

# TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri Dist; Tamil Nadu 636 906



*Helping tribals  
heal themselves*

## ANNUAL REPORT 2008 - 2009

### Highlights

- √ *Infant mortality reduced to 20/1000*
- √ *No mothers dying in childbirth [5<sup>th</sup> year]*
- √ *Organic farmers society registered*
- √ *Designer inputs for craft*
- √ *More community certificates*
- √ *Community Health work in Kalrayan hills*



*Farmers meet to share ideas.*

Theerthan and Selvam sat down in the village common with others to explain the new developments. They had just been approached by **SIMA** [South India Mills Assn.] for the next year's cotton crop. Both are office bearers of the newly registered **SOFA** [Sittilingi Organic Farmers Assn.], a registered society of organic farmers from the valley who are now applying for organic certification. They are a group of about 80 farmers from most of the villages in the valley who have now formed a co-operative. Finally after much thought, they agreed to the terms and at the end of the year sold all the organic cotton to SIMA at a premium, making a neat profit and also encouraging other farmers to turn organic. There are 15 farmer groups in the valley who are part of the collective, amongst them are 5 women's entrepreneur groups, who have machines to value add to the organic produce, which is now sold

*svad@tribalhealth.org*

under the brand name '**SVAD**'.

### Farmers Learn

Other than forming a society, the farming initiative took confident steps forward. A number of workshops by experienced farmers as well as the **Spices Board** helped to build up their expertise. The women farmers groups bought new machines for millet processing. This helps the local consumption of millets too, which builds a healthier society. The Dadamapatty group has started making soap and selling locally. A preliminary mapping and survey of all the agricultural lands in the 21 villages was done as a prerequisite for scientific farming practices

*"We can achieve many things through the collective which cannot be achieved by an individual farmer" says Selvaraj, one of the organic farmers. He knows – as part of the collective there is a sharing of resources and collective bargaining power, not to mention more access to Government schemes.*

### Big strides in health

The high point of the year was that we hit the lowest infant mortality ever – **20/1000 live births**, which is comparable to the best indices in India. This was undoubtedly the achievement of our Health Auxiliaries and the Health Workers who now fully plan and implement the community health program in the valley. There have been no maternal deaths 5 years in a row now.

The new Out Patient block is of great use for the increasing number of patients. Due to many new projects being taken up, we have had to cut down on our inpatient work including surgeries. One disturbing trend was the increasing number of HIV cases being detected after the start of the new ICTC. More active work is planned on this



*Effective community health has reduced infant mortality*

### Find us on the Web

For recent news check out our blog [www.tribalhealthinitiative.wordpress.com](http://www.tribalhealthinitiative.wordpress.com)  
Join the 'Friends of Sittilingi' groups in **Googlegroups** and also in **Facebook**

front to tackle this menace. The new batch of Health Worker trainees has completed a year of training and now are actively involved in the hospital work.

### Pushing the frontiers

After some delay the new Project in the Kalrayan Hills got off to a flying start. This was also due to stable funding from **BCF** [Business & Community Foundation]. Initial scouting and selection of 30 villages were done. All the villages are part of Villipuram district and most have no bus connections, with tribals often having to walk 10 – 15 km to just get to the bus stop. Health conditions are deplorable, with none of the regular health programs reaching them. We have finished an initial survey of



*Survey work in the Kalrayan Hills*

all the villages as well as had initial village meetings to discuss the future

### Designers contribute

There has been an increase in interest of villagers in the Porgai groups. An additional Government sponsored training has almost doubled the members. With increased design inputs from two different designers, the number and variety of products have increased. Sadly, we have yet to find good markets for the beautiful goods that the Porgai group is producing. We have made limited sales at Infosys and Mantri group exhibitions, so please contact us if you are interested in purchasing products or have any leads to help us .

*email: porgai@gmail.com*

### New livelihood options

After many road blocks, **NCRI** [National Council for Rural Institutes] has agreed to support our efforts to train the tribals in trades that will help them to seek out a better livelihood. **IIT**, Chennai and many other friends are helping us to make the initial training sheds which will be completed soon.

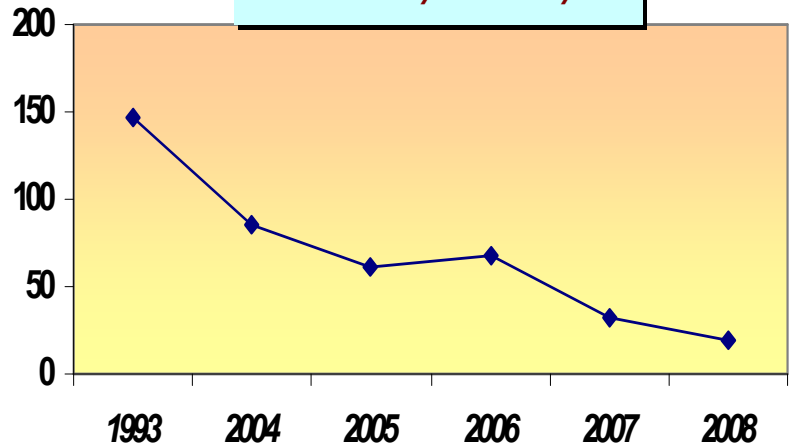


*IIT Chennai donates for the Technology Initiative*



*Porgai exhibition in Infosys*

### Infant Mortality over the years





## Some tidbits

We are continuing our efforts for the Community Initiatives and have been able to get more community certificates for the tribal youth. A training building for the Porgai craft group is also being allotted by the Government. Loans for some groups have also been mobilised to help them better their income prospects.

Lalitha has been chosen as '**Woman of the Year 2008**' by **Vanitha**, the largest read womens magazine in the country. The

This partnership between the Government and NGO is the best example of how communities can benefit

**Smt. Supriya Sahu IAS**; Project Director, TANSACS

award has a statuette as well a prize of Rs 1 lakh, which was put in our Corpus Fund.

## Thank you

A lot of the good work done this year was due to the stable funding support we received from **BCF, SKI, AID, TANSACS** and **FOS** [India & UK]. **MMKCT** subsidises outside referrals and **Cognizant Foundation** has donated a new X-ray machine

and a 4-wheel drive vehicle. We thank them not only for the financial support, but for other crucial inputs at the important times

If we have been successful so far it is because of your continuing support. Thank you all.

To visit or contact us

Team **THI**

## TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri dist., Tamil Nadu 636 906

phone:: 04346-299061/ 299025;

email: office@tribalhealth.org; website: www.tribalhealth.org

**Tribal Health Initiative** started working in Sittilingi valley of Dharmapuri Dist of Tamil Nadu 15 years ago. We now have a Base Hospital which caters to more than 80000, most of whom are tribals. We also run a comprehensive development program for about 10,000 tribals who dwell in 21 villages.

**Our vision** is that the people of Sittilingi valley and Kalrayan Hills lead a **better quality of life**

- To attain the **highest possible level of holistic health.**
- To enhance their socio-economic status while retaining their **pride, self-respect and self-reliance** and ensuring their **active participation** in programs meant for their welfare.
- To create an atmosphere highly conducive for the growth and **development of local cultures and customs.**

Registered Public Charitable Trust  
No. 147/92, Dindigul,  
Regd u/s 12A & 80G of the IT Act,  
Regd under FCRA to accept Foreign  
Donations

**BCF** [Business and Community Foundation ],  
**SKI** [Skillshare International], **AID** [Assn. for India:  
Development], **FOS** [Friends of Sittilingi], **NCRI**  
[National Council for Rural Institutes]  
**TANSACS** [Tamil Nadu AIDS Control  
Society], **ICTC** [Intergrated Counselling and  
Testing Center, **IIT** [Indian Institute of Technology],  
**SIMA** [South India Mills Assn], **MMKCT**  
[Manmohini Kaul Charitable Trust]



**Friends of Sittilingi (FOS)** are still our most dedicated supporters. We are grateful to the numerous people who help us and look forward to their continuing support. **If you are not yet FOS , please join in to help the tribal community here.**

### What we can use your donation for

**Health:** For the 'Distant Healer Fund' which is used to subsidise patients bills.

**Farming:** For creating a revolving fund for advance purchase of farmers produce

**Craft:** For giving training to the Lambadi women.

**Corpus:** For creating a reserve fund for emergencies

### YES, I want to help and be a part of the change in Sittilingi

*(please tick)*

- Rs ..... to improve **Health** for tribal families.
- Rs .....for promoting sustainable **Farming** in Sittilingi.
- Rs .....for training of Lambadi women in **Craft**.
- Rs..... for any other purpose you see fit.

I am enclosing cheque/DDno..... for Rs.....drawn on .....

Signed  
Address  
email  
Phone

Cheques/DD may be made in the head '**TRIBAL HEALTH INITIATIVE**', payable at SBI, Kotapatty or ICICI Bank, Salem

**Online donations from India can be made to**  
ICICI Bank Salem [ a/c no. 611901076914 IFS code ICIC0006119];  
State Bank of India [a/c no 11689302723 IFS code SBIN0006244]

All donations benefit from Income tax exemption u/s 80G

**Board of Trustees**

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 Dr Indru Tupulur  
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 Dr Sukanya  
 Rangamani  
 Mr A. Arun

**Board of Trustees**

meets twice a year to discuss policies.

**Executive Committee**

meets every 3 months to review work and make decisions.

**Full Staff meetings**

every month to plan day-to-day activities

**International Travel** : Dr. Regi travelled to Canada and UK to attend a Global TB conference for Indigenous people. Trip cost was funded wholly by the host organisation

Highest salary - Rs. 20000 [doctor]  
 Lowest salary - Rs. 2500 [fresh appointee]

Dr. Regi & Dr. Lalitha draw salaries as doctors in the hospital

**Team THI**

2 Doctors                      13 Health Workers  
 5 Admin staff                23 Health auxiliaries  
 3 Community Workers      6 Para-medical staff  
 1 Community Co-ordinator

**Salaries break up**

	Gents	Ladies	Total
<3000	2	1	3
3K -5000	4	13	17
5K -10000	4	3	7
10K - 20000	2	1	3
	<b>12</b>	<b>18</b>	<b>30</b>

**FINANCIAL DETAILS**

**BALANCE SHEET**

	2008-2009		2007-2008	
<b>ASSETS</b>				
Fixed assets	4958654	47%	5053947	49%
Capital Fund (-)	4628831	44%	3995126	39%
Deposits & Advance	475000	4%	920000	9%
Cash & Bank balance	572556	5%	338059	3%
<b>Total</b>	<b>10635040</b>	<b>100%</b>	<b>10307132</b>	<b>100%</b>
<b>LIABILITIES</b>				
Capital grant for assets	5787105	54%	5313344	52%
Corpus fund	2292850	22%	2192850	21%
Capital fund	2555085	24%	2800938	27%
<b>Total</b>	<b>10635040</b>	<b>100%</b>	<b>10307132</b>	<b>100%</b>

Auditor: Mr.K.Shivakumar, Gandhigram, Tamil Nadu 624 302  
 Bankers: SBI, Kotapatty, ICICI Bank Salem

**INCOME & EXPENDITURE**

	2008-2009		2007-2008	
<b>INCOME</b>				
Hospital Income	1782745	29%	1866731	33%
Interest	227505	4%	225521	4%
Indian sources	1520359	25%	1469071	26%
Others	44600	1%	470022	8%
International sources	2140451	35%	1407493	25%
Shortage of Income over Expenses	407012	7%	269323	5%
<b>Total</b>	<b>6122672</b>	<b>100%</b>	<b>5708160</b>	<b>100%</b>
<b>EXPENDITURE</b>				
Programme expenses	3894226	64%	2746712	48%
Meetings & Travel	66243	1%	40225	1%
Admin expenses	172825	3%	99026	2%
Communication	45231	1%	20913	0%
Hospital expenses	1264204	21%	2025564	35%
Depreciation	679944	11%	719358	13%
Excess of income over expenses		0%	56363	1%
<b>Total</b>	<b>6122672</b>	<b>100%</b>	<b>5708160</b>	<b>100%</b>

detailed audited accounts available on request