

MOBILE HEALTH CARE PROJECT

Sponsored by
**Kruger Foundation for Child Aid, Karwar and
Shri Devadatt Kamat, Advocate, Supreme Court, New Delhi**

PROJECT EXECUTED BY



In association with

**Janata Vidyalaya, Dhareshwar
and
School Betterment Committee**

SECOND FREE HEALTH CAMP

held on
29th of September 2013
at **KWT's Janata Vidyalaya**
Dhareshwar, Kumta

A REPORT



Kanara Welfare Trust with the support of Kruger Foundation for Child Aid, Karwar, has been striving for the social empowerment and development of young minds of our Uttar Kannada District.

As suggested by Shri S.P.Kamat, Chairman, Kanara Welfare Trust, we have now embarked upon a new venture - MOBILE HEALTH CARE PROJECT with the support of Kruger Foundation, Karwar, and Shri Devadatt Kamat, Advocate, Supreme Court, New Delhi. This project involving conduct of free health camps at various rural places in the district was envisaged to enable the economically backward populace to avail of quality medical care by expert doctors. The following committee was constituted to work out the modalities for conducting the medical camps.

1.	Shri K.V.Shetti	<i>Administrative Officer, KWT</i>	Convener
2.	Prof. M.S.Habbu	<i>Retd. Principal</i>	Member
3.	Prof. V.R.Vernekar	<i>Retd. Principal</i>	Member
4.	Shri Vishnu Naik	<i>Retd. Principal</i>	Member
5.	Prin. V.R.Kamat	<i>Principal, G.C.College, Ankola</i>	Member
6.	Shri R.V.Keni	<i>Principal, P.M.High School, Ankola</i>	Member
7.	Shri Prashant Rao	<i>Spl. Coordinator, KWT</i>	Member

The second Free Medical Camp under this project was proposed to be held in September 2013 at a rural place in Kumta Taluk of Uttar Kannada District.

The following are the salient points of the camp.

Venue of the Camp	KWT's Janata Vidyalaya, Dhareshwar, Kumta
Date & time of the camp	29th September 2013 / 10.00 a.m. to 2.30 p.m.
Villages covered	Dhareshwar, Harneer, Gudballi, Horbhag, Navilgon, Kadekodi, Devagiri, Mathagrama, Hologadde, Gore, Handigon, Alvekodi
Beneficiary Patients	386 persons were examined and all were provided with free medicines and health supplements
Doctors in attendance	Cardiologist, Gynecologist, Pediatrician, ENT Surgeon & General Practitioner
Other personnel	4 trained nurses, 1 attendant to disburse medicines, teachers and student volunteers

The Trust Office team visited the venue of the proposed camp beforehand and took measures for securing the requisite facilities for the conduct of the camp. The School Betterment Committee of Janata Vidyalaya, Dhareshwar enthusiastically came forward to render active support for the conduct of the medical camp.

The organizers then invited the following 5 eminent doctors in their respective fields to participate in the medical camp.

1. **Dr. Hemant Kamat**, Shirali (Cardiologist)
2. **Dr. Satish Prabhu**, Kumta (Pediatrician)
3. **Dr. G.G.Hegde**, Kumta (Gynecologist)
4. **Dr. Ashok Bhat Halkar**, Kumta (Gen. Physician)
5. **Dr. Prakash G Bhat**, Kumta (ENT Surgeon)

All the doctors who were approached agreed to participate in this noble cause. After the doctors were finalized, pamphlets and other publicity materials were prepared. Pamphlets were distributed in the villages and they were also given to students of all the adjacent schools. The organizers ensured that the publicity material reached each and every household in the catchment area.

The sponsors & organizers also ensured the provision of free medicines and health supplements to the patients as prescribed by the doctors. **Shri Ganesh M.Kamat of Gee Yem Pharma Links, Kumta**, readily consented to supply the medicines at reduced cost. Shri Kamat also provided the organizers with an attendant and also personally visited the camp site. Some prescriptions which were unavailable at the campsite were filled in by the retail outlet of Gee Yem Pharma at Kumta.



On the day of the camp, registration of the patients commenced from 9.00 a.m. The registrations were done by the teachers of Janata Vidyalaya and Dr. Dinkar Desai English Medium School, Dhareshwar. Individual rooms were allotted to all the five doctors. Weighing machines, BP apparatus, glucometers, stethoscopes, flashlights, etc. were made available to them.



As suggested by the doctors at the pilot camp held in June, a small function was held in the school campus to generate awareness about health and hygiene issues to the people who had assembled at the camp from the nearby villages. Some of the doctors spoke on related topics.



Dr. Hemant Kamat, Cardiologist

The first thing we ask someone when we meet is, "How are you?" We enquire about their health and well-being. Holistic health can be divided into physical health, mental health, emotional health and spiritual health. To acquire a healthy body, an hour of exercise every day is essential. It could be physical exercises, yoga or just walking. Maintaining adequate BMI (Body Mass Index) is also essential. Yoga is now being recommended by doctors world-wide. Along with this, meditation and pranayama would also be useful to keep the mind free from stress. Thinking good thoughts and keeping a positive outlook towards life will enrich our emotional health. Keeping control of our emotions is also important. Not getting addicted to vices like drinking, smoking, drug usage, etc. is very much the need of the day. The physical health depends upon psychological health and they in turn depend upon the spirit. So the body, mind and spirit should be kept in correct working order. How much and how long I can connect to the divine will determine my spiritual health.



I had been to Mysore recently to attend a yoga conference. It was very surprising to note that yoga, which originated from India, was being taught there by a foreign lady. We have been discarding most of the unique things in our tradition and the same is being picked up as a positive influence by the west. Our olden ways must be brought back into practice. Nothing will happen on its own. We have to work upon them.

Dr. G.G.Hegde, Gynecologist

It is very heartening to note that Kanara Welfare Trust and Kruger Foundation have begun conducting health camps across the district. I would like to thank the Chairman of both the organizations, Shri S.P.Kamat, for that.



We as humans are only interested in fulfilling our material desires at the cost of neglecting our health. Social evils are slowly gaining hold. Our minds are not completely in our control. Hatred, jealousy, envy have entered our mindset. We wait for opportunities to bring down people. Role models like Mahatma Gandhi, Swami Vivekananda, Ramakrishna Paramahansa, are being relegated to the background. Crimes, especially against our women folk have become rampant. Not a day passes without reports of gory incidents, which have now ceased to shock us. Small children are getting addicted to liquor and tobacco products. All this are happening because we have polluted our minds along with our bodies. The mind needs to be cleansed first.

Good food, good play, good sleep, laughter and good reading habits help a person to lead a healthy life. We are neglecting foods that have good nutritional values. Consuming junk food has become the order of the day. In spite of we being an agrarian economy, with adequate income and other govt. provided facilities, more than 50% of the female population are anemic. Our rural lands are rich and fertile enough to grow good quality vegetables and fruits. But we have turned our backs on agriculture. Farm lands are being sold for residential plots. We can create some simple food combinations which have high nutritional value. Red rice, roasted and powdered can be mixed with various cereals and jaggery to create a delicious concoction for children.

Students should be encouraged to exercise and indulge in playing various physical games. Life values should be taught in schools so that the social fabric is strengthened.

The conduct of these rural health camps is a step in the right direction. The people of the associated areas would definitely be benefited as expert doctors are present and they can fulfill their medical requirements. The organizers need to be thanked for organizing such camps and for providing the required medicines. Awareness regarding health and hygiene is very much needed to improve the lives of people in our rural areas. Such programs will also be needed to be taken up from time to time.

Dr. Ashok Bhat Halkar, Gen. Physician

We take such good care of our new vehicles by going in for regular servicing. But we postpone our much-needed health checkups. Self-medication has become the common norm in our educated households.



We have seen many cases of patients who have severe health issues because of the consumption of addictive products. Infectious diseases, especially water borne diseases can be prevented by following simple measures. Hygiene should be maintained. Lack of adequate toilets is another grave issue. Science and technology have made our lives easier but at the same time have given way to unhealthy practices. Gone are the days when vegetables needed for the kitchen were grown near the house. Some things need to be revived. We hope that these camps and awareness programs will motivate some of the populace to re-adopt these methods.

The doctors then examined the patients one by one. Blank prescription slips containing the details of each patient were given to the doctors by the registration teams. After the medical examination, the doctors prescribed the required medicines. Blood sugar tests were conducted wherever required. Four qualified nurses were present to assist the doctors. Teachers and students of Janata Vidyalaya and Dr. Dinkar Desai English Medium School, Dhareshwar, worked as volunteers and helped in guiding the patients.



Chairman Shri S.P.Kamat and Trustee Prof. G.V.Bhat, of Kanara Welfare Trust were present and they observed the activities at the camp keenly. They spoke to all the doctors and accepted suggestions for improving the activities in future camps.



Medicines and health supplements were disbursed to the patients free of cost at the camp site. Mr. Shivu of Gee Yem Pharma and the nurses helped in dispensing the same.



The total number of patients examined and treated at the medical camp is as follows.

DOCTOR	PATIENTS TREATED		
	Male	Female	Total
Heart Specialist	26	34	60
Pediatrician	42	38	80
Gynecologist	-	64	64
Gen. Physician	46	77	123
ENT Surgeon	27	32	59
TOTAL	73	245	386

Total cost of medicines and health supplements as per MRP rates are around Rs.1,00,000/-. Gee Yem Pharma Links of Kumta have supplied the same at a reduced rate of Rs.39,940/-.

A hearing impaired girl of 15 years, Ms. Vaibhavi Vinayak Bhandari, was identified by the ENT surgeon for fixation of hearing aid instruments. Chairman Shri S.P.Kamat assured the parents of the girl that appropriate help will be provided to the girl, who is also a promising athlete. Another case, Mr. Nagaraj M.Patgar, age 15, suffering from kidney and heart related diseases was also detected at the camp. The boy comes from a poor family and is a student of our school in Dhareshwar. The Trust Office is following up both the cases.



The medical camp ended at 3.00 p.m.

The organizers are in the process of finalizing the date and venue for conducting the next medical camp.

VAIBHAVI VINAYAK BHANDARI

Age 15 years

Medical Condition – Hearing Impairment

This case was detected at our Second Free Health camp at Dhareshwar, Kumta, held on 29th September 2013 under our project – **Mobile Health Care**. She suffers from profound hearing loss since birth. Her family could not afford the treatment suggested by the doctors.



The ENT Surgeon at the camp, Dr. Prakash G.Bhat, Kumta, had recommended fixation of high power programmable Hearing Aid Instruments for both the ears.

The Trust Office had followed the case and the Hearing Aid Instruments were fixed to the girl patient on Friday, the 11th October 2013 at the clinic of Dr. Prakash G.Bhat, Kumta.



The total cost of the hearing aid instruments including mould, battery cells, etc. amounted to Rs.24,544/-. Dr. Prakash Bhat was kind enough to waive off his service charges and other overheads.

Total cost after this discount amounted to **Rs.21,980/-** which was borne by the sponsor of this project – **Kruger Foundation for Child Aid, Karwar.**

Ms. Vaibhavi is a IX Standard student studying in Gibbs Girls High School, Kumta. She has represented Uttar Kannada District at the State Level in sports like javelin throw & shot-put in competitions held for differently-abled school children and also at normal sports events. Her parents are poor labourers and she also has a younger sister.