

The Liver Care Foundation
Annual Report
March to April
2022-2023



The Foundation

The Liver Care Foundation was established in 2005 as a non-profit organization with a view to contribute to society by connecting with the public, patient and provider, as a part of its focus towards prevention of liver disease.

Goal

To assist and support Health care related to Liver Diseases.

Vision

To contribute to a world 'Free of Liver Disease'

Mission

1. To advocate and generate public awareness about Liver Health through information, education and communication.
2. To assist those living with liver disease.
3. Strive continuously to bridge the global gap in the field of academics and research, relating to Liver and its diseases.

Core Values

Competence, credibility, commitment, care and cooperation constitute the culture of Liver Care Foundation

Our Team

Board of Trustees

Dr. Shiv Sarin, MD, DM Founder Trustee and member

Dr. Kiran Modi Managing Trustee and member

Mr. Vikram Varma Trustee and member

Mr. P. B. Vijay Trustee and member

Board Members

Dr. B. C. Sharma

Dr. Puja Sakhuja

Ms. Vibhuti Sharma

Ms. Shalini Prakash

Special Advisor

Former Justice Shiv Raj Patil

Legal Advisor

Mr. M. L. Lahoty

Honorary Chief Operating Officer

Ms. Vibhuti Sharma

Our Key Activities

1. Awareness
2. Assistance
3. Academic Support
4. Organization Values

Awareness

The aim of LCF is to bring about an awakening in the minds of people about the importance of functioning of liver in a human body; and if not taken care of, can create number of diseases related to liver and thus cause complications. It will also educate people about the treatment of liver disease and the availability of Doctors and Hospitals, treating this malady.

Assistance

LCF will endeavor to provide assistance in terms of financial aid (and through Donors) to those who are willing to donate their liver.

Academic Support

LCF also undertakes to promote upcoming Doctors, financially, who though, are well qualified to attend higher studies or present papers but cannot do so for lack of funds. Each case is considered on merit through a screening body before providing them with any financial assistance.

Organization Values

Competency, Credibility, Commitment, Care and Cooperation constitute the culture of The Liver Care Foundation.

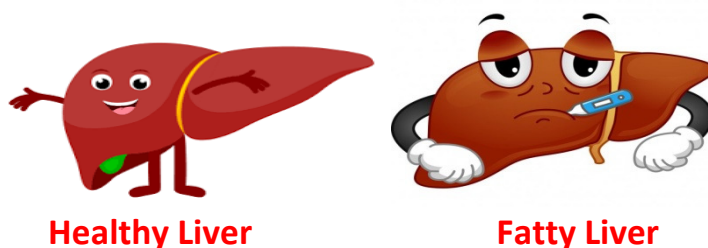
The Liver Care Foundation is a non-government organization that was started in 2005 to promote awareness on all aspects of liver diseases. LCF has already conducted 319 programs on liver health in various part of Delhi and also been able to vaccinate 25000 children successfully (6-17 years) in unprivileged community of Delhi. Recently in the year 2020-21, LCF organized 69 camps in North & North-West Delhi and Delhi. A total 5600 people were educated and screened for Hepatitis C.

Non alcoholic fatty liver disease (NAFLD) is one of the most common causes of chronic liver disease globally and its burden is increasing in India. It is estimated that around 32% of the Indian populace is affected by fatty liver ailment. NAFLD is a medical condition in which excess fat deposits in the liver. In NAFLD there is injury to liver cells due to the fat and this causes inflammation and fibrosis. Apart from the risk of liver failure, there is also an increased risk of developing liver cancer or complete dysfunction of liver.

The liver Care Foundation is going to take an initiative for awareness, education and counseling on Non Alcoholic Fatty Liver Disease within the marginalized community.

It has found that a large number of teenagers and young adults have a risk of non-alcoholic fatty liver disease. Several factors contribute to the development of NAFLD such as family history of NAFLD or metabolic syndrome and environmental modifiers such as diet, life-style and presence of obesity, diabetes and hypertension. Unsafe and unhealthy food such as eating junk food (pizzas, chaat, vada pav, bhujias, samosas, burgers, frankies, french fries, rolls and wraps etc), drinking carbonated drinks and not exercising much are the main reason behind the non alcoholic fatty liver disease (NAFLD). There is still paucity of knowledge and awareness regarding the actual burden and risk factors of NAFLD.

The liver Care Foundation will aware the teenagers and young adults of marginalized communities to improve the understanding of NAFLD, so that the increasing risk of this disease can be prevented.



A survey module will be used for testing the pre knowledge of targeted audience through questioner

फैटी लीवर रोग के प्रति जन जागरूकता

Q.1 क्या आप ने कभी फैटी लीवर के बारे में सुना है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.2 आप का भोजन कैसा है?

(i) शाकाहारी (ii) मांसाहारी (iii) दोनों

Q.3 आप की लम्बाई और वजन कितना है?

(i) लम्बाई.....(ii) वजन(iii) पता नहीं

Q.4 आप खाने में सबसे अधिक क्या पसंद करते हैं?

(i) समोसा (ii) कचौड़ी (iii) दाल सब्जी (iv) चावल दाल (v) अन्य।

Q.5 आप की डाइट कैसी है?

(i) वसा युक्त (ii) वसा रहित (iii) दोनों

Q.6 क्या स्वस्थ भोजन की आदत फैटी लीवर को रोकने में सहायक है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.7 क्या व्यायाम हमारे लीवर को स्वस्थ रखता है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.8 इनमें से कौन सी स्थिति फैटी लीवर का कारण बन सकती है?

(i) मोटापा (ii) मधुमेह (iii) फास्ट फूड (iv) उच्च कोलेस्ट्रॉल (v) व्यायाम की कमी (vi) अन्य।

Q.9 क्या शराब का सेवन न करने पर भी फैटी लीवर हो सकता है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.10 क्या आपने कभी सिरोसिस (जिगर का सिकुड़ना) के बारे में सुना है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.11 क्या आपको बॉडी मास इंडेक्स (BMI) के बारे पता है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Q.12 हमारे शरीर का बीएमआई कितना होना चाहिए?

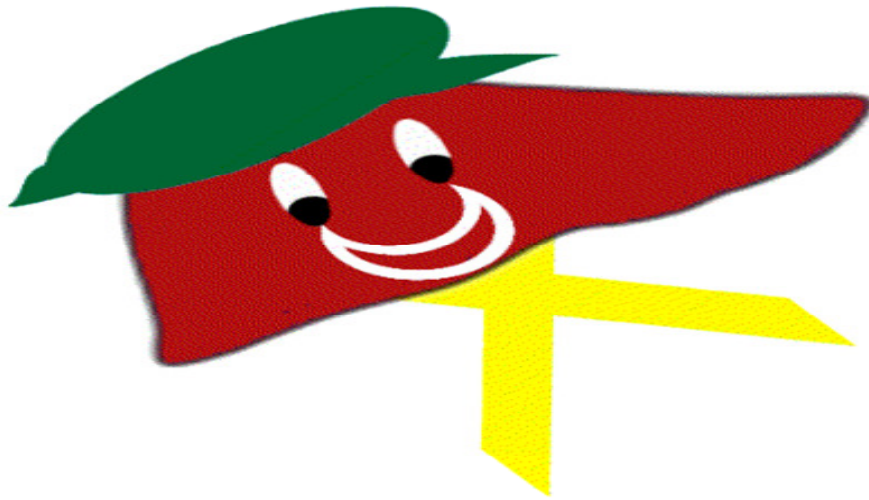
(i) 17-18 (ii) 18.5-24.9 (iii) 25-29.9 (iv) 30 से ऊपर (v) पता नहीं

Q.13 क्या फैटी लीवर का इलाज संभव है?

(i) हाँ (ii) नहीं (iii) पता नहीं

Awareness through education and counseling module

Flip chart & power point presentation were prepared by LCF for awareness and prevention of Non Alcoholic Fatty Liver.....



फैटी लीवर जागरूकता कार्यक्रम



The ICE materials were prepared by LCF team.

NGO Visit

The Liver Care Foundation visited the NGO Jijivisha at New Seemapuri with the collaboration of Rotary Garden City. Jijeevisha is an NGO, working for the betterment of lives of underprivileged residents of the local slums. Most of children were rag pickers. They were made aware about cleanliness, healthy food and liver health by the Liver Care Foundation team.



LCF team with Mr. Rajeev Taneja & Ms. Puja



Children praying to God



Toys & games donated by Rotary

It was a matter of great pleasure that Rotary donated various types of toys, sports and indoor-out door game items like; badminton, football, bat ball, ludo, carom, doll, clay etc. LCF team helped Mr. Rajeev Taneja, Secretary of Rotary in distributing lunch among children.



Liver Care Foundation Grants to APASL Awardees 2020

The Liver Care Foundation undertakes to promote upcoming doctors, financially, who though, are well qualified to attend higher studies or present papers, but cannot do so for lack of funds. Each case is considered on merit through a screening body before providing them with any financial assistance.

A total three bright and young doctors were selected to present their piece of work at Annual conference of APASL 2022-23 held at Taipei, Tiwan.

Name of the Awardees

1. Dr. Tushar Prabhakar
2. Dr. Kanica Kaushal
3. Dr. Moinak Sen Sarma