



# M.J. CHARITABLE TRUST

Newsletter Issue 6

## 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 Jainar 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

These children living in a slum area, do not have access to electricity, adequate living space, and clean water. Education is a dream for them and parents. They are getting a good education at Saraswati public school and MJ Foundation has taken full responsibility for their education expenses. We believe education is the best gift one can give to anyone. We wish these children continue to achieve a milestone in their lives and fulfill dreams of their parents.



Children got education support from **MJ Foundation.**

Even if these children acquire some technical education such as computer course, ITI, enrolled in skill program it will serve our purpose and they can support their family.



Brighter future for the **Daughters.**

Gentleman, Shahji, who was living in a village of Karel. He had happy family life children wanted to pursue a nursing career.

However, life took a wrong turn. Mr. Shahji developed kidney failure and terminated his journey of life. The family came in deep crisis. MJ foundation was contacted by a relative. Renu one of the founder of MJ trust contacted the family . His daughters wanted to pursue a career as a nurse. By God grace, their education was supported by MJ trust and wishing a bright future for the children. They are doing very well in their studies

## AN OLD AGE CARE CENTRE FOR ELDERS



Smt. Pushpa Devi



Smt. Bala Devi



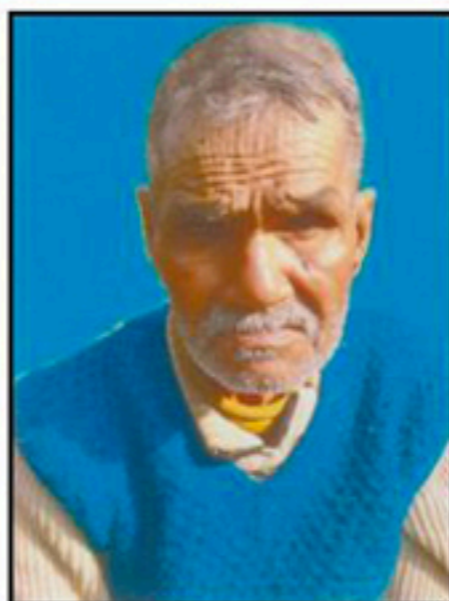
Smt. Sukhveeri Devi



Smt. Pushpa Devi



Smt. Harnandi Devi



Mr. Mukhram Giri



Smt. Sushila Devi



Smt. Sushila Devi

MJ Foundation has been sharing the pain of elderly and widow who has no social and financial support system. MJ Foundation team regularly provide monthly pensions. The team also support them during the festival such as Diwali, Holi and new year. If any medical problems occur free treatment is provided to them. MJ foundation has the vision to establish an old age caring center for them.

## LISTEN TO OUR EXPERTS



**Dr. Rajeev Rajput on Heart Diseases, MD Medicine, DM Cardiology, Fellow Cardiology Society of India, Co-ordinator Heart Failure Services, Apollo Hospital, New Delhi.**

### **How common are heart diseases in our country?**

Heart Diseases are the leading cause of death and disability in our country affecting millions of people. Due to better medical care, the life expectancy is getting better and communicable diseases

are being treated effectively so we are witnessing an increase in the prevalence of heart diseases.

### **Is it correct that heart diseases occur more commonly in the western world?**

No, it's a myth. Heart diseases are more common in the Indian and Asian population due to genetic predisposition and higher prevalence of important risk factors. India has the largest number of diabetics and heart patients.

Heart diseases in Indians occur at a younger age and more commonly involves multiple arteries so the response to treatment is worse than western population. The direct and indirect impact on the individuals and society is tremendous as it takes away the most proactive years.

### **What are the risk factors for heart diseases?**

Common established risk factors are Diabetes, hypertension, high cholesterol, smoking and family history of heart diseases. Sedentary lifestyle, psycho-social stress, and faulty dietary patterns are also important. Tobacco consumption in various forms is increasing in Indians while it's on the decline in the western world. The diagnosis of various risk factors is often missed and their treatment is not proper and it increases the risk of heart diseases. Less than 25 % of patients with high Blood pressure get proper treatment. Diabetes is quite often going undiagnosed till it causes serious complications.

### **What are the common symptoms of heart diseases?**

The common symptoms are chest pain, breathing difficulty, undue fatigue, swelling over body and loss of consciousness. Many times even the first presentation may lead to massive damage to the heart and even death. The commonest mistake is that people do not take note of their symptoms and often miss the early warning signals.

This can be taken care by generating awareness among general public about the benefits of early diagnosis and treatment.

The tests which are generally needed to diagnose heart problems are fortunately available to the vast majority of cities but lacking in small towns and villages. A lot of effort is needed on part of the government and social organizations to work in this direction and huge expenditures are needed to create infrastructure.

## What are the treatment options for heart diseases?

There have been tremendous advancements in the treatment of heart diseases in last few decades. Effective medications, better diagnostic tests and interventional treatment like angioplasty, stenting, and bypass surgery are now available to treat heart diseases. Angioplasty and stenting have emerged as a useful method to treat blockages and medicated stents can provide a long-term solution to many patients. Stents are not a temporary solution as it's a common feeling in the general population. Bypass surgery has also become very safe and patients can return to their normal work within few weeks and have an absolutely normal life and can resume their work.

Cost and affordability remain an issue as public setups are just too inadequate to deal a large number of patients and private setups are beyond the reach of the majority. The insurance sector is picking up and more public education is needed to encourage healthy people to take insurance cover. It is paradoxical that those who are not able to afford the treatment do not have insurance. The government's latest National medical Insurance policy is a welcome step in this direction if it is implemented properly.

## Can the heart diseases be prevented?

Yes, to a large extent Coronary artery disease can be prevented. Regular exercise, avoiding tobacco, strict control of Diabetes, high BP and High cholesterol and eating proper diet can prevent heart diseases to a large extent. Yoga and relaxation exercises also have some role in prevention.



**Dr. Devendra Chaudhary, MDS, Principal, Maharaja Ganga Singh Dental College, Sri Ganga Nagar, Rajasthan, India on Oral Hygiene**

For a healthy life, sound health whether it is spiritual or general is must. Mouth is a window into the health of your body. Take care of your beautiful self.

Since the existence of human being, people have issues with their teeth/Dental health. Good oral health is essential for general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking, and psychosocial wellbeing. The most common oral diseases are dental cavities, periodontal (gum) disease, oral cancer, oral infectious diseases, trauma from injuries, and hereditary lesions. Oral infections and inflammations may affect overall health and conditions in the oral cavity which may be indicative of systemic diseases, such as osteoporosis, diabetes, cancer etc. Many studies have also shown that gum disease is associated with an increased risk of diabetes, heart disease, and preterm birth.

Dr. John M. Harris started the world's first dental school in Bainbridge, Ohio, USA and helped to establish dentistry as a health profession. It opened on 21 February 1828, and today is a dental museum. An interactive portal is launched by the Indian government to raise awareness and educate the masses about the dental and oral health. India has taken huge strides in the health-care sector by initiating new programmes to improve the health outcome of the country and it is now among the nations that have dedicated programme on the oral health.

The Indian Dental Association (IDA) aim is to lead the nation to optimal oral health. As the general public started understanding the concept of good health, more people started visiting dental clinics. As various dental treatments are multiple visits/time taking procedures so there is the need for equipment /materials/instruments which could reduce the time of treatment without compromising quality. Many types of equipment have been introduced, few to name such as LASERS, Advance restorative materials and instruments, Digital radiography, Use of MICROSCOPE in various dental procedures, CBCT, CAD-CAM, and Nanorobots etc Earlier major onco surgeries were performed by surgeons, but now Dental specialists are individually doing major surgeries of head and neck regions. We have completed some part of our journey aimed to have good oral health for one and all, yet a long way has to be explored to fulfill our desire to achieve our noble goals of good oral health .. better general health .. and best of the God gifted life.



**Dr. Karuna Verma on Meningitis, MBBS, MD  
(paediatric) consultant paediatrician at Ghaziabad.**

Inflammation of meninges, which are protective coverings of brain and spinal cord in our body, is called meningitis. Meningitis can be life-threatening, it is a medical emergency.

## Causes of Meningitis.

### 1. Infectious

- A) Infection by bacteria or virus are the main causes of meningitis.
- B) Fungal infection.
- C) Parasitic infection.

Infection reaches the meninges through blood stream from other parts of body. In most of the cases, infection spread via tiny drops of fluid which become airborne when the person coughs, laughs, talks, or sneezes and infects others when people breathe them in. Sharing food, drinking glasses, eating utensils, tissues, or towels all can transmit infection as well.

### 2. Non-infectious causes

- A) Certain drugs.
- B) Spread of cancer.
- C) Some systemic inflammatory disease like SLE and Vasculitis.

## Symptoms of Meningitis

The symptoms of meningitis vary and depend both on the age and the cause of the infection.

Sudden High fever, neck rigidity and altered sensorium make the classical triad of symptoms for meningitis but all the three together are present in less than half of the patients. If all the three signs are absent, acute meningitis is extremely unlikely. Headache, photophobia (extreme sensitivity to light) and altered sensorium are other common symptoms.

Small children often do not present with these symptoms. They may only be irritable, lethargic, or have a fever. They may be difficult to comfort, look unwell and have poor feeding and a shrill, high pitched cry. The fontanelle (the soft spot on the top of a baby's head) can bulge in infants. A rash consisting of numerous small, irregular purple or red spots on the trunk, legs, eyes, palms and soles may also appear in some cases. The redness does not disappear when pressed with a finger or a glass tumbler.

## Complications

Meningitis in advance stage may lead to seizure (fits), shock, rapid breathing or breathing difficulty, Inflammation of brain, nerve palsies, visual or hearing loss. Heart, kidneys and adrenal glands may also be affected.

## Prevention

Vaccination against tuberculosis, Hib, measles, mumps, rubella, polio, meningococcus, and pneumococcus can protect against meningitis caused by these microorganisms. Good hygiene is an important way to prevent any infection. Proper washing of hands. Avoiding close contact, sharing food and utensils and wearing mask when visiting a patient may help in spread of disease

## HERO OF THE MONTH



### Dr Ajay Sharma , MBBS , Psych trainee in the U.K

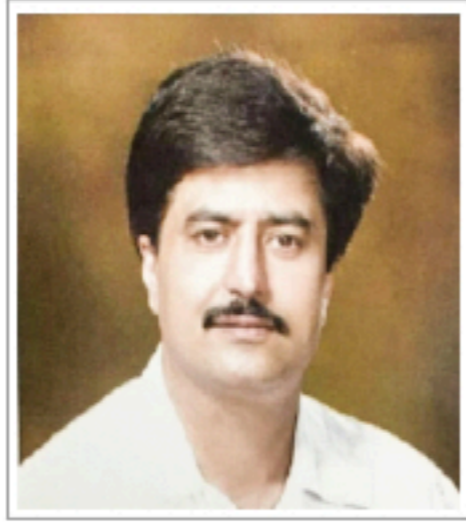
Dr Sharma is a very kind, humble and Nobel soul. He is very supportive and helpful doctor. He has been associated with MJ trust for long time. He has sponsored the education of 4 children



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