

SRI SAI MANDALI URBAN HEALTH CENTER



SCHEDULE OF SERVICES PROVIDED

WEEK DAYS	MEDICAL FACILITIES	TIME	DOCTORS/SPECIALISTS
MONDAY TO SATURDAY	GENERAL MEDICAL CHECK UP	9.30 AM-12.30 PM	DEPARTMENT OF COMMUNITY MEDICINE
MONDAY TO FRIDAY	EXERCISE FOR MUSCLES AND JOINTS	10.00 AM – 12.30 PM	DEPARTMENT OF PHYSIOTHERAPY
MONDAY	BONES AND JOINTS	6 .00 PM -8.00 PM	DEPARTMENT OF ORTHOPAEDICS
TUESDAY & THURSDAY	WOMEN'S HEALTH	7.30 PM -8.30 PM	DR RAJANI UDAY DEPARTMENT OF OBG
TUESDAY	CHILD SPECIALIST	3.30 PM-4.30 PM	DR SOMASHEKAR DEPARTMENT OF PEDIATRICS
THURSDAY & SATURDAY	EYE SPECIALIST	10.30 AM -12.30 PM	DEPARTMENT OF OPHTHALMOLOGY
FRIDAY	EYE SPECIALIST	5.00PM -8.00 PM	DR DIVYA DEPARTMENT OF OPHTHALMOLOGY
THIRD WEDNESDAY OF EVERY MONTH	DENTAL	10.00AM- 12.30 PM	DEPARTMENT OF PUBLIC HEALTH DENTISTRY FACULTY OF DENTAL SCIENCES, M.S.RAMAIAH UNIVERSITY OF APPLIED SCIENCES

SCHOOL HEALTH PROGRAMME

NUMBER OF SCHOOLS IN RURAL AREA-67

NUMBER OF SCHOOLS IN URBAN AREA-25

DEPARTMENT OF COMMUNITY MEDICINE, SCHOOL HEALTH PROGRAMME

The Department of Community Medicine, in collaboration with Sai Mandali, Malleshwaram, initiated the School Health Program in 2007. School health service is an economical and powerful means of raising community health, for future generations.

School offers an excellent opportunity for carrying out certain screening tests which are important to health and developmental progress of a child. Hence if diseases are detected at an early stage in school children, it will go a long way in raising their health status.

In India, the objectives of school medical examination are early detection of 1. Malnutrition 2. Infectious Disease 3. Helminthiasis 4. Diseases of Skin, Eye and Ear 5. Dental Caries.

The persons in close proximity to the children are their teachers. Hence, training of teachers utilizing a good method of educated manpower constructively, a teachers training workshop is conducted every year before the annual school health check up.

School Health Program was initially started in 27 schools. These services are expanding every year to the present 67 rural and 25 urban schools. Free medicines (including deworming tablets) sponsored by Sai Mandali are given to all students. Appropriate health education is also given. Students identified with health problems are referred to M.S. Ramaiah Hospital for further management and treatment.

DEPARTMENT OF COMMUNITY MEDICINE GERIATRIC PROGRAM

1. Primary Geriatric Care, Sai Mandali Clinic started in 2007 for senior citizens around Malleshwaram. Free AntiHypertensive and AntiDiabetics are given. Outpatient services are provided free of cost to anyone of any age from 9.30 am to 12.30 pm on 6 days of the week.

In 2009, Ophthalmology services were made available every Thursday, now extended to Saturdays.

Department of Obstetrics and Gynaecology render their services every Tuesday evening from 6-8pm, now extended to Thursday.

In 2010, Physiotherapy services were added for the senior citizens from Monday to Friday.

Referrals to M.S.Ramaiah Hospital are made on a case to case basis.

2. Community/Institutional Geriatric Programme

The program was initiated in 2007. Since 2011, medical undergraduate and postgraduate students visit old age homes for their training. The old age homes providing geriatric care are as follows:

- Sri Rama Old Age Home, Malleshwaram
- Ashraya Old Age Home, Rajajinagar
- Sree Old Age Home, Mahalakshmi Layout
- Sree Old Age Home, Manjunath Nagar

3. Geriatric OPD in M.S.Ramaiah Hospital

The OPD services started in 2013 for senior citizens in M.S.Ramaiah Hospital. Faculty members from the Department of Community Medicine are posted on rotation every Tuesday from 11.00 am-1.00 pm to provide primary geriatric care in the hospital.