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MULTI ORGAN HARVESTING AID NETWORK

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Editorial Desk**'Karamveer' Dr. Sunil Shroff bats for organ donation on the 'Kaun Banega Crorepati' show**

Dr. Sunil Shroff and Actor Riteish Deshmukh being felicitated on the Kaun Banega Crorepati show



Dr. Sunil Shroff with Actor Riteish Deshmukh on the Kaun Banega Crorepati show

The 9th of October 2020 marked a new high for organ donation in the country when a show called 'Kaun Banega Crorepati' (KBC) hosted by the biggest celebrity of Bollywood, Mr. Amitabh Bachchan decided to promote the cause through MOHAN Foundation. They invited me as the managing trustee of the foundation to be the 'Karamveer' (One performing a noble task) on the show along with actor Riteish Deshmukh as the champion of the cause. Both Riteish and his wife Genelia had recently pledged to donate their organs. For over 20 years KBC has been hosted by Mr. Bachchan and undoubtedly has huge popularity both in India and among the Indian diaspora. KBC's reach in the Hindi belt is large and estimates are that it covers over 14 million viewers and the team from 'Sony Entertainment Television' had hoped that the audience would be larger as this show was selected as a special event on the eve of Mr. Bachchan's birthday.

Before the show I met both Mr. Bachchan and Riteish. Mr. Bachchan had got COVID in July-August, but he looked healthy and throughout the shooting that lasted for almost five hours with three very short breaks, I must say I did not notice any drop in his energy levels and zest during the show. Riteish too had told me that his whole family except himself had come down with COVID but he thanked the Almighty that they had all recovered. What really impressed me about Riteish was his commitment to the cause. He said to me that he and Genelia followed a strict plant-based vegetarian diet to ensure that their organs would remain healthy when it came to actual organ donation.

Once the shooting started, we covered almost everything about deceased donation and transplantation, however post editing what appeared on the show was perhaps twenty percent of what had transpired. During the conversation about the organ donation programme in the country we discussed the shortage of organs, problems faced by MOHAN Foundation as an NGO in promoting the cause, the reason for its success, and what the future would entail. We often became so engrossed in the conversation that we would forget that we were there also to play the game and answer general knowledge questions on a variety of subjects. The questions that came up from 'Computerji' did give us a quite a few nervous moments, however with some recollection, clever guesses, using the lifelines and with ultimately also some luck we managed to reach the INR 25 lakh mark, before the hooter came on to announce the end of the show.

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Test flights of drones for transporting human organs and tissues

Drones could be the answer to rapid transportation of organs and tissues in the future. MissionGO, a provider of unmanned aviation solutions, and the Nevada Donor Network, an organ procurement organisation in USA, carried out two successful test flights of drones carrying a human organ and tissue in Las Vegas. These were meant for research purposes only. The first test flight on 17th September 2020 transported corneas from one hospital to another about 4 km away. On the same day, a second test flight transported kidneys from an airport to a location outside a small town in the Las Vegas desert, a distance of about 16 km. Researchers took biopsies before and after the flight and said that there were no changes to the tissue architecture and cell viability. In times of a pandemic like the current COVID-19 pandemic the number of commercial flights available are reduced affecting the transport of organs. It could also lead to an increased discard rate of organs since the organs stay viable for a short period of time only. Drones could circumvent this and increase the number of organs utilised. They also could shorten transportation time and improve the chances of organ function after transplant when contending with heavy traffic in some areas. The weight that the drone can carry is a limiting factor since ice is required to pack the organ. Work also needs to be done on GPS software to monitor the quality of the flight during transport so that there is no damage to the precious organ that has been donated.

Saskatchewan launches online organ and tissue registry to improve donation rates

Logan Boulet from Saskatchewan, Canada was 21 years old when he died in a tragic bus crash on 6th April 2018. He was one of 16 other people who died in that crash. But he had signed an organ donation card previously and saved six lives through that decision. His story inspired more than 100,000 people to sign up to become organ donors. This is now referred to as the Logan Boulet Effect and 7th April is known as Green Shirt Day in his honour. In an ongoing effort to improve organ donation rates and reduce transplant waitlists in the province of Saskatchewan, the government launched an online organ and tissue registry on 3rd September 2020. Any resident aged 16 and older can make a declaration of their intention to become an organ and tissue donor. Dr. Joann Kawchuk, the Saskatchewan Health Authority medical director for donation, said that registering was the only secured and guaranteed way to ensure a donor's intention is known and would help support grieving families by confirming the intentions of their loved ones.

Editorial...continued from page 1



Dr. Sunil Shroff as 'Karamveer' on the Kaun Banega Crorepati show

Post KBC, the MOHAN Foundation team was prepared to take calls related to organ donation and organ pledging on the Toll Free Helpline (18001037100) and had in advance ensured that there were 20 tele-callers round the clock. There were a total of 2421 calls in October and the barrage of e-mails continues to challenge our servers. We hope that the programme has created much-needed awareness about the organ donation cause at least in the Hindi belt of the country.

MOHAN Foundation has worked relentlessly to promote this noble cause for the last 24 years and has helped create the belief in the country that deceased donation is possible in India. Through constant awareness programmes and capacity building in areas where there are gaps and which require support and strengthening it has helped changed the course of deceased donation with the help of various stakeholders from both public and private sector including the state and central government. We hope that KBC can become a turning point as far as awareness is concerned and will help increase the organ donation rate in the country. If you wish to read more about this experience with KBC please visit my blog at <https://blog.mohanfoundation.org/being-a-karamveer-on-amitabh-bachchans-show-kaun-banega-crorepati/>

Chennai hospital successfully performs Asia's first known lung transplant on a COVID-19 patient

Asia's first known bilateral sequential lung transplant on a patient whose lungs were severely destroyed by COVID-19 was performed on 27th August 2020 at MGM Healthcare, Chennai. The 48-year-old male had contracted COVID-19 pneumonia not responding to standard line of care. He was mechanically ventilated for non-resolving pneumonia at Gurgaon and referred for lung transplant after developing pneumothorax and pneumomediastinum. The patient was airlifted to MGM Healthcare, Chennai and electively initiated on ECMO (extracorporeal membrane oxygenation) due to high peak airway pressure and air leak. He received a matched donor after 33 days on ECMO and underwent the bilateral lung transplant that was performed by Dr. K. R. Balakrishnan, Chairman & Director of Cardiac Sciences and Director of the Heart and Lung Transplant Programme and his team. Post-surgery, the patient was haemodynamically stable with normal oxygenation parameters, without ECMO support. According to Dr. Apar Jindal, Clinical Director & Consultant, Lung Transplant, Interventional Pulmonology & Chest Medicine at MGM Healthcare lung transplant could well be the answer to many COVID-19 survivors in whom fibrosis of the lungs was making them a chronic respiratory cripple.

Union Health Minister donates mother's eyes and body

Union Minister for Health & Family Welfare, Science & Technology, Earth Sciences, Dr. Harsh Vardhan's mother Mrs. Snehlata Goel passed away on 6th September 2020 due to a cardiac arrest. She was 89 years old. Dr. Harsh Vardhan, who is an ENT doctor by training, donated his mother's eyes at the Organ Retrieval and Banking Organisation (ORBO), All India Institute of Medical Sciences (AIIMS) by signing the consent form himself. He also donated his mother's body, in accordance with her pledge, to Maulana Azad Medical College (MAMC) for the advancement of science to help medical students and researchers learn about human anatomy. Dr. Aarti Vij, head of ORBO and Dr. Suresh Seth, head of the Lok Nayak Hospital that is attached to MAMC expressed their appreciation for Dr. Harsh Vardhan's inspiring gesture.

Rajasthan Road Transport Department starts a new initiative for driving license applicants

The Rajasthan Road Transport Department received a good response for its new initiative of promoting organ donation among citizens of Jaipur through the driving license. Earlier applicants were asked a question about their willingness to consent for organ donation (which

was optional) when they filled in their application for a driving license. However, only 2 to 3% of the applicants tended to give a positive answer, while the rest skipped the question. Mr. Ravi Jain, Transport commissioner made the question mandatory after which almost 30% of applicants came forward to give their consent for organ donation. In July, only 3,146 out of a total of 1,19,888 applicants communicated their interest for organ donation, but this number expanded in August with the introduction of the new initiative with 26,661 out of a total 1,10,937 applicants giving their nod for organ donation. Mr. Ravi Jain stated that an 'organ donor clause' will appear on the driver's license of those who give consent.

Kerala's deceased donors make headlines during the COVID-19 lockdown

A 27-year-old deceased donor, Mr. Anujith, the son of Mr. Sasidharan Pillai and Mrs. Vijayakumari from Kottarakkara, Thiruvananthapuram, Kerala saved eight people's lives after he was declared brain dead on 17th July 2020 after sustaining a head injury due to a bike accident near Kottarakkara. Mr. Anujith's wife Ms. Princy and sister Ms. Ajalya voluntarily came forward to donate his organs as they were aware of his wish for donating his organs. They donated his heart, kidneys, eyes, small intestine and hands. Another deceased donor was 39-year-old Mr. Kelvin Joy, son of V. R. Joy and Margret Joy from North Paravoor, whose wish to be an organ donor was honourably carried out by his family after he became brain dead on 19th July 2020 at the Amrita Institute of Medical Sciences, Kochi. His heart, small intestine, liver, kidneys, hands and corneas were donated. The organ donations were facilitated through Mrithasanjeevani-Kerala Network for Organ Sharing (KNOS). The Health Minister of Kerala, Ms. K. K. Shailaja mediated to circumvent the lockdown limitations due to COVID-19 for the transportation of the organs.

A kidney donor gets health insurance cover after PMO's intervention

Living organ donors have faced an uphill battle getting insurance cover. Dr. Ravi Wankhede, former general secretary of Zonal Transplant Coordination Centre, Nagpur and a notable ambassador in the field of organ donation, was not one to admit defeat. He had donated one of his kidneys to his friend Dr. Salim Chimthanwala in 2009. In 2018, when Dr. Wankhede turned 65, he approached the insurance company to renew his health insurance, but the company said that it could not as it did not offer health cover to people above 65. Other companies that offered medical coverage for older individuals also refused. Dr. Wankhede said that his disclosure in the application that he was a kidney donor was the reason. He then filed a complaint with the Insurance Regulatory and Development Authority of India as he felt that the lack of health insurance could deter people from living organ donation. He finally wrote to Prime Minister Narendra Modi. The insurance company that had previously denied him health cover got in touch with him saying that it had received a communication from the Prime Minister's Office (PMO) and that it was ready to grant him health insurance if his kidney function tests were in the acceptable range.



Mr. V.G. Chandra Sekharan, Kidney transplant recipient



Founder and Chairman, Kidney Foundation Kerala
Board member & Director, Kidney Warriors Foundation
Ambassador, Global Kidney Foundation, UK
Ambassador, American Association of Kidney Patients
Media & Program Coordinator, National Human Rights and Anti-Corruption Force

As I sit for my interview with V.G. Chandra Sekharan (VG), Charles R. Swindoll's words "Life is 10% what happens to you and 90% how you react to it" flash through my mind. I feel blessed and privileged to unfold the remarkable journey of one of India's longest surviving kidney transplant recipients and his lovely mother Mrs. A. Sarvamangala who at 92 is one of the longest surviving living organ donors of India. VG told me that by God's grace both of them are leading a normal life. He said, "Amma is hand holding me and each day of my life has been a blessing. No one in your life will ever love you as your mother does. There is no love as pure, unconditional and strong as a mother's love. Her kidney is still going strong defying medical predictions over the organ's life span. She was the inspiration to many people when she donated her kidney to me in 1988, including Rev.Fr. Davis Chiramel, noted industrialist Mr. Kochouseph Chittilappilly, both of them kidney donors. She is very active and mobile and has no health issues so far. She also supports me and guides me in my work." He also mentioned to me with pride and affection that Amma gives 50% of her monthly pension money for the treatment of below poverty line (BPL) patients and that on 17th August 2020 she inaugurated the shop of a disabled person.

I told VG, "God bless her! Your mother is indeed an inspiration to each one of us.

Can you tell us about her daily routine?"



Mrs. A. Sarvamangala, 92 - one of the longest surviving living organ donors in India

VG replied with childlike enthusiasm, "Usha, except in the initial days when she donated her kidney to me, she has not taken any medicines for the past 32 years and has never been hospitalised even for a day. By God's grace she is absolutely normal and leading a healthy life. Also, you will be surprised to know that she only takes a cold-water bath and never uses hot water.

As far as her diet is concerned, she is a pure vegetarian. She does all the household chores on her own and without asking or taking anybody's help." Stunned, I was speechless for a long moment.

"Let's talk about the gift of life given to you by your loving mother who was 60 years old then and you all were also very young - you were 32, your wife 28 and your daughter just 3 years old. Please tell me VG, how you felt when you came to know about your kidney failure?" VG replied, "It all began on a rainy day in 1987 when I was driving my car from Trivandrum to Kottayam around 6 am and met with a serious accident. I was in and out of hospital for a whole year. I was diagnosed with hypertension in early 1988 and acute kidney failure. This immediately raised alarm bells and I was sent to Apollo hospital, Chennai right away. They did some tests and told me that I had kidney failure and that my condition was irreversible. My family and I were in deep shock and dazed. I am indebted to my doctors who saved my life - Dr. M. K. Mani, chief nephrologist and Dr. Joseph Thachil, chief urologist. They started me on dialysis immediately as further delay would have endangered my life. Dr. Mani explained to me that transplant was my only chance for survival. I was deeply touched when family and friends stood by me and offered to help. My mother and wife were praying and observing fasts and finally my mother even offered her kidney to me. My mother's kidney was a perfect match. My 32 years of extended life after my kidney transplant is a miracle which would have never been possible without God's blessings and my mother's noble sacrifice. Today everything seems like a dream. As a school teacher Appa's income was limited. We could not manage the exorbitant medical expenses. So, we sold our house for the transplant surgery. The expenses extended even post-transplant due to the many episodes of rejection I faced. But the biopsy showed the kidney was fine. Then gradually, things settled down. Today I am blessed with my dream home, a loving and caring family, two children and a cute little granddaughter, wonderful friends, and above all by God's grace both my mother and myself are doing well and are very actively promoting kidney health and organ donation awareness."

As I sat back and looked at VG, John F. Kennedy's words "Change is the law of life and those who look only to the past or present are certain to miss the future" flashed in my mind and I told VG that he had come a long way. "Let's now talk about your life after the transplant and what is the secret of your kidney health? I am always amazed by your disciplined lifestyle and your commitment towards working for the noble cause of organ donation by spreading awareness and your kidney advocacy!"

VG said, "Life is a continuous learning experience. In the past 32 years I endured many hardships and heartache but there were celebrations and special moments as well. I worked very hard and accomplished all my goals, built my dream home, and even my son was born post my transplant. I strongly feel what we go through in our life and how we

react to those situations determines the outcome of how the rest of our life will be. I accept each day as it comes and my deep faith in God has always been my strength. After my retirement as General Manager (Admin & HR) from NIIMS I formed my trust - Kidney Foundation Kerala (KFK). It is a registered charitable organisation under Societies Registration Act, Govt. of Kerala, India that started functioning from Thrissur and Kozhikode in 2012. The objectives of KFK include imparting awareness to the public about kidney failure, spreading awareness about the noble cause of organ donation, psychological counselling, and raising funds for the poor. KFK also works with many other like-minded charitable organisations for conducting free medical camps, seminars and workshops for early screening of kidney disease. I have been running a dialysis centre for the past two years for underprivileged dialysis patients, totally free of cost.

There are presently two machines at the centre. Every day new ideas becomes my focus be it sports, employment, expanding the organ donor pool, and improving my dialysis centre. I always had great regard for MOHAN Foundation and wanted to meet Dr. Sunil Shroff and his team. Thank you, Usha, you made this possible when I told you about this desire of mine." VG then said, "As far as my daily routine goes, I always felt that I must honour my mother's supreme sacrifice. So, I became very strict with my eating habits and followed a Sattvik (simple) lifestyle. My day starts with meditation, in which my wife also participates, followed by a long morning walk. I have home-cooked hot meals and avoid crowded places."



Mr. V.G. Chandra Sekharan - first Indian transplant recipient and medallist in the Special World Olympic Games, UAE, March 2019

Listening to VG, what came to mind was something that the former President of India Dr. A. P. J. Abdul Kalam said, "You can't change your future but you can change your habits and surely your habits will change your future." I told VG, "You have set an example to others dealing with organ failure through your personal life as well as your kidney advocacy work.

You are a phenomenal person, always moving forward. Persistence is what separates you from the rest. Tell me more about your remarkable achievements. "VG replied, "I was a badminton player and always liked sports. After my transplant I wanted to prove to the world that we can also lead a normal life like others. I also felt that I must make others understand the fact that transplant enhances your life and fulfills your dreams. I am the first Indian transplant recipient and medallist in the special World Olympic games held in UAE in March 2019. I am the first Indian transplant recipient to climb Colorado Springs mountain at an altitude of 15,000 feet at a temperature of minus 24 degrees Celsius without supplemental oxygen in 2018."

While I am waiting for VG to launch his book "Unsung Heroes" featuring his inspiring story, I can't help recalling Helen Keller's words "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."



Meeting the MOHAN Foundation team - (Left to right) Dr. Sumana Navin, Mrs. Laliha Raghuram, Mr. V.G. Chandra Sekharan, Dr. Sunil Shroff, Mrs. Usha Balasubramanian, Ms. Sujatha Suriyamoorthi

- Mrs. Usha Balasubramanian

Chapter Lead - Chennai

Transplant Recipients of India and Organ failure patients -
a Movement to Provide Hope (TRIOMPH)

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I, Sunil Shroff, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
Sunil Shroff

Date: 31st October 2020


Signature of Publisher



Mr. Vikash, Kidney Transplant Recipient recovering in the ICU after his kidney transplant

Lt. Col. Sandhya V. Nair (Retd.)

Transplant Manager
Batra Hospital
New Delhi

“Behind the clouds the sun is still shining”

I have always loved this quote, but never thought that there would be a great coincidence in my life. On a warm February morning this year, Mr. Vikash, a 31-year-old end-stage renal disease (ESRD) patient visited my office for transplant counselling referred by my Head of the Department (HOD), Dr. D. Mukherjee. Though it appeared to be a routine transplant in the beginning, it turned to be a challenging one that tested my perseverance to a great extent.

Mr. Vikash was on maintenance haemodialysis with irregular compliance. He was accompanied by his brother-in-law during his hospital visits. After a couple of sessions, he decided to undergo the transplant procedure and his mother volunteered herself to be a donor. He had already lost his job to his illness and the entire household and his medical expenses were shouldered by his mother who was a housemaid. It was undoubtedly a huge burden on her to be a donor as well as to manage the transplant expenses. The family had only Rs. 60,000 in hand. We decided to apply for financial grants from the state and central governments. Personally, I had never done that in the past for any of our transplant recipients; hence I had to do some homework to explore the opportunities and procedures. Efforts were made to apply for Prime Minister's Citizen Assistance and Relief in Emergency Situations Fund (PM CARES Fund). Simultaneously, we also reached out to a crowdfunding platform 'Milaap'. After persistent follow-up PM CARES Fund came through; however, there was no positive response from the crowdfunding platform, but whatever came was a blessing.

So all was set and we gave him a tentative date, 24th March 2020 for transplant. The first surprise came, the announcement of lockdown on 21st March because of COVID-19 pandemic with all elective transplants getting suspended. He was disheartened not because the transplant date was extended, but the financial implications of more dialysis had him worried. We consoled and counselled him to be patient, that as soon as the situation was favourable he would be taken up for surgery. Until then he was to take necessary protection to safeguard himself from the deadly virus.

Things went OK and we evaluated him in May 2020 and posted him for transplant as he was quite exhausted physically and financially with his dialysis. His transplant was fixed for June 8th as per the guidelines of the National Organ and Tissue Transplant Organisation (NOTTO). But it came as a huge blow to all of us when the lab announced that Vikash had tested COVID positive. It took few minutes for me to come to terms with the results. I informed my HOD, there was a moment of disbelief

and despair in him too. We hadn't handled such situations till date but my HOD took control of the situation and told everyone not to panic, the first step was to counsel the patient and family regarding the result. I was told to do the job, to break the news as I was the one who was most connected with them. Wearing a PPE, a lot of turmoil was in my mind...it was not like counselling a family whose relative was brainstem dead where you are convinced about the definitive outcome...here what do you say to them, about a deadly virus whose course of disease can't be predicted. Moreover, how to cope with this crisis where you aren't sure about the future? Still I took a deep breath, being a counsellor and transplant coordinator, I was taught by my mentors to never give up, I approached the family and Vikash separately.

In a very composed tone, I broke the bad news of his test report, I was frank but compassionate; avoided euphemisms. I waited for the silence and tears to come. It took an hour to give him the strength to accept it. Then there were a series of questions to answer - what about my hospital expenses, my transplant, how will the dialysis happen, the isolation etc. We patiently answered each and every question. Luckily, he had home isolation facilities. Since he was asymptomatic, we tried for home isolation to avoid the burden of hospital expenses. But there were hurdles to meet, how do we organise dialysis as out-patient department (OPD) basis? But where there is a will there is a way. My HOD was firm and then there was a team to support him at every corner. We created a pathway for such patients to be dialysed on OPD basis with a separate room and a separate machine, dialysis nurse and technician. Everything was fine but the cost of dialysis and PPE was too much for Vikash to handle. We wrote to the management to waive his dialysis cost on extreme compassionate grounds.

Things went OK on the first day, but subsequently he started becoming symptomatic with flu like symptoms, severe body pain, diarrhoea. He was in severe mental agony, thinking about his fate, cursing it, social stigma isolation syndrome, and fear. There were temper tantrums that had to be handled. Medical and psychological management was

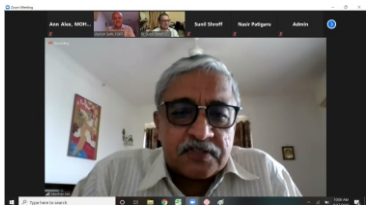


Mr. Vikash, Kidney Transplant Recipient with Lt. Col. Sandhya V. Nair (Retd.)

important. He used to call up early morning at 2 AM crying about his fate. I patiently handled his emotions, at every step assurance was given firmly that this time too shall pass, have faith in the treatment, the Almighty up above, and yourself. By the 12th day things started improving, his fever subsided, symptoms decreased, but we kept monitoring him everyday 3-4 times. On the 15th day the COVID test was repeated. It was a relief when the test result came negative. But we still continued the dialysis the similar way for two weeks and after two negative tests results we took him to the main centre.

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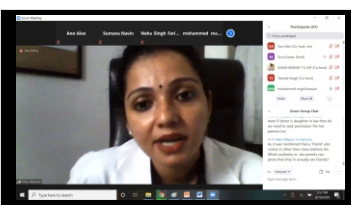
8th FORT-MOHAN Foundation online training on Transplant Coordination



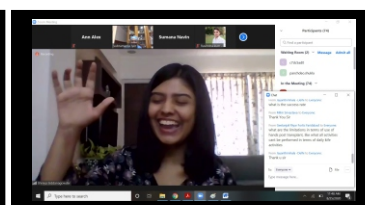
Dr. B. Keshav Rao, FHL speaking during the inaugural



Dr. Avnish Seth during his session on Introduction to Organ Transplants



Ms. Trilly Matthew, Paras Hospitals talking about Living Related Organ Transplant



Ms. Shreya Siddanagowder saying 'hello' to the participants with her transplanted hand

MOHAN Foundation in partnership with FORT (Fortis Organ Retrieval & Transplant) successfully organised the 8th FORT-MOHAN Foundation training on Transplant Coordination from 17th to 29th August 2020. The training was conducted online on the Zoom video conferencing platform given the COVID-19 pandemic. The previous seven trainings were held at Fortis Memorial Research Institute (FMRI), Gurugram.

A total of 71 national and international delegates of diverse profiles such as transplant coordinators, doctors, nurses, social workers, dialysis technicians, people handling transplant patients, and students pursuing post-graduate studies from 15 states of India namely, Delhi, Haryana, Uttar Pradesh, Madhya Pradesh, Bihar, Rajasthan, Punjab, Jammu & Kashmir, Maharashtra, West Bengal, Tamil Nadu, Karnataka, Telangana, Kerala, Andhra Pradesh and one each from Nepal and Spain attended the training.

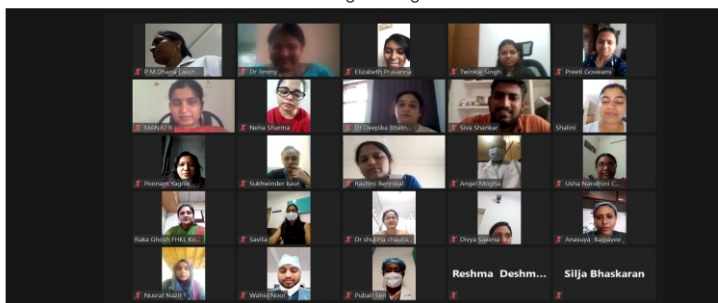
A panel discussion was held on the last day. The panelists were Dr. Vasanthi Ramesh (Director, National Organ and Tissue Transplant Organisation), Dr. Sunil Shroff (Managing Trustee, MOHAN Foundation), Dr. Harsha Jauhari (Chairman & Sr. Consultant-Department of Renal Transplant Surgery, Sir Ganga Ram Hospital), Dr. Rahul Pandit (Senior Intensive Care Consultant & Director of Critical Care Medicine & ICU, Fortis Hospital, Mumbai), Dr. Ashish Sharma (Associate Professor-Department of Nephrology, PGIMER, Chandigarh) and Dr. Maria Gomez (Executive Director, DTI Foundation, Spain). The panel discussion was moderated by Dr. Avnish Seth (Director, FORT) and Dr. Sumana Navin (Course Director, MOHAN Foundation).



Dr. Shailesh Puntambekar sharing a picture of the mother and the baby from the first uterine transplant that was performed in India in 2017



Deceased donor, Mr. Hemant Agarwal's family sharing their experience of donating his organs

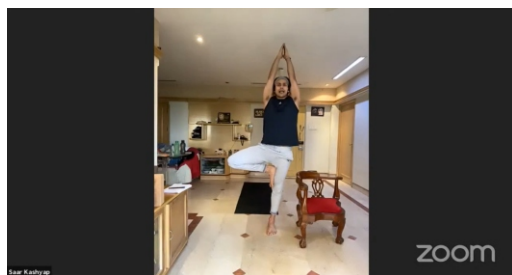


Faculty and participants of the 8th FORT-MF training on transplant coordination

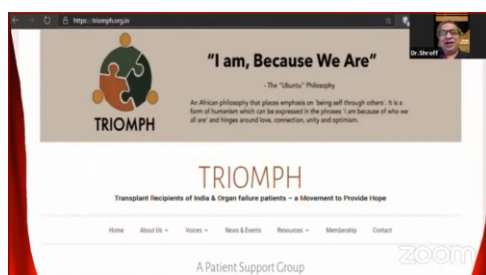
Invited Article...continued from page 6

We now needed to do the transplant at the earliest as he had limited financial support. We did a few medical tests as per international transplant criteria, did a detailed medical counseling of donor, recipient and their next of kin as per NOTTO guidelines, and it was videographed. We had our own apprehensions about the outcome of the surgery as no one had the knowledge or experience of transplant in a COVID-recovered patient. Anyway, with confidence in one another we went ahead as a team and that resulted in a successful transplant. Everything was uneventful post transplant with brisk diuresis and Mr. Vikash was discharged on the 12th day with a COVID negative report. After a month passed, he came to the OPD for follow up with normal graft function. He now speaks, laughs, and plans his future with some online business. I don't know whether this experience has made Mr. Vikash stronger or not but these three months of experience with him has definitely made me stronger to face more challenges ahead. Each case gives you a new learning, that challenges are great opportunities in disguise and every challenge you accept opens a new door to success.

TRIOMPH (Transplant Recipients of India & Organ failure patients - a Movement to Provide Hope) launched



Actor and Fitness expert, Mr. Saar Kashyap demonstrating a few yoga poses to the audience at the TRIOMPH launch event



Dr. Sunil Shroff launching the TRIOMPH website

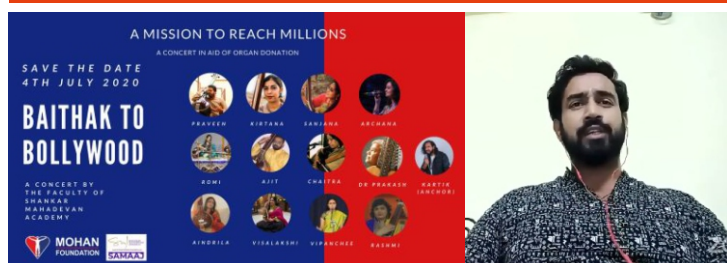
TRIOMPH (Transplant Recipients of India & Organ failure patients - a Movement to Provide Hope), a Patient Support Group, is a very special initiative by MOHAN Foundation. Its mission is to improve the well-being of organ failure patients, transplant recipients and their caregivers through support, education, awareness and advocacy. The virtual launch event

took place on 5th September 2020. Mrs. Jaya Jairam, Project Manager, MOHAN Foundation and Project Lead of the Mumbai chapter of TRIOMPH elaborated on the mission and objectives of TRIOMPH. The special guests of honour were fitness expert, Mr. Saar Kashyap and nutritionist Ms. Pooja Lakhani. Dr. Sunil Shroff, Managing Trustee, MOHAN Foundation launched the TRIOMPH website (<https://triumph.org.in>).

A mission to reach millions - Concerts in aid of organ donation

In continuation of the initiative 'A mission to reach millions' launched by MOHAN Foundation in May 2020, three online concerts were held in July and August 2020 in aid of organ donation.

Baithak to Bollywood



Mr. Kartik Raman, faculty of Shankar Mahadevan Academy (SMA) anchoring the show

On 4th July 2020, MOHAN Foundation organised a concert titled 'Baithak to Bollywood' where the faculty of the Shankar Mahadevan Academy (SMA) performed. The students of Inspire India Project performed an invocation song welcoming the audience. This project is a cherished initiative of the SMA for children with special needs.

Singing for Positivity



Ms. Aishwarya Srinivas singing for the noble cause of organ donation

On 18th July 2020, a Carnatic music concert titled, 'Singing for Positivity' was organised by MOHAN Foundation, where Ms. Aishwarya Srinivas paid tribute to the doyens of Carnatic music - M. S. Subbulakshmi, D. K. Pattammal and M. L. Vasanthakumari.

Singing for Freedom



Warsi brothers singing in support of organ donation

On 15th August 2020, the Warsi Brothers through their vibrant qawwalis created a sense of freedom during the COVID-19 lockdown. They lent their voice to support organ donation and MOHAN Foundation.

Special Event

Synchrony Dialogues

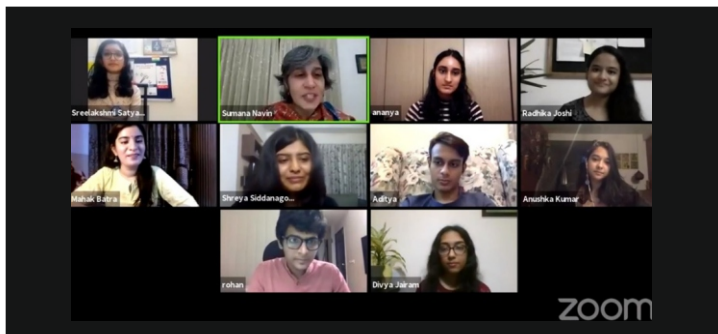
Synchrony Dialogues - How to take care of your kidneys & prevent kidney failure



Mrs. Jaya Jairam and Dr. Subha Murthy moderating the session with the experts Dr. Rajasekara Chakravarthi and Dr. Sunil Shroff

On 7th July 2020, MOHAN Foundation organised its third-panel discussion as part of its series, 'Synchrony Dialogues,' launched on 12th June 2020. These discussions are open to the general public. The title of the discussion was 'How to take care of your kidneys & prevent kidney failure'. During the session, Dr. Rajasekara Chakravarthi, leading nephrologist spoke about the various functions of the kidneys, types of kidney diseases, screening and early detection.

Synchrony Dialogues - Igniting Young Minds (In association with CII Young Indians)



Dr. Sumana Navin moderating the panel discussion with the young minds - Sreelakshmi.V, Ananya Jain, Radhika Joshi, Mahak Batra, Shreya Siddanagowder, Aditya Iyer, Anushka Kumar, Rohan Yadav, Divya Jairam

On 10th August 2020, MOHAN Foundation organised a panel discussion titled, 'Igniting Young Minds' in association with CII Young Indians. The session was moderated by Dr. Sumana Navin, Course Director, MOHAN Foundation. The young panelists were - Mr. Aditya Iyer, Ms. Ananya Jain, Ms. Anushka Kumar, Ms. Divya Jairam, Ms. Mahak Batra, Ms. Radhika Joshi, Mr. Rohan Yadav, Ms. Shreya Siddanagowder and Ms. Sreelakshmi.V. During the discussion, they shared their endeavours in promoting the noble cause of organ donation and deliberated on what was needed to further the cause.



Young changemaker Radhika Joshi talking about the organ donation campaigns she has undertaken including the 'organ donation apron'

Synchrony Dialogues - Building Partnerships for Organ Donation



Mr. P.W.C. Davidar, IAS, Retd. Additional Chief Secretary, Govt. of Tamil Nadu moderating the panel discussion

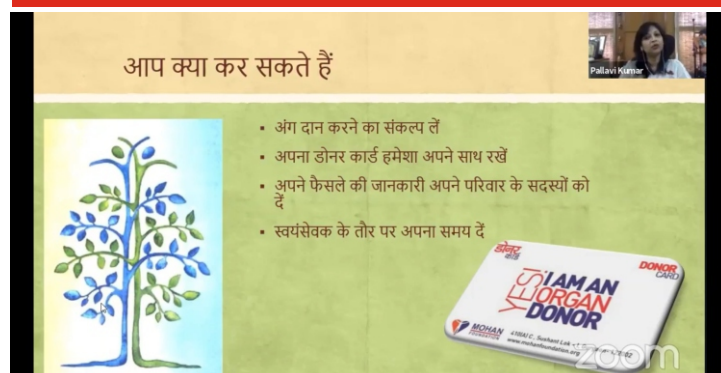
On 13th August 2020, MOHAN Foundation as part of its synchrony dialogues series organised its fifth-panel discussion titled, 'Building Partnerships for Organ Donation' in association with SBI Foundation and in partnership with The Times of India. 13th August has been celebrated as 'Organ Donation Day' as part of an initiative by Times of India for the last 6 years. Mrs. Lalitha Raghuram, Country Director, MOHAN Foundation was the moderator of the panel discussion. The other panelists were - Ms. Manjula Kalyanasundaram, Managing Director, SBI Foundation, Dr. Anil Kumar, Deputy Director-General, DGHS, MoHFW, Govt. of India, Dr. Shubnum Singh, Advisor CII Healthcare, Policy & Governing Board Member, Healthcare Sector Skills Council, Dr. Arun Gupta, Executive Director, National Health Authority, Dr. Sonal Asthana, Senior HPB & Multiorgan Transplant Surgeon, Aster Integrated Liver Care Team, Dr. Rajesh Chandwani, Faculty, Centre for Management of Health Services (CMHS), IIM Ahmedabad, Dr. Santosh Shetty, Executive Director & CEO Kokilaben Dhirubhai Ambani Hospital, Mr. Sanjeev Bhargava, Brand Director, Times of India and Dr. Sunil Shroff, Managing Trustee, MOHAN Foundation. During the session, the panelists discussed ways to

increase organ transplants in our country (training needs), the role of CSR (Corporate Social Responsibility) and media in promoting organ donation, engaging corporates to promote the cause of organ donation, private hospitals to participate in the care of poor patients, strengthening documentation and converting every ICU in the country as a deemed to be non-transplant organ retrieval centre.



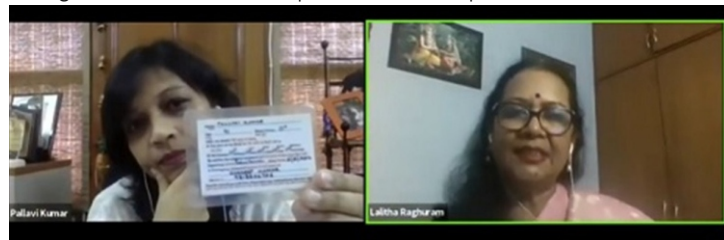
Panelists - Ms. Manjula Kalyanasundaram, Dr. Sunil Shroff, Dr. Santosh Shetty, Mr. Sanjeev Bhargava, Dr. Anil Kumar, Dr. Rajesh Chandwani, Dr. Sonal Asthana, Dr. Shubnum Singh with the moderator, Mr. P.W.C. Davidar

Synchrony Dialogues - Want to know more about Organ Donation?



Ms. Pallavi Kumar explaining the importance of informing the family about one's organ donation pledge

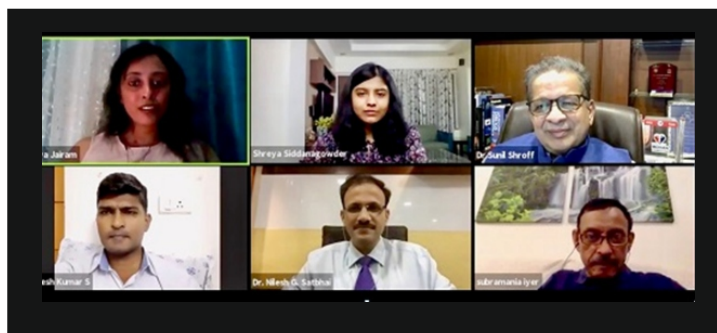
On 12th October 2020, MOHAN Foundation organised its seventh edition of the Synchrony Dialogues series. The title of the webinar was 'Want to know more about Organ Donation?' MOHAN Foundation's Toll Free Helpline received a number of calls after Dr. Sunil Shroff, Managing Trustee, MOHAN Foundation was featured in the 'Karamveer' episode on Kaun Banega Crorepati on 9th October 2020 on Sony Entertainment Television. Mrs. Lalitha Raghuram, Country Director, MOHAN Foundation and Ms. Pallavi Kumar, Executive Director (Delhi-NCR), MOHAN Foundation were the speakers for the session and they explained how to pledge to donate one's organs, the role of MOHAN Foundation and other key aspects of organ donation and transplantation to the public.



Mrs. Lalitha Raghuram and Ms. Pallavi Kumar explaining how to fill the donor card

Synchrony Dialogues - Hand and Limb Transplant

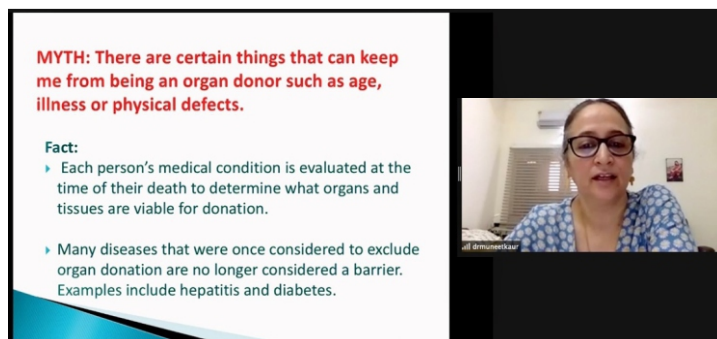
On 12th October 2020, MOHAN Foundation organised a panel discussion titled, 'Hand and Limb Transplant'. It was moderated by Dr. Sunil Shroff. The panelists were – Dr. Subramania Iyer, Professor and Chairman of Plastic and Reconstructive Surgery / Head and Neck Surgery / Oncology and Craniomaxillofacial Surgery at the Amrita Institute of Medical Sciences, Kochi, Dr. Nilesh G. Satbhai, Plastic Reconstruction Surgeon Global Hospitals, Parel, Mumbai, Dr. Dinesh Kumar S, Chief Reconstructive Transplant Surgeon, Department of Plastic Surgery, JIPMER, and Ms. Shreya Siddanagowder, Asia's first upper arm double hand transplant recipient and a patient of Dr. Subramania Iyer. The key points discussed during the session were indications, success rate and cost of hand transplantation, and scope of lower limb transplant.



Mrs. Jaya Jairam and Dr. Sunil Shroff moderating the session with the experts Dr. Dinesh Kumar S, Dr. Nilesh, G. Satbhai, Dr. Subramania Iyer and hand transplant recipient, Ms. Shreya Siddanagowder

Synchrony Dialogues - Myths and Facts on Organ Donation

On 13th October 2020, MOHAN Foundation organised a Synchrony Dialogues webinar titled, 'Myths on Organ Donation'. Dr. Muneet Kaur Sahi, Programme Manager (Delhi-NCR), MOHAN Foundation and Mr. Sudhir Dewan, Director - North, MOHAN Foundation, Chandigarh shared their perspectives on the myths on organ donation and transplantation and explained the corresponding facts to the audience.



Dr. Muneet Kaur Sahi outlining the myth and fact related to organ donation and age and the medical condition of a person

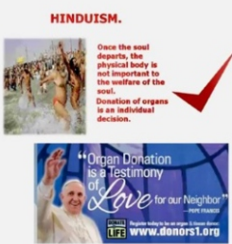
Synchrony Dialogues – Religion and Organ Donation

RELIGION & ORGAN DONATION



Mr. Sudhir Dewan talking about his liver transplant transcending religious boundaries

RELIGION AND ORGAN TRANSPLANTATION

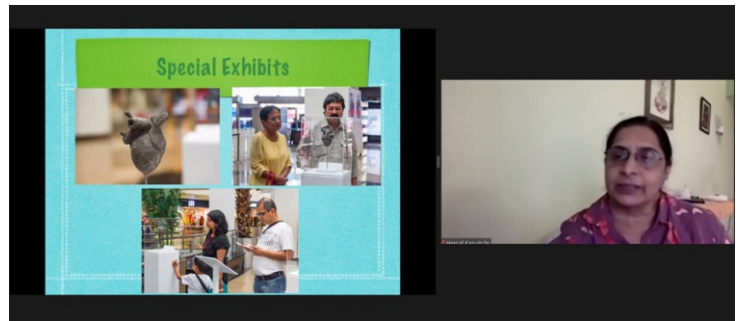


Dr. Ravi Wankhede explaining to the audience that every religion of the world permits organ donation and transplantation as a service to mankind

On 14th October 2020, MOHAN Foundation organised a Synchrony Dialogues webinar titled, 'Religion and Organ Donation' to affirm that no religion forbids the practice of organ donation and transplantation. Mr. Sudhir Dewan, Director - North, MOHAN Foundation, Chandigarh and Dr. Ravi Wankhede, Honorary Director & Centre Head, MOHAN Foundation, Nagpur were the speakers. Mr. Dewan shared with the audience that Dr. Wankhede was a living kidney donor who had donated his kidney to save the life of his Muslim friend. Mr. Dewan also said that he was a liver recipient and that he was alive because his son-in-law, a follower of Jainism, had donated a part of his liver to him. Dr. Satya Vrat Sharma, Advisory Member, MOHAN Foundation from UK who participated in the webinar said, "There is nothing greater than the humanitarian act of donating organs. There is a huge need in spreading the right information to people about religious views on organ donation."

Synchrony Dialogues - "Organ Donation - How can you help us?"

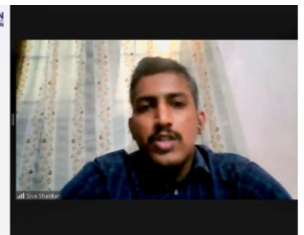
On 15th October 2020, MOHAN Foundation organised a Synchrony Dialogues webinar titled, 'Organ Donation - How can you help us?' Mr. T. S. Siva Shankar, Marketing Coordinator, Dr. Sumana Navin, Course Director and Dr. Hemal Kanvinde, Quality Assurance Officer from MOHAN Foundation, Chennai were the speakers. During the session, the audience was informed about the e-learning courses on transplant coordination as well as the volunteering opportunities.



Dr. Hemal Kanvinde sharing different ways a volunteer can contribute to the cause of organ donation

Gift of Life: 1 day online course

- What you will learn:
 1. Basic concepts of Organ Donation
 2. Legal and Ethical aspects of Organ Donation
 3. Religion and Organ Donation
 4. Process in Deceased Organ Donation
 5. Whole Body Donation



Mr. T.S. Siva Shankar talking about the one-day online certificate course on organ donation

Synchrony Dialogues - Body Donation-Advancing Medical Science and Benefiting Humanity



Ms. Pallavi Kumar (moderator) with the panelists Dr. Niroshan Seneviratne, Dr. Sunil Shroff and Mr. Harsh Malhotra

On 23rd October 2020, MOHAN Foundation in association with Dadhichi Deh Dan Samiti organised a webinar titled, 'Body Donation-Advancing Medical Science & Benefiting Humanity.' The webinar was moderated by Ms. Pallavi Kumar, Executive Director (Delhi-NCR), MOHAN Foundation. Dr. Niroshan Seneviratne - Consultant Urologist and Transplant Surgeon, Sri Jayewardenepura General Hospital, Colombo, Mr. Harsh Malhotra-President, Dadhichi Deh Dan Samiti and Dr. Sunil Shroff-Managing Trustee, MOHAN Foundation were the guest speakers. The panel elaborated on the Sri Lanka Eye Donation Society & The National Eye Bank of Sri Lanka, how Sri Lanka became the world's leading provider of corneas and the significance of body donation.



In the management of **HYPERTENSION**



Effective and Protective



Protect

Educate patients with hypertension/
diabetes on **kidney protection**



Pledge

To spread awareness on
kidney donation after life

Abridged Prescribing Information:

Indication : For the treatment of mild to moderate hypertension. **Dosage and Administration :** The recommended adult oral dosage of Cilnidipine is 5-10 mg once daily. The dosage can be increased up to 20 mg, if needed. **Adverse Reactions :** Dizziness, Flushing, Headache, Hypotension, peripheral edema, Tachycardia, Palpitations, GI disturbances & increased micturition frequency. **Warnings and Precautions :** Hypotension, poor cardiac reserve, heart failure. Sudden withdrawal may exacerbate angina. Discontinue in patients who experience ischemic pain following administration. Pregnancy, lactation. **Contraindications :** Cilnidipine is contraindicated in patients with known hypersensitivity (e.g., anaphylaxis or angioedema) to Cilnidipine or any other component of this product.

Additional Information is available on request

Information updated on January 06, 2020.



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