Mr. N. A. Nellikunnu, MLA (Kasaragod) persuades State Govt.’s budget grant for Integrative Medicine.

Mrs. Rathnamala’s 15th year of Public Good activity

Human Resource Development

Priority setting in Lymphoedema Research

Free Filariasis Medical Camps

Collaborations (Oushadhi)

Collaborations (JSSU)
Professor Terence Ryan, FRCP

Professor Terence Ryan is a renowned Dermatologist who has held several prestigious administrative and academic positions in his long career devoted to Dermatology. Professor Ryan is currently the Professor Emeritus, Department of Dermatology, Oxford University, Oxford Brookes University and Churchill Hospital, Oxford, UK. He developed Oxford as a leading Centre of Dermatology and he has been actively engaged with Oxford for more than four decades now. He has held positions like President, World Microcirculation Congress 1984, lead expert on Lymphatic system from 1966 to the present, General Secretary and then Chairman, The International Foundation of Dermatology and initiated Community Dermatology in China. He has been a member of almost all governing bodies of his profession. He advises World Health Organization and is on the International Advisory Board of American Lymphoedema Framework Project. His major research work is on management of Lymphoedema though he has extensively worked on leprosy, traditional medicine, wound healing and international nursing.

Awards and honors came knocking at Prof Ryan’s door and the list is just endless. The Acrhibald Gray Medal of the British Association of Dermatology, the quintessential Distinguished Services Award and the Castellani Medal of the International Society for Dermatology December 2013 are a few to name. The Castellani Medal remains the highest award for a stalwart like Prof Ryan in the field of medicine. He has over 620 publications to his credit in dermatology, international public health and in Lymphology. Currently he focuses on Lymphoedema and Public Health Skin Care.

Prof Ryan has initiated a program in India to manage over seven million cases of Lymphatic Filariasis at the village level integrating Ayurveda, Yoga and Western medicine. He is on the International Advisory Committee for the Institute of Applied Dermatology, Kasaragod, India. He has mentored the development of an integrative treatment method for Lymphoedema at our institute. His guidance has helped us publish over 30 international research papers on the integrative treatment of lymphoedema. This integrative treatment protocol helps the poor and the suffering in the world. We look forward to benefit from his informed ideas in future too.

“If I have seen further, it is only because I have stood on the shoulders of giants.”

Isaac Newton
Epidemiologist Prof. Archibald Cochrane’s (1909-1988) teachings and writings led to the renaissance of advanced health care in Europe in early 1990. Now known as evidence based medicine gradually persuaded medical journals and practitioners of Europe and North America to look for evidence in their own publications and patient care protocols. IT tools and World Wide Web brought evidence based movement in health care to the desk top of health care workers and patients. Globalization resulted in the exodus of villagers to urban area. Their migration brought traditional medicine to cities.

Coupled with personal experiences wealthy and powerful policy makers began understanding the limitations of modern medicine. Increase in the popularity of traditional herbal medicines led to the National Institute of Health, USA to respond (1991) by opening office of complementary & Alternative Medicine (CAM). Prof. Terence Ryan led the British interest in CAM by hosting awareness and policy making organization of traditional medicines, GIFTS of Health in his department of dermatology at Oxford (1993). Finally Government of India woke up to the reality to establish (1995) department of AYUSH. Thus began a focused attention in India to the development of Education & Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems.

Although lesser known, especially due to the poor penetration of information technology during the same period, several biomedical doctors, scientists, patients and farmers growing medicinal plants were informally collaborating in India to explore CAM and Integrative Medicine. Their major work involved translating classical Sanskrit text books of AYUSH to English. This was led by Bangalore based Foundation for Revitalization of Local Health Traditions (1991-now a state university- Institute of Trans-disciplinary Health Sciences & Technology), albeit with their own theoretical interpretations without clinical illustrations. Several such translations and personalized experiences of Mumbai based clinicians appeared in series of house journals on traditional medicines by Lupin India Ltd (1992-94). These booklets were distributed free to medical practitioners wherever the pharmaceuticals operated in India. I was attracted by the logic of Ayurveda in essays of Late Prof. Shardini Dhahanukar, then professor of clinical pharmacology at Seth G S Medical College and KEM hospital Mumbai. Her writings and scholarly papers of Dr. M.S.Valiathan, Srichithra Institute, Thiruvanathapuram persuad me to explore Ayurvedic dermatology, if it could bring succor to my chronic difficult, to treat patients. In those days of poor connectivity ‘Pen friendship’ with Dr. Dhahanukar constantly encouraged my thoughts on Integrative Medicine.

In 1994 I began discussing the research opportunities in Integrative Medicine with learned medical college teachers, my peers and family physicians who later became the founder members of IAD. These discussions were critically reviewed with value addition, ethics and global perspective by Mr. S. R. Vijayashankar, then Manager Communication, Novell India Ltd., now Intel volunteer in IAD. Bangalore based Advocate Mr. S.R.Raviprakash and company secretary Mr. Lakshmi Narayana Jois voluntarily synthesized these discussions contained in tens and hundreds of postal letters, notes and telephone calls into a legal document of Memorandum of Understanding and Association of IAD. This required over 2 years of reading, discussion, conference presentations and meeting people from different disciplines of science and medicine. Following this another long struggle began to obtain Indian Government’s license to begin operations. Two ways of file movement, a
daunting task even in present time, from Chennai to Cochin to Kasaragod was voluntarily facilitated by the then Kerala Government Secretary Mr. K. Shashidhara, IAS and then Commissioner of Income Tax at Chennai Dr. K. Sathyaranayana, IRS. Both were not connected to the department of company affairs, Government of India where registration was sought. These voluntary efforts of selfless and highly skilled intellectuals led to the formation of not-for-profit charitable section 25 company, Institute of Applied Dermatology in July 26, 1999.

When registration process was voluntarily shouldered by two senior bureaucrats, I presented the idea of integrating different systems of medicine, its low cost, safety and benefits to patients to many interdisciplinary experts. One among them was Late Dr. Katara Subrahmanya Bhat during his visit to native village in Kasaragod. He was working in UK agriculture department and co-authored papers with Prof. Ryan on medicinal plants. On his return to UK Dr. Bhat discussed my views with Prof. Terence Ryan, then head of the department of dermatology, Oxford Brooks University, Oxford. In return Prof. Terence Ryan extended invitation to me, dermatologist Dr. Shyam Verma from Baroda, Late Dr. Tom Oomen, clinical pharmacologist from Manipal to participate in a symposium on traditional medicine held in his department. The symposium was organized by GIFTS of Health team on 14th May 1998. I could not attend the symposium. However, Dr. Bhat presented my paper on clinical evaluation of traditional medicinal formulations. Later Prof. Terrence Ryan sent an email reply to my postal letter dated 7th October 1998. His email dated 16th October 1998 was sent to Mr. S.R.Vijayashankar, Novell India Ltd at Bangalore as Kasaragod didn’t have internet facility at that time. This made the beginning of his mentorship even before IAD was registered. Until we got internet access through now defunct Satyam (later sify) domain our communications were routed through Novell’s email domain.

15 years drove past; we, at IAD, continue the spirit of volunteerism and global vision that led to its formation. We generate new knowledge on Integrative Medicine and Evidence Based Ayurveda through voluntary contributions of intellectual property of collaborators, associates, volunteers and mentor. None of them receives any kind of remuneration or is interested in copy right of their intellectual contributions. Most often their travels also are not reimbursed. They share their knowledge on IAD platform for ‘the best interest of patients’. These forces are united voluntarily to expand Integrative Medicine from Applied Dermatology.

1. Quotes from Dr. William Mayo (1910)
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The board-of-directors takes pleasure in presenting to you, the Fifteenth annual report on the business of The Institute of Applied Dermatology along with the audited statement of accounts for the year ending 31st March 2014.

1. OPERATIONS AND ACTIVITIES

The company is a not-for-profit charity organization carrying out the activities as agreed in its Memorandum of Association.

The focus of activities is on:

a. Research & Development of Integrative dermatology:
   ● Providing integrative treatment to Lymphatic Filariasis and other forms of Lymphoedema.
   ● Forwarding Integrative dermatology research to vitiligo, lichen planus, psoriasis and other difficult-to-treat skin diseases.
   ● Publication of research findings in scientific journals.
   ● Publication of technical reports.

b. Community dermatology & public good activities:
   ● Providing free treatment to Lymphatic Filariasis patients from endemic Indian villages.
   ● Controlling/slowing the spread of HIV/AIDS in the community and eliminating the stigma of the disease and discrimination of those affected.
   ● Treating dermatological ailments of children under difficult circumstances.
   ● Also supporting other needs of these patients thus contributing to society for public good activities.

c. Scientific publications & patient support programs:
   ● Conducting and participating in scientific symposiums/colloquiums.
   ● Continuing Nursing Education and Continuing Medical Education.
   ● Training students & volunteers from India and abroad.
   ● Training and providing health education to target populations, patients and their family members and students.

Following are the details of activities performed during the year 2013-2014.
The 6th National Colloquium on Evidence based Integrative Medicine for Lymphatic Filariasis and other Chronic Dermatoses was jointly organized by the Institute of Applied Dermatology (IAD), the Central University of Kerala (CUK) and the Life Science Foundation, New Delhi (LSF). The colloquium with the theme “Evidence Based Integrative Medicine: Practice and Advanced Research” was held from 8th to 10th December 2013 at IAD premises, Uliyathadka, Kasaragod.

**Background of the 6th National Colloquium:**

The main objective of the colloquium was to discuss the ranked list of priorities for advancing research in morbidity control of Lymphatic Filariasis with renowned experts. Reverse pharmacology studies of Integrative medicine through Inter-sectoral collaborations was explored.

Priority setting for future research listed all research questions which doctors, paramedical workers, therapists and scientists felt important in their routine practice. We invited patients to participate in the discussion. Patients had tried several treatments for long and they were able to judge the benefits of these treatments. They had thoughts on which treatments should be evaluated or modified. People interested in morbidity control of LF or Integrative Medicine participated in the meeting. Participants were told that all ideas and experiences either based on pilot observations or ‘gut feelings’ are important for research priority setting.

**Importance of the 6th colloquium on Integrative Medicine in national and global context:**

“Integrative Medicine (IM) selects the best practice from public health and biomedicine”. It is increasingly felt that IM would complement modern medicine by providing cost effective treatment. It combines latest scientific advances with profound insight of ancient healing systems. Complementary and alternative systems of medicine (CAM) are playing a vital role in public health by the virtue of their acceptance by people with or without government backing. However, experts are divided on its utility to meet the global challenge of providing affordable and quality health care.

**Programme Details:**

The Colloquium was inaugurated by Padmashree Prof. B M. Hegde, FRCP, Editor-in-Chief of Journal of Healing Outcomes and former Vice Chancellor, Manipal University Mangalore. On 9th December discussions focused on transdisciplinary strategies that advance IM and morbidity control of Lymphatic Filariasis (LF). In the afternoon there was a discussion on priorities that was online (www.indiandermatology.org). The pilot studies on inter-sectoral, community and patient centric collaborations were introduced on the 10th December. Prof. Ryan led patient examinations during the Free LF Medical Camp. This camp encouraged patient participation in the colloquium and priority setting agenda.

Hands on training on integrative treatment of Lymphatic Filariasis and other diseases, clinical methods of IM were organized for the interested participants. Dr. Nagesh Prabhu, Joint Director Dept. of Health Research Govt. of India delivered a special lecture in the Valedictory function held on 10th December. Dr. V.B. Sameer Kumar, CUK, Prof. Vaughan Keelay, Dr. Sheela Karalam B, Oushadi and Prof. Christine Moffatt were also present in the programme. The deliberations in the colloquium discussed all the major treatment and research prospects of Lymphatic Filariasis.
Participants of the 6th National Colloquium on Integrative Medicine selected following seven top priorities for advance research in the treatment for lymphoedema and integrative medicine.

Seven top ranked priority research questions discussed and approved by the colloquium

1. How to simplify the integrative treatment of lymphoedema? What is the role of each major component (ayurveda including yoga, compression therapy and washing) in producing clinical outcomes in any grade of lymphoedema?
2. What are the cellular changes following lymphedema treatment? Can lymphedema be reversed following integrative treatment?
3. How to eliminate Bacterial entry points especially intertrigo between toes in lymphedema patients of coastal region? Which are the frequently grown bacteria and fungi in the intertrigo of lymphedema? What are their antibiotic sensitivity patterns?
4. How to develop an appropriate clinical research model for ayurvedic concepts and treatment modalities of chronic skin diseases?
5. What factors determine whether patients comply with the use of the bandaging techniques for long term management? Would patients consider wearing compression garments for long term management instead of bandages? Would there be an improved outcome?
6. What is the epidemiology of LF morbidity? What is the Relative frequency/ prevalence of various morbidity due to L.F? Are all cases diagnosed clinically as lymphatic filariasis genuine cases or do other phenotypes get misdiagnosed as filariasis? What are the co-morbid conditions prevalent with filarial lymphedema patients? How do these conditions affect the management of lymphedema?
7. What is the economic benefit with integrative medicine for the morbidity reduction of lymphatic filariasis for disease affected populations and government?

The first organizing committee meeting of the 6th national colloquium on “Evidence based Integrative Medicine for Lymphatic Filariasis and other chronic dermatoses” was held at the Institute of Applied Dermatology (IAD) on 7th August 2013.

Mr. Sajith K T, PRO, IAD, Treasurer, Organizing Committee, Dr. M.G. Aggithaya, MD, Chief Consultant Ayurveda, Mr. K. Shashidhara, IAS (Rtd), Dr. S.R. Narahari, MD, DVD, Director, Prof. Jancy James, Vice Chancellor, CUK, the Chief Patron, Dr. G.M. Nair, PhD, Dean, School of Biological Science, CUK, the Chairman, Organizing Committee, Dr. Rajendra Pilankatta, PhD, Asst. Professor, CUK, Kasaragod, Organizing Secretary and Dr. Tony Grace, PhD, Asst Professor, CUK, Kasaragod are seen in the picture from left to right.

Prof. (Dr.) Jancy James PhD, Vice Chancellor, The Central University of Kerala Kasaragod

Mr. N. A. Nellikunnu, Hon’ble MLA, Kasaragod

Dr. Nagesh Prabhu PhD, IFS, Joint Secretary, Dept. of Health Research, Govt of India, New Delhi
Priority setting in Lymphoedema Research

Prof. Christine Moffatt
Director, International Lymphoedema Framework, London, Royal Derby Hospital Lymphoedema Service, Derby, U.K.
Dr. Vaughan Keeley, Consultant in Palliative Medicine in Derby, UK
Ms. Jalaja Sinha, IAS (Rtd) Formerly secretary, Department of AYUSH, Special Rapporteur, National Human Rights Commission, Govt. India, New Delhi

Mr. Shashidhara, IAS (Rtd.), Director, IAD and PS to the Minister of Tourism, Govt. of Kerala

Mr. Madhava Master, President, Madhur Grama Panchayath, IAD is functioning at Madhur Village of Kasaragod

Mr. Akshay Dileep Thakkar, Financial advisor, Thakkar Foods Mumbai
The 6th national colloquium on Evidence Based on Integrative Medicine

Prof. Unnikrishnan, Department of Community Medicine, Manipal University, Mangalore

(from L to R) Ms. Jalaja Sinha, IAS (Rtd) Formerly secretary, Department of AYUSH, Govt. India, New Delhi, Dr. Nandini K Kumar, Former DDG, ICMR and Dr. Vaughan Keeley, Consultant in Palliative Medicine in Derby, UK.

Discussion on research proposals on priorities in morbidity control of lymphatic filariasis and integrative medicine with Dr. Nagesh Prabhu, Joint Secretary, Department of Health Research, Govt. India of New Delhi

The students from department of biochemistry and molecular biology, the Central University of Kerala, with Prof. Terrence J. Ryan.
Padmabushan and former Vice Chancellor of Manipal University Prof. B. M. Hegde, MD, FRCP inaugurated the 6th National Colloquium on Integrative Medicine and Research Priority setting in Lymphoedema
Scientific sessions and presentations

**Lymphodema as a consequence of skin failure**

Prof. Terence J Ryan
Emeritus Professor, Department of Dermatology
Churchill Hospital, Oxford (UK)

**Lipedema**

Dr. Vaughan Keeley,
Consultant in Palliative Medicine in Derby, UK

**The challenge of defining the prevalence and impact of chronic oedema: an international opportunity**

Prof. Christine Moffatt
Director, International Lymphodema Framework,
London, Royal Derby Hospital
Lymphoedema Service, Derby.

**Integrated care in the prevention and management of Non-communicable diseases**

Dr. Jaideep Menon,
Cardiologist, Little Flower Hospital,
Angamaly, Kerala

**Ayurvedic insights for Integrative Dermatology: Opportunities & Challenges**

Dr. Supriya Bhalerao
Scientist, Ayurvedic Research at Interactive Research School for Health Affairs (IRSHA), Bharati Vidyapeeth Deemed University, Pune

**Community level morbidity control of Lymphatic Filariasis using self care Ayurveda & Yoga therapy in two endemic districts of South India: A non randomized study**

Dr. K S Bose
Principal, Institute of Applied Dermatology, Kasaragod

**Cellular changes and immunohistochemistry studies on integrative treatment of Lymphatic Filariasis: Pilot analysis**

Prof. Vijaya Basavaraj
Professor of Pathology,
JSS Medical College,
JSS University, Mysore

**Standardizing ayurvedic drugs for clinical and experimental use: A dravyaguna perspective**

Dr. Sheela Karalam
Special Officer, R&D, Oushadhi The Pharmaceutical Corporation (I.M) Kerala Ltd,
Thrissur

**Inhibition of cholesterol biosynthesis is a hallmark of Primary cicatricial alopecia: an integrative approach**

Dr. Sreejith
Assistant professor, Department of Zoology University of Kerala,
Thiruvananthapuram

**Introduction to Morbidity Management and Gap Analysis**

Mr. Naveen Krishna Tarur
M.Tech, MBA
Infosys Tech Ltd. VICARE,
Mangalore

**Patient participation: How the future studies on Lymphatic Filariasis should be? (Presentations from the patients who have received integrative treatment from IAD)**

Ms. Pramila Varghese
Former Principal, ASHANKUR, Bangalore

Mr. Satyanarayana Mahidasan
Senior Manager, Symantec Inc, Hyderabad

Mr. Sundar Raju
Retd. Branch Manager, Andhra Bank, Hyderabad
Our Volunteering Initiatives
www.indiandermatology.org

IAD volunteers get Intel India’s Social Initiative Awards 2013

As part of the Intel Involved Matching Grant Program, three volunteers from ‘Intel India’ submitted projects for IAD and won the social initiative contest 2013.

Projects:
- Mr. Nikhil Shirali: “Expanding ‘Volunteer initiative’ through a Volunteer’s website”.
- Ms. Charulatha Janak: “Developing supportive materials for practical skills on dermatology nursing”.
- Mr. Vijay Shankar: “Developing database for Integrative treatment of Vitiligo”.

Intel on behalf of these volunteers, donated the consolidated cash prize of Rs 2,00,000 to IAD for implementing the projects.

IAD has been recognized by Intel India as an NGO. Intel volunteers have been working closely with our institute and supporting in areas of IT, managerial and staff training. Their prize money was given to IAD. It helped us to expand volunteer initiative’ through a website, develop supportive practical materials for dermatology nursing and data base for integrative treatment under vitiligo.

Ms. Carolyn Mahoney, registered Nurse from Western Australia.

Ms. Carolyn Mahoney, a registered Nurse from Perth in Western Australia, volunteered her service and treated patients at IAD from the 14th to the 26th of September, 2013. She has worked as a phlebotomist for ten years and is currently serving as patient-support nurse for those undergoing biologic-medication for psoriasis. Inspired by a presentation on IAD’s Integrative approach of Lymphedema at a conference in Australia, she decided to visit IAD. She learnt to study more about the integrated treatment procedures for filariasis/lymphedema. She has donated Rs. 16,870/- towards the treatment of poor patients suffering from Lymphatic Filariasis/ Lymphedema.
Our Volunteers

Ms. Iwona Dorn & Ms Radiance, Podiatry students from UK.

Ms. Iwona Dorn and Ms. Radiance, second year Podiatry students from Brighton University in Eastbourne, United Kingdom, volunteered their service at IAD from the 13th of July to the 3rd of August, 2013. They were inspired by an article based on IAD’s Integrative approach on Lymphedema written by Mr. Timothy Maiden, a Podiatrist, currently working in Singapore.

Ms. Sanju Arianayagam from UK.

Ms. Sanju Arianayagam, a medical student from England visited IAD on 10.07.2013. She currently works with our mentor Prof. Terence Ryan on a series of articles on Pigmentation. She visited IAD to learn and understand more about integrative medicine.
Ms. Rosemary Kelly, a Laughter Yoga trainer.

Ms. Rosemary Kelly, a Laughter Yoga Trainer and certified Laughing Lymphercise instructor and trainer, from Toronto volunteered her service at IAD from the 5th to 17th January 2014. Inspired by a presentation by Dr. M.G. Aggithaya “IAD’s Integrative approach of Lymphedema - demonstration on yoga and breathing exercises: Asanas and Pranayama” at an ILF conference in Toronto, she was eager to learn more about the role of Yoga therapy in integrated treatment procedures for filariasis/lymphedema. She learned the yoga techniques that are followed at IAD in its integrative treatment method.

Ms. Karen Elise Coffman, medical student , Arizona, USA.

Ms. Karen Elise Coffman, a medical student from the University of Arizona College of Medicine, USA visited IAD from the 5th of July to the 23rd of July 2013. During her visit, she was able to learn and understand integrative treatment procedures involved in the treatment of chronic dermatological diseases especially Lymphedema. She also attended general dermatology clinics to learn tropical dermatology.

Ms. Rosemary demonstrated to the IAD’s therapists, laughter yoga techniques that she follows in Toronto

Dr Bose, IAD’s Principal with Mr. Rajeevan, Mr. Shahanavas P. and Mr. Rajesh Kumar, Systopic Pharmaceuticals Pvt Ltd., New Delhi
Mr. Harikrishnan, Ms. Deepthi Amirthagadeswaran, Mr. Ananth and Nandini Bhardwaj, management students from S.P. Jain Institute, discussing with Dr. S.R. Narahari on Costing of dermatology treatment services using the basic costing template of Lymphatic Filariasis. Dr. Guruprasad Aggithaya and Dr. Bose from IAD are also seen.

Mr. Ananth, Ms. Deepthi making a presentation on their project, structuring the knowledge management process documentation as part of their DOCC programme.

Mr. Ananth and team members discussing with Mr. Amarnath, consultant statistician of IAD on data analysis and structuring as part of their DOCC programme.

Development of Corporate Citizenship (DOCC) project of Bharatiya Vidya Bhavan’s S.P. Jain Institute of Management & Research, Mumbai (curriculum internship programme)
A free State-level Medical camp for Lymphatic Filariasis patients was conducted at IAD Ulyathadka on the 27th & 28th of February 2014. Dr. Claire Fuller, a renowned dermatologist, Consultant Dermatologist at Chelsea and Westminster NHS trust and Vice Chairperson, International Foundation for Dermatology, UK, examined patients at the camp.

This camp was organized to extend benefits of its integrative treatment to needy patients. In addition, patients who attended the camp could take advantage of expert consultations with doctors from India and abroad. This camp also aimed to spread the benefits of this successful treatment onto national and international levels. During this camp, medicines were provided to patients at a concession rate.

Dr. S. R. Narahari, Dermatologist and Director, Dr. Guruprasad Aggithaya, Chief Ayurveda Consultant, Dr.K.S.Prasanna, Consultant Dermatologist and Dr K. S. Bose, Principal and Homeopathy consultant also examined patients.

92 Filariasis patients from Kerala, Karnataka and Tamil Nadu had registered and participated in the camp.

Dr. Claire Fuller, MA, FRCP Consultant Dermatologist at Chelsea and Westminster NHS trust and Vice Chairperson, International Foundation for Dermatology speaking patient during the free medical camp held at IAD. Dr. Narahari and Dr. Prasanna, Dermatologists are also seen.
National level Free Medical Camp for Filariasis and other chronic skin diseases

National level Free Medical Camp for Filariasis and other chronic skin disease patients was conducted at IAD during the 6th national colloquium 2013 on the 8th & 9th December 2013. International experters Prof. Terence J Ryan Emeritus Professor, Department of Dermatology Churchill Hospital, Oxford (UK) Prof. Christine Moffatt Director, International Lymphoedema Framework, London, Royal Derby Hospital Lymphoedema Service, Derby, U.K, Dr. Vaughan Keeley, Consultant in Palliative Medicine in Derby, UK examined patients at the camp.

Patients who attended the camp could took advantage of expert consultations with doctors from India and abroad. This camp also aimed to spread the benefits of this successful treatment onto national and international levels.

National experts who participated were Prof. S. Rajagopal Institute for Post Graduate Teaching and Research in Ayurveda Gujarat Ayurveda University, Jamnagar, Gujarat, Dr. Supriya Bhalerao Executive Editor, International Journal of Ayurveda Research Scientist (IRSHA), Bharati Vidyapeeth Deemed University, Pune Prof. Vijaya Basavaraj MD (Pathology)Professor of Pathology, JSS Medical College, JSS University, Mysore, Dr. Mrithyunjaya, Prof. Krishnamurthy Formerly professor of STD Chengalpet Medical College Chennai, Dr. Sairu Philip Additional Professor, Dept. of Community Medicine, T. D. Medical College, Alleppey, Kerala.

127 patients who came from different states of India were benefitted.

Dr. Narahari discussing with Dr. Vaughan Keeley

Dr. Sairu Philip Additional Professor, Dept. of Community Medicine, T. D. Medical College, Alleppey, Kerala and Prof. Krishnamurthy, Former professor of STD, Chengalpet Medical College, Chennai examining a huge lymphoedema leg.

Dr. K.S. Prasanna presenting a case history of filariasis patient to Prof. Terence J Ryan, Mr. S. Mahidasan is also seen

Dr. Roopa Kamath, Dr. Rajagopal, Department of Paediatrics, IPGTRA, Jamnagar and Dr. Nandini K Kumar, Former DDG, ICMR

Dr. Guruprasad Aggithaya presenting a patient’s case history to Dr. Supriya Bhalerao Prof. Mruthyunjaya, Department of Orthopaedics, JSS Medical College, Mysore
The Central University of Kerala (CUK) Kasaragod and the Institute of Applied Dermatology (IAD) have signed a Memorandum of Agreement on 30.04.2013 to conduct joint research programmes in the field of integrative treatment.

By signing the Memorandum of Agreement IAD and CUK have opened a new chapter in the history of integrative treatment. Clinicians of IAD and scientists of CUK will work together to define Vatha-Pitha-Kapha in molecular terms.

Scientific and research studies using modern technologies under this MoA will give hope to the chronic patients who are suffering from neglected skin diseases. Both teams have immense international exposure and are expected to provide needed evidence for ayurveda and integrative medicine.
Oushadhi, the Pharmaceutical Corporation (IM) Kerala Ltd, and the Institute of Applied Dermatology have signed a Memorandum of Agreement to jointly hold inter-disciplinary research activities.

Oushadhi, a Govt. of Kerala Undertaking, Thrissur is the largest producer of Ayurvedic medicines in public sector of India. The General Manager Mr. K. Sasidharan, on behalf of Mr. Rakesh Ranjan Shukla, Managing Director of Oushadhi and Mr. Shashidhara, IAS Retd. Director, IAD, on behalf of the Institute of Applied Dermatology signed a Memorandum of Agreement to advance ayurveda with required evidence for its clinical youths. By signing the MoA, IAD and Oushadhi have begun new, collaborative concepts in Ayurveda research especially in the enhancement of clinical potential of Ayurvedic drugs, production and collaborative projects of Ayurvedic research.

It is a new beginning of research activity in the field of Ayurveda and Integrative medicine. Oushadi is well known for quality medicines in the field of ayurveda.
The Jagadguru Sri Shivarathreeswara University (JSSU), Mysore and the Institute of Applied Dermatology have signed a Memorandum of Agreement to conduct joint research programme in the field of Lymphatic Filariasis and Integrative Dermatology.

MoA was signed at JSSU headquarters at Mysore on 26.12.2013 by Chairman and Director Dr. S. R. Narahari on behalf of IAD and the Dr. B Manjunatha, Registrar on behalf of JSSU. During this function, Dr. P. A. Kushalappa, Dean JSSU and other academicians and faculty from the Department of Pathology and Dermatology were present. With this agreement, an advanced research programme to evaluate tissue changes following Integrative treatment for Lymphatic Filariasis and skin disorders would be under taken. These kinds of scientific and research studies using modern pathology will advance treatment of neglected skin diseases and Lymphatic Filariasis.

Signing the Memorandum of Agreement by the Jagadguru Sri Shivarathreeswara University, (JSSU Mysore) in Karnataka and Institute of Applied Dermatology (IAD Kasaragod) in Kerala will create more evidence in the field of integrative treatment of Lymphatic Filariasis especially for histopathology and IHC studies.
“The 18th brainstorming and Regional Workshop on Inter-Sectoral Collaborations for Community Health and Wellbeing” was jointly organized by IAD and the Central University of Kerala (CUK) on 7th August 2013 at IAD, Uliyathadka, Kasaragod.

Though education sector has made significant progress over the years, health care is still lagging behind. Universal access to healthcare was the prime focus of this workshop which also strongly propagated the need of mental and spiritual health of the masses along with the physical health. Overall wellbeing of people in a holistic manner would be achieved only with the inter-sectoral collaborations. On the front of physical health, STD/HIV/AIDS, vector born diseases like malaria, filariasis, dengue, communicable and non-communicable diseases and universal access to healthcare were the focus areas. As far as mental and spiritual health and community well being are concerned, prevention of domestic violence, child abuse, trafficking, people’s involvement in waste management, human rights, family counseling, career counseling, de-addiction etc. are the major areas of focus. This workshop discussed to hold a collaborative activity at Kasaragod.

The workshop witnessed an active participation of people from all walks of life namely Social Work educators, practitioners, researchers, students, NGO representatives, Government officials working in Health and allied departments. There were intellectual and thought-provoking discussions among the participants. Dr Bose, IAD and Prof. Koteshwara Raju, Academic Co-ordinator of the department of Social work were moderators. NGOs and social science colleges of the region participated.

The program could successfully chart out a draft policy for interventions by multi-sectorial for Kasaragod. All the registered participants were extended cordial hospitality and travel support by CUK.
The 19th Brainstorming on Cellular changes in lymphoedema and mechanism of tissue response in Integrative Medicine treatment of Lymphatic filariasis

The 19th Brainstorming on Cellular changes in lymphoedema and mechanism of tissue response in Integrative Medicine treatment of Lymphatic filariasis was held at IAD on the 1st March 2014. Mr K. Shashidhara, (IAS Retd) Director of IAD, welcomed the gathering. Dr Claire Fuller, a renowned Dermatologist and Vice Chairperson of International Foundation for Dermatology, UK was the Chief Guest and moderator for the proceedings of the day. This discussion created a framework for our future collaborative research proposal involving organizations with diverse expertise.

Brainstorming session discussed the 2nd priority short listed during the 6th national colloquium on integrative medicine on Lymphatic Filariasis. Dr S.R. Narahari, Dr Guruprasad Aggithaya, Dr Sheela Karalam, Oushadhi, Prof Vijaya Basavaraj, JSSU, Dr K.K. Shanbhauge and Dr Rajendran Pilankatta, CUK presented their views on various medical issues.

The discussion covered the following topics: “What are the cellular changes following lymphedema treatment? Can we use cellular changes to monitor the progress of integrative treatment?” Experts presented views especially on analysis of tissues in lab for in-vitro parameters. What are the challenges for human tissue analysis in India; laboratory level and logistics etc., were the crucial research questions which were addressed.
‘We can achieve more together, and more quickly, by combining different expertise from different niche areas than working alone’
Clinic to lab reverse pharmacology studies with Central University of Kerala

Dr. V B. Sameer Kumar, Assistant Professor, Department of Biochemistry and Molecular Biology, Central University of Kerala, Kasaragod, Dr. S R Narahari, Director, IAD and Prof. G.M. Nair, Dean, School of Biological Sciences, CUK in a discussion.

Dr. Santosh R. Kanade, Assistant Professor, Department of Biochemistry and Molecular Biology, Central University of Kerala, Kasaragod and Dr. Guruprasad Aggithaya, Chief Ayurveda Consultant, IAD

Dr. Tony Grace, Assistant Professor, Department of Genomic Science, Central University of Kerala, Kasaragod participating during the 19th brainstorming


3. Narahari SR; Bose KS; Aggithaya MG; Swamy GK; Ryan TJ; Unnikrishnan B; Washington RG; Rao BPS; Rajagopala S; Manjula K; Vandana U; Sreemol TA; Rojith M; Salimani SY; Shefuvan M. Community level morbidity control of lymphoedema using self care and integrative treatment in two Lymphatic filariasis endemic districts of South India – A non randomized interventional study. Transactions of Royal Society of Tropical Medicine and Hygiene 2013; doi: 10.1093/trstmh/trt054.


In Press


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<td>1</td>
<td>Dr. S. R. Narahari</td>
<td>New Delhi</td>
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<td>‘Indian Community Level Morbidity reduction of Lymphatic Filariasis: XI International Congress of Dermatology and 42nd Annual National Conference Of IADVL (Dermacon 2014)</td>
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<td>Dr. S. R. Narahari</td>
<td>Bangalore</td>
<td>27 November 2013</td>
<td>Rehabilitation through yoga in Lymphatic Filariasis: The 59th National Conference of Association of Physiologists and Pharmacologists of India (APPICON 2013), NIMHANS, Bangalore</td>
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<td>Dr. Guruprasad Aggithaya</td>
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<td>Community level morbidity control of lymphoedema using self care and integrative treatment. Institute of Tropical Medicine (ITM) Colloquium on Health systems and control of neglected diseases in Asia.</td>
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<td>Thomas C, Bose K, Vivekanada K, Narahari SR, Nwe S, West DP, Kwasny M, Kundu R</td>
<td>Northwestern University’s 9th Annual Lewis Landsberg Research Day in Chicago, IL</td>
<td>April 4, 2013</td>
<td>Comparison of three quality of life tools in lymphatic filariasis</td>
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Dr. Narahari participated in the 59th APPICON annual conference held at the National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangalore from 27th Nov to 30th Nov 2013 (APPICON 2013) and presented a paper entitled “Rehabilitation through Yoga in Lymphatic Filariasis.”

Dr. Narahari with Dr. Shirly Telles, Head, Department of yoga, Patanjali yoga Peet, Haridwar is seen in the 59th Association of Physiologists and Pharmacologists of India Conference (APPICON 2013) at NIMHANS, Bangalore.

Dr. Narahari and Dr. Prasanna, Consultant Dermatologist of IAD are with Prof. Terence J. Ryan at the XI International Congress of Dermatology and 42nd Annual National Conference of IADVL (Dermacon 2014), held from 4-7 December, 2013 at New Delhi.

Dr. Guruprasad Aggithaya IAD’s Chief Ayurveda consultant making presentation in the ITM Colloquium on Health systems and control of neglected diseases in Asia held at Bangalore.

Dr. K S Bose, Principal of IAD making a presentation about IAD in the NGO Workshop and Fair held at Indian Institute of Management Kozhikode (IIMK).
Human Resource Development

Podoconiosis and Lymphedema

A short Treatment Update discussion on Podoconiosis and Lymphedema was held on 28th February 2014 at 3pm at our center of the Institute of Applied Dermatology (IAD) in Uliyathadka. Dr Claire Fuller, Consultant Dermatologist, UK and also Vice Chair of International Foundation for Dermatology participated in the discussion. Presentations and discussions focused on the treatment of lymphedema, Integrative Medicine and related subjects.

Post Graduate Nursing students from Malik Deenar College of Nursing and a few doctors from PHC and Dist TB centre participated in the session.

Dr. Narahari and Dr Guruprasad Aggithaya visited the Oushadhi’s medicine production unit at Thrissur on 5th July 2013.
Dr. Krishna Murthy, Cardiologist, Sutter East Bay Foundation, California, USA visited IAD on 15th March 2014. He conducted a session on “Basic life support” to the IAD treatment team.

Ms Praseeda, Dermatology Nurse, was posted in Care Well Hospital, Kasaragod for a 15-day training in managing patients who are medically in a critical condition. The training was given from 6th June 2013 to 20th June 2013. She was posted in Intensive Care Unit for 11 days and in Casualty for 2 days. She was trained under Dr Jayadeva Kangila, Dr Narayana Pradeepa, Dr Afsal and Nursing Superintendent Mrs Thresyamma.

During the training she learnt how to manage patients in ICU, how to receive them, and what preparations should be made before receiving patients. She was also taught about the medications given to Myocardial Infarction, Convulsion, COPD, Breathlessness, Hypocalcemia, Vertigo, Parkinson’s disease, cerebrovascular accident, Hyperpyrexia, poison cases, how to take care of tracheotomy, the procedure and the equipment needed for tapping.

She learnt fumigation in ICU and Operation Theatre. She also learned how patients should be observed in Casualty and how the medications should be given and what medications should be maintained in Casualty. Subsequently she setup emergency life support system at IAD.

Dr Saketh Ram, BC Roy Hospital, Kolkata took a class on General and systematic examination and led a discussion on drugs for emergency care.

Ms. Praseeda, Dermatology Nurse of IAD has undergone ICU practical training session at Carewell Hospital, Kasaragod, under physician Dr. Jayadeva Kangila.
A training programme on “Team work & Understanding others”

A team of experts focussing on International Healthcare, Dr. Aniruddha B. Kanjarpane, Mr. P. Samuel Adithya, both from Bangalore & Dr. Neha Prakash Panchal, from Mumbai, conducted a one-day workshop on “Team work & Understanding others” for the prime staff members of IAD on the 8th of July 2013, as part of a ‘Soft Skills, Image Development and Leadership’ programme.

Various sessions were held. The team elaborated on organizational behaviour, development & culture, the concept of working as a team and the importance of a positive attitude towards fellow members.

According to them, technical skills are necessities but are not sufficient in a job search process or in progressing up the career path. Professional managers now expect their employees to possess ‘soft skills’. Soft Skills play an important role in a person’s life and professional career and help people excel at work. Hence, it cannot be ignored in this highly competitive corporate world and age of information and technology. The work shop included individual presentations and practical sessions where the staff members participated with a lot of enthusiasm.

Mr. Arun Bhardwaj, an engineer and communication expert visited IAD on the 28th December 2013.

He is from Himachal Pradesh; graduated in Electronics and Communication Engineering (with Gold Medal and Honors). Mr. Arun has an MBA from the University of California; and is currently pursuing his PhD in Cultural Studies to revive ancient wisdom in modern context. He is currently employed with Dell in Bangalore.

He conducted a session on ‘Working Harder to Working Smarter’ for the staff members of IAD.
In house training

As part of the integrative treatment, practical session on in-house training was provided by dermatology nurses to lymphoedema therapists.

Dr. Narahari, Chairman of IAD, conducted a session on Key Performance Indices (KPI) to the staff members of IAD. KPI will be provided for all quarter (Q1, 2,3,4). Assignments and tasks will be provided in each quarter.

Mr. Shashidhara, IAS Retd., Director of IAD delivered monthly lectures as part of the internal staff training on stress management and personality development.
Second-semester MSW students from Sree Sankaracharya University of Sanskrit, Regional centre, Payyanur successfully completed their one-month field work practicum at our institute from the 17th February to the 9th March 2013.

Ms. Divya, IAD counselor explaining the documentation and counseling notes to the Students from Sree Sankaracharya University, Payyanur.

Mr. Sourabha S.N., second year medical student from SSMIS, Davangere.

MSW students from Sri Devi College visited IAD on 28th August 2014.
Second year Humanities students and the teachers of Government Higher Secondary School, Bandadka, visited IAD, as part of their social work field work practice. They visited IAD to learn more about the integrative method of treatment of Filarisis and its success.

The students from Indian Institute of Management, Kozhikode visited IAD as part of their project work.

The Nursing students of Malik Deenar College of Nursing and nurses from various Community Health Centres of Kasaragod visited IAD as part of training before MDA programme. Mr. Vivekananda, Compression Therapist of IAD explained compression therapy.
Dr. Narahari conducted a session on Integrative treatment of skin diseases to the faculty and students of the Department of Biochemistry and Molecular Biology, Central University of Kerala at CUK Riverside Transit Campus, Padannakkad, Kasaragod on 8th November 2013.

A team of Ayurveda Postgraduate students from SDM College, Udupi visited IAD. This exposure visit was aimed at understanding the unique treatment method called “Integrative treatment.”

Dr Sushma, IAD’s Ayurveda consultant, explaining the integrative treatment methods to the PG students of SDM College, Udupi.
A team from Koumudhi Grameena Nethralaya, Bela, Kasaragod made an exposure visit to IAD on the 1st January 2014. The team visited treatment sections and interacted with the treatment team. They also observed the methods of treatment and discussed with the patients from different parts of the country. They participated in the patient education class as well.

Koumudi Grameena Netralaya Pvt. Ltd., (KGN) has a proven track record of about 5 years in improving the integrated well being of eye care patients in the remote, rural parts of northern Kerala. Led by Dr. N. Sunil and his dedicated and reputed team of doctors and staff, key successes till date include a hospital in Kumaramangalam, Kasaragod district, Kerala fully equipped with the latest technology and comfortable in-patient care facilities, numerous successful eye camps, innovations in different forms of surgery (particularly vitreo-retinal), successful presentations in national level seminars and conferences, and a brand image and patient base that includes all the northern districts of Kerala and some southern districts of Karnataka.
Local Impact from Global Thinking

Dr. Nandini K. Kumar, Member of IAD’s International advisory board visited IAD on the 24th of September 2013 and conducted a session on ‘Ethical guidelines for studies involving human tissue samples’.

Dr. Nandini K. Kumar, former Deputy Director General Senior Grade, Indian Council of Medical Research and a current member of the executive committee of the Forum for Ethics Review Committees in India (a National Chapter of the Forum for Ethics Review Committees in Asia Pacific). She is also a member of the International panel of President Obama’s Commission for Bioethical Issues, Advisory Council of Drug Information Association, India and several other important Governmental and Non-Governmental Committees. Presently, she is adjunct visiting Professor at Kasturba Medical College, Manipal and an advisor/consultant on issues related to bioethics and traditional medicine research in the country and abroad. She was instrumental in initiating the first online PG Diploma course in bioethics in India under ICMR-IGNOU joint initiative and her training programme has created 100 long-term trainees in India who are further promoting bioethics education in their institution, region or their country.

Mr. Sathyajeeth Rajan, IAS, Joint Secretary to Ministry of Defence, Govt. of India visited IAD on 21st May 2013 and got information on Integrative Medicine programmes.

Dr. Vijayalaxmi Deshmane, Professor and Head, Department of Surgery, Kidwai Memorial Institute of Oncology, Bangalore visited IAD on 23rd March 2014.

Dr. R D Iyer, Scientist, currently the joint managing trustee of Navashakthi Trust for an NGO for community development and sustainable agriculture, Thazava, Karunagapalli, Kollam, Kerala and Dr. Balakrishna PhD from Kerala Police Department.
Dr. Vasundhara Bhoopathi, Bangalore visits IAD

Dr. Vasundhara Bhoopathi, Bangalore, President, Karnataka writers’ Association, Honorary Secretary, Karnataka State Vijnana Parishath, Editor, ‘Vaidyaloka’ Monthly Magazine, visited IAD on 26th January 2014 with her husband Advocate U. Bhupathi, who is an Ex MLA and president of Lawyers’ forum for social justice in Karnataka. Dr. Vasundhara is basically an Ayurveda consultant. She is a famous writer in Karnataka, mainly writing articles related to health sectors and she is also running a panchakarma unit in Bangalore called Sidhartha Ayurvedic Remedies and Research foundation. She is the former President of Kannada Vaidya Sahithya Parishathu and a trustee member of S. M. Krishnan memorial trust. She was keen to know about IAD and its tremendous success in the field of integrative treatment.

Ms. Sharada Jayagovind, a Social Worker from Bangalore visited IAD on 23rd August 2013

Sub Judge Mr. M. V. Rajakumara from Thrissur visited the Institute of Applied Dermatology on 21st September 2013.

Dr. KKS Bhat, cardiologist, Bangalore speaking to a patient at IAD, who is under integrative treatment for filariasis, IAD principal Dr Bose and Chief Ayurveda consultant Dr Guruprasad are also seen.

Dr. Tharadas, District Medical Officer (Ayurveda) visited IAD on 5th August 2013. She is discussing with Dr. Narahari and Dr. Roopa Kamath.
Mr. Chandramohan, member of IAD’s institutional ethics committee with Dr. Kamalakshan Kokkal PhD Joint Director, Kerala State Council for Science, Technology and Environment, Thiruvananthapuram and Prof. Shreekumar, MD, Alva’s Ayurveda Medical college, Moodbidire

Dr. Jaideep Menon, Cardiologist, Little Flower Hospital, Angamaly, Kerala and Dr. S. R. Narahari

Prof. S. Rajagopal Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat and Dr. Supriya Bhalerao Executive Editor, International Journal of Ayurveda Research Scientist, Ayurvedic Research at Interactive Research School for Health Affairs (IRSHA), Bharati Vidyapeeth Deemed University, Pune
Dr. K.S. Prasanna and Ms. Jalaja Sinha, IAS (Rtd) & Formerly secretary, department of AYUSH, Govt. India during her visit to IAD

Prof. Vijaya Basavaraj, Professor of Pathology, JSS Medical College, JSS University, Mysore, Dr. Supriya Bhalerao and Dr. Mrithyunjaya, Prof. Department of Orthopedics, JSS University with Dr. Guruprasad Aggithaya, IAD’s Chief Consultant Ayurveda

Prof. Krishnamurthy Formerly professor of STD Chengalpet Medical College, Chennai and Dr. Sairu Philip, Additional Professor, Dept. of Community Medicine, T. D. Medical College, Alleppey, Kerala with Dr. K S Bose Principal, Institute of Applied Dermatology, Kasaragod

Dr. Balakrishnan, PhD, Inspector of Police and medicinal plants experts with Dr. S.R. Narahari and Mr. Chandramohan, Journalist, Kasaragod

The team from Oushadhi visited IAD

Oushadhi is the Pharmaceutical Corporation (I.M) Kerala Ltd (Government of Kerala Undertaking). They are the largest producers of Ayurveda medicines in public sector in India. The team headed by Mr. T Unnikrishnan, Projects & Planning Manager, Oushadhi with Dr. Sheela Karalam, Special officer, R&D, Dr. Divya and Dr. Jiju Mon visited IAD on 28/06/2013. They had a discussion with IAD research team members regarding the possibility of collaborative projects using their medicine. Dr. Guruprasad Aggithaya, IAD’s Chief Ayurveda Consultant presented about integrative approach on dermatological diseases and how to create evidence based approach. They also discussed the enhancement of clinical potential of Ayurvedic drugs. In photo Oushadi team with IAD doctors.
Results of Integrative Medicine Treatment Services

**Lymphoedema:**

- Changes in lymphoedematous limb after integrative treatment in 21 days.

**Vitiligo:**

- Repigmentation observed in vitiligo after integrative treatment in 3 months

**Psoriasis:**

- Reduction in psoriatic lesion after integrative treatment in 90 days

**Ulcer/chronic wounds:**

- Changes in chronic ulcer after integrative treatment in 9 months

**Lichen Planus:**

- Change in Lichen Planus lesional skin after integrative treatment in 54 days

We have found success on Urticaria, wart, urinary incontinence in children and stress related complaints using integrative treatment.

**Integrative Treatment of Lymphoedema**

We have treated 1385 Lymphatic Filariasis patients by March 2014. They came from 23 Indian States. We also had patients coming from outside India: Dubai, Kenya, KSA, Malaysia, Malawi, Oman, Singapore, UK., USA, Nigeria, Srilanka and Bangladesh. There are a few inquiries from Pakistan for IAD treatment. However Government of India does not issue visa to Pakistanis’ intending to visit Kerala.

Year wise number of patients who received integrative treatment of lymphoedema at IAD, Kasaragod

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Donors & Donations

As per the listing criteria of Give India, which includes the ‘Credibility Alliance Norms’, our organization became eligible and is being listed since March 2009. This listing was renewed every year following a vetting process. Give India channelized its individual philanthropic donations to IAD for the treatment of poor Lymphatic Filariasis patients. During this year Give India has donated a total amount of Rs. 115189 for the treatment of 5 filariasis patients, one month carry home support to 4 patients and bandages (one month’s supply) to 18 patients.

During this financial year a well-wisher from Bangalore donated a total of Rs. 401189 towards the treatment of 22 poor filariasis patients and one month carry home support to 18 filariasis patients.

Material donations by volunteers and time and knowledge of experts were invaluable.

IAD has also provided free and concession based treatment for 57 LF patients during this financial year.

Volunteer Ms. Carolyn Mahoney (Rs. 16,870) donated for treatment of poor patients.

The Integrative treatment method pioneered by the Institute of Applied Dermatology (IAD) for skin diseases like Filariasis, Vitiligo, Psoriasis etc. has already benefited a good number of patients. This method has become successful and taking it further, IAD has been serving patients of the economically backward sections of the society with its charity plans. The charity plan of IAD for the year 2014-15 was inaugurated by Dr Clair Fuller, a renowned dermatologist and Vice Chairperson of International Foundation for Dermatology, UK. The Charity plans of IAD, so far, have treated more than 500 Filariasis patients, above 360 suffering from Vitiligo and such other skin conditions from all over the country. IAD has set aside 8 lakh rupees for the treatment of economically backward patients during the year 2014-15. This proposed charity treatment plan would benefit more than 50 Filariasis patients and above 100 people suffering from Vitiligo and Psoriasis.

Mr. Akshay Dileep Thakkar, financial advisor, Thakkar Foods Mumbai, donated a cheque for Rs.50,000/- to fund treatment of the poor affected by LF. He handed over the cheque to Dr. S. R. Narahari during the Inaugural ceremony of the Colloquium. (Mr. Akshay underwent Integrative treatment for LF at IAD)
DONORS’ PROFILE

We are grateful to all philanthropists and persons for their kind-heartedness. They have donated money for treatment of poor patients, towards building fund and seminars etc.

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</tbody>
</table>

Mr. Shaji T donated a cheque from Rhine Royale Pvt. Ltd. Mr. Shaji also provides voluntary service to IAD

Dr. Narahari and Dr. Prasanna with Dr. Krishnamurthy, Cardiologist, Sutter East Bay Foundation, California. Dr. Krishnamurthy, periodically donates to IAD
Community Dermatology

SURAKSHA for HIV/AIDS awareness for target groups

IAD Suraksha project focuses on targeted intervention programme to protect people from HIV/AIDS. The target groups are MSMs (Men having sex with Men). Target areas are Kasaragod Municipality, Chengala Panchayath, Ajanoor Panchayath, Chemnad Panchayath, and Kanhangad Municipality. Majority of the MSMs in the project are youngsters, between the age group of 18 and 30 years. There are 1316 identified MSMs in the project area. 22 peer educators have been positioned on a 1:60 ratio. Our team is led by Mrs. Liji, MA.

Objectives
To ensure the behavior change of the contacted MSMs and to reinforce and sustain the behavior change among them through better care of Sexual Transmitted Infection (STI), Regular Medical Checkup (RMC), Integrated counseling and Testing Centre (ICTC) services, facilitation of correct condom use, providing enabling environment.

Major achievements
1. Out reach and Communication
No. of (Primary Stake holder) PSH Identified -1316; No. of PSH contacted -1316 ; No. of PSH covered - 1316; No. of PSH registered - 1316
2. Services:
No of clinic attendance:4411; STI Identification:5; STI Treatment:5  RMC :1172; VDRL test:1022; ICTC test :1022
3) Enabling environment
During the project period we have formed several committees for supporting the program. They are crisis committee, STI committee, Condom committee, DIC committee,ICTC committee. Advocacy level activity for support of the program was conducted at Municipality, Government Hospitals, Jillapanchayath, Shop Owners groups, Private Hospitals & Clinics, Tourism Department, DMO,Several Labs, Police Officers, Advocates etc.

4) Community mobilization
Community mobilization is another component of the programme. For achieving this component we initiated membership campaign under affiliated CBO. 874 members were contacted. During this financial year CBO conducted general body meeting and new executives were selected. Now the CBO is independently running a project under SANGAMA named PEHCHAN

Other programs
Training programme for peer educator
During this financial year project arranged training programme for peer educators. They are: Training on CBO development, On site Training, Training on condom programming, Training on Sexually Transmitted infection- treatment- follow up, Training on peer education, Training on out reach, Training on personal Hygiene, Training on personality development etc.

Hope (Home for People Living with HIV /AIDS empowerment)
This is a self help peer group of HIV infected widows and affected children supported under Community Dermatology.

Major activities of Hope are as follows:
- To conduct awareness programs on HIV/AIDS in different parts of the district to reduce stigma attached to HIV infected people.
- To provide counseling session to HIV affected persons.
- To provide food provisions to HIV infected people at Kasaragod every month with the help of District Panchayath.
- To conduct health education programmes for the group members to maintaining their health status.

Team SURAKSHA led by Mrs. Liji, MA, Project Manager
**Public Good Activity**

**Childline- Kasaragod**

Childline is a national 24 hour, free, emergency phone outreach service for children in need of care and protection; linking them to long term rehabilitation and care. Childline is a project of Ministry of Women and Child Development, Gov. of India. Total of 601 received service, 28 Shelter, 4 restoration, 33 protection from abuse and 395 needed emotional supports and guidance. Childline provided 130 free books and stationary to school going children, conducted 80 outreach and Awareness programs. Two Children groups were formed at Puthige Panchayath, as part of Child friendly Panchayath. **Childline se Dosti** programme was conducted in November 2013 as part of Children’s day celebration. 45 children attended the camp conducted at Soorambail School. All children were screened for their skin heath needs. Alltogether 11 needed medical help. IAD supports Childline Kasaragod externally.

A young boy ties Suraksha Bhandan to Mr. E.B. Rajan, Ad hoc-III Aditonal district & Session Judge, Kasaragod as part of ‘Childline se Dhosti’ Programme. Mr. A.A. Abdul Rahiman, Project Director, Childline, Mr. Nidhish, Nodal Coordinator, Mr. Dinesh K., Section Officer, District Legal Service Authority and Mr. Udaya Kumar, Centre Co-ordinator, Childline Kasaragod are present.

Ms. Ratnamala joined IAD in 1998 eight months before the NGO was officially sanctioned license. She actively participated in the situational analysis for HIV infection in the community. She was trained by Late Mr. Gopalakrishna, Health Inspector (Rtd) who initially led IAD’s project for risk assessment among general public. In 1999 she was inducted to the targeted intervention project for their health education and creating awareness among public. She dedicated herself in identifying the target groups under risk and honestly supported their behavior change. She received several local awards for her social work. News papers and magazines have featured her social work. Kasaragodians remember her dedication especially in performing the last rituals of those who died of AIDS. When stigma kept the near and dear ones of AIDS victims away Ms. Ratnamala volunteered to perform religious rituals irrespective of the religion the dead belonged to. Currently ‘Childline’ is benefitted by her committed service.
Indian Institute of Management Kozhikode (IIMK) conducted an NGO workshop on 15th and 16th February 2014 with an objective of social value creation to know the challenges and requirements of the NGO sectors. The workshop also wanted these challenges to be taken up by the student groups. This programme aimed at an exposure to the students to know the real challenges and also to get a good management support. The workshop included sessions on Introduction to students projects and Expectations from NGOs, interaction with NGO representatives and small group discussions with NGOs based on areas of interest. There were student-NGO discussions and talks on project selection as well.

IIMK was pleased to have IAD’s participation in their NGO fair. The team from IAD shared their innovative and socially motivating activities which are unique to the industry. IIMK was particularly happy that IAD visited their campus on a short notice. The projects were taken up by students and information regarding the same was forwarded to IAD. The Social Service Group of IIMK was grateful to IAD and further good relationships were formed between the two institutions. IIMK wished the best for IAD’s activities.

Dr. K S Bose, Principal and Mr. Sajith KT, Public Relations Officer participating in a group discussion with the IIMK students to explain project opportunities at IAD
Public good activity: Free School Bags to children of Government school

Dr. K.S Prasanna, IAD’s Dermatology consultant distributing a free bag to a first standard student at Govt. W.L.P. School, Uliyathadka, Kasaragod in the “Praveshanolsavam” held at the school. This year 75 bags were distributed to the poor students in that school. This is the third year IAD is conducting this programme.

The 67th Independence Day Celebrated at IAD

IAD celebrated our nation’s 67th Independence Day on 15.08.2013. Our chief guest Mr. A.R.M Guptha, Chief Manager of Canara bank, Kasaragod Branch hoisted the national flag and later addressed IAD staff members, patients and invitees. Dr. S.R. Narahari, Director of IAD welcomed the gathering. Dr. K.S. Bose, Principal, made a presentation on ‘IAD’s service to the nation’. Mr. Lakshmana, Marketing manager, Canara Bank was also present during the occasion. IAD’s Administrative Officer Mr. Janardhanan delivered the formal vote of thanks.

The 65th Republic Day Celebrations at IAD

We, at IAD, celebrated our nation’s 65th Republic day on the 26th of January 2014. Dr. N. Sunil, Ophthalmologist at Koumudhi Grameena Nethralaya, was the chief guest. Dr. K.S. Bose, Principal of IAD, delivered the welcome speech. Following the flag hoisting ceremony, Dr. Sunil addressed IAD staff members, patients and other invitees. IAD’s Administrative Officer Mr. Janardhanan delivered the formal vote of thanks.

Flag hoisting by Mr. A.R.M Guptha, Chief Manager, Canara Bank Kasaragod

Dr. N. Sunil, Ophthalmologist, Koumudhi Grameena Nethralaya has shown keen interest in collaboration with IAD. He is discussing regarding a patient with Dr. Guruprasad and Ms. Praseeda
Defined Internal Control system is maintained. Responsibility bound job description to the staff members with KPI based evaluation is in place. A transparent internal control over the projects, activities and the accounts is strengthened by periodical inspection by directors. Three tier system for checking the financial documents is maintained. Joint account procedures are followed for all the bank transactions.

**Infrastructure and Building Fund**

Opening balance in the infrastructure and building fund was Rs. 506314/- during the year. Rs. 824590/- was collected, Rs. 68461/- was earned as bank interest for FD, Rs. 18044/- was earned as bank interest for SB, out of that Rs. 7769/- was deducted as TDS. At the end of financial year total amount of Rs. 70323/- was balance in SB and Rs. 1410692/- was balance in FD in AXIS Bank, Kasaragod branch. At the end of the financial year the total infrastructure and building fund in the capital was Rs. 1481015/-.

**Staff Support**

- Leave surrender facility
- Health insurance coverage.
- Performance based incentives & increments.
- Internal & external training for human resource development.
- Free lunch provided to all staff members
- Treatment team is insured under errors & omission policy.
- Free uniforms are provided to all staff members

**Donations received through FCRA account for the financial year 2013-14**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Institutional/ individual/ No. other donors</th>
<th>Names(s) and address(es)</th>
<th>Purpose(s)</th>
<th>Date and month of receipt</th>
<th>Amount (Rs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i) Institutional donors</td>
<td>International Lymphodema Framework St.lukes crypt Sydney street london</td>
<td>(Travel Reimbursement)</td>
<td>20th April 2013</td>
<td>103910.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>J.K.Group INC Trustee for Intel Foundation 104,Morgan LN, Plains Boro N.J,08536-3346</td>
<td>Infrastructure &amp; Building Fund</td>
<td>29th April 2013</td>
<td>71375.98</td>
<td></td>
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<tr>
<td></td>
<td>Give India Foundation Mumbai</td>
<td>Sponsorship for Treatment</td>
<td>17th January 2014</td>
<td>3443.24</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Give India Foundation Mumbai</td>
<td>Sponsorship for Treatment</td>
<td>1st March 2014</td>
<td>14244.63</td>
<td></td>
</tr>
<tr>
<td>(ii) Individual donors</td>
<td>Osuagwu nineoma Nigeria 44/Batonstreet olodi pooapa lagos, Nigeria</td>
<td>Treatment</td>
<td>21st October 2013</td>
<td>75472.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adithya Shivakumar USA</td>
<td>Treatment</td>
<td>18th November 2013</td>
<td>7800.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nikhil Kumar Jeffray Lane,West windsove USA</td>
<td>Treatment</td>
<td>10th January 2014</td>
<td>14500.00</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>290745.85</strong></td>
<td></td>
</tr>
</tbody>
</table>
II. Future Prospects

In pursuance of its objectives, IAD envisages to continue several of community development activities & research related plans enumerated in detail above. Also planned in future are:

- To take up more projects in the areas of clinical and community dermatology.
- To pursue the objectives of collaborations.
- To continue to propagate the integrative dermatology at national and international levels.
- To publish more research papers.
- To establish training programs.
- A satellite symposium on evidence based integrative medicine for Lymphatic Filariasi and other chronic dermatoses is planned as part of Swadeshi Science Congress.

Projects for which funding will be requested
1. To expand training facilities.
2. Cellular Changes in lymphoedema
3. Community level treatment of lymphoedema
4. Systematic review of ayurveda

III. Directors

The Board of Directors has the following members:
1) Dr. T.A. Bailur
2) Dr. S.R. Narahari
3) Mr. Shashidhara IAS (Retd).

In accordance with the provisions of the companies Act, 1956 and the Articles of Association of the company Dr. T. A. Bailur retires by rotation at the forth coming Annual General Meeting and being eligible offers himself for reappointment.

IV. Particulars of Employees

During the year under review, none of the employees of the company was paid remuneration in excess of Rs 5,00,000/- per month or Rs 60,00,000/- in a year and hence no statement is annexed pursuant to provisions of Section 217(2A) of the Companies Act, 1956.

V. Responsibility Statement of the Board of Directors

Pursuant to the requirement U/S 217(2AA) of the companies Act, 1956, with respect to Directors Responsibility Statement, it is hereby confirmed that.

a) In the preparation of the accounts for the financial year ended on 31st March 2014, the applicable accounting standards have been followed along with proper explanation relating to material departures.

b) The directors have selected such accounting policies and applied them consistently and made judgments and estimates that were responsible and prudent so as to give a true and fair view of the state of affairs of the Company at the end of the financial year and of the profit or loss of Company for the year under reviews.

c) The directors have taken proper and sufficient care for the maintenance of adequate accounting records in accordance with the provisions of the Companies Act, 1956, to safeguard the assets of the company and preventing and detecting fraud and other irregularities.

d) The directors have prepared the accounts for the financial year ended on 31st March 2014 on a “going concern” basis.

A. Conservation of energy, technology, absorption:
Particulars regarding Conservation of Energy, Technology, Absorption is not applicable as it is a integrative medicine for prevention and cure.

B. Foreign exchange earning and out go:
Information in accordance with the provisions of section 217(1)(e) of the Companies Act, 1956, read with companies (Disclosures of particulars in the Report of Board of Directors)

Rules of 1998 are not applicable to this company. Hence no information is required to be appended to this Report.

VI. Auditors Report

M/s. K Subrahmanya Prabhu, Chartered Accountant, Sarpangala Building, Opp. BMS Office, Bank Road, Kasaragod who is the Statutory Auditor of the company, holds office until the conclusion of ensuing Annual General Meeting and is eligible for reappointment. The members are requested to consider their reappointment as Statutory Auditor for the period from the conclusion of the ensuing Annual General Meeting up to the conclusion of the next Annual General Meeting.

VII. Acknowledgment

Your directors place on record their deep appreciation for the unstinted support extended by Central and State Governments, company's bankers, legal advisors, Indian and foreign donors, members of International Advisory Board, Independent Ethics Committee, collaborators, other public and private agencies.

Nothing could have been possible without the dedicated and untiring efforts of the employees at all levels. The directors express their deep appreciation to all employees for their teamwork.

Place: Kasaragod
Date: 09-08-2014 For/on behalf of the Board of Directors

Dr. S.R. Narahari
Chairman & Director
**Government Licences for Operation:**
- Registered u/s 16 of Kerala Value Added Tax Act, 2003 (Regd.No.32130532675 dated 30.01.2009)
- Drug License Whole sale & Retail, Govt. of Kerala. License No. 14/022/20/2012, 14/023/21/2012, 14/024/20B/2012, 14/025/21B/2012 dated 06.03.2012, valid till 05.03.2017).

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**OUR GOVERNANCE**

Our governance:
- IAD Board met four times in Financial Year 2013-14  (11 May 2013, 6 August 2013, 04 October 2013, 25January 2014)
- Minutes of the Board meetings are documented and circulated regularly.
- A Board Rotation Policy exists and is practiced.
- The Board approves programmes, budgets, annual activity reports and audited financial statements.
- The Board ensures the Organization’s compliance with laws and regulations.

**ACCOUNTABILITY & TRANSPARENCY**
- No Remuneration, sitting fee or any other form of compensation has been paid, since inception of the company, to the Chairman, other Board member or Shareholders.
- Each patient’s treatment cost is scientifically estimated for accuracy in cost.
- IAD shows zero tolerance on issues concerning ethics and corrupt practices.

**Details of national & international official air travel by Board Members/ Staff/ Volunteers**

<table>
<thead>
<tr>
<th>Name</th>
<th>Purpose</th>
<th>Place</th>
<th>Date</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr.S.R.Narahari *</td>
<td>Conference presentation</td>
<td>New Delhi</td>
<td>03/12/13 and 08/12/13</td>
<td>Self</td>
</tr>
<tr>
<td>Dr. K.S. Prasanna **</td>
<td>Participation</td>
<td>New Delhi</td>
<td>03/12/13 and 08/12/13</td>
<td>Self</td>
</tr>
</tbody>
</table>

* Director, ** Team member

Total cost to the company of National /International air travel by Board Members/ Staff/ Volunteers on behalf of organization and projects except local conveyance

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>All Board members</td>
<td>Nil</td>
</tr>
<tr>
<td>2.</td>
<td>All Staff members /Volunteers</td>
<td>Nil</td>
</tr>
</tbody>
</table>
**Board of Directors**

**Dr. S. R. Narahari, MD, DVD**  
Chairman & Director  
Dr. S.R. Narahari is a Dermatologist trained in Modern Biomedicine. He takes keen interest in clinical research and is a patient-oriented researcher also providing hands-on care. In 1999, he trained a team of doctors from different systems of medicine and that made the beginning of the Institute of Applied Dermatology. As a team leader, he helps staff at IAD arrive at the best possible judgment during their 'integrative management' of lymphodema and other chronic skin diseases. As director he contributes to form KPI of staff, patient care protocol development, publications, proposal developments, fund raising and networking with collaborators.

**Mr. K. Shashidhara IAS (Rtd.)**  
Director  
Mr. Shashidhara is a retired Indian Administrative Officer. He worked as the District collector of Idukki in Kerala State, as Director of Collegiate education and also as the Director of SC department under the Government of Kerala. Currently, he is PS to the Minister of tourism, Government of Kerala. He has been on the advisory board of IAD since its inception and registration as a section-25 company. As director he contributes to policy development, future expansion, infrastructure development, when necessary he guides the administrative section of IAD.

**Dr. T. A. Bailur, MD (Pathology)**  
Director  
Born on 9th June 1944, he completed his schooling at St. Aloysius High School/College, Mangalore. He pursued his MBBS course at Kasturba Medical College (KMC), Manipal and Mangalore, graduating in 1967. He also received his MD degree in Pathology at KMC, Mangalore and later served his alma mater as Professor in Pathology for twenty years. He has a one-year post doctoral training in histopathology at Stobhill General Hospital in Glasgow, Scotland, to his credit. Currently, he owns a private medical laboratory, serving people in Mangalore. As director he guides lab and investigation related technical activities.

**Founder Members**

**Dr. T. A. Bailur**  
Pathologist, GHS Cross Road, Mangalore, Karnataka

**Late Prof. S. A. Dahnukar**  
Ex-Dean, G. S. Medical College & K.E.M Hospital Mumbai

**Prof. Laxmi V. Nair**  
Former Prof. & Head, Dept. of Dermatology, Medical College, Calicut, Currently working as senior dermatologist at PVS Hospital, Calicut, Kerala

**Dr. S. R. Narahari**  
Dermatologist, Kasaragod, Kerala

**Dr. Prakash K. H.**  
Regional Technical Advisor  
Infection Control & Patient Safety Becton Dickenson India Ltd, Bangalore

**Prof. A. Ravish Thunga**  
Prof & Head, Dept. of Psychiatry, Kasturba Medical College,Director, Manaswini, Thunga Institute of Psychiatry & Counseling, Mangalore, Karnataka

**Prof. R. Sajith Kumar**  
Professor & Chief, Infectious Diseases, Govt. Medical College & Hospital, Kottayam

**Dr. Salih Mundol Ahmed**  
Family Physician, Udma, Kasargod, Kerala

**Prof. Sebastian Criton**  
Prof. & Head, Dept. of Dermatology  
Amala Institute of Medical Sciences, Trissur, Kerala

**Prof. B. Vishnu Bhat**  
Prof. & Head, Dept. of Paediatrics, Jawaharlal Nehru Institute of Postgraduate Medical Education and Research (JIPMER), Pondicherry

*in alphabetical order*
International Advisory Board

Prof. Terrence J. Ryan
Professor Emeritus, Department of Dermatology, Churchill Hospital, Oxford at Oxford University, and Oxford Brookes University, UK

Dr. Nandini K. Kumar
Former Deputy Director General Sr. Grade (ICMR) Adjunct Visiting Professor, Kasturba Medical College, Manipal Currently residing in Chennai

Mr. P.K. Datta
Managing Director, Systopic Laboratories Private Ltd, New Delhi

Prof. B. M. Hegde

Prof. Hywel Williams
Coordinating Editor of the Cochrane Skin Group Centre of Evidence-Based Dermatology, Nottingham University Hospital, Nottingham, UK

Dr. Peter Franks
Department of Epidemiology Thames Valley University London, UK

Prof. A. Jayagovind
Former, Director & Vice Chancellor, The National Law School of India, Bangalore

Prof. Christine Moffatt, CBE, FRCP, PhD
University Medical School, Glasgow, Cardiff School of Medicine, Director, International Lymphoedema Framework, UK

Dr. K. Muralidharan
Agri. Statistician and Head of Social Science Division, Central Plantation Crops Research Institute, Kasaragod

Dr. Claire Fuller
Consultant Dermatologist at Chelsea and Westminster NHS trust Medical Director, International Foundation for Dermatology

Prof. Steven Ersser
Dean and Professor of Nursing & Dermatology Care University of Hull Cottingham, UK

Dr. N.N. Mehrotra
Retd. Scientist, CDRI, Lucknow Secretary, Jeevaniya Society Lucknow, Uttar Pradesh

Dr. Ravishankar Polisetty
CEO and Director R & D, Sai Ganga Panacea LLC, Senior Consultant Cardiovascular Surgery, OOO MANI, Moscow

Prof. Roderick Hay
Chairman, International Foundation for Dermatology, Willan House, 4 Fitzroy Square, London W1P 5HQ

Prof. Ram Harsh Singh
Distinguished Professor Department of Kayachikitsa (Ayurveda) Institute of Medical Sciences Banaras Hindu University Varanasi-221005, UP, INDIA

Institutional Collaborations

The following institutions have continued their collaboration

- International Lymphoedema Framework, London
- Department of Biochemistry & Molecular Biology, Central University of Kerala, Kasaragod
- JSS Medical College, JSS University, Mysore
- Oushadhi, The Pharmaceutical Corporation (I.M) Kerala Ltd, Thrissur
- Give India Foundation, Mumbai
- S.P. Jain Institute of Management & Research, Mumbai (under DOCC Project)
- Kerala State AIDS Control Society, Thiruvananthapuram
- Child line India Foundation, New Delhi
- Guide Star, Mumbai
- Community Agro Biodiversity Centre, M S Swaminathan Research Foundation, Kalpetta, Kerala
- International Cochrane Skin Centre for Evidence Based Dermatology, Nottingham, UK
- Jeevaniya Lucknow, Uttar Pradesh
- Lymphovenous-Canada
- Life Sciences foundation, New Delhi
- Koumudhi Grameena Nethralaya, Bela, Kasaragod
- Swadhes Science Movement, Cochin
Team Leaders

Integrative Dermatology:

- Dr. K.S. Bose, LCEH  
  Principal
- Dr. Guruprasad Aggithaya, MD  
  Chief Consultant Ayurveda
- Dr. K.S. Prasanna, MBBS; DVD  
  Consultant Dermatologist
- Ms. Praseeda, GNM  
  Dermatology Nurse
- Ms. Sheena Mol George  
  Dermatology Nurse
- Mr. Vivekananada, D.Ph  
  Compression Therapist
- Mr. Sajith K.T  
  Public Relations Officer
- Ms Saraswathi  
  Accountant
- Ms. Reshma P Nair  
  Dermatology Nurse Counsellor
- Mr. Jayantha  
  Senior yoga therapist
- Ms. Vasanthi  
  Senior ayurveda therapist

Community Dermatology:

- Mr. Vikasana Abdul Rahiman  
  Director, Childline Kasaragod & IAD Suraksha
- Ms. Liji, MA  
  Project Manager IAD Suraksha
- Mr. UdayKumar, MA  
  Coordinator Childline Kasaragod
Institutional Independent Ethics Committee

Chairman
Prof. U. V. Shenoy
Emeritus Professor of Pediatrics
Kasturba Medical College, Mangalore, Manipal University

Member Secretary
Dr. Pradeep Kumar
Ayurveda Consultant
Vaidyar’s Ayurveda Hospital
Darbe, Puttur

Clinical (Allopathy)
Dr. Unnikrishnan
Professor of Community Medicine
Kasturba Medical College, Mangalore, Manipal University

Clinical (Ayurveda)
Dr. Vijaya S
Sr. Medical Officer
Govt. Ayurveda Hospital
Kasaragod

Scientist
Dr. George V Thomas
Director, Central Plantation Crops Research Institute, Kasaragod

Philosopher
Swami Mukthanandaji
Anandashramam,
Kanhangad

Legal Expert
Ms. Beena
Advocate, Vidyanagar
Kasaragod

General Public
Mr. Chandramohan
Journalist Nagar, Kasaragod

NGO Representative
Dr. Suraj
President, Indian Medical Association
Kasaragod
Our Collaborators

Prof. Christine Moffatt  
University Medical School, Glasgow  
UK and Cardiff School of Medicine  
Director, International Lymphoedema Framework

Mrs. Jalaja Sinha, IAS (Rtd.)  
Life Science Foundation, New Delhi  
Former Secretary, Department of AYUSH  
Govt. of India, New Delhi

Dr. Claire Fuller  
Consultant Dermatologist at Chelsea and Westminster NHS trust  
Vice Chairperson, International Foundation for Dermatology

Prof. Peter Mortimer  
Professor of Dermatological Medicine  
St. George’s Hospital, London

Dr. Rajendra, MSc, Phd  
Asst. Professor  
Department of Biochemistry & Molecular Biology  
Central University of Kerala, Kasaragod

Dr. Manjunatha  
Head of the Department of Pathology  
JSS Medical College, Mysore

Dr. Jayadeva Betakerur  
Head of the Department of Dermatology  
JSS Medical College, Mysore

Mr. Gerben Schrale  
Physiotherapist  
Emmeloord, The Netherlands

Dr. Vaughan Keeley  
Consultant in Palliative Medicine in Derby, UK
Our Collaborators

Prof. Vijaya Basavaraj
Professor of Pathology, JSS Medical College, JSS University, Mysore

Dr. K.K. Shanbhogue
Senior Surgeon
Kasaragod

Dr. Jayadeva Kangila
Physician,
Carewell Hospital and Research Centre Pvt. Ltd. Kasaragod

Prof. Niraja Matto
Chairperson, Centre for Development of Corporate Citizenship (Centre for DOCC)
S.P. Jain Institute of Management & Research, Mumbai

Prof. Rukaiya Joshi
Chair Person – PGCDM
SP Jain Institute of Management & Research, Andheri, Mumbai

Dr. Narayana Pradeepa
Pulmonologist,
Carewell Hospital and Research Centre Pvt. Ltd. Kasaragod

Ms. Avril
Occupation therapist
Australia

Prof. S. Rajagopal
Institute for Post Graduate Teaching and Research in Ayurveda Gujarat
Ayurved University, Jamnagar, Gujarat

Dr. Raviprasada K
District T B officer
Kasaragod

Dr. Sheela Karalam B
Special Officer (R & D), Oushadhi
The Pharmaceutical Corporation (I.M) Kerala Ltd
Thrissur

Mr. Dennis Joseph
Joint Director,
Targeted Intervention, KSACS,
Thiruvananthapuram, Govt. of Kerala

Mr. Manoj Joseph
Program Coordinator
Southern Regional Resource Centre
Childline India Foundation, Chennai

Dr. Sheela Karalam B
Special Officer (R & D), Oushadhi
The Pharmaceutical Corporation (I.M) Kerala Ltd
Thrissur
Our Volunteers

We are proud that the following personalities are volunteering with us to promote the cause of Integrative Medicine and Dermatology and morbidity reduction of Lymphatic Filariasis:

- **Mr. S. R. Vijayashankar**, Head Public affairs & Corporate affairs Group marketing, Intel Technology India (P) Ltd, Bangalore
- **Mr. Satya Prakash Singh**, Communication Manager, Intel India, Bangalore
- **Ms. Charulatha Janak**, Admin Asst to CFO, Intel technology India Pvt. Ltd., Bangalore
- **Mr. Nikhil Shirali**, India Communications Specialist, Intel technology India Pvt. Ltd., Bangalore
- **Dr. Muralidhar Moorthy, M.D.**, Orthopedic Surgeon, 2405 Shadelands Drive, Walnut Creek, California 94598, USA
- **Mr. Sushil Chopra**, Senior Manager (Taxation & Accounts), BGH Exim Ltd., Mumbai
- **Dr. Aniruddha Kanjarpene**, Dental Surgeon and Consultant International Healthcare and Management, Toothpix Global, Jayanagar, Bangalore
- **Dr. Priya (Gatti) Rao**, Dental Surgeon, Toronto, Canada
- **Ms. Carolyn Mahoney**, registered Nurse from Western Australia
- **Ms. Rosemary Kelly**, a Laughter Yoga trainer, Toronto
- **Ms. Karen Elise Coffman**, Medical student from USA
- **Ms. Iwona Dorn**, Podiatry students from UK
- **Ms. Radiance**, Podiatry students from UK
- **Ms. Sanju Arianayagam**, Medical student from England
- **Ms. Avril Lunken**, Occupational therapist, Australia
- **Mr. Deepak Tuli**, Systopic Pharmaceuticals, New Delhi
- **Mr. K.V. K. Unni**, Jenberkt Pharmaceuticals, Calicut
- **Mr. Reghu Menon**, JB Chemicals and Pharmaceuticals Ltd., Calicut
- **Mr. Shaji.T**, Rhine Royale (Renolife Pharma India Pvt.Ltd), Kannur
- **Dr. R.V. Nair**, Emeritus Scientist, Regional Station, CPCRI, Kayamkulam
- **Mr. Brijesh**, Kannada writer, Kasaragod
- **Mr. Hashim Mundol**, Network Server Admin, Autodesk, Switzerland
- **Padmashree T.G.K. Menon**, Former director of Kasturba Trust, Indore
- **Mr. Gopal Somani**, Morya Constructions, Mumbai
- **Mr. Navin**, H&H Pharmaceuticals Ltd., Kasaragod
- **Ms. Vijitha Perisamy**, Bioengineer, Indian Institute of Science (IISc), Bangalore
- **Mr. Sudhakara**, Malnad Graphics, Kasaragod
- **Ms. Asha Balasubrahmanaya**, Madikeri, Karnataka
- **Dr. Abhishek**, Bangalore Medical College, Bangalore
- **Mr. Naveen Krishna Tarur**, Principal Consultant, Infosys Ltd., Mangalore
- **Mr. Raguram S.**, Associate Director, Cognizant Technology Solutions, Chennai
- **Dr. Saketh Ram**, Dr. B.C.Roy Post Graduate Institute of Pediatric Sciences, Kolkata
- **Mr. Ishwara Bhat**, Kotekani Road, Kasaragod
- **Mr. Satyanarayana Mahidasan**, Senior Manager in Symantec Inc, Hyderabad
- **Mr. Ananth**, S.P.Jain Institute of Management & Research, Mumbai
- **Mr. Harikrishnan**, S.P.Jain Institute of Management & Research, Mumbai
- **Ms. Deepthi Amirthagadeswaran**, S.P.Jain Institute of Management & Research, Mumbai
- **Mr. Nandini Bhardwaj**, S.P.Jain Institute of Management & Research, Mumbai
## Our Team

Dr. Guruprasad Aggithaya, MD  
Mr. Sajith K.T.  
Ms. Praseeda, GNM

Dr. Gopal K Kulamarva, MBBS  
Mr. Shashikumar O.  
Ms. Ramya. N

Dr. K. S.Bose, LCEH  
Mr. Shridhar Patali  
Ms. Rajeshwari

Dr. K.S. Prasanna, MBBS; DVD  
Mr. Sreejith  
Ms. Raji C.R.

Dr. Purushothama, MBBS  
Mr. Swathi  
Ms. Rathnavati

Dr. Vijayasi Bhat, MBBS  
Mr. Udaya Kumar M.A.  
Ms. Ratnamala

Mr. Abdul Rahman (Vikasana)  
Ms. Abdul Latheef  
Ms. Reshama P Nair

Mr. Ananda M.  
Ms. Baby  
Ms. Sandhya M.P.

Mr. Ashoka  
Ms. Divyashree, MSW  
Ms. Santha Kumari

Mr. Firoz  
Mr. Jayan  
Ms. Saraswathi

Mr. Jayantha  
Ms. Jayashree  
Ms. Sheena mol George

Mr. Mahabala Naik  
Ms. Kavitha  
Ms. Sujatha

Mr. Manikanta  
Ms. Leela  
Ms. Vasanthe

Mr. Mahesh K.  
Ms. Liji U, MA  
Ms. Vijayalaksmi

Ms. Nirupama  
Ms. Rathnavati  
Ms. Yashoda

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### Average total monthly salary of staff for treatment team at IAD, Uliyathaduka

: Rs. 2,53,576/-

### Average total monthly salary of staff under Government funded projects

: Rs. 1,04,822/-

### Average salary per month (both internal and external funding)

: Rs. 7720/-

---

### Distribution of Staff according to Salary levels as at 31 March 2014

<table>
<thead>
<tr>
<th>Slab of gross salary ‘plus benefits’ paid to staff (per month)</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Less than 5000</td>
<td>30</td>
<td>06</td>
<td>36</td>
</tr>
<tr>
<td>5,001 – 10,000</td>
<td>13</td>
<td>14</td>
<td>27</td>
</tr>
<tr>
<td>10,001 – 25,000</td>
<td>04</td>
<td>3</td>
<td>07</td>
</tr>
<tr>
<td>25,001 – 50,000</td>
<td>02</td>
<td>-</td>
<td>02</td>
</tr>
<tr>
<td>50,001 – 1,00,000</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Greater than 1,00,001</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>49</td>
<td>23</td>
<td>72</td>
</tr>
</tbody>
</table>

This staff table includes the salaries and other benefits of all the staff as well as paid consultants in the respective categories for the year ending 31/03/2014

---

### Staff Details as at 31st March 2014

<table>
<thead>
<tr>
<th>Gender</th>
<th>Paid full time</th>
<th>Paid Consultants</th>
<th>Project Staff</th>
<th>Paid Volunteers</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>6</td>
<td>5</td>
<td>8</td>
<td>29</td>
<td>48</td>
</tr>
<tr>
<td>Female</td>
<td>16</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>22</strong></td>
<td><strong>7</strong></td>
<td><strong>11</strong></td>
<td><strong>32</strong></td>
<td><strong>72</strong></td>
</tr>
</tbody>
</table>

* All Directors are "Volunteers" giving their time pro-bono. They are not included in the details above.

**Range of three top & bottom gross remunerations per annum**

<table>
<thead>
<tr>
<th>Highest paid</th>
<th>Lowest paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,99,656/-</td>
<td>18,000/-</td>
</tr>
<tr>
<td>4,11,240/-</td>
<td>24,000/-</td>
</tr>
<tr>
<td>2,12,726/-</td>
<td>48,000/-</td>
</tr>
</tbody>
</table>

---

*Paid volunteers of community dermatology programme.*
### Summary of Activities (2013-14)

<table>
<thead>
<tr>
<th>Activities</th>
<th>Programmes &amp; beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Dermatology programme</td>
<td>Events organized under HIV/AIDS awareness (under Suraksha)- 410</td>
</tr>
<tr>
<td>Counseling sessions to educate indiviual LF patients &amp; their family members</td>
<td>Baseline counseling: 189 Follow up counseling: 376 Discharge counseling: 188</td>
</tr>
<tr>
<td>International presentations</td>
<td>5</td>
</tr>
<tr>
<td>National presentations</td>
<td>5</td>
</tr>
<tr>
<td>Scientific papers published</td>
<td>11 (6 published + 5 in press)</td>
</tr>
<tr>
<td>Patients who received integrative treatment</td>
<td>Lymphatic Filariasis : 188</td>
</tr>
<tr>
<td></td>
<td>Vitiligo: 95</td>
</tr>
<tr>
<td></td>
<td>Lichen planus :37</td>
</tr>
<tr>
<td></td>
<td>Psoriasis : 39</td>
</tr>
<tr>
<td></td>
<td>Other skin diseases: 55</td>
</tr>
<tr>
<td>Patients who have undergone followup of integrative treatment*</td>
<td>Lymphatic Filariasis : 376</td>
</tr>
<tr>
<td></td>
<td>Vitiligo: 402</td>
</tr>
<tr>
<td></td>
<td>Lichen planus :25</td>
</tr>
<tr>
<td></td>
<td>Psoriasis : 10</td>
</tr>
<tr>
<td></td>
<td>Other skin diseases: 17</td>
</tr>
<tr>
<td>Government aided research projects currently on</td>
<td>Nil</td>
</tr>
<tr>
<td>Public good activities</td>
<td>Events organized under CHILDLINE- 584</td>
</tr>
<tr>
<td>Sponsorship provided to needy patients</td>
<td>96</td>
</tr>
<tr>
<td>School children educated on Integrative Medicine</td>
<td>56</td>
</tr>
<tr>
<td>Volunteers who supported IAD this year</td>
<td>38</td>
</tr>
</tbody>
</table>

*classified data analysed since September 2013

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**Our websites**

- [www.iad.org.in](http://www.iad.org.in)
- [www.indiandermatology.org](http://www.indiandermatology.org)
- [www.systematicreviewinayurveda.org](http://www.systematicreviewinayurveda.org)

Please follow Integrative approach of Institute of Applied Dermatology on [Facebook](http://www.facebook.com) and [LinkedIn](http://www.linkedin.com)
Abridged Balance Sheet as on 31st March 2014

<table>
<thead>
<tr>
<th>Particulars</th>
<th>Current Fin Year 2013-14</th>
<th>Prev. Fin Year 2012-13</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I. EQUITY AND LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1) Shareholder’s Funds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(a) Share Capital</td>
<td>115000.00</td>
<td>115000.00</td>
</tr>
<tr>
<td>(b) Reserves and Surplus</td>
<td>25605171.75</td>
<td>24284892.30</td>
</tr>
<tr>
<td>(2) Current Liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Other Current Liabilities</td>
<td>811917.00</td>
<td>250000.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>26532088.75</td>
<td>24424892.30</td>
</tr>
</tbody>
</table>

| **II. ASSETS** | | |
| (1) Non-Current Assets | | |
| (a) Fixed Assets | 18227967.00 | 19383186.00 |
| (b) Non-current investments | 4428983.00 | 1986855.00 |
| (c) Long term loans and advances | 119168.00 | 96362.00 |
| (2) Current Assets | | |
| (d) Inventories | 1628358.00 | 1285848.14 |
| (e) Cash and cash equivalents | 1933343.75 | 1500448.16 |
| (f) Short-term loans and advances | 194269.00 | 172193.00 |
| **Total** | 26532088.75 | 24424892.30 |

Abridged Income and Expenditure Account for the Year Ending 31st March 2014

<table>
<thead>
<tr>
<th>Particulars</th>
<th>Current Fin Year 2013-14</th>
<th>Prev. Fin Year 2012-13</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donation Indian Source</td>
<td>2,052,592.00</td>
<td>1,232,942.00</td>
</tr>
<tr>
<td>Self Generated Income</td>
<td>9,895,697.46</td>
<td>9,291,193.94</td>
</tr>
<tr>
<td>Other Income</td>
<td>1,673,589.95</td>
<td>928,456.55</td>
</tr>
<tr>
<td>Govt. Grants</td>
<td>2,937,239.00</td>
<td>3,551,693.00</td>
</tr>
<tr>
<td>Donation International Source</td>
<td>290,745.85</td>
<td>223,892.72</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>16,849,864.26</td>
<td>14,583,178.21</td>
</tr>
</tbody>
</table>

| **Expenditure** | | |
| Administrative & Other Exp | 3,046,069.56 | 1,991,564.42 |
| Personnel & Manpower | 4,892,355.00 | 4,781,112.00 |
| Research, Development & Treatment expenses | 7,492,765.11 | 4,820,092.67 |
| Change in Inventories - Medicine | (342,509.86) | (647,814.41) |
| Depreciation on Fixed Assets | 1,423,375.00 | 615,516.00 |
| **Total** | 16,512,054.81 | 11,560,470.68 |

| **Balance Carried to balance Sheet** | 7,357,250.75 | |

Financial performance highlights 2013-14
Our Auditor

Mr. K. Subrahmanya Prabhu, B.Com, FCA
Chartered Accountant
2nd Floor, Sarpangala building
Opp. BMS office, Bank Road,
Kasaragod 671121

Our Bankers

Axis Bank, Fathima Arcade, Bank Road, Kasaragod
Corporation Bank, M G Road, Old Bus Stand, Kasaragod
ICICI Bank, Bank Road, Kasaragod
North Malabar Gramin Bank, M G Road, Old Bus Stand, Kasaragod
North Malabar Gramin Bank, Vidyanagar, Kasaragod
Punjab National Bank, Ashwini Nagar, NH 17, Kasaragod
State Bank of India, Bank Road, Kasaragod
State Bank of Travancore, Railway Station Road, Kasaragod
Syndicate Bank, Bank Road, Kasaragod

Our Legal Advisors

Company Secretary
Mr. Gopalakrishna Raj
H & H. Associates, Company Secretaries
No. 369, 16th Main, Jayanagar 4th T Block Bangalore
Tel/Fax : +91(080) 2663 3267, Cell : 98452 97653
email : gopalakrishnaraj@gmail.com

Advocates

Mr. Vittal Bhat, Bank Road, Kasaragod
* Mr. K.P. Balasubramanya, Brahmin’s Valley, Madikeri
* Mr. S.R.Raviprakash, Gandhi Nagar, Bangalore
* Providing free consultation service under volunteering initiatives
The Institute of Applied Dermatology has made great beginning by alleviating disability of Lymphatic filariasis. Lymphatic Filariasis is among neglected diseases affecting poorest populations living in unhygienic conditions, hitherto not treatable before IAD developed a new self care treatment in 2003. IAD’s innovations are supported through not for profit collaborations of world renowned experts. Patients from 23 Indian states and 12 nations from abroad come to IAD seeking Integrative treatment. To meet the need of millions Lymphatic Filariasis patients, IAD should improve its resource readiness.

The team IAD is focused on acquiring deeper insights to integrative treatment of other difficult- to-treat skin diseases. Not for profit individual collaborators from around the world share their expertise for ‘Man Maximum; Machine Minimum’ research in IAD.

Their collective effort evolved evidence based Integrative medicine for patients suffering from neglected and orphan skin diseases. Man Maximum; Machine Minimum Integrative Medicine Research aims to provide high quality treatment for resource poor endemic villages having no access to high technology medicine. IAD’s research collaboration till date has not received any significant grants or financial support.

Services of board of directors, founders, individual collaborators, International associates and volunteers are honorary. None of their relatives is employed in IAD. IAD doesn’t reimburse their travel money. Till date IAD has not denied service to any needy patient because he/she couldn’t afford to pay for treatment. 25% of patients who come to IAD are treated free. This was made possible by generous individual donors.

‘Man maximum; Machine Minimum’:
Integrative Medicine Research Initiative

Appeal For Funds

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Donation Option

Your Support
Institute of Dermatology mainly focuses on treating chronic dermatological cases, where the patient will need a long term treatment. This will easily burden people who have a poor socio economic background. Your support, financially will be a great boon to the distressed mind and body.

General Donation
Every donation, large or small, is equally appreciated. Use our bank accounts for donation.

Gift
Your memorable day can be made more special! Donate to the needy and achieve self satisfaction, as people suffering from chronic dermatological cases coming from poor background will be benefited.

Tax benefit
All your donations to IAD are eligible for tax exemption U/S 80G (5) (VI) of the Indian Income tax Act1961 as per C.No.80G-28/CIT/KNR/ 2008- 09-DT.20.05.2009.

IAD is a not for profit charity. All donations are exempted under section 80G (5) (VI) of income tax act 1961
We are also listed by Give India.
Ph: 04994 240862, 240863, 230116, 223687 Mob: 09446449920, 09895588735
www.iad.org.in e-mail: iadorg@gmail.com
If you wish to volunteer with us visit: www.indiandermatology.org and www.systematicreviewinayurveda.org

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Our Strength

The IAD is a success story of volunteerism. Doctors, scientists, para medical experts, social workers and intellectuals from around the world contribute their time, knowledge and experience to shape the programs of this not for profit charity research institution. The IAD is another institute combining the best of modern medicine with the established traditional healing practices, the first being the University of Maryland, USA. 25% of the patients who come here receive free treatment. The studies conducted here have immensely contributed to the benefits of patients suffering from chronic skin diseases and Lymphatic Filariasis.

Our Mission

The primary mission of the Institute of Applied Dermatology is research and application of integrative medicine, combining the benefits of allopathy with ayurveda, homoeopathy, yoga and other traditional Indian medicine systems, to the treatment of neglected and difficult-to-treat skin & sexually transmitted diseases. IAD collaborates with research institutions and individuals locally, nationally and worldwide to attract overall attention to the field of integrative medicine. IAD aims to be the premier contributor of applied research and treatment in this field. The institute seeks to make a significant social impact by driving the concept of health awareness into the local community by working with government bodies and through peer education of risk groups.

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