



TRIBAL HEALTH INITIATIVE

Redefining Health

ANNUAL REPORT

2022 - 2023



“Physicians are the natural attorneys of the poor, and the social problems should be largely solved by them.”

Rudolf Virchow

Four years ago, a group of similar minded organisations got together and drew the skeleton of what was to become a pioneering effort in sensitising young doctors to health in the rural areas – it was called Rural Health Internship , but widely known

as the Travel Fellowship. This year we completed the final session of the 2nd batch and started the 3rd batch. This was a process of going through their narratives, discussing their doubts and drawing some conclusions over the 4 days in Sittilingi. It was done sitting down, by the sides of the streams and forest walks. It was so nice to see the profound changes it had made to these young doctors who travelled the length and breadth of India, seeing the work of organisations who had deep roots in the tribal communities and staying with tribal families and experiencing their life, their joys and their sorrows first hand. We are sure that this has made a deep impact on their thinking and their future will always be linked to the health of the less privileged. If we don't pass down these lessons we will have failed their generation.



Porgai goes international

We chanced upon 2 international recognitions for our Porgai community. One was the as the lead picture on the August '22 issue of the Vogue – perhaps the worlds leading magazine in fashion. The second was that a Porgai art piece was on display in the New York Institute of Fashion Technology (the piece is actually the parts of the traditional top wear of their women). That's a long way from starting with 2 senior women who just remembered their craft in 2006 to the international fashion stage in 14 years. Tells a lot what a small determined group of women can achieve !! They had a sales of Rs. 80.2 lakhs of which Rs. 29.7 lakhs went to the artisans.

Democracy starts at the grassroots

This year we had the SOFA annual general body as well as the election for the office bearers. Voting is done every 3 years, and the President can have only 2 terms so that it is not a monopoly. About 600 farmers and women turned up in all sorts of transport, and the campus bore a festival air. It is essential that farmers leaders are elected and not appointed, so that the will of the people is respected. SOFA is doing well with 700 farmers now and a turn over of **Rs. 194 lakhs**. This year we gave the farmers their first dividend as shareholders of the company.



A birthing center the people trust

Over the past 3 years we have seen a sudden increase in the number of tribal mothers coming in for delivery from a radius of more than 50km. We see at least 40 ante-natals on any OP day and the deliveries have jumped from 30 a month to nearly 80 a month. With 3 Gynaecologists to consult, a primary Caesarean rate below 5 %, a pack of sprouted ragi powder and a bunch of greens to take back after every checkup and loving care....this is what the mothers want!



Making patterns to break patterns is the name of the new project THI is involved in. In many areas of garment making, there is an unbreakable glass ceiling of male monopoly – mainly in the “master tailor” category, cutting, fashion designing etc. Partnering with MasterG® from Delhi, we are training 50 tribal women over a year to be certified as Master Tailors and be able to form a collective and get orders from branded apparels. They have a sent a trainer and there is an online curriculum, quality checks and seeing if all are progressing. If everything works out, these women will be earning ₹ 10 – 15,000 per month, a princely sum in our area. Women should be the steel frame which supports our communities.



Govern-H or RSP Level 2 was done for 3 days in Sittilingi. There were 48 participants – all young doctors yearning to look into themselves, the health problems with the different social groups and trying to see a future of ‘Health for All’ in our country. The Bare Foot Academy (BA) had meticulously planned the 3 days and after the last session was over, there was so much clarity amongst the doctors who were groping in the dark for answers, given the inequities in health for the majority of our people. This is undoubtedly the first in our country to look into the social and political inequalities in health around us.



Plans for the next year

- Complete a full fledged OPD for the Kalrayan Hills
- Consolidate and improve Community Health interventions
- Develop a Community Center for excellence in Millets
- Make a fashion tailoring co-operative for tribal women
- Enhance the Gram Sabha in the Panchayat

In conclusion: We are into our 30th year and what started with a team of 4 has grown to more than a 100. What started with just health – is still exploring the horizons which affect health and how we can empower people to handle these effectively. We started with a vision best expressed by Lao Tse 2500 years ago – we hope that in years to come we never lose it.



“Go to the people. Live with them. Learn from them. Love them. Start with what they know. Build with what they have. When the work is done, the task accomplished, The people will say 'We have done this ourselves.’”

Lao Tse

We are always grateful for the support from FOS (Friends of Sittilingi), Azim Premji Foundation, AID (Assn for India’s Development), HCF (Human Capability Foundation), Paul Hamlyn Foundation, Thoughtworks, RGMFE and many others who had faith in our work. We would not have been able to achieve this without you.

Team THI

Help us in the Kalrayan Hills We are starting a new permanent intervention in the Kalrayan Hills , starting with an OPD and expanding in future. It is challenging task, but not insurmountable with your help. Support our effort by donating generously

Donate & Support

To know more about our new hospital in the Kalrayan and why we need it [click here](#) or directly donate using this QR code.

Scan to Donate



STEADFASTNESS IN ALL OUR WORK

We are accredited by Credibility Alliance for financial transparency and work culture

THI - ABRIDGED FINANCIAL STATEMENTS

BALANCE SHEET					
LIABILITIES	2022-23			2021-22	
	SCH	LAKH	%	LAKH	%
Corpus/ Trust Fund	1	132.5	18%	132.5	17%
General Fund	2	546.0	75%	575.0	76%
Endowment Funds	3	50.0	7%	50.0	7%
Liabilities Total		728.5	100%	757.5	100%
ASSETS					
Cash & Bank Balances	4	154.5	21%	85.0	11%
Investments	5	171.7	24%	110.0	15%
Fixed Assets	6	377.6	52%	422.2	56%
Other Current Assets, Loans & Advances	7	24.7	3%	140.3	19%
Assets Total		728.5	100%	757.5	100%

RECEIPTS & PAYMENTS					
RECEIPTS	2022-23			2021-22	
	SCH	LAKH	%	LAKH	%
Opening Balances: Cash, Bank	8	296.3	33%	37.3	4%
Donations - Voluntary Contributions	9	44.0	5%	108.5	13%
Grants for Programmes	10	241.5	27%	225.4	26%
Self-generated income (Net)	11	297.0	33%	474.3	55%
Any other Income	12	11.9	1%	15.4	2%
Receipts Total		890.5	100%	860.9	100%
PAYMENTS					
Programme(s) & Public Engagement	13	251.0	28%	158.1	18%
Management & Operational costs	14	233.5	26%	181.0	21%
Purchase/ Construction of major Fixed Assets	15	75.9	9%	139.9	16%
Investments	16	171.7	19%	201.7	23%
Advances to Suppliers & Staff	17	3.9	0%	95.1	11%
Closing Balances: Cash, Bank	18	154.5	17%	85.1	10%
Payments Total		890.5	100%	860.9	100%

BOARD OF TRUSTEES	
Dr Regi George	Managing Trustee
Dr Lalitha Regi	Trustee
Prof M Ravindran	Trustee
Dr Sara Bhattacharji	Trustee
Dr Sukanya Rangamani	Trustee
Dr. Guru Nagarajan	Trustee
Ms Radhika Ram Mohan	Trustee

TEAM THI	
Doctors	8
Nursing Staff	38
Admin Staff	10
Community Workers	6
Paramedical Staff	14
Support Staff	5

	2021-22	2020-23
OP patients	36573	38678
In Patients	1879	1912
Surgeries	541	520
Deliveries	848	776

CRAFT		
	2021-22	2022-23
Members	60	60
Sales [lakhs]	57.85	80.20
Wages to artisans [lakhs]	35.21	29.68

SALARY BREAKUP			
	Gents	Ladies	Total
6000 - 10000	3	16	19
10000 - 20000	14	23	37
20000 - 40000	2	5	7
40000 - 90000	4	2	6
Total	23	46	69

All Staff have benefits of PF, Gratuity and free medical expenses

INCOME & EXPENDITURE					
INCOME	2022-23			2021-22	
	SCH	LAKH	%	LAKH	%
Donations	19	44.0	7%	108.5	17%
Grants	20	241.5	39%	225.4	35%
Total Donations & Grants		285.4	46%	333.9	51%
SELF-GENERATED					
Activities which generate Net Income	21	297.0	48%	280.5	43%
Other Income	22	31.9	5%	37.8	6%
Total Self-generated		328.9	54%	318.3	49%
Total Income		614.3	100%	652.2	100%
EXPENDITURE	2022-23			2021-22	
	SCH	LAKH	%	LAKH	%
PROGRAMME(S)					
Hospital services	23	322.7	56%	331.4	66%
Community health	24	166.5	29%	107.4	21%
Organic farming support	25	68.4	12%	53.1	11%
Community Development	26	16.2	3%	9.1	2%
Total Programmes		573.7	100%	501.0	84%
Management: Operational & Misc costs	27		0%		0%
Total Expenditure		573.7	93%	501.0	77%
Funds available (or not), for development of services (Surplus/ Deficit)	28	40.6	7%	151	23%
		614.3		652.2	

FARMING		
	2021-22	2022-23
Groups	70	70
SOFA members	500	700
Certification farmers	500	500
Women group members	485	465
SOFA income [in lakhs]	149.76	193.27

"Hospital Finances" April 22 to March 23 Outpatients			
	Paying	Free	Total
Patient	29405	9273	38678
Amount	86.8	46.0	132.8
In Patients			
	Paying	Free/ concession	Total
Patient	853	1059	1912
Amount (Lakhs)	150.5	13.0	163.5
	Total		
	Paying	Free	Total
Patient	30258	10332	40590
Amount (Lakhs)	237.3	59.0	296.3
	Free %	20%	

Official Air Travel - Rs.69462/- during this financial year

Main Auditor – Mr. Rajnikanth, Salem
Financial Advisor – Mr. Shivakumar K, Gandhigram

Trustees

Dr Regi - Rs.1075864/- yearly salary

Dr Lalitha - Rs.1074664/- yearly salary

Highest salary: Rs.89647/- [senior doctor]

Lowest salary: Rs. 7522/- [fresh appointee]

- Board of Trustees meet twice yearly
- Executive Committee meets for emergency decisions
- Working Committee of Staff meets every 2 months
- Full Staff meetings every month

Detailed audited accounts are available on request

BANKER



Thumbal



THIS BEAUTIFUL TEXTILE PIECE WAS AT THE NATIONAL MUSEUM OF ART IN NEW DELHI.

In this piece, the artisans of Porgai have woven in thread, a dream they carry in their hearts for themselves and the precious Sittilingi Valley that nurtures an abundance of life. "The dream as we see it, is to keep this precious ecosystem of life in the valley intact and watch it flourish and grow!"

The fabrics used are up-cycled organic cotton grown by the small land holding farmers of Sittilingi Valley. The fabrics are hand spun, dyed using natural dyes and hand-woven. With these conscious practices the artisans of Porgai are creating a responsible model much needed for our collective sustainability.

ABOUT US

Tribal Health Initiative started working in Sittilingi valley of Dharmapuri Dist of Tamil Nadu since 1993. We now have a Base Hospital which caters to more than 1 lakh people, most of whom are tribals. We also run a comprehensive development program for about 15,000 tribals who dwell in 25 settlements. We also work in the Kalrayan Hills in health.

VISION

That the people of Sittilingi Valley and Kalrayan Hills in Tamil Nadu lead a better quality of life keeping their traditions, customs and pride intact.

REGISTERED

As a Public Charitable Trust No 147/92, Dindigul, Regd u/s 12A, 80G of the IT Act; Regd under FCRA to accept foreign donations


To Visit or Contact us

TRIBAL HEALTH INITIATIVE

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 Tribal Health Initiative