

Community Resource Center increases health accessibility at the door steps

Mr. Selvam, aged 50, got his blood pressure normalised through quality health guidance provided by our community resource center



Mr.Selvam, resident of Manakattur village in Natham block of Dindigul district has a wife, two sons , and a daughter. His wife is a house wife helping her family in doing household activities

and taking care of their children. Their daughter is studying 9th standard in government school in Manakattur, their first son is pursuing diploma in EEE and second son is studying third standard at Manakattur primary school. Mr.Selvam is taking care of his family by doing coolie in activity in coconut godown at his village.

He is having high blood pressure of about 320mm/Hg and used to visit PHC for regular monitoring of his health. Once while coming to visit our CRC located at Manakattur for getting photocopies of his medical prescription, he asked the center associate "What is that white box? What is its purpose?". The center operator replied by saying that, "This is a medical kit apparatus and I used to check blood pressure and sugar level regularly for our villagers and provide them inputs for getting improvement in their health".

Mr.Selvam asked "Is it possible for me to check my sugar level regularly in this center". "Why not ... I can regularly check your sugar and pressure level at your doorsteps", the center associate replied. From that day, The Associate use to regularly visit Selvam's house and getting monitored his health on regular basis. He was insisted to take Small Millets foods. Now, he use to eat millets based recipes like porridge at morning and night and during noon he takes carbohydrate rich rice based products. He started purchasing millets like ragi, finger millet, kodo millet, proso millet from Madurai during his regular visits to markets. If he takes outside food during festivals, he checks regularly. Now, he never used to take medicines for reducing his sugar level.