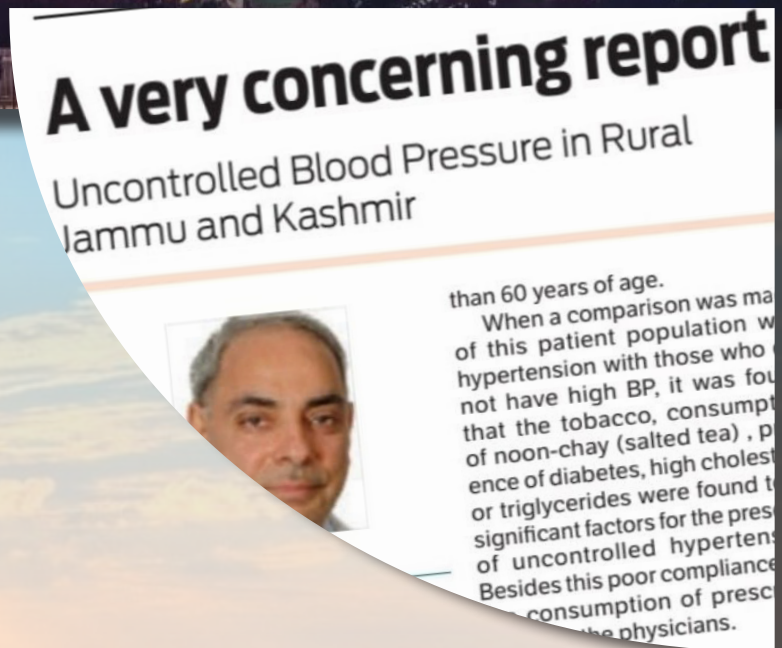


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GAURI KAUL FOUNDATION ANNUAL REPORT

Empowering Health: A Year of Impact in Review



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**MRS GAURI KAUL
(1926 - 2011)**

**THE INSPIRATION BEHIND
GAURI KAUL FOUNDATION (GKF)**

TABLE OF CONTENTS

FROM THE DESK OF FOUNDER DIRECTOR
Reflecting on a **Year of Progress** **6**

EDITORIAL
Making Compassionate and Quality Healthcare **Accessible for All** **7**

REFLECTIONS FROM OUR BOARD OF TRUSTEES
Creating a Strong **Foundation** **8**

GAURI KAUL FOUNDATION
Taking care of **Hearts and Emotions** **10**

A YEAR OF IMPACT IN REVIEW
Testimonials from Our Patients: Their **Journey and Suggestions** **11**

A HEART FOR GIVING
The Financials of the Gauri Kaul Foundation and **Infographics** **16**

HEART OF HOPE
Prasad Joo Khan Heart Centre, a Beacon of Healing and Inspiration **22**
Gauri Heart Centre: A Leading Provider of Comprehensive Cardiac Care **26**

EMPOWERING ABANDONED SENIORS
Gauri Old Age Mission: A Holistic Approach to Senior Care **29**

REVOLUTIONISING RURAL HEALTHCARE
GKF's State-of-the-Art **Telehealth Units** **32**

CREATING A HEALTHIER COMMUNITY
GKF's Public **Outreach Health Programs and Advocacy** **36**

STRENGTHENING OUR FOUNDATIONS
GKF's Partnerships with Key Organizations to Improve Access to Care **38**

TABLE OF CONTENTS

PROMOTING MEDICAL INNOVATION
The **Gauri Research Centre**: Building a Better Future of Healthcare **40**
Gauri Research Centre's **Impactful Training Programs** **42**

EXPANDING HORIZONS
When The Heart Speaks: Instills Hope and Inspiration **44**
Exploring the **Spiritual Side of Health**: Prof Upendra Kaul's Columns

HONORING OUR ROOTS **46**
A Grandchild's **Gratitude**

BEYOND JAMMU AND KASHMIR **48**
Building for Tomorrow: The Visionary **Future Plans** of GKF

MAKING EVERY ACTION COUNT **49**
Acknowledging the Contributions of **GKF's Champions**

GKF MAKING HEADLINES **50**
Outstanding Healthcare Work

Feedback and Suggestions from the readers are welcome
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PATRON
PROF UPENDRA KAUL
HONORARY EDITOR
PROF SYEDA AFSHANA



GAURI KAUL FOUNDATION

**REFLECTING ON A YEAR OF PROGRESS
FROM THE DESK OF FOUNDER DIRECTOR**

Dear Friends and Supporters,

I am honoured to present our annual report for the year 2022-2023. It has been an incredible journey since we founded the Gauri Kaul Foundation two years ago, and I am happy to share with you our achievements since its inception.

Our mission has always been to reduce the burden of heart diseases in Jammu and Kashmir and bring quality cardiac healthcare to the valley. We plan to extend our mission to other needy parts of the country. We are committed to provide holistic healthcare to senior citizens. In addition, our project aims to take healthcare facilities to remote regions of the Union Territory in both Jammu and Kashmir. Thanks to your generous support, we have made significant progress in achieving our goals. We have established two state-of-the-art heart centres and three Telehealth units across Jammu and Kashmir.

In a significant development, we have also established an Old-Age Clinic that provides holistic health services to senior citizens. Besides OPD consultations, this clinic offers home-based care, telehealth, and palliative care for seniors.

Of course, we have faced various challenges along the way, from the weather conditions in the border area of Machil, Kupwara District, to establishing a heart centre in the Pulwama district. But we have persevered, and I am confident that we will continue to make a positive impact in the years to come.

I want to take a moment to thank our dedicated staff, volunteers, and supporters. Without your hard work and contributions, we would not be where we are today. Your generosity and commitment to our mission inspires us every day.

Looking ahead, we have big plans for 2023-2024, and I am excited to see what we can achieve together. I invite you to read the rest of this report to learn more about our programs, impact, and financials.

Thank you for your continued support of the Gauri Kaul Foundation. Together, we can create a better Jammu and Kashmir for all.

Sincerely,

PROF (DR) UPENDRA KAUL
Founder Director



EDITORIAL
COMPASSIONATE HEALTHCARE
ACCESSIBLE FOR ALL

We are pleased to present the annual report of the Gauri Kaul Foundation for the year 2022-2023.

Our aim has been to contribute towards reducing the burden of heart diseases in Jammu and Kashmir and to bring in quality healthcare to the region. The social aspect of the GKF focuses on providing healthcare facilities to the remote areas of the UT. Through our public outreach programs, our main goal is to educate and inform the public about the importance of preventive strategies using affordable and cost-effective methods based upon improving the life style. Elderly population has unique health needs and GKF has a special program for them under one roof. These also include abandoned and neglected section of our society. We believe that everyone regardless of their socio-economic status should have access to quality healthcare.

To achieve our goals, we have partnered with several state-level and National partners in order get support to set up several centers of excellence in different parts of the union territory including the remotest parts near the LOC.

We extend our heartfelt gratitude to all our supporters and hope that our efforts summarized in this report will motivate more people and organizations to help us carry on this mission further and also take it to other parts of the country.

DR ZUBAIR SALEEM
Director



**IMPROVING CARDIAC HEALTH
FROM PREVENTION TO TREATMENT**

Gauri Kaul Foundation (GKF) was founded in India in 2021 by Dr (Prof) Upendra Kaul due to the concern about the rising number of deaths from heart diseases. GKF is dedicated to prevent and manage heart disease and their risk factors. The foundation works to educate the public on heart health, fund research into heart disease, and advocate for policies that promote healthy lifestyles and access to healthcare for people with heart conditions. Through its programs and services, advocacy, and research, the foundation has made a significant impact on reducing the number of deaths from heart disease and improving the lives of people with heart conditions. In this annual report, we have narrated the work done by the foundation, its impact, and its future direction.

GKF is well-positioned to make even greater strides in promoting heart health in the years to come.

PRIYADARSHINI ARAMBAM
Director



CREATING A STRONG FOUNDATION REFLECTIONS FROM OUR TRUSTEES

COMMITMENT TO EXCELLENCE

I am delighted to be associated with the Gauri Kaul Foundation (GKF) as a trustee. It is led by its Founder Director, Professor Upendra Kaul. Despite his academic and professional commitments, his first love is Kashmir which he visits regularly to pursue his mission of "No more Heart Attacks by 2025", under the aegis of an NGO set up as a tribute to his late mother.

The performance of the NGO in its first year was a roller coaster ride due to internal and external hindrances from time to time. It is, however, creditable that due to his unflinching commitment, hard work, excellent networking and support of like-minded people, the NGO succeeded in setting up of two hospitals in the most challenging locations in Kashmir, one at Machil near the border of India and Pakistan in the 56th Rajput Regiment, and the other at Pulwama where people even dread to visit. The Indian Oil Corporation and ONGC came forward to lend their financial support for setting up the complex machines and other equipment for the Hospitals and deserve our thankful appreciation for their support in this noble cause.

I would like to congratulate Dr. Kaul and his devoted team of Dr. Zubair Saleem and Dr. Priyadarshini Arambam in their dedicated efforts towards this praiseworthy cause. I wish them the very best in taking this mission forward to greater heights.

Wishing GKF all the best!

-M. A. Pathan

Trustee Gauri Kaul Foundation
Former Chairman Indian Oil
Former Resident Director Tata Group

CREATING A STRONG FOUNDATION

My personal association with Dr. Upendra Kaul (fondly called U-Kaul in Kashmir), Chairman Cardiology and Dean Batra Academic & Research, go back to several years as a member of the Batra Ethics Committee. Dr. Kaul's academic and professional excellence alongside his deep compassion for the hundreds of poor and the deprived children being referred to Batra by my organization Prayas JAC Society, created a very special space for him in my heart. As one of the trustees in the Gauri Kaul foundation (GKF) for nearly 2 years now, I'm becoming increasingly aware every day about the yeoman service being rendered by Dr. Kaul through this remarkable charity.

Last year, on the 1st anniversary of our organization when I visited Srinagar and Pulwama attending series of programs like the Inauguration of the 'Prasad Joo Khan Memorial Centre' at village Hawal and other health programs besides our own thorough-going Trustee's meeting of the Foundation-coupled with Kashmiri dinner at Gaurui Manzil, I fully understood what motivates Dr. Kaul unfailingly visiting Kashmir almost every week. In a very short period, the GKF has not only created a major impact through its direct services to the most deserving heart patients, Dr. Kaul and GKF has also brought about a change in People's perception towards the much-needed heart care services in the valley and elsewhere where it operates.

As someone myself connected to the social sector(s) including health for nearly 3 and half decades, I'm aware of the huge gaps in the day-to-day services within the health sector-particularly in the heart-which matters most. Healthcare, despite being the most basic human need for preserving and sustaining our lives, in India's fast commercialising and privatising albeit materialistic health facilities, an organisation like the GKF led by the true missionary Dr. U. Kaul, stands out like an oasis of hope.

-Amod K Kanth

Trustee Gauri Kaul Foundation
General Secretary, Prayas JAC Society
Founder Chairman-DCPCR / DWSSC & Former DGP

NAVIGATING CHALLENGES, INSPIRING CHANGE

According to the World Health Organisation (WHO), more than 30% of all deaths in India are due to cardiovascular diseases (CVDs). Uncontrolled blood pressure (BP) is one of the main causes of CVDs in the country. An estimated 220 million people in India have high BP and of these only around 10% have their BP under control. In addition, high cholesterol is also a major risk factor for CVDs. Compared to 39% worldwide, we have as many as 63% with high LDL cholesterol which is a staggering 880 million people, but only a small proportion of them have LDL under control. If not reduced effectively, high BP and high LDL can lead to heart disease, stroke, diabetes, kidney disease, dementia, disabilities and can also affect the brain.

Much work remains to be done in India to provide adequate healthcare advice and treatment to people to bring down their blood pressure and cholesterol and in turn prevent a very large number of disabilities and early deaths. With timely support for self care, more than 90% of people with high BP or high LDL can benefit significantly.

I am heartened to see that at Gauri Kaul Foundation (GKF) we have been organising health camps and running daily clinics to help people control many risk factors to prevent cardiovascular and other diseases. It is remarkable that in just two years our clinics have acquired state of the art equipment and our leading medical professionals and support staff have been working long hours to ensure that appropriate diagnostic tests, examinations and consultations are provided extensively in large catchment areas. People in the high risk category for serious diseases are given treatment as well as self care plans to enable them to bring these risk factors under control. It is reassuring that we have also begun to put together an impressive research team to better understand CVDs and other diseases and their prevalence, as well as to assess the impact of our programmes.

I would particularly like to congratulate our esteemed Founder Director of GKF Dr Upendra Kaul for giving direction to this much needed work, to Dr Zubair Saleem for all the non-stop activities at the ground level to maintain the momentum of the programme of works, and to Dr Priyadarshini Arambam for initiating the research in this area which will be the first of its kind in Kashmir. While we have had to face some hard times, however we are grateful that able steering by Dr Kaul has brought us back on track.

Please accept my best wishes for the bright future of GKF in providing more and more people with GKF's sterling services far and wide across India in the years to come.

-Meera Ben Shah

Trustee Gauri Kaul Foundation
Director of 'Sociation for Action on Health, Education and Environment

A LEGACY OF RESPONSIBILITY

The Gauri Kaul Foundation initiative reveals how true dedication to service can be achieved through just small steps and small funding. All it needs is the spirit of service and sharing, which my dear younger brother, Upendra Kaul has in large measure. Now its value has been recognised by citizens, and demand for its services increased. The dedicated crew at GHC require our salaams and material support for spreading their good work.

-Devaki Jain

Trustee Gauri Kaul Foundation
Indian economist and writer

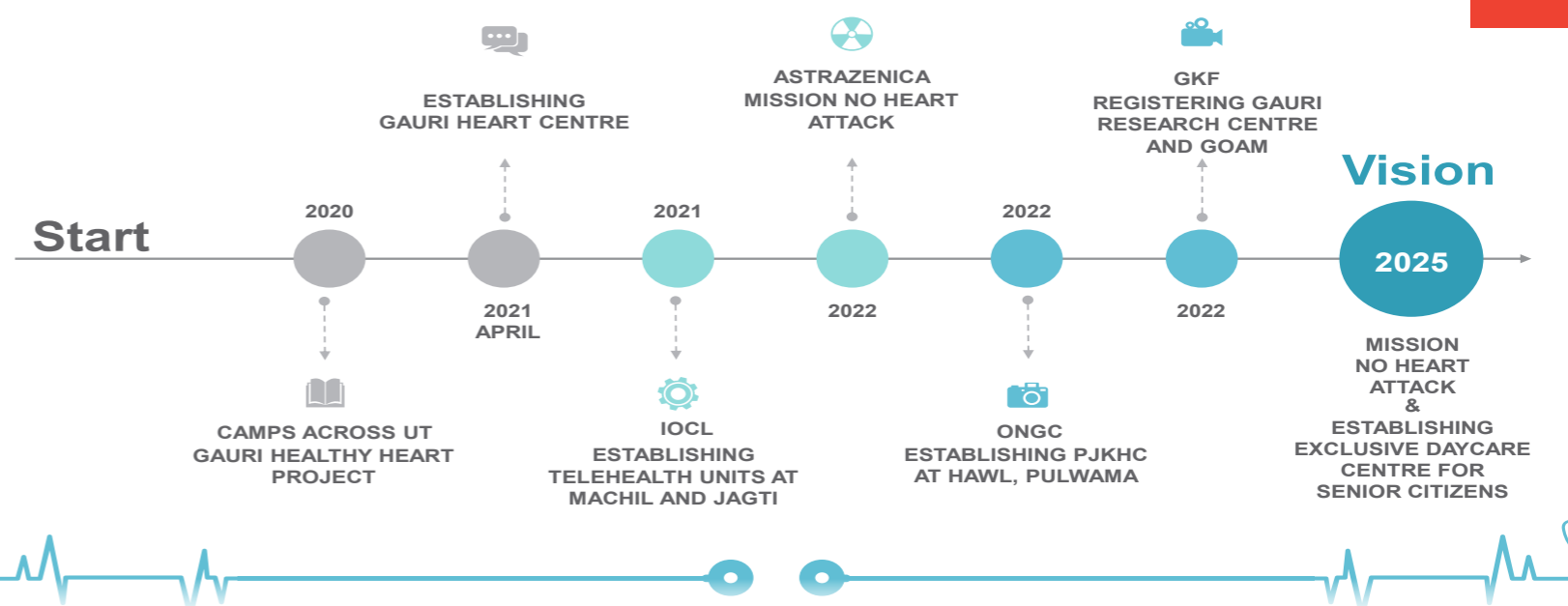
I would like to extend my warm wishes to the entire team of GKF for their dedication and hard work towards improving healthcare in the UT.

My special thanks to Prof U Kaul for taking the initiative to establish this foundation. His vision and leadership have been instrumental in creating a platform for healthcare innovation and advancement.

-Dr Sudhir S Bloeria

Trustee Gauri Kaul Foundation
IAS (J&K-1968) is an ex-Army Officer

OUR JOURNEY



GAURI KAUL FOUNDATION TAKING CARE OF HEARTS AND EMOTIONS

**FROM CHILDREN TO ELDERLY,
PROF U KAUL
TAKING CARE OF HEARTS OF ALL**

OUR JOURNEY

BACKGROUND

The Gauri Kaul Foundation (GKF) is a non-profit organization that was founded by Prof Upendra Kaul, an eminent cardiologist in India, in memory of his late mother Mrs Gauri Kaul. The foundation aims to provide state-of-the-art healthcare to people in need. The GKF has several initiatives aimed at improving healthcare. Apart from these initiatives, the GKF also supports research in healthcare. Overall, the Gauri Kaul Foundation is working towards its goal of providing state-of-the-art healthcare to people in need and making healthcare accessible to all. The foundation advocates for policies and programs that promote heart health in the form of educational programs.

VISION

The vision of the Gauri Kaul Foundation is to provide world-class healthcare to people in need, especially those from underprivileged backgrounds, irrespective of their socio-economic status. The foundation aims to create a healthcare system that is affordable, accessible, and of high quality.

MISSION

The mission of the Gauri Kaul Foundation is to provide access to high-quality healthcare services, promote healthcare education and research, and create a sustainable and equitable healthcare system that benefits everyone.

VALUES

The Gauri Kaul Foundation is guided by a set of core values that shape its operations, initiatives, and relationships. These values include:

- 1.Compassion:** The foundation values empathy and kindness towards all individuals, especially those in need of healthcare services.
- 2.Equity:** The foundation is committed to creating a healthcare system that is equitable and accessible to all, regardless of their socio-economic status.
- 3.Excellence:** The foundation values excellence in all aspects of its operations, from providing medical services to supporting education and research.
- 4.Integrity:** The foundation upholds high ethical standards in all its dealings, and is committed to transparency, accountability, and honesty.
- 5.Collaboration:** The foundation recognizes the importance of partnerships and collaborations in achieving its mission, and seeks to work with individuals, organizations, and communities to achieve common goals.
- 6.Innovation:** The foundation promotes innovation in healthcare, and seeks to adopt new and effective tools for improving patient outcomes and healthcare delivery.
- 7.Support for people with risk factors for heart disease:** The foundation conducts regular free health screening program under "Gauri Healthy Heart Project (GHHP)" to optimize the treatment of patients, with high blood pressure (BP) diabetes, high lipids and heart diseases related to these common problems.

In the past year, the Gauri Kaul Foundation has continued its efforts to provide high-quality healthcare services to underprivileged and marginalized communities in Kashmir, despite the challenges posed by difficult areas of Jammu and Kashmir and pandemic of COVID-19.

One of the significant impacts of the GKF's efforts in the last year has been the state of the art health care provided to thousands of patients in Kashmir, who otherwise had to spent lacks of rupees to go outside Kashmir for treatment. GKF has taken a lead in providing exclusive holistic health care for senior citizens. Thousands of elderly people are enjoying free Tele-Health facilities of GKF.

The foundation also continues to provide quality healthcare through its Tele-Health units in Machil, Kupwara District and Jagti, near Katra in Jammu.

In addition, the GKF has organised many public outreach programs/trainings and research initiatives in healthcare, including a weekly newsletter in newspaper and healthcare programs to educate masses about their health.

The outreach programs and awareness programs of the Gauri Kaul Foundation through newspapers and electronic media have been instrumental in improving healthcare in the region of Kashmir. These programs have helped to create awareness about healthcare issues and promote healthy living practices among the people, ultimately leading to better health outcomes for the people of Kashmir.



ENDORSEMENTS

Various People

REVIVING HOPE

MRS. MISRA'S JOURNEY WITH GAURI KAUL FOUNDATION

As we look back at the past year, we are grateful for the opportunity to serve those in need through the Gauri Kaul Foundation (GKF). Our mission is to provide health-related assistance to those who are struggling and facing difficult circumstances. We believe that every individual has the right to access quality healthcare, regardless of their financial situation or social status.

As an example, one of the individuals, we have been able to assist is Mrs. Misra, who has lived a life full of hardship and loss. Losing her son 20 years ago and then her husband left her with a heavy heart and an empty home. Her only daughter, married and struggling financially, was unable to provide the support that Mrs. Misra needed. Despite this, Mrs. Misra bravely faced her challenges, never asking for help or sympathy from others.

However, as she grew older, Mrs. Misra's health began to decline. She developed several health issues that made it difficult for her to even perform daily activities. Her neglect and abandonment by her own people left her feeling alone and hopeless.

She needed assistance with consultations, investigations, and medicines, but she could not afford to pay for them. This is where GKF came in, and we were able to provide all of the necessary health-related assistance to Mrs. Misra for the last two years, free of charge.

Through our dedicated team of medical professionals and volunteers, we have been able to provide Mrs. Misra with the care she needs to stay healthy and happy. We have also provided her with emotional support, companionship, and a sense of community, which has helped her overcome the feelings of neglect and abandonment she had experienced

*"GKF is not just an organization, but a family. They have been there for me every step of the way, providing me with the medical support and compassionate care I need."
- Mrs Misra*

in the past.

Mrs. Misra's story is just one of the many success stories that GKF is part of. Our commitment to providing quality healthcare to those in need will continue, and we will strive to make a difference in the lives of as many individuals as possible. We are committed to serve the marginalized and financially dependent elderly who have been neglected by their children.

We are grateful for the support of our donors, volunteers, and staff who make our work possible. We hope that you will continue to support us as we work towards a healthier

LONG WAITING TIMES AND EQUIPMENT MAINTENANCE OUR PATIENT SUGGESTS

"I appreciate the healthcare services offered by Gauri Heart Centre. We all realise the contribution of Dr U Kaul in taking care of the health of Kashmiris. His weekly visit to Srinagar and Hawl is just exceptional and lots of people are getting benefited. However, I hope that you can address a few issues to improve patient experience and satisfaction.

After my recent visit to your health clinic, I would like to offer some critical feedback. Firstly, the waiting time was quite long and there seemed to be a lack of organisation in managing patient flow. This caused frustration and inconvenience for me and other patients.

Secondly, I noticed that some of the medical equipment appeared to have exhausted its batteries and were in need of replacement of batteries. This may impact the accuracy of test results and diagnosis.

Lastly, I feel that there could be more emphasis on patient communication and education. The medical staff could take the time to explain medical conditions, treatment options, and answer patient questions in a clear and concise manner. This would help to improve patient understanding and overall satisfaction with the healthcare provided.

I thank you all and especially Dr U Kaul for his selfless service to the community."

*-Abdul Rehman Bhat
Bagh E Mehtab, Budgam*



**Mrs. Misra
being treated at
GHC.**

FROM DESPERATION TO HOPE TELEHEALTH PROGRAM OF GAURI OLD AGE MISSION

I am happy to see Gauri Old Age Mission founded by Prof Upendra Kaul, the doyen of Cardiology, is providing best services to senior citizens. Me and my family are among the hundreds of other beneficiaries of this mission. I feel privileged to share my story of getting associated with this quest.

The sense of mission that Dr. Zubair Saleem brings to his job is both inspirational and exemplary. I and my family have had the honour and the greatest good fortune to be treated by him from the worst days of the COVID 19 pandemic till now. A master clinician that he is, he pronounced his diagnosis with the confidence of a master and the heart of a true friend. After that first call, I was to call Dr. Zubair countless times more, at the oddest hour. For his intelligence, his empathy and his outstanding medical training, I have come to regard Dr. Zubair among the very best among the medical fraternity that I have had the opportunity to interact with in my life. His commitment to the cause of the elderly care is revolutionary and pathfinding. Through his visionary approach and razor-sharp focus on elderly care, Dr. Zubair will galvanise hope in society and set the pace for an institutionalised policy focus on professional medical outreach to our senior citizens.

Under the guidance and supervision of luminary Prof Kaul, I wish him every success and may the Lord bestow upon him and his family the gift of good health, always. Ameen!

-Kumar M Tiku
Lead and Chief Advisor, Communications and Advocacy
UN Women India



"To make all this possible we are eternally grateful to the finest doctor and human being we will ever get to know."
-Kaleka Family

MIRACULOUS RECOVERIES

THE KALEKAS' JOURNEY WITH GAURI OLD AGE MISSION

The mission to provide seniors with health and assist them in ageing with grace is a divine one. This could have been only possible by the visionary and world class cardiologist Padma Shree, Prof Upendra Kaul. This is my great privilege to share my story of association with Gauri Old Age Mission and its Telehealth program. Dr. Zubair forms a healing relationship with the patient, making himself and the patient partners in healing and recovery. He brings trust where there was fear and hope where there was despondency.

Dr Zubair miraculously brought back my mother from the brink when specialists in Delhi had given her just 10 days to live and she was able to enjoy several years with her great grandchildren after

returning to our home town.

We brought my father in law to Delhi after he suffered a stroke in London where doctors had given him a few months to live. He had severe heart problems and was bed-ridden. However, he lived a satisfactory life under Dr. Zubair's care for several years. We faithfully followed Dr. Zubair's prescriptions and advice. Our reward was that in the eight years he was with us, not once did he need to visit a hospital.

Importantly, Dr. Zubair was available not only for me and my family, but also for any distant friend, the maid, the driver or the neighbour and even our ex-staff.

These last several years we have benefited immensely, both physically and emotionally, and are grateful that Dr. Zubair will continue to be by our side for all the years to come.

We Kalekas both in Delhi and Patiala wish Gauri Old Age Mission a success. We also would extend our gratitude to Prof Upendra Kaul for taking this initiative.

-Ranbir Kaleka
Multimedia Artist
New-Delhi



2022-2023
THE FINANCIALS
KEY ASPECTS

SNAPSHOT OF GKF'S ANNUAL FINANCIAL PERFORMANCE (APRIL 2022 TO MARCH 2023)

INCOME	Rupees (In Lakhs)
Donations	5.5
Grants	---
Fundraising	1.8 (In collaboration with Kashmir Clinics)
Income from Health Centres	82.4
TOTAL INCOME	89.7
EXPENDITURE	Rupees (In Lakhs)
Consumable/Maintenance Expenses	26.2
Doctors Charges at GHC/PJKHC	29.6
Staff Salary	17.5
Workshops/Trainings	1.8 (In collaboration with Kashmir Clinics)
Previous Outstanding	9.9
Infrastructural Development	4.5
TOTAL EXPENDITURE	89.5
NET Balance as on 31st March 2023	0.2

PARTNERSHIPS:

GKF has a medical research partnership with Kashmir Clinics Group, and we have organized various training and awareness programs together. Collaborations like this are incredibly valuable for advancing medical research, improving healthcare outcomes, and raising awareness about important health issues.

FUNDING SOURCE:

The Gauri Kaul Foundation is a non-profit organization that operates on the principle of providing affordable and accessible health care to underprivileged individuals. The GKF operates on a unique model where all the income from Gauri Heart Centre and Prasad Joo Khan Heart Centre goes into the foundation. Both centres are owned and operated by the foundation. In addition to this, the foundation receives donations from various individuals who share the same vision. At present, the main source of income for the foundation is the donations received from Prof Upendra Kaul, a renowned cardiologist and philanthropist and Founder Director of GKF, who has been actively supporting the foundation's endeavours.

EXPENDITURES:

The foundation's expenses primarily consist of maintenance of the two heart centres, salaries of doctors and staff, and repairs and infrastructural development of the health centres. A significant part of the expenses are incurred in providing free healthcare to the underprivileged and running media outreach programs. These free facilities include free consultations, free investigations, and free medicines. The foundation also provides home-based care and palliative care to patients, especially for senior citizens, and provide tele-health facilities to neglected elderly patients. Similarly, print media and electronic media outreach programs are an important tool for educating communities about health issues, promoting healthy behaviours, and raising awareness about available healthcare resources.



CREATING HEALTH EQUITY: A LOOK AT FINANCIALS OF GKF'S FREE HEALTHCARE AND MEDIA OUTREACH PROGRAMS

PARTICULARS	Numbers
Doctors Consultations (OPD)	488
Blood Tests and Cardiac Biomarkers	187
Non-Invasive Cardiology Tests	682
Home Based Care/Palliative Care	85
Tele-Health Consultations	1843
Infusion Therapy (Day-Care)	21
Free Medicines (Neglected Elderly)	27
Weekly Newsletter: Senior Citizens Lounge	38
Heart Health in Print/Electronic Media	45
Awareness Programmes on DD Kashir	04
Awareness programmes on YouTube channels	17

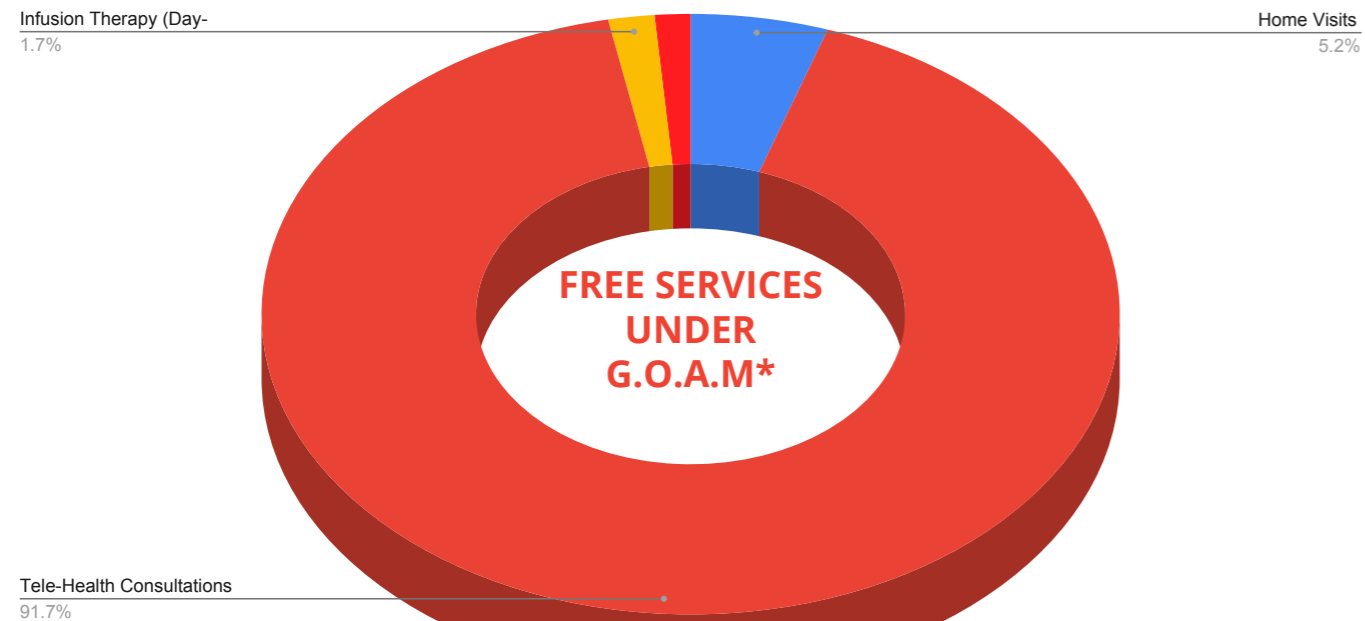
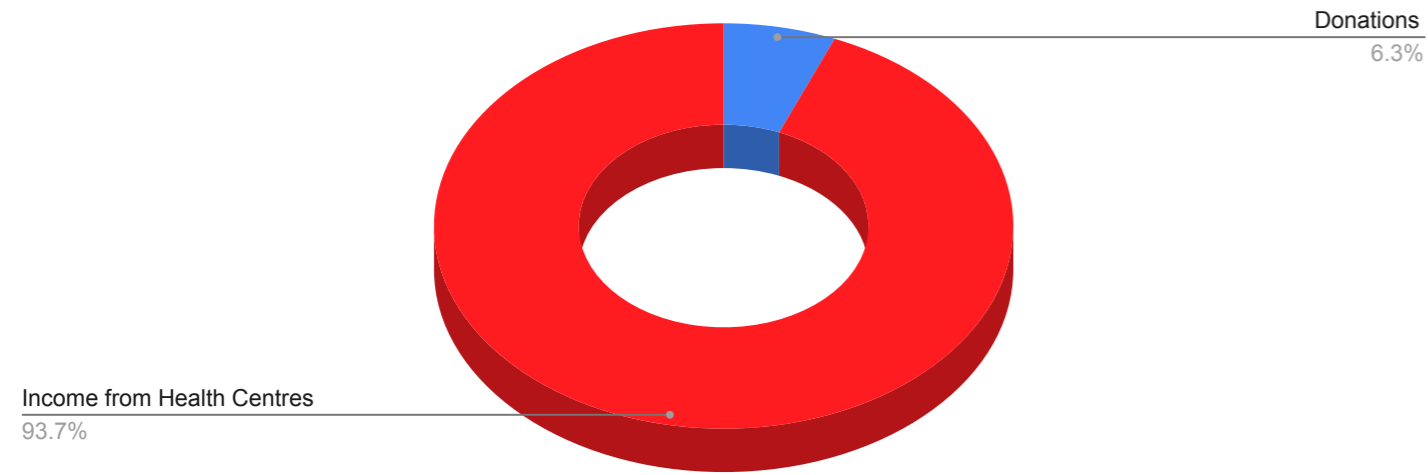
GKF offered complimentary healthcare services to marginalised communities and spearheaded various public outreach initiatives, to the tune of Rs. 11,13,773 (more than Rs 11 lacks). GKF's altruistic efforts have significantly impacted the lives of those in need, providing much-needed aid to underserved populations especially senior citizens. GKF's benevolent contributions have undoubtedly made a positive impact on the community, leaving an indelible mark on the hearts of all who have benefited from GKF's selfless service.

POWER OF TRANSPARENCY:

One of the aspects of the foundation's operations is transparency in financial dealings. The foundation operates on actual and online financial transactions, and does not have any hidden or miscellaneous expenditures. We are committed to utilizing every paisa of our income and donations for the betterment of our patients. The impact of the Gauri Kaul Foundation on the lives of patients and their families is visible. We have been able to provide hope and healing to thousands of patients who had lost all hope of leading a healthy life. Patients who were unable to afford medical treatment are now receiving evidence based healthcare services, thanks to the foundation's relentless efforts.

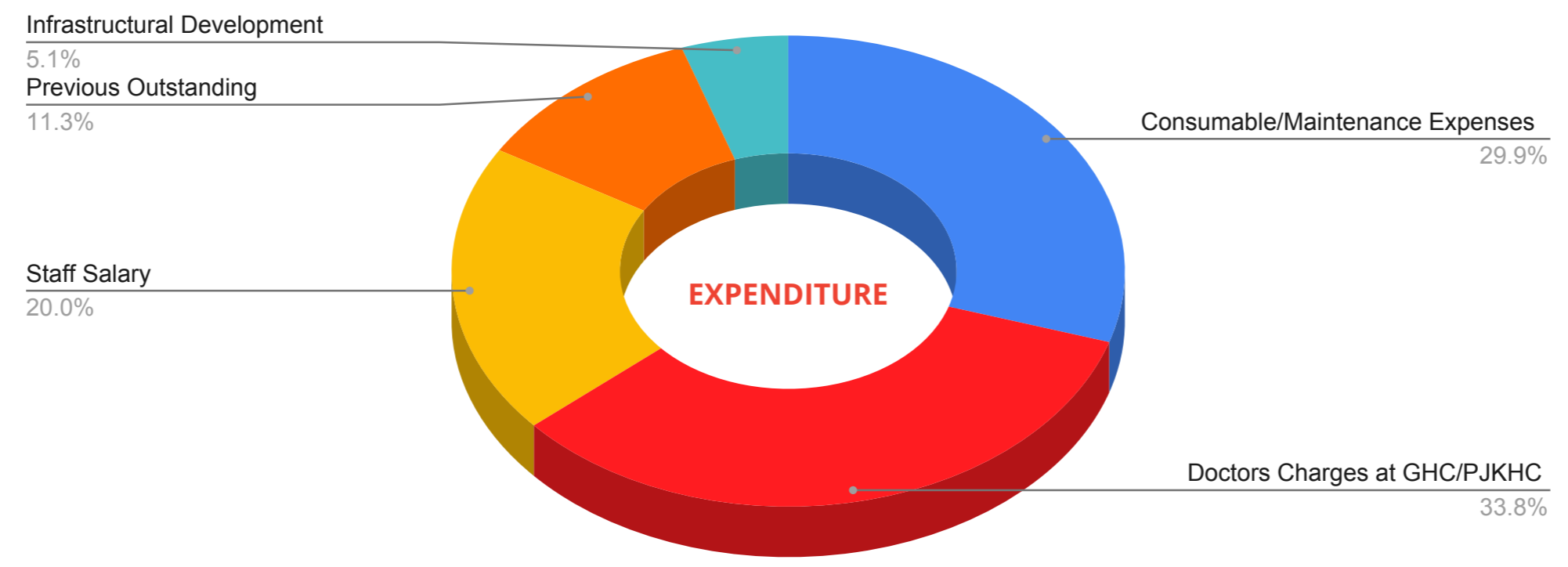
THE INFOGRAPHICS
GAURI KAUL FOUNDATION

Income (Rupees In Lakhs)



***GAURI OLD AGE MISSION**

GKF Empowering Health: A Year of Impact in Review (April 2022 to March 2023)			
Particulars	PJKHC	GHC	TOTAL
Mission No Heart Attack 2025			
Doctors Consultations (OPD)	1499	3821	5320 (New and Follow-up)
In-House Laboratory Investigations	77	651	728
Non-Invasive Cardiology Lab			
Echocardiography	512	1432	1944
Dobutamine Stress Echocardiography	--	25	25
Stress Echocardiography (Treadmill)	--	38	38
ECG	469	1543	2012
24 hr Holter	31	120	151
48 hr Holter	01	08	09
ABPM	--	216	216
3 Day ELR	1	4	05
7 Day ELR	4	22	26
TMT	15	198	213
HUTT	--	15	15
Cardiac Biomarkers			
NT-proBNP	308	854	1162
Troponin-T	62	107	169
INR	7	142	217
D-Dimer	2	18	20
Gauri Old-Age Mission			
Home Based Care			104 Visits
Tele-Health			1843 Consultations
Infusion Therapy (Day-Care)			35
Free Medicines (Neglected Elderly)			27
Trainings/Workshops			
3-Day Training on Dementia Management			25 Participants
3-Day Training on Geriatric Care			25 Participants
5-Day Training for Caregivers			20 Participants
Day Long Awareness Program on Healthy Ageing			75 Senior Citizens
Public Outreach Programs			
Weekly Newsletter: Senior Citizens Lounge			38 issues
Heart Health in Print/Electronic Media			45 Articles
Awareness Programmes on DD Kashir			04
Awareness programmes on YouTube channels			17
Tele-Health Units			
Border Area of Machil, Kupwara			463 Consultations
Migrant Township Jagti, Jammu			275 Consultations
Prasad Joo Khan Heart Centre			173 Consultations



Workdone

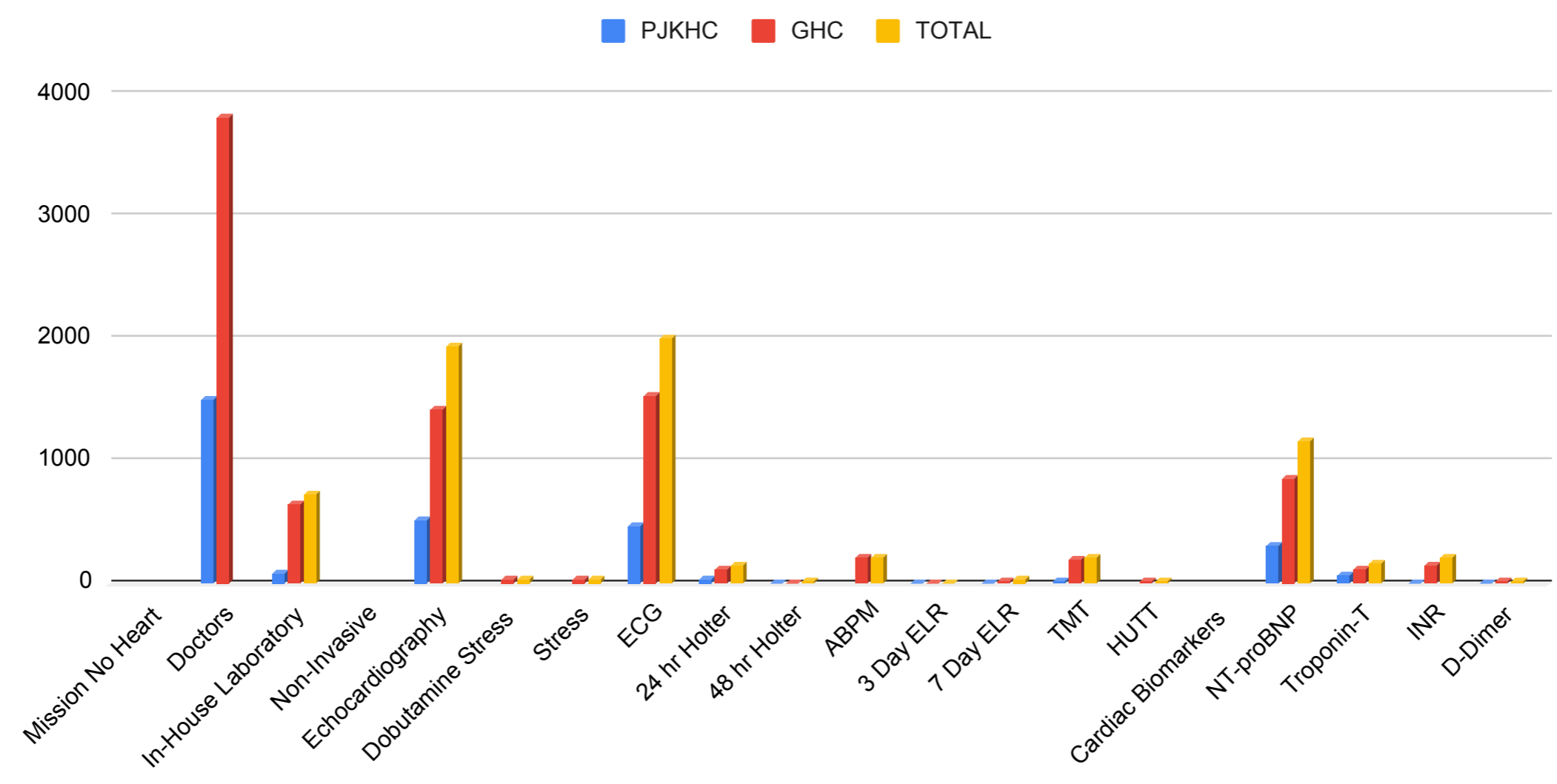




Photo One

Gathering at inauguration ceremony of Prasad Joo Khan Heart Centre, Hawl



Photo Two

Chief Guest Dr. (Mrs) Alka Mittal, Former Chairperson and MD ONGC, inaugurating PJKHC and the patient transport Ambulance financed by ONGC under CSR

Photo Three

Roots Never Desert
Ancestral 5 storey home of Prof U Kaul at Hawl (Art)



THE LEGACY OF PRASAD JOO KHAN: THE MAN WHO BUILT A SUPERMARKET IN HAWL

Prasad Joo Khan, born in 1883 in the village of Hawal in then Pulwama Tehsil, was initially employed in a mission of land demarkation in the valley in the early 1900s. However, he eventually lost interest in the job and opened a small general store in the village of Hawl and made it a supermarket of its time. This store sold everything from hardware and cloth to tea leaves and common medicines, and people from neighbouring villages would also come to buy things from this shop. Prasad Joo was known for his generosity and hospitality, entertaining Sadhus and well-known personalities of his time. He was very good at reading and writing Urdu and Persian. He passed away in 1965 at the age of 82, leaving behind a legacy of seven sons and three daughters.

PRASAD JOO KHAN HEART CENTRE (PJKHC)

The Prasad Joo Khan Heart Centre in Hawl, Pulwama is a testament to the power of knowledge and compassion. The centre was established by Prof Upendra Kaul on his ancestral land in Hawl, Pulwama. This adds a personal touch to the facility and underscores the commitment of the centre to its patients.

The clinic is the result of a deep study of non-communicable disease patterns across 7 districts of Jammu and Kashmir. The aim of the centre is simple yet profound: "No More Heart Attacks".

With specialized care for patients suffering from high blood pressure, diabetes, and heart disease, the Prasad Joo Khan Heart Centre is a beacon of hope for those who seek a healthier, happier life at their doorstep for getting benefitted o from this exceptional facility. The centre besides heart care has multi speciality services available which are planned to be extended to trauma, obstetrics and Gynecology etc.

The Gauri Old Age Mission, also associated with this centre,

provides exclusive treatment to senior citizens, ensuring that their golden years are filled with comfort and care.

At the Prasad Joo Khan Heart Centre, cutting-edge non-invasive cardiology equipment is available thanks to the generous contribution of ONGC under its Corporate Social Responsibility program. This state-of-the-art equipment, coupled with the expertise of the highly trained medical staff, ensures that patients receive the best possible care. But what truly sets this clinic apart is its commitment to preserving the memory of Prof Upendra Kaul's grandfather. The Prasad Joo Khan Heart Centre is a tribute to a man who believed in the power of healing and the importance of giving back to the community. And with its unwavering dedication to the health and well-being of its patients, this centre is a fitting testament to his legacy.

Prasad Joo Khan Heart Centre is a shining example of what can be achieved when knowledge, compassion, and generosity come together. It is a place of hope, healing, and inspiration – a beacon of light in the fight against heart disease.

HEART OF HOPE
THE PRASAD JOO KHAN HEART CENTRE

Beacon of Healing and Inspiration in Hawl, Pulwama

Exploring the Village of Hawal: History, Culture, and the Present Day

Hawal, which is located about 45 kilometres from the city of Srinagar on the Mughal Road is situated in the Pulwama district and is surrounded by several other villages, such as Gabarpora, Mughalpora, Keegam, Tukur, Shirmal, and Arihama. Nikas, Hawal used to be a picturesque village in the 1940s, with snow-clad mountains and several streams originating from these mountains. The village was inaccessible during winters and had no medical facility, electricity, or toilets in homes. Now it has good connectivity, however more needs to be done in the health sector.

HEART-STRONG ADVANCED DIAGNOSTIC AND TREATMENT FACILITIES

Prasad Joo Khan Heart Centre

FACILITIES

The Prasad Joo Khan Heart Centre is equipped with state-of-the-art facilities to provide comprehensive and specialized care to patients suffering from heart and other diseases.

- 1. ECHOCARDIOGRAPHY (ECHO):** A non-invasive diagnostic test that uses ultrasound waves to create images of the heart's structure and function. TMT is also available.
- 2. TELEMEDICINE:** Allows patients to receive medical care remotely through the use of technology such as video conferencing, phone calls, and online messaging. Telemedicine is particularly useful for patients who live far from medical facilities or who have difficulty traveling due to mobility or transportation issues. It is a boon during the snowbound periods in winters.
- 3. ULTRASOUND MACHINE:** To investigate the organs of the abdomen and other parts of the body other than the heart.
- 4. ELECTROCARDIOGRAM (ECG):** A test that records the electrical activity of the heart and helps detect abnormal heart rhythms.
- 5. AMBULATORY BLOOD PRESSURE MONITORING (ABPM):** A non-invasive diagnostic test that measures blood pressure at regular intervals over a 24-hour period.
- 6. HOLTER MONITORING:** A non-invasive diagnostic test that records the heart's electrical activity over a 24-hour period to detect abnormal heart rhythms. 3 and 7 days ELR also available.
- 7. LABORATORY COLLECTION CENTRE:** A fully equipped laboratory that provides comprehensive diagnostic services. From routine blood tests to complex diagnostic procedures, our laboratory facilities offer a wide range of services to meet the needs of every individual.
- 8. CARDIAC BIOMARKERS:** A set of blood tests that help detect and monitor heart disease by measuring specific proteins released by the heart, especially heart failure and heart attacks.
- 9. PHARMACY:** Provides cost-effective drugs without compromising on quality and effectiveness is a valuable resource for patients.



GAURI HEART CENTRE A LEADING PROVIDER OF COMPREHENSIVE CARDIAC CARE

The Gauri Heart Centre is a modern and well-equipped medical centre that focuses on providing complete cardiac care to patients. With its state-of-the-art facilities and advanced technologies, the centre is able to provide a wide range of cardiac treatments and services to patients from all backgrounds. The medical staff at the centre is highly experienced and skilled in diagnosing and treating heart conditions, and they work closely with patients to develop personalized treatment plans that are tailored to their specific needs.

The centre was founded with a mission to provide high-quality healthcare services to everyone, regardless of their financial situation or social status. The centre has a team of dedicated professionals who are committed to ensuring that every patient receives the best possible care and attention. The facility is equipped with the latest medical equipment and technology, and all staff members are well-trained and knowledgeable about the latest advancements in cardiac care.

The centre is named after Dr. Upendra Kaul's late mother, Gauri Kaul, who was a compassionate and dedicated woman. Dr. Kaul is a well-respected cardiologist who has devoted his life to providing cardiac care to those in need. He established this centre as a tribute to his mother, who was a source of inspiration for him and many others.

In addition to providing world-class cardiac care, the Gauri Heart Centre has recently expanded its services to include the Gauri Old Age Mission to cater to the needs of the elderly population. This mission aims to provide holistic healthcare services to the elderly, including medical treatment, psychological counselling, and social support. The mission also provides free medical treatment to abandoned and neglected elderly individuals whose children do not take care of them. This initiative reflects the center's responsibility to improving the lives of vulnerable members of society and promoting social welfare. With its state-of-the-art facilities and compassionate staff, the Gauri Heart Centre is well-equipped to meet the evolving healthcare needs of the population, both young and old. The Gauri Old Age Mission is yet another example of the centre's commitment to excellence in healthcare.



COMPREHENSIVE CARDIAC CARE GAURI HEART CENTRE'S STATE-OF-THE-ART FACILITIES

The Gauri Heart Centre is a modern medical facility that offers a comprehensive range of cardiac care services. It boasts a full non-invasive state-of-the-art cardiology lab, which is equipped with the latest technology and equipment to provide accurate diagnoses and treatments. Patients can benefit from a range of diagnostic tests including echocardiography, treadmill tests (TMT), electrocardiograms (ECG), head-up tilt table tests (HUTT), ambulatory blood pressure monitoring (ABPM), and Holter monitors.

The centre also offers a wide range of blood tests, including routine tests such as complete blood count (CBC), liver function tests (LFT), kidney function tests (KFT), lipid profile, thyroid function tests, and diabetes screening. The centre also offers specialized blood tests, including genetic testing and tumour marker tests.

One of the unique features of the Gauri Heart Centre is its exclusive treatment for senior citizens. The centre offers a dedicated program for the elderly population that includes a comprehensive evaluation of their medical history, physical examination, and routine diagnostic tests to determine their cardiovascular health. The program is designed to provide holistic health care to the elderly, including nutritional counselling, physical therapy, and lifestyle modifications.

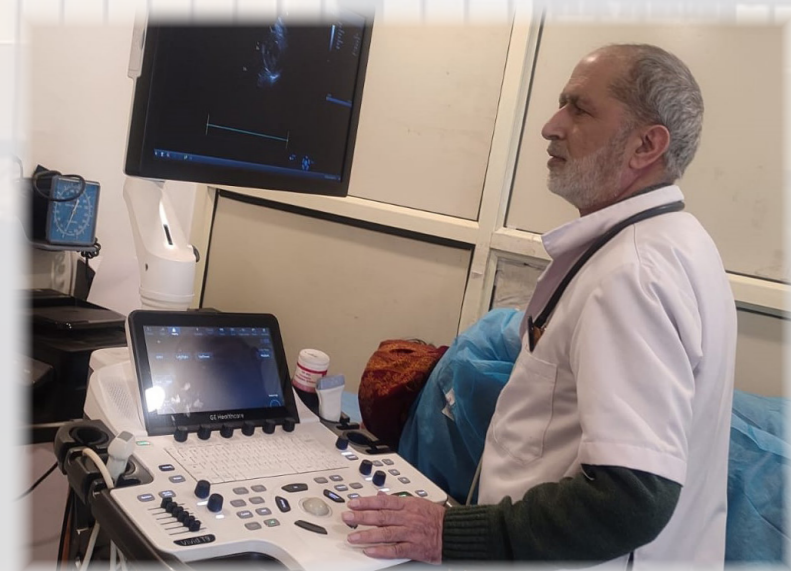
Gauri Heart Centre is thus a one-stop-shop for all cardiac care needs and health of senior citizens, providing patients with state-of-the-art diagnostic and treatment facilities, specialized care for the elderly, and a range of blood tests to ensure accurate diagnosis and effective treatment.

THE POWER OF CARDIAC BIOMARKERS GKF'S GAME-CHANGING APPROACH TO HEART HEALTH

The introduction of cardiac biomarkers by GKF in its No Heart Attack Mission and health centres has been a game-changer in the early detection and diagnosis of heart diseases. By providing healthcare professionals with valuable information about heart health, cardiac biomarkers have aided in the appropriate evidence-based treatment of heart patients. Different cardiac biomarkers tell us about different aspects of heart health and can help in the management of various heart conditions. The use of cardiac biomarkers at GKF's health centres has resulted in improved outcomes for patients and is an important step towards reducing the burden of heart disease in the region.

Cardiac biomarkers are proteins or enzymes that are released into the bloodstream when there is damage or stress to the heart muscle. These biomarkers can be measured through a simple blood test and can provide valuable information about the status of the heart. Different cardiac biomarkers tell us about different aspects of heart health and can aid in the diagnosis and management of various heart conditions.

One of the most commonly used cardiac biomarkers is troponin, which is released into the bloodstream when there is damage to the heart muscle. High levels of troponin in the blood can indicate a heart attack or other forms of heart damage. Another commonly used biomarker is B-type natriuretic peptide (BNP), which is released in response to stress on the heart. Elevated levels of BNP in the blood can indicate heart failure or other heart-related conditions.



Dear Dr. U Kaul Sir,

I am writing to express my sincere gratitude for the wonderful work you are doing in taking care of neglected parents at the hands of their adult children. Your dedication to improving the lives of the elderly is truly inspiring, and your compassion and kindness have not gone unnoticed. Your efforts have made a significant impact on the lives of those who have been mistreated and abandoned by their loved ones, and for that, I thank you.

**Dr Shakeel Ur Rehman
Founder & Chairman
Kashmir Clinics Group**

On the other hand, Prof Upendra Kaul firmly believes in honouring and respecting one's parents. He attributes his personal and professional success to his parents, especially his mother, who instilled in him a deep sense of compassion and the importance of caring for others. He established the Gauri Kaul Foundation in honour of his late mother, which serves as a platform for his work to improve the lives of others.

Dr Zubair was inspired by Prof Kaul's values and decided to pursue a more meaningful path. He left his government job and joined hands with Prof Kaul to provide care and support to abandoned elderly individuals. Thus, the Gauri Old Age Mission started its work for the destitute and uncared elderly population. This is the only ray of hope for those who have nowhere else to turn to.

EMPOWERING ABANDONED SENIORS THE GAURI OLD AGE MISSION STORY

Dr Zubair Saleem is a well-known specialist and a pioneer for the care and treatment of diseases of senior citizens. He has founded this speciality (Geriatric Medicine) at the Govt JLN Hospital, Srinagar. He also worked as the Medical Coordinator at the Govt Day Care Centre in this discipline and the Nodal Officer for the Kashmir Division.

Over the years, Dr Zubair has provided holistic care to more than 30,000 elderly patients in Kashmir, promoting graceful ageing and ensuring their overall wellbeing. He is also proficient in providing telehealth and home-based care, which allows him to treat hundreds of patients across India and beyond.

As he worked with elderly patients, he recognized that this population has a significant and often-overlooked problem seen in many of his patients. He also observed that many financially dependent elderly individuals are mistreated or neglected by their own children, especially the sons.

This mission goes beyond providing medical care; it involves a holistic approach to ensuring that senior citizens can live their lives with dignity and grace. They provide emotional support, companionship, and a sense of belonging to those who may have been abandoned by their families and society. The Gauri Old Age Mission is a testimony to the power of compassion and the importance of honouring our elders.

GAURI OLD AGE MISSION A HOLISTIC APPROACH TO SENIOR CARE



At Gauri Heart Centre, we believe that every elderly person deserves the best possible care and attention. With this in mind, we established the Gauri Old Age Mission, a unique initiative that provides exclusive and comprehensive holistic health care services to senior citizens.

As we age, our bodies become more vulnerable to various health conditions, and it can be challenging to manage multiple health problems at once. That's why our geriatric specialist provide personalized treatment protocols, tailored to each individual's unique health needs. Our focus is on addressing all the health conditions that come with old age and providing a holistic approach to care.

We understand that the elderly can face challenges in managing their medication, and our mission addresses this by minimizing the medicine burden on the elderly, reducing polypharmacy issues, and preventing drug-drug interactions. Our mission is to help the elderly age gracefully and enjoy a better quality of life.

This mission, focuses especially on the elderly who have been neglected and abandoned by their adult children. We believe that every elderly person deserves love, care, and attention, regardless of their circumstances. Our team of dedicated professionals provides free medical treatment to those who have been left alone and have no one to take care of them.

At Gauri Heart Centre, we are committed to providing the best possible care to all our patients, and our Gauri Old Age Mission is a testimony to our commitment to the elderly. We believe that every elderly person deserves respect, dignity, and compassion, and we strive to provide these values in everything we do.

PROVIDING COMPREHENSIVE CARE FOR SENIORS FACILITIES

Gauri Old Age Mission, we understand the importance of ensuring that our seniors receive the best possible care and attention as they age. That's why we offer a range of services that are designed to cater to their specific needs. These facilities include:

1. OPD CONSULTATIONS, which allow elderly individuals to have access to geriatric specialist (specialist of old-age diseases) for check-ups and general health advice.

2. TELEHEALTH is another service provided by the mission, which allows elderly individuals to consult with geriatric specialist remotely, making healthcare more accessible and convenient for them.

3. IV INFUSION THERAPY which can be crucial for older individuals who need intravenous medications or fluids.

4. VACCINATIONS FOR THE ELDERLY: In recognition of the importance of vaccination for older adults, the Gauri Old Age Mission has also developed a vaccination protocol specifically for the elderly population, ensuring that they receive the vaccines they need to stay healthy.

5. HOME-BASED CARE (HBC) SERVICES, which can be a great relief for older individuals who may have difficulty travelling to a clinic or hospital.

5. PAIN AND PALLIATIVE CARE is yet another service offered by the mission, which can be essential for elderly individuals who may be dealing with chronic pain or other conditions that require specialized care.

"Gauri Old Age Mission thus aims to provide our seniors with the care and support that they need to live happy, healthy, and fulfilling lives. We are committed to ensuring that all of our patients receive the highest possible standard of care, and we are here to support them every step of the way."



We thank GKF and Prof Kaul for establishing Telehealth unit at Sahi Hospital, Machil. This has benefitted hundreds of patients. 56-RR, Sahi Hospital

REVOLUTIONISING RURAL HEALTHCARE

GKF'S STATE-OF-THE-ART TELEHEALTH UNITS

Bridging the Healthcare Gap

The rural and difficult areas of Jammu and Kashmir face several challenges in accessing quality healthcare services. The lack of adequate healthcare facilities and infrastructure makes it difficult for patients to receive medical attention, especially in areas that are cut off due to harsh weather conditions. However, the introduction of telehealth units by Gauri Kaul Foundation (GKF) has revolutionised the healthcare system in these areas, bringing quality healthcare closer to the people who need it the most.

Thanks to the support of IOCL and ONGC, GKF was able to establish three telehealth units. Two of the units were financed by IOCL, while the other was established under ONGC's CSR program. The impact of these units was immediately felt in the community. The telehealth units have been strategically placed in areas that are difficult to access and have limited healthcare infrastructure.

**MACHIL
THE BORDER AREA OF KUPWARA**

One of the telehealth units is located in the Machil border area of district Kupwara, which is cut off from the rest of the world for four months due to heavy snow and harsh weather conditions. The telehealth unit, operational in the Sahi Memorial Army Hospital, has been a game-changer in providing quality healthcare services to the people of the area. The collaboration with Army (RR-56) has been very useful for operating it. The unit is also supported by a patient transport ambulance provided under CSR by IOCL.



TELE-HEALTH



DOCTOR ON VIDEO CONSULTATION WITH A PATIENT FROM TELEHEALTH UNIT PRASAD JOO KHAN HEART CENTRE

TELEHEALTH UNIT PRASAD JOO KHAN HEART CENTRE

Catering to the rural population of south Kashmir, the unit drains patients from neighbouring districts of Shopian and Kulgam. The telehealth unit has enabled the people of the area to access quality healthcare services without having to travel long distances to the city. This has made healthcare more affordable and accessible, especially for those who are financially challenged.

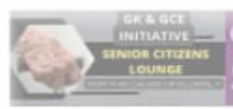
PROF U KAUL BEING FELICITATED FOR CONDUCTING OPD AT JAGTI BY HELP HUMANITY FOUNDATION

The efforts of IOCL and ONGC in sponsoring these units have made quality healthcare services more accessible to people who need them the most. These telehealth units have not only improved healthcare outcomes but have also brought hope and relief to the people of the area.

JAMMU TELEHEALTH UNIT JAGTI MIGRANT TOWNSHIP

This unit is primarily serving the Kashmiri Pandit migrants. The unit has made it possible for patients in the area to access specialised healthcare services without having to travel long distances to the city. This has not only saved time and effort but has also made quality healthcare more accessible to people who would otherwise have difficulty accessing it.





PUBLIC OUTREACH HEALTH PROGRAMS CREATING A HEALTHIER COMMUNITY

THE GAURI KAUL FOUNDATION (GKF) HAS BEEN SPEARHEADING SEVERAL PUBLIC OUTREACH HEALTH PROGRAMS IN JAMMU AND KASHMIR. THESE INITIATIVES HAVE TRANSFORMED THE HEALTH OF THE PUBLIC IN THE REGION BY PROMOTING AWARENESS, PREVENTION, AND EARLY INTERVENTION IN HEALTH ISSUES. THIS REPORT HIGHLIGHTS THE IMPACT OF THREE OF THE MOST SUCCESSFUL PROGRAMS RUN BY GKF - WEEKLY NEWSLETTERS FOR SENIOR CITIZENS, HEART HEALTH AWARENESS ARTICLES IN LEADING NEWSPAPERS, AND AWARENESS INTERVIEWS AND PROGRAMS ABOUT OVERALL HEALTH ON TV AND ELECTRONIC MEDIA.

Old Age and Heart Disease - Challenges in the Management

Prevention needs to start at young ages to get the maximum benefit when the individual reaches old age



PRESCRIPTION
PROF UPENDRA KAUL
@kaul.upendra@gmail.com

HYPERTENSION:
The maximum benefit of treating comes in the ages of 70 to 80 years of age. However, while initiating treatment in the elderly, one has to keep in mind the possibility of orthostatic hypotension (postural drop of BP), which can lead to a fall and fractures, incapacitating the person while reducing the chance of a heart attack. Therefore, care has to be taken to start with lower doses, frequent monitoring. Treatment therefore needs to be individualised and consideration the frailty and possibility of producing a harm.

DYSLIPIDAEMIA:
The benefits of statin usage (atorvastatin and rosuvastatin) are proven in them. They significantly reduce heart attacks and strokes. The time frame for reduction is however 2 to 3.5 years. It is therefore important to make an estimate patients predicted longevity before starting the drugs in full steam. There are side effects like myalgia, arthropathy and polypharmacy which is often the case has to be considered and should not be overlooked.

WEEKLY NEWSLETTER FOR SENIOR CITIZENS

GKF's weekly newsletter for senior citizens titled Senior Citizens Lounge has been a game-changer in the region. The newsletter focuses on health and social issues that affect seniors, including dementia, arthritis, and loneliness. The newsletter has helped seniors stay informed and connected with their community. It also provides valuable tips on how to stay healthy, including exercise routines and healthy eating habits. The newsletter has been a great success, with many seniors reporting improved mental and physical health as a result of reading it. This has also helped to create a sense of community among seniors, with many reporting feeling less isolated and more connected to others in their age group.



DOCTOR ON-LINE MS & TREATMENT OF SEASONAL HYPERTENSION



COVID-19 FOR ANY TYPE OF MEDICAL CONSULTATION JUNE-15 08:51

HEART HEALTH AWARENESS ARTICLES

GKF's heart health awareness articles in leading newspapers have had a tremendous impact on the public. The articles provide important information on the risk factors associated with heart disease, such as high blood pressure, high cholesterol, and smoking. They also provide tips on how to prevent heart disease, including healthy eating habits and regular exercise. These articles have helped to raise awareness about the importance of heart health in the region. Many people have reported making positive changes to their lifestyle after reading the articles, such as quitting smoking and adopting healthier eating habits. The articles have also helped to dispel myths and misconceptions about heart disease, such as the belief that it only affects older people.

improper lives. Speaking to the editor of a book release "Heart Speaks" said eating vegetables and doing very little heart attacks. To consume fruits and vegetables at least 5 times a day to need to improve lifestyle. It does regular exercise, vegetables at Dr Kaul said



PRESCRIPTION
PROF UPENDRA KAUL
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But what exactly do we see when we gaze into the eyes of another person?

... areas of dilatation of the retinal vessels (aneurysms), serious vitreous bleeds and even areas of retinal detachment. These initially go unnoticed by the patient who continues to remain asymptomatic. However, symptoms like dark spots in front of the eye, blurred vision, fluctuations in vision and loss of vision can eventually come. Eye examination thus can be a very useful periodic examination in diabetes both Type 1 and Type 2. Early diagnosis and treatment of these abnormalities can be eye saving and also point towards a complicated diabetes which is a common cause of heart attacks and strokes. In fact, at least one third of diabetics have high BP and this combination also called "deadly duo" can play havoc if not treated effectively.

Some middle aged and elderly persons develop yellowish soft cholesterol filled small pain less bumps around their eye lids, these are often indicators of high bad cholesterol (LDL) levels. Development of these two bumps should prompt a person to get their cholesterol checked.

These are also common in people with high blood pressure. The eye is a window to the soul. Sudden changes in vision such as blurriness or black spots in front of eye can be because of the blockage of a blood vessel of the eye. This can be diagnosed by fundoscopy of the eye. These subtle changes in the eye are often accompanied by serious cardiovascular disorders and should lead to a full evaluation of the heart to diagnose cardiovascular disease.

Besides this eye examination can give a clue towards a leaking heart aortic valve. A sign described in 1800 where the pupil of the eye alternately enlarges and constricts is pulsatile pupil. Infected heart valves (infective endocarditis) a serious medical condition can affect the eyes and can reveal the disease justifying an eye examination which can show occlusion of retinal artery and black spots called Roth spots, inflammation of the retina and endophthalmitis. Eye involvement is an independent predictor of poor prognosis including death.

Besides the eye as a window for the heart, it is also a window for the soul. People often call eyes the windows to the soul. But what exactly do we see when we gaze into the eyes of another person? In fact, the eyes do provide lots of information about another person's emotional state.

When people are sad or worried, they furrow their brows, which makes the eyes look smaller. Yet when they are happy, they squint their eyes. People often call eyes the windows to the soul. But what exactly do we see when we gaze into the eyes of another person? In fact, the eyes do provide lots of information about another person's emotional state.

AWARENESS INTERVIEWS AND PROGRAMS ABOUT OVERALL HEALTH

GKF's awareness interviews and programs about overall health on TV and electronic media have been a huge success. These programs feature experts discussing various health issues, including diabetes, communicable and non-communicable diseases, health of elderly, and mental health. The programs provide valuable information on prevention, early intervention, and treatment options. The programs have helped to raise awareness about various health issues in the region. They have also helped to reduce stigma around certain health issues, such as mental health. Many people have reported making positive changes to their lifestyle after watching these programs, such as adopting healthier eating habits and seeking treatment for health issues they were previously reluctant to discuss.

PUBLIC OUTREACH

INNOVATIVE PARTNERSHIPS

GKF AND AMITY

Amity University, has collaborated with GKF to organise research camps. These camps bring together experts in the field of healthcare research to share their knowledge and insights. This partnership has been instrumental in promoting research and innovation in healthcare, and has helped to improve the quality of healthcare services provided in the region.

GKF AND KCG

Kashmir Clinics, has partnered with GKF to conduct research and organise workshops and awareness programs. This partnership has been important in promoting public awareness about various health issues, and has helped to improve healthcare outcomes in the region. Kashmir Clinics is a chain of hospitals and clinics spanning across Kashmir.

COMMUNITY HEALTH MATTERS
PARTNERSHIPS WITH KEY ORGANIZATIONS
TO IMPROVE ACCESS TO CARE

THE GAURI KAUL FOUNDATION (GKF) HAS BEEN INSTRUMENTAL IN IMPROVING HEALTHCARE FACILITIES IN THE JAMMU AND KASHMIR REGION. ONE OF THE KEY FACTORS IN ACHIEVING THIS HAS BEEN THE PARTNERSHIPS AND COLLABORATIONS THAT GKF HAS FORMED WITH VARIOUS ORGANISATIONS. THESE PARTNERSHIPS HAVE ENABLED GKF TO EXPAND ITS REACH AND IMPACT, AND IMPROVE THE QUALITY OF HEALTHCARE SERVICES PROVIDED TO THE PEOPLE OF THE REGION. IN THIS REPORT, WE WILL DISCUSS FOUR PARTNERSHIPS THAT GKF HAS FORMED WITH IOCL, ONGC, ASTRA ZENECA, AMITY UNIVERSITY, AND KASHMIR CLINICS.

A PROMISING PARTNERSHIP

GKF AND ONGC

" ONGC has provided equipment for the Prasad Joo Khan Heart Centre. The Heart Centre is a state-of-the-art facility that provides advanced cardiac care to patients in the region. With the support of ONGC, GKF has been able to equip the Heart Centre with the latest technology and equipment, which has improved the quality of care provided to patients. Thanks for the generous support of ONGC.

IOCL has provided funding for the installation of telehealth units in various locations, which allow patients to connect with healthcare professionals remotely. This has been especially beneficial for people living in remote areas, who may not have easy access to healthcare facilities. With the support of IOCL, GKF has been able to extend its reach and provide healthcare services to more people.

GKF AND IOCL

GKF AND GK LABS

Our partnership with Greater Kashmir GK Labs has had a tremendous impact on patients. The use of high-quality analyzers and affordable investigations has proven to be advantageous for the general public. GK Labs has set up collection centers at both GHC and PJKHC.

GKF AND GK MEDIA

To support our outreach campaigns, we have collaborated with Greater Kashmir GK Communications. Their newspapers have the highest circulation in the region, and they have a strong social media presence. This partnership has been highly effective and influential.

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- LIPID PROFILE
- LIVER FUNCTION TEST(LFT)
- CBC
- THYROID PROFILE
- HbA1C
- IRON
- KFT 4
- GLUCOSE FASTING

BEST PRICE INR 1200

PROMOTING MEDICAL INNOVATION THE GAURI RESEARCH CENTRE

The beautiful valley of Kashmir, where the snow-capped mountains and lush green meadows met the sparkling rivers, a group of healthcare professionals and medical researchers came together with a dream to provide healthcare services to all levels of society. They were honest and passionate about their work and believed that healthcare was a basic human right that should be accessible to everyone.

Thus, the Gauri Kaul Foundation (GKF) was born, with a mission to provide quality healthcare services to the people of Jammu and Kashmir. But the founder of GKF and his team knew that providing healthcare was not enough. They believed that medical research was crucial for improving healthcare outcomes, and so they established the Gauri Research Centre.

The Centre is registered with the Ministry of Health and Family Welfare (MOHFW), Government of India, and aims to give a boost to medical research in Kashmir. The centre is equipped with modern facilities and staffed with highly qualified researchers, who are passionate about improving healthcare outcomes in the region.

Medical research is especially important in Kashmir, where the population faces a unique set of health challenges. The region has a high prevalence of various diseases, including cardiovascular disease, cancer, and respiratory illnesses. These diseases are often exacerbated by factors such as poverty, lack of access to healthcare, and the harsh weather conditions in the region.

The Research Centre focuses on conducting research on these diseases, with the aim of developing evidence-based treatment and prevention strategies. The Centre also is in the process of collaborating with other research institutions and universities, to share knowledge and resources.

The Research Centre's impact was not limited to medical research alone. The Centre also played a crucial role in promoting public awareness about various health issues through organising workshops, seminars, and awareness programs. The Ethics Committee of the Gauri Research Centre consists of some of the most renowned and respected members in their respective fields.

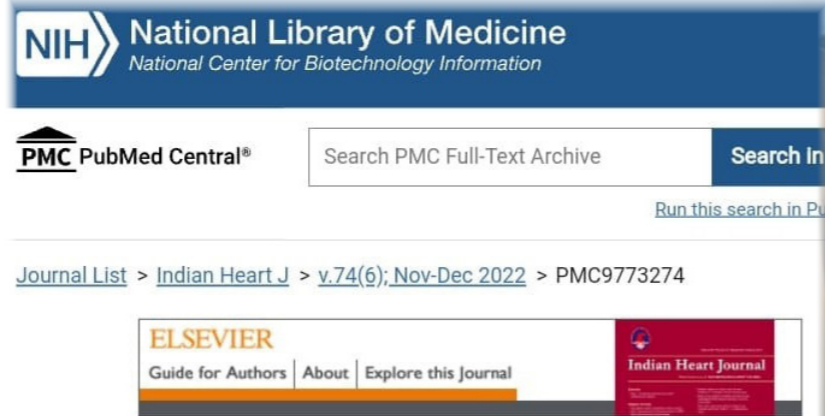


PRIYADARSHINI ARAMBAM DIRECTOR GAURI RESEARCH CENTRE

Gauri Kaul Foundation (GKF) was founded in 2021 by Dr (Prof) Upendra Kaul due to concerned about the rising number of deaths from heart disease. GKF is dedicated to preventing and managing heart disease. The foundation works to educate the public on heart health, fund research into heart disease, and advocate for policies that promote healthy lifestyles and access to healthcare for people with heart conditions. Through its programs and services, advocacy, and research, the foundation has made a significant impact on reducing the number of deaths from heart disease and improving the lives of people with heart conditions. In this 2 years report, we will explore the work of the foundation, its impact, and its future direction.

GKF is well-positioned to make even greater strides in promoting heart health in the years to come.

ONE SUCH ACCOMPLISHMENT WAS THEIR STUDY ON THE PATTERN OF DISEASES IN RURAL KASHMIR, WHICH WAS PUBLISHED IN THE PRESTIGIOUS INDIAN HEART JOURNAL. THE STUDY WAS A CROSS-SECTIONAL OBSERVATIONAL STUDY THAT WAS CONDUCTED THROUGH HEALTH CAMPS HELD IN SIX DIFFERENT GOVERNMENT HEALTH CENTRES ACROSS SIX RURAL DISTRICTS. THESE CAMPS FOCUSED ON PATIENTS WITH HYPERTENSION, DIABETES, AND HEART DISEASE. THE RESEARCHERS CAREFULLY COLLECTED AND ANALYSED DATA FROM THESE PATIENTS TO UNDERSTAND THE PREVALENCE AND PATTERNS OF THESE DISEASES IN RURAL KASHMIR. THE FINDINGS OF THE STUDY WERE SIGNIFICANT, AS THEY SHED LIGHT ON THE UNIQUE CHALLENGES FACED BY RURAL COMMUNITIES IN KASHMIR WHEN IT COMES TO MANAGING THESE DISEASES. THE STUDY REVEALED A HIGH PREVALENCE OF HYPERTENSION AND DIABETES, ESPECIALLY AMONG THE ELDERLY POPULATION, AND HIGHLIGHTED THE NEED FOR TARGETED INTERVENTIONS TO ADDRESS THESE HEALTH ISSUES. THE PUBLICATION OF THIS STUDY IN THE INDIAN HEART JOURNAL WAS A TESTAMENT TO THE QUALITY OF RESEARCH CONDUCTED AT THE GAURI RESEARCH CENTRE. THE STUDY NOT ONLY PROVIDED VALUABLE INSIGHTS INTO THE HEALTH CHALLENGES FACED BY RURAL COMMUNITIES IN KASHMIR BUT ALSO CONTRIBUTED TO THE WIDER BODY OF KNOWLEDGE ON CARDIOVASCULAR DISEASE AND ITS RISK FACTORS.



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Uncontrolled hypertension in a rural population of Jammu and Kashmir

Priyadarshini Arambam,^a Rishabh Khashoo,^b Dhruv Tewari,^b Zubair Saleem,^c Sudhir Shekhawat,^d and Upendra Kaul^{e,*}

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PRIORITISING WOMEN'S HEALTH CERVICAL CANCER SCREENING CAMP

In collaboration with Amity University, the centre conducted a Cervical Cancer Screening Camp at JLN Hospital. The camp aimed to promote early diagnosis and detection of cervical cancer, which is a major public health concern.

**BUILDING A BETTER FUTURE OF HEALTHCARE
GRC'S IMPACTFUL TRAINING PROGRAMS**

GAURI RESEARCH CENTRE, THE RESEARCH WING OF GKF, HAS BEEN A CATALYST IN PROMOTING KNOWLEDGE DISSEMINATION AND CAPACITY BUILDING THROUGH ITS VARIOUS WORKSHOPS AND TRAINING PROGRAMS. THE CENTRE HAS COLLABORATED WITH SEVERAL HEALTHCARE INSTITUTIONS TO CONDUCT SPECIALISED PROGRAMS THAT AIM TO ENHANCE THE QUALITY OF HEALTHCARE DELIVERY.

TRAININGS

**CARING FOR DEMENTIA: A WORKSHOP ON
EFFECTIVE MANAGEMENT STRATEGIES**

One of the most significant programs conducted by the centre is Dementia Management for health workers at Kashmir Clinics South. The program was designed to equip healthcare professionals with the knowledge and skills required to manage patients suffering from dementia. Through this program, the centre aimed to bridge the gap between theoretical knowledge and practical implementation of dementia management.

**AGE WITH GRACE: A HOLISTIC TRAINING
PROGRAM FOR HEALTHY AGING**

The centre also conducted various programs on Healthy Ageing for senior citizens in collaboration with Kashmir Clinics group. The program aimed to promote healthy ageing by providing senior citizens with the necessary knowledge and skills required to maintain good physical and mental health.

**BEYOND EXHAUSTION:
UNDERSTANDING AND ADDRESSING CAREGIVER**

To address the issue of caregiver burnout, the centre conducted a program for caregivers of senior citizens at home in collaboration with Kashmir Clinics. The program aimed to equip caregivers with the necessary knowledge and skills required to manage stress and prevent burnout.

**FROM CARE TO COMPASSION:
A COMPREHENSIVE APPROACH TO GERIATRIC CARE**

Another program conducted by the centre in collaboration with Kashmir Clinics was Geriatric Care for nurses and paramedics. The program focused on providing specialised training to healthcare professionals in geriatric care, which is an area of healthcare that requires a unique set of skills and knowledge.

EXPANDING HORIZONS OTHER CREATIVE CONTRIBUTIONS OF GKF

AT GKF, WE ARE COMMITTED TO INSPIRING PEOPLE THROUGH INNOVATIVE APPROACHES TO HEALTHCARE. ONE SUCH APPROACH IS THE INSPIRING LIFE STORY OF OUR FOUNDER, PROF UPENDRA KAUL, WHICH WE USE TO HELP PEOPLE UNDERSTAND THE IMPORTANCE OF HEALTHCARE AND INSPIRE THEM TO TAKE CHARGE OF THEIR OWN HEALTH. THROUGH HIS LIFE STORY, WE HOPE TO SHOW THAT HEALTHCARE IS NOT JUST ABOUT TREATING ILLNESSES, BUT ABOUT EMPOWERING PEOPLE TO LEAD HEALTHIER LIVES. PROF KAUL'S JOURNEY IS A TESTAMENT TO THE POWER OF PERSEVERANCE, DETERMINATION, AND THE ABILITY TO OVERCOME OBSTACLES. WE BELIEVE THAT BY SHARING HIS STORY, WE CAN HELP OTHERS FIND THE STRENGTH AND INSPIRATION THEY NEED TO TAKE CONTROL OF THEIR HEALTH AND MAKE POSITIVE CHANGES IN THEIR LIVES. WHETHER IT'S THROUGH PERSONAL ANECDOTES, MOTIVATIONAL SPEECHES, OR OTHER CREATIVE MODALITIES, WE STRIVE TO REACH AS MANY PEOPLE AS POSSIBLE WITH THIS IMPORTANT MESSAGE.

THE HEART OF THE MATTER THE PERSONAL JOURNEY OF PROF UPENDRA KAUL



When the Heart Speaks is a poignant autobiography by Prof Upendra Kaul that chronicles his personal and professional journey through life. This honest and heartfelt book takes readers on a journey through the ups and downs of Kaul's life, including his struggles, inspirations, and the genesis of the Gauri Kaul Foundation. The book was released in Delhi and the chief guest was Dr Karan Singh, while in Srinagar, the chief guest was Dr Farooq Abdullah. The book was well received and appreciated by many eminent personalities, academicians, and media personalities. It is a testament to the impact that Kaul has had on the world of medicine and his unwavering dedication to improving the lives of others.

Through this autobiography, Kaul shares his personal struggles and the challenges he faced while trying to make a difference in the world of cardiology. His honesty and vulnerability make this book a compelling read, and it is sure to inspire readers who are looking for hope and inspiration in their own lives. When the Heart Speaks is a moving autobiography that offers readers a rare glimpse into the life of a remarkable man who has dedicated his life to improving the lives of others. It is a must-read for anyone interested in the field of medicine, as well as those looking for inspiration and hope in their own lives.

SPRITUAL SIDE OF HEALTH

EXPLORING THE SPIRITUAL SIDE OF HEALTH PROF UPENDRA KAUL'S COLUMNS

The Mystic Autumn of Kashmir Valley

When green turns to golden then reddish-orange before turning brown and finally falling to ground



Autumn in Kashmir is called *Harud*. It is the period between end of September to mid-November. This year it seems to have been a bit late because of a delayed onset of summer which was preceded by a harsh winter. The autumn in Kashmir is called *Harud*. It is the period between end of September to mid-November. This year it seems to have been a bit late because of a delayed onset of summer which was preceded by a harsh winter. The autumn in Kashmir is called *Harud*. It is the period between end of September to mid-November. This year it seems to have been a bit late because of a delayed onset of summer which was preceded by a harsh winter.



Autumn brings the fond memories of the year spent and it is time to pay gratitude to the Almighty for all the favours bestowed on us.

At GKF, we believe that good health is not just about treating the body, but about nurturing the mind and soul as well. That's why we are excited to share with you another innovative way that we inspire people to live healthier lives - through Prof Upendra Kaul's columns on spirituality and exploration. From the heights of Shankaracharya Temple to the minarets of Charar-e-Sharief, Prof Kaul's columns take readers on a journey through the spiritual and cultural landscapes of Kashmir, inspiring us with the importance of all-inclusiveness and the need for exploration and movement for overall well-being.

Through his columns, Prof Kaul shows us that good health is not just about taking care of our bodies, but about nurturing our souls and finding a sense of purpose and meaning in life. He reminds us that we are all connected and that by exploring the world around us, we can find a deeper sense of connection and purpose.

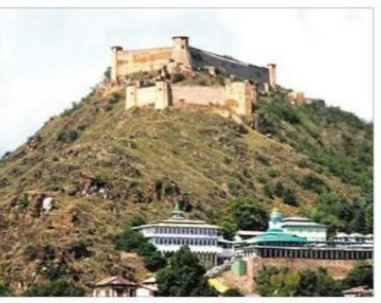
We believe that Prof Kaul's columns offer a unique and creative way to inspire people to take charge of their health and wellbeing. By encouraging us to explore the world around us and nurture our spiritual selves, he shows us that good health is not just about treating the symptoms of illness, but about living a fulfilling and meaningful life.

Hari Parbat: Where cultures meet

Sharika Temple, Makhdoom Sahab Shrine and Chatti Patshahi Gurudwara - layers of history!

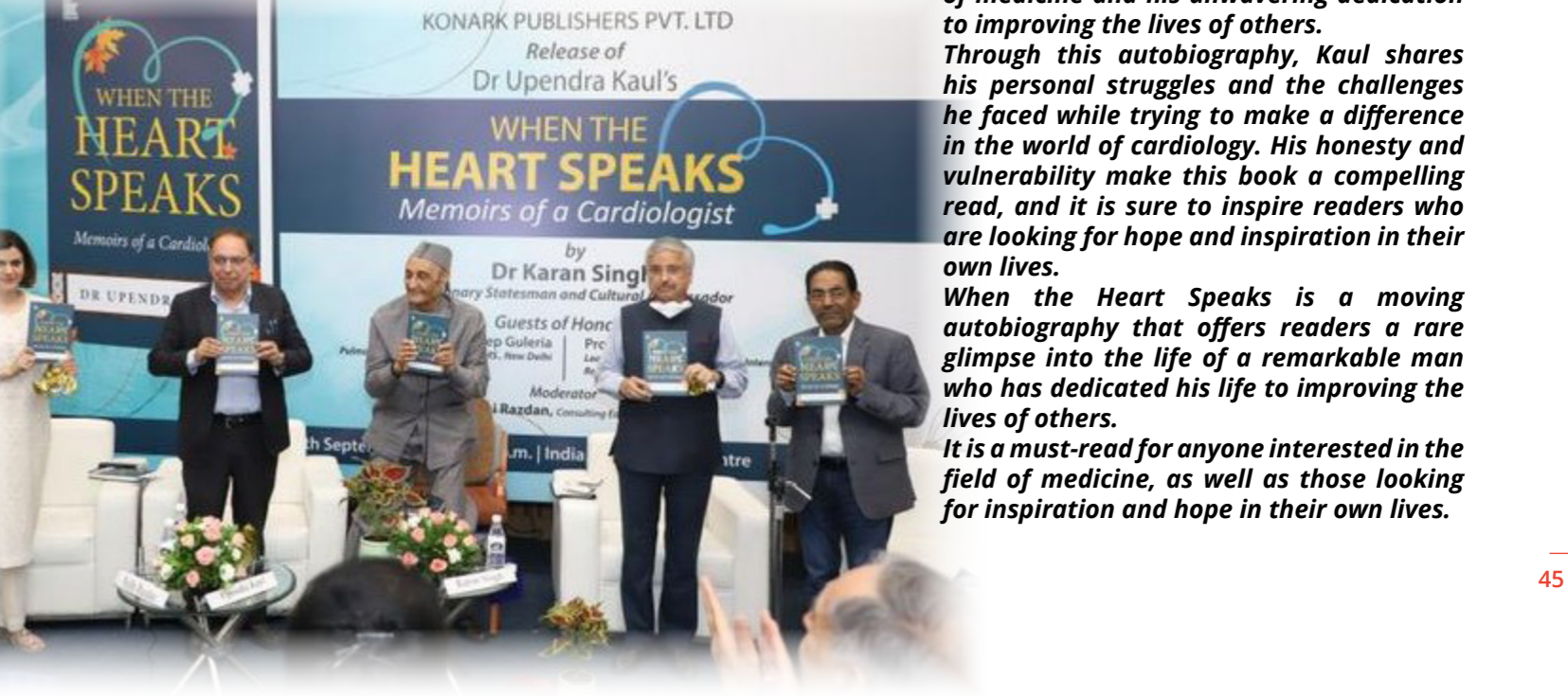


One of the important symbols of Srinagar is Hari Parbat, built on a hill located on one side of the Dal-lake. It is also popular by the name Koh-e-Maran. The name Hari Parbat is derived from an ancient legend. There was a time when the valley was full of demons. One such demon was Asura Jalobhava. The local Hindus prayed to Parvati (Lord Shiva's wife) for help. She took the form of a Myra (*Haar*) in Kashmir, a bird of the Starling family (Sturnidae) native of South Asia, the Myra dropped a pebble on the Asura's head. This pebble became larger and larger until it crushed the demon. That large stone now coated with vermillion is considered as a symbol of Parvati and is worshipped as Sharika (cosmic energy pervading the universe). It occupies middle part of the western slope of the hill where there is a temple of Shakti, who is worshipped under the familiar name of Jagamba Sharika Bhagwati. She is depicted as having 18 arms and sitting in Shri Chakra (Chakreswar). This ancient temple is a very revered place for Kashmiri Pandits. The best time to go there is very early in the morning. In the days pre-1990, before the unfortunate Pandit exodus, and



Akhar. He got an outer wall built in the form of a fort. It was a part of his plan to make a new capital at the site where the present city of Srinagar is located. This project never got completed. The present fort was built in 1808 under the Afghan regime during the Durran empire. The Governor of Kashmir those days was Atta Mohammed Khan. The fort can be entered through two gates. One, the Kohli Darwaza near Rainawari, and the other near Hawal through Sangem Darwaza. The southern side of Hari Parbat features the shrine of the Sufi saint Hazrat Makhdoom, a 16th century saint later known as Makhdoom Sahab (1494-1570). He was a mystic Sufi saint living in Kashmir often referred to as Mehboud-ud-Azam (loved by all). He was born in village near Sopore. His father was born in a village near Sopore. His father was born in a village near Sopore.

The Gurudwara is located outside the city of Srinagar at the site of the former Kathi Darwaza at the site of the former Kathi Darwaza who had been waiting to have a glimpse of the Ganga when Harigobindi fulfilled her wish and wore her now famous gown. The shrine is a well nearby which is supposed to have been dug on the instructions of Guru Harigobind. The Gurudwara is a large rectangular hall with a central sanctum. A big Gurudwara has been constructed there with a traditional yellow flag with the Sign of Khanda in the middle, the Nishan Sahab. This is an annual event on the day when Guru Harigobind had visited the place called the "Prashad Utar". Around the clock food arrangement "Langar" is available. The fort today is under the use of Central reserved Police. The Indian tricolor was hoisted on August 2021 on the top of the fort. The foothills are also known for the spring festival of almond blossoms. "Badam waer". Whole area is full of lovely flowers adorning the almond trees, and heralds the end of winter in the valley. People come out for picnic during this time. Hari Parbat or Koh-e-Maran is a symbol of Kashmir valley, visible clearly from the Dal-lake area. It is associated with many legends. The fort has been made during the reign of Mughals and then finalised by Afghan Durran rulers. Its western part is very important places of worship for Pandits, Muslims and Sikhs. It is a part of the civilisation of our valley and a living example of our composite culture.



HONORING OUR ROOTS A GRANDCHILD'S GRATITUDE

At GKF, we believe that promoting health goes beyond simply providing medication and tests. We are committed to raising awareness about the crucial role that intergenerational bonding plays in fostering well-being. As part of our campaign, we are dedicated to reaching out and educating the community on the importance of strengthening the connections between generations.

SILVER HAIR, GOLDEN HEARTS A LEGACY TO CHERISH

As the famous quote goes "Grandparents have silver in their hair and gold in their heart". Even before a child is born, a parent is promoted to being a grandparent. I was born under the watchful eyes of both my grandfathers and grandmothers on October the 30th, 2012. I share an immaculate bond with my paternal grandfather who I very fondly call "Upipapa" – he is my best friend and pampers me a lot. In fact, he does not like to be called Dada. All my visits to Delhi circle around him. Since my grandfather is a doctor, I often go with him to the hospital at least once during my visit and have a good time sitting in his office while I am served some mouthwatering and palatable foods.

Somehow when I visit Delhi, my energy levels double up and although I am not an early riser, I become one just to accompany him for his early morning walks and give my great-grandfather who I lovingly call "Bade Papa" and my grandmother who I call "Dadi" some company and entertainment while all of us (including Upi papa) enjoy our morning tea. The thing that I await the most in the day is when the landline telephone rings and that is music to my ears as I know that Upi Papa usually calls around that time to ask or tell me our plan once he's back from work. In the evenings my great-grandfather and me sit in the verandah sipping a hot cup of tea while he either tells me stories from his childhood or we have some mature conversations till Upi Papa's car arrives at the gate. The minute I hear the car stop, I run up to the gate, taking his briefcase and all the other stuff he gets back and putting it on the dining table and sitting in front of him like a puppy waiting for the master to give the information on what to do next. In the evenings, we both (my Upi Papa and me) stay up late and watch videos and eat ice cream while the house is tranquil.

If ever I were asked on what my most desired wish would be, I would say that I would want to move back to Delhi, live with my grandparents as I think about them all the time - trying to recover the lost time and create more memories with them.

Grandparents are the people who love their grandchildren unconditionally without thinking of what's in it for them or having any expectations. For me, my grandparents are "The Most Special" people I love the most, and I think for all children, grandparents would be equally special. Grandparents are the biggest blessing from God as they teach you values, give you love, share the life experiences to help you learn from it. Despite the generation gap, how I can easily relate to my grandparents is so natural and instinctive.

"Grandparents are a wonderful blend of Love, Care, Laughter and Wonderful Stories"

VIRAAJ KAUL

"If ever I were asked on what my most desired wish would be, I would say that I would want to move back to Delhi, live with my grandparents as I think about them all the time"

"As a personal experience I spend a lot of time with my grandfather when I visit him in Delhi. He takes me shopping, drives, ice cream, books. He knows I love reading"

First what is intergenerational bonding? It is in simple words the time that you spend with people outside of your generation. Generation in the sense the media decides they don't have the same tastes of books, music and what to do when you're bored. Now your grandparents are not born in the same generation as you. They are obviously older and much wiser than you. But do we need to talk and understand our grandparents? Of course, we need to, as firstly they are a part of our beautiful family, secondly because communication might make someone feel better. Example -us. Communication in general might be the key that will dismiss the negative and unneeded stereotypes that increasing during these years. It will also engage us to learn about our beautiful culture and history that begs to be known.

Now I have seen that people do not spend time with their grandparents because they are old and boring. They might enjoy different things than you but it does not mean they cannot branch out to embrace and appreciate different books, movies, music etc.

Grandparents hold an insane amount of knowledge about the world, how to live life, how to make your own mistakes. They never were and will never be dull, you just need to keep that stereotype out of your head and talk to them. Our grandparents are the best emotional support out there. They are helping you develop your mental health and prevent you from sliding into cases like depression and loneliness.

How to talk to grandparents or older adults? We should always start sharing about our life, open up a little bit and ask them about their day. We should try to learn a new skill from them and then as a return to a favor, teach them a new skill. Maybe learn gardening and start planting and growing plants. Ask them about your family history and try to make them loosen up around you as a friend. Spend quality time with them and learn than do something stupid and regret it later.

As a personal experience I spend a lot of time with my grandfather when I visit him in Delhi. He takes me shopping, drives, ice cream, books. He knows I love reading. Every single trip he takes me to a bookstore and buys for me 2-3 books. We, both me and my brother are fond of him. We three are very close just like siblings. My great-grandfather can recognize most plants/trees in existence. He also knows the best mythological stories out there. He narrates them with such passion that you would think that he was there when the story occurred. My paternal grandmother helps me with my Marathi but in such a fun way that I forget we are studying.

Such simple clips of my life just show how big of a role, grandparents play in everyone's life. They act as friends, parents, teachers. Just remember never forget about them and appreciate them and the memories you made with them while they last.

IRA KULKARNI

BEYOND JAMMU AND KASHMIR GKF'S JOURNEY TO PROVIDE AFFORDABLE HEALTHCARE

We are committed to providing evidence-based, affordable, and holistic healthcare services to people in Jammu and Kashmir and beyond. As we look to the future, we are excited to announce our plans for expanding our operations to other parts of India, with a focus on creating awareness about heart health and overall well-being. We have also done one such activity in the North East in Kakching a district of Imphal in Manipur in March 21.

Our vision is to become a leading provider of affordable and accessible healthcare services across India, while maintaining our commitment to high-quality care and patient-centred approach. To achieve this, we plan to open clinics and hospitals in strategic locations across the country, providing a range of services including cardiology, primary care, and preventive health.

In addition to our clinical operations, we are also committed to advancing medical research in other parts of India. To achieve this goal, we plan to collaborate with like-minded organisations, healthcare professionals, and community leaders across the country. We will also seek funding from government and private sources to support our expansion efforts.

As we expand our operations, we will also continue to focus on community engagement and education. Our goal is to empower people to take charge of their health by providing them with the information and resources they need to make informed decisions about their healthcare.

We believe that by widening the area of our operations, we can make a significant impact on the health and well-being of people across India, particularly in underserved and marginalised communities.

Our approach to healthcare is based on a holistic model that emphasises the importance of addressing the root causes of illness, rather than just treating the symptoms. We believe that by providing a range of services that address the physical, emotional, and social needs of our patients, we can help them achieve optimal health and well-being.

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**DONATE FOR
A CAUSE**

**Your Donations
help us make a
positive impact
on the health
and well-being
of our
community.**

CELEBRATING CONTRIBUTIONS CREATING A CULTURE OF GRATITUDE

We are committed to creating a culture of gratitude and recognition, where everyone's contributions are valued and celebrated. We believe that by acknowledging the efforts of our doctors, staff, volunteers, donors, and partners, we can create a sense of community and inspire others to join us in our mission.

We are honoured to acknowledge the invaluable role that our trustees have played in the continued success of the Gauri Kaul Foundation. Your unwavering support and encouragement have been instrumental in furthering the mission of healthcare, and your contributions have not gone unnoticed.

Our doctors Dr. Khurshid Iqbal, Dr. Abid Hussain, Dr. Muneer Ahmad, Dr. Shabbir Ahmad, Dr. Basanti Ganjoo, are the backbone of our organisation, providing high-quality, evidence-based care to our patients.

We also recognize the generosity of our donors and partners, who have supported us through their financial contributions, in-kind donations, and collaborative efforts. Mahraj Kar, Kuldeep Drabu, Shibban Bhan, Pratibha Bhan, Rajiv Kasliwal and Kanwar Singh Tanwar, your support has enabled us to expand our operations, develop innovative solutions, and provide high-quality healthcare to those who need it most.

We recognize that our success is also due to the dedicated and compassionate partners. We thank ONGC, IOCL, RR56 (Machil), Help Humanity (Jagti) and Astrazeneca who helped us to further our mission. Our deep gratitude goes to our media partner Greater Kashmir Communications especially Fayaz Kaloo, Mahmud ur Rashid Vaid and Abdul Rashid Maqdoomi. We also thank our research partner Batra Hospital, New Delhi and Kashmir Clinics Group and its chairman Dr. Shakeel Ur Rehman.

WE WOULD LIKE TO EXPRESS OUR SINCERE GRATITUDE TO OUR FAMILIES FOR THEIR UNWAVERING SUPPORT THROUGHOUT THE YEAR. PREM NATH KAUL, PROF UPKAR KAUL, DR. AMITA KAUL, ASHISH KULKARNI, SAMIR KAUL, ROUBLE SIDDHU KAUL, BHUSHAN TILAK KAUL, SHANKAR KAUL, ANITA KAUL, MRS & MR ABDUL MAJEED KABOO, MRS & MR MANZOOR AHMAD NAWCHOO AND MRS & MR ABDUL SALAM DAR, THANK YOU FOR BEING A SOURCE OF STRENGTH AND ENCOURAGEMENT FOR US AS WE WORK TOWARDS ACHIEVING OUR GOALS. YOUR LOVE AND SUPPORT MEAN THE WORLD TO US.

Our staff members are equally committed to our mission. Muzaffar, Sayeema, Bisma, Tabassum, Sehbar, Shameema at GHC and Suby, Ovais, Gulfar at PJKHC are working behind the scenes to ensure that our operations run smoothly and efficiently.

We also are thankful to our support team in Delhi, Aseem Roy, Puneet Zaroo and Priyawarth Kumar, we acknowledge your help and concern for the advancement of our foundation.

At GKF, we express our sincere gratitude to people of Hawl, especially Ghulam Muhammad Thoker, who have been instrumental in helping in establishing Prasad Joo Khan Heart Centre.

Our volunteers and well-wishers are also critical to our mission, providing invaluable support and helping to raise awareness about the importance of affordable and holistic healthcare. They come from all walks of life and backgrounds, but they share a common goal: to make a positive difference in the lives of others. As we look to the future, we remain grateful for the contributions of every person who has helped us along the way.

We are committed to continuing to work together to further our mission and make a difference in the lives of those we serve.

FACES BEHIND THE FOUNDATION THE STAFF MEMBERS WHO MAKE IT ALL HAPPEN



“ The Gauri Kaul Foundation would not be where it is today without the incredible individuals who make up our staff. They are the backbone of our organization, providing the support, dedication, and passion that drive our mission forward.

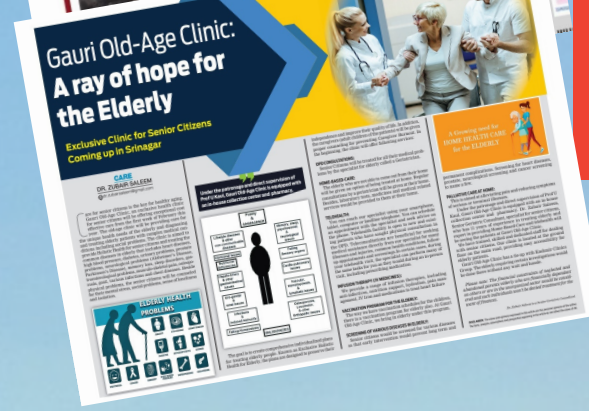
“ Each member of our team brings their own unique talents, expertise, and personality to the table, making the Gauri Kaul Foundation a diverse and dynamic place to work. From our fundraising gurus to our event planners, from our communications specialists to our program directors, each staff member plays a vital role in helping us achieve our goals.



GKF MAKING HEADLINES

Gauri Kaul Foundation (GKF) has been making headlines for its outstanding work in the healthcare sector. GKF has also been recognized for its innovative solutions to healthcare challenges. In addition to its healthcare initiatives, GKF has been making efforts to promote education and awareness about healthcare issues. The media has taken note of GKF's exceptional work, with prominent newspapers, television channels, and online publications featuring the foundation in their news and opinion pieces. GKF has also received recognition from various organisations and government bodies for its

GKF IN NEWS



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