

ASHWINI



ANNUAL REPORT 2023-24

The Vision of ASHWINI is “to have a Health System for the tribals of the Gudalur Valley that is accessible, acceptable, owned and managed by the community.” We believe that communities can be empowered by ownership of Institutions that cater to their own needs as well as that of the mainstream. ASHWINI was registered as a Charitable Society in 1990.

 04262-261645

 www.ashwini.org



Gudalur Adivasi Hospital

We express deep gratitude to the many volunteer doctors who regularly contribute their time and expertise. Their unwavering dedication includes providing specialized care, performing vital surgeries, and offering ongoing support.

Recruitment and Onboarding

Dr. Sandra Sony hailing from St. John's Medical College, Bangalore, will be fulfilling her two-year commitment of service. Additionally, we are pleased to acknowledge the successful completion of the three-month rural fellowship program by Drs. Fahad and Johan.

A significant milestone is the graduation of Kumaresan, Harikrishnan, and Vaishna, three talented individuals from tribal communities, who have successfully earned their Bachelor of Science in Nursing degrees. They have now seamlessly transitioned into their roles as dedicated staff nurses at GAH.

As of November 1st, 2023, the Employees State Insurance Scheme (ESI) has been implemented throughout the Nilgiris District. We are now registered under the ESI scheme, and all eligible staff are entitled to its benefits.

Hospital Statistics

16530 Tribal out patient	14887 Nontribal out patients	644 Dental out patients	229 patients referred to higher centres
1246 Tribal In-patient	590 Nontribal In-patients	158 Deliveries at GAH	701 Health education under HIV intervention
265 Surgeries at GAH	1903 X-Rays	2538 Ultrasound scan	209 New-born hearing screenings
161 Endoscopies	NIL HIV Positive clients	491 Physiotherapy	

In collaboration with Sankara Eye Hospital in Coimbatore, we successfully organized five eye camps this year resulting in 216 individuals receiving cataract surgeries at Sankara Hospital. We express our sincere gratitude for this ongoing collaboration.

Advancements in Research

The ICMR-funded study titled 'Improving the Capacity of Health System and Community for Screening and Management of Non-communicable Diseases among Scheduled Tribes: An Implementation Research in The Nilgiris district, Tamil Nadu' was completed in 2023. The study showed several barriers to accessing the public health system by the Adivasi communities for their health needs. The major barriers are lack of knowledge of how the PHCs function, fear of accessing a new system, and lack of understanding of generic drugs.

We have a new ICMR-funded research grant titled, 'Feasibility of locally adapted community delivered life skills training in Indigenous adolescents: A multi-site study' from 1st March 2024 to 28th February 2027 with the two other sites at Gujarat and Assam.

Implementation of "One All" to get it RYT (Resilient Young Tribal adults): A Multicentric, participatory, feasibility and effectiveness study' which is part of Mr Vardharajan's PhD. and funded by PRIIA (University of Pittsburgh), is progressing well. The ANM students who are one of the cohorts, are halfway through with the intervention.

The symposium, 'India Comes to the VA: The Impact of Global Mental Health Research on Veterans' Care' was conducted in Pittsburgh, US on the 3rd and 4th of June, 2024. Dr. Smitha and Mr. Vardharajan attended the symposium. Progress of the Implementation of 'One All: to get it RYT' was presented. Also, the study findings of an earlier study, titled 'Alcohol use among adolescent tribals in three corners of India: prevalence and pilot intervention studies' were presented. There was a significant interest among the audience regarding both studies.

Community programme

Mother and Child Program

The work with Mothers and Children of Adivasi Communities has been the cornerstone of Community Health Programs at ASHWINI. Every week two visits are planned from the Adivasi hospital to catch up with all pregnant and nursing mothers; **90** such visits were done covering **162 villages**. As part of the new nutrition initiative, enrollment into the Muthulakshmi Reddy Maternity Benefit Scheme, reception of nutrition kits as part of the scheme, and additional nutrition supplementation are also monitored and facilitated during this visit.

Nutrition Initiative

The Nutrition Initiative, funded by Rom Reddy Family Foundation and SATTVA is completing around 6 months of implementation. The program has two main components:

- Provide protein-rich nutritional supplements and weight monitoring to all pregnant women and children under 5, focusing on those with severe underweight.
- Village-based nutrition initiatives in 10 villages with high levels of child undernutrition, training mothers to prepare protein-rich meals and fostering community-driven solutions like vegetable gardens or fish ponds for sustainable nutrition.



Community statistics

262 Total deliveries	97.3% Institutional deliveries	60.3% Delivery at GAH	90.5% Immunization
1190 U-5 children growth monitored	641(53.9%) Normal weight	348(29.2%) Moderate malnutrition	201(16.9%) Severe malnutrition
95.5% ICDS enrolment rate	NIL Maternal mortality	6 Infant Mortality	232

Mental Health, Suicide and Alcohol prevention

The Community Mental Health Program at ASHWINI has crossed 18 years since its establishment, yet it's as much relevant as it was when it started. The funding was renewed for the next five years after an onsite visit by the APF grants team. 2024 is seeing significant changes and improvements in the program in terms of methods and scope. Collaborations are being explored with a successful peer-led community mental health model from Gujarat called the Atmiyata model, while potential collaborations are being explored with Chennai based organizations like SCARF and SNEHA for capacity building of the team on Suicide Prevention.

The team also has become bigger this year, with 2 more Mental Health and Social Workers, Sumayya and Catherine, joining the team in early 2024. On the clinical side, we are still being supported by the visiting psychiatrist from Ooty Medical College, Dr Vivek, who visits 3 times a month.

MH patients under follow-up and/or medication	420
Patients with severe mental disorders	161
Patients with common mental disorders	259
Suicide deaths	19
People underwent Deaddiction	15

Point of Care Program

This new initiative focuses on reducing delays in diagnosing chronic diseases, infections, and fevers with affordable point-of-care diagnostics and efficient referral systems. Thanks to Microland Foundation for their CSR support, the program includes training 2 ANM Nurses as Nurse Technicians and making necessary capital purchases to launch the initiative.

Health Outreach and Disease Screening

Every Sunday, we make it our mission to select a village not frequently visited and conduct a screening program which looks at medical, social and economic causes of ill-health and initiate appropriate follow up from concerned disciplines. Many of the chronic diseases like Hypertension, Diabetes Mellitus and Insidious infections like TB are detected during such visits. In 2023-24, **1361** people were screened from **71 villages**, and **154 new cases of High Blood Pressure, 30 new cases of High Blood sugar and 11 stroke cases were detected**. We thank JSK foundation, UK for their continued support for the community outreach work.

NCD patients on follow-up and given medication (excluding mental illnesses and Sickle Cell Disease)	876
Sickle Cell Disease patients under treatment & follow-up	147
New patients detected with Sickle Cell Disease	8
Patients newly diagnosed with TB on treatment	43
Sputum-positive cases	22
Patients with Epilepsy	49



Training Update

Higher studies and Auxiliary Nursing & Midwifery Nursing Program

We extend our deepest gratitude to Poristes Stiftung for their unwavering and generous support of every aspect of the training program. In the latest academic year, two promising young boys, Madhan joined Diploma in Medical Laboratory Technology (DMLT) at Dr.Jayashekar Memorial Trust, Nagercoil and Manikandan joined Bachelor of Science in Nursing (B.Sc.) course at Arun college of Nursing, Vellore. Fifteen tribal and four non-tribal girls enrolled in the new batch of auxiliary nursing and midwifery-2023 (ANM 7th batch). 4th and 5th batch students completed their course and the 6th batch will soon be completing their internship.

Internships and In-House Training

In 2023-24, 13 interns from top public health universities like TISS, Azim Premji University, and Christ University joined ASHWINI to learn from our experienced Community Health team. One medical student also completed the “Rural Development Program” with us.

Hospital-based training and workshops, led by dedicated volunteers from the Plenti project and other individuals, enhanced the skills of nurses, mental health teams, and staff, aligning them with our vision and improving daily processes. Mustafa and Harish's capacity-building efforts further refined team structures and decision-making.

Exposure Opportunities and Strengthening Capabilities

A versatile team of hospital staff, in two groups visited Oddanchatram Christian Fellowship Hospital in the month of October. The team gathered experience in Administration, nursing, ward and laboratory management.

A team comprising Dr. Sandra (JR), Kasthuri (Physiotherapist), and Manju (Staff Nurse) and Ajith (Community Health) were part of a multi-centre program for improving community-based prevention and management of stroke, with 4 other rural hospitals, organized by CMC Vellore. Through department specific interactions and field visits, the teams were given an in-depth view at stroke management and rehabilitation at community.



Oddanchatram Christian Fellowship Hospital



Stroke workshop organized by CMC Vellore

A big **health volunteer meeting** which witnessed around 120 volunteers participating and close to 80 staying back in the hospital. This is a reinvigorating feeling for us to intensify our village-based community health activities.

As part of capacity building the Community Mental Health team also completed a Community Mental Health course run by **Banyan Academy for Leadership in Mental Health (BALM)** in May 2023, through zoom classes.



Capacity-building workshop



Health Volunteer training

Construction Update

We are pleased to inform, that we have completed constructing the last phase of the staff quarter, a dormitory, and a kitchen facility for nurses on the 2nd mile campus.

Obituary - Sreedharan



The ASHWINI family mourns the untimely passing of our senior staff member, active board member, and treasurer, Sreedharan, who had been with us since 1986. His dedication and deep commitment to the community will be greatly missed.

Additional Funding Sources

Government funding for the Sickle Cell programme under NHM-TN and Government reimbursement of Rs.3000/patient for tribal inpatient care continues. We have also received funding from ANAHA Trust, ATP, ICA, the TIHF USA, Friends of Hope- UK, IMPAL, and many individual donations directly and through the GIVE foundation and Benevity platforms.

Board member details

NAME	POSITION	NO OF MEETINGS	NO.OF MEETINGS ATTENDED	REMUNERATION
M.KETHAN	PRESIDENT	3	3	NIL
K.T.SUBRAMANIAN	SECRETARY	3	3	NIL
N.KUMARAN	TREASURER	3	3	NIL

Staffing

SALARY STAFF	MALE	FEMALE	TOTAL
<5000	0	0	0
5000-10000	1	13	14
10000-25000	16	61	77
>25000	4	17	21
TOTAL NO. OF STAFF	21	91	112

HIGHEST SALARY RS.125000 PER MONTH FOR SPECIALIST DOCTOR
LOWEST SALARY RS.7900 PER MONTH

Financial Statement for the year 2023 - 2024			
Receipts & Payments Account			
Receipts for the year ended on 31/03/2024		Payments for the year ended on 31/03/2023	
Opening Cash and Bank Balance	3902686	Hospital	
Self Generated Fund from Hospital Operations/Interest from Bank/Community Fund	22973776	Salaries	18980015
Donation from Indian Individuals	879972	Medicines & consumables	6717516
Grants from/APPI /Indian Trusts/CSR	9838000	Operational Cost	9050919
Grants from Government	6114497	Laboratory	1363353
Donation from International Individuals	4031433	Canteen	2327031
Grants from International agencies Poristes Stiftung/FOH/Others	17878910	Community Health Program	
Sale of Investments - FD matured	101278675	Salaries	7223079
Loans/Advances	19212692	Operational Cost	3057164
Sale of Assets	0	Training	
		Salaries	2769841
		Stipend/Food/Accommodation	1615271
		Operational Cost	2117644
		Other Program Expenses	1422418
		Capital Expenses	6340925
		Purchase of investments - FD	95094875
		Loans/Advances	21526194
		Early Intervention Centre	431449
		Research & Documentation	1923025
		Total Payments	181960720
		Closing cash and bank balance	4149921
Total Receipts	186110640.84	Total	186110640.84

Income & Expenditure Statement			
Income in Rs for the year ended on	31-03-2024	Expenditure for the year ended on	31-03-2024
		Opening Stock Medicine	1281501
Earned / Self generated income	15616509.53	Curative Care	894483
Donations from Indian Sources	879972.20	Hospital Operations	25101619
Grants from Indian Sources	15952497.02	Training	8012756
Donations from international Sources	4031433	Administration	1224313
Grants from International Sources	17878910	Personal Costs	7471939
Other Income	3970954	Community Health Program	10260247
Closing stock of Medicine	1578208	Support Services	323236
Excess of Expenditure over income	2619339	Research & Documentation	1923025
		Early Intervention Centre	400795
		Depreciation as per schedule	5633909
Total Income	62527823.74	Total Expenditure	62527823.74
Excess of Income over Expenditure	2619339	Transfer to Healthcare/Society Fund	4325221

Balance Sheet	
Assets as on	March 2024
Fixed Assets	165661611
Investments	66198003
Loans and advances	27736053
Closing stock Medicine	1578208
Other current assets	3247960
Cash and Bank balances	4149921
Total Assets	268571757
Liabilities as on	March 2024
Society funds	153588089
General fund (unrestricted fund)	8782063
Corpus fund	16533932
Restricted / Earmarked funds	6862277
Current Liabilities and provisions	82805396
Total Liabilities	268571757

Support ASHWINI's Healthcare Mission

Your generous contributions help ASHWINI continue providing essential healthcare services to the tribal communities. Every contribution, no matter the size, makes a significant impact. Visit our donation page [here](#) to make a difference today.

THANK YOU!

CERTIFICATION & ACCREDITATION



Websites

1. [Rural Hospital Network](#)
2. [Rural Sensitisation Program](#)
3. [Travel Fellowship](#)

Videos

1. [Danger signs of Sickle-cell diseases](#)
2. [The pain management of sickle cell diseases](#)
3. [Long-term care of adults with Sickle cell disease.](#)
4. [This video is to show how hydroxyurea tablets, which are manufactured as standard dose capsules of 500 mg, can be split into smaller doses.](#)

Resources

1. [Toolkit for Sickle Cell Disease \(SCD\) care – A safe practice guide for healthcare practitioner](#)
2. [Toolkit for Sickle Cell Disease care – Guide for families](#)

