



newsletter

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Life in Balance

By Dr Partap Midha, Director

Can you reduce your wants without losing out on diverse experiences?

Spiralling carbon emissions, sharp drops in forest cover, ecosystems falling apart are just some of the outcomes of modern living. What is behind these alarming changes?

Our choice of lifestyle. And what can that decision be traced to?

Our thoughts.

Father of the nation Mohandas Gandhi famously said: *there is enough on earth for everybody's need, but not enough for everybody's greed.*

To the extent that we project our wants—our inner world—onto the external world, our inner and outer worlds are interconnected and interdependent.

Wanting too much is proving disastrous for our world.

Wanting just enough is sustainable. However, wanting just enough, not merely at this moment but all the time, comes from a deep awareness of the association between the inner and the outer.

Wanting just enough represents a state of equilibrium, a perfect balance between care for the self—the inner world—and care for others—the outer world. Others includes family and work commitments as well as social and environmental responsibilities.

A mind in balance would not ask: will reducing my wants lessen the scope for creativity and newness in my life? What about all the different experiences I seek?

A mind in balance is in control. There are no anxieties on the possibility of getting out of control.

Balance is not something you attain once. You have got to work on it every day for the rest of your life!

Core values like integrity, commitment and compassion are essential for balance.

Journalling can help inculcate a balanced state of mind because it compels daily reflection. Revisiting events and decisions after a break—sometimes, even after a few hours—can help gain the perspective of a detached observer. This is invaluable: to learn from past mistakes and make better, more balanced decisions in future.

My biggest motivation for achieving balance in life has been the law of karma, of action and reaction. Knowing that what goes out will come back makes me want to do good!

Looking at the larger picture, the peace we all want can only happen when we make living in balance a personal priority.

J Watumull Global Hospital & Research Centre celebrated 25 years of service to humanity on October 24. Thank you for your support all these years.

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You said

An example of holistic health—confluence of medicine and spirituality.

Arun K Panda
Addl Secretary
Ministry of Health & Family Welfare
Government of India
New Delhi

Did you know?

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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 mail@ghrc-abu.com or call +91 9414152125.



Guest lectures

July 5, Dr Jayanthi Narayan, former deputy director, administration, National Institute for the Mentally Handicapped, Secunderabad, *Screening & Rehabilitation of People with Disabilities*
 July 14, Dr Shiroz Munshi, head, Department of Pain Management, Mediheal Grp of Hospitals, Kenya, *Interventional Pain Management: Basics & Beyond*
 August 6/7, Kimberly Bain (seen in the photograph above), former chair & current vice-chair, International Association of Facilitators, Canada, workshops on *Dealing with Conflicts and Facilitation Skills*
 August 22, Dr Shekhar Kadam, chest physician, Mumbai, *Oxygen Therapy*
 August 24, Dr Sunil Mishra,

dermatologist, Mumbai, *Common Skin Disorders Part 2*

August 26, Dr Lalit Kumar, professor & head, Medical Oncology, Dr B R Ambedkar Institute Rotary Cancer Hospital, AIIMS, New Delhi, *Stem Cell Transplantation*
 August 27, Dr Shrirang Sanglekar, consultant physician, *Diabetes Management*

August 27, Dr Mohit Gupta, professor of cardiology, GB Pant Hospital, Delhi, *Hypertension*

A live webinar was streamed on July 2. Dr AG Unnikrishnan, chief endocrinologist & CEO, Chellaram Diabetes Institute, Pune, on *Pre Gestational Diabetes--An Endocrinologist's Point of View.*

Conference/training participation

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

Deena Macwan, Smita Prajapati, Meena Vadasariya, nursing supervisors ~ national seminar: Sexual Harassment of Women at the Workplace ~ Global Hospital School of Nursing & Saroj Lalji Mehrotra Global Nursing College co-sponsored by the Indian Council of Medical Research ~ Abu Road ~ July 16

Dr Archana E, dental surgeon ~ 7th Annual Orthodontic Seminar ~ Clinical Orthodontic Workshop ~ Mumbai ~ August 7

Dr Somendra Mohan Sharma, laparoscopic surgeon ~ course: Laparoscopic Hernia Surgery ~ Centre of Excellence for Minimal Access Surgery Training ~ Mumbai ~ August 8/9

Pallavi Mehrotra, quality associate ~ workshop: Documentation Requirement for Patient Safety and Quality Improvement ~ National Accreditation Board for Hospitals & Healthcare Providers ~ Delhi ~ August 16

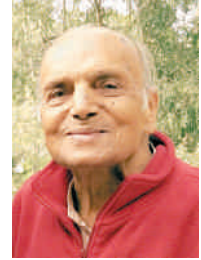
Dr Kanak Shrivastava, chief VOP ~ training: Integrated Vitamin A Supplementation and Deworming (VAS+D) ~ Vitamin Angles Committee ~ Jaipur ~ July 26

DIAL-A-DOCTOR

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

In memorium

Dr Gyan Prakash, former director, Medical & Health Services, Government of Rajasthan passed away on September 11. Dr Prakash was an invaluable advisor and mentor to the hospital since its inception.



Super-specialist services

Mumbai pulmonologist Dr Shekhar Kadam saw 16 patients in August, and conducted six spirometry exams.

Mumbai dermatologist Dr Sunil Mishra saw 62 patients in August.

16 patients consulted a visiting neurologist from Delhi in August.

Urologist from Gwalior Dr Brajesh Singhal performed two cases in August.

Between July and September, joint replacement surgeon and medical superintendent at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed 46 surgeries, assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

MELANGE

Preparing for accreditation with the National Accreditation Board of Hospitals & Health Providers

A training session on *Care of Vulnerable Patients* was organised for out-patient department assistants, nursing assistants, outdoor and indoor reception staff and ward assistants on July 18 and 22.

In early August, Dr Medha Kelkar, a consultant from Pune, delivered talks for consultants, medical officers and nurses on documentation standards, high risk medications, NABH assessment preparations, etc.

Also, housekeeping staff and the hazardous materials (HAZMAT) team underwent HAZMAT handling training in early August.

Manager estates, services and security Colonel Jitendra Singh delivered a talk on *Fire Safety Readiness* on September 8.

World Population Day

July 11

Third year Global Hospital School of Nursing students spoke on population explosion and family planning in Chandela village.



Students used a chart to explain the outcomes of population explosion to villagers in Chandela

key sessions included: *Meaning, Causes and Psychological Determinants of Sexual Harassment of Women* by Radha Saini, convener, ICMR, New Delhi; *Identifying Safety Challenges Among Nurses in India*, by Mahalingam Venkatesham, assistant professor, Himalayan College of Nursing, Dehradun; *Organisational Practices for Women Safety and Prevention of Sexual Harassment at the Workplace* by Deepa Anbu, vice principal, College of Nursing, Galgotia University, Noida; *Legal Implications of Sexual Harassment at the Workplace and the Role of NGOs* by Maitrayee Bordoloi, assistant professor, IP University, New Delhi.

Seminar: Sexual Harassment

July 16

Global Hospital School of Nursing arranged a seminar, *Sexual Harassment of Women at the Workplace*, co-sponsored by the Indian Council of Medical Research (ICMR). The

nursing education activity diary

Oral Rehydration Solution Day

July 29

Third year nursing school students explained the signs and symptoms of diarrhea and the benefits of oral rehydration salt (ORS) therapy in Chandela village. Using charts and demos, they told the villagers how to prepare ORS solution.

played breast feeding for the benefit of villagers in Bharja. Third year nursing school students explained breast feeding methods and the importance of breast milk and baby care at a paediatric hospital and at the Government Hospital in Abu Road.

Cancer Conference

July 23

Clinical instructor Mukesh and second year Radha Mohan Mehrotra Global Nursing College students attended a conference on *Prevention and Treatment of Cancer* at Madhav University, Abu Road.

Workshop: Conflict Resolution

August 9

College and school staff participated in a workshop on Conflict Management, facilitated by Kimberly Bain, current vice-chair of the International Association of Facilitators, Canada.

Breastfeeding Week

August 4

Lecturer Alexander PC and fourth year college students role

Volunteering during a Mini Marathon

August 21

Clinical instructor Ratheesh and college students served those participating in a mini marathon, an initiative of the Prajapita



College students with the life skills training faculty

Brahma Kumaris Ishwariya
Vishwa Vidyalaya.

Workshop: Financial Inclusion

August 24

Trainer Digvijay Singh imparted useful information on earning and saving techniques.

Life Skills Training

September 23 to 29

Fourth year college students gained from sessions on moral values, spirituality, ambitions, etc. conducted during a life skills training programme arranged by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya at their Shantivan complex.

Ahmedabad Visit

September 1/2

Second year nursing school students visited the mental and cancer hospitals for exposure to nursing techniques.

National Nursing Conference

September 30 to
October 2

Honourable minister of state Faggan Singh Kulaste, Health and Family Welfare, Government of India; Dr Joginder Sharma, dean, Faculty of Nursing, Rajasthan University of Health Sciences, and principal, Government Nursing College, Jaipur; and others delivered valuable lectures during a National Nursing Conference co-organised with the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

Volunteering at World Congress on Cardiology

September 22 to 25

Second and fourth year college students, the principal and faculty volunteered at the World Congress on Clinical, Preventive Cardiology & Imaging, held in Shantivan, Abu Road. They also benefited from attending some speeches.

| a talk on breastfeeding



Glimpses from the Bali multispeciality consultation programme



1: Orthopaedic surgeon Dr Kailash Kadel

2: Registrar in ENT Dr Keyur Mevada

3: Diploma in Ophthalmic Techniques student Jinesh performed syringing at the camp site

4: DNB Ophthalmology resident Dr Kamlesh Damore

On September 4, about 880 people attended a multispecialty consultation camp at Bali, in district Pali.

In attendance were general surgeon Dr Ashok Manchanda, orthopaedic surgeon Dr Kailash Kadel, registrar in ENT Dr Keyur Mevada, dental surgeon Dr Archana E, DNB Family Medicine residents Dr Shanti Ahir and Dr Pratik Patel, DNB Ophthalmology resident Dr Kamlesh Damore and others. Pharmacist Haritha C and Dinesh Paliwal

dispensed medicines. Nursing assistants Yogesh, Karan, Magan, Nagendra aided the group. Hospital promotional services manager Archana Kulkarni coordinated the event, Hansaram Rana assisted.

After the event, 35 cataract patients were ferried to Global Hospital Institute of Ophthalmology for surgery at no cost, and escorted back thereafter.

This initiative was sponsored by the Jain community.

Consult a joint specialist, in Raipur, Pune

Joint replacement diagnostic & screening programmes were held in Raipur, Chattisgarh, and in Pune, Maharashtra, on August 7 and September 24 respectively.

Joint replacement surgeon at BSES MG Hospital, Mumbai, Dr Narayan Khandelwal and Dr Murlidhar Sharma, registrar, orthopaedics, were available for consultations. Together, they saw 300 patients. Working behind the scenes to arrange these events was Archana Kulkarni, manager, Hospital Promotional Services. Visiting

anaesthesiologist Dr Gurcharan Singh Ghatoda joined the team for the event in Raipur.



Dr Narayan Khandelwal and Dr Gurcharan Singh Ghatoda (right, in white) saw patients



UPDATE: Community ophthalmology

In August, Jagat Partap Singh, supervisor, Hospital Promotional Services, signed up for a one year full time Diploma in Eye Health Management course at LV Prasad Eye Institute (LVPEI), Hyderabad.

LVPEI, a technical mentor to Global Hospital Institute of Ophthalmology, is sponsoring this training, after which it is proposed to relocate Singh to the Global Hospital & Research Centre trust's new eye unit coming up in Jalore.

It was also decided that the LVPEI Seva Foundation will sponsor the cost of conducting 100 cataract surgeries this winter.

SURGERY/BREAST TUMOUR

Removal of gigantic benign tumour



BREAST TUMOUR

A 45 year old woman from rural southwest Rajasthan first felt a swelling in her left breast seven months ago. It rapidly grew in size but she did not seek any medical treatment because she had no money to travel to a nearby medical facility. Gradually the tumour attained the size of a football—10.5 inch x 10.5 inch—but she continued to ignore it in favour of other priorities. When the tumour ulcerated and started smelling like rotten flesh, she resigned herself to die. She confined herself to a corner of her house.



AFTER SURGERY

It was then that a male nurse belonging to her village happened to visit his home and heard about her plight. Knowing that Global Hospital does not discriminate between patients based on their ability to pay, he brought her to the hospital, where she was admitted under the care of general and laparoscopic surgeon Dr Somendra Sharma, who removed the tumour. Luckily, the mass was benign. She recovered well.

Making a difference to poor people’s lives

PLASTIC SURGERY/JAW RECONSTRUCTION

Creating a jaw

Harshad Mevada, 26, presented to the dental out patient department with a small jaw, unable to open his mouth and chew food properly.



BEFORE JAW SURGERY

Mevada was diagnosed with retrognathia, small mandible, a deformity of the jaw.

Dr Keyur Mevada and Dr A Gopalakrishna performed bilateral distraction osteogenesis of the lower jaw, they operated on Mevada twice, in February and March 2016.

Thereafter, he was prescribed aggressive physiotherapy and orthodontic treatment, for which he visited Dr Saurav Mistry, a visiting orthodontist with Global Hospital practicing nearer Mevada’s hometown.

Mevada is very happy with the outcome, delivered at a fraction of the cost of such surgery in a city.

AFTER JAW SURGERY



PAEDIATRICS/TUBERCULOSIS IN A CHILD

Treating tuberculosis in a child

Kavita Garasia, 4, hails from village Ambaverifali, Chandela, one of the adopted villages of the Village Outreach Programme. Her parents Shanti and Laxman Garasia, who work on a farm and as a daily wager respectively, brought her to Global Hospital for fever, cough and diarrhoea.



KAVITA, SEVERELY MALNOURISHED

Kavita’s older brother and sister aged 7 and 6 respectively go to school. They are healthy but she, her parent’s fourth born, has been suffering from malnutrition since birth. She has previously been admitted to the hospital for malnutrition.

This time, she tested positive for tuberculosis, for which she was prescribed medicine—the government-prescribed Directly Observed Treatment, Short Course, the global standard treatment for tuberculosis—and supplements.

Kavita will be monitored by a field worker of the Village Outreach Programme for six months until she makes a full recovery.

Kavita was treated for free in view of her family’s low socio-economic standing.

Presenting the biggest ever machine acquired in the hospital's 25 years...



Left: Rajasthan health minister Rajendra Rathore inaugurated the new machine in the presence of managing trustee BK Nirwair and others

Right: Images of CT scans done on the new machine

A new 128 slice multi detector CT Scanner—model GE OPTIMA 660 M40 Freedom Edition—was commissioned at the Radha Mohan Mehrotra Global Hospital Trauma Centre in August 2016. Radiologist Dr Ananda B takes a few questions about its key features.

Q: *CT Scanners are usually associated with high exposure to radiation. How does the new machine fare in this context?*

One of the GE 128 slice multi detector CT Scanner's biggest advantages is that it is based on innovative low dose technology that speedily delivers high image quality, dose efficiency and rapid image reconstruction times. Cutting the radiation exposure by 40-50% is a big benefit for patients.

Q: *Cardiac CTs are taking off in cities. Will you be offering this facility?*

We certainly will be offering high resolution cardiac and coronary imaging and CT angiography. We will be able to identify blockages in the arteries supplying blood to the heart, their exact location, the percentage of stenosis and the nature of the plaque. Making this test available for the people of southwest Rajasthan is a big boon. Unlike conventional catheter angiography, a cardiac CT angiography is a non-invasive test done without hospitalising patients, after administering medication for reducing the heart rate to 60 to 65 per minute. A normal report rules out the possibility of a coronary artery blockage in the near future.

Coronary CT angio is also extremely useful in evaluating the patency of stents and the condition of the bypass graft post-CABG.

A preliminary screening of the health of arteries can be done by evaluating the Calcium Score. A low Calcium Score is synonymous with low risk of occlusive coronary artery disease. Calcium Scoring can be completed in a matter of seconds.

Q: *What are some of the neurological studies the new CT Scanner will facilitate?*

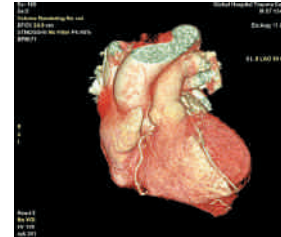
We have acquired the capability for cerebral angiographies, cerebral venograms, brain perfusion studies and other displays. These will be useful for detecting ischemia or haemorrhage in brain strokes, identifying cases of acute ischemic stroke, detecting and grading carotid artery stenosis, identifying cortical and cerebral venous thrombosis, detecting the cause of intracranial haemorrhage, etc.

Q: *Can the CT Scanner facilitate any procedures that are conventionally done physically?*

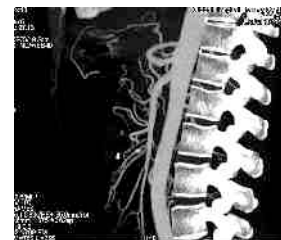
Yes, the CT Scanner can perform virtual bronchoscopy, a procedure well suited for foreign body identification and localisation, endo tracheal and endo bronchial tumour evaluation, and assessing the effect of mediastinal or pulmonary mass on airway lumen. It can also perform virtual colonoscopy for the detection of intraluminal colonic pathologies like polyps.



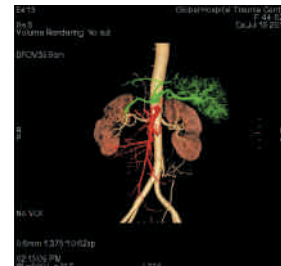
CT coronary angiography VRT images of aorta, coronary arteries and their branches



CT coronary angiography heart view VRT Image



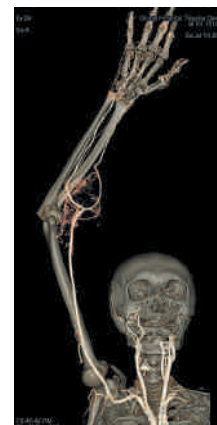
Abdominal CT angiography MIP Images of aorta, celiac trunk and SMA



Abdominal CT angiography VRT images of aorta, celiac trunk, SMA and renal arteries



3D CT Frontal view of skull



Upper limb angiography VRT images

LAUNCH: Vision Centre in Pindwara

On July 17, staff of Global Hospital Institute of Ophthalmology enthusiastically watched Sirohi zila pramukh (district chief) Payal Parasrampuria inaugurate a Vision Centre—the hospital’s third—at Pindwara, in district Sirohi (*top photo*). Also present was the district chief medical & health officer Dr Sushil Parmar.

Two other Vision Centres—in Raniwara, in district Jalore, and in Kalandri, in district Sirohi—offer vision checks and minor ophthalmic procedures, and refer patients needing surgery to the parent hospital.

Vision Centres are run on a no profit-no loss basis. Patients are charged nominally for essential eyecare procedures while post-operative checks are conducted for free.

Optometrist Divakar Sharma has been appointed to run the new Vision Centre in Pindwara, which is strategically located near the Government Community Health Centre.

Swaran Singh Sian from UK met the cost of establishing this centre.



Above & below: inauguration; manager organisational development Stephen Berkeley outside the new Vision Centre.



Special Dental Clinic

A Special Dental Clinic, inaugurated in June 2016, has been put to use for VIP patients. The clinic features an A-dec 400 dental chair offering enhanced patient comfort and uninhibited dental team access.



Joint chief of Brahma Kumaris Dadi Ratan Mohini inaugurated a machine



Managing trustee BK Nirwair inaugurated a machine, with senior dental surgeon Dr Niranjan Upadhyay and dental surgeon Dr Girish Kumar NS in attendance

News from branches

Blood banking

Between July and September, the Rotary International Global Hospital Blood Bank, attached to the Radha Mohan Mehrotra Global Hospital Trauma Centre, organised seven blood donation drives yielding 704 units of blood. The two largest of these drives were held at Shantivan, the Abu Road premises of the Rajyoga Education & Research Foundation. A drive in the Central Reserve Police Force campus yielded 56 bags, 73 bags came from programmes held in the government college in Abu Road and in the government hospital in Sheoganj (*see camp site photograph below*).



New laboratory equipment



Lab technician Harsha Vankar using the new Fuji dry chemistry analyser at Radha Mohan Mehrotra Global Hospital Trauma Centre

To drive automation in blood testing, a few fully automated analysers have been procured. These include a biochemistry analyser and haematology analyser for Radha Mohan Mehrotra Global Hospital Trauma Centre and a biochemistry analyser for J Watumull Global Hospital & Research Centre.

Vitamin A supplements distribution

J Watumull Global Hospital & Research Centre has tied up with Vitamin Angels, an international not-for-profit agency providing vitamins to children under five years of age at risk of malnutrition, to reduce the incidence of preventable illness, blindness and death. Vitamin Angels is providing Global Hospital vitamin A supplements and deworming tablets for distribution.



Dr Shalini Gupta (left) and Dr Kanak Shrivastava (above) administered vitamin A to children; in Jaipur with the group

While the public health system provides a dose of vitamin A at nine months, this is not enough. So the work of Vitamin Angels complements the government initiative.

To get started, Dr Kanak Shrivastava, chief of the Village Outreach Programme and Dr Shalini Gupta, a senior medical officer with the Community Service Project attended a briefing session in Jaipur on July 26. Thereafter, up until October, the outreach teams administered Vitamin A supplements to 164 children aged 6 to 12 months and 801 children aged 12 to 59 months. Deworming tablet beneficiaries included 106 children of age 12 to 24 months and 695 children aged 24 to 59 months.



Village Outreach Programme

Geared for winter!



Thanks to support from individual philanthropists, the VOP distributed sweaters to 71 students in the government school in village Nichalagarh and to 21 students in village Kyaria.

Jul to Sep 2016

881
PATIENTS CONSULTED IN FIELD

393
VOP WALK IN PATIENTS

58
PATENTS ADMITTED

Tuberculosis screening

In village Jambudi, health workers were enlisted to identify potential patients to screen for tuberculosis. They were advised to identify villagers who had been suffering from cough since the last 15 to 20 days. Of the 16 villagers they lined up for an examination on September 28, four tested positive.



8 Inspired to give?

Mail your cheque/draft favouring Global Hospital & Research Centre to The Managing Trustee - GHRC, PO Box 35, Mt Abu, 307501 Rajasthan, INDIA.

Email mail@ghrc-abu.com for details of a bank account to transfer funds to.