

QUARTERLY NEWSLETTER



LOK BIRADARI PRAKALP HOSPITAL, HEMALKASA

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Highlights

- **Bablai Yatra at Bejur – A vibrant tribal fair celebrating local traditions.**
- **Ophthalmic Surgery Camp – In collaboration with Rotary club of Nagpur.**
- **General Surgery Camp – Conducted with support from Rotary club of Nagpur.**
- **75 Glorious Years of Maharogi Sewa Samiti – A milestone of service and impact.**
- **Laparoscopic Surgery Camp – In association with DMHER, Sawangi.**
- **New Initiatives at LBP Hospital – Embracing “Learning, Unlearning, Relearning”**
- **SHAPE Updates – Continuing awareness about health among school children.**

The first quarter of 2025 has concluded, and Lok Biradari Prakalp Hospital, a provider of essential healthcare services, has implemented several innovative and strategic adaptations.

We understand that the hospital pursued the implementation of new approaches and technologies to enhance the quality and accessibility of care. This involved a period of organizational reflection and adjustment, marked by a dynamic cycle of **'learning, unlearning, and relearning.'**

We appreciate the dedication of our supporters who stood alongside us as we embarked on this evolving journey of social transformation, striving to improve the lives of the communities we serve.

Important Statistics at a glance

1st January to 31st March Statistics

Sr.No	Category	No. of Patients
1	Genral OPD Patient	6714
2	Indoor Patients	515
2	Ophthal Patients	976
3	Dental Patients	321
4	Surgeries	352
5	Malaria	51
6	Deliveries	34
7	CHC OPD	1144



Every year, the Bablai Yatra is celebrated in Bejur village – a beautiful tribal fair by the tribals, for the tribals, to worship their deities and honor their deep-rooted traditions. Lok Biradari Prakalp Hospital takes this opportunity to engage with the community through health awareness activities.

This year, we focused on nutritional awareness, especially promoting millet-based diets. We introduced Ambil – a traditional porridge made from Raagi (finger millet), a crop commonly grown by the tribal population but underutilized in their daily diet due to a lack of awareness about its health benefits.



Our Community Health Workers demonstrated the preparation of Ambil, enhanced with additional nutritious ingredients for improved taste. Visitors were invited to taste the porridge, and in return, they eagerly requested the recipe, showing great interest in incorporating it into their meals.

This quarter, two Ophthalmic Surgery Camps were held at Lok Biradari Prakalp Hospital, focusing primarily on cataract and pterygium surgeries.

- In January, the camp was organized in collaboration with the Rotary Club of Nagpur, under the guidance of Dr. Rafat Khan. Surgeries were conducted by a dedicated team of doctors:
- Dr. Sameer Gade, Dr. Sadaf Khan, Dr. Abhijeet Deshpande, Dr. Sourav, and Dr. Pallak Shah. A total of 150 patients regained their vision through successful surgeries.
- A second camp, led by Dr. Adway Appalwar, resulted in 41 successful eye surgeries.

In total, 195 patients were given the gift of clear vision. We express heartfelt gratitude to all the doctors and the Rotary Club of Nagpur for their invaluable support.



GENERAL SURGERY CAMP – COMPREHENSIVE SURGICAL CARE

A General Surgery Camp was conducted in collaboration with the Rotary Club of Nagpur, covering a wide range of procedures—from minor to major surgeries.

This camp included:

- General surgeries
- Gynecological procedures
- Gastrointestinal surgeries
- Plastic surgeries
- Urological interventions

A total of 84 patients were successfully operated on. This initiative brought high-quality surgical care to those who otherwise could not afford such treatments. We are deeply thankful to the Rotary Club of Nagpur for their continuous commitment to healthcare access.



CELEBRATING 75 GLORIOUS YEARS OF OUR ORGANIZATION

This February marked a proud milestone—75 years of Maharogi Sewa Samiti the parent organization of Lok Biradari Prakalp.

A grand celebration was held at Anandwan, Warora, showcasing decades of tireless social service. As part of the event, Lok Biradari Prakalp's journey was presented, featuring interviews with senior staff who reflected on the hospital's growth and impact. It was a moment of pride and reflection as we looked ahead to furthering Baba Amte's legacy.



LAPAROSCOPIC SURGERY CAMP – ADVANCED CARE

Under the esteemed guidance of Dr. Deelip Gode and in association with DMHER, Sawangi and AMASI, a Laparoscopic Surgery Camp was held at our hospital.

Surgeries included:

- Hernia repair
- Cystectomy
- Hydrocele repair
- LVH procedures
- Other laparoscopic interventions

A total of 54 patients received advanced surgical care. We sincerely thank Dr. Gode, DMHER, and AMASI for making this camp a success and supporting patients who need such specialized care in rural areas.



At Lok Biradari Prakalp Hospital, we strive not only to treat but also to heal with empathy. Embracing the theme of “Learning, Unlearning, and Relearning,” we introduced a new patient-centric approach in our Labour Room.

Recognizing the severe pain experienced during delivery—often compared to a fractured bone—we introduced labour room analgesia protocol to ease the experience for mothers.

Epidural analgesia is typically unavailable in low-resource settings like ours. To address this, Dr. Anagha Amte introduced simple pharmacological options (like Paracetamol drips and Drotaverine injections) along with non-pharmacological methods, including:

- Educating mothers about each stage of labour
- Playing calming music
- Gentle back and calf massages
- Physiotherapy exercises

We’re proud of our nursing team—Sharda Bhasarkar, Sharda Oksa, Dipmala Latkar, Priyanka Sadmek, and Jamuna Atram—for enthusiastically implementing these practices. This initiative marks a shift from being just a “Baby-Friendly Hospital” to a “Mother-and-Baby-Friendly Hospital.”



Exclusive breastfeeding and weaning are important topics for new mothers.

Exclusive breastfeeding means that the baby receives only breast milk, without any additional foods or liquids.

Exclusive breastfeeding has numerous benefits for both the mother and the baby. The World Health Organization recommends exclusive breastfeeding for the first six months of a child's life. Weaning is the process of introducing other foods or liquids to the baby's diet, in addition to or instead of breast milk.

- Start with small amounts of liquids and then semisolids.
- Gradually increase the amount and frequency.
- Monitor the baby's reaction, being patient and flexible and adjust the weaning process accordingly.

Ingredients:

1/4th cup of cooked dal, 1/4th cup of overnight-soaked finger millet flour, a pinch of salt and a pinch of roasted cumin powder.

Recipe:

Boil a cup of water and gradually add 1/4th cup of cooked dal, 1/4th cup of overnight-soaked finger millet flour. Cook it for a couple of minutes and add salt and roasted cumin powder according to taste.

Finger millet is rich in iron, calcium, and Dal could provide protein to the baby



On 10th Jan 2025, a Shape camp was held in the Ashram school, Laheri. A general and oral health checkup was done by Dr. Vinakshi and Dr. Prashant. Health awareness was done by students of the Gandhian fellowship Gayatri and Umesh. The whole school staff was very cooperative.

On 11th Jan 2025, a food festival was held in Sadhna Vidyalaya, Nelgunda. Parents of the student who took part in the preparation of various traditional foods told how they got distracted from consuming Ragi in their daily diet. And then convinced by the CHWs to grow Ragi in the farm and guided on the same.



Introduced a new condom dispensing box at Pengunda and Middapalli, which is rust-free and can be placed outside the CHC in the rainy season. Soon, it will be given to all the other CHCs.