

Report on

“Maa Vooru Outreach Programme at Arogyavaram Sanatorium: Creating Awareness on Tuberculosis Prevention, Treatment, and Community Health”

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Introduction

MITS Community Radio 90.8, under its community outreach programme “Maa Vooru,” organized a field visit to Arogyavaram Sanatorium, Madanapalle, on 18 March 2025. The purpose of this visit was to create awareness among the public regarding Tuberculosis (TB), its causes, treatment methods, preventive measures, and the role of the sanatorium in serving TB patients.

The outreach programme was conducted by the Programme Manager and the Community Radio team, including RJ Rubee and RJ Tara. During the visit, interviews were conducted with hospital staff, medical experts, pharmacists, patients, and their family members to understand the significance of Arogyavaram Sanatorium and the services provided there.

About Arogyavaram Sanatorium

Arogyavaram Sanatorium is located in Madanapalle and was established in the year 1912 by missionaries. Initially, the hospital was started mainly for the treatment of TB patients because the climate of Madanapalle was considered highly suitable for recovery from Tuberculosis.

At present, the sanatorium has been developed into a normal hospital that provides treatment for several diseases along with TB-related services. Even today, the hospital is widely recognized for its specialized TB treatment facilities and peaceful environment.

Objectives of the Outreach Programme

1. To understand the history and importance of Arogyavaram Sanatorium.
2. To create awareness about Tuberculosis and its symptoms.
3. To understand the treatment process and services available for TB patients.
4. To educate people about preventive measures for TB.
5. To strengthen community knowledge through radio-based health communication.

Interview with Senior Pharmacist R. Yesu Ratnam

RJ Rubee and RJ Tara interviewed Mr. R. Yesu Ratnam, Senior Pharmacist at Arogyavaram Sanatorium.



During the interaction, he explained that the hospital became popular mainly because of its climate, which supports recovery from TB. He also mentioned that medicines are generally prescribed according to doctors' instructions.

When asked whether the government provides medicines, he stated that TB medicines are offered under the RNTCP (Revised National Tuberculosis Control Programme).

He further shared his opinion that Arogyavaram is a peaceful area, and this environment supports better treatment and recovery for patients.

Interview with TB Patient Family

The Community Radio team also interacted with TB patient Mr. Venkateswarlu and his daughter Krishnaveni.



Krishnaveni explained that her father was identified as having TB because he suffered from light fever and continuous cough. She said that village people suggested taking him to Arogyavaram Sanatorium for treatment.

When asked about their experience at the hospital, she expressed satisfaction and said that the doctors and staff treated her father well.

This interaction highlighted the importance of community support and early identification of TB symptoms.

Interview with Dr. Murali Mohan

The Community Radio team interviewed Dr. Murali Mohan regarding the history, treatment, and prevention of TB.



Dr. Murali Mohan explained that Arogyavaram Medical Centre was established in 1912 by missionaries and has become one of the best centres for TB treatment in eastern India.

According to him, TB is often caused or worsened by factors such as malnutrition, poor immunity, diabetes, and other health issues. He also stated that chemotherapy treatment for TB is highly effective at the sanatorium.

When discussing preventive measures, he said that if a person has a cough for more than two weeks, they should immediately consult a TB testing centre. He also explained that HIV-positive individuals are more vulnerable to TB.

Dr. Murali Mohan clarified that TB is a spreading disease that is transmitted through droplets and mainly affects the lungs.

He further explained that TB treatment usually lasts for six months:

- The first two months are called the intensive phase.
- The remaining four months are called the continuation phase.

He also noted that TB treatment at Arogyavaram has been available since 1958 and that the climate of the region helps in recovery and prevention.

Finally, he advised that TB patients should consume nutritious food and follow a healthy diet,



especially those who also suffer from diabetes or blood pressure problems.

Importance of Community Radio in Health Awareness

Community Radio plays a major role in spreading health awareness among rural and semi-urban populations. Through programmes like “Maa Vooru,” MITS Community Radio 90.8 can educate listeners about diseases, healthcare facilities, and preventive practices.

The visit to Arogyavaram Sanatorium helped in collecting first-hand information from doctors, pharmacists, and patients. This information can be broadcast to listeners in simple language so that people become more aware of TB symptoms, treatment, and available government support. Such programmes also help remove fear, misconceptions, and social stigma related to TB.

Key Findings from the Visit

1. Arogyavaram Sanatorium was established in 1912 and is historically important for TB treatment.
2. The climate of Madanapalle supports TB recovery.
3. TB spreads through droplets and mainly affects the lungs.
4. Symptoms such as cough for more than two weeks and mild fever should not be ignored.
5. Government medicines are available under the RNTCP programme.
6. Proper nutrition and timely treatment are essential for recovery.
7. Community support and awareness are important in early diagnosis.

Acknowledgement

MITS Community Radio 90.8 sincerely thanks the management, doctors, staff, and patients of Arogyavaram Sanatorium for their support and cooperation during the outreach programme. Special thanks to Dr. Murali Mohan, Mr. R. Yesu Ratnam, Mr. Venkateshwar, and Ms. Krishnaveni for sharing their valuable experiences and insights.

Conclusion

The visit to Arogyavaram Sanatorium by MITS Community Radio 90.8 under the “Maa Vooru” programme was highly informative and beneficial. The programme created awareness about Tuberculosis, its causes, treatment, and preventive measures.

The interactions with the pharmacist, patient family, and Dr. Murali Mohan provided valuable information that can be shared with the community through radio broadcasts.

The outreach programme successfully highlighted the importance of early diagnosis, proper nutrition, government support, and public awareness in controlling TB. It also reinforced the role of community radio in promoting health education and social responsibility.



Outcomes of the Outreach Programme

Outcome 1: Increased Community Awareness on TB

The programme helped increase awareness among listeners about TB symptoms, causes, spread, and treatment duration.

Outcome 2: Promotion of Early Diagnosis and Treatment

The interviews emphasized that people with cough and fever symptoms should seek medical advice immediately, leading to early diagnosis and better recovery.

Outcome 3: Strengthened Public Health Communication

The programme demonstrated the importance of community radio in connecting healthcare institutions with the public and promoting reliable health information.

Alignment with United Nations Sustainable Development Goals (SDGs)

This outreach programme aligns with the following United Nations Sustainable Development Goals:

SDG 3: Good Health and Well-Being

The programme promoted awareness regarding TB prevention, diagnosis, treatment, and nutrition, contributing to better health outcomes.

SDG 4: Quality Education

The outreach programme educated people about TB and health services through community radio and field interviews.

SDG 10: Reduced Inequalities

The programme helped rural and economically weaker sections access important healthcare information and government-supported treatment facilities.

SDG 17: Partnerships for the Goals

The collaboration between MITS Community Radio, healthcare professionals, and the local community demonstrated the importance of partnerships in achieving better health awareness.