

# BRINGING HOPE

September, 2017

Vs 17.09

POINTS OF INTEREST

- > Ramamma's story
- > Clinical statistics for the month
- > Laboratory & Research
- > Women's empowerment
- > Training & Counseling
- > Home Visits
- > Nutrition Support
- > Education Support
- > Pre & Ante Natal Care
- > Lunch to the needy

## RAMAMMA LOOKS FORWARD TO LIVING!



Ramamma at the clinic

*As she shares her story, she is delighted that she is alive and looks forward to living for many years to come!*

In 2006, Ramamma's husband died of AIDS related illnesses, leaving behind his wife and two children. After his death, doctors got Ramamma screened for HIV. When the results came in positive, she was devastated and soon became depressed and suicidal. When she visited the local hospital for the treatment of an opportunistic infection, a staff member noticed her depressed state and referred her to Nireekshana for counseling and further care.

When Ramamma arrived at Nireekshana ACET in 2007, she was counseled on the disease and the management. Follow-ups were initially conducted on her on weekly basis until she began to have hope, became healthy, started working and even finally took ownership of her health.

Today, her CD4 count is at 600 cells and she lives a healthy lifestyle, avoids eating junk food and drinks clean water. Her daughter completed a post schooling diploma and is getting married soon; her son completed his undergraduate degree and is now working in a good company.

## CLINICAL STATISTICS

Place	Follow up	New Registrations	Total
HIV-Hyderabad	466	10	476
Leprosy Clinic	19	5	24
General	18	0	18
Dental Camp	11	0	11
TOTAL	514	15	529

## LABORATORY AND RESEARCH



Vamsi in the lab

A total of 689 laboratory investigations were carried out on 66 patients (39 Female and 27 Male)

We submitted a project proposal for IADVL : L'Oreal Indian Hair & Skin Research Grant-2018.

We are working on the Zika Virus Paper: *Insilco Identification Of Zika Virus Virulent Factor Molecular Mimic Sequences In Human Proteins: Potential Involvement In Neuropathogenesis.*

We are also working on the Histopath Paper: *Concordance in inflammatory responses of leprosy skin and nerve tissues.*

We worked toward the completion of the Leprosy patient database.

*"I went to all the hospitals in the city and I never found one like this. All my fears and doubts about the disease have left me"* -Statement made by a newly diagnosed leprosy patient.

*"Trauma is personal. It does not disappear if it is not validated. When it is ignored or invalidated the silent screams continue internally, heard only by the one held captive"*

— Danielle Bernock,  
Emerging with Wings: A True Story of Lies, Pain, and the Love That Heals

## WOMEN'S EMPOWERMENT

Esther began training of a new batch of 5 women on how to sew the Malika silk bag. 16 quilts are in progress, 6 silk bags, 21 pouches and 3 Jewelry pouches have been stitched and 42 Malika mix packages have been made for distribution to the patients.

120 soaps have been distributed in the Pittalabasthi slum and 50 soaps were distributed in the Nireekshana clinic along with education on topics of Simple Health Care.

Staff from the Taj Krishna hotel visited the clinic and were trained on soap recycling.

Modestor, a guest from Zimbabwe was trained on soap recycling and was gifted 5 soaps.



Anitha at accounts

### TRAINING & COUNSELING

101 patients were counseled in-person in one-on-one sessions and 128 patients were counseled over the phone by both the Nireekshana and Nireekshana - Love in Action's counseling teams.

### HOME VISITS

98 homes were visited by Nireekshana-Love in Action and 28 homes were visited by Nireekshana - Vishakhapatnam making it a total of 84 patients that were visited at their homes to conduct Home Based Care services.

### NUTRITION

A total of 43 families infected and affected by HIV/AIDS were provided with nutrition for a period of one month.

EDUCATION	PRE & ANTE NATAL CARE
<p>27 children were supported through school in the last one month.</p> <p>(Correction: In last month's report, it was incorrectly stated that 2 children were provided with education support. The actual count is 26).</p>	<p>A total of 6 pregnant women received pre natal care inclusive of clinical care, nutrition and education in the last one month and 2 new mothers received milk support and nutrition.</p>



Young girls in the children's room

**LUNCH TO PATIENTS, STAFF AND STREET DWELLERS**

We have started a new initiative to prevent food wastage in the Organization.

Since lunch is cooked for and provided for our staff and needy patients daily, any leftover rice, dal and vegetable is now packed in to small packages to be given to people living on the streets.

40 meals were given out last month to people living on the streets.

184 patients were provided with lunch over the last one month.

25 staff was provided with lunch daily.

20 women from the women's empowerment project we provided with lunch daily as they undergo training at the Malika unit.



Eating a meal at the clinic

**Nireekshana, ACET** India is a developmental NGO based in Hyderabad that is involved in the holistic care of people infected and affected by HIV/AIDS, TB, Leprosy and other diseases of poverty. It currently has over 5000 HIV positives registered at the centre with about 700 under regular care each month. We also have 284 leprosy patients registered and about 40 ongoing on a monthly follow up routine. Nireekshana's Infection Disease laboratory was set up in 2007 and hosted 5 PhD students through the years. 30 scientific papers have been published since its conception. The laboratory conducts an approximate of 500 tests on the patients every month.

**VISION-** That individuals, families, and communities affected by HIV/AIDS and other diseases of poverty (neglected tropical diseases) will experience health, fullness of life and have hope.

**MISSION-** Provide counseling, medical care and socio-economic support to individuals, families, and communities affected by HIV/AIDS and other diseases of poverty, conduct awareness programs, training, education and research to promote health, and undertake special programs for empowering vulnerable women and children at risk.

Nireekshana works with those infected and affected by HIV/AIDS and other diseases without any discrimination on the basis of race, religion, disability, sexual orientation or any other factor. Each program is run to high standards, adapted to cultural and local needs, with shared vision and values.

**“We are grateful to all our friends and partners who help us carry out the work. Thank you!”**  
**-Drs. Lavanya & Sujai Suneetha**