



Charitable Trust
Idhayangal

Changing lives of poor children with type 1 diabetes positively forever

Idhayangal
2024

Annual Report

**7 YEARS OF
IDHAYANGAL**



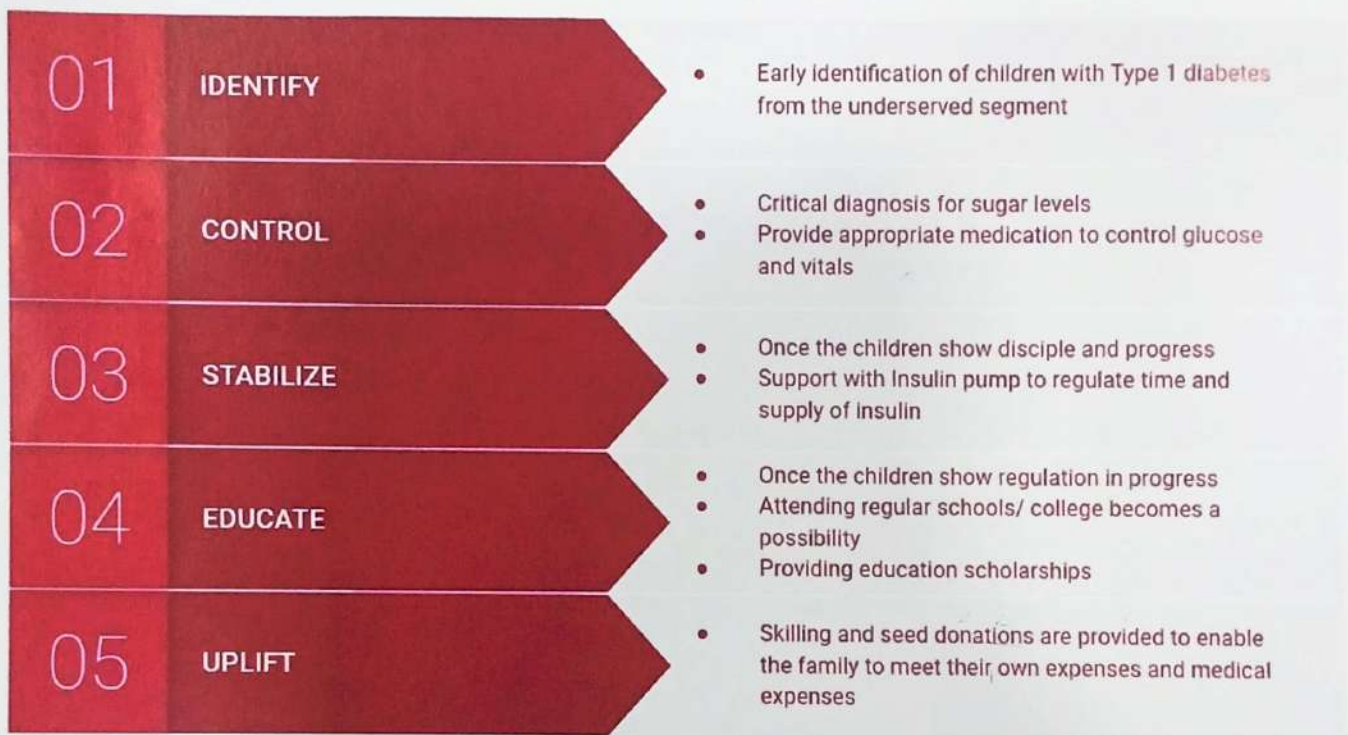
www.idhayangal.org

▼
"A small act of
kindness is more
powerful than a thousand
heads in prayer"
"EXPERIENCE THE
JOY OF GIVING"
▲

IDHAYANGAL 2024 ANNUAL REPORT

7 YEARS OF IDHAYANGAL

Within 7 years of inception, Idhayangal Charitable Trust (ICT) has transformed T1 diabetes (T1D) care with a unique holistic approach that ensures no single poor child with Type 1 diabetes is left behind for want of best treatment to lead happy healthy productive lives. ICT's 5-step core values are as follows:



Started in 2017 with 10 children and Rs 5000, low on funds but extremely high on motivation, Idhayangal currently supports 2300 underprivileged children with T1D across India, from Delhi to Kanyakumari, irrespective of caste, creed, religion, or State. ICT has a huge presence in Tamilnadu representing all districts of the State from Chennai to Kanyakumari. ICT has 12 focus areas: High quality insulins in penfill cartridges, glucometers, 100 glucose strips per month per child, 4 mm ultra-fine pain free needles, insulin pump therapy, fridges support, education especially for girls with T1D, placement support, upskilling of families through cow donations, seed grants for small business, active research to explore root causes, indigenous Make-in-India technologies, Advocacy and Mobile diabetes Van initiative to reduce diabetic complications. This dream of reaching the unreached is not possible without the goodwill of thousands of our donors and well-wishers. Team ICT profusely thanks all our supporters for making us reach the unreached.

TRANSFORMATIONAL OUTCOMES ACROSS STATE

In a first of its kind work in India, ICT in partnership with Pediatric & Diabetes Departments has significantly reduced diabetic emergency admissions by > 90% and improved glycemic control across Government Hospitals. This will translate into huge reductions in kidney failure, blindness, and mortality in the years to come. This work has been published in peer-reviewed journals providing a platform for a unique NGO-Government-Industry care model for T1D for LMIC (Low Middle-Income Countries) world-wide.

Original Article

Breaking Socioeconomic Barriers in Diabetes Technologies: Outcomes of a Pilot Insulin Pump Programme for the Underprivileged in Rural India

Krishnan Swaminathan, Vinaykumar Mukhekar¹, Ohad Cohen²

Consultant Endocrinologist, Kovai Medical Center and Hospital, Coimbatore, Tamil Nadu, ¹Medtronic Diabetes, Medtronic Ltd, India, ²Clinical Professor of Medicine, Ch Sheba Medical Center, Tel Hashomer, Israel

Original Article

A Unique Government–NGO–Industry Partnership Care Model to Reduce Morbidity and Mortality Among Underprivileged Children With Type 1 Diabetes Mellitus in LMIC: A Pilot Study From Tamil Nadu, India

Krishnan Swaminathan, Suruliappan Sopnajothi¹, Krishnamurthy Nidharshana², Govindasamy Prakash³

Idhayangal Charitable Trust, Coimbatore, ¹Department of Medicine, Theni Government Medical College Hospital, Theni, ²Department of Pediatrics, Coimbatore Medical College Hospital, Coimbatore, ³Department of Diabetes, Salem Mohan Kumaramangalam Medical College Hospital, Salem, Tamil Nadu, India

MIND-BOGGLING STATISTICS FOR 2024

- 2300 underprivileged children with Type 1 diabetes supported irrespective of caste, creed, religion, or state pan-India
- 33 lac insulin shots, 1.35 lac insulin pen-fill cartridges given to all deserving children in 2024.
- 2300 glucometers and 20 lacs glucose strips supported
- 220 children on life changing insulin pumps along with 30,000 insulin pump consumables, all free of cost
- 20 lacs 4 mm ultrafine needles given to our children
- 2 lac Star Health Insurance cover/ annum for each poor child, the first of its kind in India, premium for a child paid by ICT
- 800 fridges supported for cold chain storage of insulins pan-India
- College education for 100 underprivileged girls with Type 1 diabetes
- Free consultations to all trust children
- 20 Medical College hospitals supported in Tamilnadu
- Huge support to children pan-India inc Delhi, Karnataka, Kerala & AP
- 24/7 telephone support to all children
- > 90 % reductions in DKA admissions and mortality
- 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
- Make-in-India indigenous advanced diabetes technologies innovations
- Exploring novel implantable bio-artificial pancreas through scientific MoU with Sastra University, Thanjavur
- Setting up of a Bio-bank to understand novel research aspects of T1D
- Comprehensive avoidable blindness programme and Kidney failure prevention through state-of-art mobile diabetes van screening



Pictures that speak thousand words of ICT work: Left: Sathya from deep forested area near Sathyamangalam was given up with glucoses > 600 and brain swelling, fighting back with great determination on 4 times a day insulin, doing extremely well now with HbA1c of 6.9 %, Middle: The Veena Reena sisters from Kanyakumari showing great poise and determination inspite of battling poverty, Type 1 diabetes and visual impairment, Right: Kavya, unable to go to school with HbA1c of 18 % giving the fight back to T1D within a month, back to school and transformed completely. These stories are a glimpse to the 2300 awesome stories of courage, fight and determination we see everyday at ICT.

UNMEASURABLE JOYS OF 2024 / THINGS MONEY CANT BUY

- ✓ Joy of parents to see children recover from jaws of death
- ✓ Hope in mothers eyes that their child too can have a life
- ✓ Young children parting with their savings for other children
- ✓ Pride on our Type 1 diabetes mothers after delivery
- ✓ 4 trust children joining Medicine
- ✓ Mothers wanting their lives to be transferred to Idhayangal Team

PLANS FOR 2025

- ✓ 3000 children support by end of 2025
- ✓ 4 Centres of Excellence in T1D across four corners of Tamilnadu State providing state-of-art evidence-based service to poor children across State
- ✓ Extend support to underprivileged children in North-East India
- ✓ Huge focus on T1D research to understand the pathogenesis behind explosion of T1D in India
- ✓ Indigenous Make-in-India advanced diabetes technologies affordable to the most underprivileged.
- ✓ Bio-bank at ICT for advanced research
- ✓ Idhayangal Mobile App for all our underprivileged children
- ✓ Improve glycemic control to aim for a mean HbA1c < 8 %



New Delhi



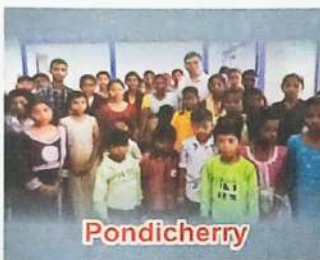
Theni



Sivagangai



Namakkal



Pondicherry



Trichy



Dharmapuri



Chidambaram



Chengalpattu



Thirunelveli



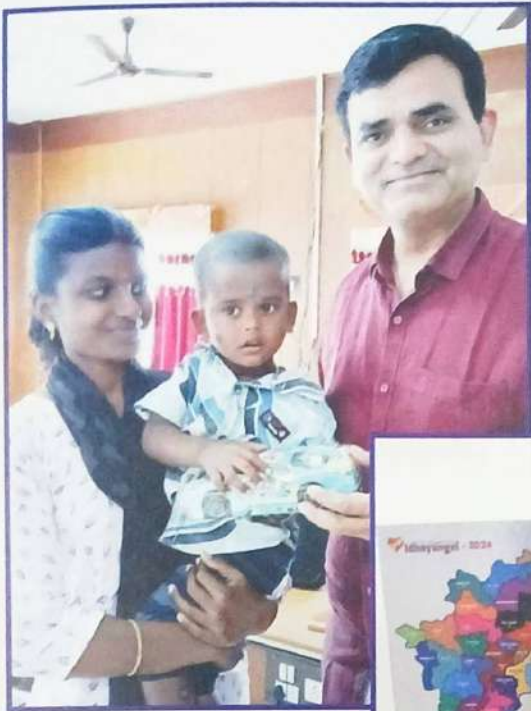
Salem



Madurai



Kanniyakumari



*Idhayangal
Moms are
the Heroines*



- கோவையை சேர்ந்த இதயங்கள் அறக்கட்டளை நிறுவனர் டாக்டர் கிருஷ்ணன் சுவாமிநாதனுக்கு ஆளுநர் விருது வழங்கப் பட்டுள்ளது.

‘இதயங்கள்’ அறக்கட்டளை நிறுவனர் கிருஷ்ணன் சுவாமிநாதனுக்கு ஆளுநர் விருது

■ கோவை

கோவையை சேர்ந்த இதயங்கள் அறக்கட்டளை நிறுவனர் டாக்டர் கிருஷ்ணன் சுவாமிநாதனுக்கு ஆளுநர் விருது வழங்கப்பட்டுள்ளது.

தமிழக ஆளுநரின் சமூக சேவை விருதுக்கு, கோவை இதயங்கள் அறக்கட்டளை தேர்வு செய்யப்பட்டது. சென்னையில் நடந்த நிகழ்ச்சியில் தமிழக ஆளுநர் ஆர்.என்.ரவி, இதயங்கள் அறக்கட்டளை நிறுவனர் டாக்டர் கிருஷ்ணன் சுவாமிநாதனுக்கு விருது வழங்கி கௌரவித்தார்.

டாக்டர் கிருஷ்ணன் சுவாமிநாதன் கூறும் போது, ‘டைப் 1’ சர்க்கரை நோயால் பாதிக்கப்பட்ட குழந்தைகளுக்கு, சிகிச்சை அளித்து வருகிறோம். தொடக்கத்தில் ஒரு சிலருடன் ஆரம்பித்த பயணம் இன்று, 3,000-க்கும் மேற்பட்ட குழந்தைகளுக்கு உதவி வரும் நிலைக்கு உயர்ந்துள்ளது. இந்தியாவில், 9 லட்சம் குழந்தைகள் ‘டைப் 1’ சர்க்கரை நோயால் பாதிக்கப்பட்டுள்ளனர். இவர்களின் எண்ணிக்கை ஆண்டுதோறும் 5 சதவீதம் உயர்ந்து கொண்டே வருகிறது. தமிழக அரசும் இக்குழந்தைகளுக்கு பெரியளவில் உதவி வருகிறது. ஆளுநர் விருது பெற்றுள்ளது மிகப்பெரிய அங்கீகாரம். பணியை மேலும் உத்வேகமாக மேற்கொள்ள உதவும் என்றார்.



RAJ BHAVAN, TAMIL NADU

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Governor's Award
for

'Outstanding Social Service'
[Institution Category]

is presented to

**'IDHAYANGAL
CHARITABLE TRUST'**

Coimbatore District

Raj Bhavan, Chennai
26th January, 2025

R.N. Ravi
R.N. Ravi
Governor of Tamil Nadu



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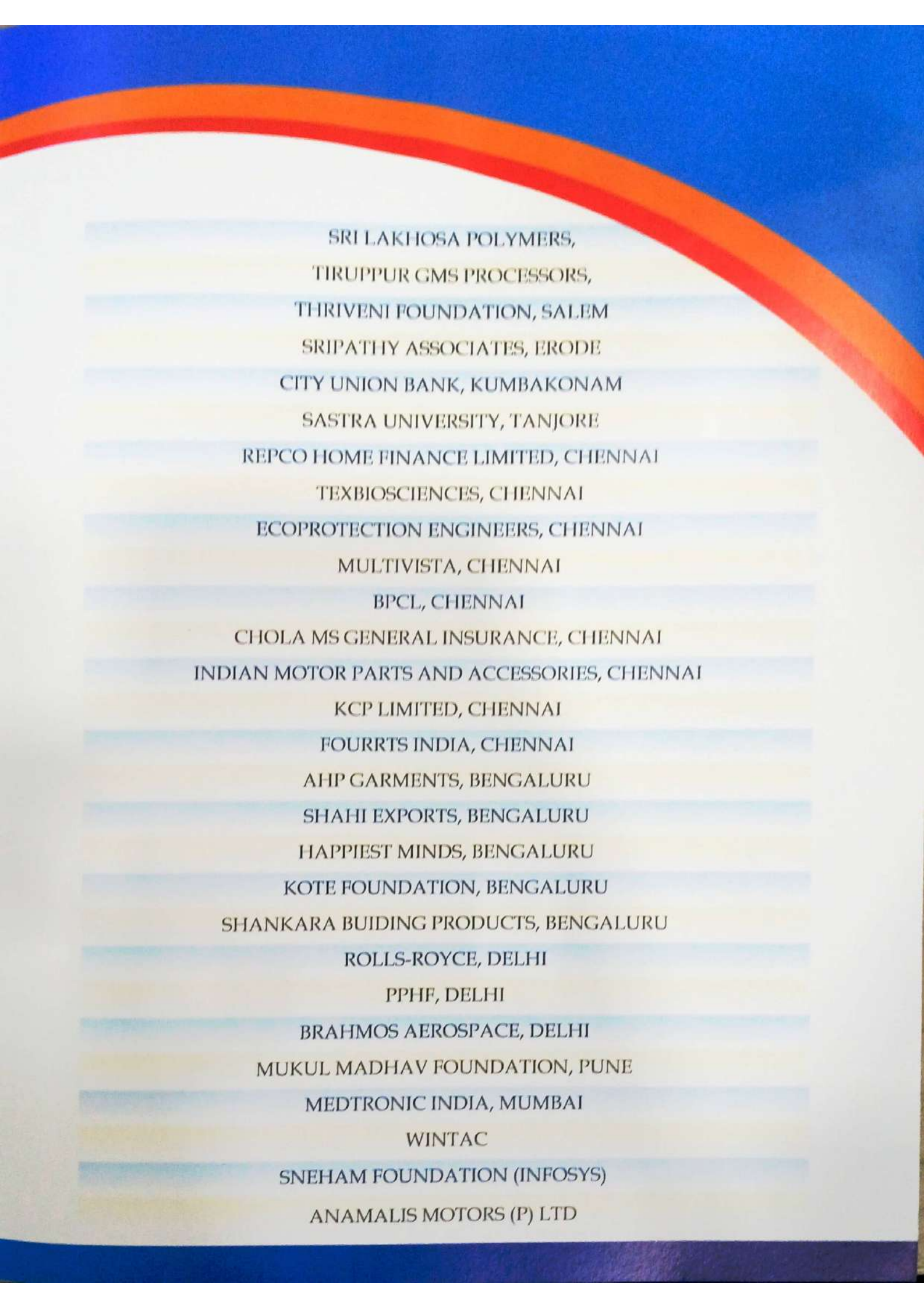
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- ✓ ROTARY CLUB OF IKON, COIMBATORE
- ✓ ALL COIMBATORE, TIRUPPUR, SALEM, ERODE, TANJORE ROTARIES
- ✓ INNER WHEEL CLUB OF COIMBATORE WEST

SPECIAL THANKS TO VISION GROUP IDHAYANGAL

THANKS TO EVERY SINGLE DONOR AND WELL-WISHER

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