



newsletter

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Practising medicine rightfully

Who would believe that I am sincere about spirituality if I do not walk the talk? Only when I live by spiritual wisdom in my daily life do I become a credible advocate and teacher of spirituality. The challenge is to emerge spirituality in every step of life.

We strive so much to acquire learning, a position, possessions, and so on. To what extent are we seeing the bigger picture when we set out on these quests? How do we infuse spiritual practice in our material pursuit?

The way I see it, the material realm represents the hardware of our life while spirituality is the software. Life becomes meaningful for us and for the world as



long as the right code is running the hardware. Then, we gain the power to be liberated from the web of materialism and tap into infinite possibilities to deliver meaning to our lives and the world.

Today the world is bereft of this guiding force. Now we know that a deficit of values was behind the last global economic meltdown and closer in the here and now, it is why the banking system is under great stress.

In the health care industry as well, we are putting great emphasis on skills, technology and processes but are we focusing on the humane? Are we thinking about how we interact with the patient? How we inspire wellness?

Ever heard of the adage—the doctor is the best medicine? By expressing care and encouragement, by living by the code of a spiritual person, a good practitioner has the power to inspire healing and recovery. This is truly the rightful practice of medicine.

— Dr Partap Midha
Medical Director/Trustee

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Tax exemption on donations

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

You said

It is indeed a great privilege and pleasure to be visiting the Global Hospital, which is doing outstanding work in mental, spiritual and physical healing.

Lt Gen S K Singh
Former Vice Chief of Army Staff
Prosecuting Member
Armed Forces Tribunal, New Delhi

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Induction of new trustees

The Global Hospital & Research Centre trust, the governing body of J Watumull Global Hospital & Research Centre and other units at Abu Road, Vadodara and Mumbai, has inducted two new trustees in 2017.

Their brief introduction:

Chetan Mehrotra is an entrepreneur and philanthropist. He manages his family charitable trusts focusing on education and healthcare since the past two decades. The trusts have supported many third party projects in the past and now have set up their own institutions in Maharashtra, Gujarat, UP, Haryana and Delhi.



Rashmikant Acharya brings three decades of global finance and technology experience managing teams of multinational corporations across 40 countries. Previously, he was a scientist at the Indian Space Research Organisation (ISRO). He also worked for aerospace programmes like B777. He is an alumnus of Indian Institute of Management, Bangalore; ESADE Business School, Barcelona and London Business School, UK.



Let's talk!



Let's talk was this year's World Health Day theme. WHO Day is annually commemorated on April 7 to create health awareness. To elucidate the need to talk, in the context of depression, Global Hospital and the Mt Abu branch of the Indian Medical Association jointly organised an awareness programme. Guest speakers included Dr Avdesh Sharma, a leading psychiatrist in Delhi and Dr Sujatha Sharma, a clinical psychologist (seen in the photo to the left).

Special services

Dermatologist Dr Sunil Mishra from Mumbai saw 61 patients on April 11.

Fifteen patients consulted nephrologist Dr Anand Narayan Malu from Solapur between May 26 and 29. Dr Manjunath, a nephrologist from Gulbarga, saw eight patients on April 9.



Dr Manjunath sees a patient

Dr Shekhar Kadam, a leading pulmonologist from Mumbai, saw 55 patients on April 7 and 20 patients were investigated for breathing difficulties.

Neurologist Dr Ankur Wadhwa from Delhi saw 26 patients on April 25. Another neurologist from Delhi saw 15 patients on April 11.

Joint replacement surgeon and medical superintendent at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed 38 surgeries, assisted by orthopaedic surgeon Dr Kailash Kadel and registrar, orthopaedics & emergency department, Dr Murlidhar Sharma, between April and June.

Lectures delivered

Topic ~ Who, with designation ~ When

Clinico radiological conditions in chest medicine, Dr Shekhar Kadam, chest physician, Mumbai, April 6

Treatment of oncology patients from a nursing perspective – A Dutch experience, Simone Messelaar, oncology nurse, Reinier, de Graaf, Delft, The Netherlands, April 27

Handling medico legal cases, Dr N K Goyal, CM&HO, Government Hospital, Mt Abu, May 25

Electrolyte imbalance in Chronic Kidney Disease patients on haemodialysis, Dr Anandnarayan Malu, consultant kidney specialist, Solapur, May 27

MELANGE

Helping to create a registry of stem cell donors

On May 8 and 9 respectively, staff, students and others attended talks on blood stem cell therapy at the Radha Mohan Mehrotra Global Hospital Trauma Centre, in Abu Road, and at Global Hospital.

DATRI, a registry of blood stem cell donors, conducted the events. Essentially, DATRI works to help people fighting life-threatening blood diseases like blood cancer, thalassemia and others, by matching a database of voluntary donors with patients.



Nancy Agnihotri Khanna from DATRI took cheek swabs from the 222 audience members who signed up as volunteers

Training staff, district healthcare workers



Dr Samta Soni (seen to the left) and faculty from the Society of Midwives India ran a workshop, *Caring for mothers and their newborns: midwives role*, on June 25. In attendance were about 70 delegates from the hospital and its branches at Abu Road, and anganwadis from district Sirohi.

In memorium

Ravindra Kumar

Second year student at the Saroj Lalji Mehrotra Global Nursing College, Ravindra Kumar, took his life on May 12. A condolence meeting was held on June 14.

His action and students' concerns raised after the loss prompted a lot of introspection on campus. To engage with students on a dimension beyond

the student-teacher relationship, to ensure the prompt redressal of their problems, counselors are now visiting students. Kalpana Bhandare, spiritual counselor from J Watumull Global Hospital & Research Centre, Mt Abu, visits weekly while Dr Rupal Shah, consultant clinical psychologist at the Radha Mohan Mehrotra Trauma Centre, Abu Road, visits daily.



Nursing students explain posters on depression to visiting school students during an exhibit after WHO Day

World Health Day

April 7

Students of Global Hospital School of Nursing commemorated this year's theme, *Let's talk*, in the context of depression, a global health challenge, with a skit and talks to create awareness about depression. Ratan Thadani, director of the Brahma Kumaris Spiritual Organisation, UK, and Dr Rupal Shah, consultant clinical psychologist delivered talks. Kumari Manti, Sanjay Kumar and Neelam Gurjar, in that order, were winners of a poster competition.

Career counselling

April 7

Dr Jai Singh from the film industry in Mumbai briefed students on a career in film making. Local radio station Radio

Madhuban 90.4 FM arranged this interaction.

Facilitating blood donation

April 9, 16

Internship students helped staff from the Rotary International Global Hospital Blood Bank run a blood donation programme in the Shantivan complex, where 150 units of blood were collected. At another event co-organised by the Ambedkar Group Meghwal Samaj, Reodar, 71 units of blood were collected.

Volunteering at a health event

April 15

Internship students helped assess patients health during a medical programme arranged by the Brahma Kumaris at Manpur, Abu Road. They

Report Card

In June, the Rajasthan University for Health Sciences declared the annual result for the second, third and final year students, session 2015-16.

Year 3 and year 4 reported a 100% result; year 2 reported 90% pass rate. Year 4 student Teena excelled with 78%, third year student Aakriti topped with 78% and second year student Leena maintained her class position with 75%.

Nursing education Activity diary

measured patients' blood pressure, height, weight, waist and hip circumference. They imparted healthy lifestyle information to attendees.

Soft skills training

July 13, 20 and 26

Shrinidhi K, deputy manager, Training & Development, conducted interactive workshops on AIDET (Acknowledge, Introduce, Duration, Explanation & Thank You), a patient communication tool protocol, for third year college students.

A lecture on discipline

July 22

Global Hospital physician and intensivist Dr Sachin Sukhohale delivered an interactive lecture on the role of discipline in a student's life. Students chipped in with their ideas.

Dr Sachin Sukhohale delivered a lecture on discipline





Above: Mathilde Sergeant honours executive president of the Rotary The Hague Metropolitan Jan Maarten Bosch, Dr Partap addresses the audience

Fund-raising in Holland

Medical director and trustee Dr Partap Midha flew to The Netherlands to attend a gala dinner hosted by the Rotary Club The Hague Metropolitan in support of *The Power To Heal*, their project designed to help J Watumull Global Hospital & Research Centre by solar electrifying a part of the hospital. This event held on May 13 was a great success, helping to raise Euro 30,000.



Right: The organisers: Mathilde Sergeant, Vishnu Bipat, Arien Wiersma and Dr Partap Midha

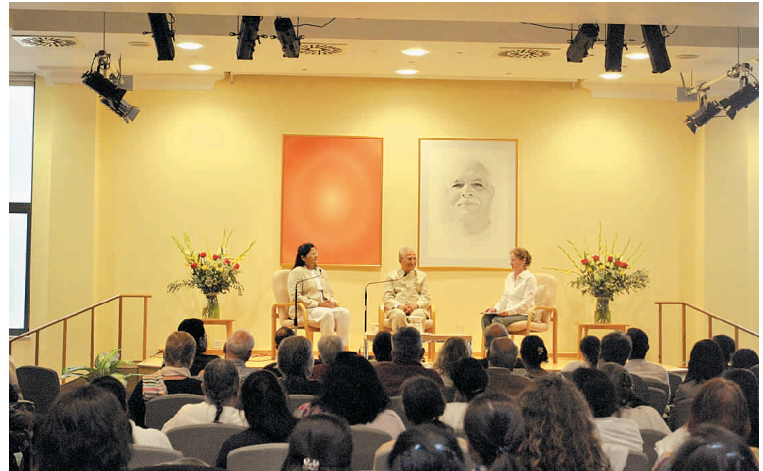
Below: Dr Julia, Dr Partap and Sujata in conversation

Introducing Global Hospital in UK

Hospital with a Big Heart...helped into being by the hearts of many, a programme to introduce the hospital's work was held on May 16 in London, UK. Dr Julia Phythian-Adams, a doctor with a special interest in holistic healthcare, introduced the evening to 210 attendees and 110 online joinees, and moderated a dialogue with Dr Partap and dietician Sujata Rathi.

Dr Partap explained why the aim in 1991 was to create a patient-centered hospital based on spirituality, and how the service expanded to the community, giving Global Hospital the moniker 'hospital without walls'.

Justifying the focus on spirituality and holistic healthcare, Dr Partap said: *Modern medicine is needed and is vital to our health, but if we are open in our approach and we focus on lifestyle and right kind of diet and stress management then people would benefit much more. With so many studies on meditation, now in many medical schools spirituality is seen as relevant to our lifestyle and healing. Policy makers and those who design courses need to pay attention to this.*



At 12 screening events to identify children in need of cleft corrective surgery, field supervisor Rajendra Singh (seen to the left with a patient) and field worker Rampal Singh Shekhawat saw 117 patients, of whom 55 were admitted for surgery. Seven events took place in Rajasthan, five in Gujarat. Three-wheelers were pressed into service to spread the word!

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 for details of a bank account to transfer funds

1 Treating warts with homoeopathy

A young male patient from Mt Abu presented in the department of homoeopathy with elevated hard nodular warts on his left foot.

Visiting homoeopath Dr Yogesh Mehta treated him over a couple of weeks. The patient was happy with the result.



CASES

2 Treating a vascular malformation

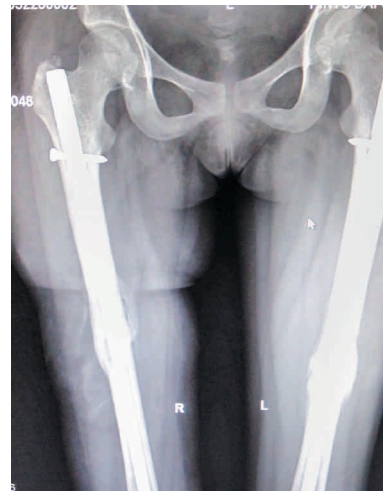
Laxmi Kumar, 22, had a growing mass on her right lip. Plastic surgeon Dr A Gopalakrishna diagnosed this mass as a hemangioma, an arterial venous malformation.

Dr Gopalakrishna operated on her with registrar, ENT, Dr Keyur Mevada. Seven months later, plastic surgeon Dr Ayyappan Thangavel performed a second operation for the recreation of the right lip commissure, also with Dr Mevada.



3 Treating polytrauma

Before



After

Pintu Bai Garasia, 20, a young lady of tribal origin, suffered multiple injuries in a road traffic accident.

- Muscle deep laceration with bone exposed in her right thigh with a fracture mid shaft
- A fracture of the left shaft femur
- A laceration on the right side of the scalp
- A laceration on the left forearm
- Blisters with redness from the left knee to the mid leg

Consultant orthopaedic surgeon at the Radha Mohan Mehrotra Global Hospital Trauma Centre Dr Ashok Gupta performed debridement and primary closure of the contused lacerated wound, and in two sittings, close reduction and internal fixation with an interlocking femoral nail of the right and left femur.

Pintu could walk comfortably without any support after this, and she was discharged thereafter.

5

DIAL-A-DOCTOR

Need an appointment? Call Archana Kulkarni, manager, hospital promotional services on 9413775349

A change of guard in the department of plastic surgery

Dr Ayyappan Thangavel (see right for photo) has more than two decades of experience in cosmetic surgery. He presently consults at the LaDiva Centre of Excellence at SAL Hospital, Ahmedabad, offering laser, hair transplant, cosmetic and plastic surgery.

Previously, he consulted at Apollo Hospitals, Ahmedabad. Dr Ayyappan has also served as associate professor at the Department of Burns & Plastic Surgery, B J Medical College & Civil Hospital, Ahmedabad. He has worked as a specialist plastic surgeon and teaching faculty with the Aesthetic, Plastic Reconstructive & Surgery division, Prince of Wales Hospital, the teaching hospital of the Chinese University of Hong Kong's Faculty of Medicine.

Now appointed visiting plastic surgeon at J Watumull Global Hospital & Research Centre, Mt Abu, Dr Thangavel's expertise will benefit cleft lip and cleft palate patients as well as those in need of reconstructive and cosmetic surgery. He shared a few pointers:



about us

What makes cosmetic & plastic surgery your passion?

What I find most satisfying is the way cosmetic and plastic surgery can enhance self esteem. I see so many such cases. Every year I conduct free surgery for less privileged people in Veraval, Gujarat. Once, I performed a transfer of fat to the face of a poor girl to restore her facial symmetry. Her confidence was significantly restored. Having said that, I know that cosmetic surgery is a controversial subject. It is typically perceived to pamper vanity. There is a fine line between boosting confidence and boosting ego. It is up to the doctor to accept or decline a case.

What are some common surgeries that women and men opt for, which you offer?

Women ask for liposuction, tummy tucks, rhinoplasty, breast augmentation, breast reduction and butt lifts. Men ask for hair transplants, gynaecomastia surgery, rhinoplasty, liposuction and tummy tucks.

Sometimes cosmetic surgery goes terribly wrong. Why does this happen?

A lot depends on the doctor's ability. Choosing your surgeon is the most important decision you will make. What makes this tricky is that the onus is completely on the patient.

Patients needing neurosurgery or cardiac surgery usually ask their family doctor for a recommendation but in this line, patients alone choose the cosmetic surgeon. Most of my patients found me on the web.

It helps to know the difference between a plastic surgeon and a cosmetic surgeon. Plastic surgery is a recognised medical speciality. Whereas, any doctor with primary training and certification in general practice, paediatrics, gynaecology or another discipline can become a cosmetic surgeon with further training lasting from a few weeks to a few months. So, safety is a big reason to pick a plastic surgeon over a cosmetic surgeon. The American Society of Plastic Surgeons, which is the largest organisation of board certified plastic surgeons in the world, has established clear safety guidelines for practicing surgeons.

What can improve the outcome of plastic surgery?

Having realistic expectations from the surgery is vital; the goal is improvement, not perfection. Tell the surgeon about your aim. Don't decide to go in for surgery in haste. Understand the risks involved. Visit the doctor at least twice before you decide to go in for surgery. Everyone is asymmetrical and each patient can have a different result. So, it is important for the doctor to tailor the care to the needs of each patient.

For the best results, diabetes and other chronic medical conditions must be under control, and the patient should have had a stable weight for six months to one year.

Also stop smoking and avoid secondhand smoke for at least six weeks before surgery and after because nicotine, carbon monoxide and other toxins decrease blood flow to the skin, adversely impacting wound healing, worsening scarring and increasing the risk of complications.

Tell us something that most patients may not know about cosmetic surgery.

Surgical scars can improve with time and special treatment.

The recovery time varies by person and procedure, but a minimum of 3 to 6 weeks is typical. You may need follow-up surgery to achieve your goal. We usually recommend waiting at least one year between surgeries.

What do you still hope to achieve in this field?

I am on a journey of continuous learning. We keep lifting the benchmark and perfection is always a worthy goal to pursue. I aim at blending knowledge and devotion for optimal patient care to restore the body and mind.

Restore sight, restore life

A very sad Suresh



When I lost my sight, people said I was facing life bravely. But it was not bravery. I had no choice. I had started to believe that I had to live in that darkness.

Suresh Garasia, 18, developed cataract in both eyes as a result of uncontrolled diabetes. With no access to treatment, he became bilaterally blind and fully dependent on his family.

One day he heard that Global Hospital Institute of Ophthalmology offers blindness correction surgery. He asked his mother to accompany him to the screening site.

After controlling his 500+ blood sugar, senior ophthalmologist Dr Vishal Bhatnagar operated on one eye. The next day, Suresh found that he could see! He was so excited that he asked for the other eye to be operated on immediately!



Suresh beaming with joy!

Who are our paediatric ophthalmology donors?

PlayGames 24x7 Pvt Ltd and Dr Shroff's Charity Eye Hospital have come forward to ensure that children (under 16 years) from poor households can avail all kinds of eye surgery, in addition to the free cataract surgery available under the government-sponsored National Blindness Control Programme. They are also sponsoring the screening of pupils of government schools for eye ailments and spectacles for needy children. Watch this space for more stories!

World Blood Donors Day

Don't wait for a disaster to happen, give blood, give now, give often

--2017 theme

Rotary International Global Hospital Blood Bank celebrated World Blood Donors Day on June 14. About 450 voluntary blood donors were felicitated for having donated blood twice or thrice last year. Another 50 people who helped organise blood donation drives were also felicitated. Suresh Kothari, chairman of the Urban Improvement Trust, Abu Road, graced the event (*seen in candle*

lighting photo below). Six blood donation drives during the quarter yielded 500 units with two events each yielding over 100 bags. Event partners included the Raktdan Sewa Samiti, Reodar; Kheteshwar Yuva Mandal, Pindwara; Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road; Binani Cement, Pindwada; and Officers Club, JK Lakshmi Cement, JKPuram.



How to screen patients for diabetic retinopathy



Global Hospital Institute of Ophthalmology is creating diabetic retinopathy screening capacity in four non communicable disease clinics in Community Health Centres in district Pali, and in the Pali government hospital.

The Queen Elizabeth Diamond Jubilee Trust, UK, partnered by London School of Hygiene and Tropical Medicine, UK, are funding this initiative through the Public Health Foundation of India.

Training is an important part

of capacity-building.

In May, four ophthalmic assistants and two ophthalmologists working in the government hospitals were trained in fundus photography using an optical coherence tomographer and the doctors were additionally also trained in treatment.

Project head Dr V K Sharma and manager Dinesh Singh, seen in the photo above, third and second from right, coordinated and planned this training at Global Hospital Institute of Ophthalmology.

village outreach programme

Malnutrition Free Family Project

Kuposhan Rahit Parivar Yojna (Malnutrition Free Family Project) is an initiative of the Village Outreach Programme (VOP) team, funded by Toddler Food Partners, a US based not-for-profit.

In May 2017, medical officer with the VOP Dr Manisha Maindad surveyed 304 pre-school going children (age less than 5 years) in 11 adopted villages around Abu Road. These children were from poor families, mostly of tribal-origin. With the help of field workers, she took the children's height, weight and middle upper arm circumference measurements.

Two in three children were found to be malnourished, 13% with sub-acute malnutrition and 54% with moderately-acute malnutrition.



field worker measures a child

To address this malnutrition, an eight-week intervention was rolled out in four villages: Takia, Jaidra, Kyaria and Bageri Chandela, where 15 children were sub-acutely malnourished and 44 had moderately-acute malnutrition. The children were put on a micronutrient-rich dietary supplement, twice the quantity for children with sub-acute malnutrition. Some parents opted to feed their children only the supplement, others continued with a regular diet. How did the children fare? Watch this space for the outcome!

Shun addiction: message to students



Since addiction to noxious substances like tobacco and betel nut starts at an early age, medical officer with the VOP Dr Manisha Maindad is teaching older pupils in the villages she visits about the adverse effects of addiction. Seen above in the village Jaidra senior secondary school.

VOP VITAL STATS

APRIL ~ JUNE 2017

971 PATIENTS CONSULTED IN FIELD

344 VOP WALK IN PATIENTS

46 ADMITTED PATIENTS

Vitamin A drops

In 2016, the VOP had tied up with Vitamin Angels, a global charity distributing vitamins and deworming tablets to organisations working at the grassroots level for administering to children at risk of malnutrition. This distribution through the VOP team is going strong. During the quarter, VOP head Dr Kanak and medical officer Dr Manisha Maindad administered the drops to 209 children and tablets to 197 children.



dr kanak shrivastava administering vitamin a

Doorstep services again!

Dr Kanak Shrivastava has resumed twice weekly visits to villages near Mt Abu: Aarna, Achalgarh, Jawai, Oriya and Salgaon. With this, each village is visited once a fortnight. Such services were originally a VOP offering but had lapsed sometime after the demise of the VOP founder Dr Vinay Laxmi. Villagers still continued to step into the hospital for health services.



dr kanak shrivastava consults in village jawai