

“Community Health and First Aid Awareness - Seminar for Valli Healthcare Ambassadors”

Community Health and First Aid Awareness - Seminar for “Valli Arogya Ambassadors” was organized by Puthiya Thalaimurai Foundation's Valliammai Ammal Rural Healthcare Assistance Project (VARHAP) on 2nd March 2024 at SRM Hospital and Medical College (Seminar Hall), Potheri, Chengalpattu,



Puthiya Thalaimurai Foundation Secretary D.V. Venkatagiri said, “we are conducting the program with the guidance of Dr.N. Nalini Jayanthi and with the commitment and support of Valli Ambassadors, who are a great strength for our healthcare services.”

Dr. N. Nalini Jayanthi, HOD, Department of Pulmonology, in her inaugural address, elaborated on how we have to protect our lungs. She concluded her speech by advising that we should practice breathing exercise every day and have good quality food and adequate water which are essential for a healthy life.

Ms. Kavitha, Human Resource Manager of

Amphenol Omni Connect in Maraimalai Nagar, said that her company employees more than 2500 workers and they take special care about their health and wellness. She also spoke on the importance of first aid and requested everyone to know about the same.

A. Ahamed, Tutor, Accidental and Emergency Care Technology, spoke about breathing exercises and how to give CPR to someone who has the symptoms and feelings of breathlessness. He also used a toy to demonstrate how to give mouth-to-mouth resuscitation to diabetics and heart patients if they faint suddenly.

M. Chandra Babu-Fire Safety Officer, SRM Hospital, Potheri, in his address spoke about “*panchabhutas*” like water, earth, fire, sky and air. He gave importance to fire and explained how to put out fire without pouring water on someone who catches fire suddenly, but by putting a sack on him/her. He also explained in detail about the methods of extinguishing fire using fire extinguishers. 31 Valli ambassadors & general public who participated in this program were given certificates.



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



S. Bharath

My name is Bharath. I Stay at Mogappair. Medicine is my favourite subject. My ambition was to study in SRM Medical college which is known for commitment and have latest technologies and facilities. I'm grateful for the process who have been helping and guiding me for my goal and ambition in developing and improving my knowledge on the medicine field that has made me.

Furthermore, being part of a multi disciplinary team has enhanced my understanding of collaborative healthcare delivery. I learned to appreciate the contributions of nurses,

My name is C.S.Aravind. When I was a practising physician in the Department of Community Medicine attached to SRM Medical College Hospital and Research Centre, I have had the opportunity of serving a diverse community. I was given the privilege of explaining direct to people on the impact of sanitation on the daily life. That experience has helped me a lot.



C. S. Aravind

And I am grateful for the opportunity to contribute to the well-being of society. One of the most important aspects was the duration of my internship.

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Medical Students Dr. S. Bharath and Dr. C.S. Aravind
share their experiences as students of SRM Medical College Hospital
& Research Centre, Potheri

S. Bharath pharmacists, social workers and other healthcare professionals in providing comprehensive care to patients. Working together towards a common goal of improving community health outcomes strengthened my belief in the power of teamwork and interdisciplinary collaboration. In conclusion, my internship at the Department of Community Medicine was invaluable in shaping me into a competent and compassionate healthcare professional. I am grateful for the mentorship, guidance, and support received from the faculty and staff, who have played a significant role in my professional development.

I have been working with my senior **C. S. Aravind** professors to counsel the inpatients of the hospital and make a difference in their lives. An important aspect of this work was the clear compilation of a wide range of clinical cases and patient statistics. Conducting health check-up camps in rural areas for regular check-ups for children and to the elderly and diagnosis of chronic conditions, solving it etc. harnessed my clinical knowledge and transformed me into a better doctor. Each patient interaction of patients provided a unique learning opportunity.

Swami Vivekananda Blood Donation Camp - 20.02.2024



Dr. R. Rajbharath

Puthiya Thalaimurai Foundation Valliammai Ammal Rural Healthcare Assistance Project and S.R.M Hospital Blood Bank organized a blood donation camp on February 20, 2024 at SRM Technologies Campus, Potheri. Dr. R. Rajbharath, M.D. Ph.D,

Department of Transfusion Medicine (Blood Centre) SRM Medical College Hospital & Research Centre), while inaugurating this blood donation camp said "Puthiya Thalaimurai Foundation has been conducting this blood donation camp in partnership with us. The benefits of the Blood donation camp to the donor are - New blood cell production and Enhancing blood flow and Iron levels. I request the Foundation to organise such camps regularly." S. Suresh kannan, General Manager, Puthiya Thalaimurai Foundation, spoke about

the benefits of blood donation and recalled the 2014 Ophthalmology Camp at SRM Technologies. He also briefed about the work of the foundation in detail.

Vasanth Kumar, Senior Executive - Admin, SRM Technologies, Potheri in his keynote address said that Puthiya Thalaimurai Foundation is doing this program here for the first time. This has been very Helpful to SRM. Technology has been very helpful to employees. It was also an opportunity for us to learn about it and we should continue conducting such medical camps regularly.

42 persons participated in this blood donation camp. Out of which 38 persons donated blood. A total of 24 units of blood were collected. They were also given certificates on behalf of SRM Hospital Blood Bank. On behalf of the Foundation, Ramesh Kannan, Project Manager, Puthiya Thalaimurai Foundation coordinated the blood donation drive.



The Medical Camp Beneficiaries

"Valli" 3000



Valli 3000 Card Holder

On June 7, 2024, the 3000th Valli Healthcard was presented in a program at the MBA block, Peter Drucker Hall, SRM Kattangulathur. Puthiya Thalaimurai Foundation Secretary D.V. Venkatagiri gave the welcome address and explained the various projects that the Puthiya Thalaimurai Foundation is handling, organizing, and carrying out. Dr. Nalini Jayanthi spoke on managing health and how food habits help in taking care of your health. She encouraged questions from the public and

answered them. N.K. Raja of Perumbakkam, the recipient of the Valli 3000th card, said that he is working on the distribution of more Valli cards in the Perumbakkam area. The program ended with a vote of thanks by A.R. Ramesh Kannan, Project Manager of the Foundation.



Maraimalai Nagar Healthcare: Opportunities and Challenges

Maraimalai Nagar, on the outskirts of Chennai, has experienced rapid urbanization and industrialization in recent years. This growth has necessitated an expansion in healthcare infrastructure to meet the rising population's diverse needs. The Maraimalai Nagar Industrial Estate hosts around 100 companies in sectors such as automotive manufacturing, engineering, electronics, chemicals, food processing, paramedical, plastics, logistics, and IT, with approximately 10,000 employees working in the area.

Opportunities in Healthcare

Growing Population: Increased migration into the area boosts demand for primary, secondary, and tertiary care services.

Industrial Growth: The large workforce necessitates occupational health services, emergency care, and chronic disease management.

Government Initiatives: Efforts to enhance healthcare in rural and semi-urban areas create opportunities for public-private partnerships and government contracts.

Technological Advancements: Telemedicine, AI, and other technologies can improve healthcare delivery and reduce costs.

Aging Population: An older demographic will drive demand for geriatric, palliative, and long-term care services.

Challenges in Healthcare

Infrastructure Gap: There is a notable shortfall in specialized care facilities and well-equipped hospitals.

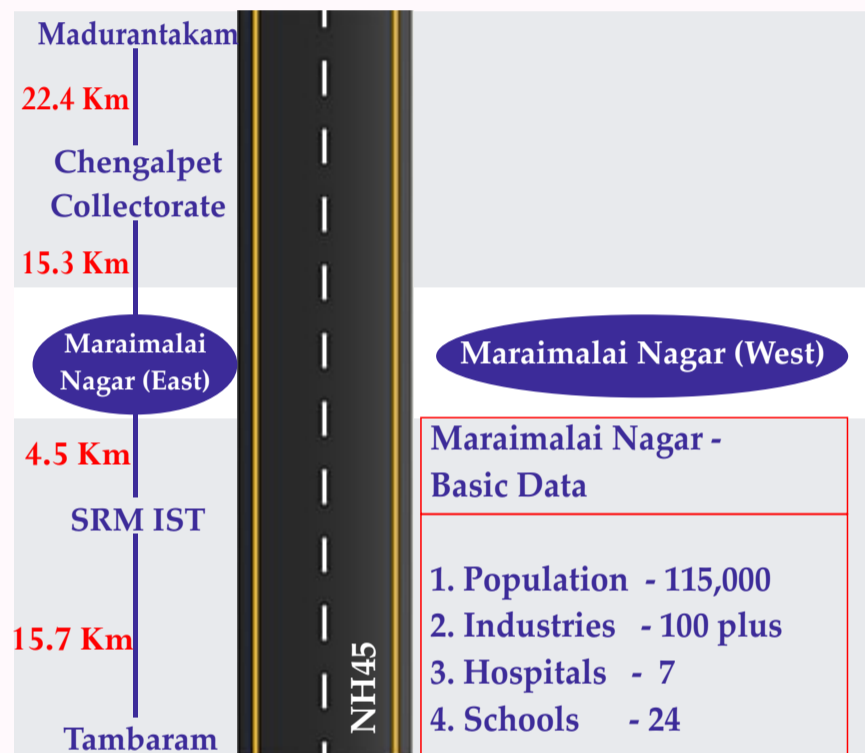
Skilled Manpower Shortage: A lack of skilled medical professionals, especially specialists, may impact care quality.

Rising Healthcare Costs: Increasing costs can limit accessibility for many individuals.

Non-communicable Diseases: High rates of lifestyle diseases such as diabetes and cardiovascular conditions are problematic.

Lack of Awareness: Limited awareness about preventive healthcare leads to a higher incidence of preventable diseases.

Mrs. Sakthi Poornima, a VALLI Ambassador, highlights concern about inadequate medical facilities in the rapidly developing community. The area's growth as a residential and industrial hub underscores the need for accessible, quality healthcare services. Residents believe that current healthcare infrastructure is insufficient, particularly for emergencies and specialized care. There is a call for well-equipped hospitals, primary healthcare centers, and specialty clinics to keep pace with the area's development.



Mr. Kumar, a longtime resident, stresses the urgent need for improved medical facilities. He notes that despite significant growth, the healthcare infrastructure has lagged, causing residents to travel long distances for basic services, which can be critical in emergencies. He advocates for the establishment of comprehensive diagnostic and treatment centers, specialty clinics, and primary healthcare facilities to better serve the community's needs.



Dr. Lt. Col. A. Ravikumar
Pro Vice-Chancellor
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Road Safety Awareness for SRM Bus Drivers

Puthiya Thalaimurai Foundation conducted a Road Safety Awareness seminar for bus drivers on May 28, 2024, at the SRM IST Kattankulathur Campus. A.D. Mohan Raj, Additional Deputy Commissioner of Police (Retd.), participated as the chief guest. The seminar was presided over by D.V. Venkatagiri, Secretary of the Puthiya Thalaimurai Foundation, Chennai. M. Anand, General Manager – Transport at SRM IST Kattankulathur and S.M. Nandagopal, Honorary Advisor, Puthiya Thalaimurai Foundation, were also present. Nearly 65 bus drivers participated in the seminar.

Some of the key points and strategies to enhance road safety awareness for bus drivers shared by A.D. Mohan Raj.

1. Training Programs

- **Defensive Driving Courses:** Offer specialized defensive driving courses that focus on anticipating and avoiding potential hazards on the road.
- **First Aid Training:** Equip drivers with basic first aid skills to handle emergencies.

2. Regular Health Check-ups

- Ensure that drivers undergo regular medical check-ups to verify their fitness for driving, focusing on vision, hearing, and overall health.

3. Awareness Campaigns

- **Posters and Pamphlets:** Distribute educational materials about safe driving practices and the importance of road safety.
- **Workshops and Seminars:** Organize regular workshops with road safety experts to discuss recent developments and best practices.

4. Strict Adherence to Traffic Rules

- **Speed Limits:** Emphasize the importance of adhering to speed limits and explain the dangers of speeding.
- **Traffic Signals:** Train drivers to obey traffic signals and signs strictly.

5. Vehicle Maintenance

- Regularly inspect and maintain buses to ensure they are in good working condition, focusing on brakes, tires, lights, and other critical components.



Special addresses by A.D. Mohan Raj

*Additional Deputy Commissioner, of Police (Retd),
Chennai & M. Anand, General Manager - Transport
SRM IST, Kattankulathur*

Best Drivers

*Krishnamoorthy, Kuppan
& Mr. Perumal appreciated by PTF*

Secretary's Desk



D.V. Venkatagiri

Puthiya Thalaimurai Foundation has been conducting Road Safety Camps in schools and colleges in various parts of Southern India for the last two years.

That has given us a great deal of learnings on the importance of following the basics for ensuring road safety.

Safe Roads, Prosperous Society

As a nation brimming with confidence in multiple fields, we can certainly have safer roads.

World Bank in its report have mentioned that India, in spite of having only 1% of the world's vehicle, accounts for the highest number of road accidents in the world. It also states that, 'every 4 minutes 1 person is being killed in road accident. These accidents cost about 3.14% of India's GDP.

World Health Organisation states that "Developing economies record higher rates of road traffic injuries, with 93% of fatalities coming from low-and middle-income countries."

In 2022, there were more than 3.8 million new car registrations in the country. The Indian Road network, spanning over five million kilometers, carried almost 90 percent of the country's passenger traffic and about 65 percent of the goods. With the rapid increase in the number of cars and the mercilessly congested Indian roads, road safety has turned into a factor of utmost importance for the country's citizens.

60% of the accidents were recorded during day time (6 AM to 6 PM). The peak time was between 12 PM to 6 PM (38.46%). The highest numbers of accidents (32.30%) were observed in the heavy rainy season during the months of July - September.

I am sure, we have a task in front of us... and we need to Change to the better.

- D.V. Venkatagiri
Secretary, PTF



Simple Ways to Improve Mental Health:

- **MANAGING SLEEP:** In this competitive busy electronic world, mental strain has become common with everyone. Proper and adequate sleep i.e., minimum of 8 hours per day is advisable to improve your mental strength.
- **REST OF THE WORK:** You need to take proper rest for the work you do. Continuously working would strain your health and increase your stress level. Taking a break every one hour in-between your work is essential.
- **BALANCE YOUR LIFE AND YOUR WORK:** Not to carry official and business tension to home and that of home to office. You must ensure not to mix official work time with personal work time and vice-versa to balance your life.
- **ELECTRONIC DEVICES ARE TIME WASTERS:** Mobile and Telephone addicts would damage your physical and mental fitness. Control on usage of such devices and keep them to minimum and necessity. Avoid using mobile before bed and immediately after wakeup and in-between sleep.
- **EXERCISES AND ENTERTAINMENTS:** Do regular physical and breathing Exercises. Continue and involve in the games and sports you were enjoying in your Child days and younger days. Listen to soft vocal and Instruments musics, particularly before going to bed.
- **FACING PROBLEMS:** No one can avoid Facing Rough Path And Pitch in life in one way or other. Face problems without fear and develop the ability to come out without losing your mind and confidence level.

Courtesy: Department of Psychology
SRM Hospital, Potheri, Chengalpattu



SRM Medical College Hospital &
Research Centre, Potheri

VALLI

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

“Propelling Public-Private Partnerships for Community Health”

Amphenol
Omniconnect India Private Limited

Quick Heal

Securing Futures
A CSR initiative