

To  
The Principal,  
Dr B.R.K.R Govt. Ayurvedic College,  
Hyderabad.

Respected Sir,

Sub: Submission of Detailed Report on AYUSH GRAM Programme conducted at Pothugallu,  
Mustabad Mandal, Rajanna siricilla Dist. On 6<sup>th</sup> & 7<sup>th</sup> May 2022.- Reg

Ref: 1. Office Order No 83/Estt/BRKRGAC/HYD/2022-3 Dated-22-02-  
2022,Principal Dr.BRKR Govt Ayurvedic College, Hyderabad.

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In pursuance of the orders issued in the reference cited, Dr BRKR Govt Ayurvedic College, Hyderabad has conducted AYUSH GRAM Programme (2<sup>nd</sup> phase) at Pothugallu village, Musthabad mandal, Rajanna Siricilla Dist., on 6<sup>th</sup> and 7<sup>th</sup> May 2022.

I, DR. K. Laxmikantham have been appointed as Programme Officer/Camp Chairman for conducting AYUSH GRAM programme at Pothugallu, Mustabad mandal, Rajanna siricilla Dist., Dr M. Lakshmi Associate Professor, Dr T. Aruna Lecturer, Dr B. Vishwanath Lecturer and Dr N. Sreeharsha Lecturer, are posted in the team. The team consists of 43 members (Faculty, Post graduate scholars, House surgeons, UG students and BNYS students).

Dr. K. Srinivas, Medical officer GAD Boppapur, Rajanna Siricilla Dist., has been appointed as camp officer for the AYUSH GRAM programme.

Dr K. Shashiprabha, Medical Officer GHD Mustabad, Rajanna Siricilla Dist. And Dr T. BhavaniPrasad, Medical Officer GAD Ganneruvaram, Karimnagar Dist. have been posted to the AYUSH GRAM programme at Pothugallu.

The activities of AYUSH GRAM Programme are as follows.,

- Explaining about the detailed activities and schedule of AYUSH GRAM programme for 2 days, to the Sarpanch, Public Representatives and other officials of the adopted village,
- Demonstration of yoga for promotion of Physical & Mental health. Therapeutic Yoga for diseases.
- Conducting Medical camp and distribution of medicines to the patients.
- Household health survey in the adopted village.  
Collecting data of individuals of their past illness, present illness and history of COVID and vaccination status and also about any chronic diseases.
- Awareness programme on Anemia to the villagers.
- Awareness programme on Women health, Self-Breast examination and PAP smear for >40 aged women.
- Arranging lectures on menstrual hygiene and adolescent education to girls, by Female faculty.
- Audio visual programme on Dinacharya and Ritucharya.
- Explaining about prevention of diseases and promotion of health to the villagers.
- Explaining about local medicinal plants and their indications in different diseases (Audio visual programme). Demonstration of simple home remedies for maintenance of normal health and for prevention of certain diseases.
- Interaction with farmers and educating them for cultivation and marketing of medicinal plants.
- Interaction with ANMs and Anganwadies - Explaining about women Health awareness, Antenatal care, Postnatal care

## **AYUSH GRAM PROGRAMME AT POTHUGALLU VILLAGE**

**DAY-1      06-05-2022**

- 9:15 AM. Team reached to Pothugallu
- 9:30 AM. Breakfast.
- 9:45 AM. Dhanwantari pooja
- Interacted with Sarpanch Sri T. Goutham Rao garu, Local public representatives and other local officials. Explained about the activities, schedule and the purpose of conducting Ayush gram programme for two days in the village.
- 10:00 AM. Inauguration of medical camp by Sri T. Goutham Rao garu and other officials of village.
- 10:15 AM. Release & distribution of **Ayush Arogya Karadipika** by Sarpanch and other officials of village.
- 10:30 AM. Household health survey started with teams consisting of House surgeons & UG Students. Each team was assisted by local Anganwadies. During the survey students collected data of individuals of their past illness, present illness & history of COVID & COVID vaccination status.
- 11:15 AM. Dr Lakshmi Associate Professor explained about Anemia and women health issues to the local women.
- 2:00 PM. Lunch.
- 3:00 PM. Dr K. Laxmikantham Programme officer, explained about General health issues and their home remedies to the villagers.
- 4:15 PM. Medical camp started in the afternoon.
- 4:30 PM. Household health survey.
- 6:30 PM. Power-point Presentation by Dr M. Lakshmi Associate Professor on Awareness on Anemia, Women health problems, Self-breast examination, Carcinoma cervix and PAP smear for >40 aged women. Menstrual hygiene and adolescent education for teenage girls.
- **Audio-Visual program** on Dinacharya & Rtucharya by Dr Sree Harsha Lecturer.
- Dr B. Viswanath Lecturer, explained about medicinal plants and their therapeutic uses, to the farmers of the village.
- Dr T. Aruna Lecturer, explained in detail about Dental hygiene to the children.

### **Medical camp**

Patients are examined by Faculty and PG Scholars.

Investigations (Hb% & GRBS) were being carried over for necessary patients.

Medicines were distributed to the patients by the pharmacists.

Total No. of patients attended to medical camp-186 Patients.

Male- 75, Female -88, Children- 23.

Lab Investigations- Hb% - 88 Patients, GRBS - 50 Patients.

### **Household Health survey**

Detailed survey has been conducted by the teams. All health issues are being covered in the survey including history of COVID and Vaccination doses.

Total No. of houses visited by teams-125

Total No. of individuals covered- 372

- Dinner at 9:15 PM.

## **AYUSH GRAM PROGRAMME AT POTHUGALLU VILLAGE**

**DAY-2      07-05-2022**

- 7:30 AM. Yoga session started with Pathanjali prayer & Dhanwantari prayer.  
Students of BNYS demonstrated different types of yogasanas for prevention of diseases and promotion of health. Therapeutic Yogic postures were also being demonstrated to the villagers, for certain diseases.
- 8:15 AM. Breakfast.
- 8:30 AM. House hold health survey started. During the survey students collected data of individuals of their past illness, present illness & history of COVID & COVID vaccination status.
- 8:45 AM. Medical camp started. Dr M. Lakshmi Associate Professor & Dr T. Aruna Lecturer, examined the female patients and explained about general and specific gynecological disorders to female patients.  
Dr K. Laxmikantham Program Officer & Dr B. Viswanath Lecturer, examined the male patients and explained about general health issues.
- Health survey was continued till 12:30 PM.
- Medical Camp was continued till 2:30 PM.
- 2:30 PM. Lunch
- 3:15 PM-4:30 PM. Medical camp was conducted again.
- Dr K. Laxmikantham Program Officer, explained about General health issues during summer season and their remedies, to the Anganwadi teachers.
- 2<sup>nd</sup> day Ayush gram programme ended with valedictory programme.  
Sri T. Goutham Rao garu Sarpanch, Local public representatives and other local officials participated in the valedictory programme.

### **Medical camp**

Patients are examined by Faculty and PG Scholars. Investigations are being carried over for necessary patients.

Medicines are distributed to the patients by the pharmacists.

Total No. of patients attended to medical camp- 135 Patients.

Male-62, Female-64, Children-9.

Lab Investigations-

Hb% - 56

GRBS - 38

### **Household Health survey**

Detailed survey has been conducted by the teams. All health issues are being covered in the survey including history of COVID and Vaccination doses.

Total No. of houses visited by teams- 40

Total No. of individuals covered- 168

**SUMMARY OF AYUSHGRAM PROGRAMME- TWO DAYS AT POTHUGALLU**

No. of patients		Age group of the Patients		Diagnosis System wise		Category of Diseases		Investigations done		Total No of Cases referred to Higher AYUSH centers	
		Age in years	No. of Patients					Hb	Glu	Ayurveda	<b>35 patients-</b> referred to Govt Ayurvedic, Hospital Hyderabad
Male	137	Below 10 years	7	Respiratory	7	Life style disorders	10	144	88		
Female	152	10 – 20	32	CNS	47	Infectious disorders	16				
Children	32	21-40	58	Loco motor	137						
Total	321	40-60	120	Dermatology	12						
		60 above	104	GIT	24						
				Gynecology	7						
				Endocrinology	23						
				Others {ANAEMIA}	38						

**Total Referred Cases – 35**

- Cervical spondylosis – 9
- Lumbar spondylosis – 11
- Sciatica – 7
- Osteoarthritis - 8

## Grading of Anemic patients

	Male	Female	Total
Total Hb% done	40	104	144
Normal Hb% (Male 12-14 gm/dl) (Female 10- 12 gm/dl)	24	55	79
Mild Anemia (8-10 gm/dl)	14	45	59
Moderate (5-7 gm/dl)	2	4	6
Severe (<5 gm/dl)	Nil	Nil	Nil

### Treatment advised for patients of Anemia:

- For mild cases – Dietary changes and medicines were advised
- For moderate cases – Referred to local PHC for further evaluation and management

## Grading of GRBS

		Male	Female	Total
No. of RBS tests done		49	39	88
Normal (79 – 140 mg/dl)		31	28	59
Pre – Diabetic (140- 200 mg/dl)		11	7	18
Diabetic	200 -300 mg/dl	7	4	11
	>300 mg/dl	Nil	Nil	Nil
New Diabetic cases		Nil	Nil	Nil
Known cases of Diabetes		22	15	37

### Treatment advised for Diabetic patients:

- Diet restrictions and physical exercises/Yogasananas are advised.

## **House hold Health Survey**

Survey teams collected data of individuals of their past illness, present illness, chronic diseases and history of Covid- Covid vaccination

Total No. of houses visited – 165

Total No. of individuals covered – 540

Male – 255

Female – 223

Children – 62

This is for your kind information

Thanking you Sir

Yours faithfully

Dr. K. LAXMIKANTHAM  
Programme Officer

## DAY-1 - 06/05/2022 IMAGES / NEWS PAPER CLIPS



**AYUSH GRAM PROGRAMME Team started towards Pothugallu**



**LORD DHANWANTARI POOJA**



**Release of AYUSH AROGYA KARADIPIKA by Sarpanch Sri T. Goutham Rao garu**



**Medical camp – Faculty examining the patients**



**Collection of Blood Sample for Hb% / GRBS**



**House hold health survey**



**Awareness program on Anemia to the villagers by Dr M. Lakshmi Associate Professor**



**Awareness program on women health by Dr M. Lakshmi Associate Professor**



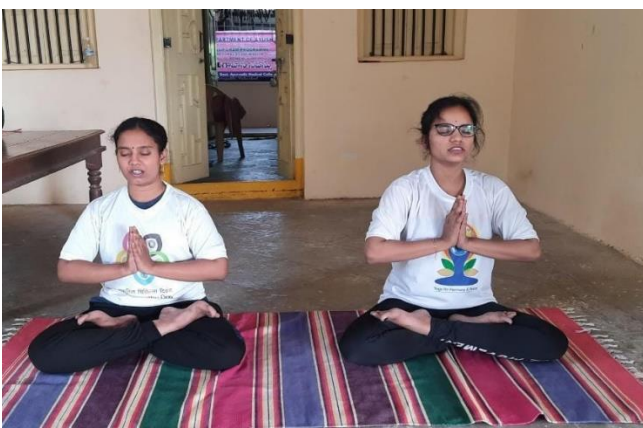
## DAY-2 - 07/05/2022 IMAGES / NEWS PAPER CLIPS



Yoga session started with Pathanjali prayer & Lord Dhanwantari prayer



Images of Yoga session



Yoga Session ended with Shanti Mantra



**Medical Camp**



**House hold Health survey**



**Team with Sri T. Goutham rao garu, Sarpanch.**



