

Annual Report

2006 – 07

CUTTACK DIABETES RESEARCH FOUNDATION (CDRF)
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CHAIRMAN'S ADDRESS

Enthusiasm and responsiveness are the main activities as adopted by the organization viz. **Cuttack Diabetes Research Foundation**. In order to address the core area of each issue, the members of the organization have improved the glory of the organization during the year 2006-07 by fulfilling the mission i.e. prevention of diabetes from our countryside. The field of health service has been escalated by the effort of the staff members and it reached the ground level to bring solace for the deprived section of the society. **CUTTACK DIABETES RESEARCH FOUNDATION** is making the effort successfully by facilitating health services for the development of people in the state of Orissa. While publishing this annual activity report which has been primed to depict our adventurous efforts and achievements in the long run of social mobilization and accomplishment of our mission, I am very much obliged to our well wishers and fellow dedicated staff who have offered their untiring venture to give a new shape to our organization during this year by strengthening diabetes education and care to people at large.

The auspicious year 2006-07 is undoubtedly an action-packed year for the organization during which we had availed much opportunities to identify the basic needs of the laymen in our project area and had enabled us to reach there where people obtained solace and remembered our togetherness and we feeling among the target groups at grass root level. It has become obvious during follow up action taken by the organization . It is not dubious among the target group regarding our philanthropy and painstaking social work, whereby very many helping hands have been stretched for the Organization in course of our service to the mankind.

During this year, we have availed better scope for organization of health programmes for development of women, children and people with health hazards in the project area. Mostly we have concentrated on certain action oriented programmes and spent a lot of time in generating awareness among the people. We have concentrated on diabetes care, cure, prevention, education and research by strengthening the motivation mechanisms.

I hope to corroborate our internal mechanism and give a good platform to our staff members who can achieve success by rendering health service to people at large.

Best wishes.

Dr. Alok Kanungo, Chairman & M.D

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GENESIS OF CDRF

Cuttack Diabetes Research Foundation (CDRF) was initiated to mitigate the sufferings of the rural as well as urban people being victimized of diabetes and came in to existence in the year-2003. The forces of modernization, industrialization have not been able to remove poverty and exploitation in the society as observed from the filed level interaction and service delivery output. A large segment of the people of our state does live with diabetes in a horrendous situation of poverty. In order to improve their health condition a group of dedicated personalities put their hands together and decided to form a Charitable Trust named **CUTTACK DIABETES RESEARCH FOUNDATION** in the year-2003 with a motto of rendering education, service and care to diabetes patients in the state.

LEGAL ENTITY:

- **CUTTACK DIABETES RESEARCH FOUNDATION** is a registered outfit and which has been registered under Indian Trust Act.

MISSION STATEMENT:

To pursuit of excellence in diabetes care, cure, prevention, education and research with full dedication and confidence. To reach out to all in need at affordable costs and give solace to the poor mass, develop their potential; improve their health and adaptability. To contrive innovative

resources with perceptible attempts for prevention of diabetes and sort out the complications in assuring healthy life to innumerable victimized beneficiaries.

OUR VISION:

Cuttack Diabetes Research Foundation envisions bringing solace for the deprived sector by giving voice to the voiceless, eradicating the roots of ill health and prevention of diabetes. To show path to the deprived people of Society which is just and participatory, free from all sorts of discrimination ensuring equal rights to all irrespective of caste, creed sex and religion.

Objectives:

- To promote sustainable mechanism towards prevention and reduction of diabetes growth in world.
- To empower public on community based diabetes prevention & care.
- To organize CME programme for Doctors.
- To conduct capacity building programs for the existing govt. infrastructures to cater the need of people in diabetes.
- To promote education on diabetes among the people
- To develop effective quality systems complying with international standards.

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CUTTACK DIABETES RESEARCH FOUNDATION DURING THE YEAR 2006 – 07

Diabetes awareness & education initiative:

The organization has been devoting maximum time for welfare of deprived and poor children and adults, women and children who are suffering from diabetes in the state. With a view to prevent the dreaded disease i.e. diabetes, special education on the symptoms and diet control are being taught in public meetings, seminars, health camps and village level programmes.

ORGANIZING DIABETES DETECTION CAMPS AT RURAL AREAS:

Cuttack Diabetes Research Foundation has been deeply associated with major health initiatives in the different corners of the state. Taking this enthusiasm as a primary tool, the staff members have organized health camps in different places of the state during this year. In order to provide information on health, hygiene, sanitation and diet for prevention of diabetes, and to make people aware of preventive measures, the Organization had organized a free health check up camps in Cuttack, Kendrapara, Jagatsinghpur, keonjhor, Ganjam, Sambalpur, Jajpur, Khurda and Nayagarh districts during this year. The organization has invited renowned doctors to counsel the rural people at the camps. The doctors informed the participants on the symptoms

of diabetes and other precautions for a safer life style. They also emphasize on health care and development. They also checked health status of beneficiaries and referred risk matters for institutional care. In order to educate the people about diabetes, the organization has conducted the free blood sugar test and continuous awareness campaign during the year. In the said campaign, people were made aware of the root causes of diabetes and remedial measures and they were persuaded to get the doctor's advice regularly with diet control for healthy mind and body. Besides, the participants were educated about various health related issues and causes of outbreak of epidemic and dreaded diseases in the community.

SURVEY AND RESEARCH ON DIABETES:

In order to make sustainable and participatory development of rural people including women and youth of the project area, the organization has conducted Co-investigator ICMR Project for Urban and Rural survey on prevalence of Diabetes in Orissa, 1990. Cuttack-Stockholm collaborative studies in IDDM, MRDM and NIDDM. Non-Insulin Dependent Diabetes in young, characterization and family studies. Effect of Glipzide on Beta cell function- a three years follow up study. Role of fasting during Ramadan on Blood sugar control – A multi-centric study. Similarly the organization has been involved in the research work in various

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districts through medical professionals from different level of Health sector.

QUALITY TREATMENT AND EDUCATION TO PEOPLE:

The august initiative was started by the **CUTTACK DIABETES RESEARCH FOUNDATION** being associated with some leading health organizations and it's sister organization KIDS in the state. In order to motivate the people at large, special focus was rendered on the enhancement of knowledge of the people regarding their role and conceited behavior in respect of prevention of diabetes. Different awareness camps have been organized by the members of the Organization which was attended by a govt. hospital doctors and a health workers. The participants were made aware of diabetes and diet specifications, other psycho-physiological problems etc. The doubts and certain superstitions about such health care were clarified by the doctors. All these camps were conducted with the active support of the villagers and the members of the outfit, workers of KIDS and CDRF in various district during this year. It is expected to continue the initiative having got maximum support from people and like minded people.

PROGRAMME ON DIABETES AWARENESS AMONG WOMEN:

Adolescence is a crucial period during which many unexpected changes

in behavior and psychophysical structure is observed. This part of the life span is to be regularize for wellbeing of the society. Taking this concept in mind the organization has conducted training programmes on adolescents during this year. The main motive behind these programs was to generate awareness among adolescent about various issues like infections and victim of dreaded diseases so that they can deal with the problems facing in real life situations more effectively. Amongst the resource persons and Doctors, group discussions were held on these issues and the strategies for solving the problems were worked out. **CUTTACK DIABETES RESEARCH FOUNDATION** is sincerely striving to motivate the rural households to take care of the adolescents to avoid many predicaments like spread of diabetes , HIV etc. that hinders the growth and prosperity of human beings.

OBSERVATION OF WORLD DIABETES DAY

During this year, by the effort of the organization, the World Diabetes Day has been observed in Cuttack and Khurda Districts by involving many dignitaries of Health Organizations, Voluntary organizations, general public and social workers on November-14. This programme was designed to sensitize the general public on mishaps due to spread of diabetes in the state. In this seminar, special focus was laid on the panic due to diabetes and it's high celerity in the state.

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Orissa is having more than 20 lakhs diabetes patients for which awareness gates with messages on road side were fixed for mass awareness. Leaflets on diabetes prevention and safety were distributed at the above points. In collaboration with community based NGOs- one training programme of youths on precautions of diabetes was organized at Khurda. This programme was suitably followed by health check up camp and blood sugar level check up etc. More than 200 participants were attended in the said programme.

TRAINING AND CAMPAIGN AGAINST PANIC OF DIABETES AMONG PRI MEMBERS AND WOMEN:

The women are not liberated from poverty, illiteracy, ignorance, and health hazards. Our cultural heritage marked by diversity, disparity and discrimination caused due to lack of consciousness. To make them aware of the health hazards, a mass campaign was organized by the staff members of **CUTTACK DIABETES RESEARCH FOUNDATION** in Cuttack City year during this year in the month of February 2008.. School children, teachers, parents, local leaders, PRIs and women self help groups were involved in the said campaign. The resource persons of **CUTTACK DIABETES RESEARCH FOUNDATION** motivated the people to know the causes and roots of diabetes and for which many people pass away

prematurely without having sufficient care and knowledge. A systematic work plan has been prepared for mass awareness to sensitize more people on the issue.

impact.

STRENGTHENING HEALTH AND DIABETES EDUCATION:

Definable perspective of health aspects in education is necessary to develop the nation. **CUTTACK DIABETES RESEARCH FOUNDATION** is striving to strengthen valued education in the school and mass education system effectively with its own resources. This programme has been running in different schools of various district without having received any support from Govt. or other agencies. The organization is taking steps for sensitization of school children and teachers on diabetes and it's remedial measures.

WORKSHOP AND SEMINAR ON DIABETES CARE:

In order to analyze the impact of various issues and incidents in the history of mankind relating to Diabetes, **CUTTACK DIABETES RESEARCH FOUNDATION** has been organizing workshop and seminars on diabetes care and treatment measures in the state. The main objective of such workshops is to get the right track for peace and harmony in respect of welfare of the people and to avoid the wrong notions and miss-conceptions on this dreaded disease. During this year, the workshop on

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Diabetes Treatment has been profusely conducted in our state. The dignitaries like Senior citizens, social activists, Doctors, NGO activists were associated in the above workshops.

YOGA AND DIABETES CARE:

The organization has been conducting free health check up camp and awareness programmes in rural areas of different Districts by influencing people on the specialized food habits and Yogasan etc. The camps are being organized among women self help groups and youth clubs of the District. The Resource persons/Doctors have given maximum effort for sensitization of people in the programme area during this year.

TRAINING OF DOCTORS:

CUTTACK DIABETES RESEARCH FOUNDATION has been conducting regular Continued Medical Education Programmes for Doctors of Orissa for their up to date knowledge on service pattern and therapeutic skill up gradation. During this year two training programmes have been conducted by involving the Doctors of our state in Khurda District.

DIABETES DETECTION CAMP:

CUTTACK DIABETES RESEARCH FOUNDATION has been conducting diabetes detection camps across the state in order to identify the patients for immediate care and support for their healthy life. The organization is hopeful to continue such programme in selected places where the vulnerability and risk is high. During this year such programmes

have been conducted in Cuttack, Khurda, Nayagarh and more than 3000 patients have been detected out of the said endeavor. The beneficiaries are being advised to undergo treatment.

CELEBRATION AND OBSERVATION.

The national and international days are celebrated every year by the staff members of **CUTTACK DIABETES RESEARCH FOUNDATION** The following days are observed with institutional support of the Board of the organization.

- ❖ World Diabetes Day-14th Nov.
- ❖ World Health Day-7th April
- ❖ World Environment Day- 5th June
- ❖ Independence Day-15th August
- ❖ International literacy Day-8th Sept.
- ❖ Gandhi Jayanti- 2nd October.
- ❖ Disaster Day-29th October
- ❖ Children's Day- 14th November
- ❖ World AIDS Day- 1st December
- ❖ Human Rights Day- 10th Dec.
- ❖ Republic Day-26th Jan.
- ❖ International Women Day-8th March.

CONCLUSION:

As our success is the main source of inspiration and encouragement for us and our failure are the lessons for us. We believe in cooperation for tangible achievement in the areas of intervention. We hope to bring solace for the depressed and deprived on our go. We strive hard to make the nation free from panic of dread disease like Diabetes that causes human suffering