

TRIBAL HEALTH INITIATIVE

Sittilingi, Dharmapuri Dist; Tamil Nadu 636 906



ANNUAL REPORT 2009 - 2010



Highlights

Helping tribals
heal themselves

- ✓ Old age health scheme sees 93% registration in 21 villages.
- ✓ Health Auxiliary training started in the Kalrayan Hills
- ✓ 23 OP sessions at Kalrayan, 989 patients seen.
- ✓ 8 new drying yards and 16 new cow shed floors to improve quality for organic farmers
- ✓ Scope certificate for SOFA. [Sittilingi Organic Farmers Assn]
- ✓ Porgai products exhibited at several venues, including Infosys and Cognizant.
- ✓ Technology Building completed

Sadachi, 75 years old, from the village of Naikuthi, is ten years older than Unnamalai who is from Avalur. Neither of them work. One has increased blood pressure, another has a failing memory and bouts of giddiness. Today, both make regular, short journeys to the Sittilingi Base Hospital to get their medicines for free. Being beneficiaries of the old age health care scheme, both clutch their ID papers in their hands and smile widely when asked how they now feel.

A novel health care scheme for those above 60 years was introduced. Registered old people are provided in patient and out patient care for a fee of Rs 30 per year. An astounding 504 people from 21 villages registered and were given base line health check up. A large number of hypertension and infection related cases were detected. Noticing alarming levels of deficiency, most have been put on monthly calcium and iron supplements. Almost all of these old people have taken charge of their health and turn up for monthly health check ups.

Hhealth initiative: **Breaking new ground:** If it had been last year, 47 year old Kumar from Keelathukuzhi village in the Kalrayan Hills would have had to lose a leg. He injured himself while ploughing his fields. Some local treatment worsened the wound. At the Sittilingi Base hospital, he had access to basic medicines. He had to be referred to a district hospital, given that the wound had led to pus formation and gangrene but he could access crucial health care thanks to the new initiative.



Learning to take weights -
Kalrayan Health Auxiliaries

The Kalrayan health initiative is making progress in leaps and bounds. **28 villages** that were identified as

those most in need were chosen. So far, **23 Out Patient clinics** have been held where **989 patients** were seen.

23 health auxiliaries (HA) were selected for training at Kalrayan Hills and so far, 8 training sessions have been held. The topics being covered are on how to weigh babies, how to improve health conditions in the villages, to deal with



THI received the 2009 Bhagwan Mahavir Award for Education and Medicine. It is a National award and carries a cash prize of Rs 5 lakh and a citation.

As the Member responsible for health in GOI planning, **what you are doing here in Sittilingi gives me hope for the millions of marginalised Indians who have no access..**

Syeda Hameed, Member, Planning Commission, Govt. of India

antenatal problems, how to start off organic farming, environmental issues and immunization.

The rest of the health initiatives made much progress as well. Nearly **21,000** out patients were seen at the Base Hospital during the past year. There were **795** in-patients in the same period. The staff healthworkers are being trained in notes and record keeping and in medical English. 5 new trainees have joined as full time staff.

A total of 14 men and 10 women were detected to be HIV positive. Most of them belong to the Salem belt and were referred to district hospitals

Farming initiative: **Many officially turn organic!** The Sittilingi Organic Farmers' Association, a society that was formed to give them better bargaining powers and mutual support, received **scope certification** after a state organic certification agency team visited in May. This is the predecessor to the organic certification which will add much value to the products that are sold under the SVAD brand name. The sale of organic products crossing **Rs 6,90,000** has also encouraged many more farmers to register themselves as fully organic. There were **55** farmers in 2009. The first six months of 2010 saw **13** new registrations.

The **15 groups** of organic farmers meet every month to discuss farming methods and organize various activities. South India Mills Association (**SIMA**) bought the entire stock of organic cotton at a premium of **15%** which has further encouraged more farmers to take up organic farming.

Several women were given training in soap and papad making. Organic cotton, ragi, millets, turmeric and jaggery continue to be produced. 5 groups of women run machines to clean and package products.



Annappan is happy to get stone flooring for his cowshed. He can now collect the cow's urine to increase productivity in his organic farm



Artisans learn new stitches during a workshop

Craft initiative: **More colour, more ideas!** Several new products were added to the existing range of Porgai products that seek to revive the art of beautiful Lambadi embroidery. Three exhibitions were held in Bangalore, Chennai where goods worth over **Rs 3.9 lakh** were sold. A skill upgradation workshop was conducted. The number of artisans has increased from **35 to 65** in two groups.

This and That: Several workshops were held for various groups. The Spices Board conducted a session on organic turmeric while designers **Nishy Singh** from Delhi did one on designs and **Anitha** from Bangalore came up with ideas for many more products of Porgai. **78** community certificates have been obtained.

The technology initiative building was completed. Several **Friends of Sittilingi** came forward to help with funds towards the end of the construction when cost escalation had slowed down work.

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.**

Plans for next year:

- ★ Start field clinics in the Kalrayan Hills
- ★ Quality improvement through standard operating procedures (SOPs) and Kaizen methods.
- ★ Provide support to rain fed farmers to ensure food security through traditional farming methods.

- ★ Start retailing Porgai products to ensure regular income to artisans.
- ★ Start training at the technology initiative.
- ★ Upgrading the hospital waste management system and construction of a low cost incinerator.



The new Technology Training Center was entirely financed by the Friends of Sittilingi

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, TANSACS, AID, FOS** (India and UK), **NCRI, MMKCT, DRT, IIT, Chennai**, and many others. 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], TANSACS [Tamil Nadu AIDS Control Society], AID [Association for India Development] , FOS [Friends of Sittilingi], NCRI [National Council for Rural Institutes], IIT [Indian Institute of Technology], MMKCT [Manmohini Kaul Charitable Trust], DRRT [Dwaraknath Reddy Ramana Trust]

To visit or contact us
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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

THE BARE ESSENTIALS

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

FINANCIAL DETAILS

BALANCE SHEET				
	2009-2010		2008-2009	
ASSETS				
Fixed assets	6481187	49%	4958654	47%
Capital Fund (-)	2487031	19%	4628831	44%
Deposits & Advance	2045980	15%	475000	4%
Cash & Bank balance	2312192	17%	572556	5%
Total	13326390	100%	10635040	100%
LIABILITIES				
Capital grant for assets	6974441	52%	5787105	54%
Corpus fund	2292850	17%	2292850	22%
Capital fund	4059099	30%	2555085	24%
Total	13326390	100%	10635040	100%

- Team THI**
- 2 Doctors
 - 15 Health Workers
 - 5 Admin staff
 - 3 Community Workers
 - 6 Para-medical staff
 - 1 Community Co-ordinator
 - 23 Health auxiliaries

- 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

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

detailed auditted accounts available on request

Salaries break up			
	Gents	Ladies	Total
<3000	2	2	4
3K -5000	4	8	12
5K -10000	4	6	10
10K - above	3	1	4
	13	17	30

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

Highest salary - Rs. 20500 [doctor]
 Lowest salary - Rs. 2500 [fresh appointee]

International Travel :
 No international travel was done by any one this year

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

INCOME & EXPENDITURE				
	2009-2010		2008-2009	
INCOME				
Hospital Income	2175808	21%	1782745	29%
Interest	247211	2%	227505	4%
Indian sources	4662790	46%	1520359	25%
Others		0%	44600	1%
International sources	3134056	31%	2140451	35%
Shortage of Income over Expenses		0%	407012	7%
Total	10219864	100%	6122672	100%
EXPENDITURE				
Programme expenses	4220358	41%	3894226	64%
Meetings & Travel	36074	0%	66243	1%
Admin expenses	168785	2%	172825	3%
Communication	4821	0%	45231	1%
Hospital expenses	2361777	23%	1264204	21%
Depreciation	802326	8%	679944	11%
Excess of income over expenses	2625723	26%		0%
Total	10219864	100%	6122672	100%



The old and the healthy:

Ramagoundar and Vengiamma are both over 80 years old. From the time that they got registered, the farming couple have not missed a single health check up. They could not have imagined the luxury of good health care a few years ago before the Old Age Health Scheme came into place

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

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.

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]
[kindly send us an email after you have transferred the money]

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