



Tribal Health Initiative

Annual Report

2016-17

photo: Sh...



Vision

The people of Sittilingi Valley and Kalrayan Hills in Dharmapuri district, Tamil Nadu lead a better quality of life keeping their traditions, customs and pride intact.

Mission

We work towards improving holistic health and enhancing socio-economic status.

About Us

Tribal Health Initiative (THI) started in 1993 by Dr Regi and Dr Lalitha Regi at Sittilingi Valley in Dharmapuri district to serve the local tribes and communities. We started with a small Outpatient unit in a thatched hut. Three years later, with the support of friends and a few grants, a ten-bedded hospital was built with a rudimentary operation theatre, labour and emergency room, a laboratory and a neonatal care unit.

We have a team of 6 doctors, 30 nurses, paramedical support staff and community development staff working in our Base hospital and in our Community Health outreach programme; as well as in promoting Livelihoods.

Providing Comprehensive Health Care to 100,000 people

We provide comprehensive health care through two main services:

- 1) Base hospital
- 2) Community Health outreach.

1. Our Base hospital

We run a 40-bed secondary level hospital which provides outpatient care to an average of 3,500 community members monthly; and which admits patients with medical, surgical and obstetric problems. The hospital serves as a base for health outreach program.

Achievements in 2016-17:

- Additional facilities like Laparoscopic surgery, ECHO cardiography, Dental Clinic, Optometry, Hormone analyses in the lab - have been added to the hospital
- THI has started small training sessions for future NABH accreditation
- Free antenatal check-ups have provided for 220 tribal mothers are conducted
- TB treatment is provided at Rs 500 for tribals in a course of 6 months.



2. Community Health outreach

THI runs a health outreach program across 33 villages in the Sittilingi valley and the Kalrayan Hills. Each village nominates one married woman to be trained as a Health Auxiliary. Health Auxiliaries provide advice on good nutrition, hygiene, birth practices and simple ailments, maintain records on important health events in the village and act as facilitators for all community development work. They also prescribe and dispense basic tablets at the village level.

Achievements in 2016-17:

- School Health awareness programs have been conducted in six schools located deep inside the valley to educate children about malnutrition
- Field Clinics have increased to help community elders and treat hypertension with proper medications
- THI has initiated an Old Age Insurance scheme for elders above 60 years. Till date 496 people have registered by paying a nominal amount of Rs 100/- for free treatment all through the year
- Community members above 40 years of age are screened for hypertension and put under treatment or surveillance under UCSF program. THI's compliance rate [people on regular treatment without defaulting] is about 70% in comparison with the developed countries
- Each nurse in our base hospital adopts a village and makes separate field trips to ensure no mother is missed for antenatal check-ups
- Health Auxiliaries monitor antenatal and hypertension patients in the village
- THI runs a Wednesday clinic in the Kalrayan Hills at Aruna village where on an average 60–80 patients come for treatment and general health check-ups

Enhancing Livelihoods for 1,000 families

Our focus is on agricultural activities but we also have a number of other initiatives.

1. Organic farming is catching on

THI began teaching farmers various organic techniques aimed at saving the cost of chemical pesticides, increasing yields (and improving the health of consumers). Since inception in 2005, the Tribal Farming Initiative has grown to include the following components;

- ▶ SOFA (Sittilingi Organic Farmers Association) - An association of 500 farmers currently practicing organic methods
- ▶ SVAD (Sittilingi Valley Agricultural Development) - A brand under which 25 organic products are sold in various cities in south India... products such as: millets and millet based products, pulses, spices etc
- ▶ Women's Self-Help Groups (SHGs) - To perform value-addition processing, increasing the profit margin for specific products such as: millets, local fruits, locally produced edible oils etc.
- ▶ Seed Banks - To ensure the survival of various millets and other traditional crops such as tomatoes, brinjal, paddy which were at risk of extinction due to the increased demand for rice and decreased demand for other similar sources

Achievements in 2016-17:

- A new 3 acre compound with a new Farming Centre consisting two godowns and turmeric processing unit was inaugurated in 2016
- Established a new processing centre for powdering millets and also for making soap, biscuits and papads was started and centralising production for quality control, while keeping decision-making and finances within the women's group.
- A poultry project was undertaken to enhance protein consumption among the villagers; loans were given for 80 milch animals through Friends of Women's World Bank. Also through the Farmers Society, the villagers were provided with a Cattle Insurance scheme
- Our agricultural work with tribal farmers was featured in 'Pasumai Viketan' magazine which encouraged many farmers from all over Tamil Nadu to come to Sittilingi and receive training in organic farming

- THI's Farming Initiative recorded Rs 80+ lakh sales through their products in 2016-17 year.
- A couple of retail shops in Sittilingi and Naripalli village were supported by NABARD (a national agency promoting agriculture) are now open to the general public
- Two new units of Vegetable Nursery production were started to maintain the hygiene of the crops
- SOFA producer company now has 680 shareholders working tirelessly to maintain the farmers' produce
- 134 farmers were benefited with support with cowshed flooring, vermicompost tanks, plastic sheet for drying crops (badatha) and cono weeders
- THI initiated Medical Insurance scheme for farmers at Rs 300/- for a year covering Outpatient medical costs
- Education Scholarships were provided to support farmers' children. Around 25 farmers' children have earned scholarships of Rs 5,000/- each to join colleges.

2. Porgai - the Craft Initiative

Porgai enables the community to value their traditions and allows them to bring money into their local economy. The Lambadi women decided to call their work "Porgai" which in their dialect means 'pride,' reflecting the pride they feel in their work and in rediscovering the tradition to which they belong. The Craft Initiative has about 60 artisans working now under the umbrella of 'Porgai Artisans Association'.

Achievements in 2016-17:

- A Well used Craft centre is the place of work supported by the Tata company - Titan. The Craft Initiative centre also has tailoring centre supported by AICIA
- To help the workers learn new techniques and methods, frequent design workshops are conducted by fashion designers
- To capture the growing market and increase our consumer base, a new website (www.porgai.org) has been launched and also the association has forayed into Internet sales
- The association has about 60 artisans earning about Rs 3000/- per month, vital income for the women
- Till now, the association has generated sales worth Rs 40 lakh mainly through exhibitions across the state and outside.

Future plans

- Hospital going in for NABH accreditation and better quality controls in medical processes
- Increasing membership for SOFA; increasing finished products; centralised production
- Community health expansion... and intensification of antenatal care; school health program to extend to Sittilingi valley
- Porgai – increase training and quality of products, finding foreign markets



Recognition this year :
The Ananda Viketan – Top 10 newsmakers
of the year



Our partners in progress this year were FOS, BCF, AID, UCSF, Aasha, SHARE 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

Team THI	
6	Doctors
30	Nursing Staff
7	Admin staff
6	Community Workers
6	Para-medical staff
25	Health auxiliaries

Board of Trustees	
Dr. Regi George	Managing Trustee
Dr. Lalitha Regi	Trustee
Prof. M. Ravindran	Trustee
Dr. Sara Bhattacharji	Trustee
Prof. N. Kamamma	Trustee
Dr. Sukanya Rangamani	Trustee
Dr. Guru Nagarajan	Trustee

SALARY BREAKUP			
	Gents	Ladies	Total
6000 - 10000	7	22	29
10000 - 15000	4	10	14
15000 - 30000	3	4	7
30000 - 51000	3	2	5
Total	17	38	55
All Staff have benefits of PF, Gratuity and free medical expenses			

- 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

Hospital Statistics		
	2015-'16	2016-'17
OP patients	28984	30488
In Patients	1359	1591
Surgery	735	714
Deliveries	236	292
Farming Initiative		
	2015-'16	2016-'17
SOFA members	300	500
SOFA income	8327764	8075000
Craft Initiative		
	2015-'16	2016-'17
Members	60	60
Sales	3200516	4012357
Artisan Wages	1523946	1676197

April 16 to March 17			
	Out Patient		
Patient	Paying	Free	Total
Amount	23330	7158	30488
	7776969	1979832	9756801
In Patients			
Patients	Paying	Free/concession	Total
Amount	696	895	1591
	7215593	839776	8055369
Total			
Patients	Paying	Free	Total
Amount	24026	8053	32079
	14992562	2819608	17812170
		15.8%	

WE ARE OPEN....

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

INCOME and EXPENDITURE				
Income	2016-2017		2015 - '16	
Hospital Income	17812170	61%	14979001	61%
Interest	656373	2%	541557	2%
Indian Sources	6011470	20%	2993587	12%
Others	636734	2%	926341	4%
International Sources	4317742	15%	4948799	20%
Total	29434488	100%	24389285	100%
Expenditure	2016-2017		2015 - '16	
Programme Expenses	3459954	12%	4054862	17%
Meetings & Travel	115240	0%	103745	0%
Admin Expenses	1136895	4%	860919	4%
Hospital Expenses	17924077	61%	15035479	62%
Depreciation	3169668	11%	1964401	8%
Excess of Income over Expenditure	3628654	12%	2369879	10%
Total	29434488	100%	24389285	100%

BALANCE SHEET				
	2016 - '17		2015 - '16	
Assets				
Fixed Assets	29253162.04	60%	27,651,002	61%
Capital Fund	8113137.32	17%	7,776,965	17%
Deposits & Advance	8390892	17%	7,775,604	17%
Cash & Bank Balance	3306271.97	7%	1,997,036	4%
Total	49,063,463	100%	45,200,607	100%
Liabilities				
Capital Grant	42475641.31	87%	37,482,524	83%
Corpus Fund	3810810	8%	3,784,810	8%
Capital Fund	2189259.02	4%	3,804,826	8%
Others	587753	1%	128,447	0%
Total	49,063,463	100%	45,200,607	100%

Detailed audited accounts available on request

Bankers :

SBI, Kotapatty, ICICI Salem and Indian Bank, Thumbal

Main Auditor : Mr. K. Shivakumar, Gandhigram, TN 624302 Internal Auditor : Mr. Rajnikanth, Salem, TN 636007

International Travel : Nil

Domestic Air Travel : Nil

Salaries of Rs. 6.61 lakhs each were paid to Trustees Dr. Regi & Dr. Lalitha for professional services rendered

Highest salary - Rs. 55141/- [senior doctor]

Lowest salary - Rs. 6000/- [fresh appointee]

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

Donor Speak



Around 15 years ago, two of my friends got me started on the journey with Tribal Health Initiative, which is still going strong. One friend, Manoharan, spoke to me about a wonderful couple -Dr. Regi and Lalitha Regi who with their super-dedicated team, have been making their best efforts to ensure that the tribals of Sittilingi receive the basic healthcare that we in the cities take for granted and essential emergency services too. Another good friend, Dharmaraju Kakani, who when i was trying to repay him the application fees he had paid for my pursuit of higher studies for some of the institutions, said "do not pay to me, pay it forward."

Pallavi (my wife) and myself made up our mind on steadily giving back to the society, how much we can. Over the years, I came to believe that good health and education are the quickest routes to diminish poverty.

An encouraging factor about THI is that they are forever exploring ways to enhance their development impact and serve their targeted communities better and in a more comprehensive way. This entails trying out several new activities and approach, which at times may not fit within the existing plans, programs and the requirements of the traditional, larger, institutional donors. This is where the contributions of an individual can prove to be very handy as they often come with no strings attached and quickly

- Mr Sri Kumar Tadimalla, Supporter of THI



Sittilingi, Dharmapuri dist., Tamil Nadu - 636 906



+91 95857 99061



office@tribalhealth.org



www.tribalhealth.org