



**51 Villages** ▶ **2198 participants**  
 19 Nov 2015 ▶ Menstrual Disorders  
 20 Nov 2015 ▶ Child Health



अपोलो अस्पताल के चिकित्सा विशेषज्ञ से मिलें  
 वीडियो से प्रश्न केंद्र में **11 am 1 pm**  
 सुबह ग्यारह बजे और दोपहर एक बजे **19 नवंबर** **20 नवंबर**  
 अवधि समस्या बच्चों का स्वास्थ्य

# Health Literacy Program

## JHARKHAND STHAPNA DIVAS



With substantial experience in providing health literacy to the rural population of Southern and North Eastern India in the past through multi-point video conferencing system, **Apollo TeleHealth Services** (an unit of *Apollo Hospitals Group*) in association with **Common Services Centre** (CSC e-Governance Services) was assigned by the Government of Jharkhand to conduct TeleHealth Education Programs for the women and children across 51 villages in Jharkhand. These sessions were appropriately positioned around the “*Jharkhand Sthapna Divas*” (formation day of Jharkhand) in November 2015.

Two sessions were organized namely “**Menstrual Disorders**” (focusing on women of Jharkhand villages) and “**Child Health**” (crafted to cater the mothers, kids and pregnant ladies) on subsequent days. The first session on menstrual disorders was held on Thursday, 19<sup>th</sup> November 2015 and the other program on child health was conducted on Friday, 20<sup>th</sup> November 2015. For administrative effectiveness and operational efficiency, the cluster of 51 villages were divided into two groups. The first session on Menstrual Disorders was conducted twice on the first day (11 AM and 1 PM) and similarly the session on Child Health was also held twice, so as to educate all the villages.



The session on Menstrual Disorders (which was held on the first day of this Jharkhand Sthapna Divas Health Literacy Program) was presented by two senior consultants from Apollo Hospitals Group. In the morning, 23 villages benefited by listening to the enlightening session presented by **Dr. Sony Agarwal** from Apollo Hospitals Group Hyderabad. Similarly, participants from 26 villages were educated on menstrual disorders by **Dr. Meera Raghavan** from Apollo Hospitals Chennai on Thursday afternoon. Both these breathtaking sessions were attended by enthusiastic audience, who had shown an awesome response.

अपोलो टेली स्वास्थ्य सेवाएं | प्रश्न केंद्र  
 Apollo TeleHealth Services  
 Common Services Center

**टेलीमेडिसिन - हम कैसे मदद कर सकते हैं?**

- जैसा कि हमने देखा, ज्यादातर तकलीफों का शुरू में घर में ही इलाज किया जा सकता है।
- पर बच्चों के मामले में हमें सतर्क रहना चाहिये।
- कठिनाइयों के कारण हर बार चिकित्सक के पास जाना सम्भव नहीं है।
- ऐसे समय पर आप हमारी मदद ले सकते हैं- हम लगभग आपके घर के चिकित्सक हैं।

**CSC**  
**Apollo**  
**ATHS**



The audience from 51 villages of Jharkhand were connected through multi-point video conference technology from the various **CSC centers** across the State. **Apollo TeleHealth Services** had ensured that an effective, simple, powerful and enlightening medical presentation was displayed and clearly explained to the village audience through highly qualified doctors experienced in public health. In the meantime, **CSC** had made sure that the audience from several villages were mobilized on time and were briefed about the program well in advance, to ensure a successful outcome.



Second day of the *Jharkhand Sthapna Divas Health Literacy Program* jointly conducted on Friday, 20<sup>th</sup> November 2015 by **Apollo TeleHealth Services (ATHS)** and **Common Services Center (CSC)** witnessed an enormous response from the public who demonstrated jam-packed halls across most of the villages, for both the morning and afternoon sessions. The session on Children Health was presented by **Dr. Akhila Kosuru** from Apollo Hospitals Hyderabad, who had enlightened the audience both at 11 AM and 1 PM sessions.

The Village Level Entrepreneurs (VLEs) of **CSC** had played a very important role in the herculean task of mobilizing the multi-faceted audience punctually at each CSC center, prior to which they were actively involved in testing the Internet connectivity with the main hub of **Apollo TeleHealth Services** at Hyderabad and Chennai. This untiring effort and contribution of the VLEs had ensured that the entire audience were thoroughly enlightened on the medical intricacies in terms of menstrual disorders and child health, spread across two days in Jharkhand.

As soon as the presentation was completed, all the participants from various villages were requested to ask their questions and doubts, which will be answered by the doctor. This interactive Q&A session also saw an overwhelming response from the audience who bombarded the consultant with several brilliant questions related to the subject, which were aptly answered by the doctor to the satisfaction of the audience.

The audience were not only educated on various aspects of health, but were also analyzed for their knowledge levels on these subjects. The medical experts from Apollo Hospitals had designed a questionnaire separately for each session, with multiple choice answers. These question papers were distributed among the audience 30 minutes prior to the session's start and answers were obtained. Unfilled copies of the same questionnaire was given once again to the same audience immediately after end of each session. This exercise was practiced so as to conduct a detailed analysis on the knowledge levels of the audience before and after the sessions.

अपोलो टेली स्वास्थ्य सेवाएं | प्रज्ञा केंद्र  
Apollo TeleHealth Services  
Common Services Center

असामान्य रक्तस्राव

- अवधि 7 दिन से ज्यादा।
- रक्त का बहाव 80 एम एल से ज्यादा (महिला के इस्तेमाल किये गये सैनिटरी पैड की गिनती से पता लग सकता है)।
- 21 दिनों से ज्यादा माहभारी होना।
- 90 दिनों से ज्यादा माहभारी होना।
- इनटर्मिन्सुअल या पोस्टकोटइल रक्तस्राव।



While the event was running, Apollo Hospitals generously announced a **Free Medical Consultation for two days** across the duration of the *Jharkhand Sthapna Divas Health Literacy* event.

This kind gesture had also enormously benefited these participants from various villages across Jharkhand by educating them on the benefit of Tele-consultations through the state-of-the-art

technology offered by **Apollo TeleHealth Services** through various **CSC centers** in India. Such tele-consultations provided by specialists, super specialists and sub-specialists from Apollo Hospitals Group through CSC centers has made distance meaningless and has converted Geography into History!!