FINAL REPORT

MEDICAL HEALTH CAMP
AT
SARISKA TIGER RESERVE
ON
FEBRUARY 29, 2016

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**Tiger Trust**

Caring for the Wild
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. Jhakhar, 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 multispeciality 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.

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

Male Patients at the Camp
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.

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.

**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.
**ANNEXURES**

1. List of Patients who Attended the Camp

<table>
<thead>
<tr>
<th>Sr. No.-</th>
<th>Name</th>
<th>Gender</th>
<th>Range</th>
<th>Report</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mukesh Kumar</td>
<td>M</td>
<td>Ajabgarh</td>
<td>B. Sugar: 158 mg/dl, B.P.: 130/80</td>
</tr>
<tr>
<td>2.</td>
<td>Jagdeesh Prasad</td>
<td>M</td>
<td>Akbarpur</td>
<td>B. Sugar: 158 mg/dl, B.P.: 140/100;</td>
</tr>
<tr>
<td>3.</td>
<td>Madan Singh</td>
<td>M</td>
<td>Cr. Office</td>
<td>B. Sugar: 198 mg/dl, B.P.: 150/100</td>
</tr>
<tr>
<td>4.</td>
<td>Surendra Kumar</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 145 mg/dl, B.P.: 120/90</td>
</tr>
<tr>
<td>5.</td>
<td>Devi Sahay Verma</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 452 mg/dl, B.P.: 130/90</td>
</tr>
<tr>
<td>6.</td>
<td>Umrao Singh</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 121 mg/dl, B.P.: 110/80</td>
</tr>
<tr>
<td>7.</td>
<td>Ashok Kumar Sharma</td>
<td>M</td>
<td>Alwar Bafar</td>
<td>B. Sugar: 264 mg/dl, B.P.: 130/90</td>
</tr>
<tr>
<td>8.</td>
<td>Dharm Singh</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 97 mg/dl, B.P.: 130/90</td>
</tr>
<tr>
<td>9.</td>
<td>Ramavtar Jat</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 100 mg/dl, B.P.: 120/80</td>
</tr>
<tr>
<td>11.</td>
<td>Lakshikant</td>
<td>M</td>
<td>Reception Room</td>
<td>B. Sugar: 121 mg/dl, B.P.: 110/80</td>
</tr>
<tr>
<td>12.</td>
<td>Gopal Meena</td>
<td>M</td>
<td>Ajabgarh Range</td>
<td>B. Sugar: 97 mg/dl, B.P.: 110/70</td>
</tr>
<tr>
<td>13.</td>
<td>Ramhet Meena</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 97 mg/dl, B.P.: 130/90</td>
</tr>
<tr>
<td>15.</td>
<td>Gogram</td>
<td>M</td>
<td>Forest Guard</td>
<td>B. Sugar: 105 mg/dl, B.P.: 120/90</td>
</tr>
<tr>
<td>16.</td>
<td>Devi Sahay Sainee</td>
<td>M</td>
<td>Alwar Bafar</td>
<td>B. Sugar: 97 mg/dl, B.P.: 110/70</td>
</tr>
<tr>
<td>17.</td>
<td>Babulal</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 101 mg/dl, B.P.: 110/80</td>
</tr>
<tr>
<td>18.</td>
<td>Kishan Lal Gurjar</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 97 mg/dl, B.P.: 110/70</td>
</tr>
<tr>
<td>19.</td>
<td>Hiralal</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 100 mg/dl, B.P.: 100/70</td>
</tr>
<tr>
<td>20.</td>
<td>Umrao Gurjar</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 131 mg/dl, B.P.: 140/78</td>
</tr>
<tr>
<td>21.</td>
<td>Radhakrishna Gurjar</td>
<td>M</td>
<td>Forest Flying Quad</td>
<td>B. Sugar: 105 mg/dl, B.P.: 140/90</td>
</tr>
<tr>
<td></td>
<td>Name</td>
<td>Gender</td>
<td>Location</td>
<td>B. Sugar</td>
</tr>
<tr>
<td>---</td>
<td>-----------------------</td>
<td>--------</td>
<td>--------------</td>
<td>----------</td>
</tr>
<tr>
<td>22.</td>
<td>Hira Singh Gurjar</td>
<td>M</td>
<td>Guide</td>
<td>B. Sugar: 104 mg/dl</td>
</tr>
<tr>
<td>23.</td>
<td>Sanjay Sharma</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 116 mg/dl</td>
</tr>
<tr>
<td>24.</td>
<td>Ghanshyam Dar Balai</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 95 mg/dl</td>
</tr>
<tr>
<td>25.</td>
<td>Girdhari Lal</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 97 mg/dl</td>
</tr>
<tr>
<td>26.</td>
<td>Meera Yadav</td>
<td>F</td>
<td>Division Office</td>
<td>B. Sugar: 145 mg/dl</td>
</tr>
<tr>
<td>27.</td>
<td>Sakuntala Sainee</td>
<td>F</td>
<td>Division Office</td>
<td>B. Sugar: 95 mg/dl</td>
</tr>
<tr>
<td>28.</td>
<td>Rekha Shekhawat</td>
<td>F</td>
<td>SariskaSadar</td>
<td>B. Sugar: 102 mg/dl</td>
</tr>
<tr>
<td>29.</td>
<td>Sajna Samaria</td>
<td>F</td>
<td>Reception</td>
<td>B. Sugar: 110 mg/dl</td>
</tr>
<tr>
<td>30.</td>
<td>Sanju Meena</td>
<td>F</td>
<td>SariskaSadar</td>
<td>B. Sugar: 97 mg/dl</td>
</tr>
<tr>
<td>31.</td>
<td>Roshni</td>
<td>F</td>
<td>Reception</td>
<td>B. Sugar: 103 mg/dl</td>
</tr>
<tr>
<td>32.</td>
<td>UmraoLal</td>
<td>M</td>
<td>SariskaSadar</td>
<td>B. Sugar: 131 mg/dl</td>
</tr>
<tr>
<td>33.</td>
<td>Ganga Ram Sahay</td>
<td>M</td>
<td>Akbarpur</td>
<td>B. Sugar: 105 mg/dl</td>
</tr>
<tr>
<td>34.</td>
<td>Ranswaroop</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 104 mg/dl</td>
</tr>
<tr>
<td>35.</td>
<td>RadhakrishnaGurjar</td>
<td>M</td>
<td>Trees Dasta</td>
<td>B. Sugar: 116 mg/dl</td>
</tr>
<tr>
<td>36.</td>
<td>Lakshman Singh</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 95 mg/dl</td>
</tr>
<tr>
<td>37.</td>
<td>MukeshMeena</td>
<td>M</td>
<td>Ajabgarh</td>
<td>B. Sugar: 110 mg/dl</td>
</tr>
<tr>
<td>38.</td>
<td>Shankar Shekhawat</td>
<td>M</td>
<td>Reception</td>
<td>B. Sugar: 105 mg/dl</td>
</tr>
<tr>
<td>40.</td>
<td>Premchand</td>
<td>M</td>
<td>Ajabgarh</td>
<td>B. Sugar: 100 mg/dl</td>
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<tr>
<td>41.</td>
<td>RamjiLal</td>
<td>M</td>
<td>Akbarpur</td>
<td>B. Sugar: 99 mg/dl</td>
</tr>
<tr>
<td>42.</td>
<td>Rajendra Prasad</td>
<td>M</td>
<td>Tehla</td>
<td>B. Sugar: 110 mg/dl</td>
</tr>
<tr>
<td>43.</td>
<td>Dinesh Chand Gurjar</td>
<td>M</td>
<td>Sariska</td>
<td>B. Sugar: 105 mg/dl</td>
</tr>
<tr>
<td>44.</td>
<td>Nandkishor</td>
<td>M</td>
<td>Reception</td>
<td>B. Sugar: 104 mg/dl</td>
</tr>
<tr>
<td>45.</td>
<td>Babulal</td>
<td>M</td>
<td>Alwar</td>
<td>B. Sugar: 103 mg/dl</td>
</tr>
<tr>
<td>46.</td>
<td>SammanGurjar</td>
<td>M</td>
<td>Ajabgarh</td>
<td>B. Sugar: 100 mg/dl</td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Gender</td>
<td>Department</td>
<td>Blood Pressure</td>
</tr>
<tr>
<td>-----</td>
<td>-----------------------</td>
<td>--------</td>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td>47</td>
<td>Sanjeev Khushwah</td>
<td>M</td>
<td>Flying Squad</td>
<td>B.P.: 130/80</td>
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<tr>
<td>48</td>
<td>Kishori Lala</td>
<td>M</td>
<td>Sadar</td>
<td>B.P.: 130/90</td>
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<tr>
<td>49</td>
<td>Surendra Singh Dhak</td>
<td>M</td>
<td>Akbarpur</td>
<td>B.P.: 140/88</td>
</tr>
<tr>
<td>50</td>
<td>Rohit Singh</td>
<td>M</td>
<td>Office – DVG</td>
<td>B.P.: 110/80</td>
</tr>
<tr>
<td>51</td>
<td>Ramsharan Swami</td>
<td>M</td>
<td>Tehla</td>
<td>B.P.: 140/90</td>
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<tr>
<td>52</td>
<td>Bijendra Singh</td>
<td>M</td>
<td>RHP</td>
<td>B.P.: 110/80</td>
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<tr>
<td>53</td>
<td>Bhim Singh</td>
<td>M</td>
<td>Akbarpur</td>
<td>B.P.: 130/90</td>
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<tr>
<td>54</td>
<td>Jagmohan</td>
<td>M</td>
<td>Sariska</td>
<td>B.P.: 110/70</td>
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<tr>
<td>55</td>
<td>Buddha Sen</td>
<td>M</td>
<td>Division Office</td>
<td>B.P.: 130/90</td>
</tr>
<tr>
<td>56</td>
<td>Veerbhan Singh</td>
<td>M</td>
<td>Division Office</td>
<td>B.P.: 140/78</td>
</tr>
<tr>
<td>57</td>
<td>Kheladi</td>
<td>M</td>
<td>SariskaSadar</td>
<td>B.P.: 140/90</td>
</tr>
<tr>
<td>58</td>
<td>Munne Lal Tiwari</td>
<td>M</td>
<td>Reception</td>
<td>B.P.: 120/80</td>
</tr>
<tr>
<td>59</td>
<td>Jay Bhan Singh</td>
<td>M</td>
<td>SariskaSadar</td>
<td>B.P.: 120/70</td>
</tr>
<tr>
<td>60</td>
<td>Rajman Singh</td>
<td>M</td>
<td>Reception</td>
<td>B.P.: 120/70</td>
</tr>
<tr>
<td>61</td>
<td>Lallu Singh</td>
<td>M</td>
<td>SariskaSadar</td>
<td>B.P.: 120/90</td>
</tr>
<tr>
<td>62</td>
<td>Pushpendra</td>
<td>M</td>
<td>Akbarpur</td>
<td>B.P.: 110/70</td>
</tr>
<tr>
<td>63</td>
<td>Pooran</td>
<td>M</td>
<td>Alwar</td>
<td>B.P.: 110/80</td>
</tr>
<tr>
<td>64</td>
<td>Ramai Baiga</td>
<td>M</td>
<td>Tehla</td>
<td>B.P.: 110/70</td>
</tr>
<tr>
<td>65</td>
<td>Vinod</td>
<td>M</td>
<td>Alwar</td>
<td>B.P.: 100/70</td>
</tr>
<tr>
<td>66</td>
<td>Ram Prasad</td>
<td>M</td>
<td>Akbarpur</td>
<td>B.P.: 110/80</td>
</tr>
<tr>
<td>67</td>
<td>Uttam Singh</td>
<td>M</td>
<td>Tehla</td>
<td>B.P.: 110/70</td>
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<tr>
<td>68</td>
<td>Ramsundar</td>
<td>M</td>
<td>Alwar</td>
<td>B.P.: 100/70</td>
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<tr>
<td>69</td>
<td>Fateh Singh</td>
<td>M</td>
<td>Reception</td>
<td>B.P.: 120/80</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mukesh Kumar Meena</td>
<td>32</td>
<td>HBSAg +ve, ECG: Normal</td>
<td>B. Sugar: 158 mg/dl, B.P.: 130/80</td>
</tr>
<tr>
<td>2</td>
<td>Jagdeesh Prasad</td>
<td>54</td>
<td>Hypercholesterolemia + Ref err Presbyopia ECG Normal</td>
<td>B. Sugar: 158 mg/dl, B.P.: 140/100;</td>
</tr>
<tr>
<td>3</td>
<td>Madan Singh</td>
<td>58</td>
<td>DM + Hypertension (ECG Report - Abnormal)</td>
<td>B. Sugar: 198 mg/dl, B.P.: 150/100</td>
</tr>
<tr>
<td>4</td>
<td>Surendra Kumar</td>
<td>45</td>
<td>DM + Ref err Presbyopia (ECG Normal)</td>
<td>B. Sugar: 145 mg/dl, B.P.: 120/90</td>
</tr>
<tr>
<td>5</td>
<td>Devi Sahay Verma</td>
<td>55</td>
<td>DM + Ref err Presbyopia (ECG Normal)</td>
<td>B. Sugar: 452 mg/dl, B.P.: 130/90</td>
</tr>
<tr>
<td>6</td>
<td>Umrao Singh</td>
<td>56</td>
<td>HTN + Presbyopia with both eyes ECG: Abnormal</td>
<td>B. Sugar: 121 mg/dl, B.P.: 110/80</td>
</tr>
</tbody>
</table>
3. Communications Exchanged

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 preliminary 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 abhimanv@tigertrustindia@gmail.com and on mobile at +91-9878189818.

Kindly accept this proposal and we will be highly obliged.

Regards,

Abhimanyu J Rajpurkar
Program Coordinator
+91-9878189818

On behalf of

Ms. Anjana Gours
CFO
Tiger Trust India
+91-9810100674
Dear Mr. Premchand Baiwa,

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 preliminary 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 abhitanyu.tigertrustindia@gmail.com and on mobile at +91-9878198918.

Kindly accept this proposal and we will be highly obliged.

Regards

Abhitanyu J Raijurohit
Program Coordinator
+91-9878198918

On behalf of

Ms. Anjali Joshi
CFO
Tiger Trust India
+91-9810166734
holding of follow up medical camp 2016 on 27th february

1 message

Fri, Jan 29, 2016 at 8:34 AM
tiger trust <tigertrustindia@gmail.com>

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

Dear Mr Shekhawatj 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 gynaecologist 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 any rooms may be one for the the use for the day the referred 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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***************************************************************************
List of Patients.docx
4590K

tiger trust <tigertrustindia@gmail.com>
To: Anjana Gosan <anjanagosanchambers@gmail.com>

[Quoted text hidden]

List of Patients.docx
4590K
List of Forest Staff for medical check-up - Sariska

2 messages

tiger trust <tigertrustindia@gmail.com> Fri, Jan 29, 2016 at 6:27 PM
To: raghuvir shekhawat <raghuvirsingh@gmail.com>, dcf.sariska@gmail.com, bcom_tha@rediffmail.com

Dear Mr. Shekhawatji, Dr. Pachouri, 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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*****************************************************************************END OF DISCLAIMER*****************************************************************************
Received Your Mail
2 messages

bcno_tha@rediffmail.com <bcno_tha@rediffmail.com>
To: tigertrustindia@gmail.com
Fri, Jan 29, 2016 at 6:27 PM

Hi,

Thank you for your mail.

Regards
DR N D Gupta
BCMO Thanagazi

[Signature]

---

tiger trust <tigertrustindia@gmail.com>
To: bcno_tha@rediffmail.com
Fri, Feb 12, 2016 at 12:13 PM

Hello

Kindly confirm the support structure as discussed and we would also encourage if some complicated cases from your district is also referred.

Thx

[Signature]
List of Patients - Sariska

Anjana Gosain <anjanagosainchambers@gmail.com>
To: tiger trust <tigertrustindia@gmail.com>, seema soni <seema_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: +91-9810-10-0074
E-mail ID: anjanaosullivanchambers@gmail.com

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List of Patients.docx

4590K

tiger trust <tigertrustindia@gmail.com>
To: raghuvir shekhawat <raghuvirsinghi@gmail.com>, dcsariska@gmail.com

Dear Mr Shekhawat,

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. Pachori, 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://mail.google.com/mail/vu?j=du46c95c6&view=att&url=https%3A%2F%2Fmail.google.com%2Fmail%3Fu%3D%26r%3D%26sf2%3Dsent%26sf2%3Dmsg%26sf2%3Dre%26sf2%3D20160301011031.004349%40tigertrustindia@gmail.com%26ti%3Dlistofpatients%26ti%3D4590K
I would be happy to answer any query if required.

Kind Regards,

MS. ANJANA GOSAIN
Chief Functionary Officer
Tiger Trust
Mobile: +91-9810100674

********************************************************************

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List of Patients.docx
4599K

https://mail.google.com/mail/u/0?ui=2&ik=4b61c9eb6c&prpl=default&pli=1&permmsgid=1023a563be0a88f1e-1528d354654131
List of Patients - pdf
5 messages

Anjana Gosain <anjanagosainchambers@gmail.com>
To: Tiger Trust <tigertrustindia@gmail.com>
Mon, Feb 6, 2016 at 3:50 PM

List of Patients.pdf
2147K

Dear Mr. Shekhawat,
please see the list. I confirm when you get it.
From: Anjana Gosain <anjanagosainchambers@gmail.com>
Date: Mon, Feb 8, 2016 at 3:54 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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Thanks Madam. Email received.

Dear Mr Shekhawat,
I wish to remind you that as the suggestions of the doctors it would be beneficial for the forest staff to bring their medical reports along with them. It would be easier for them to recommend the further line of treatment. Kindly send the circular well in time and bind them so that they take it seriously. I would also appreciate in case you could also request Dr Pachauri for the support as it would help in better organisation. Thanks for the support.

Dear Madam,
Thank you for your email.
I am here to inform you that due to the Jat Agitation in Haryana, the train route has been disrupted & trams are not allowed to ply. So looking at the situation the health camp may be postponed. Sorry for trouble.
Best wishes,
R S Shekhawat
CCP & FD
Sariska TR
Updates regarding Medical camp scheduled on 28.02.2016

Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>

Fr, Feb 12, 2016 at 1:01 PM

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 report. 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 Rapporhot
Program Coordinator
Tiger Trust
449, Lawyers Chambers,
High Court of Delhi,
Sher Shaal Road,
New Delhi - 110 003
(INDIA)
Landline/Chamber: +91-11-233-85-773,
Mobile: +91-9873565598

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https://mail.google.com/mail/u1/?url=/fs/305c79928&view=pt&search=all&lth=1350b94786b6e577&imr=1350b94786b6e577

Tiger Trust
Caring for the Wild
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***************END OF DISCLAIMER***************
LIST OF PATIENTS SELECTED FOR MEDICAL CAMP

Abhimanyu TigerTrustIndia <abhimanyu.tigertrustindia@gmail.com>

To: rjv4rg4v4r4v@gmail.com, oclsoealk@gmail.com

Dear Mr. Shekhawat,

Please find the List of Patients Selected for Medical Checkup attached with the mail.

Regards,

Abhimanyu J Rajpurohit
Program Coordinator
Tiger Trust
442, Lawyers Chambers,
High Court of Delhi,
Sheh Shah Road
New Delhi - 110 003

Landline (Chamber): +91-11-233-85-773,
Mobile: +91-991971006

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LIST OF PATIENTS SELECTED FOR FURTHER TREATMENT.docx

23k

https://mail.google.com/mail/u/2?ui=2&ik=3c7a3c78b30&view=pt&th=152471#ic801e&ui=15247160681ee
REGISTRATION FORM FOR MEDICAL CAMP ON 28.2.2016

Abhimanyu Tigertrustindia <abhimanyu.tigertrustindia@gmail.com>

To: raghu@shekhwat <raghu@shekhwat@gmail.com>

Dear Mr. Shekhwat,

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

Regards,

Abhimanyu J Rajpurkar
Program Coordinator
Tiger Trust
442, Lawyers Chambers,
High Court of Delhi,
Sher Shah Road
New Delhi - 110 003
(INDIA)
Luncher/Chamber: +91-11-233-85-773
Mobile: +91-9873083596

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17K
Regarding Health Camp at Sariska on 28.02.2016

Tiger Trust
To: ragnuvir shekhawat <sraghuviarsingh@gmail.com>

Dear Mr. Shekhawat,

This is with reference to your mail dated 21st February 2016.

As discussed, it appears that the situation is near normal and would further improve. We have already invested a lot of time and money in preparation and are answerable to the Organization. I would request you, as discussed, to continue with the plan as it is. I have sent you the Form of Registration, which we shall give to the participants at the time of Camp.

I am also going to talk to Mr. Kanagwal for arranging the diagnostic tests and confirm with you. I hope you would be able to attend the call just in case we need discuss anything.

If you meet Mr. Limaye, kindly pay my regards to him.

Regards,

MS. ANJANA GOSAIN
Chief Functionary Officer
Tiger Trust
Mobile: +91-9810100674

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https://mail.google.com/mail/u/0?ik=36401859b6&view=pt&search=all&attid=1530e46f146d801c&ui=2&attts=817b4b7c83
4. Sample Registration Form

परीक्षण फॉर्म

दिनांक: 28.02.2016

I व्यक्तिगत विवरण:
1. नाम
2. जन्मतिथि
3. रेज
4. फोन न.

II रोग विवरण:
1. मधुमेह
2. उच्च रक्तचाप
3. हृदय रोग
4. कोई अन्य विद्यमान (परिचित)

III पूर्व में की गई चिकित्सा का विवरण:
1. पूर्व में किया गया इलाज एवं दवाइयों का विवरण
2. कोई अन्य जानकारी

IV विचारे कैंप में की गई जांच की रिपोर्ट

• जांच का विवरण

• इस कैंप का लाइन ऑफ ट्रीटमेंट (Line of Treatment)

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

रोगी के हर्स्तकार.
5. Pamphlets

a) For Diabetes
b) For Hypertension

**Tips to Manage Your Lifestyle to Control Your Blood Pressure (BP)**

- Restrict salt intake (< 5 g/day).
- Avoid sugary drinks and foods.
- Avoid tobacco and alcohol.
- Be active (Engage in aerobic physical activity like climbing stairs, running, jogging, swimming, brisk walking etc. for at least 30 minutes every day).
- Achieve and maintain a healthy body weight (Ask your doctor or nurse what your body weight should be).
- Eat a healthy diet rich in fruits, vegetables, and low in saturated fat (e.g., fruits, vegetables, legumes, etc.).
- Avoid processed foods like red meat, baked products, etc.
- Manage stress with yoga or meditation etc.
- Avoid smoking and tobacco products.
- Limit alcohol intake (< 2 alcoholic drinks for men and < 1 drink/day for women).

**Always take your medications as directed and follow-up with your doctor regularly.**

*Cipla CRESA*
Things you should know about your BP
आपको स्वास्थ्य के बारे में जो बातें पता होती 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.
  
  बीपी सिस्टोलिक/डायस्टोलिक बीपी की परिभाषा है।
  
  सिस्टोलिक बीपी: वह दबाव जो यहाँ पर आता है जब आपका डायस्टोलिक बीपी बढ़ता है और उसे किसी अन्य प्रदेश में ठप रहता है।
  
- Ask your doctor about your BP goal.
  
  My BP goal: ___/___ mmHg
  
  Current BP: ___/___ mmHg
  
  Date: ___/___

  अपने डॉ. के साथ बीपी के लक्ष्य के बारे में पूछें।
  
  मेरा बीपी लक्ष्य: ___/___ mmHg
  
  वर्तमान बीपी: ___/___ mmHg
  
  तिथि: ___/___

- Avoid smoking, eating, consuming alcohol, caffeine containing beverages or chocolate for at least an hour before BP measurement.

  टॉबacco, खाना, चाय, कॉफी खाने के लिए इत्यादि के लिए कम से कम एक घंटे पहले बीपी मापने से पहले तक रोकें।

- Avoid talking, deskwork, reading and watching television etc. during BP measurement.

  बीपी मापने के बाद बातचीत, बैठचल, पढ़ना तथा देखने के लिए रोको।

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

206, Rakeshdeep, 11, Commercial Complex, Gulmohar Enclave, New Delhi – 110049, India
Telephone: +91 11 23385773 +91 11 26858656 +91 11 911126856770
Fax : +91 11 23071281
E-mail: tigertrustindia@gmail.com
Website : www.tigertrustindia.org