

**The Liver Care Foundation
Annual Report
April to March
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

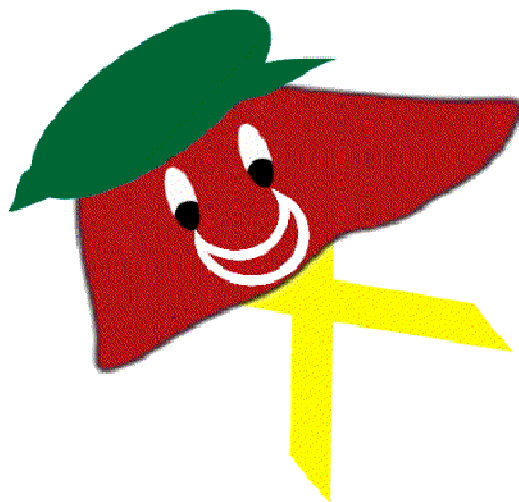
Competency, Credibility, Commitment, Care and Cooperation constitute the culture of The Liver Care Foundation.

Activities conducted by the Liver Care Foundation

The Liver Care Foundation conducted 414 programs on liver health in various part of Delhi and also been able to vaccinate 25000 children (6-17 years) on Hepatitis B in unprivileged community of Delhi. In the year 2021-22 a total 5600 people educated and screened on Hepatitis C in 69 camps of North & North-West Delhi.

Liver diseases are a significant health challenge in India. Although viral hepatitis is a cause of morbidity and mortality, the contribution of alcohol-related liver disease and NAFLD to the liver disease burden is rapidly increasing, with diverse etiologies ranging from viral infections to lifestyle-related factors. Addressing this issue requires a comprehensive approach, including public health measures, awareness campaigns, and improvements in healthcare infrastructure.

Global prevalence of NAFLD among adults is estimated to be 32% and in India, prevalence of NAFLD is estimated to be 38.6%. Like most of the NCDs, NAFLD is a lifestyle disease and its risk factors are attributed to the modern sedentary lifestyle characterized by unhealthy diet, physical inactivity and mental stress. All these habits are inculcated during adolescence and youth and gradually over the years, individuals get accustomed to these habits.



Awareness on Liver Health

To spread awareness among people about liver disease, LCF started Liver Awareness Program in marginalized communities from July 2023. The LCF team collaborated many NGOs to reach out the people and made them aware about liver diseases.

The education program was conducted with the marginalized and low income group people. In ice-breaking session participants introduced themselves and their community by telling us what they liked, disliked and wanted as change in their habitat. It was pre-test knowledge of participants on liver health. Participant knowledge was tested with questions related to the liver, liver disease, hepatitis, symptoms and if they knew about organ donation. The session commenced by asking a member of the audience to draw an outline of a body then asking the audience to place major organs including the liver on the map.



In education session the lecture was delivered on “You and your Liver” using a manual flip chart in Hindi. It was briefly explained by the educator about the liver disease, symptoms, and causes, vices of alcohol, unhealthy diets and transmission of viral hepatitis and its prevention with the help of flip chart and advised people to adopt healthy habits like: always wash your hands, avoid dirty food and water,



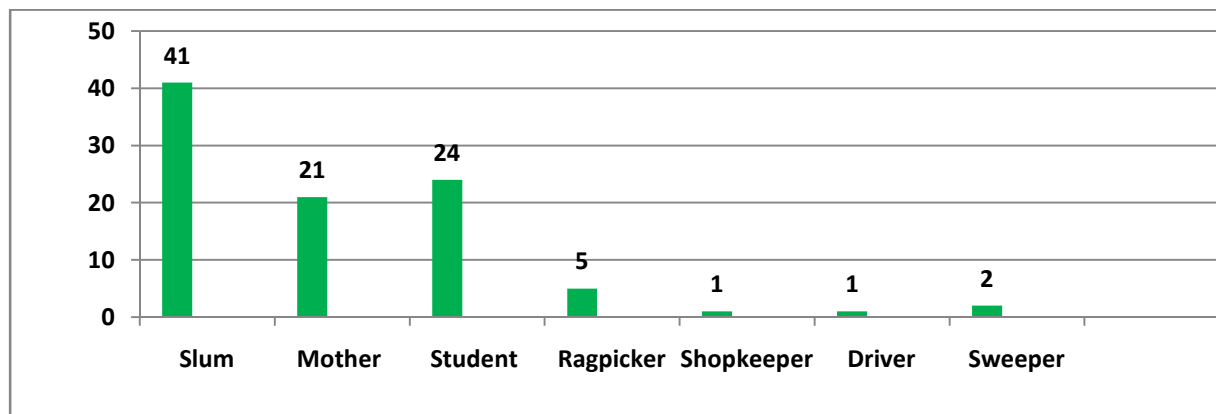
washing hands properly, not sharing one's needle, tooth-brush, razor etc.

Before the educations program people were not aware about Hepatitis even they did not know about the types of Hepatitis and liver can donated. After the education program they were became aware about liver health and Hepatitis B and showed their interest to vaccinate themselves against the Hepatitis B.

In 2023-24 a total 95 programs were organized by the liver care foundation to create the awareness on liver health. A total 3367 people attended the session in which 13% (442) were male and 87% (2925) were female. The number of literate people were 3112 (92%) while illiterate were 255 (8%)

Total Participants	Male	Female	Literate	Illiterate	Age group
3367	442	2925	3112	255	15-60
	13%	87%	92%	8%	

Types of liver awareness program



LCF sensitized different categories of people. In a total 95 programs there were 41 program with slum people, 21 with mothers, 24 with students, 5 with rag pickers 1 program with shopkeeper and one with drivers & 2 program with sweepers.



Mahrauli (Students) 5.12.23



Transport Nagar (Truck Drivers) 4.9.23

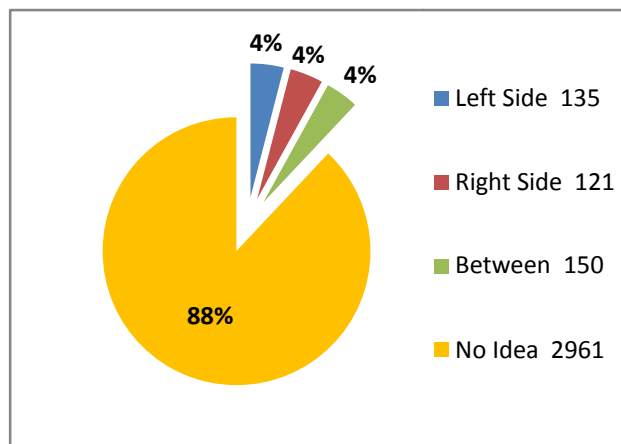
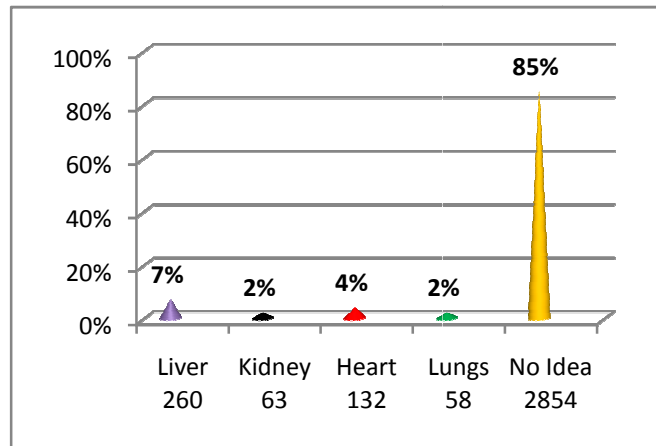


Vishwnathpuri (Slum) 15.7.23

A pre-test was conducted to check the awareness level of the participants about liver and the types of Hepatitis. The participants were questioned orally and most of them were not aware about the liver and liver diseases.

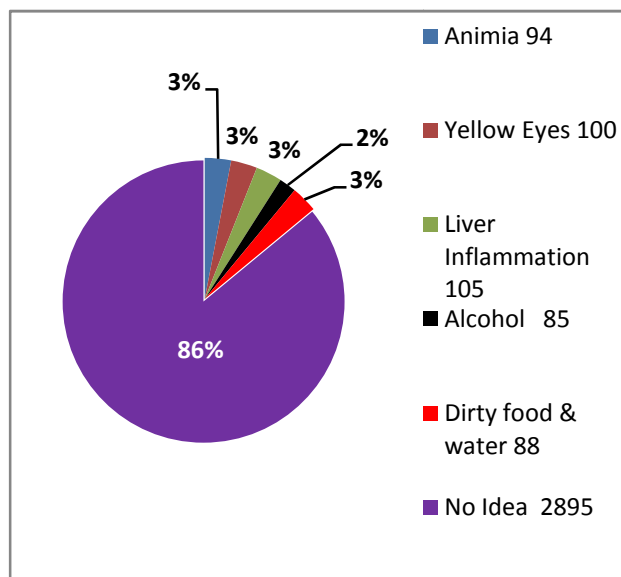
Largest organ of the body

In the pre-test education program participants were asked- which is the largest organ in the human body? Most of them 85% were completely unaware about this. 2% said kidney, 4% said heart, 2% lungs and only 7% correctly answered that liver is the largest organ of human body.



Where is liver located?

Out of 3367 a total 135 (4%) gave the answer that liver is located left side of abdomen, 121 (4%) right side, 150 (4%) between the abdomen and 2961 (88%) had no idea



Causes of jaundice?

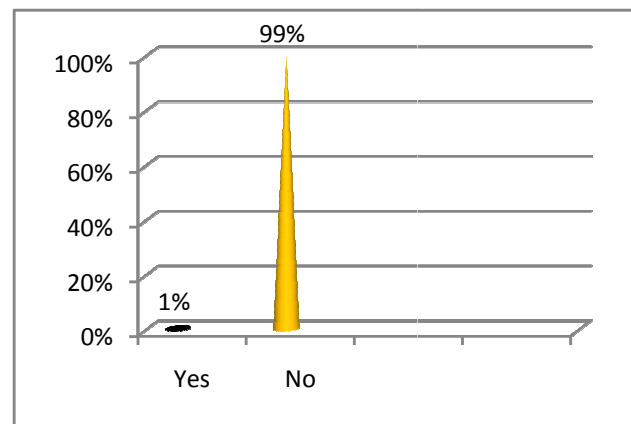
When the participants were asked about the causes of Jaundice 3% (94) said anemia, 3% (100) yellow yes, 3% (105) liver inflammation, 2% (85) drinking alcohol and 3% (88) said that

dirty food and water & 88% (2895) didn't know anything about Jaundice.

Do you know about Hepatitis? Hepatitis B is a major health problem in India. Even in Delhi, ninety percent of population is not vaccinated yet against Hepatitis B, which kills more people than HIV/AIDS. It has also been estimated that out of 25 million infants born each year, over one million run the lifetime risk of developing chronic HBV infection. About 1% of these carriers are at risk of developing liver cancer estimating that approximately 500,000 Indians can die due to liver cancer, the ninth leading cause of death (WHO). This virus can affect people of all ages.

In pre- test of knowledge when people were asked do you know about hepatitis the result was shows that out of 3367 participants, 99% did not know about Hepatitis. Only 1% was aware about Hepatitis. The data shows that despite being educated, people do not know about the disease of hepatitis.

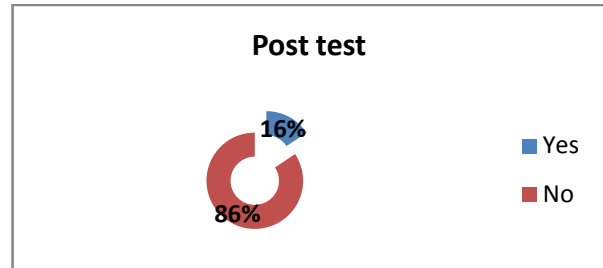
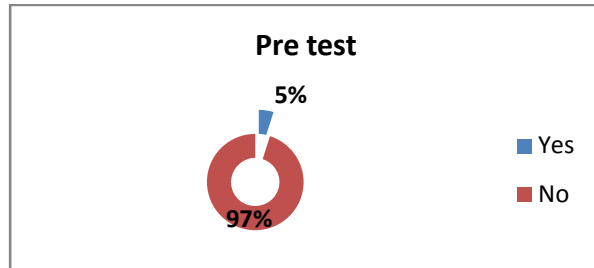
It was analyzed that before the education program there was lack of awareness about the types of hepatitis and liver donation. After the education program they were became aware about liver health and Hepatitis and showed their interest to vaccinate themselves against the Hepatitis B.



Awareness program at Sunder Nagari, 11.12.23, Drawing the body parts on the sheet, Entering participant's name for the session

Would you willing to donate your Liver?

As a part of awareness session participants were asked the question in pre-test and post-test “would you willing to donate your liver? Data shows the result....



In pre-test (before education) data shows that only 3% agreed to donate their liver while 97% the majority did not agree. In post test (after education) the result was much better. 16% participants agreed to donate their liver while 84% did not agree.



4.9.23 truck drivers



15.9.23 MCD Sweepers



19.9.23 Newseemapuri



4.7.23 Mori Gate



18.10.23 Savda



23.6.23 Kanna Market

Most of the participants were poor people and residents of slum areas. All types of people were made aware about liver disease like students, mothers, labors, sweepers, rag pickers and MCD workers etc.

The number of female participants was high in all the programs because the male participants used to go for their work during the day. Women were easily available. We can analyze that there is still a lack of awareness among people

about liver disease. We need to make people aware on liver health through more and more programs.

Our partner NGOs

In 2024 LCF conducted the liver awareness programs with the collaboration of 30 NGOs. We identified 17 new NGOs in addition to our established NGOs to that continued to expand the scope for liver health awareness

S. No.	Old NGOs	S. No.	New NGOs	S. No.	New NGOs
1	Nav Sristi	1	Udayan Care	10	Jan Sandesh
2	Jijivisha The Humanity	2	Meem Education and Training Centre	11	Ujjwal Welfare Trust
3	Sewa Delhi	3	Bal Umang Drishya Sansthan (BUDS)	12	Save My Battle
4	Chetnaleya	4	Hope Foundation	13	Phia Foundation
5	Humanitarian Aid International	5	Sakshi	14	Hope Project Charitable Trust
6	Ramky Foundation	6	Sandesh Communication Group	15	Pushp Skill Foundation
7	New Delhi YMCA	7	Jan Sahas Foundation	16	Alina Permartham Foundation
8	Power Trust	8	Eicher Driver Care Centre	17	Social organization for Creation of Ignition and Ability to Lead
9	Aradhya	9	Adhar		



Liver Care Foundation Financial Grant for APASL 2024

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.

The effort to extend support to young scientists and doctors, this year the travel grants were disbursed to doctors and scientists who had been accepted to present their papers at the APASL 2024 in Kyoto, Japan. It was heartening to see that we were able to provide these bright, young achievers the opportunity to present their pieces of work.

Sno.	Name	Department	Institution
1	Anil Deshmukh	Department of Hepatology	Institute of Liver & Biliary Sciences, New Delhi
2	Pratibha Garg	Department of Hepatology	Institute of Medical & Research (PGIMER), Chandigarh
3	Perminder Kaur	Department of Hepatology	Institute of Medical & Research(PGIMER), Chandigarh
4	Hitesh Singh	Department of Hepatology	Institute of Liver & Biliary Sciences, New Delhi
5	Sunita Giri	Department of Hepatology	Institute of Liver & Biliary Sciences, New Delhi
6	Kalpana Acharya	Department of Gastroenterology	Kashmir Institute of Medical Science, Srinagar
7	Rajni Yadav	Department of Molecular and Cellular Medicine	Institute of Liver & Biliary Sciences, New Delhi
8	Rajat Kalara	Department of Gastroenterology	Sir Gangaram Hospital
9	Swati Thangairyal	Department of Molecular and Cellular Medicine	Institute of Liver & Biliary Sciences, New Delhi
10	Vaibhav Tiwari	Department of Molecular and Cellular Medicine	Institute of Liver & Biliary Sciences, New Delhi

Project SMiLES

Project SMiLES refers to Stronger India through a Million healths educated students. This project aims to assess the risk factors of fatty liver among the youth individuals between 18 and 25 years of age. The underlying thought of this project is to train the students about the etiology and prevention of fatty liver and develop the students as “health-educated students” who will be well versed about the disease and capable of spreading its information to others in the community. The project aims to target one million college students of India between the age range of 18-25 years to undergo self-assessment for presence of risk factors of NCDs and fatty liver; and to screen the high risk individuals for presence of fatty liver.

The Liver Care Foundation took this initiative and worked on this project through NGOs and colleges. LCF explained about the Smile Project to Prof. Geetika Dutta, Principal, Bharatiya Vidya Bhavan. She agreed for the session on fatty liver. Dr. Priyanka and Ms. Ashwarya gave lecture on fatty liver. Students filled the survey form and mostly took the measurement of height and weight to complete the process. The principal appreciated and gave thanks to LCF & ILBS team to conduct the program on this important topic.



Principal & teaching staff



Lecture on fatty liver



Measuring height and weight



Measuring neck



grouping with teachers & students



LCF & ILBS team with college principal & teacher