

Speak or act with a pure mind and happiness will follow you

as your Shadow ,Unshakeable.....



Background:

Koraput District is located in the south eastern part of Odisha State adjoining the district Malkangiri, Rayagada , Nabarangpur. Koraput is one of the 85 distress Districts identified by the Planning Commission of India. Koraput along with neighboring Kalahandi and Bolangir districts , together called as KBK region and is known for acute poverty levels and falls under the most backward Districts of our country. It is a paradox that poverty prevails in this region in spite of its immense ecological wealth . The tribals follow traditional practices in their lifestyle and occupation and their socio-economic profile lags behind contemporary standards.

Village Profile:

Daleiguda is a small village comes under Pakjhola gram Panchyat, Semiliguda block situated in the periphery of NALCO M&R complex. The village is 12 kms away from Damanjodi having 64 households with around 276 population. Agriculture is the mainstay of their occupation. The village has no Anganwadi centre and no Primary school and therefore the children studying near Tala Mania village. After completion of primary education, for further education the children depend on Semiliguda & Koraput. For medical facility the village depend on Mathalput CHC which is 10 kms away from the village.

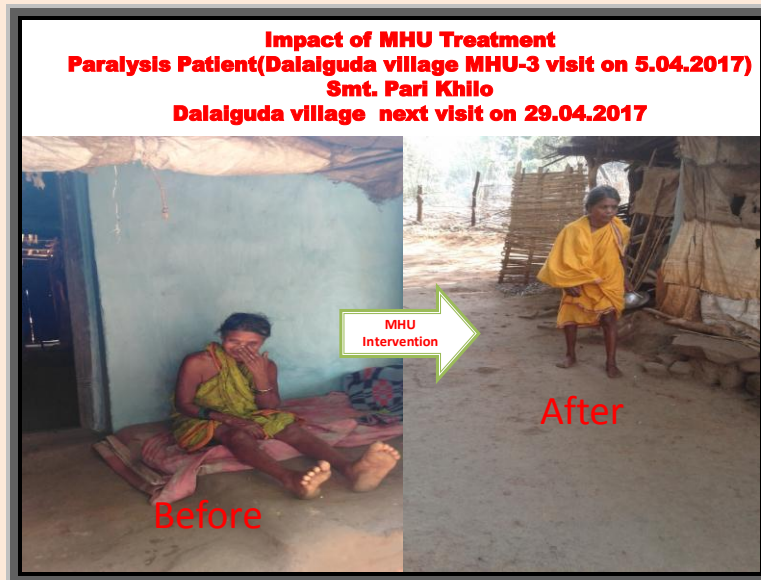
Context:

Smt .Pari Khilo is a 60 yrs. old woman of Daleiguda village and lives with her family. She has One Son & one Daughter. Her husband is Mr.Birsha Khilo and is a Leprosy Patient . He collects Daleiguda villagers Cattle for grass feeding at the base of a hill. Villagers give some food. Both of them eat the same to live. Sometime both son and Daughter give food to them but they do not take care of them. Everything was going smoothly until this tragic incident. One day Smt. Pari Khilo fail down in sleeping stage. That day right side leg and the hands stopped moving. Her daughter's family members depended on desi tribal medicine and the **Gunia** since they used to believe the Gunia will cure her. In the meanwhile eight months passed and the broken leg and hand became serious. Due to her extremely poor economic condition she could not afford higher treatment. As per the schedule, on 5.4.2017 the MHU van reached Daleguda village and as per their daily work the van coordinator was moving every household to inform the villagers to take medicines from the van if they are having any illness. The van coordinator spotted out **Smt Pari Khilo** in serious condition and informed the MHU Doctor. The patient was not in a condition to stand. MHU Doctor visited her home and found that the patient was in terrible condition and referred her to Koraput GOVT hospital. But **Smt Pari Khilo** didn't go to Koraput GOVT hospital due to monetary problems.

Somehow our MHU Doctor measured her blood pressure and found that her blood pressure is very high (200/120) that day after repeated measurements and found the heartbeat increasing. Our MHU team strongly motivated the Daughter-in law and advised her to remain in close contact with the Mother- in- law. As a family member she had the opportunity to understand the feelings and emotion of the Mother- in- law . So a positive attitude of a family member is directly beneficial for the patient.



1 strongly motivated the Daughter-in law and advised her some trick to **Practice Breathing Exercise and Body Massage in Mustard Oil** with proper demonstration. Her husband is very honest and very caring, loving and supported his wife happily. It gave the feeling of strength, happiness and stability to Smt. Khilo. A holistic health-care by improving the health. Family support could play a significant role in health care by recognizing interdependence of physiological needs of the patient for improvement in the level of their knowledge regarding moral values, faith healing , yoga/ meditation and relaxation techniques.



After 25 days there was a significant improvement in the condition of the patient and she is now able to walk. She was enthusiastic to learn and practice **Acupressure, Breathing Exercise and Body Massage in Mustard Oil**. Within 25 days she was happy and that was consequence of encouragement and successful case studies. Exercise and Strong positive vibration were needed for grass-root patient care . She wants to survive on NALCO Foundation MHU medicine.



Villagers shared “ the most important core value was tolerance and to learn to help effectively; Nalco Foundation’s medical health van has really changed people's life further better and extend their helping hand when we are in need of this ‘ ’ during the interaction with the villagers . When asked about the quality of MHU service. Villagers replied ‘ ’they not only distribute medicine but also taking care of the patients like family members.

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