



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

Education is the passport to the future, for tomorrow belongs to those who prepare for it by Malcolm. This boy had a dream to get IIT qualification. His father is working in the post office and always prays to God for fulfilling the dream. This boy got over 95 percent in 10th and 12th grade. MJ foundation got involved around the time of coaching, and now he has been admitted to IIT Patna. It is a joint venture. As MJ foundation is a very big family, this time, Dr. Somashekar, Dr. Ali Baig, and Dr. Rejie became part of his mission.



A New Road of Life with Help of Our Mission Partners



Part of the Mission
Dr. Ali Baig

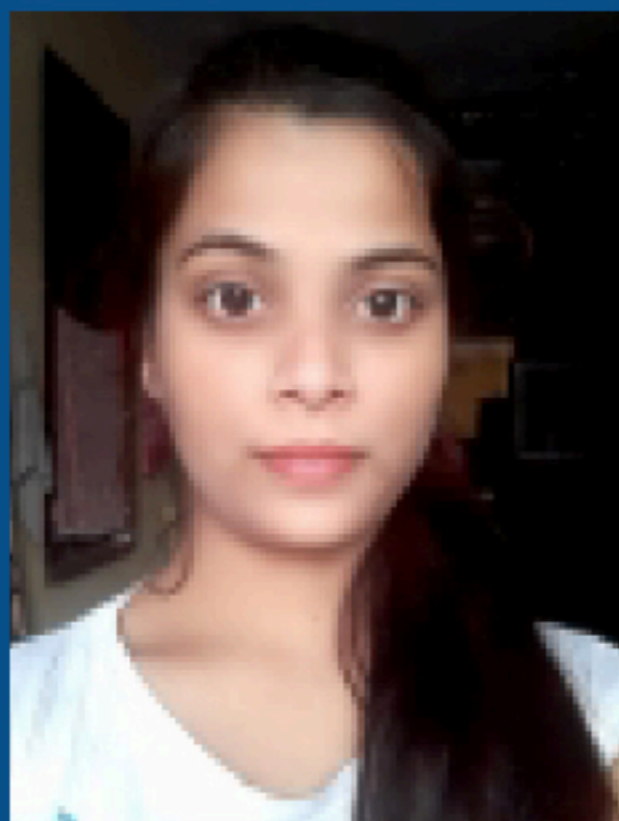


Part of the Mission
Dr. Rejie Jayan



Part of the Mission
Dr. Somasheker

Educating a girl means educating a family. This girl Deepika has a dream to become a pharmacist. Through MJ foundation's efforts, she has been enrolled in this course.



Education Gives a New Way to Life



Part of the Mission
Dr. Asha Charles,
Consultant Psychiatrist, UK

Listen to Our Experts

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Dr Neeraj on Infections in Newborn

How can I recognize that my baby is suffering from a systemic infection?

The earliest manifestations include alteration in feeding pattern (decrease or abrupt stoppage of breastfeeding) or activity pattern (lethargic or very irritable). These are the two most important symptoms, which warrants immediate medical consultation. Other symptoms include fast breathing, difficulty in breathing, chest indrawing/recessions/retraction, cyanosis (bluish discoloration of lips and body), abnormal movements, fever, hypothermia, abdominal distension, pus from umbilical stump and bleeding from any body site.

All the above manifestations are known as 'danger signs' which parents should be aware, and should get their babies immediately admitted to a nearby health facility in their presence.

How can I prevent my baby from infections?

Simple practices, can prevent a large majority of infections, are as follows:

1. Give exclusive breastfeeding for the first six months of life.
2. Avoid ghutti/honey/jaggery water or any other kind of pre-or post-lacteal feeds.
3. Avoid giving animal/formula milk with a bottle.
4. Wash hands and maintain general hygiene.
5. Do not put 'kajal/Surma' in baby's eyes.
6. Do not apply anything on his/her cord (including ghee/oil/turmeric/cow dung etc), and keep it 'dry

7. Avoid handling/kissing of your baby by multiple visitors; keep visitors out of the room where mother-infant dyad stays
8. Avoid contact of mother-infant dyad by any person having symptoms like fever, cough, sneezing to prevent droplet transmission
9. Keep baby warm and practice 'rooming-in' (mother and baby stays together for 24x 7 hours)
10. Avail antenatal & perinatal services: Regular antenatal check-ups, proper nutrition including hematinics & calcium supplementation throughout pregnancy, Tetanus Toxoid injections and getting delivered in a health-facility instead of at home.
11. Recognize 'danger signs' and rush to a nearby hospital in their presence.



**Prof. Abhijeet Saha MBBS,
MD(BHU), MNAMS, Division of Pediatric
Nephrology LHMC & KSCH on Nephrotic
Syndrome in Children**

nephrotic syndrome is the clinical manifestation of glomerular disease associated with heavy proteinuria and affects 1-3 per 100,000 children. Nephrotic range proteinuria (Spot urine protein creatinine ratio > 2.0) leads to hypoalbuminemia (≤ 2.5 g/dL), hyperlipidemia (cholesterol >200 mg/dL) and edema. Most children with nephrotic syndrome have a form of primary or idiopathic nephrotic syndrome (INS) and constitute more than 90% of cases. Glomerular lesions associated with INS include minimal change disease (most common), focal segmental glomerulosclerosis, C3 glomerulopathy, and membranous nephropathy. Nephrotic syndrome may be secondary to systemic diseases such as SLE, Henoch-Schönlein purpura, malignancy (lymphoma and leukemia), and infections (Hepatitis B, HIV, and Malaria). Edema associated with oliguria is the most prominent clinical features. Children are susceptible to infections such as cellulitis, spontaneous bacterial peritonitis, and bacterial sepsis. Deep venous thrombosis may occur in any venous bed, including the cerebral venous sinus, renal vein, and pulmonary veins. Investigations recommended at the initial episode include:

- (i) Urinalysis;
- (ii) Complete blood count, blood levels of albumin, cholesterol, urea and creatinine
- (iii) X-ray and tuberculin test.

80% of children with INS respond to corticosteroid therapy. For the initial episode, prednisolone at a dose of 2 mg/kg per day (maximum 60 mg) for 6 weeks,

Those who respond to therapy are diagnosed as steroid-sensitive nephrotic syndrome. Those having two or more relapses in initial six months or more than three relapses in any twelve months are diagnosed as frequently relapsing nephrotic syndrome and need alternative medications like mycophenolate mofetil, levamisole or cyclophosphamide. Those not responding to a 2mg/kg of prednisolone after 4 weeks are diagnosed with steroid-resistant nephrotic syndrome and treated with a calcineurin inhibitor.



Dr. Pankaj Kumar **MD Psychiatry on Schizophrenia**

What is schizophrenia?

It is a disorder which affects language, feelings and behavior and likely to start between the ages of 15 to 35 and will affect about 1 in every 100 people during their lifetime. In this disorder language fall apart, patients lose control on thought process and sometimes thoughts are not connected in order, they may disjoint thoughts. Sometimes they believe someone's thoughts are in his mind and at times believe their thoughts are being broadcast on TV and radio.

They feel as if someone is taking information out of their mind and they know what he is thinking. These abnormalities of language also affect emotion, perception, and behavior. In the past, some people used to say that Schizophrenia is a split personality which is not true.

What causes schizophrenia?

It seems to be a combination of factors. Genes, perhaps slight brain damage at birth or during pregnancy, childhood abuse. Street drugs (LSD, amphetamines, and cannabis) seem to trigger it. Stress and family tensions make it worse.

Symptoms of schizophrenia:

Hallucinations - Hearing voices is the most common problem. These can seem utterly real. The voices can be pleasant, but they are more often rude, critical, abusive or annoying.

Delusions - believing something completely even though others find your ideas strange and can't work out how you've come to believe them.

Incoherent thinking - tend to drift from one idea to another, disjointed thoughts. Other people can find it hard to understand.

They may also have illogical thoughts which make no sense

Behavior - they may outburst of aggressive behavior and may become violent.

Treatments: a mainstay of treatment is Antipsychotic Medication

This helps to control any delusions and hallucinations. It should also help you to think more clearly and to look after yourself better. It can help in around 4 out of 5 people. It works best when taken regularly, even when you have felt better for some time. We are not sure how they work, but most of them reduce the action of a chemical in the brain called 'dopamine'. Like all medicines, they do have side-effects, especially at higher doses. It should always be taken strictly under Psychiatrist's advice.

Psychological Treatments

Cognitive Behavioural Therapy can help you to cope with your experiences and to work out if there are things you do or habits of thinking that make you unwell. You can then find new ways of thinking or behaving that help you to stay well.

Family therapy can help you and your family cope better with the illness. In the sessions, you learn about the condition, ways to support someone with schizophrenia, and how to solve some of the practical problems that can arise.

Social Support and Recovery

Day centers - offer classes, advice about education and employment, and a place to spend time with other people.

Work projects - they will support you in getting back to work.

Art therapies - to help you express yourself.

Supported accommodation - staff on-site or visiting, it can help you gain confidence in living independently.

A community mental health team or key-worker can support you, both with practical advice and with treatment. Occupational therapists can help you develop skills for living, working and getting on with other people.

How to help yourself

Learn to recognize the signs that you are getting unwell - these signs might be going off your food, feeling anxious or sleeping badly. Someone you trust may be able to warn you if they see you becoming unwell.

Try to avoid getting too stressed, or using alcohol to feel better. Make sure you can do things that you enjoy.

Try to keep healthy - eat well, don't smoke and keep fit.

Street drugs should be avoided. However much you might like them, they will make you worse.

Can I talk to the mental health team?

If you are caring for your relative, you should be able to get information from healthcare professionals. They can advise on psychological treatments, drugs, and side-effects, and can suggest ways to help recovery.

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