



# newsletter

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## The Ever Happy Fomulae

*Happiness has become a popular topic nowadays, as well it should be. We all want to be happy. But lasting happiness is elusive—mostly, because we are looking outwards for it instead of dwelling within.*

Here are some tips to stay happy:

### Value your wealth:

A sudden windfall, good income usually evoke happy thoughts just as focusing on what you don't have causes unhappiness. Consider however that there's a limit to how much one can buy—and where would you keep everything you accumulate? Count your blessings instead of your lackings. Value your positive thoughts, values and powers—intrinsic wealth prioritised for enhancement and use by every individual.

### Cut off from happiness drainers:

The ideal situation is when nobody can make you unhappy. Reaching that target takes time. Until then, cut off from whiners, who are always lamenting about what could be. Hang out with happy people. Happiness, like unhappiness, is infectious.

### Help others:

Happy people are more likely to help others. Helpful people are happier. It's hard to say which comes first—happiness or helping others? But does it really matter when it is proven that the sense of having made a difference brings happiness. Underlying this helpful attitude is a humanitarian perspective. Let no one you meet go empty-handed; at that, you always have a smile to give.

### Live the life you want:

It is hard to fake happiness. Just the same, it is hard to feel happy when your life doesn't resonate with you. If you don't like the space you're in, take steps to change your situation. It could

BY DR PARTAP MIDHA, DIRECTOR

be by adopting a new work method, making time for a new hobby, reading that book you've been meaning to, etc.

### Compare your lot with your neighbour:

Consider the world at large. Do people with worse troubles than yours exist? Let comparison be a source of realisation, relief and happiness—in that order.

### Invoke happiness:

Learn the art of self control. Act as if you are happy even when you are feeling low. Therapists tell us that facial expressions can trigger the emotions they're supposed to reflect. So smile.

### Stay active:

Exercise lifts the heart rate and mood by releasing happy chemicals in the brain. People who exercise even when they are feeling tired affirm this energising effect. Not to mention that you will feel happier at the sight of a more slender you in the mirror!

### Get enough shut eye:

It is hard to feel enthusiastic about anything when all you want to do is to lie down and sleep. Rest is a vital ingredient for wellness and happiness.

### Eat kinder foods:

Research shows that people who consume more veggies and fruits experience higher energy levels, calm and a sense of happiness. Interestingly, the effect lasts until the next day after they have eaten more veggies and fruits. For the record, 'more' means seven daily servings. I would also prescribe a low fat, low salt and high fibre diet to stay happy.

### Meditate:

Daily meditation makes the mind more resilient and capable to withstand stress. Ergo, the mind can stay positive even in challenging circumstances.

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> Request Sister Yashoda for print copies, write to [ghrcoffice@gmail.com](mailto:ghrcoffice@gmail.com)

## You said

*Thank you for sharing your thoughts on the work of the hospital and especially the holistic form of medicine that you project—including meditation.*

Professor Clement Sankat Mochan  
University of the West Indies  
Trinidad

## Did you know?

*Under Section 80G of the Income Tax Act of 1961, Indian donors can deduct 50% of their donation to Global Hospital & Research Centre from their income for the purpose of computing taxable income. Under Section 35AC of the Income Tax Act, Indian donors can deduct 100% of their donation from their income for the purpose of computing taxable income. State your PAN and address when making a donation. To know more, email [shriniidhi@ghrc-abu.com](mailto:shriniidhi@ghrc-abu.com) or call +91 9414152125.*

## TAX EXEMPTIONS FOR INDIAN DONORS U/S 35AC (100% EXEMPTION FROM INCOME), U/S 80G (50% EXEMPTION FROM INCOME)

# MELANGE



Senior clinical associate Dr Hina Mukadam shows the use of the teaching manikin during the formal opening of the skill laboratory by district Sirohi CMHO Dr Sushil Kumar Parmar, on February 9.

## Training & development

Guests delivered some interesting talks for the hospital staff, here's a summary:

*Clinical Genetics in Primary Care*, Dr Jagdeep Walia, Queens University and Kingston Hospital, Kingston, Canada, March 14

*Revised National Tuberculosis Control Programme*, Dr Sanjay Gehlot, District Sirohi TB Officer, February 25

*Diagnostic Aids in Periodontics & Perio-esthetics*, Dr Kamteshwari, Periodontist and Dean, Aurobindo Medical College, Indore, MP, February 10

*Insulin Resistance in Acute Ischaemic Heart Disease*, Dr Udayan Ray, Director of Clinical Chemistry, Department of Pathology, Hobart, Australia, January 29

*Chronic Kidney Disease*, Dr Rahul Prakash, Nephrologist, President Houston Renal Clinic, USA, January 21

*Wound Management*, Dr Namita Tuli, Medical Director, Wound Care Centre, North Cyprus Medical Centre, Houston, USA, January 21

*How to Give Presentations Covering PPT Design and Oral Delivery*, Shivani Dayal, medical student from USA, January 19

*Advances in Cardiology*, Dr Samir Dani, Cardiologist, Apollo Hospitals, Ahmedabad, January 6

## Super-specialist services

On January 9, Dr Surya Mishra, cardiac surgeon from Mittal Hospital, Ajmer, saw 8 patients, 2D echo technician Rishipal Singh performed 11 echo-cardiographies.

Nephrologist Dr Rahul Sharma from USA saw five patients on January 22.

2 Urologist from Gwalior Dr Brajesh Singhal operated on four cases in January.

Dr Kamteshwari, periodontist and dean, Aurobindo Medical College, performed 15 surgeries in February.

Dr Garima Malhotra, endodontist from

Delhi, performed 11 endodontic procedures in March.

Dr Anandnarayan Malu, a kidney specialist from Solapur, preferred consultations to six patients on March 30.

Also between January and March:

- A visiting neurologist from Delhi saw 14 patients
- Dr Narayan Khandelwal, joint replacement surgeon with BSES MG Hospital, Mumbai, performed 17 surgeries, assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

## Conference participation

Staff, designation ~ Conference ~  
Organised by ~ Where ~ When

Dr Saurabhi Singh, gynaecologist & obstetrician ~ 59th All India Congress of Obstetrics & Gynaecology ~ Agra ~ January 13/14

Jyoti Narang, chief lab technologist ~ National Conference on Managing Quality in Clinical Laboratories ~ Tata Memorial Centre, Mumbai - March 5/6

Dr VK Sharma, consultant ophthalmologist ~ 74th Annual Conference ~ All India Ophthalmological Society ~ February 25 to 28 ~ Kolkata

Dr Amit Mohan, paediatric ophthalmologist ~ 74th Annual Conference ~ All India Ophthalmological Society ~ February 25 to 28 ~ Kolkata

Dr Seema Laad, consultant ophthalmologist ~ 74th Annual Conference ~ All India Ophthalmological Society ~ February 25 to 28 ~ Kolkata

## Life on Campus



On March 11, Israeli paper-making artist Timna Tsfati Neumann conducted a paper-making workshop for staff and their families. Timna demonstrated how to soak and prepare the Mulberry tree bark and add flowers for colour.



## visits

Global Hospital School of Nursing (GHSN) students visited a water purification plant in Mt Abu on February 3, where they gained firsthand knowledge about water borne diseases and methods of water purification and treatment.

On February 29, GHSN students visited an incineration plant in Udaipur. They saw shredders, incinerators and autoclaves and learned about the working of each machine and the importance of bio medical waste management.



Visit to incinerator plant

## off-campus events

On January 22, nursing college and school students participated in Beti Bachao Andolan, a rally to spread awareness of the need to protect the female child, an initiative of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. This also attracted the district counsellor Payal Parasrampuriya and former MLA of Sirohi district Tara Bhandari.



Rally for a good cause

Between January 22 and 24, second year students of the Saroj Lalji Mehrotra Global Nursing College volunteered to assist the organisers of the 31st National Conference on Mind Body Medicine. The Medical Wing, Rajyoga Education & Research Foundation, organised this event at the Shantivan Complex at Abu Road.

### DIAL-A-DOCTOR

Confused about a health ailment?

Call Archana Kulkarni, manager, hospital promotional services on 9413775349



Bhandu conference

## knowledge updates

Shrinidhi K, assistant manager, Resource Mobilisation & Partner Development, introduced new students to AIDET, a patient communication tool on January 23 and 29.

On January 28 to 30, professor Geetha Venugopal, principal, Saroj Lalji Mehrotra Global Nursing College (SLMGNC), participated in the 4th International Conference on "Nurse Facilitated Research Building Capacity for Excellence." The International Centre for Collaborative Research, Chennai, organised this event.

On World Cancer Day, February 4, Global Hospital School of Nursing (GHSN) students made a presentation on cancer, its causes, pathophysiology and treatment. Lifestyle modification was the prime focus of the presentation to highlight the theme: We Can, I Can.

At a meeting of the Journal Club on February 20, SLMGNC lecturer Maneesh Sharma made a presentation about the Zika Virus and GHSN tutor Kundan Singh Rathore spoke on the Nanotechnology of Nursing Procedure.

On March 10 and 11, Geetha Venugopal, principal, Harish Kumar Nair, lecturer, Mukesh Bhavansha, clinical instructor, and some second year college students participated in a national conference, Enhancing Skills in Nursing Through Evaluation, organised by Joitiba College of Nursing at Bhandu, Mehsana, Gujarat.

On February 8 and March 8, 15 and 18, GHSN and SLMGNC students were introduced to Values In Healthcare: A Spiritual Approach, training to improve the quality of nursing. Nirmala Ragbir-Day from UK and a few faculty facilitated these events.

## NURSING EDUCATION



Fresher's party

## student life

New GHSN students were welcomed to the fold during a fresher's party on January 8. Students were given an opportunity to show their talents during games and cultural events.

On January 11, students and staff celebrated the New Year with a host of competitions. On the same day they also held a meeting of the Students Forum. Clinical instructors Ratheesh and Prerna demonstrated useful procedures.

First year students of the nursing college and nursing school took their Nightingale pledge on February 19. Sub divisional magistrate of Mt Abu, Arvind Kumar Poswal graced the occasion. Global Hospital & Research Centre trustee Dr Pratap Midha, and the hospital staff witnessed the lamp lighting ceremony.

Students participated in poster and essay competitions on International Women's Day, March 8, on the theme 'Pledge For Parity.'



## Paediatric eye screening



*Dispensing spectacles to school students*

Global Hospital Institute of Ophthalmology examined 2320 students in eight village schools in district Sirohi, and found 67 children had defective vision. A total of 169 children were clinically treated, 23 underwent surgeries and 47 were given spectacles. Dr Shroff's Eye Hospital met the logistical cost of arranging these events and of the operations conducted as well as the distribution of spectacles.



## Consultations for joint ailments



- 4 *Dr Narayan Khandelwal, joint replacement surgeon & medical superintendent, BSES MG Hospital, Mumbai, and Dr Murlidhar Sharma, registrar, orthopaedics, offered free knee joint consultations at Palanpur in February and at Rajkot in March. Patients turned out in hundreds in both places, 42 were advised surgery. Dr Khandelwal would be operating on these patients.*

## Enabling health consultations at remote locations

About 55 patients took benefit from an orthopaedic and general surgery consultation programme held at Swaroopganj on January 24. Orthopaedic surgeon Dr Kailash Kadel and general surgeon Dr Somendra Sharma facilitated this initiative.

Dentist Dr Rajvir examined 125 school students on January 27 at the hospital health outpost in village Kacholi, and delivered a talk on oral hygiene. Director Dr Partap Midha distributed free toothpaste to the children (*seen interacting with the children*).



*Dr Partap interacts with students*

Pindwada leader MLA Samraram Garasia graced the occasion. DNB Ophthalmology candidate Dr Navjot facilitated eye check-ups on the occasion for 80 villagers.

## VOLUNTEER?

We welcome English/Hindi speaking nurses and doctors with an interest in community services to volunteer their time.

Email [ghrcabu@gmail.com](mailto:ghrcabu@gmail.com) for details.

J Watumull  
Global  
Hospital &  
Research  
Centre's  
hospital  
promotional  
services  
team led by  
Archana  
Kulkarni  
organised  
seven eye  
screening  
programmes  
during the  
quarter, at

Jaswantpura, Kacholi, Jaidra, Deldar, Shivgarh, Bhatana and Sindrath. DNB Ophthalmology candidates Dr Abhimanyu and Dr Navjot examined 734 patients and advised 120 to undergo surgery.



Global Hospital Institute of Ophthalmology's eye care managers Sandeep Singh and Dinesh Singh organised 34 eye screening events at various villages in districts Pali, Jalore, Udaipur and Sirohi during the quarter. As many as 13192 villagers stepped in for check-ups, which included refractions (7024) and dispensing spectacles (4317). A staggering 1340 underwent major operations, 26 had minor surgery.

## CASES: POSITIVELY IMPACTING LIVES

### ENT/TOTAL THYROIDECTOMY

#### Multinodular goitre with hyperthyroidism

Somi Garasia, a 52 year old resident of Nichlipali, village Jamburi, wife of Virma Garasia, presented with swelling over neck and breathing discomfort for the last two years. She was diagnosed as having very large multinodular goitre going in to the chest, and hyperthyroidism.



**BEFORE SURGERY**

The enlarged thyroid

Senior ENT consultant Dr Sharad Mehta performed a total thyroidectomy removing a huge mass.



The mass removed

**AFTER SURGERY**



Somi recovered well. A month after surgery, her thyroid levels were tested and found to be normal. She was prescribed calcium to fulfill a slight deficiency.

### PAEDIATRICS/SEVERE NUTRITIONAL ANAEMIA

#### Treating severe nutritional anaemia

Somi Garasia, age 14, daughter of Runga Ram, a tribal family hailing from village Uplagarh, Abu Road, was brought to the paediatrics outpatient clinic with headache, weakness, respiratory symptoms, lethargy and easy fatigability.

On examination, she was found to look very sick, with respiratory tract infection and lethargy.

A blood test showed she was severely anaemic, her haemoglobin was 4 gm/dl.

She was admitted for treatment for the infection and transfused one unit of blood.

On discharge, Somi was advised to improve her diet and prescribed iron and calcium tablets.

Two months later, her haemoglobin had increased to 10.7 gm/dl. As importantly, she had gained weight and was cheerful. No longer was she lying around doing nothing. Now she helps out with the house work, her parents reported.



### TRAUMA ORTHOPAEDICS/COMMINUTED FRACTURE

#### Bilateral fracture femur, comminuted on one side

A young man aged 28 presented with a bilateral fracture femur shaft which was comminuted on the right side. This means the right side had sustained a break in the continuity of the bone, as the x-ray clearly shows.



**Comminuted on the right side**

The patient was suffering from pain and swelling and deformity in both thighs. He was unable to stand or walk. All this was an outcome of a road traffic accident.

Orthopaedic surgeon at the Radha Mohan Mehrotra Global Hospital Trauma Centre Dr Ashok Gupta operated on the patient, he performed a closed reduction and internal fixation (CR & IF) with a femur interlocking nail.

Now the patient can walk very well.

**Now after CR & IF and interlocking nail**



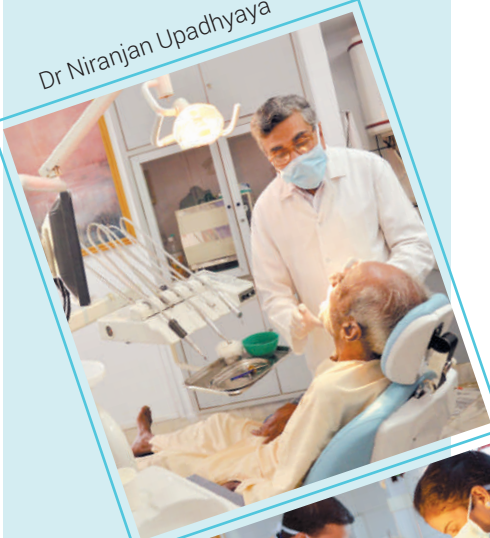


## about us

# DENTAL IMPLANTS

## Fast Gaining Ground

Dr Niranjan Upadhyaya



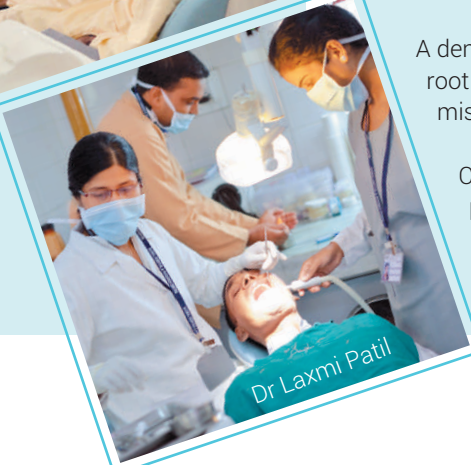
Senior dental surgeon Dr Niranjan Upadhyaya and dental surgeon Dr Laxmi Patil run parallel dental clinics at J Watumull Global Hospital & Research Centre. However, they work together on dental implant cases. Last year, the duo fitted 50 implants.

So, what exactly is a dental implant and what makes them so popular?

A dental implant is a permanent fixture embedded into the jaw, on which a tooth crown is fitted.

A dental implant thus serves as a root for the replacement of a missing tooth.

Crowns are custom made for patients, mostly of ceramic (or metal) as that enhances the aesthetic appeal of the newly fitted teeth.



Dr Laxmi Patil

Dental implants are a newer alternative for replacing missing teeth than erstwhile dentures and fixed bridges.

Implants are considered better than fixed bridges to replace a missing tooth/teeth, here's why:

A fixed bridge replaces a missing tooth by taking support from the adjacent teeth, which need to be prepared to hold the bridge. Preparation typically involves cutting the teeth. Implants eliminate the need to spoil the adjacent teeth.

Dental implants are fixed whereas dentures are loose, and hence need to be removed every night.

What is best about implants is they restore the natural ability to chew.

## How Dental Implants Look

Get the Global Hospital dental implants price advantage

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Call now to book an appointment  
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Dental implants fitted in the jaw

Crowns fitted on the implants, a marked difference is visible between the new crowns and the original teeth

# Walk for Glaucoma



Ready to rally! Staff and students



RJ Mona of Radio Madhuban interviews Dr VC Bhatnagar

On March 12, the closing day of Glaucoma Week, Global Hospital Institute of Ophthalmology took to the streets of Abu Road to spread awareness about the disease. Staff walked a distance of 3 km with banners and placard bearing slogans, distributing handouts to people along the way.

RJ Mona of the local radio station Radio Madhuban interviewed doctors on glaucoma. Here are some shared salient messages:

“ *Glaucoma can be detected early by examining the optic disc, checking eye pressure and getting a visual field test for all those with a family history of glaucoma, eye injury, on long term steroid use or those over 40 years.* ”

Dr VC Bhatnagar  
sr consultant ophthalmologist & medical superintendent  
Global Hospital Institute of Ophthalmology

“ *Glaucoma is the leading cause of irreversible blindness in India. Today 12 million people are suffering from glaucoma, of whom more than 95% are not aware that they have the disease. The only way to diagnose glaucoma is by visiting your eye doctor. Get a check up before it is too late.* ”

Dr V K Sharma  
senior consultant ophthalmologist  
Global Hospital Institute of Ophthalmology

“ *In 99 of 100 cases glaucoma does not cause pain or any other symptom. By the time it starts to cause pain, it is already too late. That's why it is so important to create awareness about glaucoma.* ”

Dr Amit Mohan  
paediatric ophthalmologist  
Global Hospital Institute of Ophthalmology

## News from branches

### Blood Banking Update

#### Activity/Timeline:

Rotary International Global Hospital Blood Bank conducted seven blood donation drives between January and March 2016

#### Achievement:

659 blood bags were collected

#### Partners for the activity:

Adarsh Credit Co-op Society, Lions Club of Abu Road, Transport & Marble Association, and advocate Harish Purohit



Scene at blood donation event

### News Snippets

■ Staff and students of Global Hospital Institute of Ophthalmology celebrated World Optometry Day on March 23.

■ Congratulations! Dr Amit Mohan was awarded Fellow, All India Collegiums of Ophthalmology (FAICO) for the year 2016 in Paediatric Ophthalmology and Strabismus, by the All India Ophthalmic Society.

■ Congratulations to DNB in Ophthalmology candidates Dr Anita Bisht and Dr Zeeshan Jamil for clearing their final theory exam.

■ Radha Mohan Mehrotra Global Hospital Trauma Centre cared for 1213 casualty patients between January and March 2016.



## The latest addition to the Nutritional Project



Director Dr Partap, VOP chief Dr Kanak and a guest cut the ribbon

In November 2015, the headmaster of the government school in village Tuka approached the VOP, requesting nutritional support for 45 school children. A formal request to this effect came from the village sarpanch. Activities to expand the programme followed soon thereafter.

A new equipped kitchen facility was handed over to the school authorities on January 12, 2016. On the villagers' insistence, the director Dr Patap Midha performed a small inauguration ceremony on January 14, on the auspicious occasion of Makar Sanskrati.



## New benches for Jaidra school

On the request of the school authorities, 21 benches were bought for village Jaidra primary school.

## Village Outreach Programme

Service between January and March 2016

1615

PATIENTS CONSULTED

59

PATIENTS ADMITTED

*Village outreach patients are routinely admitted for hospital treatment. Here are two such cases:*

### Curing severe anaemia

#### The Patient

Ajit Gameti, eight months old hails from village Takiya. Savaram Gameti, his father, is a farmer. Ajit lives with his parents and two siblings. The family's monthly income is about Rs 7500.

#### The Ailment

Ajit was brought to the hospital with protein energy malnutrition, severe nutritional anaemia and respiratory tract infection—cough and cold since five days. His haemoglobin was barely 4.1 gm/dl.



Ajit with his mother

#### The Cure

Ajit was transfused two units of blood, put on multivitamin and iron drops and given medicine for his infection. At the time of discharge, he posted a healthier haemoglobin level of 15.0 gm/dl.

### Curing severe infection

#### The Patient

Rupi Garasia, 15, daughter of Sava Garasia, a resident of village Chandela.

#### The Ailment

Rupi had a swelling in her right axilla since a week. She was found to have an abscess.

#### The Cure

Rupi was admitted; the pus was drained. It was tested. Fortunately it was not tuberculosis but methicillin susceptible staphylococcus aureus. Rupi was prescribed a suitable antibiotic and she recovered fully.



Rupi Garasia

## Curing tuberculosis

### Performance report for 2015-16

Number of new sputum samples tested for tuberculosis: 401  
Positive outcomes: 66

Follow up tests: 95  
Positive outcomes: 12

68 tuberculosis patients cured, 1 died, 1 treatment failed

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