



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 3, 2019 to November 9, 2019)

The fifty-fifth free surgical cum medical camp by the *Shri Onkar Singh Memorial Trust* was conducted in the village Nougran in Jammu district of the Union Territory of Jammu & Kashmir, the first such camp after the J & K State was bifurcated into two Union Territories by the Prime Minister Narendra Modi's Government. This was the fifteenth such camp in this village by the Trust.

The Background

The village Nougran is a time-tested and comfortable place for us to conduct our surgical cum medical camps. Besides, we are making efforts to develop this place as a centre for our regular medical services for the patients of this area. Patients too find this venue as a comfortable and benign place because of its being more clean, open and airy, with ever helpful volunteers from local areas as well as from outside. We have already conducted fourteen very successful surgical cum medical camps here during the last few years.

The Spadework

With the changed circumstances due to the abrogation of articles 370 and 35A in the J & K State in August this year, there was an apprehension in the minds of our team members about the likely political and social disturbances in this area. However, Jammu is a relatively calm and quiet place, and Nougran is almost completely innocuous politically. So, the team members understood this and we conducted our first free surgical cum medical camp in the new Union Territory of Jammu & Kashmir. As in the previous camps, we took the help of the National Hospital in Gadigarh, some seven kilometres from Nougran, to conduct our surgical operations. The OPD's were held at Nougran. As in the previous camps, the method employed was that the surgical patients would be transported by ambulance to the National Hospital on the morning of operation and would be transferred back to Nougran the next day as post-operative patients. The further follow-up would then be provided at Nougran. While we used the operation room of the National Hospital, we had our own instruments, linen, washing machine, and technical staff to accomplish our objective. While the National Hospital has helped us conduct our camps, there is a lot of loss of time and effort in the whole process. We hope that in future, we would be able to develop Nougran as the venue where all camp activities could be carried out. We have already initiated action on that front.

The Finances

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

- Susan Pfau through Samjivani Foundation, Minu Desai, Dr Sajani Sukhadia and Dr Vinod Malhotra from USA;

- Dr S M Bhanot and Dr Y P Kapur from UK;
- R K Kaul, Justice S N Kapoor, Sh Sudhir Mehta, Smt Deepti Singh, Dr S B Taneja, Dr Lalita Sharma, Ms Rakesh Sharma, Mrs Indra De, Sh S S Jasrotia, Abhishek Glass & Plywoods (Bangalore), Arvind Saigal, Sh Krishan Pal Bhatti, Dr Suman Charak Jamwal, Preeti Agarwal, Sudhir Agarwal, Kapil Singhal and Dr K S Charak from India.

Arrival at Nougran : Setting up the Camp

The team of doctors, nurses, paramedical staff and volunteers reached Jammu station by the Rajdhani Express on the morning of November 3, 2019. The team was then transported to Nougran by our ambulance and the cars of some volunteers. Dr Vishal (DNB – Surgery), who joined a couple of days later, was a new entrant to the SOSMT family. Other new entrants were Sister Anita, a Staff Nurse in the ESI Hospital Rohini in Delhi, and the volunteer Mr Satish Tipnis.

As usual, 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 in consultation with Dr Jasbeer Kour and her husband. As during our previous camp, the surgical instruments, OR linen, anaesthesia 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. The standard surgical plan every day was to transport operative patients to the National Hospital in the morning, operate on them there, retain them there overnight and then return them to Nougran for further post-operative care the next day. This time, we conducted major surgeries on only three days, from Monday to Wednesday. Minor surgeries were conducted on Thursday in Nougran itself. With a little extra free time available on Friday, some of our members made a pilgrimage to the hallowed cave shrine called Shiva-Khodi. Lord Shiva is supposed to have sheltered Himself in this 400 feet long highly tortuous narrow cave to escape the wayward demon Bhasmasura. The Lord had Himself granted to the demon the boon of turning into ashes anyone on whose head the demon put his hand. Having been granted the boon, the demon wanted to test the efficacy of his powers on Lord Shiva Himself. It was Lord Vishnu who eventually neutralised the demon.

Camp Activities

A total of 534 patients attended our OPD. The OPD's were primarily managed by Dr Hira Lal and Dr Vijay Dutta. Dr A K De managed his orthopaedic patients both in OPD and OT; despite being in his eighties, he still manages his affairs energetically and with great zeal and dedication. He is a highly sought after person in our camp and patients like him immensely. Dr K S Charak managed the general surgical work with the help of Dr Ajit Deshmukh, further assisted by Dr Vivek and Dr Vishal. Dr Achala Batra, with her daughter Ankita Batra, who is also a gynaecologist, managed the gynaecological work. As usual, patients travelled long distances to avail surgical and medical treatment in the camp. Two patients, one a cholelithiasis and another with a renal calculus were actually from Delhi; they preferred the high quality of work in our camp over the facilities available in Delhi.

A total of forty-six patients underwent major and minor surgical procedures during the four operative days, from Monday to Thursday. By the time of our departure, on Saturday, all patients were fit to go home.

The overall statistics of the camp are as follows:

1. Total outdoor attendance	534
2. Total indoor admissions	30
3. Total number of surgical procedures	46
• Major surgical procedures (necessitating general or spinal anaesthesia)	30
• Minor surgical procedures (requiring local/regional anaesthesia; including sebaceous cysts, lipomas, ingrowing toe nails, etc.)	16
4. Major surgical procedures: A breakup (30 cases)	
• Abdominal (Cholecystectomy 16)	16
• Gynaecological (Vaginal hysterectomy 2, Manchester repair 2; Ovarian cystectomy 1)	7
• Hernia (Incisional hernia 1)	1
• Urological (Nephrectomy 1; Pyelolithotomy 1; Ureterolithotomy 1; Cystolithotomy 1)	4
• Orthopaedic	2

Return to Delhi

Some of our members, due to important professional engagements, had to return early. Thus, Dr A K De, Dr Achala Batra and Dr Malati left for Delhi by Thursday, November 7, 2019. The rest of the team left Jammu by the Rajdhani Express on the evening of November 9, 2019 to reach Delhi on the morning of November 10, 2019

Future Plans

Work on renovation of our operation theatre and ward complex at Nouggran is almost complete. An ICU complex with two beds has already been constructed. We have planned to expand the present structure to make it suitable for being registered as a full time hospital. Official actions on that front have also been initiated. In the meantime, we have planned to hold two camps during early part of next year. The first of these shall be held in the Phagwara town of Punjab State, from March 1 to 7, 2020. After that, we are planning another camp in Jammu region from April 5 to 11, 2020. Dates for camps during the later part of the year 2020 shall be decided later.

November 12, 2019



S K Mehta

Chairman, SOS Memorial Trust



Shri Onkar Singh Memorial Trust®

(Public Charitable Trust)

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

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 45 camps between October 2000 and April 2016	61,875	1,773	1,552	1,032	2,584
46. Nougran (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. Nougran (Distt. Jammu, J & K State) March 12, 2017 to March 18, 2017	1186	48	48	39	87
49. R S Pura/Nougran (Distt. Jammu, J & K State) April 9, 2017 to April 15, 2017	1186	52	39	9	48
50. Nougran (Distt. Jammu, J & K State) Novemberr 4, 2017 to November 11, 2017	963	52	52	22	74
51. Nougran (Distt. Jammu, J & K State) April 1, 2018 to April 7, 2018	1205	42	41	42	83
52. Nougran (Distt. Jammu, J & K State) September 30, 2018 to October 6, 2018	775	36	34	22	56
53. Nougran (Distt. Jammu, J & K State) November 18, 2018 to November 24, 2018	667	41	41	11	52
54. Nougran (Distt. Jammu, J & K State) March 24, 2019 to March 30, 2019	938	41	40	30	70
55. Nougran (Distt. Jammu, J & K State) November 3, 2019 to November 9, 2019	534	30	30	16	46
Total	70,064	2,173	1,934	1,251	3,185



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 at Nougtran, District Jammu, J & K State

(November 3, 2019 to November 9, 2019)

Names of Participants

1. S K Mehta	:	Chairman
2. Dr K S Charak (MS, FRCS)	:	Surgeon
3. Dr R Sawhney (MD)	:	Anaesthesiologist
4. Dr Vijay Dutta (MD)	:	Physician
5. Dr Malati Tiwari (MD)	:	Anaesthesiologist
6. Dr Achala Batra (MD)	:	Gynaecologist
7. Dr Ajit Deshmukh (MS)	:	Surgeon
8. Dr A K De	:	Orthopaedic Surgeon (UK)
9. Dr Hira Lal	:	Surgeon
10. Dr Ankita Batra (MD)	:	Gynaecologist
11. Dr Vivek (DNB)	:	Surgeon
12. Dr Vishal (DNB)	:	Paediatrician
13. Sister Gurmail	:	OR Nurse
14. Sister Pushpa Sharma	:	OR Nurse
15. Sister Anita	:	OR Nurse
16. Master R C Yadav	:	Male Nurse
17. Harsh Kapoor	:	Pharmacist
18. N D Khanna	:	Administrator
19. Dan Singh	:	OR Technician
20. Dalbir	:	OR Technician
21. Suresh	:	OR Assistant
22. Tarun Gupta	:	Volunteer
23. Mrs. Raj Khanna	:	Volunteer
24. Ravi Sharma	:	Volunteer
25. Satish Tipnis	:	Volunteer
