



Regd. No. 200/06

# Bliss

Voice of Srinivas Young Mens Association

December 2024

No 37, Car Street, Triplicane, Chennai - 600005

Advisors: Mr. S Sampathkumar & Mr. T J Ramani

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## A WORD FROM THE PRESIDENT'S DESK



Dear Members,

This December 2024 has been one of remarkable efforts, and this edition of BLISS brings to light two remarkable stories of compassion and service in the field of healthcare.

Dr. S. Jayalakshmi from Rajiv Gandhi Government General Hospital highlights the transformative impact of a special ward dedicated to destitute patients, where individuals receive holistic care encompassing medical attention, rehabilitation, and emotional support. The initiative, born in 2020 under the vision of Dr. E. Tharani Rajan, has not only restored dignity to countless lives but also set an inspiring precedent for others to follow. Equally inspiring is the journey of Sri Kanchi Kamakoti Sankara Medical Trust, which began with a small clinic serving slum dwellers and has now touched over 8 lakh lives in four decades of relentless service. Rooted in simplicity and guided by the philosophy of "Shram Dhan," this organization thrives on the silent dedication of its volunteers, proving that impactful service requires not wealth or infrastructure but unwavering commitment. These stories remind us of the profound truth that true service lies in uplifting the underserved, and as SYMA continues its mission, let us draw inspiration from these efforts to deepen our resolve to make a lasting difference in our society.

With regards,

Sanjeevi Raghunathan

President, SYMA

**Wishing you all a Happy and Prosperous New Year 2025**

**Upcoming Program:**

22-12-2024 (Sunday)

: Dhanvanthri Homam

at our medical centre - 8:30 am

**ஆதரவற்றநோயாளிகளை அரவணைக்கும் அன்புக் கரங்கள்...]**  
**Dr. S. ஜெயலக்ஷ்மி, பேராசிரியர், சிறுநீரகவியல் துறை, இராஜீவ் காந்தி அரசு பொது மருத்துவமனை, சென்னை.**



சமூகத்தில் சாதாரணமாக ஆதரவற்ற நோயாளிகள் சிலர் இருப்பார்கள். அவர்களின் மருத்துவ தேவைகளைப் பூர்த்தி செய்ய உடல் நலம், மனநலம், மற்றும் புனர் வாழ்வு தரக்கூடிய ஒரு கட்டமைப்பு தேவை. சென்னை ராஜீவ் காந்தி அரசு பொது மருத்துவமனையில் இத்தகைய நோயாளிகளுக்காகவே ஒரு ப்ரத்யேக வார்டு அமைக்கப்பட்டுள்ளது. இது இந்த மருத்துவமனை முதல்வர் டாக்டர். E. தேரணிராஜன் அவர்களின் யோசனையால் 2020இல் உருவானதாகும். இந்தவார்டில் பணிபுரியும் மூத்த மற்றும் இளநிலை மருத்துவர்கள், செவிலியர்கள், பல்நோக்கு பணியாளர்கள், மருத்துவ ஆலோசகர்கள், இயன்முறைப் பயிற்சியாளர்கள் மற்றும் உணவு முறையாளர்கள் அனைவரும் தன்னார்வத்துடன் பணிபுரிய முன்வந்துள்ளனர். மற்றவார்டுகளில் அனுமதிக்கப்பட்ட நோயாளிகள், சமூக சேவை செய்பவர்கள் மற்றும் காவல் துறையினரால் கொண்டு வரப்பட்ட நோயாளிகள், தமது ஊர்களில் இருந்து மனநலக்குறைவாலும், வழித்தவறியும் இங்கு வந்து சேர்ந்த நோயாளிகள் முதலானோர் இந்த வார்டில் அனுமதிக்கப்படுகின்றனர்.

ஆரம்பத்தில் மிகுந்த அழுக்கடைந்த உடையுடன் சுகாதாரமின்றி காணப்படும் இந்த நோயாளிகள் மருத்துவமனை ஊழியர்களால் சுத்தம் பேணப்பட்டு நல்ல உடைகள் தரப்பட்டு தேவையான பரிசோதனைகளும் சிகிச்சைகளும் செய்யப்பட்டு அத்துடன் அவர்கள் உடல்நிலைக்கு தகுந்த உணவும் அளிக்கப்பட்டு பராமரிக்கப்படுகிறார்கள்.

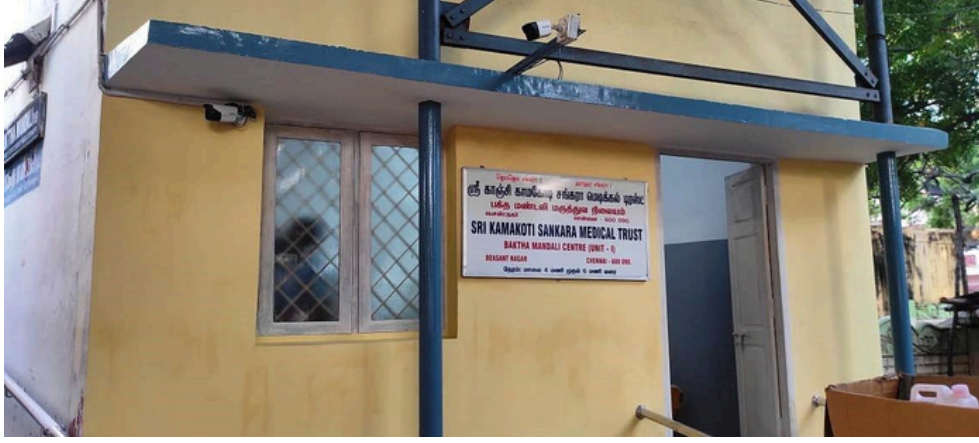


உடல் நலமும் மனநலமும் சீரடைந்து வரும் போது அவர்கள் தங்கள்முகவரி மற்றும் உறவினர்கள் பற்றிய விவரங்கள் ஆகியவற்றை பகிர்ந்து கொள்ள முடிகிறது. வேற்று மொழி பேசுபவர்களை அந்தந்தமொழி அறிந்தவர்கள் கண்டு உரையாடி அவர்களைப் பற்றி அறிந்து கொள்ள உதவுகிறார்கள். நல்லஉணவு, தகுந்த சிகிச்சை, புனர் வாழ்விற்கான முயற்சிகள், அன்பாய்ப் பழகும் ஊழியர்கள், சுத்தமான உடை, காற்றோட்டமான சூழல், அருகிலே உள்ள அழகான தோட்டம், காண்பதற்காக தொலைக்காட்சி, நாட்டு நடப்பு அறிய செய்தித்தாள் எனஇந்த இடம் இவர்களுக்கு ஒருநம்பிக்கை ஊட்டும் புது உலகமாகவே இருக்கிறது. கிட்டத்தட்ட முப்பது சதவிகிதத்தினர் தங்களுடைய குடும்பத்துடன் ஒருங்கிணைந்தனர் என்பது ஒரு மகிழ்ச்சியான செய்திஆகும். நன்கு உடல் நலம் தேறியநோயாளிகள் அவர்கள் குடும்பத்துடன் இணைய முடியாதபோது அவர்கள்காப்பகங்களில் சேர்க்கப்படுகின்றனர்.

சமூகத்தில்இது போன்ற ஒரு அமைப்பு செயல்பட்டு வருவது ஒரு பெரிய சேவைஆகும். இத்தகைய நோயாளிகளுக்கான சிறந்த பராமரிப்பு மூத்த மருத்துவர்கள் தலைமையில் நம் ராஜிவ் காந்திஅரசு பொது மருத்துவமனையில் இலவசமாகக்கிடைப்பது, நாம் அனைவரும் பெருமைப்படக்கூடியஒன்றாகும்

இந்தமருத்துவமனையின் முதல்வரும், மருத்துவர்களும், ஊழியர்களும் அனைவரும் பாராட்டப்பட வேண்டியவர்கள். இந்த கட்டமைப்பை முன்னோடியாகவைத்து பல மருத்துவமனைகள் செயல்படவாய்ப்புள்ளது. மக்கள் சேவையே மகேசன் சேவை என்று ஆர்வலர்கள்அனைவரும் இத்தகைய செயல்களில் தம்மை ஈடுபடுத்திக் கொள்ள இந்த பதிவு உறுதுணையாகஇருக்கும் என நம்புகிறோம்.

## Sri Kanchi Kamakoti Sankara Medical Trust - Article By Dr. K Sridhar



**“Paropakaray phalanti vṛkṣāḥ paropakaray vahanti nadyaḥ |  
Paropakārāya duhanti gāvaḥ paropakārtha midam śarīram”  
(Often quoted by HH Jayendra Saraswathi)**

H.H. Sri Jayendra Saraswathy Sankaracharya of Kanchi ,driven by his vision of Advaita siddhdhaantha viewed every human being especially the feeble and the poor as manifestation of the Almighty personified. He advised a set of young individuals interested in social activities to serve the needy by starting a medical trust and Sri Kanchi Kamakoti Sankara Medical Trust was born.

”கோவில் இல்லா ஊரில் குடி இருக்க வேண்டாம்” is the well-known Tamil adage In our ancient culture temples formed the centre around which our social fabric was woven. Fine arts, education (vedic), music, drama, and dance flourished under its roof. Even vaidhya sala, yatrivas for travellers were sustained and supported by them. Religion, Philosophy, and life per se were intertwined and peaceful coexistence followed. Temples were the place people used to throng when disaster and natural calamities stuck. This aspect of ancient culture made us too to select Rathnagireeswarar temple as suggested by His Holiness to start our medical centre in the year 1985.

We started the service in a humble way, with a handful of people contributing Rs 100 each and the centre became a reality. Donations started flowing in once the sincere service became apparent to the society at large. But the main capital we invested was the dedication, service mindedness and simplicity of our volunteers who expected nothing in return. We never aspired to have big buildings, Multispecialty hospitals, and large infrastructure. Our philosophy has been to serve the needy in whatever way possible by contributing our physical and mental efforts. “SHRAM DHAN” was our only principle.



Starting with a medical centre at Sri Ratnagiriswarar temple for the slum dwellers, three more centres were added at Thiruvanmiyur, Triplicane and Varadarajapuram. Rs. 2/ per visit was all the patients paid, and medicines were given free. The centres were later decentralised and were handed over to the group of volunteers of the respective area with a small corpus to start running them on their own like the banyan tree with its adventitious prop roots. The biggest being the SYMA centre at Triplicane with its dedicated volunteer force. SYMA centre has grown by leaps and bounds with its multi-specialty clinic, Dental, Eye, ENT, and physiotherapy wings. Ultrasound and Laboratory services in association with Neuberg Diagnostics.

Instead of distributing medicines directly in the centre without a pharmacist, we felt it is prudent to use the services of the nearby Pharmacy, who will dispense the medicine with our prescriptions and the cost of drugs will be settled every month by the trust. We are indebted to Bhaktha mandali of Rathnagireeswarar temple for bearing partly the cost of medicines. Similarly, we have blood and sample collection centre in our clinic for our patients and public. We appeal to the public to use the lab facilities of Neuberg laboratories which are at concessional rates to help us make it a self-sustaining effort.

The service is unique as there are no places of our own, no vehicles to call the trust's own and almost zero investment on infrastructure. But for the salary to doctors, technicians of lab and sanitary workers no one is paid any permanent monthly salary. No volunteer claims any conveyance bill or telephone bill. They just come open the clinic serve for 3 hours settle the accounts, maintain the record books, and leave without expecting anything in return not even a word of praise. They have been just going on performing the same way relentlessly as karmayogis for the past four decades. Dedication is an exceedingly small word to address them.

Apart from the clinic which is run for 2 hours a day six days a week many camps were conducted for the slum dwellers, School children ,elderly, orphans and juvenile home residents. Our doctors are mindful of the concerns of the common people whom they serve and are monitoring them, especially the chronic ailments which are called by the elitist name, “lifestyle diseases “even though they do not spare the daily labourers and slum dwellers. The medicine cost for these drugs for diabetes, and hypertension are not affordable to them. The elders in their families who are affected by these diseases, due to their advancing age are neglected, as the family spends their resources on their other priorities and aspirations like educating their children in private schools and better food for them. When we look back, we realise the change in priorities of our own service as the needs of those served too changed in the past 40 years. As young social workers, we concentrated on immunisation, worm infestation, scabies, and anaemia during the Eighties. We moved to camps in slums, preventive education, and common ailments in Nineties. Government and Rotary started immunisation in a big way, and we moved from primary providers of immunisation in this area to joining hands with them. This millennium’s early part saw us looking after orphanages and school health. As government agencies started taking up these responsibilities and many small clinics and centres cropped up, we realised that the people in our area of service also have grown along with us in age and their treatment is considered a burden on their families. Always when one arena closes another open, in the evolving dynamics of human life. The need of the hour has now shifted to care of the elders and chronic diseases. The covid-19 affects more co-morbid patients, and our poor patients also cannot afford to miss their doses of medicine for sugar and high BP. The patients being daily wage earners or domestic servants felt the economic crunch more, losing their jobs. Hence our service to them at that crucial period at least weaned them away from utter disaster.

The pharmacy which helps us to dispense medicine came forward to help us out in this crisis in dispensing medicines at their outlet during the close- down period also. Once the covid situation improved we opened the clinic back again. The fact that in these four decades we have had an outpatient attendance totalling more than eight lakh patients (8,26,205) till March 31st of 2024 is a testimony to the dedication of our volunteers.


A tree grows equally in two directions deep down inside the earth and towards the light upwards. The blooming colourful flowers are seen outside. The unseen root penetrates against all the resistance of rocks, in dark, damp, and difficult surroundings. It is the arduous work of the unseen roots that contributes to the beautiful flowers outside. This lesson of nature is reflected in our organisations too, that has withstood the test of times, of four decades, facing challenges, financial crunch, and changing socio- economic tapestry. It is the unseen, and unsung people who have contributed to its manifestation as a respected service entity today. To them this article is dedicated.

## Ayushman Bharat - PMJAY Scheme - AB Vaya Vandana Card - Registration Camp



We are pleased to share that approximately 80 people benefitted from this initiative. A heartfelt thanks to Sri. R. Raja from (E-Seva), Sri. S Sampathkumar, Sri. R. Arvind, Smt. R. Jayasudha for their dedicated efforts in enrolling participants. Effective crowd management was ensured by Sri. R Seshadri (a) Durai, Sri. AV Kasturirangan, Sri. K Ramesh and Smt. Shobana

Narasimhan, while seamless coordination was led by Mr. MA Sadagopan, Sri. SR Parthasarathy & Mr. TJ Ramani. All your valuable contributions made this camp a great success!



### Srinivas Young Men's Association (Regd)

No:37, Car Street, Triplicane, Chennai - 05. Ph : 044 - 2844 5050

#### Our Medical Services

General - 4:30 to 6:15 pm	Blood Sugar - Fasting & PP - Rs. 50/-
Diagnostic Lab - 7:00 to 11:30 am	HBA1C - Rs. 250/-
Physiotherapy - 10:30 to 12:30	Lipid Profile - Rs. 200/-
ENT - 10:00 to 12:00	Thyroid Profile - Rs. 275/-
SCAN - 11:00 to 12:00 (Mon, Wed & Fri)	Captions Health Checkup - Rs. 3100/- (Including Abdominal Scan & Echo)
Cardiologist : 4:30 - 6:00 (Tue, Thu & Sat)	Ultra Sound
Orthopedic : 4:00 - 5:00 (Mon & Fri)	Rs. 750/-   Rs. 1000/- Echo - Rs. 1000/-
Gynecologist : Thursday (On Appointment)	Specialist Doctor Consultation - Rs. 100/-
Psychologist : On Appointment	Eye Consultation - Rs. 50/- (Pammal Sankara Eye Hospital)
Dentist : On Appointment (Daily)	
Skin : On Appointment	

உறுப்பினர்களிடமிருந்து செய்திகள், துணுக்குகள் வரவேற்கப்படுகின்றன.

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