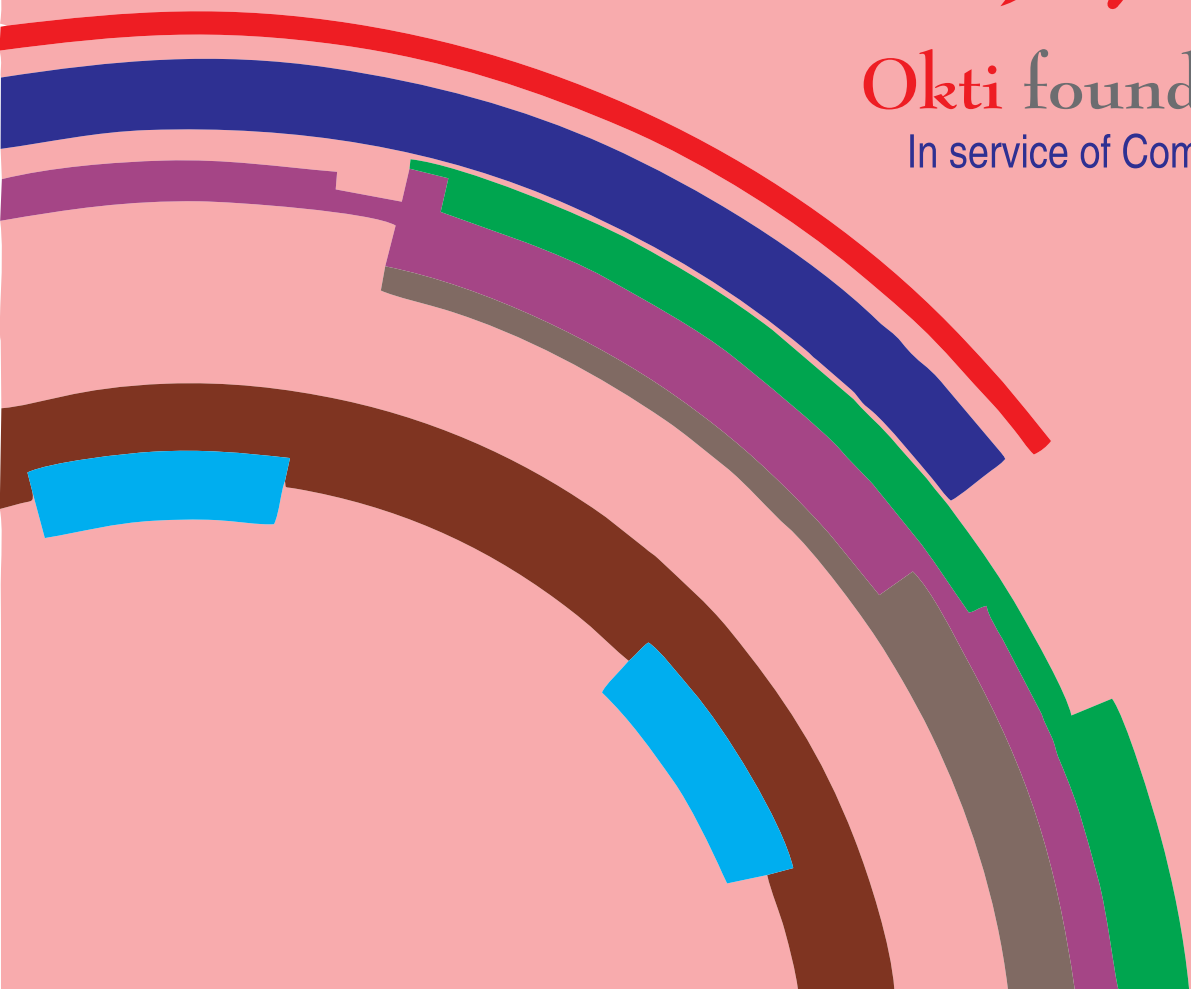




# REPORT 2021



**Okti** foundation  
In service of Community



गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः  
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः





**Okti foundation**  
In service of Community

## *From the Editor's Desk... ..*



Okti's operation in the past year faced the herculean challenge presented by the Covid Pandemic. Suffering & death on a level that had not been seen before in our lifetimes urged us to action while the pandemic's physical restrictions held us back.

Yet, Okti continued its crusade of rural healthcare to the best of its capacity; doctors across state boundaries served in their own locales, witnessing a necessary decline in elective surgeries & an increase in obstetric interventions. It was with careful planning & by working around the rules of lock down that Okti successfully carried out seven Surgical Camps in 2021, a testament to the commitment & solidarity of our team. Surgeons, anesthetists, and paramedics risked contracting the infection when they came into contact with patients who tested Covid Positive on several occasions.

Mr. Sibi Prakash from Direct Relief kindly donated oxygen concentrators & masks to Okti foundation during this time. These resources were deployed in different villages in Himachal Pradesh. Okti's torch bearer & raison d'etre, Dr. George Verghese, became a hero to the team. He contracted COVID-19 & was admitted to CMC Ludhiana in a critical state. He returned to the service of the rural community right out of recovery & operated despite being on oxygen through nasal prongs, an image which is sure to inspire several generations of doctors.

Okti would also like to take this moment to pay its respects to Dr. G. R. Bazliel, one of the founding members of Okti Foundation, whom we lost to natural causes in 2021. His empathy, experience, & commitment continue to be a cornerstone of this organization.

Cervical cancer is the second most common cancer amongst women in India. Team Okti is constantly taking steps to reach out to the people of remotest parts of our diverse country to spread awareness regarding its prevention, screening, treatment, and vaccination. The snow festival in Lahaul valley was recognized as one such opportunity. The team was also fortunate to deliver its services to the inmates of Tihar Jail in this context.

We are also proud to report that FOGSI Dr Duru Shah Community Service Award 2021 was conferred upon Okti Foundation at AICOG Indore in 2022. The Organization was also felicitated on 8<sup>th</sup> March 2021 by Delhi Medical Association for the extensive community work at IMA Bhawan Delhi.

**DR. SONAL BATHLA**  
MBBS, MD, FICOG, FICMCH, FIMS, FIMSA  
Consultant Obstetrician , Gynaecologist, Vaginal & Laparoscopic Surgeon  
HOD, Sant Parmanand Hospital , Delhi  
Secretary General, Okti Foundation, Delhi





**Okti foundation**  
In service of Community



## MAGICAL COLLABORATION BETWEEN EMMANUEL HOSPITAL ASSOCIATION AND OKTI FOUNDATION

I have been privileged to meet the team from OKTI Foundation during its visit to Duncan Hospital, Bihar, a unit of Emmanuel Hospital Association. Many patients from low socio-economic status received help through the surgeries performed free of cost. Like Duncan, some other EHA hospitals also were helped by this initiative. With the support of the foundation, we have been able to serve communities who otherwise would not have gone for surgery or deferred surgery due to financial constraints.

It was a pleasure to interact with the team members, the way they adjusted to the resource limited settings we are in, the interactions with our teams in operation theatre, management and also interactions with the patients and relatives. The passion and quality of work they do for the underprivileged, treating them with dignity is commendable.

I want to thank Okti Foundation led by Dr Sonal Bathla and Dr George Verghese and their team for this initiative. We cherish the relationship brought about through this initiative. May you continue to impact many more lives through your services in the coming years.

We wish you all success and blessings for the future.

**DR. SAIRAPAULOSE**  
Executive Director  
Emmanuel Hospital Association



## JANUARY 2021 TO DECEMBER 2021

### A. SURGICAL VENTURES

Okta Foundation, Delhi in collaboration with Sant Parmanand Hospital and Rural Committee of Indian Menopause Society organized seven Surgical Ventures in the year 2021. A total of 105 patients in remote locations got benefited. The dedicated team of professionals involved in voluntary services included Dr George Verghese, Dr Shiela Verghese, Dr T C Sharma, Dr Sonal Bathla, Dr Naresh Singla, Dr Preeti Yadav, Dr Shailesh, Dr Prabhu Das, Dr Prabhu, Dr Mandeep, Dr Novin, Dr Anju Bala, Dr Shalu Jain, Mr Dilip Singh, Mr Harish & Ms Somlata.

#### DUNCAN HOSPITAL RAXUAL, BIHAR- FEBRUARY 22-24, 2021

A total of 10 patients were operated on at Duncan Hospital, Raxaul Bihar out of which six were free supported by family & friends. Raxaul is a remote village at the India- Nepal Border. The Surgical team included Dr TC Sharma, Dr Shailesh Kumar, Dr Novin & Dr Prabhu.

Endourological surgeries were conducted in patients with prostatomegaly and renal stones providing them relief with urinary ailments.

#### LIST OF PATIENTS

| SR NO. | OP.NO. | IP.NO. | PATIENT NAME      | SURGERY    | Diagnosis       |
|--------|--------|--------|-------------------|------------|-----------------|
| 1      | 822985 | 48220  | RAMPRABESH SINGH  | TURP       | Prostatomegaly  |
| 2      | 822491 | 48231  | SHAMBHU SAH       | TURP       | Prostatomegaly  |
| 3      | 821158 | 48217  | DEVMATI DEVI      | LEFT PCNL  | Renal Stone     |
| 4      | 823710 | 48242  | MD.JAMIR MIYA     | RIGHT PCNL | Renal Stone     |
| 5      | 793318 | 28234  | SATNARAYAN BAITHA | TURP       | Prostatomegaly  |
| 6      | 820903 | 48225  | JAKIR HUSSAIN     | CYSTOCOPY  | GU Tuberculosis |



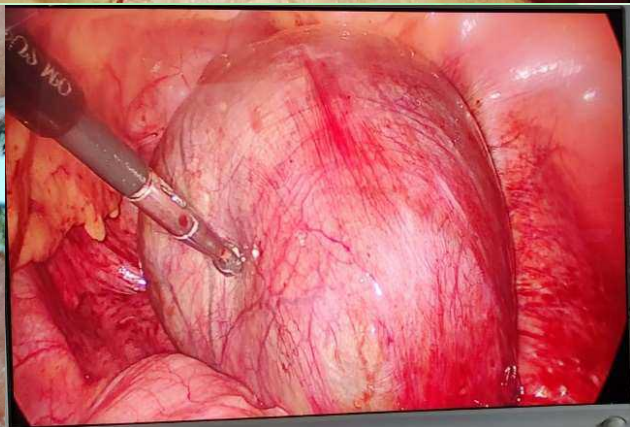
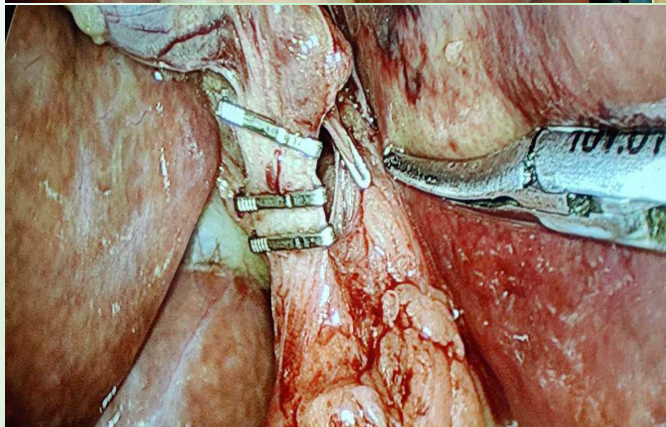
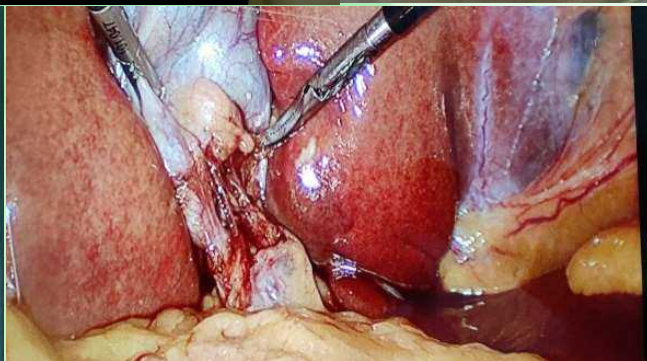
**DR PRABHUDAS HOSPITAL , TOTU, SIMLA, HIMACHAL PRADESH**  
**MARCH 3-5 ,2021**

Totu is a suburb of Shimla city located 1950 meters above sea level with restricted access to even basic healthcare facilities. In the Corona virus pandemic, to help out local people with surgical grievances, Okti Foundation organised a Surgical Venture at Prabhudas Clinic & Nursing home with financial assistance from Suvidha Diagnostic Centre. Twenty successful surgeries were performed over the month of March 2021 by Dr Prabhudas, Dr Mandeep & team. These included laparoscopic surgeries like laparoscopic ovarian cystectomy, cholecystectomy etc., emergency procedures like amputation of gangrenous foot, hemorrhoidectomy for bleeding hemorrhoids, drainage of breast abscess were done. Elderly frail ladies with large uterine prolapse underwent vaginal hysterectomy. One 70-year-old female with suspected cancer of anal canal underwent wide excision and biopsy. All the patients were discharged in stable condition.

**LIST OF PATIENTS**

| S.No | Name           | Age | Sex | Address | Diagnosis                             | Surgery                                 |
|------|----------------|-----|-----|---------|---------------------------------------|-----------------------------------------|
| 1    | Brashmani      | 26  | F   | Shimla  | Large ovarian cyst                    | Lap Cystectomy                          |
| 2    | Revati Devi    | 60  | F   | Mandi   | Prolapse Uterus                       | Vaginal Hysterectomy & PFR              |
| 3    | Roop Lal       | 40  | M   | Shimla  | Lt renal calculus with Hydronephrosis | Pyelolithotomy                          |
| 4    | Usha           | 26  | F   | Solan   | Cholelithiasis                        | Lap Cholecystectomy                     |
| 5    | Muskan         | 38  | F   | Shimla  | Rectocele                             | Rectocele repair & PFR                  |
| 6    | Rekha          | 50  | F   | Shimla  | Prolapse uterus, cystocele            | Vaginal hysterectomy & cystocele repair |
| 7    | Rakesh         | 52  | M   | Shimla  | Large mass perineum                   | Wide excision                           |
| 8    | Nyima Singh    | 38  | M   | Shimla  | Bleeding Haemorrhoids                 | Haemorrhoidectomy                       |
| 9    | Stefi          | 23  | F   | Shimla  | Cholelithiasis                        | Lap Cholecystectomy                     |
| 10   | Anju           | 28  | F   | Shimla  | Breast Abscess                        | Drainage and Excision                   |
| 11   | Prem Khatri    | 24  | M   | Shimla  | Haemorrhoids                          | Haemorrhoidectomy                       |
| 12   | Monika         | 23  | F   | Solan   | Large breast Abscess                  | Drainage and slough excision            |
| 13   | Kesh Bhadur    | 73  | M   | Shimla  | BPH with urinary retention            | Open Prostatectomy                      |
| 14   | Ayima          | 50  | M   | Shimla  | Bleeding Haemorrhoids                 | Haemorrhoidectomy                       |
| 15   | Arnav          | 15  | M   | Shimla  | Appendicitis                          | Appendectomy                            |
| 16   | Dev Ram Khatri | 71  | M   | Mandi   | BPH grade III                         | Open Prostatectomy                      |
| 17   | Naju Devi      | 71  | F   | Shimla  | PVD/Gangrene Foot                     | Amputation                              |
| 18   | Puni Yogi      | 70  | F   | Shimla  | Growth anal canal                     | Wide excision and Biopsy                |
| 19   | Babli          | 35  | F   | Shimla  | Fibroid uterus                        | TAH with B/L Salpingectomy              |
| 20   | Pushpa         | 48  | F   | Shimla  | Symptomatic Cholelithiasis            | Cholecystectomy                         |







## CIVIL HOSPITAL, JOGINDER NAGAR, HIMACHAL PRADESH

### SEPTEMBER 24 – 25, 2021

A Surgical Venture was organized at Civil Hospital Joginder Nagar, Himachal Pradesh from 24<sup>th</sup> to 25<sup>th</sup> September 2021. Surgeries of 24 poor patients were conducted with financial assistance from Shree Cement Pvt. Ltd. and Rotary Club, Joginder Nagar. Dr George Verghese, Dr Sonal Bathla, Dr Narjeet Kaur, Mr Harish, Ms Somlata, Ms Meena, Ms Dolma contributed their services to the camp.

#### LIST OF PATIENTS

| S.No | Name            | Age/Sex | Village    | Diagnosis                       | Procedure                                                           |
|------|-----------------|---------|------------|---------------------------------|---------------------------------------------------------------------|
| 1    | Krishna Devi    | 53/F    | Suani      | 3 <sup>rd</sup> Degree prolapse | Vaginal Hysterectomy with Anterior & Posterior Repair               |
| 2    | Shakuntala Devi | 35/F    | Khadiyan   | 3 <sup>rd</sup> Degree Prolapse | Vaginal Hysterectomy with Anterior & Posterior Repair               |
| 3    | Rita Devi       | 43/F    | Khadiyan   | 3 <sup>rd</sup> Degree Prolapse | Vaginal Hysterectomy with Anterior & Posterior Repair               |
| 4    | Santa Devi      | 41/F    | Drubal     | Large uterine fibroid           | Total Abdominal Hysterectomy                                        |
| 5    | Sona Patti      | 36/F    | Tikker     | Uterine Fibroid                 | Total Abdominal Hysterectomy                                        |
| 6    | Sumitra Devi    | 41/F    | Harabag    | Gall Stone                      | Cholecystectomy                                                     |
| 7    | Krishna Devi    | 52/F    | Sangrehar  | Gall Stone                      | Cholecystectomy                                                     |
| 8    | KiranBala       | 63/F    | Yora       | Gall Stone                      | Cholecystectomy                                                     |
| 9    | Suman Devi      | 46/F    | Jimjima    | Gall Stone                      | Cholecystectomy                                                     |
| 10   | Nota Ram        | 70/M    | Bihuin     | Gall Stone                      | Cholecystectomy                                                     |
| 11   | Babli Devi      | 40/F    | Majharnu   | Gall Stone                      | Cholecystectomy                                                     |
| 12   | GNagni Devi     | 60/F    | Sudhar     | 3 <sup>rd</sup> Degree Prolapse | Vaginal Hysterectomy with Anterior Repairwith Sacrospinous fixation |
| 13   | Sapna Devi      | 41/F    | Gagtyan    | Fibroid Uterus                  | Non Descent Vaginal Hysterectomy                                    |
| 14   | Nirmala Khatri  | 31/F    | Main Bazar | Large Endocervical Polyp        | Polypectomy                                                         |



|    |                 |      |              |                               |                                  |
|----|-----------------|------|--------------|-------------------------------|----------------------------------|
| 15 | Sharmila Devi   | 38/F | Balakrupi    | Multiple Small fibroid uterus | Non Descent Vaginal Hysterectomy |
| 16 | Reeta Devi      | 40/F | Majharnu     | Fibroid Uterus                | Total Abdominal Hysterectomy     |
| 17 | Achri Devi      | 20/F | Kass         | Gall Stone                    | Cholecystectomy                  |
| 18 | Ranveer Singh   | 65/M | Chountra     | Gall Stone                    | Cholecystectomy                  |
| 19 | Anuradha        | 48/F | Palhoon      | Gall Stone                    | Cholecystectomy                  |
| 20 | Kaushalya Devi  | 68/F | Neri         | Gall Stone                    | Cholecystectomy                  |
| 21 | Phulan Devi     | 46/F | RoopaPadshar | Gall Stone                    | Cholecystectomy                  |
| 22 | Shakuntala Devi | 33/F | Harabag      | Gall Stone                    | Cholecystectomy                  |
| 23 | Saroja Devi     | 59/F | Bharon       | Gall Stone                    | Cholecystectomy                  |
| 24 | Rita Devi       | 34/F | Napota       | Gall Stone                    | Cholecystectomy                  |



## SAHAYAK SURGICAL CENTRE, MANALI, HIMACHAL PRADESH

### OCTOBER 8 – 10, 2021

A Surgical Venture was organized at Sahayak Surgical Centre, Himachal Pradesh by the Okti Foundation from 8<sup>th</sup> to 10<sup>th</sup> October 2021. Surgeries of 20 poor patients were conducted with financial assistance from Pitam Chand Charitable Trust. Dr George Verghese, Dr Sheilagh Verghese, Ms Somlata, Ms Meena & Ms Nargis contributed their services to the Camp.

#### LIST OF PATIENTS

| S.No | Name       | Age/Sex | Address      | Diagnosis         | Surgery                                       |
|------|------------|---------|--------------|-------------------|-----------------------------------------------|
| 1    | Kamla      | 46/F    | Karjan       | Gall Stone        | Cholecystectomy                               |
| 2    | Kaushalya  | 40/F    | Aleo         | Gall Stone        | Cholecystectomy                               |
| 3    | Jeet Ram   | 70/M    | Chaklari     | BPH Bladder Stone | Bladder Neck Reconstruction<br>Cystolithotomy |
| 4    | SaramDass  | 62/M    | Baga         | Gall Stone        | Cholecystectomy                               |
| 5    | Jeevika    | 1.5/F   | Soyl         | Club Foot         | Repair & PoP                                  |
| 6    | Mamta      | 24/F    | Tikkar       | Left Ovarian Cyst | Oophorectomy                                  |
| 7    | KhimDassi  | 44/F    | Gandhi Nagar | CA Ovary Ascites  | Lap – Biopsy                                  |
| 8    | Sunil      | 56/M    | Aleo         | Inguinal Hernia   | Herniorrhaphy                                 |
| 9    | Pinka      | 44/F    | Aleo         | Gall Stone        | Cholecystectomy                               |
| 10   | Shanto     | 35/F    | Sharan       | Gall Stone        | Cholecystectomy                               |
| 11   | Narender   | 40/M    | Talangra     | Gall Stone        | Cholecystectomy                               |
| 12   | Raksha     | 40/F    | Aleo         | Elderly Primi     | LSCS                                          |
| 13   | Nirmala    | 58/F    | Tarambli     | Gall Stone        | Cholecystectomy                               |
| 14   | Santosi    | 34/F    | Buaai        | Gall Stone        | Cholecystectomy                               |
| 15   | Nagina     | 34/F    | Madanpur     | Gall Stone        | Cholecystectomy                               |
| 16   | Ravi       | 37/M    | Jawali       | Gall Stone        | Cholecystectomy                               |
| 17   | Nirmala    | 35/F    | Sharan       | Gall Stone        | Cholecystectomy                               |
| 18   | Punam      | 37/F    | Mohila       | Gall Stone        | Cholecystectomy                               |
| 19   | Tilu Ram   | 80/M    | Gadsa        | BPH               | Prostatectomy                                 |
| 20   | BeeruSunar | 51/M    | Manali       | Gall Stone        | Cholecystectomy                               |





## ASHA KIRAN HOSPITAL, LAMPTAPUT, ODISHA OCTOBER 24 – 26, 2021

Asha Kiran Hospital, Lamptaput, Odisha was visited for the first time by team Okti from 24th to 26th October 2021. Surgeries of 19 poor patients were conducted with financial assistance from Mr. B. K. Kapila Ji, Ludhiana, Punjab. Dr George Verghese, Dr Sheilagh Verghese, Dr T C Sharma, Dr Ravi George contributed their services to the Camp. The tribal population of the area was helped surgically in their own village.

### LIST OF PATIENTS

| S.No | Name             | Age/sex | Diagnosis                                  | Surgery                                         |
|------|------------------|---------|--------------------------------------------|-------------------------------------------------|
| 1    | Joshnadas        | 6/F     | Dermoid cyst ovary                         | Right Oophorectomy                              |
| 2    | GoutamSisa       | 3/M     | Phimosis+ Right hydrocoele                 | Circumcision + right hydrocoelectomy            |
| 3    | Kushmitha Dora   | 31/F    | Left thyroid swelling                      | Left hemithyroidectomy                          |
| 4    | Padmanabthangul  | 45/M    | BPH                                        | TURP                                            |
| 5    | Sonadeikhora     | 30/F    | Vesicovaginal fistula                      | VVF repair                                      |
| 6    | Nanda Bajing     | 71/M    | BPH                                        | TURP                                            |
| 7    | DhaneshMuduli    | 15/M    | ?TB bladder, B/I HUN                       | Cystoscopy, Right Ureterosigmoidostomy          |
| 8    | Kamulusushanayak | 53/M    | Urethral stricture                         | Uretheroscopy+OIU                               |
| 9    | TulsiKhilo       | 18/F    | Fibroadenoma                               | Excision biopsy                                 |
| 10   | LaxmiDiari       | 35/F    | Fibroid uterus                             | Abdominal hysterectomy                          |
| 11   | BalaramHantal    | 21/M    | Fistula in ano                             | Fistula tract excision                          |
| 12   | DombuGardia      | 22/M    | Right Hydronephrosis + left pyelonephritis | Cystoscopy+ DJ stenting                         |
| 13   | SubaoraKhora     | 24 F    | Right breast fibroadenoma                  | Excision biopsy                                 |
| 14   | Laxmipangi       | 24/F    | Ruptured ectopic pregnancy                 | Laparotomy+ left salpingectomy+ right tubectomy |
| 15   | Manica           | 12/F    | Mucous retention cyst                      | Excision                                        |
| 16   | HariDisari       | 41/M    | Post Vasectomy                             | Recanalisation / Vasovasotomy                   |
| 17   | Dalugudia        | 37/F    | Prolapsed hemorrhoid                       | Hemorrhoidectomy                                |
| 18   | BiswanathMuduli  | 39/M    | Post Vasectomy                             | Recanalisation / Vasovasotomy                   |
| 19   | KhairunBibi      | 48/F    | Ureteric stone                             | Ureterolithotomy                                |





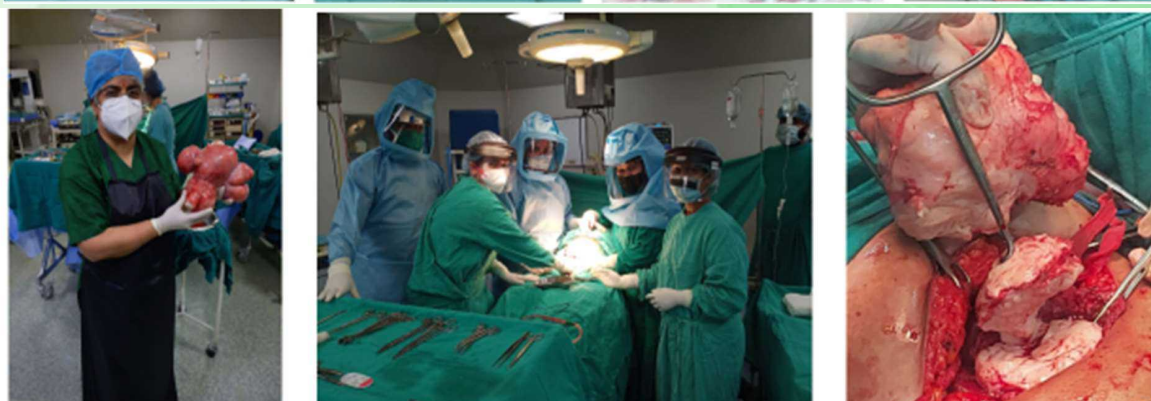
## SANT PARMANAND HOSPITAL CAMP, DELHI, 2021

Poor patients from villages and from migrant population in Delhi were financially supported in surgeries conducted at Sant Parmanand Hospital, Delhi.

Twenty one patients were operated by a team of surgeons ie Dr Sonal Bathla, Dr TC Sharma, Dr Shalu Jain, Dr Anju Bala , Dr BN Seth and team.

| S.No | Name          | Age | Sex    | Date      | Diagnosis                                                                                                                                         | Surgery                                                                                           |
|------|---------------|-----|--------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 1    | Beena Sharma  | 28  | Female | 1/19/2021 | Primigravida with 38wks with hypothyroidism with Oligohydramnios with IUGR with nuchal cord.                                                      | NVD on 19/1/21                                                                                    |
| 2    | Chandani Devi | 39  | Female | 2/11/2021 | P3 L3 AB1 with Menorrhagia                                                                                                                        | VH with B/L Conservation of ovaries done under SA on 11/2/2021                                    |
| 3    | Rakesh        | 42  | Female | 6/24/2021 | P2 L2 with Adenomyosis with Menorrhagia                                                                                                           | NDVH f/b check laparoscopy done under GA on 24/6/21.                                              |
| 4    | Gyan Devi     | 33  | Female | 1/14/2021 | Right distal ureteric stricture with Right poorly functioning kidney with                                                                         | CPE + Right RGP + Right Ureteroscopy + Right D.J.Stent                                            |
|      |               |     |        |           | GUTB with Ureteral Meatal Stenosis                                                                                                                | Cystoscopy with Bladder Biopsy done under GA on 14/01/2021                                        |
| 5    | Nema          | 42  | Female | 7/15/2021 | P3 L3 with Menorrhagia with h/o Anaemia                                                                                                           | NDVH with B/L conservation of ovaries with Macall'sculdoplasty with posterior colpoperineorrhaphy |
| 6    | Kaniz         | 29  | Female | 7/20/2021 | G8 NND3 Ab4 with 34+5wks pregnancy with previous 2 LSCS with UTI with GDM with HTN with IUGR with Polyhydramnios with IHCP and post covid status. | Emergency LSCS                                                                                    |

|    |               |    |        |           |                                                                                                                                                    |                                                                                          |
|----|---------------|----|--------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 7  | Jyoti         | 21 | Female | 7/27/2021 | Unmarried girl, Primigravida with 11 wks pregnancy incomplete abortion (h/o Took MTP pills on 06/07/21) with heavy bleeding PV with severe anemia. | Emergency D&C done under GA on 27/07/21.                                                 |
| 8  | Chandrakala   | 49 | Female | 7/29/2021 | Menorrhagia with adenomyosis                                                                                                                       | NDVH with B/L conservation of ovaries done under SA on 29/7/21                           |
| 9  | Sadhana Singh | 42 | Female |           | Menorrhagia with DM with fibroid uterus with left ovarian cyst with AUB(L).                                                                        | Endometrial Biopsy                                                                       |
| 10 | Sushma        | 42 | Female | 8/12/2021 | P3 L3 with post laparoscopic day 3 with c/o fever with loose motion with persistent fever, not responding to antibiotics.                          | Laparotomy with drainage of collected Pus                                                |
| 11 | Lalit Kumar   | 53 | Male   | 8/14/2021 | Large infected lesion wide cellulitis perianal region, DM with HTN with Septicaemia                                                                | Excision of skin lesion with wound debridement major with Abscess drainage done under SA |
| 12 | Noorjahan     | 48 | Female | 6/29/2021 | Bilateral Renal Staghorn Calculi with Right Pyonephrosis                                                                                           | Left PCNL + DJ stenting under SA with Right PCN & Left DJ stenting                       |





## B: OKTI'S OTHER VENTURES TOWARDS RURAL WELL BEING

### CERVICAL CANCER AWARENESS INITIATIVE VILLAGE KHOKSAR, LAHAUL, HIMACHAL PRADESH MARCH 18, 2021

Cervical cancer is the second most common cancer amongst women in India. This dreaded disease kills at an alarming rate with an estimated one life lost every 8 minutes. Today, with medical and technical tools at hand no woman should have to die of cervical cancer. It goes without saying that the burden of this deadly, yet preventable cancer falls more on women who lack access to health services. We believe, with the three-pronged comprehensive approach, comprising of spreading awareness, screening (followed by treatment when needed), and vaccination, cervical cancer can be eliminated as a public health problem within a generation.

Okti foundation, the Community Outreach Program of Department of Obstetrics and Gynaecology, Sant Parmanand Hospital, has been dedicated for a long time towards this cause. The team is constantly taking steps to reach out to the people in the remotest parts of India. The ongoing snow festival in Lahaul valley was recognized as one such opportunity, where overwhelming participation of women was observed. This high-altitude tribal community was isolated from rest of the world during harsh winter months usually till April until the opening of Atal Rohtang tunnel. The festival was organized by Sh. Markanda with support from local communities and was attended by Mrs Chandra Pardhan, Mr Manav Verma, SP, Lahaul and Dr TC Sharma.

On March 18, 2021, at sub- zero temperature, an awareness talk was delivered by Dr Sonal Bathla at the snow festival addressing the women and the adolescent girls present. The aim was to educate them about the prevalence of cervical cancer, its risk factors, symptoms and importance of vaccination and screening. The women were educated about the safe sex practices, importance of genital hygiene and when to seek medical help. The importance of cervical cancer screening was reinforced as early cervical cancer might not have any symptoms. The significance of menstrual hygiene and the means to practice the same were conveyed to the young girls. The talk was attended by more than 100 women and girls. The information was well comprehended by the audience. The concept of vaccination was welcomed too. Some women had queries which were satisfactorily addressed. They were encouraged to take part in phase two of the initiative, when screening will be conducted.

The program was appreciated by the community, which gives us the motivation to continue making efforts till we reach our goal.



A total of 100 women were counselled, out of which 50 women were consulted and examined by Dr Shalu Jain, Dr Preeti Yadav, Ms Saira Bano, Ms Phuntsog Dolma and Ms Sweety. Out of these 25 women wanted cervical cancer screening. Cervical cytology samples were taken after due written consent. In 20% (n=5) of the samples, Bacterial Vaginosis was reported. The same was conveyed to the jail authorities and women were appropriately treated. No patient was found to have a suspicious cytology report. The samples were processed by Onquest Laboratories and financially supported by Pharmed Limited.

Following medical and surgical comorbidities were noted among the participating women and appropriate medical advice was given.

| <u>COMORBIDITY</u> | <u>NUMBER OF WOMEN</u> |
|--------------------|------------------------|
| BREAST LUMP        | 2                      |
| TUBERCULOSIS       | 3                      |
| PCOD               | 2                      |
| HYPOTHYROIDISM     | 9                      |
| DYSLIPIDEMIA       | 1                      |
| GALL STONES        | 1                      |
| INFERTILITY        | 2                      |
| HIV                | 1                      |
| HYPERTENSION       | 3                      |
| ASTHMA             | 1                      |
| DIABETES MELLITUS  | 2                      |
| DEPRESSION         | 1                      |

The program was appreciated by the women and the authorities, which was motivating for the team.





## C. AWARDS

"Compassion Extra Ordinaire" by Sh J P Nadda, honourable Health Minister of India and FOGSI President Dr Jaideep Malhotra for the surgical services and capacity building at remote villages pan India by the dedicated Team of Doctors in 2018.



The Okti Foundation Surgical Team represented by Dr George Verghese (Surgeon), Dr Vinod Kalla (Anaesthetist), Dr T.C Sharma (Urologist), Dr Sonal Bathla (Gynaecologist) was Nominated for the "Best Surgical Team" Award in South East Asia BMJ Awards in 2018 amongst nine countries and 1595 entries for contribution towards the Surgical Services and Capacity Building in Rural India.



Felicitation by Delhi Chapter IMS , FOGSI Midlife and Education Committee in Delhi towards services to women in remote locations and work for Menopausal Health in 2019.



"Woman of the Year Award - 2019 " by "Delhi Gynaecologist Forum" and 'Wow India' to Dr Sonal Bathla in 2019 in Delhi for the contributions to the health Sector in India.



## FELICITATION BY DELHI MEDICAL ASSOCIATION 8<sup>TH</sup> MARCH 2021



Dr Sonal Bathla was felicitated at DMA Bhawan on 8<sup>th</sup> March 2021 on behalf of Okti Foundation for the social services rendered to the population at large by her team.



An appreciation from FOGSI–FIGO was also received in year 2020 for active participation of the organization in dissemination of awareness, execution of screening and vaccination against Cervical Cancer in remote locations in India.



FOGSI Dr Duru Shah Community Service Award 2020 conferred upon Okti Foundation at AICOG Indore in 2022.



## ACKNOWLEDGEMENTS

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THE SURGICAL TEAM THAT GAVE SO WILLINGLY OF THEMSELVES,  
SO THAT OTHERS MIGHT LEAD BETTER LIVES

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