



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.

OBJECTIVES

1. Provide quality assured education for children growing in poverty.
2. Provide prompt and safe health care facilities to the poor in rural areas.
3. Provide food and basic amenities for people living in slums.
4. Raising awareness of common illness in rural part of India.

A GLIMPSE OF OUR WORK

This young boy had a ventricular septal defect. His mother was working as a peon in a nursery. She was getting only INR 5000 per month, but has three children to look after. She took her child to different places for his treatment. Later, she went to a specialized hospital in Delhi. Though it was a government hospital, she was told that she had to deposit INR 50,000 and arrange about 8 unit of blood. She could not afford to take her son a private hospital as the same treatment would have costed 3-4 lakhs. This lady who was hardly managing her life in INR 5000 it was an impossible task for her to arrange INR 50,000 and 8 unit blood. But where there is a will, there's a way. Recently, the founder of MJ trust visited India and she approached him.



**Mother's hard work
and MJ foundation's
help made his life better.**

He assured her that his treatment will be organized by MJ Trust and she do not have to worry. The kid had a successful operation. She did not require to pay anything. The child is living his life happily, now.



**MJ foundation
helped this woman
and gave her a new life.**

This young female, who looks after her children by doing household work, has no qualification and lost her husband.

She developed acute severe pain in her abdomen. As she survives on a day to day work, unable to take rest. One day while she was at work, she was crying in pain and was unable to get treatment. She has no saving. Somehow, MJ foundation came in contact. She was taken to the hospital. She did not have anyone who can support her in the hospital. Her old mother came forward to support her in the hospital. She was operated and it was found that she had an abscess in her gall-bladder. She was told that if she was few days late she could have died. She recovered well and able to look after her children.

HERO OF THE MONTH



Yash Gupta

This boy, Yash Gupta, got a scholarship of 21000 per year. He decided to donate it for the welfare of those who can't afford their education. He decided to sponsor the education of four children through MJ foundation. This young, bright student kept others interest before his own interest. He bears invaluable qualities and is invisible personality. He will shine in the whole world due to his inherent human qualities. We whole family of MJ Foundation salute him.

LISTEN TO OUR EXPERTS



Dr. Sanjay Tewari (MBBS MD MRCPCH PhD FRCPath) on Paediatric Leukaemia

Leukaemia is a cancer of white blood cells. All the blood cells are made in the bone marrow, the spongy tissue found inside the bones. The bone marrow produces three main types of cells.

1. Red blood cells, which carry oxygen around the body.
2. Platelets, which helps the blood to clot and prevent bleeding.
3. White blood cells, which fights against infection.

There are two different types of white blood cells: lymphocytes and myeloid cells. These cells work together to fight infection and are normally produced in controlled way. In leukaemia, the cells continue to divide in the bone marrow, and do not mature. There are four main types of leukaemia:

1. Acute lymphoblastic (ALL)
2. Acute myeloid (AML)
3. Chronic lymphocytic (CLL)
4. Chronic myeloid (CML)

Chronic leukaemias usually affect adults and each leukaemia has its own characteristics and treatment. ALL is the most common form of acute leukaemia seen in children followed by AML (20%).

Cause

In most cases of leukaemia there is no obvious cause however, it is important to understand that: leukaemia is not contagious and is not passed from a parent to a child. There are only a few risk factors:

1. Exposure to radiation.
2. Exposure to certain chemicals example benzene.
3. Exposure to human T-cell leukaemia/lymphoma virus (HTLV-1) can cause a rare type T-cell ALL.
4. Certain inherited syndromes increase the susceptibility to ALL eg Down syndrome.
5. ALL is more common in males than in females.

Signs and Symptoms

Are vague and nonspecific but are most commonly caused by lack of normal blood cells. This leads to:

1. Anaemia (due to lack of red cells)- Weakness, tiredness, short of breath.
2. Infections (due to lack of normal white blood cells) - Fever, malaise and sweats.
3. Bleeding and bruising (due to lack of platelets).
4. Young children may complain of pain in bones or joints.
5. There may be enlargement of lymph nodes, spleen/liver.

Diagnosis

A blood test usually shows low number of normal blood cells and the presence of abnormal leukaemia cells. A sample of bone marrow is usually needed to confirm the diagnosis. A sample is also sent to genetics department to look for any abnormal chromosomes and also to the molecular lab for more specialized tests. A test called lumbar puncture is also done to see if the spinal fluid contains any leukemic cells.

Diagnosis

The aim of the treatment is to destroy the leukaemia cells and to allow the bone marrow to work normally again. Chemotherapy is the main treatment for ALL and AML and is given according to protocol or regimen. The children are risk stratified according to age, white blood cell count and cytogenetics and receive regimens according to risk factors. The chemotherapy is given in blocks or phases and disease assessment is done as per the protocol. The children are monitored closely as the chemotherapy not only kills the cancer cells but also normal cells.

In ALL the event free survival with current protocols is more than 90% and for AML it is more than 60% over 5 years. Some of the children with high risk disease or who relapse following chemotherapy are considered for bone marrow transplantation. A matched sibling donor is preferred because such transplants are associated with fewer infections and relapses.



Dr. J K Manchanda (MBBS MS Ophthal) Herpes Zoster Ophthalmicus

Herpes Zoster Ophthalmicus, since the disease is not very simple, & may have complications, so it should be in the knowledge of non medical person too, especially when the complications are preventable. A preceding symptom of burning sensation at half of the face and scalp followed by small cystic vesicles in that area. The patients come to us saying "A spider passed through this area "

Burning sensation plus vesicles makes almost certain diagnosis of Herpes. The common complication is involvement of eye (redness, watering, irritation, swelling & decreased vision) are due to the involvement of anterior segment of the eye. Other very important is persistent symptoms even after all healing of HZO which we call Postherpetic neuralgia. By early diagnosis and treatment, we can out of this problem. Severe complications like losing an eye or lifelong neuralgia are preventable. Generally, we have to prescribe steroids and other soothing agents for this neurological viral infection orally locally and as eye drops. Pregabalin and carbamazepine are also very good drugs. Antiviral has also taken a good space in prescription. Not everything is so dreadful, there is a good news too to share. the virus of Chicken-pox shares similar traits as that of Herpes, therefore, if you suffer chicken pox in childhood, you develop immunity not only against C pox but also against HZ for all life (except in weak- immunity people). So, the message is:

1. Early diagnosis and prompt treatment.
2. Must contact your doctor if eye symptoms arise.
3. Keep your immunity good. Wish you all a good health.



Dr. Rahul Jainer (BDS, MDS (pursuing)) on Dental Implant

What is an implant?

A dental implant is a specially designed surgical component resembling a screw placed in the jaw bone which then fuses with the bone and acts as an anchor to support a dental prosthesis such as a crown, bridge, or denture.

When does one need a dental implant?

1. The single toothless gap with an adequate amount of bone.
2. Multiple missing teeth with the back tooth missing.
3. Complete missing teeth.
4. Patients can't tolerate a removable prosthesis.
5. Patients with high aesthetic and functional demands.

Advantages

1. **Easier Eating**- Implants allow you to eat your favorite foods with confidence and without pain.
2. **Improved Appearance**- Dental implants look and feel like your own teeth because they are designed to fuse with bone.
3. **Improved Speech and Comfort**- Dental implants allow you to speak without worrying that teeth might slip and eliminate the discomfort of removable dentures.
4. **Improved Oral Health**- As natural teeth around the implant are not altered to support an implant, more of your own teeth are left intact, improving your own oral health.
5. **Durability**- Implants are very durable and will last many years. With good care, many Implants last a lifetime.
6. **Improved Self-esteem and Convenience.**

Cost

A variety of dental implants are available from a no. Of different manufacturers. Depending on the quality of the implant placed, the treatment cost can range from 20,000-50,000/implant.

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