



RAJU P.K

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My name is Raju P.K ,since 2008 onwards I was having symptoms of Parkinson disease and it was identified and medicine was started from 2009 onwards , and still continuing the medicines. Due to lack of exercise, I was facing so many problems for doing my daily activities. After getting the proper guidance and exercise from the organizer Mr. Rony Mammen and Dr. Tass in Marthoma Guidance Center, Kochi , my health is improved and I can manage to do my daily activities independently .

My main issue was stiffness of the muscles and finding it difficult for doing daily activities using my body(movement disorder). After joining with the team and getting proper guidance for doing the right exercise ,proper advice and mental support my health is improved and my confidence level is increased

After joining the team and seeing the increasing number of patients with severe health issues due to Parkinson, my personal request is to provide more support in addition to what we get right now , like medical assistance and other activities which are required for the Parkinson patients for improving their confidence level because they are suffering a lot.

Earlier I used to drive the vehicle (car and scooter)but due to this illness I lost confidence for driving both the vehicles ,so I completely stopped driving . But after attending the therapy partially my confidence level has been increased and now I just started driving the car not as perfect as earlier but still can manage to drive , which is improving my quality of life worth living even though I suffer from Parkinson.

I am eagerly waiting for every tuesday to come with full josh and to make use of the therapy lead by Dr. Tass who is doing a brilliant job with full dedication and determination to make everyone coming through the doors the of service and make us all at peace and good smile in our hearts to take back home.I do not have words to express my sincere gratitude and appreciation for the work he is carrying out for PDMDS Cochin chapter.

Best Regards ,

Raju P.K