

A Strong will power plays a more important role, sometimes, than the  
Medicines.....



**Background:**

Of all the states of India, Orissa has the largest number of tribes mainly inhabit the Eastern Ghats hill range, which runs in the north-south direction. More than half of their population is centered in districts of Koraput (undivided), Orissa. Tribal economy is subsistence oriented. It is based on food gathering, hunting and fishing and thus revolves around forests. Even the large tribes who are settled agriculturists, often supplement their economy with hunting and gathering. Health is a pre requisite for human development and it is essentially concerned with the wellbeing of common man. The health behavior of the individual is closely linked to the way he or she perceives. Therefore in the year 2009 Nalco Foundation the CSR arm of NALCO started Mobile Health Services in its 163 periphery villages including hamlets with an aim to provide medical services at the doorstep. Activities like MHU vans specifically provides basic health care and treatment services free of cost to the tribal villagers. Common prevailing diseases observed by undersigned in this NALCO Periphery area of bauxite mines are viz. Skin diseases, Cold, Cough, Musculoskeletal, UTI infection ,Eye Infection, ENT, Respiratory tract, seasonal diseases like jaundice, Paralysis fever, Tuberculosis , DIARRHOEA & DYSENTERY

### **Village Profile:**

Baraguda Tala is a small village comes under Bhitargarh gram Panchyat, laxmipur block situated in the periphery of NALCO M&R complex. The village is 22 kms distance from Damanjodi having 28 households with around 112 population. Agriculture is the mainstay of their occupation. The village has an Anganwadi centre and Primary school where the children studying. After completion of primary education, for further education the children depend on Kakriguma , Girliput & Mathalput. For medical facility the village depend on Kakriguma PHC Which is 10 kms away from the village.

### **Context:**

Smt .Kumudini Bhatra is a 50 yrs age old woman of Tala Baraguda village lives with his family. She has no children. Her husband is Mr.Narangi Bhatra is a small Sari business man in villages doorstep. He is a very loving person. Both of them adopted one son and Daughter-in law and the family member live quietly. Everything was going smoothly until this tragic incident. One night Smt .Kumudini Bhatra in sleeping stage shouted at her husband Narangi please come to my right side my leg and the hands are not moving. Her family member shocked. Instead of going to hospital he depended on desi tribal medicine and the **Gunia**. As they used to believe the Gunia will cure him. In the meanwhile some days passed and the broken leg became serious. she went to Kakeriguma hospital and later the doctor referred her to Koraput hospital. At the district



hospital Koraput she was diagnosed with paralysis. However due to her extremely poor economic condition she could not afford higher treatment. That time on 14.5.2010 NALCO Periphery Development Deptt, which started Mobile Health unit under the leadership of the-then DGM(Admn) with 1 Doctor, 1 Pharmacist, 1 Attendant and 1 Community organizer-cum-co-ordinator (for communicating and motivating women and inform patients to take benefit of MHU services), came to her rescue. The mobile health camp team is committed to quality of work.

The Death with Dignity Act permits a terminally ill adult the right to request and receive physical aid in dying under carefully defined circumstances . Smt .Kumudini Bhatra who was taken to the traditional tribal healer for treatment almost 2 years remain bedridden with no movement. Entire body was swollen and urinating in bed.

Body has its own defence mechanism to cope with stress. Under stressful conditions, the body gears itself into a “fight or flight” reaction through release of the hormones her blood pressure is very high 200/120 any time. Speeding up heartbeat increasing and blood sugar levels. Our MHU team strongly motivated the Daughter-in-law and advised her to live 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 attitude of Smt .Kumudini Bhatra



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. Bhatra. A loving person lives in a loving world.



After seven years there is a significant improvement in the condition of the patient and she is now not only able to stand but also able to walk. Individually she doing everything without stick support. Since last 7 years she is depending on NALCO Foundation MHU medicine.



Both of them shared “ the most important core value was tolerance, for to learn to help effectively; we need firstly to have a stable attitude with our self”. The NALCO Van didi every month visits my home to teach Practice, Yoga & Rhythm exercise. She takes special care of me. At one point of time I was in a suspicion about my survival but as you see now, I can walk and this life is given by NALCO, Nalco Foundation”.

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