



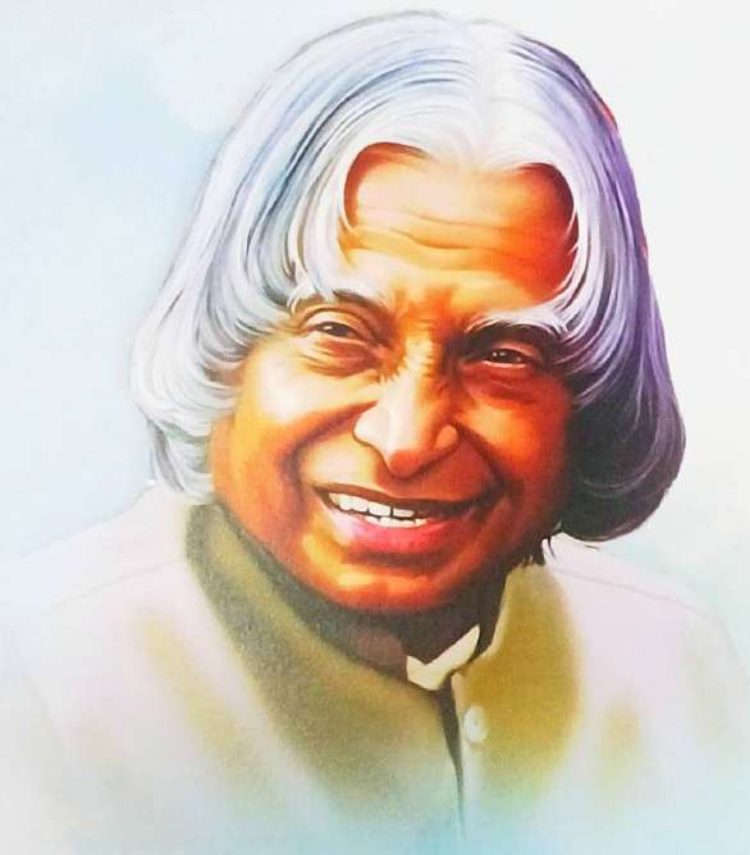
Changing lives of poor children with type 1 diabetes positively forever



Charitable Trust
Idhayangal

"A small act of kindness is more powerful than a thousand heads in prayer"

"EXPERIENCE THE JOY OF GIVING"



**"Dreams are not what you see in sleep,
dreams are the ones which do not let you sleep"**

**"At Idhayangal, our dream is to ensure that every
single poor child with type I diabetes
is supported to lead a normal healthy life"**

IDHAYANGAL CHARITABLE TRUST

Changing lives of underprivileged children with
Type 1 diabetes positively forever

A 12 A, 80 G & CSR approved Trust



"A small act of kindness is more powerful than a
thousand heads in prayer"

"EXPERIENCE THE JOY OF GIVING"

Dr Krishnan Swaminathan, MD PhD FRCP

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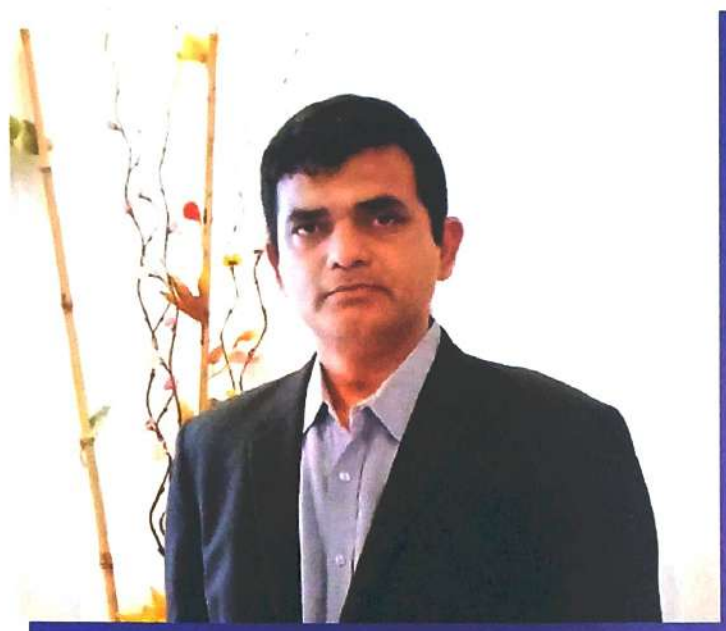
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Idhayangal Charitable Trust: History

Idhayangal had its origin in the UK, founded by like-minded Indian doctors in 2004, wanting to make a positive change to the lives of poor people in India. The aim of our organization was to give a helping hand to underprivileged people, especially children in need of medical aid, in India. The founding trustees were Dr. Krishnan Swaminathan, Dr Sujeetha Damodaran with Dr. Suresh Mathavakannan, Dr. Sabapathy Prakash and Dr. Nambi, as co-trustees, all of whom were working as Consultants in the UK.

The trust was started with Rupees 800 equivalent in 2004 and by 2011; Idhayangal had done projects worth Rs 1 crore in India. Since the managing trustee, Dr. Krishnan Swaminathan had moved to India, Idhayangal UK was dissolved in 2011. Having moved to India, the founding trustees restarted Idhayangal Charitable Trust, currently a 12 A, 80 G and CSR eligible Charitable Trust, mainly focusing on poor children with Type 1 diabetes in India. Over the last five years, Idhayangal has funded insulins, consumables and education to nearly 950 deserving poor children with Type 1 diabetes, irrespective of caste, creed, color or religion in India. Following Dr Abdul Kalam's thoughts, The Trustees dream is to ensure that not a single poor child with Type 1 diabetes should suffer or die for want of funds or moral support to get the best treatment. Kindly visit www.idhayangal.org for more details.

Founding Trustee & Team Idhayangal



Dr. Krishnan Swaminathan is currently a Consultant Endocrinologist based at Madhuras Diabetes & Thyroid Centre (Unit of Idhayangal Charitable Trust) Coimbatore. He completed his undergraduate medical education from Madras Medical College, his higher specialist training in Diabetes & Endocrinology from renowned centres including Guy's & St. Thomas Hospital, London, Addenbrooke's hospital, Cambridge and Ninewells Hospital, Scotland. He passed his MRCP (Member of the Royal College of Physicians) in 1999 and was awarded FRCP by the Royal College of Physicians of Edinburgh in 2009. He is the founding trustee of Idhayangal Charitable Trust, a registered charity that has funded approximately five crores for various charitable causes especially for poor children in India. Idhayangal was born in Scotland in 2004 and had moved to Madurai & Coimbatore under his guidance. He is passionate about making a difference to the society, especially to the underprivileged children with type 1 diabetes. Idhayangal Charitable Trust is currently supporting close to 200 poor Type 1 diabetes children, irrespective of caste, creed, religion or state, with insulins, consumables, insulin pumps and education. Idhayangal is blessed with a great team comprising Dr Sujeetha Damodaran, Mrs Jayashri Murali & Dr Muruganathan.

OUR DREAMS

- ◆ To ensure that no single poor child type 1 diabetes (insulin requiring) suffers for want of best treatment to lead happy healthy productive lives.
- ◆ To provide education, especially to BPL (Below poverty line) girls with Type 1 diabetes so that they can stand on their own feet in the future.
- ◆ To do active research to explore the reasons for the sudden increase in Type 1 diabetes in this part of the world & devise preventive measures.
- ◆ To find a cure for Type 1 diabetes
- ◆ To increase awareness on Type 1 diabetes to patients, families and General Practitioners by conducting educational sessions and meetings
- ◆ To meticulously assess the impact of our initiative on poor families so as to impact policy making by Governmental Health Agencies and private stakeholders.

FOR YOUR INFORMATION

- ◆ Type 1 diabetes children need life long insulin injections four times a day and life long finger prick glucose testing four times a day
- ◆ This happens because our body's own immune cells suddenly think insulin producing cells are enemies, attack it and destroy completely
- ◆ Children are as young as one year of age, there are thousands of children with Type 1 diabetes in our State alone and lacs in India
- ◆ Most of our children come from poor families
- ◆ Cost of Insulins are around Rs 3000 per month, a child's life is priceless
- ◆ One hospital admission with a diabetes complication is Rs 1 lac/admission which a lot of poor families cannot afford

Flagship achievements of ICT over the last 5 years

- ◆ Close to 1000 poor children with Type 1 diabetes supported irrespective of caste, creed, religion or state pan-India supported by ICT, numbers increasing every month, thousands needing help.
- ◆ Best insulins in pen fill cartridges costing Rs 3000 per month given to all deserving children
- ◆ 200 deserving children on life changing insulin pumps, a state-of-the-art machine that needs no injections, at a cost of Rs 1.5 lacs / pump and consumables costing Rs 8000/ annum

- ◆ 2 lac Star Health Insurance cover/ annum for each poor child, the first of its kind in India, premium for a child paid by our trust, so many lives saved by this scheme
- ◆ Free glucometers to every deserving child with 90 glucose strips per month free of cost
- ◆ College education for poor girls with Type 1 diabetes
- ◆ Free consultations to all trust children
- ◆ 95% reductions in hospitalisations and complications
- ◆ Supporting children pan-India
- ◆ Lobbying State & Central Governments to improve the T1 diabetes scenario
- ◆ Active research into the cause of Type 1 diabetes with a scientific MOU with IIT Madras



Great Images that speaks a thousand words on the work we do



Raghavarthini from Salem district, fought her way through severe diabetic coma at one and half years of age, doing well with Idhayangal's support, now on four times insulin per day



One of the largest insulin pump programmes for the underprivileged in India, Idhayangal Charitable Trust is supporting 70 underprivileged children with this life changing device costing Rs 1.5 crores and long-term consumables supply costing around 3.5 lacs/ month



Arjun, a seven-year-old with type 1 diabetes and coma, was declared dead in a state hospital, celebrating his re-birth in ICU due to Idhayangal donor's kindness



Idhayangal trustees are unable to sleep due to stories like Satyaprakashes, above photo is his family who have lost a son, a husband and a father. Satyapraksh lost his life due to diabetic kidney disease at 26 years, he was unable to fund his insulins due to poor finances, holding our hand, his last wish was to ensure that there are no more Satyaprakshes in India.

What is an Insulin pump?

Insulin pumps are smart phone like devices that give a continuous delivery of insulin similar to pancreas. Currently, Insulin pumps are standard of care in Western countries for patients with Type 1 diabetes. Unfortunately, economic circumstances make insulin pumps out of reach for many common families in India. The cost of the basic model insulin pump is around 2.25 lacs with consumables cost around 8500 rupees/month. There is compelling evidence for insulin pumps in terms of improving quality of life, reduction in episodes of severe hypoglycaemia, improving hypoglycemic awareness, improvement of glycemic control and reduction in complications. Insulin pumps are life changing for children with Type 1 diabetes and our goal is to ensure that economic status is not a barrier to using technology that can transform children's lives.

Idhayangal is breaking socio-economic barriers in diabetes technologies by providing rural underprivileged families with life changing insulin pump therapy; technology that transforms poor rural families is our dream



IDHAYANGAL CHARITABLE TRUST: PROGRESS SO FAR....

2017-2018

We started with 5 children, Rs 5000 in our trust account, low on money but very high on motivation. Within a year, we obtained 12 A & 80 G approval but more importantly approval of our donors and recipients. By the end of the year, we were able to support 20 children from the underprivileged strata with insulins, consumables and education. Below is the photo of Jeevitha, one of our initial beneficiaries, her dad is a labourer who had lost one arm. She has done well on insulins, currently on insulin pump and Idhayangal is supporting her college education. She dreams to be an auditor in the near future.



Jeevitha, daughter of handicapped labourer doing well on insulin pump therapy. Her insulin pumps, consumables and college education are supported by Idhayangal Charitable Trust.

Vanithashree, aged 10 years, lost an ear due to infection complicating Type 1 diabetes. Now she is doing well on an insulin pump, receiving this through our flagship Project Kathir. She dreams to be a scientist like our beloved Dr Abdul Kalam

During this year, Idhayangal had grown, courtesy of a great number of well-wishers and donors. We were supporting around 80 underprivileged children with insulins, consumables and education from

diverse areas of Tamilnadu & Kerala. We supported 25 children with insulin pumps, a state-of-the-art device that dramatically reduces admissions and complications. Each pump costs Rs 1.5 lacs with Rs 8500 per month of consumables. "PROJECT KATHIR", a unique project in partnership with Rotary Club of Coimbatore Central & Rotary International has given a ray of hope for 37 children with type 1 diabetes. In partnership with Star Health Insurance, we covered 40 underprivileged children with health insurance for Rs 2 lacs/ annum to give peace of mind for any unexpected hospital admissions, to a total tune of Rs 1 crore. This insurance scheme, the first of its kind in India for children with Type 1 diabetes, has saved many lives during this year. Girls with type 1 diabetes are close to our heart. Many girls with Type 1 diabetes received support for school and college education from the poorer socio-economic strata.



2018 - 2022

Over the last five years, Idhayangal has expanded its work to cover all major Government Medical College Hospital across Tamilnadu State and works with partners across Kerala, Karnataka, and Maharashtra & Delhi. Close to 1000 underprivileged children are being supported with the best insulins in penfill cartridges, free high quality glucometers, 100 glucose strips



per month, 24/ 7 telephone support, 220 insulin pumps for the deserving underprivileged, higher school and college education for girls with Type 1 diabetes, 450 free fridges for insulin storage, rehabilitation of mothers of children with Type 1 diabetes to enable sustainable livelihood by donating milking cows, sewing machines. We are also embarking on active research with IIT Madras to understand the reasons behind the explosion of Type 1 diabetes and ways of preventing. Idhayangal is partnering with reputed institutions to develop indigenous medical devices that can reach the underprivileged at a fraction of cost of imported devices.

OUR DREAM

- ♥ To ensure that no child or any patient with type 1 diabetes (insulin requiring) suffers or dies for want of funds to buy the best insulins, consumables or insulin pumps.
- ♥ To provide education, especially to BPL (Below poverty line) girls with Type 1 diabetes so that they can stand on their own feet in the future.
- ♥ To do active research to explore the reasons for the sudden increase in Type 1 diabetes in this part of the world.
- ♥ To improving skills of families especially mothers to enable them to self sustain medical expenses.
- ♥ To increase awareness on Type 1 diabetes to patients, families and General Practitioners by conducting educational sessions and meetings.
- ♥ To meticulously assess the impact of our initiative on poor families so as to impact policy making by Governmental Health Agencies and private stakeholders.

CSR BENEFITS OF SUPPORTING IDHAYANGAL CHARITABLE TRUST

- ✓ Positively changes lives of poor children with type 1 diabetes
- ✓ Significantly reduces kidney failure and blindness in children
- ✓ Makes children lead a normal healthy happy lives
- ✓ Makes them responsible adults in future
- ✓ Blessings of all children and their families for our generations
- ✓ 12 A, 80 G & CSR Eligible
- ✓ Managed by doctors and lawyers of high standing
- ✓ Regular updates
- ✓ Every single rupee counts

Name: Idhayangal Charitable Trust

SB AC Number: 6517087788

Bank: Indian Bank

IFSC Code: IDIB000K169

Branch: KMCH Goldwins, Coimbatore

Address: KMCH Goldwins, Avinashi road, Coimbatore 641 014



நிதி மிகுந்தவர் பொற்குவை தாரீர்
நிதி குறைந்தவர் கரகங்கள் தாரீர்
அஜ்ஹந்தேரார் வாய்ச் சொல் அருளீர்

Kindly Contact

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