

# Annual Report



2007 - 08

**CUTTACK DIABETES RESEARCH FOUNDATION (CDRF)**  
*(A PUBLIC CHARITABLE TRUST)*

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| <b>CDRF CONCENTRATES ON:</b>                                     |
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| ➤ WORLD CLASS DIABETES CARE AND AWARENESS                        |
| ➤ HEALTH CAMP AND FREE BLOOD SUGAR LEVEL CHECK UP                |
| ➤ PREVENTION OF DIABETES   |
| ➤ YOUTH DEVELOPEMNT PROGRAMME ON ADOPTITION OF HEALTHY LIFESTYLE |
| ➤ PROMOTION OF HEALTH PROMOTING SCHOOLS                          |
| ➤ SOCIAL RESEARCH ON DIABETES AND ITS COMPLICATIONS              |
| ➤ MASS AWARENESS CAMPAIGN ON DIABETES PREVENTION & CARE          |
| ➤ YOGA AWARENESS   |
| ➤ TRAINING TO DOCTORS AND RESEARCH WORK                          |

## **OUR COMMITMENT:**

Social service is our means to add our values with them who are confounded and vulnerable. We try to understand the problem of the beneficiaries and weaker sections of our society and facilitate our efforts to accelerate their balanced growth. We help empower them to fight for their sustenance. We honour them who are our well wishers and co-workers for success of our mission. We reach the inaccessible areas to find out the causes of sufferance and try to uproot the predicaments by rendering basic education on diabetes to all beneficiaries of our state. We promise to determine strategies to prevent diabetes and it's complications.

## **From the Desk of our MD:**

A society free from all miseries and disasters is a place of ecstasy and can be defined as paradise. Men and women, Older and children all live happily in a beautiful environment is no doubt a gift of almighty. Governance and hypocrisy has no space in that dreamy world. No discrimination of class and caste and a common utterance of all are human beings are the best incantations for all living beings. Family with no violence and full of love and affection is really a heaven. People having no health hazards and complicacies are out of blessing that might be an example of historical kingdoms. Poverty has no meaning at all and all are having adequate potentiality and are able to fulfill their requirements. Education deserves the greater value of that society and concentration on improvement of science and technology is the go of development. Should we dream up for such a community? Yes ! We do have certain prerogatives. Still we have to work for day and night by relinquishing indolence and combat the panic of some dreaded diseases to bring good health for the mankind. We cannot change the world which has been disturbed and covered ample distance during many recent centuries. Social service has incomparable dignity in the universe. Many human beings have immaculate biographies what we learn from oldest publications and manuscripts. Their devotion and perseverance has offered a lot to the society and very many have adored them as God and Goddess to have peace and prosperity. Keeping social service and universal peace and solidarity in mind, **CUTTACK DIABETES RESEARCH FOUNDATION (CDRF)** a leading social action group has been working in the state of Orissa since 2003 for the interest of people living with Diabetes and vulnerable sections of our society. The prevalence of Diabetes is accelerating day by day in the form of epidemic all over the globe. India has the highest prevalent diabetes by acquiring the huge proportion comes for 20% of total diabetic demography. This annual activity report is a comprehensive structure of whole stories of **CDRF** for the year 2007-08.

Our effort is an embodiment for the interest of mankind not only in Orissa but also gathered appreciation by establishing a wide spread brotherhood mechanism before the social activists of our country who are really working for the people. Motivation and awareness being the key modus operandi in the long run, **CDRF** has been able to popularize the basic concepts diabetes among the rural as well as urban people and has amalgamated radiance within a few golden years.

***Chairman-Cum M.D, CDRF***

## **BACKGROUND 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 STATUS:**

- **CDRF** is a health promotion based altruistic Organization having registered under Indian Trust Act.

Objectives of **CDRF** in brief:

- The most important objective of the organization is Development of weaker sections and provides them justice having brought back their right by teaching them moral values and strives hard for community development.
- To aim at achieving zero errors
- To upgrade technology in an incessant manner.
- Constant effort for quality improvement.
- CME programme for Doctors
- Motivation, training and skill development of staff
- Promote education on diabetes among the people
- To Develop effective quality systems complying with international standards.
- To promote healthy, clean, green, pollution free environment and a wide-ranging based society aiming at national integration, universal brotherhood, free from narcotics and ammunition and poverty.
- To develop a high standard of quality living of people by promoting and empowering their all round healthy life.
- To promote integrated time bound contributory and participatory result oriented developmental programmes.

- To develop skill, knowledge and potentiality of people for self reliance and better care of diabetic patients.
- To ensure people's awareness, participation, social service in the sphere of health and hygiene.

### **VISION OF CDRF**

**CUTTACK DIABETES RESEARCH FOUNDATION** intends to provide world class health care to diabetes patients at nominal charges, to provide free services to the poor and needy/victims of Diabetes, to carry out research on diabetes and related complications so as to improve the quality of treatment of diabetes patients, to determine strategies to prevent diabetes and its complications and to spread education and awareness across the state on Diabetes and extend moral support to the deprived and depressed. To show right path to all deprived people of society that is just and participatory and free from discriminations.

### **MISSION**

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.

### **STRENGTH OF THE FOUNDATION:**

**CDRF's** key strength lies in the familiarity and extensive knowledge of its professionals in the field of social work and the confidence of the people in the area who have reposed their unstinted support and faith in the Organization. Besides, **CDRF's** strength lies in its truly world class health care. We boast of being a grass roots level Organization having its roots firmly put in place in the society for whom it works.

### **TARGET GROUP:**

The Organization works for every section of the society. However, for obvious reasons it makes a positive discrimination in favour of the following classes of people who get a preference in all the developmental activities of the Organization.

- People at risk
- Neglected Children
- Poor Women

- Youth
- Tribal Folk
- Senior Citizens

**AREA OF OPERATION:**

The Organization works in different districts of the state. Mostly the Organization has concentrated on different activities in Cuttack, Khurda, Nayagarh, Jagatsinghpur, Kendrapara and western regions of our state, People of different categories have been benefited directly or indirectly from the social development initiatives of the Organization.

**ACTIVITIES DURING 2007-08 of CDRF**

**HEALTH AWARENESS PROGRAMME/  
FREE DIABETES DETECTION AND  
TREATMENT CAMPS:**

Voluntary effort for sensitization of mass on diabetes and organization of health camps in different places of the state is the regular work of the Organization. Besides, during emergency period and after natural calamities, the volunteers of the organization rush to expedite the health care operation. Health services are being provided to the deprived sector by the organization having been associated with health organizations and it's co-organization viz. KIDS. This year one mega health Camp has been organized at Cuttack district in which not only the inhabitants of the City but also people of adjacent slum patches were benefited. Spectacular gathering belonging to SC,ST and other backward communities have been benefited by the said programme Similarly another health camp was conducted in Khurda District during this year. Free blood sugar level check up along with administration of free medicines was undertaken. Printed

materials were distributed in the said camp. Apart from that the organization has been associated with the major health outfits in order to work in the rural and remote areas of the district on different health related issues pertaining to diabetes and to curb the predicaments of affected rural inhabitants. The organization is attempting to engage more volunteers for organization of health camps in rural and remote villages where health services are not properly reached.

**DIABETES AWARENESS AND  
ORIENTATION TO PEOPLE:**

**CDRF** is conducting programmes on Diabetes training every year in order to sensitize common people to get liberation from health hazards. The eminent diet demonstrators are associated with the effort and this year two camps have been organized in Kendrapara and Cuttack districts for prevention of diabetes in our state. The organization has been able to encourage more and more participants in the noble effort. Particularly the women beneficiaries are being associated in the said training imparted by the organization.

The Doctors of the organization are dedicatedly working for

### **MASS AWARENESS CAMPAIGN:**

**CDRF** has devoted its pretty long time for creating awareness to control the spread of dreaded disease- DIABETES and imparting counseling to the infected and vulnerable sections of the society. During this year, the team of social activists of the organization have rushed to different districts and sensitized in public meetings with the help of cultural troops. Not only this but also other Information education and communication materials have been supplied to different vulnerable places like Angul, Paradeep, Jagatpur, Chandikhol of our state for mass awareness.

### **CAMPAIGN ON PREVENTION AND DIABETES DETECTION IN THE STATE:**

The organization is extending physical and resource support to organize and expand the awareness web in remote areas of Cuttack, Khurda, Jajpur, Kendrapara, Keonjhor, Ganjam and Jagatsinghpur districts and disseminating the valuable messages among the general public to save from this dreaded diseases. We are also adopting street plays and stage craft for the purpose out of own resources.

### **SPREAD OF EDUCATION AND AWARENESS ON DIABETES:**

Performance in any sector varies from spectacular activities that penetrate the minds of target groups by divulging a good impact on society. The organization

proved the same in observing National Days for Diabetes on 14<sup>th</sup> November during this year. Demonstration with eloquent discourse was linked to sensitize the students, teachers, women beneficiaries and all other assembled participants on prevention and good care to the diabetes patients. The said programme was adorned with more than 150 Social Activities, Health workers, Doctors and other dignitaries. The endeavor was well equipped for a greater interest out of own resources. It is relevant to impart diabetes education to the rural and remote inhabitants which is no doubt essential which may bring their good health without confoundedness and loss of life. In this context, **CDRF** has been organizing awareness workshops in Cuttack and Khurda districts by involving eminent resource persons and Medical practitioners to educate the general public about the need of institutional support mechanisms for reinforcing the prevention and motivation for early detection and ample care for diabetic patients. The Organization has observed the Worlds Health Day and Worlds Diabetes Day during this year at Cuttack involving dignitaries from the Govt. as well as general public. **CDRF** is regularly creating awareness on diabetes prevention and the difficulties of the patients in the present context In this context, the women beneficiaries of Self Help Groups , General public and school children have been congregated in Cuttack district

during this year for their knowledge enhancement regarding the causes and remedial measures of diabetes care and treatment.

**YOUTH DEVELOPMENT PROGRAMME:**

**CDRF** has been conducting a series of Youth development programmes in Kendrapara, Cuttack and Khurda Districts of Orissa. The main objective of the said programme is to strengthen the mobilization drive of the youths in the society to combat the complication of diabetes in our society. Besides, the organization is inciting youths for spreading the knowledge on diabetes and its careful services methodologies like diet control and other restrictions among the communities with a spirit of prevention and cure of diabetes.

**DIABETES EDUCATION TO S.H.G MEMBERS:**

The experts of **CDRF** are being involved on rendering health care and supporting education relating to diabetes among the members of self help groups in Cuttack district in order to strengthen their moral values to combat panic on this dreaded disease. The organization is also distributing reading materials and Information communication education materials to these groups for mass awareness.

**PANIC CONTROL AND MOTIVATIONAL INITIATIVE:**

The organization has been able to associate with some leading health organizations who are working in the field of psychological first aid and other health

promotional initiative during this year. Many community level awareness programmes have been conducted in the coastal districts like Kendrapara, Puri, Ganjam, Jagatsinghpur, Balasore and Bhadrak during this year. People are being sensitized on diabetes detection and Rescue, First aid, trauma counseling, referral issues and psychological aid to encounter epidemics and frightened diseases.

**STRENGTHENING HEALTH AND DIABETES EDUCATION IN SCHOOL ENVIRONMENT:**

**CDRF** has been striving to disseminate the preventing measures among the school teachers and students for better future. Diabetes education is necessary to strengthen the human force in combating the complications in future. **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 its remedial measures.

**WORKSHOP AND SEMINAR ON DIABETES CARE:**

**CUTTACK DIABETES RESEARCH FOUNDATION** has been organizing workshop and seminars on diabetes care



and treatment measures in the state in order to analyze the impact of various issues and incidents in the history of mankind relating to Diabetes,. 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 misconceptions on this dreaded disease. During this year, the workshop on 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.

#### **MEDITATION 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 meditation 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.

#### **CME PROGRAMME FOR 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 thousands of patients have been detected out of the said endeavor. The beneficiaries are being advised to undergo treatment.

#### **WE OBSERVE:**

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

#### **CONCLUDING NOTES:**

**CDRF** being a voluntary organization has devoted ample time for citizen centric activities during this year. Besides, the organization has been able to receive funds from various corners to improve the quality of training and the financial viability by rendering social service to mankind.