



Association for Health Welfare in the Nilgiris

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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.

“All organizations start with WHY, but great ones keep their WHY clear year after year”
- Simon Sinek

Focus this year...

- Our Management team has taken charge, been meeting regularly and motivating the other team members as they move on to monitoring various departments, finances and logistics. Regular sessions on Governance have improved the team's understanding of the vision of the organisation and their roles and responsibilities.
- We have started working on cleaning up our huge database and focusing on capturing the present data more systematically
- Tablets are being used in the community to enter data of ANC and under five programme using Avni software.

Hospital Statistics

14190 tribal and 22670 non tribal patients attended outpatient clinics
1224 patients were treated in dental department
1235 tribal and 499 non tribal patients were admitted and treated
355 deliveries and 481 surgeries were performed at GAH
1682 X-rays, 2399 Ultrasounds, 140 Endoscopies, 8 Audiometries and 11 EEGs were done

Dr.Smitha, with a doctorate in Biotechnology, joined in Dec 2019 to start our Research dept. This is a great step forward as it will increase audit of our work and improve care. Nitin, a junior doctor, joined us in mid March during a time of need when the Corona pandemic set in. Ms.Leela, one of our senior nurses and a skilled midwife was unanimously elected as the new Nursing Superintendent.

All our Specialist doctors continued their visits and also guided us online. The telemedicine consults on a daily basis with Dr. Harshad and Dr.Vivek from CMC, Vellore have been invaluable.

The generous contribution by DrJayendra and Lavangika Patel was used to purchase the land adjacent to the Guest House for further expansion of the hospital.

Community Health Programme (CHP) activities

The team was strengthened with the addition of Dr. Roshina Sunny, a young & enthusiastic Ayurvedic physician with an MPH from JIPMER .

Ongoing CHP programs

Mother and child care, managing patients with mental health disorders, tuberculosis, sickle cell disease, non-communicable diseases and as well as care for patients with acute & chronic illnesses at our Area centres and villages have continued

Suicide prevention program:

Twenty qualitative surveys were conducted among families of suicide victims to identify the reasons for the increasing number of suicides in the community. Training of health volunteers for early identification of warning signs, risk factors, and triggers for suicide with prompt intervention was conducted

Promote utilization of government facilities

We continued advocacy with government and community to expand ICDS services to increase utilization of ICDS and other government services.



Nutrition Centre at Mundakunnu

Community Statistics

No of total Health volunteers	334	No of Health Animators	17
Total tribal deliveries	319	Deliveries at GAH (76% of all)	242
Deliveries at Govt (20% of all) facilities	65	Antenatals with >3 Checkups (90.9 % of all)	290
Home delivery (3.76% of all) -12			
Couple protection rate	76.1%	No of children on regular ICDS attending	768
No of children whose growth was monitored (93 % of all)	1304	Normal weight (51 % of all)	665
Moderate malnutrition (40.5% of all)	528	Severe malnutrition (8% of all)	110
Complete immunization at 2 yrs. of age	93%	Complete immunization at 3yrs of age	98.7%
No of New patients detected with Sickle Cell Disease.	19	No of Sickle Cell Disease patients under treatment	369
No of patients with TB on treatment	35	No of sputum positive TB pts	20
No of Screening camps for NCD	36	No of people screened for NCD	940
No of patients with chronic diseases	1031	No of chronic patients on regular medication	965
No of patients with severe mental disorders	206	No of patients with common mental disorders	192
No of patients with Epilepsy	56	Suicide deaths	24
Pregnant mother's screened for HIV	453	General clients	1008
HIV Positive clients- NIL			

Early Intervention Centre

Sindhmani, a tribal special educator trained at NIEPMD joined the centre in Sep 2019. Angela Harding's visit motivated the team and her valuable sessions have greatly increased their capacity.

339 new born hearing screenings were done at the Hospital and 225 village-level under five screenings were done.

23 In-patients and 542 outpatient Physiotherapies were done at the centre

5 students continue to visit the vocational training centre regularly and make paper and wire bags.

Thanks to Vinayaka Mission, Salem for their generous donation which helped convert the roof of the Centre into a hall for use as the Vocational training centre.

Research activities

- Alcohol use among adolescent tribal population in three corners of India -prevalence and pilot intervention studies in collaboration with ICMR. This intervention based on NIMHANS module of life-skill training was conducted for 65 adolescent children by 4 trained facilitators
- Study on determinants of nutritional status among under-five children in the tribal population of the Nilgiris
- The spinal anesthesia study has ended with the finding that medical officers who have undergone training are not inferior to anaesthetists in administering spinal anaesthesia. The results are being written up for publication and hopefully certified courses will be started in India and elsewhere, for medical officers in remote areas not served by anesthetists, to provide safe spinal anaesthesia in emergencies like C- sections.
- 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 in collaboration with ICMR.
- Study to validate the Molbio Diagnostics - Truenat Sickle Cell Anaemia Test was done at Gudalur Adivasi Hospital, The Nilgiris



Training

The first batch of ANM students completed their course with an additional 6months internship at our hospital and various government PHCs .The Govt doctors appreciated our students' competence to single handedly manage the primary health centers. The ANM programme has been possible with the continued support of Poristes Foundation and our dedicated faculty.

2 students Medhi and Ashok completed BSS courses in Pharmacy &Accounts.

Vyshna, ShanthaKumari , Kumaresan & Harikrishnan joined for BSc nursing with the support of Poristes. Anitha joined Msc Nursing and Vinitha & Minitha joined GNM nursing with the support of Rambo foundation, UK.

18 medical and 3premed students from foreign universities enrolled in our medical elective program. 5 Indian students included MHA students from TISS, MSc nurses from St Johns, Social work students from many universities etc. interned in our hospital

Construction of staff quarters, dormitory and canteen at 2nd mile land is completed.

Volunteers &Visitors

Drs Sabine& Martin visited us again and together with Dr Ramakrishnan a surgeon, trained our nurses& ANM students during their stay with us.

Jane Raddats, a specialist haemoglobinopathy midwife also took some valuable sessions for our nurses and students while David Rowlands audited our laboratory. They generously donated an electrophoresis unit for our Sickle Cell Disease Centre

Drs Jenny & Paul held various sessions to introduce the team regarding the importance of proper data management and initiated various templates and protocols for clinical data collection.

Plenti volunteers Chris & Christopher did sessions on Governance, Nick & Helen worked with our cooks in Canteen on hygiene, Jack & Ro had sessions for nurses & ANM students on the importance of empathy in nursing care.

Funders

Poristes Stiftung continues to support all aspects of the training program. Government funding for the Sickle Cell programme continues under NHM. The “Bed Grant” reimbursements are long pending; we are spending Rs.7million per year and are being reimbursed only Rs.1.5 million per year by Govt. We have also received funding from Speech and Hearing Foundation UK, the JAK Foundation UK, TIHF USA, From Here to There UK, Vidyalay.org, USA, The Anaha Trust, Nilgiri Adivasi Trust UK, Friends of Hope UK, Tech 4dev, Tech4good, ARRIS and many individual donors.

Our sincere thanks to all our supporters for sustaining the work

Details of ASHWINI Board				
Name	Position	No. Of Meetings Attended	Remuneration	
M. Kethan	President	3	Nil	There was no international travel by board members or staff of ASHWINI
K.T.Subramanian	Secretary	3	Nil	
N. Kumaran	Treasurer	3	Nil	

Staff Salary	Male	Female	Total
<5000	1	0	1
5000-10000	4	31	35
10,000-25,000	16	43	59
>25,000	4	15	19
Total no. of staff			114
Highest salary- Rs.100000 Per month for a Specialist doctor			
Lowest Salary-Rs.5000 Per month			

ASSOCIATION FOR HEALTH WELFARE IN THE NILGIRIS - ASHWINI			
Financial Statement for the year 2019-2020			
Receipts & Payments Account			
Receipts for the year ended on 31/03/2020		Payments for the year ended on 31/03/2020	
Opening Cash and Bank Balance	3053988	Hospital	
Self Generated Fund Hospital Operations/Interest from Bank/Community Fund	18287353	Salaries	17061054
Donation from Indian Individuals	2087777	Medicines & consumables	4166291
Grants from Tata Trusts/Indian Trusts	4734376	Operational Cost	2991970
Grants from Government	13157814	Laboratory	1521724

Donation from International Individuals	15516958	Canteen	2118879
Grants from International agencies PoristesStiftung/Hope/The NilgiriAdivasi Trust/Give India/Harvard	3695668	Community Health Program	
Sale of Investments - FD matured	74160500	Salaries	3599942
Loans/Advances	24073455	Operational Cost	5899258
Other receipts	637776	Training	
Total Receipts	159405664	Salaries	1693435
		Stipend/Food/Accommodation	1877750
		Operational Cost	2113129
		Other Program Expenses	7305080
		Capital Expenses	9311002
		Purchase of investments - FD	62406516
		Loans/Advances	22286069
		Early Intervention Centre	587760
		Research & Documentation	4154520
		Total Payments	149094378
		Closing cash and bank balance	5742229
Note: Refer Balance Sheet			4569057

Income & Expenditure Statement			
Income in Rs for the year ended on	3/31/2020	Expenditure for the year ended on	3/31/2020
Earned / Self generated income	18858811	Curative Care	6135046
Donations from Indian Sources	2652053	Hospital Operations	6094183
Grants from Indian Sources	16984059	Training	7975786
Donations from international Sources	15516958	Administration	1638583
Grants from International Sources	3601589	Personal Costs	13330726
Other Income	475694	Community Health Program	7311902
		Support Services	7464419
		Research & Documentation	1944197
		Early Intervention Centre	575229
		Depreciation as per schedule	5421651
		Excess of income over expenditure	197442
Total Income	58089164	Total Expenditure	58089164

Balance Sheet	
Assets as on	31/03/2020 in Rs
Fixed Assets	133338350
Investments	25238350
Loans and advances	19430582
Cash and Bank balances	7715251
Total Assets	185722533
Liabilities as on	31/03/2020 in Rs
Society funds	104265306
General fund (unrestricted fund)	10165916
Corpus fund	16296580
Restricted / Earmarked funds	11451944
Current Liabilities and provisions	48111844
Total Liabilities	190291590
Notes on account separately annexed to Balance sheet as scheduled XIII	-4569057



First batch of ANM students

Donations

In India - Are exempt from income tax under section 80G of the income tax act. Money can be transferred directly to our account in SBI, Gudalur as ASHWINI DONATIONS, Current account No: 35765454150 IFSC Code: SBIN 001016

In USA -Tax deductible donations can be made **by check** to Vidyalay.org Foundation Inc and mailed to Ms.Asmita Shendye, 35 Meyer Drive, Clifton, NJ 07012

OR

By online donation through Tribal India Health Foundation <http://www.tihf.org.in/> and click the “donate” button on the page “How you can help”.

In the UK - Gift Aid can be a benefit if donations are sent to Account Name: From Here To There, Sort Code: 30-65-92, Account number: 16621468. Email: friendsofgudalur@gmail.com.