



MGRC NEWS

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Effects of Medical Rehabilitation on Bedridden Clients

Many of our clients have been bedridden when we found them. Most of these cases were victims of accidents like fall from trees or buildings or had become bedridden due to other reasons. They were lacking in proper treatment either due to lack of awareness or due to their financial difficulties.

With proper care and treatment provided with the assistance of MGRC, the quality of life of many of them have improved remarkably. Many of these bedridden patients have started moving on their own with the help of walker or walking stick.

Two such cases - Gopakumar and Rajan - of Karakulam Panchayat are presented in this issue.



Inside this issue:

<i>Success Stories</i>	1
<i>From the Editor's Desk</i>	2
<i>Success Stories</i>	3, 4
<i>Social Rehabilitation</i>	5
<i>CBR Program</i>	6, 7
<i>Vision Statement</i>	8

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From the Editor's Desk

"Disability is a matter of perception. If you can do just one thing well, you're needed by someone." Martina Navratilova

When we think of disabilities we think of people who cannot walk or talk or hear or see or cannot do anything that other people take for granted. We never think of them as people with special or different abilities. We never think that they also have a mind and they yearn to be accepted as individual human beings. What they want and need is not our sympathy, but opportunities to prove their worth. Many of the people who are disabled, are good in painting or in other art forms. Some sing well. We have a visually challenged client who used to climb the coconut tree and harvest coconuts which is a highly strenuous job. There is another client who dances well on one leg. Though there are government rules to appoint certain percentage of disabled people in government services, their number is still very less. Private firms also hesitate to appoint them, though there are exceptions. It is our duty to render all help to these unfortunate section of the society.

"But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just." Luke 14:13, 14

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Effect of CBR Program on Bedridden Clients

Gopakumar (42 yrs)

Gopakumar used to earn his living by harvesting coconut. In 2015 November he fell from a coconut tree and suffered spinal injury resulting in paralysis from the waist downwards. He was unable to get up or move on his own. He had to be carried from the bed on to a wheel chair and vice-versa. Though he had undergone some treatment in the MCH his condition had not improved. Subsequently, he came to the notice of MGRC and he was taken care of under our Community Based Rehabilitation Program. In February 2016 our team with the doctors from the Physical Medicine and Rehabilitation Dept, MCH visited him and advised him to be admitted at the hospital and he took treatment for three months at PMR dept at MCH. Now Gopakumar is able to walk with the help of a walker and need not be carried. His treatment is continued at his home.

Gopakumar has a family with wife, two sons and one daughter. Daughter is a Plus two student and the sons goes for welding work. He has a small house in five cents land. MGRC is trying to help Gopakumar with some vocation which he can carry out from his home.





Effect of CBR Program on Bedridden Clients

L.Rajan (68 yrs)

Rajan used to work as a mason. In 2007 he fell unconscious outside the house in the night while going to the toilet and lied there unnoticed till morning. He then had undergone spine surgery. In December 2015 he tripped and fell down while trying to get up from his bed. He became paralyzed from waist down. Subsequently, he came under the care of MGRC and in February 2016 our team with the doctors from the Physical Medicine and Rehabilitation Dept., MCH visited him. He then was admitted to MCH and a surgery was done on his hip. With proper treatment and care, now he is able to get up on his own and walk with the help of others. The quality of his life has been improved a lot.

Rajan has a family with wife and two daughters. Both daughters are married.



**Social Rehabilitation: Education**

Category	No. of Students in- Class I to X	No. of Students in- Class XI and above
Orthopedically Handi- capped	12	Nil
Visually Impaired	1	Nil
Hearing Impaired	5	5
Mentally Challenged	5	Nil
General	29	4
Total	52	9

**CBR Program**

Number of Clients Cared for during the previousMonth	
Visually Impaired	06
Orthopedically Handicapped	182
Hearing Impaired	11
Mentally Challenged	15
Total	214



CBR Program

Details of Aids and Equipment distributed during the previous month

Sl. #	Name of Equipment	Quantity
1	Ankle Belt	1
2	Knee Immobilizer	1
3	Foot Drop Splint	1
4	Shoe Arch Support	1
5	Tripod Walker	1
6	Elbow Crutches	1
7	Cockup Splint	1
8	MCR Footwear	5
9	Scale Splint	1
10	Hinged Knee Brace	1
11	Axillary Crutches	2
12	Spectacles	40
13	White Cane	2
	Total	58



Our Patron Saint

Mar Gregorios

of

Parumala

Our President

H.G. Geevarghese

Mar Coorilose



Vision Statement

- ◆ MGRC is a non-profit making society registered under the Travancore-Cochin Scientific, Literary and Charitable Societies Registration Act (Reg. No. 235/83)
- ◆ MGRC tries to bring succor to persons with various types of disabilities such as visually impaired, orthopedically handicapped, hearing impaired and mentally retarded
- ◆ Area of operation consists of six village panchayats around Trivandrum city.
- ◆ Medical, economic and social rehabilitation service is provided to all deserving persons with disabilities in the area irrespective of their caste, creed or religion.
- ◆ This is a community based rehabilitation work and therefore the beneficiaries live and work in their own homes.
- ◆ Beneficiaries are chosen irrespective of cast, creed, or religion.

Services rendered

- Counseling
- Transporting them to hospitals
- Giving medicines & provisions
- Arranging surgery, physiotherapy etc.
- Providing equipment such as artificial limbs, calipers, braces, crutches, hearing aids, spectacles etc.
- Providing finance to start self-employment schemes like tea shop, vegetable shop, petty shop, tailoring shop, goat rearing etc. &
- Providing educational assistance to disabled and poor students.

**How could you help
this ministry?**

**By upholding this ministry in
your prayers.**

By your physical involvement.

By providing financial support.

**By telling others about this
ministry.**