That great American philosopher and boxer Muhammad Ali said “Service to others is the rent you pay for your room here on earth.”

In the middle of February a party of 50 Brits travelled to India to take part in a joint meeting between the Indian Dental Association, the Faculty of General Dental Practitioners (UK) and the British Dental Association. After the meeting, 20 people went to Chitrakoot, a small town of about 35,000 people situated on the Mandakini River, a tributary of the Ganges lying approximately 500 miles south east of Delhi.

It is on the border between Madhya Pradesh and Uttar Pradesh, two of the poorest and most deprived areas of rural India. It is reached from Delhi by air to Khajuraho and then by a four-hour road journey, or by a train journey of 14 hours.

Chitrakoot is best known as a major historic religious centre of the Hindu faith and as a centre for pilot studies in self-reliance, based at the Deendayal Research Institute in the town. There are 500 surrounding villages with a total population of more than a million, all struggling with extreme poverty and an almost total absence of health care. The Chitrakoot Project charity aims to address a major aspect of the health problems in the area and understands that an unhealthy individual is unable to give and gain.

The purpose of our visit was to see the dental clinic which is providing much-needed dental care to the community.
be productive and self-reliant.

That said, the purpose of our visit was to see the dental clinic which is providing much-needed dental care to the community. Initially set up by Naresh Sharma from Leeds and Pommi Datta from London, it now has a financial lifeline from the AOG. Arriving at the dental project, we were amazed to see a state-of-the-art four surgery clinic in such an impoverished area. The unequivocal aspiration for the clinic was to be of the highest standard possible.

The underlying philosophy applied to both the clinic and complex it was, was that just because it served the needy and the poor that didn’t justify having lower standards at all. This premise equally applied to the residential units, catering for both the overseas healthcare professionals and the family members who accompanied the ill. As seems to be common in charitable institutions, the enthusiasm the dental team was a wonder to behold. Their motivation and desire to do good was almost palpable.

The clinic provides services from everything you would expect the general dental practice to provide and includes some specialty services such as implants too. The patients pay whatever they can and those who are too poor actually get all the treatment for free (including implants!).

As you would expect, treatment is only part of the overall service that patients receive. Complimenting patient treatment is a very effective and simple advice programme to prevent further dental problems. Part of that advice is to help patients understand the role of plants in ayurvedic medicine.

Hygiene is an Indian cultural value and a central practice of ayurvedic medicine. Hygienic living involves regular bathing, cleansing of teeth, skin care, and eye washing. Immediately outside the dental clinic there was a herb garden identifying plans that patients could use to care for themselves.

When you recognise that patients can travel hundreds of miles to get treatment, then you realise the immense value of prevention for these people. If you ever met a pioneer behind the charitable projects you cannot help but be overawed by their humility and charisma. I guess it’s their humanity that motivates them and their charisma that attracts others which causes sorrow to the doer of the sacrifice is no sacrifice. Real sacrifice lightens the mind of the doer and gives him a sense of peace and joy”.

Of course there is always the easier option simply to donate money. If you would like to donate funds to this very worthy cause, please go to http://chitrakootuk.org/ and click on the ‘How you can help’ section.

Recoup your fees by treating patients in a financial lifeline from the AOG.

Most visitors are fascinated to see how the work of the unit progresses particularly in the rural villages. Accomodation can usually be arranged but it is wise to discuss possible dates and functions with Dr Sharma beforehand. Planning well ahead also confers the advantage of accessing the cheapest airfares too.

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10 Feature

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