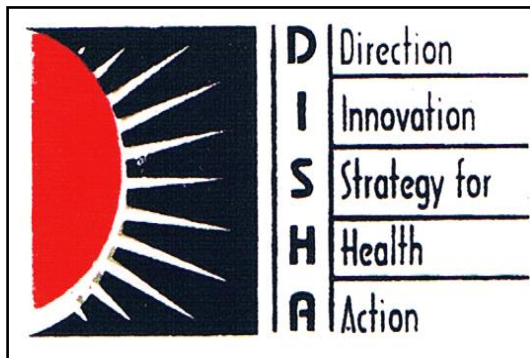


ANNUAL WORK REPORT

YEAR - 2021



'DISHA'

Public Trust Regd.No.F-5391 (Bhandara)

Dt.23.07.1997

email: dishaarogyakutir@gmail.com

visit us at : www.dishagondia.org

ANNUAL REPORT OF DISHA FOR THE YEAR 2021

(January 2021 to December 2021)

Date of Establishment of Disha Arogya Kutir		09.07.1999	
No. of Revenue Villages		16	
No. of villages with tolas		35	
Total No. of families		2521	
No. of Residential Houses		2418	
No. of population covered		11479	
No. of Argoya Doot (Male)		09	
No. of Argoya Sevika (Female)		02	
O.P.D.started at Darekasa Arogya Kutir		10th Oct., 1999	
O.P.D.working days		2nd & 4th Sunday	
X-Ray Machine installed		November 1999	
Total No.of patients examined during 2021		3322	
Average patients in O.P.D.		158	
Pathology Lab. established on		09.07.2000	
Patients Examined in Pathology Laboratory		514	
Complete Blood Count by Cell Counter (CBC)		102	
No.of ANC Profile		57	
Installation of Ultra Sound Sonography machine		24.03.2002	
No. of X-ray taken during the year 2021		60	
No. of Ultra Sonography done (ANC)		71	
No. of Ultra Sonography done (Others)		50	
Dental Unit Started		11.07.2021	
Dental Patients examined		140	
No. of New T.B.Patients detected during the yr.		04	
Sputum +ve		02	
X-ray +ve		00	
Extra pulmonary		02	
No. of Minor Surgery		00	
No. of Major Surgery		08	
No. of Deliveries conducted by Arogya Sevikas		00	
Total No. of Birth	178	Birth Rate	15-50‰
Total No. of Death	90	Death Rate	7.84‰
Total No. of Maternal Death	NIL	Maternal Mortality Rate	NIL
No. of Infant death (0 to 1 yr)	03	Infant Mortality Rate	16.85‰

Disha is a non-profit organisation from Gondia focused on providing health care services to people of remote villages. It primarily works through a health unit called Disha Arogya Kutir situated in Darekasa village. With this health unit it reaches out to around 35 villages and their tolas nearby. It is able to reach out to such a large number of villages by following a three tier system which includes :

1. Nine Arogya Doots i.e. trained male health workers and two Arogya Sevikas i.e female health workers who provide primitive, preventive and curative health services at the doorstep of these villages.
2. Regular OPD services are provided on every 2nd and 4th Sunday at Disha Arogya Kutir which has facilities for X-ray, ultrasonography and most of the pathology tests. Additionally free medicines are also distributed here.
3. Disha Arogya Kutir also hosts regular specialised camps related to Dermatology, Neurology, Cancer Detection, Paediatric, Gynaecology, ENT, Ophthalmic and Dental care. In these camps various doctors from Nagpur and Gondia visit Disha and render their services voluntarily.

With the above three tier system, Disha has been able to successfully improve the overall health conditions of tribal and rural populations in and around Darekasa. Its work has helped to drastically reduce incidences of malaria, tuberculosis, respiratory and intestinal infections. Nutritional status of the population in this area has also substantially improved as a result of the continuous health education and awareness spread by Disha's arogya Doots . Besides, gynaecological and obstetrical examinations provided for the expectant mothers by qualified doctors with the use of colored Doppler, ultrasound and necessary blood examinations (ANC profile) has helped to bring down the infant mortality rate significantly. This has been one of the landmark achievements of Disha.

However with the improvement in the socio-economic and educational conditions of rural and tribal areas around Darekasa in the last two decades, there has been a significant shift in the health issues towards non-communicable diseases (NCD). Currently there is better accessibility to remote villages due to construction of roads and availability of mobile networks. Increased provision of government health infrastructure like primary health centres, sub-centres and availability of medical equipment in them has also been a boon for these villages. Besides, opening of many primary schools, two high schools, a government ashram school providing residential education to tribal children upto 12th standard and one junior college has contributed positively to the educational upliftment of the tribal and rural population in this area. Overall

because of the changes in the socio-economic conditions and lifestyle of the population in this area, diseases such as hypertension, diabetes, cancers of various types, hormonal problems in young women and ischemic heart diseases, COPD (chronic obstructive pulmonary diseases), bronchial asthma) have now replaced malaria, diarrhea, dysentery, respiratory infections (pneumonia), polio and snake bites.

Considering this changing scenario, Disha has also shifted its focus from communicable diseases to non-communicable diseases. Disha is now focusing on treating these NCDs by establishing diabetic and hypertension clinics in which services such as counseling, anti-diabetic and antihypertensive drugs are provided at nominal rates. Insulin is also provided at subsidized rates. These medicines are given on a monthly basis to maintain regularity. Also for better control of these diseases necessary investigations like blood sugar estimation, kidney function test (KFT) are provided to the needy patients.

With regard to its educational initiatives, Disha is now focusing on providing health related education on non-communicable diseases. Every year Disha conducts mass Diabetic education and counselling events at Gondia by eminent diabetologist Dr. Sunil Gupta from Nagpur. It also conducts educational seminars on health issues, personality problems and vocational guidance for adolescents by inviting experts in this field in order to adolescent boys and girls to face various life challenges meticulously. Additionally, Disha has set up a Disha Study Circle with a collection of many important educational resources to provide assistance to students aspiring for competitive exams and higher study.

In addition to above initiatives, Disha organizes a regular blood donation camp at Dr.Kudale's Shushrusha Hospital where on average 75 to 80 blood donations are done. Also this year a mini ambulance equipped with an oxygen cylinder is stationed at Disha Arogya Kutir on a 24/7 basis. This ambulance provides necessary service by transporting patients from distant villages to Darekasa, Amgaon and Gondia at a very subsidized rate i.e on a no profit-no loss basis.

Other important activities and events of year 2021

1. Establishment of a well-equipped dental unit in memory of late. Sri Tolsingh Bhau Pawar. It was inaugurated on 11th July 2021 by Dr. Ashok Gadekar, a senior surgeon from Gondia who donated the entire dental unit which includes dental chairs, dental x-ray units, necessary instruments and equipment along with two air conditioners. Dental camps in the dental unit are now regularly conducted by Dr. Tushar Maturkar, a young enthusiastic dental surgeon from Gondia, on every Second Sunday.
2. On 31st October 2021, Sri Dinesh Patel, a businessman and owner of Mahesh Trading Company voluntarily donated Rs. 16.51 lakhs to Disha. With this amount Disha purchased a Mahindra Ambulance for Darekasa health unit. Existing x-ray machine was upgraded to digital and ultrasound machine was equipped with a linear probe necessary to do the sonography of various organs of the body precisely. Correspondingly, a radio sonologist Dr. Adarsh Agarwal joined Disha Arogya Kutir's team this year to provide the sonography services to the male and female patients who are not under ANC care.
3. This year on 11th July i.e installation day of Disha Arogya Kutir, people and organisations who provided relentless health service during the 1st and 2nd wave of Covid 19 were felicitated by Disha. Dr. LL Bajaj of Central Hospital and Agrasen Smarak Samiti, Agrasen Bhavan were felicitated. Here we would like to note that Disha's ambulance also provided free service for two months to Agrasen Bhavan Covid Care Centre.
4. The annual winter wear (blankets, Chadars and woollen caps) for the children were distributed in the following villages under Disha Arogya Kutir : Kosomtara, Pipartola, Surjatola, Danitola, Dhansua Bori and Tekatola. Total 400 beneficiaries benefitted from this initiative.
5. Diabetic awareness camp for the general population at Gondia. For the last 23 years Disha has been conducting public awareness programmes on diabetes in view of rising diabetic incidences both in urban and rural areas. Awareness about these diseases is the only way to prevent its rising trend. Eminent diabetologist Dr. Sunil Gupta from Nagpur is giving his valuable guidance to the general population and diabetic patients every year since the initial years. .

Disha and Corona Pandemic

Few insights regarding Corona infections in villages covered by Disha Arogya Kutir :

1. Even though 30% of the population of villages covered by Disha are migrant labourers, only 13 cases of Covid -19 positive were found and four covid deaths were reported. Total population of these villages is 11,712.
2. In the remote villages of Murkudoh-Dandari and Tekatola which comprises more than 40% migrant labourers, not a single Covid case was found. Since these are falciparum malaria endemic villages, Yearly mass radical treatment with Chloroquine and primaquine to the entire population of these villages is being given during the month of April for the last 26 years. Observational study by Disha indicates that this treatment has probably developed immunity in these populations against Corona virus. Effective BCG vaccination and genetic protection are also reasons for fewer Covid 19 cases in these villages.
3. In 2021 at Disha Arogya Kutir very few cases of fever and influenza like illness (ILI) were found in the OPD. Similarly, the number of tuberculosis cases detected were only 2 which may be due to use of masks at large scale, proper hand washing and good nutritional status. Overall common infections like respiratory, gastro-intestinal, malaria and skin diseases were drastically reduced probably because of strict following of Covid SOPs.
- 4.
5. At the beginning of every OPD, Disha Arogya Kutir's instructions regarding corona prevention and vaccination are given to the population. More than 10 thousand masks were distributed till February 2022 and are still distributed in every camp.

Special Camps at Disha Arogya Kutir in 2021

Date	Camp Purpose/Subject	Place	Beneficiaries	Specialist doctors/ Counsel ors
17-Jan-2021	Career guidance	Disha Arogya Kutir, Darekasa	70	Dr. Sanjay Asati, Sri Jagadish Agarwal, Dr. Vijay Chaurasiya, Gondia
14-Feb-2021	Skin disease diagnostic & treatment camp	-	106	Dr. Saurav Raut, M.D (Skin) Raipur.
12 &13th March 2021	Blood donation Camp	Sushrusha Hospital, Gondia	81 donors	Blood Collection team from BGW Hospital Blood Bank, Gondia
11-July-2021	Annual Installation Day of Disha Arogya Kutir in memory of Late. Sri Sevak Ramji Wankhede (Guruji) - Paediatric/ANC/ Dental checkup & treatment camp	Disha Arogya Kutir, Darekasa	Dental - 42, Paediatric - 51 Skin - 40 ANC - 34	Dr. Tejaswini Bhuskute, M.D. (Gynaec), Dr. Srimati Juhi Bhalotia, M.S. (Gynaec), Dr. Sunil Deshmukh, M.D. Paediatric, Dr. Rakesh Gupta, DCH, Dr. Tushar Maturkar, Dental Surgeon, Dr. Saurabh Raut, M.D. (Skin), Dr. Swati Kelanka, M.D. (Paediatric), Dr. Sachin Kelanka, M.S. General Surgery, Dr. Adarsh Agarwal, Radio Sonologist, Dr. Major. Shantanu Mukherjee (Pathologist). Dr. Darpan Chaudhary, (Cardiologist)
5-Sept-2021	Adolescent Girls Guidance Camp	Disha Arogya Kutir, Darekasa	170	Dr. Mrs. Gargi Bahekar, Dr. Vandana Aloni, Dr. Tejaswinin Buskhute, Dr. Sumati Nirmala Jaipuriya, Senior Gynaecologist, Gondia.

17-Oct-2021	Adolescent boys guidance camp	Disha Arogya Kutir, Darekasa	155	Dr. Rajiv Mohata, Sr Paediatrician & counsellor, Nagpur. Dr. Deepak Bahekar, Sr. Physician, Gondia.
14-Nov-2021	Dental camp in memory of Late. Sri Vijay Ashok Kumarji Agarwal		40	Dr. Abhijit Shende, Sr. Dental Surgeon, Dr. Tushar Maturkar
26-Dec-2021	Eye camp & Pulmonary Function test (PFT)	Disha Arogya Kutir	Cataract (26), Optic refractive errors (46), PFT -20	Dr. Aparna Gupta, Ophthalmologist, Gondia, Cipla Company for PFT

*Mass fever radical treatment during tendu patta collection season in the month of April as a preventive measure in the endemic villages of 1. Murkudoh 2. Dandari 3. Tekatola & the labourers at different camps in these villages. Total 866 mass radical treatments were given by Disha Arogya Doots. This has been an annual event since last 26 years.

NATIONAL TUBERCULOSIS ELIMINATION PROGRAMME
"DISHA AROGYA KUTIR DAREKASA"
IN THE YEAR 2021

Sr. No.	Month	New Patient Detected in 2021				Cured/ Tt. Completed
		Sputum +Ve	X-Ray +ve	Extra Pulmonary	Total	
1	Jan.21	0	0	0	0	0
2	Feb.21	0	0	0	0	0
3	Mar.21	0	0	0	0	0
4	Apr.21	0	0	0	0	0
5	May 21	0	0	0	0	0
6	Jun 21	02	0	0	02	0
7	July 21	0	0	0	0	0
8	Aug.21	0	0	0	0	0
9	Sep.21	0	0	0	0	0
10	Oct.21	0	0	01	0	0
11	Nov.21	0	0	0	0	0
12	Dec.21	0	0	01	0	0
	Total	02	0	02	0	0

दिशा मंस्था द्वारा वर्ष २०२२ हेतु नियोजित विशेष आरोग्य शिविरों का विवरण

दिनांक	विशेष आरोग्य शिविर	विशेषज्ञ डॉक्टर	स्थान
२३.०१.२०२२	मस्तिष्क रोग निदान व उपचार शिविर Neurology Camp	डॉ.जयंत पाडे, न्युरोलॉजिस्ट, नागपूर	दिशा आरोग्य कुटीर, दरेंकसा
१३.०२.२०२२	चर्मरोग निदान व उपचार शिविर Dermatology Camp	डॉ.सौरभ राऊत, डॉ.सौ.श्रद्धा राऊत, रायपूर	दिशा आरोग्य कुटीर, दरेंकसा
०६.०३.२०२२	मधुमेह संबंधी आरोग्य शिक्षण/चर्चा शिविर Diabetic Awareness Camp	डॉ.सुनिल गुप्ता, डायबेटालाजिस्ट, नागपूर	एन.एम.डी.कॉलेज ऑडिटोरियम, गोंदिया
२०.०३.२०२२	कर्करोग निदान शिविर Cancer Detection Camp	डॉ.रोहिणी पाटील, कर्करोग विशेषज्ञ, नागपूर डॉ.झुंजेर रसूल, डेंटल सर्जन, नागपूर डॉ.सौरभ मेश्राम, रिलायंस हास्पिटल, कारंजा	दिशा आरोग्य कुटीर, दरेंकसा
१५, १६, १७ एप्रिल २०२२	रक्तदान शिविर Blood Donation Camp	रक्त संकलन चमू, बी.जी.डब्ल्यू.हॉस्पिटल, गोंदिया	डॉ.कुदळे, सुश्रूषा हॉस्पिटल गोंदिया बी. जी.डब्ल्यू.हॉस्पिटल गोंदिया
१०.०७.२०२२	स्व.सेवक रामजी वानखेडे गुरुजी इनकी स्मृति में बालरोग निदान तथा उपचार शिविर Paediatric Camp in memory of Late Shri Sewakramji Wankhede Guruji	डॉ.सुचिता खडसे (बालरोग तज्ञ नागपूर) डॉ.सुनिल देखमुख गोंदिया, डॉ.जूली जैन, गोंदिया डॉ.राकेश गुप्ता, गोंदिया	दिशा आरोग्य कुटीर, दरेंकसा
०४.०९.२०२२	किशोरी लड़कियों के लिये आरोग्य एवं उचित मार्गदर्शन शिविर Adolescent Girls Counselling Camp	गोंदिया तथा नागपूर के स्त्रीरोग विशेषज्ञ चिकित्सक व विशिष्ट मार्गदर्शक	दिशा आरोग्य कुटीर, दरेंकसा
२५.०९.२०२२	चर्मरोग निदान व उपचार शिविर Dermatology Camp	डॉ.सौरभ राऊत, डॉ.सौ.श्रद्धा राऊत, रायपूर	दिशा आरोग्य कुटीर, दरेंकसा
१६.१०.२०२२	किशोर लड़कों के लिये आरोग्य एवं उचित मार्गदर्शन शिविर Adolescent Boys Counseling Camp	डॉ.राजिव मोहता, बाल रोग विशेषज्ञ व किशोर वयोगट के मार्गदर्शक, नागपूर	दिशा आरोग्य कुटीर, दरेंकसा
१३.११.२०२२	दंत रोग निदान व उपचार शिविर Dental Checkup & Treatment Camp	डॉ.अभिजीत शेडे, वरिष्ठ दंत रोग विशेषज्ञ, गोंदिया डॉ. तूषार मातूरकर, गोंदिया	दिशा आरोग्य कुटीर, दरेंकसा
२५.१२.२०२२	नेत्ररोग निदान/मोतियाबिंदु निदान व चयन शिविर Ophthalmic & Cataract Detection Camp	डॉ.आभा सोनकिया, नेत्ररोग तज्ञ गोंदिया डॉ.निलेश जैन, नेत्ररोग तज्ञ, गोंदिया	दिशा आरोग्य कुटीर, दरेंकसा

