

# TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri Dist; Tamil Nadu 636 906



## ANNUAL REPORT- 2015- '16



### Roll of honour...

- ❖ New Ward and ICU building operational
- ❖ Hypertension Program – all above 40 years screened
- ❖ OP started in Neyyalamai Hills
- ❖ Seed mother Project initiated
- ❖ Producer Company formed by Organic Farmers
- ❖ Porgai Titan Craft Centre open

**The giant leap** : The **New Medical Ward** and the **Intensive Care unit** has been a felt need for the past 3 years. As tribal patients keep increasing for the only low-cost secondary care facility in a 100km radius, our earlier small wards were often bursting at the seams. Also new is an **Isolation Room** for highly infective cases and a top floor which is used as a **Training Hall** and **Office**. Along with this, the laboratory moved to a larger space and we added a **Vision Centre** as well as a **Dental Clinic** and digitised our **Xray**. Altogether, the new facilities helped us to make a quantum jump in services provided to the tribals here. Last year we provided **Out Patient services to 29000** people and had **admitted 1360 patients**. **Surgeries showed a 11% increase** and stood at **773** while we also **delivered 236 mothers**.



*Indrani, a widowed mother of 2 small girls, was admitted with poisoning and went into respiratory arrest soon after. She had to be ventilated for 8 days before she could breathe independently. She recovered, is healthy and a bit wiser!! Her family was too poor to take her elsewhere for treatment*

The **Hypertension control program** expanded to include **all people over 40 years** in the Sittilingi Valley. We have so far **screened 679 people** above 60 years, of which **270 are on treatment**. With the consolidation of the program, the first clinical figures are just coming in and it looks depressing in one sense [6 to 7% of the population above 40 yrs are hypertensive] while on the brighter side most are on good follow-up and treatment.. We certainly have seen a down trend in the complications of hypertension like strokes and cardiac events and we hope that once this program is stabilised we can look at other non communicable diseases like diabetes. This year we are thinking of adding an anti tobacco component to this program.

The **Old Age insurance** is going on smoothly, albeit not being externally funded. The money coming in from training activities like the Medical Elective program for foreign medical students help us in this to a



good extent. We have **423 registered** in this very popular program. The **School Health program** completed two years and the students and teachers have given a very good feedback on the learning they had, we will look forward to consolidate this program in the same **6 schools** and then have an evaluation early next year.

**Outreach clinics** continue in the Kalrayan Hills in Aruna, where once a week, there is a good rush to see the doctors. It is a great help to the people with chronic diseases who have to be monitored monthly

and also for the post operative cases coming from the hills. We also started a monthly OP in the Neyyimalai hills on popular demand, but the response is not a good as we thought; mainly because most have migrated for livelihoods after 2 years of drought.

**H** **Health trainings** under the BSS umbrella continues.

The tribal girls now train for Nursing and Lab Technician course. They find this training comfortable as it is near their villages and also very economical on their pocket. If in case the hospital has no space for them after their training, they always find jobs in other private hospitals and their future looks independent and secure. Village Health Auxiliaries too come every month for sharing village data as well as recharging their knowledge base about current medical problems in the locality.



*Role play is an essential learning tool.*

**S** **SOFA** [Sittilingi Organic Farmers Assn] has now metamorphosed into a company – the 300 tribal farmers got together and after numerous discussions and trainings, have become a **Producer Company of 800 tribal shareholders**. Uniquely, all the company Directors and their CEO are local people – making a small dream come true – a company of the tribals, by the tribals and for the tribals. We also had record turnover of more than **63 lakhs** last year with much more customer base due to improvement in quality control and more farmers coming into the fold. We have just purchased 3 acres of land for a **Farming Resource Centre, godown** and more **Processing Centres**, which will push up productivity next year.



A new idea for the Seed Bank was the introduction of the Seed Mother concept. Here the main seed storage was not in a shop or godown, but with the people in their fields. Women are identified as **Seed Mothers** and each will preserve and multiply one particular variety of traditional seed in a small plot near their home, each year replanting the best of the crop again, to maintain seed purity and vigour. The excess will be sold at the **Organic Shop** we have, to other local farmers. We hope to have 200 Seed Mothers by the next year, and become a living seed repository of traditional seeds.



**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**.

- Ø To attain the **highest possible level of holistic health**.
- Ø 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.
- Ø To create an atmosphere highly conducive for the growth and **development of local cultures and customs**.

**Craft finds a base:** It was dream come true for Gammi and Neela, the two senior artisans who almost 10 years ago started training the younger generation on the intricacies of Lambadi embroidery under the relentless encouragement from Lalitha. The **Titan Porgai Craft Centre** was opened in the presence of Shri Bhasker Bhat, MD, Titan Company and his colleagues. With **60 artisans** and each earning anything between 3000 to 5000 rupees per month, there is a visible shift towards gender equity and independence in these villages. This year Porgai sold about **Rs 32 lakhs**, of which **Rs. 15 lakhs went into the 2 villages as wages** – enhancing their local economy and welfare.



*THI starts everyday with 10 mins of meditation; a silent togetherness with the strains of classical music in the background. We are then charged to start our work with a quiet efficiency, kindness and compassion*

#### Plans for next year

- Start work for NABH accreditation for Base Hospital
- Include tobacco awareness in Community Health
- Regularise SOFA Producer Company
- Start Farming Resource Centre
- Start Work on Water Management in the Valley
- Increase customer base for craft sales

Our partners in progress this year were **FOS, BCF, AID, Aasha, SHARE, Titan, FIF** and numerous others who support and encourage us. We thank all of them for helping us to move forward in our perpetual quest for betterment.

Thank you everyone

*Team THI*

To visit or contact us  
**TRIBAL HEALTH INITIATIVE**  
Sittilingi, Dharmapuri dist., Tamil Nadu 636 906  
phone:: +91 9585799061  
email: [office@tribalhealth.org](mailto:office@tribalhealth.org);  
website: [www.tribalhealth.org](http://www.tribalhealth.org)

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

## WE ARE OPEN....

**Our organisation is ACCREDITED BY Credibility Alliance  
for financial transparency and work culture**

detailed audited accounts available on request

### Bankers:

SBI, Kotapatty, ICICI Salem

**Main Auditor:** Mr.K.Shivakumar, Gandhigram, TN 624302

**Internal Auditor:** Mr Rajnikanth, Salem, TN 636007

### BALANCE SHEET

|                                 | 2015 - '16         |             | 2014-'15           |             |
|---------------------------------|--------------------|-------------|--------------------|-------------|
| <b>Assets</b>                   |                    |             |                    |             |
| Fixed Assets                    | 2,76,51,002        | 61%         | 1,89,14,768        | 63%         |
| Capital Fund (-)                | 77,76,965          | 17%         | 37,652             | 0%          |
| Deposits & Advance              | 77,75,604          | 17%         | 45,80,633          | 15%         |
| Cash & Bank Balance             | 19,97,036          | 4%          | 64,96,999          | 22%         |
| <b>Total</b>                    | <b>4,52,00,607</b> | <b>100%</b> | <b>3,00,30,052</b> | <b>100%</b> |
| <b>Liabilities</b>              |                    |             |                    |             |
| Capital Grant + 35AC for assets | 3,74,82,524        | 83%         | 1,76,76,304        | 59%         |
| Corpus Fund                     | 37,84,810          | 8%          | 27,14,310          | 9%          |
| Capital Fund                    | 38,04,826          | 8%          | 39,02,137          | 13%         |
| Others                          | 1,28,447           | 0%          | 57,37,301          | 19%         |
| <b>Total</b>                    | <b>4,52,00,607</b> | <b>100%</b> | <b>3,00,30,052</b> | <b>100%</b> |

### Board of Trustees

Dr Regi George - Managing Trustee  
 Dr Lalitha 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** meet twice yearly

**Executive Committee** meets for emergency decisions

**Working Committee of Staff** meets every 2 months

**Full Staff meetings** every month

### INCOME and EXPENDITURE

|                                   | 2015 - '16      |             | 2014-'15        |             |
|-----------------------------------|-----------------|-------------|-----------------|-------------|
| <b>Income</b>                     |                 |             |                 |             |
| Hospital Income                   | 14979001        | 33%         | 11453819        | 67%         |
| Interest                          | 541557          | 1%          | 324559          | 2%          |
| Indian Sources                    | 2993587         | 7%          | 2415396         | 14%         |
| Others                            | 926341          | 2%          | 15400           | 0%          |
| International Sources             | 4948799         | 11%         | 2849033         | 17%         |
| <b>Total</b>                      | <b>24389285</b> | <b>54%</b>  | <b>17058207</b> | <b>100%</b> |
| <b>Expenditure</b>                |                 |             |                 |             |
| Programme Expenses                | 4054862         | 17%         | 3722266         | 22%         |
| Meetings & Travel                 | 103745          | 0%          | 117182          | 1%          |
| Admin Expenses                    | 860919          | 4%          | 328487          | 2%          |
| Hospital Expenses                 | 15035479        | 62%         | 10064200        | 59%         |
| Depreciation                      | 1964401         | 8%          | 2142085         | 13%         |
| Excess of Income over Expenditure | 2369879         | 10%         | 683987          | 4%          |
| <b>Total</b>                      | <b>24389285</b> | <b>100%</b> | <b>17058207</b> | <b>100%</b> |

### Team THI

6 Doctors  
 26 Nursing Staff  
 7 Admin staff  
 6 Community Workers  
 6 Para-medical staff  
 25 Health auxiliaries

### SALARY BREAKUP

|               | Gents     | Ladies    | Total     |
|---------------|-----------|-----------|-----------|
| 6000 - 10000  | 8         | 18        | 26        |
| 10000 - 15000 | 4         | 12        | 16        |
| 15000 - 30000 | 4         | 2         | 6         |
| 30000 - 51000 | 2         | 1         | 3         |
| <b>Total</b>  | <b>18</b> | <b>33</b> | <b>51</b> |

Salaries of Rs. 6 lakhs each were paid to Trustees  
 Dr. Regi & Dr.Lalitha for professional services rendered

Highest salary - Rs. 50312/- [senior doctor]  
 Lowest salary - Rs. 6000/- [fresh appointee]

**International Travel** : Nil

**Domestic Air Travel** : Rs 27903/-



Contact us – [thisittilingi@gmail.com](mailto:thisittilingi@gmail.com), [office@tribalhealth.org](mailto:office@tribalhealth.org)



Friends of Sittilingi; Tribal Health Initiative