TRIBAL HEALTH INITIATIVE

Redefining Health

A Year of Changing Lives Together!









ANNUAL REPORT 2025 - 2026

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.

NATIONAL RECOGNITION AGAIN

Tribal Health Initiative received the prestigious Yashraj Bharathi Samman 2026 for Innovation in Health Care from the Governor of Uttar Pradesh and Nobel Laureate Abhijit Banerjee. The award recognises THI's interventions in food, farming, craft, women livelihoods and governance in shaping health care in the tribal areas. We were also fortunate to receive NDTVs award for exemplary contribution to India's Health Care from the Union Minister for Health, Smt. Anupriya Patel. These awards are dedicated to the tireless work done by the team and the people of Sittilingi who we comed us to work with them as equals.





Two years ago, when a generous donor agreed to fund our Community Center for Excellence in Millets, we were both excited and apprehensive. It felt like a Herculean task,but we took it on. With improved machinery, our production surged by 20–30%. But success brought its own hurdles. The local power supply proved unreliable, and our team struggled to keep operations running smoothly. We decided to raise funds to solar power the entire unit with all its machines. Now the unit runs seamlessly, even doing night shifts to keep up with all the orders that are coming in. But we haven't forgotten that for our people, rice is still the staple. So, SOFA has now got into traditional varieties of rice, and in June 2025 we celebrated a traditional rice festival with 150 farmers taking up the responsibility to grow 7 varieties. We are also acquiring the equipment for parboiling and de-husking so that the farmers have a good market for this also.





THE MAGIC OF SOLAR ENERGY

Sittilingi hosted a workshop on solar energy for rural youth. We realise that in this age of climate crisis, it is key that even villages adopt less polluting sources of energy. With the help of our in-house alternate energy expert, we had 10 youth from rural villages getting a hands-on experience on the "how's" and the "why's" of solar energy for 3 days, alongside with basic theoretical concepts. The whole of THI is solar powered, and many in our valley are adopting at least partial solar energy, so these trainings help rural entrepreneurship.



This year marked the 25th anniversary of Makkal Nalvazhvu Iyyakkam (People's Health Movement) in Dharmapuri District. What began many years ago with THI and a small circle of committed NGOs has now blossomed into a vibrant collective of more than 25 organizations working directly with communities on health. This journey reminds us of a vital truth: hospitals, no matter how large or modern, cannot by themselves solve the health challenges of the poor and marginalized. Real progress comes only when people at the grassroots are actively involved, taking ownership of their health and shaping solutionstogether.



MID-BATCH REFLECTION



The Travel Fellowship, supported by the Paul Hamlyn Foundation, remains the only program of its kind in the country, perhaps even globally, where young doctors dedicate a year to immersing themselves in the realities of healthcare delivery in remote and under-served regions. Each fellow spends 2 to 3 months with organizations working in challenging circumstances, learning not only medicine but also resilience, empathy, and community engagement. At the mid-Fellowship meet of the 6th batch, fellows came together with mentors to share experiences from the field. Their stories revealed the stark contrasts between urban healthcare and the struggles of tribal and rural communities. This includes long journeys for basic care, reliance on untrained practitioners, and the daily fight against poverty and isolation. The impact is already visible: fellows are not just acquiring clinical skills, but developing a deeper commitment to equity and service. By confronting harsh realities early in their careers, they are being shaped into doctors who see healthcare as a moral responsibility, not just a profession. This Fellowship is more than a training program, it is a movement to build a generation of physicians who will choose to serve where they are needed most.

THE NEXT PRODUCER COMPANY IN SITTILINGI

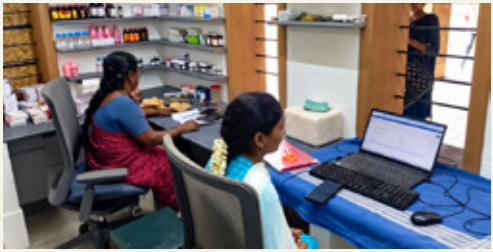
Porgai Artisans Assn to crossed a turnoverof Rs 1 crore this year. So, the artisans got together and decided to move from a Society to a Producer Company, a quantum jump from what exists now. It reflects their courage and determination to rise higher and higher, now that they are well known nationally and also exhibit in international forums. The Farmers of Sittilingi was the first Producer Company and they have ended the year with a turnover that 3 crores. Building the local economy reflects directly on the health of a population, wealth is health in impoverished communities.



A SMALL DREAM COMING TRUE

A small dream coming true: Our new OPD complex in the Kalrayan Hills was informally opened, which is a proper milestone for us. We've been quietly building this up over the past few months, adding one layer at a time so people in these hills do not have to travel all the way to Sittilingi for basic care. First came a fully stocked pharmacy, then a proper lab; and between the two, way fewer patients needed to make that 40km journey down. Now, with minor surgeries also possible on-site, even more care can happen closer to home for them. Next up is an ultrasound and X-ray. We hope by next year all this will be up and running.





PLANS FOR NEXT YEAR

Kalvarayan OPD to be fully operational

Plan for community health programs in the Kalvarayan Hills

Vanavil to start training more women tailors

Add 200 new organic farmers in the Avalur Valley

SIGNING OFF

The past year had been an eventful one with more public engagement and improvement in the facilities offered in the Tribal Hospital in Sittilingi. The starting of the OPD in the Kalvarayan Hills has been a force multiplier for better health care to this remote area. Porgai awakening into a Producer Company also is so encouraging. Thank you dear friends, may the Great Spirit guide us all.

The THI Team

Our gratitude to FOS (Friends of Sittilingi), Azim Premji Foundation, AID – India, AJWS, Aramporul, HCF – Human Capability Foundation, TEF – Towards Equal Foundation, Bindwel, Bridgespan, Global Green Grants, Rotary Club, ISH Foundation, MAT Holdings, Paul Hamlyn Foundation and all friends who had faith in our work.

THI - ABRIDGED FINANCIAL STATEMENTS

BALANCE SHEET

LIABILITIES (SOURCES)	2025-26			2024-25	
	SCH	LAKH	%	LAKH	%
Corpus/ Trust Fund	1	133.6	13%	132.9	16%
General Fund	2	776.9	77%	615.5	73%
Endowment Funds	3	100.0	10%	100.0	12%
Liabilities Total		**1,010.5**	**100%**	**848.4**	**100%**
ASSETS (APPLICATIONS)					
Cash & Bank Balances	4	200.0	20%	155.0	18%
Investments	5	202.8	20%	142.1	17%
Fixed Assets	6	597.2	59%	526.4	62%
Other Current Assets, Loans & Advances	7	10.6	1%	25.0	3%
Assets Total		**1,010.5**	**100%**	**848.4**	**100%**

RECEIPTS & PAYMENTS

RECEIPTS	2025-26			2024-25	
	SCH	LAKH	%	LAKH	%
Opening Balances: Cash, Bank	8	300.6	27%	354.76	39%
Donations - Voluntary Contributions	9	110.7	10%	70.1	8%
Grants for Programmes	10	356.5	32%	173.7	19%
Self-generated Income (Net)	11	333.8	30%	276.6	31%
Any other Income	12	12.6	1%	29.1	3%
Receipts Total		**1114.2**	**100%**	**904.1**	**100%**
PAYMENTS	**SCH**	**LAKH**	**%**	**LAKH**	**%**
Programme(s) & Public Engagement	13	242.1	22%	187.5	21%
Management & Operational costs	14	323.1	29%	318.0	35%
Purchase/ Construction of major Fixed Assets	15	142.8	13%	98.0	11%
Investments	16	202.8	18%	192.1	21%
Advances to Suppliers & Staff	17	3.4	0%	3.6	0%
Closing Balances: Cash, Bank	18	200.0	18%	105.0	12%
Payments Total		**1,114.2**	**100%**	**904.1**	**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

	2024-'25	2025-'26
OP patients	31908	32140
In Patients	1562	1491
Surgeries	461	542
Deliveries	559	524

CRAFT & TAILORING

	2024-'25	2025-'26
Members	105	105
Sales [lakhs]	110.46	163
Wages to artisans [lakhs]	**42.59**	**61.7**

SALARY BREAKUP-2025-2026

	Gents	Ladies	Total
7000 - 15000	7	17	24
15000 - 30000	15	28	43
30000 - 50000	4	9	13
50000 - 100000	5	4	9
Total	**31**	**58**	**89**

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

INCOME & EXPENDITURE

INCOME	2025-26			2024-25	
	SCH	LAKH	%	LAKH	%
Donations	19	110	13%	70.05	29%
Grants	20	356.5	43%	173.7	71%
Total Donations & Grants		**466.5**	**57%**	**243.8**	**100%**
SELF-GENERATED					
Activites which generate Net Income	21	333.8	41%	343.43	90%
Other Income	22	23.0	3%	39.6	10%
Total Self-generated		**356.8**	**43%**	**383.0**	**100%**
Total Income		**823.3**	**100%**	**626.8**	**100%**
EXPENDITURE	**2025-26**			**2024-25**	
	SCH	**LAKH**	**%**	**LAKH**	**%**
PROGRAMME(S)					
Hospital services	23	408	63%	344	58%
Community health	24	168.8	26%	203.6	34%
Organic farming support	25	29.5	5%	13.5	2%
Community Development	26	43.8	7%	33.6	6%
Total Programmes		**650.4**	**100%**	**594.8**	**100%**
Management: Operational & Misc costs	27				
Total Expenditure		**650.4**	**79%**	**594.8**	**95%**
Funds available (or not), for development of services (Surplus/ Deficit)	28	172.9	21%	32.1	5%
		823.3	**100%**	**629.6**	**100%**

FARMING

	2024-25	2025-26
Groups	70	60
SOFA members	700	860
Certification farmers	500	660
Women group members	485	685
SOFA turnover {in lakhs}	**307.7**	**276**
Women group capital	**307.2**	**347**

APRIL '25 TO MARCH '26 OUT PATIENT

	Paying	Free	Total
Patient	20,791	11,349	32,140
Amount (Lakhs)	141	23	164

IN PATIENTS

	Paying	Free/. concession	Total
Patient	741	750	1,491
Amount (Lakhs)	131	47	178
	Total		
	Paying	**Free**	**Total**
Patient	21,532	12,099	33,631
Amount (Lakhs)	272	70	342
	Free %	**20%**	

Official Air Travel	1,18,465
Paid to Dr. Regi George	9,00,000
Paid to Dr. Lalitha Regi	9,98,000
Highest Salary (senior doctor)	99,500
Lowest Salary (fresh appointee)	7,700

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

Detailed audited accounts are available on request

TRUSTWORTHINESS IN ALL OUR OPERATIONS

Credibility Alliance and Guide Star have accredited us for financial transparency and work culture

Main Auditor – Mr. Rajnikanth, Salem

BANKERS

SBI Kotapatty | ICICI Bank | Indian Bank Thumbal

HELP US IN THE KALRAYAN HILLS

The new Kalrayan Hills OPD work is underway and progressing well. This makes affordable quality health care to all tribals in the Kalrayan Hills (about 60,000), where the nearest similar care is 50km away. Support our effort by donating generously.

DONATE & SUPPORT

To know more about our new hospital in the Kalrayan and why we need it, visit
https://pages.razorpay.com/pl_LHQiZIK8GQovLB/view
or directly donate using this QR code.



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 17,000 tribals who dwell in 42 settlements. We also work in the Kalrayan Hills in health.

REGISTERED

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