



# Shri Onkar Singh Memorial Trust®

(Public Charitable Trust)

B-12 NBT Apartments, Mayur Vihar, Phase-I, Delhi-110 091 (India) Tel.: 91-11-22752678

## Free Surgical cum Medical Camp – A Report (November 18, 2018 to November 24, 2018)

Continuing their mission of providing high quality free surgical and medical treatment to the poor and the needy in the rural regions of northern India, the *Shri Onkar Singh Memorial Trust* organised their fifty-third free surgical cum medical camp in the village Nougran in the Jammu district of the J & K State during the period November 18, 2018 to November 24, 2018. This happened to be the thirteenth camp of the Trust in this village.

### The Background

During the past few years, we have been concentrating on village Nougran for our medical and surgical activities. The patients of the Jammu region, some belonging to areas located as far away as two hundred and more kilometres from Nougran, have become familiar with the place and do not hesitate to travel long distances to reach here to avail high quality free medical and surgical treatment during our camps.

### The Spadework

The Nougran operation theatre needs some upgradation and, therefore, some arrangements had to be made to look for an alternate place to carry out operative work. It was decided that the OPD's should be conducted at Nougran only as usual. However, the operations would be performed in a nearby hospital, by the name of National Hospital, in a place called Gadigarh, midway between the city of Jammu and our camp site at Nougran. The matter was discussed with Dr Jasbeer Kour, the owner of the National Hospital and details of the process to be followed were worked out. This hospital has three modern operation theatres and an intensive care unit which all suited us. The hospital provided us all support during the camp. Dr Jasbeer Kour very kindly also provided gynaecological services to our patients, ignoring her own financial interests. This arrangement worked great for all of us and we are open to utilising this facility in future too, if and when needed.

### The Finances

Our benefactors who provided us material and monetary support for this camp include the following:

- Susan Pfau, through Samjivani Foundation, from USA;
- Dr Y P Kapur from UK;
- R K Kaul, Justice S N Kapur, S S U Tabrez (through Society for Educational and Economic Development), M P Singh, Kanak Sood, Dr M Nagaraju, Vinay Aditya, Rashmi Mehta, Mahesh Kothari, Bimla Sajwan, Dr Lalita Sharma, S E Manjunath, Sharp Ply India Pvt. Ltd., and several others from India.

### Arrival at Nougran : Setting up the Camp

It was a compact team of fourteen people who travelled by the Jammu Rajdhani on the evening of November 17, 2018 from Delhi to reach Jammu station the next morning. The others joined us

later, separately. Harish reached Jammu by ambulance driven by Mukesh Saini. Dr Vivek joined the team on Monday, a day later, because of some personal engagements at Delhi on Sunday. Dr Om Prakash joined us separately at Jammu; he happens to be the medical superintendent at the nearby ESI hospital (at Bari Brahmana).

The team from Delhi was escorted to Nougran by our own ambulance and a couple of personal vehicles of volunteers. The OPD was established at Nougran and medicines too were provided to the patients at Nougran itself. The decision to do operative work at National Hospital, Gadigarh, Jammu, had been taken at Delhi for the reason that the operation theatre at Nougran needed some upgradation. This hospital belongs to Dr Jasbeer Kour, practising gynaecologist, and her orthopaedist husband. Both of them had very enthusiastically offered to accommodate us and our patients totally free and without any charges. To this effect, surgical instruments, OR linen, anesthesia equipment, monitors, cautery machines, consumables as well as the washing machine were all transported to the National Hospital on Sunday itself. The operative work had to start from the next day, i.e., Monday. A large number of patients who attended the first day OPD were those who had not been able to get operated during our previous camp a month earlier. Those who had to be operated on Monday were short-listed and advised to reach Nougran the next day at 8 AM for being transported to Gadigarh where they were to be operated and kept for a day. The patients and their relatives understood the change in our functioning this time and easily adjusted to the change. We conducted surgery for four days, from Monday to Thursday. Every day the patients would be operated at Gadigarh. After a stay of some twelve to twenty-four hours there, they would be transported back to Nougran for further post-operative care. By the time of our departure, all our post-operative patients were well settled and discharged with advice to attend the Gadigarh hospital for follow-up.

### **Camp Activities**

A total of 677 patients attended our OPD. Patients managed to come from far off places like Ram Nagar, Udampur, Jourian and Poonch, some of these remote areas being over 200 kilometres from the venue of the camp. Border areas of RS Pura and Arnia too found representation.

A total of fifty-two major and minor surgeries were carried out. Dr Jasbeer Kour, the owner of the National Hospital at Gadigarh, was kind to not only provide us all the facilities of a well equipped hospital but also carry out five major gynaecological procedures, including four vaginal hysterectomies, all free of cost, on our camp patients. She agreed to take care of our post-operative patients too, after our departure at the conclusion of the camp. We had two cases of non-functioning kidney that underwent nephrectomy. One of these was a massive adherent pyonephrotic kidney while the other was a shrunken kidney with multiple calcified cysts. The OPD work was done in Nougran. The operative patients were transferred to the National Hospital, some 8 kilometres from Nougran, by our newly acquired ambulance, operated there, and transferred back to Nougran for post-operative care. Immediate post-operative care was provided in the National Hospital itself for 12 to 24 hours, and we are all praise for the nursing staff of the National Hospital who managed all our patients with intense devotion and dedication.

There were some new entrants to the SOSMT family this time. Dr Vijay Dutta, a senior consultant and head of the medicine department at the Indian Spinal Injuries Centre in Delhi joined us for the first time in this camp. He, along with Dr Lalita Sharma and Dr Hira Lal/

Dr S B Taneja (the latter, alternately), managed the OPD work at Nougran. Dr Vivek, DNB in general surgery, too made himself available for this benevolent work. Sachin and Md Uvesh joined as OR technicians.

The overall statistics of the camp are as follows:

1. Total outdoor attendance	677
2. Total indoor admissions	41
3. Total number of surgical procedures	52
• Major surgical procedures (necessitating general or spinal anaesthesia)	41
• Minor surgical procedures (requiring local/regional anaesthesia; including sebaceous cysts, lipomas, ingrowing toe nails, etc.)	11
4. Major surgical procedures: A breakup (41 cases)	
• Abdominal (Cholecystectomy 20)	20
• Gynaecological (Vaginal hysterectomy + prolapse repair 4)	5
• Hernia	
♦ Adult, inguinal	6
♦ Umbilical/Paraumbilical	1
♦ Incisional	1
• Breast lump (Axillary tail of breast 1)	1
• Paediatric (Congenital inguinal hernia 1)	3
• Urological (Nephrectomy 2)	2
• Rectal/Perianal (Hemorrhoidectomy 2)	2

## Return to Delhi

The team left Jammu on the evening of November 24, 2018 and reached Delhi on the morning of November 25, 2018.

## Future Plans

Our next free surgical cum medical camp has been scheduled for March 24 to 30, 2019. The venue is likely to be the government hospital in Phagwara, in Punjab, where we earlier held a similar camp in March-April 2016. Venues for the subsequent camps in 2019 are being planned.



November 28, 2018

**S K Mehta**  
Chairman, SOS Memorial Trust



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## So far...

Here is a summary of the services rendered by the *Shri Onkar Singh Memorial Trust* through the holding of free surgical cum medical camps starting from the year 2000.

Venue-Duration	OPD Attendance	Indoor Admissions	Operations		
			Major	Minor	Total
First 42 camps Between October 2000 and April 2015	58,040	1676	1455	963	2418
43. Basohli (Distt. Kathua, J & K State) October 25, 2015 – October 31, 2015	972	23	23	15	38
44. Nouggran (Distt. Jammu, J & K State) November 29, 2015 – December 5, 2015	830	37	37	38	75
45. Phagwara (Distt. Kapurthala, Punjab) March 27, 2016 – April 3, 2016	2033	37	37	16	53
46. Nouggran (Distt. Jammu, J & K State) October 16, 2016 to October 22, 2016	2033	37	36	24	60
47. Kundli (Distt.Sonepat, Haryana) November 20, 2016 to November 26, 2016	796	21	21	4	25
48. Nouggran (Distt. Jammu, J & K State) March 12, 2017 to March 18, 2017	1186	48	48	39	87
49. R S Pura/Nouggran (Distt. Jammu, J & K State) April 9, 2017 to April 15, 2017	1186	52	39	9	48
50. Nouggran (Distt. Jammu, J & K State) Novemberr 4, 2017 to November 11, 2017	963	52	52	22	74
51. Nouggran (Distt. Jammu, J & K State) April 1, 2018 to April 7, 2018	1205	42	41	42	83
52. Nouggran (Distt. Jammu, J & K State) September 30, 2018 to October 6, 2018	775	36	34	22	56
53. Nouggran (Distt. Jammu, J & K State) November 18, 2018 to November 24, 2018	667	41	41	11	52
<b>Total</b>	<b>68,592</b>	<b>2,102</b>	<b>1,864</b>	<b>1,205</b>	<b>3,069</b>



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## Free Surgical cum Medical Camp at Nougtran, District Jammu, J & K State

(November 18, 2018 to November 24, 2018)

### Names of Participants

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1. S K Mehta	:	Chairman, SOSMT
2. Dr K S Charak (MS, FRCS)	:	Surgeon
3. Dr R Sawhney (MD)	:	Anaesthesiologist
4. Dr Vijay Dutta (MD)	:	Physician
5. Dr S B Taneja (MS)	:	Surgeon
6. Dr Lalita Sharma	:	Paediatrician
7. Dr Jasbeer Kour	:	Gynaecologist
8. Dr Hira Lal	:	Surgeon
9. Dr Om Prakash	:	Surgeon
10. Dr Vivek (DNB-Surg)	:	Surgeon
11. Sister Veena	:	OR Nurse
12. Sister Darshana	:	Nurse
13. Harish	:	Pharmacist
14. Sachin	:	OR Technician
15. Md Uvesh	:	OR Technician
16. Avadesh	:	OR Assistant
17. Rahul	:	Nursing Orderly
18. Mukesh Kr Saini	:	Ambulance Driver
19. Darshan Chib	:	Volunteer
20. Ravi Sharma	:	Volunteer

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