

ANNUAL REPORT



Okti foundation
In service of Community

2023-24



गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः



From the Editor's Desk



In 2019, the Indian Union government stated that 6.7% of its population lived below its official poverty limit. The second edition of the Multidimensional Poverty Index (MPI) released by NITI Aayog, showed that approximately 14.96% of India's population was considered to be in a state of multidimensional poverty. With a population of 1.4 billion people, such statistics imply that India has millions suffering the deprivations of poverty, a major repercussion of which is the lack of adequate access to quality medical treatment. The condition is worse in rural India with poverty rates being higher there than in urban areas. The government has been proactive in dealing with this problem; in 2018, the Ayushman Bharat Pradhan Mantri Jan Aarogya Yojana was launched which is the world's largest health insurance scheme launched and fully financed by the government. Despite great advances having been made in the past few years, the health and social challenges faced by people living in remote villages of India are still rampant. Leave aside elective surgical services, even emergency services are not available in many remote locations in India. This is because educated medical professionals prefer working in cities to avail a higher quality of life for themselves and their families. Rural postings, mandated by the government, are temporary and usually reserved for junior doctors who lack experience.

In 2009 a group of professionals, in an effort to give back to society, initiated the concept of conducting surgical ventures in such locations. The Project was initiated in a village called Shillai in Himachal Pradesh where utero vaginal prolapse was rampant. This work was presented in a paper published in the Journal of Midlife Health "Reaching the Unreached: Mobile Surgical Campus in remote villages of Himachal Pradesh" where in the demography & surgical interventions in these patients were studied in detail and regular work in hilly terrains was initiated on a larger scale.

A unique model of raising funds from family, friends and CSR was combined with recruiting experienced doctors from the city who offered their services as volunteers and with the help of community participation, surgeries were conducted in the village hospitals at low costs. Okti identified village medical centres that had the infrastructure needed to perform specialized surgery and organized surgical camps with the support of local community authorities.

Under this model, specialized surgical services were brought to the doorstep of the rural poor who could not afford to travel to cities for treatment. Surgeries were performed at heavily subsidized rates, the only cost charged being that for medicine and boarding and that too was sponsored. This meant that people who had been suffering for years to prevent their families from going into debt in order to cover their surgical costs were finally able to get the medical attention they needed. Okti largely focused on performing gynaecological procedures; women being lower in priority for receiving medical help compared to the male members in rural households. Patients with genital prolapse either do not report or report late to the clinician due to social stigmata and myths considering and accepting it to be secondary to ageing. Women residing in remote villages of India suffer from the complications of genital prolapse due to lack of awareness, resources and fear of surgery. Project Prolapse ended their spell of social ostracization and neglect, bringing back their quality of life. The entire expenditure on surgery and food is borne by the organization. Not only did Okti bring medical relief to the unreached in India, but also enabled skill development and capacity building on the village level to create a more sustainable model of aid. Village-level workers were trained in performing life-saving procedures, and incorporated into Okti's network of providing aid. They were also trained to identify more serious cases that needed treatment in the cities, in which case Okti brought them to Delhi and bore the cost of their treatment.

Till date, the surgical team under Okti Foundation has helped more than 5800 beneficiaries in 117 camps in remote villages of India in a self-sustaining model. The free mobile surgical camps under Project Prolapse in remote villages of India provided definitive treatment to these women. Health education, care of postmenopausal women, approaching trained birth attendants for delivery, delayed resumption to work in the postpartum period, and healthy dietary habits may decrease the burden of women suffering from genital prolapse.

Ameya Bathla Sharma
Editor



From the Director's Desk



The genesis of our foundation traces back to a series of probing questions that resonated deeply within us:

- Can individuals lacking financial means access quality medical care?
- Considering the abundance we receive from others, how can we reciprocate and share?
- As bearers of a divine essence, each plagued by our own trials and tribulations, how can we bridge the profound divides within our society? These divides encompass gender, socioeconomic status, education levels, and more.

These inquiries, lingering in the depths of our souls, impelled us to extend our hands within our respective spheres of influence. This sentiment parallels the South African concept of Ubuntu, encapsulating the interconnectedness of all individuals within our societal fabric. Just as the doctor requires the services of the milkman, the banker, the IT specialist, the plumber, and the carpenter, so too do these professionals rely on the doctor's expertise. Acknowledging the limitations of our individual capacities, we endeavoured to address pressing issues within our reach.

Dr. Sonal's compassionate heart yearned to assist women afflicted by treatable gynaecological conditions, ensnared in a web of poverty, gender biases, abandonment, and ageing. Simultaneously, Dr Varghese aspired to provide affordable surgeries to marginalized individuals engaged in arduous manual labour, such as road workers. Thus, with the support of like-minded individuals in our community possessing both financial resources and compassionate spirits, the OKTI Foundation was conceived.

Over the span of 18 years since our inception, numerous others have contributed whatever aid they could offer, including counselling, elderly home care, health education, awareness initiatives, improved accessibility for girls and women, assistance for victims of pain and abuse, and academic opportunities aimed at enhancing surgical skills. We have consistently conducted complimentary surgical camps in underserved areas, a tradition that endures to this day.

Throughout this journey, some of our aspirations have materialized into tangible achievements. Our interconnectedness has begun to erode the unnecessary barriers that once divided us, albeit in modest ways. Light is penetrating the shadows that once enveloped our world. It is said that many drops make an ocean, and thus, we persist in our endeavours with unwavering hope.

We extend an invitation for you to contribute in any capacity you can to OKTI—whether through your talents, time, space, ideas, or financial resources. Every contribution, regardless of its form, is invaluable, for together, we can achieve feats that would have been inconceivable alone. Let us envision a future, five years hence, where our collective efforts have propelled us toward unprecedented achievements.

Dr Sheila Varghese

Director, Sayahak Surgical Camp
Manali, Himachal Pradesh

JANUARY 2022 TO DECEMBER 2022

SURGICAL VENTURE

Okti Foundation, Delhi in collaboration with Sant Parmanand Hospital has organized 118 Surgical Camps till date in which 5853 surgeries have been conducted for the underprivileged in society in different locations. In the year 2023, 7 Surgical ventures were organized in which 135 surgeries were conducted. The dedicated team of professionals involved were Dr George Verghese, Dr Shiela Verghese, Dr T C Sharma, Dr Sonal Bathla, Dr Naresh Singla, Dr Uttam Mahapatra, Dr Narjeet Kaur, Dr Josy, Dr Shailesh, Dr Prabhu Das, Dr Prabhu, Dr Mandeep, Dr Novin, Mr Dilip Singh, Mr Harish, Ms Somlata, Ms Dolma Phuntsog & Ms Raksha who supported the cause with their voluntary services.

SURGICAL CAMP CUM LIVE OPERATIVE WORKSHOP AT SANT PARMANAND HOSPITAL IN JANUARY 2023

Eight Poor patients were financially supported in surgeries conducted at Sant Parmanand Hospital, Delhi in Live Operative Workshop by faculty from SOVSI. This event was financially supported by United Drilling Tools Pvt. Ltd., & was attended by more than 150 gynaecologists, who were trained in vaginal surgery. The operating faculty included Dr P.C Mohapatra, Dr Hara Pattanaik, Dr R.K Purohit, Dr Ashish Kubde, Dr Uma Rani Swain, Dr Pawan Bhasin and Dr Sonal Bathla.

SNO	NAME	AGE	DIAGNOSIS	SURGERY
1	BABITA	39	P2 L2 with cervical elongation 3° UV descent	NDVH with B/L Salpingectomy
2	PREM LATA	49	multiple small fibroid uterus with polymenorrhagia with left ovarian cyst.	NDVH with B/L Salpingo-oophorectomy
3	ANJU	39	Post hysterectomy with Large Vault Prolapse	Sacrospinous fixation with Perineorrhaphy
4	SHILPA JAIN	35	Nullipara, Obesity with Dysfunctional uterine bleeding	NDVH with B/L Conservation of ovaries
5	INDIRA	60	P2 L2 with Intra vaginal elongation of Cervix PVR+ve	VH with HUS with Cystoscopy with Urethral Dilatation
6	MUNNI	50	P2 L2 with post hysterectomy Vault Prolapse	Sacrospinous fixation with Extended Perineorrhaphy
7	USHA	47	P2 L2 with Large Fibroid Uterus 9cm	NDVH with B/L Salpingectomy
8	Divya Ahuja	48	Fibroid uterus with B/L ovarian cyst with endometrial hyperplasia	NDVH with BSO



CHRISTAN HOSPITAL, KACHWA, VARANASI

9th to 12th FEBRUARY 2023

A Surgical Venture was organized at Christan Hospital Kachwa Varanasi from 9th to 12th Feb'2023. Surgeries for 20 poor patients were conducted with financial assistance from Pitam Chand Charitable Trust. Mr Shankar, Dr George Verghese, Dr Shweta, Mr Harish, Ms Somlata, and Ms Dolma contributed their services to the Camp.

S.No	Name	Age	Diagnosis	Surgery
1	Shanti Gupta	65	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
2	Sharda	60	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
3	Kabutra Devi	50	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
4	Mamta Singh	50	Vaginal Prolapse & Urethral Hernia	Vaginal Hysterectomy+ Hernia Repair
5	Indrawati	50	Cystocele	Cystocele Repair
6	Kanti Devi	60	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
7	Asha Tigga	35	Completed Family	Tubectomy
8	Rekha Devi	43	Fibroid Uterus	Abdominal Hysterectomy
9	Sudha Singh	35	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
10	Sushila Devi	55	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
11	Nirmala Devi	48	Fibroid Uterus	Abdominal Hysterectomy
12	Kusum Devi	43	Utero Vaginal Prolapse	Vaginal Hysterectomy
13	Preeti Singh	32	Dysmenorrhoea with Menorrhagia	CuT Removal & D&C
14	Prem Shankar	50	Right Inguinal Hernia	Herniorrhaphy
15	Manju Devi	42	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
16	Urmila Devi	42	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
17	Rajendra Bansal	60	Colostomy	Colostomy closure
18	Chaya	32	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
19	Jaur	55	Burns	Skin grafting
20	Sakina	60	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR
21	Mamta Singh	50	Utero Vaginal Prolapse	Vaginal Hysterectomy with PFR



CIVIL HOSPITAL, JOGINDER NAGAR, HIMACHAL PRADESH

16th to 18th March 2023

A Surgical Venture organized at Civil Hospital, Joginder Nagar, Himachal Pradesh from 16th to 18th March'2023 was supported by Shree Cement Pvt Ltd. & Rotary Club Joginder Nagar. Surgeries of 32 poor patients were conducted. Dr George Verghese, Dr Sonal Bathla, Dr Narjeet Kaur, Dr Priyanja Thakur, Dr Tenzin, Dr Swati, Mr Harish, Sister Somlata & Sister Priyanka contributed their services to the camp.

Sr. No.	Patient Name	Age	Diagnosis	Surgery
1	Godan Devi	65	Gall Stone	Cholecystectomy
2	Pawana Devi	52	Gall Stone	Cholecystectomy
3	Nag Ram	56	Gall Stone	Cholecystectomy
4	Kanta Devi	45	Gall Stone	Cholecystectomy
5	Lata Devi	37	Gall Stone	Cholecystectomy
6	Kaula Ram	52	Left Inguinal Hernia	Hernia Repair
7	Jagdish Kumar	46	Indirect Inguinal Hernia	Hernia Repair
8	Priti Devi	21	Mixed Parotid Tumor	Excision
9	Ami Chand	70	Soft Tissue Tumor Right Thigh	Excision
10	Begi Devi	60	Prolapse Uterus	Vag. Hysterectomy
11	Sheela Devi	60	Large Fibroid (24 Weeks)	Abd. Hysterectomy
12	Shilpa Devi	30	Gall Stone	Cholecystectomy
13	Nar Dei	55	Large Fibroid (20 Weeks)	Fibroid Removal
14	Bhavna Devi	47	Fibroid Uterus	Hysterectomy
15	Lata Kumari	47	Fibroid Uterus	Hysterectomy
16	Kanta Devi	38	Fibroid Uterus	Hysterectomy
17	Gomti Devi	56	Right Direct Inguinal Hernia	Hernia Repair
18	Pawan Kumar	41	Left Indirect Inguinal Hernia	Hernia Repair
19	Meenakshi Latwa	44	Gall Stone	Cholecystectomy
20	Punni Devi	55	Gall Stone	Cholecystectomy
21	Bimla Devi	63	Gall Stone	Cholecystectomy
22	Ruma Devi	33	Gall Stone	Cholecystectomy
23	Phullan Devi	43	Fibroid Uterus (16 Weeks)	Hysterectomy
24	Anu Devi	34	Incomplete Abortion	D & C
25	Beso Devi	60	Gall Stone	Cholecystectomy
26	Shakuntala Devi	56	Gall Stone	Cholecystectomy
27	Kanta Devi	35	Gall Stone	Cholecystectomy
28	Rani Devi	53	Gall Stone	Cholecystectomy
29	Ambri Devi	65	Gall Stone	Cholecystectomy
30	Asmeen	21	Gall Stone	Cholecystectomy
31	Kosar	37	Gall Stone	Cholecystectomy
32	Gaurav	38	Sebacious Cyst (Scalp)	Excision of Cyst



SAHAYAK SURGICAL CENTRE, MANALI, HIMACHAL PRADESH AUGUST 2023

A Surgical venture was organized at Sahayak Surgical Centre, Manali, Himachal Pradesh by Okti Foundation in August 2023. Surgeries of 20 poor patients were conducted with financial assistance from Pitam Chand Charitable Trust. Dr George Verghese, Dr Sheilagh Verghese, Mr Harish, Ms Somlata, Ms Meena & Ms Nargis contributed their services to the Camp.

List of the Patients in Camp

Sr. No.	Patient Name	Diagnosis	Surgery
1	Shauni	Gall Stones	Cholecystectomy
2	Sangmo	Gall Stones	Cholecystectomy
3	Hukami Devi	Left Uretric	Ureteric Stone Removal
4	Tikki Devi	Kidney stone	Pyloolithotomy
5	Sunita	Gall Stone	Cholecystectomy
6	Himi	Gall Stone	Cholecystectomy
7	Blmla	Gall Stone	Cholecystectomy
8	Gaurav	Hypospadias	Repair
9	Dishant	Cleft Lip	Repair
10	Bikesh Kumar	Gall Stone	Cholecystectomy
11	Suryansh	Cerebral Palsy	Tendon Release
12	Budh maya	Gall Stones	Cholecystectomy
13	Krishna	Ureteric stone	Nephrectomy
14	Leela Devi	Ovarian cyst	Hysterectomy
15	Arun	Stricture urethra with impacted stone	Stricture urethra with impacted stone removal
16	Mohini	Agenesis of vagina with hematometra	Hysterectomy
17	Prem chand	BPH	Prostatectomy
18	Laida	Fibroid Uterus	Hysterectomy
19	Khampi	Gall Stones	Cholecystectomy
20	Palmo	Fibroid Uterus	Hysterectomy



CIVIL HOSPITAL, JOGINDER NAGAR, HIMACHAL PRADESH

19th to 20th October 2023

A Surgical venture was organized at Civil Hospital, Joginder Nagar, Himachal Pradesh from 19th to 20th October'2023. 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 Benjamin George (Anaesthesiologist), Dr John Oommen(Plastic Surgeon), Dr Annama(Dermatologist) Dr Abhinav Chouhan, Dr Dalip Singh Mr Harish Kumar, Sister Somlata, Sister Priyanka, Ms Phuntsog Dolma contributed their services to the Camp.

List of the Patients in Camp

Sr. No.	Patient Name	Age	Diagnosis	Surgery
1	Chandi Devi	53	Fibroid uterus	Abdominal Hysterectomy
2	Reeta Devi	48	Uterine Fibroid	Abdominal Hysterectomy
3	Krishna Devi	42	Small Fibroid	Abdominal Hysterectomy
4	Sita Devi	43	3 rd Degree prolapse	VH with anterior posterior repair
5	Gytri Devi	38	Gall Stones	Cholecystectomy
6	Pappi Devi	51	Gall Stones	Cholecystectomy
7	Sohan Lal	59	Gall Stones	Cholecystectomy
8	Jaiwanti	63	Gall Stones	Cholecystectomy
9	Hindu Ram	69	Gall Stones	Cholecystectomy
10	Bharti Devi	60	Gall Stones	Cholecystectomy
11	Parvati Devi	70	Gall Stones	Cholecystectomy
12	Rakmani Devi	57	Prolapse Gr 4 uterus	Abdominal Hysterectomy
13	Phula Devi	39	Fibroid uterus	Abdominal Hysterectomy
14	Sunita Devi	51	3 rd Degree prolapse uterus	VH with anterior posterior repair
15	Gangi Devi	55	3 rd Degree prolapse uterus	VH with anterior posterior repair
16	Geeta Devi	38	3 rd Degree prolapse uterus	VH with anterior posterior repair
17	Urmila Devi		Gall Stones	Cholecystectomy
18	Padma Devi	37	Gall Stones	Cholecystectomy
19	Sudershna Kumari	62	Gall Stones	Cholecystectomy
20	Malka Devi	55	Gall Stones	Cholecystectomy
21	Chandra Devi	70	Gall Stones	Cholecystectomy
22	Badru Devi	71	Gall Stones	Cholecystectomy
23	Gouri Devi	66	Gall Stones	Cholecystectomy
24	Ruma Devi	55	Gall Stones	Cholecystectomy



CIVIL HOSPITAL JHANDUTTA, BILASPUR, HIMACHAL PRADESH

17th to 18th November 2023

A Surgical Venture was organized at Civil Hospital Jhandutta, Bilaspur from 17th to 18th Nov'2023. Surgeries of 19 poor patients were conducted with financial assistance from family & friends. Dr George Verghese, Dr Shweta, Mr. Harish, Ms Somlata, and Ms Phuntsog Dolma contributed their services to the Camp.

List of the Patients in Camp

Sr. No.	Patient Name	Age	Diagnosis	Surgery
1	Barfi Devi	55	Cholelithiasis	Cholecystectomy
2	Reena Devi	40	Fibroid uterus	Vaginal Hysterectomy
3	Shitla Devi	35	Cholelithiasis	Cholecystectomy
4	Madhu Bala	35	Cholelithiasis	Cholecystectomy
5	Praksh Chand	70	Hernia	Mesh Herniorrhaphy
6	Dharam Singh	60	Lipoma	Excision of neck Lipoma
7	Amichand	62	Hydrocele	Hydrocelectomy
8	Kamlesh Kumari	48	Fibroid uterus	Vaginal Hysterectomy
9	Asha Devi	58	Cholelithiasis	Open Cholecystectomy
10	Anuradha	32	Cholelithiasis	Open Cholecystectomy
11	Trisbad	37	Lipoma	Excision of Lipoma over right scapula
12	Deepak	41	Hernia	Mesh Hernioplasty
13	Rasil Singh	70	Pleomorphic Adenoma	Excision of pleomorphic Adenoma
14	Kishori Lal	61	Lipoma	Excision of Lipoma over left temporal region
15	Prem Lal	54	Calcified Ganglion	Excision of Ganglion over right foot
16	Sunder Singh	73	Hernia	Repair of Hernia
17	Shaligram	79	Lipoma	Excision of Lipoma
18	Jagdish	75	Hydrocele	Hydrocelectomy
19	Shakuntla	46	Oral Cyst	Excision of cyst



SURGICAL CAMP

SANT PARMANAND HOSPITAL in December 2023

A Surgical Venture was organized at Sant Parmanand Hospital, Civil Lines in Dec 2023, Surgeries of 11 poor patients were conducted by Dr Sonal Bathla, Dr Shalu Jain, Dr T C Sharma and Dr Sunil Gupta and team. The funds were raised by family and friends.

SNO	NAME	AGE	DIAGNOSIS	SURGERY
1	Gita	34	Term pregnancy with fetal distress	LSCS
2	Seema Nishad	25	Term pregnancy	NVD
3	Saroj Bajpai	49	Acute Cholecystitis with Cholethiasis	Lap Cholecystectomy
4	Chenga Lhamo	47	Adenomyosis with Menometrorrhagia	NDVH
5	Sneha	18	Short Cervix	Mc Donald stitch
6	Gulista Begum	49	Fibroid uterus with Menorrhagia	NDVH
7	Lalita Devi	45	Adenomyosis with Menorrhagia	NDVH
8	Leela Devi	33	Paraurethral Cyst	Cystectomy
9	Sandhya Rani Behera	41	Left ovarian Cyst	Op. Laparoscopy with Left salpingo oophorectomy
10	Ruby Devi	31	Term pregnancy with MSL	LSCS
11	Anish	15	Right Simple Nephrectomy	Right open simple Nephrectomy



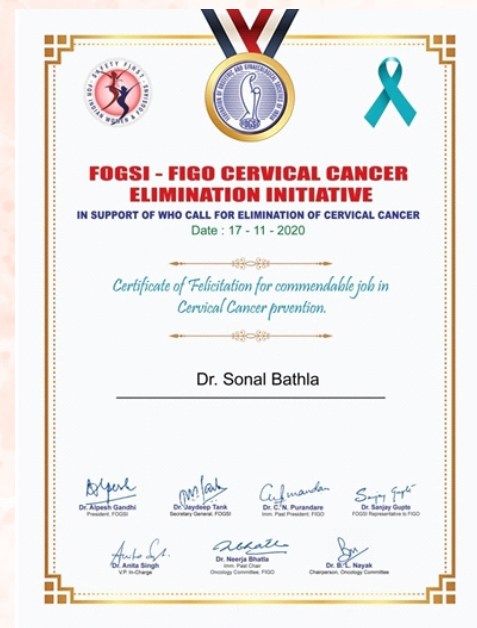
Awards Won by Okti Foundation...



Felicitation by DMA, 8th March 2021

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

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



"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.



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



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



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.



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DONOR LIST

1. Shree Cement Pvt Ltd
2. Pitam Chand Charitable
3. Sh H L Bathla
4. Ms. Sumitra Devi
5. Sh Ashok Bansal
6. Mr B K Kapila
7. Mrs Sudesh Arora
8. Dr. Naresh Taneja
9. Dr. Indu Taneja
10. Dr Seema Bathla
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**THE SURGICAL TEAM THAT GAVE SO WILLINGLY OF THEMSELVES,
SO THAT OTHERS MIGHT LEAD BETTER LIVES**

Dr Bazliel, Dr George Verghese, Dr ShielaVerghese, Dr T C Sharma, Dr Sonal Bathla,
Dr Vinod Kalla, Dr Naresh Singla, Dr PreetiYadav, Dr Raghav, Dr Shailesh, Dr Uttam
Mahapartra, Dr Babitha, Mr Harish, Dr Anupam Phlip, Dr Rechal Phlip, Dr Prabhudas,
Dr Mandeep, Dr Viju John, Dr Bhawna, Dr Sonal, Dr Chingmak, Dr Raminder Sehgal,
Dr Subroto Dam, Dr Nirmala Agarwal, Dr MeenaNaik, Dr Priti Arora Dhamija, Dr
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Deepa Agarwal, Dr Tina, Dr Naru, Dr Dinesh, Dr Sampat, Dr Anju Bala, Dr Shalu Jain,
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Mr Harish, Ms Raksha, Ms Somlata, Ms Dolma.



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