



Shri Onkar Singh Memorial Trust®

(Public Charitable Trust)

B-12 NBT Apartments, Mayur Vihar, Phase - I, Delhi-110 091 (India) Tel.: 91-11-22752678

Free Surgical cum Medical Camp – A Report

(March 23, 2025 to March 28, 2025)

The *Shri Onkar Singh Memorial Trust (SOSMT)* conducted their sixty-ninth free surgical cum medical camp in village Nouggran in the Jammu Province from March 23, 2025 to March 28, 2025. This was our nineteenth camp at this venue. Our previous camp, the sixty-eighth, was in Vindhyachal earlier during the first week of the month of March only.

The Background

Our normal camps are of seven days duration. This camp was of six days duration only because the Navaratri were to start from Sunday the 30th of March and most of our team members wanted to be home by Saturday, a day earlier, in order to be there at home on Sunday on the occasion of the commencement of the Indian new year. This curtailment, however, was more than compensated by Dr Charak who proceeded to Nouggran two days ahead of the team and completed some ground work before the main team arrived.

The Spadework

Most of the things in Nouggran had been in place. We had just finished our Vindhyachal camp during the first week of March. Dr Charak ensured that medicines and surgical sutures for the camp were arranged in time. Friends in that area took up the responsibility of advertising about the forthcoming free surgical cum medical camp. The forthcoming event was announced on television as well as in local newspapers also. A local NGO took the responsibility of providing food and water not only for the team but also for patients and their caretakers. Prof P S Charak, our friend from Jammu, arranged anaesthesia gases from our usual vendor in Jammu who supplies gases to us during our camps. Plans were also afoot to carry forward our commitment of rural survey for the detection of hypertension, diabetes and other chronic ailments, and offer appropriate guidance and suggestions. Our friend and long-time associate Dr Satish Tiwari had promised to be a part of the team this time to carry forward this work which had been interrupted for some time due to unavoidable circumstances.

The Finances

Several friends and well-wishers helped us to conduct this camp to completion and to our satisfaction. Of particular significance is a local NGO whose people approached our volunteer Tara Singh from Nouggran and offered to take care of food and other sundry requirements of the team. They also provided meals to the patients, their relatives and their care-givers. We remain beholden to them.

People who financially helped us include:

- Dr Vinod Malhotra from USA;
- Dr A K De from UK;
- Sheel Aditya, R K Kaul, Sardul Singh Jasrotia, and Swastik Diagnostic Lab Ltd. from India.

Arrival at Nouggran: Setting up the Camp

The team of doctors, nurses, operation room staff and volunteers from Delhi reached Nouggran early in the morning on March 23, 2025. Dr Charak had already reached here a couple of days earlier. The team settled down soon and started work to commence the surgical activities on the day of arrival itself. The ward had been cleaned and beds prepared a day earlier under the supervision of Dr Charak. All necessary things were immediately put in order. Operation room was sterilised/fumigated, instruments and linen were autoclaved, OPD and pharmacy set up and a list of patients for surgery prepared. We normally start surgery on Monday (after reaching the camp venue on Sunday morning). This time, we started the operation theatre on Sunday afternoon itself. This was also important to ensure the preparedness of the team and to make the maximum use of our available time.

We had with us our friend Dr Satish Tiwari who had retired as a senior official in the UNICEF in India. He had earlier conducted local surveys in the adjoining villages for detecting patients of chronic diseases, particularly diabetes and hypertension. He expressed a desire to continue the same, involving some of the local health officials. Our people have detected several villagers who suffer unknowingly from diabetes and hypertension. They are the candidates who are likely to suffer the avoidable adverse consequences of these chronic ailments. Dr Tiwari, along with Tarun and other volunteers, carried out this work in the adjoining Prithvipur village, also involving local medical officer and her team from the nearby town of Bishnah. Appropriate medical counselling of these patients was done and follow-up of their progress and treatment with the local health authorities ensured.

Camp Activities

A total of 629 patients attended our OPD. Operative work was started on the first day itself, on Sunday afternoon. We started with a cholecystectomy for a case of gall stones. During this camp, we had a case for ileostomy closure. This ileostomy had been done, by Dr Charak and our friend Devinder from the UK, in Delhi during the resection of a cancer of the rectum. Another patient from the village Nouggran itself had surgery for a Warthin's tumour of the right parotid gland. There is always a great demand for Dr De, the orthopaedic surgeon, who comes all the way from UK to participate in this work. We have been having some shortage of nurses in the operation theatre. Sister Pushpa managed the whole show almost single-handedly, helped to some extent by Vrinda who is a relatively new recruit to operative work.

A total of forty-nine surgical procedures, eighteen of them major, were performed during the five operative days (from Sunday to Thursday). All patients were fine by the time of conclusion of the camp and were discharged home by the last day of the camp. The Block Medical Officer (BMO) from the Bishnah hospital visited us during our camp and ensured to provide any post-operative care in the form of post-operative dressings, suture removal, etc., after the departure of our team.

The overall statistics of the camp are as follows:

1. Total outdoor attendance	629
2. Total indoor admissions	20
3. Total number of surgical procedures	49
o Major surgical procedures (necessitating general or spinal anaesthesia)	18
o Minor surgical procedures (requiring local/regional anaesthesia; including sebaceous cysts, lipomas, ingrowing toe nails, urethral dilatation, etc.)	31
4. Major surgical procedures: A breakup (18 cases)	
• Abdominal (Cholecystectomy 5, ileostomy closure 1)	6
• Head & Neck (Parotid tumour 1)	1
• Gynaecological (Hysterectomy Vaginal 1)	2
• Urological (Orchidopexy with congenital hernia repair 1)	1
• Hernia	3
o (Inguinal (adult) 1, umbilical 1, congenital 1)	
o Ano-rectal (Haemorrhoidectomy 2, Pilonidal sinus 1)	3
o Orthopaedic	2

Return to Delhi

The team decided to start early on March 29, 2025 in order to reach Delhi by the afternoon of March 29 itself. They took the early morning Vande Bharat train from Jammu and landed in Delhi by around 2:30 PM, well in time for the Navaratri starting from the next day, i.e., March 30, 2025.

Future Plans

We intend to conduct at least two more surgical cum medical camps later during the year. The exact dates will be fixed soon, taking care of the winter Navaratri and the important festivals like Dussera and Deepawali which we always avoid.

April 5, 2025



S K Mehta
Chairman, SOS Memorial Trust



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So far...

Here is a summary of the services rendered by the *Shri Onkar Singh Memorial Trust* through the holding of free surgical cum medical camps starting from the year 2000.

Venue-Duration	OPD Attendance	Indoor Admissions	Operations		
			Major	Minor	Total
First 60 camps between October 2000 and December 2022:	73,909	2,343	2,099	1,384	3,483
61. Government Medical College, Kathua, Jammu (J & K) <i>April 2, 2023 to April 8, 2023</i>	359	23	23	12	35
62. Nouggran (Distt. Jammu, J & K) <i>October 29, 2023 to November 4, 2023</i>	261	18	18	27	45
63. Vindhyachal (Distt. Mirzapur, UP) <i>November 26, 2023 to Decmber 2, 2023</i>	599	42	42	33	75
64. Tanakpur (Distt. Champawat, Uttarakhand) <i>February 25, 2024 to March 2, 2024</i>	563	20	20	37	57
65. Nouggran (Distt. Jammu, J & K) <i>March 31, 2024 to April 6, 2024</i>	605	28	28	40	68
66. Basohli (Distt. Kathua, Jammu & Kashmir) <i>August 4, 2024 to August 10, 2024</i>	922	16	15	13	28
67. Bani (Distt. Kathua, Jammu & Kashmir) <i>October 13, 2024 to October 19, 2024</i>	943	29	27	18	45
68. Vindhyachal (Distt. Mirzapur, UP) <i>March 2, 2025 to March 8, 2025</i>	636	42	40	17	57
69. Nouggran (Distt. Jammu, J & K) <i>March 23, 2025 to March 28, 2025</i>	629	20	18	31	49
Total	79,426	2,581	2,330	1,612	3,942



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Free Surgical cum Medical Camp at Nougren, J & K

(March 23, 2025 to March 28, 2025)

Names of Participants

1. Dr K S Charak (MS, FRCS)	:	Surgeon
2. Dr R Sawhney (MD)	:	Anaesthesiologist
3. Dr Malati Tiwari (MD)	:	Anaesthesiologist
4. Dr Achala Batra (MD)	:	Gynaecologist
5. Dr Satish Tiwari (MD)	:	Preventive Medicine
6. Dr A K De	:	Orthopaedic Surgeon
7. Dr Siddharth (MS)	:	Surgeon
8. Dr Hira Lal	:	Medical Officer
9. Pushpa Sharma	:	OR Nurse
10. Vrinda Sharma	:	OR Nurse
11. Sister Shakuntala	:	Nurse
12. R C Yadav	:	Male Nurse
13. Dan Singh	:	OR Technician
14. Munish	:	OR Technician
15. Dalbir	:	Nursing Orderly
16. Pradeep	:	Nursing Orderly
17. Ravi Sharma	:	Volunteer
18. Tarun Gupta	:	Volunteer
19. Tara Singh	:	Volunteer
