

KIWANIS CLUB OF NEW DELHI

NEWSLETTER 2020

2nd EDITION

VOL.-02-10/2020

- Artificial Limb Centre
- Physiotherapy Cum Pain Clinic
- Cerebral Palsy Centre • Health & Education
- Women Empowerment & Skill Development

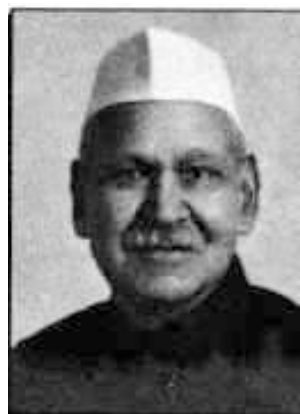
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राष्ट्रपति
भारत गणतंत्र
PRESIDENT
REPUBLIC OF INDIA



MESSAGE

I am glad to learn that the foundation stone of the Kiwanis Rehabilitation and Research Centre is being laid on 5th may, 1995. The provision of artificial limbs to handicapped persons on an affordable basis is critical to their rehabilitation and self-perception as useful productive members of society.

I extend my best wishes for the success of this project.

(SHANKER DAYAL SHARMA)

New Delhi

May 4, 1995



KIWANIS CLUB OF NEW DELHI

From the President's Desk



While we're still trying to find new ground and make sense of the newly established norms of maintaining social and physical distancing, we're constantly throwing back to more carefree times.

The Covid-19 Pandemic has brought us all in an unprecedented situation and we have challenging and uncertain times ahead. As we emerge from a long period of pause and gradually make our way back into a new socially distanced world, the call of the great outdoors has never been louder. Looking once again beyond the boundaries of our homes is refreshing and invigorating.



It's a very crucial time for our country as well as our Club. On the one hand, we have to prepare ourselves to conform to the new protocols of safety and hygiene and on the other instill confidence among our patients.

I am proud of the fact that today the Kiwanis Club is not only ensuring customized Prosthetic & Orthotic appliances and rehabilitation services free of cost to the poor and underprivileged patients, but also taking serious measures to safeguard the interests of its employees.

It is the outstanding clubs like the Kiwanis Club of New Delhi that recognize the importance of adapting change and embracing it rather than falling prey to the strategic failures.

We will continue to embrace all the things that make our club what it is and add those characteristics that allow it to grow. It is our fervent hope that we will be able to implement our vision in the shortest possible time.

I look to each and every one of you to continue in our mission to "empower the communities to improve the world", by making lasting differences in the lives of the poor and downtrodden.

Thank you for taking the time to read this message and please consider joining our Club as a way of supporting our community and demonstrating your commitment to doing philanthropy in the right spirit.

Make a Difference - Connect, Get Involved and Give Back!

A large, stylized signature of Sant Sanganerla in black ink.

Sant Sanganerla
President

Kiwanis Club of New Delhi (KCND) is a non-profit charitable organization based in New Delhi to provide artificial limbs free of cost to the needy who had given up the hope of leading healthy lives. Founded in 1978 with Shri Dharma Vira, ICS as President and its founder members included Shri L P Gupta, Dr. Charat Ram, Dr. K K Modi and Dr. Bhai Mohan Singh amongst others. Shri Raj Kumar Jajodia has been the prime mover of the Kiwanis movement in India and it was on his initiative that the Club was formed and the Charter Certificate presented to the Club by the then President of Kiwanis International.

The “Kiwani Bhawan” which houses the Kiwanis Club of New Delhi was constructed during the tenure of Sh. Dharma Vira as President, at B-35, Qutub Institutional Area, New Delhi-110 016. A 6 storey building was constructed in 1993. The fund was raised by garnering donations from its members. Shri S.N.P. Punj, Dr. K.K. Modi and Shri R.C. Burman came forward with very generous contribution of Rs. 25 lakhs each.



Inauguration of the Artificial Limbs centre by the Hon'ble President KR Narayanan

Kiwanis Bhawan was inaugurated by the then President of India, Hon'ble Shri K.R. Narayanan on 23rd December 2000.

KCND started its charitable work by adopting a backward village called Meoka in Gurgaon district, with an aim of improving the quality of life of its residents.

Initially, the idea was to house only the Artificial Limbs Centre (ALC), but as the resource position and the admin-ability became apparent, several facilities were added.

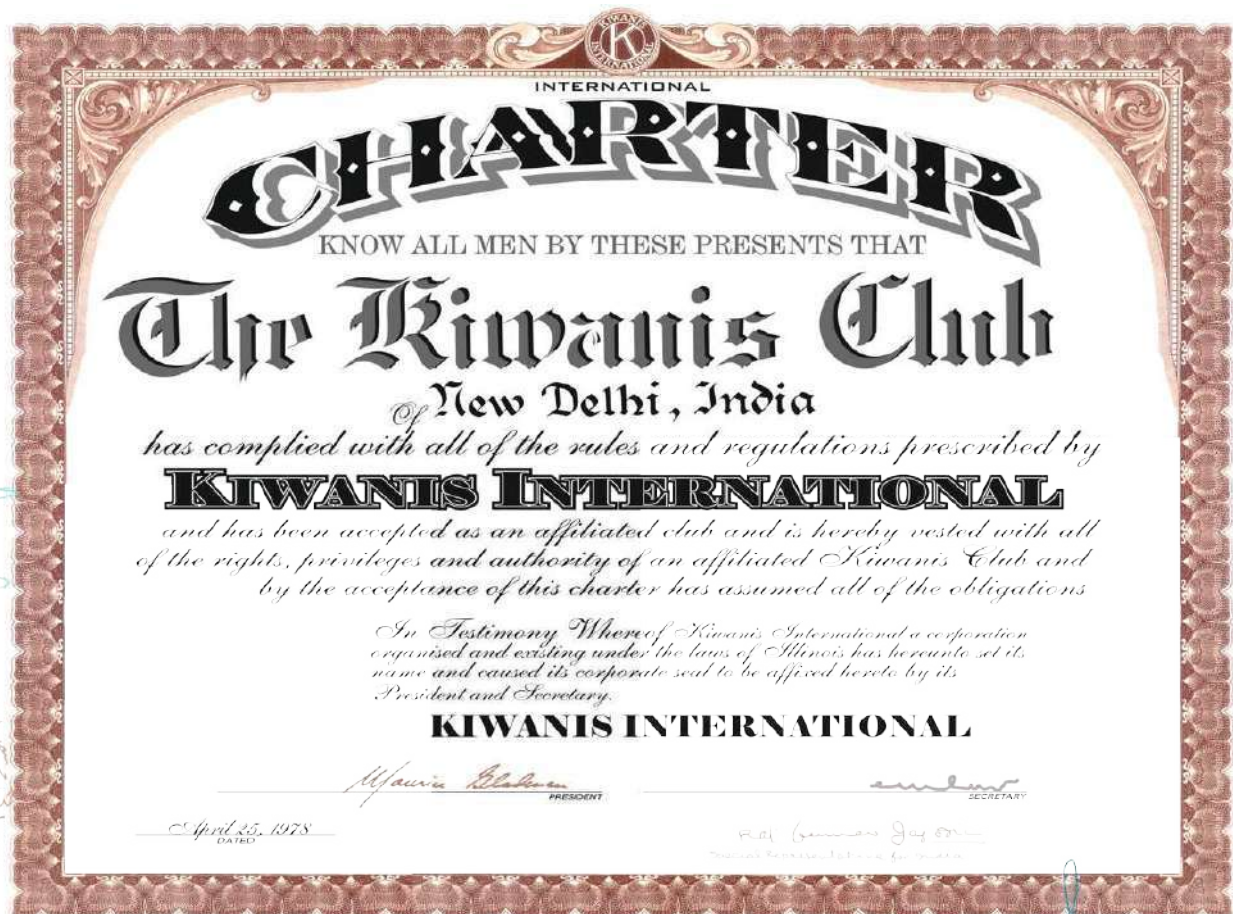
The Club always encouraged diversification and as a first step, a ladies club in the name of Kiwanis Club of New Delhi (L) was established. Then, Physiotherapy Cum Pain Clinic was set up and thereafter Cerebral Palsy Centre (CPC) was added. The Club has been active in upgrading the current portfolio of services which it offers free of cost and now it's looking for uplifting it to a State-of-the-Art Institution.

KCND was chartered as an affiliated club of Kiwanis International, USA on 4th August 1978 and the Charter Certificate was presented to the Club by the then President of Kiwanis International.

Kiwanis International, which is the Parent Body of KCND, is a global community of club members and partners dedicated to improving the lives of children one community at a time. It is one of the first service clubs established in the United States and is regarded as

one of “the big three” service clubs. Kiwanis along with the International Association of Lions Clubs and Rotary International make up 90 percent of the total service club memberships. Kiwanis enables the community to actively and easily participate in civic service events and volunteering while engaging with others on a global scale. Because the clubs are mostly comprised of business personnel, Kiwanis encourages networking while also strengthening the communities where the businesses are located. Currently 550,000 Kiwanians in more than 80 countries hosting nearly 150,000 service projects each year. Kiwanis is especially active in the community and local efforts in identifying and catering to important needs. Kiwanis members devote more than 19 million hours of service and raise almost \$100 million every year for their communities. Kiwanis International has provided community services such as building all-access playgrounds, creating food pantries, hosting diversity fairs and many more.

It is headquartered in Indianapolis, Indiana, United States and is comprised of different types of clubs to meet the needs of a diverse world. These Club types were created to attract potential members who share common lifestyles and to offer service opportunities to more people. A few examples are Classic Kiwanis Club, Internet-based Club, Young Professionals Club etc.



FOUNDER



Lt. Shri Raj Kumar Jajodia
Founder - Kiwanis Club of New Delhi

PAST PRESIDENTS



Lt. Shri Dharam Vira
1st President - (1978-1998)



Lt. Shri Charat Ram
2nd President - (1998-1999)



Lt. Shri L.P. Gupta
3rd President- (1999-2001)



Lt. Air Chief Marshal O. P. Mehra
4th President - (2001-2013)



Lt. Shri SNP Punj
5th President - (2013-2017)



Dr. Satguru Saran Baijal
6th President - (2017-2019)



MR. SANT K. SANGANERIA
President



Dr. S.S. Baijal
Past President



Mr. P.K. Ranade
Vice President



Mr. Kuldip Mehta
Treasurer



Mr. Ajai Malhotra
Secretary General



Mr. Atul Punj
Permanent Member & Director



Mr. V.K. Seth
Director



Mrs. Anuradha Goel
Director



Mr. P.S. Bami
Director



Mr. K.L. Chugh
Director



Mr. Ravish Chopra
Director

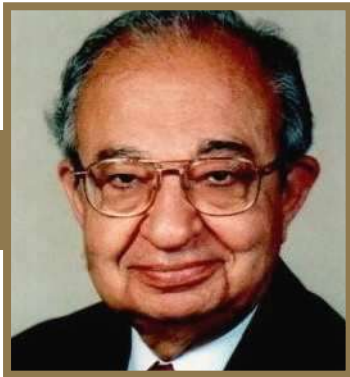


Dr. Suresh C Gupta
Director

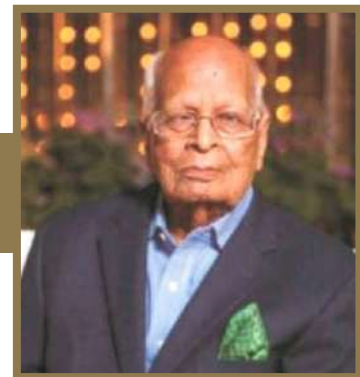


Dr. R.C. Nirula
Director

HONORARY MEMBERS



Shri D V Kapoor
Member since 1989



Lt. Shri P L Jhunjhunwala
Member since 1987



Lt. Dr. Sandip Mukherjee
Member since 1992



Administration, Finance & Fund Raising Committee

❖ Mr. P.S. Bami	- Chairman	- psbami@gmail.com
❖ Mr. Kuldeep Mehta	- Treasurer	- gugloo48@yahoo.com
❖ Mr. P.K. Ranade	- Vice President	- pranade@pkrgroup.in
❖ Mr. Ravish Chopra	- Director	- choprar@hotmail.com
❖ Mrs. Anuradha Goel	- Director - CSR	- antoogoel@gmail.com

Medical Committee

❖ Dr. S.C. Gupta	- Chairman	- drsuresh11@yahoo.com
❖ Mr. V.K. Seth	- Director Technical 3D	- vkseth@sakataindia.com
❖ Mr. Kuldeep Mehta	- Treasurer	- gugloo48@yahoo.com
❖ Mr. Arun Jain	- Member	- arunjain@vsicl.com
❖ Mr. Ajai Malhotra	- Secretary General	- ajaimalhotra@gmail.com
❖ Dr. (Prof) P.K. Dave	- Special Invitee	- davepk39@yahoo.com

Member Committee

❖ Mr. Ravish Chopra	- Chairman	- choprar@hotmail.com
❖ Mr. P.K. Ranade	- Vice President	- pranade@pkrgroup.in
❖ Mr. Kuldeep Mehta	- Treasurer	- gugloo48@yahoo.com
❖ Mr. V.K. Bansal	- Member	- vmbansaldda@yahoo.in

Prosthetic Limb 3D Support

❖ Mr. V.K. Seth	- Chairman	- vkseth@sakataindia.com
❖ Mr. Kuldeep Mehta	- Treasurer	- gugloo48@yahoo.com
❖ Mr. Atul Punj	- Permanent Member & Director	- atul@punj.in
❖ Mr. Ravish Chopra	- Director	- choprar@hotmail.com

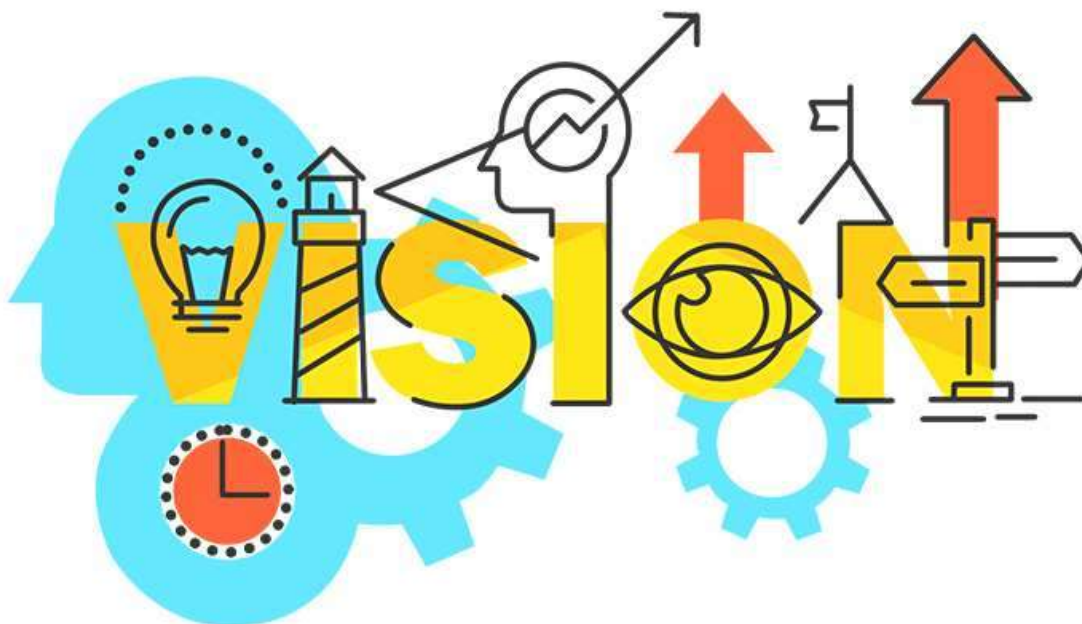
Socio Economic Committee

❖ Mrs. Anuradha Goel	- Director - CSR	- antoogoel@gmail.com
❖ Mr. S.K. Sangneria	- President	- santsangneria@gmail.com
❖ Mr. Atul Punj	- Permanent Member & Director	- atul@punj.in
❖ Mr. Ravish Chopra	- Director	- choprar@hotmail.com

- To provide Community Service primarily for the under privileged, down trodden and needy individuals who are physically/mentally impaired.
- To keep abreast of the developments taking place in the welfare activities of the poor and introducing such developments into our working that fit in with the charter of providing all services “FREE”.
- To treat the users of our services with respect and offer a pleasing and courteous environment.
- To provide services to everyone who approach us without any prejudice of caste, colour and creed.
- To be ethical in all transactions / dealing with all individuals and organizations that interact professionally with us.



Our **vision** is to create a better everyday life for all those who consult us and thereby create a positive impact on communities around us.



OUR TEAM



CA Virender Goel
Finance Head & Taxation



Ms. Shweta Shahi
Administrative Officer
& CSR Representative



Adv. Sumit Singh Gehlot
Legal Advisor



Raj Kumar Gupta
Accountant



Mr. Tarun Choudhury
Sr. Office Assistant



Mr. C. Shanmugam
Field Coordinator cum ALC
Store In charge



Dr. Abha Gupta
Gen. Physician



Dr. Abhishek Shukla
Physiotherapist



Mr. Rahul Bansal
P&O



Mrs. Priyanka Hansa
Physiotherapist



Mr. Vinay Kumar
Speech Therapist



Ms. Monika Sharma
P&O



Mr. Bilal Ahmad
Occupational Therapist

Artificial Limb Centre in Kiwanis first started its project in Delhi in 1999. It was set up with the primary objective of providing mobility aids e.g. Prosthesis, Orthosis appliances and Polio Callipers to the differently-abled.



Rakesh Srivastava
Founder, VODA

The main aim is to provide high quality and comfortable artificial limbs tailored to the individual need of every patient, free. For technical support the club entered in a collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO), Kanpur, which was appointed as our consultant for providing inputs pertaining to technology and manufacturing and now it's collaborated with Voice of Differently Abled (VODA) USA.



ALIMCO



The Kiwanis Club of New Delhi has been engaged in its core activity of providing artificial limbs to physically challenged individuals. On an average, the Centre provides artificial limbs to over 200 patients per month, thus helping them to regain mobility and self-reliance. The Kiwanis Club has also set up satellite artificial limbs centres at Gurgaon in collaboration with Chikitsa Dispensary.



The Kiwanis Club of New Delhi is also running a Department of Physiotherapy to provide the required treatment. The Department of Physiotherapy was established on the occasion of the Silver Jubilee celebration of the Kiwanis Club of New Delhi in collaboration with Help Age India.



The Physiotherapy and Pain Clinic was inaugurated by Smt Sheila Dixit, Hon'ble Chief Minister of Delhi on 30th September 2003.

The Pain cum Physiotherapy clinic provides treatment to patients suffering from "Musculo – Skeletal" disorders like back pain, cervical pain, joints pain, spondylitis, arthritis, frozen shoulder, tennis elbow etc. and gait training for amputees as well as hemiplegics arising out of stroke.



Front (Left to Right) Sheila Dixit, Mrs. Satya Mehra, S.N.P. Punj & Sant Sanganerla
Back (Left to Right) R.C Nirula, D.V. Kapoor & ACM O.P. Mehra

Kiwanis, Cerebral Palsy Centre, established at Kiwanis Bhawan, provides care and treatment for individuals affected by Cerebral Palsy (CP). It is a non-progressive neurological disorder which affects movements, speech, posture and other basic functions. CP is caused by brain and nervous system damage, sustained before birth, during labour or shortly after childbirth. Depending upon the area, and the extent of the damage, symptoms may include spasms, ticks, gait abnormalities, seizures and poor muscle tone. Eyesight, hearing, speech and intellect may also be affected. Most of the causes of CP do not have specific curative treatments. However, children suffering from CP present many medical problems that can be treated/prevented. The initial stage of treatment involves examination by an interdisciplinary team of doctors e.g Paediatrician, Neurologist, Psychologist, Orthopaedic Surgeon, Speech Therapist, and Occupational Therapist. Presently the CP Centre at Kiwanis Bhawan attends to an average of 260 cases per month. The Kiwanis Club of New Delhi has 2 specialist doctors for the same.

It is not possible to cover all these specialities at Kiwanis Bhawan. We have at present a Paediatrician/Neurologist, Occupational Therapist, Speech Therapist and Special Educator at Kiwanis Bhawan. However, we have made arrangements for our CP patients to be examined by the required specialists at other hospitals/centres. The Kiwanis Club also provides training to parents/care takers who are made to understand and treat the specific requirements of their wards.





Occupational Therapy | Speech Therapy
Physiotherapy | Sensory Integration
Video Game Exercise | Computer Training

Occupational therapy is the use of assessment and intervention to develop, recover, or maintain the meaningful activities, or occupations, of individuals, groups, or communities.

KCND has a special set-up for occupational therapy which is especially dedicated to the Cerebral Palsy kids. It is one of the most effective therapy for CP kids.



SPEECH THERAPY



Speech therapy is an intervention service that focuses on improving a child's speech and abilities to understand and express language, including nonverbal language. KCND has a good set up of speech therapy and we have a speech specialist who provides day to day therapy activities to the kids and needy people. Anybody can come and get this service at Kiwanis free of charge.

Sensory integration is the process by which we receive information through our senses, organize this information, and use it to participate in everyday activities. An example of sensory integration is a Baby smelling food as they bring it to their mouth, tasting the food, feeling the texture etc.



Under the CP Centre of KCND, we have a proper set-up of sensory integration. It is a very effective therapy to improve the senses in CP kids about different feelings.

VIDEO GAME EXERCISE



Fitness game, exergaming or gamercising is a term used for video games that are also a form of exercise. We use this technique to create interest in CP kids for exercise and body movement or reaction. Exergames are seen as evolving

from technology changes aimed at making video games more fun.

We use automatic gaming software which any kid can play with the movement of their hands or other body parts.

COMPUTER TRAINING

We provide basic computer education to Cerebral Palsy kids to improve their learning skills. They learn rhymes, math, identify the colour and numbers and other small activities.



Kiwanis Club of New Delhi (Ladies)



Kiwanis Club of New Delhi supports its Sister Club “Kiwanis Club of New Delhi (L)”, in its efforts to address the welfare of women and children from economically weaker sections. We not only provide the ladies club with accommodation to run their programmes, but also support them financially. Their many programmes are focused to benefit women

and children with major emphasis on making them economically independent and contributors to the family budget.

Kiwanis Club of New Delhi (L) received its charter certificate on 6th June 1999.

They are imparting training in the following skills and disciplines-

- Sewing/stitching and garment fabrication.
- Beauty parlour training .
- Basic computer training.
- English speaking.

It is heartening to note that all the graduates from the above courses have been beneficially settled, some as entrepreneurs and others in well-paying jobs.



STATICS REPORT FROM 2015 TO 2020



ATRIFICIAL LIMB CENTRE (ALC)				
YEAR	NEW PROSTHESIS PROVIDED	NEW ORTHOSIS PROVIDED	REPAIRED	TOTAL ATTENDENT PATIENTS
2015-2016	218	1632	657	4032
2016-2017	299	2216	736	3220
2017-2018	261	2295	806	3762
2018-2019	384	2527	644	4148
2019-2020	175	2266	728	3458
TOTAL	1337	10936	3571	18620

ALC	PHYSIOTHERAPY DEPARTMENT	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	638	6610
2016-2017	586	7330
2017-2018	780	8405
2018-2019	716	6184
2019-2020	692	5806
TOTAL	3412	34335

CP	SPEECH THERAPY	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	538	2369
2016-2017	413	1897
2017-2018	461	2304
2018-2019	490	2614
2019-2020	591	2234
TOTAL	2493	11418

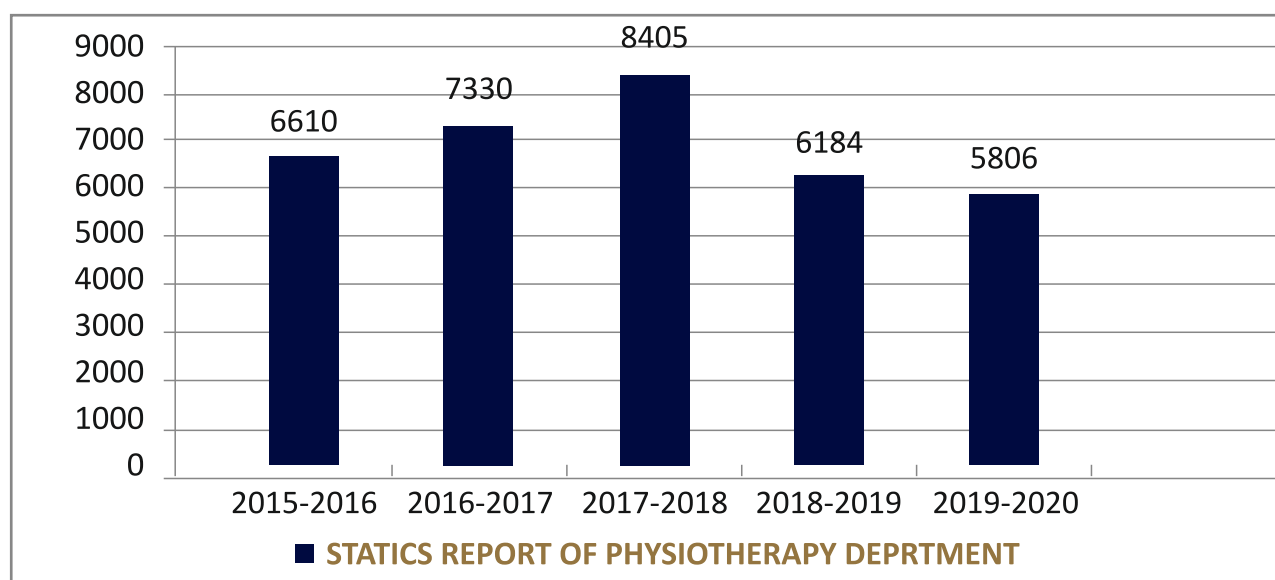
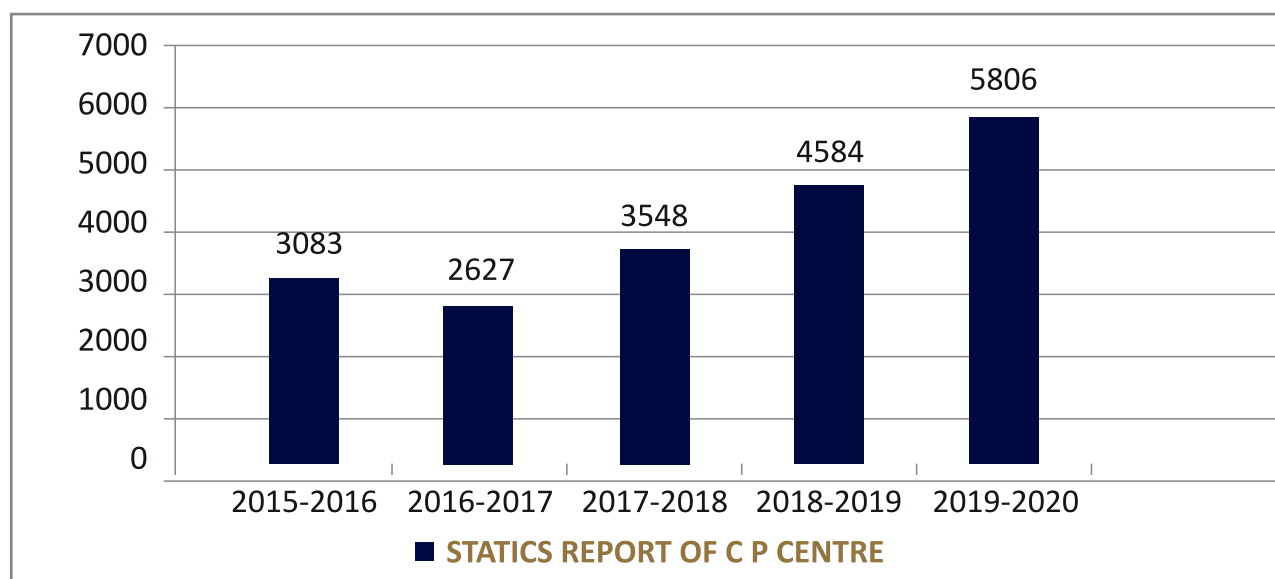
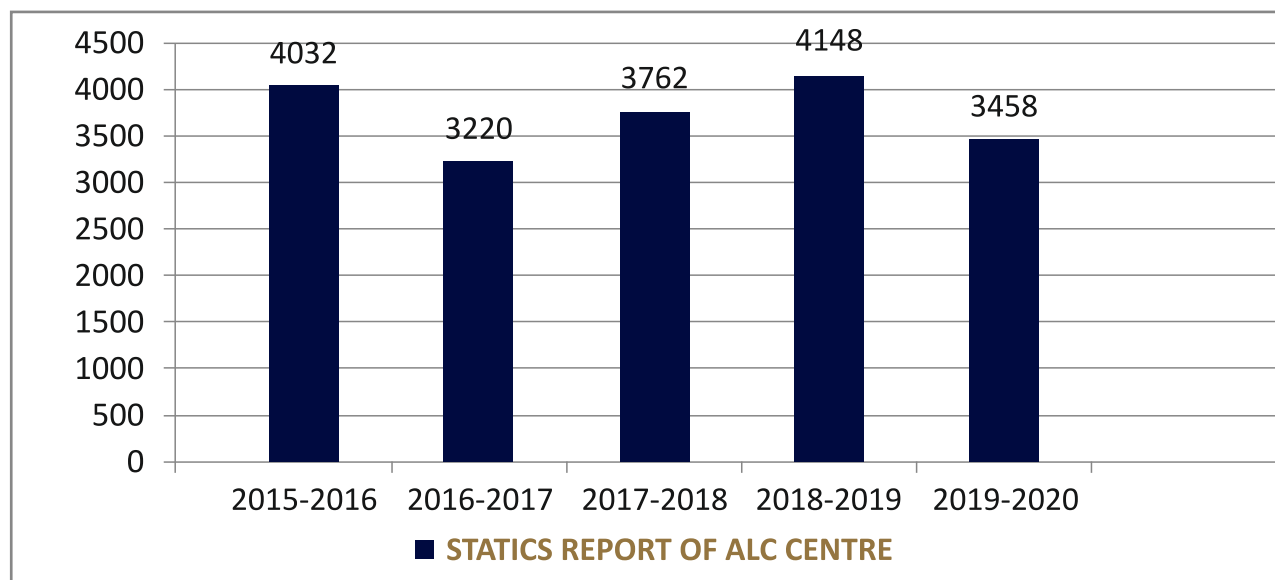
CP	OCCUPATIONAL/PHYSIOTHERAPY	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	1030	3692
2016-2017	1313	4062
2017-2018	1376	5062
2018-2019	1305	5530
2019-2020	925	3884
TOTAL	5949	22230

CP	VIDEO GAME EXERCISE	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	388	1475
2016-2017	268	1047
2017-2018	285	1359
2018-2019	470	2540
2019-2020	485	2402
TOTAL	1896	8823

CP	SENSORY INTEGRATION	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	411	1475
2016-2017	217	799
2017-2018	259	1264
2018-2019	423	2181
2019-2020	485	2487
TOTAL	1795	8206

CP	COMPUTER TRAINING	
YEAR	TOTAL NO. OF PATIENTS	TOTAL NO. OF SITTING
2015-2016	430	1589
2016-2017	173	721
2017-2018	248	1213
2018-2019	400	2191
2019-2020	448	2296
TOTAL	1699	8010

DEPARTMENT'S GROWTH



SUBHASINI BEHRA

Subhasini Behra is a 54 year old patient, resident of Katwaria Sarai, New Delhi. She had suffered from a stroke, impacting her life in distinct ways. She faced difficulties with regard to simple ADLs (Activities of Daily Living) such as wearing clothes, using washrooms etc and even unable to walk on her own. Furthermore, her financial condition led to depression. She was not financially strong to get proper treatment & therapy and also she didn't get any support from others. However, her life took a turn when she approached Kiwanis Club of New Delhi, for free treatment on 29 Jan 2020.



With the expert guidance of our Occupational Therapy and Physiotherapy team and of course with her own sincere dedication, we have witnessed a remarkable change in her life.

She is now able to perform most ADL activities. In fact, unlike before instead of depending on her son and her husband, she comes to the centre for treatment independently every day and happy with her own abilities. She was one of the most curious patients to know the opening date of Kiwanis during the lockdown.

ANANYA PHILIP



Ananya Philip is a 4 year old girl resident of R K Puram, New Delhi with GDD (Global Development Delay) by birth. She was totally bedridden for two consecutive years. Her parents have lately recognized that she has a GDD issue and they tried their best to improve her condition. Her father is a driver, who was not able to continue the highly expensive treatment for Ananya. Her parents got information about us from their friend circle and then onwards they have regularly been consulting us for therapy.

Before visiting us, Ananya was unable to sit or stand on her own. Now, she has completed two years of therapy with our expert OT/PT teams and has developed a perfect grip. Her speech has also cleared relatively. Now, she can sit and stand without any support. Her parents are hopeful of her having a chance at growing up normally after the progress that they have witnessed. We are very proud of her progress and also thankful to all the supporters of Kiwanis.

BHANU TYAGI

Bhanu Tyagi is a 19 year old teenager who belongs to Meerut, Uttar Pradesh, India. He lost his right leg in a train accident in November 2017. He was very disappointed with his injury which had happened at his young age. This accident has erased all rays of hope in him to build a bright future. Now, he got his Artificial Leg at

the Kiwanis Artificial Limb Centre for free of cost and started the new journey of life. He believes that KCND has given him a new life.



KAPINDER YADAV



Kapinder Yadav is a 40 year old man, resident of Faridabad. He lost his one leg during a truck accident in Delhi a few years ago. He has 4 young children. He felt suicidal and unsure about his future when the accident happened. Recently, he got information about the Kiwanis Artificial Limb Centre from his friend and he came here with many hopes and beliefs. Finally, he got his artificial leg at the Kiwanis Artificial Limb Centre and now he is able to walk independently without any support.

He expressed his well-wishes towards Kiwanis and said that he has purchased an auto rickshaw and living his life with dignity now. He's happy to see himself to be able to walk independently, earn a living to facilitate his kids' education and do so many things which he was otherwise unable to do, after the accident.

1. Food and Essential Item Distribution-

KCND has actively played their role during this pandemic on variegated way and it has continued their social responsibilities towards underprivileged and downtrodden.

Some key works and facilities are as follows-

- ₹ 5 lakh donation – PM's Citizen Assistance and Relief in Emergency Situation Fund (PM CARES).
- Food & Essential item distribution for those affected by the COVID- 19 (daily Wager, rickshaw pullers, migrant workers etc.) with the help of Delhi police.
- Online counselling & support to our patients.
- Participated in webinars and connect with our patients specially for CP (Cerebral Palsy) Kids, based on behavior management, enhance learning Power, Physical & Mental health issues etc.



2. Face Shield and Face Mask Making & Distribution-

KCND has started to make Face Shield and Face Mask with the help of Kiwanis Club of New Delhi (Ladies) for our patients/visitors and employees and also distributed to Delhi's Corona Warriors.

We have sent the handmade face Shield and Face mask on following places-

- | | |
|-------------------------------------|-----------------------------|
| 1) Kishangarh Police Station | 5) St. Stephan's Hospital |
| 2) Vasant Kunj Police Station | 6) Medeor Hospital |
| 3) Vasant Vihar Police Station | 7) Hauz Khas Police Station |
| 4) Widow and old age pension office | |



3. Free Testing of Covid-19 For All Employees/visitors/patients-

KCND is trying to make safe & secure workplace free from Coronavirus by taking all precautions according to the Ministry of Health and Family Welfare, Government of India.

All employees of KCND along with few of its patients/visitors has participated in Free Rapid Testing for COVID-19 that was conducted at Medeor Hospital. We regularly participating in free COVID-19 testing in our nearby areas.



GLIMPSE OF THE YEAR- 2019-2020



Appreciation Award by Mr. Mohan Lamsal, Chair- ASPAC Host Committee and Mr. Ekraj Panta, Vice Governor – Kathmandu, Nepal (March- 2020)



Commissioner's Visit
(Mr. T D Dhariyal - Commissioner - PWD)



Inauguration of disability camp by
Mr. T D Dhariyal - Commissioner - PWD



Visit : Rakesh Srivastava (CEO Innovation Prosthetics & Orthotics)
Daniel Martinez , Taylor Brandt



Disability Camp At Lady Hardinge Hospital



Production Of Face Masks



Disability Camp-Nowshera, Jammu



New Year Celebration



Raising Hopes. Raising Aspirations



KIWANIS CLUB OF NEW DELHI

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