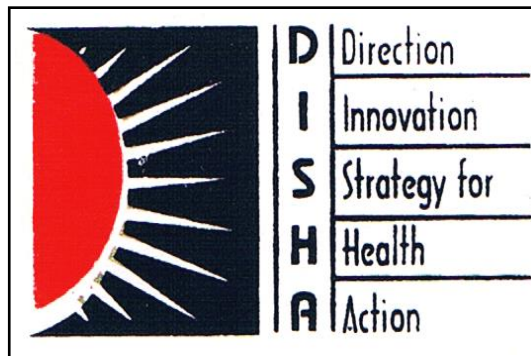


ANNUAL WORK REPORT

YEAR - 2022



'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 2022

(January 2022 to December 2022)

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		2571	
No. of Residential Houses		2395	
No. of population covered		11377	
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 2022		4236	
Average patients in O.P.D.		185	
Pathology Lab. established on		09.07.2000	
Patients Examined in Pathology Laboratory		459	
Complete Blood Count by Cell Counter (CBC)		86	
No.of ANC Profile		51	
Installation of Ultra Sound Sonography machine		24.03.2002	
No. of X-ray taken during the year 2022		51	
No. of Ultra Sonography done (ANC)		89	
No. of Ultra Sonography done (Others)		65	
Dental Unit Started		11.07.2021	
Dental Patients examined		121	
No. of New T.B.Patients detected during this year.		05	
Sputum +ve		01	
X-ray +ve		03	
Extra pulmonary		01	
No. of Minor Surgery		01	
No. of Major Surgery		02	
No. of the Diabetes patients under treatment from Disha Arogya Kutir		50	(6 on insulin)
Total No. of Birth	131	Birth Rate	11.52‰
Total No. of Death	63	Death Rate	5.54‰
Total No. of Maternal Death	NIL	Maternal Mortality Rate	NIL
No. of Infant death (0 to 1 yr)	NIL	Infant Mortality Rate	NIL

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, gynecological 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 centers, sub-centers 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 up to 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 counseling 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 2022

1. **13.02.2022** : 350 units of milk (190 ml each) were distributed with Cadilla Pharma
2. **27.03.2022** : Air Conditioner (AC) donated to Disha Arogya Kutir, DAREKASA by Dr.Sriram Bhuskute Sir, Retgd. Principal, Bhavbhuti College, Amgaon.
3. **04.09.2022** : Text Books distributed to needy students of Std. XI and XII.
4. **06.11.2022** : Winter wears were distributed to the villagers of 5 villages covered by DISHA – Dallatola, Kopalgarh, Thubrutola, Amatola and Toyagondi. 310 Shawl (Chadar) and 1800 woolen caps were distributed.
5. **December 2022** : A well-equipped new kitchen building 'Shabri' constructed beside 'Vanasthali' (Dining Hall) in the premises of Disha Arogya Kutir. The cost of construction of kitchen building was approx. 4.00 Lacs.

SPECIAL EVENTS :

6. **04.09.2022** : Gondia District Collector Mrs. Naina Gunde along with District Land Record Officer Mrs. Rohini Sagre visited Disha Arogya Kutir Darekasa on 04.09.2022 for attending the "Guidance Camp for adolescent Girls", Chairperson Women Welfare Society, Z.P.Gondia was also present.
7. **25.12.2022 : Felicitation** : Eminent Ophthalmologist Dr.Nilesh Jain was felicitated by DISHA for outstanding selfless service rendered by him.
8. **PRT given during Tendupatta Season in May 2022:**

Murkudoh-1	:	203
Murkudoh-2		99
Murkudoh-3		162
Dandari		199
Tekatola		135
Takazari Camp		<u>35</u>

Total 833

OTHER SPECIAL ACTIVITIES :

Since last 3 years, Disha Diabetic Clinic providing anti diabetic drugs and insulin to the diabetic patients on monthly basis, after doing the blood sugar test and other relative investigations.

This Year's Special Achievement :

In the year 2022, infant mortality rate : **NIL**

Special Diagnostic & Treatment Camps by Disha Arogya Kutir

During the year 2022

- 1. 23.01.2022 : Annual Neurology Camp :**
Senior Neurophysician Dr.Jayant Pande from Nagpur rendering his valuable services since last 22 years. 93 Patients were benefitted.
- 2. 13.02.2022 : Dermatology Camp :**
85 persons with skin ailments were benefitted by this camp. Dr.Saurabh Raut, M.D (Derm) eminent dermatologist from Raipur rendered his selfless valuable service.
- 3. 20.03.2022 : Cancer Detection & Oral hygiene Checkup Treatment Camp:**
Beneficiaries : 68
Dr.Rohini Patil, Sr.Gynaecologist & Cancer Specialist, Nagpur
Dr.Juzher Rasul, Sr.Dental Surgeon, SDKS Dental College & Hospital Nagpur
Dr.Saurabh Meshram, Administrator Reliance Cancer Care Hospital, Karanja,
rendered their valuable services.
- 4. 10.07.2022 : Annual Installation Day of Disha Arogya Kutir Darekasa : Paediatric/ANC & Dental Checkup & Treatment Camp :**
Paediatrician's team from Nelson Hospital, Nagpur and Gondia
Gynaecologists from Gondia rendered their services.
- 5. 21/22.08.2022 : Blood Donation Camp**
At Dr. Kudale's Sushrusha Hospital, Gondia. 119 blood units were collected by Blood Collection team of B.G.W.Hospital, Gondia
- 6. 04.09.2022 : Guidance Camp for adolescent girls :**
Valuable guidance given to adolescent girls by Sr.Gynaecologists from Gondia :
Gondia District Collector, Gondia Dist. Land Record Officer and Chairperson Women Welfare Society, Z.P.Gondia also graced the event.
Beneficiaries : 165 Girls.
Motivational Guidance given by :
Dr.(Mrs.) T.Bhuskute Madam, Dr.(Mrs) Nirmala Jaipuria,
Dr.(Mrs.) Gargi Bahekar and Dr.(Mrs.) Juhi Bhalotiya

7. 18.09.2022 : Diabetes awareness & Educational Programme

By DISHA & Manoharbai Patel Charitable Trust Gondia at
N.M.D.College Auditorium, Gondia.

Speakers : Dr.Sunil Gupta, renowned Diabetologist, Nagpur
Dr.(Mrs.) Kavita Gupta, Sr.Nutritionist, Nagpur

8. 25.09.2022 : Skin disease treatment Camp II

Beneficiaries : 70 treated by Dr.Saurabh Raut, M.D.(Derm), Raipur

9. 16.10.2022 : Guidance Camp for Adolescent Boys.

Beneficiaries : 170 Boys.

Dr.Rajiv Mohota, Sr.Paediatrician, Counselor & motivational
speaker guided and motivated the adolescent boys.

10. 25.12.2022 : Eye Camp

Beneficiaries : 165

Eminent Ophthalmologist from B.J.Hospital Gondia rendered his
valuable service. Mrs.Diksha Waghmare, Rural Hospital, Salekasa
also rendered her services.

NATIONAL TUBERCULOSIS ELIMINATION PROGRAMME

"DISHA AROGYA KUTIR DAREKASA"

IN THE YEAR 2022

Sr. No.	Month	New Patient Detected in 2022				Cured/ Tt. Completed
		Sputum +Ve	X-Ray +ve	Extra Pulmonary	Total	
1	Jan.22	0	0	0	0	0
2	Feb.22	0	1	1	2	0
3	Mar.22	0	0	0	0	1
4	Apr.22	1	1	0	2	0
5	May 22	0	0	0	0	1
6	Jun 22	0	0	0	2	0
7	July 22	0	0	0	0	0
8	Aug.22	0	0	0	0	0
9	Sep.22	0	0	0	0	0
10	Oct.22	0	0	0	0	1
11	Nov.22	0	0	0	0	0
12	Dec.22	0	1	0	1	0
	Total	01	03	01	05	03

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 हास्पीटल, 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

