



ANNUAL REPORT FY20

GOLDEN JUBILEE MILESTONE CROSSED



RAMAKRISHNA SARADA SAMITI (RKSS)

1970 (FIRST FULL ACCOUNTING YEAR) - 2020

RKSS Building, Pratiksha Nagar, Sion E, Mumbai - 400022

GOLDEN JUBILEE FUNCTION - RECAP

GOLDEN JUBILEE CELEBRATIONS OF RKSS ON SUNDAY, 25.11.2018

VENUE: RAMAKRISHNA MISSION, KHAR, MUMBAI.



TRUSTEES (STANDING) ALONGWITH MOST REV. LATE SWAMI VAGISHANANDAJI MAHARAJ (SITTING CENTER), AND OTHER SWAMIJIS OF THE RAMAKRISHNA ORDER.

MESSAGE FROM OUR CHAIRMAN, BOARD OF TRUSTEES



I am blessed to be the chairperson of the Members and the Board of Trustees of Ramakrishna Sarada Samiti (RKSS), which is celebrating its 51 years of service in the informal settlements of Mumbai.

It is a very humbling experience to serve the most disadvantaged among the under privileged namely women and children. We are truly an organization run by the women, for the women (and children) in slums, and of the women.

We continued with our operations at a small scale as the founding trustees and the Swamis of the Ramakrishna Order have repeatedly cautioned us that we should not start something that will close without significantly contributing to the emancipation of the poor.

We are hoping to expand our activities from the coming financial year and will expand on this a bit more in the following years. Till then, I remain

Vidya Raghu

VISION & MISSION

VISION

“No one is a stranger, the whole world is your own.” - Ma Sarada

MISSION

Empower the economically disadvantaged women and support education of the children from urban slums by operating and, encouraging the setting up of, Community Engagement Centres.



AREAS OF WORK

EDUCATION - Balwadi for 100+ children in the age group 3-6 years and tuitions/ after school support for 50 children from the informal settlements of Pratiksha Nagar, Sion Koliwada.



HEALTH - KJ Somaiya Hospital in the vicinity runs the Urban Health Training Centre (UHTC) in association with RKSS in service of the women and children of the informal settlements.



SKILL DEVELOPMENT - RKSS works with street artisans and homemakers in the neighborhood and develop them into skilled, vocationally trained, and market-ready wage earners and entrepreneurs.



WOMEN'S EMPOWERMENT - RKSS also runs several workshops like Gappa Goshti sessions on women and child health. We run free computer and financial literacy classes for women. We also help the local artisans and tailors trained by us to make goods for pop up stores of RKSS.



SPORTS, YOGA, ARTS & CRAFTS



OUR IDEALS

The four fold ideals of RKSS are derived from the ideals of Ramakrishna Mission, which are:

1. Service to mankind is service to God
2. Potential divinity of every human being regardless of their birth, caste, sex, creed, economic status, or religion
3. Strength is life and Weakness is death and,
4. Work is Worship.



Dec 2019: The 51st Founding day was a grand occasion and a proud day for the community because we celebrated the successes of the Inspiring RKSS women and youth who have surmounted odds and excelled. Thank you Chief Guest Siddhartha Rastogi and Special Guest Rachana Mehta for gracing the occasion and facilitating this year's awardees in the categories of RKSS Woman Power, RKSS Dedicated Contributors, RKSS Young Achiever awards.

VOLUNTEERS POWERING OUR ENGINES

A number of RKSS activities are powered by the volunteers and patrons who commit themselves to working for the disadvantaged from a few hours to many months.

Some Examples:

Surf and Sand

Our tuition student, Sarfaraz getting training under guru Sandeep Manchrekar at the IES center for ceramic design. Thank you mentors Prasad Vaidya, Suchitra Ravichandran and Director IES, Gaurish Chandavarkar, for making this happen!



Swapnil from IIFL conducting a session on financial literacy for women

Report On Urban Health Training Centre

Urban Health Training Center (UHTC) of K.J. Somaiya Medical College and Research Centre is located at RKSS Building, Pratiksha Nagar, Sion. It operates in collaboration with Ramakrishna Sarada Samiti (RKSS). It caters to Urban slum areas of Shastri Nagar, Transit camp buildings, Almeida Compound, Gautam Nagar and Panchsheel Nagar. The population covered is approximately 43000.

The UHTC functions from Monday to Friday, 9:30 am to 4:00 pm excluding public holidays. It provides various services like General OPD services with drug dispensing facilities, Specialty clinics like Under Five, Well Woman, Hypertension and Diabetes Mellitus, Physiotherapy, Immunization, Counselling, Ophthalmology clinic, and Dermatology clinic. Laboratory services are provided twice a week.

The daily OPD activities conducted at UHTC are given below in the table -

Sr. No	Day	Registration Timings	OPD
1.	Monday	9:30 am - 12 pm	General OPD
		1.30 pm to 3 pm	Counselling OPD
2.	Tuesday	9:30 am - 12 pm	General OPD
		1 pm to 3 pm	Well Women clinic
3.	Wednesday	9:30 am to 12 pm	General OPD HTDM clinic Physiotherapy OPD
		1 pm to 3 pm	HTDM clinic
4.	Thursday	9:30 am - 12 pm	General OPD HTDM clinic Physiotherapy OPD
		1 pm to 3 pm	Under Five clinic

5.	Friday	9:30 am - 12 pm	General OPD
		1 pm to 3 pm	Ophthalmology OPD

General OPD

On all 5 days i.e. from Monday to Friday morning, in General OPD, patients are examined and given adequate treatment. If needed, laboratory investigations are advised or patients are referred to KJ Somaiya Hospital for further management. General dietary and relevant health advice are also given to patients.

Physiotherapy OPD

Patients referred on other days for physiotherapy are examined by Physiotherapist of KJSH. Patients are taught various exercises according to their ailments to be done at home. Referrals can be given if specific treatment is required for the patient.

Well Woman Clinic: It includes

1. Clinical breast examination -
 - a) CBE by qualified doctors (once a year for every woman)
 - b) Teaching the methodology to the woman to do self-breast examination every month.
 - c) Referral to Surgery OPD KJSH and assistance to the woman till final treatment (in case of abnormal CBE)
2. Gynecological consultation including Pap smear
3. Provision of Family planning services - CuT insertion, OCPs, Condoms.
4. Random blood sugar estimation and Hemoglobin measurement.
5. Height, weight and blood pressure measurement.

HTDM clinic

- Examination of patients for any complications of Hypertension and Diabetes mellitus with monthly follow up.
- Provision of monthly medicines
- FBS and PPBS examination of DM patients every 3 months or earlier if necessary.
- S. Creatinine and lipid profile done every 6 months.
- Ophthalmology reference to rule out complications
- Advice and counselling for healthy lifestyle.
- Referral to KJSH if required.

Under 5 clinic

- Growth monitoring of children under 5 years of age with regular follow up
- Identification of malnourished children
- Treatment of illnesses by Pediatrician.
- Immunization activities on every 2nd and 4th Thursday. Dietary counselling specially to mothers of malnourished children
- General health advice to mothers regarding immunization, hygiene, breast feed, etc.

Ophthalmology OPD

- Examination of patients for refractive errors
- Ophthalmological consultation by qualified Ophthalmologist with provision of treatment
- Referral to KJSH if required.

NUMBER OF BENEFICIARIES ATTENDING URBAN HEALTH TRAINING CENTRE

PARTICULARS	APR 2019 - MAR 2020
A) Total OPD Patients visits	9809
General OPD - New	1704
General OPD - Old	1339
Well woman clinic beneficiaries	1183
Family planning services beneficiaries HTDM clinic - New	173
HTDM clinic - New Patients	64
HTDM clinic -Old Patients	2213
Under five clinic - New Patients	187
Under five clinic - Old Patients	714
Immunization	405
Lab Services	448
Opportunistic screening	104
Ophthalmology OPD	105
Physiotherapy OPD	612
Counselling OPD	555
Dermatology OPD	3
B)Referrals	722
C)Home visits	4501
D)Phone follow up	3220
E)Health education/ counselling	5947
TOTAL PATIENTS	24,199

Community Health Activities

- We conduct health camps taking into account prevalent public health problems, in urban slum community once in every two months. From April 2019 to March 2020, 17 camps are organized by Department of Community Medicine, covering total 375 beneficiaries.
- We organize school health camps for health checkup of school children at Karmaveer Bhaurao School once in a year. Last health checkup was done in Jan 2020, which included 275 boys and 244 girls i.e. total 519 children.
- In addition, we do health checkup of preschool children enrolled in RKSS once every three months. Last health check-up was done in January 2019, covering total 215 children.
- If a child needs treatment or a referral, we provide them adequate treatment or refer for further management to UHTC or KJ Somaiya hospital if needed.
- We counsel the teachers and parents regarding the health care of children.
- An informative session on various postal schemes was conducted for the parents of balwadi children with the help of staff from the postal department on 21/09/2019
- Health talk on personal hygiene was given during parents meeting in Ramakrishna Sarada Samiti on 20/07/2019. Importance of personal hygiene was emphasized. Six steps of hand wash were shown to the parents. Health talk on what is diarrhoea, its causes, symptoms and treatment emphasizing on Home available liquids, Homemade ORS and WHO ORS was given.

Child to Child Programme in Community

Child to Child and Community Programme was conducted in BMC School in Pratiksha Nagar, Sion. Total 10 sessions were conducted. 5 sessions for 5th standard on personal and dental hygiene were conducted and for 6th standard, 5 sessions on environmental hygiene and diarrhoea were conducted. Sessions were interactive with songs and games. Discussion was done on topic with the help of PowerPoint presentations, videos and flipcharts.

Counselling OPD

Social health problems such as familial issues, employment problems, addictions etc. are dealt with in this OPD by Medical Social worker on every Monday afternoon.

Laboratory investigations on Tuesday and Friday morning

- Fasting and postprandial blood sugar
- CBC
- S. Creatinine
- Lipid profile
- Peripheral smear for malarial parasite
- Liver function tests

Opportunistic screening

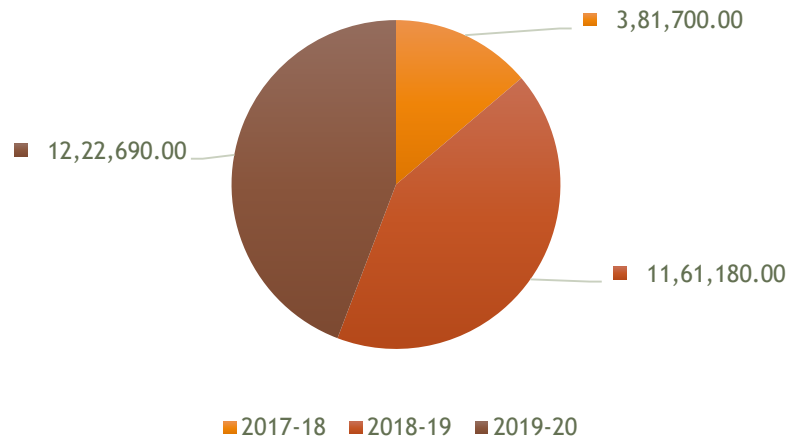
- All patients who are >25 yrs. of age (not known case of HTN/ DM) are screened for Hypertension and Diabetes mellitus by measurement of blood pressure and RBS on glucometer respectively.
- Those who have BP >140/90 mm Hg are advised to follow up for next two days for BP monitoring. If BP is consistently high are started on treatment for HTN labelling him/her as a new patient.
- Those who have RBS>140 mg/dl are advised to follow up for FBS and GTT measurement and are managed as per the reports.

Home visits and Phone follow up

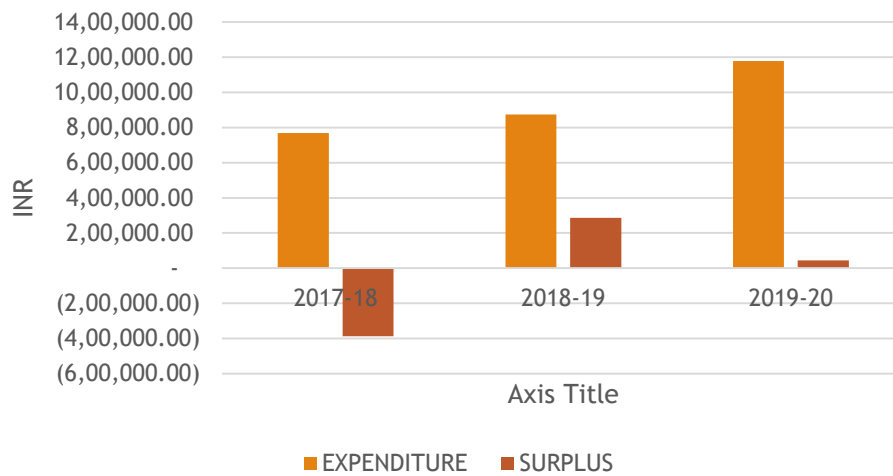
- Home visits are done for follow up of under five children and ANC women on every Monday and Friday respectively by community health worker.
- Phone follow up and reminders are given to well women clinic and under 5 clinic beneficiaries on Tuesdays and Fridays.
- Defaulters of HTDM clinic are followed up on phone and home visits by community health worker to prevent drop out.

DHARAM KHATA

Total Income INR



Expenditure & Surplus/ Deficit



CONTACT US



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24/03/2020:

On the advice of experts, RKSS center will remain closed till 31 March, 2020. The HT/DM monthly refilling will be at Somaiya Hospital for the time being. Patients with fever can go to special Fever OPD at Somaiya Hospital or Sion Government Hospital.