

RELIEF CAMP KODAGU

Doctors and nurses of ramiah medical college and hospital went to kodagu for providing medical services to the flood affected areas from 1st to 12th september 2018. 2 teams of skilled and motivated doctors and nurses distributed themselves into 3 areas-

- Valmiki kendra – population of 399
- Suntikoppa – population of 120 with 43 families
- Madapura

Team number 1 was lead by dr. Kalaivani with support from quality head dr. Uma shankar. team number 2 was headed by dr. Akshay simha. Teams were briefed by the health officer running the community health centre regarding the extent of damage and medical assistance required at these areas.

The first day was dedicated to vist these areas and provide first aid care. The team also spent time to reassure the people and sympathize with them. The helping hand lent and kind words gave them much needed strength to fight through these difficult times.

Day 2 involved general health camps and educating the localites about how they could improve their own health by following simple measures such as handwashing, using boiled water for consumption etc.

Over the next few days, along with the assistance of the taluk officer, screening of patients for diabtes and hypertension was done.

The team also recognised the affect of the situation on mental health of the patients following grief of loosing everything they had. Exercise and counselling sessions were organised by dr.kalaivani which uplifted their spirits. Interacting with the elderly, women folk and children not only alleviated their pain but also made them feel cared for.

The relief camp not only assisted people physically but gave them a reason to hope for a better tomorrow and made the localites more aware of their own health.

