



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 selfreliance. 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.

OPPORTUNITY AVAILED BY MJ TRUST SPREAD LIGHT OF KNOWLEDGE TO HUMANITY DURING CORONA CRISIS 2020



“ Simple art of living for a happy and prosperous life is to start living for others and someone will be living for you ” : Dr Ashok Jianer

Background :

Covid19 pandemic has had world wide impact. India continues to face different challenges as a developing country and investment on health infrastructure should have been a priority for some time now.

Darkness and myth tends to prevail when population has vulnerability to believe in myths due to lack of education. Science and Public health along with media have pivotal role to disperse this darkness.

In India, very early on public was made to believe that this illness is a dreaded illness , fear and stigma got deep rooted. People were getting nightmares, xenophobia was prevailing. World Health Organisation was changing its stand very often.

In this newsletter we would like to not just highlight our ongoing achievements as MJ Foundation trust which has been reaching out to needy since 2008 but also acknowledge and spread invaluable knowledge and messages from its family members which has improve outcomes.

We have more than 100 doctors as our family who are actively contributing to



make a difference not only in their place of work but also in collaboration with MJ Trust and our partner platforms. It of course continues to grow bigger with support from national and international level.

In Covid 19 crisis Professionals of MJ foundation family took lead. There are successful world class clinicians, researchers, dentists, journalists, social activists and academicians from many states of India and many countries. This group started working together in every early on to disperse darkness of myths. Professionals were critically analysing information from different countries of the world regularly to inform the public. This team of professionals used to searched the latest scientific information, appraising it and drawing a valid statement. The collaboration with world class journalist Shaileshji from Satya Hindi and other media houses like India Today, Hindi Khabar and BBC was very useful who were able to present in serial order comprehensively. Cannot forget VOWS and SHEOWS for their support which are voluntary organisation for disadvantaged society and elderly.

Collaboratively this group based on valid piece of research informed the public that 80 percent patient will be asymptomatic. It was not believed that time due to stigma and fear which was spread like wild fire, later it was found valid worldwide and WHO endorsed it as data from different part of world validated it.

Use of Hydroxychloroquine (HCQ) and risk was highlighted as no evidence that it makes a difference in outcome.

Around same time based on scientific evidence this professional group led a campaign that fear and phobia is irrational. We organised series of interviews of those doctors who got infected recovered well without any squeal in most though unemployment and poverty will lead to increase in anxiety, depression, suicide and family breakdown.

Dr Ashok Singh who is an eminent physician in Mumbai and director of City hospital, he highlighted case series autopsy report from Italy and significance of it. This group critically appraised it and was postulated that treatment line should

This professional group has had range of professionals such as Physicians, cardiologist, Oncologist, Neurosurgeons, Gynaecologists, dermatologist, Orthopedicians, Paediatrician, Dentists and Psychiatrist in addition to doctors from other complimentary medicine eg Ayurveda to ensure it is holistic.. All played a vital role to serve the humanity and saving the life. Simple moto of this group is "To get lost into service of others, is best service to the God".

GLIMPSES OF MESSAGES AND CONTRIBUTION FROM PROFESSIONALS WHO ARE FAMILY MEMBERS OF MJ FOUNDATION TRUST.

1: [Ashok Singh](#), MBBS, MD (Medicine) Director of City Hospital, Mumbai



To highlight important points to make a difference in outcome, Dr. Ashok Singh has been interviewed 3 times

Covid 19 is common flu like illness, patient develops symptoms after 2-14 days of infection. Most of the people (85%) take recovery route and become alright in 5-7 days, requiring only minimum symptomatic treatment. Few people (approximately 15%) develop complications between 5th to 8th day of illness when lung injury starts due to maladaptive immune response & it is a crucial time when the patient must be treated with steroids. Use of steroids at this juncture is life saving & can be given to all patients irrespective of underlying condition like Diabetes, Hypertension etc. Which patients will take complicated route cannot be predicted hence close monitoring from day 4 to 7 or 8 is very important to pick up the patient developing lung complication at the earliest.

A mild illness requires no treatment & for severe illness nothing much can be done.

Therefore the key lies in early detection of developing lung complication & the timely use of steroid which has made difference & saved lives.

In a nutshell, Covid 19 is a steroid responsive disease, timing of it's use is crucial and delay in use of steroids lead to irreversible lung injury.

2 : Professor Sarika Gupta



Sarika contributed in appraising published research related to corona, with her background is academics . She played important role in raising awareness of corona . She was very enthusiastic in searching, appraising and identifying the valid evidence. This was very useful to clarify to the public the purpose of

lockdown as there was myth prevailing all over the place. The main purpose of lockdown is buying time to scale up medical resources to minimise the damage during the peak it does not limit the numbers infected. She was involved in drafting SARI (Pediatric) protocol for KGMU. She educated people about use of mask, sanitizer, hand wash, gloves etc.

3 : **Dr Rajeev Rajput**, MBBS, MD (medicine), DM (cardiology), Senior Consultant Apollo Hospital New Delhi



As Corona was not limited to lung problems, it was affecting heart, intestine and other organs also. There were patients who presented with chest pain but were suffering from myocarditis due to Covid19. It was very difficult and almost impossible for patients to recognise these symptoms to be related to heart. Dr Rajeev Rajput took lead in providing vital information

for public through Satya Hindi and social media forum. He raised awareness of corona and heart problems via health talks with Resident Welfare associations in addition. He provided life saving information via round the clock telemedicine consultation for cardiac patients for north India.

4 : **Dr Sudhir Rawal** MBBS, MS (surgery), MCh, DNB Urology Director Rajiv Gandhi Cancer and Research Institute





Dr Rawal provided life saving information for public for cancer patients who are at increased risk and poorer prognosis if get covid 19 via Satya Hindi . He gave several interviews and his information was appreciated by professionals and public. He was leading the show in managing RGCI &RC in pandemic by following government guidelines and also treating Covid cancer and Covid non cancer patients. Also operated cancer patients open or robotic with specific measures to reduce the risk of covid 19. Dr.Rawal conducted many webinars for awareness for Covid in India and Ujbekistan.

Hospital Provided blood separator to procure plasma to Delhi government. He successfully managed more than 150 HCW who got infected at his centre without any mortality.

5: Dr Sudheer Tyagi

MBBS, MS (Surgery), MCh Neurosurgery ,Senior Consultant
Apollo Hospital Delhi





Covid 19 has affected all the aspects of medical practice. Dr Tyagi being a neurosurgeon started experiencing it right from the beginning of this pandemic. There are certain points which he would like to highlight.

Neither patient nor doctor like to face each other in person. This paved the way for on line consultations and telemedicine became an important part of medical practice.

New gadgets like PPE became integral part of medical practice and played important role to keep the Corona virus away while working. Initially it was difficult to wear all these equipments specially in long neurosurgical procedures but soon everyone became used to and felt at ease.

RT - PCR for Covid 19 became a mandatory preoperative test before admission in the hospital for any planned surgery.

Intubation and extubation time became longer because anaesthetics team needs to take special measures to minimise the chances of viral spread.

Surgical approach for certain procedure changed in neurosurgery. Transnasal Pituitary tumour approach changed to sublabial transnasal route so that chances of infection to surgeon can be minimised.

Number of surgical assistants decreased and only necessary numbers of staff allowed in operation room.

MENTAL HEALTH

Mental health tsunami is predicted and yet to be seen in days to come. The fear and anxiety enveloped majority of population leading to discrimination instead of empathy for those affected by Covid19.

Depression and suicide is expected to be on the rise due to collateral damage of economy and needs to be tackled sensitively by raising awareness in addition to on going support for public

The series of program by " Satya Hindi" on mental health issues associated with Covid-19 have been a ground breaking programme in recent time . MJ trust partnered with Satya Hindi and Chaupal and made a difference by reaching out to masses .

Psychiatrists who have contributed in different ways to our trust are Dr.Somashekar, Dr.Ali Baig, & Dr.Rupinder Kaler, Dr.Pankaj Kumar, Dr.Meha Verma , Dr.Asha Charles, Dr.Reji Jayan , Dr.Rani Pathania, Dr.Neelesh Tiwari and Dr.R K Thakural and Dr.Shanmugan along with Dr.Ashok Jainer



1 : Meha Verma , MBBS, MD (Psychiatry) PGI Chandigarh



Corona virus is the new pandemic that world is witnessing, which has caused quite a stir worldwide. In India, this pandemic has caused a fearful environment and is often caused as a 'death sentence'. Simultaneously, with physical impact with the disease, there has been a huge impact on public mental health.

In this critical time, MJ foundation trust, a group of highly qualified professionals including around 100 doctors, took the responsibility and challenge to help people by using their professional expertise. Amongst many professionals from MJ foundation trust who have contributed to the betterment of society, one such group worked on searching the right information, data and statistics using various mediums like TV, facebook, webinars etc. Being a psychiatrist, I have been identified by the trust to raise awareness about the mental health issues faced in covid era. I contributed to create awareness by finding adequate data along with focusing on latest research.

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"I was humbled to be part of 2 webinars conducted via facebook application, where I was joined with other esteemed professionals from MJ Trust including Dr. Pankaj, Dr. Renu and Dr. Ashok Jainer.

The webinars focused on suicide: the reason someone chooses death over life, with special mention of rising trend in time of pandemic, and other dealt with anxiety during covid time. Both these webinars reached out to thousands of viewers and we received a tremendous response, and the initiative is appreciated till date.

My research aptitude in this area enabled me to accumulate the facts and deliver in a way understood by masses. I have also been a part of research team at the institute that I am working in which is PGI Chandigarh, where our focus has been to see psychological issues faced by healthcare workers during covid times and also seeing emotional distress in persons awaiting diagnosis, with aim of helping those in need.

It gives me so much gratification to serve my country in whatever small way I could as a professional. Now I truly understand what this trust stands for, as was quoted by Gandhi ji "The best way to find the truth is to lose in service of others".

2: Dr Somashekar

MBBS, MD (psych) , consultant psychiatrist in the UK .



He has contributed immensely with regards to suicide awareness , risk of suicide and indicators.

Worldwide, more people die by suicide than by homicide and war. Globally, suicide accounts to about 1-2 percent of all deaths. The global rate is about 16 per 1000000/year. It is a leading cause of premature death among young and healthy adults more frequent than deaths due to road traffic accidents. It is the second leading cause of death among young people aged 15-24.

What are the causes?

People usually link the last significant event in a person's life to suicide however it is not always true. Suicide is an end point of a complex series of psychological, social and biological problem. It is the last psychological step towards of emotional turmoil or crisis. Therefore it is not possible to point out a single cause.

RELATIONS TO MENTAL ILLNESS

The chance of mentally well person committing suicide is exceptional. Most patients who commit suicide have a psychiatric disorder at the time of death. Common illnesses are depression, bipolar disorder and psychosis and Alcohol and drug misuse. Suicidal patient typically feel hopeless, worthless and helpless. They believe that their problem has no solution and the pain associated with the problem is unbearable.

Research has also noted that most patients who successfully commit suicide would have given some indication in the last few weeks to their near and dear one. They may do it directly or indirectly. For example they do it directly by writing a suicide notes, telling someone that they want commit suicide, call someone after taking an overdose of medication. They may indirectly express their wishes by stating life not worth living, unexpectedly write a will or unexplained change in behaviour etc. This is crucial time to seek professional help.



What to do if someone is expressing suicidal ideas

Listen - you may be the last hope, a sympathetic and non-judgement listening may help the person see things in a different perspective. He may reappraise his decision and decide to seek professional help. Acknowledge the suffering, not to trivialise. Understand the situation and not to give premature advice. Seek professional help as soon as possible. If the person is in crisis, safety to take priority and everything can wait. Once the crisis is over and person feels safe look for causes and how they can be addressed.

Most important intervention is treatment of underlying psychiatric illness.

3 : Dr Pankaj Kumar

MBBS,MD (psychiatry), Senior Consultant Psychiatrist at Delhi



As Covid 19 affected mental health very adversely . People were going through genophobia, panic attacks and nightmares . Some people committed suicide as they were unable to accept disease corona. " I have been interviewed several times on covid general awareness, mental issues and stress related to covid, it's management. In this regards MJ foundation has taken a decision to start a campaigns by psychiatrist to address these issues . In this regards Satya Hindi and social media group Chopal acted as partners . I raised awareness of corona and mental illness and contributed through updating latest published evidence" . Dr.Pankaj strongly campaigned against suicide and provided right information . He did complimentary online consultation of various front line medical & police personnels who were doing covid work and got positive or were facing stress due to it. Also did complimentary online consultation and counselling of general population, as independent consultant and also with various medical facilities,

judicial services and even with national disaster . He got also associated with member of various delhi police groups as a medical expert, group formed by joint commissioners, DCPS ,acps ,sho and various police staff for positive covid patients.

FREE WEBINAR

Home alone: Suicidal tendencies and Mental Health in Covid time

LET'S TALK

A talk show on how to stay mentally healthy in tough times

SPEAKERS



Dr. Ashok Jainer
MBBS, MD, MRCPsych, FRCPSych ,
Dip Evidence Based Health Care (EBHC)
Oxford University.
Working as a consultant in the UK



Dr. Meha
MD Psychiatry,
PGIMER Chandigarh



Dr. Pankaj Kumar
MD Psychiatry, Senior Consultant
Psychiatrist, Psychotherapist & De-
addiction Specialist
Founder and Chairman-
The Healers Psychiatry Center,
Healers Institute Of Deaddiction and
Psychiatry
Senior Consultant-
Max Superspeciality Hospital,
Sir Ganga Ram Hospital (Visiting)
General Secretary-
Delhi Psychiatric Society

MODERATOR



Dr. Divya Khanna
BDS, Senior Dental Surgeon
Masters in Implantology New York University USA
Fellowship in Implants New York University USA
Advanced Root Canal Specialist Bengaluru
Aesthetic Dentistry Specialist Mumbai

For registration please visit on this link
<https://forms.gle/hcEqihZiWiTyaQGJ6>

 Saturday 20th June 2020

 5:00pm to 6:30pm IST

4 : Dr Rupinder kaler MBBS, MRCPsych , consultant psychiatrist UK



She played vital role to reduce irrational fear , related to covid 19 pandemic . She raised awareness about mental illness associated to corona pandemic such rising suicide, depression, obsessive compulsive disorder, panic attack and night mares. As people are perceiving it as a dreaded illness and some people developed hypochondriacs around it. They become fixated with the thought that they have corona despite the negative report. Satya Hindi and professionals from MJ foundation trust jointly raised awareness about mental health issues and covid-19 .

Salma Francis Founder President of VOWS



Along with members of the MJ Trust, Vision for Oasis Waves Society (VOWS), a not for profit social organization, under the leadership of its Founder President Ms. Salma Francis, has been helping the daily wage labourers (rickshaw pullers, house maids, construction workers) and the poor of Delhi and adjoining areas during the corona virus crisis. Right from the start of the lockdown, MJ Trust and VOWS have distributed cooked food and ration items to lakhs of people and

families who lived in far flung areas where government agencies were not able to reach. MJ Trust sponsored to get 140 migrant labourers to their home states with support from VOWS. The NGOs also distributed other essential items free at this time, such as face masks, sanitizer bottles, hand wash soap etc.

During this crisis, we also reached out to support women who were victims of domestic violence when we came across them. Further, we visited sex workers at GB Road in Delhi provided ration and support.

When a large number of migrant labourers lost their jobs due to the lockdown, MJ Trust and VOWS helped thousands of them to go back to their villages by arranging secure transport for them.

We are especially thankful to Dr. Sudhir, who helped us whenever we needed it. During these operations, two of our team members became COVID-19 positive. Thankfully, they have fully recovered and are back at work.

We hope that in the future MJ Trust and VOWS will continue to work together for the betterment of society.

Regards. Salma Francis

Dr Renu Jainer Paediatric Consultant and Founder member of MJ Trust



It has been a steep learning curve for me as a founder member of MJ Trust and I am overwhelmed by the way we could all get opportunity to come together and not only think in one direction but also to result in action with results.

Have had multiple opportunities to answer questions for audience on Aaj Tak, Satya Hindi and Hindi Khabar TV channels and also Chaupal.



I feel honoured to be working in partnership with such esteemed members of this Trust .I would like to acknowledge my heartfelt thanks for many who have not been named and not had a chance to express their messages during this pandemic but doing and hope to do ground work in thought ,support,prayers and actions .We are bound to reach new horizons as united we stand with a common mission.

Acknowledgement : MJ foundation highly appreciate the contribution of all professionals who are part of the MJ Trust family which has grown internationally. All professionals are committed, dedicated and highly ethical. We would also like to acknowledge the collaboration of Satya Hindi news channel which is acting in most ethical and professional manners .



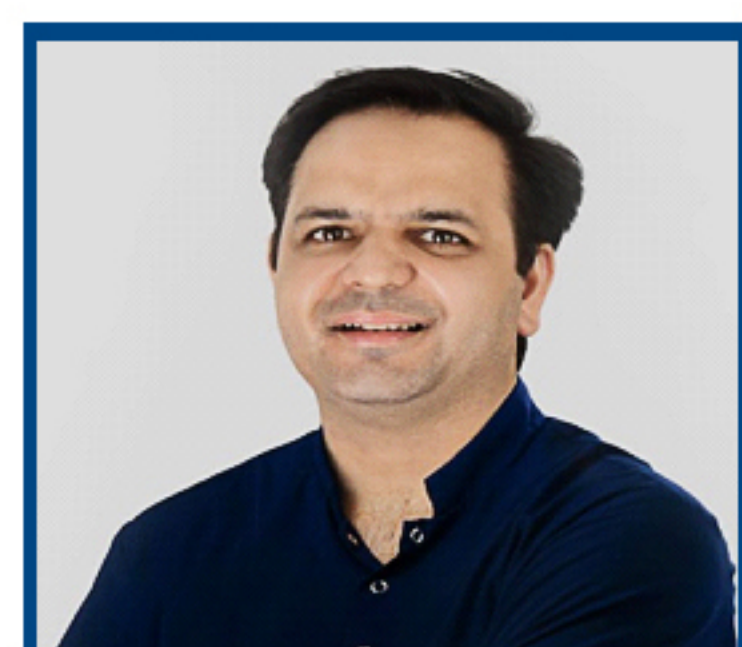
Prof Vinod kumar



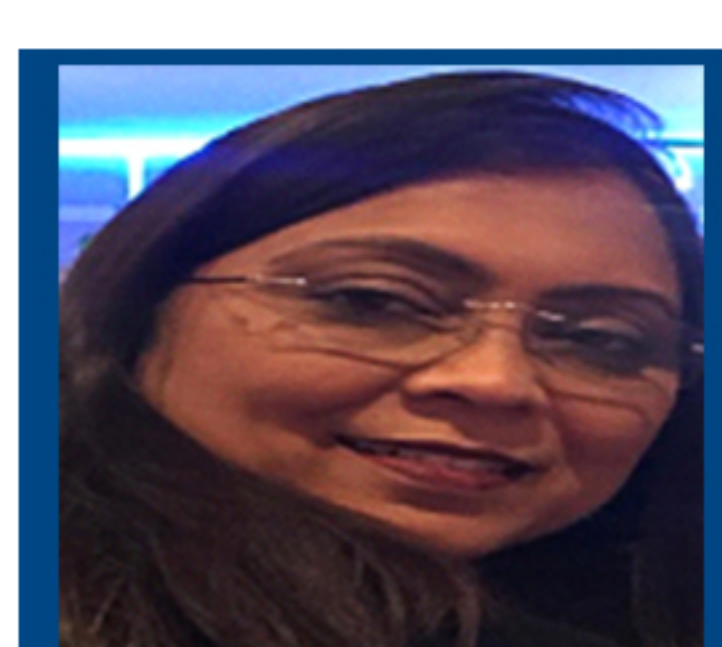
Prof Neeraj



Prof Abhijeet



Dr.Sachin Sachdeva



Dr Karuna Agarwal

Founder



Dr. Ashok Kumar Jainer,
Consultant Psychiatrist,
NHS, UK



Dr. Renu Jainer,
Consultant Paediatrics,
NHS, UK

Our Medical Advisory Board



Dr. Sudheer Tyagi,
Neurosurgeon



Dr Aruna Agarwal ,
Gynaecologist



Dr Sudhir Rawal, MS , MCh
Director of Rajiv Gandhi Cancer and Research Institute



Dr. Dharendra Singh,
Orthopaedic Surgeon



Dr. Renu Jainer,
Paediatrician

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of News Nation & Dean
of News 24 Media



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Medical Clinic In charge



Dr. Vijay Verma,
MBBS, MD



Dr. Sanjay Jainer,
BAMS

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Delhi