



together we can kindle the hopes of a brighter future in the people of Attappadi.

### International Residential school for tribes

In the light of the activities organized in Attappadi, Santhi realized that the sustainable development of tribes in Attappadi can be attained only through education so is the notion of Tribal Residential School unleashed for a better future. This is a platform to facilitate the capabilities of tribal students where we train the students from primary level to the higher classes. Students exposed to vast opportunities serve them to achieve broader outlook.

### Donations are tax exempted under Sec.80.G of I.T Act

Account Name:

"SANTHI MEDICAL INFORMATION CENTRE"

Account No: 4275002100004841

Bank: Punjab National Bank,

Branch: Guruvayur, Kerala.

RTGS Code: PUNB0427500

Account Name :

**SANTHI MEDICAL INFORMATION CENTRE**

FCRA AC 0838201000500

Bank Name - Canara Bank, Branch Name- Guruvayur

RTGS CODE – CNRB0000838

**A LIFE SAVED  
IS A LIFE GIVEN**



**SANTHI**  
MEDICAL INFORMATION CENTRE GURUVAYOOR

Punnathur Road, Kottapadi, Guruvayoor, Thrissur Dt. Kerala, India - 680505,  
Phone: 0091 487 2556796, Email: santhimedicalinfo@gmail.com

### ATTAPPADI WELFARE PROJECT BY SMIC

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Santhi Medical Information Centre was established in 1997 with a goal to address the common man's various needs and queries on medical information, facilities and options. It is now a full-fledged charitable trust, serving people with comprehensive medical information, availing treatment facilities especially for the kidney patients' dialysis support, community welfare programs, health awareness campaigns and financial assistance to the deprived people. SMIC has its humanitarian presence in the social sector of Kerala for the betterment of the needy sections of the society and tribal community welfare.

The growth track marks the fledging of SMIC from its single staff in 1997 to the strength of 152 staff and a number of voluntary staff and well-wishers facilitating 2000 dialysis in a month in which 1300 are done free of cost and the rest at a subsidized rate incessantly for the past 14 years.

## THE PAST AND THE MILESTONES!

- Facilitated kidney transplants for 680 patients, 62 from the Middle East.
- Facilitated heart surgeries for 20,500 patients, 184 from the Middle East.
- 2,00,000 and plus dialysis carried out in 14 years for those who cannot afford the treatment otherwise.
- Mobilized treatment fund of more than INR80million to the poor patients from central government and charitable institutions in India.
- Provides mobile lab facilities for more than 100 persons daily. Also direct people to facilities available to them in their area or nearby and financial resource through phone, letter or E-Mail.
- Published medical directories, health magazine and introduced health card system in Kerala.



Destroyer) are set up in the schools and for college students.

### Knowledge Villa Project

Knowledge can empower the upcoming generation of the tribal community. Knowledge Villa Project is to inculcate the habit of reading and thereby promoting the value of education and knowledge among the students in Attappadi tribal villages. A digital library promoting visual communication and a vast library is being seated up with 1 lakh reading materials in the region.

### Sports & Cultural club

Santhi Medical Information Centre launched the idea of Sports and Cultural club with a view to tap the hidden talent of youths in tribal hamlets. It puts emphasis on encouraging sports and cultural club activities, arranging tournaments in rural and tribal areas of Attappadi. The project seeks to inculcate the social norms and values in tribal youth group by developing a sense of responsibility and good conduct among them. It can enhance the tribal talents and make them explore the opportunities with a chance of employment, promoting socio-cultural interactions as well.

### SUPPORT THE FUTURE

Attappadi Welfare Project is successfully implemented so far only through the support and care of our well-wishers. We humbly wish for your support to extend the project to the remaining 190 hamlets. You can also be the part of this noble cause. We welcome you to hold our hands in this initiative and



to help and guide the aspiring tribal students and youth to reach and explore their future.

#### Education Support Scheme

- The project is aimed to support the education sector of Attappadi by supplementing the educational needs of the students. Under this project,
- 5 Graduates are sent to Triune Academy for 1 year IAS Coaching
- A tribal student is sponsored for higher studies in Pondichery University for 5 year integrated MA political science.
- Santhi Institute, the parallel educational centre is set up to provide free tuition to High School and higher secondary students in Attappadi.,

#### Nutteen project

The project is launched to mitigate the malnutrition problems among the adolescent girls in the community. The initiative put forth a consistent and viable solution by distributing one papaya sapling & a hen each among the 125 girls in IHRD College which helps them to find long term sources of nutrition supplements in home.

#### Adolescent Health & Menstrual Hygiene Management Project

The project facilitates the tribal girl students to have better menstrual hygiene and private access to menstrual hygiene products. Santhi distributes sanitary napkins made in our tribal units among the school and college students as a part of this program. Also, incinerators (Napkin



- Conducted more than 108 free medical camps, helped and monitored the patients effectively.
- Launched world's first health website containing vital information about hospital facilities, medical departments, doctors and health packages Conducted more than 35000 Diabetic & Hypertension prevention awareness camps and Project for Early detection of kidney diseases (Karuthal Mobile Project).
- Palamala and Attappadi Tribal Welfare projects
- Organ donation (cadaver transplantation) awareness project.
- Facilitates Santhi Integrated National Dialysis Program nationwide.
- Continues free dialysis for deserving patients

### UMA PREMAN - a life dedicated to humanity!

“Be the change that you wish to see in the world.”- (Mahatma Gandhi) The words truly manifest the life of Ms. UMA PREMAN, the founder and director of Santhi medical Information Centre. She started her charity by selflessly donating one of her kidneys to an unknown youth way back in 1999. Numerous awards and recognitions have been bestowed to her including, President's Special Invitee for Globalizing India 2015 category, State Govt's Vanitha Ratnam Award, CNN's Real Hero Award 2010, Godfrey Philips Social Bravery Award 2013, Kelvinator Streesakthi Puraskar 2014, Asianet Streesakthi Puraskar 2014, Vanitha Women of the Year 2015 etc.



## SANTHI FREE & SUBSIDIZED DIALYSIS UNIT

Santhi Medical Information Centre has seven free and subsidized dialysis centers and 2 absolutely free dialysis centers and one free mobile dialysis units across Kerala and one free dialysis unit in Lakshadweep.

### MOBILE DIALYSIS UNIT

Santhi advanced mobile dialysis unit, the first of its kind in India serve the desperate bed-ridden patients at their doorsteps with full-fledged dialysis facility.

In Kaipamangalm, Thrissur Dist.  
(Supported by (Kaipamangalam Pravasi  
Co-Branded Orchard Private Limited)



### THE FREE DIALYSIS UNITS ATTACHED TO:



K.M.M Hospital, Puthanpalli  
Perumbadappa.  
Cont: +91 9656686545



Govt Tribal Specialty Hospital  
Kottathara, Attappadi.  
Cont: +91 7559956796



Indira Gandhi Hospital  
Kavaratti, Lakshadweep,  
Cont: +91 9895751523

### THE FREE & SUBSIDIZED DIALYSIS UNITS ATTACHED TO:



Metropolitan Hospital, Thrissur,  
Contact No: +91 9746716748



Santhi Dialysis Unit in  
Kottarappadi, Kalpetta,  
Wayanad Cont: +91 9497769546



Royal Hospital, Kunnamkulam,  
Cont: +91 8547456796



Dhanya Hospital, Chalakudy,  
Cont: +91 8281260480



Medical Trust Hospital,  
Kulanada, Cont: +91 8281469684



Esaf Hospital, Sultanpet,  
Palakkad, Cont: +914734260431



Co-operative Hospital,  
Kothattukulam Cont:  
+91 8281643647



health, educational assistance and sanitation facilities

### SELF SUFFICIENCY

- Santhi established three SSI units to provide training and guidance for self employment and small scale undertakings to those who discontinued education and over 18 years old.
- These units give training in making disposable plates and bowls out of dried betel tree leaves. Also sanitary napkin making, tailoring are another units specialized for women.
- Santhi is also taking initiatives for introducing productive cultivation techniques for the villagers in the available land in the village.

### AGRICULTURE

- Low cost cultivation suitable for the geographical conditions of Attappadi is implemented by Santhi in the available land.
- Organic farming of Papaya in 4 acres, Drumstick in 3 acres, and Banana in 3 acres are conducted here.
- Other vegetables that are cultivated in organic way include Yam and Colocasia (Chemb) in one acre, Pumpkin, Tapioca and Ash gourd in one acre, Snake gourd and Bitter gourd in one acre, Beans, Ladies Finger and Toor Dal in one acre, Tomato, Chilly and Brinjal in one acre.
- Farm School Concept is another initiative from Santhi that covers Wormy Compost, Dairy Farming, Poultry Farming, Fish Farming and Mushroom farming.

### TRIBAL YOUTH CENTRED INITIATIVES

The young generation is the hope and future of any community. SMIC intends





Mobile Lab Handover to Sholayur PHC

among the tribal community, conducting early detection tests of lifestyle diseases, liver and other diseases, including ECG for a nominal sum of 250 INR

- Santhi set up its 10<sup>th</sup> free and subsidized blood dialysis unit in Kottathara Tribal Specialty Hospital. Also an X-ray unit is set up by SMIC in Kottathara Tribal Specialty Hospital.
- As the PHC in Sholayur lacks lab facility, SMIC set up a Mobile Lab with auto analyzer and all other facilities adjoined to the Hospital. SMIC runs the Mobile Lab for free of cost including the staff and equipments until the hospital is provided with lab facility from the government.

## EDUCATION

- Santhi provided necessary infrastructure facilities for the 20 Multi Grade learning Centers (MGLC) in Attappadi. Among them PuliyaChala Centre was completely renovated and Kathirampathy Centre was partially renovated. Necessary facilities like Toilets, Drinking Water, Electricity, Furniture, Dress, Painting, Smokeless Oven etc. were facilitated in other centers.
- Santhi selected 12 students and send them to PC Thomas Centre for higher education entrance coaching.
- Santhi selected 9 students who have keen interest in higher learning and facilitated them college admission, academic counseling and ensured the continued financial support for studies.
- SMIC could raise and channelize an approximate sum of 20,00,000 INR for the uplift of schools in Attappadi, for providing drinking water,



## THE IMPACT

Santhi Dialysis Centers facilitate around 2000 dialysis in a month in which 1300 are done free of cost and the rest at a subsidized rate of 650 INR. SMIC started to support the needy dialysis patients in 2002, as the cost of a dialysis hovered between Rs. 1,500 to Rs. 2,500 INR, unaffordable for the continued weekly treatment. The social impact of our subsidized dialysis program was countable as the private hospitals in Kerala were forced to provide the dialysis in a lowered rate which it actually cost.

## OUR SOCIALLY COMMITTED PROJECTS

### SANTHI INTEGRATED NATIONAL DIALYSIS MISSION

SMIC is partnering with Central Government to facilitate dialysis centres for the common people at a subsidized rate across the nation. It is a nationwide non profitable dialysis programme introduced in Union Budget, 2016-17. SMIC is entrusted to implement the mission across the states availing the novel and quality dialysis at maximum subsidized rate to the people. Our first dialysis unit under SINDM is inaugurated in Asha Nikethan Hospital, Bhopal, Madhya Pradesh. And twelve more units are under construction in the various states of India (Kovilpatti- Tamilnadu, Mannarkkad and Karuvanchal -Kerala)



### KARUTHAL

**Diabetic & Hypertension Prevention Awareness and Kidney Disease Early Detection Project (Mobile)**

We are carrying out a prevention program since 2008, i.e. 'Karuthal' to prevent the increasing rate of kidney patients through which 35,000 awareness camps on lifestyle diseases, their early detection lab tests and continued medical support etc. are facilitated. The Karuthal vehicles with mobile lab facilities drive around the rural and urban areas reaching the doorsteps of the desperate patients. These mobile labs facilitate lifestyle



diseases detection tests at a nominal rate. Companies who have as contribute to this project a part of their corporate policy of social commitment.



## CORE SECTORS DEVELOPMENT



### ORGAN DONATION AWARENESS PROJECT

Life-threatening diseases often demands organ transplantation as the only solution Santhi's mission is to give information and create awareness about the need and other aspects of organ donation to encourage people to become organ donors. The awareness programme is propagated through a street drama "Punarjini" and another stage play, "Avayava Mahayudham".

### PALAMALA TRIBAL REHABILITATION PROJECT

In 2007, Santhi successfully carried out the Palamala tribal rehabilitation project by adopting 33 members of five tribal families of Palamala, in Palakkad. By closely interacting with tribal life, the families were provided first with food, houses and finally employment facilities ensuring the continued development of the tribe.

### ATTAPADI WELFARE PROJECT

In 2014, SMIC set off Attappadi Welfare Project realizing the pathetic living conditions of tribal community in the region. Our project identifies the root causes and the core areas for improvement in the villages. SMIC initially adopted two hamlets (Down Agali Ooru & Agali Kandiyyur Ooru) in Attappadi as **Santhi Gramam** and brought in all around development activities which are currently being extended to other hamlets. The focus is upon the five core sectors i.e. Education, Sanitation, Health, Employment and Agriculture among which Education is given utmost priority and importance.

### SANTHI GRAMAM

There are 192 tribal hamlets in Attappadi and our project runs successfully within two hamlets i.e, Down Agali Ooru and Agali Kandiyyur Ooru. We strive but run successfully with the support of few

good hearted people and presently expand the project to other hamlets. We identify the causes and the core areas for improvement in the villages and implement developmental measures and steps from the bottom level

### HYGIENE & SANITATION

- In Agali Kandiyyur Ooru, Santhi built 75 toilets and bathroom facilities. The water source was renovated and established 5 large water storage tank and taps.
- In Down Agali Ooru (Agali Panchayat) Santhi built 18 toilets for the tribal homes which lack sanitation facilities. Also created hygiene awareness among villagers. Proper waste management solutions are implemented.
- Drinking water problem is resolved by establishing Water Storage Tanks and Taps and the village premises are made clean by solving water blockage issues.
- Houses are refurbished with added facilities and cleanliness. Disconnected electricity connections are restored.

### HEALTH

- SMIC facilitates medical care, checkup and medicines for all residents in Down Agali Ooru. Two permanent nurses are appointed for continued medical support for the people.
- A residential Physiotherapy Rehabilitation Centre is set up in the region for the paraplegic patients.
- Established community kitchen to ensure regular diet based nutritious food and supplements among the tribal people.
- Introduced 'Nutrition Break' for 968 low HB detected students of Kottathara GUPS, HSS and Agali GVHSS and provided nutritious brunch during the break.
- SMIC also carries out the Health Awareness Program specifically

