



# 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

(March 24, 2019 to March 30, 2019)

The *Shri Onkar Singh Memorial Trust* carried out their fifty-fourth free surgical cum medical camp in village Nougran in Jammu district of the J & K State from March 24, 2019 to March 30, 2019. This was the fourteenth camp of the Trust in this remote village.

### The Background

The camp in Nougran this time happened to be an unexpected event. It was actually planned in Phagwara in Punjab but changing political circumstances in India made us change the venue to our old, time-tested Nougran. As we discovered during the camp, patients actually are more comfortable in Nougran than elsewhere. We had a good OPD attendance and a fair number of surgical procedures were performed.

### The Spadework

As mentioned above, the plan was to conduct a free surgical cum medical camp in Phagwara town in the Punjab State during the last week of March 2019. Dr Charak and Tariq Badar had receded the place, formalized the venue in the Civil Hospital, Phagwara, and initiated the preparation in Delhi for the forthcoming camp in Phagwara. However, in the meantime, general elections were announced in India and the possibility of political involvement in the camp activity as well as the likelihood of violation of code of conduct during elections made us re-think about the venue. It was natural for us to revert to our time-tested, politically innocuous Nougran in Jammu district even though it was some trouble rescheduling the travel arrangements of the team and managing other logistics.

As during our previous camp, we conducted OPD's at Nougran but carried out operative procedures at the National Hospital, Gadigarh, midway between the city of Jammu and our camp site at Nougran. Dr Jasbeer Kour who runs and owns the National Hospital, was only too eager to accommodate us. She also joined our camp activities and treated our gynaecological patients both in the OPD as well as in the operation theatre. She also agreed to take care of our post-operative patients after our departure. Her operation theatre is well equipped and to add to that we had our own OR staff, surgical instruments, washing machine and linen to be able to take care of things in the best possible manner.

### The Finances

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

- Susan Pfau, through Samjivani Foundation, Lalith Mehta, Dr Anita Nagpal and Dr Vinod Malhotra from USA;
- Gerlinde Buechinger-Schmid from Germany;

- Dr Y P Kapur from UK;
- R K Kaul, Justice S N Kapur, Vinay Aditya, Dr S B Taneja, Dr Lalita Sharma, Dr Sreela Baruah, Dr A K De, Sh S S Jasrotia, Sanjay Kapoor, Akshay Taneja and Dr K S Charak from India.

### **Arrival at Nouggran : Setting up the Camp**

With efforts from Dr Hira Lal in Delhi and Prof P S Charak in Jammu, we managed to procure railway berths in the Jammu Rajdhani train from Delhi to Jammu on the evening of March 23, 2019. The team reached Jammu, and finally Nouggran, on the morning of March 24. The ambulance carrying medicines and other related stuff from Delhi had already reached Nouggran a day earlier. Dr Purak Misra (Surgeon) was a new entrant to the family of SOSMT this time as was Yash (OR Assistant).

As usual, the OPD was established at Nouggran and medicines too were provided to the patients at Nouggran itself. The decision to do operative work at National Hospital, Gadigarh, Jammu, had been taken in consultation with Dr Jasbeer Kour and her husband. We are planning to continue this arrangement with the National Hospital till our Nouggran theatre complex is upgraded, and for which the due process has already been initiated. 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. A large number of patients who were to be operated on the first day were those resulting from the overflow during our previous camp. 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 Nouggran for further post-operative care the next day. We conducted major surgeries at the National Hospital for four days, from Monday to Thursday. On Friday we did only minor cases, under local anaesthesia, and these were done at Nouggran itself. By the time of our departure, all our post-operative patients were well settled and discharged with advice to attend the National Hospital, Gadigarh, for follow-up.

### **Camp Activities**

A total of 938 patients attended our OPD. The OPD's were primarily managed by Dr S B Taneja and Dr Lalita Sharma, with Dr Hira Lal often shuttling between OPD and operation theatre from time to time. Dr A K De managed his orthopaedic patients both in OPD and OT and appeared to be satisfied with the number and outcome of his surgeries. He is a highly sought after person in our camp and patients like him immensely. Dr Jasbeer Kour took care of the gynaecological patients. Dr Devinder Kumar, Dr M S Yadav and Dr Purak Misra helped Dr Charak in the operation theatre. As during our previous camps, 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. We operated upon one patient of cholelithiasis (gall stones) who actually belonged to Patna, Bihar, and was in Jammu area in search of work.

A total of seventy patients underwent major and minor surgical procedures during the five operative days, from Monday to Friday. As during our previous camp, Dr Jasbeer Kour was a great help. She not only permitted us to conduct our surgical activities but also looked after our gynaecological work in the OPD and conducted gynaecological operations for us, all free

of cost. She has offered us all help for this work in future too, without hesitation. As far as the post-operative patients are concerned, 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.

The overall statistics of the camp are as follows:

1. Total outdoor attendance	938
2. Total indoor admissions	41
3. Total number of surgical procedures	70
• Major surgical procedures (necessitating general or spinal anaesthesia)	40
• Minor surgical procedures (requiring local/regional anaesthesia; including sebaceous cysts, lipomas, ingrowing toe nails, etc.)	30
4. Major surgical procedures: A breakup (40 cases)	
• Abdominal (Cholecystectomy 16)	16
• Gynaecological (Vaginal hysterectomy 2, cystocoele repair 1)	3
• Hernia	
♦ Adult, inguinal (including undescended testis/orchidectomy 1)	7
♦ Incisional	1
• Breast lump	3
• Rectal/Perianal (Hemorrhoidectomy 1, Fistulectomy 1)	2
• Orthopaedic	8

## Return to Delhi

Prof P S Charak helped us to arrange the return tickets from Jammu to Delhi by the Jammu Rajdhani train at short notice. The team reached Delhi on the morning of March 31, 2019.

## Future Plans

We are soon initiating some renovation at Nouggran to upgrade our operation theatre as well as our patient care area. A couple of ventilators shall also be procured to ensure safe recovery of our post-operative patients. The plan also includes isolating an area for surgical ICU adjacent to the operation theatre. We hope these changes would get incorporated in our present building structure during the next 3 or 4 months and make our services much more safe and efficient.

Our next free surgical cum medical camps, most likely two of them, shall be held in the months of October and November 2019. The exact dates and venues will soon be decided and conveyed to all concerned.



April 8, 2019

**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. Nougran (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. 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
<b>Total</b>	<b>69,530</b>	<b>2,143</b>	<b>1,904</b>	<b>1,235</b>	<b>3,139</b>



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

(March 24, 2019 to March 30, 2019)

### Names of Participants

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1. Dr K S Charak (MS, FRCS)	:	Surgeon
2. Dr R Sawhney (MD)	:	Anaesthesiologist
3. Dr Devinder Kumar (FRCS)	:	Colo-rectal Surgeon (UK)
4. Dr A K De	:	Orthopaedic Surgeon (UK)
5. Dr M S Yadav (MS)	:	Surgeon
6. Dr S B Taneja (MS)	:	Surgeon
7. Dr Lalita Sharma	:	Paediatrician
8. Dr Jasveer Kour	:	Gynaecologist
9. Dr Hira Lal	:	Surgeon
10. Dr Purak Misra (DNB-Surg)	:	Surgeon
11. Sister Gurmail	:	OR Nurse
12. Sister Pushpa Sharma	:	OR Nurse
13. Sister Chhaya Malik	:	OR Nurse
14. Sister Shakuntala	:	Nurse
15. Master R C Yadav	:	Male Nurse
16. Harsh Kapoor	:	Pharmacist
17. N D Khanna	:	Administrator
18. Dan Singh	:	OR Technician
19. Kartik	:	OR Technician
20. Yash	:	OR Assistant
21. Avdesh	:	OR Assistant
22. Mrs. Raj Khanna	:	Volunteer
23. Darshan Chib	:	Volunteer
24. Ravi Sharma	:	Volunteer

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