



SAPNA

Delhi Chapter



Quarterly
Newsletter
January – March
2024

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Newsletter
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Spotlight on the Main Activities

About Us

As we complete the 20th year of our inception, we look back at SAPNA's incredible journey that began in 2004 with our simple, resonant, Gandhian model of Sewa (empathetic care) with pride and humility. From our nascent steps at the Safdarjung Hospital we took quick strides - expanding our orbit of care to the AIIMS Trauma Centre. We also created a well-equipped home for the care of post-discharge or chronically sick patients receiving long term treatment at the two hospitals.

Our home, Anandam, based in Noida also serves as a transit home for patients coming from Alwar for follow-ups and emergencies. Concomitantly, we have also opened a skill development centre for women of the Nithari village and in January this year, a flagship centre for digital literacy for the children and young adults of the village.

AIIMS Trauma Centre



From 2007 SAPNA has been an important part of the continuum of care at the AIIMS Trauma Centre. The office space designated for our organization is indicative of the importance of non-clinical services provided by us. This includes ambulatory services and long-term palliative care of patients in our hospices at Noida and Alwar. Stringent guidelines and protocols of care are in place at these centres.

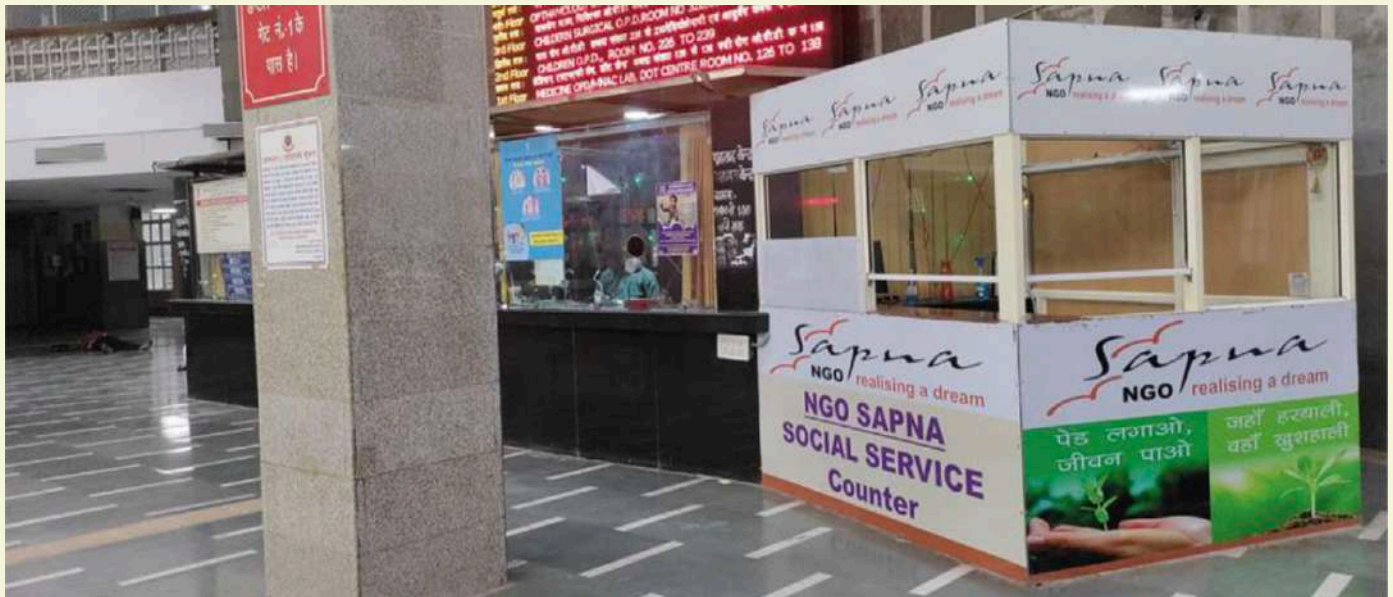
- ❖ Sapna supported 118 patients at JPNATC between January – March.
- ❖ 9 patients were moved to our homes/hospices.
- ❖ The permanent homes of 40 unidentified patients were tracked by our social workers and were handed over to their families.
- ❖ 44 chronic renal failure cases were given free medicines.
- ❖ SAPNA arranged for 240 free dialysis for 6 patients.
- ❖ 6 wheelchairs, 3 suction machines and 8 walkers were given to the orthopedically impaired poor patients.
- ❖ 5 penniless patients were transported back to their homes; 11 patients were given fare to go home.
- ❖ 3 patients were cremated by SAPNA
- ❖ A new printer was installed at SAPNA's Trauma Centre counter.

AIIMS Trauma Centre

- ❖ SAPNA collaborated with colleges, the NCC, and individuals to bring together over 40 volunteers to serve people injured during Holi. Holi is a very physical festival, and as a result, the Trauma Center receives over 200 injured cases. SAPNA trained the volunteers for tasks such as registering cases and taking them for CT scans or X-rays.



Safdarjung Hospital and Dharamshala



SAPNA's health related interventions began in 2004 through a gamut of patient-focused initiatives at the Safdarjung Hospital. Helping the disadvantaged navigate the complexities of the hospital ecosystem, providing resources for diagnostic, surgical and post-surgical procedures, addressing evidence-based nutritional and transport needs and giving assistance during discharge and recovery, rehabilitation and related services (including funerals) are areas that are being handled by SAPNA. We also provide food and counselling services to care-givers at the Safdarjung and AIIMS dharmshalas.

- ❖ SAPNA extended support to 211 poor patients including 22 cancer & 15 burn patients at Safdarjung Hospital.
- ❖ 207 patients were assisted with their OPD's and diagnostic tests.
- ❖ Orthopedic aids such as 13 wheelchairs and 5 walkers were provided to impoverished patients.
- ❖ Blood tests & X-Rays were provided to patients who couldn't afford them.
- ❖ 4 patients were moved to our home Anandam.
- ❖ 8633 food Coupons were given to patients and their attendants.

Safdarjung Hospital and Dharamshala

- ❖ 586 dozen bananas & 2106 liters of milk were given to patients.



- ❖ 63 special lunches & dinners were sponsored by donors at the Safdarjung Dharamshala.



Anandam Noida



Anandam, our Noida hospice has embraced the dire needs of severely sick patients: some homeless and other needing recuperative and palliative care and support. It also serves as a transit home for patients coming from Alwar for follows ups and emergencies.

- ❖ 14 new patients were admitted between January - March.
- ❖ 8 older patients were given assistance for their OPD's and diagnostic tests.
- ❖ 6 recovered patients were sent home.
- ❖ In addition to other donors, SAPNA received with gratitude Rs 68,698 worth of ration & toiletries from MRI Software India.

Anandam Noida



Computer Literacy Centre

SAPNA started the Computer Literacy Centre (CLC) in January 2024 with the primary objective of empowering women and girls living in Nithari Village and reducing the digital gap prevalent in our society. The CLC in Noida is one of our flagship projects. The centre is well equipped with a computer lab containing 10 workstations and a spacious classroom that accommodates 10 students at a time. We offer a three-month basic computer course that focuses on MS-Paint, parts of the computer, Notepad, WordPad, Microsoft Office, the Internet, and typing. Each course is covered in three months. We have one qualified teacher who mentors students diligently. Continuous assessment is crucial for skill development. We conduct weekly tests to evaluate students' progress, identify areas for improvement, and issue certificates upon course completion.

- ❖ Tata Power Company Ltd has adopted this centre.
- ❖ 4 Batches were trained during this period with 10 students each.
- ❖ LED display has been installed for interactive sessions.



Navya – Skill Development Centre

The skilling centre for women of Nithari village is located in a rented floor of a building in Sector 31. The idea behind creating this centre is to help women to take control of their lives and fight the poverty-cycle by making self-help groups and learning a viable skill to augment their earning. We are aiming to facilitate the creation of a cluster of micro-enterprises.

The courses are free of charge and at this point the focus is on tailoring and apparel-making in two batches of 10-12 women each. We have also integrated life skills such as communication, decision-making, strategic thinking in the skilling project to make them confident and self-sufficient.

Workshops were held during this period not only for the women but also their children. In addition to regular orders of uniforms of security guards and school children, the women received orders for conference bags of a global conclave held at IIC, New Delhi. Two of Navya's products were selected for display and sale at the Crafts Council store in Delhi. Another range of gift products were bought by the Art House Café in Connaught Place.



Navya will remain grateful to Religare Commodities Pvt Ltd for adopting the centre.

Navya – Skill Development Centre



Story Board

On the fateful evening of August 11, 2023, Sonu Thapa, a 39-year-old, was tragically struck by a two-wheeler near Sarojini Nagar market. Severely injured and unconscious, he was rushed to the hospital by the local police. His condition was critical, and at the Trauma Centre the doctors declared that he had slipped into a coma.

Recognizing the need for long-term rehabilitation, the doctors contacted the Medical Social Service Officer (MSSO). The MSSO then reached out to the SAPNA team. Understanding the gravity of the situation, the team promptly arranged for his transfer to Anandam; SAPNA's Home for the Homeless in Alwar.

Sonu received round-the-clock care and attention. The organization also coordinated regular trips between Alwar and the Trauma Centre for his routine outpatient visits, ensuring he continued to receive necessary medical evaluations.

In a turn of events that can only be described as miraculous, Sonu emerged from his coma. Though initially unable to speak clearly, his recovery progressed steadily with the aid of speech therapy. Each session brought improvement, and eventually, Sonu began to communicate more effectively. During one of these sessions, he managed to provide crucial information about his address and other important coordinates.

Armed with this information, a diligent social worker from SAPNA contacted Sonu's father and arranged a visit to verify the details. The visit confirmed Sonu's identity and his father's heartfelt declaration: "Yes, he is my son."

On February 9, 2024, the day arrived when Sonu was ready to return home. Accompanied by the social worker, he made the journey back to his family. The reunion was nothing short of magical. Sonu's father, overwhelmed with joy and gratitude, embraced his long-lost son. It was a day filled with tears, laughter, and an overwhelming sense of relief.

Sonu Thapa's story is a testament to the miracles that can happen when we come together to care for those in need.



We can be contacted at

REGISTERED OFFICE DELHI

Flat No. 8086, Pocket D-8, Vasant Kunj, New Delhi-110070

General Secretary, SAPNA

Dr Sudhir Pratap Singh, (9810408182)

Delhi Chapter:

Social Service Counter, J.P.N. Apex Trauma Centre, AIIMS,
New Delhi – 110029, Office (011-26731271)

Administrator Delhi Chapter:

R.R.P Singh, (8826200922)

Coordinator, Delhi & Noida Chapter:

Anil Kainth, (9810585813)

Noida Chapter:

B-80, Sector 31, Noida, Uttar Pradesh- 201303

In charge, Noida

Rafiq, (7835959399)



Email: trauma.sapna@gmail.com, anandamnoida@gmail.com

Contact: 011-26731271

Website: www.sapnaindia.org