

TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri Dist; Tamil Nadu 636 906

ANNUAL REPORT 2010 - 2011



*Helping tribals
heal themselves*



Women who had free surgery done under TNHSP

Every tribal gets free in-patient treatment now ! *[read on]*

Highlights

- ★ TN Govt introduces free in-patient care for tribals.
- ★ Field clinics begin in Kalrayan Hills, good response
- ★ Craftmark certification for Porgai products
- ★ SOFA gets good profits for organic products
- ★ Old age insurance a success, producer groups included
- ★ THI staff learn street theatre to spread awareness

Last year, the Govt announced the Tamil Nadu Health Systems Project (TNHSP) under which every tribal could avail free in-patient treatment. The collaborative project began in November last year and has already seen more tribals availing treatment than before. We are seeing people from villages we have not heard of before in the Kalrayan Hills.

This cashless transaction is one of the best examples of public-private partnerships. Already, we had had nearly **400** tribals availing treatment under this project, incurring a total expense of **Rs 5.77 lakh**.

Tamilselvi, from the Kalrayan Hills was referred to Salem during her pregnancy after the PHC found that she was going to be having triplets and that one baby was deformed. During one of our field clinics we came across her again in her village but found out that her husband and relatives were not keen to go, not understanding the seriousness of her condition. With much persuasion by Kannagi, our Health Auxiliary, and the THI team, she came to the Tribal Hospital to have her babies. She had a Caesarian section and stayed till she and her babies were well. Tamilselvi could afford to do so because she did not have to pay a single paisa for her hospital care.

Some things new, other things old:

All of last year, we were involved in training 16 health auxiliaries from remote villages up in the Kalrayan Hills. The training completed, we have begun field clinics up there. Initially the tribals there, in many ways, much more isolated than those in the Sittilingi Valley, remained wary of us. But the proverbial ice has been broken and the response to our staff has been phenomenally encouraging.

The old age insurance scheme continues this year as well. Out of the expenses of **Rs.1.4 lakhs**, only **Rs. 15,000** came from their premiums. The rest was taken from generous contributions from the **FOS. HelpAge** now supports this successful program..

We have extended the scheme to also include our farmer and craft producer groups with an yearly premium of Rs.100. The scheme started very recently and has met with a good response

Almost a decade ago, we adopted the health auxiliary model, wherein one older woman trained for each village in basic health care. This successful model is replicated in the hills as well. In the Sittilingi valley we feel however that there is more scope for improvement and the model is now being revamped to include community development also.



Kalrayan field clinics have an encouraging response

Greener, healthier fields: The Farming Initiative

Last year we received the organic SCOPE certification for our SOFA farming group. This has greatly increased the value of our products in the market.

We had difficulty in finding buyers for bulk purchase of turmeric. Considering the certificate, this year an exporter group bought ten tons of turmeric, worth around **Rs 15 lakh**, from our farmers. The Farmers society did well this year and made a profit of about **Rs 1.5 lakh**.

During the year, we held two training programs for farmers with **Nammalvar** and **Sundar Raman** as the resource persons.



Farmers learning to use the pedal pump

Tribal Health Initiative started working in Sittilingi valley of Dharmapuri Dist of Tamil Nadu 17 years ago. We now have a Base Hospital which caters to more than 1 lakh, most of whom are tribals. We also run a comprehensive development program for about 18,000 tribals who dwell in 35 settlements.

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.**

Threads of many colours: The Craft Initiative

We were given the **Craftmark** certification this year, increasing the market value of our products.

The sales of products are gradually increasing every year as well as the number of artisans. Our designers have come out with a new range of designs and products which has helped us increase our sales. But we have a long

way to go to ensure regular employment to all the artisans during the months when there is no agriculture. For this to happen, it is very crucial at this point that Porgai needs hand holding and financial support for the next 3 years.

We remain committed to preserving and developing the traditional Lambadi hand embroidery in the region. Towards this end, we are collecting and preserving old embroidered patches from Lambadi families in the neighbouring districts.

More skills for tribal youth – the Technology Initiative:

Regular training programs are being conducted at our Technical Training Institute. This included short courses in welding, electrical wiring, motor rewinding, metallic fabrication and new methods of making soil cement blocks. We have been using a grant from the **DST** to create awareness among the villagers regarding scientific farming and traditional storage



District Collector inaugurates the new Porgai building

structures. The use of the pedal water pump and the cono-weeder was taught and the workshop trained to fabricate it themselves. This reduces the dependence on electrical/ diesel power pump usage for the farmer as well as less labour for weeding in rice cultivation. We are also developing a low cost solar dryer for fruit preservation.



Training to make nutritious ragi pappads

This and That:

The staff of THI also got trained in **street theatre** this year. A ten-day workshop led to the development of two plays, one on organic farming and another on ante-natal care. We staged one play and were met with very enthusiastic and receptive crowds.

We also got ourselves a new building extension which now houses the scanning section and the pharmacy. **Two new junior doctors** have joined us as well. We have

restarted the **medical elective** program for students from the UK through a partnership with **Skillshare**.

The **Tribal Hospital** has adopted **SOP** [standard operating procedures] and treatment protocols system for its work. This will increase the efficiency and effectiveness of hospital care. In future we wish to go in for certification of the hospital too.

New equipment was donated by **ATMA** [American Tamil Medical Assn] and the **World Bank**.

“Your insight, leadership and ideology in building an ideal society and way of life is so successful”

Kit Kitatani [group leader of advocacy group from Japan]

Workshops on new techniques of stabilised mud blocks



Plans for next year:

- 🔗 Revamping the health auxiliary model in the Sittilingi Valley.
- 🔗 Active promotion of rain-fed agricultural methods in the villages.
- 🔗 Supporting traditional cattle rearing in the region.
- 🔗 Make a foray into mental health.
- 🔗 Explore retail opportunities for Porgai products and increase sales.
- 🔗 Increasing the variety and number of technical trainings

Thank you

The progress of our initiatives and the further improvement of the tribal society would not have been possible without the constant encouragement and steady support of **BCF, SKI, TNHSP, AID, ASHA, DST, Helpage, MMKCT, NCRI, SHARE and FOS** (India and UK). We are deeply grateful to them for helping us make a difference.

Thank you everyone

Team THI

BCF [Business and Community Foundation], **SKI** [Skillshare International], **TNHSP** [Tamil Nadu Health Systems Project], **AID** [Association for India Development], **FOS** [Friends of Sittilingi], **NCRI** [National Council for Rural Institutes], **MMKCT** [Manmohini Kaul Charitable Trust], **DST** [Dept. of Science & Technology]

To visit or contact us

TRIBAL HEALTH INITIATIVE

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

Friends of Sittilingi (FOS) remain our most dedicated well wishers. We deeply thank all those who have given us unfaltering support and look forward to their continuing encouragement. Do join in as a FOS to help make a difference in a tribal's life

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

I would like to donate

- for Health:** For supplying free medicines during the field clinics
- for Farming:** for revolving loans to buy traditional cattle to improve organic farming
- for Livelihood:** for ensuring employment of women in the Porgai program
- for any other purpose** you see fit.



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

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

Online donations from India are convenient for us..

ICICI Bank Salem [a/c no. 611901076914 IFS
code ICIC0006119];

State Bank of India [a/c no 11689302723 IFS
code SBIN0006244]

[Do send an email after transferring the donation]

LOOKING AT FUNDAMENTALS

FINANCIAL DETAILS

We follow transparency in our work and accounts as part of Credibility Alliance

INCOME & EXPENDITURE

INCOME	2010-2011		2009-2010	
Hospital Income	2295212	29%	2175808	21%
Interest	254014	3%	247211	2%
Indian sources	3804826	48%	4662790	46%
International sources	1546262	19%	3134056	31%
Shortage of Income over Expenses	75664	1%	0	0%
Total	7975978	100%	10219864	100%

Auditor: Mr.K.Shivakumar,
Gandhigram, TN 624 302

Bankers:
SBI, Kotapatty, ICICI Salem

EXPENDITURE

Programme expenses	3507236	44%	4225179	41%
Meetings & Travel	63118	1%	36074	0%
Admin expenses	180533	2%	168785	2%
Hospital expenses	3379316	42%	2361777	23%
Depreciation	845776	11%	802326	8%
Excess of income over expenses	0	0%	2625723	26%
Total	7975978	100%	10219864	100%

detailed audited accounts
available on request

BALANCE SHEET

Team THI

- 2 Doctors
- 15 Health Workers
- 3 Admin staff
- 3 Community Workers
- 4 Para-medical staff
- 1 Community Co-ordinator
- 40 Health auxiliaries

		2010-2011		2009-2010	
ASSETS					
Fixed assets	6599535	47%	6481187	49%	
Capital Fund (-)	3089736	22%	2487031	19%	
Deposits & Advance	2588990	18%	2045980	15%	
Cash & Bank balance	1839294	13%	2312192	17%	
Total	14117555	100%	13326390	100%	
LIABILITIES					
Capital grant for assets	7117441	50%	6974441	52%	
Corpus fund	2551810	18%	2292850	17%	
Capital fund	4448303	32%	4059099	30%	
Total	14117555	100%	13326390	100%	

Salaries break up			
	Gents	Ladies	Total
3000 - 5000	6	8	14
5000 - 10000	4	6	10
10000 - 15000	2	0	2
above 15000	1	1	2
	13	15	28

Dr. Regi & Dr. Lalitha draw salaries as doctors in the hospital
Highest salary - Rs. 28000 [senior doctor]
Lowest salary - Rs. 3000 [fresh appointee]

International Travel : No international travel was done by anyone during this period.

Board of Trustees

Dr Regi M George
Dr Lalitha Regi
Prof M Ravindran
Dr Sara Bhattacharji
Dr Indru Tupulur
Prof N Kamalamma
Dr Sukanya Rangamani
Mr A. Arun
Dr Guru Nagarajan

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

Still a long way to go....



"Traveller, there is no path. Paths are made by walking".