

WHO ARE WE?

M.J. Charitable Trust is working to provide education and health services to the impoverished sections of society in India.

Dr. Ashok Kumar Jainer established the trust in 2008 to fulfil his dreams of a better society for all. This Trust provides selfless and unconditional service to the mankind. Everyone working in the Trust is committed, dedicated and working unpaid, there is no admin cost. The Trust is registered and has been awarded 80G of the income tax act of India.

VISION: A world in which everyone obtains good education and health.

MISSION: We seek a world of hope and working to ensure that kids growing up in poverty get an excellent education and health.

VALUE: Improve well being of people and convert their suffering into self-reliance. We treat them with respect, dignity, compassion and always be responsive to their needs.

A GLIMPSE OF OUR WORK



Suchitra
got a new life by
Dr. Rajeev Rajput

Sh. Suchitra Devi was suffering from arrhythmias, she got a new life because of Dr. Rajeev Rajput. She got a free pacemaker by him. Now, she is back on her feet and can look after her two children.

Also, Mr. Manish offered her a pension of Rs 500 per month. It would be valuable for her as she is a widow. Let us appreciate the noble work of Dr. Rajive Rajput and Mr. Manish.



Arshi's dream came true with M.J.Foundation

Arshi lives with her widow mother and two siblings. She is eldest and supports her mother and siblings. She is a very bright student, fighting the odds in her life. She has no one to guide her about her career. Arshi has lost her father and has no one to support her financially. She did not lose hope and passed 12th standard with excellent marks. Her happiness could not last long as she knew that she cannot go for higher studies due to financial constraints. She participated in a competition to be a teacher to financially support her family. Though she got selected, she could not pay 50 thousand rupees fee for two years. It was an impossible task for her. However, where there is will there is a way. She came in contact with MJ foundation and her admission was sorted out. Now, she can fulfill her dream of becoming a teacher and supporting her family



Dr. Ajay Sharma & Sanjive Jainer
became silver linings
in difficult time for
**Chavi, Ishank,
& Mayank**

Chavi, Ishank, and Mayank- three children who lost their fortune when their father died in an accident. Girl Chavi has been suffering from insulin-dependent diabetes, elder brother Ishank and younger brother Mayank lost their dream to pursue their education due to the unfortunate event. MJ foundation got involved to help them to fight the fate. Sanjive Jainer and Dr. Ajay Sharma, associated with MJ foundation, came forward to sponsor the education of these two brothers; and also sponsored free diabetes treatment for Chavi. There is always a silver line in adverse time. We wish them all the best for future.

LISTEN TO OUR EXPERTS



Dr. Renu Jainer- Autism Spectrum Disorder

Autism Spectrum Disorder - It is a neurodevelopmental disorder which can't be acquired by an individual who is programmed to have it. It is often undiagnosed, the prevalence rate of ASD is still one percent of the population. Thus, the actual prevalence percentage is higher than the estimated. It is more common in boys as compared to girls. Three symptoms which are the pillars for diagnosis of ASD are:

1. Social interaction difficulties: They struggle to be empathetic and understand the perspective of others. They become uncomfortable in a busy environment and could not sustain friends. Often happy when left alone on the computer, phone, and tablets.
2. Communication difficulties: They are literal with their language. It is difficult for them to understand non-verbal communication such as eye contact and facial expressions.
3. Lack of flexibility in thought process: They are rigid to the degree where some parents say the obsession leads to organizing things and keeping them in order. There is a repetition of behavior, actions, and speech. The changes lead to anxiety and challenging behavior with internal or external factors. The internal factors could be being tearful or withdrawn, and external factors could be verbal or physical aggression. They also have problems with sensory integration difficulties that include noise, smell, touch, and texture.

Often, they are present with sensory seeking or sensory avoidant behavior leading to an impact on sleep and restricted diet and sometimes school refusal too.

Medication helps with sleep and anxiety. Rest is managed by behavioral strategies, while the long-term outcomes that make the difference are understanding of the condition



Dr. Sudheer K Tyagi- Making Neurosurgery Safe

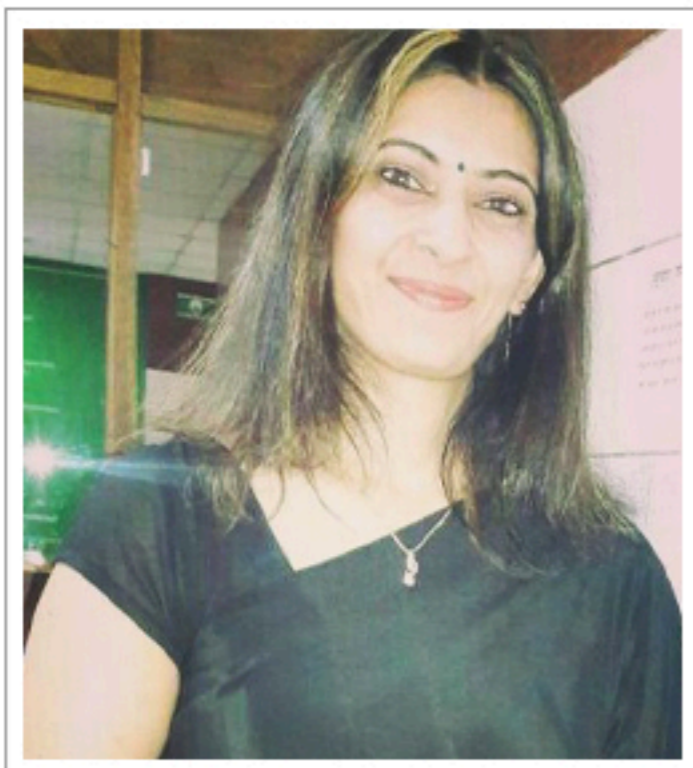
A brain tumor is a group of abnormal cells that grow in or around the brain. The cause of primary brain tumors is unknown. Environmental and genetic factors may cause some brain tumors. Prior exposure to therapeutic irradiation as a child seems to be a contributing cause in very few patients. Symptoms of a brain tumor include headaches, nausea, vomiting, seizures, behavior changes, memory loss, and vision or hearing problems

These tumors can be benign (non-cancerous) as well as malignant (cancerous) tumors. The treatment involves surgery and postoperative radiation therapy or chemotherapy. It is the primary treatment for brain tumors.

It is recommended to provide a tumor sample for accurate diagnosis, remove as much tumor as possible, and either to relieve symptoms caused by the tumor or to reduce the amount of tumor to be treated with radiation or chemotherapy. Surgical procedures for the treatment of brain tumors can be complicated and involve significant risks.

Recently, brain tumor surgery has become very safe, especially because of precise localization of tumor before and during surgery. Frame-based and frameless stereotactic localization of tumor in the brain is highly accurate and neurosurgeon can remove the tumor without too much handling the normal brain tissue. These provide precision to within a millimeter, as a result of this patient recovers fast without any new neurological deficits. Generating images both before and during surgery can increase the likelihood that extensive tumor removal can be achieved while avoiding these critical areas. Intraoperative imaging is also helpful in some selected cases. New imaging techniques like three Tesla MRI, PET MRI, and functional MRI has further revolutionized the identification of the exact location and the nature of the brain tumor. This information helps in the proper planning of surgery to remove the brain tumor safely, especially from functionally important areas of the brain. Brain mapping is also used to help identify the margin of the tumor and to differentiate between tumor, swelling (edema), and normal tissue

Recent advances in molecular biological studies of brain tumor have provided the use of intraoperative and postoperative adjuvant chemotherapy in high-grade malignant brain tumors. This helps in overall better outcome and survival of these patients.



Dr. Kanika Singh - Uterine Fibroids

Uterine fibroids are noncancerous tumors that grow along or within the walls of the uterus. They are primarily made up of smooth muscle cells, along with small amounts of other tissues. Therefore, fibroid tumors are benign and known as leiomyosarcoma. They range dramatically in size from microscopic to baseball sized. The chances of developing a cancerous growth do not increase with uterine fibroids.

Usually, patients with fibroids experience no symptoms, but at least 25% of patients experience some problems. These may involve abdominal pressure, which can feel like fullness in the pelvic region or bloat in the pelvis or stomach.

Also, if the size of fibroid is large it may enlarge the lower stomach area. It also impacts the monthly menstrual cycle. Other potential symptoms of uterine fibroids include pain during sexual intercourse and lower back pain.

It can be treated by taking prescribed drugs, surgical procedures, interventional radiology, and some other surgical treatments.

Surgical therapy comes down to three options: endometrial ablation, myomectomy, and hysterectomy.

Myomectomy

It is an option for the women who wish to become pregnant. The surgery removes leiomyomas without harming the womb tissues. One drawback to myomectomy care is that although the existing leiomyomas will be destroyed, new leiomyomas may develop later on.

Hysterectomy

It is the only permanent treatment for uterine fibroids as a part or all of the womb, and sometimes ovaries and fallopian tubes are removed. Therefore, one cannot become pregnant after this procedure. It is a major surgery, though health risks are among the lowest of all major surgeries. Nonetheless, serious complications can occur, including blood clots, injury to the urinary tract and bowels, severe infection and, rarely, death. Recovery time for this procedure is typically several weeks.

Endometrial Ablation

In this surgical procedure, the lining of the uterus is removed, the procedure can be performed with freezing, laser, electric current, instrumentation, or boiling water. It is used to remove small leiomyomas. Endometrial ablation makes pregnancy unlikely, but not impossible. But even after pregnancy, there is a high risk of miscarriage and complications. One can quickly recover after the procedure.

There are other treatments as well. They include myolysis, interventional radiology, MRI guided focused USG, etc.

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