

# APPRECIATION LETTERS FROM CHALAKUDY MUNICIPALITY - FOR ORGANISING TELEMEDICINE AND TELE COUNSELLING



# **TELEMEDICINE AND TELE-COUNSELLING**

ORGANISED BY NSS FROM MAY 26TH, 2021

## **Report of the programme**

COVID-19 is an unprecedented global crisis, with researchers and healthcare professionals urgently organising to meet the demands it has caused. During the COVID-19 pandemic, mandatory social distancing and the lack of effective treatments has made telemedicine the safest interactive system between patients, both infected and uninfected, and clinicians. Telemedicine, which enables video or phone appointments between a patient and their health care practitioner, benefits both health and convenience. More health care providers are offering to “see” patients by computer and smartphone. Although cured completely of Covid-19, many survivors of the deadly pandemic are facing severe mental distress following the harrowing experience and that's where the importance of tele counselling pops in.

Sacred Heart College NSS Unit in association with IQAC took a step to ease the situation, a telemedicine and telecounselling hotline number were opened for students and public where they could seek help from the professionals in case of any physical or mental illness they feel. The Counselling service was started on 26th May onwards. Four students coordinated the programme by visiting the doctors to seek their participation in the service.

## The List of Doctors volunteered :

Dr. Esther, Allopathy

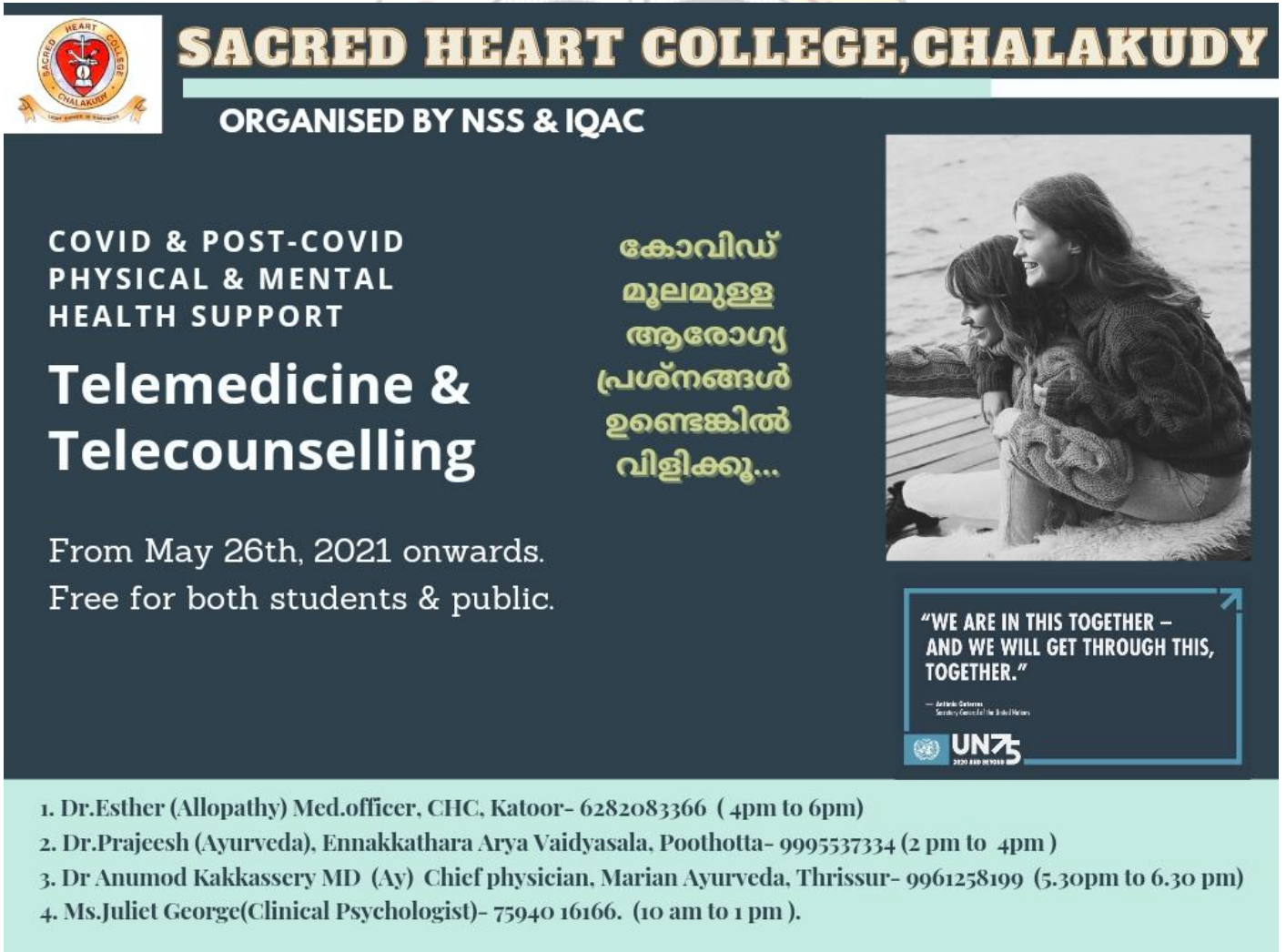
Dr. Prajeesh, Ayurveda

Dr. Anumod Kakkassery, Ayurveda

Ms. Juliet George , Registered Clinical Psychologist

This is the panel of professionals who can be accessed through the hot line.

## Brochure of the program:



**SACRED HEART COLLEGE, CHALAKUDY**

ORGANISED BY NSS & IQAC

COVID & POST-COVID  
PHYSICAL & MENTAL  
HEALTH SUPPORT

**Telemedicine &  
Telecounselling**

From May 26th, 2021 onwards.  
Free for both students & public.

കോവിഡ്  
മൂലമുള്ള  
ആരോഗ്യ  
പ്രശ്നങ്ങൾ  
ഉണ്ടെങ്കിൽ  
വിളിക്കൂ...

"WE ARE IN THIS TOGETHER –  
AND WE WILL GET THROUGH THIS,  
TOGETHER."

— António Guterres  
Secretary-General of the United Nations

UN75  
2020 AND BEYOND

1. Dr. Esther (Allopathy) Med.officer, CHC, Katoor- 6282083366 ( 4pm to 6pm)
2. Dr.Prajeesh (Ayurveda), Ennakkathara Arya Vaidyasala, Poothotta- 9995537334 (2 pm to 4pm )
3. Dr Anumod Kakkassery MD (Ay) Chief physician, Marian Ayurveda, Thrissur- 9961258199 (5.30pm to 6.30 pm)
4. Ms.Juliet George(Clinical Psychologist)- 75940 16166. (10 am to 1 pm ).

Translation of Malayalam sentence:

*For covid related health advice, please call....*

**Report from the Doctors :**

**Dr. Esther** - The main issues reported were mild symptoms of Covid. Normal medicines were prescribed. Instructed to check the pulse and SpO2 level. Suggestions were given for food and sleep.

**Dr.Prajeesh** - Patients with mild symptoms were reported. Suggestions for good food were given.

**Ms. Juliet** - The main issues reported were not directly related to Covid, but the lack of confidence, symptoms of depression, tension etc. Tips were given to overcome the issues. Symptoms like depression were advised for follow ups.

**List of students who coordinated the proramme:**

1. Afreena K.R
2. Ayisha Farheen
3. Hanna Mary
4. Ashidha Baiju

