



newsletter

A publication of J Watumull Global Hospital & Research Centre | www.ghrc-abu.com | Volume 118 | Jul 2015

Spiritual awakening

What will you celebrate?

Celebration in all its hues and sounds is an integral part of our lives. Beyond the colour and cacaphony of festivity, however, are subtle spiritual messages that tend to get relegated to the background. Endeavouring to apply those messages in our daily lives can make a huge difference to our wellbeing and to the world at large.

As I write this, Diwali, the festival of light, is round the corner. Illuminations beautifying the night skyline abound. On Diwali night, fire crackers will light up the sky.

It's become customary to find happiness in revelling in the moment and in performing traditional rites. But what of the spiritual significance of the festival?

Diwali is the festival of light alright, which light? Enlightenment that dispels the darkness of ignorance. Enlightenment that entails a shift in consciousness from the gross to the subtle. Enlightenment that brings recognition of what is true. Enlightenment that brings everlasting joy and peace.

What profound knowledge leads us to enlightenment? Shouldn't we be sharing it with each other, instead of the traditional exchange of sweetmeats and gifts?

Perhaps because I am a medicine man, so to speak, I have always been fascinated that "dhanteras" or "dhantrayodashi" marks the start of five days of Diwali festivities.

Dhanteras is observed as the birthday of Dhanvantari, the Hindu God of Medicine, that is, the traditional Indian medicine system ayurveda.

Ayurveda literally means the science of longevity. It prescribes an optimum lifestyle, encompassing good diet and habits. I see a disciplined lifestyle as a prelude to celebration and health.

Narak Chaturdashi marks the second day of the festival of Diwali. It represents the victory of good over evil by true remembrance, that is, the shift in consciousness from gross to subtle.

Lakshmi Puja or the main festival of Diwali follows. Commonly thought of as the worship of the Goddess of Wealth, I see it as asking to be blessed with contentment, or what is nowadays fashionably called the abundance mentality.

Govardhan Puja is when a heap of grain is worshipped, symbolism for the desire for a good harvest. However, if you want to reap abundantly, you need to sow abundantly. There's no escaping the law of karma—as you sow so shall you reap. On this day, business people traditionally open new books of accounts. Take this moment to hit the reset button in your life and make a fresh start. Be motivated to make big changes, lay the foundation for a better world.

Bhai Dooj is the last day of Diwali. It's been reduced to brothers inquiring of their sister's welfare and sisters blessing their brothers. As a legend goes, Yama, the God of Death visited his sister Yamuna on this second day after Diwali and granted her a blessing: anyone who visited her on this day would achieve liberation.

Diwali would have passed by the time you read this. That doesn't matter, make the very next festival an excuse to think deeper and celebrate a spritual awakening. As the wise say, for the awakened, every day is Diwali!

—Dr Partap Midha
Director

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You said

It was a great pleasure and a great experience to work in Global Hospital. We saw patients from all spectrums as this is a tertiary referral hospital. The staff is excellent and courteous. The environment is pleasant.

Dr Atil Gilankar
Neocare Hospital
Nasik

Did you know?

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What's been happening...



On the occasion of International Yoga Day, June 21, many hospital staff participated in a mass yoga session held at Polo Ground, Mt Abu. Director Dr Partap Midha spoke on the importance of yoga and meditation at a public programme held in the evening at Om Shanti Bhawan.

Creating awareness of organ donation

On May 28, doctors and residents of Mt Abu attended an organ donation sensitisation seminar arranged in association with the local chapter of the Indian Medical Association, Mohan Foundation and the Rotary Club of Mt Abu.

Skills Lab

A Skills Lab was set up in April, for which the hospital procured an Ambu trainer, an Ambu airway management trainer, an Ambu airway man and a child IV training arm.



Nurse educator Vikram shows the use of a model

Continuing Medical Education

On April 11, Dr Shekhar Kadam, pulmonologist from Mumbai, delivered a talk on *Management of Asthma*.

On April 25, Dr Sudhir Shah, an eminent neurophysician from Ahmedabad, delivered a lecture on *Neurology of Happiness*.

On June 26, Dr Atul Gilankar addressed doctors and nurses on *Convulsion and Seizure Disorder in Children*.

On June 28, 120 staff and students attended a symposium organised to encourage more staff to engage in research. Ongoing research activities in the hospital were highlighted, and basic skills on how to go about research were imparted. Some researchers presented papers and posters of their work. Dr Tej Paul Ahluwalia, head, Division of Health Systems Research, ICMR, Delhi, graced the occasion as chief guest.

DIARY

Super-specialist services

APRIL 11

Dr Shekhar Kadam, pulmonologist from Mumbai, proffered advice to 45 patients.

APRIL 11

A visiting neurologist from Delhi saw six patients.

APRIL 17/18/19

Dr Anand Narayan Malu, a nephrologist from Solapur, Maharashtra, offered consultation to 15 patients. On April 19, Dr Malu conducted a health talk show on Madhuban Radio, a local FM radio station.

JUNE 22 TO 27

Dr S C Tiwari, a senior dermatologist from Delhi, proffered consultation to 256 patients.

JUNE 29

Dr Brajesh Singhal, a urologist from Gwalior, operated on two cases with Dr Somendra Sharma, consultant general & laparoscopic surgeon.

APRIL TO JUNE

Dr Narayan Khandelwal, a visiting joint replacement surgeon from BSES Hospital, Mumbai, performed 51 surgeries between April and June. Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar - orthopaedics assisted him.

MAY / JUNE

Dr Surya Mishra, cardiologist from Mittal Hospital, Ajmer saw 47 patients and did 50 echo-cardiographies.

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VISITS

Second year diploma nursing students visited a hospital for mental health in Ahmedabad for a firsthand experience of its working, the types of patients admitted, admission procedures and various ward arrangements.

Students also visited the community oncology centre and a cancer exhibition where they were shown various cancer specimens, diagnostic tools used for cancer and details of types of treatment available. Students also interacted with patients receiving palliative care.

EVENTS

WHO Day, April 7

To mark World Health Organisation day, interns of Global Hospital School of Nursing organised a quiz for the diploma nursing students. They invited Dr B S Deora, advisor, Community Health Services as the guest of honour.

Students of Saroj Lalji Mehrotra Global Nursing College enacted the theme: *From farm to plate, make food safe* in a skit on food safety performed at Radha Mohan Mehrotra Global Hospital Trauma Centre. Role plays on food safety were held at several local schools.

Below: Hand-washing is an integral part of food safety, students imparted this message to school students



World Malaria Day, April 25

Students commemorated World Malaria Day by conducting health awareness programmes for the community. Through role plays, they stressed on the prevention of malaria.

Below: First and second year diploma nursing students disseminated information on the causatory agents of malaria and its treatment.



International Nurses Week, May 7 to 12

To celebrate International Nurses Week, students held competitions: folk dancing, a theme-based speech and poster as well as mono acting. Counselling psychologist Dr Rupal Jaideo and nursing tutor Sister Achala judged the participants.

On May 12, director Dr Pratap Midha and Mohan Singhal, national coordinator, Scientist & Engineering Wing, Rajyoga Education & Research Foundation, addressed students and inspired them to practice excellence in nursing. First year diploma nursing students took their oath and carried out their lamp lighting ceremony in the gathering. Academic and other prizes for the previous academic year were distributed.

World No Tobacco Day, May 31

Smoking and chewing tobacco is a huge problem in India, and causes life threatening diseases like cancer and respiratory diseases. First year GNM students tried to bring home this point to residents of village Chandela.

KUDOS TO WINNERS

Representatives of Student Nurses Association

Vice president Neha, secretary Ruchi, programme chairperson Kavita and treasurer Hariram took their oath on May 8.

Top Performers

GNM first rank holders Mohan Lal (third year) and Dinesh Kumavat (second year) were awarded Rs.40,000 each for standing first in their respective batches.

Graduate student Neha Gupta earned a scholarship worth Rs.50,000 for scoring the highest marks in the university first year exam (76.6%). Sanjai Batti received a gift for coming a very close second (76%).

CONGRATULATIONS

To Geetha Venugopal, principal, SLMGNC, for being deputed as an evaluator at Rajasthan University of Health Science, Jaipur. She visited the university for this duty on June 16 and 17.

SERVING THE COMMUNITY

Patient counsellor Sister Sharmishtha, alias RJ Mona, is actively involved with the execution of *Aapka Swasthya Aapke Haath*, a weekly talk show aimed at promoting health awareness. The show airs every Sunday on the local FM radio station Radio Madhuban 90.4 FM.



Aapka Swasthya Aapke Haath has been very well received. That it is a live phone-in programme helps attract listeners. People call in to ask doctors for their advice on various diseases.

Resident medical officer Dr Manas Sharma, DNB students Dr Ramnik Makwana and Dr Priyank Sharma delivered health talks and took questions on May 17, May 24 and June 14 respectively.

Associating with the government

J Watumull Global Hospital & Research Centre is partnering the government for the implementation of the Rashtriya Bal Swasthya Karyakram, a central government programme for juvenile health. Global Hospital surgeons will operate on referred cleft deformity patients, club foot cases and eye ailments.

Between April and June 2015, local government authorities referred 69 patients to the hospital, including 16 orthopaedic cases, 20 ENT cases, 5 eye cases, 18 paediatrics cases and 10 plastic surgery cases. Of these, seven needed club foot surgery, and were operated on by Dr Prakash Chauhan, a paediatric orthopaedic surgeon from Ahmedabad with orthopaedic surgeon Dr Kailash Kadel. Another 18 presented with cleft deformities, and were operated on by ENT surgeon Dr Sharad Mehta and plastic surgeon Dr A Gopalakrishna.

OUTreach

CONSULTATION PROGRAMMES AT REMOTE LOCATIONS

A mega multispecialty consultation programme was organised on April 12 at the Government Hospital in Jaswantpura, district Jalore. Plastic surgeon Dr A Gopalakrishna, general surgeon Dr Somendra Sharma, gynaecologist Dr Saurabhi Singh, ENT surgeon Dr Sharad Mehta and orthopedician Dr Kailash Kadel were in attendance, for the benefit of 171 patients.

Two orthopaedic consultation programmes were organised on April 18 and May 16 at Ambika Medical Store, Reodar. Orthopaedic surgeon Dr Kailash Kadel offered consultation to 35 people.

4 General surgery and orthopaedic consultation programmes were held at Jaswantpura on April 26, May 10, May 24 and June 14. As many as 141 patients consulted general surgeon Dr Somendra Sharma and orthopaedic surgeon Dr Kailash Kadel.



Orthopaedic surgeon Dr Kailash Kadel sees a patient

Gynaecologist Dr Saurabhi Singh in a consultation



Patient exam in progress, ENT consultant Dr Sharad Mehta



PLASTIC SURGERY



Before: The big gap

After: Gap filled

A case of cancrum oris, a rare infection

Jethabhai Sanga, 17, was admitted with loss of upper lip following an attack of cancrum oris, an infection that struck when he was less than a year old.

Cancrum oris, also called noma, occurs in malnourished children. In it, two germs called Vincent's organisms cause the normal flora in the mouth to become aggressive and destroy tissue, leading to loss of structures around the mouth and nose.

Cancrum oris was endemic in Africa and India before 1970. Nowadays, occasional cases occur.

Jethabhai had lived without the central portion of his upper lip for almost 17 years. In the absence of an upper lip to orient his teeth, his front teeth were growing horizontally forward. Talking and eating were huge challenges, because of which he hadn't been able to find a job. Until a kindly soul in Visnagar, Gujarat, agreed to employ him after he underwent corrective surgery. That gentleman brought Jethabhai to Global Hospital for correction of the deformity.

Jethabhai underwent a two stage procedure in July. Dr A Gopalakrishna, consultant plastic surgeon, assisted by Dr Keyur Mevada, maxillofacial surgeon, moved a part of his lower lip to the upper lip to fill in the gap, and enable him to close his mouth.

Jethabhai looks forward to leading a useful life.

ENT

Correction of ankylosis of the temporomandibular joint

Thawari Garasia, 7, hails from village Jamburi in district Sirohi.

Thawari presented with temporomandibular joint ankylosis, which means fusion of the mouth opening joint. She couldn't chew but she could speak. All her other organs, like the larynx, tongue, etc. were normal.

Consultant ENT surgeon Dr Sharad Mehta performed a condylectomy, which means he removed the fused part of the joint so the child could open her mouth.

Such cases usually occur as a result of trauma sustained in childhood or as a congenital deformity.

Thawari fully recovered post-operatively. Now she can eat normally.



Thawari before surgery



Thawari after surgery

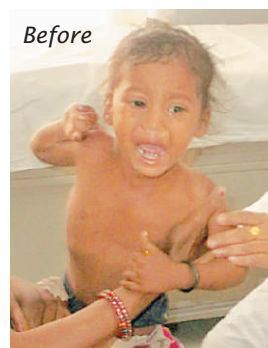
PLASTIC SURGERY

Post burn contracture released

Lalisa Gameti, 3, from village Takiya, had suffered burns. As a result, her right upper limb was badly scarred and contracted. Her arm was almost attached to her chest. The elbow was bent so that her forearm and upper arm were almost stuck to each other, and all her fingers were bent in different directions.

Dr A Gopalakrishna, consultant plastic surgeon, released the arm and forearm, straightened the upper limb and covered it with skin grafts.

As the child grows, further surgeries will be necessary to make the hand useful.



Before



After

Healing Minds

Neuropsychiatry Department



Consultant neuropsychiatrist Dr Nikhil Patel with a patient



EEG in progress by technician Sister Sunita and assistant Dinesh

About the department:

Consultant neuropsychiatrist Dr Nikhil Patel is a long time practitioner of open-eyed Rajyoga meditation as taught by the Brahma Kumaris. After studying medicine, he took the decision to specialise in psychiatry to “better fulfill my purpose in life—to serve humanity,” he says.

It was providence that Dr Patel completed his specialisation in 1991, the year J Watumull Global Hospital & Research Centre was commissioned in. He joined the hospital soon after, and found that he was the only psychiatrist serving four districts in southwest Rajasthan. Psychiatric health services continue to be a rarity.

Sister Sunita joined the department as a counselor and EEG technician.

Volunteering opportunities:

Mental health specialists are welcome to volunteer—psychiatrists, clinical psychologists, counsellors can make meaningful contributions to our work.

Dr Patel on what drives him?

Global Hospital was envisaged as a place where people’s bodies and minds would both be served and healed. I continue to be driven by that vision.

I also have keen interest in diagnosing conditions with an underlying neurological cause, such as sleep apnoea and sleep walking.

Creating awareness about diseases of the mind is a key aim of the department and motivator. Patients land up in my clinic too late! They ignore their symptoms when they suffer from psychiatric conditions, or consult faith healers or counsellors. A neuropsychiatrist is the last resort. We could heal faster if people were more sensitive towards those with psychiatric conditions instead of seeing diseases of the brain and mind as a stigma.

Research is also an area of interest. A study of mine, Rajyoga Meditation to Overcome Drug Addictions, was published in the journal Archives of Indian Psychiatry, volume 7, October 2005.

Services:

Comprehensive diagnostic work-up followed by appropriate treatment modalities that include:

- > Psychotherapy
- > Behaviour therapy
- > Bio-feedback (6 parameters)
- > Counselling on lifestyle changes
- > Motivation enhancement
- > Relapse prevention
- > Group/family therapy
- > Deaddiction for substance abuse
- > Neuropsychological assessment

Care is rendered to all age groups: toddlers, children, adults and senior citizens.

Diagnosis is aided by a 21 channel digital EEG machine with brain mapping.

Most patients suffer from epilepsy, migraine, tension headaches, addictions, depression, anxiety disorder, etc. About 600 patients are seen every month.

The department frequently renders emergency care / consultation liaison for psychosomatic ailments.

Dial-a-Doctor

Need a second opinion? Confused about a health ailment?
Call Archana Kulkarni, manager, hospital promotional services on 9413775349

A heart-warming story of sight restoration

My son can now see, I will come back soon for surgery of his other eye.

—Amritlal Jain, father of Naveen, 14, operated on for cataract

Amritlal Jain, a resident of village Badanwadi, district Jalore, goes to great lengths to bring up his son Naveen, 14, and his daughter. Naveen and his sister are HIV positive, an outcome of their late mother having carried the virus. Amritlal works as an accountant in a Jain trust. He earns a monthly salary of Rs.8000. Much of that is spent on healthcare for his children.

Some months ago, Amritlal saw Naveen suffering from redness and poor vision in both his eyes. The boy struggled to watch TV and couldn't read the blackboard in class. Amritlal consulted an ophthalmologist, who found Naveen needed cataract surgery.

Amritlal did the rounds of several hospitals trying to find a place where Naveen could be operated on for free or for nominal charges, to no avail. Fortunately, a friend of his was familiar with the work of Global Hospital Institute of Ophthalmology for poor children, and suggested that Amritlal take Naveen there.

Paediatric ophthalmologist Dr Amit Mohan first examined Naveen on June 15. He diagnosed the boy as a case of BE Irido-cylitis with complicated cataract with endothelial dystrophy.

The social worker told Amritlal that Naveen would be operated on for no charges, thanks to an ongoing paediatric eye care project sponsored by Dr Shroff's Eyecare Charity Hospital.

Naveen, post-operatively



Naveen underwent cataract surgery and intra-ocular lens implantation on June 16. He recovered well. Naveen and Amritlal are very happy for his sight restoration.

A patient's assistant's experience

I've spent time with patients at Global Hospital (Mt Abu) before now but this time felt quite different. There seemed to be a greater softness, lightness and harmony. It struck me how everyone—whatever role they play in the hospital—was kind, straightforward, efficient and open-hearted. The medical care was excellent but on top of that it was actually a pleasure to spend time there. I learned a lot from you all. Congratulations and a big thank you.

Rachel, UK

Conference participation

Staff member ~ Designation ~ Conference ~ Organised by ~ Where ~ When

Dr VC Bhatnagar ~ medical superintendent, Global Hospital Institute of Ophthalmology ~ 11th Annual Conference on Excellence in Eye Care: Learnings & Practices ~ VISION 2020 ~ Moradabad ~ June 6/7

Dr Niranjana Upadhyay ~ senior dental surgeon ~ Advanced Prosthetic Course ~ Osstem Implant India Pvt. Ltd. ~ Ahmedabad ~ June 20/21

Stephen Berkeley ~ manager, Organisation Development ~ Facilitation Learning Event ~ International Association of Facilitators ~ Mumbai ~ June 20

Dr Manas Sharma ~ medical officer ~ Facilitation Learning Event ~ International Association of Facilitators ~ Mumbai ~ June 20

Shrinidhi K ~ assistant manager, Resource Mobilisation & Partner Development ~ Facilitation Learning Event ~ International Association of Facilitators ~ Mumbai ~ June 20

New assets

A hard water solution plant was purchased for Shivmani Geriatric Home in May.

A new haemodialysis machine was procured in June for Radha Mohan Mehrotra Global Hospital Trauma Centre.

BRANCH Scorecard

Blood donation drives

Mt Abu: At a voluntary blood donation programme organised with support from Hotel Sudhir on April 5, 251 units of blood were collected.

Sixty seven units of blood were collected in a blood donation drive held at the Central Reserve Police Force's Internal Security Academy to mark the forces Shaurya Divas on April 9. CRPF jawans actively took part in the drive.

Abu Road: Voluntary blood donors and camp organisers were felicitated on June 14, World Blood Donors Day. On the dais as chief guests were Shri Samaram Garasia, MLA, Pindwada-Abu and Shri Jagsiram Kohli MLA, Reodar. Donors and camp organisers shared their experience.



Brahma Kumaris chief spokesperson BK Karuna, Shri Samaram Garasia, MLA Pindwara-Abu, Shri Jagsiram Kohli, MLA, Reodar, present gifts to blood donors

Health In Your Hands

Health in Your Hands is a health awareness initiative of the Village Outreach Programme. It involves creating awareness about simple health interventions that go a long way in preventing infant mortality from common infectious diseases. The modus operandi is to share video content on relevant topics, uploaded on mobiles. For instance, a video on how to make oral rehydration solution for diarrhea.

Shared content is shared knowledge. Villagers can access the content anytime they need. Videos in the local language are more effective than talks for creating awareness because they are associated with high recall.



Above: A field worker shares the videos, young children are keen to watch alongside their mother!

The videos have been sourced from Healthphone.org, a platform associated with the UNICEF and the Ministry of Women and Child Health, Government of India for delivering health messages via cell phones.

Thanks to Mrs Purviz Shroff of Hong Kong for supporting this project.

In the first phase, field workers Raghveer, Ranjeet, Devi Singh and Kesar shared content on diarrhoea, polio, immunisation, jaundice/newborn care and breastfeeding, with 297 residents of villages Aarna, Achalgarh, Jawaigaon and Oriya.

WHAT WOMEN SAID ABOUT THE VIDEOS:

Now we can better manage episodes of diarrhoea or vomiting in the family. Earlier, we used to suffer or rush to a doctor, depending on whether a doctor was easily accessible.

Now we appreciate the value of immunisation. Local nurse midwife's used to tell us about this but we never understood.

We used to start breastfeeding only after a couple of days after delivery, after performing certain rites. We never used to feed our babies colostrum (first milk). We even threw away the colostrum. We know better now.

Better Ear, Nose, Throat Health

Dr Pramod Borghare, an ENT specialist from KEM Hospital, Pune, offered free consultation to residents of villages Aarna and Oriya. Fifty people availed of his expertise.



Right: Dr Borghare seeing a patient in village Oriya

Dr Borghare delivered a talk on ear hygiene and on the prevention of ENT diseases to 50 students of the government school in village Oriya.



Village Outreach Programme Service in Numbers ~ Quarterly Update

67

ADMITTED VOP
PATIENTS

1152

PATIENTS SEEN BY
DR SHYAMLA

379

PATIENTS SEEN BY
DR KANAK

Partners in all-round child development

Dr Kanak Shrivastava, chief of the Village Outreach Programme, was invited to distribute prizes at the conclusion of the 60th Regional Sports Competition in village Achalgarh.



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