



குயில்

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KUYIL

NEWSLETTER OF THE AUROVILLE HEALTH CENTRE

Editorial

Our health workers have been waiting to give their stories for this time's Kuyil.

Many of them have been helping the patients and their families get over their illness and provide moral support at times.

The postpartum period is challenging enough for most young mothers especially in the villages where girls are married off at a very young age. Recovering from birth, learning to parent her young one requires help and experience. Our postnatal program in the villages aims to improve the health of the young mother and child. Our health workers are trained to improve the health of young mothers and new-borns by keeping in regular touch with them, to identify, prevent and treat common problems affecting mother and child. Weighing the new born babies is done monthly. The Health workers also give the mother an opportunity to recover from the previous pregnancy and plan for future healthy babies. This will only happen when mothers are also well nourished and healthy, which is sadly not so for many women in the surrounding villages. Our ante natal program is a major area of work which aims to reduce illness and chronic bad health amongst mothers and babies as well as reducing the number of babies who die either at birth or soon after.



Meningocele



Periyasamy son of Mani an electrician working in Auroville is suffering from a condition called Arnold Chiari Malformation II with meningocele. He has no sensation below his hip, no control over his bladder and bowel; he drags himself and can pull himself up to a sitting position. Periyasamy, now 11 years old, had attended the village school until 5th grade, as he could use the wheel chair. Now he cannot continue his schooling as he will have to leave the village for further studies. The teachers of outside schools refuse to have him. His parents' main concern is to control his bladder function. They have been to many hospitals and remain hopeful.

Dr. Shano

Appirampet Village Health Worker, Dhannamal

I, Dhannamal work as a health worker from Appirampet village about 26 km from Auroville Health Centre since 14 years. I do regular house visits in my village to see if there are any sick people who are unable to visit the doctor at the sub health centre.

I do wound dressing in the homes of patients who are unable to walk to the clinic, also provide first aid in my village.

Two years ago during one of my home visits I saw Valli, a 14 years old girl, thin and tall complaining about swelling and pain in both the legs. I asked the parents to go to the nearest hospital, which is Jipmer. But they did not heed my advice. A few days ago I saw Valli, who was lying down on bed with severe pain, breathing difficulty and blood vomit on the floor .I

immediately sent for the ambulance from the Health Centre to take her to Jipmer Hospital. At the hospital the doctors concluded after examining her that she required a heart operation; delaying further would cause severe complications. The operation cost Rs.50, 000 and the family couldn't afford it.

During the health workers meeting on one Saturday I brought this information to the doctors. We discussed and informed Albert, our Health Centre Executive about Valli's heart condition and family background. Albert visited Valli's house and saw her poor condition and spoke to the doctors at Jipmer, that he would provide the funds and to immediately perform the operation for her.

Now, after the successful surgery, she is leading a happy and settled married life.



Thuruvai village Health Worker, Jayalaxmi

Amudha born in Thuruvai, has two sisters and one brother. When she was studying in high school, she started complaining about pain in her legs. Her parents thought it could be due to the long walk she made to her school everyday as there was no transportation from her village to the school. Her pain increased gradually and suddenly during her final exams she got severe pain in her legs. Since it was the last exam the teacher asked Amudha to go to Jipmer hospital the next day. I came to know of her pain that evening during my house



visits and the next day morning I sent for the Health Centre ambulance. The doctor prescribed some medication but did not seem to help her. I asked our health centre doctor to see her, then after some blood tests we came to know that she is having Rheumatoid Arthritis .Her legs became weaker and more painful over time. Amudha left school after the exams and her parents being very poor did not know what to do. She was taken to the govt. hospital and was admitted for almost a month. The Health Centre provided her a wheel chair as she was unable to move around. She was discharged from the hospital and our physiotherapists helped give her strength back to her feet. After many months of physiotherapy, Amudha is able to walk and lead a normal life.

Multi- Purpose Health Worker - Sreenivas

Since the past 15 years, our Health Centre team is conducting a Child to Child { CTC} program in Government Primary Schools every year We are getting excellent feedback from the children we work with . Children are taught about health and sanitation and our team conducts CTC program in these schools three days a week and covering 18 schools per year. This program is done for one to two hours on every Tuesdays, Wednesdays and Thursdays . Our main topics for the primary school children are personal hygiene, importance of vitamins, prevention of communicable diseases and proper sanitation.



To make the class more interesting we perform puppet shows and screen videos on the above topics. They are able to understand our fun teaching methods

and they are able to take in our information and utilize it in their schools and their homes. The school teachers have repeatedly told us that the children wait excitedly for this one hour fun class.

Before we start the program we have a health check up by our doctor . We continue this program as it helps them to gain knowledge on health and hygiene

Kottakarai village Health Worker, Sudha

Kanniammal, age 75 years, is living with one of her children in a big house.

She lives in a small corner of the house, where all the old stuff is discarded. Since her husband's death 10 years ago, Kanniammal cannot walk or do any household chores.

Her children took her to many hospitals for her ailment, but nothing could be done due to her old age. Her son, whom she is living with, is very bad-tempered and treats her very poorly. She moves on her bent knees. During my house visits I saw her and asked the Health Centre doctor to see her and she was seen by the doctor at her house. She is very anemic as her hemoglobin is only 3 gm%. We gave her iron medication for some months and have found her improving.



Annainagar village Health Worker, Dhanalaxmi

I have a very touching story of a little girl who was helped immeasurably by Auroville Health Centre. I am a health worker since 22 years and am happily continuing the same. I have four children, all grown up, but still under my roof.

Devaraj who has an amputated leg lives in Annainagar and has a small shop selling vegetables in his own village. He is married, with four children. The youngest daughter, Kannimozhi 8 years old, frequently complained of fever and pain in the chest. Often her mother would come to my house to get a pain killer for her daughter. This went on until I found her one day breathless on her front porch of her house with no one nearby. I immediately sent her to



Auroville Health Centre after phoning for the ambulance. At the Health Centre the doctor referred her to the hospital to be checked by the specialists. She was diagnosed as a Congenital Heart Disease (Ventricular Septal defect) and advised to undergo surgery. The cost of the operation was Rs.50, 000. The family couldn't respond as they were very poor. She is in the waiting list for surgery at the Government hospital.

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