orphanage, Uttarahalli (3-Oct)	47		4	4	NA	NA	NA	NA		1	0	9	9	2	22	19	4	given for 7 weeks
7	Vyalikaval Education Society, Vyalikaval (2-20 Nov)	224		0	0	1	0	0	0		3	0	13	0	NA	NA	NA	NA	NA
8	Govt Primary School, Mittur (20-Jan)	149	NA	NA	NA	NA	NA	NA	NA		1	0							
9	Govt Primary School, Wilson Garden (28-Feb)	180	24	4	20	2	To be done in June 2011			38	21	17 (Others in June 2011)	39	13 (Others in June 2011)					
10	Govt Urdu Primary School, Wilson Garden (28-Feb)	40	9	1	8	0	To be done in June 2011			11	5	6 (Others in June 2011)	4	0					
<b>TOTAL</b>		<b>1732</b>	<b>104</b>	<b>40</b>	<b>76</b>	<b>19</b>	<b>13</b>	<b>4</b>	<b>1</b>	<b>84</b>	<b>57</b>	<b>64</b>	<b>124</b>	<b>79</b>	<b>9</b>	<b>66</b>	<b>196</b>	<b>378</b>	

## ADULT MEDICAL CAMPS

#	Camp location	Camp Type	Total screened	General Surgery			General Medicine (non-surgical)			Dental			Eye			Orthopedic			Ob/Gynac.			E.N.T			Paediatric			Other		
				Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated	Screened	Referred	Treated
1	Medical / Surgery Camp, Konunkunte (14-Nov)	Medical / Surgery	422	85	50	35	102	8	8	N/A			60	22	7	53	20	5	39	27	24	69	21	12	14	5	5	N/A		
2	Mantri Tranquil Camp for Security & Housekeepign staff, Konunkunte (12 & 13 - Jan)	Compreh ensive	355		9			8	N/A	355	305	N/A	305	26	11		16	N/A		4	N/A		4	N/A		1	N/A		3	N/A
3	Medical / Surgery Camp, Sheshadripuram (20-Feb)	Medical / Surgery	575	85	71	18	158	7	7	N/A			71	21	10	83	22	10	101	61	9	37	4	6	40	0	N/A	N/A		
4	General Medical Camp, Dabahalli (Mandya) (9-Mar)	General	311	311	4	N/A	311	4	N/A	N/A			311	8	N/A	311	0	N/A	N/A	2	N/A	311	3	N/A	N/A	0	N/A	N/A	2	N/A
5	Elders' camp in Mittur (Kolar) (11-Mar)	Compreh ensive	157	157	5	N/A	N/A			N/A			157	17	N/A	157	1	N/A												
	TOTAL		1820	638	139	53	571	27	15	355	305	Not tracked	904	94	28	604	59	15	140	94	33	417	32	18	54	6	5	NA	5	NA

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- Hospitals, clinics and individual members of Doctors for Seva who keep alive the integrity, compassion and nobility of a doctor's profession.
- YFS volunteers who have spent time and effort in making all our activities a grand success, despite having regular full time vocations.
- Schools and institutions who have partnered with us for the School health program.
- Bosch India Limited for partnering with us for the School Health program in and around Adugodi.
- Rotary West, Malleshwaram for taking up the Menstrual Hygiene project.
- Mount Carmel College for providing the Sanitary Napkins for our projects on Menstrual Hygiene awareness.
- Anantha Shishu Nivasa for giving us the opportunity to start and helping us run Sanjeevini free clinic.
- Rashthrothana Blood Bank for the Blood Donation programs.
- EMRI 108 Emergency services for the awareness talks.
- Prasanna counseling centre for helping us initiate a Youth counseling centre.
- Mr. Radhakrishna Kalawar for introducing us to and guiding us in rural health projects.

And lastly, Mr. Venkatesh Murthy, Coordinator of Youth for Seva, for the continuous support, guidance and encouragement.