



Live and let live.

– Bhagwan Mahavir

॥ नवकारमंत्र ॥

Navkarmantra

नमो अरिहंताणं

Namo Arihantanam: I bow down to Arihantas

नमो सिद्धाणं

Namo Siddhanam: I bow down to Siddhas

नमो आयरियाणं

Namo Ayariyanam: I bow down to Acharyas

नमो उवज्झायाणं

Namo Uvajjhayanam: I bow down to Upadhyayas

नमो लोए सव्वसाहूणं

Namo Loe Savva-Sahunam: I bow down to Sadhus

एसो पंच नमुक्कारो

Eso Panch Namukkaro: This five-fold salutation

सव्वपावप्पणासणो

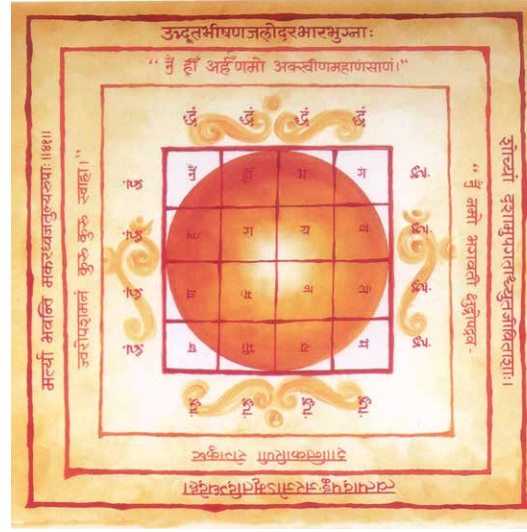
Savva Pavappanasano: Destroys all sins

मंगलाणं च सव्वेसिं

Mangalam Cha Savvesim: And amongst all auspicious things

पढमं हवइ मंगलं

Padhamam Havai Mangalam: Is the most auspicious one



॥ भक्तामर स्तोत्र ॥

उद्भूतभीषण जलोदरभारभुग्नाः
 शोच्यां दशामुपगताश्च्युतजीविताशाः ।
 त्वत्पादपङ्कजरजोऽमृतदिग्धदेहा
 मर्त्या भवन्ति मकरध्वजतुल्यरूपाः ॥

O Bhagwan! When a person who is suffering from advanced dropsy, who has lost all hopes of recovery or survival and is pitiable, applies nectar-like dust taken from your lotus feet on his diseased body, he becomes as handsome as 'Kamadeva' (God of love) and free of all diseases.

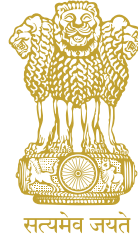
The 'Bhaktamara Stotra' is a famous Jain prayer composed by Acharya Manatunga Suriji (17 BCE). The name 'Bhaktamara' comes from a combination of 'Bhakta' (devotee) and 'amara' (immortal). The prayer praises Rishabhanatha, the first Tirthankara of Jainism in this time cycle. There are forty-eight verses in all. The above key verse aims to help people who suffer from dreadful diseases, those who are deeply depressed, dejected, and hopeless, and feel that life is not worth living.

In this verse, Acharya Manatunga Suriji expresses his total surrender to Lord Adinatha, thus achieving the pinnacle of devotion. Chanting of this verse is believed to help patients who suffer from various diseases — from cancer and cardiac problems to high/low blood pressure and kidney dysfunction.

*The sign of vigour, the sign of life,
the sign of hope, the sign of health,
the sign of everything that is good, is strength.*

*As long as the body lives, there must be
strength in the body, strength in the mind,
[and strength] in the hand.*

— Swami Vivekananda



भारत के उपराष्ट्रपति
VICE-PRESIDENT OF INDIA

MESSAGE



I am greatly impressed to learn that the dialysis centres set up by the Bhagwan Mahavir Jain Relief Foundation Trust have recorded a total of one million dialysis treatments to date. My congratulations to every member of the Trust who has played a role in reaching this exceptional landmark.

This has once again shown that India is a land whose people have social service ingrained in them and are inspired by the message of 'compassion towards all living beings', as exhorted by Bhagwan Mahavir himself. My greetings to all the members on this tremendous achievement.

This is a rare achievement and the Bhagwan Mahavir Jain Relief Foundation Trust must be heartily congratulated on this occasion. The 'one million' figure is fairly routine in the healthcare or pharma sectors, when it applies to a new production facility. But when one is talking about patients lying down on beds for hours, individually connected to dialysis machines, the number takes on a different significance altogether. I extend my best wishes to the dedicated Trustees and their families, and to the committed staff.

It is my fervent wish that more social service oriented agencies across our country replicate the exemplary initiative of this relatively small Trust to help bring relief to the innumerable kidney disease patients.

M. Venkaiah Naidu

New Delhi

24th September, 2021

*You can't cross the sea merely by standing
and staring at the water.*

— Rabindranath Tagore



भारत के प्रधान मंत्री
PRIME MINISTER OF INDIA

MESSAGE

I am happy to know that the Bhagwan Mahavir Jain Relief Foundation Trust has completed one million dialyses this year. On this occasion, I join the nation in extending my congratulations and best wishes to the Trust for having completed this ipaying my tributes to the memory of this great.

On this occasion, I join the nation in extending my congratulations and best wishes to the Trust for having completed this ipaying my tributes to the memory of this great son of India. I also extend my warm greetings and felicitations to the people behind the Trust and its initiatives and wish the celebrations every success.

On this occasion, I join the nation in extending my congratulations and best wishes to the Trust for having completed this ipaying my tribute to the memory of this great son of India. I also extend my warm greetings and felicitations to the people behind the Trust and its initiatives and wish the celebrations every success.

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Narendra Modi

New Delhi

September 23, 2021

*We should have the same feeling
towards every living being
as we do towards ourselves.
– Bhagwan Mahavir*



**GOVERNOR
TELANGANA**

MESSAGE



I feel immensely delighted to know that the Bhagwan Mahavir Jain Relief Foundation Trust's efforts in serving people through its altruistic healthcare services for the past twelve years.

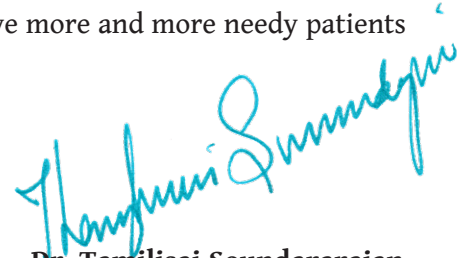
Having been extremely impressed by their yeoman services, I extend my best possible appreciation to the Trust for completing a record number of One Million dialysis sessions. By all means, this is an outstanding achievement by any voluntary service organization.

Through the gigantic efforts in serving the needy by offering medical services, the trust has set a great example for social service organisations in the healthcare sector to emulate.

Translating Bhagwan Mahavir's teachings into real-time actions for the well-being of humanity, the trust truly rendered dedicated and committed services to the highest ideals. I strongly feel that you all deserve special appreciation.

I wish that this Trust continues to remain as a beacon of hope for countless needy patients requiring dialysis in the years to come. I consider this selfless pursuit of offering low-cost dialysis treatment to the needy as the highest form of dharma.

I wish more and more support would come to the trust to enable it to serve more and more needy patients in the years to come.


Dr. Tamilisai Soundararajan

15 October 2021



CHIEF MINISTER OF TELANGANA

MESSAGE

I am aware that the Hyderabad based NGO Bhagwan Mahavir Jain Relief Foundation Trust is providing affordable health care to financially weaker sections of the society since more than a decade. The Trust has not only brought smile on the face of the patients but also saved their families from severe financial crisis, as it charges very nominal Rs.300/- per dialysis. Apart from conducting dialysis at nominal rate, the Trust is also supporting patients with supply of Erythropoietin, Iron and Levocarnitine injections of reputed brands at highly subsidized rates.

It is a model project of partnership between Government and not-for-profit organizations, which is supplementing government efforts with better outreach.

I understand the Trust is now doing close to 500 dialysis sessions every day and I am very glad to know it will be shortly reaching a major milestone of having conducted one million dialysis.

On this momentous occasion of reaching ONE MILLION dialysis sessions, I would like to congratulate the *Bhagwan Mahavir Jain Relief Foundation Trust* and thank them for partnering with the State Government and wish them all success in their endeavours to provide humanitarian assistance to the needy population.

K. Chandrasekhara Rao

Hyderabad

September 20, 2021



**MINISTER FOR MUNICIPAL ADMINISTRATION & URBAN
DEVELOPMENT, INDUSTRIES & COMMERCE,
AND INFORMATION TECHNOLOGY OF TELANGANA**

MESSAGE

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Hyderabad
September 30, 2021

K.T. Rama Rao

GUIDING LIGHTS ON OUR JOURNEY



S. Narsing Rao, IAS (Retd.)

Principal Secretary
to the Chief Minister,
Government of Telangana



Message

I have the pleasure of knowing Bhagavan Mahavir Jain Relief Foundation Trust, a Hyderabad-based charitable trust which is doing yeoman service since 2009 to the needy persons in healthcare.

I am very glad to know that it is achieving a significant milestone of ONE MILLION Dialysis cases. This is not only a very impressive achievement but also that it does at a very nominal cost of Rs.300 per session for the above poverty line people while private hospitals charge between Rs. 1,500–4,000.

Another interesting and very helpful aspect of the Trust's charitable work is its decentralized nature of services. Presently it has dialysis centers in 8 different places in the twin cities and at Aler in Yadadri Bhongir District. This helps the needy poor patients to have easy access to the good quality of service.

The Trust deserves generous support from all individuals and institutions, both financial and non-financial, to enhance its services in scope and magnitude.

I would like to convey my sincere appreciation and thanks to the Trust and wish and hope that its activities expand to all districts of Telangana State.

Hyderabad,
October 8, 2021

S. Narsing Rao



B. Venkatesham, IAS

Principal Secretary
Government of Telangana



Message

It is hard to believe but true, as I am regularly in touch with some of the Trustees of this great organization.

Right from the inception and allotment of space at the District Hospital King Koti in my regime in 2010, the Trustees have put in hard work and dedication to ensure that no patient is denied of dialysis services at the most affordable charge, and to even offer free treatment in case the patient cannot afford this small charge. When I introduced a couple of Trustees to late Shri Abdul Kalam Ji, former President of India, they carried his message, *'Dreams are not those that don't allow you to sleep, but dreams are those that don't allow you to sleep till you finish your task'*.

The citizens of Hyderabad are lucky to have such an organization which has saved many lives and as many homes from the burden of debts to treat chronic kidney disease (CKD) patients in need of dialysis.

I am aware of the fact that, inspired by the excellent work of this Trust, and by parting the experience over a dozen new Centers on similar lines have been set up in many parts of the country to provide dialysis at an affordable price.

My compliments to the Trustees for their selfless service to mankind and for setting up the landmark of 'One Million Dialyses'. I am proud to be associated with them.

October 11, 2021

B. Venkatesham



A. Santhi Kumari, IAS
Special Chief Secretary
to the Government of Telangana
(Former Special Chief Secretary, HM&FW)



Message

For a kidney patient, the word 'dialysis' means only one thing – 'renewed lease of life' with every cycle of treatment, and to understand 'desperation' and 'hope', one just needs to see a patient hooked to a dialysis machine. When I was the Secretary of the Health Department, I had seen the work of 'Bhagwan Mahavir Relief Foundation Trust' and congratulate them for completing One Million dialyses.

More importantly, I wish to record my appreciation and respect for their courage, selflessness and dedication to social service. I also extend my best wishes to the army of supporting staff and medical personnel, as well as the conscientious donors who have supported such a worthy cause.

Yours sincerely,


A. Santhi Kumari

25th September 2021




Navin Mittal, IAS
Commissioner,
Collegiate Education and
Technical Education Department
(Former District Collector, Hyderabad)



Message

My sincere congratulations to the Bhagwan Mahavir Jain Relief Foundation Trust on reaching 'One Million Dialyses' in their social service initiative. This is a laudable achievement. I extend my best wishes to all the medical professionals at the centers, the distinguished founders of the Trust, the various participants in the supply chain, and the innumerable service-minded donors. We hope to see more initiatives like this in all towns and cities in India, so that treatment for the life-threatening chronic kidney disease is available to patients in the remotest parts of the country. May this set an example for social service everywhere.


Navin Mittal

5th October 2021

GUIDING LIGHTS ON OUR JOURNEY



Somesh Kumar, IAS
Chief Secretary
Government of Telangana



Message

I wish to congratulate the *Bhagwan Mahavir Jain Relief Foundation Trust* on its exceptional achievement of having completed one million dialysis treatment cycles across its various centres.

In an era where everything is being talked about in 'trillions', the word 'million' might seem to have lost its sheen. But if one were to visit any of the amazing dialysis centres of the Bhagwan Mahavir Trust, the magnitude of this achievement becomes clear — and impressive. The inspiration, the commitment, the dedication required for a handful of people to start such a Trust are no doubt highly laudable. But what one needs to pause to admire is that this group of sixteen has successfully translated those essentials into action. In the same way, the manner in which the Trust has carried through the Telangana Government's 'Aarogyasri' Scheme, now stands as a perfect model of public-private partnership.

Also, the Trust has reached and sustained this scale of operation in a little over a decade. This again is commendable in itself, especially given the fact that it is a charity- and donation-based institution.

India's population is bursting at the seams, and there are healthcare challenges lurking in every corner. It is my sincere hope that this Trust and its Dialysis Centres are studied as 'role models', so that our nation gets a step ahead of the scourge that is the chronic kidney disease.

My best wishes to all those who have contributed to the achievements of this Trust.

“It was a decade ago that I witnessed for myself the noble mission that the *Bhagwan Mahavir Jain Relief Foundation Trust* had set upon. I was present at their first dialysis in the newly opened King Koti Dialysis Centre. Looking at the bright young man hooked to the dialysis machine, unaware of the magnitude of the occasion, I could not help but wonder how sixteen individuals could come together to start such a singular social service initiative. The fact that the Trust's dialysis centres have completed one million dialysis treatments today is a sure sign that compassion is still alive in many people, in spite of the sense of humanness rapidly eroding away throughout the world.

My sincere congratulations to all the trustees and staff as well as their families. This is possibly the first time that so few have achieved so much, especially considering that they are a so totally focused on charity. I also greatly admire the invaluable and unwavering support provided by their like-minded donors. I have had the honour of knowing every one of the trustees closely, and I am sure that their continued devotion to healthcare for the less fortunate will take them to even greater heights.

— Dr. P.V. Ramesh, IAS (Retd.)

Former Special Chief Secretary, HM&FW



“I am delighted to state that by devotedly conducting one million dialyses, by maintaining all the standard quality parameters in a span of just twelve years, the *Bhagwan Mahavir Dialysis Centres* have amply demonstrated the relevance of *Lord Mahavir's* teachings — ‘Live and allow others to live; hurt no one; life is dear to all living beings’ — at all times, in the present and in the future.



Their milestone is proof of their highest commitment and dedication to the cause of health and humanity. I wholeheartedly congratulate the management and all the members and staff of the Centres, the founding trustees, the suppliers of dialysis equipments and last but not the least the devoted donors who have shown their dedication towards social services.

— Rajeshwar Tiwari, IAS (Retd.)

Former Special Chief Secretary, HM&FW

“I am very happy to know about landmark completion of one million dialysis treatments by the Bhagwan Mahavir Jain Relief Foundation Trust. I salute the sixteen founders of the Trust for their foresight and courage twelve years ago, when they started with just sixteen dialyses. Without their resolve and commitment to the disadvantaged sections of society, such a capital-intensive venture would not have even taken off. My congratulations also to the many generous donors, who have come forward to support this noble endeavour, and of course to the highly skilled and dedicated medical personnel who form the backbone of any dialysis treatment centre.



My best of wishes to everyone in Bhagwan Mahavir Jain Relief Foundation Trust whose untiring and dedicated contribution made this possible.

— Suresh Chanda, IAS (Retd.)

Former Special Chief Secretary, HM&FW



FROM THE CHAIRMAN'S DESK

Chronic kidney disease is growing at an alarming rate in India, and Telangana is no exception. Vitamin C and other nutritional deficiencies of the mother during pregnancy may cause smaller kidney volumes at birth. According to the United Nations Children's Fund (UNICEF), 28% of the children born in India weigh less than 2.5 kg at birth. Consanguinity and genetic inbreeding increase the risk of congenital anomalies of the kidney and urinary tract. Poverty, poor sanitation, pollutants, water contamination, and known and unknown nephrotoxins may also cause kidney disease.

In addition, uncontrolled hypertension and diabetes are major contributors to the growing number of kidney patients in the country. By 2030, India is expected to have the world's largest population of patients with diabetes. Because of challenges in access to primary health centres, and to adequate medical support and care, over 50% of patients with kidney disease are first diagnosed when the disease has already reached the chronic stage.

Lifelong dialysis or kidney transplants are the only options for CKD patients. What is of particular concern is that, in India, an estimated 90% of patients requiring kidney treatment die because they cannot afford the treatment, or — as it often happens in rural India — because treatment is simply not available. As dialysis in private facilities can cost anywhere between Rs.20,000 to Rs.40,000 per month, even amongst those who do start the treatment, 60% are unable to continue for financial reasons.

It is heartening to note that the Government of India and the Government of Telangana have included dialysis under their health insurance schemes — *Ayushman Bharat* and *Aarogyasri*, respectively. These schemes take care of the dialysis needs of below-poverty-line (BPL) patients. However, families of lower middle class CKD patients, who are just marginally above the poverty line, often find themselves in a grave dilemma: they can neither afford commercial dialysis, nor can they avail of the benefits of government schemes.

The *Bhagwan Mahavir Jain Relief Foundation Trust* (BMJRFT) was set up twelve years ago (in June 2009) by sixteen like-minded Jains. Its immediate objective was to take care of the needs of this category of patients, that is, the lower middle class. The Trust started on a modest note: each of the trustees contributed Rs.1,000 to



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subsidise 16 dialysis sessions of 6 patients affected by kidney disease. From this small beginning in July 2009, the Trust has come a long way — today, it conducts about 500 dialysis sessions *every day*. It collects a nominal amount of Rs.300 per session from APL patients (against Rs.1500 – Rs.4000 charged by private hospitals). This charge has not been revised upward in more than twelve years, though the cost of treatment has increased several-fold. It is gratifying to note that the efforts of the Trust have resulted in a saving of over **Rs. XXX crores** to our patients. The story of this fascinating journey can be found elsewhere in this monograph.

Today, when we celebrate the completion of one million dialysis sessions, we re-dedicate ourselves to provide affordable healthcare to the economically weaker sections of society in India. In closing, allow me to say that this incredible journey of the Bhagwan Mahavir Trust would not have been possible without the generous donations of our well-wishers, the hard work of our trustees and their spouses, the tireless efforts of our sincere and dedicated staff, and above all, the unfailing support of the State Government and a succession of Health Secretaries. I wish to place on record our sincere appreciation and gratitude for their contribution to our success.

14th October 2021

P.C. Parakh



SECRETARY'S REPORT

PASSION to *compassion*, that is what our journey has been. And our eventful saga — from a mere sixteen dialyses to a whopping *one million* — could fill a thousand pages at least!

In a nutshell, the formation of the Bhagwan Mahavir Jain Relief Foundation Trust (BMJRFT) was the culmination of the ideas and desires of a handful of close friends. The inspiration came from various quarters, and through various individuals, as if Divine Will itself was driving us from within. I was introduced to Shri Nirup Kothari, who was managing the Neminath Foundation, which operated dialysis centres in Mumbai. I was on my way to the holy Palitana Tirtha, along with my friend Hemendra Sheth. Similar dialysis support activities in various parts of India came to the notice of my brother, Gautam bhai.

Responding to a challenge by Shri Kothari, we began to talk about setting up a dialysis facility in our very own Hyderabad. Before long, our group swelled to sixteen dedicated and excited Jain friends. One of us — late Shri Uttamchand Lunawat — was a chronic kidney disease patient; he was himself undergoing dialysis, and knew the problem and the pain only too well. He became the perfect inspiration for our endeavour.

The BMJRFT's plan of supporting dialysis treatment was also perfectly timed: it coincided with the State Government floating open tenders for the provision of dialysis treatment to below-poverty-line (BPL) patients under its flagship 'Aarogyasri' healthcare scheme.

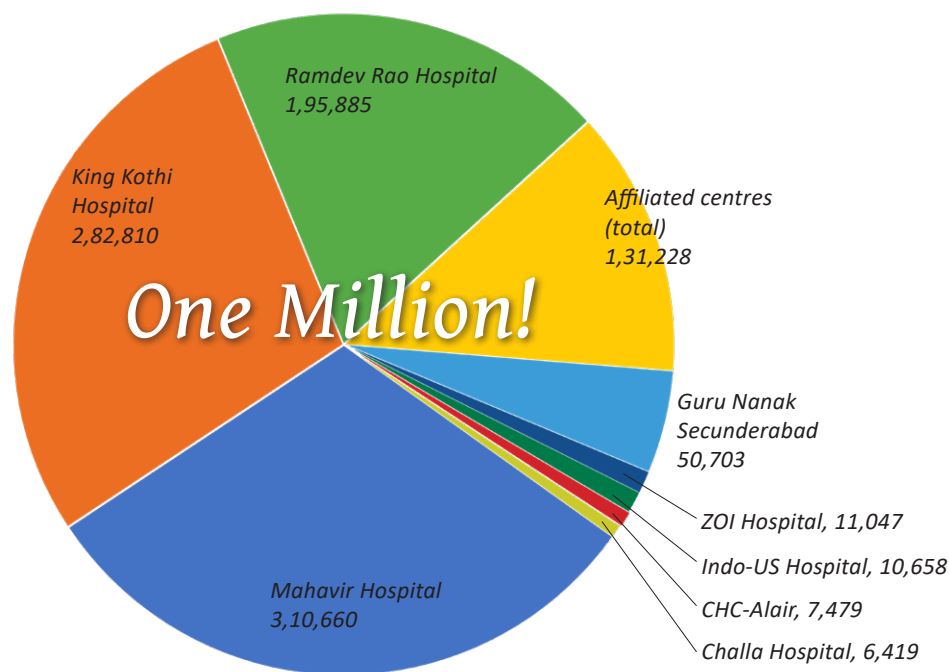
Based on our request to provide space in a Government Hospital to setup our very first dialysis centre, the erstwhile government of Andhra Pradesh allotted us space in King Koti Government Hospital free of rent. However, the Government order came with a pre-condition that the Trust had to extend its dialysis services to BPL patients, and that these patients would always be given priority over other patients. In keeping with our commitment, the Trust has provided over six lakh dialysis treatments to BPL patients under the Aarogyasri scheme. Not only in King Koti Centre where rent-free space was provided by the government, in every one of our seven other centres, BPL patients get priority. This is entirely in line with our original approach and philosophy of service to the neediest.

As detailed elsewhere in this book, within just a few years of the Trust beginning its activities, the demand for dialysis treatment far exceeded our capacity. The flow of patients looking for affordable but quality treatment

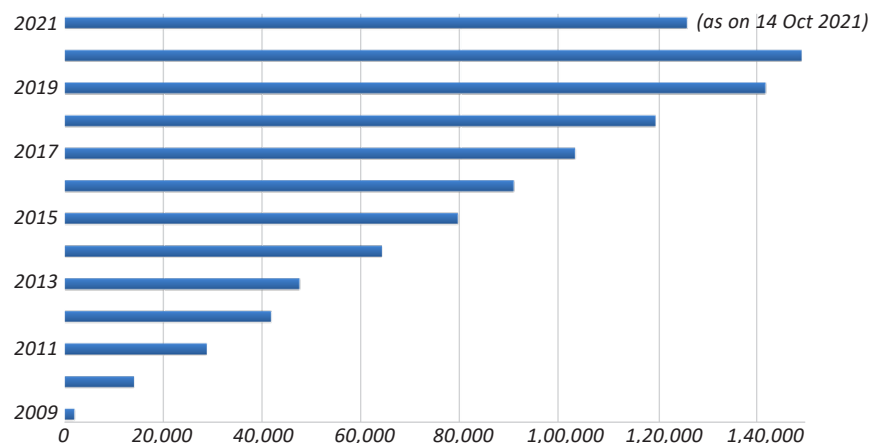


To this day, not one of our dialysis centres have turned down a patient who approached us for treatment. Such is our record of 'no denial'.

Centre-wise dialyses (2009–2021)



Year-wise dialyses (2009–2021)



The global kidney disease picture

Kidney disease is non-communicable, and currently affects nearly 900 million people worldwide. One in ten adults has chronic kidney disease (CKD). The global burden of CKD is increasing, and is projected to become the 5th most common cause of years of life lost globally by 2040. Some key facts:

- 10% of the population worldwide is affected by chronic kidney disease (CKD) with over 2 million people worldwide receiving treatment with dialysis or a kidney transplant to stay alive, yet this number may only represent 10% of people who actually need treatment to live.
- Many people cannot afford treatment at all, resulting in the death of over 1 million people annually from untreated kidney failure.
- In people aged 65 through 74 worldwide, it is estimated that one in five men, and one in four women, have CKD.
- Chronic kidney disease can be treated. With early diagnosis and treatment, it is possible to slow or stop the progression of kidney disease.
- India has roughly 30,000 dialysis machines and 2 lakh dialysis patients. These figures continue to increase every year.
- Telangana has about 2,200 dialysis machines and 13,000 dialysis patients.
- In Hyderabad alone, there are 1,800 machines and 10,000 patients.

Sources: <<https://www.kidney.org/kidneydisease/global-facts-about-kidney-disease>>; <<https://www.worldkidneyday.org/2020-campaign/2020-wkd-theme/>>

continued to rise, encouraging us to put in place a network of centres across Hyderabad and Secunderabad. The guiding factor was to take dialysis treatment as close as possible to the patients, so that they could save time, money and effort in accessing the facilities.


In mid-2012, our long-term association and friendship with Shri Vikramdev Rao and Smt Meera Rao, owners of the well-known Ramdevrao Hospital, resulted in the Trust obtaining the required space and infrastructure in the Hospital at Kukatpally to start its dialysis facility with twelve machines. This was our second centre, after King Koti. Two expansions followed in subsequent years, and the centre now has thirty-nine machines. The Mahavir Hospital, a prestigious hospital of the Jain community, was our next location (Masab Tank), where we now have our largest set-up with sixty-one machines.

By 2016, we were much better prepared and equipped to meet the ever-rising demand for dialyses. In a unique partnership of two minority communities and a social organisation, we set up a new dialysis facility at the Guru Nanak Medical Centre, Secunderabad, with a total financial help of over Rs.140 lakhs from the Rotary Club of Hyderabad Deccan. Our most recent new centre was inaugurated in Alair, a town 75 km from Hyderabad, with ten machines. It is worth noting that the Covid-19 lockdown did not deter us from completing the preparatory work for this facility, which opened within a month after the lockdown was lifted. The cooperation of the local authorities played a crucial role.

Today, in our second decade, we are offering quality and affordable dialysis in eight centres. Our current strength of 189 machines allows us to treat over 900 patients (about 13,000 dialysis sessions per month). The Trust also provides key medicines at a reduced cost. With an eye on general health promotion and disease prevention, we started a physiotherapy centre in Sultan Bazar (Hyderabad) for affordable physio-care.

Thursday, 14th October 2021, was a landmark day: the Trust completed its *one millionth* dialysis since its inception in 2009. This souvenir gives you an overview of our memorable journey, with details and photos — from the birth of the Trust, through its important milestones from 2009 to 2021. Many a reader will surely recall how closely he or she has been associated with us on this remarkable mission of social service.

*What lies behind us
and what lies before
us are tiny matters
compared to what lies
within us.*



With the Divine blessings of **BHAGWAN MAHAVIR**
& support of Well wishers our Trust has completed

1 Million | दस लाख
10,00,000
DIALYSIS

On 14th October, 2021

Dialysis Centers
Govt. Hospital, King Koti | Ramdevrao Hospital, Kukatpally
Mahavir Hospital, AC Guards | Gurunank Medical Center, Sec'bad
Zoi Hospital, Attapur | Chella Hospital, Ameerpet
Indo US Hospital, Malakpet | Community Health Centre, Alair

BHAGWAN MAHAVIR JAIN RELIEF FOUNDATION TRUST
Trustees
P. C. Persin IAS (Retd.) | Prakash Shrivastava | Indrakant Jain | Satish Khanna | Ashok Kulkarni
Dhanraj K. Reddy | Maheshwari Prasad | Suresh Kulkarni | Kameshwar Chatur | Suresh Sharma | Jagan Prasad
Maheshwari Prasad | Vinod Kulkarni | Suresh Chandra Kulkarni | Harshwardhan Nakhla | Gaurav Chandra Choudhary

14th October 2021

Sixteen to Million (2009–2021)

Inder Chand Jain



Don't accumulate if you do not need.

The excess of wealth in your hands

is for the society,

and you are the trustee for the same.

– Bhagwan Mahavir

THE STORY OF THE STELLAR SIXTEEN

THE TRUST TODAY

TRUSTEES' REFLECTIONS



THE STORY OF THE STELLAR SIXTEEN

As the saying goes, *where there is a will, there is a way*. Today, as they celebrate their incredible record of one million dialyses, the Bhagwan Mahavir Dialysis Centres have become synonymous with low-cost treatment for chronic kidney disease in Hyderabad. How did it all begin? What divine force brought this small group together to form a Trust? How did a small idea gather momentum and attract the invaluable support of hundreds of generous donors? And last but not the least, what is dialysis after all?

On the following pages, two pioneers narrate how resolve, commitment, dedication — and the *will* to act — resulted in the extraordinary saga of the *Bhagwan Mahavir Jain Relief Foundation Trust*.

“It all started on a pilgrimage we made to *Ahichatra Tirtha*, hosted by my co-brother Shri Premchandji Ostwal,” says Gautam Jain. Ahichatra is a famous Jain centre near Muradabad, in Uttar Pradesh. On the way, Gautam Jain overheard his co-traveller Shri Anand Marlecha (who was associated with a donations-based charitable trust in Bengaluru) talk about dialysis treatment on his phone. Like many, Gautam Jain was intrigued by this strange word: what is ‘dialysis’ after all? After further conversation with Shri Marlecha, and by the end of their journey, an ‘*inner voice*’ told Gautam Jain to explore the idea of starting a similar trust in Hyderabad. It was as if by Divine Will.

An Idea is Born

On his return, Gautam Jain lost no time in broaching the subject with Inder Chand Jain, Madan Lunawat and Satish Khivsara. Being closely associated with the prestigious ‘Mahavir Hospital’ as a trustee, Satish Khivsara knew about the issues that kidney patients face. He was aware of kidney transplants being performed by the famous nephrologist Dr. Sarbeswar Sahariah and Dr. Ram Bhoopal. The idea of a trust with a healthcare focus immediately appealed to everyone, and the four felt they were on to something truly worthwhile — a ‘dialysis project’.

A little later, the word reached Shri Suresh Surana who instantly offered to join the ‘team’; he knew the dialysis scenario only too well. His mother was suffering from kidney failure, and he would often accompany her for the dialysis sessions. He was also aware of the financial challenges of dialysis for middle-class and lower-middle-class patients. The sudden passing of his mother left Shri Surana with a certain resoluteness to give his

“It all started on a pilgrimage we made to Ahichatra Tirtha...”
— Gautam Chand Jain



all to the project. At her funeral, Gautam Jain found himself sitting next to Shri Rikhab Parak; learning about the dialysis project, Shri Parak became keen on playing an active part in the philanthropic initiative that was fast crystallizing.

However, no one had yet sought specialist advice on dialysis treatment. Gautam Jain shared the plan with a dear friend, Dr. Nagendra Mahendra (an ENT specialist), who introduced him to Dr. Girish Narayan, a senior nephrologist in the city. Dr. Narayan offered valuable advice on how to take the plan forward, based on his experience at the Osmania Hospital. He also said that anything offered free would carry no value, and therefore suggested a minimum charge per dialysis treatment.

Advice continued to pour in. Dr. Rajender Jain Munoth explained the function of the kidneys in the human body, and the logistics of dialysis treatment. He added a word of caution: “It is very challenging to support such treatments for a lifetime, and if, at some point, you were to discontinue the charitable services, then it could have an undesirable, ‘reverse’ effect on you...” Dr. Munoth went on to suggest that, instead of dialysis treatments, a more practical initiative could be to consider helping children with heart surgeries, or maybe cataract treatments and the like, as they all only involve a one-time investment. However, in Gautam Jain’s mind, the emerging magnitude of the challenge was nothing compared to the magnitude of the kidney disease problem for the disadvantaged classes of our society. Life is indeed dear to all living beings. It was a decisive point. “I had no plans of looking back on a journey that I had already started in my mind,” says Jain, “When the going gets tough, the tough should get going.”

The Spadework

The immediate job on hand was to look at how other charitable trusts — the one in Bengaluru, and the Neminath Trust in Mumbai — were conducting dialysis treatments. Everyone in the ‘dialysis project’ pitched in earnestly, calling up friends and acquaintances, looking for suggestions and general direction. One evening, Inder Chand Jain received a visit from Shri Neerup Kothari of the Neminath Trust (which runs dialysis services in Mumbai).

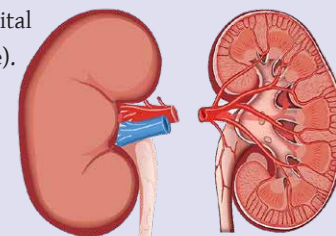
Satish Khivsara knew about the issues faced by kidney patients, and he was aware of kidney transplants.



When the going gets tough, the tough should get going...

WHY DIALYSIS?

Kidneys. These are two bean-shaped organs located just below the rib cage, one on each side of our spine. They are among the most vital organs of the human body. The primary function of the kidney is to filter and purify the blood (about half a cup of blood every minute). Each kidney removes waste materials (as well as extra water and other chemicals not required by the body), which are then flushed out of the body in the form of urine.



Kidney failure is the condition where there is a significant reduction in the ability of the kidneys to filter and excrete waste products from the body.

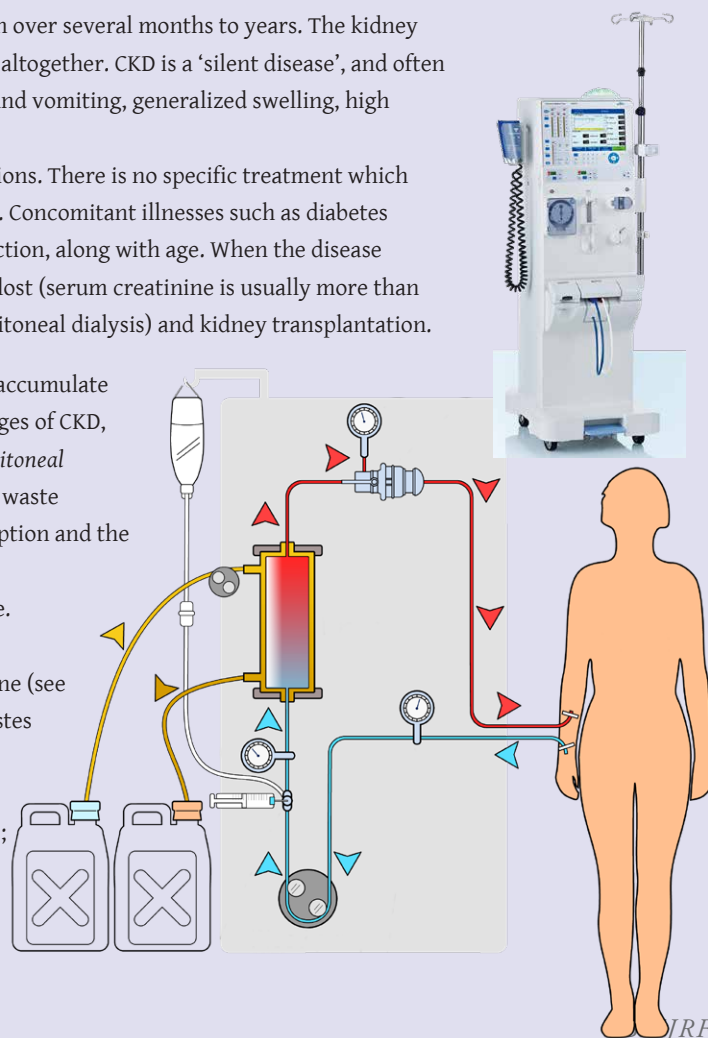
Chronic kidney disease (CKD) is the gradual, progressive and irreversible loss of kidney function over several months to years. The kidney function decreases continuously, and eventually reaches a stage where the kidneys stop working altogether. CKD is a 'silent disease', and often goes unnoticed. Common symptoms may include generalized weakness, loss of appetite, nausea and vomiting, generalized swelling, high blood pressure, etc. Two important and common causes of CKD are diabetes and hypertension.

In the early stages of CKD, the patient needs appropriate medications and dietary modifications. There is no specific treatment which can cure this disease. One has to realize that as one gets older, the kidney function also decreases. Concomitant illnesses such as diabetes and hypertension, if uncontrolled, can contribute to faster and progressive decline of kidney function, along with age. When the disease progresses to an advanced stage (end-stage kidney disease), more than 90% of kidney function is lost (serum creatinine is usually more than 8-10 mg/dl). The only treatment options available at this stage are dialysis (hemodialysis and peritoneal dialysis) and kidney transplantation.

Dialysis is a filtering process to remove waste products and excess fluid from the body that may accumulate in the body when the kidney stops functioning. Dialysis is not a cure for CKD. In the advanced stages of CKD, the patient needs lifelong regular dialysis treatment. Two methods are used: *hemodialysis* and *peritoneal dialysis*. Hemodialysis is the most widely used form of dialysis. With the use of a special machine, waste products, excess fluid and salt are removed. Kidney transplantation is the most ideal treatment option and the only curative treatment for end-stage kidney disease.

Shown at right is a typical dialysis machine (top) and the flowchart of the dialysis procedure. Blood is pumped out of the patient's system (blue), toxins and excess water are removed, and the cleansed blood (red) is pumped back into the body. The dialyzer is the heart of the dialysis machine (see image at left). The special membranes inside the dialyzer do the actual work, filtering out the wastes while keeping the blood cells and protein, which are sent back into the circuit.

Dialysis needs to be performed in a designated dialysis centre, which has not only the machines, but an array of auxiliary equipment. Each dialysis session usually lasts about 3-4 hours; and 1-3 sessions are required per week, depending on the patient.



Barely able to conceal his excitement, Inder Jain called Gautam Jain to inform him about Shri Kothari's visit. Both Gautam Jain and Satish Khivsara reached Inder Jain's office in minutes, and listened eagerly to Shri Kothari explain how the entire 'system' functions. While Shri Kothari was extremely generous in sharing every single detail, he rounded up with a clear caveat: "If you are thinking about dialysis, remember that mere words and lofty thoughts will not suffice. You will need determined action."

The steepness of the task ahead was anything but a deterrent. Gautam Jain immediately called for a meeting at his residence to talk about the nuts and bolts of forming an institution. After hours of brainstorming with Inder Chand Jain, Satish Khivsara, Suresh Surana, Rikhab Parak, Ashok Kothari, Prakash Shrimal, and Shanti Bhai Shah, it was agreed that a trust should be set up, and the name, 'Bhagwan Mahavir Jain Relief Foundation Trust', emerged as a unanimous choice.

Another key decision was to have trustees from all sections of the Jain society. The core group thus called upon Shri Sunil Pahade and Shri Mahavir Patny (Digambar Samajh), Shri Swaroop Kothari, Shri Mahavir Chandji Alizar, Shri Dharmender Nahar, Shri Vinod Kimtee (Sthanak waasi), Shri Rajender Dugar and Shri HM Jain (Terapanti), and Shri Dhiraj Bhai Kapadia (Kutchi Samajh). Rikab Parak suggested the name of Shri Uttam Chand Ji Lunawat, who was himself a dialysis patient. Two of the invited people did not respond. In the next meeting, Inder Chand Jain was given the responsibility of drafting and registering the trust deed. The long-awaited dream thus became a reality in mid-2009. The Bhagwan Mahavir Jain Relief Foundation Trust was registered by Shri P.C. Shrimal, Gautam Chordia and Inder Chand Jain as Founder Trustees.

Cutting the Cost

The Trust was formed, but the acid test lay ahead. How does one go about starting a dialysis centre? What paraphernalia does one need, and how does one source it? Satish Khivsara and Gautam Jain were thus given the responsibility to consult the renowned nephrologist Dr. Sarbeswar Sahariah at the Mahavir Hospital, which was running a dialysis centre with 10 machines. Satish Khivsara recalls, "It was an eye-opening experience. Being

Shri Neerup Kothari of the Neminath Trust rounded up with a clear caveat: "If you are thinking about dialysis, remember that mere words and lofty thoughts will not suffice. You will need determined action."

How does one go about starting a dialysis centre?

a good friend of mine, Dr. Sahariah spared no effort to take us around the centre and to brief us on all details. The cost sheet of each dialysis session had to be carefully studied and understood. We then sat down with him to explain that the main intention of our Trust was to bring dialysis treatment within the reach of poor and needy patients.” Dr. Sahariah was full of appreciation, but said, “Remember that it is very difficult to sustain a dialysis set-up. Many people have come forward, but gave up within months.” Unfazed by his response, the members further discussed the charges of each dialysis, and asked Dr. Sahariah what he would charge us, when compared to other hospitals, if we wished to go ahead with our plan to support deserving patients. He told us that the Mahavir Hospital was charging much less (Rs.1,250) compared to other institutions, and that the fee per dialysis was about Rs.3,500.

Shri Neerup Kothari had already sent the cost details, so the group had everything at their fingertips. The question that remained was what the charges would be if the Trust brought its patients to Mahavir Hospital. Dr. Sahariah finally agreed to bring down the charge to Rs.1,050 (instead of Rs.1,250). He also revealed that he was paying Rs.250 to the Mahavir Hospital for providing the place, and for access to power and water. The alert trustees spotted another opportunity, and met Shri Shanthilal Ji Daga, Chairman of Mahavir Hospital, and briefed him about the concept of the newly formed Trust. The sole request put forward to him was to do away — for the patients supported by the Trust — with this Rs.250. Shri Daga immediately agreed, saying that both were Jain organizations and that he had no right to deny the request. This was how the per-dialysis rate of Rs.800 was fixed for patients who would be referred by the Bhagwan Mahavir Jain Relief Foundation Trust. The light at the end of the tunnel had never seemed so bright!

Dr. Sahariah was full of appreciation, but said, “Remember that it is very difficult to sustain a dialysis set-up. Many people have come forward, but gave up within months.”

The First Dialysis

Satish Khivsara and Gautam Jain both felt it was a celebratory moment. But some mathematics still remained. They first briefed the other trustees about the rate being finally fixed at Rs.800, for treatment at the Mahavir Hospital (only for patients referred by the Trust). Eventually, the sixteen trustees decided that their patients

would have to pay only Rs.300 to the hospital, and the balance Rs.500 would be paid by the Trust to the Mahavir Hospital. The bottomline was clear: a patient covered by the Trust would be relieved of a significant burden — Rs.950 — compared to patients directly approaching the Mahavir Hospital.

In mid-June 2009, the now tightly integrated sixteen trustees met at Shri Inder Jain's office to decide the date for the first dialysis. To start with, they collected Rs.1,000 from each trustee.

Tuesday, 21st July 2009 will remain etched in the Trust's history. Rikab Parak had suggested that it was an auspicious day, a good *muhurth*. Our first patient underwent his dialysis at the Mahavir Hospital. He was identified by Shri Srinivas, the Technician at the hospital. The patient's family was overjoyed to have to pay only Rs.300, instead of the regular charge of Rs.1,250. All sixteen trustees were present, and saw first-hand what the treatment involved and what the disease was. As only to be expected, other patients in the hospital quickly came to know about the charitable initiative of the BMJRFT, and began to approach the Trust for support.

An Unstoppable Mission

The elation among the 'Stellar Sixteen' trustees was beyond description. And their families too felt the intense sense of satisfaction and fulfilment on having set in motion a unique social service mission. By the end of July, the Trust had six patients and completed sixteen dialyses. [Within a year, they breezed past 1,600 dialyses... but that is another story].

The spirit of social service is innate to the Jain community. Within a short time, the Trust raised 4.5 lakhs from within the Trustees' circle, in order to take the project forward. Once the Mahavir Hospital project had settled into a steady pace, the trustees (Inder Jain, Satish Khivsara, and Gautam Chand Jain) arranged to meet with Shri Vinay Saboo, Shri Bijay Mandhani and Dr. Shyam Tapadia who were planning to start a dialysis project at the Mahesh Hospital. This resulted in the installation of two machines at the same hospital, which were donated by Shri Nalin Khara and Shri Ram Prakash Bansal.

When two close friends of the Trust, Shri Hemu Bai and Shri Paresh Bhai visited Hyderabad, the dialysis

The bottomline was clear: a patient covered by the Trust would be relieved of a significant burden — Rs.950 — compared to patients directly approaching the hospital.

The spirit of social service is innate to the Jain community. Within a short time, the Trust raised 4.5 lakhs from within the Trustees' circle, in order to take the project forward.

A Birthday to Remember

On 30th Jan 2012, all BMJRFT trustees assembled at Shri Sunil Pahade's residence at Banjara Hills. After breakfast, they proceeded to Chairman Shri Prakash Shrimal's residence to wish him on his birthday. After cutting the cake, Shri Shrimal expressed his happiness about the progress on the dialysis initiative and gave a cheque for Rs.11 lakhs and said: *"I wish to give Rs.11 lakhs for the next five years on my birthday, so that this charity work continues. You must not turn away even one dialysis patient requiring dialysis, irrespective of cast and creed."* [Shri Prakash Shrimal passed away on 3rd April 2012. For the next four years, the same amount was paid by his son Shri Prashant Shrimal]



When Shri Babulal Ji Pahade arrived at Shri Shrimal's house, he told the trustees to open a dialysis centre in the Mahavir Hospital & Research Centre, instead of opening in government hospitals. There was some reluctance, because the Mahavir Hospital lease was not extended. Nevertheless, Shri Pahade requested Shri Shrimal and Shri Dhiraj Bhai to convince the trustees. From that day, Shri Dhiraj Bhai kept reminding everyone. One day, he said, *"You have to open a centre in Mahavir because it is also our institution, and I will be one of the project donors."*



A Diwali Wish

In 2011, on Diwali day, Shri Dhiraj Kapadia called Gautam Jain to wish him, and said, *"It is good that we are working with 24 machines, but I'm not happy... We must have at least 108 machines, and a corpus of five crores."* Gautam Jain responded, in a lighter vein, that this 'small wish' was actually difficult to realize.

Two years later, on 1st April 2013, Shri Dhiraj Bhai's son Sushil called up Inder Chand Jain, *"Dad wants to meet you and Gautam Bhai at the Omega Hospital... he is in the ICU."* When the duo rushed to the hospital, Shri Kapadia was very happy: *"I don't think I have much longer to live... Let me bless you both. Take good care of the Trust. I am happy that you have agreed to open a dialysis centre at Mahavir Hospital with 24 machines."* [Shri Dhiraj Kapadia expired that very afternoon]

project was discussed in detail, and they floated the idea that a large-scale programme could be organised for general awareness and donation-collection. Shri Paresh Bhai suggested that the famous singer Shri Roop Kumar Rathod could be invited to provide entertainment. The outcome was our very first event 'Jagrati - An Awakening', which took place on 14th March 2010 at the Lalitha Kala Thoranam, Hyderabad. Invitation was restricted and by free passes only.

The chief guests of honour that evening were Shri Navin Mittal, then Collector of Hyderabad, and Shri Deepak Bhai. The screening of a short film on dialysis patients, created by Shri Sanjay Kankaria, was one of the highlights of the evening. Needless to say, the event was a grand success. Apart from huge cash donations, generous donors pledged 24 dialysis machines... far more than what the Trust had ever dreamed of.

Shri Navin Mittal subsequently initiated the process to identify spare space for the Trust to set up its own dialysis facility. Eventually, on 13th December 2010, the State Government issued an order giving the Trust rent-free space in the King Koti District Hospital, right in the centre of the city. The order was issued by Dr. P.V. Ramesh, IAS (Retd.), then Principal Secretary, Health, Medical and Family Welfare, Government of Andhra Pradesh. The entire preparatory work culminating in the issue of the order was done by Shri B. Venkatesham, IAS, then Managing Director, Andhra Pradesh Medical Infrastructure Development Corporation.

The King Koti centre of the BMJRFT began functioning in April 2011, and heralded a new chapter in the annals of the Trust. Several other centres were established in the years that followed, as described elsewhere in this book. Even today — twelve years and a million dialyses later — Gautam Jain and Satish Khivsara have just one thing to say: "We have miles to go before we sleep... as service to mankind is service to God!"

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WE SEE YOU EVERYWHERE AROUND US



SHRI UTTAMCHAND LUNAWAT
Founder Trustee, 2009–2010



SHRI P.C. SHRIMAL
Founder Chairman, 2009–2012



SHRI DHIRAJ KAPADIA
Chairman, 2012–2013

*Those we love don't go away, they still guide us at every step, they still walk beside us every day.
Unseen, unheard, but always near; still loved, still missed and very dear.*



THE TRUST TODAY



Sitting, left to right: Rikab Parak, Gautam Chand Chordia, Inder Chand Jain, P.C. Parakh, Satish Khivsara, Swaroop Chand Kothari, Shanti Bhai Shah, Hanumanmal Nakhat.

Standing, left to right: Sushil Kapadia, Prashant Shrimal, Sunil Pahade, Suresh Surana, Rajender Kumar Dugar, Mahavir Kumar Patny, Ashok Kothari, Vinod Kimtee.

OUR PILLARS OF STRENGTH



Front row, left to right: Smt Kalpana Kapadia, Smt Chandrakala Kothari, Smt Vimala Parak, Smt Nalini Patny, Smt Usha Parakh, Smt Amri Chordia, Smt Kanchan Shah, Dr. Asha Khivsara.

Back row, left to right: Smt Sudha Kimtee, Smt Suman Nakhat, Smt Prabha Dugar, Smt Sudha Surana, Smt Asha Pahade, Smt Gulab Shrimal, Smt Meena Jain, Smt Leela Kothari.



TRUSTEES' REFLECTIONS



From humble beginnings come great things. That is a universal truth. The *Bhagwan Mahavir Dialysis Centres* initiative has indeed come a long way from its very first six patients in 2009. For us, reaching our one-millionth dialysis is as intensely fulfilling an achievement as mankind's first journey to the moon. On my every visit to a dialysis centre, the satisfaction I get on seeing the smiling faces of our patients and our staff is a reward in itself. I extend my sincere and profound thanks to our donors, our patients and their families, our dedicated staff, and last but not the least our committed trustees. — *Satish Khivsara*



Individual commitment to a group effort... this is the biggest key to success. Alone we can do so little; together we can do so much.

Coming together is a beginning, staying together is progress, and working together is success. That is what the Bhagwan Mahavir Jain Relief Foundation Trust is all about.

When every member of the team puts his best foot forward and contributes selflessly, that is when we know that success is ours. And the pedestal of success is higher when we work together to brighten up the lives of people in need.

Today, in the true sense of the word, we have all become 'Millionaires'. Every member of the team has contributed his *Time, Talent, and Treasure* without any expectation in return. May God bless us all with the energy and enthusiasm to go miles ahead in this journey together. Jai Jinendra! — *Rikab Parak*

TRUSTEES' REFLECTIONS



It is with the core belief in making *compassion your passion* that I became a trustee of BMJRFT. Ever since, I have considered 'service to humanity' as the purest form of religion. Every time I visited the dialysis centre, it never failed to teach me a new life lesson. I learnt how to find happiness in others' happiness.

Meeting and talking with the patients at the centre has taught me to always be strong and happy, no matter how hard the times were. Over the years, I have resolved that our aim should be to make our patients *warriors*, not worriers. — *Rajender Dugar*



It gives me immense pleasure to be a part of the Bhagwan Mahavir Jain Dialysis Trust Hyderabad. The Trust has been generous to me and my family by giving us the opportunity to become project donors for one of its dialysis centres at Mahavir Hospital, which we will treasure for the rest of our lives. I am grateful to the trustees of the Bhagwan Mahavir Dialysis Trust for giving me the remarkable opportunity to serve humanity. — *Swarup Chand & Chandra Kala Kothari*



Service to the humanity is the ultimate service to God. The BMJRFT is truly an embodiment of this notion, and it is a great honour for me to be a part of this cause. Throughout the past decade, the Trust has consistently pushed its boundaries to reach the remarkable landmark of one million dialysis. Thousands of patients have availed benefits in terms of medicines and injections at affordable prices. Not only the patients but also their families have avoided devastating debt-traps thanks to the services extended by the BMJRFT. The Trust itself will remain eternally grateful to innumerable distinguished donors for their support in this noble cause.

I have strong faith that the Trust has a great potential to further explore and reach out to newer regions in the coming times. — *Ashok Kothari*



Jai Jinendra! At the very outset, let me say that it has been profoundly fulfilling to be part of the BMJRFT team. This world-class Trust has a singular motto: *to serve the needy and to create a better and happier future for kidney disease patients and their families.*

“If you want to touch the past, touch a rock; If you want to touch the present, touch a flower; If you want to touch the future, touch a life”.

Through its one million dialyses to date, the Trust has enabled us to touch many more lives, bringing succour to several families and reducing their pain and burden to some extent. None of this would have been possible without the constant efforts of a wonderful and dedicated team of trustees, doctors and nursing/paramedical staff. — *Sunil Pahade*

TRUSTEES' REFLECTIONS



Sixteen to Million. A memorable journey and satisfying experience to say the least. Salute to the entire staff and fraternity which has ensured top class dedicated service from the 1st to the Millionth. The commitment is worth its weight in gold when the complaints, if any, can be counted on the fingers of one hand.

Believe me there's no greater religion than health service to the deprived which can improve their standard of living and enhance the life span. The best way to find yourself is to lose oneself in the service of others. Being a part of this organisation has in my own simple manner answered the very persistent and demanding question 'What are you doing for others?'

Finally and hopefully, the more satisfying solution would be the eradication of this deadly disease. Let's Pray. Till then... — *Suresh Surana*



Jai Jinendra! We are prone to judge success by the index of our incomes or the size of our automobiles, rather than the quality of our service and relationship to mankind. The opportunity to serve people, to see them heal, to reduce their pain and burden to an extent, if not curbing it completely, gives me immense satisfaction. This is the driving force in our centre's journey of service to humanity.

None of this would have been possible without constant efforts from this wonderful group of like-minded trustees, doctors, medical staff, etc. While we pray for the alleviation of people's suffering, we will leave no stone unturned to answer the call of service for the needy. — *Vinod Kimtee*



आत्मीय! सादर जय जिनेन्द्र। बहुत ही बड़े सदभाग्य की बात है की श्री भगवान महावीरw डायालिसिस सेन्टर में 10 लाख यानी 1 मिलियन डायालिसिस हो गया है।

2009 जुलाई में संस्था की स्थापना हुई तब से ही यह सत्कार्य में जुड़कर.. आज तक सभी साथी ट्रस्टीबंधुओं के साथ मिलकर.. मानव आरोग्य के लिए कार्य करने का जो अवसर मुझे मिला है इसलिए सभी का बहुत ही आभारी हूं।

आरोग्यता प्राप्ति मानवीय संवेदनाओं का आधार है। सभी क्षतिग्रस्त मानवों ने हमारे पर विश्वास किया और हमें लाभ दिया ये हमारे लिये गौरव की बात है।

हमारे सत्कार्य में सहयोगी होनेवाले सभी दानवीर दाता,मित्रो,स्वजन सभी की अनुमोदना करते हुए आगे भी साथ की अपेक्षा।

प्रान्त में प्रभु से प्रार्थना है की..सभी मनुष्योंको आरोग्य प्राप्त हो एवं उस में यत्किंचित हमारा भी सहयोग हो।

आपका अपना..

— *Shanti Bhai Shah*



People get wealth in succession. The most valuable lesson I learnt from my father was how to discharge one's duties as a trustee. I recall him saying that we should never turn down any person who is coming to our Trust for dialysis. God listens to people who are helpful. This Trust has the unique record of not denying a single patient who approached it. When I interact with the beneficiaries, the blessings from them make the most cherished wealth. I have found an extended family here, which is so passionate towards the mission of providing dialysis. I only pray to God to shower His blessings on us for this endeavour. — *Prashant Shrimal*

TRUSTEES' REFLECTIONS



Sadar Jai Jinendra! *Ahinsa* does not only mean behaving in a way that does not cause discomfort to others. It also means doing what one can do to alleviate the pain and suffering of others.

Seeing the feeling of joy and gratitude on the face of patients gives so much happiness and fulfilment. Without uttering a single word, their faces say it all. The trust that they have vested in us is what drives us to do more and more. It is a privilege to be able to be of service to humanity.

I sometimes wonder if *we* are helping them, or if *they* are helping us!! It has been an honour to be a part of the team at Bhagwan Mahavir Jain Relief Foundation Trust. What has been built from the ground up, has been phenomenal and world-class — possible only due to the commitment and dedication of the entire team. — *Hanumanmal Suman Nakhat*



United we stand, divided we fall. This has been the motto of our Bhagwan Mahavir Dialysis Centre right from its inception. With unflinching belief in this motto, all trustees are like a close-knit family, cooperating with each other under the guidance of Mr. P.C. Parakh, who has always been our leading light.

I have been associated with the Trust from Day One, and am really proud that we have sailed past the 'One Millionth Dialysis' milestone; it has been a most satisfying experience.

A person who has to undergo dialysis invariably has to resign himself to treatment for life, until and unless he or she can obtain a kidney transplant. But, given the costs and complexities involved, few can take recourse to this. The credit for achieving the 'One Million' landmark also goes to our innumerable donors, and to our doctors/staff for their untiring service and dedication to the cause. — *Mahavir Kumar Patny*



My dad, Shri Dhiraj Kapadia, was involved in BMJRFT as a trustee since its very inception. His dedication and commitment towards the Trust and its activities was total. He made us understand how important it is to run this dialysis centre; kidney disease was the second biggest concern after cancer in our country. He used to always tell us, “Our Trust will give a very big relief to financially weak patients, and will be a life-supporting system.”

Every evening, dad would go to our Trust office without fail, and I never saw him miss any committee meetings. He always spoke highly of all the other trustees and appreciated their commitment towards the Trust. The trustees and their families had become his extended family. It was heart-warming to see that all the family members of all the trustees supported this cause totally. When dad died in 2013, I joined the Trust in his place. I saw, first hand, what dad used to tell me: absolute dedication from all the trustees, their families, and from the staff, and the enthusiasm of the donors. It is a very proud moment for all of us to achieve the ‘One Million’ mark. I am sure my dad is watching. I am sure that he too is very happy and thrilled about this. — *Sushil Kapadia*



The Bhagwan Mahavir Jain Relief Foundation Trust’s completion of one million dialyses hides a fact that few may have noted: every single one of our dialysis centres continued to function throughout the coronavirus pandemic months, without turning back their patients. This speaks volumes about the dedication and commitment of everyone involved — be it the selfless staff and paramedics, the ever-attentive trustees, the generous donors, or the extremely supportive members of our partner hospitals and medical centres. We therefore owe this magnificent ‘One Million’ accomplishment to the *compassionate* human in everyone. Compassion, therefore, should be the cornerstone of mankind’s *dharma*. — *Gautam Chand Chordia*



FRIENDS, PHILOSOPHERS AND GUIDES

Sometimes you feel helpless in the face of great need; nothing but an insignificant drop in the ocean. But this dialysis centre has amplified every small drop of contribution into waves of kindness and impact—and for that, we will be forever indebted to the Bhagwan Mahavir Dialysis Trust. — *Shri Saleem*



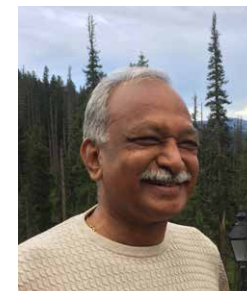
Your charity work might not have given you any wealth in return, but you have certainly earned a lot of love and prayers. You have done a lot for this cause. We respect you. May you always remain happy. — *Shri Bijay Mandhani*



Congratulations to the trustees of the Bhagwan Mahavir Dialysis Centre for their exemplary and dedicated service in completing one million dialysis treatments. May you mark even greater milestones on this path of service to humanity. — *Shri Rajesh Agarwal*



The BMJRFT is doing great service to humanity, specially to the patients who cannot afford the expensive dialysis treatment. And they are offering this treatment in a completely safe and secure environment. The people of the twin cities of Hyderabad and Secuderabad are fortunate to have this great organisation literally at their doorstep. The Trust is serving society with great responsibility and dedication. Each and every trustee of the entire team, headed by Shri PC Parakh, deserves our salutations. Please keep up the same zeal and continue your selfless service. Congratulations!! — *Shri Gautam Pokarna*



भगवान महावीर डायलिसिस सेंटर ने दस लाख डायलिसिस करने लिए हैं। जिस शान्ति एकाग्रता, पेशेवर पद्धति से कार्य किया है वह बहुत सराहनीय है। भगवान महावीर के नाम की सभी संस्थाओं का सभी की द्रष्टि से सम्मान बढ़ गया है। यह मेरा व्यक्तिगत अनुभव है की भगवान महावीर हॉस्पिटल की lease extension के लिये जहां भी गया वहाँ सभी अधिकारियों ने भूरि भूरि प्रशंसा की और इस भगीरथ कार्य को महावीर डायलिसिस ट्रस्ट के नाम से बड़ा सम्मान दिया और सारे जैन समाज को बधाइयाँ दी।

मैं पूरे ट्रस्टीज़ को हार्दिक धन्यवाद देता हूँ और भगवान महावीर से प्रार्थना करता हूँ कि आपको भरपूर यश प्रसिद्धि मिले और आप लोग जो पुण्य कमा रहे हैं वह निरन्तर बढ़ता रहे।

डायलिसिस के रोगियों के इलाज में जो खर्च होता था उसके पीछे परिवार बहुत आर्थिक कठिनाइयों में आ जाते थे। यह भगवान महावीर डायलिसिस ट्रस्ट की वजह से अब सिर्फ ३००/ रुपये में किये जाते हैं। जिससे अब वे सुखी सम्पन्न है।

पुनः बधाई के साथ धन्यवाद।

आपका नम्र

जैन रत्न सुरेन्द्र लुणिया।



The seva being done by the Bhagwan Mahavir Dialysis Trust is so inspiring and motivating. I consider myself fortunate to have been in contact with such stalwarts who are working so selflessly for the community. Not only are they changing the world with the work they do, but their actions are sowing the seeds for future generations to become inspired and carry forward such a supreme legacy of service to God.

— Shri Arvind Shrimal



My heartiest congratulations to you on inching towards one million dialyses in such a short period of time. It fills me with great pride when I see you going out of your way to help others. Your charity and dedication to humanity will never go waste. God bless you! — Shri Kishor Shah



FRIENDS, PHILOSOPHERS AND GUIDES

Bhagwan Mahavir Dialysis Centres have proven that the ideal way of living is through constant sacrifice for others. The establishment of multiple dialysis centres across Telangana, for reaching out to the under-privileged sections of society, is an outstanding initiative taken by the Trust. Achieving the 'One Million' mark of low-cost treatment is proof of the incredible impact of the Trust's selfless service. Without any doubt, the Trust has become a symbol of hope for those who are drowned in the darkness and bring them into light. Selfless services rendered by the Trust and its Members are commendable and applaudable. Thank you for all the very efforts by the wonderful Team. — *Shri Pramod Kumar Gupta*



Manav seva is Madhav seva. The BMJRFT has been doing good work from so many years. The help rendered has benefitted so many families. Actually, it has given many a new lease of life. All the 16 members of this Trust have put in so much work in their yeoman service to the needy. Reaching 'One Million Dialyses' is an unbelievable feat that this Trust has achieved. As far as my knowledge goes, there is none other like this in the whole world. A very very commendable job. I take this opportunity to congratulate and bow my head in reverence to each of the members of the Trust. I am happy that we at Pragati Offset have been with the Trust from its very inception. We are grateful for being a part of this 'Maha Yagna'. I wish all the members a wonderful future. May the Lord help you to do more good. Many thanks and warmest regards. — *Shri P. Narendra*



The dialysis centre at Gurudwara Saheb Secunderabad was set up by the Rotary Club in association with the BMJRFT and the Guru Nanak Medical Centre. Our experience in working with the BMJRFT is something we will treasure for ever. We were, and will always be, amazed at the commitment and service orientation of the members of the Trust. We look forward to working with them on many more projects. All the members of the Rotary Club join me in wishing the Trust the very best in all their endeavours. — *Rtn Shri Viswanath Pillutla, Rotary Club of Hyderabad Deccan, Club no.26091, Rotary District RID3150*



I was fortunate to be present at the inauguration of the Bhagwan Mahavir Jain Relief Foundation Trust in 2009 and have been witnessing its progress since then. With a small beginning, the Trust has had a miraculous progress in setting up 8 dialysis centres in various hospitals and at Alair with a total of 186 dialysis machines. With about 500 dialysis sessions every day, the Trust has now reached a major milestone of having conducted 1 million dialyses.

Moreover, by keeping the dialysis charges very low, the Trust has given both mental and physical relief to a large number of less fortunate patients and their relations, and has saved them from financial ruin and untold hardships. The Trust has thus become a “Misery Destroying Machine”.

The Trust has been able to do all this on account of the total dedication of its members to the cause and the support and help from their right-thinking friends and Donors who have come forward spontaneously to assist them in their noble and life-saving project. The Jain community is proud of the achievements of this Trust, which is bound to continue its progress with bigger achievements in the years to come. — *Shri Vimal Chand Jhabak*



The Bhagwan Mahavir Dialysis Trust is not just immensely satisfying for the contributors, but also restores our faith in humanity. — *Shri Ranjit Choudary*



As a doctor, I understand the importance of dialysis in the treatment of renal failure. The Bhagwan Mahavir Jain Relief Foundation Trust is doing exceptional work in organising a centre for hemodialysis at affordable rates, and even free sometimes. I hope their efforts continue and expand. — *Smt Shantha and Dr. G. Vijayaraghavan*



FRIENDS, PHILOSOPHERS AND GUIDES

Congratulations to BMJRFT on achieving 'One Million Dialysis'! It is truly a milestone to be proud of. The service you all have rendered to those in need is commendable, and all your members deserve to be recognized for the humanitarian work selflessly undertaken by one and all. Sivananda Rehabilitation Home and Ramdevrao Hospital are equally proud to be associated with you in this endeavour, which has given a new lease of life for so many needy persons. Wishing you all the very best and may your continuing efforts to alleviate the hardships of our fellow beings meet with unreserved success in the years to come.

— *Shri Vikramdev Rao, President, Sivananda Rehabilitation Home, Hyderabad*



Hearty congratulations to the team of Bhagwan Mahavir Trust on completion of one million dialyses. I am very sure you all will achieve very soon another million even faster! It needs a lot of hard work, sincerity and time... hats off to the team. All the best, and may God give you all good health, wealth and prosperity to achieve more and more milestones like this. Jai Sri Krishna! — *Shri Kailash Charan Chidyawala*



It gives me immense pleasure to extend my warm and hearty congratulations on behalf of our trust to the Bhagwan Mahavir Jain Relief Foundation Trust on the occasion of the successful completion of one million dialyses since its inception in 2009.

We wholeheartedly extend our appreciation to the Bhagwan Mahavir Jain Relief Foundation Trust founded by the Jain community for its selfless service across the country to the patients affected by kidney disease by providing dialysis to the economically poor and at an affordable cost to other sections of the society. Words cannot describe the selfless service of the people right from the bottom to the top working in Bhagwan Mahavir Jain Relief Foundation Trust.



On this very special occasion, I would like to wish that the Bhagwan Mahavir Jain Relief Foundation Trust grows from strength to strength in providing quality medical services to the needy.

You have probably already received thousands of these appreciations, as you should, but each and every one of us mean every word of it. I wish the foundation all the best. — *Shri Mahendra Ranka, Chairman, Bhagwan Mahavir Memorial Trust*

My association with the Bhagwan Mahavir Jain Relief Foundation Trust goes back more than a decade, and the conviction they had for social service 10 years ago is the same even today. The Trust is doing exemplary work in social welfare and healthcare and I am grateful for being able to provide to the society and the needy through their hard work and perseverance. I pray that God gives me the capability to continue supporting them, and strength to the Trust to keep going. — *Shri Ramprakash Bansal*



We must find time to stop and thank the people who make a difference to our times: this is what I would like to say to the BMJRFT — an idea born over a cup of tea, just over a decade ago, which has now grown into a veritable ‘banyan’ tree, with its roots running deep in the community it serves. Over the years, the Trust has moved from strength to strength, totally dedicated to providing generous support to those vulnerable patients whose very survival depends on dialysis treatment. The professionalism and commitment of the centres of the Trust are an example to the medical fraternity. They deserve both applause as well as encouragement from every corner of society — not just from the philanthropists, the sponsors, the donors, the equipment suppliers, the staff, etc., without whom this unique service to mankind would not have endured a single day.



I am happy, fortunate and blessed to be associated with BMJRFT. I have been a witness to their outstanding work, done with absolutely no personal aspirations. They are truly an inspiration to me and, I am sure, to society in general. Service to mankind is service to the Supreme: this is what the Trust and its dialysis centres have amply demonstrated beyond any shadow of doubt. — *Dr. R. Tapadia*

My hearty congratulations to the entire BMJRFT team on crossing One Million dialyses. I have been associated with the Trust right from Day One, even before it began offering dialysis treatments. Although I did not opt for the post of a trustee, I have remained very closely associated with all of the Trust’s activities as an active member. Its dialysis centres are comparable to the best anywhere, and no one can match the low cost of treatment, which is a big boon to needy patients. My best wishes to all the trustees, doctors, nurses and technicians. May God bless you all. — *Shri Madan Lunawat*



FRIENDS, PHILOSOPHERS AND GUIDES

We are privileged to be associated with the Bhagwan Mahavir Jain Relief Foundation Trust right from the time of its inception. Congratulations to the entire team, on reaching the one million mark in dialysis, and saving not only lives but also the numerous families attached to them.

There is no better alternative to the service of mankind. We wish them many more milestones... — *Shri Premchand Ji and Smt Mohini Bai Ostwal and family*



We are delighted to hear of the achievement of one million dialysis and congratulations to all the trustees. I am sure the Trust will do another one million in a much shorter span of time.

We are glad to be a part of this awesome trust since it was formed, and which is working so hard to help the society in such a grand way and tirelessly giving relief to the patients and their families. Me and my family and our Trust will always be there to support all the endeavours undertaken by your Trust to serve god and humanity. We wish you all the very best for many more projects like these.

— *Smt Leela Ben Kapadia, Trustee, Sri Tokarshi Lalji Kapadia Public Charitable Trust*



Iwould like to congratulate and thank the entire Mahavir Dialysis Team and the Bhagwan Mahavir Jain Relief Foundation Trust for reaching great heights and contributing to such a wonderful cause. I have personally been associated with one of their projects, and I am very proud and thankful that I could contribute to such a noble cause. — *Shri Prakash Parak*



This charity work will some day make you not only a millionaire, but a billionaire — in terms of love and blessings from the suffering families. I wish the BMJRFT a grand success. — *Shri Mahender Chordia*



To achieve a million dialysis is not a mean feat. It is my fortune and privilege to be associated with the BMJRFT. I am indeed fortunate and grateful. — *Dr. Amar Gupta*



I am very happy to know that the Bhagwan Mahavir Jain Relief Foundation Trust and the Mahavir Hospital have achieved a remarkable feat of performing over a million dialysis sessions so far. It is well known that maintenance dialysis is very expensive and is beyond the reach of a common man. Government schemes like 'Aarogyasri' and this Trust have given a new lease of life for these unfortunate patients. Over the years, thousands of patients with end stage kidney disease have been benefitted by this, at very subsidized rates.



It is worth noting that this facility was extended exclusively even for patients with various viral infections like HIV, Hepatitis B and Hepatitis C, who were denied treatment at other centers. Despite increasing work load, the centers have been providing quality dialysis to all patients. I congratulate the entire team of the Trust and especially the donors who have been contributing to this noble cause. The credit goes to the healthcare workers who are working in this area for years. Their contribution and dedication has made this scheme a success which is to be appreciated.

I wish that all the doctors, dialysis staff, other health care workers, donors and the Trustees continue their yeoman service to the mankind and for the benefit of suffering patients. — *Dr. Girish Narayan, Nephrologist*

FRIENDS, PHILOSOPHERS AND GUIDES

Give with respect and love, and give in plenty. That should be the spirit. Giving is good; and if the gift is given with a good heart, without expecting anything in return, it becomes an act of reaching spiritual highness and true humanity. — *In memory of late Shri Lakshmidas Jhaveri*



My sincere and profound congratulations and best wishes to the *Bhagwan Mahavir Jain Relief Foundation Trust* on the completion of One Million dialysis treatments. This is a rare achievement that should do Telangana and India immensely proud.

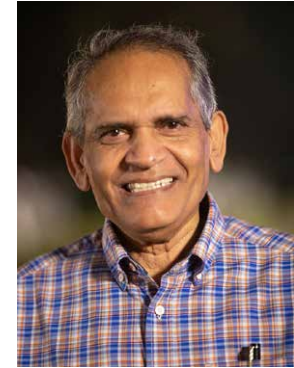
I was very happy to see first-hand the work of the Trust's centres, which impressed me greatly and persuaded me to invite them to open a centre in Alair, which is a major destination of Jain pilgrimage. The quality of their equipment and facilities is very high, and the doctors and nurses show compassion and care. With the kind of dedication and commitment the Trust has shown in practice, they are a shining example of selfless social service for all of India. — *Smt G. Sunitha Reddy, MLA-Alair*



It has been my honour to have been associated with the BMJRF Trust from the very beginning. It is such a joy to see people enjoying the benefits of the affordable dialysis programme, thus freeing themselves of severe financial stress. This not only helps them but also helps their dependents live a life of dignity and happiness. With timely dialysis at their disposal, the patients live a life renewed with vigour and enhanced well-being. As Swami Vivekananda said, "No happiness is as profound as the happiness one gets through service to humanity, it elevates the mind, heart and the spirit, and makes our lives richer and fuller." I am deeply thankful to the Trust for providing me with such an opportunity. We pray Prabhu Krishna continues to shower his blessings onto the Trust to enable it to continue serving the needy for a long time to come. — *Shri Pankaj Agarwal*



My hearty congratulations to the organisers of the Bhagwan Mahaveer group of charitable Dialysis Trust on completion of one million dialyses for catering to the non affordable segment of the society, irrespective of cast, creed and religion. This is a perfect example of service to humanity requiring dedication, magnanimity and hard work. I believe their next project is to provide services for cancer patients. My best wishes and blessings to the Trust and trustees and hope all segments of the society would join hands in contributing generously for the cause. — *Dr. M.A. Raoof, Urologist*



It gives me immense pleasure to congratulate you and the team of Mahavir on the completion of a million dialysis done at a very affordable and subsidized cost for the needy patients of Hyderabad suffering from kidney failure. As we discussed the burden of kidney disease is immense and growing in our country and most of the population cannot afford to undergo regular maintenance dialysis.

It is a very great service that the Mahavir Trust is doing and I am proud to be able to be associated with. I pray to the Almighty to give us all strength and the means to continue the yeoman service to the needy. — *Dr. Raj Chakravarthi, Nephrologist*



It is a privilege to be associated with the Bhagwan Mahavir Jain Relief Foundation Trust. As a part of the team, we are able to provide quality dialysis to needy patients at minimum cost (particularly patients who are poor, and those who have been affected with HIV and Hepatitis B). As a doctor, I am grateful to the management for giving me an opportunity to work in this setup. — *Dr. K.G. Rajaram, Nephrologist*





*Dreams are not those that disturb your sleep;
dreams are those that don't allow you to sleep till
you have finished your task*



2009

THE JOURNEY BEGINS

- The Bhagwan Mahavir Jain Relief Foundation Trust was registered on 12th June 2009.
- The very first dialysis was done on 21st July 2009 at the Mahavir Hospital and Research Centre.
- In July 2009, sixteen dialyses were performed.
- Coupons were handed out to patients (dialysis and medicines) at 'Vardhman', our registered office at Jambagh.

80 PATIENTS REGISTERED

(64 FOR DIALYSIS; 15 FOR ONLY MEDICINES)

1,922 DIALYSES DONE



When the Bhagwan Mahavir Jain Relief Foundation Trust (BMJRFT) became a reality in 2009, it performed its first dialysis at the well-known Mahavir Hospital. Within months, however, the need to be in total control of the entire dialysis operation was acutely felt.

Members of the Trust found that a corner of the District Hospital, King Koti, was under-utilized, and approached the Government. In appreciation of the Trust's charitable intentions, the State Government eventually offered rent-free space in the this hospital, in central Hyderabad. It was a magnanimous gesture, and it allowed the Trust to set up its very own, state-of-art dialysis centre with 24 dialysis machines. But Hyderabad was rapidly expanding, and patients had to travel long distances to reach the congested King Koti area, apart from the fact that more and more needy patients were approaching the Trust for assistance. The Trust had the foresight to plan centres in different locations of the twin cities, so that patients could get their dialyses done within a short distance from their place of residence, helping them save both time and money. In the course of the decade, various hospitals or medical centres generously offered space, within their premises, for the Trust to set up its dialysis operations.

The following pages recount the BMJRFT's momentous journey year through year, with details of each new centre opened, as well as photographs of the memorable events that brought together innumerable well-wishers and distinguished donors. The year's highlights and key statistics are offered on the opening page for that year. The eight *Bhagwan Mahavir Dialysis Centres* (and their extension facilities) are therefore frequently known by their location or host medical centre: King Koti Centre, District Government Hospital (2011); Ramdev Rao Hospital Kukatpally Centre (2012); Mahavir Hospital Centre (2013); Ramdev Rao, Kukatpally Expansion (2015); Bhagwan Mahavir Physiotherapy Centre (2015);

Mahavir Hospital RVD Block (2015); Guru Nanak Secunderabad Centre (2016); King Koti Expansion (2016); Ramdev Rao Kukatpally Expansion 2 (2018); Mahavir Hospital Expansion (2018); ZOI Hospitals Attapur Centre (2018); Challa Hospital Ameerpet Centre (2019); Indo-US Hospital Malakpet Centre (2019); CHC Alair Centre (2020, in the Covid pandemic period).

Another initiative of the BMJRFT has been to partner with the following local hospitals to facilitate the patients to go for dialysis closer to their residences, so that they could save time and money: C.C. Shroff Memorial Hospital, Barkatpura; Eashwar Lakshmi Hospital, Gandhi Nagar; Sri Sankalp Hospital, Nagarjuna Sagar Road, Hastinapuram; Metrocure Hospital, Malakpet.

It is important to note how the Trust's key achievements have unfolded over the years, thanks to unfailing support from our patients, donors, the Government of Telangana, and our well-wishers worldwide, finally bringing us to the incredible "One Million".

2010

JAGRATI – AN AWAKENING

- ‘Jagrati – an Awakening’ event at the Lalitha Kala Thoranam.
- By December 2010, the Government of Andhra Pradesh (pre-bifurcation) issued a G.O. granting the BMJRFT rent-free space in the District Government Hospital at King Koti, Hyderabad.

225 PATIENTS REGISTERED

(180 FOR DIALYSIS; 45 FOR ONLY MEDICINES)

13,998 DIALYSES DONE

2010



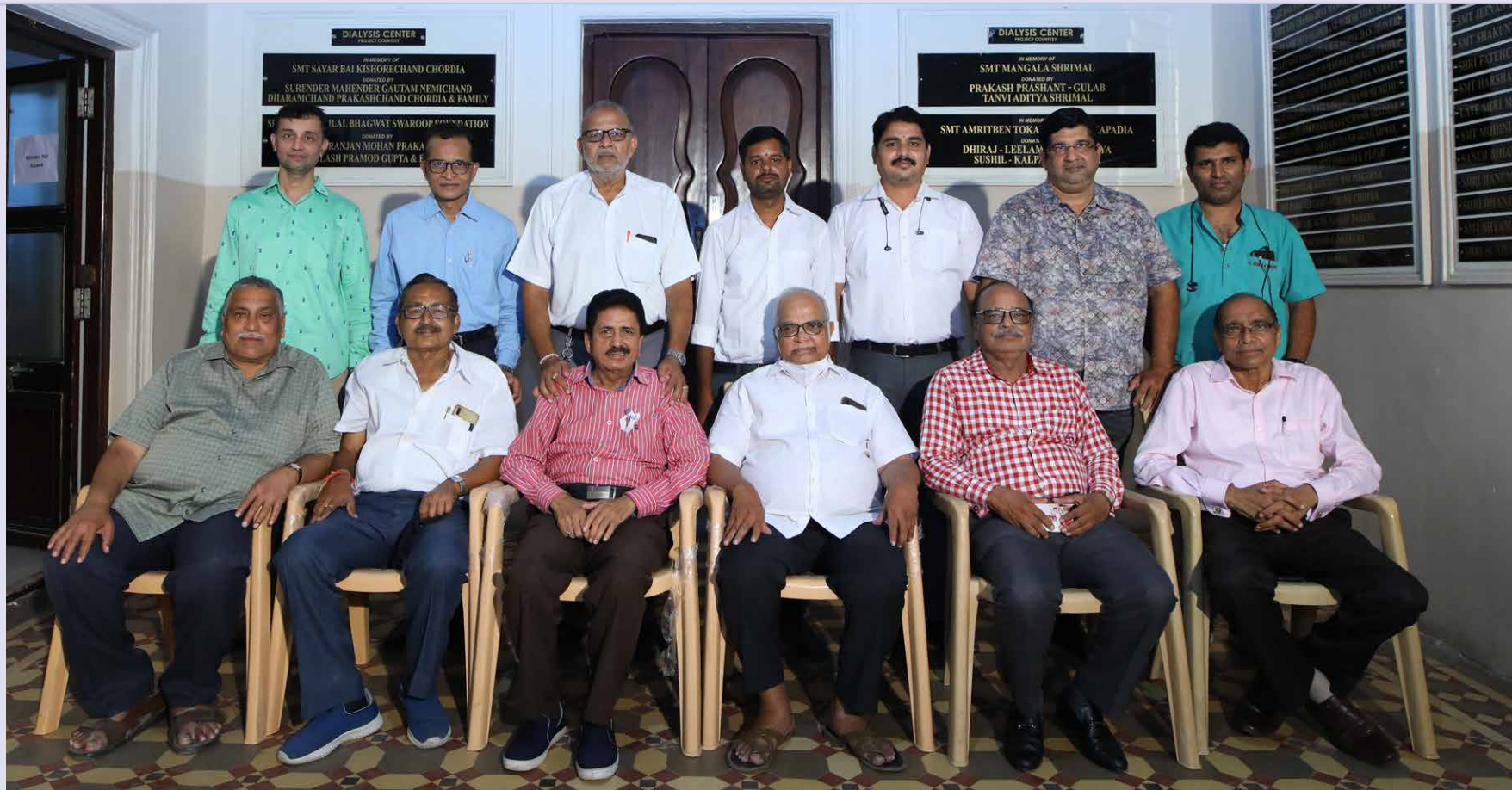
- On 14th March 2010, the Trust organized the 'Jagrati - An Awakening' event at the Lalita Kala Thoranam, in Hyderabad.
- The evening saw the commitment of huge donations by distinguished donors, which encouraged us to dare to dream big, and to move forward with plans to serve even larger numbers of needy dialysis patients. The collection allowed us to set up a state-of-the-art dialysis centre with 24 machines.
- Shri Navin Mittal, IAS, Collector Hyderabad, was the Chief Guest of the evening.
- The famous singer Shri Roop Kumar Rathod performed live in front of a huge audience. The concert was followed by an extremely thought-provoking motivational talk by Shri Deepak Shah from Ahmedabad. Shri Shah also pointed out the significance of 'sixteen', connecting the figure with Bhagwan Shantinath.
- By the end of the year, the Government of Andhra Pradesh (pre-bifurcation) issued a G.O. on 13th December 2010, granting us rent-free space in the District Government Hospital at King Koti, a heritage building — the 'King Koti Palace' — which served as the residence of the erstwhile ruler of Hyderabad State, Mir Osman Ali Khan (Asaf Jah VII) until the late 1960s.

2010



- The Chief Guest of the evening, Shri Navin Mittal, IAS, Collector Hyderabad, spoke eloquently of the urgent need for humanitarian work from all sections of society to combat the scourge of chronic kidney disease.

THE SILENT BATTALION



While every BMJRFT dialysis centre is a hive of activity, with doctors and staff busy ensuring proper care for the dialysis patients, there are many people who quietly take care of the endless behind-the-scenes activities with total commitment and dedication. Under the leadership of Shri Parasmalji Surana, the supporting team of bravehearted warriors takes particular care to ensure that everything ticks like clockwork. What is admirable is that they do this out of passion, entirely gratis.

Sitting, left to right: Vimal Chand Jain, Ashok Chopda, Madan Lunawat, Gyan Chand Chordia, Mahavir Surana, Kirti Surana.

Standing, left to right: Ritesh Bhansali, Mahender Surana, Pankaj Savla, G. Vijay, B. Ramesh, Praveen Lunawat, V. Rukma Reddy.

2011

THE TRUST'S FIRST DIALYSIS FACILITY

- The District Collector of Hyderabad, Shri Natarajan Gulzar attended the coupon distribution programme.
- The BMJRFT inaugurates its first own dialysis centre at the King Koti District Government Hospital, which was at one time the residence of the Nizam of Hyderabad, Asaf Jah VII.

466 PATIENTS REGISTERED

(380 FOR DIALYSIS; 86 FOR ONLY MEDICINES)

28,721 DIALYSES DONE

2011



- The District Collector of Hyderabad, Shri Natarajan Gulzar attended the coupons distribution programme of the Trust on 27th March 2011. Impressed with the activities of the Trust, Shri Gulzar promised all possible help in the setting up of essential services at the new dialysis center at King Koti Hospital. Shri P. Narendra, CEO, Pragati Art Printers, and Shri Madan Lunawat, Victory Group, were prominent visitors.

2011



- On 5th June 2011, the Trust conducted the 'Jagrati - 2011' programme to honour the distinguished donors who made our King Koti Dilaysis Centre a reality. The event was held at the Ravindra Bharathi auditorium in Hyderabad, and the Chief Guest was Padma Bhushan Shri D.R. Mehta (IAS Retd.). The Guests of Honour were Shri Vimal Kumar Jain from Pune, Shri Rajender Jain from Gondia, and Shri Deepak Shah from Ahmedabad. In his address, Shri D.R. Mehta underscored the importance of social service as a duty of every citizen. Shri Vimal Kumar Jain spoke about the decorum, discipline and ethics that should govern any charitable act, and the path of charity itself.



2011



2011



2011



- On 6th June 2011, a pooja was conducted at the new premises at King Koti Hospital, after months of detailed repair work undertaken by the Trust. Today, this very hall is occupied by the 24 dialysis machines. A *Snatrah* pooja was conducted by Shri Mahender Munoth and Shri Ritesh Bansali.

2011



- A red-letter day for the Bhagwan Mahavir Jain Relief Foundation Trust: on 9th July 2011, Dr. P.V. Ramesh, IAS, Principal Secretary to HM & FW (M) Dept., inaugurated the very first dialysis session at the Trust's own King Koti Centre. The patient was 24-year-old Shri Sai Pratap.

KING KOTHI CENTRE

Bhagwan Mahavir Dialysis Centre – King Koti District Government Hospital.

3-5-773, King Koti Road, King Koti, Hyderabad 500 001, Telangana.

Contact: 040 24761100, 90522 55444.

The King Koti Centre, our very first, was inaugurated on 9th July 2011 by Shri Anjan Kumar Yadav, MP, Shri G. Sudhir, IAS, Health Secretary, and Dr. Phanikoteswar Rao. The sponsors were several distinguished individuals and families:

- In memory of Smt Mangala Shrimal, donated by Prakash Prashant - Gulab, Tanvi Aditya Shrimal.
- In memory of Smt Amritben Tokarshi Lal Ji Kapadia, donated by Dhiraj - Leelam Kirti - Vijay, Susheel - Kalpana Kapadia.
- In memory of Smt Sayar Bai Kishore Chand Chordia, donated by Surender, Mahender, Gautam, Nemi Chand, Dharam Chand and Prakash Chand Chordia and family.
- Shri Musaddilal Bhagwat Swaroop Foundation; donated by Niranjana, Mohan, Prakash, Kailash, Pramod Gupta and family.

- *Established 09 July 2011*
- *24 dialysis machines*
- *2,25,760 dialyses to date*



2011



- The realization of a dream. The inauguration of the Trust's own dialysis centre at King Koti was a proud moment for all — the Trustees and their families, the honourable guests, and the staff.

2012

THE NEXT FEATHER IN THE CAP

- The BMJRFT's first associate centre opens at Kukatpally, at the Ramdev Rao Hospital, itself a well-known charitable organisation.

650 PATIENTS REGISTERED

(470 FOR DIALYSIS; 180 FOR ONLY MEDICINES)

41,718 DIALYSES DONE

DISTINGUISHED VISITOR AND FRIEND



- Shri B. Venkatesham, IAS, visited the King Koti facility, and was all admiration for the complete transformation of the halls. Some years earlier, he had played a key role in advising the State Government to grant this space to the BMJRFT. He later flagged off an excursion organized for the benefit of dialysis patients.

2012



- A special event, 'Jagrati-2012', was conducted to honour key donors of the Trust's Ramdev Rao Hospital Kukatpally Dialysis Centre. The programme was held on 30th June 2012, at Bantia Gardens. Smt Chaya Rathan, IAS Special Chief Secretary, AP, and Shri Deepak Shah, were the Chief Guests.

2012



2012



- The Bhagwan Mahavir Dialysis Centre at the Ramdev Rao Hospital, Kukatpally, was inaugurated on 1st July 2012 by Shri M.T. Krishna Babu, IAS, Commissioner, Greater Hyderabad Municipal Corporation (GHMC). A pooja was earlier conducted in the presence of several donors and trustees.

RAMDEV RAO, KUKATPALLY CENTRE

Bhagwan Mahavir Dialysis Centre – Ramdev Rao Hospital, Vivekananda Nagar Junction, National Highway 65, Kukatpally, Hyderabad 500 072, Telangana.

Contact: 90327 72422, 040 65695002.

The Kukatpally suburb of Hyderabad is a busy business hub, with a very high population density, located on the Hyderabad-Mumbai Highway industrial corridor. The Ramdev Rao Hospital has itself been a renowned charitable institution, run by Shri Vikramdev Rao and Smt Meera Rao, who voluntarily offered the space for BMJRFT to set up the dialysis facility. Therefore, the coming together of two service-oriented institutions was a great boon to the local residents, especially the middle and lower middle classes.

The Bhagwan Mahavir Dialysis Centre at the Ramdev Rao Hospital, Kukatpally, was inaugurated on 9th July 2012 by Shri M.T. Krishna Babu, IAS, Commissioner, GHMC. The project was sponsored:

- In memory of Shri Surajmalji Mangalchandji Choudhari, donated by Shri Jitendra, Ramesh, Ranjit and Shrenik, Yash Choudhari.
- In memory of Smt Matrushri Meva Devi Bansal, donated by Shri Ramprakash - Shobha, Adity and Rupal Bansal.

- *Established 09 July 2012*
- *12 dialysis machines*
- *96,200 dialyses to date*



2013

ONE LAKH DIALYSES COMPLETED SINCE 2009

- A 'Jagrati' programme was conducted.
- The Trust's Mahavir Hospital Centre is inaugurated. Centrally located in Hyderabad, this hospital attracts innumerable poor patients.

890 PATIENTS REGISTERED

(610 FOR DIALYSIS; 280 FOR ONLY MEDICINES)

47,452 DIALYSES DONE

2013



- The 'Jagrati-2013' programme was conducted on 31st August 2013, to honour our distinguished donors. Shri I.Y.R. Krishna Rao, IAS, Special Chief Secretary, CCLA, and Shri M.K. Meena, IAS, District Collector, Hyderabad, were the Chief Guests at this function held at the Jewel Garden.

2013



2013



- On 1st September 2013, after a pooja, the Mahavir Hospital Dialysis Centre was inaugurated by Shri M. Gopala Krishna (IAS Retd.); Special Chief Secretary Shri Ajay Sawhney, IAS, Principal Secretary, Health; and Shri Dhanunjay Reddy, IAS, CEO of Aarogyasri.

MAHAVIR HOSPITAL CENTRE

Bhagwan Mahavir Dialysis Centre – Mahavir Hospital & Research Centre, Mahavir Marg, A.C. Guards, Lakdi-ka-Pul, Hyderabad 500 004, Telangana.

Contact: 95029 81797, 80991 88424.

The Mahavir Hospital Centre is a very large one with an impressive 26 dialysis machines. The first facility was inaugurated on 1st September 2013, by Shri M. Gopala Krishna, IAS (Retd.) former Special Chief Secretary, and Shri Ajay Sawhney, IAS, Principal Secretary, Health. The project had many distinguished sponsors:

- In memory of Shri Mohsin Ali Mulla Fida Ali, by the family of late Shri Mohsin Ali, by Saleem Ahmed (Dubai).
- In memory of Smt Durgadevi Mandhani, by the G.L. Mandhani Trust.
- In memory of Shri Tokarshi Lalji Kapadia and Shri Dhirajlal Kapadia, donated by T.L. Kapadia P.C. Trust, Leelam Dhirajlal Kirti-Vijaya, Sushil-Kalpana.
- Smt Kasturben Dhanji and Lakhamshi Sawla; Smt Madhavi Rubin Chheda and Shri Krishna and Divina.

- *Established 01 Sep 2013*
- *26 dialysis machines*
- *2,06,492 dialyses to date*



2013



2014

PATIENT AWARENESS PROGRAMME

- In a first, the Trust's patient awareness programme, conducted by a panel of distinguished doctors and health professionals, attracts a huge gathering of dialysis patients from all corners of the city.

1,040 PATIENTS REGISTERED

(660 FOR DIALYSIS; 380 FOR ONLY MEDICINES)

64,103 DIALYSES DONE

2014



- The Bhagwan Mahavir Jain Relief Foundation Trust organised, for the first time, a 'Patient Awareness Programme' on 20th July 2014, at Imperial Garden, Secunderabad. More than 1,250 kidney disease patients attended the event. Dr. K.G. Rajaram, Dr. Aswin Kumar, Dr. T. Gangadhar, Dr. Bipin Sethi, Dr. Ranganath, Dr. Seema Kanna, and Dr. M.A. Raoof were some of the senior medical professionals who responded to questions from the patients and offered suggestions.

2015

TWO LAKH DIALYSES COMPLETED SINCE 2009

- An Expansion Centre opens at the Ramdev Rao Hospital, Kukatpally.
- The Bhagwan Mahavir Physiotherapy Centre opens in Hyderabad.
- Special centre opens at Mahavir Hospital for HIV and HBsAg patients.

1,200 PATIENTS REGISTERED

(770 FOR DIALYSIS; 430 FOR ONLY MEDICINES)

79,422 DIALYSES DONE

2015



- The 'Jagrati-2015' event was conducted on 15th January 2015 to honour the donors of the Kukatpally Centre Expansion project. This was held at the Lalitha Kala Thoranam, Hyderabad. Gurudev Brahmurishi Guruvanand Swami and Shri Shailesh Lodha addressed the gathering.

2015



RAMDEV RAO, KUKATPALLY EXPANSION 1

Bhagwan Mahavir Dialysis Centre – Ramdev Rao Hospital, Vivekananda Nagar Junction, National Highway 65, Kukatpally, Hyderabad 500 072, Telangana.

Contact: 90327 72422, 040 65695002.

The Bhagwan Mahavir Dialysis Centre at the Ramdev Rao Hospital, Kukatpally, was inaugurated on 18th January 2015 by Shri S. Narsing Rao, IAS (Retd.), Principal Secretary to the Chief Minister. The project was sponsored by:

- In memory of Shri Mohanlal Ji Parak, by Smt Paras Devi Parak, Prakash and Sangeeta, Gautam - Barkha, Mahender - Anuja, Yash, Harsh, Shreyans Pratham Parak.
- Vimalchand - Nirmala, Yashwant - Nirmala, Parsva Kumar - Babita, Vikas, Ashwini, Varun Jeet and Lalit Jhabak.

- *Established 18 Jan 2015*
- *12 dialysis machines*
- *59,800 dialyses to date*



2015



- The Bhagwan Mahavir Dialysis Kukatpally Expansion Centre was inaugurated on 18th January 2015 by Shri S. Narsing Rao, IAS (Retd.).

2015



2015



2015



- On 16th Aug 2015, Shri Suresh Chadda, IAS, visited the King Koti Centre to inaugurate the new RO plant.

BHAGWAN MAHAVIR PHYSIOTHERAPY CENTRE



- Sponsored by the Rajendra Pushpa Kimtee Charitable Foundation, the Bhagwan Mahavir Physiotherapy Centre was inaugurated on 27th September 2015 by Shri Dulichandji Chordia, Chennai.
- The Centre, located at Hasmathgunj, Sultan Bazar, Koti, Hyderabad, offers subsidized treatment with advanced machines (Landline 040-6636 3656).
- As on Sep 2021, a total of 10,700 treatments were completed.

MAHAVIR CENTRE, RVD BLOCK

Within two years, a special retroviral disease (RVD-HIV) ward was opened at the Mahavir Hospital. It was inaugurated on 25th Dec 2015, by Rajiv Sharma, IAS, Chief Secretary, Telangana, and Dr. M. Chandrashekar, CEO, Aarogyasri healthcare scheme. Dr. Girish Narayan, Senior Nephrologist, was also present. This project was sponsored:

- In memory of Matushri Ratan Devi Laxmi Chand Kothari, by Parasmal Kiran Devi, Swarup Chand - Chandrakala and Amraomal - Shashikala, Dilip Kumar - Rajkumari and the Kothari family.

- *Established 25 Dec 2015*
- *8 dialysis machines*
- *26,168 dialyses to date*



2015



- On 25th December 2015, an exclusive dialysis centre for HIV and HBsAg patients was inaugurated at the Mahavir Hospital by Shri Rajiv Sharma, IAS, Chief Secretary, Telangana, and Dr. M. Chandrashekar, CEO, Aarogyasri Scheme. Distinguished donors were honoured.

2015



2016

THREE LAKH DIALYSES COMPLETED SINCE 2009

- A new dialysis centre is opened at Guru Nanak Hospital, Secunderabad, in partnership with Rotary Club of Hyderabad Deccan, Rotary International, and Guru Nanak Medical Centre.
- A new expansion block is opened at the King Koti Hospital.

1,280 PATIENTS REGISTERED

(820 FOR DIALYSIS; 460 FOR ONLY MEDICINES)

90,738 DIALYSES DONE

2016



- On 25th June 2016, a pooja was held for the inauguration of BMJRFT's new centre at Guru Nanak Hospital, Secunderabad.

GURU NANAK, SECUNDERABAD CENTRE

Bhagwan Mahavir Dialysis Centre – Guru Nanak Medical Center, Gurudwara Saheb, Regimental Bazar, Secunderabad 500 003, Telangana.

Contact: 83283 67187.

This facility was inaugurated on 26th June 2016 by Smt K. Kavitha, MP. We were happy to open a centre in the Secunderabad area. Moreover, being located close to the railway station, the centre would be easily accessible even for outstation patients. This project was sponsored by:

- The Rotary Club of Hyderabad – Deccan, Club No.26091, Rotary District RID3150, Rotary International, and the Guru Nanak Medical Center, Secunderabad.

- *Established 26 June 2016*
- *12 dialysis machines*
- *50,703 dialyses to date*



2016



- On 26th June 2016, our Secunderabad dialysis centre was inaugurated by Chief Guest Smt K. Kavitha, MP. Shri Rajeshwar Tiwari, IAS, Special Chief Secretary, HM&FW was also present. This 12-machine facility was set up in partnership with the Rotary Club of Hyderabad Deccan, Rotary International and Guru Nanak Medical Centre, Gurudwara, Secunderabad.

2016



KING KOTHI CENTRE, EXPANSION BLOCK

Five years later, the Expansion Block was inaugurated on 23 Oct 2016 by Shri Rajeshwar Tiwari, IAS, Principal Secretary, HM&FW, and Shri Rahul Bojja, IAS, District Collector, Hyderabad. Once again, several generous sponsors came forward to support us:

- In memory of Smt Mevadevi and Shri Ramchander Nagori (Abohar, Punjab), and their daughter, Smt Radhika Agarwal, donated by Smt Premalatha and Shri Shiv Prakash Bansal, Jyothi and Nitin Bansal - Sonia and Jatin Bansal, Anshika - Dipansha - Raghav - Pahel
- M/s Roxy Roller Flour Mills Pvt Ltd, Hyderabad
- Mevadevi Ramchander Nagori Charitable Trust

- *Established 23 Oct 2016*
- *15 dialysis machines*
- *57,000 dialyses to date*



2016



- On 23rd Oct 2016, we added 15 new dialysis machines at our King Koti Centre, bringing the total up to 38 machines. This was inaugurated by Shri Rajeshwar Tiwari, IAS, Principal Secretary, HM&FW, and Shri Rahul Bojja, IAS, District Collector, Hyderabad.

2016



2017

FOUR LAKH DIALYSES COMPLETED SINCE 2009

- Meditation programme organised to highlight the beneficial aspects of meditation on general health and on kidney disease in particular.

1,450 PATIENTS REGISTERED

(950 FOR DIALYSIS; 500 FOR ONLY MEDICINES)

1,03,111 DIALYSES DONE



Effect of Arham Purushakar Meditation in Symptomatic Improvement in Patients with Renal End Stage Disease on Hemodialysis Therapy - Case Series

Sapna Kothari¹, Ashok Kothari², and P.P. Reddy³

1. Head, Arham Vijja Foundation, AP & Telangana Chapter; 2. Trustee, Bhagwan Mahavir Dialysis Centre, Hyderabad;
3. Research Director, Bhagwan Mahavir Medical Research Centre, Hyderabad, Telangana.

Abstract:

The study was undertaken to ascertain if a short term intervention of ArhamPurushakar Meditation (APM) results in the improvement of clinical conditions of patients with renal end stage disease on hemodialysis. The study was conducted at Bhagwan Mahavir Dialysis Centre (A Unit Of Bhagwan Mahavir Jain Relief Foundatio Trust) in association with Bhagwan Mahavir Medical Research Centre (BMMRC) after obtaining the approval of the Institutional Ethics Committee (Registration Number of IEC ECR/450/Inst/AP/20131RR-16). 111 Patients with end stage renal disease the age group of 25-65 years was enrolled for the study after obtaining their consent for participation. Then patients were categorized into meditation group with 64 patients and control group with 47 patients. The meditation group practiced meditation for three months and the control group received only hemodialysis. The patients who practiced meditation regularly showed improvement in their health problems such as Appetite, Lack of sleep, muscular cramps, vomiting, swelling of face and legs, hypertension, Control Diabetics, General Health condition etc. Thus this study presented evidence for the beneficial effects of short term intervention of APM on the general health conditions of the patients suffering from renal end stage diseases.

Introduction:

Arham Purushakar Meditation is a unique, universal, but simple, easy to follow method of meditation technique revived from Agamas and developed by Jain Upadhyay Param Puja Shri.Praveen Rishiji.This technique of meditation uses the visible spectrum of colours to cure diseases.

Acknowledgments:

We are highly indebted to Jain Upadhyay Param Puja Shri.Praveen Rishiji who revived the technique from Agamas for his valuable guidance, supervision, and suggestions from time to time in conducting this study.

We are thankful to the patients for their wholehearted support in carrying out the study. We are also thankful to Shri. Gautam Jain and other members of Bhagwan Mahavir Dialysis Centre for providing necessary facilities to conduct this study and to Dr. CH. Shashider & Dr. Ranganath Sri. Varun Surana, Sri. Veligi Reddy Rukma Reddy, Smt. V. Jyothy, Smt. Ratna, Smt. Manju, Smt. Vanitha, Smt. Achira, Smt. Sharadamba for their help in many ways in conducting the study and in preparation of the manuscript.

< <https://www.semanticscholar.org/paper/Effect-of-Arham-Purushakar-Meditation-on-The-of-in-Kothari-Kothari/99e1de0a989a581b1e2a602a7f1f8c68638bba82#paper-header> > Corpus ID: 182183617.

< <http://internationaljournal.org.in/journal/index.php/ijayush/article/view/172> >

2017



- On 8th Oct 2017, an 'Arham Dhyana Sadhana' (meditation) programme was conducted for dialysis patients by Upadyaya Praveen Rishiji at T19, Secunderabad.

AWARDS



Rotary International–2011
Vocational Excellence Award



Rotary International–2016
Humanitarian Service Award

*If you want to cultivate a habit,
do it without any reservation,
till it is firmly established.
Until it is so confirmed, until it becomes
a part of your character,
let there be no exception, no relaxation of effort.
— Bhagwan Mahavir*

2018

FIVE LAKH DIALYSES COMPLETED SINCE 2009

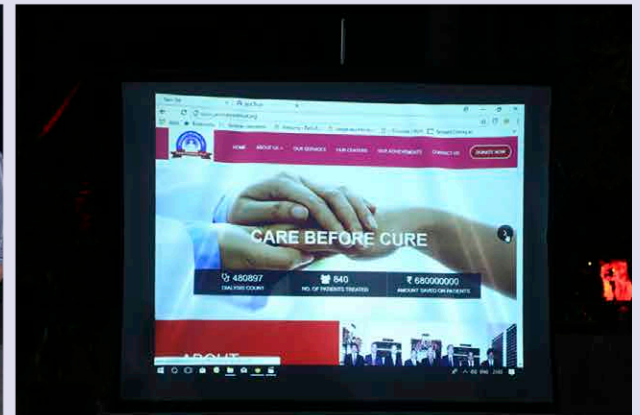
- BMJRFT's official website is launched.
- Expansion blocks are inaugurated at the Mahavir Hospital Centre and at the Ramdev Rao Hospital Centre, Kukatpally.
- A new facility is opens at the ZOI Hospital, Attapur.

1,720 PATIENTS REGISTERED

(1,020 FOR DIALYSIS; 700 FOR ONLY MEDICINES)

1,19,411 DIALYSES DONE

2018



- The BMJRFT launched its official website <<https://www.jaindialysistrust.org/>> on 3rd February 2018, at Tapadia House.

2018



- A pooja was conducted on 9th February 2018, for the BMDC Mahavir Expansion.

2018



- The 'Jagrati-2018' was held on 24th Feb 2018 in order to honour donors and for the inauguration of Ramdev Rao Hospital Kukatpally Expansion 2 and Mahavir Hospital Expansion. The event was organised at the Imperial Garden, Secunderabad, and the Chief Guest was Shri K. Padmanabhaiah, IAS (Retd.). Also seen in the pictures is Shri E.S.L. Narasimhan, at the inauguration of the new dialysis centre expansion at Mahavir Hospital.

2018



2018



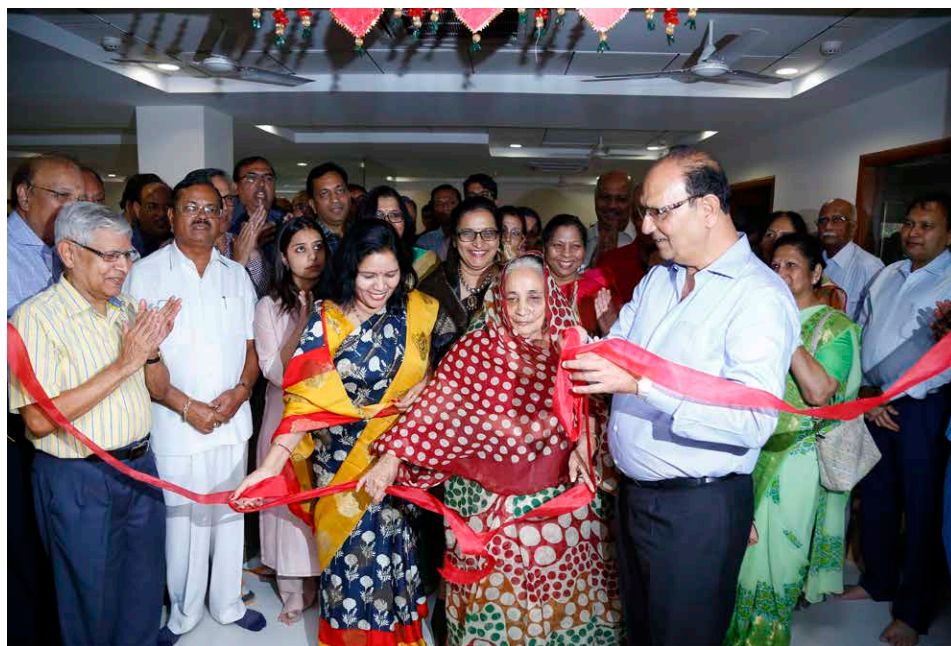
RAMDEV RAO, KUKATPALLY EXPANSION 2

Bhagwan Mahavir Dialysis Centre – Ramdev Rao Hospital, Vivekananda Nagar Junction,
National Highway 65, Kukatpally, Hyderabad 500 072, Telangana.

Contact: 90327 72422, 040 65695002.

In 2017, the Expansion Block was inaugurated on 23rd Oct 2017 by the Dugar family, in memory of late Shri. Bijay Singh Dugar and late Smt Sunder Devi Dugar.

- *Established 23 Oct 2018*
- *17 dialysis machines*
- *39,885 dialyses to date*



2018



- The official opening by the Dugar family, on 24th February 2018, of the Ramdev Rao Hospital Kukatpally Expansion 2.

2018



MAHAVIR HOSPITAL CENTRE, EXPANSION

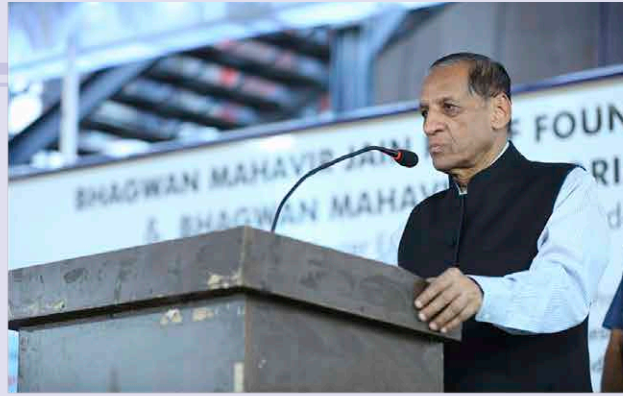
A second phase of expansion began again, in 2018, at the dialysis centre at Bhagwan Mahavir Hospital. Shri E.S.L. Narasimhan, IPS (Retd.), Governor of Telangana, inaugurated the facility on 25th October 2018, in the presence of a large number of distinguished guests, and trustees and their families.

- This project was sponsored in memory of late Shri Hulaschand Ji, late Shri Dungarmal Ji, and late Smt Rekha Devi Bothra, by Shri Kishan - Radhika, Rajesh - Rashmi, Sanjay - Rachna, and the Bothra family

- *Established 25 Feb 2018*
- *27 dialysis machines*
- *78,000 dialyses to date*



2018



- On 25th February 2018, we added 27 machines at our Mahavir Hospital Centre, to meet the growing demand from the area. This was inaugurated by Shri E.S.L. Narasimhan, IPS (Retd.), Governor, TS & AP.

ZOI HOSPITAL – ATTAPUR CENTRE

Bhagwan Mahavir Dialysis Centre – ZOI Hospital, Pillar no.145, Attapur, Hyderabad 500 004, Telangana.

Contact: 79810 06340.

This centre, sponsored by Shri Pankaj Agarwal in ZOI Hospitals, is the closest to Hyderabad's airport, the Rajiv Gandhi International Airport. It was inaugurated by Shri P.C. Parakh, IAS (Retd.) (Chairman of BMJRFT) on 16th June 2018, in the presence of a number of guests, trustees and their families.

- *Established 16 June 2018*
- *5 dialysis machines*
- *11,047 dialyses to date*



2018



- On 16th June 2018, the BMJRFT's ZOI Hospital Centre was inaugurated by Shri P.C. Parakh, IAS (Retd.), Chairman, BMJRFT. The facility had five machines.

AWARDS



Sakshi Media Group, Sakshi Excellence Awards 2018

2019

SEVEN LAKH DIALYSES COMPLETED SINCE 2009

- The Trust celebrates its 10th anniversary.
- New dialysis centre opens at Challa Hospital, Ameerpet.
 - Corporate Social Responsibility programme is held.
- Another new centre opens at Indo-US Hospital, Malakpet.

2,120 PATIENTS REGISTERED

(1,120 FOR DIALYSIS; 1,000 FOR ONLY MEDICINES)

1,41,592 DIALYSES DONE

2019



- A decade of selfless service! The BMJRFT celebrated its 10th anniversary on 14th July 2019. It is a proud moment for all the staff and trustees.

CHALLA HOSPITAL, AMEERPET CENTRE

Bhagwan Mahavir Dialysis Centre – Challa Multi-Speciality Hospital, Dharam Karan Road, Ameerpet, Hyderabad 500 016, Telangana.

Contact: 94909 02941.

Apart from being densely populated, Ameerpet is one of the hubs for IT services in Hyderabad, and has a large number of professionals living and working there. A centre here was therefore very welcome. Hosted by the well-known Challa Hospital, this was sponsored and inaugurated on 28th July 2019 by Shri Rajesh and Smt Amrita Agarwal, and Siddharth and Prestha Agarwal, in memory of late Shri Shankar Lal Ji Agarwal and late Smt Leela Bai Agarwal.

- *Established 28 July 2019*
- *8 dialysis machines*
- *6,419 dialyses to date*



2019



- The Challa Hospital Centre at Ameerpet was inaugurated on 28th July 2019, and the donors were honoured. This facility has 8 machines.

2019



2019



- On 12th Oct 2019, the Security Printing Press donated 6 dialysis machines to BMJRFT under its CSR project (2019-2020). The Chief Guest of the occasion was Shri Ajay Kumar Shrivastav, Director, SPMCIL, and Shri Bholewar Babu, GM, Security Printing Press, Hyderabad (A unit of SPMCIL, New Delhi).

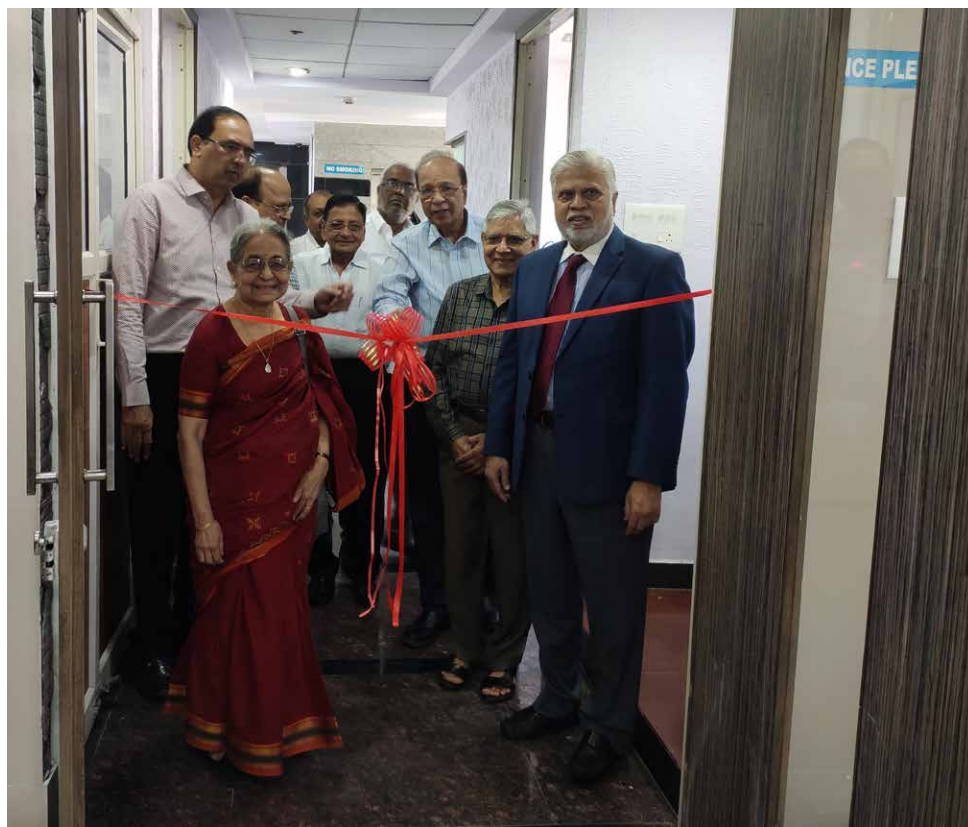
INDO-US HOSPITAL, MALAKPET CENTRE

Bhagwan Mahavir Dialysis Centre – Indo-US Superspeciality Hospital, Jamia Masjid Street, Judges Colony, New Malakpet, Hyderabad 500 036, Telangana.

Contact: 99489 19144.

This centre was sponsored by the Sahayata Trust, Hyderabad. It was inaugurated on 13th November 2019 by the Chairman of the Sahayata Trust, Shri Manzoor Ghori.

- *Established 13 Nov 2019*
- *10 dialysis machines*
- *10,658 dialyses to date*





Bhagwan Mahaveer Foundation – Chennai’s 21st Mahaveer Award for Excellence in Human Endeavour in the Sphere of Medicine, 2018. Photo at top right shows Shri M. Venkaiah Naidu, Vice-President of India, giving the intricately carved memento to Shri P.C. Parakh (IAS Retd.), Chairman of BMJRFT, at a function in Chennai on 2nd December 2018. The Award carried a citation and a cheque for Rs.10 lakhs.

2020

EIGHT LAKH DIALYSES COMPLETED SINCE 2009

- The President of the Secunderabad Cantonment Board and other distinguished officials visit the King Koti Centre.
- The Trust's eighth centre opens at Alair, about 75 km from Hyderabad.

710 PATIENTS REGISTERED

(110 FOR DIALYSIS; 600 FOR ONLY MEDICINES)

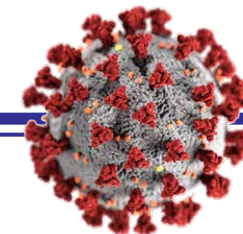
1,48,928 DIALYSES DONE

2020



- On 4th January 2020, Brig. Abhijit Chandra, President of the Cantonment Board, Secunderabad, and Cantonment CEO Shri S.V.R. Chandrashekar, visited the BMJRFT's King Koti Centre.

THE CHALLENGE OF COVID-19



For the BMJRFT, the unexpected spread of Covid-19 was a challenge within a challenge. When a nationwide lockdown was announced by the government on 23rd March 2020, it was the worst nightmare that our patients and our centres had ever imagined.

Within no time, many of our worried staff members went away to their native places, leaving only around 60% staff to run the dialysis units. The Trust had to take quick decisions and make emergency arrangements. Since no patient can live without regular dialysis, access to the treatment centres became crucial. Our Chairman Shri P.C. Parakh called up the Chief Minister's office and told them about the problems specific to dialysis patients. We will always be thankful to the Government for having acceded to our request: in spite of the no-go routes, the authorities allowed our patients and staff to reach the dialysis centres on showing their ID card.

Throughout the pandemic, our centres worked hard to ensure that no patient lost his or her life due to denial of treatment. We also remain indebted to our suppliers who saw to it that consumables and medicines reached us without a hitch.

Government regulations did not permit us to offer dialysis for patients who had tested positive for Covid-19. They had no option but to go to government-run hospitals. After they recovered and tested negative, private hospitals began to charge them up to Rs.8,000 per dialysis... When the trustees heard this, they immediately decided to dedicate a 10-machine facility, with separate staff, exclusively for such Covid-recovered patients. Moreover, the Trust decided to charge them only Rs.200, including all disposables. Patients thus saved Rs.7,800 per dialysis. Many individuals were thus saved from financial ruin.

When the second Covid wave hit, the Bhagwan Mahavir Dialysis Centres were once again ready: two machines at Mahavir Hospital were reserved for patients who had tested positive. The rate was kept at Rs.200, while other hospitals charged between Rs.8,000 to Rs.10,000. Eventually, an entire centre was set aside for recovered patients. Our staff patiently went through the innumerable police checks and reported for duty throughout the pandemic.

The Trust's senior dialysis therapists, Shri Chary and Shri Rukma Reddy continuously monitored the smooth running of our centres in such tough times. Trustees too regularly visited the centres and spared no effort to make sure all systems ran normally. BMJRFT's nephrologists, Dr Rajaram, Dr Ranganath and Dr Shashidar were given Covid guidance on how to take precautions during dialysis and screening of patients.

CHC – ALAIR CENTRE (YADADRI-BHUVANAGIRI)

Bhagwan Mahavir Dialysis Centre – Community Health Centre, Alair, Yadadri-Bhuvanagiri
508 101, Telangana. Contact: 90637 09980.

Alair is rapidly developing as an important town, home to the 2,000-year-old Kolanupaka Jain Temple. The Bhagwan Mahavir Dialysis Centre here is located at the Government Community Health Centre. It was inaugurated on 28th June 2020 by Shri G. Jagadish Reddy, Energy Minister, Telangana. The project was sponsored by Dr. Amar and Dr. Kailash Gupta.

It is worth noting that the spadework for this centre continued even during the Covid-19 lockdown of early 2020. And the facility opened within a month after it was lifted.

- *Established 28 June 2020*
- *10 dialysis machines*
- *7,479 dialyses to date*





Name / Address Phone
 Gopinath Reddy Vedula 888555
 3150dgr201516@gmail.com 3150
 Rotary International
 District 3150 Governor (2015-16)

Excellent Management
 Under the Stewardship of
 Mahaveer & Gunduwar
 and Rotary clubs
 most needful to
 prevent & support the
 patients who are
 suffering with kidney
 failure. My sincere
 compliments & best
 wishes to all the
 organisations who are
 involved.

Gopinath Reddy

DEEPAK SHAH AHMEDABAD

नेरुवा अस्पतालमा आजको धेरै ठोका रोगी
 नाना पड. दुम पड. आँखा पड. थोडो
 भोडो भने लगभग सबै ठोका ठोका रोगी भए
 अन्तरगत वरदान...

पोताना सुपुत्र हुन्छन भन्ने सत्यलाई ध्यानमा राखेर
 जगतमा डोक्ने हुन्छन भन्ने सत्यलाई ध्यानमा राखेर
 भिक्षुका जन्मजातलाई ध्यानमा राखेर भन्ने सत्यलाई ध्यानमा राखेर
 रचना छ. यो प्रत्युना नाममा लेखे
 सत्यतः पछिमान जनताले रक्षे अप्पे प्रत्युने उपपन्न।
 इति इति माया सधुने वारंवार वरदान...

Dr. Rajiv Sharma
 Chief Secretary
 Telangana

I am extremely pleased
 to be here this
 morning and witness the
 great charitable work
 that is being done.

R Sharma
 25-12-15

Name & Contact no. Suggestions

D.R. MEHTA
 Jaipur Foot Organisation
 - Bhagwan Mahavir Vihar
 Sahayata Samith Jaipur(Raj.)

The Center is a great
 example of compassion
 and efficiency. It is among
 the best in the country.

Conratulations *DR Mehta*
 20.12.2012

Date Name & Contact no. Suggestions

जो ज्ञान की सेवा करता है,
 वह संप्रदाय भेरी सेवा करता है - भगवान महावीर.

Meaning,
 जो विचारों की सेवा करता है - सत्य - चिकित्सा करता है उसे
 संप्रदाय तीर्थकार - अरिष्टों की सेवा - भक्ति करने का नाम भिन्ना है
 इ अन्तर्गत में परमात्मा का अंश रहा हुआ है -
 मेडिकल सहायता के द्वारा
 उन सेवा से निरंतर की सेवा की
 ओर आगे बढ़े - लगती करे

यही भगवानमाना
 शुभकामना

नि
 21.12.2012

मै. एन. के. मोहश्वरी
 सचिव, पं. उ. क.
 प्रभुजीत सिंह खन्नेर (भातद इन्फि)
 प्रतिप्रेत कोस सोसायटी, अकोला.

मा. श्री. श्याम-चौधरी जी
 की वजह से आने का मौका
 मिला, महा की कृपा सेवा
 भगवान महावीर के सचिव
 जन सेवा तत्व के आधार पर
 है. जो की आप तक देखे
 सभी अस्पताल से आनेवाले
 पूरे सेवाभाव से हैं.

ह्यारी शुभ कामना

सि. खन्नेर

Name & Contact no. Date

9210129

सभी शाश्वत सेवा करने वाले शासकों को धर्म संदेश।
 आप जो अनुकूलता का कार्य कर रहे हैं, जिन शासन
 की प्रभावना कर रहे हो आपका अभिनन्दन है। अनुकूलता
 संपन्न दर्शन का लक्षण है। उन: धर्म संदेश
 भेवाइ अथवा गुरु प्रताप
 शि. गौतमभुनि वैभवभुनि

भगवान महावीर डायलिसिस सेक्टर के सभी इन्टीजन आवाको
 को शुभ धर्म संदेश।
 आपकी दयावृत्ति से मानव सेवा का अनुपम कार्य संपूर्ण भरत
 क्षेत्र में एक ऐसी संस्था है जो आप लाखों चेहरे को सुख-साता पहुंचा रहे हैं।
 गुरुदेव डॉ. गौतमभुनि जी प्र. सा. हमेशा हर शहर में Hospital की देखरेख
 देते हैं, गुरुदेव के आशीर्वाद से आप बहुत आगे बढ़ें,
 सभी शुभकामना है।
 गुरुदेव श्री डॉ. गौतमभुनि जी प्र. सा. के
 सुखित्य वैभवभुनि

Gangidi Sunitha.
 Govt. Whip.
 MLA, Aler
 Govt. of Telangana.

Great job of BMJRT
 Great experience speaking
 with the patients going
 with dialysis.
 They are very thankful to
 the Trust.
 God May bless the Trust-
 to serve more.

Rahul Bopja
 Collector, Hyderabad
 9652513344

It is a great
 occasion today
 that I am a part of
 here. It is a matter
 of great pride &
 satisfaction for me
 to be here amongst
 you all. My deepest
 gratitude to the
 Bhagwan Mahavir Jain
 Relief Trust for their
 enormous spirit and
 commitment shown
 in taking up this
 activity. I wish the
 saga continues.

Ru
 23/12

2021

ONE MILLION DIALYSES CROSSED!

- Historic milestone of 10,00,000 dialyses.
- The Expansion of the facility at Guru Nanak Hospital, Secuderabad, is inaugurated.

970 PATIENTS REGISTERED

(120 FOR DIALYSIS; 850 FOR ONLY MEDICINES)

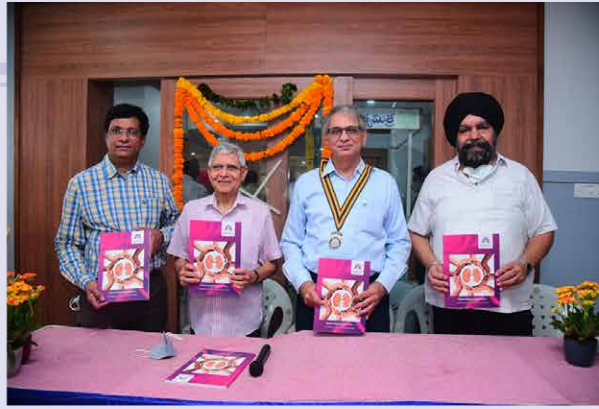
1,24,885 DIALYSES DONE

MEETING THE VICE-PRESIDENT OF INDIA



- On 3rd September 2021, the BMJRFT paid a formal visit to the Vice-President of India, Shri M. Venkaiah Naidu, to inform him about the Trust's achievement of one million dialysis treatments since its inception. A recently published booklet about kidney disease and the services of the Bhagwan Mahavir Dialysis Centres was presented to the Vice-President. Seen here are Vice-President Shri Venkaiah Naidu, Shri P.C. Parakh, Chairman of BMJRFT, Shri Gautam Chand Chordia, Shri Suresh Surana and Shri Inder Chand Jain.

2021



- On 16th October 2021, the Guru Nanak Centre Expansion was inaugurated at Secunderabad, with three machines, taking the total to fifteen.



DONORS OF DIALYSIS MACHINES

Dialysis machines form the backbone of our mission, but they are very expensive. Over the years, innumerable donors have generously sponsored these units, in our various centres. In addition to individual or corporate donors, several families have made donations in the memory of a late family member or elder, as can be seen in the lists on the following pages. We owe a deep debt of gratitude to them all.

Machines sponsored in memory of	Sponsored by
Smt Anguridevi Meghraj Jain	Sangeeta Jain Charitable Trust Mumbai (2 machines)
Shri Annraj Ji and Smt Sundar Bai Alijar	Vijayraj - Rajkanwar Bai Alijar
Smt Anop Devi and Shri Ugamchand Ji Surana	Suresh and Vijay Surana
Shri Babulal Ji Pahade	Susheela Devi, Ashok, Sunil and Sanjay Pahade
Shri Badrilal Ji	Kedarnath, Ramesh, Vinay, Dr Om, Rajender and Ravi Agarwal
Shri Bajranglal Saraiwala, Kailash Nath Agarwal and Bhawarilal Darak	Lions Club of Hyderabad Petals
Shri Balmukundji Gupta and Smt Surajkala Bai	Madhusudan and Santosh Gupta and Family
Shri Bankatlal Shankerlal Tapadia	Kamlabai Vishnudas Tapadia
Shri Bhawarilal Ji Mohini Bai, Dhanraj Ji Srisrimal	Vijraj, Santosh, Dr Mahavir and Dilip Srisrimal
Shri Bijay Singh Ji and Smt Sunder Devi Dugar	Rajender and Prabha Dugar
Smt Chanda Devi and Shri Manoharlal Kankaria	Kushal, Sanjay, Dinesh and Kankaria Family (2 machines)
Shri Chanmpalal Ji and Smt Kamladevi Surana	Jaskaran, Chandra, Alok and Vineeth Surana
Shri Chimanlal Ji Narnoli Bhagat	Suresh, Rakshith, Domeshe Agarwal
Shri Devi Chand Ji Parakh	Vijay Singh, Pukhraj Devi and Mahendra Parakh
Shri Dhanji Lakhamshi Sawla	Kasturi Ben, Madhavi, Rubeen Chedda (2 machines)
Shri Dharam Chand Chordia	Mahender Chand, Gautam Chand, Nemi Chand, Prakash Chand, Rajender and Shashwat Chordia
Shri Dilip Pahade	Rajesh, Kishore and Pradeep Pahade
Shri Fatehchand Ji Prasanchand Surana	Smt Pushpa Devi, Ramesh, Jinesh and Pavan Surana (2 machines)
Shri G. Pukhraj Ji Surana	Meena, Ravi and Dipin Surana

Machines sponsored in memory of	Sponsored by
Smt Gajra Bai and Motilal Ji Patny	Ruchi and Suraj Patny
Smt Gajrabai Patny	Chander Patny and Family
Shri Ghevar Chand Ji and Smt Rajibai Munoth	Gautam Munoth and Family (2 machines)
Shri Ghevar Chand Ji Sanklecha	Praveen Sanklecha and Family (Hyderabad Beauty Center) (2 machines)
Smt Gottipati Sarojini Sand Shri Venkateswara Rao	K.S. Gautam and Sajini
Shri Govind pd Binrajka – Smt Shanti Devi Binrajka and Shri Rishab Chand Jain	Neelam and Dinesh Binrajka Family
Shri Gulab Chand Ji and Smt Sugni Bai Singnodia	Bajinath, Ajay and Manish Singnodia (2 machines)
Shri Gunday Rao Linga and Smt Laxmi Narsamma Linga	Sunil and Surender Linga
Shri Indermal Ji Chopra	Gautam, Mahaveer and Suresh Chopra
Shri Jagdish Prasad Ji Agarwal	Smt Vimala Devi, Amith and Vipin Agarwal
Smt Jhankarbai and Shri Vijay Kumar Bumb	Smt Nandadevi and Vikas Bumb
Shri Jwalaprasad Ji Gupta	Ramesh Kumar Gupta
Shri Kalyanmal Ji Bhawarlal Ji Ratan Chand Ji Ostwal	Mahesh Ostwal
Shri Kantilal Ji Kanchanbai Pokrna	Gautam, Ashok, Prakash, Rajkumar Pokrna (2 machines)
Shri Kapoor Chand Ji and Smt Amraw Kanwar Bhandari	Kamal Chand and Manju Bhandari
Shri Khimji Shah	Panbai, Shantilal - Kanchan, Rajiv - Prity Shah
Smt Leelabai and Shri Shankerlal Agarwal	Rajesh Agarwal, Taramandal Group
Smt Linga Chandramma	Vasavi Club KCFG Secunderabad Senior Citizen and Linga Family
Smt Linga Chandramma and Shri Linga Lakshmiah	Ashok Linga and Family
Smt Linga Chandramma and Shri Manav Linga	Ashok Linga and Family
Shri Madhusudan Ji Gupta	Smt Santosh Bai, Jithender, Lakshmikanth and Umakanth Gupta
Shri Mahabeer Pershad Rukmani Bai	Kailash Charan - Lalita Devi and Family
Smt Mainadevi Parak	Vijayraj, Nemichand, Sunitha and Slok Parak
Shri Manak Chand Ji Nahata	Rajender and Aditya Nahata



DONORS OF DIALYSIS MACHINES

Machines sponsored in memory of	Sponsored by
Shri Mangilal Ji Dugar	Smt Vidya Devi, Suresh and Ashok Dugar
Shri Mangilal Ji Pagaria	Gajraj and Sushil Pagaria (Raipur)
Shri Manikant Momaya	Lata Ben, Hemang and Gaurav Momaya
Smt Matushri Lakshmi Bai Tantia	K.C. Jain and Family (2 machines)
Smt Matushri Nirmala Ben Shivji Dharod	Nitin Dharod
Smt Matushri Raseela Ben Poonamchand Khara	Nalin Khara
Smt Matushri Savitri Devi and Shri Vijay Garg	Vikranth Garg
Smt Meva Devi Nagori	Ram Prakash Nagori
Smt Mevadevi and Shri Ramchander Nagori (Abohar, Punjab) and daughter Smt Radhika Agarwal	Smt Premlata - Shiv Prakash, Jyoti - Nitin, Sonia - Jatin Bansal Anishka, Dipansha, Raghav and Pahel (14 machines)
Shri Mohsin Ali and Smt Rukayya Mehar Bano	Saleem Ahmed (Dubai)
Shri Mothilal Ji Rungta	Smt Parmeshari Devi
Shri Mussadilal Ji Balkishan Ji Arvind Kumar ji Gupta	Smt Seeta Devi Gupta
Shri Nanuram Ji	Bhagwandas
Shri Pannalal Ji Singhvee	Abhish and Namitha Singhvee (2 machines)
Shri Parasmal Ji and Smt Madi Bai Bokadia	Gautamchand, Santosh Kanwar Bokadia, Chennai
Shri Parasmal Ji Parak	Smt Saraswati Devi, Rikab and Smt Vimala Parak
Shri Pokuri Ramulu and Smt Pokuri Kamlamma	Pokuri Mohana Rao and Suguna Kumari
Shri Prakash Chand and Smt Mangala Shrimal	Prasan Chand, Prashant, Gulab and Aditya Shrimal (2 machines)
Shri Pramod Ostwal	Smt Mohinidevi, Rupender, Sunil Anil and Vishal Ostwal
Shri Premchand and Smt Mohinidevi Ostwal	Rupender, Sunil, Anil Vishal Ostwal
Shri Prithviraj Ji Daga and Sunder Devi Dugar	Rajender and Prabha Dugar
Shri Raja Madan Lal Ji Gupta and Smt Kamini Rani Gupta	Family Members (2 machines)
Shri Ramkishandas Saraf and Smt Debidevi Saraf	Sitaram - Ratnadevi Saraf
Shri Ratan Singh Ji Munoth	Jeevan Bai, Rajender, Narender, Surender, Veerender Mahender Munoth

Machines sponsored in memory of	Sponsored by
Shri Rathan Chand Ji Chopra	Smt Parasidevi, Uttam Chand, Prakash Chand and Nemi Chand Chopra
Shri Sampatlal Ji Surana	Smt Sunder Devi Ranjith and Sunil Surana
Kum Sangeeta	Chaganlal Jain (Mumbai)
Smt Sangwan Gajra Bai Nahar and Sanghavi Jeevraj Ji Nahar	Sanghvi Vimal Nahar
Smt Saraswati Devi Parak	Rikab, Smt Vimala, Praveen, Naveen and Ashveen Parak
Smt Shakunthala Bai and Shri Gopal Das Jhaveri	Lakshmidas Jhaveri (2 machines)
Smt Shanta Bai and Jainratna Bhanwarlal ji Bafna	Padam, Basanth and Rajender Bafna
Smt Shantaben Choudhary	Jithender, Ramesh and Ranjith Choudhary
Smt Sharad Devi and Shri Ghisulal Ji Tated	Vijay, Rajnath, Pranay and Kalp Tated
Shri Sohanlal and Smt Sarbathibai Agarwal	Ghanshyam Super Market
Smt Sukni Kalidas Shah	Kishor Shah and Family (Mumbai)
Smt Sumitra Munoth	Jeevan Bai, Rajender, Narender, Surender, Veerender Mahender Munoth
Smt Sunderbai Parasmal Munoth	Smt Shobha, Vijaya Bhalghat
Shri Tara Chand Chordia	Nazar Kanwar, Inder, Vimal, Shreyans and Sambhav Chordia
Shri Thota Balkishan Rao and Smt Konka Vijaylakshmi	Totha Raghunath Rao
Shri Tibarumal Gupta	Hetram and Sanjay Gupta
Smt Ucchhab Kanwar and Baby Priyanka	Vimal Chand, Prem Chand, Gautam and Piyush Dugar
Shri Uttam Chand and Smt Shakuntala Devi Lunawat	Praveen Kumar - Rekha and Saharsh Kumar Lunawat
Shri Vijay Kumar Agarwal	Sandeep Agarwal, Ratnadeep Super Market Agrawale
Shri Visanji Bhimsi Dedhia-Patri	Girish Visanji Dedhia



DONORS OF DIALYSIS MACHINES

Machines sponsored by

Abhay and Krupa Bokadia (Chennai)
 Shri Banwarilal Kishan Kumar Agarwal (2 machines)
 Shri Bhadresh Ji and Pooja Chauhan (Chennai)
 Bhaktagan of Pandit Gautam Muni Ji and Vaibhav Muni Ji
 Shri Biharilal Ji Maharaj, Vrindavan
 CAPS Gold
 Challa Hospital
 Shri Gullapalli Srikrishna (4 machines)
 Dr. K. Hameed Hussain
 Shri Hanumanmal and Yogesh Nakhat
 Smt Harsha and Vijay Shah (Swastik Mirchi) (2 machines)
 Hyderabad Kings Round Table 249
 IPCA Laboratories (2 machines)
 Shri Jagdish Prasad Charitable Trust
 P.D. Jain Health Trust
 Shri V.S. Jain Shrimanopasak Sangh Guru Ganesh Bhavan, Hyderabad
 Jain Youth Club, Hyderabad
 Shri Jwala Pershad Ramesh Kumar Gupta and Family
 Dr Kailash and Amar Gupta (12 machines)
 Smt Kailash Devi and Shri Jeevanlal Agarwal
 Smt Kesar and Dilip Kumbhat (Chennai)
 Kothari Jewellers (Ameerpet) (2 machines)
 Smt Lata Devi Ramesh Chand Agarwal
 Shri Linga Sri Prakash

Machines sponsored by

Lion Ramesh Sawhney
 Lion B.S. Shyamala Donge
 Lions Club of Hyderabad Rajdhani (Purshottam Mandhana, Gautam Alijar and Ashok Kothari)
 Shri Mahavir Swamy Jain Shwetamber Sangh, Feelkhana
 Matadeen Goel and Sons, Badegaonwale
 Michael Gad (New York, USA)
 Mohan Shah Foundation (Mumbai)
 Mor Parivar
 Mujataba Hussain & Family (Saleem Ahmed, Dubai)
 Nayana Parekh Charitable Trust (Rashmi Parekh) (2 machines)
 Dr. G.P. Palnitkar (President, RPME Society)
 Smt Padma - Dr Prasanna Chandra, Pranav Shrimal
 Smt Parasidevi Uttam Chand Prakash Chand Nemi Chand Chopra
 Parasmal Gautam Chand Dungarwal (2 machines)
 Prashant, Gulab, Tanvi, Aditya Shrimal – Anil and Veena Jain
 Smt Premlata Agarwal (Shree Jewellers)
 Smt Premlata - Purshottam Das Vijaywargi and Sunita - Mahender Vijaywargi
 Rajaram, Leelavati Agarwal, Indradevi Garg, Subhash Agarwal
 Rajiv Gupta and Chaya Gupta
 Ramniklal Manilal Sanghvi
 Shri Ramprakash Bansal
 R.K. Saboo Charitable Trust (Saboo Family)
 Saneh Bihari Pariwar (Hyderabad)

Machines sponsored by

Smt Sarla Shyam Chandak

Security Printing Press Hyderabad (a unit of SPMCIL), under CSR Project 2019–20 (6 machines)

Service to Humanity is Service to God (a well wisher)

Smt Shyamala Srinivas Isola

Siddharth, Seshu, Suddhi and Anil Jain

Sohan Raj Ji Rajesh Ji Rishabh Runwal

Sri OM Company (Yogesh Agarwal)

Sugunadevi Sundermal Sonthalia Foundation

In Reverence to Swamy Vivekananda

Shri Tarachand Hirji Gosar (Shanti Selection)

Umraomal Amolak Chand Daga Charitable Trust (Prasan Chand Ji Kishan Ji Daga, Jaipur)

Vardhman (Mahila) Co-op Urban Bank Ltd Hyderabad

Vijay Raj Meenabai Padam Raj Gajendra Parak

Hemodialysis involves a number of demanding manual operations on the dialysis machine. Shown here are two typical monitor screen displays. All important treatment values are represented graphically on the LCD monitor, which gives an overview of the ongoing treatment and history. Every function is monitored, including the pump speed, blood pressure and dialysate temperature. The therapists/technicians constantly check to make sure the dialysis session is safe and effective. The machine automatically sounds an alert if anything needs attention. If the power goes off while the machine is working, it will automatically close all the lines. Information about the ongoing session is stored using a backup battery.





OUR DOCTORS AND DEDICATED STAFF



“It has been an incredible experience to work with the Bhagwan Mahavir Dialysis Centres. The patient care support is built on the philosophy of empathy, compassion and trust, which helps to build and restore patient confidence in public healthcare. When the Covid-19 pandemic took an ugly turn and started affecting the masses, we continued our dialysis services without any break, thanks to the help and support of our staff and management. BMDC has given me so much support and good and friendly staff, and I am so grateful for that. I owe all my success in this field of nephrology to BMDC. Thank you very much for putting your trust in me.
— Dr. J.L. Ranganath, *Nephrologist*



“We are pleased to be part of this journey of *One Million Dialyses* over the years. We feel very happy to be part of an extended family of doctors, senior and junior dialysis technicians, nurses and administrative staff. Thanks to such ‘total support’, we were able to understand chronic kidney disease, and help patients to navigate through the dialysis modalities. My best wishes to the Trust; may it continue to scale greater heights in this field . — Dr. CH. Sashidhar, *Nephrologist*



“The BMJRFT is a great institution that is extending selfless service to society. It is an honour to be part of this Trust. The unconditional support from everyone infuses a great deal of strength in us, and it encourages us to give our professional best in our day-to-day work, in order to uphold the prestige and work ethics that are a hallmark of this unique organisation. Thank you for giving us the opportunity to be a part of it. — K. Veera Chary, *Senior Dialysis Therapist*



“It is extremely satisfying to work in the Bhagwan Mahavir Dialysis Centres. They provide an environment where mutual respect and open and friendly attitudes foster long-lasting professional relationships. The trustees have always underlined the importance of holistic patient care and support. This, in turn, results in grateful and happy patients, who cooperate and respect the staff at all levels.
It is an honour to work for the BMJRFT, and we have always benefited from the blessings of the members of the Trust. I wish to say, “Acknowledging the good that you already have in your life is the foundation for all abundance.” — Veligi Reddy Rukma Reddy, *Senior Dialysis Therapist*.

Our highly committed and dedicated staff members at all locations form the backbone for the operations of our dialysis centres. Without their professionalism and sense of duty, the Trust's yeoman service to humanity would not be possible. We salute them from our heart. It is especially worth noting that most of our staff braved the tight security and roadblocks during the lockdown months in order to be present on duty, thus ensuring the continuity of dialysis treatment for patients who would otherwise have been in dire straits.

King Koti Centre staff.





Staff of our Ramdev Rao Hospital Centre.

Staff of our Mahavir Hospital Centre.





Guru Nanak Hospital Centre staff.



Challa Hospital Centre staff.



Indo-US Hospital Centre staff.

CHC-Alair Centre staff.

ZOI Hospital Centre staff.





BMJRFT-INSPIRED CENTRES

Within a few years of the Bhagwan Mahavir Jain Relief Foundation Trust setting up its first dialysis centre in Hyderabad, the model was not only greatly appreciated by the local public, but the news travelled fast to other urban agglomerations. Soon, the BMJRFT began to receive requests from social service inclined charitable organisations across the country seeking advice and guidance. Listed below are fourteen centres inspired by the BMJRFT. As a dialysis professional put it, “*One day, ‘Bhagwan Mahavir’ will become synonymous with healthcare, and more specifically, with dialysis treatment...*”

SHREE JAIN HOSPITAL & RESEARCH CENTRE, HOWRAH
493 B/12, Grand Trunk Road, South Shibpur, Howrah 711 102, Kolkata, West Bengal.

Contact: Ritesh Kumar Dey 85840 70033, <shreejaindialysis@gmail.com>.

● *Estd. 17 Mar 2002* ● *35 machines* ● *3,23,036 dialyses to date (dialysis facility added in 2011).*

LNM GROUP LIONS HOSPITAL & RESEARCH CENTER, BHUJ-KUTCH
Commerce Collage Side Road, Raval Wadi Relocation Site, Bhuj-Kutch 370 001, Gujarat.

Contact: Lion Bharat Mehta, 98252 25416, <lionbmehta@gmail.com>.

● *Estd. 22 Jan 2006* ● *33 machines* ● *1,28,491 dialyses to date (dialysis facility added in 2011).*

M.K. BHANDARI HOSPITAL, RAICHUR
Rajmal Khemraj Bhandari Foundation, Gowshala Road, Raichur 584 102, Karnataka.

Contact: Sowbhagraj Bhandari, Chairman, 98800 00463; Ajay Bhandari, Executive Director, 98800 29500. <rkb1994@gmail.com>

● *Estd. Jan 2011* ● *8 machines* ● *54,505 dialyses to date.*

JAIN DIALYSIS CENTRE, COIMBATORE
A project of the Coimbatore Sree Mahaveer Welfare Society,
21-23, Thiruvengadam Street, Off Mettupayam Road, Coimbatore 641 001, Tamil Nadu.

Contact: Dinesh Mehta, 94426 13735; Mahesh Kankaria, 98430 47377; <jaindialysiscentre@gmail.com>. Landline 0422-4274626.

● *Estd. 05 Aug 2012* ● *9 machines* ● *27,732 dialyses to date.*

KUMAR DIALYSIS CENTRE, PUNE

Kumar Dialysis Centre – Kesarimal Himmatlal Charitable Trust, # 783 Bhawani Peth, Near Nishat Talkies, Pune 411 002, Maharashtra.

Contact: Basti Solanki, 020-26351165, 98230 88865, <kumardialysiscentre@kumarworld.com>.

● *Estd. 16 July 2013* ● *8 machines* ● *51,270 dialyses to date.*

SHRI DHIRAJLAL TOKARSHI KAPADIA DIALYSIS CENTRE, AHMEDABAD

Shri Kutchhi Jain Seva Samaj, Opp. Arihantnagar Derasar, Near Rajasthan Hospital, Sahibaug, Ahmedabad 380 004, Gujarat.

Contact: Ashwin Savla, 98259 38771.

● *Estd. 20 Apr 2014* ● *11 machines* ● *39,748 dialyses to date.*

AKOLA DIALYSIS CENTRE, AKOLA

A unit of Smt B.L. Chandak Research Foundation (Charitable Trust), Ramdaspet, Akola 444 001, Maharashtra.

Contact: Shyam Chandak. <shyamchandak@hotmail.com>.

● *Estd. 12 Jun 2015* ● *18 machines* ● *44,654 dialyses to date.*

BHAGWAN MAHAVIR DIALYSIS CENTRE, NELLORE

Jayabharath Hospital, Door no.16/2884, Near VRC, South Railway Station, Somasekharapuram, Nellore 524 003, Andhra Pradesh.

Contact: Jawanmal Poonam Chand Jain, 98490 64600, 98490 48594.

● *Estd. 01 Mar 2016* ● *10 machines* ● *26,525 dialyses to date.*

KMYF D.R. RANKA DIALYSIS CENTRE, BENGALURU

135, 13th Main, 35th Cross, 4th 'T' Block, Jayanagar, Bengaluru 560 041, Karnataka.

Contact: K.R. Krishna Kumar, 98808 88223, <kk@kmyfranka.com>; C.R. Sreejesh, 78925 32462, <sreejesh@kmyfranka.com>.

● *Estd. 29 Apr 2016* ● *36 machines* ● *1,10,234 dialyses to date.*

SHAHAPUR LIONS DIALYSIS CENTER, BELAGAVI

CTS No 1536, Jain Basti Compound, Gomatesh Vidyapeeth, Hindwadi, Belagavi (Belgaum) 590 006, Karnataka.

Contact: Vijaykumar R. Heda (Chairman), 98451 50011, <hedaceramics@gmail.com>.

Rajesh M. Desurkar (Vice Chairman) 96116 83144, <rajeshdesurkar@gmail.com>.

● *Estd. 23 Mar 2018* ● *5 machines* ● *5,221 dialyses to date.*

JAIN CHARITABLE TRUST, MYSURU

Jain Charitable Trust, Opp. K.R. Mill Post, Siddalingapura, Mysuru 570 003, Karnataka.

Contact: S. Praveen Jain (Secretary), 98451 11190, 80889 77850. <dialysis.jctmysuru@gmail.com>.

● *Estd. 19 Nov 2019* ● *16 machines* ● *15,000 dialyses to date.*

HFCL MEDI-DIALYSIS CENTER, NEW DELHI

Bhagwan Mahavir Relief Foundation Trust, Plot no.11, Institutional Area, FC-33, Jasola, New Delhi 110 025.

Contact: Praveen Kumar Agarwal, 85888 13530. <admin@medidialysis.com>.

● *Estd. 20 Dec 2019* ● *25 machines* ● *22,869 dialyses to date.*

HFRC DIALYSIS CENTRE, MUMBAI

First Floor, Veena Signature, Opp. Sachin Tendulkar Gymkhana, Mahavir Nagar, Kandivali West, Mumbai 400 067, Maharashtra.

Contact: Sunil Jain (Trustee), 93220 83305, <shreeshyamgroups@gmail.com>. Shweta Pawar (Manager), 98333 89888, <hfrcdc25@gmail.com>.

● *Estd. 06 Jan 2020* ● *19 machines* ● *11,423 dialyses to date.*

BHAGWAN MAHAVIR DIALYSIS CENTRE, INDORE

Bhagwan Mahavir Jain Relief Foundation Trust, Old Sehere Road, RFH Campus Gate No. 03, Opp. St. Raphael's School, Indore, Madhya Pradesh.

Contact: Ravindra Bafna, 98270 23466, <ravi_bafna@harshlab.com>; 0731-3511926.

● *Estd. 15 Jan 2020* ● *20 machines* ● *9,484 dialyses to date.*



A WORD FROM OUR PATIENTS



If I am mentally at peace today, and confident about my future, it is entirely thanks to the people at the Bhagwan Mahavir Dialysis Centre... they have given me a new lease of life. When I was diagnosed with kidney problems three years ago, I went into a long depression. With the high cost of dialysis treatment in hospitals, I began to worry about my financial status, as I had to shut down my business for more than four months. I am the only earning member of my family, so meeting the day-to-day expenses became a major source of worry.

In such a situation, the Bhagwan Mahavir Dialysis Centre bailed me out. Within no time, my concerns about financing my treatment were put to rest. I was mentally relieved, and regained the confidence to take care of my family and to restart my business. I am thankful to the Trust for having saved me from the brink of calamity. — *S. Uday Kumar*.

[Shri S. Uday Kumar, aged 57, began his dialysis at our Secunderabad Centre in 2018. He has had more than 400 sessions to date. Phone 92471-22343]



My own 'dialysis journey' began just a month after the Bhagwan Mahavir Jain Relief Foundation Trust started a dialysis centre at the King Koti Hospital. I was earlier paying around Rs.2,500 per session at a private hospital. Right from the outset, I was highly reassured by the quality of the treatment and the care and attention paid to patients, thanks to which I was able to continue my business activities. I wish to thank all the Trustees for having created this facility for the common man. The positive attitude here is highly conducive. When I look back at my 10-year journey, I feel indebted to the Bhagwan Mahavir Dialysis Center. — *Ajay Kumar Agarwal*.

[Shri Ajay Kumar Agarwal, aged 50, has completed an incredible 1,600 dialyses with us, at our King Koti Centre. Phone 98482 47585]



I have been a chronic kidney disease patient ever since I was six. Because of an abnormal growth in one of my kidneys, it had to be removed. A recurrent breathing problem resulted in several hospital visits and endless tests before it became apparent that I needed regular dialysis treatment. After many sittings at a private hospital, where they charged Rs.4,000 per session, I realized that I would not be able to afford this for too long, being from a middle-class family.

My brother's friend suggested that I contact the Bhagwan Mahavir Jain Relief Foundation Trust at one of its dialysis centres. This was nothing less than divine intervention. I soon registered with the Trust and joined their facility at the C.C. Shroff Memorial Hospital, before moving to their Mahavir Hospital centre. I cannot express my happiness at having found a place I could trust, which had a family-like environment and helped relieve me of my stress. Needless to say, my expenses became bearable. I am ever so thankful to one and all associated with this Holy Trust. — *Rajuri Manikya Prabhu*.

[Shri R. Manikya Prabhu, aged 25, has been in our care since 2016 at our Mahavir Centre. He has had close to 1,000 dialyses to date. Phone 99894-18924]



Boundless love, care and guidance is the hallmark of the Bhagwan Mahavir Dialysis Centres. Dialysis is often scary, but in their capable hands, I have always felt very reassured. A few years ago, I had pain in the abdomen. When I went to see a doctor, I was told that my kidneys had shrunk, and that my creatinine level had increased. After some dialysis sessions at another hospital, a friend of my father suggested the Bhagwan Mahavir Trust, and I immediately shifted there. I am a divorcee, so support is limited. When my mother passed away, the doctors and staff at the Bhagwan Mahavir centre provided a lot of emotional support to help me gradually overcome the situation. Also, the doctors and staff patiently explained everything, without unduly worrying me, which helped me keep calm. Thanks to their ever-helpful nature, I have managed to maintain a cheerful and positive attitude. — *Chahana Khurana*.

[Ms. Chahana Khurana is 27 years old, and has completed 500 dialysis sessions since 2018. Phone 98853-33384]



I will suggest the Bhagwan Mahavir Dialysis Centre without any hesitation for anyone requiring treatment with compassion. Today, after a full twelve years of regular dialysis, I remain indebted to the Trust. With their support, I have a new lease of life. About fifteen years ago, I suddenly began having breathing problems and vomited frequently. I was diagnosed with a kidney disorder that needed dialysis. Moreover, I was a HCV+ve patient, which complicated matters. I ran from hospital to hospital, unable to bear the steep charges. My kidney transplant failed within six months. After spending more than Rs.6 lakhs, we lost all hope.

When my mother passed away, and my father too became invalid, a technician suggested that we approach the Bhagwan Mahavir Dialysis Centre. That is where my hope was rekindled. Their support was reassuring right from the outset. The reduced dialysis charges helped me overcome my financial stress. I am new person now. — *Farhana*.

[Ms. Farhana, aged 33, has been one of our oldest patients at the King Koti Centre, since Aug 2009. She has had nearly 1,500 dialysis sessions to date, but continues to be brave and maintains a very positive attitude. Phone 86390-21085]



For a patient, no place other than the Bhagwan Mahavir Dialysis Centre makes you feel like 'home away from home'. As a teenager in college, it was traumatic when I came to know that my kidney was damaged. I was rushed to a big private hospital, but they demanded Rs.30,000. I then moved to another hospital, where the charges were Rs.2,000 per dialysis. I eventually learnt about the Bhagwan Mahavir Trust, and registered with them. One brief talk with the trustees convinced me that this was indeed the place for me. After a kidney transplant sometime later, I was fine for three years, after which I had to resume my dialysis. During the pandemic, unfortunately, I was affected with coronavirus and was admitted in the Gandhi Hospital for ten days. Even in that situation, the Trust did not hesitate to extend assistance to me. Today, even though the dialysis centre is 18 km far from my house, I prefer to continue my dialysis here. I feel absolutely safe and secure, and cared for, at the Bhagwan Mahavir Dialysis Centre, King Koti. — *Mujjiga Praveena*.

[Ms. Mujjiga Praveena, aged 29, is yet another old patient since Aug 2010. She has had 1,323 dialysis sessions to date. She is a source of much reassurance for newcomers. Phone 87901-04430]

A WORD FROM OUR PATIENTS



Life-giving support often comes from the strangest of corners. Had it not been for the timely help from the Bhagwan Mahavir Jain Relief Foundation Trust, I would perhaps not even be alive today.

In mid-2017, I suddenly fainted while on duty at the Secunderabad Club. It turned out that my blood pressure had shot up to 220, and my creatinine level was at 31. After spending a day at a nearby hospital, I was referred to a nephrologist. An acute renal failure was confirmed — both my kidneys had failed — and I was immediately put on dialysis via a catheter on the jugular (near the neck). In just about three weeks, my medical bill, without including medicines, came to Rs.1,65,000. The dialysis alone costed about Rs.40,000. Although I was subsequently discharged and resumed work, the financial shock was extreme.

One evening, I shared my plight with a guest at the Club while I was on duty as the event manager. On his advice, I approached the Bhagwan Mahavir Dialysis Centre at Ramdevrao Hospital, Kukatpally, and was in for a most pleasant surprise: I was told that the charge per visit would be only Rs.300. I could hardly believe my eyes! I have now been in the care of BMJRFT for the last four years, and am happy that their professionalism, guidance and hygiene is far superior to what I had experienced in the expensive private hospitals. I wish to record my sincere thanks to all the Trustees and committee members, the technicians and the staff for all the support and assistance. — S. Subhash Reddy.

[Shri S. Subhash Reddy, aged 54, began his dialysis at our Kukatpally Centre in 2017. He has completed 630 sessions to date. Phone 98664-04050]



Nusrath then...

‘Living legends, beautiful souls on earth in human form, examples of humanity’... there is no end to the tributes one can give to the Trustees of the BMJRFT. Eleven years ago, I had thought that I had lost everything, that my life (at 23) was already shutting down. It was at such a juncture that support from BMJRFT trustees — more importantly the faith and motivation they instilled in me — brought me back from the brink.

It was in Dec 2010 that chronic renal failure made my urea and creatinine go through the roof. When I was told that dialysis was the only way out, for the rest of my life, me and my entire family simply broke down. My very first month of dialysis and hospitalization left me with a Rs.64,000 bill. My health took a severe beating, with high BP, shortness of breath, vomiting, fatigue, general weakness and lack of appetite resulting in me losing 20 kg in a single month. Then followed a series of setbacks leading to multiple ICU and critical-care admissions for various issues with the lungs, heart and the brain too. A host of other complications, including prolonged tuberculosis took me to the brink — emotional breakdown, physical and psychological weakness, depression, panic disorders, and behavioral complications... my medical file had it all. After my renal failure, I could not go back to my job as a medical transcriber. I eventually lost my job. Fate seemed completely stacked up against me, when, in the midst of all this, I had to even face a divorce. It was at such a point that a friend referred me to BMJRFT.

The dialysis at just Rs.300, the warmth and loving care of the nurses and technicians, the gentleness of the trustees, and the very hygienic set-up, all gave me renewed hope in life. After four years at the Bhagwan Mahavir Dialysis Centre, life began to look up, and I managed to find a job that allowed me to work from home. By mid-2014, my social life slowly restarted. A miracle happened in Jan 2017 — I underwent a kidney transplant at NIMS, under the Jeevanandan Cadaver Transplant scheme. It was a success entirely because the quality dialyses at BMJRFT had kept my other organs in good health, leaving me fit for kidney transplantation. I can write a book about how the BMJRFT changed my life. And there would be a separate chapter for every one of the beautiful people there... may God bless them for eternity. — Nusrath Begum.

[Nusrath Begum began her dialysis at our Mahavir Centre in 2010. She is one of our exceptionally motivated patients. Phone 92468-87191]



...Nusrath today



Words are not enough to express my gratitude to the members of the Bhagwan Mahavir Dialysis Centre. They are rendering yeoman service to the needy.

Nearly a decade ago, persistently high BP made me visit a doctor. After several investigations, it turned out that I had chronic kidney disease. I was overcome with panic and became depressed. After counselling and more hospital visits, I finally found myself at the Bhagwan Mahavir Dialysis Centre, Ramdev Rao Hospital, Kukatpally. Over the last ten years, the personal care, low-cost treatment and subsidised injections and medicines have helped me recover my balance. I always pray that the Almighty gives the Trust members abundant wealth, health and peaceful lives, and more strength and opportunities for greater healthcare to society. — *Shyam Sunder Murthy*.

[Shri V. Shyam Sunder Murthy, aged 53, continues to be our patient after more than 1,300 dialyses. Phone 8374561251]



If I am alive today, it is because of the good care and dialysis treatment I have been receiving at the Bhagwan Mahavir Dialysis Centre. Six years ago, I visited a doctor because of my high BP. As a working woman, I became alarmed when I was told that I needed regular hemodialysis. My first thought was whether I could afford the expensive treatment. I initially went to a private hospital where they charged Rs.3,000 per sitting. One day, when a colleague told me about the Bhagwan Mahavir Trust, I immediately contacted them. From the very first day, my experience has been very positive, and I have been able to lead a normal life. — *Beena Turakhia*.

[Smt Beena Turakhia, aged 67, has been a regular patient at our King Koti Centre. She has completed nearly 1,000 sessions. Phone 99492 39415]



When I was told that I would need to have dialysis done three times a week, I could not believe it. I could not picture myself spending hours lying on a hospital bed, and that too so regularly. I started in a private hospital, but soon figured it would be impossible to go on with my meagre finances. At this desperate juncture, I came to know about the Bhagwan Mahavir Dialysis Centres, and decided to try my luck. Needless to say, my troubles ended the day I registered as their patient... not only was I well taken care of, but their charges too were very minimal, bringing the treatment within the reach of the most needy and poor patients. I pray that the Bhagwan Mahavir Jain Relief Foundation Trust continues its vital services to the financially disadvantaged sections of society. — *Akshay Kothari*.

[Shri Akshay Kothari, aged 25, is a brave young patient at our King Koti facility since 2019. Phone 81431 23994]



GOING FORWARD... NEW PROJECTS

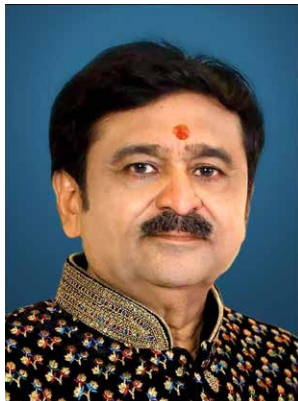
While it certainly is worth celebrating, the *One Million* dialyses milestone was never a target or objective in the vision of the BMJRFT. Healthcare is a never-ending journey... and the 'Stellar Sixteen' knew from Day One that their goal was a continuum of initiatives for the welfare of the disadvantaged sections of society. Behind the exhilaration of the present achievement, the road map for the Trust's future charitable service has already begun to take shape. Blueprints for three distinct projects are revealed below.

The BMJRFT has signed a Memorandum of Understanding with the Lions Life Charitable Trust for the settip of the *Kompella Dialysis Centre*, at Cherlapally, about 25 km south of Hyderabad city.

A proposal is being studied for the setting up of a dialysis centre at Suchitra Circle, Kompally (Hyderabad), in association with the Rotary Club of Secunderabad Sunrise. Kompally is a thickly populated residential area where there is no dialysis facility anywhere nearby.



MOU signed for the Kompella Dialysis Centre, Cherlapally.



A well known and distinguished Jain family from Secunderabad — M/s R. Simrathmal Alamchand and Sons, Sri Ranka Jewellers, Pot Market — has offered appropriate land for a charitable multi-medical facility centre, to be set up in memory of two family members: late Shri Hitesh Kumar Ranka, and late Shri Jinender Raj Ranka (who unfortunately succumbed to Covid-19 during the pandemic, at a very young age). This ambitious project is the beginning of a new chapter in the history of BMJRFT, and will help us to offer much wider and centralised healthcare support at a single location.

Late Shri Jinender Raj Ranka

BHAGWAN MAHAVIR JAIN RELIEF FOUNDATION TRUST

District Government Hospital King Koti, 3-5-773, King Koti Road, Hyderabad 500 001, Telangana

Phones: 040-24761100, 90522-55444; Website: < <https://www.medidialysis.com/bmrft/> >

For donations online:

Account no: 75360100005875

Bhagwan Mahavir Jain Relief Foundation Trust

Bank of Baroda, Bank Street Branch, Hyderabad, Telangana.

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We are grateful to Shri Madan Lunawat, Victory Group, for providing photography support throughout our twelve-year journey, which has enabled us to produce this invaluable collection of precious moments. Our sincere thanks to BluePencil Infodesign for helping us with the preparation of the text. Many of the Trust's key functions were held at Shri Kailash Charan Chidyawala's famous Imperial Garden, Secunderabad. We gratefully acknowledge his vital support in helping us host our events at this grand venue.



