



Annual Report 2010

Welcome to Binaytara Foundation (BTF) annual report 2011. This report will review our achievements in the year 2010 and highlight our mission, vision, current projects, and plans for the future. As a BTF member who participates in the broad humanistic principles we work to put into practice, you are essential to our success as an organization. We are all together in this endeavor to bring positive change in the lives of people by promoting health and education.

Is the rich world aware of how four billion of the six billion live? If we were aware, we would want to help out, we'd want to get involved - Bill Gates

OUR MISSION

- To make education accessible to underprivileged people in developing world
- To promote evidence based medicine in the context of global health by providing research grants to physicians in training, and by organizing educational forums and conference for healthcare providers.
- To assist physicians and other health care professionals in different parts of the world manage challenging cases by providing training, access to educational resources, and expert consultations through virtual meetings and tele-seminars.



OUR YEAR

2010 in review

“We make a living by what we get, but we make a life by what we give” - Winston Churchill

Binaytara Foundation (BTF) aims to bring about positive changes in the lives of underprivileged people by promoting their access to education and proper healthcare services. In the year 2010, we expanded our research grant project beyond Nepal, and awarded research grants to medical students from Nepal and India. The BTF telemedicine project that started in April of 2010 is yet another approach to improve healthcare in developing countries. Via the telemedicine and research grant projects, BTF has been able to contribute to the advancement of medical practice in developing countries. We are continuously striving to efficiently utilize our resources, thereby maximizing social benefit.

Testimonial from BTF research grant recipient

“ When I first stepped into medical school, the charms of medicine for me were either inside the huge books of medicine or in the rooms of clinical practice. Medical research was someplace I had heard about but never visited. During my third year of medical school, which was more or less a transition period from basic science to clinical science, I came across real patients, their disease conditions, the process of diagnosis and appropriate treatment. I would wonder how a certain drug or any other therapy claimed to be the treatment of choice. The answer to my question was ‘evidence-based medicine’. I became more intrigued and began to seek more knowledge on medical research. Binaytara Foundation’s Medical Research Grant presented an extraordinary opportunity before me, which not only made me realize the essence of medical research but also made me confident and more proficient in areas of communication, teamwork as well as clinical skills. I think that being involved in research as a medical student encourages one to ask questions, to be exposed to the current information and move forward in a potential field. Altogether my participation in a research project has been an exciting and rewarding experience. I look forward to working in more research projects in the future. My sincere thanks to BTF”

Raksha Shrestha
Nepal Medical College and Teaching Hospital.
Kathmandu Nepal

Message from BTF President Dr. Binay Shah

Four years ago, in October 2007, BTF started out as a small fish in the big pond. We were one of the many non-profits that are established in the US every year. But as a result of the active participation, encouragement and support of dedicated people like you, we were able to strengthen our commitment to bring about positive change in society by promoting health and education. On behalf of Binaytara Foundation and the people it serves, I would like to take this opportunity to thank you for your continuous support and your active participation in Binaytara Foundation's projects. BTF would not have been successful in achieving its goals without your support.

BTF research grants and telemedicine projects purport to transform the way medicine is practiced by encouraging evidence based medicine in developing countries. Through these projects, we are constantly working on improving healthcare practices among physicians, bridging the technology and knowledge gap among physicians in developing and developed countries. Both of these projects have received an overwhelmingly positive response from medical students, residents, and practicing physicians. We constantly receive e-mails and other requests from physicians and institutions around the world to connect to our BTF telemedicine project. We were even more encouraged by the fact that BTF telemedicine project was among the *most innovative project* finalists in Chicago Innovation award 2010. We also received a Google Grant that allows us to use online tools to recruit volunteers, raise funds, and reach out to millions of people via online advertising. BTF received special invitation to send its representatives to the United Nations Development Project conference in Melbourne in August 2010. It was my honor to be able to represent you all in the UNDP conference last fall.

Our next step is to reach out to even more people. We plan to expand the research grants and telemedicine projects to other countries as well. We also expect to be able to resume the scholarship project in the near future. BTF is organizing medical conferences and educational seminars for physicians in developing countries in order to facilitate an *information exchange* and to create a practical and long-term solution to the current obstacles to the practice of evidence based medicine in developing countries. I am very optimistic that BTF will continue to receive your support and feedback in its efforts to bring positive changes in people's lives.

Thank you again !!!

Our projects

Medical Research Grants

The practice of medicine has improved significantly in the last few decades. Overall morbidity and mortality rates around the world have dropped substantially. These achievements have been possible because of medical research conducted by bench and clinical scientists. However, healthcare providers in developing countries and disease-burdened parts of the world still lack the necessary infrastructure and support to conduct these researches. According to the Global Forum for health research's 10/90 report, only *10% of the world's health research funding goes to the health problems faced by 90% of the world's population.*

BTF research grant project was started with the aim of changing this scenario. BTF provides research grants to medical students, residents, and other healthcare professionals in training in order to encourage research projects that help them discover and practice evidence-based medicine early in their careers. We have provided these research grants to medical students for three consecutive years, and have contributed to the advancement of medicine in the developing countries.

Applicants submit their proposals online, and these proposals are evaluated by members of the BTF Scientific Committee. Best proposals are awarded research grants up to the amount of \$500. Until now, Binaytara Foundation has awarded eight research grants to applicants from various medical schools in Nepal and India.



BTF chair Dr. Binay Shah with BTF research grant 2008 recipients. From left Upendra Dhungana (front), Dr. Binay Shah, Mingma Sherpa, and Raksha Shrestha.

Telemedicine project

Relative lack of access to information about new developments and updated practice guidelines, as well as burgeoning technology in the field of clinical medicine prevents physicians in developing countries from practicing optimal evidence based medicine. In addition, the lack of trained experts in most of the medical sub-specialties creates further hindrance in patient management. To bridge the knowledge and technology gap between physicians in developing countries and those in developed countries, BTF launched its Telemedicine project in 2010.

In April 2010, we started telemedicine between physicians in USA and those in Manipal College of Medical Sciences, Pokhara, Nepal to help improve patient care and promote evidence based medicine in Nepal.

The telemedicine participants meet online every Friday to discuss various challenging cases and to engage in scientific discussions about recent development in various areas of medicine. Using wireless video consultation, medical students, interns, residents and other physicians at Manipal College of Medical Sciences are able to discuss challenging cases with the experts in the field from United States of America. Experts in the USA have volunteered for this project and they also provide lectures for the medical students and physicians in Nepal. This project has helped improve patient care by providing physicians in developing countries access to cutting edge teaching and practice recommendations which have been until now only available in developed countries.

Telemedicine sessions are recorded and the videos can be accessed online by logging in to the Binaytara Foundation telemedicine project website.



BTF Telemedicine Session in progress

Our People

Board of Directors

Dr. Binay Shah - President

Dr. Binay Shah is a consultant hematologist and oncologist at St. Joseph Regional Medical Center, Lewiston, Idaho. Dr. Shah received his medical degree from BP Koirala Institute of Health Sciences, Dharan, Nepal. He completed Internal Medicine residency from Long Island College Hospital, Brooklyn and Hematology Oncology fellowship from University of Illinois at Chicago.

Dr. Abdur Shakir- Vice-President

Dr. Abdur Shakir was born in Chicago, IL, USA. He completed his internal medical residency from Jewish Hospital of Cincinnati. He also completed fellowship in Neuro-Oncology where he cared for people with brain tumors at Henry Ford Hospital in Detroit, Michigan. Seeking additional research in cancer care, Dr. Shakir then began his second fellowship in Chicago. Studying general hematology and oncology. Dr. Shakir is currently working as the director of Sarah Bush Lincoln Regional Cancer Center and also as an Assistant Professor at University of Illinois at Chicago.

Ms. Tara Shah - Secretary

Tara Shah received her Bachelor's degree in Nursing from Tribhuvan University, Institute of Medicine, Nepal. She also holds a Bachelor's of Science in Nursing degree from University of Illinois at Chicago. Tara has over ten years of nursing experience in various settings including Intensive Care, Dialysis, Long-Term Care and Community Rehabilitation. She is currently working for her own company- "Tara's Elegance"

Ms. Sirjana Dahal - Treasurer

Sirjana Dahal is a graduate student at Missouri University of Science and Technology, Missouri, USA. Apart from her research in human computer interaction and usability, she utilizes her time in web design and volunteering for non-profit organizations.

Dr. Divyesh Mehta - Member

Dr. Divyesh Mehta received his MD from Medical College in Baroda, India. Subsequently, he completed two internships, one at SSG Hospital in Baroda and one at St. Mary of Nazareth Hospital in Chicago. These were followed by an internal medicine residency at Louis A. Weiss Memorial Hospital in Chicago and a hematology/oncology fellowship at the University of Illinois.

He pioneered several efforts in India including setting up Western India's first comprehensive component blood bank at Children's Hospital in Baroda and helping to found the Indian Cooperative Oncology Network, which focuses on cancer research. Dr. Mehta has authored 3 book chapters; the most recent is titled "Platelet Disorders" for the 2003 edition of the API Textbook of Medicine.

Scientific Advisory Committee

BTF Scientific Committee Chair - Dr. Damiano Rondelli

Dr. Damiano Rondelli is an Associate Professor of Medicine and Director of Stem Cell Transplant Program at the University of Illinois at Chicago. Dr. Rondelli serves as a member of the International Myeloproliferative Disorders Research Consortium (MPD-RC), funded by an NCI PO1 grant (PI Ronald Hoffman, MD) where he chairs a study using a reduced intensity conditioning regimen in allogeneic stem cell transplantation for patients with myelofibrosis. He received his medical degree with honors from the University of Bologna, Italy. After completing School of specialization in hematology at the University of Bologna, he worked as research associate at the Fred Hutchinson Cancer Research Center, Seattle, WA where he started his studies on the antigen presenting function of CD34+ hematopoietic stem cells.

Dr. Rondelli has published over 90 full-papers in international peer-reviewed journals including Blood, Leukemia, Biology Blood Marrow Transplantation, and is a co-author of an Italian Hematology textbook. “Lezioni di Ematologia” by Sante Tura et al, Esculapio Bologna, 2003. He is a reviewer of many esteemed journals including Blood, Cancer research, American Journal of Transplantation, etc.

BTF Scientific Advisory Committee Members

Dr. Augustus Valmond

Dr. Hemchandra Mahaseth

Dr. Joel Epstein

Dr. Lawrence Feldman

Dr. Purvish Parikh

Dr. Rajesh Dudhani

Dr. Rakesh Mandal

Dr. Seshan Subramanian

Dr. Sarath Gowda

Dr. Yi-Hsiang Chen

Telemedicine Panel

BTF Telemedicine co-ordinators -

Dr. Robert Molokie - Dr. Molokie is assistant professor of medicine, Section of Hematology-Oncology, University of Illinois at Chicago. He is also attending physician at Jesse Brown VA hospital in Chicago.

Promoting Health and Education, Changing Lives

Dr. Bharat Subba - Dr. Bharat Subba received his medical degree from B P Koirala Institute of Health Sciences, Dharan, Nepal. He completed his internal medicine residency training from St. Barnabas Hospital, Bronx, NY. Dr. Subba is currently working as hospitalist at St. Luke's Hospital, MA.

Nepal Co-ordinator -

Dr. Umid Shrestha - Dr. Shrestha is Associate Professor of Medicine in Manipal College of Medical Sciences, Pokhara, Nepal

Telemedicine Panel Members

Dr. Abdur Shakir - Director, Sarah Bush Lincoln Regional Cancer Center , IL

Dr. Amita Gupta - Assistant Professor and Deputy Director, Center for Clinical Global Health Education (CCGHE), Division of Infectious Diseases, Johns Hopkins University School of Medicine, Maryland

Dr. Andrew Trotter - Fellow, Division of Geographic Medicine and Infectious Disease, Tufts Medical Center and Affiliated Hospitals, Boston

Dr. Brian Blackburn - Clinical Assistant Professor, Medicine – Infectious Diseases, Stanford School of Medicine

Dr. Damiano Rondelli - Associate Professor of Medicine, University of Illinois at Chicago

Dr. David Peace - Associate Professor of Medicine, University of Illinois at Chicago

Dr. Divyesh Mehta - Associate Professor of Medicine, University of Illinois at Chicago

Dr. Ervine Hire - Attending physician, Mount Sinai Medical Center, Chicago, IL

Dr. Joel Gallant - Professor of Medicine & Epidemiology, Associate Director, Johns Hopkins AIDS Service

Dr. Lawrence Feldman - Associate Professor of Clinical Medicine, University of Illinois at Chicago Medical Center

Dr. Max Brito - Associate Professor of Medicine (Infectious disease), University of Illinois at Chicago

Dr. Nina Clark - Associate Professor of Medicine, University of Illinois at Chicago

Dr. Nishant Ranawat - Neurologist, University of Pittsburgh, PA

Dr. Pranav Dalal - Academic Hospitalist, Mount Sinai Medical Center, Chicago, IL

Sandra Cuellar - Clinical Assistant Professor, University of Illinois at Chicago College of Pharmacy, Chicago, Illinois

Newsletter Team

Dr. Dushyant Vishwonatham - Editor & writer

Isha Antani - Writer

Webmaster

Bipul Luitel

Financials

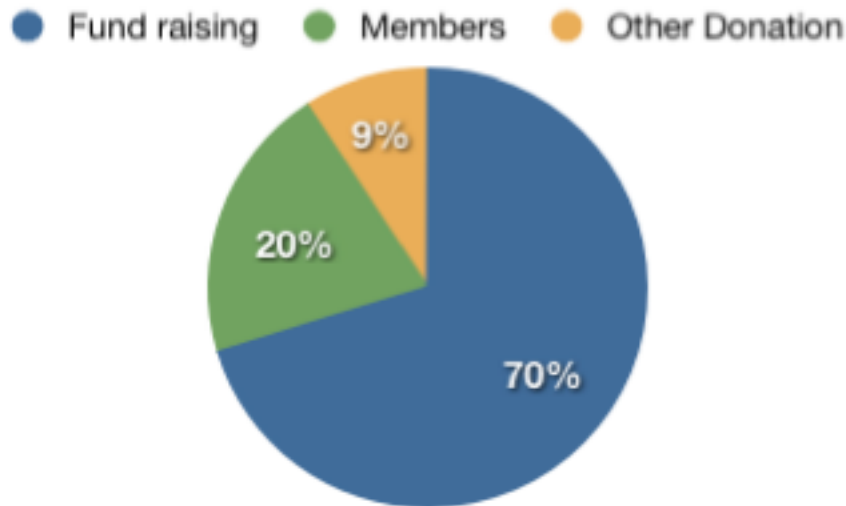
Overview

This overview highlights financial transactions for the fiscal year 2010. Since its formation in 2007, BTF has been actively and successfully involved in promoting health and education in underprivileged communities. All activities and projects of Binaytara foundation are carried out with support of enthusiastic volunteers. Binaytara Foundation maintains conservative financial policies of utilizing 100% of the budget into actual projects. BTF has no paid employees or other administrative costs.

During the fiscal year 2010, our total income was \$4383.79 and the expenses (not including the sponsored activities) were \$1302.50.

Incomes

BTF raised \$3081 during a fundraising luncheon organized at a Chicago restaurant. Moreover, BTF received a total of \$1302.79 through member contributions and other donations. In addition, Dr. Robert Molokie sponsored one year subscription of Webex virtual meeting services for the BTF telemedicine project. Binay and Tara Shah sponsored all the administrative costs including web hosting and maintenance, press releases, annual reports and recorder of deeds filing fees, postages and stationaries etc.

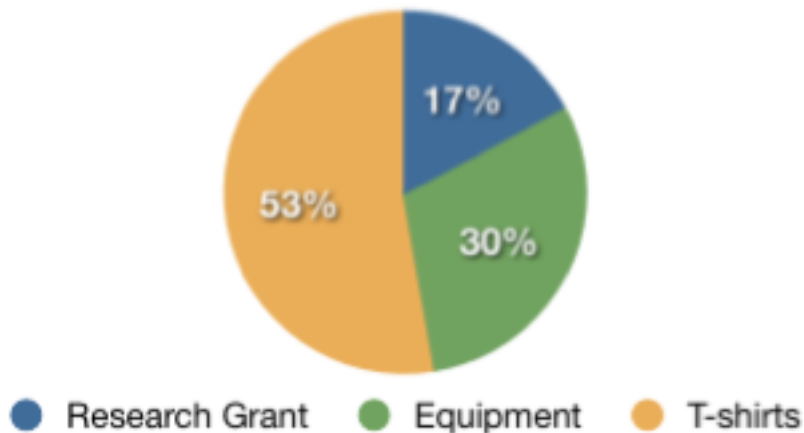


Income chart - Fiscal year 2010

Expenses

Of the \$1306.50 of BTF expenses this year, \$ 223.96 was spent in payments to research grants recipients. Similarly, we donated a VOIP equipment to Manipal Medical College, Pokhara Nepal for the telemedicine project. The cost of the VOIP equipment was \$393.99. We also spent \$688.55 in the purchase of two-hundred T-shirts with BTF logo for our volunteers. Other administrative expenses and webex subscription were sponsored by Dr. Robert Molokie and BTF founders Binay and Tara Shah.

Expenses Chart- Fiscal year 2010



Donors

Mr. Anish Ahmad

Ritesh Chaudhari

Lalan Kumar Dev

Rajesh Dudhani

Rajiv Kesari

Dr. Robert Molokie

Sangeetha Nimmagadda

Hejmadi Prabhu

Dr. Damiano Rondelli

Ram Manohar Sah

Subodh Sah

Vijay Kumar Sah

Sanjay Shah

Sunil Shah

Binay Shah

Tara Shah

Dr. Abdur Shakir

Indra Kumar Thakur

Cynthia Williams

Ajay Yadav

Bharat Subba

Good works health