



# newsletter

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## Cleanliness within and without

A year before Prime Minister Narendra Modi launched the *Swachh Bharat Abhiyaan* (Clean India Drive), we at the Global Hospital started a cleanliness drive. Every Sunday morning, our doctors, nurses and other staff would roll up their sleeves and collect garbage from around the hospital, filling about 10-15 big bags. I must confess, we soon grew disillusioned with this initiative because the local residents (the culprits!) would just not reform. We found ourselves picking up garbage from the same spots every week.

Their grouse was that the municipality had not provided them garbage collection cans nor made arrangements to pick up the litter.

We still engage in a cleanliness drive but one of a different kind. In a hospital corridor hangs a signboard that reads: *Keep your mind clean and intellect clear.*

We now focus on achieving inner cleanliness, which depends on the self, not on the municipality.

So, what does it mean to keep the mind clean?

The mind is motion: a continuous flow of thoughts on an inner screen.

Depending on the quality and quantity of thoughts, this motion can cause inner turbulence and uncleanness, or, inner calm and cleanliness.

A monkey mind jumps from branch (thought) to branch (thought), usually covering ground (subjects) it needn't, draining itself of energy. Whereas, the mind of the enlightened dwells on just what is necessary.

How does one go from being a monkey to being a wise one?

**Here's some gyan from my good friend and physician Dr Anil Chawla:**

> Let go: Don't hold on, no matter whether the branches pertain to a person, a situation, a thing, a time (the past or future) or a location. Let it go. It can take time to learn how to keep the mind clean but I assure you it is time well spent.

> Let the outer world stay out: When you close your eyes, you draw down a curtain on the outer world. Now, let the outer world not be seen within. Explore your inner world.



Trustee Dr Partap Midha  
(l) with physician Dr Anil Chawla

> No vacancy: Only when your inner world has no room for anything trivial can you keep it clean.

> Inner silence: Find a calm and silent place within you. That is the real you. Visit it often. You are not the chatter, the judgments, interpretations, impressions, concepts, etc.

> Change track: When a thought tries to become persistent and overwhelm you, take a deep breath and blow it out as though it were a candle in the wind. Reboot your thought process as often as is needed. When you can do that, my friend, consider yourself a master of the art of being the witness.

Here's wishing everyone the best for their own *Swachhta Abhiyan* (cleanliness drive)!

— Dr Partap Midha, medical director, with physician Dr Anil Chawla

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After a lecture on fire fighting

## Lectures delivered

*Practical Fire Fighting Skills* by BK Ramesh, fire safety officer, Shantivan, Oct 26

*Holistic Healing through Psychotherapy, Hypnotherapy and Rajyoga Meditation*, a workshop, psychotherapist & former psychology professor Dr C N Mathur with

counselling psychologist & clinical hypnotherapist, Azeem Dana, Oct 28-29

*Bio Statistics* (for DNB residents) by Ron Pieterse, statistician, Netherlands, Nov 6-14

*Patient Empowerment Myth or Reality*, a webinar, Dr Ratna Devi, CEO of Dokshama Health & educator, Nov 8

*Preventive and Social Medicine* (for DNB Residents) by Dr Neelam Sukhshale, assistant professor, Department of Preventive & Social Medicine, B J Medical College, Pune, Nov 8-13

*Urinary Catheterization Procedure* by Dr Subramanian K Iyer, consultant urologist, UK, Dec 6

## New service tie-ups

J Watumull Global Hospital & Research Centre, Mt Abu, is now a recognised referral treatment centre for the employees of North Western Railway stationed at Abu Road and their dependents. Also, any employee of the Indian Railways can avail emergency treatment.

Retired servicemen from the Army, Air Force, Navy and Coast Guard, and their dependent family members can also avail treatment at J Watumull Global Hospital & Research Centre, Mt Abu. Patients would be referred from three polyclinics serving former service personnel at Udaipur, Dungarpur and Rajsamand. Also, any former serviceperson can avail emergency treatment.



(l-r) Mohinder Paul, manager, admin; Col Jitendra Singh, manager, security, estates, services; and group captain L V Mandlik, director, ex-servicemen contributory health scheme, regional centre, Ahmedabad, after signing the agreement

## And the best nurse award went to...



Chief of nursing services Rupa Upadhye collected a best nurse trophy at the Six Sigma Healthcare Excellence Awards 2017. Member of parliament Dr Kirti P Solanki presented the award to her.

## MELANGE

### Tertiary services

Visiting urologist from Gwalior Dr Brajesh Singhal with consultant surgeon Dr Somendra Sharma operated on two patients in October, three patients in November and six patients in December. He was consulted by three patients.

Twenty nine patients consulted nephrologist Dr Anand Narayan Malu from Solapur in October and December.

A neurologist from Delhi saw 29 patients during visits in November and December.

Joint replacement surgeon and medical superintendent at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed 27 surgeries, assisted by orthopaedic surgeon Dr Kailash Kadel and registrar, orthopaedics & emergency department, Dr Murlidhar Sharma, between October and December.

### DIAL-A-DOCTOR

Book appointments through Archana Kulkarni, deputy manager, hospital promotional services on 9413775349



# Nursing education

## Activity diary

October 10

### World Mental Health Day

Chief guest and counseling psychologist Azeem Dana delivered a short speech on the importance of mental health and a nurse's role in promoting wellness. Second year Global Hospital School of Nursing (GHSN) students presented a skit on depression. Assistant professor Chris Thomas quizzed graduate nursing students on psychology and psychiatry.

November 14

### Udaipur visit

Led by clinical instructor Mukesh, second year students of Saroj Lalji Mehrotra Global Nursing College (SLMGNC) visited the tuberculosis hospital, the government nursing college, and Narayan Sewa Sansthan, a hospital for those afflicted by polio.

November 17

### Awareness: *Beti Bachao, Beti Padhao*

Anil Sharma and others from the Health and Family Welfare Department, Sirohi, addressed students as part of a pan-India gender sensitisation drive.

November 18

### Annual Day

Suresh Kothari, chairperson, Urban Improvement Trust, Abu Road, presided over the event. BK Nirwair, managing trustee, Dr Sharad Mehta, acting director and Dr Roja Tumma, deputy director, were also present. The respective principals of SLMGNC and the GHSN, Shashi Bala Gupta and Kundan Singh summed up the academic year. School students presented a skit on cleanliness. Prizes were distributed to academic toppers and winners of competitions held during the year.

November 20

### New Born Care Week

Third year graduate nursing students Mahendra, Jayesh, Kiran, Gautam, Shankar, Prakash and Bhupendra imparted



Students visited Narayan Sewa Sansthan, Udaipur



Chairperson, UIT, Suresh Kothari delivered a speech at the annual day

useful information to mothers present in the CHC Hospital, Abu Road. Clinical Instructor Saurabh coordinated this event.

December 1

### World AIDS Day

At the health sub centre in Santpur, third year graduate students created awareness among ASHA workers on HIV/AIDS transmission. This year efforts built on the theme *Increasing impact through transparency, accountability and partnerships*.

December 1

### Session: Spiritual Self Help

Spiritual training coordinator with the National Health Service, UK, Nirmala Ragbir-Day conducted a session at Mt Abu. Principal of the nursing college Shashi Bala Gupta, librarian Shraddha, warden Sunita and clinical instructor Mahender attended.

December 2

### Training : Values in Healthcare

Spiritual training coordinator with the National Health Service, UK, Nirmala

Ragbir-Day conducted interactive training for the newly joined students on the role of values in the professional life of a nurse. She spoke on inner values and positivity. Assistant professors Manish Sharma and Harish Nair, clinical instructors Rathish and Saurabh facilitated this event.

December 6

### Workshop: Assessing potential suicide ideation

Karen Harder, a lecturer in mental health nursing from Monash University, Victoria, Australia, conducted a workshop on how to assess people at risk of suicide. Harder's visit was arranged through the Australian Friends For Global Hospital (AF4GH), a foundation established to support Global Hospital.

December 23/30

### Freshers , Christmas & New Year party

Second year students arranged a welcome party for freshers at Tapovan, a picnic spot. The faculty enjoyed a year end party at Dadi Prakashmani Park, a picnic spot.



# Multispeciality consultations

On December 19, 45 patients availed of consultations at a programme held in Sirohi in the Raj Kunwar Prakashchand Agarwal Welfare Trust Physiotherapy Centre, an initiative of Gajanand Agarwal's family. In attendance, were the plastic surgeon Dr Thangavel Ayyappan, the general surgeon Dr Somendra Sharma, visiting urologist Dr Subramanian Mani Iyer and DNB resident Dr D Sagar.

Another consultation programme in Bali attracted 250 patients. This was organised with the support of the daughters of the owner of SM Jewellers, Mumbai. In attendance, were the orthopaedic surgeon Dr Kailash Kadel, the general surgeon Dr Somendra Sharma, DNB resident Dr D Sagar and optometrists from the Global Hospital Institute of Ophthalmology.



General surgeon  
Dr Somendra Sharma  
with a patient



Patients needing cataract surgery underwent checks for blood sugar to determine their fitness for the operation



# Eye screening for poor people



Busy scene at the eye screening programme in Sumerpur

Bharat Vikas Parishad of Sumerpur-Sheoganj and Global Hospital Institute of Ophthalmology organised an eye screening programme at Sumerpur, Pali, on December 17.

Ramesh Chouhan of the Parishad sponsored this event in memory of his late parents, Chogi bai and Chipa Heeralal Chouhan.

As many as 1126 people had their eyes screened, of whom 114 underwent eye microsurgery for cataract. Of the 232 people who got their sight tested, 230 received free spectacles.

DNB residents at the Global Hospital Institute of Ophthalmology Dr Abhimanyu Gadak and Dr Swati Goyal screened the patients. Eye camp organiser Mangilal Maru and 10 trainees helped.

Eye screening programmes at four villages in district Sirohi: Chandela, Krishnaganj, Bamanwada and Goyali, attracted 422 people.

DNB residents Dr Vineet Ashish and Dr Swati Goyal conducted the screening.

Forty five villagers needed cataract surgery and were escorted to J Watumull Global Hospital & Research Centre where ophthalmologist Dr Sudhir Singh operated on them.



Villagers after eye surgery, ready to go home with their sight restored

## cases you made possible

*The Juvenile Patients fund helps recoup the treatment expenses on juvenile patients from poor families while the Dialysis Patients fund meets the dialysis cost for poor patients with chronic kidney disease. Presenting two such beneficiaries:*

Lala Garasia, age 8, a resident of Siawa, an adopted village of the Village Outreach Programme, developed abdominal pain and swelling, vomiting, generalised weakness and loss of appetite. His family took him to the government hospital at Abu Road for further management but when that brought him no relief, his family visited J Watumull Global Hospital & Research Centre. By then he had been suffering since 7-8 days. He had not eaten since four days and had not had a bowel movement since two days.



General surgeon Dr Somendra Sharma diagnosed the child's illness as acute perforative peritonitis, a potentially fatal condition wherein the bowel ruptures. Lala's bowel had become gangrenous.

Dr Sharma performed an exploratory laparotomy and an ileostomy, a procedure that brings a part of the small intestine (the ileum) out onto the surface of the skin so that intestinal waste can be collected in an artificial external pouching system adhered to the skin. Lala's post operative stay in the hospital was full of complications and called for inputs from paediatric Dr Pankaj Gupta. He was discharged after a month with instructions to care for the ileostomy, which would remain open for three months.

Lala was treated for free because his family is poor. Two of his older brothers work as daily wage hands, jointly earning Rs 10,000 per month on which they sustain their grandfather, their parents and Lala. *His bill was met through the **Juvenile Patients Project**, an initiative that covers the treatment cost of children from poor families.*

Chanda Devi Mehtaar, age 76, had suffered from asthma (breathlessness) since many years, for which she was being treated by a private practitioner near her home in district Sirohi, Rajasthan. Now and then, he would give her an injection, after which she would feel very well immediately and walk home by herself.

In October 2016, Chanda Devi developed a headache with loss of appetite and abdominal pain. This time, the private practitioner told her family to take her to Palanpur, a nearby town,

where a doctor diagnosed her with kidney failure and referred her to a higher centre in Ahmedabad for the insertion of a fistula, a necessity for dialysis. She underwent this procedure and returned to Mt Abu, where she approached J Watumull



Global Hospital & Research Centre for regular dialysis.

Ever since, Chanda Devi has been availing dialysis under the care of the physician Dr Sachin Sukshohale.

Chanda Devi pays only for the medicines and reagents because she is financially hard-pressed. She is a widow. She has four sons, three are married and busy in their own lives. Her fourth son works in a nearby town. *The cost of the dialysis is met through the **Dialysis Patients Project**, an initiative that covers the cost of dialysis for poor people suffering from chronic kidney disease.*

### Inspired to give?

Mail your cheque/draft favouring *Global Hospital & Research Centre* to PO Box 35, Mt Abu, 307501 Rajasthan, INDIA  
Email [mail@ghrc-abu.com](mailto:mail@ghrc-abu.com) for details of a bank account to transfer funds





## Sri Adinath Fateh Global Eye Hospital launched in Jalore

**New launch**

With the inauguration of the Sri Adinath Fateh Global Eye Hospital at Jalore on November 16, the Global Hospital & Research Centre trust's fifth hospital in Rajasthan (and seventh across India) was opened for service.

Rajasthan government minister of state for power Pushpendra Singh Ranawat performed the honours with additional chief of the Brahma Kumaris Dadi Ratan Mohini (see right), in the presence of other members of the Rajasthan legislative assembly: Kamsa Meghwal, Amrita Meghwal (Jalore), Gyanchand Parakh (Pali) and Hameer Singh Bhayal (Sivana).

Built at an investment of rupees 2.5 crore on Jalore's Keshvana Road, the Sri Adinath Fateh Global Eye Hospital promises to "provide better eye service to the people of the area," said Ranawat.

Late professor Dr Mohan Lal Bohra of Jalore sponsored the cost of establishing this new eye hospital in remembrance of his late wife, Shantidevi Mohanlal Bohra. Sushila Chandmal Mehta, his daughter, hosted the ceremony with her cousins Pushpraj Bohra and Rameshraj Bohra.

The Bohra's are industrialists engaged in granite mining (Fateh Granites). For this initiative, the Global Hospital & Research Centre trust has entered into an agreement with the Fateh Kalyan Charitable Trust, their family charity.

Sri Adinath Fateh Global Eye Hospital has 20 beds for patients from economically less privileged backgrounds and five for private patients. It houses one major and one minor operation theatre, a sterilisation room, two clinics, two refraction rooms, one counselling room, one procedure room, an optical shop, a medical store, an admin office and support services. The total built-up area is 10,800 sq ft.



Above: Ribbon cutting by dignitaries, right: Global Hospital & Research Centre trustee Dr Partap Midha conversing with Pushpraj Bohra, right below: the optical shop got off to a quick start, below: ophthalmologist Dr Seema Laad is currently practicing at the unit





# Reducing blindness from diabetes



To mark World Diabetes Day on November 14, the diabetic retinopathy team led by eyecare manager Dinesh Singh arranged three events to spread awareness of diabetic retinopathy, a condition when high glucose levels compromise sight, sometimes permanently.

Global Hospital Institute of Ophthalmology is implementing a project to create diabetic retinopathy screen-

ing and treatment capability in the government health centres in district Pali. Queen Elizabeth Diamond Jubilee Trust, UK, with the Public Health Foundation of India is sponsoring this project.

As this year's theme is Women & Diabetes: Our Right to a Healthy Future, a talk and awareness programme for women was arranged in the Town Hall in Pali. KC Saini, Pali district



Lectures were delivered by (left) Dr MS Purohit, principal medical officer, Bangar District Hospital, Pali, and (far left) gynaecologist Dr Kanaklata Mishra

training coordinator set the tone for the event while Dr Vipul Nagar, ophthalmologist & assistant professor, Government Bangar District Hospital, Pali, went into greater detail. Dr MS Purohit, principal medical officer at the same hospital encouraged the audience to spread the word.

A second talk at the Lions' Club in RIICO Industrial Area, Abu Road, started with a welcome by Seema Agarwal, President, Lions' Club. Dr Kanaklata Mishra,

gynaecologist, Radha Mohan Mehrotra Global Hospital Trauma Centre and DNB resident Dr Annu Chahar explained the disease.

Dr Chahar then delivered a talk on the subject on 90.4 Radio Madhuban and answered questions raised by listeners. Radio jockey Mona conducted the event.

Between October and December, 222 patients were screened for diabetic retinopathy, including 18 with non proliferative diabetic retinopathy.

## Conferences, training attended

**Who, with designation ~ Topic ~ When ~ Where**

Dilip Prajapati, equipment maintenance engineer ~ training on certified calibrations professional ~ Oct 23-28 ~ Centre for Electronics Test Engineering, Hyderabad

Dr Rajbir Kaur, dental surgeon ~ course on immediate loading cortical implantology ~ Dec 22-24 ~ Dental Surgery Centre & International Foundation for Implant Dentistry, Bengaluru

Dr Mahesh Hemadri, medical officer in-charge ~ geriatric conference ~ Dec 16-17 ~ Indian Academy of Geriatrics, AIIMS, New Delhi

Rupa Upadhye, chief of nursing services ~ International Patient Safety conference ~ Dec 1-2 ~ Mumbai

## School students eye screening

At 26 events, 12,752 students underwent eye checks, 266 students received spectacles and 19 had eye surgery to correct ailments like squint, etc. PlayGames 24x7 supported 15 events where 6,252 pupils were screened, Dr Shroff's Charity Eye Hospital sponsored 11 events where 6,500 pupils were screened. This project ensures that children from poor households can avail eye surgery.

## New joinees

Two consultants joined Radha Mohan Mehrotra Global Hospital Trauma Centre: **Dr Anil Kumar Bhansali** joined as senior general & laparoscopic surgeon, **Dr Nithin Sunku** joined as consultant orthopaedic & joint replacement surgeon.

## An active quarter for blood banking



The Rotary International Global Hospital Blood Bank held 10 blood donation drives between October and December where 812 units were collected.

Two events conducted with the BAPS Swaminarayan Vidya Mandir of Mt Abu yielded 187 units (in the photo above, the team

stands with the principal). Other partners included the Bajrang Dal of Reodar, Sildar and Swaroopganj; Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road; Dharmendra Kumar Singh of Abu Road (in memory of his late father Shivsagar Singh); Raktdan Parivar of Jawal; and the Namdev Yuva Sanghathan of Reodar.



## Sharing essentials with the poor



Village Outreach Programme (VOP) head Dr Kanak Shrivastava (*in white, in the photo above*) distributed sweaters to 87 needy pupils of the government schools in the adopted villages Jawaingaon, Salgaon, Siawa and Tuka.



Medical officer with the VOP Dr Manisha Maindad (*see above*) distributed tooth brushes and paste to children in villages Jaidra and Takiya. She showed the children how to use the brushes and explained to them the importance of oral health.

## Treating needy children

### A burns case

Panna, age 3, son of Husa Garasia (*see right for photo*) from Chandela, an adopted village of the outreach programme, suffered burns when hot tea fell on him.

Plastic surgeon Dr Thangavel Ayyappan found the child had II degree burns over the front of his chest and neck. These burn ulcers were not healing. Dr Ayyappan debrided the raw area and covered it with artificial skin to help the wound heal.



### A bladder stone

Chetan, age 3, son of Umaji Gameti (*see right for photo*), a resident of Takiya, an adopted village of the outreach programme, was brought to Global Hospital suffering from painful urination and pain in the abdomen.

Consultant general surgeon Dr Somendra Sharma diagnosed the child as suffering from phimosis with a bladder stone. He performed a vesico-lithotomy to remove a rough solitary stone measuring 3 cm x 2 cm (*see right for photo*). Also, a circumcision was carried out to provide the young boy relief from pain during urination.



## village outreach programme

VITAL STATS OCT - DEC 2017

1916

PATIENTS  
CONSULTED  
IN FIELD

496

VOP WALK  
IN  
PATIENTS

33

ADMITTED  
PATIENTS

## Creating awareness of the evils of addiction



Medical officer with the VOP Dr Manisha Maindad takes every opportunity to explain the ill effects of tobacco and alcohol addiction to villagers. Seen above, she used a few posters tagged to the back door of the vehicle she was travelling in, to explain to a few people in village Takiya. Addiction to tobacco and betel nut is rampant in India and a major cause of oral cancer.