

## FROM THE EDITOR'S DESK

Dear Aarogya Sevaks,

Welcome to the first edition of Seva Samhita, our monthly newsletter conceived specially by volunteers, for volunteers.

As we celebrate four years of the organisation, I thank you all for making AarogyaSeva an enriching and energetic volunteer movement. Seva – a Sanskrit word that closely translates to 'selfless service' is the inherent human quality that moves us to empathize with others. This quality remains at the core of our model and is the foundation that enables us to deliver successfully.

AarogyaSeva is a one-of-a-kind micro-volunteering platform to provide access to quality health and healthcare services to the underserved communities globally. Volunteerism in various ways is the key driver to achieving our objective. We are now delivering healthcare in over 12 countries and reaching out to over a 1,000,000 beneficiaries.

Within the four pages of this newsletter you will find an inside look into one of the greatest assets of humankind- health and healthcare. Throughout this journey, we will take you through a vast range of topics, beginning with our first



Dr Dayaprasad Kulkarni with students of Hummingbird School In Majuli, Assam

issue in which we establish the importance of access to healthcare in rural communities.

We will soon explore democratisation of innovation and health tech to bring in affordability, accessibility and transparency in the way non-profit and institutional service delivery happens.

Every month we will strive hard to bring out a newsletter that is engaging, thought provoking, trend-setting and above all useful for all our stakeholders including but not limited to allopathic doctors of all

specialities, Ayurveds, naturopaths, practitioners of alternative, traditional and integrative medicine, PAs, nurses, therapists, students of medicine, public health, para and allied medical courses and anyone that has any role to play in the eco-system of Health and Healthcare.

The cover story of each issue will delve deep into important topics that really matter to our extended community of readers. The volunteer feature will give you an insight into the transformative experiences

and perspectives of some of our most dedicated and passionate volunteers. Each issue will feature an inspirational guest writer who will provide a close study of their area of expertise and examine an aspect of healthcare issues around the world. Keep a lookout for the event list in each issue that will keep you informed about our upcoming activities in India, USA, Africa, and online. As we grow, you will notice the application of various methods of volunteering as we explore them to achieve our objective – quality health and healthcare for all. I hope you enjoy this first issue and do let us know if there are any topics you'd like to see covered in the future. You are also welcome to nominate volunteers and change-makers to be featured in the future editions. The inaugural issue owes much to many people. I would like to thank all the volunteers who have contributed to make this a reality with their dedication and hard work. Special thanks are due to my managing editor Ilhaam Ashraf and technical editor Tanisha Das. With this, I invite you to experience 'Seva Samhita'.

**- Dr Dayaprasad Kulkarni,  
Editor-in-chief**

## Community Conversations ...

Psychological well being has always been downplayed and not given as much priority when compared to physical health despite many identifying and acknowledging having issues requiring professional help. The first of the series of Community Conversations was started in order to embark on an intervention to address this problem and come up with a collaborative solution. The first session on February 24th organised by the Aarogya Seva Syracuse Chapter centred around the power of creative ex-



pression and its impact on mental wellness and well-being. It was facilitated by Marco and MiMi of Signature Soul, two artistic activists dedicated to cultivating creativity in spaces where creative expression is limited and underrepresented.

Grace Episcopal Church of Syracuse graciously hosted the conversation and the soup lunch that followed.

In an open, non-judgmental atmosphere, healthy conversation ensued around ways of engaging and empowering participants stigmatized due to their experiences/relations to mental health.

From the response to the event, it is clear more spaces like these are needed and desired and we will continue this series with the community conversation at the end of March on nutrition and mental health.



Creating conversations through art, The Aravani Art Project reached the streets of Sonagachi in Kolkata, Asia's biggest red light district, last month, to bring to life a clinic providing healthcare to women in the area and send out a subtle yet strong message of empowerment, dignity and respect towards transgenders



## WEBINAR SERIES S01E01

# Health and healthcare: A journey to achieve contentment and peace

Speak for Health is a monthly webinar series that will bring together people who share the same passions, interests and challenges that are commonly faced in the healthcare space

I had the privilege to be on a webinar with Dr Dayaprasad Kulkarni from Aarogya Seva Global Health Volunteer Alliance in January. We recorded the first seminar in Aarogya Seva's 'Speak for Health' series. Our discussion focused on redefining health and healthcare to mean achievement of contentment and peace rather than elimination of disease.

Think about healthcare as a tree and wellness promotion as its roots with disease prevention being the trunk, disease management the branches and innovation the leaves. Consider the achievement of contentment and peace as the nurturing environment and the fertile soil that feeds these roots. Contentment and peace can mean different things at various stages in our own lives. What it means when one is a teenager may be different than what it means when one is a young parent. Yet if we take the time to understand what it means in our lives at present, we have the potential to try to achieve it as it relates to the mind, body and spirit.

So how does one achieve contentment and peace? My belief is that this journey begins with optimizing nutrition, physical exercise,



Third from right Dr Kaushal and Dr Dayaprasad Kulkarni with the volunteers who set up the webinar, in Syracuse, New York

stress management, and spiritual wellness. My book, CORE 4 of Wellness: Nutrition | Physical Exercise | Stress Management | Spiritual Wellness, goes into greater detail on this and I will share a few lessons here.

When it comes to nutrition, Harvard has done studies that suggest that one should try to get 7-9 servings of vegetables daily, i.e. one serving is one measuring cup of raw vegetables or ½ measuring cup of cooked vegetables.

For physical exercise, the World Health Organisation cites data that suggests that people who get seven hours of moderately intense exercise or activity per week have a 40% lower chance of premature death from all causes compared to people who get less than 30 min-

utes per week. Moderately intense means going hard enough that you can speak in small sentences but not so slow that you can have long conversations or so hard that you feel like you may faint. Celebrate what you can accomplish and build from there.

With stress management, recognise that there are two types of stress. Things that you can do something about and things that you cannot control. Whenever your mind is stuck on something you cannot control, refocus on the things that you can do something about and take care of them one at a time. Take time to reflect on what you have achieved so you can feel good about actively managing your life. Spiritual wellness comes back to recognising that peace begins

within. You are a part of every relationship you are in and if you are not at peace then none of your relationships will have a chance to be at peace because you are a part of them. On the other hand, when you are at peace, all of your relationships will have a chance for peace because you are a part of them.

We also discussed mindfulness and meditation. Just 10 minutes of deep abdominal breathing can reduce stress hormones, which usually is the cause behind high blood sugar, blood pressure, less effectiveness of immune system. Deep breathing can enhance hormones that help a person calm down, help them with their sleep cycle, boost one's immune system and have potential anti-aging. When one does it for longer periods, the benefits are even greater.

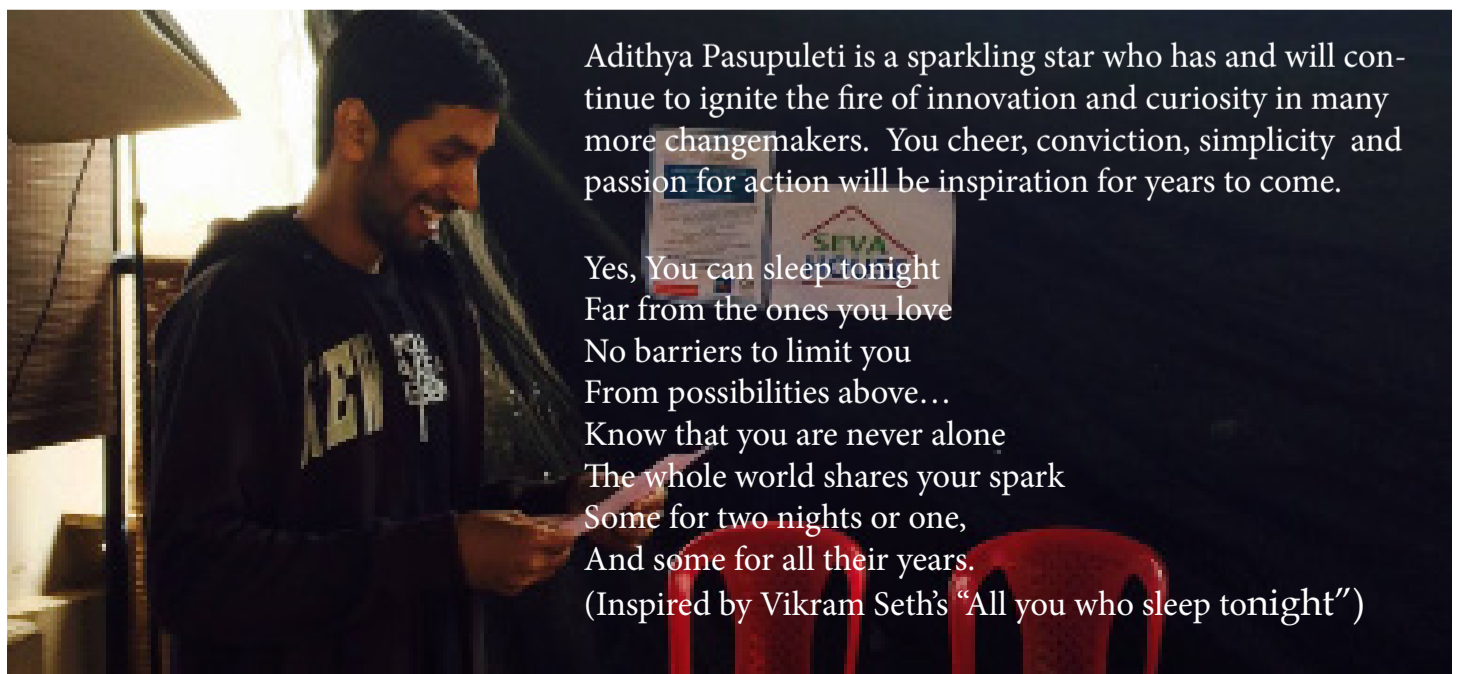
With these guiding principles, one may find contentment and peace and a balanced life no matter in what stage of life they are in. One must recognise that good healthcare begins with self-care.

The youtube link to the webinar: <https://www.youtube.com/watch?v=tXAjCYMS3e8>

- Kaushal B. Nanavati, MD

## REMEMBERING ADITHYA...

- \* FOUNDER INNOVATION 101 AND LITTLE SEVA
- \* CO-FOUNDER BIODESIGN INNOVATIONS LAB
- \* WINNER CAMTECHX JUGAADATHON
- \* STANFORD INDIA BIODESIGN FELLOW
- \* INNOVATION SEVAK - AAROGYA-SEVA





Adithya Pasupuleti is a sparkling star who has and will continue to ignite the fire of innovation and curiosity in many more changemakers. You cheer, conviction, simplicity and passion for action will be inspiration for years to come.

Yes, You can sleep tonight  
Far from the ones you love  
No barriers to limit you  
From possibilities above...  
Know that you are never alone  
The whole world shares your spark  
Some for two nights or one,  
And some for all their years.

(Inspired by Vikram Seth's "All you who sleep tonight")




**AIPNO  
MEDICAL YATRA  
2018**


**THE ANNUAL MEDICAL YATRA IS A PILGRIMAGE THAT BRINGS TOGETHER DOCTORS AND VOLUNTEERS FROM ACROSS THE GLOBE WITH THE AIM OF PROVIDING ACCESS TO QUALITY HEALTH AND HEALTHCARE TO COMMUNITIES IN NEED**

**10** villages  
**10150** patients

**10** Days  
**7500** hours

**50** Volunteers  
**19-81** years old

**Global Health Mission in Action**



### Volunteering Today for a Healthier Tomorrow



### Healing the World One Village at a Time

**WRITE TO US AND FIND OUT HOW YOU CAN JOIN THE NEXT YATRA OR CONTRIBUTE TO IT**  
**VOLUNTEER@AAROGYASEVA.ORG**

### PARTNERS



**Healing | Helping | Uplifting**

## Intern Blog



## MY FIRST MONTH IN INDIA

*My name is Angela Tsuda and I'm a 24-year-old medicine student and e-NABLE volunteer from Brazil. I'll spend 5 months interning at Aarogya Seva, accompanying different medical specialties and contexts, learning about the healthcare system and primarily working on the Gift of the Hand project. I'm especially interested in low-cost med-tech solutions to approach underprivileged healthcare challenges. I'm certain this opportunity will allow me to grow so I can make a difference in my homeland*

A month has passed since I arrived in India and so far things are going very well. Everyone that I met was very welcoming and helpful, making my adjustment easier. Food and traffic were the most challenging issues in the beginning but now that I am more familiar with the city, I enjoy walking around and exploring different places here. One of my favourite places so far is the historic Koshy's restaurant, and 'set dosa' is one of my favourite dishes. I have been staying at the Aarogya Seva House, where I'm interning and have been using the 3D printers here to print, modify and design different models of the upper limb prosthetics for recipients. The first prosthetic that I printed was sent to a young boy who had come to the Yatra in Vishakhapatnam in January.



Angela Tsuda

There are also two more adult cases which I am looking into next. There is also a 3D scanner available and I'm glad to be able to use such different tools. I am also working on designing a prototype ear prosthesis for a little girl who is being bullied in her school due to the underdevelopment of her right ear. It is challenging and new for me, but I am excited to see its final outcome.

The Seva House is also home to different initiatives such as the Swatantra, an organization working to empower the transgender community. I met some of the members and it was such a rich conversation that I was motivated to learn more about the transgender community in my home country as well. One of my favourite things of this internship is the possibility to get in touch with so many different social development initiatives.

This week I had the opportunity to meet some of the students of the school run by the Sunbird trust, whose focus is achieving peace through education in Manipur. They didn't believe that I was from Brazil since my features are so similar to them (my family migrated from Japan) and I didn't imagine that someday I'd be mistaken for someone from North of India. It was very refreshing to talk to them and get to know their dreams and hopes for the future.

In my free time, I also try to keep up with my studies for the medical residency tests that I'll have to take at the end of the year back in Brazil. I'm still not sure what speciality I'll apply for but I'm hoping to be able to infuse 3D printing in my day-to-day medical work. One of the reasons that I wanted to do this internship was to get to know and learn from Dr Daya, a medical professional that managed to bring different open source technologies to this profession.



## The IEEE Foundation Supports the Gift of Hand Project

The loss of a limb can have a significant impact on the quality of life, functioning, interactions with others, body image and mental health of a person. Its effects are profound and encompass several spheres of one's life. While cost effective options have been available for lower limb prosthetics such as the 'Jaipur Foot', the options for upper limb prosthetics are limited and often inaccessible to a majority.

There are other issues of weight and functionality that also surround some of the more accessible options and limit their widespread use.

Aarogya Seva's Gift of 'Hand Project' was started to fill the gap that exists by finding upper limb prosthetic solutions for the needy who could not afford a custom-built titanium prosthetic costing up to tens of lakhs. In collaboration with e-Nable, an organisation that works in the field of 3D printing upper limb assistive devices, the Gift of Hand Project started printing and fitting upper limb prosthetics for amputees. 3D printed prosthetics are low cost (\$150), sturdy and can easily be printed again if the recipient outgrows them or if they break. More than 500 amputees have been fitted free of cost and as you read this, a network of volunteers is busy with 3D printing, fitting and sending hands to recipients across the world!



Volunteers for the Gift of Hand Project attending a workshop at Aarogya Seva House

In an exciting new development, the Gift of Hand initiative in partnership with IEEE EMBS Chapter Bangalore has been selected for the IEEE Foundation Grant to further and facilitate 'revolutionizing science, and technology public engagement using 3D printers, and micro-volunteering.' The aim of this initiative is to bring a combination of low cost, accessible technology, and a real life global health challenge to the door step of ever curious citizens and give them an opportunity to understand science and technology better, through a hands-on approach. It will create an ecosystem that provides opportunities to make a meaningful contribution to another individual's life, make a social impact and experience the joy of giving back through micro-volunteering.

As part of the grant, 4 3D printers will be procured, and set up at 4 different centres in India where a one-day work-

shop will be organised on 3D printing and 3D printed prosthetics over the next few months. These sessions will be designed, formulated and conducted by IEEE section and student volunteers. Following the event, the printers are going to be hosted in these partner centres and the local community team will be involved in 3D printing hands for recipients in need identified locally or elsewhere. At the end of the year, a two-day convention will be held in Bangalore, India to provide a platform for knowledge sharing across these centres and impact assessment. Through systematic review, regular mentoring, follow up, training and troubleshooting we hope to create a network of humanitarian innovation centres where volunteers can use 3D printing as a medium of identifying needs, innovating and providing low cost, effective solutions to their community

## Upcoming events

### Uttarakhand Medical Yatra

A fire that broke out in Saavni village in Mori tehsil of Uttarkashi on February 7, 2018 has left several families affected and in need of medical care. Calling 2 general physicians, 2 Pediatricians, 2 ObGyn, pharmacists, nurses, medical students, photographers, documentary filmmakers and non medical volunteers for a 10 day Medical Yatra to Uttarakhand from April 14-22, 2018. Help us by supporting the Yatra and contributing for medicines and essential healthcare supplies. Contact us at: [volunteer@aarogyaseva.org](mailto:volunteer@aarogyaseva.org)



Schedule: 14 April - Arrival of team, Orientation  
15 - 19 April - Medical intervention camps  
20-21 April - Local hikes  
22 - Yatra ends

### IEEE Foundation Grant Pre Event

Date: April 13, 2018  
Venue: MS Ramaiah Institute of Technology, Bangalore

Follow our Facebook Page for more updates: [www.facebook.com/aarogyaseva](http://www.facebook.com/aarogyaseva). To sign up as an event volunteer, contact us at [volunteer@aarogyaseva.org](mailto:volunteer@aarogyaseva.org)



### TCS World 10K Run

Date: May 13, 2018  
Place: Bangalore

Aarogya Seva is a participating NGO in the annual TCS World 10K Run. Funds raised from the event will go towards sponsoring health education for children in the North East and providing 3D printed upper limb prosthetics to children in need. Help us spread the word and sign up to run for the cause. For further details, visit <http://www.icfn.in/tcsworld10k/AarogyaSeva/>. To sign up as a supporter, visit our website [www.aarogyaseva.org](http://www.aarogyaseva.org)



### Call for volunteers

We are looking for volunteers to fill the posts of associate editor, editorial assistant, alumni editor and a graphic designer for forthcoming issues of Seva Samhita. To apply, send your resume and area of interest to [volunteer@aarogyaseva.org](mailto:volunteer@aarogyaseva.org). We look forward to having you on board.

## Volunteer of the month Dr. Ankita Modi

DR ANKITA MODI is a practicing paediatrician from Charlotte, NC, USA. who enjoys creative projects, local and global volunteer activities, travel, and spending time with family and friends. Volunteerism is a journey and she believes you really find yourself in the service of others.

She is extremely passionate about the areas of paediatrics and education especially mental health, nutrition, and wellness/ disease prevention and has been an integral part of the last two AIPNO Medical Yatras in Bhopal and Visakhapatnam. She is also the



Dr Ankita Modi

health & wellness co-lead for Charlotte's Foundation for girls that works towards education, empowerment and

*"I think as human beings we are all searching for purpose, meaning, and connection to others. There is so much personal and spiritual growth that comes through these interactions as you find we are all so much more alike than different, regardless of the cards we have been dealt in this lifetime. There is so much work to be done locally as well as globally. I hope to continue to contribute however I can."*

integration into society for at-risk girls in the community; co-founder of Ek Parivar, a Sunday school directed by the

goal of introducing and furthering the spirit of Indian heritage and a member of SEWA, a volunteer organisation for working mothers of Southeast Asian background who are involved actively in monthly service projects in the community. According to her, the most challenging part of her volunteering journey has been finding balance and being able to set aside time and energy from daily work, family and social responsibilities for volunteerism- but she finds it incredible to see how we are able to create the space for that which we truly feel drawn toward.