



TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri Dist; Tamil Nadu 636 906

ANNUAL REPORT 2013- '14

Helping tribals
heal themselves



Highlights

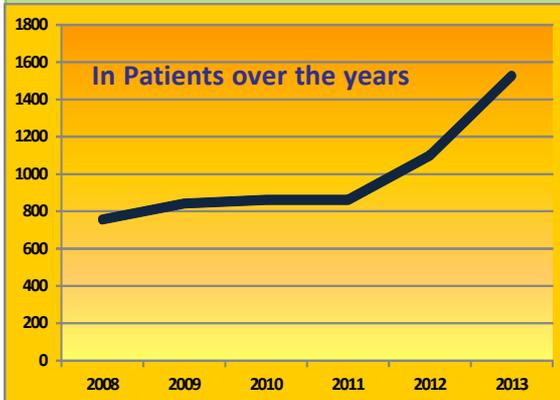
- ✂ New Operation Theatre, Labour Room & Neonatal ICU
- ✂ Chronic Disease care shifting into the villages
- ✂ School Health Program for the Kalrayan Hills
- ✂ Organic farmers double in strength
- ✂ Increased sales for Porgai
- ✂ Staff team building and evaluation done

Care takes a step forward:

The **Tribal Hospital** now wears an altogether new look. A sparkling new two table **Operation Theatre** with modern equipment and recovery room, a new **Labour Room** supported by a 5 bed Neonatal Intensive Care Unit [**NICU**] and post labour ward, the new facilities have been a boon to the patients and the Staff. The laboratory was also upgraded with modern equipment and we also commenced endoscopy to supplement our investigative repertoire. Because of the new facilities, we are able



Endoscopy was added to our range of services



provide much better care to the increasing number of patients utilising our facility. It keeps well within our commitment that all tribals should get access to the most modern health care at their doorstep. The graph on the left puts it in perspective.

The increase in patients put us in a spot, as we exceeded the budget that the Government [through **TNHSP**] had allotted. But seeing the enormous benefit the tribal patients got, they were kind enough to make an exception to us and see that the program goes on uninterrupted.

Shifting healing into the community:

Though the hospital work was going on full steam, we still found enough time to continue our community health activities. In the Sittilingi Valley, Health Auxiliaries learned new skills . Hypertension is a big problem especially amongst the elderly and we have teamed up with the Department of Medicine, **UCSF** [University of California in San Francisco] to see whether hypertension care can be transferred to the village level. We feel that in the rural areas, unless this is done, there will be no continuum of medication and care, since rural transportation is a big problem. Our Health Auxiliaries are all trained to take BP with electronic machines and to

Village clinics for the senior citizens and mental health



record it. We have also developed protocols using the most common drugs that will optimally control hypertension. The Health Auxiliaries will be given the tablets and instructions on when they should continue the same medication and when they should refer the patients. This process will go on for the next couple of years and if it works out well , it could be a model for shifting chronic

diseases care to the village level in remote areas. The mental health program too is going on well with **110** patients under our care and another **35** new patients coming in for consultation with Dr. Seetha, our visiting Psychiatrist. We have also started holding programs in the villages to spread awareness about mental illness and its care . The outreach clinics are done twice a week , mainly to look up the mental health patients as well as to see the elderly who need care at the village level. We usually see 25 to 30 people on a typical field clinic and this is a boon for them, as they don't have to come to the hospital for their continuous drugs or vitamins. We also do a **special OP for the elderly in Wednesdays** in the Base Hospital.

Tribal Health Initiative started working in Sittilingi valley of Dharmapuri Dist of Tamil Nadu since 1993. We now have a Base Hospital which caters to more than 1 lakh people, most of whom are tribals. We also run a comprehensive development program for about 18,000 tribals who dwell in 33 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.**



Health Auxiliary training in the Kalrayan Hills

Changing directions:

In the Kalrayan Hills, the focus of operations is shifting from mother and child care to the next level – **school health**. This is because with the improvements of all Government interventions in mother and child care, we found that the attendance of mothers and children utilising our field clinics decreasing. However, the team, after discussions with the Health Auxiliaries decided to still spread health education – this time through the schools in the area. Students in 7th, 9th and 11th standards will have a monthly talk on various subjects related to health. We have selected **6 schools** and the headmasters of these schools are enthusiastic about this. We will be starting the program soon. The Vellimalai OP has an increasing crowd and we see about **70 – 80** patients every Wednesday.

Doubling our influence..

A lot has been happening in the agricultural front. We have just doubled the number of farmers who have come into the organic fold, most of them with small dry land farm holdings. An initial General Body of the new farmers saw earnest enthusiasm. They were no doubt encouraged by the fact that **SOFA** this year made a sales close to **Rs. 35 lakhs** and the initial 100 farmers got premium prices for whatever they grew. We have kept on encouraging them this year too with laying more cattle shed floors, building vermi-compost tanks and giving tarpaulins for drying. There is currently about **630 acres** under fully organic certified cultivation and other than turmeric and cotton, the farmers are encouraged to grow food crops , especially millets. This year, with the help of **NABARD**, we started a vegetable project for getting short term money inflow for the farmers. SOFA also bought a Mahindra Bolero Pickup to transport these perishables to the nearby market 40 kms away. The farmers are also experimenting with a turkey growing project .



Inauguration meeting for the new 100 farmers

The women groups products have also been doing well and all of them have made profits. Especially popular is the new millet biscuits started by the group in Sittilingi, made with ragi, bajra and fox tail millet. All ingredients are organic and sourced locally. To popularise millets , we had a **Millet Festival** in August 2013, where more than 300 people attended. There was also a cooking competition, with special emphasis on bringing in traditional tribal recipes so that the younger genera-

tion learns from it. Four of the women groups also got subsidised loans of **Rs 5 lakhs each** for cattle rearing.

We will soon be also forming a Womens Society for Sittilingi where **13 women farmers groups** associated with us with a total membership of **166** will initially start a joint forum for small scale production of products made from locally available sources. This will help them in collective bargaining and marketing in the future. We also had a number of exposure visits for them as well as workshops on mixed cropping, biodiversity and uncultivated foods



Making millet cookies from local ingredients

Craft goes organic...

For **Porgai** it was a year which saw a number of



Skill building workshops for Porgai workers

trainings happen along with skill building. The **40**

members were happy for a revival in sales – they crossed **Rs 20 lakhs** this year. Of this **6.8 lakhs** goes as wages to the artisans. The tailoring unit benefitted from 2 trainings of a month each and now stitch all our home furnishings locally. We have also introduced organic cotton products which are hand spun, hand woven and vegetable dyed, embellished with our own hand embroidered designs and motifs.

More flowers bloom...

Eight proud girls received the BSS certificate for **Diploma in Practical Nursing** this Hospital Day.

This year too we have some of our Staff and new students have joined, not only for Nursing, but also

Nurses receive their completion certificate on Hospital Day

for Pharmacy and Lab Technician certification courses. A new Ladies Quarters has also been built to accommodate more students who will be joining this year.

Other happenings...

The Staff took time off for some serious thinking. We had a 4 day workshop on team building and that was followed by a 4 day retreat where we all sat down to analyse our strengths and weaknesses and to make a blueprint for the next 5 years. Another unique exercise was a peer and line evaluation for each individual staff based on 10 critical points, which we hope will help us each to understand our assets and limitations. We also had an internal evaluation of our work done which gave many suggestions for improvement. A new hospital management software was installed to



Volunteers serve tasty millet dishes during the Millet Fest

To visit or contact us
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Registered Public Charitable Trust No.
 147/92, Dindigul,
 Regd u/s **12A**, **80G**, **35 AC** of the IT Act, Regd
 under **FCRA** to accept Foreign Donations

Looking ahead for next year:

- Build a new Ward & ICU to manage the increase in patients
- Start the school health program in the Kalrayan Hills
- Consolidate the 100 new farmers who have joined SOFA
- Make a Tribal Farmers' Producer Company
- Formation of Womens Society for entrepreneurship

Our good teamwork had been ably supported by **FOS, TNHSP, BCF, SKI, Tata Trust, AID, ATMA, Aasha, SHARE Australia, NABARD** and numerous others who are partners in our progress. We thank all of them for their continuing encouragement.

Thank you everyone
Team THI



Kasthuri and her husband were tense. She had just delivered preterm baby girl at **29 weeks** weighing just **850gms**. Hailing from a remote village, she refused to take the baby elsewhere for treatment. The new **NICU** [Neonatal ICU] and good nursing care helped save her baby. She is ecstatic holding her small bundle of joy, still underweight, but breast feeding and thriving.

Board of Trustees

Dr Regi M George - Managing Trutee
Dr Laliitha Regi - Trustee
Prof M Ravindran - Trustee
Dr Sara Bhattacharji - Trustee
Dr Indru Tupulur - Trustee
Prof N Kamalamma - Trustee
Dr Sukanya Rangamani - Trustee
Dr Guru Nagarajan - Trustee

Board of Trustees meets twice a year to discuss policies.
Executive Committee meets every 3 months to reweiv work and make decisions.
Full Staff meetings every month to plan day-to-day activities

streamline documentation and billing and it is certainly making life easier for us. The Technology Initiative, incubated under THI for the past 3 years, has now become an independent unit .



Smt. M.P Niramala IAS [Principal Secy for Co-operatives and Food, Govt. of Tamil Nadu] along with **Shri D. Vivekanadan IAS**, [District Collector, Dharmapuri] inaugurated our new OT complex, Labour Room and Neonatal ICU. The whole venture was built with **FOS** funds and equipment was donated by **ATMA**

WE NEED YOU TO LEND A HAND



The **new Ward and ICU** being built will help enhance the quality of care just like the new OT and NICU did and helped people like Kasthuri save her baby [adjacent coloumn].

Further this contribution also has a 100% Income Tax exemption u/s 35AC of the IT Act

Wouldyou like to leave your fingerprints on the development of the tribals of Sittilingi? Please do read the appeal attached and become a **Friend of Sittilingi** .

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

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]

All donations benefit from 100% Income tax exemption u/s 35AC

Hospital Statistics				
	OP	IP	Surgery	Delivery
2011-'12	25650	861	282	186
2012-'13	27373	1099	472	233
2013-'14	30285	1526	569	352

Farming			
	2011	2012	2013
Group	12	11	13
SOFA members	102	102	200
SOFA income	1918452	1553327	3587059

Craft			
	2011	2012	2013
Groups	4	3	3
Members	60	58	40
Sales	823600	1372567	1994522

Patient Details 2013-'14			
Out Patients			
	Paying	Free	Total
Patients	26511	3774	30285
Amount	3906332	318429	4224761
In Patients			
	Paying	Free	Total
Patients	248	1278	1526
Amount	792965	5526567	6319532
Total Patients			
	Paying	Free	Total
Patients	26759	5052	31811
Amount	4699297	5844996	10544293

SOME KEY FACTS

Our organisation is Accredited by Credibility Alliance - Minimum Norms for transparency and work culture

BALANCE SHEET				
	2013-'14		2012-'13	
Assets				
Fixed Assets	155,77,791	66%	118,07,087	57%
Capital Fund (-)	37,652	0.2%	39,11,947	19%
Deposits & Advance	51,10,113	21%	32,61,320	16%
Cash & Bank Balance	30,46,142	13%	17,87,519	9%
Total	237,71,699	100%	207,67,874	100%
Liabilities				
Capital Frant for Assets	155,77,791	66%	90,95,129	44%
Corpus Fund	26,79,310	11%	26,64,310	13%
Capital Fund	50,09,814	21%	89,87,954	43%
Others	5,04,783	2%	20,480	0.1%
Total	237,71,699	100%	207,67,874	100%

SALARY BREAKUP			
	Gents	Ladies	Total
4000 - 7000	6	15	21
7000-12000	7	11	18
12000-20000	2	0	2
20000-40000	4	2	6
	19	28	47

Highest salary - Rs. 35000 [senior doctor]
Lowest salary - Rs. 4500 [fresh appointee]

Salaries of Rs. 4.2 lakhs each were paid to Trustees
Dr. Regi & Dr.Lalitha for professional services

INCOME and EXPENDITURE				
	2013-'14		2012-'13	
Income				
Hospital Income	5339942	42%	3660821	46%
Interest	461582	4%	282734	4%
Indian Sources	1796753	14%	519272	7%
Others	726015	6%	0	0%
International Sources	4256337	34%	2534762	32%
Shortage of income over expenditure	0	0%	981312	12%
Total	12580629	100%	7978901	100%

Expenditure				
	2013-'14		2012-'13	
Programme Expenses	4706225	37%	5290376	66%
Meetings & Travel	48438	0%	87296	1%
Admin Expenses	82682	1%	320100	4%
Hospital Expenses	4039573	32%	1335262	17%
Depreciation	1149541	9%	945867	12%
Excess of Income over Expenditure	2554170	20%	0	0%
Total	12580629	100%	7978901	100%

Team THI

4 Doctors
22 Nursing Staff
8 Admin staff
5 Community Workers
8 Para-medical staff
33 Health auxiliaries

International Travel : Nil
Domestic Air Travel : Rs 36191/-

Auditor: Mr.K.Shivakumar,
Gandhigram, TN 624 302
Bankers:
SBI, Kotapatty, ICICI Salem

detailed auditted accounts available
on request