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ONLY

“VALLI”

-A Bulletin on Community Healthcare & Hygiene-
Valliammai Ammal Rural Healthcare Assistance Project
(A Unit of Puthiya Thalaimurai Foundation)

Edition -4

August 2022

Wellness Knowledge, Attitude and Behavior



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It goes without saying, that past two years has been an incredibly turbulent, challenging, difficult for many of us. The intersect of the pandemic Covid-19 has created countless and unimaginable losses. Uncertainties and traumas. All of which have had, and will continue to have, significant implications for us as individuals and our collective mental health and well-being. SRM believes that there is a triad to a healthy lifestyle. That is "perfect medication, a healthy diet and a moderate, consistent exercise program. By collaborating with various wellness experts nationally and internationally SRM wellness center plays a hub between beneficiaries and care

givers.

8 DIMENSIONS OF WELLNESS



SRM Wellness center believes that wellness is an act to practice healthy habits daily, to attain better physical mental and social health and to lead us to a healthier lifestyle. SRM Wellness Centre looks at several different aspects of one's lifestyle. SRM wellness center works across departments on campus to provide a holistic and integrated approach to campus health for students and faculties to help them improve on both academic and personal growth.

Welcome to SRM Wellness Centre, here we'll highlight various strategies, resources, and student narratives that we found helpful for navigating and coping with the numerous challenges and adversities that have emerged in the past year. At SRM wellness Centre regardless of whatever coping strategies you gravitate towards, we encourage you to practice being patient, gracious and compassionate with yourself.

Stay Protected from Corona



Wear your mask properly



Frequently wash your hands with soap



Maintain Safe distance

No Carelessness until there is a cure

Coming to the dimensions of health. We have seen the definition of health according to WHO which included the three dimensions of health. **1. Physical Dimension 2. Mental Dimension and 3. Social Dimension 4. Emotional Dimension & 5. Spiritual Dimension**

Physical dimension of health refers to the bodily aspect of health. It includes age and appropriate development in terms of optimum height and weight. **Mental health** refers to the cognitive aspect of health or the brain activities. It refers to the person ability to think, ability to solve problems or to recall information. **Emotional Health** refers to a person mood or general emotional state. His ability to recognize and express feelings adequately. **The social dimension** of health refers to our ability to make and maintain meaningful relationships with other members of the society. **Spiritual dimension** is related to our sense of overall purpose in life. The characteristics of this dimension are comprehending the goals of life, to set targets leading us to spiritual health.

Get vaccinated as soon as it's your turn and follow local guidance on vaccination. Keep physical distance of at least 1 meter from others, even if they don't appear to be sick. Avoid crowds and close contact. Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings. Clean your hands frequently with alcohol-based hand rub or soap and water.



Merlin Renita Lawrence

As A Doctor, I Would Like to achieve....

Medical Students Merlin Renita Lawrence and Meghna Sanghavi share their experiences as students of SRM Medical College Hospital & Research Centre Potheri



Meghna Sanghavi

Continued in Next Page

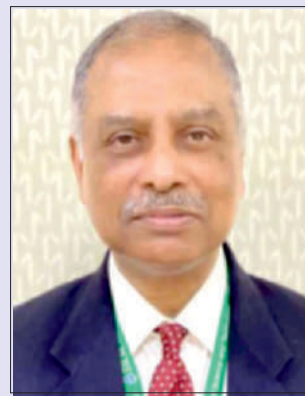
Being in SRM Medical College is a gift and a privilege for me and my fellow batch mates as we are moulded day by day to become good doctors. Starting our internship we learn how to communicate with a patient and take utmost care of their overall health and wellbeing. We also have the opportunities to hone our skills and knowledge and put them into good use. Our esteemed professors and faculty help us in each and every step encouraging us to be successful in every aspect we aspire to achieve. This healthy environment shows us the right path in which we can follow our dreams and make them true. I take this opportunity to thank our management and our faculty for making SRM a safe and happy home to each and every one of us to grow as good doctors.

-Merlin Renita Lawrence

From a young age, I always strived to be a doctor. My goal in life is to serve the public the best way I could, treating the masses. SRM not only helped me with my basic knowledge, it also inculcated me with patient care, servitude and my general attitude towards people, both staff and public alike. Through SRM, working towards my aim has also become easier and much more enjoyable, with one of the best infrastructure and countless opportunities to further enhance and perfect my skills, both in and out of the operation room. Through the enormous help given in the form of faculties and professors, learning through various different modes of teaching and interactive one on one classes, my road to learning is only easier.

Coming from a different State, I always thought that the language might be a hindrance to daily life but the faculty at SRM never made me feel that it was a different state. With all the resources and great professors, I never felt out of place and I have to thank SRM for that.

-Meghna Sanghavi



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Pro Vice Chancellor
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 SRM Medical College Hospital & Research Centre Potheri		“வள்ளி” <small>வலுவான வாழ்வு வழங்கும் வலியுறுத்தல் மையம் வாழ்வியல் துறைமுகம் வழங்கும் வலியுறுத்தல் மையம் உயர் தரத்திற்கு அர்ப்பணிக்கப்பட்டது</small>	
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Caring for your Employees Health



Dr. G. Selvarajan
Prof & HOD of ENT
SRM MCH & RC
Potheri

The Department of ENT Head and Neck Surgery at SRM Medical College Hospital and Research Centre has transformed from a small unit into a larger team providing tertiary care facilities in the past decade. The department headed by **Dr. G. Selvarajan**, comprising many other faculty provide medical care at the highest level of quality in SRM medical college. It also comprises the

Department of Audiology, Speech language pathology. It is one of the busiest OPD in the hospital where both elective and emergency care is provided. Our core services are the treatment of ailments of Ear, Nose and throat. We offer the best surgical results in the diseases of the Ear, Nose and throat.

Out Patient Department unit comprises of highly equipped ENT unit with all the basic instruments, suction apparatus and X ray lobby. There is a state of art Neuro otology lab in the ENT OPD. Patients with giddiness are assessed thoroughly in the lab. The services provided in the Neuro otology lab is one of its kind in the South India. Speciality clinics are held in the ENT Out Patient Department. The various clinics available are Headache clinic, Vertigo clinic, Allergy clinic, Head and Neck Cancer clinic. The ENT OPD also consists of a well-equipped procedure room with endoscopy and microscopy unit. Minor procedures in the OPD are carried out at the procedure room.



Audiology, Speech therapy and Swallowing therapy

- Pure Tone Audiometry
- Speech Audiometry
- Tympanometry
- Brain stem evoked response audiometry(BERA)
- Auditory Steady state response (ASSR)
- Oto acoustic emissions (OAE)
- Vestibular Evoked Myogenic Potential(VEMP)
- Behavioural audiometry
- Speech assessment therapy
- Post cochlear audio verbal therapy
- Evaluation of swallowing –Flexible endoscopic evaluation of swallowing
- Fluoroscopy
- Swallowing therapy

Inpatient Services: 70 Beds to treat 40 male patients and 30 female patients. Wards are spacious and well ventilated. The ward is attached with a procedure room for bed side procedures. There is an endoscopy unit in the procedure room for emergency procedures.

Operation Theatre: Well-equipped and advanced high end operating rooms are available. Hi tech advanced surgical equipment's like High definition cameras, endoscopes, operating microscope, Microdebrider, Bronchoscope and esophagoscope, CO2 LASER are available. Surgeries are performed on all the days and emergencies are handled 24 x 7.

Cochlear Implantation Program : State of art technology available to overcome the handicap of deaf mute in young children born with congenital profound sensorineural hearing loss. We have been authorised as cochlear implant center.



Pure Tone Audiometry

Impedance Audiometry

BERA

OAE

VEMP

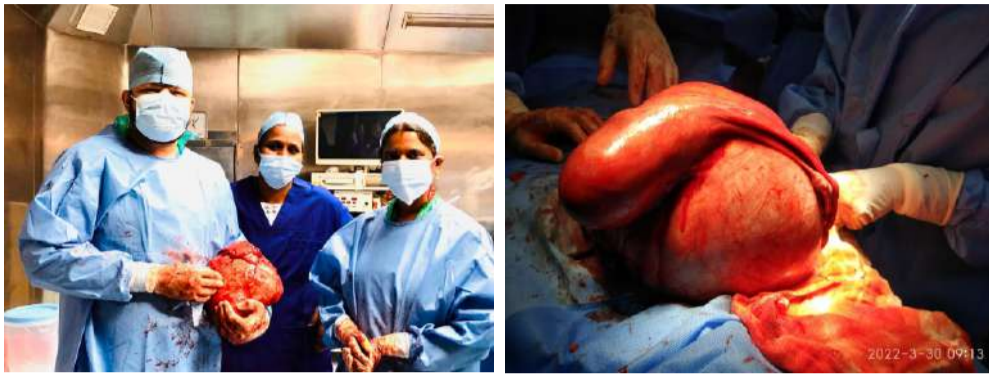
Out Patient Department Services include

- ✦ Aural cleaning
- ✦ Wax removal
- ✦ Foreign body removal
- ✦ Nasal endoscopy
- ✦ Flexible fibre optic nasopharyngolaryngoscopy
- ✦ Otomicroscopy of the ear
- ✦ Stroboscopy
- ✦ Caloric testing
- ✦ Video laryngoscopy
- ✦ Vestibular evaluation-
 - Subjective visual vertical
 - Posturography
 - Dynamic visual acuity
 - Video head impulse test
 - Craniocorpograph

Faculty: We have the best surgeons in the field of ENT, with almost 35 years of experience (in specialist care and treatment). Highly trained specialists in their field with a vast expertise, the team is made up of ENT surgeons, Head and neck surgeons, Audiologists, Speech pathologists.

Some of the notable surgeries performed here Cochlear Implantation, Surgery for Tumours for Head & Neck Like Laryngectomy, Maxillectomy, Neck dissection, Thyroidectomy, Surgery for voice change (Phono surgery), Surgery for Hearing loss and discharge from the ear like Mastoidectomy, Tympanoplasty, Stapedectomy, Airway Emergency Surgeries including Tracheostomy, Paediatric ENT Surgeries.

Great Achievement in OBG Dept, SRM Hospital, Potheri



In April 2022, a 42 years old female, came to our Gynaecology OPD with Abdominal swelling and distension. On examination, a huge mass was found to occupy the whole of the abdomen and was diagnosed to have a huge fibroid In the uterus. Patient underwent surgery for the same; the mass was removed along with the uterus weighing around 4kg. Patient was discharged without any complication. Patient was very happy and thanked the entire team of unit 1 of Obstetrics and Gynaecology.



D.V. Venkatagiri

"Valli" Learnings..

As our Nation celebrates its 75th Independence Day, we can be reasonably satisfied on what we have accomplished as a Country in Healthcare and also need to be

aware on the big distance we need to travel in ensuring good health to all our citizens. It is annoying but true that our problems are caused and remain so, because of our limited abilities to work together as a team.

The core of the right to health is the dignity of each and every person. The recognition of the dignity of every man and woman provides the most important reason for planning and implementing all healthcare services.

Community services can contribute to safeguarding and promoting healthcare and addressing persistent situations of serious disparity and inequality. A fundamental principle of primary health care states that everyone in the community should have access to it and everyone should be involved in it.

Community health workers are generally people with a basic education who are given elementary training to contribute to some specific health activities.

The work and services rendered by health workers and volunteers actualize their full potential in the presence of effective support from the health system and of the possibility of a two-way referral between health facilities or public health services and the community.

And that is exactly what **Valli Healthcare Project** of Puthiya Thalaimurai Foundation is working on.

"There's no better policy in a society then pursuing a health and safety of its people." - (Ralph Nader), is an inspiring quote.

We take this opportunity to salute our Valli Healthcare Ambassadors.

- D.V. Venkatagiri
Secretary, PTF



VALLI's - Students Corenr Tips for Healthy Life

Why should we Care for Clean surrounding for healthy life.

"To maintain a healthy atmosphere in and around you, environment and surrounding are to be kept clean. Clean environment helps in the reduction of pollution, preserve biosphere, protect grain and spices, preserve the Earth's naturals a and keep our animals alive and healthy. Growing trees for fresh air, proper disposal of wastage, not dirtying the public place would ensure clean environment, diseases- Free and healthy state."

How Clean surrounding helps the environment:

"Cleanliness is something which cannot come by force or compulsion. However, they can be taught and to be encouraged. It is the duty of every parent and teachers to teach the necessity and importance of clean surrounding. Clean surrounding and environment fight against diseases and increasing life-span of all. Clean City and State would attract more and more tourist which helps for the economic growth."

Importance of Keeping Clean surrounding:

"Keeping the surrounding clean is a great help to the society and betterment of environment. Also, keeps you fit, energetic and healthy. Not throwing garbage in the roads and public places, using re-cycled plastic are some of the ways to keep the surrounding and society clean and pollution free. Keep the society and city clean and preserve the natural resources of Earth".



S.Praveen (XI-A)
St. Joseph's Hr.Sec.
School, Chengalpatu



S.Rohith Kumar (XI-A)
St. Joseph's Hr.Sec.
School, Chengalpatu



S.Shameer Ahamathin
(XI-A), St. Joseph's Hr.
Sec. School, Chengalpatu



9 Tenets of securing and protecting our Ear, Nose and Throat

- Do not use stick or safety pin in the ear.
- Lactating mothers should avoid breastfeeding while lying down
- If there is any pain, blockage, irritation, noise or ringing in the ear, you should avoid pouring oil in the ears or buying drops from pharmacies without consulting a doctor.
- You should avoid cleaning your nose by putting your hand in it.
- People who sneeze frequently should wear a face shield when going outside, and clean the mattress cover and mat frequently.
- If there is bleeding from the nose, squeeze the tip of the nose for ten minutes, sit down and breathe through the mouth.
- Children who are not able to hear or speak at birth should get medical advice immediately and get audio logical tests done.
- Avoiding smoking, alcohol consumption, tobacco and betel nut consumption can prevent mouth and throat cancer.
- Migraine can be treated with medicines. Avoid taking pain pills without doctor's advice, otherwise hearing loss may occur.



(A People-based movement working for Youth Development, Rural Education & Healthcare - One of the Largest NGOs in India)



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"Propelling Public-Private Partnerships for Community Health"

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