

# “VALLI”

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

FOR  
PRIVATE  
CIRCULATION  
ONLY

Edition -1

January 2022



Dr. P. Sathyannarayanan  
President, SRM IST

## President's Desk

“I am glad to note that the english version of “Valli” –a bulletin on community healthcare & hygiene- is being launched by Puthiya Thalaimurai Foundation. I wish them all success.

The Public Private partnership model offers many innovative solutions to tackle the current pandemic crisis. Let us explore that for Public good”.

## Tamil Nadu Chief Minister launches 'healthcare at your doorstep'



Tamil Nadu Chief Minister Thiru. M.K. Stalin launched the 'Makkalai Thedi Maruthuvam' (healthcare at your doorstep), a first-of-its-kind initiative, at Samanapalli village in Krishnagiri on 5<sup>th</sup> August 2021. The scheme aims to tackle non-communicable diseases in the state and ensure that health services are delivered at the doorsteps of beneficiaries.

The scheme will cover 1,172 health sub centres, 189 primary health centres and 50 community health centres in 50 universal health coverage blocks across the state. In addition, this scheme will also be implemented in one zone in three corporations (Tirunelveli,

Coimbatore and Greater Chennai Corporation), covering 106 sectors and 21 urban primary health centres.

## Chengalpattu Collector presents Corona Relief Materials

Chengalpattu District Collector Thiru. A.R.Rahul Nadh, I.A.S., visited Madurantakam Agricultural Producers Co-operative Marketing Association fair price shop on 21.6.2021 and handed over the corona relief materials to the family card holders. The Relief materials pack contained 13 grocery items (Wheat Flour, Free flow Iodised Salt and Rava (1 kg each), Sugar and Urad Dhall (500 grams each), Tamarind and Bengal gram (250 grams each), Mustard, Cumin, Turmeric Powder and Chili powder (100 grams each), One Branded Bathing Soap (125 grams) and One Branded Washing Soap (250 grams).



## Mobile Clinic donated by Quick Heal Foundation



Puthiya Thalaimurai Foundation, SRM Medical College & Hospital, Potheri and Quick Heal Foundation a wing of Quick Heal Technologies Ltd., - Pune based IT company - came together to launch Mobile Clinic services for the villages in and around Chengalpattu and Kancheepuram districts. Mr. Kailash Katkar & Mrs. Anupama Katkar the Founders of Quick Heal Technologies Ltd., were present at SRM Medical College & Hospital at Potheri on 23<sup>rd</sup> September 2021 for donating the mobile clinic. Dr. Lt. Col. A. Ravikumar, Pro-Vice Chancellor, SRM Medical College & Hospital, Potheri with his team and Mr. D.V. Venkatagiri, Secretary, Puthiya Thalaimurai Foundation and other officials were present at the event.

## Ambulance Donation by Amphenol Omni Connect, an American Multinational company- Great use for the Community



Amphenol Omni Connect Pvt. Ltd., an American Multinational company manufacturing Mobile Phone Components and Industrial connectors at Maraimalainagar in Chengalpattu District, donated an Ambulance to SRM Medical College & Hospital, Potheri, through Puthiya Thalaimurai Foundation. It is proving to be of a great use to take old age people, pregnant women and accident victims to the hospital. In August and September, 2021 - a period of two months - the ambulance was useful for 70 patients.



**Dr. Lt. Col. A. Ravikumar**  
Pro Vice Chancellor, SRM Medical & Science  
Institute College, Potheri



**Dr. A. Sundaram**  
Dean, SRM Medical & Science  
Institute College, Potheri

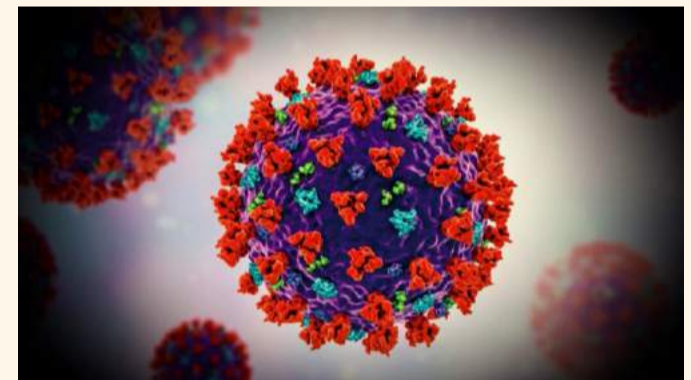


**Dr. K. Thangaraj**  
Medical Superintendent, SRM Medical  
& Science Institute College, Potheri

### Let us fight Omicron with improved habits

The Covid-19 pandemic is one of the most dangerous challenges this world has faced in our lifetime. It is above all a human crisis with severe health and socio-economic consequences.

- Wash your hands often with soap and water for at least 20 seconds.
- Say "Yes" to Social distance.
- Do not touch your nose, eyes, and mouth.
- Respiratory hygiene must be followed.
- Call health service providers.
- Stay at your home as much as possible.
- Do not go out unnecessarily and avoid crowded places.
- Eat healthy food and improve the strength of your immune system.



### Puthiya Thalaimurai Foundation invites your company to join us a Partner in its CSR Healthcare projects !

1. Conducting Medical Camps for your employees & neighbourhood
2. Medical Camp at nearby Villages
3. Providing Ambulance Services
4. Mobile Clinic Partnership
5. Presenting Health cards to your employees & neighbourhood

Further details please call  
**7200953299 or 8754417400**  
or email to [contact@ptfindia.org](mailto:contact@ptfindia.org),  
[ptfvalli@gmail.com](mailto:ptfvalli@gmail.com)

# Doctor's Word

## "Follow Covid Norms"

The covid norms of wearing a mask, maintaining social distance, staying away from crowded places, drinking hot water, maintaining a healthy diet and regular exercises are very essential to protect one from the Covid Pandemic.



**Dr. M. Logaraj**  
Dean, Students Affairs, Department of  
Community Medicine, SRM Medical College, Potheri

## Community Health service by SRM Hospital

The community health services provided by the team of SRM Doctors and Nurses are very useful and timely for the rural and tribal people in various parts of in Chengalpattu district. We arrange special camps for eye, dental, ENT and other specialities.



**Dr. V.V. Ananatharaman**  
HOD, Community Medicine,  
SRM Medical College, Potheri

## Services at SRM Kattankulathur Dental College

SRM Kattankulathur Dental College and hospital provides top class treatment at low cost. Some of the highly specialized areas include Prosthodontics, Endodontics, Orthodontics, Pedodontics and Oral Pathology. A large no. of people are benefited by this.



**Dr. N. Vivek**  
Dean, Professor and Head  
SRM Medical College, Potheri

## Great Service by the Nurses

SRM Nursing College, Potheri, trains high quality nursing graduates through the SRM college of Nursing. The nurses provide the much-needed understanding and soothing care to the patients.



**Dr. C. Kanniyammal**  
Dean, Nursing Department  
SRM Nursing College, Potheri

## Rare Non-invasive surgery at SRM Hospital

Recently, our Cardiology dept. conducted a surgery on a 20-year-old woman. It was a rare non-invasive procedure conducted to block a hole in the heart. The wire was inserted through thighs via catheter (2 MM tube). The hole in her heart was blocked without a knife and surgery. Around 34 patients have benefitted from this treatment successfully.



**Dr. V.E.Dhandapani, MD, DM**  
HOD, Cardiology Department  
SRM Medical College, Potheri

## Advantages of Physiotherapy Treatment

Physiotherapy is playing a major role in fighting COVID-19 pandemic. Regular breathing & bending exercises, neck rotation and knee exercises which are taught under the guidance of a professionally and academically trained physiotherapist will go a long way in ensuring a healthy life.



**Dr. T.S. Veera Gautaman**  
Dean Incharge  
SRM Medical College, Potheri

## Public Health is vital always

"Healthcare is vital to all of us some of the time, but public health is vital to all of us all of the time" - C. Everett Koop, Former Public Health Administrator, USA. The above quote could not be more relevant than now, during the COVID 19 pandemic times. Public Health professionals, including administrators, research scientists, communication specialists and frontline workers, have been in the forefront saving lives; they have been working together with the medical practitioners to curb the spread of the deadly SARS-CoV-2 virus.



**Dr. Padma Venkat**  
Dean, SRM School of Public Health  
Guduvancherry



**For Free Ambulance Service  
Please call 9791938643**

**"Thank you, I am fine now"**

**Kannan**, aged 50, from Porkudi Village, Thiruvarur district had a stone in his kidney and was suffering from severe pain. After being referred by Valliammai Ammal Rural Healthcare Assistance Programme (VARHAP), he came to SRM Hospital, Potheri. He was put under surveillance by the doctors at the hospital. He was administered 4 units of 'O' group blood. He slowly recovered completely from the kidney stone problem. Kannan,

thanked the entire medical team at SRM Hospital and Puthiya Thalaimurai Foundation for coordinating his treatment.

**Ponvel**, aged 79, from Perungalathur, Chengalpattu district, was suffering from Urinary disorder. He was admitted in SRM Hospital through Valliammai Ammal Rural Healthcare Assistance Programme (VARHAP). After thorough examination and complete treatment, he got relieved from his chronic ailments. He also, underwent the dialyses procedure as per the doctor's advice. Ponvel, happily returned home.

**Gopal**, aged 57, from Uthukottai Village, Thiruvallur district, visited the Orthopaedic department of SRM Medical College & Hospital, Potheri with acute pain. He had artificial plate (steel plate) in his limb because of an earlier accident. It was diagnosed that the steel plate had broken inside, which was the cause of the acute pain. Doctors performed a successful surgery and relieved Gopal from the pain. The entire cost of the surgery and process was borne by SRM Medical College & Hospital, Potheri.

**'I am here to destroy you and your family'!**

**"Drug Addiction is worse than Corona. Yes and beware – it could destroy you and your family !" A case study of Gunasegaran of Tiruchirapalli could be an eye-opener !**

Gunasekaran (name changed), a native of Tiruchirapalli got addicted to drugs in the company of some friends. It started as a one-time curiosity, and slowly pushed him into getting addicted to it. He had to bear severe headaches, depression, heartburn, when he could not get those drugs and consume it at a particular time on a daily basis. It led to incurable anger and emotions. He started insulting and abusing people. His relatives and friends started to abandon him and that affected his family severely. His wife and children became a laughing stock for others. A relative of his, who is a member of a charity, took pity on him and took him to a doctor.

The doctor prescribed some medications, he was also given some psychological counselling and performed yoga on a daily basis. Gradually, this practice drew him away from drugs and he started hating those drugs. Now, he is totally out of the tentacles of the dangerous effects of drug consumption. His hair has fallen off and appearance has changed. But he has been saved from the clause of death.

**Secretary's Desk**

Alagesan, a 60-year-old farmer from Kalivanthapattu – a village where proper health care facility is very difficult to access - Chengalpattu district gives us a smile and says "Romba Nandri" (Thank you very much). That gives us the

much-needed motivation to run the mobile clinic project, to benefit villages in and around Chengalpattu & Thiruvallur on a daily basis. Thanks to Quick Heal Foundation that donated the Mobile Clinic.

The Ambulance parked at the junction of GST Road and Maraimalai Nagar got a call from the residence of Lakshmi Narasimhan - in Koodalur Village, Chengalpattu District, who was suffering from severe chest pain and requested help. The Ambulance arrived at his doorsteps, gave him first aid and then took him in time to SRM Hospital.

The doctors who examined him said that he had a heart attack and had just come in time for

**"Public - Private Partnerships for Community healthcare"**

treatment and saved his life. Lakshmi Narasimhan (56) was in tears and conveyed his gratitude to the ambulance driver, paramedics and the doctors and said that he felt as though he was born again! Thanks to Amphenol Omni Connect, the company that donated the ambulance.

Puthiya Thalaimurai Foundation, an NGO that works to provide healthcare facilities to the needy is working closely with various stakeholders – Government, Hospitals, Private sector and local communities.

Public-Private partnership in providing healthcare facilities has been in practice in India for a long time. In the last 20 years, this has started to grow in a big way. And, the Covid-19 pandemic which is gripping the world now, has taken this concept further ahead, paving way for many successful partnership between the public and private sector in protecting and ensuring good health for the citizens.

**- D.V. Venkatagiri**  
Secretary, PTF

**Puthiya Thalaimurai Foundation**

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**D.V. Venkatagiri**

Secretary

Puthiya Thalaimurai Foundation



## 10 Tenets of securing and protecting our Heart

- Do not consume alcohol
- Quit smoking.
- Try to avoid foods with high fat content (Biryani/pizza/ghee pongal, etc. )
- Make walking exercise a daily routine, minimum of at least 1 hour for 4 days a week
- For people with diabetes, maintain your blood sugar level at No.6 as per HBA1C
- For people with blood pressure , Keep your blood pressure level to normal
- Avoid stress. Stress will affect the health of your heart
- Do not try to carry a burden which you are not capable of
- For people above age of 50, check your blood pressure and ECG once in 6 months.
- Perform breathing exercises daily or 5 days a week.  
Do meditation to keep your mind and soul calm



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



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*“Propelling Public-Private Partnerships for Community Health”*