

# “VALLI”

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

FOR  
PRIVATE  
CIRCULATION  
ONLY

Edition -2

March & April 2022



Dr. B. Baranidharan

## Chengalpattu Workforce - Safety Protocols can help, it is up to us...

Located 60kms south of the State Capital Chennai, Chengalpattu district has an approximate population of Twenty-five lakhs people. The district has a growing workforce engaged in a variety of fields - agriculture, petty shops, small factories, major companies, IT Industry, retail outlets, Schools & Colleges, Hotels & Restaurants, Government Establishments and Hospitals.



*Covid-19 diseases are here to stay and the world will have to learn*

Chengalpattu has over the years grown into an industry hub and hosts production plants of companies such as, Wipro, Dell, Samsung and Apollo Tyres. The District comprises the following taluks - Pallavaram, Tambaram, Chengalpattu, Thiruporur, Maduranthagam, Thirukazhukundram and Cheyyur. As the severity of the pandemic recedes, the growing workforce of the district is returning to workplace with caution.

**Dr. Baranidharan, Deputy Deputy Director of Medical Services - Chengalpattu District:** The Covid-19 pandemic was a shock from nowhere. It has altered every aspect of our work and life...work from home became the mode of operation for many organizations. This “Life – change event” had disrupted the normal daily routine. With the cases coming down, the containment policies have been slowly lifted. Even though the containment policies are lifted, it is the responsibility of the organizations to look for the safety and well-being of the employees. There will also be a shift towards a more collaborative workplace as people seek social interaction and community engagement, whereas before the pandemic, some employees go to the office and prefer to work in isolation. Employees will now use their physical workplace to meet colleagues, brain storm and have social gatherings. Through these interactions, employees will create a work environment that fosters collaborations, creativity and innovation.

### As a Doctor, I would like to achieve ...



Rajashri Palit

**Rajashri Palit:** When my MBBS journey began in SRM in 2016, I had little idea of what it had in store for me. I was filled with joy, but was also apprehensive about pursuing medicine so far away from home. But 5 years down the line, I can safely say that the journey was worth it. SRM has helped me become a balanced individual and actually fulfil my true potential in various aspects of life. Behind the facade of the stern faculties here at SRM, there is a warm, all-embracing heart that is ever ready to help the students.

I was amongst the lucky chosen few to have the opportunity to attend a series of workshops in numerous universities across the USA, which gave me exposure to international medical facilities. In addition, I had the good fortune to be appointed as the Academic Secretary of the Student Council, which allowed me to conduct numerous workshops and

instill the joys of medicine in younger minds. With a heavy heart, I can say that I will be leaving SRM with memories and the satisfaction that I can become a confident and respectable member of the medical fraternity.



Rajiv Kumar

**Rajiv Kumar:** Becoming a doctor has always been a childhood dream of mine; SRM has been a catalyst in realising both my dreams and potential, and has provided me with an arsenal to overcome the challenges that a medical student would face. I have engaged myself in various extra-curricular activities and have not just confined myself to academic rigor. SRM has deepened my roots and provided me with the strength to unfurl my wings and fly high in the horizon of the medical fraternity.

**Chengalpattu Workforce - Safety Protocols can help, it is up to us**



Mrs. K. Kavitha

**Kavitha, Sr Manager HR, Amphenol Omniconnect, Maraimalai Nagar :** When we heard about first lockdown in March 2020, we immediately started preventive measures in all possible ways. "Work from home" became the norm in our organisation and laptop computers with internet connectivity were given to those who did not have... Safety protocols were displayed prominently in the factory and visitors were restricted into our factory. Masks and capsules to improve immunity were given to all the employees. Public vehicle transportation was discouraged and restricted and employees were picked -up and dropped from their doorsteps. This has been a huge experience for us ...an experience of a very different kind that has made all of us work together in a more efficient manner.



Mr. T. Karthikeyan

**Karthikeyan, Managing Director, Arrow Coach Builders, Maduranthagam:** In order to safeguard our employees from the COVID 19 infection and spread, the body temperature was checked every day at entry into the factory, face masks were given to all, and sanitizers used to clean hands frequently. Persons with symptoms of this infection were isolated and provided immediate medical assistance. We organized medical camps in the factory by joining with Public Health officials and immunization vaccines were administered free of cost.

The workforce in Chengalpattu District is very dynamic and varied. As the world is slowly coming to normal after the pandemic / lockdown, it is very important that the organizations will have to keep their employees healthy and happy. However, if new variants emerge, it may be possible to live without shutting business, *only if the people follow the safety protocol* – Sanitize, Masks and Social Distance – Our well-being is in our hands and we cannot let our guards down.

**Contributors to the Chengalpattu Workforce**

- Teaching and Non-Teaching Staff of Schools & Colleges
- Major Companies
- MSMEs
- Doctors, Nurses & Paramedical Staff in Hospitals
- Government Establishments
- Small traders
- Hotels & Restaurants
- Retailers
- Taxi & Auto Drivers
- Daily Wage Workers

**Chengalpattu Taluks**

- Pallavaram
- Tambaram
- Vandalur
- Chengalpatu
- Tirukalukundram
- Madurantakam
- Thiruporur
- Cheyyur



**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

**SRM Medical College Hospital & Research Centre**  
Potheri

**“வள்ளி”**  
வள்ளி மருத்துவ ஆய்வு மையம்

**Patient's Discount Card** **CHN1000**

Name	T. Vella Durai	Male
Age	XX	Aadhar No 85XX XXXX XXXX
Address	2/4, Pasumpon Illam, XXXXXXXXXXXX Ekkattuthangal, XXXXXXXXX	
Mobile	90XXX XXXXX	

**Discount 20%**

**If you need**  
**Valli Patient's Discount card**  
**Please call**  
**+91 72009 53299**  
**OR**  
**8754417308**  
**OR**  
**8754417400**

**Puthiya Thalaimurai Foundation invites your company to join as 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,**  
**ptfvalli@gmail.com**

- **L**ook for safety of yourself & Victim. Shift the victim to the safe place
- Shake and shout to find out his response. If he responds make him lie down on one side and extend your support by assessing further.
- If the victim doesn't respond, probably he needs immediate Cardio Pulmonary resuscitation (CPR). Call for help and ask the helper to call 108 or nearby ambulance service. Don't forget to inform the address with land mark, if possible share the current location to them by whatsapp, this will reduce the time for searching.
- Check for the signs of life like normal breathing (Lean forward at chest and watch for chest movements and feel the exhaled air on your cheek), movements of limb or cough. If present place the victim in recovery position and reassess every minute for signs of life. Abnormal breathing like gasping is considered as a sign of cardiac arrest and the victim needs immediate CPR.



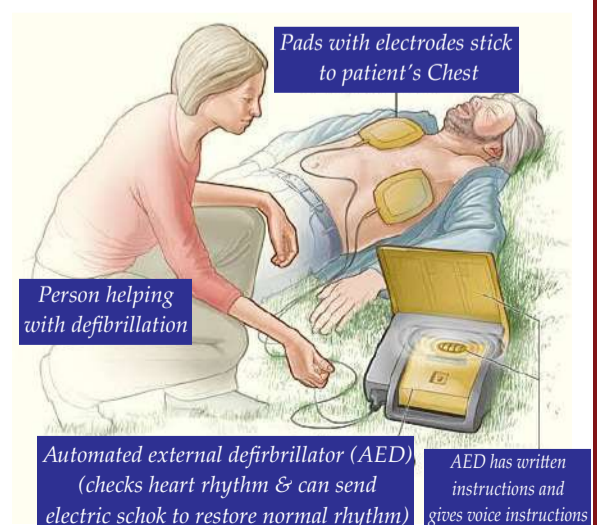
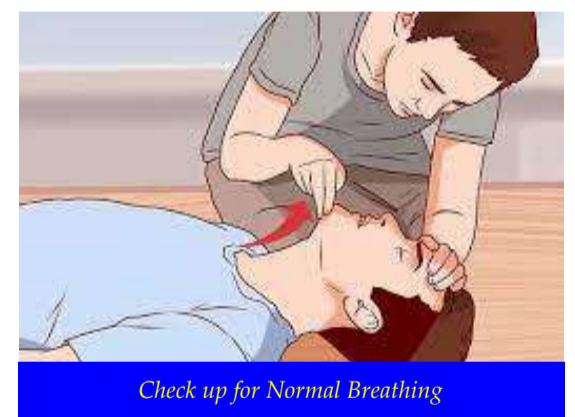
**Dr. V. P. Chandrasekaran, MD**  
(Accident & Emergency Medicine),  
SRM Medical College Hospital and research  
Centre, Potheri

# First Aid in Common Emergencies

## Basic Life Support

- If you are a health care professional, you shall feel the carotid pulse instead of looking for the other signs of life.
- If there is sign of life or presence of central pulse and normal breathing, place him on recovery position (Figure 1) and keep reassessing him every minute
- If no signs of life or no central pulse is felt, start chest compression at the rate of 100-120 per minute, place your heel of the hand should be at the centre of the chest and the depth of compression should be between 2 to 2.4 inch. Never lean on the patient as recoiling of chest is more important for effective CPR. While giving chest compression keep your heel, elbow and shoulder in a straight line and back stiff. The movements should be given from the hip. After every 30<sup>th</sup> compression provide two rescue breath.
- Keep your palm on fore head and two fingers of the other hand on the chin of the victim to lift the chin up, this opens the airway. Then close the nostrils of the victim to prevent the rescue air escaping through nose. Now make tight mouth to mouth seal and blow over a second. While maintaining the sniffing position take your mouth off and release the fingers on nose to allow the rescue breath air to escape. Repeat the same to complete 2 rescue breaths. Immediately resume CPR.
- Interchange the rescuer who give compression and also check signs of life once in every 2 minutes.
- Continue CPR until patient gain normal breathing or consciousness or the professional help arrives.
- Automated External Defibrillators (AED) are available in Railway stations, Parliament and Airport. If available you shall switch on AED, attach the paddles on the chest of the victim as shown in the picture follow the instructions given by AED. When AED announces not to touch don't touch and wait for AED to analyze. After analysis if AED announces No shock continue with CPR, if it announces Shock, continue CPR until charging is completed and stop a while to give shock by pressing the glow button. While delivering shock don't touch the patient. Resume CPR immediately aftershock. Repeat the same Shock – CPR- Analyze- Shock-CPR .....until recovery.

\*\*\*\*\*



## Thank you, I am fine !



I am Prem Kumar from Kayarampedu village located in Guduvancheri, near Tambaram. In December 2021, when I was returning home from night shift work, around 11.45 pm an unidentified truck collided with my motorbike on GST Road, near Maraimalai Nagar and my left leg was severely injured causing a fracture. I was admitted to a nearby Hospital, where I was treated for fracture for about 15 days...but the pain in my leg did not go away. Then, a friend advised me to go to the SRM hospital for better treatment.

I contacted SRM Hospital and through the ValliammaiAmmal Rural Healthcare Assistance Project (VARHAP) I was immediately admitted me to the Ortho Unit of the SRM Hospital. I received the **Valli Healthcare Discount Card** and within 15 days saw good improvement in my health and started walking without anybody's help.

I was given a 20% discount on my medical treatment bill thorough "Valli" Patient's Discount Card. I came back home happily. This is a very memorable event of my life. Good medicine, caring treatment and words giving self-confidence from the doctors are all available in SRM hospital.



## VALLI's STUDENTS' CORNER

### A Competition for Students under 18 years

Good personal hygiene is one of the best ways to protect yourself from getting gastro or infectious diseases such as COVID-19, colds and flu. Maintaining good personal hygiene will also help prevent you from spreading diseases to other people.

### What will you do to make our Community more healthy and hygienic ?

Please send your opinion in less than 100 words or 6 to 7 bullet points on or before 20<sup>th</sup> April, 2022 by email to [ptfvalli@gmail.com](mailto:ptfvalli@gmail.com) and [sm@ptfindia.org](mailto:sm@ptfindia.org) or call to 7200953299 or 8754417400

**Dear Students we need your active participation in this Competition !**

(Top five contestants will get special prizes from Puthiya Thalaimurai Foundation)

## Secretary's Desk

### Community's role in protecting and promoting good life is increasing by the day



With the world coming out from one of the severest pandemic - Covid-19, we understand that it was not just a health crisis but an economic and humanitarian crisis, causing severe disruptions of normal life across continents. The Corona Virus has taught us

some very important lessons in a very harsh manner - we appreciate better, now, the severe fragilities and inequalities that exist in this world.

We need an integrated approach to come out of this crisis - Society, Governments, NGOs, institutions and individuals will have to work on this with compassion, sincerity and solidarity. Our NGO, Puthiya Thalaimurai Foundation has been in the fore front in providing high quality

healthcare services to the public through the multi-dimensional "VALLI" programme – thanks to the excellent support from SRM Hospital, Potheri.

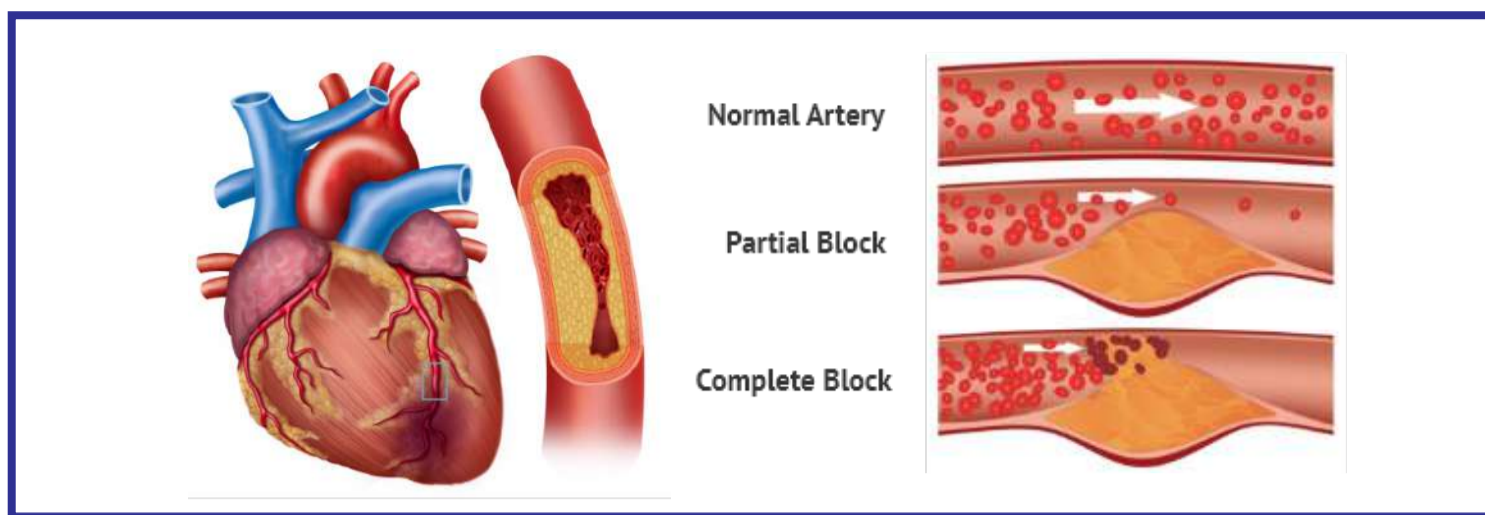
In March 2022, we took a major step forward, as we launched the badge - **Valli Healthcare Ambassador** – that was presented to community leaders and key members of the locality in Maraimalai Nagar and Potheri.

The role of these Ambassadors - retired police officers, school teachers, small business owners, photo studio proprietor, house wives, canteen business man -, who are fine examples of public-spirited persons with experience in social work, will be to connect the services of SRM Hospital to the needy people in their neighbourhood. This act of finding out who requires medical treatment and care and then passing them on the relevant department in the SRM Hospital will surely go a long way in ensuring good public health and the society will be benefited by such community leaders.

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



# 6 VALLI Good Health Poster



## 9 Tenets of securing and protecting our Heart

- In case of chest pain take Tab. Asprin ( Disprin 325mg) immediately and chew. This will prevent further worsening. Take rest and call 108.
- In case of Traumatic extraction of tooth, If conscious enough keep the tooth at mouth and move to dentist or preserve in cold milk and move to dentist - that can be re-implanted.
- In case of Tar sticking onto skin, don't try to peel is instead place occlusive dressing with neomycin ointment and wipe of on next day.
- Charcoal is just not a facial product only, you can use this as an antidote for poisoning (except corrosives and heavy metals).
- In case of accidental corrosive consumption - Take egg white immediately to reduce further injury and rush to hospital.
- In case of Drowning, Don't push abdomen and try to remove water this may cause aspiration and death, instead follow steps of Basic Life Support.
- In case of fits No role for Iron materials to stop fits ( convulsions), instead shift the victim away from sharps and place them at lateral position to prevent aspiration ( call 108).
- In case of severe breathlessness secondary to asthma or COPD, take a paper/ polythene bag, spray 5 to 6 metered dose of Aerocort inhaler (any similar bronchodilator) and make the patient to respire into the bag for 5 times and repeat the same until you reach hospital
- In case of severe bleeding - do compression bandage with wet cloth and don't remove and see until you reach the hospital.

*Department of Accident & Emergency Medicine  
SRM Medical College Hospital & Research Centre, Potheri*



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



SRM Medical College Hospital & Research Centre, Potheri

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

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