



newsletter

A publication of J Watumull Global Hospital & Research Centre | www.ghrc-abu.com | Volume 129 | Apr 2018

A yogi life, anyone?

This International Day of Yoga, consider leading a yogi life to multiply the positive effects of yoga

Commemorating June 21 as the International Day of Yoga has helped to popularise yoga across the world. Here in India, Baba Ramdev has done a lot to spread the practice of yoga.

All that is great. A growing body of research now proves that yoga is effective for the promotion of health and prevention of disease. However, let's backtrack a little and ask: what is it about yoga that actually improves health?

Is it just the stretching exercises, the yoga postures, and the breathing exercises?

Yoga was originally promulgated by yogis, people who led a highly disciplined lifestyle. They not only had control on their bodies but also on their diet and every other aspect of life. You could say their lifestyle was one of yogis, and it was this that safeguarded them against disease.

Today, 6 in 10 Indians die because of a non-communicable disease: cardiovascular disease, cancer, diabetes or chronic respiratory disease. Considering that noncommunicable diseases are closely tied to unhealthy lifestyles, it seems fitting that Global Hospital & Research Centre offers two intervention programmes for people suffering from coronary artery disease and

diabetes, the two non-communicable diseases that have assumed epidemic-like proportions in India.

What is common to the *coronary artery regression through lifestyle modification* and the *holistic approach to diabetes*, as the two programmes are called, is the dual focus on care of the mind as well as the body to address all the aspects of unhealthy lifestyles.

Coronary artery regression through lifestyle modification prescribes moderate aerobic exercise, a vegetarian diet and stress management through Rajyoga meditation to reverse coronary artery disease, or unblock blocked arteries.

Holistic approach to diabetes combines a diabetic diet, exercise, meditation, and medication with regular monitoring, and overlays this with education and awareness that is directed at inspiring patients to lead healthier lifestyles.

Actually, we all need to introspect on our lifestyles to identify where there is scope for greater control. This year, as we celebrate yoga day, let it not be just about postures and breathing, but about something more impactful on our wellbeing.

— Dr Partap Midha, medical director

Left: Dr Midha (standing, extreme left) adjacent to the hospital's entry to a float competition on Republic Day 2018. The theme was health awareness.



Inside

- Melange 2
- Nursing education 3
- Community outreach 4
- Cases 5
- About us: solar project 6
- New from branches 7
- Village outreach programme 8

Subscribe

- > Write to Sister Archana for a soft copy at ghrchps@gmail.com
- > Request Sister Yashoda for prints, write to ghrcoffice@gmail.com
- > Download from our website: <http://www.ghrc-abu.com>

Tax exemptions

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. To know more, email info@ghrc-abu.com

Conferences, training attended

By who, with designation ~ Event ~ Organised by ~ Where ~ When

Meena J Vadasriya, nursing supervisor & Sadhna Gupta, nursing incharge, dialysis ~ *5th annual conclave on infection prevention & control* ~ Wockhardt Hospital in association with Indian Medical Association and the Association of Medical Consultants, Mira Bhayander ~ Mumbai ~ January 6-7

Dr Saurbhi Singh, gynaecologist/obstetrician ~ *61st All India Congress of Obstetrics & Gynaecology, workshop and CME* ~ Association of Obstetricians & Gynaecologists of Odisha & Federation of Obstetric and Gynaecological Societies of India ~ Bhubaneswar ~ Jan 17-21

Dr V K Sharma & Dr Sudhir Singh, senior consultant ophthalmologists ~ *76th conference of the All India Ophthalmological Society* ~ Coimbatore Society of Ophthalmic Surgeons & Tamil Nadu Ophthalmic Association ~ Coimbatore ~ Feb 22-25



Senior consultant ophthalmologist Dr Sudhir Singh (sitting, centre) presented e-posters and videos, moderated a session, evaluated abstracts, spoke at the national symposium, and conducted two courses on the transfer of technical and surgical skills

Milan Deshmukh, laboratory technologist ~ *CME on document preparation & implementation and concept building in statistics in clinical lab* ~ Medical Education & Learning Point ~ New Delhi ~ Feb 24-25

Stephen Berkeley, manager organisational development ~ *1st National Healthcare Quality Conclave* ~ National Accreditation Board for Hospitals & Healthcare Providers ~ New Delhi ~ Mar 23-24

New joiner

Dr Dilip Kothari joined J Watumull Global Hospital & Research Centre as Consultant, Gastrointestinal, General & Laparoscopic Surgeon.

Third party to assess community programmes

The Indian Institute of Public Health Gandhinagar (IIPHG) has been contracted to review the hospital's two key community outreach initiatives, the Village Outreach Programme and the Community Service Project, as well as associated nutritional initiatives for school students and tuberculosis patients.

The review will assess to what extent these programmes match the needs of the communities served.

Australian Friends for Global Hospital (AF4GH) is funding this review while the hospital will provide logistical support. Dr Mayur Trivedi, associate professor, IIPHG will lead this research.



Dr Nagma Shah, a masters student who is working on the project

Tertiary services

Visiting urologist from Gwalior Dr Brajesh Singhal with consultant surgeon Dr Somendra Sharma operated on five patients in January, one patient in February and three patients in March.

Twenty one patients consulted Dr Manjunath Doshetty, a Gulbarga-based nephrologist in January and March.

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 January and March.

Lectures delivered

How does a hospice work in medical care in the US? Shivani Dayal, undergraduate science student, University of Wellesley, Boston, January 4

Suryanamaskar - The all inclusive ancient fitness system, Dr Krzysztof Stec, Poland, January 12

Latest initiatives in psycho spiritual aspects of health by the World Psychiatric Association, Dr Avdesh Sharma, eminent psychiatrist, Delhi, Dr Sujata Sharma, Mansi Sharma, January 30

Understanding the dignity experience of patient's with advanced diseases, Dr Raksha Balbadhur, palliative medicine specialist, King Dinuzulu Hospital, Durban, South Africa, February 22

Chronic Obstructive Pulmonary Disease update and pulmonary rehabilitation, Dr Barbara Hannon, rehabilitation physician, Monash and Edworth Network, Melbourne, Australia, March 1

Skin diseases, Dr Jitendra Shah, dermatologist, Ahmedabad, March 11

Communication skills workshop (in Gyan Sarovar), GHRC HR department, February 4

Nursing education || Events



On January 26, Republic Day, a guest, Professor Ramakant, director of the SPI Superspeciality Institute, Lucknow hoisted the flag and delivered an inspirational speech.

Educational visits

January 29/30 >> Clinical instructors Mukesh and Saurabh escorted graduate nursing students to Ahmedabad, where they visited the government hospital and the hospital for the mentally sick.

February 22 >> Students visited the Mt Abu water plant.

February 23 and 29 >> Graduate nursing

students visited Narayan Seva Sansthan, a rehabilitation centre in Udaipur, with lecturer Sudhanjali and clinical instructor Mukesh.

March 26 >> Student interns visited Apollo Hospital, Ahmedabad.



Students visited the mental hospital

Developing new skills

January 25 >> Lecturer Nidhisha R Pillai and clinical instructors Chitra Sharma and Mallika Paul attended a retreat on communication skills, at the Gyan Sarovar complex in Mt Abu.

February 3 >> Graduate nursing internship students, clinical instructor Mukesh and office attendant Dharmesh attended a communication retreat at the Gyan Sarovar complex.

Values for nurses

February 14/15 >> Spiritual training coordinator with the National Health Service, UK, Nirmala Ragbir-Day conducted interactive training on co-operation for graduate nursing students,



Students imparted spiritual information to villagers

assisted by senior tutor Ratheesh. This module was part of the *Values in Healthcare: A Spiritual Approach Programme*.

Creating awareness

March 8, **Women's Day** >> Students took part in a poster competition to highlight women's issues.

March 24, **World TB Day** >> Graduate nursing students participated in a poster competition on the theme *Wanted: Leaders for a TB-free world*.

February 4, **World Cancer Day** >>

Graduate nursing students delivered lectures to 50 workers employed in village Bharja and in the Global Hospital School of Nursing / Saroj Lalji Mehrotra Global Nursing College. They elucidated common cancers: of the breast, cervix, oral cavity and prostate.

Conference participation

January 28 to 30 >> Lecturer Sudhanjali, senior tutor Ratheesh and clinical instructor Mallika Paul attended a conference on de-addiction, held in the Shantivan Complex.

Induction of new batch

March 31 >> BK Mrithunjaya, executive secretary, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, medical director Dr Partap Midha and deputy director Dr Roja Tumma graced the lamp lighting (oath taking) ceremony of the 7th batch of graduate nursing students and the 13th batch of diploma in nursing students.

Farewell party

March 29 >> A farewell party was arranged for the outgoing students.

Rally-ing for ex-servicemen



Manager estates security services Col Jitendra Singh and dy manager hospital promotional services Archana Kulkarni ran the kiosk

At a Veterans' Empowerment Rally organised in the Udaipur Military Station on March 25, veterans, veer naaris (widows of former service men) and their dependents were provided information on assistance schemes. They were also given assistance to resolve pension-associated grievances and enroll themselves in the Ex-Servicemen Health Contributory Scheme and Canteen Smart Cards rolls. Representatives from the Zila Sainik Board, Rajasthan Ex-service-men Corporation, and Records Offices of some Army Regiments were on hand to assist.

Global Hospital put up a kiosk to offer simple health consultations and also share details of its services. Other health providers and companies engaged in the education, industrial, security and financial sectors also put up kiosks to suggest educational and employment opportunities.

The guest-list included 800 invitees from districts Udaipur, Sirohi, Dungarpur, Banswara, Pratapgarh, Rajsamand, Bhilwara and Chittorgarh. Traditionally, many homes in this region have sent one or more member to the armed forces.



Eye screening for poor people



Six screening programmes were arranged to identify villagers needing cataract surgery. DNB ophthalmology resident Dr Swati Goyal facilitated five of these events while deputy manager, hospital promotional services, Archana Kulkarni conducted one event. Of over 1000 patients screened in villages Badgaon, Kailash Nagar, Sildar, Bhula, Rampura and Vaktapura, 100 underwent cataract surgery.

Clinic for gastro-intestinal complaints



Starting March 17, gastrointestinal specialist Dr Dilip Kothari is offering fortnightly consultations in Jalore.

Multispeciality consultation events

Three multispeciality consultation events were held in Ambeshwar Mahadev, Mohabbat Nagar and Posalia, on January 14, January 31 and February 14. Upwards of 1200 patients consulted general surgeon Dr Somendra Sharma, senior ENT consultant Dr Sharad Mehta, junior consultant orthopaedics Dr Kailash Kadel and others. Our thanks to the sponsors: Sanghvi Sonmal Vardaji Rupaji Charitable Trust, Mahendra Jewelers Kolhapur, Sirohi Vikas Parishad and Seva Bharti Samiti.



ENT consultant Dr Sharad Mehta sees a patient



Dispensing medicine at the camp site

Caring for victims of injuries & falls

Concerted efforts help save a bear maul victim

Tanaram Bhil, 55, a resident of village Mandwada Khalsa, district Sirohi, was scalped by a bear. In the gruesome attack, Bhil's left eye was scooped out and a part of his brain was exposed.

By the time Bhil reached the Radha Mohan Mehrotra Global Hospital Trauma Centre, he had lost a lot of blood. His chances of survival were slim.

On examination, doctors found his brain protruding from his left eye ball cage. He had suffered multiple facial injuries and losses on the left side of his face, of the eye ball, bone and scalp. He had also sustained fractures on the face.

Bhil's injuries were repaired in three stages. First, the bleeding wound was managed and the multiple lacerations were stitched. The next step addressed the bones and involved skin grafting. Lastly, a flap was applied to close the remaining open wound and more split skin was grafted over the remaining frontal bone.

Concerted efforts eventually paid off.

Bhil's hospital bill was covered by the Rajasthan government's Bhamashah Swasthya Bima Yojna, a subsidised health insurance scheme.

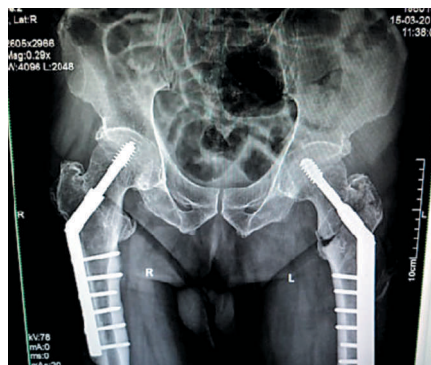


Standing, front row, left to right: Dr Roja Tumma, deputy director; Dr Seema Laad, ophthalmologist; Dr Rahul Lakhotia, anaesthetist; Dr Anil Bhansali, senior general & laparoscopic surgeon; Dr Kusum Bhansali, ENT specialist; Dr Nithin Sunku, orthopaedic surgeon & joint replacement surgeon; Dr Sajjala Joshi, deputy manager, administration

With timely care, osteoporotic elderly patients can fully recover from falls



X-ray showing the bone before the procedure



X-ray showing both hips with dynamic hip screws after the procedure on the left hip

Fulchand Gupta, 79, was brought to the Radha Mohan Mehrotra Global Hospital Trauma Centre with pain in the left hip, unable to stand or walk after a fall.

Six years ago Gupta had sustained an intertrochanteric fracture of the right hip following a fall. He underwent dynamic hip screw (DHS) plating, following which he recovered. This was in Delhi.

Now, once again, he was found to have sustained an intertrochanteric fracture, but of the left hip. Once again Gupta underwent a closed reduction with dynamic hip screw plating, performed by consultant orthopaedic surgeon and joint replacement surgeon Dr Nithin Sunku.

Gupta was discharged on the third post-operative day. Six weeks later, he could walk without experiencing pain.

Inspired to give?

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

Here comes the sun... a solar energy project

About us



<< Contractor of the solar energy project Prashant Pai, councillor of ward 11 of the Mt Abu Municipal Board (in which Global Hospital is situated) Sunil Acharya, trustee Dr Ashok Mehta and hospital infection control nurse Mathilde Sergeant performed the honours in January 2018. Ranjeet Mengane, head of the hospital's electrical department is seen standing behind Dr Mehta.

Wilde Ganzen (a Dutch media agency), the Rotary Club of The Hague and Stichting Global Hospital Nederland (a trust established in Netherlands to support the work of Global Hospital) jointly raised Rs 59,16,141 towards the

cost of implementing a 75 kW on-grid solar energy project at J Watumull Global Hospital & Research Centre.

With this solar installation, Global Hospital is meeting about 25% of its

energy need through solar, about 500 units of the 2000 units consumed daily. The monthly saving from this installation is about Rs 60,000 in winter and during the monsoon season, and Rs 120,000 in summer.

<<

(left to right)
Rita Hillhorst,
Lia Zonneveld,
Mathilde Sergeant,
Arjen Wiersma
(project designer),
Dr Partap Midha,
Jaan Marten (of the
Rotary Club of The
Hague),
Jaan's wife Els,
project contractor
Prashant Pai,
Rupesh Jain
president of the Mt
Abu Rotary Club,
secretary of the club
Prashant Ranka and
Rotarian Salil Kalma.



WHAT HAS BEEN DONE

75 kW solar energy system

COST?

Rs 59,16,141

OUTCOME?

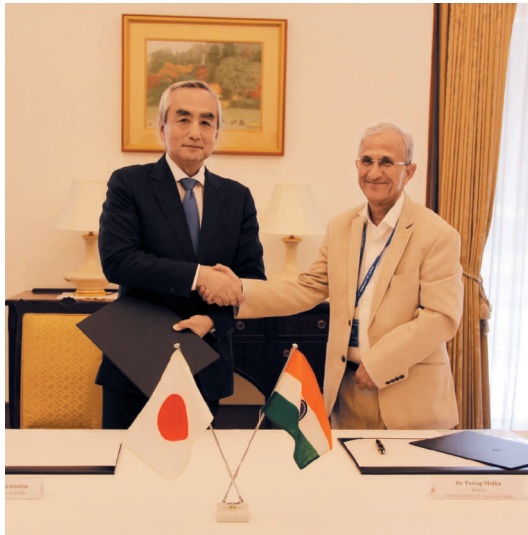
25% saving on electricity

WHAT REMAINS TO BE DONE

Phase two of the solar electrification of J Watumull Global Hospital & Research Centre would involve expanding the 75 kW on grid system to a 175 kW system with another 50 kW installed off grid to cater to equipments needing

uninterrupted power supply. At Abu Road, it is proposed to solar electrify the nursing education campus, Radha Mohan Mehrotra Global Hospital Trauma Centre and the Shivmani Geriatric Home. Contributions to this green cause are welcome! Email ghrcabu@gmail.com for more.

Japan's gift to Global Hospital



Japanese ambassador to India His Excellency Kenji Hiramatsu and medical director & trustee Dr Partap Midha shook hands after the signing ceremony of the grant contract at the Embassy of Japan in New Delhi.

The Government of Japan has awarded Global Hospital & Research Centre a grant of 7.8 million Yen, approximately \$ 70,000, towards the procurement of new ophthalmology equipment: an operating microscope, a perimeter, a non contact tonometer and an anaesthesia workstation. These will be installed in the Global Hospital Institute of Ophthalmology at Abu Road for poor patients to receive quality eye treatment.

Ambassador Hiramatsu expressed his wish that this grant would help improve the lives of people in the project area, and further strengthen the friendly relationship and cooperation between Japan and India.

Mt Abu's biggest blood donation drive



The Rotary International Global Hospital Blood Bank held nine blood donation drives between January and March where 1546 units were collected. The largest of these drives, in Mt Abu, sponsored by hoteliers Sudhir Jain and Shailesh Jain, yielded 1008 units. Co-organisers for the others included Dr Rajesh Kumar, incharge of the Community Health Centre, Reodar; the Lions Club of Pindwara; Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road; Vijay Gothwal the BJP vice president, district Sirohi; USB Goup of Colleges. Siawa; Ghanchi Samaj, Pindwada; and Anjana Yuva Mandal, Kojra.

Asset acquisition



Thanks to Thailand's Kasatri family for sponsoring a new ambulance for the Radha Mohan Mehrotra Global Hospital Trauma Centre.

Jalore eye OT commissioned

Sri Adinath Fateh Global Eye Hospital, the Global Hospital & Research Centre trust's newest unit in Jalore, crossed a milestone in March. Ophthalmologist Dr Seema Laad and senior ophthalmologist Dr Vishal C Bhatnagar started operating on patients in the unit. They performed 94 surgeries during the month including 86 cataract surgeries and 8 pterygium autografts. Roughly 1500 patients visit the unit every month, including about 150 children.

Workshop on blood products

Rajasthan State AIDS Control Society (RSACS), Rajasthan State Blood Transfusion Council (RSBTC) and Rotary International Global Hospital Blood Bank conducted a state-level workshop on the rational use of blood, on January 5-6. The over 100 attendees included blood bank incharges, medical officers and specialists such as gynaecologists and surgeons, essentially those whose patients are more likely to need blood. Dr S S Chauhan (above), project director, RSACS, and director, RSBTC, Dr Ved Prakash Gupta, director, Krishna Rotary Blood Bank, Kota, and others delivered lectures.



New joinee

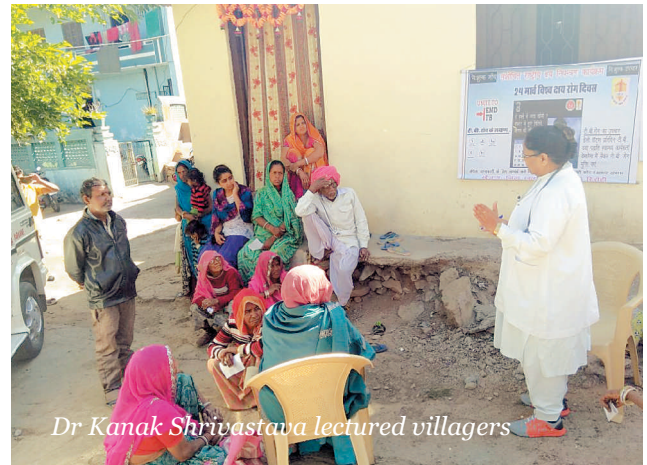
Dr Kusum Bhansali joined Radha Mohan Mehrotra Global Hospital Trauma Centre as ENT Specialist.

Wanted: Leaders for a TB-Free World You can make history. End TB

To lead communities towards a TB-free world you need to know how TB spreads, how it is treated and how to safeguard against developing the disease. To celebrate this year's World Health Organisation theme for World Tuberculosis Day, village outreach programme (VOP) head Dr Kanak Shrivastava and medical officer with the VOP Dr Manisha Maindad addressed gatherings of adults on these aspects. A snapshot of their work during the year follows:



Dr Manisha Maindad spoke on TB



Dr Kanak Shrivastava lectured villagers

TB VITAL STATS APR 2017 - MAR 2018

420
SPUTUM
TESTS

78
POSITIVE
SPUTUM
REST
RESULTS

25
ON
TREATMENT
AS ON
MARCH 31,
2018

17
PATIENTS
REFERRED

village outreach programme

VOP VITAL STATS JAN - MAR 2018

1845
PATIENTS
CONSULTED
IN FIELD

495
VOP WALK
IN PATIENTS

48
ADMITTED
PATIENTS



Teaching the young, about the ill effects of tobacco and alcohol

VOP head Dr Kanak Shrivastava addressed a group of school children in village Achalgarh on the ill effects of tobacco and alcohol addiction. Addiction to tobacco and betel nut is rampant in India and a major cause of oral cancer.

VOP care extends to hospital admissions, a child's story

Naina Kunwar, 8, a resident of Aarna, a VOP adopted village, was brought into the casualty suffering from generalised tonic clonic seizures. Sensing the gravity of the situation, paediatrician Dr Pankaj Gupta admitted her to the Intensive Care Unit.

Investigations showed that Naina was suffering from meningitis, a brain fever that can take time to cure because the medicine has to penetrate deep into the brain. In Naina's case, it necessitated a hospital stay of over a month. During this time, she developed Steven Johnson's Syndrome, a skin disorder, a side effect of the seizure medicine, which head of the VOP and dermatologist Dr Kanak Shrivastava treated.

Naina's mother, a widow, works as a wage hand, earning about Rs 5,000 a month to sustain Naina and her two school-going brothers. She was grateful that Naina was treated for free.