



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 widow has a longstanding problem with uncontrolled epilepsy. She was unable to afford treatment. One day she had an epileptic fit when she was cooking food. As she was unconscious and her leg got badly burned. She has had a very severe stricture in her muscle and was unable to walk. She has no mean to earn or support. She used to live on daily basis labor work. This severe stricture in her leg muscle left her with a great deal of disability. She got in contact with M.J Trust. She was taken to the hospital, required three plastic surgeries on her leg and eventually started walking and functions well. Her epilepsy is now well controlled; receive regularly free medication and consultancy from MJ trust.



Woman got a new life and child support from **MJ Foundation.**

She has got now new life and became self-reliance. She is now managing to look after four children, they attend a local school. Her self-esteem has significantly improved.

LISTEN TO OUR EXPERTS



Dr. V. Sankara Raman (FHEA FRCP Consultant Gastroenterologist) on IBS and IBD

What is IBS?

IBS (Irritable Bowel Syndrome) is a gut disorder where patients have an increased sensitivity to foods or stress or both.

What is the difference between IBS and IBD?

IBS is more of a functional condition which can be treated by addressing the triggers causing it such as foods and stress.

IBD (Inflammatory Bowel Disease) is an inflammatory condition which is long-term and requires regular medication and monitoring.

What are the symptoms of IBS and IBD?

IBS can present with a variety of symptoms including bloating, wind, abdominal crampy pains, alternating constipation and diarrhea.

IBD tends to have more severe symptoms of bloody diarrhea, weight loss, & vomiting.

How can the conditions be diagnosed?

The conditions can be diagnosed by a combination of initial screening blood and stool tests and more invasive tests such as sigmoidoscopy or colonoscopy.

Are the conditions hereditary?

IBS is not hereditary. IBD is not hereditary but there can be an increased incidence of the condition in family members.

What treatments are available for these conditions?

IBS treatment is a combination of therapies. The first step is identifying the triggers causing it and excluding this. Simple remedies and medication can also be used if needed.

IBD is a more complex condition and the medication used can range from maintenance drugs to more complex drugs modulating the immune system. A small proportion of patients may require surgery.

What advice would you give to someone living with IBD?

Most people with IBD can have normal, fully productive lives. It is important to engage with the team looking after them regularly. This would include the GP, IBD specialist nurses and hospital consultants

How can the community help with these conditions?

It is important to raise awareness of the condition as they can have a significant effect on quality of life and productivity of the individuals. Seeking help and advice early when symptoms are noted is extremely important.

For friends and family, how can they help their loved ones cope with these conditions?

Support -both emotionally and also with dietary changes is very important
Ensuring that the patient complies with advice and therapies is vital.

How important is awareness for these conditions?

It is exceedingly important that there is proper awareness of these conditions as the symptoms can mimic even more sinister conditions such as cancer.

Therefore seeking expert help early and proactively is essential.



Dr Manjeet Raina (MBBS, MRCPCH, Consultant Neurodevelopmental Paediatrician, UK) on Cerebral Palsy

Cerebral Palsy is a term used for a group of lifelong conditions that affect posture, movement, and coordination, caused by a problem/ injury to the developing brain that occurs before, during or after birth. Its prevalence is 2-4 per 1000 children

IBD (Inflammatory Bowel Disease) is an inflammatory condition which is long-term and requires regular medication and monitoring.

Symptoms

1. Delays in reaching developmental milestones such as poor head control delayed walking etc.
2. Weakness in legs/ arms.
3. Stiffness or floppiness of muscles.
4. Poorly coordinated body movements.

Severity could range from mild difficulties such as minor difficulties with balance and hand function to very severe such as if a child is completely dependant on carers to meet his needs (use of a wheelchair, feeding through a tube in the stomach, vision, and hearing problems).

Causes of Cerebral Palsy

Problems before birth:

1. Certain infections during pregnancy.
2. Reduction of blood supply to white matter area of the brain around brain ventricles.
3. Genetic factors leading to abnormal development of brain cells.

Problems during or after birth:

1. Birth asphyxia.
2. Premature birth.
3. Meningitis: infection of the brain.
4. Very low blood glucose levels.
5. Severe jaundice soon after birth.
6. Stroke.

Diagnosis

The doctor would take a detailed history of child's difficulties, pregnancy, birth, and family history of neurological conditions. The doctor will then perform a detailed examination of the child with a particular focus on neurological examination. Many times Doctor would be able to diagnose the child with the above information.

MRI scan of the brain might be needed to look for typical signs associated with cerebral palsy. Sometimes blood and urine tests might be needed to rule out other genetic/ metabolic conditions that have features similar to cerebral palsy.

Treatment and Prognosis

Cerebral palsy is a lifelong condition but the problems associated can be managed to help improve the functioning and quality of life of the child. Most children will live happy, long, and good quality lives.

Children with severe cerebral palsy associated difficulties such as poorly controlled epilepsy, feeding difficulties feeding Tube placements are at greater risk of having a shortened lifespan if these are not managed appropriately.

Problems before birth:

1. Physiotherapy exercises, use of splints
2. Spasticity management: Medications, BOTOX injections, Specialist surgeries.



**Dr. Lalit Takia (MD Pediatrics, SR AIIMS, New Delhi)
on Childhood Asthma**

What is Childhood Asthma?

Asthma is a common respiratory disease in childhood characterized by chronic inflammatory disorder of the airways in which many cells and cellular elements play a role. Chronic inflammation causes an associated increase in airway hyper-responsiveness

that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night or in the early morning.

What are Symptoms?

Recurrent episodes of wheezing, Troublesome cough at night, Cough or wheeze after exercise, after exposure to airborne allergens or pollutants.

Causes

1. Host Factors.
2. Genetic predisposition, Atopy, Airway hyper-responsiveness, male Gender, Race/Ethnicity.
3. Environmental Factors.
4. Indoor allergens, Outdoor allergens, Occupational sensitizers, Tobacco smoke, Air Pollution, Respiratory Infections, Parasitic infections, Socioeconomic factors, Family size, Diet and drugs, Obesity.

What should parents do and be careful?

Parents should know that drugs will only control the disease and do not cure. Clear all Inhaler therapy issues and steroid issue from treating physician i.e. usage of inhaler device and regime and time is taken to note benefit. Parents should know about Acute home care (Home action plan), prepare a symptom diary and Need for follow up.

Do some children grow out of it?

Drugs only control disease and most of the children grow out of it as age progresses.

What is treatment and how long should be taken?

The choice of treatment should be guided by Severity of the patient's asthma, Patient's current treatment, Pharmacological properties and availability of the various forms of asthma treatment and Economic Considerations.

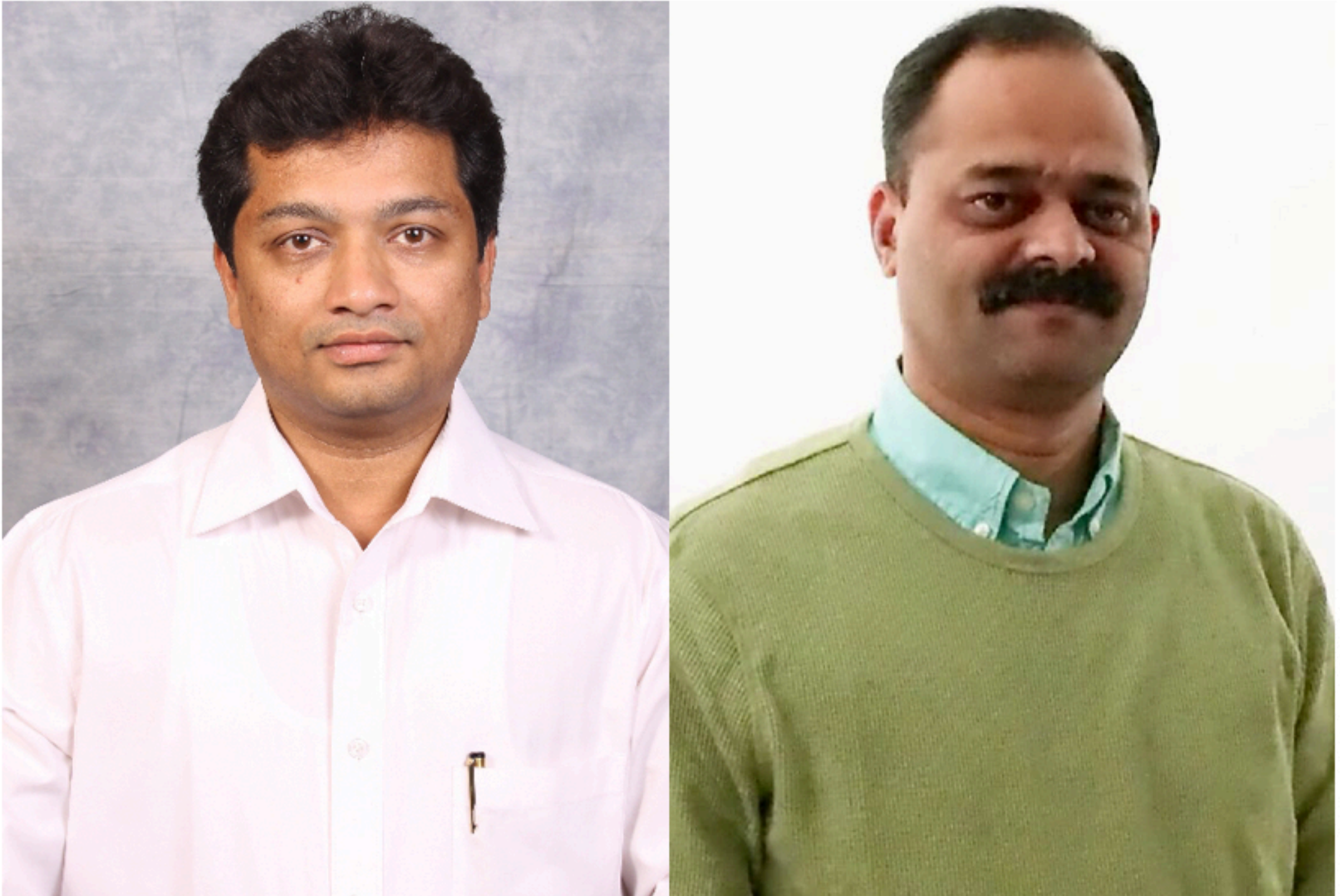
Inhalational therapy remains the mainstay treatment containing reliever in form of short-acting beta agonist like salbutamol and controller in form of inhaled steroids. Duration of therapy depends on severity and frequency of symptoms and degree of disease control. There is no fixed duration of treatment

Does it have an impact on child's growth?

Disease per say not only affect growth but hamper day to day activity, scholastic performance as well.

CREATING A MILESTONE

We started our journey to serve the humanity and right people stated joining the cause . In this chain Satyashil and Kiran have set a matinee for MJ Foundation.



I take this opportunity to touch upon the journey I took to contribute into MJCT by building SevaAngel Website and Android App which, you may have started using by now.

The Motivation

I have met few people who do a lot of charity work in their fields and I know how proud and peaceful they feel about it. This had kept me thinking for a very long time on how I could give back to the society. Last year, I got introduced to Dr. Ashok Jainer and Dr. Renu Jainer. The moment they touched my life, a beautiful change followed. I was (and am) inspired by their brilliant work at MJCT. One day Dr. Ashok discussed with me his aspiration of selflessly helping more people than what he is able to now. I then started studying the workings of MJCT group and made some key observations as follows.

1. Whatsapp group is a necessary tool but is limiting the group.
2. Lack of consolidated data of all the good work done.

By now, all stars had lined up and I was ready to take the leap and I did. I started my journey of giving back to the society through MJCT from a field that I am good at.

The Workforce

I belong to IT community and I realized that an IT solution in the form of a Website and Smartphone Apps is the perfect solution to help MJCT reach out astronomically. The biggest challenge in any IT Project is money and I needed lots of it! I made a commitment to myself as:

1. To fund this IT project by my own earnings and
2. To not have a revenue model (viz: subscriptions, ads) within it.

I contacted Kiran Mankeshwar (Director KAT Technologies, Pune, India), a good friend of mine and he was moved by the whole initiative. I contracted his company to build the software for me and they offered to do so at a low-profit-margin. I then gathered a pool of IT specialists (on a Whatsapp group) from various companies and skill sets to help steer the project.

With this Workforce, I was now ready to dazzle the world!

The product: SevaAngel brand is born!!!



www.sevaangel.com

Motto

Sevaangel - A free Patient Case Management software (Web and App) for individual practitioners and organizations.

The software taps into the global pool of free Care Service providers and makes it available to underprivileged people. This is revolutionary and I am feeling so happy that the IT community is standing shoulder to shoulder with the Medical community to deliver this.

To the wonderful Doctors, keep up the great work. You are the Angels!

A sincere thank you to everyone who helped me. God Bless You.

My family is my inspiration and without their support, this would not have been possible.

Regards
Satyashil Adnaik

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