



**MOHAN
FOUNDATION**

Life..... Pass it on

Multi Organ Harvesting Aid Network

The Year that was 2011

We wish all our supporters, friends and ambassadors a very happy, healthy, prosperous and meaningful 2012.

The year 2011 has been the most eventful one in the history of MOHAN Foundation thus far. It marked the expansion of its horizons to Coimbatore, Delhi, Chandigarh, Bengaluru and USA. Our Transplant Coordinators have made audio visual presentations to more than 30,000 people across India, and distributed over 200,000 donor cards in 2011. We worked closely with the Government of India and several state governments in organizing public education programs on organ donation.

Through our training programs held in Chennai, Bengaluru and Visakhapatnam, we have trained 104 health care professionals. Under the aegis of MOHAN Foundation - IGNOU Community College, we have started a one year Postgraduate Diploma in Transplant Coordination. The first batch has 22 students from different hospitals in Tamil Nadu. Our Annual Transplant Coordinators' Workshop held in October 2011 at Delhi garnered the support from national and international transplant professionals. The workshop was inaugurated by the Director General of Health Services, Mr. R.K. Srivastava who acknowledged the work of the Foundation.

The true "icing on the cake" is our performance in counseling for organ donation. Thanks to the untiring efforts of our transplant coordinators, we have been able to successfully motivate one family every week, making us the single largest organ donation organization in the country. Our Hyderabad office is ten years old and through this office alone, we have been able to distribute 767 organs and tissues.

Thanks to the unstinted support from media, our work has been highlighted by several national and regional dailies and magazines.

Thanks to a "large hearted" family

Mohan Babu, all of 23 years, hailing from a small town, Narsannapalem of West Godavari district, full of dreams, ventured to Hyderabad to complete MBA and set up a Finance company of his own. Quite suddenly, he developed severe cough in June 2011. Consultations with several doctors did not result in any improvement. Some said he needed a pacemaker, while



some said that he had an enlarged heart and that nothing much can be done. Finally, during the month of September, Mohan's uncle took him to Dr. Alla Gokhale, Cardiothoracic surgeon of Global Hospitals, who advised him to undergo a heart transplant. Heart transplant – the family was shattered. The only question that was looming large on everybody's mind was, "where can we get the heart from?"

Dr. Gokhale suggested to the family that they register with MOHAN Foundation for a "heart". Although Mr. Raghuram of MOHAN Foundation assured them that they would do everything possible to save Mohan Babu, they had their own apprehensions.

Within one month, on 29th October 2011, Mohan Babu received a phone call from the hospital notifying that there was a heart from an equally young donor, and that he should come and get admitted straightaway. He received a heart transplant the same day, and two months since then, he is doing well. Mohan Babu reminisces, "I never thought I would get a heart so soon. It appears like a miracle to me. Somebody in their grief had a "large heart" and bothered to think about someone like me who they have not even met. I am alive today because of them". According to Dr. Gokhale, he will be able to go to college in another month.

Mohan Babu gratefully acknowledges the large-heartedness of the donor family and MOHAN Foundation. He says, "I will tell my friends about how I received the heart and spread the word about organ donation. Without this new heart, I would not have been alive today, or be able to set up a Finance company after MBA."

Invaluable donations – 2011

State	Kidneys	Liver	Heart	Heart valves	Lungs	Eyes	Total
Andhra Pradesh	28	14	2	22	0	80	148
Tamil Nadu	129	65	8	96	1	96	395

We Need Your Support

All services rendered by MOHAN Foundation are absolutely free. We survive purely on the philanthropy of the community. Your support by way of membership, sponsorships or any contribution is most welcome. Your donations are 50 per cent tax exempt under section 80G and 100 per cent tax exempt under section 35 AC of IT Act 1961.

Foreign contributions are accepted through our Corporation Bank Account No. 01008698, IFSC Code : CORP0000487.



Public education programmes held at Visakhapatnam, Hyderabad and New Delhi

Organ Donation Award

Words of wisdom.... a recipient speaks

I never wallowed in this thought. I have seen several genuinely nice people suffer much more and my illness looked insignificant in comparison. Their stories of handling grief and getting life back to normal gave me tremendous strength and courage to face my little situation positively and with a smile. Your prayers and good wishes strengthened me and my family and I remain forever indebted to you.

Now, I have recovered and rejoined office and look forward to working again with passion (I know of no other way) and having fun along the way. As 2011, the most challenging and hence, the most memorable year of my life draws to a close, I am tempted to share a few of the lessons that I either learned new or where I reinforced my old beliefs (you know that I had a lot of time to reflect so there are many more, but some other time).

1. Never give up:

There was a time in May 2011 when I had become so weak that I could not even get up from the bed. Food didn't taste good at all and body didn't completely accept whatever little I managed to swallow. There was either no news or if it was, it was bad news. Three of our relatives had come forward to volunteer for organ donation, but each one had either been diabetic or hypertensive for some time, rendering their organs unsuitable for transplantation. I was terribly missing my dad who was the only O+ (my blood group) person in the immediate family and had passed away in Jan 2009. One day, in an emotional moment, I complained to god why he took away my dad when his son needed him the most. This somehow gave a new resolve and strength to the family, as if dad had somehow made some arrangements for me and all we had to do was to find them out.

We had already registered ourselves for cadaveric transplant and could do little more on that front. However, given there is no national repository for swaps, my family started meeting more and more nephrologists to get our names registered in their databases. Within a couple of weeks, three offers came our way and the initial assessment for suitability commenced. Out of the blue, a friend called, heard about my condition and stepped forward to offer his organ to me. I was shocked. Weeks before, I thought we have reached a dead end, but suddenly several doors had opened. I came to the conclusion that one can always ask parents for help, even if they are not alive, and they never fail to respond. All that they ask from us is to continue our efforts and not give up and resign to the fate. This belief was further strengthened when right after my surgery, both the cadaveric and the swap calls matured, and those organs helped to cure other patients in the queue.

2. Have sincerity and depth in relations:

Have genuine relations. Invest time in nurturing them and cherish them as they mature. Take care of them when they are

sick or old. I didn't need to ask my wife, mother, or sister if they shall volunteer under a swap program...I rightfully assumed it. My mom-in-law underwent the same test three times as she was simply not willing to believe that based on the first test results and her age, the doctor had suggested we keep her as a reserve and not as the first option. Here again, if the reports had turned out to be normal, I would not have had to ask.

3. Try and avoid lifestyle related diseases:

Type 2 diabetes and hypertension are partly related to our lifestyles. Too much junk food and too little exercise. Try and avoid them. Wonder, if someone very dear to you (your child, your spouse, your parents, your sister or brother, your dearest uncle or cousin, or your dearest friend) needs you to save their life, and you simply cannot, all because you destroyed your own organs due to....too much junk food and too little exercise!

4. Pledge to donate your organs after you are gone:

I didn't know that one person can save as many as 8 lives even after his or her death. Two eyes go to restore vision in two blind people, Two kidneys get transplanted in two patients suffering from kidney failure, One liver is split into two (as it is the only internal organ that can re-grow) and save lives of two patients of liver failure. One heart saves a life not to mention skin, that can heal several burn victims. In the year 2011, Mumbai had only 8 cadaver kidney transplants, when it could potentially have had thousands, forcing the balance to continue the financially and physically debilitating option of dialysis. Of the 37 million people across the globe who are blind, over 15 million (40%) are India. Over 3.5 million of these in India suffer from corneal blindness and simply cannot enjoy the beauty of this earth, and either don't work or work well below their true potential, simply because we either burn or bury the corneas that could illuminate their lives.

On this note and on the first day of New Year, I WISH YOU ENOUGH!

I wish you enough sun to keep your attitude bright no matter how grey the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your needs and

I wish you enough loss to appreciate all that you possess.

Warm regards and God Bless!
Manish Gupta
(underwent renal transplant in
August 2011)





Business at MMC Nursing College



Transplant Coordinators Workshop, Visakhapatnam



Dr. R K Srivastava DG, Health Services releasing the workshop manual. Also seen is Dr. Francis Delmonico, President, The Transplant Society, USA



Organ donation pledge by L&T employees, Saidapet, Chennai

MOHAN Foundation's Journey To United States

MOHAN Foundation set up a booth in the exhibition at the American Society of Nephrology's annual conference held between 8th and 12th November, 2011 at the Philadelphia Convention Centre, Philadelphia. Thanks to the kind contribution and support rendered by Dr. Anirban Bose and Mr. Arun Shroff, we were able to secure and set up the booth at this internationally acclaimed nephrology forum. Dr. Bose is the Assistant Professor of Medicine at the University of Rochester, New York. Mr. Arun Shroff is a Consultant at Web Strategy & Technology in New Jersey.

Work related to planning at being at this exhibition, execution, travel and accommodation started in July. Mr. Raghuram and



Mrs. Lalitha Raghuram of MOHAN Foundation were present at the booth. Mrs. Nivedita Sankaran, an experienced Transplant Coordinator, who was earlier at Apollo Hospitals, Chennai, and now in New York, provided timely support by being available at the booth to provide information about MOHAN Foundation's work in India.

Over 200 physicians and medical students visited the booth and gathered all the information about Foundation. Several of them pledged to support its activities on an ongoing basis.

The genesis of this initiative saw the coming together of likeminded individuals who felt that MOHAN Foundation's work requires greater visibility in the United States, and that we could seek the much needed support from Physicians and Surgeons of Indian origin.

We will be failing in our duty if we don't convey our heartfelt thanks all our supporters. Mr. Murali Menon, Communications Specialist in Mumbai along with his expert team provided timely support in developing exclusive brochures for US visit and backdrop for booth. Mr. Narendra of Pragati Printers got the brochures printed gratis in a record time of three days. Mr. Arun Shroff and Mrs. Renu Shroff provided support in taking us to Philadelphia from New Jersey and help set up the booth. A big thanks to Dr. Manjula Balasubramanian, Transplant Pathologist at Einstein Medical Center, Philadelphia for hosting Mr. & Mrs. Raghuram and Mrs. Nivedita Sankaran at their home.

We envisage that this beginning will grow big and provide impetus for gifting a new lease of life to many more Indians.



Membership Form

I/We wish to join MOHAN Foundation as a member. Date _____

Name _____ Designation _____

Organisation _____

Address _____

_____ Pin _____

Tel (Landline & Mobile) _____ Email _____

I/We remit herewith Rs. _____ by Bank Draft No. _____ drawn on MOHAN Foundation.

Signature _____

Please send Membership fee by Demand Draft in the name of **MOHAN Foundation** payable at Hyderabad or Chennai.

Membership Fee

Category	Life
Individual	Rs. 2,000/-
Institutional	Rs. 5,000/-
Corporate	Rs. 5,000/-

Sowdesh lives on....



MOHAN Foundation started its operations in Coimbatore on 13th February 2011. Actor and orator R. Siva Kumar who is very passionate about organ donation graced the inauguration and inspired the youth group with his talk. The very next day, after the launch, a brain death declaration happened in Ramakrishna Hospital.

Sowdesh was a typical 11-year-old boy who enjoyed the company of his friends. For his parents Mr. Mani and Mrs. Indrani, of Sirumugai village near Mettupalayam, he was the baby of the house, there being a 10-year gap between him and his older brother. On that fateful day of 12th February 2011, he was playing with a friend when a two-wheeler rider lost control and knocked Sowdesh down. He sustained severe injuries and was taken to Mettupalayam General Hospital and from there to Ramakrishna Hospital, Coimbatore. When Sowdesh's parents were told that he was brain dead, they remembered that on a visit to Chennai last year they had read in a newspaper, about a family that had donated their loved one's organs. The story had left a deep impact on them. Though they had never imagined that they would one day be faced with making a similar decision, the parents displayed exemplary courage in the midst of devastating grief. They told the ICU doctors in Ramakrishna hospital that they were willing to donate Sowdesh's organs.

Thanks to the motivation of an extraordinary family, the commitment of the medical fraternity, the police and the fact that MOHAN Foundation's Transplant coordinators were in the right place at the right time, the whole process was coordinated. After all the medical and legal procedures Sowdesh's organs (kidneys, liver, heart valves and corneas) were retrieved and transplanted to the patients with end stage organ failure.

Sowdesh lives on...

A new beginning with MOHAN Foundation- IGNOU Community College

Under the aegis of Indira Gandhi National Open University (IGNOU), MOHAN Foundation has started a Community College, which runs programs in specialised need-based areas – the first one being a one year Post graduate Diploma program in Transplant Coordinators' Training & Grief Counselling. Graduates in sciences, social work, medical psychology, sociology, physiotherapy as well as candidates with a Diploma in General nursing and midwifery are eligible to apply. In addition, graduates in any field with good communication skills and an interest in the area of organ donation can do the course.

The Post graduate Diploma program involves training in counseling families of "brain dead" patients to donate organs and coordinating the entire process of organ donation, retrieval and transplantation. The candidates are trained in all aspects of counseling with intense one-on-one role play by experienced Transplant Coordinators from across the country. At the end of the program, every successful participant will be in a position to create a roadmap for initiating an organ donation program in his or her hospital/city/region and work as the key resource person to spearhead transplant-related activities.

Upon completion of the program, placement guidance will be provided. The Government of India in its gazette titled THE TRANSPLANTATION OF HUMAN ORGANS RULES, 1995 (GSR NO. 51(E), dr. 4-2-1995) [As amended vide GSR 571(E), dt.31-7-2008] has made Transplant Coordinator nomination mandatory before a hospital is registered as a transplant hospital. The same has been incorporated into the Transplantation of Human Organs (Amendment) Act 2011. This means that there is a huge requirement for trained transplant coordinators.

The one year Post graduate Diploma program in Transplant Coordinators' Training & Grief Counseling has started in September 2011 in Chennai with 22 candidates enrolled.

We are honoured to have Dr. Latha Pillai, Pro-Vice Chancellor, IGNOU on the MOHAN Foundation Community College Board, Dr. C K Ghosh, Director, NCIDE on the Academic Committee Board and Dr. S Mohanan, Regional Director, IGNOU, Chennai on the Examination Committee Board.

Life Members of MOHAN Foundation in 2011

Adilabad: Vishwanath C. **Ahmedabad:** Mr K Kailashnathan. **Aurangabad:** Dr Viranchi N Vaidya, Swapnil A Kulkarni. **Bangalore:** Dr Ali Khwaja. **Eluru:** Lata Vundavalli, Priyanka Vemulapalli, Mr Gutta Ravi Chandra. **Gowahati:** Mr Ravi Pasari. **Guntur:** Sri Shiridi Sai Seva Trust. **Gurgoan:** Ms Divya Arya. **Hyderabad:** Bhagwan Sri Satya Sai Baba, Mr N V R Kumar, Ms G Nagamani, Mr R C P Chandra Rao, Mr M Sreenivasa Rao, Mr P R Subas Chandran, Ms S Sarumathy, Ms V Lakshmi Jayaprada Devi, Dr. K Prakash, Mr D Srinivas, Mrs Hema Madhav, Mr Madhav Pundi Krishnaswamy, Mrs Srinivasa Kumari CH, Mr Ravi Kiran, Dr. Y Lakshmidevi, Mr Rajkumar Bagelikev, Mr K Satyanarayana Sharma, Mr A V S Prabhakar, Ms Anjani Jaya Lingutla, Ms K T Nalini Jayanthi, Mr Vijay Kumar, Mr H Natarajan, Mr Koti Reddy, Mr Rahul Dave, Ms Shravya Murthy, Mr Maganti Subbarao. **Khammam:** Mr M Shankar Narayana, Mr Jagan Morisetty. **Krishna:** Mr A Nagendra. **Nasik:** Kalpesh M Gosavi. **New Delhi:** Puneet Mittal, Aakash Sachdeva, Salil Talwar. **Proddatur:** Ms Pallavi Reddy. **Rajahmundry:** Mr V Madhusudan Rao. **Vijayawada:** G V Ramana Rao, Ms K Gayatri. **Visakhapatnam:** Mr V Srinivas, Mr Prabhakar Sastry. **Vijayanagar:** Mr Rushindra K.

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