

FINAL REPORT

MEDICAL HEALTH CAMP

AT

SARISKA TIGER RESERVE

ON

FEBRUARY 29, 2016



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ACKNOWLEDGMENT

The Medical Health Camp was organized on February 28, 2016 by the Tiger Trust with support and collaboration of Rajasthan Forest Department, Alwar Division at Sariska.

We offer our sincere thanks and appreciation to Dr. D.S. Chaddha and Dr. K.S. Chaddha for their time and support. We also thank Dr. N. Pachouri, Mr. Manoj Parashar, DFO, Mr. Jhakar, ACF, Mr. Sanjeev Karagwal, Advocate, and all the members from the Forest Division, Alwar for their active participation and support in organizing the Camp.

Tiger Trust

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RESOURCE PERSONS

Ms Anjana Gosain, an eminent environmentalist and Senior Attorney at the Hon'ble Supreme Court of India, is the Chief Functionary Officer, resource person and faculty at the Tiger Trust. She has been associated with the Trust for the past 25 years. She is the mind behind training programs organized by the Trust and has an extensive experience in organizing such programs. Ms Anjana leads, guides, coordinates, and develops works of various types like training and module planning, motivating the trainees, organizing faculties for the training, etc. She has also authored *Compilation of Cases under the Wildlife Protection Act (1972)* and *Ready Reckoner for Successful Prosecution of Wildlife Criminals*.

Dr. Kanwarjit Singh Chaddha, a noted gastroenterologist and a cardiologist, a rare qualification from Delhi Medical College, is a senior specialist medical practitioner from Delhi. He has spent more than 40 years of his life in the medical field. He worked as a Registrar for Internal Medicine Department in Lok Nayak Jai Prakash Hospital and G B Pant Hospital, both in New Delhi. He was appointed as a Consultant in the Internal Medicine & Cardiology in Talghani Hospital in Gonbad-e-Kavus in Iran for 4 years. Later, in 1983, he started his private multispecialty hospital, Chadha Nursing Home in New Delhi. At present he is working as a Senior Consultant in Internal Medicine & Multi

System Diseases. On being approached by the Tiger Trust, Dr. Chadha readily agreed to attend the Camp.

Dr. Daljeet Chaddha, a noted Gynecologist and Obstetrician from Delhi, has a vast experience of over 30 years in the medical field. As an enhancement to her skills, she also completed Diploma in Gynecology and Obstetrics. She had worked with a number of reputed hospitals in Delhi. She has a number of national as well as international publications in various journals on the gynecology and obstetrics. On being approached by Tiger Trust with the proposal of Medical Health Camp, she offered her full support and cooperation for the Camp.

Dr. N. Pachori, a general medical practitioner employed with the Block Medical Office, Government of Rajasthan at Thanagazi. Dr. Pachori was approached by Tiger Trust in December 2015 for seeking insight into the prevailing medical issues and the availability of medical facilities in the area. On being approached for his participation in the Camp, he gladly accepted and promised his full support.

Mr. Vishu Agrawal, is a practicing Advocate at Delhi High Court. He has been associated with Tiger Trust for the past 3 months. He has been coordinating with the Forest Department and has been managing the documentation of the Medical Camp.

INTRODUCTION

Tiger Trust India is an Organization working for the conservation and protection of the wildlife, specifically the tigers, since 1989 in all the tiger reserves of India. The main objective of the Trust is to build an effective legal infrastructure, strong network of trained and empowered forest staff that provide long-term support for tiger conservation in national parks by increasing pool of human resources to combat emerging threats and challenges for the long-term survival of tigers. In order to achieve its goals, the representatives of the Trust visit different Tiger Reserves across the nation and organize various activities with the concerned Forest Departments, namely, the Capacity Building Programs, Women Forests Guards Training Programs, Health Camps, etc., for the staff of the Forest Departments.

The job profile of the forest staff confines them to the areas where the medical facilities are not readily available. The Medical Health Camp organized by the Trust provides an opportunity for such members of the staff to get them diagnosed without affecting their day-to-day work. For this purpose, the Trust invites Senior Medical Practitioners from various parts of the country for regular diagnosis of the forest staff.

MEDICAL CAMP PROGRAM

Being healthy is essential for all human beings for discharging their duties and responsibilities effectively. The forest staff is responsible for the protection and care of wildlife and its habitat. The job of the forest staff is very difficult as they have to work 24x7 in all kinds of weather and temperatures in the remote areas.

Forest Department of Sariska Tiger Reserve and the Wildlife Conservation Trust of Mumbai jointly organized a medical camp and conducted extensive medical tests by ophthalmologist, endocrinologist, cardiologist, and gastroenterologist along with diagnostics measures in August 2015. The medical reports were handed over to the forest staff with recommendations and findings.

The forest staff is covered under the Government Medical Scheme, but due to paucity of time, it is not possible for all of the staff members to approach good medical specialists for follow-up treatment.

In one of the meetings held on December 23, 2015 between Mr. R.S. Shekhwat, CCF and Mrs. Anjana Gosain, Chief Functionary Officer (Tiger Trust), it was decided to organize follow-on medical camp with specialist doctors from Delhi.

As per the plan, Dr. Daljeet Chaddha, a noted gynecologist, accompanied Mrs. Gosain on a preliminary visit. They visited the hospital at Thanagazi and met Dr. Pachori, the Block Medical Officer, for seeking an update and existing medical issues in the area. For better understanding of the problems of the

patients, it was decided to involve Dr. Pachouri, the Block Medical Officer along with the diagnostic team for follow-on medical camp.

The Medical Camp was held on February 28, 2016 at Kailash Sankhla Interpretation Center, Sariska Tiger Reserve. The Camp was organized by Tiger Trust and Forest Department with Dr. K.S. Chaddha, Dr. Daljeet Chaddha, Block Medical Officer Dr. N. Pachouri, and Mr. M.L. Tiwari and Mr. Ramesh Yadav, the laboratory technicians.

Methodology

There were several emails exchanged between the Forest Department and Tiger Trust indicating the plan. The members of the Forest Department were explained the objective of the Camp and were instructed to bring their previous medical records for the follow-up treatment.



Mr. Ramesh Yadav taking blood samples of the patient

The Camp commenced at 10:00 AM. Mrs. Anjana Gosain, the Chief Functionary Officer, Tiger Trust welcomed the forest staff and Mr. Manoj Parashar, DFO. Mr. Vishu Agrawal recorded the background of the patients and filled-up the screening/registration forms. All the patients were provided with pamphlets/brochures, giving important information on the diabetes and high blood in Hindi. The patients were allotted serial numbers on first come first serve basis. The doctors examined the patients on the basis of this serial number.



Male Patients at the Camp

The members of the Forest Department had been intimidated in advance regarding this follow-on check-up Camp. They had also been instructed to bring their previous medical reports. From a total of 71 patients, there were 43

patients who were previously diagnosed with diabetes and blood sugar. Only 6 members were those who had been diagnosed in previous camp and were given follow-up treatment. The doctors examined the patients in light of their previous reports. There were 28 patients who had been examined for diabetes and blood pressure for the first time. The medical details were recorded in the screening form with the follow-up advice.



Female Patients at the Camp

Dr. Daljeet Chaddha examined the women forest guards. These guards admitted that they had never been examined for diabetes and blood pressure. However, upon examination, one female guard was tested positive for diabetes and two for high blood pressure. In addition, most of the female forest guards were anemic. Therefore, they were suggested to increase intake of iron and vitamin B12 contents in their diet. They were also prescribed medication for the same.

Out of the total patients examined, 28 members were found diabetic and 31 members had high blood pressure, whereas only one patient had adverse ECG report. The patient with adverse ECG report was advised for complete check up at City Hospital. Most the patients suffered from cough/cold, gastric troubles, and arthralgia. The doctors advised precautions, exercises, and prescribed medication for the same.



Dr. Daljeet Chaddha attending the patients

Recommendation

After examination of the patients, the doctors were of the opinion that the staff members were facing such ailments due lack of physical activities. It was, therefore, recommended by the doctors that staff should be exposed to more

physical activities. This would in turn increase their efficiency of work and they will be able to perform better. The doctors suggested them to increase intake of edible that contain minerals, vitamins, and fibers like fresh fruits, vegetables and avoid milk products that are high on fat, for example, butter, ghee, cheese, etc. The doctors also noted that most of the male patients consumed liquor and tobacco products. So, doctors informed the patients of the effects of tobacco and liquor on the body and how these substances affect the metabolism. The patients were advised to stop its consumption immediately.

The Camp finally concluded at 3:30 PM.



From left-Mr. Satyendra Yadav, Mr. Ramesh Yadav, Mr. M.L. Tiwari, Ms. Anjana Gosain, Dr. Daljeet Chaddha, Dr. K.S. Chaddha, Dr. N. Pachouri and Mrs. Pachouri

ANNEXURES

1. List of Patients who Attended the Camp

| Sr. No.- | Name | Gender | Range | Report |
|----------|---------------------------|--------|-----------------------|--|
| 1. | Mukesh Kumar | M | Ajabgarh | B. Sugar: 158 mg/dl, B.P.: 130/80 |
| 2. | Jagdeesh Prasad | M | Akbarpur | B. Sugar: 158 mg/dl B.P.: 140/100; |
| 3. | Madan Singh | M | Cr. Office | B. Sugar: 198 mg/dl B.P.: 150/100 |
| 4. | Surendra Kumar | M | Sariska | B. Sugar: 145 mg/dl B.P.: 120/90 |
| 5. | Devi Sahay Verma | M | Tehla | B. Sugar: 452 mg/dl B.P.: 130/90 |
| 6. | Umrao Singh | M | Tehla | B.Sugar: 121 mg/dl B.P.: 110/80 |
| 7. | Ashok Kumar Sharma | M | AlwarBafar | B. Sugar: 264 mg/dl B.P.: 130/90 |
| 8. | Dharm Singh | M | Sariska | B. Sugar: 97 mg/dl B.P.: 130/90 |
| 9. | RamavtarJat | M | Sariska | B. Sugar: 100 mg/dl B.P.: 120/80 |
| 10. | Ganpat Ram Gurjar | M | Sariska | B. Sugar: 99 mg/dl B.P.: 160/110 ECG: Abnormal |
| 11. | Lakshikant | M | Reception Room | B.Sugar: 121 mg/dl B.P.: 110/80 |
| 12. | Gopal Meena | M | Ajabgarh Range | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 13. | Ramhet Meena | M | Sariska | B. Sugar: 97 mg/dl B.P.: 130/90 |
| 14. | Jagdeesh Prasad Gurjar | M | Reception Room | B. Sugar: 101 mg/dl B.P.: 110/80 |
| 15. | Gogram | M | Forest Guard | B. Sugar: 105 mg/dl B.P.: 120/90 |
| 16. | Devi Sahay Sainee | M | AlwarBafar | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 17. | Babulal | M | Tehla | B. Sugar: 101 mg/dl B.P.: 110/80 |
| 18. | Kishan Lal Gurjar | M | Tehla | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 19. | Hiralal | M | Sariska | B. Sugar: 100 mg/dl B.P.: 100/70 |
| 20. | UmraoGurjar | M | Tehla | B. Sugar: 131 mg/dl B.P.: 140/78 |
| 21. | RadhakrishnaGurjar | M | Forest Flying Quad | B. Sugar: 105 mg/dl B.P.: 140/90 |

| | | | | |
|-----|-------------------------|---|--------------------|--------------------------------------|
| 22. | Hira Singh Gurjar | M | Guide | B. Sugar: 104 mg/dl B.P.: 120/80 |
| 23. | Sanjay Sharma | M | Sariska | B. Sugar: 116 mg/dl B.P.: 120/70 |
| 24. | Ghanshyam Dar Balai | M | Sariska | B. Sugar: 95 mg/dl B.P.: 130/80 |
| 25. | Girdhari Lal | M | Sariska | B. Sugar: 97 mg/dl B.P.: 130/80 |
| 26. | Meera Yadav | F | Division Office | B. Sugar: 145 mg/dl B.P.: 130/80 |
| 27. | Sakuntala Sainee | F | Division Office | B. Sugar: 95 mg/dl B.P.: 120/70 |
| 28. | Rekha Shekhawat | F | SariskaSadar | B. Sugar: 102 mg/dl B.P.: 130/80 |
| 29. | Sajna Samaria | F | Reception | B. Sugar: 110 mg/dl B.P.: 120/80 |
| 30. | Sanju Meena | F | SariskaSadar | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 31. | Roshni | F | Reception | B. Sugar: 103 mg/dl B.P.: 130/90 |
| 32. | UmraoLal | M | SariskaSadar | B. Sugar: 131 mg/dl B.P.: 140/78 |
| 33. | Ganga Ram Sahay | M | Akbarpur | B. Sugar: 105 mg/dl B.P.: 140/90 |
| 34. | Ranswaroop | M | Tehla | B. Sugar: 104 mg/dl B.P.: 120/80 |
| 35. | RadhakrishnaGurjar | M | Trees Dasta | B. Sugar: 116 mg/dl B.P.: 120/70 |
| 36. | Lakshman Singh | M | Tehla | B. Sugar: 95 mg/dl B.P.: 120/70 |
| 37. | MukeshMeena | M | Ajabgarh | B. Sugar: 110 mg/dl B.P.: 130/90 |
| 38. | Shankar Shekhawat | M | Reception | B. Sugar: 105 mg/dl B.P.: 150/100 |
| 39. | Mahendra Kumar Meena | M | Ajabgarh | B. Sugar: 99 mg/dl B.P.: 110/80 |
| 40. | Premchand | M | Ajabgarh | B. Sugar: 100 mg/dl B.P.: 100/70 |
| 41. | RamjiLal | M | Akbarpur | B. Sugar: 99 mg/dl B.P.: 110/80 |
| 42. | Rajendra Prasad | M | Tehla | B. Sugar: 110 mg/dl B.P.: 130/90 |
| 43. | Dinesh Chand Gurjar | M | Sariska | B. Sugar: 105 mg/dl B.P.: 140/90 |
| 44. | Nandkishor | M | Reception | B. Sugar: 104 mg/dl B.P.: 120/80 |
| 45. | Babulal | M | Alwar | B. Sugar: 103 mg/dl B.P.: 130/80 |
| 46. | SammanGurjar | M | Ajabgarh | B. Sugar: 100 mg/dl |

| | | | | |
|-----|---------------------|---|--------------------|---|
| | | | | B.P.: 130/80 |
| 47. | SanjeevKhushwah | M | Flying Squad | B. Sugar: 110 mg/dl B.P.: 130/90 |
| 48. | KishoriLala | M | Sadar | B. Sugar: 97 mg/dl B.P.: 140/90 |
| 49. | Surendra Singh Dhak | M | Akbarpur | B. Sugar: 120 mg/dl B.P.: 140/88 |
| 50. | Rohit Singh | M | Office – DVG | B. Sugar: 176 B.P.: 110/80 |
| 51. | Ramsharan Swami | M | Tehla | B. Sugar: 97 mg/dl B.P.: 140/90 |
| 52. | Bijendra Singh | M | RHP | B. Sugar: 99 mg/dl B.P.: 110/80 Medication for Asthmatic Allergy |
| 53. | Bhim Singh | M | Akbarpur | B. Sugar: 97 mg/dl B.P.: 130/90 |
| 54. | Jagmohan | M | Sariska | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 55. | Buddha Sen | M | Division Office | B. Sugar: 103 mg/dl B.P.: 130/90 |
| 56. | Veerbhan Singh | M | Division Office | B. Sugar: 131 mg/dl B.P.: 140/78 |
| 57. | Kheladi | M | SariskaSadar | B. Sugar: 105 mg/dl B.P.: 140/90 |
| 58. | MunneLalTiwari | M | Reception | B. Sugar: 104 mg/dl B.P.: 120/80 |
| 59. | Jay Bhan Singh | M | SariskaSadar | B. Sugar: 116 mg/dl B.P.: 120/70 |
| 60. | Rajman Singh | M | Reception | B. Sugar: 95 mg/dl B.P.: 120/70 |
| 61. | Lallu Singh | M | SariskaSadar | B. Sugar: 105 mg/dl B.P.: 120/90 |
| 62. | Pushpendra | M | Akbarpur | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 63. | Pooran | M | Alwar | B. Sugar: 101 mg/dl B.P.: 110/80 |
| 64. | RamaiBaiga | M | Tehla | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 65. | Vinod | M | Alwar | B. Sugar: 100 mg/dl B.P.: 100/70 |
| 66. | Ram Prasad | M | Akbarpur | B. Sugar: 101 mg/dl B.P.: 110/80 |
| 67. | Uttam Singh | M | Tehla | B. Sugar: 97 mg/dl B.P.: 110/70 |
| 68. | Ramsundar | M | Alwar | B. Sugar: 100 mg/dl B.P.: 100/70 |
| 69. | Fateh Singh | M | Reception | B. Sugar: 97 mg/dl B.P.: 120/80 |

| | | | | |
|-----|-----------------|---|----------|-------------------------------------|
| 70. | KishanJat | M | Ajabgarh | B. Sugar: 110 mg/dl B.P.: 110/70 |
| 71. | Rajendra Prasad | M | Tehla | B. Sugar: 97 mg/dl B.P.: 120/80 |

2. List of Patients who were Given Follow-up Check-up

| Sr. No. | Name of the Patient | Age | Report—March 2015 | Report—February 2016 |
|---------|---------------------|-----|--|---------------------------------------|
| 1. | Mukesh Kumar Meena | 32 | HBSAg +ve, ECG: Normal | B. Sugar: 158 mg/dl, B.P.: 130/80 |
| 2. | Jagdeesh Prasad | 54 | Hypercholesterolemia + Ref err Presbyopia (ECG Normal) | B. Sugar: 158 mg/dl B.P.: 140/100; |
| 3. | Madan Singh | 58 | DM + Hypertension (ECG Report - Abnormal) | B. Sugar: 198 mg/dl B.P.: 150/100 |
| 4. | Surendra Kumar | 45 | DM + Ref err Presbyopia (ECG Normal) | B. Sugar: 145 mg/dl B.P.: 120/90 |
| 5. | Devi Sahay Verma | 55 | DM + Ref err Presbyopia (ECG Normal) | B. Sugar: 452 mg/dl B.P.: 130/90 |
| 6. | Umrao Singh | 56 | HTN + Presbyopia with both eyes (ECG: Abnormal) | B. Sugar: 121 mg/dl B.P.: 110/80 |

3. Communications Exchanged



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Email : tigertrust_india@yahoo.com
anjana.gosain@tigertrustindia.org
Website : www.tigertrustindia.org

Dear Dr. Meena,
BCMO
21/12/2015
Greetings from Tiger Trust India.

Tiger Trust is a Non Government Organization and is mainly involved in organizing medical aid camps for the forest officials.

Tiger Trust has conducted community health programmes for the villagers living around the periphery of the tiger reserves. These health programmes are conducted by doctors who are specialists from various fields. They conduct preliminarily medical tests on the spot and also endeavor to educate the villagers on maintaining good health and hygiene.

Tiger Trust India has conducted medical aid camps in the past and we look forward to form an association with the Health Department, Alwar to continue the work in Sariska National Park. We are looking forward to organize a Medical Aid Camp at Sariska National Park for forest guards and other officials in association with the Health Department, Alwar.

We are arriving on 23rd December, 2015 at 10:00 am. Kindly give us an appointment so that we can understand the disease profile and common problems prevailing in the area and to further discuss about the management and arrangement of the camp including staff, doctors etc.

You can reach us on mail at abhimanyu.tigertrustindia@gmail.com and on mobile at +91-9878189818.

Kindly accept this proposal and we will be highly obliged.

Regards

Abhimanyu J Rajpurohit
Program Coordinator
+91-9878189818

On behalf of


Ms. Anjana Gosain
CEO
Tiger Trust India
+91-9810100674



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Email : tigertrust_india@yahoo.com
anana.gosain@tigertrustindia.org
Website : www.tigertrustindia.org

Dear Mr. Premchand Bairwa,
BDO
21/12/2015
Greetings from Tiger Trust India.

Tiger Trust is a Non Government Organization and is mainly involved in organizing medical aid camps for the forest officials.

Tiger Trust has conducted community health programmes for the villagers living around the periphery of the tiger reserves. These health programmes are conducted by doctors who are specialists from various fields. They conduct preliminarily medical tests on the spot and also endeavor to educate the villagers on maintaining good health and hygiene.

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You can reach us on mail at abhimanyu.tigertrustindia@gmail.com and on mobile at +91-9878189818.

Kindly accept this proposal and we will be highly obliged.

Regards

Abhimanyu J Rajpurohit
Program Coordinator
+91-9878189818

On behalf of

Ms. Anjana Gosain
CFO
Tiger Trust India
+91-9810100674

2/24/2016

Gmail - holding of follow up medical camp 2016 on 27th february



tiger trust <tigertrustindia@gmail.com>

holding of follow up medical camp 2016 on 27th february

1 message

tiger trust <tigertrustindia@gmail.com>

Fri, Jan 29, 2016 at 8:34 AM

To: raghuvir shekhawat <sraghuvirsingh@gmail.com>, dcfsariska@gmail.com, Shalini Nair <shalini1234@gmail.com>, seema soni <cema_soni@yahoo.co.in>

Dear Mr Shekhawatji and Mr Prasari

Tiger trust had discussions with you all on the medical camp based upon the medical tests carried out by the other organisation.

we have got with great difficulty appointment from Dr Chaddha a top cardiologist form Delhi and who also deals with gastro and diabetic issues, he is the president of medical association.

we would be also be accompanied with Dr Daljeet. a gynacologist for women guards

we would be sending the list of selected names for follow up soon.

we would also call the health department as planned who can also refer any complicated cases of the range.

we would be undertaking day trip so no requirement for nay rooms may be one for the

the use for the day, the refered persons should get the medical reports.

we can hold this at the rest house

please send the confirmation as we need to prepare for the event

we may not get him anytime soon

thanks for the support

regards



MS. ANJANA GOSAIN
Chief Functionary Officer

Tiger Trust

Mobile:+91-9810100674

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1/1

2/24/2016


Gmail - List of Forest Staf for medical check-up - Sariska

 **List of Patients.docx**
4590K

tiger trust <tigertrustindia@gmail.com>
To: Anjana Gosain <anjanagosainchambers@gmail.com>

Fri, Jan 29, 2016 at 6:27 PM

[Quoted text hidden]

 **List of Patients.docx**
4590K

<https://mail.google.com/mail/u/0/?ui=2&ik=f649cc95e1&view=pt&search=sent&zh=1528d75b203d2488&siml=1528d75b203d2488&siml=1528d75e6c2b1bca> 2/2

2/24/2016

Gmail - List of Forest Staf for medical check-up - Sariska



tiger trust <tigertrustindia@gmail.com>

List of Forest Staf for medical check-up - Sariska

2 messages

tiger trust <tigertrustindia@gmail.com>

Fri, Jan 29, 2016 at 6:27 PM

To: raghuvir shekhawat <sraghuvirsingh@gmail.com>, dcfsariska@gmail.com, bcsmo_tha@rediffmail.com

Dear Mr. Shekhawatji, Dr. Pachourji, Mr. Parasharji,

I hope my mail finds you all in good health. This program is being conducted in joint association with Forest Department, Alwar. As per our discussion, we wish to inform you about the program which is as follows:

Date: 27.02.2016

Time: 10:30AM

Venue: Forest Rest House, Sariska

Doctors attending the camp from Delhi are specialists in Cardiology, Gastroenterology and Diabetes, called Multi-Disease Specialists.

We would be highly obliged if you consent to be a part of the team. In addition, if you have any complicated cases in your area, those patients, along with their previous medical records, can also be referred for consultations.

As discussed, we will be needing a medical van, 2 para medical staff, portable ECG, sugar testing strips and BP Apparatus for select patients.

We acknowledge your support and kindness in providing infrastructural help. We hope that you being the part of the program would make it a great success.

Please find the list of Forest Staff who need follow-up check is attached with the mail.

Kind Regards,



MS. ANJANA GOSAIN
Chief Functionary Officer

Tiger Trust

Mobile: +91-9810100674

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List of Patients - Sariska

2 messages

Anjana Gosain <anjana.gosainchambers@gmail.com>

Fri, Jan 29, 2016 at 1:16 PM

To: tiger trust <tigertrustindia@gmail.com>, seema soni <cema_soni@yahoo.co.in>

MS. ANJANA GOSAIN
ADVOCATE
442, LAWYERS CHAMBERS,
HIGH COURT OF DELHI,
SHER SHAH ROAD,
NEW DELHI - 110 003
(INDIA)
Landline(Chamber): +91-11-233-85-773,
Mobile: +91-9810-10-0674
e-mail I.D.: anjanagp@archchambers@gmail.com

Any further communication be done on this official e-mail I.D.

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List of Patients.docx
4590K

tiger trust <tigertrustindia@gmail.com>

Fri, Jan 29, 2016 at 5:55 PM

To: rathuvir shekhawat <srathuvirsingh@gmail.com>, dcfsariska@gmail.com

Dear Mr Shekhwatii,

I wish to inform you that the date is 28.02.2016 and not 27.02.2016 which was wrongly mentioned being a Saturday. I am sending you the list of forest staff who need further follow-up treatment. I have also spoken to Dr. Pachouri, who has agreed to provide the medical van along with para medical staff and bring along with him portable ECG, Sugar Testing strips and BP Monitor for those patients who are under the Cardiology problems. This is as suggested by specialists. I would humbly suggest, in case, a letter from the Forest Departments is also issued for the request to Dr. Pachori, it being a joint effort with Tiger Trust.

<https://doi.org/10.1016/j.jmr.2018.05.001>



Kind Regards,

Tiger Trust

Mobile: +91-9810100674

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tiger trust <tigertrustindia@gmail.com>

5 messages

Anjana Gosain <anjanagosainchambers@gmail.com>
To: tiger trust <tigertrustindia@gmail.com>

Mon, Feb 8, 2016 at 3:50 PM

 List of Patients.pdf
2147K

tiger trust <tigertrustindia@gmail.com>
To: Field Director Sanska <fdsanska@gmail.com>

Mon, Feb 8, 2016 at 3:54 PM

Dear Mr Shekhawat
please see the list, pl confirm when you get it

From: **Anjana Gosain** <anjana.gosainchambers@gmail.com>
Date: Mon, Feb 8, 2016 at 3:50 PM
Subject: List of Patients - pdf
To: tiger trust <tigertrustindia@gmail.com>

MS. ANJANA GOSAIN
Chief Functionary Officer

Tiger Trust

Mobile: +91-9810100674

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28.02.2016

Gmail - Updates regarding Medical camp scheduled on 28.02.2016



Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>

Updates regarding Medical camp scheduled on 28.02.2016

1 message

Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>

Fri, Feb 12, 2016 at 1:01 PM

To: sraghuvirsingh@gmail.com, dcfsansk@gmail.com

Dear Mr. Shekhawat,

Greetings from Tiger Trust. I hope my mail finds you in your best health and spirits. Regarding Medical camp scheduled on 28.02.2016, may I request you to kindly forward me the updated list of patients to be diagnosed. As discussed with Dr. Pachori and your good self in previous mails, you may also send patients with critical medical issues with their prescriptions and other related documents of their medical history.

In addition, may I also request to kindly arrange for two forest staff to assist in registration with the reports. This would in turn be of great assistance for carrying out the examination of the patients swiftly.

Looking forward for a fruitful and beneficial collaboration.

Thanking You in anticipation.

Kind Regards,

—
Abhimanyu J Rajpurohit
Program Coordinator
Tiger Trust
442, Lawyers Chambers,
High Court of Delhi,
Sher Shah Road
New Delhi - 110 003
(INDIA)
Landline(Chamber): +91-11-233-85-773,
Mobile: +91-9873093508

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1/2

20/09/16

Gmail - Updates regarding Medical camp scheduled on 28.02.2016.

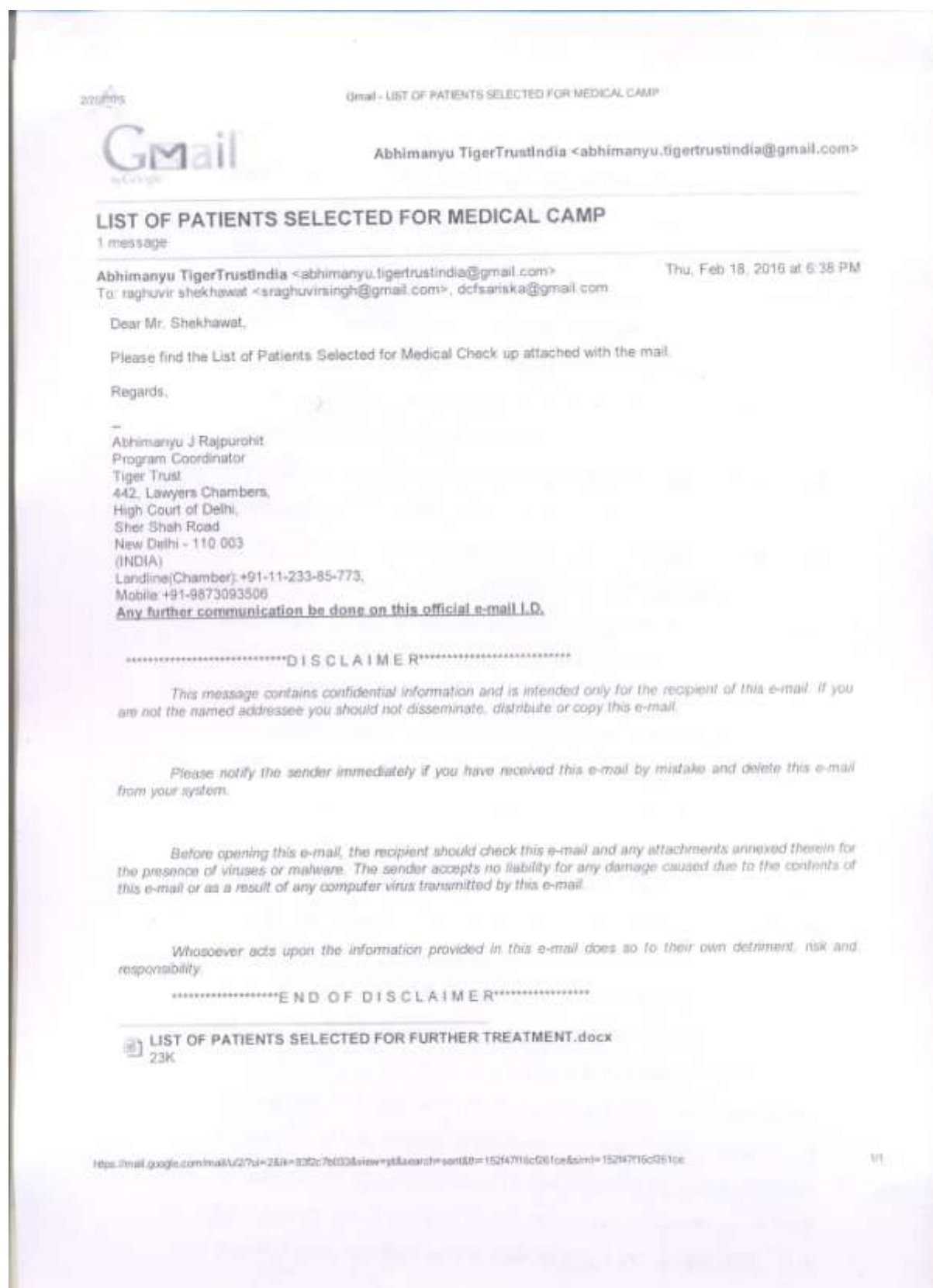
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2/2



20/4/2016

Gmail - REGISTRATION FORM FOR MEDICAL CAMP ON 28.2.2016



Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>

REGISTRATION FORM FOR MEDICAL CAMP ON 28.2.2016

1 message

Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>
 To: raghuvir shekhawat <sraghuvirsingh@gmail.com>

Mon, Feb 22, 2016 at 6:28 PM

Dear Mr. Shekhawat,

Please find attached with this mail the Registration Form for Medical Camp on 28.2.16.

Regards,

Abhimanyu J Rajpurohit
 Program Coordinator
 Tiger Trust
 442, Lawyers Chambers,
 High Court of Delhi,
 Sher Shah Road
 New Delhi - 110 003
 (INDIA)
 Landline(Chamber): +91-11-233-85-773,
 Mobile: +91-8873093506

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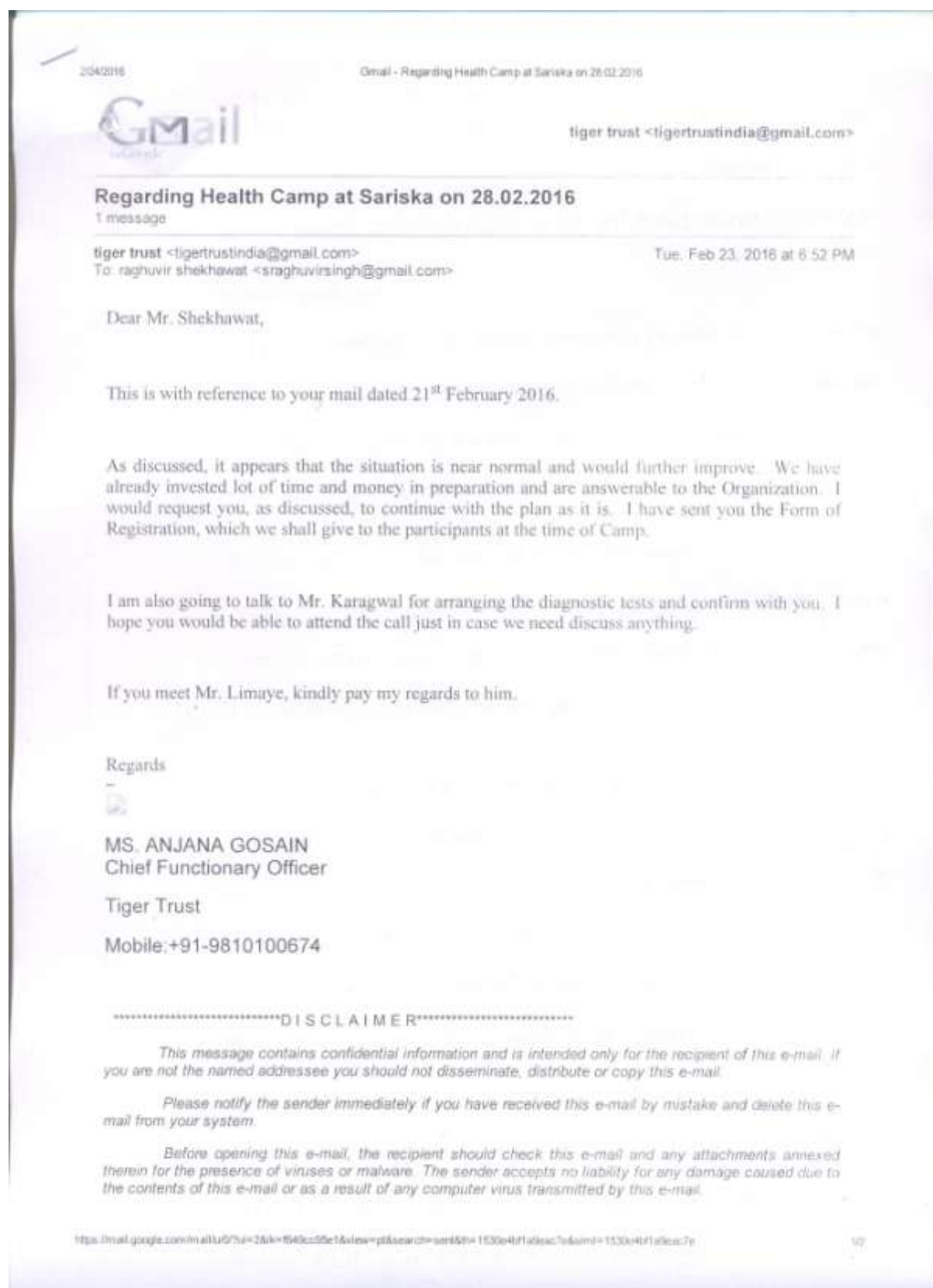
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रोगी पंजीकरण फॉर्म.docx
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1/1





4. Sample Registration Form

पंजीकरण फॉर्म (72)

दिनांक : 28.02.2016

I व्यक्तिगत विवरण:

1. नाम _____
2. जन्मतिथि _____
3. रैज _____
4. फोन न. _____

II रोग विवरण:

1. मधुमेह ()
2. उच्च रक्तचाप ()
3. हृदय रोग ()
4. कोई अन्य बिमारी (पारिवारिक) ()

III पूर्व में की गई चिकित्सा का विवरण:

1. पूर्व में किया गया इलाज एवं दवाइयों का विवरण

2. कोई अन्य जानकारी

IV पिछले कैम्प में की गई जांच की रिपोर्ट:

- जांच का विवरण

- इस कैम्प का लाइन ऑफ ट्रीटमेंट (Line of Treatment)

V आपको यह कैम्प कैसा लगा? भविष्य के लिए यदि कोई सुझाव हो तो बताएं।

रोगी के हस्ताक्षर,

5. Pamphlets

a) For Diabetes



Tiger Trust
CARING FOR THE WILD

मेरा मधुमेह... मेरा नियंत्रण



डायाबटीज (मधुमेह) के बारे में कुछ बातें

डॉक्टर ने कहा है आपमें डायाबटीज है। अगर बिना न कीजिए, पकड़ने की कोई बात नहीं।

यह सच है, अब ठीक डायाबटीज का कोई उपाय इलाज नहीं है लेकिन अगर आप अपने डॉक्टर की सलाह पर काम करें और सही सावधानी बरतें, तो आपकी जिंदगी इतनी बेहतरीन हो जाएगी कि आप खुश रहेंगे, अपने कामों को कर सकेंगे।

इस बीमारी और इसके इलाज के बारे में जानना फायदेमंद होगा। इस 'रीजल्ट' से आपको दुनिया की जानकारी मिल जाएगी। अगर सच रहे, यहाँ जो लिखा है वह आपके डॉक्टर की सलाह का पर्याय नहीं है।

डायाबटीज क्या है ?

डायाबटीज (मधुमेह/ग्लूकोज) शरीर की वह रक्त है जहाँ खुर में ग्लूकोज (का शर्करा) की मात्रा सामान्य से ज्यादा होती है, अब उसे नियंत्रित करने के लिए खुर में ग्लूकोज की मात्रा कम होनी है ?



हम जो काम करते हैं, उनमें से कुछ हमारे शरीर को शर्करा देने के लिए मदद करते हैं। हम इसे के रूप में शर्करा को शरीर में लाने के लिए मदद करते हैं। शरीर में शर्करा को लाने के लिए मदद करने के लिए हमारे शरीर में एक चीज होती है, जो हमारे शरीर में शर्करा को लाने के लिए मदद करती है। यह चीज को हमारे शरीर में लाने के लिए मदद करती है।

डायाबटीज का शक कब ?

इसमें से कोई एक या एक से ज्यादा लक्षण दिखें तो डायाबटीज की संभावना है।

- अचानक से ज्यादा प्यास और थकान
- बार-बार पेशाब आना
- दिना कोई कारण बताए बिना घटती वजन
- अचानक दृष्टि में बदलाव
- गर्भ, भ्रूणस्राव या गर्भ में बच्चा-का इन्फेक्शन
- जखाने में चर्बी
- बिना कारण के जखाने

डायाबटीज के कुछ लक्षणों में कोई लक्षण नहीं दिखता, इसलिए स्वस्थता की निगरानी बर्तनी है।

डायाबटीज का खतरा किसे ?

कुछ चीजों की वजह से कुछ लोगों में डायाबटीज होने की संभावना ज्यादा होती है, वो हैं।

- उम्र 35 साल या ज्यादा
- उपचाया वजन
- परिवार में डायाबटीज की परंपरा
- हाई ब्लड प्रेशर
- अधिक कॉलेस्ट्रॉल
- अभिरुचि जीवन
- गैस्ट्रिक बल्ले डायाबटीज का पहलू से होना

(गैस्ट्रिक बल्ले डायाबटीज का पहलू से होना) डायाबटीज का खतरा से काम एक बार को खतरा दिया हो, जिसका खतरा भी पैर (लगातार बार बिना) से उपचाया हो।

तकलीफें










इस तकलीफों से बचा जा सकता है, अगर समय पर डायाबटीज का पर्याय बिना अगर और नियंत्रित करके रखें और डॉक्टर से सलाह लें। इस परामर्श अनुसार अपनी है कि डॉक्टर न नियंत्रित करे डायाबटीज से बचा तकलीफों पैदा हो सकती हैं।

तो क्या होगा ?

अगर आपमें खुर में शर्करा सामान्य तक लाने की सलाह दी जाएगी, तो आपको हर दिन के कई ग्लूकोज अपने को काटनी सुझाव दी जायगा है, जैसे नीचे दिखाया गया है।

b) For Hypertension

Tips to Manage Your Lifestyle to Control Your Blood Pressure (BP)
 अपने जीवनशैली को नियंत्रित करके अपनी रक्तचाप को नियंत्रित करने के सुझाव

- 
 - Restrict salt intake (< 6 gm/day). Read the nutrition labels on foods to compare the amount of sodium in products.
 - नमक का प्रयोग कम करें (< 6 ग्राम/दिन)। खाद्यपदार्थों में सोडियम की मात्रा की तुलना करने के लिए खाद्यपदार्थों पर लेबल देखें।
- 
 - Avoid use of tobacco
 - संबंधित का प्रयोग न करें।
- 
 - Be active (Engage in aerobic physical activity like climbing stairs, treadmill, running, jogging, swimming, brisk walking etc. for at least 30 minutes every day)
 - सक्रिय रहें (हृदय को सक्रिय करने वाली शारीरिक गतिविधियाँ जैसे कि सीढ़ियाँ चढ़ना, ट्रेडमिल पर चलना, दौड़ना, जॉगिंग, तैराकी करना, तेज़ चलना आदि)।
- 
 - Achieve and maintain a healthy body weight (Ask your doctor about what your body weight should be)
 - अपने शारीरिक वजन को स्वस्थ बनाए रखें और इसे बनाए रखें (अपने चिकित्सक से पूछें कि आपके शरीर का भार कितना होना चाहिए)।
- 
 - Eat a healthy diet rich in fruits, vegetables and low in saturated fat (e.g. fried products, red meat, baked products etc.)
 - स्वास्थ्यपूर्ण आहार जैसे फल, सब्जियों का सेवन ज्यादा एवं संतृप्त वसा (जैसे तले हुए आहार, लाल मांस के तले हुए उत्पाद आदि) का सेवन कम करें।
- 
 - Manage stress with yoga or meditation etc.
 - योग या ध्यान आदि करके अपने तनाव को कम करें।
- 
 - Limit alcohol intake (< 2 drinks/day for men and < 1 drink/day for women)
 - संयमित सीमित करें (पुरुषों के लिए < 2 ड्रिंक्स/दिन और महिलाओं के लिए < 1 ड्रिंक/दिन)।

Always take your medications as directed and follow-up with your doctor regularly
 हमेशा अपने दवाओं को निर्देशानुसार लें और अपने चिकित्सक से नियमित रूप से जाँच कराएँ।

Cipla **CRESAR**

Things you should know about your BP
आपको स्वतःचाप के बारे में जो बातें पता होनी चाहिए

- BP is represented by a ratio of two numbers systolic BP/diastolic BP
Systolic BP: This is the pressure when your heart contracts and pushes blood into the blood vessels
Diastolic BP: This is the pressure when the heart relaxes
- सिस्टोलिक बीपी/डायास्टोलिक बीपी की दो संख्याओं के अनुपात द्वारा दर्शाया जाता है
सिस्टोलिक बीपी: यह दबाव तब होता है जब आपका हृदय संकुचित होता है और रक्त को रक्त नलिकाओं में धकेलता है
डायास्टोलिक बीपी: यह दबाव तब होता है जब हृदय तनाव मुक्त होता है
- Ask your doctor about your BP goal
My BP goal: ____/____ mmHg **Current BP:** ____/____ mmHg
Date: ____/____/____
- अपने बीपी लक्ष्य के बारे में अपने चिकित्सक से पूछें
मेरे बीपी का लक्ष्य: ____/____ एमएमएचजी **वर्तमान बीपी:** ____/____ एमएमएचजी
दिनांक: ____/____/____
- Avoid smoking, eating, consuming alcohol, caffeine containing beverages or chocolate for at least an hour before BP measurement.
- बीपी मापन से कम से कम एक घंटा पहले धूम्रपान, भोजन, कैफीन वाले पेय या चॉकलेट का सेवन न करें
- Avoid talking, deskwork, reading and watching television etc. during BP measurement.
- बीपी मापन के दौरान बातचीत, डेस्कवर्क, पढ़ने तथा टीवी आदि देखने का कार्य न करें

Cipla

PHOTO GALLERY

Doctors examining the patients







Patients at the camp





From left-Mr. Vishu Agrawal, Dr. Daljeet Chaddha , Ms. Anjana Gosain, , Dr. K.S. Chaddha, Dr. N. Pachouri



We hope to continue to serve the cause with such Camps and Activities.

We thank Forest Department Sariska Tiger Reserve, Dr. K.S. Chaddha, Dr. Daljeet Chaddha and Dr. N. Pachouri for the support.

TIGER TRUST

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