



## Department of Community Medicine, MSRMC, Bangalore

### KAIWARA – THE RURAL FIELD PRACTICE AREA OF MS RAMAIAH MEDICAL COLLEGE

**Kaiwara** is a small village in Chickballapur district of Karnataka state, about 70kms from Bangalore. It is the Rural Health training center of Dept of Community Medicine, M.S.Ramaiah medical college.

The town was known as **Ekachakrapura** in Dwaparayuga. The Pandavas of India's greatest epic lived here during their vanavasa (period to be spent in forest). Bheema, the brother of Dharmaraja, has established a temple dedicated to Lord Shiva (Bheemalingeswara temple).

There is an Ashram dedicated to the Yogi Narayana. Kaiwara has become a pilgrimage and a tourist place because of the cave in which Thatayya meditated and attained the supreme spiritual enlightenment. The Ashram, the cave, Amara Narayanaswamy temple, Vaikunta (temple) by the side of the cave and the hillock (on which Bheema supposed to have killed the Bakasura) are the places worth visiting.

| <b>Sub-centres and its population under Kaiwara PHC</b> |                         |                   |
|---|-------------------------|-------------------|
| <b>Sub-centre</b>                                       | <b>Number of houses</b> | <b>Population</b> |
| <b>Kaiwara A</b>  | 1745                    | 5970              |
| <b>Kaiwara B</b>  | 1048                    | 5843              |
| <b>Mylapura</b>   | 1496                    | 9022              |
| <b>Total</b>  | 4289                    | 20835             |



## ACTIVITIES

Our activities are briefed under following Categories

Activities for Students

Activities by Interns

Activities by Post graduates

Activities by Staffs

### **Activities for Students**

Community Orientation Programme is conducted every year for under graduate students. This is the fifth successive year we are conducting this programme and every year this programme is conducted in the month of December for 10 days.

Objectives of our COP are as follows

- Ensure value education through service to marginalized groups – people living in villages/slums/poorest of the poor and people with disability
- Strengthen skill and attitude, input to UG students to help them serve later as effective doctors and leaders in the society
- Help the institution to work towards increased social accountability – in its service, training and research endeavors in undergraduate curriculum.
- Help the students develop appropriate communication skills



3<sup>rd</sup> and 4<sup>th</sup> term MBBS students participating in health check up camp in kaiwara during COP



“Shramadan” as part of NSS activities

## **Activities by Interns**

Every month 10-15 interns are posted to Kaiwara Primary health center from our department. They are divided into two batches; one batch will work in PHC and the other batch in villages that come under Kaiwara PHC. Interns, who are posted in PHC, treat out patients and in patients, along with Medical Officer they also conduct deliveries. They also assist lab technicians in collecting blood smears for malaria. The other batch visit one village every day and carry out activities as suggested by medical officer. To name few activities, they conduct Blindness survey as part of NBCP; they carry out survey for malaria cases, leprosy cases etc. They also do school health examination as and when required. They participate in Sub center health activity planning. Overall they are exposed to excellent learning environment, as expressed by interns themselves.



Interns in Kaiwara Primary health Centre

## **Activities by Post graduates**

Our Post Graduates are routinely posted to Kaiwara. There along with the interns they visit villages, supervise and guide the interns in carrying out the surveys. Some of our Post Graduates have done their Dissertation work in Kaiwara. To Name a few

- 1) Factors influencing age at first child birth in the rural field practice area of MS Ramaiah Medical College, By Dr.Hemanth.T.
- 2) Impact of structured training programme on the knowledge and skills of informal care providers in home based long term care in kaiwara PHC area-By Dr.Arjunana Isaac
- 3) The study of risk factors for cardiovascular disease in two village population of chintamani taluk-By Dr.Farah Naaz Fathima Jaleel
- 4) Study to assess the prevalence and severity of dental fluorosis and genu valgum among school children in the rural field practice area of MS Ramaiah Medical College(ongoing)-By Dr.Arvind.B.A
- 5) A study to determine prevalence of goitre among children aged 6-12 years in rural field practice area of MS Ramaiah Medical College(ongoing)-By Dr.Bhanu



Survey on Fluorosis

### **Important Public Health Intervention by Staff**

- Our staff are routinely posted to Kaiwara and they coordinate and supervise the activities in Kaiwara.
- Community Based Rehabilitation programme for persons with disability(Ashakirana)
- Our Staff and Post graduates stayed in Kaiwara for one month when there was an outbreak of chikungunya in the year 2006,set up a hospital and provided OPD & IPD support to more than 20,000 patients
- “Spandana” special school and resource center for child with Mental Retardation
- World Breast feeding Week is observed every year in Kaiwara, wherein we educate mothers about the importance of breast feeding across 36 villages
- Fluorosis is being studied in 36 villages of Kaiwara which is a public health problem there. Our institution in collaboration with CSIR is successful in bringing the Defluoridation plant to Kaiwara, which will be commissioned soon. Preliminary health survey and infrastructure work are in progress.
- Health educational programmes on public health problems like HIV/AIDS, H1N1, Chikungunya, Dengue, Mental health problems etc.
- Every month on 4<sup>th</sup> Thursday we conduct speciality camp where by specialist from various department visit kaiwara, treat patients and also refer those patients who need hospital care to MSRMTH.



Health education programme during COP. Dr.S.P.Suryanarayana, NSS officer, guiding the students



“Health education – World Mental Health Day” at Kaiwara

|                       |   |                      |
|-----------------------|---|----------------------|
| Officer I/C           | Dr.Hemanth Thapsey<br>Associate Professor |                      |
| I/C Fluorosis project | Dr.Arjunan Isaac<br>Associate professor   |                      |
| Internship Training   | Staff I/C                                 |                      |
|                       | Dr.Pruthvish.S.                           | Professor and HOD    |
|                       | Dr.N.S.Murthy                             | Research Coordinator |
|                       | Dr.Suryanarayana.S.P                      | Professor            |
|                       | Dr.shalini Chandrashekar                  | Professor            |
|                       | Dr.Hemanth Thapsey                        | Associate professor  |
|                       | Dr.K.Lalitha                              | Associate professor  |
|                       | Dr.G.Suman                                | Associate professor  |
|                       | Dr.Arjunan Isaac                          | Assisstant Professor |
|                       | Mr.N.S.Shivaraj                           | Assisstant Professor |
|                       | Dr.Dinesh Rajaram                         | Assisstant Professor |
|                       | Dr.B.S.Nandakumar                         | Assisstant Professor |
|                       | Dr.M.S.Gautham                            | Assisstant Professor |
|                       | Mr.Venkateshappa                          | MSW                  |