

न त्वहं कामये राज्यम् न स्वर्गं नापुनर्भवम् ।
कामये दुःखताप्तानां प्राणिनाम् आतिनाशनम् ॥



Dhanvantari



17th Dhanvantari Seva Yatra

14th March 2020 to 21st March 2020

A venture of Seva Bharati, Purbanchal

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কৰিব পাৰে। তদুপৰি Paytm, PhonePe,
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MESSAGE

I would like to congratulate Seva Bharati, Purbanchal (SBP), a well-known Socio-Cultural organization working for all round development of Assam & the Northeastern (NE) region of India with special emphasis on rural health care & National Medicos Organization (NMO) for organizing Dhanvantari Seva Yatra (DSY)-17 wherein free medical camps will be organized in the entire NE region from 14th March to 21st March 2020.

It is expected that about 75 doctors and 100 medical students will come together to provide their valuable services of free treatment & medicine distribution to the poor and needy people of Assam & NE region. The team of doctors this year will also explain to the villagers how to prevent the spreading of COVID-19 and not to become panic because of Corona Virus in Assam & in NE region.

I am confident that such treatment and awareness camps organized by the doctors & the medical students will not only provide treatment & medicine to the needy rural populace, it will also give a first-hand understanding about the region to the visiting doctors & medical students who have come for DSY-17 from other part of our country.

Presently, when whole world is under the impact of COVID-19, such medical & awareness camps has special significance in reaching out to our rural brethren in providing the necessary support. I appreciate the effort of the Medicos & the organizers for rising to the occasion in such a critical moment.

I am confident that both the organizations Seva Bharati, Purbanchal & National Medicos Organization will continue to extend such benevolent activities in future too.

I wish the event a grand success.

Ramen Sarma
President
Seva Bharati Purbanchal

MESSAGE

In times when the selfless service element in the medical field has seen a decline, I would like to congratulate Seva Bharati, Purbanchal (SBP), & National Medicos Organization (NMO) for organizing Dhanvantari Seva Yatra (DSY)-17 wherein free medical camps will be organized in the entire NE region from 14th March to 21st March 2020.

The ongoing coronavirus pandemic has reinforced the importance of epidemiology and subsequently PSM. It has been neglected as a theoretical subject with rote learning when it is widely applicable in every subfield of Medicine.

In such times we are expecting about 75 doctors and 100 medical students to come together to provide their valuable services of free treatment & medicine distribution to the needy people of Assam & NE region. The team will elaborate the disease caused by COVID-19 and the preventive techniques that needs to be adopted by the community. Moreover a questionnaire has been proposed to provide us with an outlook of the ground realities of the health sector of the community like the water quality of the community, vaccination status, sanitation level, family members etc.

I am affirmative that this notion implemented by our medical team will provide the needful to the rural population. We are not only concerned with the medical aspect of the scheme but also intend to promote the social relations of different parts of the country with the NE region.

I appreciate the effort of the Medicos & the organizers for rising to the occasion at the eleventh hour.

I am hopeful that both the organizations Seva Bharati, Purbanchal & National Medicos Organization will continue to extend such benevolent activities in future too.

I wish the event a grand success.

Dr. Pramod Sharma

President

Dhanvantri Seva Yatra, 2020

Seva Bharati Purbanchal and National Medicos Organization offer heartiest thanks to the following companies who sponsored the mega health campaign of 17th Dhanvantari Seva Yatra (March 14 to 21, 2020) for conducting the Health Camps in the remote villages of North East India

1. Oil and Natural Gas Corporation Limited (ONGC)

2. North Eastern Council (NEC)

3. Numaligarh Refinery Limited (NRL)

4. Premier Cryogenics Pvt. Ltd.

5. Sigma Spice Industries Pvt. Ltd.

6. Assam Air Products Pvt. Ltd.





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The Inaugural Ceremony of

17th **DHANVANTARI SEVA YATRA**

Held at 15th March 2020 at Terapanth Dharmasthala,
Fancy Bazar, Guwahati.



INAUGURAL CEREMONY



INAUGURAL CEREMONY



INAUGURAL CEREMONY



Dhanvantari Seva Yatra, A Journey of Last 15 years providing the protective layer in the life of more than 2.40 lacs people in 3330 villages of North east India through 1422 free medical camps. DSY is a unique program of medical professional from other parts of the country visiting remote areas of North East & Conducting free medical Camps where the medical facilities are lacking.

It all started with only 9 doctors of Banaras Hindu University. Since then this “yatra” is going through regularly with more & more vigour & Jubilance. Till now 16 (Sixteen) such yatras have taken place where the doctors & medical students take part in this novel venture voluntarily and impart their valuable services and now we are at the fag end of 17th DSY.

This year the DSY has got more relevance due to outbreak of CORONA VIRUS disease. There is much ignorance about this virus in the remote area of North East and the medical teams visiting the villages with their professional knowledge & personal touch are more equipped to eradicate their ignorance about this virus & educate the villagers regarding Do’s & Do not’s for this Virus.

The team mates of Dhanvantari Seva Yatra not only offer their medical services in the remote areas of North East, but they also act as the cultural bridge between North East & rest of INDIA, thereby strengthening the bond of National Integration. Their visit in the village areas strengthen the feeling of Nationalism & patriotism amongst the villagers and on the other hand, each team member while returning from North East carries with him a story of North East which he passes to the rest of the country.

I, on behalf of the reception Committee of DSY-2020 welcome all the doctors, medical students who have come all over the country to offer their selfless services & hope they had a wonderful stay in North East.

I thank all medical team members, each & every member of reception committee of DSY, our donors & advertisers and everyone who are contributing to the success of Dhanvantari Seva Yatra.

**Thank you all.
JAI HIND**

CA Pradip Kr. Nahata
Secretary Dhanvantari Seva Yatra

Channeling Seva Into Healthcare

The healthcare facilities in rural India largely lack proper infrastructure in comparison with urban India. As per the Rural Health Statistics 2016, there is a 20% shortage of health sub – centers, 20% shortage of primary health centers and 30% shortage of community health centers. Among those which are running, most do not have optimum equipments or staffs. Given such a scenario, mega health campaign

like Dhanvantari Seva Yatra (DSY), organized by Seva Bharati Purbanchal (SVP) and National Medicos Organisation (NMO) for the states of North East (NE) India, is a remarkable service by reaching people in its remotest parts with effective medical teams.



With improved public healthcare facility being far and few, poor people living in villages are forced to burn hole in their pocket by approaching private facilities which are highly priced. Every day, the gap between the poor and the cost of healthcare expenses is widening. Although, government has introduced healthcare schemes like Ayushman Bharat and Pradhan Mantri

Jan Arogya Yojana, it is surely going to take some time to aware every potential citizen in a country with such a burgeoning population.

Difficulties in transportation would always add to the problems peculiar to a region. A 2014-15 report by Ministry of Health and Family Welfare highlighted some problems in healthcare in NE states as shortage of medical staffs, providing healthcare to remotely located areas, mortality rate due to malaria, diarrhea,



risk of diseases like cancer and HIV. Launch of NRHM in the country including the eight states of NE has brought tremendous changes but there remain many challenges which will not disappear any sooner. High cancer proximity, drug abuse and STDs are also evident in these states in recent years.

Alongside other remote and tribal areas of the country, many parts of NE India remained untouched for decades. However, the picture is gradually changing with the present governments putting extra and evident efforts to make a change in past few years. When it comes to only healthcare in the region, it is pertinent to mention that apart from other measures, only mobile and flexible medical units could reach its population living across remote and hilly terrains.




















Here, a citizen-driven and voluntary medical drive like DSY could be a game changer. Over the years, medical camps were conducted in the remote locations of which many were adjacent to international borders of China, Bhutan, Bangladesh and Myanmar. People over those places do not have easy access to medical facilities. In the given context, as many as 16 Yatras have been conducted

since 2005. The drive has come into direct contact of 28,968 citizens living across NE in the year 2018-19 with the active participation of 206 voluntarily registered doctors and medical students from India and abroad. Since 2005, DSY rendered services to 246,197 patients by organizing 1,422 camps covering 3,300 villages.

As the day of conduct of the 17th Dhanvantari Seva Yatra 2020 comes closer, expectations are stacked up high with maximum effective result. Around 90 doctors & medico students from outside, 50 doctors & students locally along with voluntary participations are pouring in to the Seva Yatra. Renowned doctors and resource persons have contributed their articles for the annual Souvenir which will add enormous value to the entire campaign. Such participation from privileged citizens living in urban areas shows their concern for the desolated ones. Thus, DSY is not only making medical services available for the distant ones but also narrowing the gap between NE and other parts of India in many instances.

A handwritten signature in black ink, appearing to be "Dr. [Name]".

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SEVA BHARATI PURBANCHAL

An Account of the Services offered
during FY 2018-19

Prof. (Rtd.) Dr. Kanak Haloi

Executive Director, Foundation for
Integrated Support and Solution, Guwahati

INTRODUCTION

Inspired by the great acts of services to the humanity, Seva Bharati, Purbanchal is founded in the year 1998 in Guwahati Assam by a number of eminent social workers from Assam. It is a charitable voluntary organisation affiliated to the Rastriya Seva Bharati, New Delhi which is guided

by the social service ideology of the Rashtriya Sayam Sewak Sangh. In line with the Rashtriya Seva Bharati, the Seva Bharati Purbanchal renders its services in five broad sectors of



society

MISSION

The mission of Seva Bharati, Purbanchal is to uplift poor and weaker sections of the society by way basic services like health, education, skill, livelihoods and character building programmes and activities

development namely; 1) health, 2) education, 3) skill and livelihoods, 4) social awareness and character building and 5) others. The main objective of Seva Bharati, Purbanchal is to carry out several social welfare activities for the socially and economically weaker sections of the society all over the eight states of North East India in general and Assam, Meghalaya and Nagaland in particular. Since 1998, it is dedicated to the wellbeing of the society, in guiding the youth for becoming a successful and patriotic citizen by way of providing moral orientation and skill development, arranging hostel accommodation to the needy youths of the region, working actively in the field of tribal and rural and development for their livelihoods, vocational training, awareness generation, health, education and also in carrying out the relief and rehabilitation activities during disasters.

VISION

To empower all round development of the

OBJECTIVES

To provide guidance and assistance to the youth, women and poorer sections of the society especially the tribal population and tea tribes for their all round development.

OPERATIONAL AREA

The office of Seva Bhari Purbanchal is housed in Guwahati, Assam. Its operational area while covers all the eight states North east India, its focus however, is more in Assam, Meghalaya and Nagaland.

MANAGEMENT

The organisation is being managed by an Executive Committee with a term of office of three years. The present committee in effect (2019 to 22) is headed by a President, Secretary, Assistant Secretaries (2), Treasurer and executive members (5), the details of which may be seen from the list given below–

Sl. No.	Name	Designation
1	Shri Ramen Sarma	President
2	Shri Rajib Gupta	Secretary
3	Shri Kamaljyoti Bhuyan	Assistant Secretary
4	Smt. Monalima Dutta	Assistant Secretary
5	Shri Bikash Sharma	Treasurer
6	Dr. Kanak Haloi	Executive Member
7	Smt. Purabi Kakati	Executive Member
8	Dr. Karabee Baishya	Executive Member
9	Smt. Anu Devi Boro	Executive Member
10	Shri Budhin Deuri	Executive Member

NETWORK OF AFFILIATED ORGANISATION

The reach of Seva Bharati, Purbanchal in the farflung areas of north east is achieved through number of its affiliated service organisations. Such organisation include the following names-

- 1) Ratnapeeth Seva Samitee, Bongaigaon
- 2) Seva Bharati, Guwahati
- 3) Seva Bharati Kamakhya nagar Cheritable and Dharmik Trust
- 4) Seva Bharati, Meghalaya, and
- 5) Seva Bharati, Nagaland

IMPLEMENTATION TEAM OF PROJECTS/ PROGRAMMES

The implementation management of the programme and projects under Seva Bharati, Purbanchal is being run by a large team of workers. Numerically, it includes Pracharak (1), Purnakalin Karyakarta (33) and *Angshkalin karyarkartas comprising* Jilla Pramukh Arogya Mitra (19), Community Field Officer under Niramaya (39) and Sampark Pramukh (177).

PROGRAMMES/ PROJECTS

In line with the astriya Seva Bharati, the Seva Bharati Purpanchal enders its services in five broad themes development. The five themes include 1) health, 2) education, 3) skill and livelihoods, 4) social

awareness and character building and 5) others. While rendering services to the society in several areas, a count during 2018-19 accounts for a total 90 activities in education sector, 3223 activities in health sector, 228 activities in skill and livelihoods development, 623 activities in social awareness and character building besides large number of other category activities like conduct 2400 mass marriage (Samuhik Vivah) for the under previlaged couples in four places namely; Rangapara, Biswanath Chariali, Doomdooma and Morigaon. Brief account of the above is summarised bellow-

AROGYA MITRA

The project aims to reach the distant villages for providing primary health care and awareness to the weaker section of the rural society. Under it an Arogya Mitra (Health worker) voluntarily extends primary health care facilities and services for a priod of one hour daily to the people of his / her locality. Various services rendered by 3223 Arogya Mitras include- a) Arogya Mitras pimary training camp, b) Arogya Mitras pragati varg (Advance training), c) free mediacd camps, d) health awareness and sanitation programme, e) Conduct of Gaon Panchayat level meeting, f) Conduct of gaon Panchay Sampark Pramukh meeting, g) execution of Arogyam programme, h) conduct of Kishori Vikas programme, Conduct of Matri mandali programme



and implementation of Niramaya Project

NIRAMAYA

Integrated Child and Adolescent Development project was initiated in April 2017 with the CSR support of Infosys Foundation: a charity organisation housed in Bangalore. The project provides free health and education services in 200 villages belonging to 18 districts of Assam. A team comprising one Project Director, one each Project Manager, Project Coordinator and Technical Assistant at the management unit and 39 Community Field Officers (CFO), and 600 Village Volunteers (VOs) in the field is involved in the implementation of the project. Important component of the Niramaya are-

1) Health screening among children to detect birth defects, deficiency and development delay and refer them to nearby hospital or health centre for further treatment as per government health scheme (Rastriya Baal Swasthya karyakram).

2) Child Development Programme for the age group of 4 to 5 years and 6 to 12 years towards empowerment of children by way of signing, dancing, gaming, story telling, hands on learning, science related activities, behaviour, healthy life style, career counselling and many others.

3) Adolescent development (Aatmabhaan) for adolescent boys and girls (13-18 years of age) to educate them about their well-being and raising physical and mental health awareness and practicing knowledge like risk taking behaviour, substance abuse, gender sensitivity, eating, rise and sleeping habits, social behaviour, conflict resolution etc.

4) Mother and child development to create awareness and practicing skills about child nourishment issues like breastfeeding, childhood diseases, immunisation, nutrition monitoring and pregnancy

Towards effective delivery of various components under Niramaya, working manuals numbering four have been developed besides imparting training to field staff. The manual are-

- 1) Child and Adolescent Health Handbook
- 2) Childhood Development programme
- 3) Adolescent Development programme
- 4) Mother and Child Health Programme

VARIOUS SOCIAL AWARENESS PROGRAMME

Other than health and education, conduct of awareness programmes on other themes are also common to Seva Bharati's programme. Such programme during 2018-19 include the following-

a) International day of Yog (June 21, 2018) in which 39 programmes have been conducted in the villages under Niramaya project.

b) Raksha Bandhan is organized in 38 project clusters involving community people including village children and adolescent on August 2018.

c) Swaschh Bharat Abhiyan. This is organized in the project villages on October 2, 2018.

d) Medical Camps: Under it a number social awareness programmes such as Free Medical Camp, Free Eye Camp, Breastfeeding week (August 1-7, 2018), Nutrition Week (September 1-7, 2018), Shishu Sanmihan camps have been organized in the villages by the Community Field Officers.

YOG BIBHAG

Yog is an integral component for better health management practices of human life. It is regarded as process of integrating physical, mental, ethical and intellectual state of a human being through different methods and practices so that she/he can live an all healthy life. With due regards to such benefits of Yog, Seva Bharati Purbanchal has been promoting Yog as one of its important programme. Different type Yog programmes conducted during 2018-19 and the coverage achieved include the following –

YOG TEACHERS TRAINING CAMP/ COURSES

Yog teachers training programmes and camps have been organized for developing awareness and

practices through teachers. These include Diploma in Yog Education (DYED), Yogic treatment training course, besides Yog Shivr courses.

YOG SHIVIR

The coverage made in the Yog Shivr is brought out in the following chart.

Under the programme, a total of 1705 persons including women and children is benefitted during the year. Besides, it has 17 Block Level Yog Centres covering seven districts of Assam under which also it conducts regular classes through Yog Teachers comprising both male and female.

Type	Particulars	No. of Camps/ Workshops	No. covered
Yog Pravesh	A primary Yog Awareness Camp for student, 7 days duration (14 hours)	102	8730
Yog Sopan	A primary Yog Awareness Camp for adults, 7 days duration (14 hours)	12	506
Yog Workshop	A short time introductory Awareness cum Hand Holding Programme		

YOG AND NATUROPATHY INSTITUTE

Seva Bharati Purbanchal has founded one "Yog and Naturopathy Institute" by reconstructing "Yognilayam": a residential Yog Education, Training and Naturopathy Treatment Centre with the financial support from ONGC. Yognilayam was inaugurated on January 2019 in the presence of chief guest Mananiya Shri Bhaya Ji Joshi, Sara Kariyabah, Rastriya SayamSewak Sangh and officials of ONGC, NE Zone along with many dignitaries and resource persons. The institute is well equipped with modern equipment, qualified and experienced Yog Teachers and Naturopathy Doctors with which it renders services to train and treat people. It conducts Yog Education and Training courses such as Diploma in Yog Education (D.Y.Ed), Yog and Naturopathy Treatment Training Courses and Yog Shivr.

YOG CENTRE

In order to facilitate regular practices of Yog to the local people, Seva Bharati Purbanchal with the support of Yogacharya has been running 66 Yog Centres covering 21 districts of Assam.



ONE TEACHERS SCHOOL

One Teachers School Project for empowering children of the remotest villages is a sponsored initiative of Sewa Canada Project. Establishment of school facility in areas with less schooling facility and that are remote is a key concern of the project to achieve the following objectives-

Yognilayam Building, at Abhaypur, North Guwahati



Mother and Child Health Development



Childhood Development Programme



Adolescent Development Programme



- 1) To provide basic facilities for study to the children
- 2) To provide education in rural areas
- 3) To provide education support to children of poor families
- 4) To develop self-sustaining education process in their own places
- 5) To provide character building based education

Especially, the schools are established in tribal and Tea Garden areas in Assam for promoting educational awareness among the parents and students. During the year, 32 One Teachers Schools are running covering 799 students in total.

SKILL AND LIVELIHOODS DEVELOPMENT

Seva Bharati Purbanchal is working to generate maximum livelihood options for the people living in rural areas of Assam and in NE region. Due to poor income opportunities and earning, the poor families are unable to avail good education and good health facilities and lack basic amenities of living. In order to provide livelihood opportunities to poor families given the context that the region

Assam. Under it conducted village Level meeting for mobilization of people, organize awareness and training programmes. These are conducted to motivate people for adoption of modern technologies and practices in the following areas-

- 1) Organic farming
 - a. Organic fertiliser,
 - b. Vermicompost
 - c. Organic pest management
 - d. Amrit pani
(Compost from cow dung and urine)
- 2) Bio-gas from cow dung
- 3) Health and hygiene
- 4) Self-employment
- 5) Plantation
- 6) Social harmony

A brief account about the workshops conducted in different places under Gram Vikash Yojana may be seen from the following table-

Apart from the above, Seva Bharati Purbanchal operates three Gaon Vigyan Kendra. The Kendras are-

Programme name	Date & Duration	Place	Participants (No.)
Cow based organic farming system	May 7-8, 2018	Viswanath town	55
Cow based organic farming system	August 8-9, 2018	Dalgaon	18
Cow based organic farming system	Oct. 10-11, 2018	Mangaldoi, Kharoi Satra	21
Cow based organic farming system	Nov. 10-11, 2018	Tezpur	20

is endowed with various possibilities of livelihoods, Seva Bharati Purbanchal has undertaken several livelihood development programmes which include skill development training to facilitate gainful self-employment activities. The programmes initiated include Gram Vikash Yojana comprising components like development activities, and training on Silai, bamboo craft, computer operation etc.

GRAM VIKASH YOJANA

In order to transform the villages into self-sustaining units, Seva Bharati Purbanchal has established a centre at Dalgaon, Darrang district,

- 1) Gaon Vigyan Kendra, Dhorar Ghat, Dhubri district
- 2) Kamdhenu Panchagabya Ayurvedic Ousodha Nirman and sikitsha Kendra, Chandkuchi, Nalbari district
- 3) Gaon Vigyan Anusandhan Kendra, Puthimari, Sonitpur district

DHANVANTARI SEVA YATRA

Dhanvantari Seva Yatra is a free mega health campaigning programmes in the entire North eastern sataes of India conduct jointly by Seva Bharati, Purbanchal and National Medicos

Organisation (NMO) This annual event is being conducted in the region since 20015 with the voluntary support of the Doctors from all over the country and abroad and students of various medical colleges. Till now, 16 Dhanvantari Seva Yatra have been conducted in the region. In the financial year 2018-19, 16th Dhanvantari Seva Yatra has been organized in February 2019 with 207 Doctors and Medical Students where 28,968 patients availed free treatment through 162 Free Medical Camps.

FREE MOBILE PATHOLOGY TEST CAMP

In view of the absence of required health facilities in the remotest villages of Assam, Seva Bharati, Purbanchal conducted a Free Mobile pathology Test Camp. Under the camp, mostly sugar test and haemoglobin test have been carried out benefitting 1159 persons from 47 villages belonging to six districts namely; Biswanath (19), Morigaon (11), Lakhimpur (5), Kamrup Metro (5), Majuli (3) and Udalguri (3). The test were conducted by two technicians in as many as 49 camps.

CELEBRATION OF INTERNATIONAL DAY OF YOG

This year, International Day of Yog has been celebrated on June 21, 2019 with lot of enthusiasm. A total of 159 programmes covering 22 districts has been organized where 15,963 persons participated in the programmes with 7861 male and 8102 female.

SAMUHIK VIVAH (MASS MARRIAGE)

To support financially and socially deprived people of the society who are willing to get married observing all the rituals in vague but unable to do so, the Seva Bharati, Purbanchal in association with Sevaayan and Dharma Jagaran Manch conducted four Samuhik Vivah programmes at Sadharo Tea garden field of Biswanath district, Doomdooma of Tinsukia district, Rangapara of Sonitpur district and Morigaon town of Morigaon district, Assam. Under this, marriage event has been performed for a total of 1305. District wise, 297 couples got married in Biswanath district on March 27, 2019, 258 couples in Tinsukia district on February 7, 2019, 398 couple in Sonitpur district on February 3, 2019 and 352 couples in Morigaon district on April 22, 2019. There was nearly no cost for the couples. The married couples were offered gifts comprising of household utensil, a bag, an umbrella, cloths etc.

PROGRAMME ON CHILDREN RIGHTS AND PROTECTION

In the areas of children rights and protection, the Seva Bharati Purbanchal with the support of National Commission for Protection of Children Rights (NCPDR), New Delhi conducted three state and district level workshops. The list provided below depicts the programmes/workshops conducted by Seva Bharati Purbanchal in different places.

Title of the Programme	Date	Venue
Consultation cum Review Meeting of available schemes and services for malnourished and stunted children in high prevalent districts in NE states at Darrang, Assam	20.03.2019	Mangaldoi Sanatan Mandir
Consultation cum Review Meeting of available schemes and services for malnourished and stunted children in high prevalent districts in NE states at Arunachal Pradesh	23.03.2019	Seva Dham APTC,
Consultation cum Review Meeting of available schemes and services for malnourished and stunted children in high prevalent districts in NE states at Goalpara, Assam	25.03.2019	Naharlagun RBR Bhalukdubi, Goalpara

Sl. No.	Projects	
1	Education	
1	One teacher school	30
	Yog Kendra	47
	Computer training centre	1
2	Health	
	Arogya Mitra	3150
	Arogya Mitra (Allopathic)	70
	Yog Chiktsha Kendra	1
	Dental Clinic	1
3	Skill & Livelihoods (Self-employment)	
	Chilai Prashiskan Kendra	1
	Bamboo craft	
	Panchgabya Oushudhi Kendra	17
	Oushudhi Kendra	20
	Panchagabya Prayogsala	11
	Panchagabya Prashiskan Kendra	4
4	Sanskar (Social awareness and character building)	
	Arogyam (Child Development Programme)	
	4-7 years of age	
	7-12 years of age	
	Adolescent development programme	
	Mother and child development programme	
	International Yog day	39
5	Others	
	Mass marriage programme	4

Significance of SEVA



Service to men is service to God. The secret of creation is law of karma – cause and consequence, deed and destiny. As we sow, so shall we reap. If mankind understand law of Karma as enshrined in Hindu spiritual texts, mankind would understand significance of service unto men. God is immanent in every heart of men as Jivatma; so when one serve others, he is serving God only. This is a general statement. If we serve poisonous snake with milk; then poison of snake would increase and the man who kept it in his house would be killed. So, one should discriminate whom he is serving.

To be more scientific, Service unto good man is service unto God. God man said, 'Unity is Divinity'. Unity comes through service. When one serve others, he feels empathy for others. It is vice versa. From empathy and love, service comes. From service, love and compassion get reinforced. Social harmony would not be there if

people do not serve others. Social order is like this. Junior helps seniors; children serves parents in their old age. Through service, they pay the rent of gratitude. Today you help somebody, somebody else may serve you when you need it. It is called law of Karma. Service unites mankind; without unity, war will be rampant all through out. Outside affects inside.

Unity is divinity. Guru systems of Hindu religion and Temples are built to unite mankind. Divine vibrations of those places affect us positively. I felt it at Shirdi Baba temple of Maharashtra, Sri Aurobindo Ashram of Pondicherry; Mata Amritanandamoyi Ashram of Kerala and Sathya Sai Baba Ashram of Puttaparthi, Daksniswarasram of Yogoda Math; Tirupati Balaji Temple and also at some other places. All such places are serving devotees by granting peace of mind and boosting spiritual aspirations. So, going to pilgrimage centers are rewarding. There, one will meet likeminded people



All are equally important. Without leg, how a man could walk! Like wise, all casts must render their service as par their ability so that whole nation prospers.

No true religion teaches hatred to others. Love is God. Jesus said, "Love thy neighbor". Love get reinforced through service. If one loves others, then only he would feel the urge of serving others. Veda declared, "Srinantu Viswe, Amritasya Putraha". Meaning there by, man is son of God. Jesus said

something in his English, "Man is made by image of God". He also declared, "Fatherhood of God and brotherhood of man". As our Father God is same for all of us, we are all brothers. But how many people understand it; even if they understand, how many people have the required zeal to serve others, whatever way possible by them. If we serve God, God loves us more. God's love is a great protection for us. God loved Prahlada, who was constantly remembering God by chanting name of Narayana; thus he was saved so many times from death arranged by his demon father.

By the way, Jesus lived in India for 15 years; he was staying with Mahavatar Babaji, about whom one can learn from the book "Autobiography of a Yogi" by Swami Yogananda. Let us work together to save world from evil power.

India has so many spiritual missions that are meant for service. Prominent among them are : Ramakrishna Mission, branches worldwide; Sathya Sai Seva Organizations', all over world; Bharat Sevasram Sangha founded by Swami Pranabanandajee, Amrita Mission, founded by Mata Amritanandamoyi of Amritapuri, Kerala. All those missions have so many saints with them to serve mankind. Rastrio Sayamsevak Sangha; Viswa Hindu Parisad, Seva Bharati, Bajrangdal etc. are also for serving society. They are also

and chance of serving others would be there. Even if one is happy; others unhappy around him would send distress signal in environment, called sympathetic vibration and that may affect the happy man and that happy man may not be in full peace.

Now, if the same man goes out and serve people around him who are less fortunate than him; he would feel good. Our Hindu treatise declared, 'Bahujonohitayo; Bahujanasukhaya'. It means that people should serve for welfare of all around. It is spiritualism, opposite of communism.

Communist people would take others property by force and enjoy it without any labor from their part, they mislead people for getting political power. That is a great sin. Everybody should work hard to earn their livelihood. Live and let others live. Service is let live concept. It should be mutual. One should serve others depending on his capacity.

A Brahmin would serve others so that people get spiritual solace. A Kshatriya should serve others for protection of country and individual freedom. A Vaishya would serve others by cultivating grains and rendering administration. A Sudra would serve all. Lord Krishna said, "Brahmins are my head; Kshatriyas are my hand; Vaishya's are my abdomen and Sudras are my leg". Every organ is required for survival of whole.

protecting Hindus from terrorists who wants to decimate Hindus. Christian churches are meant for service only, but some of them in India are used for conversions, a wrong practice of course. It does not help them, rather it makes their religion weaker.

Converting someone by paying money; later that fellow does not follow the religion with full heart. That's why conversion is not forced upon by any good religion. Lord Krishna served Arjun as charioteer in Kurushetra war. Krishna was cleaning food plates in Rajsuya ceremony feast of Yudhishtir. He was holding foot wear of Draupadi in his hand while she went inside camp of Bhishma at midnight. Krishna was sending Sari (women's cloth) to Draupadi while she was getting disrobed, thus serving her. Both Rama and Krishna killed a lot of demons who were tormenting Hindu saints and sages. All were service to peaceful society. When man serves others, God serves them by seeing the law of Karma. Draupadi once tied a bleeding wound of little finger of Krishna by a piece of her Sari; remembering that, Krishna produced unending length of Sari from his little finger. Guru also serves disciple. When Swami Vivekananda was given poison to kill him, his Guru Sri Ramakrishna came inside the glass of water and told him not to drink it. Hearing the thundering speech of Swami Vivekananda at Chicago, some jealous Christian preachers decided to kill him and so invited him for dinner. Vivekananda kept the glass after raising it for drinking and was saved. Later all those Christians learned the reason why he did not drink that water and all of them became his devotees.

Sathya Sai Baba of India had been serving mankind by making free Schools, Colleges, Hospitals, free drinking water projects etc. in different parts of India and abroad, just to teach mankind the need of service to others.

Path of service may be different but goal is same. Our service to others if not remunerated in this life; pays us even in next lives by law of Karma.

If anybody understand law of Karma, he can never harm others. Love is God, God is love. Let us live in love. We have taken births lakhs of times and as such we had millions of near and dear ones of so many past lives. Through service unto others, we balance out karma associated with them. Cosmic intelligence arranges all such closeness by His divine will. Ordinary people do not know this. God man advises but do not explain. It is our duty to



explain mankind the secret of service.

When one is serving an old man, it may be his father or brother of his past lives; so one should serve with honesty, not for show and avoiding income tax or getting votes in time of election. It should be from heart. Tukaram, the saint of Maharashtra was serving people by teaching society to have devotion to God, while he wanted to leave his body, divine aero plane came from heaven to take him there. He left world physically; this is the result of service from pure heart. Godman says. "Love all and serve all".

To conclude, let me remind all world leaders, if they do not unite through service to each other, third world war would come to finish the game. There are more than 15 thousands nukes in this world. In case of third world war, world will be made unsafe for human living. Let them decide to denuclearize world by punishing some unruly and unyielding countries so that world become a heaven again, bringing Golden age, predicted by Godman. ■



Prevention of **COVID-19** a Deadly Viral Disease

Many people died recently by some viral diseases like Severe acute respiratory syndrome; Middle East Respiratory syndrome, Ebola virus, Swine flu etc. Latest 7th Corona virus, COVID-19 has been killing people worldwide, mostly in Wuhan city of Hubei province, China. In India also, some 18 cases diagnosed so far, may be more. More cases may develop due to people coming from other infected country.

Prevention is better than cure. There are more than 5000 species of viruses, but only some hundreds are diagnosed. COVID-19 has infected people of 149 countries as of now. It is a zoonotic disease, spreading through animals to man, then from man to man. Animal can harbor it and spread it.

Let me tell something about viruses so that individual can understand better the preventive aspect of it better. Virus must infect living cell of a living host to survive. Their life span is shorter than bacteria. Virus survive more in darkness. Action of ultraviolet light of sunlight inactivate it. It reproduce faster in cold temperature above freezing points. Cold reduces body immunity. Fluvirus survive around 1 hour in nonliving

surface. Higher salinity of water deactivate some viruses faster like HINI virus, a influenza virus. In Whun city of China, temp was 18 degree C when COVID-19 was spreading wildly. At that time, Beizing temp was around 5 degree C.

Virus mutate and evolve in living cell. Interferon, a body chemical of immunity kills virus infected cell. It survives more in saline water than raw water like river and ground water. Tap and RO water are sterile water.

In Hindu puja ritual, Charanamrita is made in copper vessel with Ganga water and Tulasi leaves, all are antiviral. Surya pranam kills viruses if done in sunshine. Early morning exercise and different pranayama gives more oxygen to lung and exposure to sunlight helps killing viruses if any in our body. Indian age-old yoga system lend us good health by prevention of diseases. Ganga water has bacteriophage that kills bacteria and other viruses. Read, "Autobiography of Yoga" by Swami Yogananda.

COVID-19 will die if heated to 26 to 27 degree C. So drink more hot water. Expose to sunlight. Covid pneumonia is usually have dry cough without running nose. This virus size is 400

to 500 mm diameter. So, surgical mask will protect, N 95 mask may not be required. But it is not full proof as from side droplets of saliva sneezed by patient may still reach. Droplets from sneezing can reach 10 feet before it reaches ground. In metal surface, it can live up to 12 hours or more depending on temperature. Can be alive in fabric for 6 to 12 hours.

Normal laundry detergent should kill the virus.

Even without symptoms, patient can disseminate the disease in incubation period or by carriers. It first infects throat, dry cough results. After 3-4 days, it blends with nasal fluid and drips into trachea and enters lung, causing pneumonia by 5-6 days. Then high fever and difficulty in breathing may start. Patient will feel like

drowning in water. Incubation period is 2 to 14 days. Those with comorbid condition like aged patient, diabetic, heart, infectious disease and kidney diseases may get more mortality and morbidity. Use mask while going out to endemic area, white side of surgical mask to be kept outside. If infected, then to protect others, blue side to be outside. Washing hands after touching suspected items with soap and water for 20 seconds is required. In absence of water, 60 percent alcohol rub can be used but washing is better. By the way, 75 % of viral diseases are self-limiting. Serum of those who recovered from attack of Covid can treat others.

Virus can live in hand for 5 to 10 minutes. If mask is not there, elbow sleeve should be used to protect others if cough is there. Avoid travelling outside for next 2 months. No use of Chinese

products for next 6 months at least. This virus may leave months in surface of objects.

Some Ayurveda drugs and food will prevent it and cure it : Neem, Parijat flower leaves, Tulasileaves; Turmeric, Zinzer, Garlic—9 cloves in 9 cup of water, to be boiled, then can be taken 3 times, half cup each time after food or before food.

If patient diagnosed infected, then 3 days fasting with lemon juice, pineapple, orange, mousambi juice, coconut water first day, second day, likewise; third day along with juice, tomato and cucumbar juice or salad. Fourth day, semi solid bland diet. Amount of juice is body weight by 10. If patient is 50 kg, then 5 glasses juice with ample water. Third day, salad, body weight multiplied by 5, in 50 kg patient, 250 gm. Along with early rising, pranayama like Vastrika, Kapalvati, Sunlight exposure etc. are to be done. Faith in God and Guru will help healing by increasing immunity.

In homeopathy ARS alba 30, some 9 globules 3 times before food for 5 days, then one day gap, next day, PHOS 30 ,9 globules 2 times before food for 2 days. Thuja 30, same dose also will help. Mother tincture of Tinosporacordifolia and or Occimum Sanctum 10 drops 3 times daily for 3 days before food. Tinosporacordifolia is also available in Ayurveda, name is Gelay, Guduchi, Amrita.

In Ramdev's Patanjali shops, Gelay Ghanvati tab 2 tab 2 times daily for few days. In Baidyanath, its name is Amritarista.

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If patient has no faith in natural healing or in severe symptoms with comorbid condition, then allopathic medicine can be taken for treatment. Some patients in Thailand are cured by same regime. Ritonavir cap and tab 100 mg each. Oral suspension 80 mg par ml. Dose : 300 mg orally 12 hourly. After 3 days, dose can be increased 600 mg 12 hourly for 5 days. Adverse reaction is

liver disease. Best is Kaletra, combination of Lopinavir and Ritonavir, marketed by Abbvieinc, North Chicago, USA. Tab 100/25 mg and 200/50 mg. Dose : 800 / 200 mg. For pregnant patient, it should be 400 / 100 mg orally 12 hourly. Adverse reaction : Pancreatitis, arrhythmia and liver disease.

In conclusion, best is dynamic faith that it will not affect you. Do not travel next 2 months. Do not take meat and other nonveg. Take those natural remedies written earlier as preventive. As temperature increases, India will be safe except those meat eaters. India is a land of God, pious people will be protected by cosmic intelligence.■



Jala Neti is one of the cleansing techniques, it comes under sat karma, the best treatment for Sinusitis, Allergic Rhinitis and Nasal Polyps. It desensitize the sensitive nasal lining, therefore it give mastery of the hypersensitivity of nasal track.



YOGA and Naturopathy

Yoga aims at preventing the disease and promoting health by reconditioning the psycho-physiological mechanism of the individual along with curing the problems. The physician or the physical therapist who wishes to prescribe quite, relaxing and yet effective methods of exercise is often attracted to the simplicity and calming effects of Yogic practices and Naturopathic techniques.

ABOUT YOGA

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the

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last few decades. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles. Experts of various branches of medicine including modern medical sciences are realizing the role of these techniques in the prevention and mitigation of diseases and promotion of health.

Yoga is one of the six systems of Vedic philosophy. Maharishi Patanjali, rightly called 'The Father of Yoga' compiled and refined various aspects of Yoga systematically in his 'Yoga Sutras' (aphorisms). He advocated the eight folds path of Yoga, popularly known as 'Ashtanga Yoga' for all-round development of human beings. They are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. These

components advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs, contemplation, meditation and Samadhi. These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind. The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

Naturopathy :

Naturopathy is an art and science of healthy living and a drugless system of healing based on well-founded philosophy. It has its own concept of health and disease and also principle of treatment. Naturopathy is a very old science. We can find a number of references in our Vedas and other ancient texts. The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts. The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book 'New Science of Healing'. Shri D. Venkat Chelapati Sharma translated this book in Telugu language in 1894. Shri Shrotri Kishan Swaroop of Bijnor translated this book into Hindi and Urdu languages in 1904. All this gave a wide propagation to this system.

Gandhiji was influenced by the book Return to Nature written by Adolf Just and become a firm believer of Naturopathy. He not only wrote several articles in favour of Naturopathy in his newspaper Harijan but did its several experiments on himself too, on his family members and members of his Ashram. It may be noted here that Gandhiji used to stay at the Nature Cure Clinic of Dr. Dinshaw Mehta situated in Pune during 1934 to 1944. In his memory, the Government of India established National Institute of Naturopathy in 1986 at that place. Gandhiji included Naturopathy in his

constructive programmes. Due to influence of Gandhiji, several National leaders joined this minority health movement. The names of former Prime Minister late Morarji Desai, former Governor of Gujarat Shri Shrimannarayanji, former President of India late V.V. Giri, Acharya Vinoba Bhave and Shri Balkova Bhave need special mention in this regard.



HEALTH MANAGEMENT THROUGH YOGA AND NATUROPATHY

What is yoga? Yoga is a science as well as an art of healthy living. It is no way limited by race, age, sex, religion, caste, creed and any other boundaries and can be practiced by those who seek an education on better living and those who want to have a more meaningful life. Yoga is the surest way of complete health. Yoga is the science of life and the art of living. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and body for discovering spiritual truths. Yoga is science of life, it offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. Yoga is neither a sect nor an

ideology but a practical training of mind and body. Yoga is also a technique for achieving purest form of self-awareness, devoid of all thoughts. Integral Yoga equips us with the right tools to handle life's uncertainties in a remarkable calm manner. It is nothing mystical-just a practical and scientific guide to an improved way of life. It is the science that harmonizes the mind body connection most effectively. It is a power tool for facing life's challenges with an attitude that will delight us. It has four major tools which are well meshed into one another :

- i) Postures (Asana) for physical exercise
- ii) Meditation for mind exercise
- iii) Breathing (Pranayama) for channeling energy correctly.

Deep relaxation. Naturopathy is a philosophy of balancing the energy system of the body physical emotional and spiritual using the natural methods, prevent stress and distress on the organs and promotes overall well-being and rejuvenation.

Benefits of Yoga At the physical level yoga and its cleansing practices have proven to be extremely effective for various disorders. Yoga is beneficial as follow :

- (a) Increasing flexibility Yoga has position that act upon the various joints of the body including those joints that are never really on the 'radar screen' let alone exercised.
- (b) Increasing lubrication of the joints, ligaments and tendons thewell-researched yoga positions exercise the different tendons and ligaments of the body. Surprisingly it has been found that the body which may have been quite rigid starts experiencing a remarkable flexibility in even those parts which have not been consciously work upon.
- (c) Massaging of all organs of the body Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner, including



those such as prostate-that hardly get externally stimulated during our entire lifetime. Yoga acts in a wholesome manner on the various body parts. This stimulation and massage of the organs in turn benefits us by keeping away disease and providing a forewarning at the first possible instance of a likely onset of disease or disorder. One of the far-reaching benefits of yoga is the uncanny sense of awareness that it develops in the practioner of an impending health disorder or infection. This in turn enables the person to take pre-emptive corrective action.

- (d) Complete detoxification by gentle stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in flushing out of toxins from every nook and cranny as well as delayed ageing, energy and remarkable zest of life.
- (e) Excellent toning of the muscles that have become flaccid, week or slothy are stimulated separately to shed excess flab and flaccidity.

Attitude training in Yoga Therapy Most of the Asans and Pranayam are classified as if they are for particular physical or mental problems. For example matsyendrasan Asana is good for a diabetic patient or savasana is good for controlling

high blood pressure. As a matter of fact, only Asanas or Pranayam is not going to help if it is done in a mechanical pattern or form. There are other factors, which are playing a major role in recovery process. The yoga therapist must and should impart the technology and philosophy of this science while providing the training to their patients. The traditional poses are not at all suitable to the needs of the men of this age where our life style is completely different from those of the old days. It is more important to teach more simplified versions as yoga is non-specific when it comes to effective and positive results, especially if other factors are not incorporated, for example, diet, routine, positive attitude, openness to accept the changes and learning new healthy habits etc.

These other factors are :

- i) **Awareness** A person who is practicing yoga as a therapy must understand the reason for this practice. It is not important that the pose should be perfect in order to get its benefit but more important is the awareness of the body and attitude.
- ii) **Concept** The concept of pose and Pranayama must be explained and should be very clear before its practice. The scientific explanation is a must.
- iii) **Commitment** There has to be a commitment from both the sides-the therapist and the practitioner. There must be a mutual understanding that one is there to explain and teach and the other is there to learn, recover and gain.
- iv) **Dedication** Quite often people are taking up yoga as an experiment. Sometime when all other doors are closed, people come to yoga practice and expect a miracle or instance change or recovery. Just as there is a big difference in allopathic medicines and herbal medicines, likewise there is a big difference between other holistic physical training and

yoga. Once the person feels some positive results, he has to practice on a regular basis as a routine. Once a week, one hour practice is not going to help.

- v) **Trust and faith** Just as a patient trusts his doctor or any other health practitioner, in the same way there has to be a faith and trust in whatever the patient is practicing during yoga therapeutic sessions. It is very important that a good relation is maintained during the treatment and follow up sessions.
- vi) **Attitude** Often, people who believe in other faiths or religions are not ready for certain yoga practices when it comes to the philosophy and devotional practices for relaxation and meditation. The attitude is that "I want to learn yoga but I do not want to learn philosophy, I am here to learn only poses and breathing." In other words, "I want to learn swimming but without getting wet. It is very important for a therapist to provide the scientific explanations with spiritual support. All yoga practices are based on the laws of the nature. It is very true that the science of yoga was developed in India and majority of Hindu people practice that. The base is of Hindu, Jainism and Buddhism faith-but as a way of life. All Hindu, Buddhist and Jains scriptures and literature are explaining yoga, one has to have some sort of knowledge of Bhagwat Gita, Preksha Dhyana, Patanjali Yoga Sutra, Health Yoga Pradipika and such texts. Here the intention is not to teach the religion but the philosophy behind the practice. If certain techniques are practiced with a certain attitude then it helps, more than a mechanical practice e.g. chanting of OM as an universal sound. Many attitudes are cultivated while practicing any pose.

Each and every move can provide a space to learn a certain attitude if explained and developed during its regular practice. It

could be from gross to the subtlest level, that will help the practitioner in the long run to change his life style and in cultivating healthy habits. Health Management through yoga positions (Asanas) Yoga poses have been developed over centuries of research and experience. They have been found to be extremely effective. We should adopt yoga positions and preferably yoga routine in our life.

Yoga results in huge benefit in terms of :

- i) Correcting metabolic disorders.
- ii) Overcoming stress and mind behaviors that seem beyond our control.
- iii) Changing firmly entrenched attitudes or personality disorders. Integral yoga ensures all round personality and health development by concentrating on yoga positions, meditation, pranayama techniques and body cleansing methods. Yoga has simple and effective body movements that strengthen our back, firm the stomach and redistribute body weight. Yoga exercises stretch and tone the body muscles. To increase endurance and improve flexibility, yoga asanas or positions are the best among all exercises for toning muscles, lubricating joints and massaging the body. Yoga postures bring physical as well as mental stability. These asanas were developed thousands of years ago and have evolved over centuries. They work wonders in keeping the body healthy and the mind peaceful. Asanas exercise the nerves, glands, ligaments and muscles. In other words, yoga exercises are the most comprehensive method of self-care. Although the asanas are very powerful, the effect becomes dramatic when they are done the right way. The mind must be in harmony with the body movements, for this it is essential to equip ourselves with the other tool of Integral Yoga.

Health Management through Naturopathy :

- I) Cure of Heart disease by Naturopathy
Millions of people in the world suffer from the diseases of the heart and blood vessels. The heart which is muscular pump, keeps the blood circulation continuous. But when there is a breakdown of this complicated mechanism, blood supply to a part of the body may be affected leading to what is known as heart attack.

But with naturopathy the following cardiovascular diseases can be cured: Coronary Thrombosis-sudden blocking of one of the arteries. Arteriosclerosis-hardening of arteries. Degenerative heart disease – gradual decay of blood vessels due to excessive smoking of tobacco.

Hypertensive Heart disease – straining of blood vessels due to high blood pressure.

This leads to hardening of blood vessels, hence diminishing the supply of blood. High blood pressure (Hypertension) – Blood pressure remains high leading to disorder like lack of strength, bad temper, visionary troubles, tiredness, headache, coldness of hands and feet.

Nature cure :

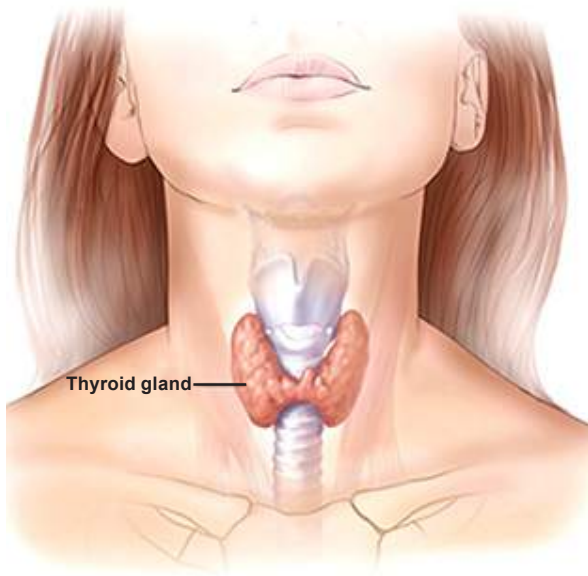
- Routine-Mudpack
- Specific — full massage (reverse direction),
 - (i) Neutral spinal spray, ice massage to spine.
 - (ii) Diabetes is a very old disease, has a common feature-excessive accumulation of sugar in blood, due to malfunctioning of pancreas. The general prevalent method of treating the diabetic patient is to inject insulin to compensate what could be produced by the pancreas. The yogic treatment restores the normal functioning of the pancreas and other endocrine glands. The chemistry of the body becomes normal leading to a healthy body.
- Routine-Enema, mudpack

- Specific-full massage, partial massage to abdomen, cold abdomen pack, cold hip bath.
- (iii) Cancer has affected millions in the entire world. It is the phobia of the disease which causes more suffering than the cancer itself. In cancer, floating starved non-functional cells group together and manifest themselves as tumours, ulcers and cancer.
- Routine-Enema, mudpack, cold spinal spray/bath, wheat grass juice therapy, grape diet.
 - Specific-full massage, steam bath, under water massage, cold circular jet.
- (iv) Obesity is becoming a common health hazard and leads to many other diseases like coronary heart disease, high blood pressure, diabetes, psychosomatic

disorders and a shorten life span. The main cause of obesity is excessive eating. The best method to control weight is to reduce the intake of protein, carbohydrates and fat and increase the supply of mineral and vitamins and also increase exercises. Nature cure this method of cure involves body purification. The method lightens the body and makes it free from toxins and morbid matter which in turn results in problem free weight loss.

The procedures are : Full body dry friction-for 10 minutes daily. Enema (colon irrigation)-with Luke warm water, alternate days. Stem bath-20 minutes, twice in a week. Hot foot bath-20 minutes, 5 days per week.■

Hypothyroidism and its management through **AYURVEDA & YOGA**



Dr. Bishnu Choudhury, MD

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Th thyroid problems are the most common endocrine disorders presently seen worldwide. It is second only to diabetes mellitus as the most common endocrine disorder.

Hypothyroidism is a clinical syndrome resulting from deficiency of thyroid hormones due to their insufficient synthesis which in turn results in a generalized slowing down of metabolic processes. The thyroid gland is a butterfly shaped gland about two inches in size positioned in the

throat region. There are epithelial cells called thyrocytes within the gland that secrete thyroid hormones, that is : Tri-iodothyronine (T3) and Thyroxine (T4) as well as the hormone calcitonin. These hormones help in regulating the body's metabolism and calcium levels, respectively.

Thyroid gland requires Iodine for the formation of the thyroid hormones. The pituitary releases Thyroid Stimulating Hormone (TSH) which governs this chemical process. An increase in Thyroid Stimulating Hormone (TSH) production translates into an increase of Tri-iodothyronine (T3) and Thyroxine (T4) production, and additional conversion of T3 to

The most effective pranayama for hypothyroidism is Ujjayi Pranayama. It acts on the throat, and its relaxing and stimulating effects are most probably due to stimulation of the throat area, which are controlled by the brain stem and hypothalamus. Bhramari pranayam, also found helpful. Nadi Sodhana pranayama is useful in balancing metabolism.

Kanchnara Guggulu, Arogyavardhini, Guduchi Ghana Vati, Trikatu Churna, Panchakola Churna, Punarnava Mandura, Tryushnadi Lauha, Guduchyadi Lauha, Medahara Guggulu.

T4 occurs in the liver.

The prevalence of hypothyroidism in the developed world is about 4-5 %. The prevalence of subclinical hypothyroidism in the developed world is about 4-15 %. The female-male ratio is approximately 6:1. Urban India has a high prevalence of hypothyroidism, which is about 10 %. It has been reported that in India alone, about 42 million people has been suffering from thyroid disorders.

Hypothyroidism mainly two types – i.e. Primary Hypothyroidism & Secondary Hypothyroidism

Causes of Primary Hypothyroidism are :

1. Primary Hypothyroidism : caused by the inability of the thyroid gland to make T3 and T4; The most common cause of primary hypothyroidism is :
 - i) Iodine deficiency
 - ii) AITDs (Autoimmune thyroid diseases); (Hashimoto's thyroiditis)
 - iii) Various drugs such as lithium, interferon, methimazole, phenylbutazone and radiation therapies can create the disease
 - iv) Congenital – may result from deficient iodine or maternal hypothyroidism, which creates growth retardation (formerly known as cretinism – characterized by mental defect, dwarfism, deafness, poor learning etc).
2. Causes of Secondary Hypothyroidism is due to failure of the pituitary gland to secrete enough TSH or the hypothalamus' failure to make enough thyrotropin releasing hormone.

Clinical features :

It is sometimes referred as 'Silent disease' as the symptoms of hypothyroidism are notorious for their non-specific nature and for the way in which they mimic many symptoms of other

diseases. Hypothyroidism is one of the most undiagnosed and misdiagnosed diseases, as hypothyroidism doesn't have any characteristic symptoms, and many symptoms of this condition can occur in people with other diseases.

Major presentations of Hypothyroidism :

- 1) Weight gain
 - 2) Tiredness & easy fatigability
 - 3) Swelling over face, eyelids, hands & feet
 - 4) Dull facial expressions
 - 5) Menstrual irregularities
 - 6) Goitre
 - 7) Cold intolerance & dry rough skin
 - 8) Thin brittle hair & hair fall
 - 9) Muscle stiffness & pain, weakness in the extremities,
 - 10) Pallor (Anemia)
 - 11) Hypothermia
 - 12) Forgetfulness, inability to concentrate,
- In very young infants, hypothyroidism can result in irreversible mental and physical retardation, unless treatment is initiated within weeks after birth, whereas, in children and adults, the effects of hypo-function of thyroid though profound are reversible. So early diagnosis and treatment is essential which can save the life of the young aged patients.

Diagnosis :

Diagnosis is usually based on one test, that of the Thyroid Stimulating Hormone (TSH.) If the results of the TSH test are normal, it is inferred that the thyroid is functioning normally. If the thyroid is under-functioning, the 'Serum TSH' is always elevated.

In secondary hypothyroidism, free T4 and serum TSH are low.

Autoimmune Hashimoto's thyroiditis is often diagnosed with additional tests of T3, T4, thyroid peroxidase antibodies (Anti-TPO), and Thyroglobulin antibodies.

Allopathic treatment :

The conventional treatment of Hypothyroidism is Thyroid hormone replacement therapy i.e. Levothyroxine. But Levothyroxine has certain side-effects on long term use like it precipitates angina, causes cardiac arrhythmia, palpitation, tachycardia, muscle cramps, weakness, restlessness, osteoporosis etc. On the other hand, under-treatment with levothyroxine can lead to dyslipidemia and progression of cardiovascular disease. So before taking medicine one should consult with a doctor.

Complications of Hypothyroidism

- 1) In due course of time, untreated hypothyroidism may lead to number of health problems such as obesity, anemia, osteoarthritis, infertility etc.
- 2) In serious situations of untreated hypothyroidism, a low body temperature, psychosis, and even heart failure may also develop.
- 3) Pregnancy in a woman with untreated hypothyroidism often results in miscarriage.
- 4) A likely to be life threatening condition called myxedema coma can occur in patients with longstanding hypothyroidism where "breathing slows, seizures occur, and blood flow to the brain decreases."

Ayurvedic Management :

Useful Herbs for the treatment of Hypothyroidism are

1. Kanchnara – (Bauhinia tormentosa)
2. Guggulu – (Commiphora mukul)
3. Pippali – piper longum
4. Trikatu -
5. Triphala –
6. Panchkola - It comprises of five drugs i.e. Pippali, Pippalimula, Chavya, Chitraka and Shun?hi.
7. Ashwagandha (Withania somnifera)
8. Shigru (Moringa oleifera Lam.)

9. Jalkumbhi (Eichhornia crassipes – Water hyacinth)
10. Coriander seeds (Coriander sativum)

Specific Ayurvedic Formulations :

- Kanchnara Guggulu, Arogyavardhini, Guduchi Ghana Vati, Trikatu Churna, Panchakola Churna, Punarnava Mandura, Tryushnadi Lauha, Guduchyadi Lauha, Medahara Guggulu.

(N.B. Patient should consult with a qualified Ayurvedic doctor before starting any medicine).

Dietary and Life-Style Modifications :

- Iodine rich foods such as fish, sea foods, beetroot, kelp, parsley, oatmeal etc. should be taken.
- Avoid Goitrogenic foods such as cabbage, cauliflower, broccoli, turnips, soybean products, peaches, pears, sweet potatoes, mustard, etc. Also minimize intake of Caffeine drinks like coffee, cola and smoking.
- Diet should be high in fibre and low in calorie. Salt intake should be kept at a minimum. Heavy, fried food and high calorie diet should be avoided.
- Sedentary life style should be avoided. Patient should increase his/her physical activities.

Yoga & Pranayam also having benefit for management of Hypothyroidism

Yogasana :

Sarvangasana is the most suitable and effective Asana for the thyroid gland. It improves the thyroid gland function by enhancing blood circulation and increases the hormone secretions. Other effective asanas include Surya Namaskara, Pavanamuktasana, Supta Vajrasana, trikona asana,





Matsyasana and Halasna.

Pranayam :

The most effective pranayama for hypothyroidism is Ujjayi Pranayama. It acts on the throat, and its relaxing and stimulating effects are most probably due to stimulation of the throat area, which are controlled by the brain stem and hypothalamus. Bhramari pranayam, also found

helpful. Nadi Sodhana pranayama is useful in balancing metabolism.

Conclusion :

Multi-factorial and holistic approach is required for management of hypothyroidism i.e., diet, drugs and yogic exercises & pranayam all in combination helps in normalizing the thyroid function in hypothyroidism.■



ORAL hygiene

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“Healthy teeth and a great smile are always in season.”

To keep our teeth healthy and strong we must maintain our oral hygiene.

Oral Hygiene is an important part of the general state of health as the teeth participate in the different forms of facial expression in eating & communication. The disorder that affect oral health may be localized to the teeth or to the surrounding tissues. Dental caries is a disease that affects a large percentage of children of school age and the great majority of adults. According to the World Health Organization (WHO) and as stated in its report on oral health throughout the world, this is a disease with a high prevalence. For many years, the principal objectives of oral cavity were to prevent dental caries in children emphasizing the influence of the diet in their development. Prevention is now aimed at all age groups and focuses in its attention on the diet,

periodic dental checkup and an adequate oral hygiene essential to maintain an optimal state of oral health that is fundamental in achieving a good quality of life.

Dental Caries is the most common disease of the Human Race. It is caused by plaque, a sticky substance that gets bind to teeth. Plaque is a combination of bacteria, saliva, acid and food particles present in the oral cavity together with the time factor. There are additional factors, such as the position of the tooth, its composition, slivery factor, age, systemic causes and race, social class, education, knowledge and habits. Caries may be active or rapid progression or rampant caries that affects almost all the teeth and progress rapidly. First degree of caries may affect the teeth enamel, second degree enamel and dentine, third degree enamel, dentine and pulp, fourth degree when periapical changes are present.

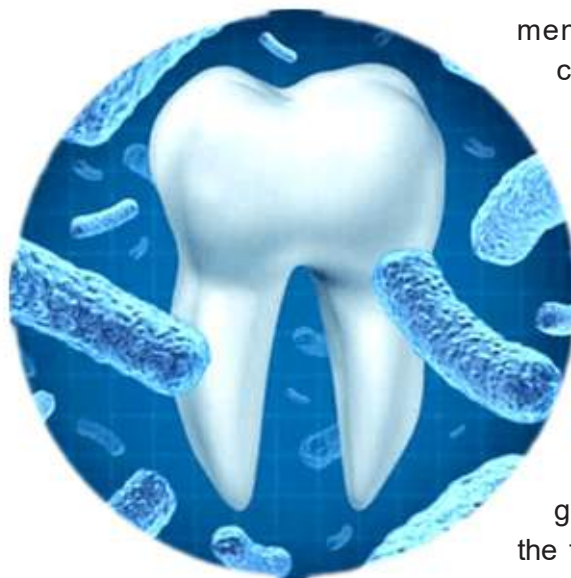
Gingivitis (Gum disease) is an inflammation of the gum surrounding the teeth. It is caused by

There are additional factors, such as the position of the tooth, its composition, slivry factor, age, systemic causes and race, social class, education, knowledge and habits. Caries may be active or rapid progression or rampant caries that affects almost all the teeth and progress rapidly. First degree of caries may affect the teeth enamel, second degree enamel and dentine, third degree enamel, dentine and pulp, fourth degree when periapical changes are present.



the buildup of bacterial-plaque that form a bio film on the surface of the tooth and gum. Calculus or dental tartar is form by mineralization of the bacterial plaque and it accumulates in teeth. Supragingival calculus is whitish or yellowish in colour and it can be easily removed. Subgingival calculus are darker in colour and it is more firmly attached. The Gingiva becomes bright red colour, inflamed, swollen and usually bleeds spontaneously on brushing or flossing. Tender gums that may be very painful to touch. Gingivitis is associated with halitosis (Bad Breath). Swollen gums which may be sore or more susceptible to bleeding are

common in pregnancy, puberty and menopause due to hormonal changes. Although, in gingivitis, the gum may be irritated, the teeth are still firmly planted on their socket. No irreversible bone or other tissue damage has occurred at this stage. When gingivitis is left untreated, it can advance to Periodontitis or Pyorrhea. In a person with Periodontitis (Pyorrhea), the innerline of the gum and the bone pull away from the teeth and form pocket. These small spaces between teeth and gums



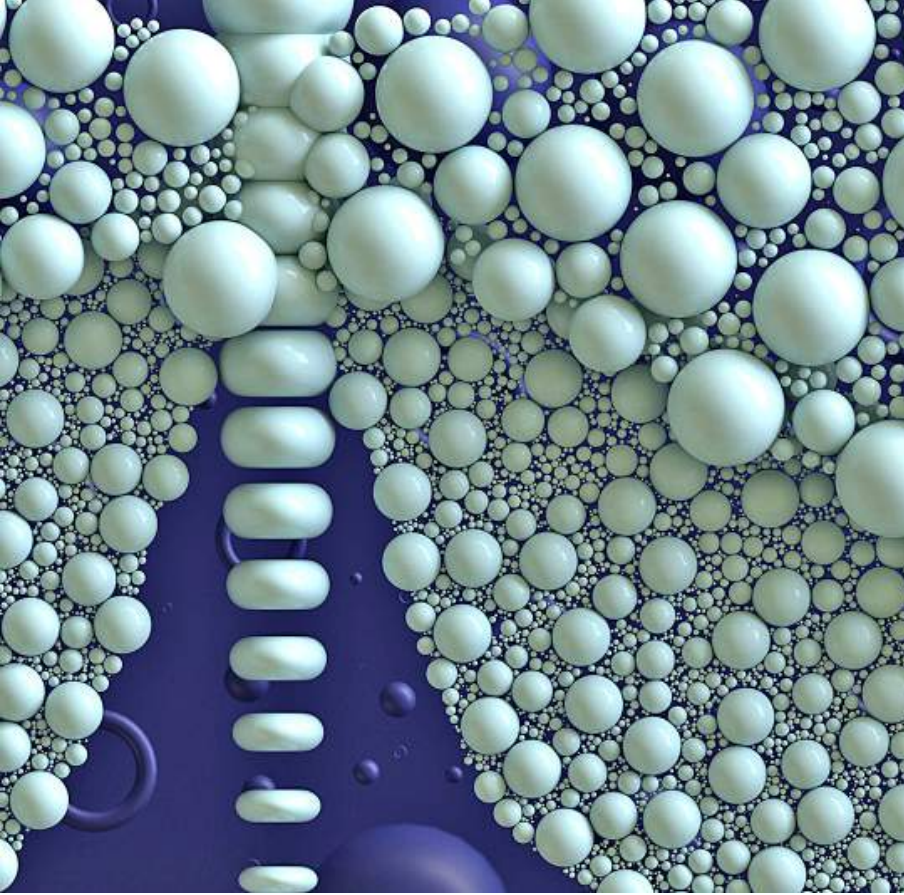
collect debris and can become infected.

The body's immune system fights the bacteria as plaques spread

and grow below the gum line. As the disease progresses the pockets deepen and more gum tissue and bones are destroyed. When these happen, teeth are no longer anchored in place, they become loose and tooth loss occurred. Gum disease is the leading cause of tooth loss in adult. Many factors are responsible for periodontal disease; the large majority are related to the action of micro organisms. It may be due to other problems such as occlusion, systemic disorder for example nutritional deficiency, endocrine disorder, cardiovascular disease, immune deficiencies, hereditary factors and administration of some drugs, smoking and tobacco.

Prevention : Few ways that help to keep teeth & gum healthy.

- Brush teeth at least twice a day, preferably soon after awakening in the morning and before going to bed at night.
- Use soft brushes, small ended tooth brush.
- Brush teeth with fluoride tooth paste for the prevention & control of caries.
- Use Chlorhexidine mouth wash or normal saline mouthwash for any oral lesion and bad breath (Halitosis).
- Use dental floss, toothpick or others to clean interdental space.
- Start cleaning child teeth as soon as the first tooth comes / erupt at the age of around six months. Clean baby's teeth with soft, wet cloth or cotton.
- Visit a dentist every six months for checkup.
- Don't smoke.
- Eat nutritious food for healthy teeth & gum. ■



Prevention of **CANCER**

Dr. Devarati Bagchi

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Cancer is uncontrolled cell growth that can kill the individual. Treatment is surgical resection of tumor along with removal of residual erratic cell from lymph node or other adjacent tissue and that may be difficult, thus recurrence is likely. Radiation therapy to kill such cancer tissue and some anticancer injections also available. But side effect of such therapies also may increase morbidity. Best is prevention, so I will elaborate on prevention and these points are to be told to people so that cancer gets reduced in number.

Everybody knows that cancer is a killer disease, but only few knows the prevention. So, I am more interested to enumerate on preventive aspect of it so that more people come to know this and practice all those preventive tips and get the benefit out of it. Let me start from highest level and then go to physical level. If human mind is full of malignant thoughts, mostly influenced by perverted teachings of media and smartphone etc., then abnormal food habits and food laced with all harmful chemicals used for growing Grains, Vegetables and Fruits plus envired pollution would invite cancer early in life. One should be pure hearted with normal and non-malignant mind, then prevention starts from higher level, mostly because mind influences matter. If one have dynamic faith in God or Guru; then it will be a great deterrence of cancer.

Weed killer chemicals like glyphosate and other insecticide, pesticide are to be banned by government to reduce cancer. Cow dung, cow's urine, other natural manures do not poison fruits, vegetables and other plant foods. Organic farming must be made a law to save Indians from rise of cancer cases. Too much chemicals on earth destroy quality of earth and in long run such land do not yield crops. Thus next generation of farmers will not be able to grow any healthy plant or crop to survive if such malignant practice of putting so much chemical poisons to earth for increasing size of crops continues. People should stop taking alcohol and tobacco in its different forms to prevent cancer. Alcohol can destroy liver, heart and brain too. It can give rise to dementia and korsacoffs psychosis.

Tobacco can also destroy lung. Tell people to shun such addiction. Aids reduce immunity and more tuberculosis and cancer results. Morality is most important in cancer prevention.

It is written in gynecology book that premarital and extramarital relations increases chance of genital cancer. Hepatitis C, human papilloma virus etc also passes through human relations. Do not believe in dark horses. Believe in God and Gurus. Faith in God increases body immunity. Do not take too much antibiotic, that also has implication. Even western world is using more natural antibiotic and plant medicine, also for cancer cure. Turmeric, garlic and plants like *Tinosporacordifolia* are anticancer. Distilled urine of Indian cows can both prevent and cure cancer. Vaccine of human papilloma virus to all pubertal girls can protect women's from cancer due to that organism. Thousands of viruses and bacteria are there. To

take thousand vaccine is utter foolishness and harmful. Vaccines have side effects; some are dangerous. Best is to have full immunity by living natural and healthy life. Too much meat eating may contribute to cancer formation. Preservatives and other chemicals in food also increase cancer possibility. Vegetarian food is best. Too much radiation from medical equipment like X Ray, C.T. Scan and Ultraviolet rays of sun during midday are to be avoided.

Some preservatives and chemical in food are carcinogen, cancer producing. Environmental pollution are to be reduced to reduce cancer cases. Any chronic ulcer may turn to become cancer. So early treatment of any chronic ulcer in body is must. Smartphone have radiations and may give rise to cancer of brain or breast depending on which organ gets more radiation. Minimum and wise use of smartphone is required. Antioxidant and nutritious food is required for cancer prevention.

Exercise helps to have good immunity to prevent cancer.

Take simple food, not tasty food. White sugar must be avoided. It is procancerus. To avoid air pollution, people should be wise not to stay in high risk area of major cities if they are not dependent on it for earning money. Retired people may live in fresh air area like village and small town rather than congested and polluted area like Delhi etc.

Another risk factor of cancer is low fruit and vegetable intake. Chemical carcinogen like formaldehyde use should be avoided along with certain dyes used in industry. Asbestosis is to be



BEING PHYSICALLY ACTIVE DECREASES RISK OF THESE CANCERS:



Activity helps to:

- Regulate blood levels of hormones that contribute to cancer risk
- Speed food through the colon, reducing exposure to dietary carcinogens
- Prevent the build up of body fat, a cause of many cancers

AIM FOR 30 MINUTES A DAY, IN ANY WAY

avoided. Biological carcinogens are to be controlled like chronic exposure to bacteria, viruses and parasites. One should avoid obesity and overweight. Anti-cancer food should be taken amply like garlic, turmeric, beet root, chow chow, tomato, wheat grass juice. Early detection of cancer by educating people for pep smear and needle biopsy, telling them early symptoms of it, also contribute to prevention of mortality and morbidity. In old age, people should take distilled cows urine for prevention of disease including prevention of cancer. Dose is one tsf in one glass of water every morning empty stomach. Taking raw garlic in winter season is also a good option.

Hindu religion is so scientific, it has so many cancer prevention in its armamentarium. For example, it time of Narayana worship, Tulasi leaves are used and ample fruits are given as prasadam which are all anti-cancer. Neem leaves and Haldi [turmeric] are used in time of food preparation and body application in time of Sankranti and marriage ceremony. Ganga water used in puja ritual is a great anti-cancer agent. Space for explanation is not there in this short

writing, have trust on me and utilize Dharma. Dharma Rakshoti Raksitam. If you follow Dharma, Dharma will protect you. Copper vessel used in our puja system is also anticancer activity.

Of course, too much copper is toxic. Using gold, silver and copper as ornaments, bracelets are also prevention of diseases provided it touches body surface. These are secrets of Hindu religion, not to be divulged to non-believers. In Gita, lord Krishna declared that

if people surrender to him, he would take care of them in all respect. If we love God and God loves us, then that is the best prevention.

Do not take colored sweets, non-permitted color is carcinogenic. For earning more money, cheaper non permitted colors are added in food items. Zoonotic viruses like corona virus and others may infect man through meat eating. Those viral infection may trigger cancer in later period. So, vegetarians are better protected from cancer. Meat eating is hazardous. Dishonest people prepare food items by using meat of dead animals those died out of virus and bacterial infection. This was disclosed by a hotel owner long time back. Be vegetarian. Elephant has good health and longevity because it is vegetarian. Meat eating Tiger lives only few years. Screening tests can help detect malignancies in their earliest stages, but one should always be alert for symptoms of the disease.

The American Cancer Society developed this simple reminder years ago :

- C : Change in bowel or bladder habits
- A : A sore that does not heal

- U : Unusual bleeding or discharge
- T : Thickening or lump in the breast or elsewhere
- I : Indigestion or difficulty in swallowing
- O : Obvious change in a wart or mole
- N : Nagging cough or hoarseness.

It's a rough guide at best. The vast majority of such symptoms are caused by nonmalignant disorders, and cancers can produce symptoms that don't show up on the list, such as unexplained weight loss or fatigue. But it is a useful reminder to listen to our body and report sounds of distress to particular specialist. Scientists at the Harvard School of Public Health estimate that up to 75 % of American cancer deaths can be prevented.

1. Avoid tobacco in all its forms, including exposure to secondhand smoke.
2. Eat properly. Reduce your consumption of saturated fat and red meat, which may increase the risk of colon cancer and a more aggressive form of prostate cancer. Increase your consumption of fruits, vegetables, and whole grains.
3. Exercise regularly. Physical activity has been linked to a reduced risk of colon cancer. Exercise also appears to reduce a woman's risk of breast and possibly reproductive cancers. Exercise will help protect you even if you don't lose weight.
4. Stay lean. Obesity increases the risk of many forms of cancer. Calories count; if you need to slim down, take in fewer calories and burn more with exercise.
5. If you choose to drink, limit yourself to an average of one drink a day. Excess alcohol increases the risk of cancers of the mouth, larynx (voice box), esophagus (food pipe), liver, and colon; it also increases a woman's risk of breast cancer. Smoking further increases the risk of many alcohol-induced malignancies.
6. Avoid unnecessary exposure to radiation. Get medical imaging studies only when you

need them. Check your home for residential radon, which increases the risk of lung cancer. Protect yourself from ultraviolet radiation in sunlight, which increases the risk of melanomas and other skin cancers. But don't worry much about electromagnetic radiation from high-voltage power lines or radiofrequency radiation from microwaves and cell phones. Those may not be sole cause of cancer. But better to avoid them too. Too much smartphone may cause brain or other cancer depending on near which organ it was kept more.

7. Avoid exposure to industrial and environmental toxins such as asbestos fibers, benzene, aromatic amines, and polychlorinated biphenyls (PCBs).
8. Avoid infections that contribute to cancer, including hepatitis viruses, HIV, and the human papillomavirus. Many are transmitted sexually or through contaminated needles.
9. Make quality sleep a priority. Admittedly, the evidence linking sleep to cancer is not strong. But poor and insufficient sleep increases is associated with weight gain, which is a cancer risk factor.
10. Get enough vitamin-D. Many experts now recommend 800 to 1,000 IU a day, a goal that's nearly impossible to attain without taking a supplement. Although protection is far from proven, evidence suggests that vitamin-D may help reduce the risk of prostate cancer, colon cancer, and other malignancy.

Prevention of Oral cancer :

- Human papillomavirus (HPV). Research shows that infection with the HPV virus is a risk factor for oropharyngeal cancer. In recent years, HPV-related oropharyngeal cancer in the tonsils and the base of the tongue has become more common. Sexual activity, including oral sex, with someone who has HPV is the most common way someone gets

HPV. There are different types of HPV, called strains. Research links some HPV strains more strongly with certain types of cancers. There are vaccines available to protect one from HPV.

To reduce risk of HPV infection, one should limit number of sexual partners. Having many partners increases the risk of HPV infection. Using a condom does not fully protect one from HPV during physical intimacy. It is also likely that receiving an HPV vaccination before exposure to HPV can reduce the risk of oropharynx cancer. The Centers for Disease Control and Prevention recommend HPV vaccination for all preteen boys and girls.

- **Gender.** Men are more likely to develop oral and oropharyngeal cancer than women.
- **Fair skin.** Fair skin is linked to a higher risk of lip cancer.
- **Age.** People older than 45 have an increased risk for oral cancer, although this type of cancer can develop in people of any age.
- **Poor oral hygiene.** People with poor oral hygiene or dental care may have an increased risk of oral cavity cancer. Poor dental health or ongoing irritation from poorly fitting dentures, especially in people who use alcohol and tobacco products, may contribute to an increased risk of oral and oropharyngeal cancer. Regular examinations by a dentist or dental hygienist can help detect oral cavity cancer and some oropharyngeal cancers at an early stage.

- **Poor diet / nutrition.** A diet low in fruits and vegetables and a vitamin-A deficiency may increase the risk of oral and oropharyngeal cancer. Chewing betel nuts, a nut containing a mild stimulant that is popular in Asia, also raises a person's risk of developing oral and oropharyngeal cancer.
- **Weakened immune system.** People with a weakened immune system may have a higher risk of developing oral and oropharyngeal cancer.
- **Marijuana use.** Recent studies have suggested that people who have used marijuana may be at higher than average risk for head and neck cancer.

Different factors cause different types of cancer. Researchers continue to look into what factors cause this type of cancer, including ways to prevent it. Although there is no proven way to completely prevent this disease, one may be able to lower the risk. Several of the risk factors for oral and oropharyngeal cancer can be avoided by making healthy lifestyle choices.

Stopping the use of all tobacco products is the most important thing a person can do to reduce the risk of oral and oropharyngeal cancer, even for people who have been using tobacco for many years.

The HPV vaccine Gardasil is approved by the U.S. Food and Drug Administration (FDA) for prevention of oral and oropharyngeal cancer. Stop taking foods with preservatives and junk food. Live from within by total surrender to God. ■

Biological hazards and its Prevention

A biological hazard, or biohazard, is a biological substance that poses a threat to the health of living organisms, primarily humans. A biohazard could also be a substance harmful to other animals. This harmful organisms includes viruses, parasites, bacterias, fungi and proteins etc .

There are three major routes of entry for these organisms....

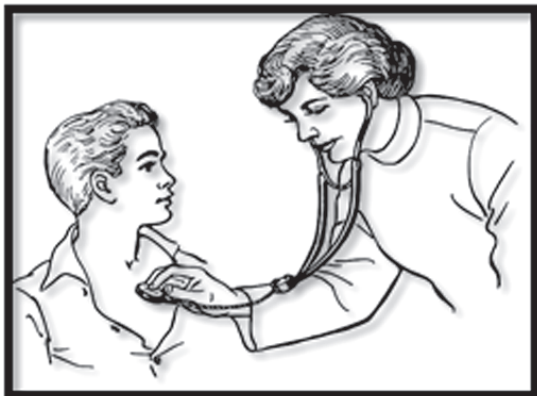
- a> through the respiratory system
- b> through contact with body fluid of infected individual
- c> through contact with contaminated objects

Effects are mainly of three types

- Infections
- Allergy
- Poisoning

Occupations and workplaces where people may come in contact with biological hazards ...

- Medical staffs including doctors, nurses, laboratory technicians etc
- Healthcare services providers
- Cleaning services and property management



Dr. Karabee Baishya

Department of Biochemistry
Gauhati Medical College

- Employees in environmental hygiene-services
- Agriculture, veterinary, fishery services
- Workers of industry, hotels, restaurants etc.



Prevention and control measures

Elimination of the source of contamination

How to wear a mask?

Use surgical masks instead of N95 masks.



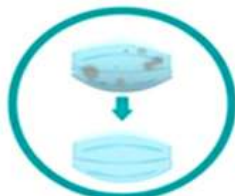
It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards



PINCH THE METAL, EDGE OF THE MASK so that it presses gently on your nose bridge.



Remove a used mask **HOLDING ONLY THE EAR LOOPS.**



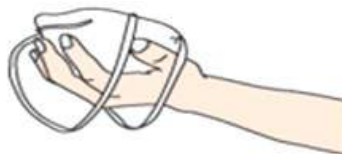
To be effective **CHANGE YOUR MASKS REGULARLY OR IF SHOULD OR WET.**



WASH YOUR HANDS WITH SOAP AND WATER after disposing the soiled mask properly into a bin.

1

Choose a small or mediumsized face-piece that fits the face. Pull the head bands loose. The metallic strip should be uppermost. Pass the hand through the head bands.



2

Put on the mask. The head bands should be around the head and neck.



N95 mask.....

3

Press the metrattic strip on both sides with the forefingers and middle fingers of both hands.



4

Seal Check:
Positive pressure checking – cover the mask lightly with both hands. Breath with detiberation. Air should not leak out from the side of the mask.
Negative pressure checking – cover the mask hightly with both hands. Suck in air with deliberation. The mask should depress slightly inward.



Engineering control like partial isolation of the source, improvement of ventilation

Installation of air conditioning system and negative pressure

Use of ultraviolet lamp

SPECIFIC RESPIRATORY PROTECTION

□ using the appropriate respiratory protective equipment – surgical masks, higher level respirators

SURGICAL MASKS :: It generally consists of three layers of non woven fabrics. It provides barrier protection against large respiratory droplets.

Protective clothing



GOGGLES AND FACE SHIELDS AND GLOVES



SHOE COVER



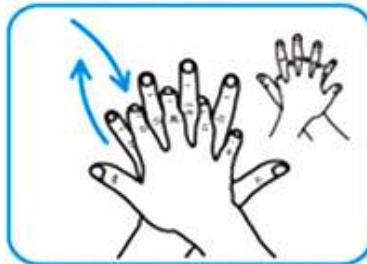
Steps of hand wash....

Six steps to clean hands

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



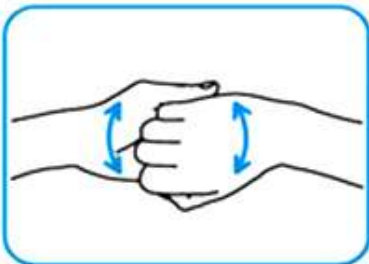
Rub hands palm to palm



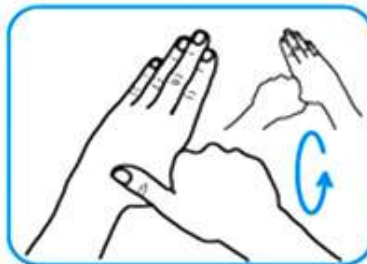
right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Source: World Health Organization

DIABETES and Vision



Diabetes mellitus, commonly referred to as diabetes, is a group of metabolic diseases characterised by high blood sugar levels over a prolonged period. It results from either deficiency or decreased effectiveness of endogenous insulin. The two broad categories of Diabetes mellitus are designated as type 1 and type 2 diabetes.

This endocrine metabolic disorder affects almost every organ in the body, especially the eyes, kidneys, heart and blood vessels (both small and large vessels).

However, diabetic retinopathy is the most common ocular complication of diabetes occurring in both type 1 and type 2 diabetes, resulting from the prolonged and uncontrolled increase of blood sugar.

The World Health Organization has declared diabetic retinopathy as the fifth leading cause of blindness, which can be prevented with early

Dr. Barnali Thakur

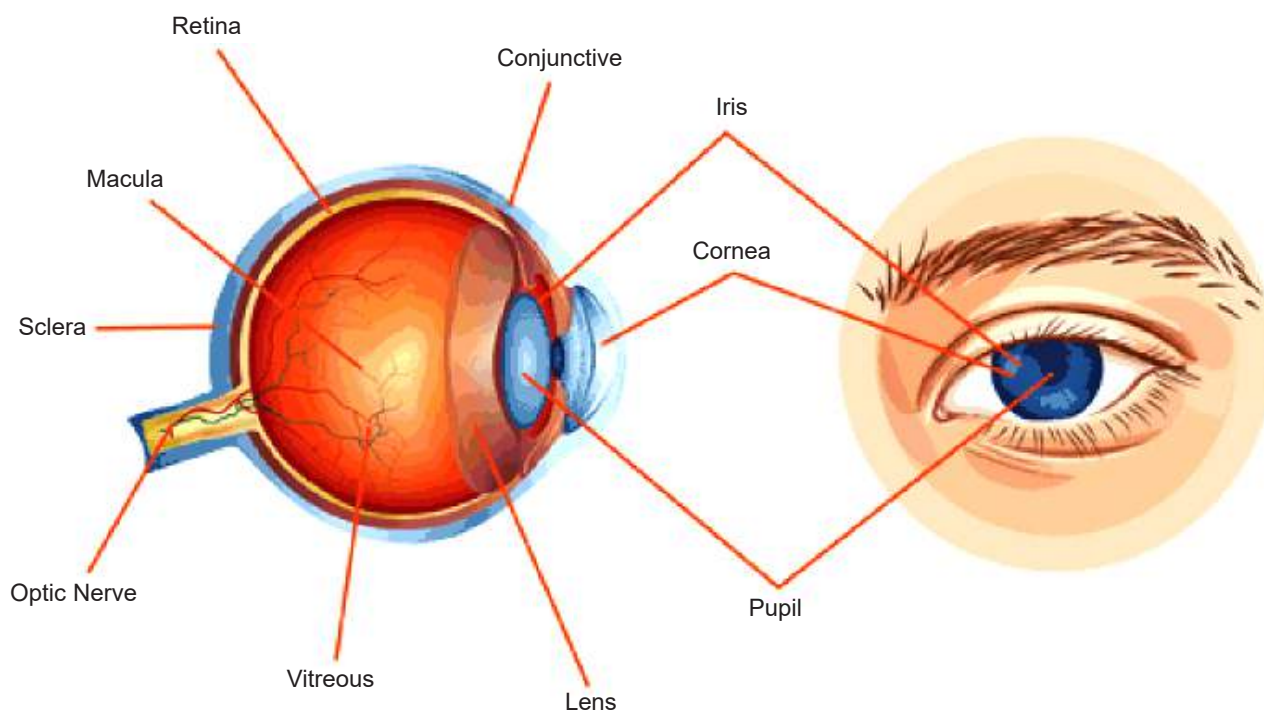
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detection and proper management. Other complications of diabetes affecting the eyes are cataract, glaucoma, nerve palsies and retinal vessel disorders.

Several risk factors have been implicated in the development and progression of diabetic retinopathy like duration of diabetes, poor control of blood sugar, high blood pressure, blood lipid levels, pregnancy and ethnicity.

Diabetic retinopathy is asymptomatic in the earlier stages, but with the progression of retinopathy, individuals may complain of blurred vision and difficulty in reading, loss of the ability to see colour and at times, spots or floaters. A detailed retinal examination by an ophthalmologist is mandatory for all individuals with diabetes for early detection, ideally, every year. So, a life long evaluation for retinopathy by retinal screening is essential in persons with diabetes.

The benefit of good glycaemic control from the time of diagnosis of diabetes cannot be overlooked. Glycated haemoglobin (HbA1c) is a



form of haemoglobin that is estimated to determine the average plasma glucose concentration over three months and is used for monitoring the degree of control of plasma glucose in diabetics.

Proper history of ocular symptoms and a comprehensive eye examination, including assessment of visual acuity, intraocular pressure measurement, slit lamp examination and dilated fundus examination forms the mainstay.

Management of diabetic retinopathy should aim at preventing or reversing early stages of the disease. This can be achieved by a tight control

on blood sugar levels, and associated conditions like hypertension or hyperlipidaemia – if present, and a modification of lifestyle with diet and exercise.

Patient awareness about the condition and proper education forms an integral part of the management scheme. They should be advised to take all medication regularly, get a detailed eye examination done annually, and incorporate healthy lifestyle choices in their everyday lives.

So, early screening and proper control of blood sugar from the time of diagnosis can avert the complications of diabetes that affect vision. ■

DIABETES and DIET

Arati Borah

Senior Dietician at Barman Diabetes
Specialities Consultant Dietician
at Dispur Polyclinic

An alarming rising prevalence of diabetes has been reported in recent years. According to current studies, 65 million Indians are affected with diabetes. By 2030 the prevalence of diabetes among Indians is projected to reach 87 million.

Diabetes mellitus is a group of disorders, characterized by high blood glucose concentration resulting from defects in insulin secretion, insulin action or both.

Classification : The different type of diabetes has been classified by American Diabetes Association (ADA 2017) as follows.

1. Type 1 diabetes (T1DM)
2. Type 2 diabetes (T2DM)
3. Gestational Diabetes Mellitus (GDM)
4. Specific type of diabetes due to other cause. e.g. monogenic diabetes syndromes such as neonatal diabetes and mody (Maturity Diabetes



of the young), disease of the exocrine pancreas (specific fibrosis) and drug or chemical induced diabetes (on glucocorticoid, treatment of HIV/AIDS or immune suppress therapy post-organ transplantation).

T1DM : The primary defect is pancreatic Beta-cell destruction, usually leading to absolute insulin deficiency and resulting in hyperglycemia, polyuria, polydipsia, polyphagia, weight loss, dehydration electrolyte disturbance and ketoacidosis.

T2DM : When the body does not produce enough insulin or does not use it properly (insulin resistance), pre-diabetes and then type 2 diabetes is likely to develop. In other words T2DM subject develop hyperglycemia gradually due to a progressive loss of B-cell insulin secretion with insulin resistance frequently being the underlying cause.

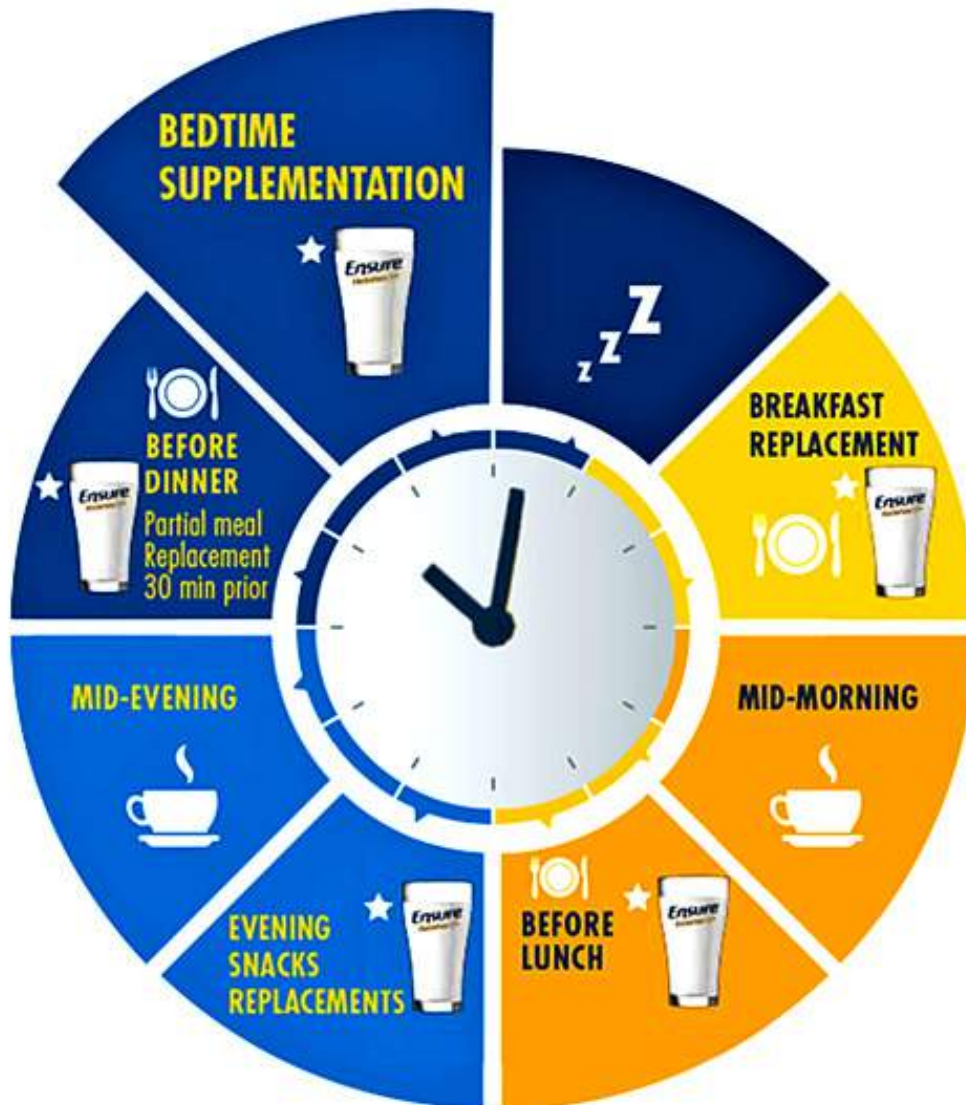
Major risk factor for type 2 diabetes :

1. Family History
2. Obesity, mainly abdominal obesity
3. Race / Ethnicity (South Asia)

4. Previous indentified IFQ / IQT
5. Hypertension
6. Low HDL and high triglyceride
7. History of gestational diabetes,delivering baby weighing > 4 kg.
8. Polysystic Ovarian syndrome

DIET : Eating too much at a time can cause your blood glucose level rise. Eating three small to moderate sized meals and two to three snacks (low carbohydrate, high protein) per day is recommended to distribute carbohydrate intake and reduce post meal glucose levels.

It is very important that do not skip meal.

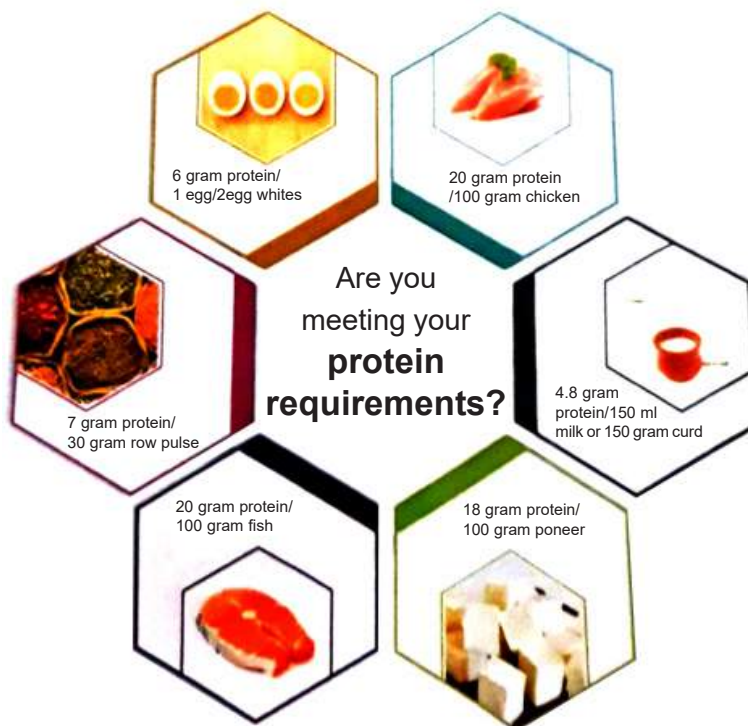


UNDERSTANDING NUTRIENTS

CARBOHYDRATES : The recommended number of serving of carbohydrates is based on weight, activity, diabetes medications and goals of blood glucose levels. Choosing the right type and amount of carbohydrates is very important in maintaining glucose levels in the target range. Make sure spread the carbohydrate intake throughout the day to avoid post meal spikes in blood glucose.

Good Carbohydrates	Bad Carbohydrates
<p>They are packed with fiber, vitamins and minerals. The body takes longer time and has to work hard to break down these foods into sugar. Meals should rich in complex carbohydrates as they give sustained energy and keep full longer and active throughout the day.</p> <p>Sources : Whole grain, cereal, unpolished rice, whole wheat flour oats, broken wheat (Daliya) barley, millets</p>	<p>The body processes refined carbohydrates quickly making blood sugar rise and fall rapidly. The higher the food is in refined sugar, the worse as it offer provide very little nutritional value to body.</p> <p>Sources : Polished rice, white bread, white pasta, maida or refine flour and its products. Soft drinks, candy, artificial syrups, sugar, junk food like burger, pizza, samosa, soda etc. Pastries and deserts like gulab jamun, jelibi, bakery items like biscuits, breads, cookies, puffs etc.</p>

PROTEIN : Protein are the building blocks of the body and are responsible for growth and maintenance. On an average an individual needs 1.0gm of protein /kg body wt. This may vary depending on several factors. 20 percent of total energy from protein is seen to improve glucose and insulin concentration, reduce appetite and improve satiety. Protein requirement by choosing protein sources lie lean meat , egg, milk, paneer, soya bean, dals, pulses and sprouts.



FAT: When choosing oils/fats make sure it is zero trans fats, low in saturated fats and does not smoke or give out burnt odours while cooking. Avoid reheating of oils. Use a blend of different oils to enjoy maximum health benefits.

Good Fats

Omega - 3 fatty acids	MUFA fatty acids	Omega 6 - fatty acids
Soya bean oil Rapeseed oil Mustard oil Walnuts Flaxseeds Flaxseed oil Fatty fish	Olive oil Canola oil Peanut Ground nut oil Sesame oil Rice bran oil	Sunflower oil Cotton seed oil

Saturated fats : Butter, cream, coconut oil.







Trans fat : Vanaspati, dalda, bakery items and fried snacks.

All vegetables and seed-oils are 'cholesterol free' and have the same calories per gram.

Make wise food choice.

EAT THIS	NOT THAT
 <p>Carrot cucumber sticks & 3 tbsp humus 120 calories</p>	 <p>Samosa 300 calories</p>
 <p>16 almonds 100 calories</p>	 <p>60 grams potato chips 300 calories</p>
 <p>1 bowl roasted makhana 100 calories</p>	 <p>1 bowl farsan 385 calories</p>
 <p>1 bowl sprouts 120 calories</p>	 <p>6 pcs panipuri 500 calories</p>

We can follow the traffic rules, why not the health ruled?

					
Handul=1 serving of snack e.g. 1 handful of nuts/ seeds/ dried fruits/ roasted chaana	1 fist=1 cup 1 serving- 1/2 cup cereal/ pulse/ cooked pasta, dal or rice	1 tennis ball=1 serving of fruit	Two open hands to guide you in selecting a healthy serving of vegetables	Thumb tip= 1 teaspoon 3 tea-spoons=1 tablespoon of oil/fat keep high fat/oily foods to the minimum	One palm size portion= 1 serving protein (poultry, fish, paneer)

References :

1. Journal of Diabetes Education. vol. 3
2. Clinical Dietetics Manual.
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Awareness of ROAD TRAFFIC ACCIDENT

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distinction of being only country who faces more than 14 fatalities and 53 injuries every hour due to RTA.

Road Traffic Accidents (RTA) are also known as Road Traffic Injuries, motor vehicle collision, motor vehicle accident, automobile accident and road traffic collision in some countries.

- It can be defined as an event that occurs on a way or street open to public traffic; resulting in one or more persons being injured or killed, where at least one moving vehicle is involved.

HISTORY

- RTAs in India are major but a Neglected public health problem.
- In 2011, 1,51,417 people lost their lives while more than 5 lakh people were severely injured, who were mainly males in productive age group, leading to nearly 3% loss of GDP.
- While the situation in many countries is now improving, India still holds the dubious

Classifications of Accidents

- It can be classified upon severity of persons:
 - i) Person with fatal injury
 - ii) Person with grievous injury
 - iii) Person with minor injury
 - iv) Person with no injury

Common injuries

- i) Head Injury
- ii) Chest injury
- iii) Spinal injury
- iv) Fractures & Soft tissue injuries
- v) External wounds
- vi) Burns
- vii) Drowning

Life threatening injuries

- Chest tension pneumothorax
- Flail chest
- Pericardial tamponade
- Open chest wound
- Hemothorax

- Intra-abdominal bleeding
- Pelvis / femur fracture
- Spine fracture / cord injury
- Head injury

Management plan

- First Aid
- Medical aid

Definitions

- **FIRST AID** : Provision of initial care for an illness or injury.
- **MEDICAL AID** : Professional treatment for illness or injury.

It generally consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment.

Anybody can give first aid but to carry cardiopulmonary resuscitation measures one should be trained well and possess a valid certificate issued by a competent body.

Goals of First Aid

Should always be by the 3Ps :

- Preserve life
- Prevent further injury
- Promote recovery.

Priority in first aid – Three S's

- Shock be corrected first
- Systemic injuries to be tackled next
- Spine call for extreme caution.

Initial Care at the Scene of accident

- Remove the victim from the accident spot
- Check vital parameters
- Seek help from others if trained in first aid
- Ensure that police and ambulance have been informed
- Carry out MacMurth'y A to F regimen
- Ensure personal safety.

Cardio-pulmonary resuscitation

- CPR consists of the use of chest compressions and artificial ventilation to maintain circulatory flow and oxygenation during cardiac arrest.
- If the person is not responding, not breathing or making only occasional gasps make sure they are lying flat on their back on a firm surface and start CPR

Below are some of the most common injuries needing emergency treatment

- Anaphylaxis (or anaphylactic shock)
- Burns and scalds
- Bleeding
- Choking
- Fractures
- Heart attack
- Poisoning
- Shock
- Stroke



METHOD OF OPERATION

- **Airway** :
An open airway – a clear passage where air can move in through the mouth or nose through the pharynx and down into the lungs, without obstruction. Conscious people will maintain their own airway automatically, but those who are unconscious may be unable to maintain a patent airway, as the part of the brain which automatically controls breathing in normal situations may not be functioning.

If someone is unconscious and breathing

- If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position until help arrives.

If someone is unconscious and breathing

- If a person is not breathing normally after an incident, call for an ambulance and start CPR straight away. Mouth to mouth respiration rate at 16/min. Holger Neilson's method for patients with extensive facial injury.

CARDIA

Examine the radial and carotid pulse. If pulse is absent start cardiac resuscitation.

- Victim should be on a hard firm surface.
- Compress the chest at the rate of at least 100 compressions per minute & depth at 1¼ inch with the heel of the palm on the lower end of sternum.
- Artificial respiration and external cardiac massage should be maintained at a 1:5 ratio and continued until half an hour or until the patient recovers.

BLEEDING

Main aim is to prevent further loss of blood and minimise the effects of shock. Check that there is nothing embedded in the wound.

If there is nothing embedded :



- Apply and maintain pressure to the wound with your hand, using a clean pad.
- Use a clean dressing to bandage the wound firmly.
- If the wound is on a limb and there are no fractures, raise the limb to decrease the flow of blood.

Examine vital structures

- *Head injuries* : Keep the person still. Until medical help arrives, keep the injured person lying down and quiet, with the head and shoulders slightly elevated. Examine pupils, level of consciousness and any neurological deficits.
- *Chest Injuries* : Cover an Open wound Using a cloth and firm pressure. Do not remove any objects that have penetrated the chest. A common result of trauma to the chest is damage to the victim's rib cage. A victim with broken ribs may take very shallow breaths without even noticing it, as their body tries to prevent the pain with taking a full breath. Shift the patient to a hospital as soon as possible.



Pelvic injuries : Tie the casualty's ankles together to prevent outward rotational forces. Place a blanket under the victim and wind in which will bring the hips in and stabilise the pelvis without applying direct pressure to the pelvis itself. Twist the ends until it feels tight enough but not so tight to prevent compression.

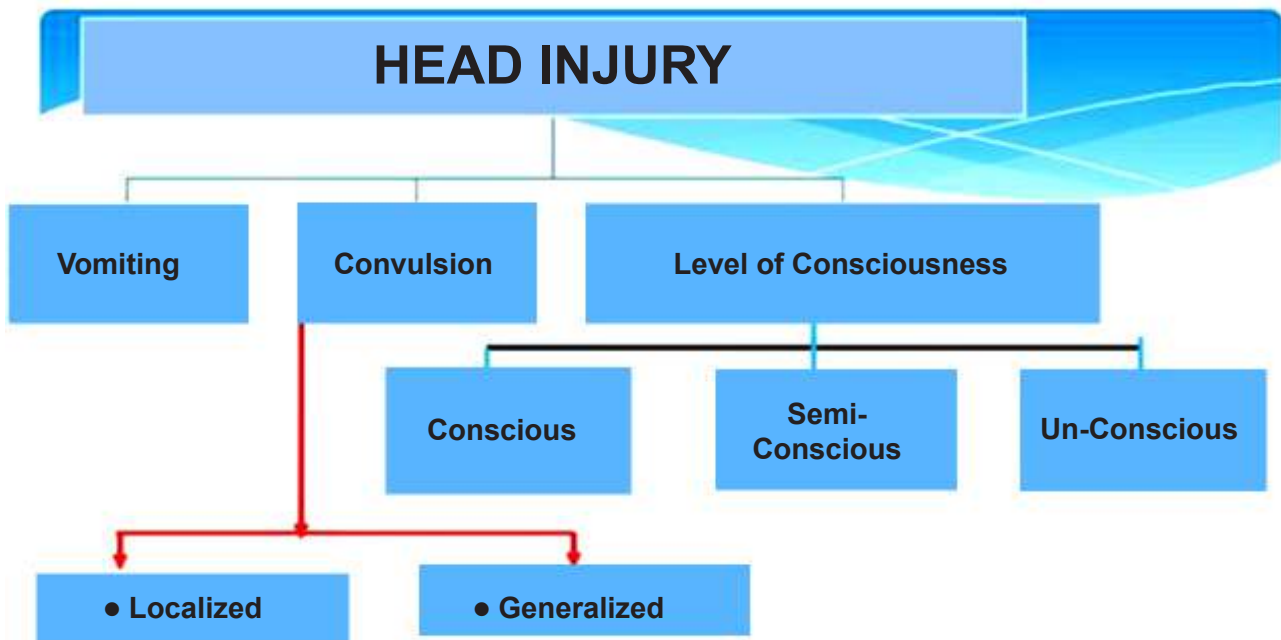
- **Genitourinary system injuries** : Suprapubic swelling indicates bladder injury, injury to the scrotum or perineal hematoma indicates urethral rupture.
- **Spine injuries** : Do not move the affected person. Permanent paralysis and other serious complications can result. Assume a person has a spinal injury if –
 - There's evidence of a head injury with change in the person's level of consciousness.
 - The person won't move his or her neck.
 - The person complains of weakness, numbness or paralysis or lacks control of his or her limbs, bladder or bowels.
 - The neck or back is twisted or positioned oddly.



- If the person shows no signs of circulation (breathing, coughing or movement), begin CPR, but do not tilt the head back to open the airway. Use your fingers to gently grasp the jaw and lift it forward. If the person has no pulse, begin chest compressions.
- If the person is wearing a helmet, don't remove it.
- **Fractures** : Deformity, pain on gentle pressure, swelling, loss of function of limb, etc. Take these actions immediately while waiting for medical help :
 - Stop any bleeding, Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.

If you suspect someone has a spinal injury

- Keep the person still. Place heavy towels on both sides of the neck or hold the head and neck to prevent movement.



Bleeding from Nose and Ear indicate fracture of skull.

GLASGOW COMA SCALE



CHECK



OBSERVE



STIMULATE



RATE

- Immobilize the injured area. Don't try to realign the bone or push a bone that's sticking out back in. If you've been trained in how to splint and professional help isn't readily available, apply a splint to the area above the below the fracture sites. Padding the splints can help reduce discomfort.
- Apply ice packs to limit swelling and help relieve pain until emergency personnel arrive. Don't apply ice directly to the skin – wrap the ice in a towel, piece of cloth or some other material.
- Treat for shock, if the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.
- Splint, usually improvised. Eg: Thomas splint, Pneumatic splint.
- Shift the patient with utmost care.
- Seek professional help at the earliest.
- Fracture is not an emergency because it can be managed electively later. In A to F management, fracture comes last.
- Other emergency measures like administration of antitoxin, antibiotics, wound debridement should be carried out. Appropriate radiographs should be taken before treating fractures.

Investigations:

Management of fractures – Five S's

- Sling for clavicle fractures, shoulder fractures etc.
- Strap for clavicle and rib fractures

- CT Scan
- X-ray chest, limbs, etc.
- ECG
- Routine investigations
- Viral markers
- MRI ■



DELINQUENT CHILDREN

Causes of Conflict with Law and Curative Measures

Monalima Dutta

JJB Member, Amingaon, Guwahati

We all know that children are the assets and wealth of our nation. No child is born into this world to be bad or good, he is as bad or as good as we make it possible. Therefore “Children need love, especially when they do not deserve it”, coined by Child Psychiatrist, Harold S Hulbert. They need compassion and best care. When they do not get their need fulfilled their minds diverge towards deviant behaviors, something improper or criminal in nature. A child is termed as delinquent whose age is below 18 years and has violated a criminal law or engaged in a disobedient or immoral conduct. Delinquent children belong to the category of exceptional children who are found to have criminal tendency and indulge in antisocial behaviors. We often see and find children crossing boundaries set by the parents and other authority figures. Rebelliousness and experimentation are common among such children. They fight with siblings, destroy property, possess illegal weapon, involve in possession or sale of illegal drugs, Steal money and threaten parents with violence. As a whole Children

show problematic behaviors that negatively affect their academic, social and personal functioning. By and large it has been observed that the rate of delinquent act is higher in the children from the family of lower income group compared to other socio economic classes.

Cases of CCLs instituted with reference to Kamrup JJB, Amingaon.

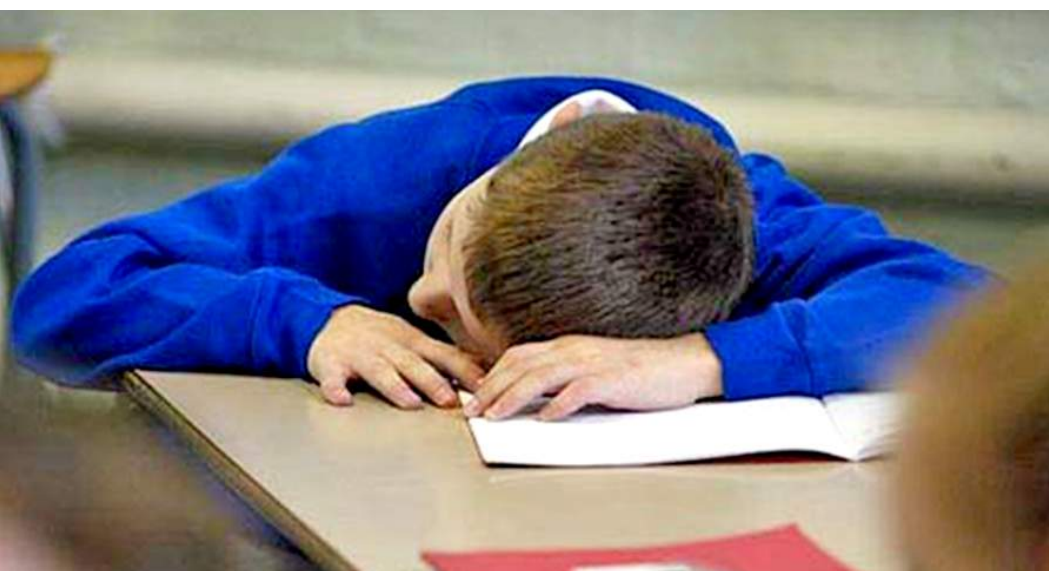
CASE STUDY 1

Example : Tumon (fictitious name), 12 years of age was the only child of a parent who had



Causes of Delinquency

1. Failure of the parents in providing necessities of life such as food, cloth and shelter.
2. Rapid changing patterns of modern living and inability to differentiate between right and wrong.
3. Easily accessible of pornographic material in internet of mobile phone.
4. Violence in the home and in their social circles.
5. Poor school attendance and school dropout.
6. Children unloved, insecure and ill supervised by the peer groups.
7. Defective school environment such as defective curriculum, improper teaching method, lack of co-curricular activities and harsh, dominating and authoritative behavior of the teachers.
8. Easy availability of drugs, high population turnover, financial crisis, a quest for earning more money are some of the social root causes of the delinquency.



working as a maid worker in the locality. After the death of his father Tumon also stopped going to school as his mother was not able to pay the school fees. Whenever his mother went out for work he loitered with the children of the locality who did not go to school. Slowly he started taking gutaka and ganja with his friends. When his mother came to know about it she restricted him going out with his friends and kept scolding him, but he did not listen. Later on he engaged himself as a helper in tracker of the locality. On receipt of his salary in the evening he started taking alcohol and drugs. With the passing of time his health started deteriorating. One day he was caught stealing a bicycle and then he was produced before JJB. He was given counseling and was kept in the Observation Home. Later

on he was given custody to his mother.

CASE STUDY 2

Hamid Ali (fictitious name) was 15 years old. He was from Chaygoan. He studied till class IX. After leaving school he started working in the field. He was a daily wage worker. Whenever he went out for work he met a girl named Sabina (fictitious name). He fell in love with that girl who was from nearby village. One day both of them eloped. When the brother of

a small hotel running on a road side at Amingoan. They were originally from Sivsagar, but temporarily staying at Amingaon. Tuman was studying in class V and was a very regular student in the class. Tumon's mother used to help his father in the hotel. One day all of a sudden his father had a heart attack and expired. She could not run the hotel any more as she was very much dependent on her husband. To meet their basic needs and livelihood she started

Preventive measures

1. Parents should be cooperative and understanding to handle the problems of the children. Parents need to give love, affection and security to the children.
2. Parents, family members and teachers should keep close watch on the activities and social environment of the child. They need to be very good observer so that the children do not fall into bad company.
3. School environment should be healthy and congenial. Children should not get involved in problem of emotional and maladjustment.
4. Children should be provided with variety of experiences and hobbies such as crafts, art, music, athletics etc
5. The parents and teachers should encourage the child to talk about and admit the existence of anti-social tendencies.
6. The parents / elders / teachers should empower the children through appropriate guidance and counseling so as to prevent the children from committing delinquent act.

the girl came to know about the incident he went in search of the girl. That day her brother could not find them. So he came back home. Next day her brother went to the police station and filed FIR. In the evening her brother got information that his sister's body was lying in a half constructed house. Police came and took

her body for post-mortem. Post-mortem report confirmed that she was sexually assaulted and murdered. Later on he was produced before the JJB. Case is still going on.

CASE STUDY 3

Aziz, Asim and Asad (fictitious name) all were

Other Curative Measures

1. In case of juvenile children in need of care and protection local police or special juvenile police unit must produce the child before Magistrate / Judicial Justice Board / Child Welfare Committee and can take the child for medical examination / care / treatment within 24 hrs. from the time the case is reported.
2. One must take help of the clinical psychologist if the case is heinous.
3. The Govt / NGOs should appoint trained social workers to deal with the Children in Conflict with Law.
4. One must do referral of children to Child Guidance clinic for counseling / therapies.
5. Children need to kept in the Observation Home for safety, security, inquiry and during pendency of the cases in the judiciary.
6. There is need of setting up of more Special homes in a district for the reception and rehabilitation of the CCLs, who are also affected or victims of drug abuse.
7. The Govt. / NGOs should open after care services for Children in Conflict with Law, without family to a period 3 years for smooth rehabilitation and reintegration to mainstream society.
8. There is need of establishment of more remand home in every district as we find remand home overcrowding which can cause mental health problems like increase gang activity, self-harm and suicide.



below 16 years . They were friends and lived in the same village of Natundausor at Boko. A girl named Asima (also fictitious name), 13 year old stayed near Aziz's house. One day aziz was alone at home. He then called Asima to help him to clean utensils in his house. She went there to help him as he was his neighbour. He then closed the door and sexually abused her. He also threatened her not to disclose to anyone. Few days later, in

an afternoon Asima went to the field to bring the goat. There she met Asim where he forcefully had sexual relationship with her. He also threatened her not to speak about the incident to anyone. Again another day when she was coming from a function she was raped by Asad. When she became five months pregnant, her family members came to know about the incident. After that Asima's family filed FIR in the Police Station. Three CCLS, Aziz, Asim and Asad and Asima were produced before JJB. All of them had undergone Medical examination. They denied

the act. After 9 months she gave birth to a baby-boy. Inquiry was also done to find out if she had relation with some other person. The statement of the girl also showed that the above three CCLS were involved in the incident. DNA testing was also done to know the parent of the child. But medical report showed negative result. It did not matched with any of the CCIS. Case is in judgment stage. ■

DERMATOLOGICAL DISEASES

in Rural India



Dr. Sujit Kumar Dutta, (BAMS)

Karimganj (Assam)

Skin diseases are one of the most frequent causes of morbidity in developing countries. Very little is known about the dermatologic needs of the population. Although only a few studies refer to the impact of skin diseases on healthcare systems in developing countries, these are very common in rural and urban areas and account for a high percentage of the visits to primary healthcare centers.

An ambitious project by the name of The Task Force for Skin Care for All : Community Dermatology was launched by International Society of Dermatology in Berlin in the year 2008. Community dermatology is a new upcoming sub-speciality for those interested in epidemiology and public health. It deals with dermatological health needs assessment of the community and working closely with them to benefit the community.

Common dermatological diseases have already been shown to have a significant impact on public health spending. The demand to approach and engage the community at various levels to provide a solution to their health issues is fast coming up, and dermatology is not behind any other speciality in fulfilling its duty toward the society.

Recently, we got an opportunity to visit

the “Swasthya Chetna Evam Jan Sampark Abhiyanin Misson Mode Awareness and Screening Shivar” at reomte village of the Karimganj distict, Assam aegis of Ministry of Health and Family Welfare, Government of India. Studies have been conducted previously at the community level in rural areas. But the experience of a visit to such a gathering. People visit the venue from all parts of the nearest villeges.

Advertising through public announcements resulted in the attendance of 101 patients to the camp. The patients were attended to by one



qualified dermatologist. The visitors who approached us had a wide range of dermatological conditions. The age of the patients ranged from 8 to 60 years with a mean age of 31.4 ± 12.3 years. Most patients (59.4%) were young (20–40 year age group) with almost equal male and females. Patients less than 20 years were 22 (21.8%), whereas 19 (18.8%) patients were more than 40 years of age. Varied range of dermatological conditions was seen including infectious (12.9%) and non-infectious etiology (87.1%). Infection conditions were relatively less

probably owing to their symptomatic nature and thus possibility of seeking early intervention. In infectious disorders, most of patients were fungal infection (5%), followed by viral infection (3%) and parasitic infestation (3%), bacterial infection (2%), whereas in non-infectious conditions most commonly seen were appendageal disorders (25.7%) followed by pigmentary disorders (18.8%), eczematous disorders (13.9%), metabolic disorders (7.9%), papulosqumaous disorders (5%), neurological disorders (5%), allergic disorders (3%) and others (7.9%). Among

appendageal disorders, the categories included hair disorders (diffuse hair fall, androgenic alopecia, alopecia areata, telogen effluvium, female pattern hair loss, and hirsutism), nail disorders (brittle nail, longitudinal melanonychia, onychomycosis, and chronic paronychia), and sebaceous gland disorders (acne vulgaris and Fordyce spot).

Metabolic disorders included skin tags, xanthelasma palpebrarum, and acanthosis nigricans. In pigmentary disorders, freckles, melasma, vitiligo, macular amyloidosis, pigmented purpuric dermatosis, and post inflammatory hyperpigmentation were seen. Eczematous disorders included atopic dermatitis, allergic contact

dermatitis, pityriasis alba, seborrheic dermatitis, stasis eczema, and discoid eczema. In papulosqumaous disorders, psoriasis, and oral lichen planus were seen. In allergic disorders, urticaria was seen. Neurological disorders included pruritus, lichen simplex chronicus, and prurigo nodularis.

Others were lipoma and xerosis. The patients were examined by a qualified dermatologist, and a provisional diagnosis was made. The patients were prescribed preliminary medication. Almost half of the patients needed investigations and

about 93.1% patients needed further follow-up for management of their conditions. Hence, they were asked to visit to our hospital situated near to the venue for further management. Among the patients seen, 69.3% had sought dermatological consultation for the first time, whereas 30.7% patients had already consulted a physician and wanted to have a second consultation.

For designing any intervention, the first and the foremost requirement is the population data to understand the problems prevailing in the community. A major issue is the recognition of the problem at the grassroot level. Skin disease is a common problem affecting up to 60% of the population.

Skin infections such as impetigo, fungal, and parasitic infections affect hundred millions of people and are the third most common reason for attending health centers. Most epidemiological information about skin diseases we possess is according to data collected from medical records in specialized centers and thus may not actually represent the real prevalence of skin disease in the community. Direct outreach to the community like the present one is more likely to yield a more closely representative data because of the very nature of it.

Herein, a preliminary survey for the prevalence of infective and non-infective skin diseases was carried out. This experience suggests a methodology for the practice of community dermatology, a subject relatively untouched in the literature. This endeavor of relatively short period of a fortnight provided a

valuable insight into a few epidemiologic parameters like the pattern of skin diseases in the community, the age groups affected, the gender prevalence, and the relative lack of knowledge about the need to seek dermatological intervention.

More than two-third of the people came to us, visited a dermatologist for the first time. The various factors behind this high number could be relative sparse distribution of dermatologist in the community and high cost of health care in the private sector. The data provide us an insight into the dermatological conditions in the community and the need for initiating interventions in the community to make them aware about the common dermatological conditions.

By organizing and volunteering in medical missions such as the present one, dermatologists can expand their learning horizon and express their altruistic values by using their skills outside of their usual clinical setting. One such initiative has been undertaken by Indian Association of Dermatologists, Venereologists and Leprologists (IADV) in the form of a "Skin Safar Rath" an ambitious activities. Dermatology societies in various part of the developing world should take upon themselves the task of promoting altruistic behavior among dermatologists and promoting a sense of responsibility toward society by the growth of this new subspecialty. Dermatologists should be the first to come forward for any such noble cause, to take care of the dermatological diseases in a holistic manner, and to promote the dermatology quality of life. ■



Alok Kumar Tripathi

Guwahati

SPORTS a Way of Life

Sports is an essential part of our life. It teaches us how to stay strong and healthy, and tests our physical abilities. Usually, when going in for sports, we compete with other people in order to get some entertainment. In the same time, physical exercises bring a bunch of great benefits for participants. All kinds of sports can bring strong physical health, great team abilities, and strong organizational features. It concerns football, basketball, hockey, kabadi and other team sports. The physiological and physical advantages obtained with Sport is one of the top activities which bring great results for people of any age. Firstly, it helps to improve health significantly, including blood circulation and overall physical stamina. Secondly, it helps to make your body more flexible and responsive. Moreover, sports help to improve brain activity as well, making it the best way to avoid numerous possible aging illnesses.

Since sport is a competition, it also brings numerous possibilities and allows improving ability to build proper tactics and strategies. Thus, you can develop your organizational and decision-making skills by going in for sports. Sports and games teaches you how to think and respond quickly in order to succeed in your competition.

Sport develops physical, social, and organizational skills improving people's abilities to become a part of a team and always heading to the main goal. All these skills are beneficial in personal and professional life and must always be obtained.

When we look at the history and life of famous people, we can always find their life paths quite difficult and problematic. In the same time, all their wins are based on hard work, incredible patience, and numerous physical activities. Only the person who thinks and acts fast can succeed

in the end. Sports are the best example of fast thoughts and on-time acting. This exact physical activity is aimed at improving people's physical and social abilities. The continuous physical activities improve human health and brain activity greatly, bringing numerous additional benefits of sport.

Sports is the best way to be involved in physical activities. Moreover, it is great to go in for sports starting from early childhood on a regular basis. People involved in sports gain additional strength and improve health greatly. In addition, it serves as the best method to keep yourself in good shape. You can improve your health, team building, and communication skills greatly when participating in various sports competitions, including Olympic games. You can test your luck and the power of your desire to win as well. Sports improve our lives significantly and make us stronger and cleverer. Going in for



sports and participating in various sports competitions are the best habits any person can have nowadays.

In all the times and societies, it is very beneficial for playing sports. Sports and games give needed competitive nature and a strong desire to win. Moreover, when competing with opponents, it is easier to gain proper

allow improving people's lives significantly, including the mentioned physical shape, blood pressure, brain activity, etc. Every nation and society must reveal the importance of sports for people to let them improve their health and life in general. With a strong love for sports, people can be physically fit and it will be beneficial for any community or society. Healthy and happy people

always make proper life decisions and advise very wise solutions. Besides, sports are always developing a sense of natural competitiveness and goal-oriented personal approach.

Once dealing with sports activity, every person can improve the physiological functions of the body organs and improve the functionality of the entire organism. Sports allow keeping the body healthy and mind peaceful. It is the best therapy for numerous diseases. Sport prolongs people's lives and makes them more active

and satisfied with life in general. If you want to reach the biggest goals in sports, it is easy to build a great professional sports career by giving enough time and efforts. When you can control your body and make it stronger every day, you can be fully satisfied with your body and mind functioning. Sports also teach you to work in a team and obtain team goals easily taking care of every team member's thoughts and desires. Therefore, sport should be promoted in schools and colleges for sure.

Sports should be made a compulsory subject



organizational, decision-making and strategy building skills. Thus, participation in sports is always aimed at bringing numerous benefits for participants.

The Role of Sports in Personal and Nation Development :

It is great when people know about all the benefits of sports. In the same time, authorities should promote sports and games among young people to keep them healthy and fit. In fact, sports



in the daily curriculum in the school syllabus because from the grassroot Level it nurtures and teaches a lot of moral values which is important in our daily life.

Secondly, through Sports a sense of 'unity in diversity' can be created amongst creed, caste, race, religion etc. because a person no matter which caste or religion he is if he makes foul in football then he will be penalised without an partiality. A person who is inclined towards sports will be a person who will be idealised by the society and he/she will be able to manage the things well compared to a person who is not related to sports.

Sportspersons always targets himself to represent his country in an International arena. Last but not the least, sports teaches us to live our life in a disciplined and organised manner.

So one should always play event oriented sports or village/indigenous sports so that the society or the village one resides in is united and we know Unity is Strength. ■



मनुष्य की सेवा ही ईश्वर सेवा

मनुष्य की सेवा ही ईश्वर की सेवा है। यही सृष्टि का रहस्य और कर्म का नियम है, कारण और परिणाम, कर्म और भाग्य है। जैसा हम बोते हैं, वैसा ही हम काटेंगे। यदि कोई हिन्दू आध्यात्मिक ग्रंथों में निहित कर्म को समझता है, तो वह मनुष्य की सेवा के महत्व को भी समझता है। भगवान जीवात्मा के रूप में हर मनुष्य के दिल में विराजमान हैं। इसलिए जब कोई दूसरों की सेवा करता है तो वह भगवान की ही सेवा कर रहा है। यह एक सामान्य कथन है। यदि हम जहरीले सांप को दूध भी पिलाते हैं तो भी वह जहर ही उगलेगा। जो व्यक्ति सांप को अपने घर में पालता है तो वह उसके जहर से ही मारा जाता है। इसलिए जिसकी वह सेवा कर रहा है, उसके अंतर को समझना चाहिए।

सेवा को तो हिन्दुस्थान में एक श्रेष्ठ मूल्य माना गया है। हमारे पूर्वजों ने इसे मनुष्य के सुख-दुःख के साथ जोड़ा है। जो भी पीड़ित, अभावग्रस्त, वंचित हैं, सृष्टि के ऐसे समस्त व्यक्तियों की उन्नति और उनके विकास के लिए कार्य करना ही मानव सेवा है। इसीलिए जो श्रेष्ठ चिंतन हमारे पूर्वजों ने किया है उसे ही हम दोहराते हैं -

सर्व भवन्तु सुखिनः, सर्व सन्तु निरामया।

सर्व भद्राणि पश्यन्तु, मां कश्चिद् दुःख भागभवेत्॥

इसको साकार करने का एक मार्ग, एक मात्र माध्यम सेवा ही है। भारतीय तत्वज्ञान का सारांश सेवा कार्य में दिखाइ देता है। इसके पीछे का मूल कारण क्या है? हमारे तत्वज्ञान में वेदकाल से लेकर अब तक हम जो प्रार्थना करते हैं, उस प्रार्थना को प्रत्यक्ष व्यवहार में लाने के लिए तथा सामान्य जनो द्वारा दूसरों को सुखी करने के

उल्हास कुलकर्णी

क्षेत्र प्रचारक, आर एस एस, असम

लिए जो भी कार्य किया जा सकता है, वह सेवा है। अपने यहाँ दूसरों को सुखी करने के प्रयास को स्वयं की सुख प्राप्ति का एक श्रेष्ठ मार्ग बताया गया है। इस मार्ग पर चलने से सारा समाज सुखी हो जाएगा अर्थात् मैं भी सुखी हो जाऊंगा।

भारत एक विशाल राष्ट्र है। इस विशाल राष्ट्र में सेवा कार्य की आवश्यकता की स्थिति को आप किस दृष्टि से देखते हैं? सरकारी आंकड़ों के अनुसार लगभग ३० से ३५ फीसद समाज ऐसा है जो गरीबी रेखा के नीचे है। इनकी सामान्य आवश्यकता भी पुरी नहीं होती। जैसे शरीर का एक अंग भी दुर्बल होने पर उस व्यक्ति को विकलांग कहते हैं, भले ही उसके बाकी सारे अंग कितने भी सक्षम क्यों न हों। वैसे ही समाज का भी एक वर्ग अगर दुर्बल, पीड़ित, वंचित व अभावग्रस्त है तो समाज कभी सक्षम नहीं कहलाएगा। इसलिए संपूर्ण समाज को सक्षम करना है तो दुर्बल, पीड़ित, वंचित तथा अभावग्रस्त हिस्से को सक्षम करना आवश्यक है। और, उसको सक्षम करने का मार्ग ही सेवा है।

वनवासी क्षेत्र में सेवा भारती के माध्यम से बड़े पैमाने पर सेवा के कार्य चलाए जाते हैं। सामान्यतया देश के तीन क्षेत्र ऐसे माने गए, जहाँ सेवा की आवश्यकता है। पहला नगरीय क्षेत्र का स्लम एरिया है, जहाँ बहुत ही गरीब पिछड़े हुए वर्ग रहते हैं। दुसरा कुछ दुर्गम ग्रामीण क्षेत्र और तीसरा ट्राइबल या वनवासी जिसे सरकारी भाषा में आदिवासी कहते हैं। दस करोड़ की आबादी वाला यह समाज आज जंगलों में रहता है तथा विकास और प्रगति से कोसों दूर है। इन तीनों वर्गों में यह संगठन सेवा कार्य करते हैं। अलग-अलग संस्था के नाम से ये सेवा कार्य किए जाते हैं।



इस तरह के दो संगठन सेवा भारती, पूर्वीचल और राष्ट्रीय मेडिकोज संगठन है। यह संगठन धन्वंतरी सेवा यात्रा का संचालन काफी समय से कर रहे हैं। स्वास्थ्य सेवा भी मानव जाति के लिए एक मुख्य सेवा है। ग्रामीण भारत में स्वास्थ्य सुविधाओं में शहरी भारत की तुलना में उचित बुनियादी ढांचे की कमी है। ग्रामीण स्वास्थ्य सांख्यिकी २०१६ के अनुसार, स्वास्थ्य उप केंद्रों की २० फीसद कमी है, प्राथमिक स्वास्थ्य केंद्रों की ३० फीसद कमी है। जो, केंद्र चल भी रहे हैं, उनमें से अधिकांश में न्यूनतम उपकरण या कर्मचारियों का अभाव है। ऐसे परिदृश्य को देखते हुए उत्तर-पूर्व भारत के राज्यों के लिए सेवा भारती, पूर्वीचल और राष्ट्रीय मेडिकोज संगठन द्वारा आयोजित धन्वंतरी सेवा यात्रा - जैसे मेगा स्वास्थ्य अभियान दक्ष चिकित्सा टीमों के साथ दूर-दराज क्षेत्रों में पहुंचकर स्थानीय लोगों को बेहतर चिकित्सा सेवा मुहैया कराने के लिए चलाया जा रहा है।

सार्वजनिक स्वास्थ्य सुविधा में सुधार न होने के कारण दूर-दराज गांवों में रहने वाले गरीब लोगों को बेहतर स्वास्थ्य सुविधा नहीं मिल पाती है। क्योंकि, वे निजी स्वास्थ्य सुविधा महंगे खर्च का बोझ उठा नहीं पाते हैं। प्रतिदिन स्वास्थ्य सेवा से वंचित गरीब लोगों की संख्या बढ़ती जा रही है। कारण वे महंगे इलाज के लिए पैसे नहीं जुटा पाते हैं। हालांकि, सरकार ने आयुष्मान भारत और प्रधानमंत्री जन आरोग्य योजना जैसी स्वास्थ्य योजनाओं की शुरुआत की है, लेकिन निश्चित रूप से इस तरह की बड़ी आबादी वाले देश में प्रत्येक नागरिक को जागरूक करने में कुछ समय जरूर लगेगा।

देश के अन्य दूरदराज और जनजातीय क्षेत्रों के साथ-साथ, उत्तर-पूर्व भारत के कई हिस्से दशकों तक अछूते रहे। हालांकि, वर्तमान सरकार के समय में तस्वीर धीरे-धीरे बदल रही है और पिछले कुछ वर्षों में बदलाव के लिए अतिरिक्त और सार्थक प्रयास किए गए हैं। जब इस क्षेत्र में केवल स्वास्थ्य सेवा की बात आती है, तो यह उल्लेख करना उचित है कि अन्य उपायों के अलावा, केवल मोबाइल चिकित्सा इकाइयां दुरस्थ और पहाड़ी इलाकों में रहने वाली आबादी तक पहुंच सकती हैं।

यहां, धन्वंतरी सेवा यात्रा (डीएसवाई) जैसी नागरिक-संचालित और स्वैच्छिक चिकित्सा अभियान मील का पत्थर साबित हो सकता है। गत वर्षों में धन्वंतरी सेवा यात्रा के जरिए चीन, भुटान, बांग्लादेश और म्यांमार की अंतर्राष्ट्रीय सीमाओं से सटे दूरदराज के क्षेत्रों में चिकित्सा शिविर आयोजित किए गए। यह यात्रा उन स्थानों पर पहुंची जहां के लोगों को चिकित्सा सुविधा मिलना संभव नहीं था। इस संदर्भ में २००५ से अब तक १६ यात्राओं का संचालन किए जा चुके हैं। यह अभियान २०१८-१९ तक उत्तर-पूर्व में रहने वाले २८,९६८ नागरिकों के बीच प्रत्यक्ष रूप से चलाया गया। जिसमें भारत और विदेश के २०६ स्वैच्छिक रूप से पंजीकृत डॉक्टर और मेडिकल छात्रों की सक्रिय भागीदारी रही। २००५ के बाद से डीएसवाई ने ३,३०० गांवों को कवर करते हुए १,४२२ शिविरों का आयोजन करके २४६,१९७ लोगों को सेवाएं प्रदान की।

जिन लोगों ने ईश्वर की कृपा और अपने परिश्रम के बल पर जीवन में समृद्धि पाई है उन्हें समाज की सेवा के लिए आगे आना चाहिए। पीड़ा से ही संवेदना उत्पन्न होती है। यही संवेदना व्यक्ति



को सेवा करने के लिए प्रेरित करती है। लोगों को अपने आसपास के क्षेत्रों एवं बस्तियों में जाकर उनके दुःखों की अनुभूति कर उनकी पीड़ा को दूर करने का प्रयास करना चाहिए। साथ ही देश भर में लाखों सेवा कार्य हो रहे हैं। वहां जाकर उन सेवा कार्य का अवलोकन करना चाहिए, ताकि उनके मन में भी सेवा भाव पैदा हो सके। पैसे के अलावा हर व्यक्ति को अपना कुछ कीमती समय निकाल कर सेवा कार्य करना चाहिए।

व्यक्ति के अंदर यह भाव आना चाहिए कि उसने भी दीन दुखियों की सेवा की है। इस तरह की भावना वाला समाज ही संगठित हो पाता है। देशभर में लाखों लोग इस तरह के कार्य कर रहे हैं। आगे भी होता रहे, यही भावना है। ■



ধন্বন্তরী যাত্রা | অমল বৈশ্য

ভাৰতীয় সমাজ-ব্যৱস্থাত যুগ যুগ ধৰি চলি অহা চিকিৎসা পদ্ধতিক 'আয়ুৰ্বেদ' হিচাপে সন্মান প্ৰদান কৰি অহা হৈছে। এই আয়ুৰ্বেদ পদ্ধতিৰ জনক হিচাপে 'ধন্বন্তরী'ক পূজা কৰি অহা হৈছে। ধন্বন্তরী হৈছে বিষুৱৰ এক অৱতাৰ। ভাৰতবৰ্ষত ধন্বন্তরী প্ৰকৰণে কি দৰে ভাৰতীয় সমাজখনক সুস্থ সমাজ হিচাপে গঠন কৰিছিল, তেনেধৰণৰ সমাজ-ব্যৱস্থা পৃথিৱীৰ ক'তোৱেই পোৱা নাযায়। ইংৰাজৰ শাসনকালত এই ব্যৱস্থাটোক ধ্বংস কৰিবলৈ বিচৰা হৈছিল যদিও, সফলকাম হ'ব নোৱাৰিলে। এক শ্ৰেণীৰ সংস্কৃতিৰান ব্যক্তিৰ সহযোগত এই ব্যৱস্থাক সমাজৰ লোকৰ মাজত জনপ্ৰিয় কৰি ৰাখিছিল।

ভাৰতীয় সংস্কৃতিত সকলো স্তৰতে প্ৰত্যেকজন ব্যক্তিৰ স্বাস্থ্য সম্বন্ধীয় ক্ৰম জড়িত। সেয়েহে ভাৰতীয় সংস্কৃতিৰ বা ভাৰতীয় জাতীয় জীৱনত এক সুস্থ সমাজৰ উপস্থিতি পোৱা যায়, কোনো ধৰণৰ কঠিন ৰোগৰ দ্বাৰা সমাজ ধ্বংস হোৱাৰ উদাহৰণ নাই।

যোগাভ্যাস বা যোগ-প্ৰাণায়ামে কেনেকৈ মানুহৰ শাৰীৰিক তথা মানসিক উৎকৰ্ষ সাধন কৰে, সেইটো প্ৰতিজন ব্যক্তিয়ে জ্ঞাত, যিটো ভাৰতীয় সংস্কৃতিৰ এক অভিন্ন অংগ। আমি যদি 'সূৰ্য প্ৰণাম' যোগাটোকে চাওঁ, তেতিয়াহ'লে বুজিব পাৰোঁ সূৰ্য প্ৰণামৰ বিভিন্ন ভংগীয়ে কিদৰে শৰীৰত ক্ৰিয়া কৰে লগতে শৰীৰটোক সুস্থ ৰাখে।



চিকিৎসা বিজ্ঞানত ভাৰতীয় সমাজত প্ৰচলিত বিভিন্ন ব্যৱস্থাই কেতিয়াবা আচৰিত কৰি তোলে। বিভিন্ন গছ-লতাৰ প্ৰয়োগেৰে কিদৰে বিভিন্ন ৰোগৰ চিকিৎসা কৰি আৰোগ্য কৰে, সেইটো ভাৰতীয় সংস্কৃতিৰ এক গৌৰৱজ্জ্বল অধ্যায়। এই পদ্ধতিক ধ্বংস কৰিবলৈ বিভিন্ন মাধ্যম তথা বিভিন্ন দেশে অহৰহ চেষ্টা কৰি আছে যদিও সফল হ'ব পৰা নাই। কিন্তু ভাৰতৰ শাসনভাৰ ইংৰাজৰ হাতলৈ যোৱাৰ পাছৰে পৰাই ভাৰতীয় সামাজিক-ব্যৱস্থাৰ অৱনতি ঘটাৰ লগে লগে সমাজ-ব্যৱস্থাটোক থানবান কৰি শাসনৰ-ব্যৱস্থাক নিজৰ হাতত টনকিয়াল কৰাৰ সুব্যৱস্থা কৰিছিল। সমাজ-ব্যৱস্থাৰ এই ভাঙোনে বিভিন্ন সংস্কাৰৰ লগতে সামাজিক পদ্ধতিৰ অবসান ঘটাইছিল। উল্লেখ্য যে, ভাৰতীয় সমাজ-ব্যৱস্থাৰ প্ৰতিটো নিয়মতে শাৰীৰিক, মানসিক উৎকৰ্ষ সাধনৰ ক্ৰিয়া জড়িত।

ভাৰতীয় সমাজ-ব্যৱস্থাত যুগ যুগ ধৰি চলি অহা চিকিৎসা পদ্ধতিক 'আয়ুৰ্বেদ' হিচাপে সন্মান প্ৰদান কৰি অহা হৈছে। এই আয়ুৰ্বেদ পদ্ধতিৰ জনক হিচাপে 'ধন্বন্তৰী'ক পূজা কৰি অহা হৈছে। ধন্বন্তৰী হৈছে বিষ্ণুৰ এক অৱতাৰ। ভাৰতবৰ্ষত ধন্বন্তৰী প্ৰকৰণে কি দৰে ভাৰতীয় সমাজখনক সুস্থ সমাজ হিচাপে গঠন কৰিছিল, তেনেধৰণৰ সমাজ-ব্যৱস্থা পৃথিৱীৰ ক'তোৱেই পোৱা নাযায়। ইংৰাজৰ শাসনকালত এই ব্যৱস্থাটোক ধ্বংস কৰিবলৈ বিচৰা হৈছিল যদিও, সফলকাম হ'ব নোৱাৰিলে। এক শ্ৰেণীৰ সংস্কৃতিৰান ব্যক্তিৰ সহযোগত এই ব্যৱস্থাক সমাজৰ লোকৰ মাজত জনপ্ৰিয় কৰি ৰাখিছিল।

আয়ুৰ্বেদ পদ্ধতিত যিকোনো ৰোগৰ উৎপত্তিৰ উৎস উলিয়াই তাৰ চিকিৎসা ব্যৱস্থা আছে। লগতে উল্লেখনীয় কথা হ'ল—পুৰুষ, মহিলাৰ পৃথক চিকিৎসা ব্যৱস্থা আছে। কাৰণ, পুৰুষ আৰু মহিলাৰ শাৰীৰিক গঠন তথা অভ্যন্তৰীণ গঠন বেলেগ বেলেগ। এলোপ্যাথিক ব্যৱস্থাত প্ৰাৰম্ভিক পৰ্যায়তেই ৰোগৰ লক্ষণৰ ওপৰত নিৰীক্ষণ কৰিয়েই চিকিৎসা কৰা দেখা যায়, সেই ধৰণেই ঔষধৰ উৎপাদন কৰা হয়, যিয়ে পাছলৈ ৰোগীৰ দেহত আনুষংগিক লক্ষণ উৎপন্ন হোৱা দেখা যায়। যি ৰোগীৰ লগতে ৰোগক



অন্য পৰ্যায়লৈ লৈ যায়। কিন্তু আয়ুৰ্বেদ ব্যৱস্থাত এই পাশ্চাত্ৰীয়াৰ উৎপত্তি দেখা নাযায়, যিকাৰণতে সমাজত আয়ুৰ্বেদে এক সন্মানজনক স্থান দখল কৰি আছে।

দুখৰ বিষয়, ইংৰাজৰ শাসনকালত ভাৰতীয় সমাজখনক বিভিন্ন শ্ৰেণীত বিভক্ত কৰি তেওঁলোকৰ চিকিৎসা পদ্ধতিক প্ৰয়োগ কৰি ভাৰতীয় পদ্ধতিক বিনাস কৰিবলৈ যৎপৰোনাস্তি চেষ্টা কৰিছিল। ইংৰাজ সকলো হৈছিল। কাৰণ ইংৰাজৰ পদ্ধতিত তাৎক্ষণিক আৰোগ্যতাৰ ফল, কাৰণ তাত লক্ষণৰ চিকিৎসা কৰা হয়। আনহাতে ভাৰতীয় পদ্ধতি দীৰ্ঘম্যাদী এই পদ্ধতি লক্ষণ নহয়, উৎপত্তিৰ উৎসক ধ্বংসকাৰী। যিয়ে সময় লয়।

আশ্চৰ্য্যৰ কথা হ'ল, স্বাধীনতাৰ ৭২ বছৰ পাছতো ভাৰতৰ বহু গাঁওত চিকিৎসা পদ্ধতিৰ কথাই নহয়, সাফ-চিকুণতা সম্বন্ধে সঠিক জ্ঞানৰ অভাৱ, যিয়ে যেনেকুৱা গাঁওবোৰত চাফ-চিকুণতাৰ অজ্ঞতাৰ বাবেই বহু বেমাৰৰ উৎপত্তি হয়।

উত্তৰ-পূৰ্বাঞ্চলৰ, ঘাইকৈ পাহাৰীয়া অঞ্চল হোৱা বাবে এতিয়াও বহু অঞ্চল অতিকৈ দুৰ্গম। আধুনিকতাৰ পৰা এতিয়াও বহু দূৰত। তেনেকুৱা অঞ্চলবোৰৰ মাজত স্বাস্থ্যৰ লগতে সামাজিক জীৱন উৎকৰ্ষৰ বাবে 'সেৱা ভাৰতী' নামৰ সংগঠনটোৰ 'ধন্বন্তৰী সেৱা যাত্ৰা' নামেৰে দুৰ্গম অঞ্চলৰ লোকসকলৰ মাজত স্বাস্থ্য সম্বন্ধীয় যিবোৰ কাৰ্যসূচী আগবঢ়াইছে, যিয়ে নিশ্চয় সমাজত এক নৱজাগৰণৰ সৃষ্টি কৰি এখন সুস্থ সমাজ গঠন কৰিবলৈ সক্ষম হৈছে। নেচনেল মেডিকোজ অৰ্গানাইজেশ্বন (National Medocos Organization)-এ ইয়াত সহযোগ আগবঢ়োৱাত গোটেই কাৰ্যসূচীয়ে এক নতুনত্ব মাত্ৰা লাভ কৰিছে। এই সেৱা যাত্ৰাৰ কাৰ্যসূচীত ভাৰতৰ বিভিন্ন ঠাইৰপৰা ডাক্তৰৰ উপস্থিতিয়ে স্থানীয় সংস্কাৰৰ বিনিময়ৰো এক সুযোগ প্ৰতিষ্ঠা কৰিছে। কিয়নো যিহেতু আমন্ত্ৰিত ডাক্তৰসকলে দুৰ্গম গাঁওবিলাকত থাকিয়েই, উক্ত অঞ্চলৰ লোকসকলক চিকিৎসা সম্পৰ্কে বিভিন্ন পৰামৰ্শ আগবঢ়ায়। নিশ্চয় এই কাৰ্যসূচীৰ জৰিয়তে 'সেৱা ভাৰতী'ৰ এক সুস্থ সমাজ গঠনৰ দিশত বলিষ্ঠ পদক্ষেপ আগবঢ়াব, সূচনা কৰিব নতুন দিগন্তৰ। ■



ৰোগ, ৰোগী আৰু হোমিওপ্যাথিক চিকিৎসা

ডা. নৰোত্তম সিংহ এম.ডি. (হোমিও)

শৰীৰ আৰু মনৰ স্বাভাৱিক ক্ৰিয়া-প্ৰক্ৰিয়াত ব্যাঘাত ঘটাব ফলত নানা ধৰণৰ অস্বাভাৱিক লক্ষণ প্ৰকাশ পায়। লক্ষণসমূহৰ প্ৰকাৰ আৰু কাৰকৰ ওপৰত ভিত্তি কৰি এক নিৰ্দিষ্ট নামাকৰণৰ দ্বাৰা ৰোগৰ নাম নিৰ্ধাৰিত হয় আৰু ভুক্তভোগী ব্যক্তিজনক ৰোগী আখ্যা দিয়া হয়।

এইটো কথা প্ৰায় সকলোৱে জ্ঞাত যে হোমিওপ্যাথিক চিকিৎসা পদ্ধতিত ৰোগৰ নহয় 'ৰোগীৰ হে চিকিৎসা' কৰা হয়। ৰোগৰ নামাকৰণ, চিকিৎসাৰ ক্ষেত্ৰত তথা ঔষধ নিৰ্বাচনৰ ক্ষেত্ৰত কোনো ভূমিকা পালন নকৰে।

এতিয়া কথা হ'ল ৰোগৰ নহয়, ৰোগীৰ হে চিকিৎসা কৰা হয় — এই কথাৰ যৌক্তিকতা ক'ত। এই কথা আমি সকলোৱে জানো যে প্ৰতিজন ব্যক্তি অন্য এজন ব্যক্তিৰ পৰা স্বভাৱ, চালচলন, খোৱা-লোৱা ক্ৰিয়া-প্ৰতিক্ৰিয়া ভিন্ন ভিন্ন। এয়া নিৰ্ভৰ কৰে ব্যক্তিজনে জন্মসূত্ৰে লাভ কৰা শৰীৰৰ গঠন প্ৰণালী, কোষৰ কোষকেদ্ৰত থকা চৰিত্ৰ বহনকাৰী 'জিন'ৰ ওপৰত।



শৰীৰত থকা প্ৰতিটো কোষেই তাৰ কোষকেন্দ্ৰত থকা জিনত পূৰ্বপুৰুষৰ থকা চৰিত্ৰগত বৈশিষ্ট্যসমূহ বহন কৰা হেতুকে ইয়াৰে ক্ৰিয়া-প্ৰতিক্ৰিয়া সেই বিশেষ ব্যক্তিজনৰ ক্ৰিয়া-প্ৰতিক্ৰিয়াৰ সৈতে একেই বাহ্যিক ক্ৰিয়াৰ প্ৰতিক্ৰিয়া ও নিৰ্দিষ্ট জিনে তাৰ বৈশিষ্ট্য অনুযায়ীহে প্ৰকাশ কৰে।

অজস্ৰ ইটা যোৰা লগাই যিদৰে এটি পকি ঘৰ তৈয়াৰ হয়, ঠিক তেনেদৰে অসংখ্য কোষ লগ লাগি এটি মানৱ দেহৰ সৃষ্টি হয়। এক নিৰ্দিষ্ট বৈশিষ্ট্যৰ কোষ লগ হৈ বিভিন্ন টিস্যু বা কলা, একেধৰণৰ টিস্যু বা কলা লগ হৈ একো একোটি অংগ আৰু প্ৰতিটো অংগই নিজৰ নিজৰ কাৰ্যসমূহ স্বাভাৱিক ভাৱে সম্পাদন কৰি মানুহ এজনক সুস্থ সবল জীৱন নিৰ্বাহ কৰাত সহায় কৰে।

কোনো নিৰ্দিষ্ট অংগৰ স্বাভাৱিক কাৰ্যত ব্যাঘাত ঘটিলে, সেই অংগটিত থকা প্ৰতিটো কোষেই পুনৰ স্বাভাৱিক অৱস্থাত ঘূৰি আহিবলৈ প্ৰচেষ্টা কৰে। কোনো বিশেষ অংগৰ ব্যাঘাত অৰ্থাৎ বিজুতি ঘটিলে ইয়াৰে প্ৰভাৱ সেই বিশেষ অংগটিত পৰাৰ উপৰিও শৰীৰৰ অন্যান্য অংগতো ইয়াৰ পৰোক্ষ প্ৰভাৱ পৰে। অৰ্থাৎ স্নায়ুতন্ত্ৰৰ পৰা আৰম্ভ কৰি, শ্বাসতন্ত্ৰ, পাচনতন্ত্ৰ, হৃদতন্ত্ৰ, মুত্ৰতন্ত্ৰ আদি সকলো তন্ত্ৰই প্ৰভাৱিত হয়। থোৰাত ক'বলৈ গ'লে মানুহজনেই প্ৰভাৱিত হয়।

এক সাধাৰণ উদাহৰণৰ দ্বাৰা কথাটি স্পষ্ট হ'ব। দেশ এখন পৰিচালিত হ'বলৈ বিভিন্ন দপ্তৰ থাকে। প্ৰত্যেক দপ্তৰে নিজৰ নিজৰ বিভাগে চোৱাচিতা কৰে। যদি দেশৰ প্ৰতিৰক্ষাৰ ক্ষেত্ৰত কোনো প্ৰবল ভাবুকীৰ সৃষ্টি হয়, তেন্তে

ইয়াৰ প্ৰভাৱ সমগ্ৰ দেশতই পৰিব, অৰ্থাৎ গৃহ, অৰ্থনৈতিক, স্বাস্থ্য আদি সকলোবোৰ বিভাগ এনে সংকটৰ পৰা পৰিত্ৰাণ পোৱাৰ ক্ষেত্ৰত সহযোগ আগবঢ়োৱাটো অপৰিহাৰ্য হৈ পৰিব।

শৰীৰত থকা প্ৰতিটো কোষেই তাৰ কোষকেন্দ্ৰত থকা জিনত পূৰ্বপুৰুষৰ থকা চৰিত্ৰগত বৈশিষ্ট্যসমূহ বহন কৰা হেতুকে ইয়াৰে ক্ৰিয়া-প্ৰতিক্ৰিয়া সেই বিশেষ ব্যক্তিজনৰ ক্ৰিয়া-প্ৰতিক্ৰিয়াৰ সৈতে একেই বাহ্যিক ক্ৰিয়াৰ প্ৰতিক্ৰিয়া ও নিৰ্দিষ্ট জিনে তাৰ বৈশিষ্ট্য অনুযায়ীহে প্ৰকাশ কৰে। অৰ্থাৎ আমি যদি চাৰি, পাঁচজন মান ব্যক্তিৰ ওপৰত গৱেষণা ক'ৰো, কোনো এক নিৰ্দিষ্ট ক্ৰিয়াৰ প্ৰভাৱ ঘটাই দেখা যাব প্ৰতিজন ব্যক্তিয়েই নিজৰ নিজৰ প্ৰতিক্ৰিয়া বিভিন্ন ধৰণে প্ৰকাশ কৰিছে। যদি প্ৰতিজন ব্যক্তিকেই এটি শীতল কোঠাত কিছু সময় আৱদ্ধ কৰি ৰখা হয় কোনোৱে

হয়তো শ্বাসকষ্টত, কোনোৱে হয়তো মূৰৰ বিষ, কোনোৱে বমি ভাৱ, আকৌ কোনোবা এজন হয়তো কোনো ধৰণে প্ৰভাৱিত হ'ব। অৰ্থাৎ ক্ৰিয়া একে হোৱা সত্ত্বেও প্ৰতিক্ৰিয়া ভিন্ন।

এই উদাহৰণৰ দ্বাৰাই সহজেই অনুমান কৰি ল'ব পাৰি, ৰোগৰ কাৰক একে হ'লেও ইয়াৰ প্ৰতিক্ৰিয়াৰ ভিন্ন হোৱা উচিত, যিহেতু ক্ৰিয়াৰ প্ৰতিক্ৰিয়া বিভিন্ন জনৰ ক্ষেত্ৰত ভিন্ন।

প্ৰতিক্ৰিয়াসমূহ নিৰ্ভৰ কৰে।



প্ৰত্যেক ব্যক্তিয়েই অন্তৰ্নিহিত 'জীৱনী শক্তি'ৰ দ্বাৰা স্বাভাৱিক ভাৱে পৰিচালিত হয়। এই জীৱনী শক্তি যেতিয়ালৈকে শৃংখলিত হৈ থাকে তেতিয়ালৈকে নিৰ্দিষ্ট ব্যক্তিজন ৰোগমুক্ত স্বাভাৱিক জীৱন যাপন কৰিব পাৰে, যেতিয়া কোনো কাৰণত ইয়াত বিশৃংখলতাৰ সৃষ্টি হয়। তেতিয়াই ব্যক্তিজনে কিছুমান অস্বাভাৱিক লক্ষণ (মানসিক তথা শাৰীৰিক) প্ৰকাশ কৰিবলৈ ধৰে আৰু লক্ষণ-ভেদে লক্ষণ সমষ্টি অনুসাৰে ৰোগৰ নামাকৰণ কৰা হয়।

পূৰ্বপুৰুষৰ পৰা লক্ষ জিনৰ বৈশিষ্ট্যৰ ওপৰত হে।

ধৰা হ'ল কিছুমান ব্যক্তি মেলেৰীয়া ৰোগত আক্ৰান্ত হ'ল। এই ক্ষেত্ৰত ৰক্ত পৰীক্ষাত প্ৰত্যেকৰ ক্ষেত্ৰত তেজৰ নমুনাত মেলেৰীয়া ৰোগৰ জীবাণু পোৱা যাব। কিন্তু দেখা যাব প্ৰতিজন ৰোগীয়ে নিজৰ নিজৰ উপসৰ্গসমূহ ভিন্ন ভাৱে প্ৰকাশ কৰিছে। গতিকে, এই ৰোগৰ পৰা পৰিত্ৰাণ কৰা ঔষধসমূহ যদি একে হয় তেন্তে প্ৰতিজন ৰোগীয়েই ঔষধবিধকো ভিন্ন ধৰণে গ্ৰহণ কৰি ইয়াৰ প্ৰতিক্ৰিয়া দিব।

অৰ্থাৎ, সহজে অনুমেয় যে প্ৰতিক্ৰিয়াৰ ধৰণ অনুযায়ীহে ব্যবস্থা গ্ৰহণ কৰাটো যুগুত। এই সূত্ৰৰ ওপৰত ভিত্তি কৰিয়েই হোমিওপ্যাথিক চিকিৎসা পদ্ধতিত 'ৰোগৰ নহয়, ৰোগীৰহে চিকিৎসা' পদ্ধতি অৱলম্বন কৰা হৈছে। যাক 'Theory of Individualization' বুলি কোৱা হয়।

এই চিকিৎসা পদ্ধতিত ৰোগী এজনৰ চিকিৎসাৰ ক্ষেত্ৰত ৰোগীৰ সম্পূৰ্ণ বিৱৰণ য'ত মানসিক শাৰীৰিকৰ পৰা আৰম্ভ কৰি বংশগত ব্যাধিৰ অতীত বৰ্তমানৰ প্ৰতিটো ঘটনা লিপিবদ্ধ কৰা হয়। সেই বিশেষ ৰোগীগণ সম্বন্ধে খৰচি মাৰি জানি লোৱা হয় অৰ্থাৎ তেওঁৰ 'জেনেটিক কোড' জানি লৈ তাৰ ওপৰত ভিত্তি কৰি ঔষধ প্ৰয়োগ কৰা হয়।

প্ৰতিজন ব্যক্তিয়েই ৰোগ প্ৰতিৰোধ ক্ষমতা অৰ্থাৎ অভ্যন্তৰীণ তথা ব্যাহ্যিক অনিষ্টকাৰী ক্ৰিয়াসমূহৰ পৰা পৰিত্ৰাণ অৰ্থাৎ নিজকে ৰক্ষা কৰিব পৰা ক্ষমতা জন্মসূত্ৰে লাভ কৰে যাক আমি ৰোগ প্ৰতিৰোধ ক্ষমতা বুলি কওঁ। কিন্তু এই ক্ষমতা ব্যক্তি-ভেদে ভিন্ন। এই ক্ষেত্ৰত বংশগত সূত্ৰে লাভ কৰা গুণৰ উপৰিও পৰিপাৰ্শ্বিক প্ৰতিকূলতাৰ সৈতে যুঁজ কৰিও আহৰণ কৰে।

প্ৰত্যেক ব্যক্তিয়েই অন্তৰ্নিহিত 'জীৱনী শক্তি' (Vital force)ৰ

দ্বাৰা স্বাভাৱিক ভাৱে পৰিচালিত হয়। এই জীৱনী শক্তি যেতিয়ালৈকে শৃংখলিত হৈ থাকে তেতিয়ালৈকে নিৰ্দিষ্ট ব্যক্তিজন ৰোগমুক্ত স্বাভাৱিক জীৱন যাপন কৰিব পাৰে, যেতিয়া কোনো কাৰণত ইয়াত বিশৃংখলতাৰ সৃষ্টি হয়। তেতিয়াই ব্যক্তিজনে কিছুমান অস্বাভাৱিক লক্ষণ (মানসিক তথা শাৰীৰিক) প্ৰকাশ কৰিবলৈ ধৰে আৰু লক্ষণ-ভেদে লক্ষণ সমষ্টি অনুসাৰে ৰোগৰ নামাকৰণ কৰা হয়। অৰ্থাৎ ৰোগৰ মূল কাৰণ জীৱনী শক্তি। যাৰ বৰ্তমান হ'ল জীৱন (Life) আৰু অবৰ্তমান হ'ল মৃত্যু (Death)। যি অদৃশ্য, ইয়াৰ ক্ৰিয়া আৰু প্ৰতিক্ৰিয়াহে দৃষ্টিগোচৰ হয় বিভিন্ন লক্ষণ সমূহৰ দ্বাৰা। তাৰ অৰ্থ হ'ল, ৰোগ আৰু স্বাভাৱিক অৱস্থা নিৰ্ভৰ কৰে এই জীৱনী শক্তিৰ ওপৰতহে। অৰ্থাৎ যিহেতু নিয়ন্ত্ৰক হ'ল এবিধ শক্তি, গতিকে শক্তিৰ বিশৃংখলতাক স্বাভাৱিক অৱস্থালৈ ঘূৰাই আনিবলৈ আন এবিধ শক্তিয়েই আশ্ৰয় লগ লাগিব আৰু সেইবাবেই হোমিওপ্যাথিক চিকিৎসা পদ্ধতিৰ ব্যৱহাৰ হোৱা ঔষধসমূহ শক্তিকৃত (Dynamic) অৱস্থাত থাকে।

সহজ ভাষাত ক'বলৈ গ'লে 'লোৰে লো কাটিব পাৰি', 'হুলেৰে হুল কাটিব পাৰি', 'বিষেৰে বিষ কটা যায়' ইত্যাদি প্ৰচলিত বাক্যবোৰ উল্লেখ কৰিব পাৰি।

গতিকে উপৰোক্ত পৰ্যালোচনাৰ পৰা কিছু আভাস নিশ্চয় পোৱা যাব যে 'ৰোগৰ নহয়, ৰোগীৰহে' চিকিৎসা হোৱা উচিত আৰু ৰোগ, আৰু সুস্বাস্থ্য যিহেতু এটি শক্তিৰ দ্বাৰা পৰিচালিত, সেয়ে শক্তিৰ বিজুতি ঘটিলে তাক অন্য এক শক্তিৰ প্ৰয়োগৰ দ্বাৰাই স্বাভাৱিক অৱস্থালৈ ঘূৰাই আনিব পৰা যায়। এই ন্যায্য যুক্তিসমূহৰ দ্বাৰাই হোমিওপ্যাথিক চিকিৎসা পদ্ধতি পৰিচালিত। ■



सत्यमेव जयते



Atal Amrit Abhiyan Assam Scheme List of Beneficiaries & Application Form

অটল অমৃত অভিযান এক চমু আভাস

স্বাস্থ্য এক সম্পদ আৰু স্বাস্থ্য বীমা থকাটো সকলোৰ বাবে গুৰুত্বপূৰ্ণ। বীমাহীন ব্যক্তি কম চিকিৎসা আৰু কম সময়োপযোগী যত্ন পাই। চৰকাৰী চিকিৎসা পালেও চাহিদা অনুযায়ী কম। লগতে স্বাস্থ্যসেৱাৰ খৰচও ক্ৰমবৰ্ধমানভাবে বাঢ়িব ধৰিছে। গতিকে চিকিৎসা সম্পৰ্কে সচেতনতা আৰু অসুস্থতাৰ বিৰুদ্ধে প্ৰতিৰোধমূলক ব্যবস্থা হিচাপে চিকিৎসা বীমাৰ প্ৰয়োজনীয়তা বাঢ়িছে। স্বাস্থ্য চিকিৎসাৰ জৰুৰী সময়তেই প্ৰয়োজন। চিকিৎসা জৰুৰী অৱস্থাত অনেকে তেওঁলোকৰ সঞ্চয়ী তহবিল ব্যৱহাৰ কৰে, যিয়ে তেওঁলোকৰ কেৱল আৰ্থিক স্বাস্থ্যৰ ওপৰতে প্ৰভাৱ নেপেলায়, লগতে শিক্ষা, ঘৰৰ খৰচৰ লগতে বিবাহৰ দৰে ব্যক্তিগত লক্ষ্যকো ক্ষতিগ্ৰস্ত কৰে। সকলোৰে আৰ্থিক অৱস্থান আৰু প্ৰয়োজনীয়তাৰ ঘনিষ্ঠভাৱে মূল্যায়ন কৰাৰ মাধ্যমে, চৰকাৰে সকলোৰে বাবে প্ৰয়োজ্য এক মেডিকেল ইন্স্যুৰেন্স পৰিকল্পনাৰ মাধ্যমেৰে মেডিকেল জৰুৰী অৱস্থাৰ আৰু আৰ্থিকভাৱে সকলোকে সহায় কৰা এক পৰিকল্পনা প্ৰস্তুত কৰে। সকলোৱে যাতে উচ্চ মানদণ্ডৰ চিকিৎসা সেৱা পাই ভাৰতৰ যিকোনো ব্যক্তিগত চিকিৎসালয়ত চিকিৎসা পাই আৰু অসমৰ সকলো ৰাইজ উপকৃত হয় তালৈ ৰাখি এক আঁচনি প্ৰস্তুত কৰা হৈছে। যেতিয়া মেডিকেল ইন্স্যুৰেন্সৰ কথা আহে, নিশ্চয় ভাবে ইয়াৰ খৰচৰ কথা আহে। গতিকে

পূৰ্ববী কাকতি

গুৱাহাটী

বিনিয়োগৰ সিদ্ধান্তবোৰো চৰকাৰে নিজেই গা পাতি ল'লে। ইয়াৰ দ্বাৰা সুজ্ঞাত আৰু ভাল গৱেষণাৰ লগতে উচ্চ মানদণ্ডৰ বিশেষজ্ঞৰ দ্বাৰাই চিকিৎসা সুবিধা পোৱা যায়।

কেন্দ্ৰীয় চৰকাৰৰ এক আঁচনি 'অটল অমৃত অভিযান' অসম চৰকাৰে সফলভাৱে ৰূপায়ণ কৰিছে। অসম চৰকাৰে ৰাজ্যৰ নাগৰিকসকলৰ বাবে নগদহীন স্বাস্থ্য সেৱাৰ এই আঁচনিৰ আৰম্ভ কৰিছে। ই এক মেডিকেল ইন্স্যুৰেন্স প্ৰকল্প যাৰ দ্বাৰা ৰাজ্যখনৰ সকলো নাগৰিকক সামৰি লোৱা হৈছে। 'অটল অমৃত অভিযান' মূলত অসমৰ জনগণৰ কল্যাণৰ বাবে চৰকাৰৰ দ্বাৰা গৃহীত এটা উদ্যোগ। পাঁচ লাখ টকাৰ কম আয়ৰ লোকে এই আঁচনিৰ বাবে যোগ্য।

অটল অমৃত অভিযান প্ৰকল্পৰ মূল লক্ষ্য হিচাপে চৰকাৰে জনগণৰ বাবে বিনা মূল্যে আৰু নগদহীন চিকিৎসা প্ৰদানৰ মাধ্যমেৰে তেখেতসকলৰ স্বাস্থ্যৰ বিকাশৰ বাবে প্ৰয়োজনীয় পদক্ষেপ লৈছে।



এই ক্ষেত্ৰত প্ৰতি বছৰে ২ লক্ষ টকা লৈকে যি কোনো বেচৰকাৰী চিকিৎসালয়ত চিকিৎসা কৰিব পাৰিব।

আবেদনকাৰীয়ে এই প্ৰকল্পৰ জৰিয়তে আবেদন কৰাৰ পিছত বেশ কিছু বিশেষ সুবিধা পাব পাৰে। বিনামূল্যে চিকিৎসা যত্ন হিচাবে ২ লাখ টকা, নগদহীন চিকিৎসা ও স্বাস্থ্য সেৱা ইত্যাদি অটল অমৃত অভিযান প্ৰকল্পৰ আওতাত লোৱা হৈছে। এই আঁচনিখনৰ সকলো খৰচ যেনে প্ৰিমিয়াম ইত্যাদি চৰকাৰে বহন কৰে। আবেদনকাৰীয়ে মাথো জিলা কাৰ্যালয়ৰ পৰা পঞ্জীয়ন কৰি এখন পৰিচয় পত্ৰ ল'ব লাগে। এই পৰিচয় পত্ৰখন চিকিৎসালয়ত দেখুৱালেই চিকিৎসা বিনামূলীয়া হৈ যায়।

এই আঁচনিত কিডনি ৰোগ, ক্যান্সাৰ, স্নায়ুৱিক অৱস্থা, পূৰা, নৱজাতক ৰোগ আৰু কাৰ্ডিওভাচকুলাৰ ৰোগৰ দৰে ছয়টা সাধাৰণ আৰু ব্যয়বহুল ৰোগৰ চিকিৎসা কৰিবৰ সহায় কৰে। চিকিৎসা কৰাৰ বাবে ৰোগীক কোনও খৰচবিহীনভাৱে চিকিৎসালয়ত ভৰ্তি কৰা হয়।

অটল অমৃত অভিযান আঁচনিটো ঔষধ, পৰামৰ্শ, খাদ্য, ডায়গনস্টিক্স আৰু চিকিৎসালয়ৰ সকলো ব্যয়ৰ বাবে, চিকিৎসাৰ বাবে ৰোগীৰ ভ্ৰমণৰ ব্যয়, প্ৰাত্যহিক ভাতা, চিকিৎসাৰ বাবে ৰোগীৰ ভ্ৰমণৰ ব্যয়, প্ৰাত্যহিক ভাতা, চিকিৎসা ইত্যাদিও অন্তৰ্ভুক্ত আছে। বিজেপি নেতৃত্বাধীন অসম চৰকাৰে জাপানি এনসেফালাইটিচ (জেই), ক্যান্সাৰ বিহীন অস্থি মজ্জা প্ৰতিস্থাপন আৰু নিবিড়ভাবে ভৰ্তিৰ অন্য ৰোগ আৰু গুৰুতৰ যত্নৰ প্ৰয়োজনীয় ব্যবস্থা লয়। বৰ্তমানে অটল অমৃত অভিযানৰ পৰিধিত ইনটেনচিভ কেয়াৰ ইউনিট (আইচিইউ)-ৰ ব্যবস্থাও আছে।

ওপৰত উল্লেখ কৰা দৰে এই নগদহীন স্বাস্থ্য চিকিৎসা ব্যৱস্থাত দাৰিদ্ৰ্যসীমাৰ তলত (বিপিএল) আৰু দাৰিদ্ৰ্যসীমাৰ ওপৰৰ (এপিএল) লোকসকলৰ বহুত সুবিধা হৈছে। ছয়টি বিস্তৃত বিভাগৰ কাডিওলজি আৰু কাৰ্ডিওভাচকুলাৰ চাৰ্জাৰি, স্নায়ুবিজ্ঞানৰ অধীনত ৪৩৮ টা ৰোগৰ আওতাত ইএনটি (চকু, নাক আৰু কান) ইত্যাদি আছে। অসমৰ স্বাস্থ্যমন্ত্ৰী ড° হিমন্তবিশ্ব শৰ্মাই ঘোষণা কৰিছে যে

চৰকাৰে দি আছে

প্ৰতি বছৰে ২ লাখ

টকাৰ চিকিৎসা FREE

আপুনিও আবেদন কৰক আজিয়েই!



বৰ্ধিত অটল অমৃত অভিযানত আৰু অনেক ৰোগ লাহে লাহে যোগ দিয়া হ'ব। এই বিলাক হ'ল আইচিইউ প্যাকেজ, ট্ৰমা, ক্ৰিষ্টাল কেয়াৰ পেডিয়াট্ৰিক্স আৰু পেডিয়াট্ৰিক চাৰ্জাৰি, অস্থি মজ্জা প্ৰতিস্থাপন, জেই আৰু অ্যাকিউট এনসেফালাইটিচ চিনড্ৰোম। যি অসমৰ এটা ডাঙৰ ঘাতক, বিশেষত বৰ্ষা বতৰত। বছৰি ১০৫ জনৰো অধিক লোক এই ৰোগৰ দ্বাৰা মৃত্যুবৰণ কৰে।

মন্ত্ৰী ড° হিমন্তবিশ্ব শৰ্মাই চৰকাৰী তথ্য দাঙি ধৰি ইতিমধ্যে জনাইছে যে, বৰ্তমানলৈকে (এই নিৰন্ধ লিখালৈকে) ১.১১ কোটি মানুহে অটল অমৃত অভিযান আঁচনিৰ আওতাত নাম লিখিছে আৰু ৫৭,২৭৭ জনে নগদহীন চিকিৎসা পাইছে। মন্ত্ৰীগৰাকীৰ মতে “এই সংখ্যা কম হৈছে কাৰণ বেছিভাগ বিপিএল ৰোগী মাঝভাগতে আৰম্ভ হোৱা ভাৰত চৰকাৰৰ ‘আয়ুত্থান ভাৰত’ প্ৰকল্পলৈ স্থানান্তৰিত হৈছিল, আৰু এপিএল লোকসকল নিম্ন-মধ্যবিত্ত আৰু মধ্যবিত্ত শ্ৰেণীৰ অটল

অমৃতৰ পাঁচ লাখৰ আয়ৰ গৃহস্থালী কেৱল ৰৈছে।”

উল্লেখযোগ্য যে অটল অমৃত যোজনা ২ লাখ টকাৰ চিকিৎসা পোৱাৰ বিপৰীতে আয়ুত্থান ভাৰতত ৫ লাখ টকা পৰ্যন্ত সুবিধা পাই। কিন্তু ‘আয়ুত্থান ভাৰত’ত কেৱল বিপিএল লোকৰ বাবে হে প্ৰযোজ্য।

একেদৰে ক্যান্সাৰ ৰোগীৰ মুঠ নগদহীন হিতাধিকাৰী হৈছে ২.৪৪৪ জন। কিডনি ৰোগী ২০,২৬৩ আৰু হাৰ্টৰ ৰোগী ৬,৪৭০ জনে সুবিধা পাইছে। অৱশ্যে এতিয়ালৈ এই সংখ্যা আৰু অনেক বৃদ্ধি হৈছে। নগদহীন চিকিৎসা ক্ষেত্ৰত প্ৰায় ১৩৬,৯৯ কোটি টকা চৰকাৰে ব্যয় কৰিছে। অটল অমৃত যোজনাৰ অধীনত অসমত ৪১টা চিকিৎসালয়তকৈও অধিক সংযুক্ত হৈছে। প্ৰকল্পটো চালু হোৱাৰ পিছৰে পৰা সকলো ৰাইজ, বিশেষকৈ দুখীয়া শ্ৰেণীৰ ৰাইজৰ নিশ্চয়কৈ সুবিধা হৈছে। মই আশা ৰাখিছো যে মাননীয় মন্ত্ৰীজনে সোনকালে আৰু অন্যান্য ৰোগও অটল অমৃতৰ আওতালৈ আনিব। ■



16th DHANVANTARI SEVA YATRA 2019 : A Brief Reports

Dhanvantari Seva Yatra is a mega health campaigning programme in entire North Eastern States of India jointly organized by Seva Bharati, Purvanchal and National Medicos Organization (NMO) since 2005. With the sweet memories of ancient sage Dhanvantari, the founder of the Ayurveda and the preceptor of health, happiness and tranquility, the Seva Yatra is named as a Dhanvantari Seva Yatra to provide health services with free distribution of medicines, creating health awareness, hygiene and health education amongst the various backward societies of North Eastern states. Some places of Medical camps of 16th Dhanvantari Seva Yatra are held at the nearest areas of international borders of China, Bhutan, Myanmar and Bangladesh.

Last year, the Yatra has started from 17th and successfully concluded on 24th February, 2019. Doctors from all over the country and abroad

specialized in different streams of medical science and super specialization as well as faculty members of various medical and dental colleges and students of advance medical courses took part in this novel venture voluntarily and imparted their services by involving with this Seva Yatra.

From the very inception, since for 16 years, 733 Doctors and 767 students of various advance medical sciences have conducted 1,422 free medical camps with distribution of medicines to 2,46,197 patients from 3330 villages.

The prime motive behind this humble endeavor besides providing free medical assistance, also to acquaint the participating doctors with the varied rich culture of local community which is nothing but the part and parcel of the North Eastern Cultural heritage.

At the same time, it is an effort to imbibe in the mind of our local community that they are our



Parag Kalita (Secretary, Seva Bharati, Purbanchal) and Dr. Pranjal Bharali (Executive Committee Member) were nominated as DSY-2019 Coordinator. Lodging and fooding arrangement for doctors and students were provided at Terapanth Dharmasthala, Fancy Bazar, Guwahati.

The participant doctors and the students started arriving at Guwahati from 15th February.

Out of the total participants of 206 doctors and 110 students of advanced medical sciences from Gujarat, Bihar, Uttar Pradesh (B.H.U), Lucknow, West Bengal, Uttarakhand, Rajasthan,

Haryana, Madhya Pradesh, Maharashtra, Jharkhand, New Delhi, Jammu & Kashmir, Assam, Manipur and two doctors from the state of California-USA also joined the mission of providing free medical services in NE states.

A total number of 32 teams were formed out of these participants. Out of the same, 21 teams were sent to villages of Assam while 1 team each was sent to Mizoram and Nagaland, 2 teams each were sent to Manipur, Arunachal, Meghalaya and 3 teams were send to Tripura.

The formal function of inauguration of 16th Dhanvantari Seva Yatra was held at 04:00 pm on 17th February, 2018 at Terapanth Dharmasthala, Fancy Bazar, Guwahati. The Additional Medical Supt. MMCH Dr. Madhav Rajbanshi was present as Chief Guest. The function was presided over by Dr. Chiranjeev Barua and Dr. Raktim Tamuli, Joint Secretary of the reception committee anchored the programme.

After the inaugural function, the participants of the Medical team started for their stipulated destinations. The medicines for free distribution was already sent to the respective destinations under the supervision of Kamal Paul Choudhury and Dr. Dhiren Das Panika and Just after the inaugural function, most of the medical teams left

brethren and assured them that the whole country cares for them and strongly standing behind them at the time of their weal & woe. At the end, the members of various medical teams return with their vivid experiences about the North Eastern states which may be worth contributory in the comprehensive context of National integration. This Yatra is playing an important role in strengthening the ties between the north-east and the rest of the country.

Seva Bharati, Purbanchal, since its inception in 1998, is working in the North Eastern states and reaching out to the people by way of providing services in the field of health, education, skills & personality development through various projects.

All these activities are carried out with generous contribution from the society. Moreover, Seva Bharati, Purbanchal with its strong force of volunteers, rush to rescue the victims at the time of natural or man-made calamities and stand behind them with all its strength with the help of overwhelming flow of support from all over the country.

Last year also, with a view to organise the Dhanvantari Seva Yatra-16 a reception committee was constituted with the following members :

On behalf of Seva Bharati, Purbanchal Sri

for their respective destinations.

These teams collectively conducted 162 medical camps in 231 villages in 42 Districts and attended 28,968 patients and provided free medicines.

Arrangement of expenses on medicines was provided especially by Seva Bharati Gujarat. All the invitee Doctors and Medical Students bore the travel expenses from their place to Guwahati individually.



An Doctors Interactive Meet among some prominent doctors of Guwahati was jointly organized by Seva Bharati, Purbanchal and National Medicos organization on 23th February 2019, at Circuit House, Guwahati. The Chief Guest of the programme was Dr. Jashubhai Patel. The meeting was presided over by Shri Ramen Sarma (President, Seva Bharati, Purbanchal). In this meet many of the doctors had expressed their feelings and shared their experiences. It was a healthy discussion on vision and mission of this campaign and possible constructive changes can be brought in the health sector in Assam through such initiative.

On return on 24th evening the valedictory function was organized at Terapanth Dharmasthala Seva Griha, Fancy Bazar. The

function was divided into two sessions. In the 1st Session, chief guest Dr. R. Balasubramanian (Founder of Vivekananda Youth Movement, Author, Consultant of Egypt) and Dr. Vijendra Kumar, National President of N.M.O. and other dignitaries lighted the lamp in front of Dhanvantari. Chief guest Dr. Balasubramaniun-ji, Dr. Vijendra Kumarji, Guest of Honour Shri Anand Prakash Tiwari, IPS, Dr. Chiranjiv Barua president of the 16th DSY reception committee, Sri Ramen Sarma,

National Vice President of N.M.O, President of Seva Bharati, Purbanchal shared the dias.

The programme was also glorified by the grand presence of Mananiya Ullas Kulkarni-ji, Kshetra Pacharak (RSS), Mananiya Surendra Talkhedkar-ji, Kshetra Sangathan Mantri, Bhaskar-ji Kulkarni (Senior Pracharak), C.A Pradip Nahata, Treasurer of the 16th DSY Reception

Committee 2019, Sri Bipul Kr. Deka, Prant Sangathan Mantri, Sri Parag Kalita, Secretary, Seva Bharati Purbanchal, Rajib Gupta, Treasurer, Seva Bharati Purbanchal, Dr. Raktim Tamuli, Joint Secy. of reception committee, Dr. Pranjal Bharali, Coordinator of the function.

Sri Ramen Sarma, President of Seva Bharati, Purbanchal welcomed all by appreciating for participating in Valedictory function by his speech. He was thankful to the Doctors and students who came across the country for providing their gallant services in the field of medical and health for the people of north east.

Chief Guest Dr. R. Balasubramniyan in his address praised the efforts of Dhanvantari Seva Yatra in promoting health awareness in the life of the people of North East who has a rich cultural

heritage. The Guest of Honour Shri Anand Prakash Tiwari, IPS appreciated the guest doctors and students expressing his views necessitating such type of voluntary services for national integration. NMO President Dr. Vijandra Kumar in his speech dwelled about the aim of Dhanvantari Seva Yatra and its impact on the society and also retorted on incessant commercialization of modern medical practices. So, he requested the Doctors and students to increase their participation in the service of the society.

The President of the 16th DSY 2019 reception Committee Dr. C. K. Barua presented the Vote of thanks to the Chief guest, Guest of Honour and dignitaries on the dais for their glorious presence. Vote of thanks was given to all the participating Doctors, Medical Students, NMO, Seva Bharati Gujarat, Assam

State Transport Corporation, Authority of Terapanth Dharmasthala for providing hall, Media and those donors who contributed generously and thanked the volunteers, from various Service Organizations, who took directly or indirectly in organizing camps in various villages and making this task successful and last but not the least, the people who with their presence in the function, graced the occasion.

Thereafter, each of the participating team leaders of this Yatra from different states of North East presented and shared their experiences of the Camps. Doctors expressed their concern



about the increased number of patients of Anemia, Hypertension, Diabetes level, Cataract, Skin and Dental problems, deficiency of iron in North Eastern States in general and Malaria, Skin diseases, diseases due to gastric and indigestions in Hilly areas might be attributed to the contaminated water source and deficiency in vitamins and iron in their food.

They expressed concern about indulgence in the habit of consuming Tobacco, betel-nut right from the childhood and drug abuse. They suggested that more awareness needs to be created by the NGOs working here about promoting organic farming to grow the vegetables and promoting more cleanliness among the children which will bring a positive change in the life style of the people and will free them from the diseases.

In the 2nd session was accomplished by National Joint Secretary of NMO Dr. Pranjal Bharali. In this session, all the participant doctors and students were felicitated by a traditional 'Phulam Gamosa' and provided a proficiency certificate.

At the end, keeping in heart the feeling of "One Nation-One culture, One society-One sentiment of People" serve the people of states of North-East Region with conviction that Service to Man is service to God, the function was concluded by singing the National Anthem the 'Jana Gana Mana' by the house.



DISTRICT WISE DETAILS OF FREE MEDICAL CAMPS

SI	Name	Team	Camp	Doctors	Students	Total Doctor	Male	Female	Child	Total Patients
1	Brahmaputra Valley									
	Tinsukia	1	5	2	3	5	368	643	108	1119
	Majuli	1	5	2	3	5	200	220	321	741
	Bakasa	1	5	6	6	12	283	495	124	1154
	Naibari						109	106	37	
	Golaghat	1	5	2	4	6	596	682	141	1419
	Darrang + Udalguri	1	5	2	4	6	275	487	303	1065
	Dibrugarh	1	5	2	4	6	145	253	78	476
	Biswanath	1	5	2	3	5	403	628	619	1650
	Kokrajhar	1	7	1	4	5	406	474	313	1193
	Lakhimpur	1	5	2	4	6	260	346	146	752
	Morigaon	1	5	2	4	6	311	484	115	1558
	Nagaon						257	325	66	
	Karbi Anglong	1	5	2	4	6	183	361	208	752
	Goalpara	1	5	2	3	5	120	248	114	838
D. Kamrup	91						197	68		
2	Barak Valley									
	Shreebhumi Jila	6	36	36	20	56	3065	4416	1749	9230
	Ramkrishnanagar									
	Hilakandi									
	Dakshin Kachar									
	Lakhipur									
	Pashim Cachar									
Dima Hasaon										
Umrangsao	3	16	4	7	11	243	280	295	818	
Haflong										
Dima Hasao										
4	Tripura	3	15	14	15	29	357	290	305	952
5	Meghalaya									
	West Garo Hills	2	10	2	3	10	144	356	144	1073
	Khasi Hills			3	2		52	140	237	
6	Manipur	2	8	2	7	9	562	676	390	1628
7	Mizoram	1	5	2	4	6	397	582	114	1093
8	Arunachal Pradesh									
	Roing (west Kmng)	2	6	2	2	4	94	148	72	960
	Bomdila			2	2	4	233	293	120	
9	Nagaland	1	4	2	2	4	130	238	129	497
	Total	32	162	96	110	206	9284	13368	6316	28968

17th DHANVANTARI SEVA YATRA 2020

Camp Wise Patients Details

Team SL	Dist. Name	Date of Camp	Venue	Total Patients			
				Male	Female	Children	Total
1.	Tinsukia	16.03.2020	Dibang Phakial	72	94	30	196
	Tinsukia	17.03.2020	Nim Gaon	72	106	34	212
	Tinsukia	18.03.2020	Baghjaan	182	278	111	571
	Tinsukia	19.03.2020	Kakapathar	114	177	45	336
2.	Majuli	16.03.2020	Zengraimukh	78	259	76	413
	Majuli	17.03.2020	Naya Bazar	89	124	107	320
	Majuli	18.03.2020	Chilakola	99	92	122	313
	Majuli	19.03.2020	Kargil	75	139	57	271
3.	Kamrup Rural	16.03.2020	Titkuri	62	125	30	217
	Kamrup Rural	17.03.2020	Jayantipur	48	101	32	181
	Bakasa	18.03.2020	Kalakuchi	96	182	84	362
	Bakasa	19.03.2020	Palashbari (Kumarikata)	53	119	82	254
	Nalbari	20.03.2020	Borajal	81	169	54	304
4.	Golaghat	16.03.2020	Sarugane	50	81	67	198
	Golaghat	17.03.2020	Telsibari	63	69	35	167
	Golaghat	18.03.2020	Sarupani	49	95	82	226
	Golaghat	19.03.2020	Barjaan	66	108	54	228
5.	Charaideo	16.03.2020	Raidengia	40	83	50	173
	Charaideo	17.03.2020	Lekho Rakhan	27	88	80	195
	Charaideo	18.03.2020	Uttar Sumdar	64	62	74	200
	Charaideo	19.03.2020	Lephrai	45	65	52	162
6.	Dibrugarh	16.03.2020	Khowang Sonowal	45	151	34	230
	Dibrugarh	17.03.2020	Khowang Barpathar	70	114	61	245
	Dibrugarh	18.03.2020	Shishu Mara Barpathar	90	120	30	240
	Dibrugarh	19.03.2020	Basa Gaon	110	200	29	339
7.	Biswanath	16.03.2020	Gajen Pather	25	79	50	154
	Biswanath	17.03.2020	Barajuli	34	63	43	140
	Biswanath	18.03.2020	Bihmari	60	61	36	157
	Sonitpur	19.03.2020	Milanpur	39	80	19	138
8.	Kokrajhar	16.03.2020	Marsuljhora	86	161	43	290
	Kokrajhar	17.03.2020	Saraibil	60	109	62	231
	Kokrajhar	18.03.2020	Bhotgaon	159	117	73	349
	Chirang	19.03.2020	No 1 Bishnupur	125	121	82	328
	Chirang	20.03.2020	Oxiguri	130	155	48	333
9.	Lakhimpur	16.03.2020	Patrichua	91	99	77	267
	Lakhimpur	17.03.2020	Basudev Than	64	60	45	169
	Lakhimpur	18.03.2020	Tatibahar	72	118	80	270
	Lakhimpur	19.03.2020	Bahupathar	103	96	80	279
10.	Nagaon	16.03.2020	Kuji Satra	178	312	90	580
	Nagaon	17.03.2020	Barampur	62	146	37	245
	Nagaon	18.03.2020	Taptala	109	201	65	375
	Morigaon	19.03.2020	Bangfor	37	59	24	120
	Morigaon	20.03.2020	2 No. Burgaon	77	176	62	315

Team SL	Dist. Name	Date of Camp	Venue	Total Patients			
				Male	Female	Children	Total
11.	Karbi Anglong	16.03.2020	Daldali Bazar	105	115	60	280
	Karbi Anglong	17.03.2020	Dhanshiri	116	145	70	331
	Karbi Anglong	18.03.2020	Bokajaan	13	18	28	59
	Karbi Anglong	19.03.2020	Balipathar	106	197	107	410
12.	Goalpara	16.03.2020	Kasumari	173	200	69	442
	Goalpara	17.03.2020	Bomahara	57	16	100	173
	D. Kamrup	18.03.2020	Nowapara	79	153	19	251
	D. Kamrup	19.03.2020	Khorapara	89	167	31	287
	D. Kamrup	20.03.2020	Baghmara	77	148	45	270
13.	Udalguri	16.03.2020	Karaimari	112	117	35	264
		17.03.2020	Khaorang	76	102	36	214
		18.03.2020	Sopongaon	42	72	23	137
	Darrang	19.03.2020	Kadamtala	124	97	49	270
		20.03.2020	Chereng Chapari	75	86	33	194
14.	Dima Hasao	16th -19th March 2019	–	527	652	359	1538
15.	South West Garo Hills	16.03.2020	Phuljuri	56	88	45	189
		17.03.2020	Baghhana	82	144	62	288
		18.03.2020	Kodaldhow	165	287	88	540
		19.03.2020	Kaleswar	72	143	67	282
16.	Manipur	14.03.2020	Chiruhill	32	73	25	130
		15.03.2020	Langmeidong	124	171	72	367
		16.03.2020	Kangchup Hill	103	168	58	329
		17.03.2020	Molnom	23	45	16	84
		18.03.2020	Keirandi	132	243	76	451
Total				5911	9061	4101	19073

17th DHANVANTARI SEVA YATRA 2020

Teams for Various Districts and Villages

34 Doctors and 51 students from various states of India like Bihar, Gujarat, Jharkhand, Madhya Pradesh, Rajasthan, Uttar Pradesh, West Bengal, Manipur etc. and about 50 Doctors & Students locally along with voluntary participations are pouring in to the Seva Yatra.

SL.	DIST. NAME	NAME OF VILLAGES	TEAM LEADERS
1	Tinsukia	Dibang Phakial	Rajesh Kishan
	Tinsukia	Nim Gaon	
	Tinsukia	Baghjaan	
	Tinsukia	Kakapathar	
2	Majuli	Zengraimukh	Raju Mili
	Majuli	Naya Bazar	
	Majuli	Chilakola	
	Majuli	Kargil	
3	Kamrup Rural	Titkuri	Dilip Das
	Kamrup Rural	Jayantipur	
4	Bakasa	Kalakuchi	
	Bakasa	Palashbari (Kumarikata)	
	Nalbari	Borajal	
5	Golaghat	Sarugane	Gagan Hazarika
	Golaghat	Telsibari	
	Golaghat	Sarupani	
	Golaghat	Barjaan	
6	Charaideo	Teok Ghat	Dr. C. B. Tripathi & Rupeswar Gogoi
	Charaideo	Lekho Rakhan	
	Charaideo	Dharam Pathar	
	Charaideo	Lephrai	
7	Dibrugarh	Khowang Sonowal	Prasanta Bakaliai
	Dibrugarh	Khowang Barpathar	
	Dibrugarh	Shishu Mara Barpathar	
	Dibrugarh	Basa Gaon	
8	Biswanath	Gajen Pather	Biplob Roy
	Biswanath	Barajuli	
	Biswanath	Bihmari	
		Parbatiya	
9.	Sonitpur		
10	Kokrajhar	Marsuljhora	Pradip Tudu
	Kokrajhar	Saraibil	
	Kokrajhar	Bhotgaon	
		No 1 Bishnupur	
11.	Chirang		
	Chirang	Oxiguri	
12	Dhemaji	Pehiyati	Rupanta Saikia
		Patir Chok	
13.	Lakhimpur		
	Lakhimpur	Bahu Pather	
	Lakhimpur	Padmapur	

SL.	DIST. NAME	NAME OF VILLAGES	TEAM LEADERS
14	Morigaon Morigaon	Barjap Thekera Guri Kuji Satra	Purnanand Gogoi
15.	Nagaon Nagaon Nagaon	Chapanala Taptala	
16	Karbi Anglong Karbi Anglong Karbi Anglong Karbi Anglong	Daldali Bazar Dhanshiri Bokajaan Balipathar	Bablu Langthasa
17	Goalpara Goalpara	Kasumari Bomahara Nowapara	Sahadev Boro
18.	D. Kamrup D. Kamrup D. Kamrup	Khorapara Baghmara	
19	Udalguri Darrang	Karaibari Khaorang Sopongaon Kadamtala Chereng Chapari	Bishnu Basumatary
20	Dima Hasao		Ramsing Kuame
21	Garo Hills	Zikzak	Dibyajyoti Patir

MAJULI DISTRICT



KAMRUP (RURAL) DISTRICT



GOLAGHAT DISTRICT



DIBRUGARH DISTRICT



MORIGAON DISTRICT



CHARAIDEO DISTRICT



BISWANATH CHARIALI



KARBI ANGLONG DISTRICT



NAGAON DISTRICT



MAIBANG



TINSUKIA DISTRICT



UDALGURI DISTRICT



DIMA HASAO DISTRICT



GARO HILLS (MEGHALAYA)



MEDICAL CAMPS IN VARIOUS DISTRICTS SPONSORED BY

1. Oil and Natural Gas Corporation Limited (ONGC)
2. North Eastern Council (NEC)
3. Numaligarh Refinery Limited (NRL)
4. Premier Cryogenics Pvt. Ltd.
5. Sigma Spice Industries Pvt. Ltd.
6. Assam Air Products Pvt. Ltd.



আয়ুক্তৰ কাৰ্য্যালয়
অসম ৰাজ্যিক গৃহ নিৰ্মাণ পৰিষদ
ৰাধা গোবিন্দ বৰুৱা পথ, গুৱাহাটী-০৫

Email : ashb@nic.in

অসম চৰকাৰৰ উন্নত জীৱন নিৰ্বাহ, সুখ স্বাচ্ছন্দ্য
আৰু নিৰাপত্তাৰ হকে কেইটামান আঁচনি

অসম ৰাজ্যিক গৃহ নিৰ্মাণ আইন, ১৯৭২ৰ অধীনত স্থাপিত অসম ৰাজ্যিক গৃহ নিৰ্মাণ পৰিষদ এটা বিধিগত অনুষ্ঠান। এই অনুষ্ঠানৰ মূল লক্ষ্য হ'ল প্ৰশাসনিক নিয়ন্ত্ৰণৰ অধীনত থকা অসমৰ নাগৰিকসকলৰ বাসস্থানৰ প্ৰয়োজনীয়তা দূৰ কৰা।

স্থাপনৰ কালৰে পৰা অসম ৰাজ্যিক গৃহ নিৰ্মাণ পৰিষদে ৰাজ্যিক পৰিকল্পনাৰ বাজেটৰ ধন আবণ্টন অনুসৰি গৃহ নিৰ্মাণ প্ৰকল্প হাতত লৈ দুৰ্বল শ্ৰেণী তথা কম, মজলীয়া আৰু উচ্চ আয়ৰ চৰকাৰী চাকৰিয়াললৈ ভাড়া ঘৰ নিৰ্মাণৰ লগতে সংমিশ্ৰ গৃহ নিৰ্মাণ আঁচনি গ্ৰহণ কৰি আহিছে। এই আঁচনিৰ অধীনত অসমৰ বিভিন্ন অঞ্চলত ৰাজ্যিক সাহায্যৰে গৃহ নিৰ্মাণ কৰা হৈছে।

আয়ুক্ত

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Strengthening of Health and Nutrition through Home visits

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First* visit	on 3 rd day
Second visit	on 7 th day
Third visit	on 14 th day
Fourth visit	on 21 st day
Fifth visit	on 28 th day
Sixth visit	on 42 nd day

*In case of home delivery, an extra visit on the day of birth

ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



Newborn receives colostrum



Newborn is kept warm



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Note: If there is danger sign, take the baby immediately to hospital/SNCU.
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To get more information kindly contact your areas A.N.M or ASHA.



Guwahati Metropolitan Development Authority

GMDA's initiatives towards transforming Guwahati into a self-sustaining Metropolis...



Nehru Park at Panbazar



Shraddhanjali Kanan Near State Zoo



Sankardev Uddyan at Bharalumukh



T. R. Phookan Uddyan at Bharalumukh



Cleaning drive at Borsola Beel, Pamohi & Chachal

Restoration & Conversion of Old DC bungalow into a Heritage & Handloom Museum



Automated Multilevel Car Parking near Shraddhanjali Kanan (completed & functioning) and MMC Hospital

South Guwahati West Water Supply Project ongoing works



Installation of New Sluice Gates

Passenger Ropeway Project across River Brahmaputra

CAD Based Automatic Planning Permit System

Citizen's cooperation is solicited...



AIDC's remarkable strides towards industrialization of the State of Assam

Assam provides enormous scope for investment in the areas like agro-based products, oil and natural gas, chemical and petro-chemical, power, tourism and forest based products. Assam Industrial Development Corporation Limited, the catalyst for industrial development of the state has taken steps for creating high standard industrial infrastructure in the state as follows:

Export Promotion Industrial Park, Amingaon

At Amingaon, Guwahati

Industrial Growth Centres

At Balipara in Sonitpur District and Matia in Goalpara District.

IID Centres

At Bhomoraguri/Naltoli in Nagaon District, Dalgaon in Darrang District, Malinibeel in Cachar District, Demow in Sivasagar District, Titabor in Jorhat District, Tihu in Nalbari District and Silapathar in Dhemaji District.

Border Trade Centre

At Mankachar and Golakganj in Dhubri District.

Other projects in pipeline/implementation stage

Mega Food Park, Bamboo Park, Plastic Park, Agri-Export Processing Zone for Ginger, Tea Park, Regional Food Testing Laboratory, Centre for Perishable Cargo, IDP Pathsala.

Industrial and Investment Policy of Assam, 2019 offers Power Subsidy, Reimbursement of 100% SGST for 15 years, Incentive for private sector infrastructure developer, Incentives of Rs. 10,000/- to units against each local youth employed, 50% generating set subsidy, 2% interest subsidy on working capital loan, 100% stamp duty reimbursement, 75% subsidy on technology transfer, Financial assistance to MSME and for Environmental Compliances.

North East Industrial Development Scheme (NEIDS), 2017 - Under the Scheme, the incentives that shall be provided to new industrial units set up in the North Eastern States including Sikkim are Central Capital Investment Incentive for Access to Credit, Central Interest Incentive, Central Comprehensive Insurance Incentive, Goods and Service Tax (GST) Reimbursement, Income Tax (IT) Reimbursement, Transport Incentive, Employment Incentive.

The combination of NEIDS, 2017 and Assam Industrial and Investment Policy, 2019 makes Assam the most advantageous destination for setting up an industrial unit.

Explore the Industrial avenues and make Assam the destination for your project.

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North East's 1st International Half Marathon

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Star Cement contributed in building India's longest river bridge



Plant at Lumshnong



Free training to empower women



A well-equipped hospital at Lumshnong



Sustainable livelihood for farmers




School at Lumshnong with state-of-the-art facilities



The world's biggest Durga idol

Touching lives. Building a brighter future.

Star Cement strives every day to make a difference to the communities with several innovations and initiatives. We believe that a company reaches the pinnacle of success when the lives it comes in contact with gain greater heights.

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