

Little snippets of information

Don't we all wish there was some one to talk to, when there is a crisis in our hires? In the old joint families there were always grandmothers, elder sisters and other relatives, ready with little bits of information, which helped to tide over the crisis. But in these days of nuclear families where does one go to get advice and take proper decisions, when there is a health problem? Jyothis Medical Counseling Centres have been started to fill this gap in providing advice.

For example, suppose some diseases are perennially troubling you and medicines are proving to be ineffective. In such cases, in addition to the medicines certain lifestyle changing information may certainly be of help to you.

What is Jyothis?

At Jyothis centres, you get the help and advice of counselors with whom you can have an open chat. There are facilities for blood tests and you can be directed to expert doctors for medical examination, if need be. Jyothis counsellors advice on the lifestyle changes one may need to make and these new bits of knowledge may make positive changes in your life.

Where to go?

Jyothis centres operate in selected Public Health Laboratories, Micro-Biology Departments of Government Medical Colleges, District Hospitals and Taluk Hospitals.

Structure

Each Jyothis centre has a counselor; a well equipped laboratory for blood testing and a lab-technician to do the tests. The tele-counseling number is 0471 1051

District-wise list of ICTCs in Kerala as on 01-09-2008

Sl. No

District

MC

GH/DH

THQH

CHC

Railway

Others

Total

1

Trivandrum

2

3

2

4

1

6

18

2

Kollam

0

1

4

4

0

2

11

3

Pathanamthitta

0

4

2

1

0

0

7

4

Alappuzha

2

1

5

2

0

1

11

5

Kottayam

2

3

3

1

0

1

10

6

Ernakulam

0

2

3

4

0

0

9

7

Thrissur

0

2

8

5

0

3

18

8

Idukki

2

2

6

7

0

2

19

9

Palakkad

0

3

4

2

0

2

11

10

Malappuram

0

3

4

0

0

1

8

11

Wayanad

2

2

2

10

0

3

19

12

Kozhikode

0

1

2

1

0

0

4

13

Kannur

1

4

3

1

0

2

11

14

Kasargode

0

3

1

6

0

0

10

Total

11

33

49

48

1

23

166