

Dr. GOPARAJU SAMARAM PROFILE

Dr. Goparaju Samaram (85 years), as a Medical Doctor, Writer, Orator and Humanitarian, has committed himself to the cause of society.

Born on July 30, 1938 in Machilipatnam in Andhra Pradesh, Dr. Samaram attained his MBBS degree from Rangaraya Medical College, Kakinada and started private practice in Vijayawada in 1970.

Family Background

Dr. Samaram is the fifth child to his parents Gora (Goparaju Ramachandra Rao) and Saraswathi. Born in a family of freedom fighters, social reformers and humanists, he has strongly imbibed the values of patriotism and service to humanity.

Having stayed at Gandhiji's ashram for a few days and his parent's association with Gandhiji during the freedom movement had a strong impact on his lifestyle and thought process.

Education

Dr. Samaram had his schooling and college education in government institutions and an MBBS degree from Rangaraya Medical College, Kakinada. He has completed Praveena Prachar, a Hindi course too. His penchant for learning has earned him a lot of certifications in the Medical field. As a Professor of family medicine, he took hundreds of classes for doctors at IMA. Recognising his knowledge and commitment, Dr. Samaram is recognised as a National Professor by the Indian Medical Association.

Dr. Samaram as a Medical Doctor – Ray of Hope for many

Dr. Samaram started his medical career as a doctor in the government hospital, Vijayawada. Later in 1970, he started his own hospital Vasavya Nursing Home with an aim to extend medical aid to the needy. He extends free service to the poor and needy.

Dr. Samaram has organized thousands of medical camps along with his team of doctors from various specialities in rural and urban slums. Follow-up treatment was also done for patients required.

As the Executive Director of the Swetcha Gora Eye Bank, he was instrumental in providing eyesight to 890+ corneal blind people free of cost. He creates awareness and motivates people to pledge their eyes to give life to visually challenged persons.

In order to create awareness about human anatomy, nutrition and first aid, Dr.Samaram has set up a permanent Health and Medical Exhibition in his hospital. Students from various educational institutions visit this exhibition and gain immense knowledge.

Dr. Samaram has conducted awareness sessions on HIV/AIDS in all the vulnerable groups (street children, commercial sex workers, Transgender, truck drivers...). As a certified master trainer in HIV / AIDS by NACO, MCI and IMA, Dr. Samaram trained thousands of doctors. He has been invited to many countries to share his knowledge and experience working with HIV affected people and their families. His contribution to this subject is immense in terms of awareness generation, counselling and treatment. He has also performed surgeries on numerous HIV/AIDS affected people.

Dr.Samaram in 1995 spearheaded the Pulse Polio Immunisation campaign and administered the oral polio vaccine to children below 5 years in the then Krishna district in Andhra Pradesh. College students were motivated and made part of the process.

Under Dr. Samaram's leadership, 200 open-heart surgeries were conducted for children afflicted with heart conditions at the Madras government hospital within a span of 9 months. The renowned cardiologist, Dr. Panchamurty, generously provided his services pro bono, contributing to the betterment of our nation's future.

Children and Young adults affected with polio were identified and 3010 corrective surgeries were performed to the needy in Dr.Samaram's hospital. Post-surgery Physiotherapy and rehabilitation was also taken care of by Dr.Samaram and his team.

Dr.Samaram is always at the forefront of extending Medical support to the needy. Hundreds of Ophthalmic camps were organized in collaboration with non-profit organisations in rural and urban slums. More than 40,000 Cataract operations were conducted free of cost, and spectacles were also distributed.

Thousands of awareness campaigns were conducted in rural and urban areas for different target audiences ranging from rural masses to school students on various topics like Nutrition,

adolescence education, HIV/ AIDS, First aid, the importance of immunisation, geriatric care, care during pregnancy and so on. Through Bharat Jan Vigyan Jatha, he along with his team visited villages creating awareness promoting Science through street plays, cultural shows and demonstrations.

Dr. Samaram pioneered a comprehensive survey on the prevalence of HIV/AIDS among vulnerable populations, including street children, commercial sex workers, and truck drivers, and subsequently published a comprehensive report. His unwavering commitment extended beyond data collection, encompassing vital awareness sessions, medical treatment, and family counselling, all during a time marked by significant social stigma. His remarkable contributions to the field of HIV/AIDS have resulted in countless lives being saved, earning him well-deserved commendation.

Dr.Samaram aims to educate the common man on medical issues and as a part of that mission, he started Weekly Health Education Programmes at his hospital in 2000. So far, over 1230+ weekly sessions have been conducted. He invites doctors from all specialities to address the public on various ailments and precautions to contribute toward health and wellbeing. These sessions are also telecasted live through social media and covered in all print and digital media.

Dr. Samaram, through his multi-channel network (YouTube channels), aims to educate people on medical, social, scientific and legal issues. He had special programmes telecasted on the eve of Azadi ka Amrit Mahotsav. His channels cater to women, children, youth and senior citizens. His commitment is appreciated.

Dr.Samaram, along with his team of doctors, has extended medical care during Krishna pushkaralu and also has been actively involved in the disaster relief work since 1977.

Dr.Samaram is also actively involved in investigating the claims of the paranormal and medical superstitions. He has set up a family counselling centre in his hospital to extend psychological counselling to adolescents and families. Hundreds of families counselled in this centre are now leading a happy life. Commercial sex workers and Transgenders from many states visit him for medical care and counselling.

Dr.Samaram gives a lot of priority to health care management during disasters. On a regular basis, Dr.Samaram trains school, college students and community youth in First Aid and CPR. Youth are also trained as Disaster Response Teams. Dr. Samaram's efforts and innovations in public health

and medical social reforms are taken as good practices by the governments and civil society for scale up. He stands for promoting medical literacy among the masses.

Dr.Samaram led a team of doctors to A.Konduru, a village in Andhra Pradesh to study the effect of fluoride in water on the health of villagers and presented a study report to the district collector.

Furthermore, Dr. Samaram has organized various programs for street children, as well as aged. Children on the streets were educated on health and well-being, as well as how to lead a decent and dignified life.

Dr. Samaram, as the medical director of the Red Cross Blood Bank and also the Co-ordinator of Chiranjeevi Charitable Trust, Hyderabad, has organized innumerable blood donation camps and motivated voluntary blood donors. The voluntary blood donors list is made available for the needy 24/7.

Recognising the pressing need to sensitize school students and youth about the perils of substance abuse, Dr. Samaram has conducted numerous awareness sessions in the NRT district has ignited a spark in the minds of students, encouraging them to pledge a resounding 'NO' to drugs and tobacco.

Thousands of youngsters have been trained in CPR and first aid, from college students to village volunteers. His goal is to ensure at least one person in every household is trained in CPR to save lives.

Dr. Samaram was elected unanimously as the National President of the Indian Medical Association in 2009-10. During his tenure, he drafted a new health policy which was discussed with the then Prime Minister Dr. Manmohan Singh and the Union health minister. He was also invited to present the IMA National Health Policy at the Malaysian Medical Association and British Medical Association during their annual meetings. He has received many national and international awards during his tenure as the Indian Medical Association National president.

During the Covid pandemic, Dr Samaram kept his hospital open, and rendered free medical services to the needy, while many other clinics remained closed. This was highly appreciated by the people who availed of the emergency medical support.

Dr. Samaram's medical and social contribution to society is immense and priceless for his lifetime commitment to the cause of free and healthy life for the poor and the marginalized. His

contributions to the national spirit of health and well-being, family planning, sex education, community health care, health services, police medical welfare, and standing up for the medical rights of the public are worth noting as they continue to influence public discourse and policy change.

Dr. Samaram as a Writer

With the goal of taking Medical education to every doorstep, Dr.Samaram has written 217 books in simple Telugu language. His articles on various medical topics are published in almost all the Telugu weekly and monthly magazines. His column on Happy Family Life in Swathi weekly is very popular. He uses social media to educate the common man about medical and social issues. He is a household name in the Telugu speaking community around the globe for his relentless efforts. He has been interviewed on various occasions in local, national and international print and digital media.

Dr. Samaram as an orator:

Dr.Samaram, apart from being a medical doctor, writer and social worker, is also a motivational speaker. He had addressed thousands of gatherings. His writings and speeches are simple and clear to ensure inter-generational learning and informed decision-making.

Dr. Samaram as a Humanitarian

Over the past 6 decades, Dr.Samaram has been involved in Humanitarian Social work. As a committed Rotarian, he has served the club and district in various capacities and won laurels. He is honoured with the prestigious award of “Commitment of Service” by the Rotary International for his outstanding efforts and commitment to the community.

As the chairperson of the Indian Red Cross Society since December 2019 (then Krishna district and now NTR District of Andhra Pradesh), he promotes Humanitarian values, which encourage respect for other human beings and a willingness to work together to find solutions to problems irrespective of nationality, race, religion, class or political affiliation. Junior Red Cross and Youth Red Cross volunteers are trained in first aid, disaster response and preparedness. He has been organizing Health and community care programmes like medical camps, blood donation camps, and awareness campaigns on drugs in schools and colleges. Youth Red Cross during the Dussehra time extended support at Kanaka Durga temple. Capacity-building programmes and activities are also organized in schools, colleges and communities. National Integration Camps are also organized.

The COVID-19 pandemic did not deter his efforts to provide timely medical and vaccination drives through the Red Cross as the Chairman of the then Krishna and now the NTR District Red Cross. As a humanitarian medical practitioner, he strongly believes that it is the humanitarian imperative to respond in crisis situations. A lot of activities were taken up like awareness campaigns, medical camps, distribution of medical kits for positive people in home isolation, and vaccination drives. Under his leadership, the Red Cross distributed 1,50,000 medical kits for people in home isolation which gave solace to suffering. Medical camps were organised for the migrant labourers apart from taking care of their basic needs like food and clothing. Oxygen concentrators were kept handy for the use of the needy.

Dr. Samaram is chosen as the brand ambassador for Swachh Survekshan by the Vijayawada Municipal Corporation, highlighting his commitment to fostering positive change in society.

Dr. Samaram's efforts were recognized with a Gold Medal from the honourable President of India, Smt. Draupadi Murmu, for his outstanding contributions to society through the Red Cross. This accolade adds to the numerous other awards that have adorned his illustrious journey.

Dr. Samaram, even at the age of 85, continues the medical and social work with redoubled vigour, networking with multiple stakeholders, media and the Government by ensuring that his passion and commitment to providing timely treatment is done. A physician, social worker, public health advocate, institution builder, policy reformer, humanist, apolitical, Gandhian and standing for humanity are a rare combination that makes Dr. Samaram unique.