

AYUSH GRAMA PROJECT

Gollahalli Grama Panchayath, Chikkaballpur

Project Completion Report

(January, 2014 to March, 2015)



Supported by
Department of AYUSH
Govt. of Karnataka



Foundation for Revitalization of Local Health Traditions (FRLHT)

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1. INTRODUCTION

AYUSH GRAMA

AYUSH grama is a new concept in health care system which is evolving with a public-private partnership (PPP mode) in selected grama panchayath of Karnataka state. The main focus of this project is to provide AYUSH health education and health services to the door steps of communities.

GOALS

AYUSH grama aims to provide preventive, promotive and curative health care and improving the standards of the people, socially and economically through the holistic approach through AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy) systems.

MAJOR ACTIVITIES

Health services, Health Education, Livelihood and Environmental activities are the four major activities of AYUSH GRAMA.

a) Health Services

Health is wealth, where in each one of us should be aware and take care of it. According to WHO, “Health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity”. Health services under AYUSH grama project serves in providing complete health services at the door steps of villages. It also strives to conduct preventive, promotive and curative health programmes, which includes general health camps for the individuals, health check-up program for school and anganwadi children, general health checkup and health awareness for antenatal & post natal women and health awareness for teen group.

b) Health Education

Health education is conventionally regarded as an important determinant in promoting the general psychosomatic well-being of people. Person can take care of their health if they

follow *dinacharya* (daily regimen), *ratricharya* (night regimen) and *ritucharya* (seasonal regimen) as advised in Ayurveda.

c) Livelihood Activities

Creation of livelihood opportunity to the rural population is one among the major activity under AYUSH grama project. Establishment and use of herbal garden, promoting preparation and selling of herbal products, organic vegetables, fruits and flowers are some of the activities.

d) Environmental Activities:

Maintenance of cleanliness of surrounding places, personal hygiene, sanitation, portable water, rain water harvesting , waste management and encouraging use of organic foods are some of the activities under AYUSH grama. The focus of these activities is to clean and increase the health status of village.

2. PROJECT AREA

Gollahalli grama panchayath, Chikkaballapur Tq., Chikkaballapur district, Karnataka state is the project area selected for the implementation of AYUSH grama project (Fig.1). In 2007, Chikkaballapur district was carved out of the pre-existing Kolar district by moving the taluks of Gauribidanur, Gudibanda, Bagepalli, Chikkaballapur, Sidlaghatta and Chintamani into the new district. The town of Chikkaballapur is the district headquarters and a key transport link in the North Bangalore area. The north-south six-lane National Highway 7 (NH-7) as well as the East-West State Highway 58 goes through the district.

Chikkaballapur District Demography

According to 2011 census, Chikkaballapur district had a population of 1,254,377. Males constitute 51% of the population and females 49%. Chikkaballapur has an average literacy rate of 64%, higher than the national average of 59.5%. 11% of the population is under 6 years of age.

Chikkaballapur Taluk (Fig. 2)

It comprises of 3 hobli and 22 Grama Panchayaths. Chikkaballapur taluk has a population of 1, 91,154.

Gollahalli Grama Panchayath (Fig. 3)

Gollahalli grama panchayath is one among 22 Grama panchayaths of Chikkaballapur taluk. It includes 14 main villages and 9 hamlets (approx. 25 km radius). As per our village baseline survey it contains 1143 households and has a population of 8,000 (ST - 60%, SC - 30%, OBC and others - 10%).



Fig.1 Map of Karnataka showing Chikkaballapur district



Fig. 2 Map of Chikkaballapur district showing Chikkaballapur taluk and Gollahalli grama panchayath

3. PROJECT PERIOD & BUDGET

Period: January, 2014 to March 2015

- AYUSH grama project (Gollahalli grama panchayath, Chikkaballapur) was sanctioned from the Govt. of Karnataka to I-AIM, FRLHT as per the Govt. order: AAKUKA 217 PTD (Part-1), Bangalore dated 20th March, 2013 for a period of three years.
- Department of AYUSH, Karnataka sanctioned the budget of Rs. 15.12 lakhs and approved action plan for the months of February and March, 2014 as per the order no. : AYUSH/AGRA/06/2013-14 dated 13th February, 2014.
- Department of AYUSH, Karnataka sanctioned the budget of Rs. 25 lakhs and approved the action plan for the period from April, 2014 to March, 2015 as per the order no.: AYUSH: 38:BUD (1)/2013-14 dated 7th April, 2014.
- Though the AYUSH grama project was initially sanctioned for 3 years, Department of AYUSH sent a notice no.: AYUSH: AGRA: 04:2014-15 dated 29th December, 2014 to close the project by 31st March, 2015.

4. STAFF OF AYUSH GRAMA PROJECT, GOLLAHALLI

- a) **Project staff:** As per the guidelines of Dept. of AYUSH, the project was implemented in the Gollahalli grama panchayath by the following team members.



**Dr. B.N. Prakash, B.A.M.S., M.Sc.(Yoga), Ph.D
CEO**



**Dr. Sreejesh, B.A.M.S.
AYUSH Medical Officer**



**Dr. Swathi, B.A.M.S.
AYUSH Medical Officer**



**Mr. Veerabhadraiah, M.S.W.
Project Co-ordinator**



**Ms. Shashirekha, M.S.W.
Project Co-ordinator**



**Mr. Manjunath, M.S.W.
Project Co-ordinator**



**Ms. Neelamma, B.Ed.
Trained Para-medical staff**



**Mr. Harish K.S., B.Ed., M.Sc.-Sociology
Multi-purpose worker**



**Ms. D. Savitri, D.Ed., Y.I.C.C
Yoga Instructor**

b) Village health volunteers

For the effective implementation of field activities in Gollahalli grama panchayath, we selected local (village level) ten village health volunteers (AVHV) (Fig. 4). Systematic training on home herbal remedy, health education, MCH program, medical camps, geriatric camps were given to AVHVs. AVHV were able to establish good communication with the community members and thus help in active participation of community people in the AYUSH grama project.



Fig.4 AYUSH grama Village Health Volunteers (AVHV)

5. LAUNCH OF THE PROJECT

AYUSH grama project in Gollahalli, Chikkaballapur was launched on 3rd March, 2014 by Dr. Sudhakar. K, MLA, Chikkaballapur (Fig.5 & 5a). Dignitaries from Dept. of AYUSH, District AYUSH Officer, GAD doctors, Dignitaries from FRLHT, Dr. G.G. Gangadharan (I-AIM health care center) local grama panchayath members, school teachers and community members made this occasion more successful by their presence (Fig.6 & 6a). Followed by the inauguration, students of Gollahalli higher primary school presented stage performances and this made the occasion more colorful (Fig.7 & 7a).



Fig.5 Dr. Sudhakar, MLA lighting the lamp during inauguration



Fig 5a Inauguration of AYUSH health centre by Dr. Sudhakar, MLA, Chikkaballapur



Fig.6 Dignitaries on stage during inaugural function of AYUSH Grama project



Fig 6a: Dr. Deepak Prabhu A, Nodal officer, AYUSH grama project, Dept. of AYUSH, Bangalore, addressing the gathering



Fig.7: Students of Gollahalli HPS performing on stage



Fig 7a: Cultural programme by the school children, Gollahalli.

6. PROGRAMMES IMPLEMENTED

Following activities were implemented under AYUSH grama project during Jan. 2014 to Mar. 2015 in Gollahalli grama panchayath as per the approved action plan by Dept. of AYUSH, Karnataka.

6.1 VILLAGE BASELINE SURVEY

6.1.1 Brief note on village baseline survey:

Village baseline survey was conducted to understand the demographic status, socio-economic status, health services availability and knowledge-attitude-practice of community members on AYUSH systems of medicine. Before conducting survey, village maps were prepared for selected major villages with the help of community members and grama panchayath members. The survey was conducted by 8 people who were trained in conducting baseline survey. The survey was conducted in 23 villages (Table.1) of Gollahalli grama panchayath during the month of March and April, 2014 (Fig 8 & 9). To implement this survey, semi-structured questionnaire was developed and pre-tested in a small group of people and later modified as per the requirement. This questionnaire covers the details of the family members, awareness regarding other Govt. programmes, disease morbidity, maternal health status, child immunization status, family planning, child education and health. A copy of the format is enclosed as Annexure - 1. To create awareness about AYUSH grama project to the villagers, we distributed pamphlets (Annexure – 2) to communities.

6.1.2 Findings of village baseline survey:

Many of the villages in Gollahalli grama panchayath had very poor primary health care facility. People of these villages are depend on district hospital or private hospitals in district headquarters i.e. Chickaballapur which is about 10 to 20 km away from these villages. Most of the villages/hamlets have poor hygiene and sanitation facilities. Even though people in villages have bore wells for drinking water, but getting good potable water is a challenge. Most of the people in the village have agriculture as the primary source of income, apart from this they also work as wage laborers in private sectors. If they do not have work in the village they migrate to nearby city to earn some livelihood

Total no. of villages covered		23		
Sl. No.	Name of the village	No. of houses surveyed	No. of surveyors	Remarks
01	Anemodugu	26	8 members conducted the village baseline survey	Data obtained through survey
02	Beeraganahalli	21		
03	Golladoddi	27		
04	Gollahalli	88		
05	Gongadipura	15		
06	Ittappanahalli	63		
07	Jangamarappanahalli	79		
08	Kariganapalya	68		
09	KatariKadirenahalli	36		
10	Ketenahalli	183		
11	Kondenahalli	11		
12	Kottur	46		
13	Marappanahalli	48		
14	Mogalakuppe	50		
15	Mottluru	03		
16	Nallagutta playa	50		
17	Nallakadirenahalli	31		
18	Narenahalli	05		
19	Nastimaranahalli	75		
20	Paiuru	17		
21	Sadenahalli	82		
22	Yalagere	81		
23	Yaranagenahalli	38		
	TOTAL	1143		

Table 1: Details of village baseline survey



Fig 8: AYUSH grama project surveyors preparing village map



Fig 9: Surveyors collecting information during village baseline survey

6.2 AYUSH HEALTH CENTRE

6.2.1 Brief note on AYUSH Health Centre

AYUSH health center was established with an intention to provide preventive, promotive, curative and free health care facility to the community members of Gollahalli grama panchayath. Grama panchayath office has provided the space to establish this centre in Gollahalli village. Samudaya bhavana was renovated to AYUSH Health Centre (Fig.10). This AYUSH health centre has two rooms which are separated by Aluminum partition where one room for doctor's consultation (Fig.11) and other waiting room for patients (Fig.12). The health centre has equipped with furniture's, medicines and medical instruments to provide health services to community members. A register has been maintained to document outpatient's details who visit the health centre. Month-wise OPD numbers during the project period is given in Table 2. Centre provides treatments for all diseases after thorough examination including basic wound care using Indian system of medicines. Minimal usage of medicines, health education and more usage of home remedies made the community self sustainable whenever they get any health issues. Always we were alert to keep our hospital clean and there was drinking water facility for patients and separate dress code for para-medical staff.

Centre works from 9.30 am to 5 pm. Service of an Ayush doctor and para-medical staff available during this time. Even though the project is focusing on Gollahalli grama panchayath, many of the patients from nearby villages like Avalgurkki, Vaderepalya, Gerahalli, Hariharapura, Arobande, Chickaballapura, Reddygollarahalli etc. were also used this facility regularly.

Gollahalli grama panchayath is a rural area and it has a rich source of medicinal plants. For the purpose of hospital we used to collect many raw materials from different areas of the panchayath and out of this we prepared medicated oils, choornams, lepas, kalkas and swarasas namely, Karpooradhi taila, Nimbadi taila, Nirgundi taila, Bala-guduchyadi taila, Guduchi choornam, Tulasi kalka, Nimbadi kalka, Parnayavani swarasa etc.

As the AYUSH doctor and other staffs were staying in the project area, which helped the community members to approach beyond the timings of health centre in emergency health issues. Major issues and STD's were referred to district hospital and rare cases like breast

abscess, systemic lupus erythematus, psoriasis, infected wounds, chronic non healing ulcers, burns, ano-rectal disorders were managed in center successfully.



Fig 10: AYUSH health centre in Gollahalli village, Chickaballaur Tq.



11: Consultation room in AYUSH Health Centre



Fig 12: Waiting room for patients in AYUSH Health Center

Number of patients treated at the health centre					
Outpatient numbers	Months/ Year	Adult Male	Adult Female	Children (<14 yr)	Total
	March 2014	109	174	37	320
	April 2014	111	157	25	293
	May 2014	143	139	47	329
	June 2014	118	103	65	286
	July 2014	114	146	35	295
	August 2014	155	144	53	352
	September 2014	112	126	55	293
	October 2014	88	134	39	261
	November 2014	91	140	88	319
	December 2014	152	133	70	355
	January 2015	65	112	25	202
	February 2015	121	156	45	322
	March 2015	121	201	44	366
	Total	1500	1865	628	3993

Table 2: Number of patients (OPD) visited AYUSH health care center

6.3 AYUSH GRAMA ADMINISTRATIVE OFFICE

AYUSH grama administrative office was established for effective implementation of project activities and was acting as the capital center of the project in which records, documents and library books were maintained. AYUSH grama office was equipped with furnitures, shelves, lockers, computer, laptops, tablets, printer, internet facility, telephone connection and drinking water facilities.

Regular weekly and monthly meetings with VHVs and AYUSH grama staffs were held in the office. Training programmes, residential camps, awareness programmes for school children, demonstration of medicated oils preparations were held in AYUSH administrative office (Fig.13 & 14). Apart from this, monthly meetings were held in FRLHT conference room to update the activities to project monitoring team and project heads.



Fig13: AYUSH grama administrative office (view from outside)



Fig.14 AYUSH grama administrative office

6.4 SPECIAL MEDICAL CAMPS

Gollahalli grama panchayath consist of 23 villages and many of this are very far from each other and it was very difficult for villagers to reach Ayush health center. This made us to conduct health camps in villages of Gollahalli panchayth (Fig 15 to 18). Doctors from Atreya Ayurvedic medical college, Doddaballapur and I-AIM health care center, Yelahanka conducted regular free medical camps in villages of Gollahalli.

Special health camps helped us to screen diabetic, hypertension and geriatric. Follow-ups of same cases were done in AYUSH health center. Principal of Atreya Ayurveda medical college, Doddaballapur, provided technical support by sending Internees to implement the camps in field area. AYUSH grama staffs and village health volunteers did necessary arrangements for the same. Details of special health camps are shown in Table 3.

Sl. No.	Date	Name of the village	Venue	Male	Female	Children	Total
1	23.05.14	Ittapanahalli	GLPS	29	27	8	64
2	28.05.14	Nallakadirenahalli	GLPS	36	37	19	92
3	26.06.14	Yalagere	Anaganawadi	40	20	6	66
4	23.07.14	Ketenahalli	GHPS	34	34	38	106
5	15.08.14	Gollahalli	SBI Bank	18	6	2	26
6	21.08.14	Nastimanahalli	GHPS	27	24	27	78
7	11.09.14	Sadenahalli	GHPS	21	33	27	81
8	09.10.14	Golladoddi&Paiur	Church	15	16	10	41
9	14.10.14	Beeraganahalli	Milk Dairy	21	16	9	46
10	18.11.14	Mogalakuppe	Near panchayath member house	12	17	4	33
11	19.11.14	Kariganpalya	Milk Dairy	14	10	0	24
12	11.12.14	Yaranagenehalli	Anaganawadi	12	16	3	31
13	31.12.14	Sadenehalli	GHPS	13	23	17	53
14	23.01.15	Marappanahalli	Anaganawadi center	18	31	4	53
15	05.03.15	Nastimanahalli	VHV's house	23	21	11	55
16	09.03.15	Gongadipura	Mr. Arun's house	7	17	11	35
17	26.03.15	Katarakadirenahalli	GLPS	16	39	09	64
Total				356	387	205	948

Table 3: Details of special health camps



Fig.15 Special medical camp with geriatric care in Yalagare



Fig.16 Special health camp with diabetic care in Yarranagenahalli



Fig.17 Special health camp with diabetic care in Sadenehalli village



Fig.18 Special health camp with Hypertension care in Ittappanahalli village

6.5 SCHOOL HEALTH CHECK-UP PROGRAMME

During baseline survey it was observed that school children of Gollahalli grama panchayath were having less awareness regarding health and hygiene. To improve the health status and to provide information on hygiene, regular school health checkup camps in Government schools of Gollahalli grama panchayath was conducted by staff of AYUSH grama (Table.4). During camp AYUSH doctors examined each child thoroughly where height, weight, vitals, general conditions and nutritional status of the children were documented. Health education was provided by AYUSH grama staff to educate the children regarding health and hygiene. Around 17 camps were conducted during the project period.

The general conditions of children were fair and the nutritional status was low. Children were unaware of proper hygiene and health. Most of the students were suffering from URTI and worm infestation also some students from Nallakadirenehalli, Kattarakadirenehalli villages were suffering from dental flurosis.

We provided de-worming tablets to children and teachers were educated regarding basic home remedies for *jvara*, *kasa*, *pratishyaya* and other primary health care conditions. Appropriate medicines were given to diseased children.

Sl. No.	Name of the village	Venue	Boys	Girls	Total
1	Gollahalli	GHPS	34	36	70
2	Ittapannahalli	GLPS	13	23	36
3	Golladoddi	GLPS	14	14	28
4	Ketenahalli	GHPS	35	46	81
5	Anemodugu&kotturu	GLPS	16	22	38
6	Kariganpalya	GLPS	3	7	10
7	Nastimanahalli	GHPS	29	33	62
8	Jangamarapanahalli	GLPS	18	28	46
9	Mogalakuppe	GLPS	5	8	13
10	Yalagere	GLPS	6	6	12
11	Nallkadirenahalli	GLPS	9	4	13
12	Katarakadirenahalli	GLPS	8	14	22
14	Sadenahalli	GLPS	13	17	30
15	Anemodugu&kotturu	GLPS	12	10	22
Total			215	268	483

Table 4: List of villages where school health checkup camps conducted (GHPS: Gov higher primary school, GLPS: Gov lower primary school)



Fig 19: School health checkup camp in Ketenehalli HPS



Fig 20: School children checkup programme in Jangamarappannahalli LPS



Fig.21 School health checkup camp in Mogalakuppe Gov LPS



Fig.22 School Health checkup camp in Kattarakadirenehalli Gov: LPS

6.6 ANGANWADI HEALTH CHECK-UP PROGRAMME

Anganwadi are the centers which take the responsibility of under five children health care. AYUSH Grama conducted 18 Anganwadi health checkup programmes for Anganwadi children of Gollahalli grama panchayath, Chickaballapur. Children of age group 3-5 years were examined by AYUSH doctor and experts from I-AIM health care center, Bangalore (Fig 23 to 26). A card was designed for each child of anganwadi to record health status and for continuous monitoring. The copy of Anganwadi card is attached as Annexure 3.

Anganwadi workers supported us to conduct the programme. General conditions, height, weight, nutritional status were recorded during every visit. Our activities were linked with Primary Health Centres, Muddenehalli and Mandikkal. The major health issues among children were referred to respective PHC for further treatment.



Fig.23 Anganwadi children health checkup programme in Kariganapalya center



Fig 24: Anganwadi health checkup camp in Nallakadirenehalli center



Fig 25: Anganwadi health checkup camp in Kottur –Anemodagu center



Fig 26: Anganwadi health checkup camp in Gollahalli Cente



Fig 26a: Anganwadi health checkup camp in Kariganapalya centre

6.7 NUTRITIONAL SUPPLEMENT FOR ANGANWADI CHILDREN

In children physical growth and mental development is faster and higher. Proper nutrition is essential for normal growth. AYUSH grama provided ragi biscuits and *antina unde* to all anganwadi children of Gollahalli panchayath. There are 14 anganwadi centres and 186 children in Gollahalli grama panchayath, Chickaballapur. Children were provided ragi biscuits everyday and dry fruit cake (*antina unde*) was given once a week (Fig.27 & 28). We also provided air tight containers to keep the nutritional supplements.



Fig 27: Ragi biscuits and dry fruit cake (*antina unde*) for Anganwadi children



Fig 28: Distribution of nutritional supplement to Anganwadi centers

6.8 SWARNAMRUTHA PRASHANA - BALOPACHARA

As the mental development is very fast in children of age group 1-5 yr, administration of medhya rasayanas will give maximum result in children of this age group. As per the action plan, it was planned to provide swarnamrutha prashana for all the anganwadi children. Distribution of swarnamrutha was initiated in the beginning of the program. But later it was understood that this need more human resources as well as monitoring team for the effective implementation and systematic documentation to evaluate the effectiveness of the intervention. Later, swarnamruth prashana program was stopped and administration of brahmi gritha with honey was initiated.

Under the concept of Balopachara, AYUSH grama started providing Brahmi gritha and honey in each anganwadi center of Gollahalli panchayath (Fig.29). As the Government is providing milk for each anganwadi children thrice a week, we advised the anganwadi workers to give brahmi gritha mixed with honey (1:2) followed by warm milk. AYUSH doctor demonstrated the preparation and administration to the staff of Anganwadi. AVHV's were asked to monitor the same regularly. Anganwadi teachers and parent were expressed their interest in this program and they were able to see the benefit from this program.



Fig 29 Medhya rasayana for Anganwadi children

6.9 HOME REMEDIES PROGRAMME

Home remedies are the primary health care medications which can be prepared at home. The healthcare facilities in Gollahalli grama panchayth are very limited. Adopting local health traditions using locally available herbal remedies plays a major role in preventing and treating many health conditions.

AYUSH Grama provided primary health care education along with training programmes on use of home remedies. This helped local people to manage the common ailments by preparing medication at home level and reduce the severity of disease.

6.9.1 Training to AYUSH Grama staff and AVHV

We organized training programmes on home remedies to AYUSH grama staffs and AVHV. During the workshop experts from I-AIM – FRLHT participated and trained the staff on use of locally available remedies in providing health care. Theory and practical demonstration of preparation of home remedies were shown in workshop (Fig 30 & 31). A manual was developed in English as well as in Kannada to educate the staff and public more effectively. Template of the manual is given as Annexure – 4.

6.9.2 Training of communities on home remedies

The trained staff and AVHV conducted several training programmes in their villages with the help of AYUSH doctor on home remedies. Preparations of several remedies were demonstrated during the training programme (Fig 32-35). Medicinal plants were distributed to the communities and Govt. schools. This encouraged the local people to start growing medicinal plants in their backyard and start using the same for several health conditions.

Also we distributed a ‘hand book on medicinal plants & primary health care’ for team members which provided detaile description regarding different types of preparations like svarasa, kalka, kashaya etc with doasage and therapeutic uses. Table 5 shows the home remedies programmes conducted in the project period.



Fig.30 Home remedies training workshop



Fig.31 Preparation of svarasa during workshop

Sl. No.	Date	Name of the village	Venue	Total
1	13.03.14	Gollahalli	Anganawadi Center	16
2	13.03.14	Ittapanahalli	Dairy	15
3	07.05.14	Gollahalli	Near temple	40
4	21.06.14	Sadenahalli	Anganawadi Center	17
5	09.07.14	Mogalakuppe	Near panchayath member house	21
6	18.07.14	Ittapanahalli	Anganawadi Center	18
7	03.09.14	Nastimanahalli	Anganawadi Center	09
8	04.09.14	Ketenahalli	Near anganawadi	15
9	18.09.14	Yalagere	Anganawadi Center	15
10	18.09.14	Golladoddi	Anganawadi Center	10
11	19.09.14	Nallaguttapalya	Anganawadi Center	15
12	22.09.14	Gerahalli	Anganawadi Center	15
13	22.09.14	Gollahalli	Anganawadi Center	24
14	12.12.14	Jangamarapanahalli	Anganawadi Center	23
15	06.01.15	Nallakadirenahalli	Anganawadi Center	14
16	27.01.15	Nastimanahalli	Anganawadi Center	13
17	06.02.15	Ketenahalli	Near Temple	13
18	06.02.15	Yalagere	Anganawadi Center	14
19	12.02.15	kareganaplya	Anganawadi Center	16
20	14.02.15	Sadenahalli	Anganawadi Center	31
21	20.02.15	Beeraganahalli	Milk Dairy	12
22	25.03.15	Ittappanahalli	Anganwadi center	15
23	30.03.15	Mogulukuppe	Near temple	14
Total				395

Table. 5 Details of home remedies programmes conducted in Gollahalli GP



Fig.32 Home remedies programme in Mogalaguppe Village



Fig.33 Home remedies programme in Jangamarappanahalli village.



Fig.34 Home remedies programme in Kethenahalli village



Fig.35 Home remedies programme in Nallakadirenehalli village

6.10 HERBAL GARDEN

Fresh herbal plants play an important role in practice of Ayurveda. This made us to develop a herbal garden in front of the AYUSH health center. This garden has 12 varieties of medicinal plants which were used in the clinical practice. This garden also helped in educating the patients about medicinal plants and their uses for specific health conditions (Fig. 36).



Fig.36 Herbal garden maintained in front of AYUSH health center

Apart from this garden, we procured medicinal plants from FRLHT garden and placed in the nursery of forest department in Gongadipura - Kethanahalli range (Fig.37). These plants were distributed to villagers and schools to develop their own herbal gardens.



Fig.37 AYUSH grama staff in Forest Dept. nursery where medicinal saplings were maintained

6.10.1 Demo herbal gardens

Medicinal plants are available in surroundings of the villages. But it was observed that people were not able to identify these plants as they were unable to find the plants at one place. To overcome this problem it was decided to develop a demo garden in Gollahalli grama panchayath.

Two demo herbal gardens were developed in Ittappanahalli village (in front of Church - Fig 38) and Kottur-Anemodagu village (in front of Mr. Ashok, VHV home - Fig. 39). More than 1500 saplings were planted in these two gardens. To establish this garden we utilized services of experts from FRLHT Bangalore.

Herbal garden helped the people to identify the herbs and to prepare different medicinal formulations out of them. Maintenance of garden was done by respective VHVs.



Fig. 38 Demo herbal garden near Ittappanahalli (in front of church)



Fig. 39 Demo herbal garden in Kottur – Anemodagu

6.11 VECTOR-BORNE DISEASE CONTROL PROGRAMME

Vector-borne diseases are those that are transmitted to humans by an insect. They are often caused by the mosquitoes that breed in the stagnant water sources. During baseline survey it was observed that the people in Gollahalli grama panchayath are having less awareness regarding health and hygiene specific to vector-borne diseases. Through Ayush Grama project, we started creating awareness in the public regarding vector-borne diseases, its prevention and control through training and demonstration programmes. Preparation of herbal decoction for prevention of mosquito borne diseases, mosquito coils, repellents and importance of growing plants like neem, tulasi, nirgundi, agnimantha etc, to reduce vectors was taught during the training programmes. Power point presentations and videos were used for effective demonstration. Table.6 shows the details of vector-borne disease control programmes conducted in Gollahalli grama panchayath during project period. Pamphlets regarding vector borne diseases were used to educate the public. Pamphlet is attached as Annexure 5.

Initially staff from NIMR gave training to our staff and AVHVs on vectors, methods to prevent and treat vector borne diseases (Fig.40 to 42). AYUSH Grama staff worked in collaboration with Muddenehalli PHC and conducted training programmes in many villages. There was a outbreak of H1N1 infections in nearby taluks of chickaballapur namely, Bageppalli and Mandikkal. Community based programmes were conducted on H1N1 to educate the communities of Gollahalli grama panchayath.



Fig.40.Vector borne disease control training programme



Fig.41 Vector borne disease control programme in Gollahalli village



Fig.42 Vector borne disease control programme in Nalaguttapalya

Sl. No.	Date	Name of the village	Venue	Total
1	21.06.14	Sadenahalli	Anganawadi center	17
2	09.07.14	Mogalakuppe	Near panchayath member house	20
3	06.08.14	Gollahalli	Anganawadi center	16
4	03.09.14	Nastimanahalli	Anganawadi center	10
5	04.09.14	Ketenahalli	Near anganawadi Center	15
6	18.09.14	Yalagere	Anganawadi center	14
7	18.09.14	Golladoddi	Anganawadi center	10
8	18.09.14	Ittapanahalli	Anganawadi center	12
9	19.09.14	Nallaguttapalya	Anganawadi center	15
10	22.09.14	Gerahalli	Anganawadi center	15
11	14.02.15	Sadenahalli	Anganawadi center	31
12	16.02.15	Jangamarappanahalli	Anganawadi center	11
13	20.02.15	Beerganahalli	Anganawadi center	11
14	17.03.15	Gollahalli	Ayush grama office	15
15	28.03.15	Gongadipura	Village	21
			Total	233

Table. 6 Details of vector borne disease control programme



6.12 ANC & PNC PROGRAMME

Mother and child are the people who deserve most care and health facilities. In Gollahalli grama panchayat there is no health facility for mother and child health care. This made AYUSH grama to implemented ANC & PNC checkup programme in villages of Gollahalli panchayath.

AYUSH doctor, Gollahalli and experts from I-AIM health care center, Bangalore conducted health education program regarding diet and regimen for pregnant women and mothers, importance of breast feeding, month-wise growth of fetus, immunization schedule by using visuals (Fig.43 to). Antenatal and post-natal care are the regular programmes conducted with the help of local ANM (from Muddenahalli PHC) (Fig. 44 - 46). As a nutritional supplement, we distributed sprouted green gram, banana fruit and pomegranate fruit to all the women who participated in ANC's and PNC's check-ups (Fig.47). In addition to this, for postnatal women we provided Soubhagya shunti lehya to regain their normalcy of GI system and reproductive system.

Apart from general health checkup, AYUSH grama also conducted specific programmes for mothers who are having problems of leucorrhea, anemia, fatigue, body pain etc. Medicines like UTN syrup and Shatavari Lehya were provided for regular intake and were requested to visit AYUSH health centre for regular checkup.



Fig.43 Educating ANC's & PNC's in Gollahalli village



Fig. 44 Health education for ANCs & PNCs in Marappanahalli village



Fig.45 ANC & PNC General check up in Yalagare village



Fig. 46 ANC & PNC Programme in subcenter Gollahalli.



Fig. 47 Distributing nutritional supplement for ANCs &PNCs in Jangamarappanahalli village

6.13 YOGA TRAINING PROGRAMME

“*Yujiyathe anena iti yoga*”. Yoga is one which unites the individual with the universe. Yoga is a kind of technique which helps children to increase their concentration and memory. A remote place like Gollahalli panchayath never had an experience of yoga. Under AYUSH grama project we conducted regular yoga training programmes for school children and public.

6.13.1 Yoga for School Children

AYUSH Grama initiated yoga training programme in Govt. schools of Gollahalli grama Panchayath. Ms. Savitri worked as a full time yoga instructor who taught yoga for school children. Regular classes were conducted in seven Govt. schools namely, Gollahalli HPS, Nastimanahalli HPS, Ketanehalli HPS, Ittappanahalli LPS, Jangamarappanahalli LPS etc (Fig 48 to 51).

Yoga classes were used to begin with a prayer and followed by warming-up exercises. Later surya namaskara was taught along with few asanas like Vajrasana, Padmasana, Ardhakatichakrasana, Chakrasana, and Pranayamas. Before teaching asanas and pranayama the children were taught the importance and use of yoga. Each school was provided with yoga mats (*Jamkhana*) for yoga sessions. Separate attendance was maintained for yoga programme and while winding up the project headmasters of each school expressed their views in written and they were strongly demanding for the continuation of AYUSH grama project and yoga programmes.



Fig. 48 Yoga programme in Gollahalli HPS



Fig. 49 Yoga Programme in Ketanahalli HPS



Fig. 50 Yoga Programme in Ittappanahalli LPS



Fig. 51 Yoga Programme in Jangamarappanahalli LPS

6.13.2 Yoga Training Programme for public

AYUSH grama conducted yoga training programme for general public. Ms .Savitri, yoga instructor taught the yogasanas to village women. General classes were conducted in Gollahalli HPS and in Ayush grama administrative office (Fig. 52) .

AVHV distributed pamphlets in each village explaining about yoga training programme. Copy of the pamphlet is attached as Annexure – 6.



Fig. 52 Yoga training programme for public

6.13.3 Yoga *Shibira* for School Children

AYUSH grama conducted regular yoga programmes in Government schools of Gollahalli grama panchayath. Some of the children in these schools were expressed their interest to learn more about yoga. For such students we conducted two days residential yoga shibira in AYUSH grama administrative office. Three students from each school were selected by our yoga instructor and respective school headmasters to participate in the yoga shibira.

Dr. Qudsiya Tasneem (GAD doctor, Nominated by DAO, Chikkaballapur) inaugurated the yoga camp by lighting the lamp. Mr.Rudrappa & Mr.Krishnaswamy (Yoga instructors from Patanjali yoga kendra) and headmasters of all schools were present in the inaguration session (Fig. 53).

Throughout the camp students were very much curiuos to learn yogasanas and other activities. During this camp we provided balanced diet (sathvika ahara) to the children. Yoga experts, Ayush doctors and other staff conducted the camp (Fig. 54 & 55).



Fig. 53 Dr. Qudsiya Tasneem is speaking after lighting the lamp



Fig. 54 Mr. Rudrappa & Mr. Krishnaswamy showed yoga postures during practical session



Fig. 55 Participants of yoga shibira

6.14 GERIATRIC CARE PROGRAMME

In AYUSH health center and during special health camps, old age people from different villages of Gollahalli grama panchayath expressed their insecurity and anxiety regarding their life. As there was very poor geriatric care in Gollahalli Panchayath and due to the negligence of family members, old age people faced psychological and physical/health problems. To address the problem of old people, we initiated geriatric care program to take care for their specific health problems (Fig. 56 -60).

During the programme AYUSH doctor and AYUSH grama staff interacted with people who were above 55 yr of age. We administer AYUSH medicines for the health problems and advised several home remedies for their general illness. Friendly discussion with old age people reduced their stress and other psycho-somatic illness. This strengthens their will power and helped them to actively participate in many AYUSH Grama programmes.

We observed that many people had nutritional deficiency problem. To address this we distributed nutritional supplements i.e. boiled green gram added with vegetables, banana fruit and badam milk to all the old aged people in every village. Along with nutritional supplement we distributed basic medicines like taleesadhi choorna, Karpooradhi thaila and Nutriherb capsules to old age people as they had URTI, Joint disorders problems. Table 7 shows the details of geriatric programmes conducted in different villages of Gollahalli grama panchyath.



Fig. 56 AYUSH doctor interacting with old age people in Mogalakuppe village



Fig. 57 AYUSH grama staff and VHV interacting with old age people in Sadenehalli village



Fig. 58 Geriatric care programme in Gollahalli village



Fig. 59 Dr. Gomathi, GAD doctor and AYUSH grama staff interacting with old age people in Nastimanahalli village



Fig. 60 Geriatric care programme in Gollahalli village

Sl. No.	Date	Name of the village	Venue	No of participant
1	18.01.14	Mogalukuppe	Near panchayath member house	29
2	11.12.14	Yarranagenahalli	Anganawadi center	14
3	12.12.14	Nasthimanahalli	School building	23
4	18.12.14	Gollahalli	Anganawadi center	26
5	22.12.14	Ittapanahalli	Millk Dairy	23
6	06.01.15	Kotturu&Anemodugu	Millk Dairy	17
7	07.01.15	Jangamarapanahalli	Anganawadi center	18
8	08.01.15	Sadhenahalli	School building	22
9	28.01.15	Marappanahalli	Anganawadi center	23
10	04.02.15	Kariganapalya	Anganawadi center	26
11	07.02.15	Katarakadirenahalli	Anganawadi center	22
12	03.03.15	Gollahalli	Anganawadi center	27
13	14.03.15	Nallaguttapalya	Anganwadi center	23
14	16.03.15	Yarranagenahalli	Near temple	21
15	17.03.15	Gollahalli	Anganwadi center	24
16	27.03.15	Nasthimanahalli	School building	22
Total				360

Table. 7 Details of geriatric care programmes conducted in Gollahalli GP

6.15 HEALTH AND HYGIENE EDUCATION FOR SCHOOL CHILDREN

During school health checkup camps we came to know about the lack of awareness regarding health and hygiene among school children. This made us to come up with health & hygiene education programme (Fig. 61 & 62).

Trained staffs of AYUSH grama were visited the schools, interacted with the students and teachers about personal hygiene, good health, environmental hygiene etc. We used charts and visuals during training program to provide education about dinacharya, rithucharya, importance of hygiene and its role in health of an individual.



Fig. 61 Health and hygiene education programme in Gollahalli HPS



Fig. 62 Health & Hygiene education in Nastimanahalli HPS

6.16 ADOLESCENT AWARENESS PROGRAMME

Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction to enable fertilization. Especially in female children it may cause stress and depression. As Gollahalli is a remote grama panchayath as well as there are no health services available, the children are unaware of changes that happens during adolescent age. Under AYUSH grama project we conducted adolescent awareness programme for female students of Govt. schools, who belongs to 5th, 6th & 7th standards. Trained female staffs of AYUSH grama visited the schools and provided awareness regarding the psycho-somatic changes and health issues during puberty. Also by using projector, we showed a short film named “MYTHRI” in each higher primary school which gives a complete picture about the menstrual cycle of a female child (Fig. 63).



Fig. 63 Adolescent awareness programme in Gollahalli HPS

6.17 BASIC MEDICINAL PLANTS AWARENESS PROGRAMME

“*Nasthi sasyamanoushadham*”. There is no plant in this earth without medicinal values, but many of us are not aware about even simple medicinal plants. To provide awareness Ayush grama conducted basic medicinal plants awareness programme for school children. AYUSH doctor explained the usage of simple medicinal uses of Tulasi, Neem, Haridra, Parnayavani etc. by showing plants and power point slides. Followed by there was an open discussion in which students and teachers expressed their views and opinions (Fig. 64 & 65)



Fig . 64 Medicinal plants awareness program for students of Madari National school



Fig: 65 Medicinal plants awareness program for Gollahalli HPS students

6.18 SANITATION PROGRAMME

In rural areas still it is a big challenge to educate the community regarding the importance of toilets. It was observed during the baseline survey that in Gollahalli grama panchayath awareness regarding sanitation is very poor and most of the people are following open defecation method. We conducted sanitation awareness programme in Beerganahalli and Kottur – Anemodagu village, in which Mr. Prahalad resource person from SOCHARA, Bangalore taught village people regarding the importance of toilets, drawbacks of open defecation, methods of constructing the toilets in minimum/low expenditure and sanitation schemes of panchayath (Fig. 66 & 67). Following this 10 members constructed toilets and many other villagers inspired from this.



Fig. 66 Sanitation Awareness programme in Beerganahalli village



Fig. 67 Mr. Prahalad educating the village people on sanitation

6.19 NATIONAL HEALTH PROGRAMMES

Staff of AYUSH grama participated in all the national health programmes. We helped the staff of health and education departments in implementation of health programmes

6.19.1 HIV – AIDS awareness jatha

With respect to the National HIV awareness programme, AYUSH grama conducted awareness jatha involving school children, GAD doctors, Teachers, anganwadi workers, staffs, VHVs and community members. Muddenehalli PHC provided pamphlets and charts which explains the preventive and diagnostic aspect of AIDS (Fig. 68 to 70).



Fig. 68 HIV Awareness jatha in Ketanahalli village



Fig. 69 HIV awareness jatha in Nastimanahalli village



Fig. 70 HIV awareness jatha in Jangamarappanahalli village (with GAD doctor)

6.19.2 POLIO Immunization Programme

AYUSH grama participated in polio immunization programme in co-operation with Muddenehalli PHC. Along with PHC doctor, AYUSH doctor visited each Anganwadis of Gollahalli Panchayath and helped in implementing the programme. Ayush grama staffs also participated in programmes in different anganwadis. (Fig. 71)



Fig. 71 Pulse polio immunization in GollahalliAnganwadi center

2.14.3. Swachatha Karyakrama

With respect to Swach bharat abhiyan programme, Gollahalli panchayath initiated cleaning the drainages and surroundings which are polluted. Ayush grama staffs participated in these programmes (Fig. 72).



Fig. 72 AYUSH grama staff cleaning the surrounding of Ayush Health Center

6.20 AYUSH GRAMA ADVISORY COMMITTEES

To monitor the functioning of AYUSH grama project there was two advisory committees, AYUSH grama panchayath health advisory committee (APHAC) and District Coordination committee (DCC). During the period of January 2014 – March 2015 we conducted two APHAC meetings and one DCC meeting (Table -8).

Sl. No.	Representative	Designation	Name	Phone No.	Email Id
1	President/ Representative of the concerned NGO	Chairman	Dr. B. N. Prakash	9448088122	bn.prakash@fr lht.org
2	AYUSH Medical Officer nominated by Director, Department of AYUSH	Member	Dr. Sanaulla/ Dr. QudsiyaTasnee m/ Dr. Gomathi	9448432270/ 9845582808	dr.qudisyathas neem@gmail. com
3	Panchayath Development Officer	Member	Mr. Pradeep	9480268468	sathyapradeep gv@gmail.co m
4	Programme Officer of Private Partner	Member	Dr. Swathi .S.	9980092234	swathi.s@frlht .org
5	One elected GramaPanchayath Member (nominated by Director, Department of AYUSH)	Member	Mr. Krishna Reddy	9845932632	-
6	Concerned Primary Health Centre - Medical Officer	Member	Dr. Muniyappa	9448713135	muniyappa m@gmail.com
7	Block Health Educator/ Lady Health Visitor of concerned PHC	Member	Ms. Roopa	8277500322	-
8	Panchyath President	Member	Mrs. Venkatalakshma mma	9902884878	-
9	AYUSH Medical Officer (appointed by the Private Partner)	Member Secretary	Dr. Sreejesh. T	8095148920	sreejuhere.t@ gmail.com

Table. 8 List of APHAC member

6.20.1 APHAC meeting (First)

AYUSH grama conducted its first APHAC meeting in AYUSH administrative office on 1st August, 2014 (Fig. 73 & 74). Minutes of first APHAC Meeting is attached as Annexure –7.



Fig.73 Ayush Grama - APHAC meeting



Fig.74 Ayush Grama - APHAC meetingg

6.20.2 APHAC meeting (Second)

AYUSH grama APHAC meeting is held on 30th January, 2015 in AYUSH grama administrative office (Fig. 75 & 76). Details are attached in Annexure – 8.



Fig.75 Meeting with APHAC members during Ayush grama Second meeting



Fig.76 Participants of AYUSH grama second APHAC meeting

6.20.3 AYUSH grama district coordination committee meeting

AYUSH Grama conducted first district level meeting on 11th August 2014 in CEO office, Zilla Panchayath, DC office, Chikkaballapur (Fig. 77; Table - 9).

DISTRICT CO-ORDINATION COMMITTEE		
Sl. No.	Representative	Designation
1	Chief Executive Officer of the respective Zilla Panchayaths.	Chairman
2	District Health Officer	Member
3	Taluka Executive Officer of the project area	Member
4	Representative of the Private Partner	Member
5	Chairman of the APHAC	Member
6	AYUSH Medical Officer of the concerned District (nominated by the Director, Department of AYUSH)	Member
7	District Health Education Officer	Member
8	District AYUSH officer	Member Secretary

Table 9: List of DCC members



Fig.77 AYUSH grama DCC meeting in CEO office, Chikkaballapur

Dr. Sanaulla, DAO, Chickaballapura gave introduction regarding AYUSH grama project and Dr. Qudsiya Tasneem GAD doctor, spoke about aims and objectives of AYUSH grama project and its benefits. Dr. B. N. Prakash, CEO, AYUSH grama, Gollahalli explained in detail regarding the overall functioning of AYUSH grama project from January, 2014 to July, 2014. Smt. Neela Manjunath, IAS, CEO Chikkaballapur, appreciated the team for their achievements and also she advised to give importance to following topics:

1. Educate people about Indian System of Medicine
2. Conduct workshops to implement knowledge of health and hygiene with demonstration.
3. Invite neighboring panchayath development officers also while conducting programs so that they can implement the same in their panchayaths.
4. Give importance to health and hygiene education.
5. Educate the people regarding cultivation of herbal plants and importance of protecting the natural resources.

6.20.4 Other meetings

AYUSH grama had regular meetings with panchayath members (Fig.78), anganwadi workers (Fig.79), village health volunteers and staffs (Fig.80 & 81) to plan and implement programmes of AYUSH grama project. This helped us to get the feedback of every stakeholder about services and in turn to begin more health activities.



Fig.78 Dr. BN Prakash CEO in a meeting with Panchayath members and PDO



Fig.79 Ayush doctor in a meeting with Anganwadi workers in Muddenehalli PHC



Fig.80 Meeting with VHV's and Staffs



Fig. 81 AYUSH grama staff and VHV meeting

6.21 AYUSH GRAMA VISITORS

During the project period, there were some key people who visited Ayush grama project area and provided the valuable suggestions. We maintained a visitor register, in which they used to write their opinion and suggestions.

- Dr. Felicitas , Cancer Surgeon from Germany (Fig.82)
- Dr. Sanaulla, DAO, Chickaballapura (Fig.83)
- Dr. Qudisiya Tasneem , GAD doctor
- Dr. Gomathi, GAD doctor
- Mr. Alexander, Senior Administrative officer, FRLHT
- Mr. Suresh Hegde, Senior Accounts officer, FRLHT
- Dr. Muniyappa, PHC, Muddenehalli
- Mrs. Roopa, ANM, Muddenehalli
- Mrs. Ambika, ANM Muddenehalli
- Mrs. Gayathri, Anganwadi Supervisor
- Anganwadi workers
- Officers and doctors from FRLHT, Yelahanka
- Resource persons from SOCHARA, Bangalore
- Resource persons from Patanjali Yoga Kendra, Bangalore
- Mr. Nagaraj, Sri Ragavendra Yoga Kendra Bangalore



Fig. 82 Dr. Felicitas, Cancer surgeon from Germany visited AYUSH grama



Fig. 83 Interaction with Dr. Sanaulla, DAO, Chikkaballapur in AYUSH grama office

6.22 AYUSH GRAMA VEHICLE

For the purpose of effective implementation of field activities of AYUSH grama, FRLHT contributed a TVS XL Heavy duty two wheeler. This helped to travel and cover the activities in all the 23 villages of Gollahalli GP.

6.23 WALL WRITINGS AND BANNERS

Ayush grama was a new concept for the people among Gollahalli panchayath and they were not aware regarding the health facilities of AYUSH systems. Thus we put wall writings (Fig. 84 - 86) in main villages which provided the basic information regarding AYUSH grama and its health services.



Fig: 84 Ayush gramawall writing

Ayush grama conducted many programmes and media helped us by publishing this in newspaper.

ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿದ: ಶಾಸಕ ಡಾ. ಕೆ. ಸುಧಾಕರ್ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳಲು ಮೊದಲ ಆದ್ಯತೆ ನೀಡಿ

ಚಿಕ್ಕಬಳ್ಳಾಪುರ: ಪ್ರತಿಯೊಬ್ಬರೂ ದೇಹ ಸದೃಶ ಉತ್ತಮ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಮೊದಲ ಆದ್ಯತೆ ನೀಡಬೇಕೆಂದು ಶಾಸಕ ಡಾ. ಕೆ. ಸುಧಾಕರ್ ಸಲಹೆ ನೀಡಿದರು.

ತಾಲೂಕಿನ ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯ ಕಚೇರಿಯಲ್ಲಿ ಆಯುಷ್ ಇಲಾಖೆ ಹಾಗೂ ಎಫ್‌ಆರ್‌ಎಲ್‌ಎಚ್‌ ಸಂಸ್ಥೆ ಸಹ ಯೋಗದೊಂದಿಗೆ ಕೈಗೊಂಡಿರುವ ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ ಕಾರ್ಯಕ್ರಮವನ್ನು ಉದ್ಘಾಟಿಸಿ ಅವರು ಮಾತನಾಡಿದರು.

ಆರೋಗ್ಯವೇ ಮಹಾಭಾಗ್ಯ. ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಂಡಾಗ ಮಾತ್ರ ಒಳ್ಳೆಯ ಜೀವನ ನಡೆಸಲು ಸಾಧ್ಯ. ಆರೋಗ್ಯವಿಲ್ಲದಿದ್ದಾಗ ಬೇರೆ ಬೇರೆ ಸಂಪತ್ತುಗಳಿದ್ದರೂ ಪ್ರಯೋಜನ ವಿಲ್ಲದಂತಾಗುತ್ತದೆ ಎಂದು ಅಭಿಪ್ರಾಯ ವ್ಯಕ್ತಪಡಿಸಿದರು.

ಜನರ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿ ಕೊಳ್ಳುವ ಸಲುವಾಗಿ ರಾಜ್ಯ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳುತ್ತಿದೆ ಎಂದು ಅವರು, ತಾಲ್ಲೂಕಿನ ಗಡಿಭಾಗವಾಗಿರುವ ಎಸ್. ಗೊಲ್ಲ



ಚಿಕ್ಕಬಳ್ಳಾಪುರ ತಾಲೂಕಿನ ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯ ಕಚೇರಿಯಲ್ಲಿ ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆಯನ್ನು ಶಾಸಕ ಡಾ. ಕೆ. ಸುಧಾಕರ್ ಉದ್ಘಾಟಿಸಿದರು.

ಪಲ್ಲಿಯಲ್ಲಿ ಆರೋಗ್ಯ ಜಾಗೃತಿ ಮೂಡಿ ಸಲು ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ

ಕೇವಲ 11 ಗ್ರಾಮಗಳಿಗೆ ಮಾತ್ರವಿದ್ದು ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ

ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸೆ, ದೈವಧ ವಿತರಣೆ, ಜನ ಜಾಗೃತಿ, ಯೋಗ, ಪ್ರಾಣಾಯಾಮದ ಪರಿಚಯ ಇತ್ಯಾದಿ ಮಹತ್ವಪೂರ್ಣ ಕಾರ್ಯಕ್ರಮಗಳ ಜೊತೆಗೆ ಗಿಡ ಮೂಲಿಕೆ ದೈವಧಗಳನ್ನು ಬೆಳೆಯುವ ಕೆಲಸ ಮಾಡಲಾಗುವುದು.

ಮಾಡಲಾಗಿದೆ ಎಂದರು.

ಈ ಯೋಜನೆಯಲ್ಲಿ ಮೂರು ವರ್ಷ ಅವಧಿಗೆ ಒಟ್ಟು 1 ಕೋಟಿ ರೂ. ಮೊತ್ತದಲ್ಲಿ ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸೆ, ದೈವಧ ವಿತರಣೆ, ಜನ ಜಾಗೃತಿ, ಯೋಗ, ಪ್ರಾಣಾಯಾಮದ ಪರಿಚಯ ಇತ್ಯಾದಿ ಮಹತ್ವಪೂರ್ಣ ಕಾರ್ಯಕ್ರಮಗಳ ಜೊತೆಗೆ ಗಿಡಮೂಲಿಕೆ ದೈವಧಗಳನ್ನು ಬೆಳೆಯುವ ಕೆಲಸ ಮಾಡಲಾಗುವುದು.

ವುರು ಎಂದ ಅವರು, ಆಮೇರಿಕಾ ಸೇರಿದಂತೆ ಜರೋತ್ಸ ರಾಷ್ಟ್ರಗಳು ಇಂದು ಭಾರತೀಯ ಪುರಾತನ ವೈದ್ಯ ಪದ್ಧತಿಯಾದ ಆಯುರ್ವೇದವನ್ನು ಅವಲಂಬಿಸುತ್ತಿವೆ. ಇದೇ ನಿಜವಲ್ಲ ರಾಷ್ಟ್ರವಲ್ಲ ಇದನ್ನು ಅಳವಡಿಸುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರ ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆಯನ್ನು ಕೈಗೊಂಡಿದೆ ಎಂದರು.

ಅಪಾತುರ್ಯದಿಂದ ಬರುವ ಅನೇಕ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಜನರಿಗೆ ಅರಿವು ಮೂಡಿಸುವುದು ಅತ್ಯಂತ ಅಗತ್ಯ ವಾಗಿದೆ. ಕುಡ್ಡ ಕುಡಿಯುವ ನೀರು, ಪರಕುಡ್ಡ ಗಾಳಿ ಇಂದು ಎಲ್ಲೆಡೆ ಸಿಗುತ್ತಿಲ್ಲ. ಆದರಿಂದ ಇಪ್ಪತ್ತು ವ್ಯಾಕ್ಟಿ ಯನ್ನು ಆರೋಗ್ಯ ವಿಷಯದಲ್ಲಿ ಮಾಹಡೀಕಾರದ ಅನಿವಾರ್ಯವಾಗಿರಬೇಕು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಸಹಾಯಕ ನಿರ್ದೇಶಕ ಹರೋಮಮೂರ್ತಿ ಜಿ, ವೈದ್ಯಕೀಯ ಇಲಾಖೆಯ ನಿರ್ದೇಶಕ ಗಂಗಾಧರನ್ ಜಿ, ಸಿಲ ಹೆಗಾರರಾದ ಡಾ. ಪರಿದಾಸನ್ ಕೆ. ಸ್ವೀಯ ಮುಖಂಡರಾದ ಗಿರೀಶ ಯಪ್ಪ, ಪ್ರಸಾದ್ ಮತ್ತಿತರರು ಭಾಗ ವಹಿಸಿದ್ದರು.

Fig. 85 : Ayush grama inauguration news paper report in Kannada Prabha

ಎಚ್‌ಐವಿ ಕುರಿತು ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ತಿಳಿವಳಿಕೆ ಅಗತ್ಯ ಕೇತೇನಹಳ್ಳಿ ಶಾಲೆಯಲ್ಲಿ ಎಡ್ಸ್ ಜಾಗೃತಿ

ಚಿಕ್ಕಬಳ್ಳಾಪುರ: ಎಚ್‌ಐವಿ ಎಡ್ಸ್ ಸೋಂಕಿನ ಬಗ್ಗೆ ಮಕ್ಕಳು ಜಾಗೃತಿ ಪಡೆದುಕೊಳ್ಳಬೇಕು ಎಂದು ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ ವೈದ್ಯ ಡಾ.ತ್ರಿಜೇಶ್ ತಿಳಿಸಿದರು.

ಕೇತೇನಹಳ್ಳಿ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯಲ್ಲಿ ವಿಶ್ವ ಎಡ್ಸ್ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಏರ್ಪಡಿಸಿದ್ದ ಎಡ್ಸ್ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದರು.

ಎಡ್ಸ್ ಮನುಷ್ಯನನ್ನು ಒಳಗೊಳಗೇ ಕೊಲ್ಲುತ್ತದೆ. ಈ ಬಗ್ಗೆ ಪ್ರತಿಯೊಬ್ಬರೂ ತಿಳಿವಳಿಕೆ ಹೊಂದಬೇಕು. ಮಕ್ಕಳು ಎಚ್‌ಐವಿ ಸೋಂಕಿನ ಬಗ್ಗೆ ಅರಿವು ಪಡೆಯಬೇಕು ಎಂದರು.

ಯೋಜನಾಧಿಕಾರಿ ಶಶಿರೇಖಾ ಮಾತನಾಡಿ, ರೋಗಗಳನ್ನು ತಡೆಗಟ್ಟಲು ಅನೇಕ ವೈಜ್ಞಾನಿಕ ಸಂಶೋಧನೆಗಳನ್ನು ಕೈಗೊಳ್ಳಲಾಗಿದೆಯಾದರೂ, ಈವರೆಗೆ ಎಡ್ಸ್‌ಗೆ ಸೂಕ್ತ ಚಿಕಿತ್ಸೆ ಕಂಡು ಹಿಡಿದಿಲ್ಲ. ಆದ್ದರಿಂದ ಈ ಬಗ್ಗೆ ಎಚ್ಚರಿಕೆಯಿಂದಿರಬೇಕು ಎಂದರು.

ಹಿಂದುಳಿದ ವರ್ಗಗಳ ತಾಲೂಕು ಉಪಾಧ್ಯಕ್ಷ ಎಂ.ವಿ.ಸದಾಶಿವ ಪ್ರತಿಭಾವಂತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪುಸ್ತಕ ವಿತರಿಸಿದರು.

ಶಿಕ್ಷಕ ಚಲಪತಿ, ವೀರಭದ್ರಯ್ಯ, ನರಸಿಂಹಮೂರ್ತಿ, ಆಯುಷ್ ಗ್ರಾಮ ಸಿಬ್ಬಂದಿ ಭಾಗವಹಿಸಿದ್ದರು.

ಕೇವಲ 11 ಗ್ರಾಮಗಳಿಗೆ ಮಾತ್ರವಿದ್ದು ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ

ಕೇವಲ 11 ಗ್ರಾಮಗಳಿಗೆ ಮಾತ್ರವಿದ್ದು ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ

ಕೇವಲ 11 ಗ್ರಾಮಗಳಿಗೆ ಮಾತ್ರವಿದ್ದು ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ

ಕೇವಲ 11 ಗ್ರಾಮಗಳಿಗೆ ಮಾತ್ರವಿದ್ದು ಈ ಯೋಜನೆಗೆ ತಾಲೂಕಿನಲ್ಲಿ ಈ ಯನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದು ರಾಜ್ಯದಲ್ಲಿ ಗ್ರಾಮ ಪಂಚಾಯತಿಯನ್ನು ಆಯ್ಕೆ



ಚಿಕ್ಕಬಳ್ಳಾಪುರ ತಾಲೂಕು ಕೇತೇನಹಳ್ಳಿ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯಲ್ಲಿ ವಿಶ್ವ ಎಡ್ಸ್ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ನೋಟ್ ಪುಸ್ತಕ ವಿತರಿಸಲಾಯಿತು. ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ ವೈದ್ಯ ಡಾ.ತ್ರಿಜೇಶ್ ಇದ್ದರು.

Fig. 86 HIV Awareness program news paper report in Vijayavani

7. ANNEXURES

Annexure - 1

BASELINE SURVEY FORMAT

Name of the Gram Panchayath:

(ಕುಟುಂಬದಸಂಖ್ಯೆ):

(ಗ್ರಾಮಪಂಚಾಯತ್ವಸರು):

Household

Number:

Name of the village:

Contact Number:

(ಹಳ್ಳಿಯಹೆಸರು):

(ಸಂಪರ್ಕಸಂಖ್ಯೆ):

HOUSEHOLD SCHEDULE

Total Family Member:

(ಕುಟುಂಬದಗಾತ್ರ) :

Household Details:

(ಕುಟುಂಬದವಿವರಗಳು) :

Line No	Names (ಹೆಸರುಗಳು)	Relation to the HOFಸಂಬಂಧ	Gender ಲಿಂಗ	Age ವಯಸ್ಸು		Marital Status ವೈವಾಹಿಕಸ್ಥಿತಿ	Educational qualification ವಿದ್ಯಾರ್ಹತೆ	Occupation ಉದ್ಯೋಗ
Q1	Q2	Q3	Q4	Q5		Q6	Q7	Q8
				Y	Months			
1		Respondent						
2								
3								
4								
5								

Q. No	Questions	Coding Categories
Q.9	Monthly Income (ತಿಂಗಳ ಆದಾಯ)	
Q.10	Religion (ಧರ್ಮ)	1)Hindu 2)Muslim 3)Christian 4)Other
Q.11	Community (ಸಮುದಾಯ)	1) General 2) OBC 3) SC 4) ST
Q.12	Type of the family (ಕುಟುಂಬದ ವಿಧ)	1) Nuclear 2) Joint Family
Q.13	Housing (ಮನೆ)	1) Own 2) Rented
Q.14	Type of the Housing (ಮನೆ ವಿಧ)	1) Kaccha house 2) Pucca house 3) Mixed house
Q.15	Total no of rooms (ಕೊಠಡಿಗಳಒಟ್ಟುಸಂಖ್ಯೆ)	
Q.16	Is there a Kitchen in your house? ನಿಮ್ಮ ಮನೆಯಲ್ಲಿ ಅಡುಗೆ ಮನೆ ಇದೆಯೇ?	1) Yes 2) NO
Q.17	Where do you cook daily? ನೀವು ಅಡುಗೆಯನ್ನು ಎಲ್ಲಿ ಮಾಡುತ್ತೀರಾ?	1) In the house 2) In a separate building 3) Outdoors 4) Other
Q.18	Type of fuel used for cooking? ಅಡುಗೆ ಮಾಡುವ ಇಂಧನ ಬಳಕೆಯಾವುದು?	1)Fire wood 2)LPG 3)Kerosene 4)Others
Q.19	Does your household have electricity? ನಿಮ್ಮ ಮನೆ ವಿದ್ಯುತ್ ಸಂಪಾದಿಸಿದೆಯೇ?	1)Yes 2)No
Q.20	Ration card ಪಡಿತರ ಚೀಟಿ	1) APL 2) BPL
Q.21	MGNREG ಎಂಜಿಎನ್‌ಆರ್‌ಇಜಿಎ	1) Yes 2) No
Q.22	.Source of drinking water supply? ನಿಮಗೆ ಕುಡಿಯುವ ನೀರು ಎಲ್ಲಿಂದ ಬರುತ್ತದೆ?	1) Bore well 2) Piped water supply 3) Open well 4) Mini water scheme
Q.23	How many times in a week do you obtain drinking water? ವಾರದಲ್ಲಿ ಎಷ್ಟು ಬಾರಿ ಕುಡಿಯುವ ನೀರು ಬರುತ್ತದೆ?	
Q.24	How do you store drinking water in containers?	1) Plastic 2) Steel 3) Cooper

Q.25	Source of washing water supply EvÀgÉಉಪಯೋಗPÉÌನೀರನ್ನು ಎಲ್ಲಿಂದ ತರಲಾಗುತ್ತದೆ?	1) Bore well 2) Piped water supply 3) Open well 4) Draw well
Q.26	What type of toilet facility is there ಯಾವರೀತಿಯ ಶೌಚಾಲಯವ್ಯವಸ್ಥೆ ಇದೆ?	1) Flush Latrine 2) Septic tank 3) Pit latrine 4) Other specify
Q.27	Where do you go for defecation? ನೀವು ಮಲವಿಸರ್ಜನೆಗೆ ಎಲ್ಲಿಗೆ ಹೋಗುತ್ತಿರಿ?	1) Open 2) Public toilet 3) Other Specify
Q.28	Where do you dispose household waste? ನಿಮ್ಮ ಮನೆಯ ಕಸವನ್ನು ಎಲ್ಲಿ ಹಾಕುತ್ತಿರಿ?	1) Public container 2) Open Dump 3) Other ways
Q.29	Do you have domestic animals at your home? ನಿಮ್ಮ ಮನೆಯಲ್ಲಿ ಯಾವ ಯಾವ ಸಾಕು ಪ್ರಾಣಿಗಳಿವೆ?	1) Cows/Bufalos/Bulls 2) Goats 3) Sheep 4) Chickens

Morbidity (household) ರೋಗದ ಪರಿಸ್ಥಿತಿ

Q.30	Did you in the household fall ill in the past 1 month? ನಿಮ್ಮ ಮನೆಯಲ್ಲಿ PÀ¼É ದ ಒಂದು ತಿಂಗಳಿಂದ ಯಾರಾದರೂ ಖಾಯಿಲೆಗೆ ತುತ್ತಾಗಿ ದಾರೆಯೇ?	1) Yes 2) No
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Q.31 Age group	Q.32 What was the illness? ಯಾವ ಖಾಯಿಲೆ	Q.33 Duration of illness (Days) ಎಷ್ಟು ದಿನಗಳಿಂದ	Q.34 Did he/ she seek treatment? ಅವರಿಗೆ ಚಿಕಿತ್ಸೆ	Q.35 Where seek treatment? ಎಲ್ಲಿ ಚಿಕಿತ್ಸೆ ಪಡೆಯಲು ಸಾಧ್ಯವಾಯಿತು (Govt. Hospital , PHC , Sub center , Private Doctor, Home remedies)
Children's 1-11 year				
Adults 12-19 year				
Young people 20-45 year				
Old age People Above 46 year				

Q.36	Do you know the any medicinal plants?ನಿಮಗೆ ಯಾವುದಾದರೂ ಗಿಡ ಮೂಲಿಕೆಗಳ ಬಗ್ಗೆ ಗೊತ್ತಿದೆಯಾ?	1) Yes 2) No
Q.37	You have interest to use medicinal plants for the disease? ಈ ಗಿಡ ಮೂಲಿಕೆಗಳನ್ನು ಉಪಯೋಗಿಸುವುದಕ್ಕೆ ಇಷ್ಟಾಇದ್ದಿಯಾದ್ದಿ?	1) Yes 2) No
Q.38	Did you use medicinal plants for the diseases? ಖಾಯಿಲೆಗಳಿಗೆ ಗಿಡ ಮೂಲಿಕೆಗಳನ್ನು ಉಪಯೋಗಿಸಿದ್ದಿರಾ?	1) Yes 2) No

Maternal health Situation (ತಾಯಿಯ ಆರೋಗ್ಯ ಪರಿಸ್ಥಿತಿ)

General information

(Additional sheet)

Q. No	Questions	Coding Categories
Q.39	Name of the pregnant women	
Q.40	Age (ವಯಸ್ಸು)	
Q.41	Education (ಶಿಕ್ಷಣ)	
Q.42	Occupation (ಉದ್ಯೋಗ)	
Q.43	Husband name (ಗಂಡನ ಹೆಸರು)	
Q.44	Age at menarche (ಮೊದಲು ಮುಟ್ಟಾಗುವಿಕೆ ವಯಸ್ಸು)	
Q.45	Age at the time of marriage (ಮದುವೆಯ ಸಂದರ್ಭದಲ್ಲಿ ವಯಸ್ಸು)	
Q.46	Was it a marriage within relationship [Consanguineous Marriage] ನಿಮ್ಮ ರಕ್ತಸಂಬಂಧದಲ್ಲಿಯೇ ಮದುವೆಯಾಗಿದ್ದಿರಿಯೇ?	1) Yes 2) No
Q.47	Type of marriage (ಮದುವೆಯ ವಿಧ)	1) Marriage by choice 2) Arranged marriage
Q.48	Number of pregnancy? ಎಷ್ಟನೇ ಗರ್ಭವನ್ನು ಧರಿಸಿದ್ದೀರಾ?)	
Q.49	If have Any abortion? ನಿಮಗೆ ನಾಡರೂ	1) Yes 2) No
Q.50	Did you register the pregnancy ನೀವು ಗರ್ಭಧಾರಣೆ ನೋಂದಣಿ ಮಾಡಿಸಿದ್ದೀರಾ?	1) Yes 2) No

Q.51	Where did you register the pregnancy? ಎಲ್ಲಿಗರ್ಭಧಾರಣೆನೋಂದಣಿಮಾಡಿಸಿದ್ದಿರಾ?	1) Home visit by VHN 2) Health sub center 3) PHC 4) Private Hospital 5) Ngo Hospital
Q.52	Were you given a pregnancy card? ನೀವುಗರ್ಭದಾರಣೆಕಾರ್ಡ್ ಪಡೆದಿದ್ದಿರಾ?	1) Yes 2) No
Q.53	How many times did you go for check during pregnancy? ನೀವುಗರ್ಭದಾರಣೆಸಮಯದಲ್ಲಿಎಷ್ಟುಬಾರಿವೈ?	1) Every month 2) more 3 times 3) more 5 times 4) more 7 times
Q.54	Did you get the IFA tablet and TT INJECTION? ನೀವುಐ.ಎಫ್.ಎಟ್ಯಾಬ್ಲೆಟ್ ಮತ್ತುಟಿಟಿಇಂಜೆಕ್ಷನ್ ಪಡೆದಿದ್ದಿರಾ?	1) Yes 2) No
Q.55	The delivery took place at? ಹೆರಿಗೆಯನ್ನು ಎಲ್ಲಿಮಾಡಿಸಲಾಯಿತು?	1) Home 2) Hospital
Q.56	If at home, who assisted? ಮನೆಯಲ್ಲಿಯೇಆದರೆಯಾರುಮಾಡಿದರು?	1) ANMs 2) relatives 3) Doctor
Q.57	Nature of delivery (ಹೆರಿಗೆಯ ವಿಧ)	1) Normal 2) C section 3) Forceps
Q.58	What was the outcome of your last pregnancy? ನಿಮ್ಮ ಕೊನೆಯ ಗರ್ಭಧಾರಣೆಯ ಫಲಿತಾಂಶದ ಏನು?	1) Live birth 2) Still birth
Q.59	If induced abortion, where was the abortion performed? ಗರ್ಭಪಾತವನ್ನು ಎಲ್ಲಿಮಾಡಿಸಿದ್ದಿರಿ?	1) Home 2) PHC 3) Govt. Hospital 4) Private Hospital 5) NGO Hospital
Q.60	Why did you abortion the pregnancy ಗರ್ಭದಾರಣೆ ಆದಮೇಲೆ ಏಕೆ ನೀವು ಗರ್ಭಪಾತ ಮಾಡಿಸಿದ್ದಿರಿ?	1) Unplanned pregnancy 2) Contraceptive failure 3) Complication in pregnancy 4) Economic reasons

Infant Schedule(0 -12 Months)

General information

Q NO	Questions	Coding Categories
Q.61	Name of the infant ಶಿಸುವಿನ ಹೆಸರು	

Q.62 Q.62	Age and month ವಯಸ್ಸು ಮತ್ತು ತಿಂಗಳು	
Q.63	Gender ಲಿಂಗ	1) Male 2) Female
Q.64	Did they give you the baby's vaccination card? ಲಸಿಕೆ ಕಾರ್ಡ್ ನೀಡಿದಾರೆಯೇ?	1) Yes 2) No
Q.65	Was OPV given to the child in the mouth immediately after birth? ಜನನದ ನಂತರ ಮಗುವಿಗೆ O P V ಹಾಕಿಸಿದಿರೆಯೇ?	1) Yes 2) No
Q.66	Was BCG vaccination given to the child? ಶಿಶುವಿಗೆ BCG ಲಸಿಕೆಯನ್ನು ಹಾಕಿಸಿದಿರಾ?	1) Yes 2) No
Q.67	Was DPT vaccine given to the child? ಶಿಶುವಿಗೆ D P T ಪೋಲಿಯೋ ಲಸಿಕೆಯನ್ನು ಹಾಕಿಸಿದಿರಾ?	1) Yes 2) No
Q.68	How many doses of DPT were given? D P T ಎಷ್ಟು ಸಲ ಹಾಕಿಸಿದಿರಾ?	
Q.69	Was polio vaccine given to the child? (excluding the 0 doses) ಶಿಶುವಿಗೆ ಪೋಲಿಯೋ ಲಸಿಕೆಯನ್ನು ಹಾಕಿಸಿದಿರಾ?	1) Yes 2) No
Q.70	If yes, how many doses of polio vaccine given the child? ಹಾಗಾದರೆ ಎಷ್ಟು ಸಲ ಲಸಿಕೆಯನ್ನು ಹಾಕಿಸಿದಿರಾ?	1) Number----- 2) Do not remember
Q.71	Was a vaccine against measles given? ದಡಾರಬಲವರ್ಧಕ ಲಸಿಕೆ ಹಾಕಿಸಿದಿರಾ?	1) Yes 2) No 3) Don't know
Q.72	Where did you get the immunizations? ಎಲ್ಲಿ ಚುಚ್ಚುಮದ್ದು ಹಾಕಿಸಿದಿರಾ?	1) Nurse came to village 2) Anganawadi Center 3) Health Sub-center 4) Govt. Talus Hospital 5) Private Hospital
Q.73	Why was the not given any immunization? ಏಕೆ ಚುಚ್ಚುಮದ್ದನ್ನು ಹಾಕಿಸಲಿಲ್ಲ?	1) Child too young for immunization 2) Place of immunization unknown 3) Fear of side effects 4) VHN not available 5) Mother busy

Family Planning (ಕುಟುಂಬಯೋಜನೆ)

Q.NO	Questions	Coding Categories
Q.74	Knowledge of family planning ಕುಟುಂಬಯೋಜನೆಯಜ್ಞಾನ	1) Yes 2) No
Q.75	Are you and your husband currently using any family planning method? ಕುಟುಂಬಯೋಜನೆಯವಿಧಾನವನ್ನುಬಳಸುತ್ತಿದ್ದೀರಾ??	1) Yes 2) No
Q.76	What method of contraception are you following? ಗರ್ಭನಿರೋಧಕವನ್ನುನಿಯಂತ್ರಿಸಲುಏನನ್ನುಬಳಸುತ್ತಿದ್ದೀರಾ?	1) Condom 2) Copper T 3) Oral Pills 4) Natural Methods

Dropout school age child schedule (1 – 7th)

Q.No	Questions	Coding Categories
Q.77	Name of the child ಮಗುವಿನಹೆಸರು	
Q.78	Age ವಯಸ್ಸು	
Q.79	Gender ಲಿಂಗ	1) Male 2) Female
Q.80	Whether the child is going to the school? ಮಗುಶಾಲೆಗೆಹೋಗುತ್ತಿದೆಯೇ?	1) Yes 2) No
Q.81	If not studying last attended? ಯಾವತರಗತಿಯಲ್ಲಿವಿದ್ಯಾಭ್ಯಾಸವನ್ನುನಿಲ್ಲಿಸಿದರು?	
Q.82	Year since dropped out of school? ವಿದ್ಯಾಭ್ಯಾಸನಿಲ್ಲಿಸಿಎಷ್ಟುವರ್ಷಗಳಾಯಿತು?	
Q.83	The child suffering from any illness? ಮಗುಯಾವುದಾದರೂಅನಾರೋಗ್ಯಕ್ಕೆತುತ್ತಾಗಿದೆಯೇ?	1) Yes 2) No
Q.84	If yes, explain? ಹಾಗಾದರೆಯಾವಖಾಯಿಲೆ?	
Q.85	Is the child recovering from any illness? ಮಗುಯಾವುದಾದರೂಅನಾರೋಗ್ಯದಿಂದಚೇತರಿಸಿಕೊಂಡಿದೆಯೇ?	1) Yes 2) No

Annexure - 2

Pamphlets on AYUSH Grama programmes



ಸ್ಥಳೀಯ ಆರೋಗ್ಯ ಪರಂಪರೆಗಳ ಪುನರುತ್ಥಾನ ಪ್ರತಿಜ್ಞಾ

FRLHT (ಎಫ್.ಆರ್.ಎಲ್.ಎಚ್.ಟಿ), ಬೆಂಗಳೂರು

ಹಾಗೂ

ಆಯುಷ್ ಇಲಾಖೆ, ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಇವರ ಪಡೆಯಿಂದ

ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ

ಎಸ್. ಗೊಲ್ಲಪಳ್ಳಿ ಗ್ರಾಮಪಂಚಾಯಿತಿ, ಬೆಳ್ತವಳ್ಳಿಪುರ (ತಾ||) ಜಿಲ್ಲೆ

ಜನ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳು

ಅರೈತೆ

- ❖ ಆರೋಗ್ಯ ವಿಚಾರ ಮತ್ತು ಜೀವನ ಪದ್ಧತಿಯ ಸುಧಾರಣೆ
- ❖ ತಾಂಟಿ ಮತ್ತು ಮಗುವಿನ ಆರೋಗ್ಯ ಮತ್ತು ಗರ್ಭಿಣಿಯರ ಹಾಗೂ ದಾಂಪತಿಯ / ಸವಜಾತ ವಿಳಂಬದ ಅರೈತೆ
- ❖ ಸ್ವಚ್ಛತೆ-ಕುಡ್ಡ ಕುಡಿಯುವ ನೀರು / ಪರಿಸರ ಸ್ವಚ್ಛತೆ.
- ❖ ಆಯುಷ್ ಪದ್ಧತಿಯುಸುಗಾರ ಮನೆ ಮತ್ತು.
- ❖ ದಂಪತಿಗಳಿಗೆ ಮತ್ತು ಪದಿ ಪರಿಯದ ಸಂಪೂರ್ಣವೈದ್ಯ ಮತ್ತು ಭೃಂಗಿತ ಆರೋಗ್ಯ ಕಾರ್ಯಕ್ರಮಗಳ ಕ್ರಿಯಾಸ್ಥಯ
- ❖ ನೋಲ್ಪೆಯಿಂದ ಐರುವ ರೋಗಗಳ ನಿವಾರಣೆ ಹಾಗೂ ಜನ ಜಾಗೃತಿ ಮಾಡಿಸುವುದು.
- ❖ ಆಯುಷ್ ಪದ್ಧತಿಯುಸುಗಾರ ಇವರ ಕಾರ್ಯಕ್ರಮಗಳು

ವಿಶ್ವಣ

- ❖ ಆಯುಷ್ ಆರೋಗ್ಯ ವಿಶ್ವಣ.
- ❖ ಗ್ರಾಮಸ್ಥರಿಗೆ ಯೋಗ ವಿಶ್ವಣ.
- ❖ ಮುಕ್ತರಾಗಿ ಅನೌಪಚಾರಿಕ ವಿಶ್ವಣ.
- ❖ ಇವರ ಜನ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳು.
- ❖ ಮಾಹಿತಿ ಮತ್ತು ಪ್ರಚಾರ.
- ❖ ಆಯುಷ್ ಪದ್ಧತಿಯುಸುಗಾರ ಆರೋಗ್ಯದ ಬಗ್ಗೆ ವಿಚಾರಣೆ.
- ❖ ಮಾಹಿತಿ ವಿಶ್ವಣ ಸಂಪರ್ಕ ಕಾರ್ಯಕ್ರಮಗಳು ಮತ್ತು ಪ್ರಚಾರ

ಇವರ ಪದ್ಧತಿಯುಸುಗಾರ

- ❖ ಜೀವನೋಪಾಯ ಪದ್ಧತಿಯುಸುಗಾರ.
- ❖ ಪರಿಸರ ಸಮುದಾಯದ ಮತ್ತು ಸಂಪರ್ಕಣೆ.
- ❖ ಗೋರಕ್ಷಣೆ ಮತ್ತು ಗೋ ಆಧಾರಿತ ಉತ್ಪನ್ನಗಳ ಪ್ರಚಾರ
- ❖ ಗಣಮೂಲಕಗಳನ್ನು ಬೆಳೆಸುವುದು, ಕೈಮಾಲು ಹಾಗೂ ಕೈಮಾಲು ಅಭಿವೃದ್ಧಿಪಡಿಸುವುದು.

ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ

ಆಯುಷ್ ಬೆಂಗಳೂರು ಕೇಂದ್ರ, ಎಸ್. ಗೊಲ್ಲಪಳ್ಳಿ, ಅಪರಗುರಿಕ ಹಂಚೆ, ಬೆಳ್ತವಳ್ಳಿಪುರ (ತಾ||) ಜಿಲ್ಲೆ

ಫೋನ್: 9590902059 / 8951134260 / 9449600496

Annexure - 4

Hand book on Medicinal Plants and Primary Health Care

Hand book on Medicinal Plants & Primary Health Care

(Kannada version)

By

Dr. Girish Kumar .V & Dr. M.N.B.Nair

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1. ರಸ ತೆಗೆಯುವುದು / ರಸ ಬಿಡ್ಡ (ಸ್ವರಸ)
 - ಅ. ಶುಂಠಿ ರಸ (ಶುಂಠಿ ಸ್ವರಸ)
 - ಬಿ. ವಾಸ ರಸ (ವಾಸ ಮುಟಪ್ಪ ರಸ)
 - ಸಿ. ತುಳಸಿ ಎಲೆಯ ರಸ (ತುಳಸಿ ಸ್ವರಸ)
 - ಡಿ. ಬೂದುಗುಂಬಳ ರಸ (ಶುಶ್ಕಂಡ ಸ್ವರಸ)
 - ಇ. ಬೆಟ್ಟದ ನೆಣ್ಣೆಕಾಯಿ ಸ್ವರಸ
2. ಕಲ್ಮ - ವೇಸ್ಪ ತಯಾರಿಸುವಿಕೆ
 - ಅ. ನಿಂಬೆ ಕಲ್ಮ
 - ಬಿ. ಲಜ್ಜುಲು ಕಲ್ಮ
3. ಜಲದ ಸಾರ / ಕಷಾಯ (ಕಷಾಯ ಕಲ್ಪನ)
 - ಅ. ಗುಡುಚಿ ಕಷಾಯ
 - ಬಿ. ಇತರೆ ರೀತಿಯ ಕಷಾಯಗಳು
 - ಅ. ವಿಶೇಷ ಕಷಾಯ (ಪ್ರಮಥ್ಯ)
 - i. ಮುಸ್ತ - ಇಂದ್ರಿಯವ ಸಿದ್ಧ ಪ್ರಮಥ್ಯ
 - ಬಿ. ಬಿಡ್ಡಾಧಿಕೃತ ಹಾಸನ ಕಷಾಯ (ಕ್ಷೀರ ಪಾಕ):
 - i. ಅರ್ಜುನ ಕ್ಷೀರ ಪಾಕ
 - ii. ರಸೋನ ಕ್ಷೀರ ಪಾಕ:
 - iii. ಶತಾವರಿ ಕ್ಷೀರ ಪಾಕ:
 - iv. ಯಸ್ತಿಮಧು ಕ್ಷೀರ ಪಾಕ
 - v. ಅಶ್ವಗಂಧ ಕ್ಷೀರ ಪಾಕ
4. ಪೂರ್ಣ ಕಲ್ಪನ - ಮಡಿ
 - ಅ. ಹಿಂಧ್ರಪ್ಪಕ ಪೂರ್ಣ (ಅಪ್ಪ ಪೂರ್ಣ)
 - ಬಿ. ಶೀತೋಷಲಾಲಿ ಪೂರ್ಣ
 - ಸಿ. ತ್ರಿಪಲ ಪೂರ್ಣ
5. ಹರಳುಗಳ ತಯಾರಿಸುವ ವಿಧಾನ
 - ಅ. ಅಶ್ವಗಂಧ ಶತಾವರಿ ಕಲ್ಮ
6. ಗುಣಗೇರಕ ತಯಾರಿಕೆ / ಮಾತ್ರ (ವಟ ಕಲ್ಪನ)
 - ಅ. ಲವಂಗಾಡಿ ವಟ:
7. ದೇಹದ ಪೂರಣಕ್ಕೆ ಬಳಸುವ ಬಿಡ್ಡಗಳ ತಯಾರಿಸುವಿಕೆ (ಲೇಪ ಕಲ್ಪನ)
 - ಅ. ವರ್ಣ್ಯ ಲೇಪ - ಮುಖಕ್ಕೆ ಲೇಪಿಸುವ ಮಡಿ
 - ಬಿ. ಸಿದ್ಧ - ತೈಲ/ ಮಲಹರ - ಮುಲಾಮು
8. ತುಪ್ಪ, ಎಣ್ಣೆ ಇತ್ಯಾದಿಗಳಾದ ಬಿಡ್ಡಾಧಿಕೃತ ಜಿಡ್ಡಿನ ಪದಾರ್ಥಗಳನ್ನು ತಯಾರಿಸುವುದು (ಸ್ನೇಹ ಕಲ್ಮ)
 - ಅ. ಕ್ಷೀರ ಬಲ ತೈಲ:
 - ಬಿ. ಬ್ಲೂರಾಜ ತೈಲ (ಸ.ಮ.ಖ. ೨)
9. ಸಿರಪ್/ಪಾನಕ ತಯಾರಿಕೆ (ಸರ್ಕರ ಕಲ್ಪನ)
 - ಅ. ನಲಿವ ಪಾನಕ
 - ಬಿ. ಅಮಲಕಿ ಪಾನಕ

1. ರಸ ತೆಗೆಯುವುದು /ರಸ ಜಿವಿಧ (ಸ್ವರಸ)

1.1 ವ್ಯಾಖ್ಯಾನ: ಒಂದು ಸಸ್ಯದಿಂದ ತೆಗೆಯಲಾದ ತಾಜಾ ರಸವನ್ನು ಸ್ವರಸ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ.

1.2 ತಯಾರಿಸುವ ಸಾಮಾನ್ಯ ವಿಧಾನ :

- ಸಂರಕ್ಷಿಸಲಾದ ತಾಜಾ ಸಸ್ಯಗಳ ಒಬ್ಬ ಭಾಗಗಳನ್ನು ನೀರಿನಿಂದ ತೊಳೆದು ಸ್ವಚ್ಛಗೊಳಿಸಿ ಕಲ್ಲುಗಳನ್ನು ತೆಗೆಯುವುದು.
- ಸಸ್ಯ ಪದಾರ್ಥಗಳನ್ನು ಕತ್ತರಿಸಿ ಅದರಲ್ಲಿರುವ ಗಟ್ಟಿ ಮತ್ತು ನಾಲಿನಂತಹ ಪದಾರ್ಥಗಳನ್ನು ಬೇರ್ಪಡಿಸುವುದು.
- ತಾಜಾ ಮತ್ತು ಶುದ್ಧ ಸಸ್ಯ ಪದಾರ್ಥಗಳನ್ನು ಚೆನ್ನಾಗಿ ಜಜ್ಜಿ ನುಣ್ಣಿನೆಯ ಪೇಸ್ಟನ್ನು ಕೋರ ಬಟ್ಟೆಯಲ್ಲಣ್ಣು ಹಿಂಡುವುದು.
- ರುಜಿ/ಬಣ್ಣ/ಬಾಸನೆ ಇಲ್ಲವಾಗುವವರೆಗೆ ಸಸ್ಯದ ಪೇಸ್ಟನ್ನು ಜಜ್ಜುವುದು ಹಾಗೂ ಹಿಂಡಿ ರಸತೆಗೆಯುವುದನ್ನು ಮುಂದುವರಿಸುವುದು.

ಗಮನಿಸಿ: ಸಾಧ್ಯವಾದಷ್ಟು ದಿನದ ಅಂತ್ಯದ ಗಂಟೆಗಳ ಅವಧಿಯಲ್ಲಿ ರಸ ತೆಗೆಯುವುದು ಉತ್ತಮ, ಏಕೆಂದರೆ ಈ ಸಮಯದಲ್ಲಿ ಹೆಚ್ಚು ರಸ ದೊರೆಯುವ ಸಾಧ್ಯತೆ ಇರುತ್ತದೆ.

ಕೆಲವು ಜಿವಿಧ ಸಸ್ಯಗಳು ತಾಜಾವಾಗಿದ್ದಲ್ಲಿಯೂ ಕೂಡ ರಸ ತೆಗೆಯುವುದು ತುಂಬಾ ಕಷ್ಟ, ಅಂಥಕ ಸಂದರ್ಭದಲ್ಲಿ, ಸ್ವರಸವನ್ನು ಮುಖಪಕ್ಷ ವಿಧಾನದಿಂದ ತಯಾರಿಸಬಹುದು (ನೋಡಿ - 1.3).

1.3 ತಾಪನ ವಿಧಾನದಿಂದ ರಸ ತೆಗೆಯುವಿಕೆ (ಮುಖಪಕ್ಷ)

- ಸಸ್ಯ ಪದಾರ್ಥವು ಮೃದುವಾಗುವ ತನಕ ತಾಜಾ ಮತ್ತು ಶುದ್ಧ ಸಸ್ಯ ಪದಾರ್ಥಗಳನ್ನು ಅದಿಯಲ್ಲಿ ಬೇಂಬಿಸುವುದು (ನೀರಿನ ಪಾತ್ರೆಯ ಬಾಂಬುಗೆ ಬಟ್ಟೆಯನ್ನು ಕಟ್ಟಿ ಅದರಲ್ಲಿ ಪದಾರ್ಥವನ್ನು ಇರಿಸಿ, ಮುಚ್ಚಿ ನಂತರ ಸ್ವಲ್ಪ ಸಮಯ ಕಾಯಿಸುವುದು) ತದನಂತರ, ಸಸ್ಯ ಪದಾರ್ಥಗಳನ್ನು ಚೆನ್ನಾಗಿ ಜಜ್ಜಿ ನುಣ್ಣಿನೆಯ ಪೇಸ್ಟನ್ನು ಕೋರ ಬಟ್ಟೆಯಲ್ಲಣ್ಣು ಹಿಂಡಿ ರಸ ತೆಗೆಯುವುದು.
- ಸ್ವರಸದ ಸಾಮಾನ್ಯ ಪ್ರಮಾಣ (ದೋಸು)
ತಾಪನ/ಜಿಸಿ ಮಾಡದೆ ತೆಗೆಯಲಾದ ರಸ - 24 ಮಿ.ಲಿ.
ತಾಪನ/ಜಿಸಿ ಮಾಡಿ ತೆಗೆಯಲಾದ ರಸ - 48 ಮಿ.ಲಿ.

1.4 ಜೊತೆ ಸೇರಿಸಬೇಕಾದ/ಸಹಜಿವಿಧ (ಪ್ರಕ್ಷೇಪಕ ದ್ರವ್ಯಗಳು) ಮತ್ತು ಅವುಗಳ ಪ್ರಮಾಣ:

ರಸವನ್ನು ಸೇವಿಸಲು ಇದರ ಜೊತೆಗೆ ಬಳಸುವ ಪದಾರ್ಥಗಳನ್ನು ಸಹಜಿವಿಧ (ಪ್ರಕ್ಷೇಪಕ ದ್ರವ್ಯಗಳು) ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ಉದಾ: ಜೀಮತುಪ್ಪ, ಕಲ್ಲುನಕ್ಷರೆ, ಬೆಲ್ಲ, ಜೀರಿಗೆ, ಸೈಂಧವ ಲವಣ, ತುಪ್ಪ, ಎಣ್ಣೆ, ಜಿವಿಧೀಯ ಮು. ಇವುಗಳು ರುಜಿಯನ್ನು ಸುಧಾಲಿಸಲು ಮತ್ತು ಜಿವಿಧೀಯ ಕಾರ್ಯಕ್ಷಮವಾಗಿಸುವುದನ್ನು ವರ್ಧಿಸಲು ಮತ್ತು ಮರುಕುಗೊಳಿಸಲು ಸಹಕರಿಸಬಹುದು.

1.5 . ಪ್ರಾಥಮಿಕ ಅರೋಗ್ಯ ಚಿಕಿತ್ಸೆಗೆ ಉಪಯುಕ್ತವಾಗುವ ಕೆಲವು ಸ್ವರಸಗಳು

1.5.1 ಶುಂಠಿ ರಸ (ಶುಂಠಿ ಸ್ವರಸ)

1.5.1.1 ಘಟಕಾಂಶ: ತಾಜಾ ಶುಂಠಿಯ ಬೇರುಕಾಂಡ

- ಸಸ್ಯಶಾಸ್ತ್ರೀಯ ಹೆಸರು: ಜಿಂಜಿಬರ್ ಅಫಿಸಿನೇಲ್ (*Zingiber officinale* ROSC).
- ಕುಟುಂಬ: ಜಿಂಜಿಬರೇಸಿ (*Zingiberaceae*)
- ಸಾಮಾನ್ಯ ಹೆಸರು: ಇಂಗ್ಲಿಷ್ - ಜಿಂಜರ್; ಹಿಂದಿ - ಅದ್ರಕ್; ಬಂಗಾಳಿ - ಅದಾ; ಕನ್ನಡ - ಶುಂಠಿ; ಮಲಯಾಳಂ - ಇಂಜಿ, ಇಂಜಿ; ಸಂಸ್ಕೃತ - ಅದ್ರಕ; ತಮಿಳು - ಇಂಗೀ, ಇಂಜಿ; ತೆಲುಗು - ಅಲ್ಲಂ, ಅಲ್ಲಮು.

1.5.1.2 ತಯಾರಿಸುವ ವಿಧಾನ:

- ಶುಂಠಿಯ ಬೇರುಕಾಂಡವನ್ನು ಸ್ವಚ್ಛರೂಪಿಸುವುದು, ಶುಂಠಿಯ ಹೊರ ಚರ್ಮ/ಸಿಜ್ಜೆಯನ್ನು ತೆಗೆದು ನಂತರ ನೀರನ್ನು ಉಪಯೋಗಿಸದೆ ಕುಟ್ಟಾಣಿ ಅಥವಾ ಮಿಡ್ಡಿ/ರುಬ್ಬುವ ಕಲ್ಲಿನಿಂದ ಚೆನ್ನಾಗಿ ರುಬ್ಬಿ/ಕುಟ್ಟಿ ನುಣ್ಣಿನೆಯ ಹೇಸ್ಟ್ ತಯಾರಿಸುವುದು.
- ಶುದ್ಧವಾದ ಕೋರ ಬಟ್ಟೆಯ ಮೂಲಕ ಹೇಸ್ಟನ್ನು ಇಲಿಸಿ ಚೆನ್ನಾಗಿ ಹಿಂಡಿ ಬಿಸಿದು ರಸ ತೆಗೆಯುವುದು.
- ಇದೇಲೀತಿ ಎರಡು ಮೂರು ಬಾರಿ ಜಜ್ಜಿ ರಸ ತೆಗೆಯುವುದು.

1.5.1.3 ಪ್ರತಿಕ್ರಿಯೆಗಳು: ಕಫ ಉಪಶಮನ, ಜೀರ್ಣೋದ್ಧಾರಕ ಮತ್ತು ವಾತಹರ

1.5.1.4 ಶೇಖರಿಸಿಡಬಹುದಾದ ಸಮಯ - ಒಂದು ದಿನ

1.5.1.5 ಸಾಮಾನ್ಯ ಡೋಸಿನ ಪ್ರಮಾಣ - ಒಂದು ದಿನಕ್ಕೆ 12 ಮಿ.ಲಿ.

1.5.1.6 ಉಪಯೋಗಗಳು:

ಸೂಚನೆಗಳು	ಸಹಜೈವ	ಡೋಸು	ಉಪಹಾರ /ಚಿಕಿತ್ಸೆ
ಅಜೀರ್ಣ, ಹಸಿವು ಕಡಿಮೆಯಾಗುವುದು	ಜಸಿ ನೀರು	1/2 - 1 ಚಮಚ	ದಿನಕ್ಕೆ ಎರಡು ಬಾರಿ, ಅಹಾರದ ಮೊದಲು
ಕೆಮ್ಮು, ಉಬ್ಬಸ	ಹೇನು ತುಪ್ಪ	1/2 - 1 ಚಮಚ	ಅಹಾರದ ನಂತರ ದಿನಕ್ಕೆ ಎರಡು ಬಾರಿ,
ಹೊಟ್ಟೆ ಉಬ್ಬರ, ಹೊಟ್ಟೆ ನೋವು, ವಾಯುಯುಕ್ತ ಹೊಟ್ಟೆ	ಜಸಿ ನೀರು, ಸಿಂಬೆ ರಸ ಮತ್ತು ಜಿಣಕಿ ಉಪ್ಪು	1/2 - 1 ಚಮಚ	ಅಹಾರದ ನಂತರ ದಿನಕ್ಕೆ ಎರಡು ಬಾರಿ,



Annexure - 5

Pamphlets on Vector borne disease control program



ಆಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ

ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮಪಂಚಾಯತಿ, ಚಿಕ್ಕಬಳ್ಳಾಪುರ (ಡಾ.) ಜಿಲ್ಲೆ



**ನೋಟೈಂಡ ದೂರವಿರಿ
"ಮಲೇರಿಯಾ ರಂಗೂ,
ಚಿಕನ್ ಗುನಿಯಾದಿಂದ ಮುಕ್ತರಾಗಿರಿ"**



ಬ್ಲಯರ್ ಗಳಲ್ಲಿ ನೀರು ನಿಲ್ಲುವುದರಿಂದ ನೋಟೈ ಉತ್ಪತ್ತಿಯಾಗುತ್ತದೆ.



ಬ್ಲಯರ್‌ಗಳಲ್ಲಿ ನೀರು ನಿಲ್ಲದಂತೆ ನೋಡಬೇಡಿ.



ಬೋರ್ ಬೆಲ್ ಐಡ್ ನೀರು ನಿಂತಲ್ಲಿ ನೋಟೈ ಉತ್ಪತ್ತಿ ಯಾಗುತ್ತದೆ.



ಬೋರ್ ಬೆಲ್ ಐಡ್ ನೀರು ನಿಲ್ಲದಂತೆ ಸ್ವಲ್ಪ ಗೊಳಿಸುವುದು ಉತ್ತಮ.



ಕರಕ-ಮೂಕೆಯಲ್ಲಿ ನೀರು ಮುಚ್ಚದೆ ನೋಟೈ ಉತ್ಪತ್ತಿಯಾಗುತ್ತದೆ.



ಮೂಕೆಯ ಬಾಂಬೆಯನ್ನು ಮುಚ್ಚಿ.

- ✦ ಮನೆಯ ಸುತ್ತ-ಮುತ್ತಲಿನ ಶರಣರ ಬೆತ್ತವಾಗಿಡಿ.
- ✦ ನೋಟೈಗಳನ್ನು ಹರೋಜಿಯಲ್ಲಿಡಲು ನೋಟೈ ನಿರೋಧಕ ಔಷಧಿಯ ಗಿಡಗಳನ್ನು ಬೆಳೆಸಿರಿ.
- ✦ ನೀಲಗಿರಿ, ಮಾರಿಗೋಲೈ, ಮಜ್ಜಿಗೆ ಹುಲ್ಲು, ಹುಳಸಿ, ನಿರ್ಗುಂಡಿ ಮುಂತಾದ ಗಿಡಗಳನ್ನು ಮನೆಯ ಹತ್ತಿರ ಬೆಳೆಸಿ.
- ✦ ಹಮ್ಮಕ ಏಳ್ಳೆ, ಹುಳಸಿ, ಬೇವು, ಇವುಗಳ ಕಷಾಯವನ್ನು ತಯಾರಿಸಿ ಸೇವಿಸಿರಿ. ಇದರಿಂದ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿಯು ಹೆಚ್ಚುತ್ತದೆ.

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಸಂಪರ್ಕಿಸಿ

ಆಯುಷ್ ಚಿಕಿತ್ಸಾ ಕೇಂದ್ರ, ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮ ಪಂಚಾಯತಿ

ಆಯುಷ್ ಚಿಕಿತ್ಸಾ ಕೇಂದ್ರ, ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ, ಅಧಿಗುರ್ತಿ ಪಂಚೆ, ಚಿಕ್ಕಬಳ್ಳಾಪುರ (ಡಾ.) ಜಿಲ್ಲೆ

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Annexure - 6

Pamphlet on Yoga Program



ಅಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆ
 ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮಪಂಚಾಯತಿ, ಅಕ್ಕಬಳ್ಳಾಪುರ (ಬಾ.) ಜಿಲ್ಲೆ



ಅಯುಷ್ ಗ್ರಾಮ ಯೋಜನೆಯಡಿಯಲ್ಲಿ ಉಚಿತ ಯೋಗ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ

“ಸರ್ವಲಿಂಗೂ ಸುಸ್ಥಾಗತ”

**ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವ ಮೊದಲು ಪಾಠಸಬೇಕಾದ
 ಕೆಲವು ಸಾಮಾನ್ಯ ನಿಯಮಗಳು**

ಅಭ್ಯಾಸ :

- ✦ ಕ್ರಮವಿಧಿ ಪಟ್ಟಿ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವುದರಿಂದ ಆರೋಗ್ಯವೃದ್ಧಿಯಾಗುತ್ತದೆ
- ✦ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಲು ಯಾವುದೇ ಅಂಗ, ಪಾತಿ, ಪದ್ಧತಿಗಳ ಬೇಡವಿಲ್ಲ
- ✦ ಅನಿಶ್ಚಿತವಾದ ಮುಕ್ತ ಮನಸ್ಸಿನಿಂದ ನಿರ್ಭೀತರಾಗಿ ಮಾಡಬಹುದು.

ನಿಯಮ :

- ✦ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವವರಿಗೆ ಕೆಲವು ವಿಧ ವಿಧಾನಗಳು ಇವೆ.
- ✦ ಕೆಳಗೆ ವಿವರಿಸಿದ ಕ್ರಮಗಳನ್ನು ಅನುಸರಿಸಿಕೊಂಡು ಏಕದರ ಮಾತ್ರ ಯೋಗಾಭ್ಯಾಸದ ಫಲವನ್ನು ಪಡೆಯಬಹುದು.
- ✦ ನಿಯಮಗಳನ್ನು ಅಪೇಕ್ಷಿಸಿ ಅನುಸರಿಸುವುದು.

ಸ್ಥಳ ಮತ್ತು ವಾತಾವರಣ:

- ✦ ಸುಧಾರಣ ಗಾಳಿ, ಸವ್ಯ ಬೆಳಕಿನಲ್ಲಿ ಸರಿಯಾದ ಕೂರೂ ಯೋಗಾಭ್ಯಾಸಕ್ಕೆ ಅವಶ್ಯಕ.
- ✦ ಭೂಮಿ, ಕೂರೂ, ಸೂರ್ಯನ ನೇರ ಬೆಳಕು, ಫ್ಯಾನ್, ಎಸಿ ಇತ್ಯಾದಿ ಗಾಳಿ ಹಾಗೂ ಅತಿಯಾದ ಶಬ್ದ ಇರುವ ಜಾಗದಲ್ಲಿ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಬೇಡಿ.
- ✦ ಹಾಸಲು ಪಾತ್/ಹಸುಬಾಸ ಉಪಯೋಗಿಸಿ ಅಭ್ಯಾಸ ಮಾಡಿ. ಏನೇ ವೇದ ಮೇಲೆ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಬೇಡಿ.
- ✦ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವ ಜಾಗವು ಹಗಲು ದಿವ್ಯಂಶುದ್ಧ ಸಮವಸ್ಥೆಯಾಗಿರಬೇಕು.

ದೇಹದ ಪಾದಿಪ್ರವೃತ್ತಿ:

- ✦ ಯೋಗಾಭ್ಯಾಸಕ್ಕೆ ಮೊದಲು ಕೌಶ ವಿಧಿಗಳನ್ನು ಮುಗಿಸಿ ಅನಂತರ ಪಾಠ ಮಾಡುವುದು ಅಗತ್ಯವಾದುದು.
- ✦ ನೀರನ್ನು ಸೇವಿಸಿ ಅನಂತರವನ್ನು ಮಾಡಬೇಡಿ.
- ✦ ಪುರುಷರು/ಮಹಿಳೆಯರು ಬೆಳಿಗ್ಗೆ 3 ರಿಂದ 6 ಗಂಟೆಗೆ ನಡೆಸುವ 10 ನಿಮಿಷದ ಅನಂತರ ಅನಂತರವನ್ನು ಮಾಡಿ.

ಸ್ನಾನ:

- ✦ ಸ್ನಾನ ಮಾಡಿ ಅನಂತರ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವುದು ಆರೋಗ್ಯಕರ.
- ✦ ಸ್ನಾನವನ್ನು ಮುಂಜಮಾಾಗಿ ಮಾಡಲು ಸಾಧ್ಯವಾಗದಿದ್ದರೆ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಿದ ಅದೇ ಗಂಟೆ ಅನಂತರ ಸ್ನಾನ ಮಾಡಿ.











ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಸಂಪರ್ಕಿಸಿ
ಅಯುಷ್ ಚಿಕಿತ್ಸಾ ಕೇಂದ್ರ, ಗೊಲ್ಲಹಳ್ಳಿ ಗ್ರಾಮ ಪಂಚಾಯತಿ
ಅಯುಷ್ ಚಿಕಿತ್ಸಾ ಕೇಂದ್ರ, ಎಸ್. ಗೊಲ್ಲಹಳ್ಳಿ, ಅಮರಗುರಿಕೆ ಅಂಚೆ, ಅಕ್ಕಬಳ್ಳಾಪುರ (ಬಾ.) ಜಿಲ್ಲೆ
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Annexure - 7

MINUTES OF AYUSH PANCHAYATH HEALTH ADVISORY COMMITTEE (APHAC) MEETING

Date: 1st August, 2014 at 11.30 AM

Venue: AYUSH grama administrative office, Gollahalli, Chikkaballapur

Participants:

Dr. B. N. Prakash, President/ Representative of the concerned NGO

Dr. Qudsiya Thasneem, AYUSH medical officer nominated by Director, Department of AYUSH

Dr. Gomathi, AYUSH medical officer nominated by Director, Department of AYUSH

Dr. Swathi S, Programme officer of private partner

Dr. Sreejesh T, AYUSH medical officer (appointed by the private partner)

MS. Shashirekha, AYUSH grama staff

Mr. Harish, AYUSH grama staff

Ms. Neelamma, AYUSH grama staff

Ms. Savithri – AYUSH grama staff

Mr. Chandrashekar, Village health volunteers (VHV)

Mr. Channakeshava, Village health volunteers (VHV)

Mr. Rama Chandrappa, on behalf of panchayath president

Mr. Krishna Reddy, Elected grama panchayath member

Mr. Pradeep, Panchayath development officer (PDO), Gollahalli grama panchayath

Mr. Venkataramappa, Elected grama panchayath member, Gollahalli grama panchayath

APHAC meeting was started at 11.30 AM. Ms. Shashirekha welcomed all the participants followed by self-introduction by all the participants. Dr. Swathi. S gave a brief introduction regarding AYUSH grama project which has been initiated in Gollahalli grama panchayath, Chikkaballapur. There was a power point presentation made by Dr. Prakash regarding AYUSH grama project and its activities. He also spoke about importance of AYUSH panchayath health advisory committee (APHAC) in planning and execution of the project. Dr. Sreejesh T briefly explained about his experiences in AYUSH health centre. Later, we had open discussion with all the members. Following are suggestions made by the participants:

- There was suggestion that during home remedies training program, demonstration of preparation of simple medications will help for better understanding and practice.
- It was advised to conduct anganwadi health checkup in multiple centres on the same day.
- Need to extend the service of yoga teaching for higher primary school children in all the villages
- A member from Nastimanahalli is agreed to provide a place in Nastimanahalli to conduct health clinic once in week.
- Panchayath members requested to provide medicinal plants to Government School, Ittappanahalli.

The meeting got over at 1.00 PM by vote of thanks and followed by lunch.

Annexure - 8

Minutes of APHAC meeting (Second)

Venue: Administrative office, Ayush grama

Held on: 30.01.2015

Time : 11 AM to 2 PM

Members attended : Dr. B.N.Prakash (CEO,Ayush grama)
: Dr. Qudsiya tasneem (GAD doctor)
: Dr. Sreejesh (Ayush medical officer)
: Mr. Sathyapradeep (Panchayat development officer)
: Mr. Venkateshachari (Panchayat member)
: Mrs. Tulasiyamma (Panchayat member)
: Mr. Veerabhadraiah (Project coordinator)
: Mr. Harish (Ayush grama staff)
: Ms. Neelamma (Staff nurse, Ayush clinic)
: Ms.Savitri (Yoga Instructor)
: Ms. Gangaratna (AVHV, Nasthanahalli)
: Mrs. Usha (AVHV, Kethenahalli)
: Mr. Chandrashekar (AVHV, Ittappanahalli)

Discussion and conclusion

- Started with welcome speech by Dr.Sreejesh, Ayush doctor
- Dr. B.N.Prakash, CEO, Ayush Grama explained the activities of Ayush grama from January 2014 to January 2015.
- Also explained the latest decision of AYUSH Dept. regarding closure of the project.
- During meeting Dr. Qudsiya Tasneem monitored all the programmes implemented under AYUSH grama project.
- Panchayath members expressed the benefit received through Ayush Grama project and also requested for continuation of the same. They also mentioned that they will discuss the same in Panchayath members meeting with the President.