

Sadgamaya in Kerala

Introduction:

The focus of this initiative is on adolescent health care. It started in the year 2014 with a thrust on adolescent problems especially behavioural and learning problems. It focuses on behaviour management and screening of learning disabilities in the various NCD clinics in the 14 districts.

Implementation:

One medical officer with a Bachelor of Homeopathic Medicine and Surgery or BHMS degree is appointed in each district for SADGAMAYA. The project is implemented in 14 districts across Kerala. Human resource support is provided by the National AYUSH Mission.

As a part of Sadgamaya, series of awareness classes are carried out in Schools, Grama Sabhas, and Resident Association Meetings and among teachers. ASHAs are also now educated of the problems dealt in Sadgamaya. The potential target children are identified by them and parents of these children are persuaded to attend clinic with children. These children are screened at centre for specific problems and corrective measures initiated.

Results of the practice

As reported by National AYUSH Mission, Kerala a total of 27,783 patients were assisted by the projects for various problems like ADHD, learning disorders etc.

Conclusion:

The initiative has played a positive role in understanding, identifying and assisting adolescents with behavioural and learning problem.

Further Readings

Ratnakaran, B., Anil, S. S., Thomas, S., & Ampanattu, S. D. (2015). Depictions of mental health topics in Malayalam cinema. Kerala Journal of Psychiatry, 28(2), 204-11.