

Behavioral Changes as an Impact of Trekking

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As a Consultant

Patients should

- Come in my consultation timings
- Keep the Appointments
- Respect my personal timings
- Should follow up on time
- Should consult before disease becomes worse.

I used to get angry with the pt who donot follow these Guidelines

Purpose of trekking

- Adventure
- Environmental Causes
- Study Purpose – Diversities
- Time Pass Hobby
- To Visit the Interiors of Uttara Kannada influenced by the book 'Kaaluni Dariya Dakhale' by Shri Shivanand Kalve

As a Doctor

- I have studied biological behavior of a pathogen, Pharmacokinetics and Dynamics
- I have failed to understand how these people residing in the interiors can smile with all adversities and the only thing they had was big NO for all types of gadgets which we consider most essential for our Existence on Earth

Can you smile ? ? ? ?

Questions in my Mind

- Why Cant People Approach a doctor in time ?
- Why they try Indigenous Methods ?
- Why they believe witchcraft ?
- Why they try unscientific medicines ?
- Why cant they keep the appt / regular follow up ?
- Why they peep in after hospital Timings ?

Shivapur 35 km from Yallapur



Devakar 25 KM from Kadra







Gir Gir Pathar 15 km from Yallapur





Nagarbastikeri 40 km from Siddapur







Col Peeton Tree



Mothigudda 60 km from Sirsi

Junction of Yallapur Kumata Ankola













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We need

- Management GURUs
- Love GURUs
- Spiritual GURUs so on and so forth to tell you the simple TRUTH

‘Smile It Improves Your Face Value’

But it is so Natural and never fading on the faces of these dwellers







New generation Citizens

- Why you want to tell us all these sentimental stories to get our SYMPATHIES ?
- Simple solution *Move to the nearest City*

But WHAT is binding them to STAY back ? How can they smile ? ? ? ? ?

RingTone Mania

Changes I could observe in Myself

- Donot get ANGRY on late patients
- Help these interior dwellers in my own way
- 'Smile' despite all diversities
- Be PROUD I have adorer in the deepest interiors
- Do free consultations / surgery free/subsidised cost
- Tell them I understand the difficulties before they could reach me

A scenic view of a mountain valley with dense green forests and misty clouds. The text "Thank You" is overlaid in the center.

Thank You

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