

Annual Report 2018-2019



Global Hospital & Research Centre

J Watumull Global Hospital & Research Centre and other units of the trust



Certificate No.: PEH-2019-0867
April 29, 2019 - April 28, 2021



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Reflections





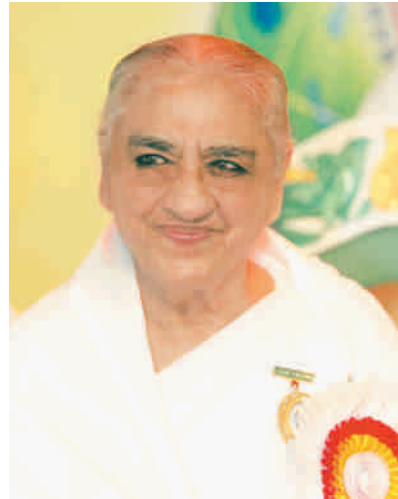
BK Janki

Administrative Head
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya

Om shanti....om shanti...om shanti.

Om shanti is the best medicine for the soul. When there is peace, love and happiness follow and the soul is empowered. Then the body works well automatically.

Global Hospital has served tirelessly for so many years and there is a special connection of love with it. A Godly server is one who cares, shares and inspires, and Global Hospital has shown proof of that. As we share the love that God has given us, it inspires others to forge a relationship and connection with the Supreme and this is deeply empowering for the soul. The dis-ease in the soul melts and the mind becomes tension free. God's blessings and love can work magic to heal what is old and help us let go of the past. Remain aware of the speciality of the time now, God himself is doing the work of world transformation; let me simply remain a child, student, server and example. So to all my specially beloved, elevated tireless sevadhari companions, continue to accumulate in your account of charity. See God's magic happen.



BK Hridaya Mohini

Additional Administrative Head
Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya

It gives me great happiness to learn that Global Hospital, a centre inspired by the Supreme surgeon, which is engaged in serving minds and bodies, is not only a medical facility but a beautiful centre for healing sending forth pure vibrations.

Its happy, peaceful and pure environment goes a long way in alleviating the pain of ailing patients. They experience the patience to heal. They experience a sense of being with their spiritual family.

Launching medical services in Mount Abu and Abu Road has helped change the mindset of the local population towards the Brahma Kumaris. Now they understand that the Brahma Kumaris targets physical health as well as spiritual upliftment. The doctors, nurses and medical staff in Global Hospital offer untiring services with a lot of love. Every member of the hospital is worthy of being congratulated.

Climate change has given rise to new diseases. The timely diagnosis of these conditions let alone their cure requires a clear, focused intellect. Godly powers can play a big role in empowering health practitioners to address these challenging situations, and these powers can be acquired through Rajyoga meditation.

I am happy that with the blessings of the Supreme and the love and cooperation of the spiritual family in India and overseas, the hospital is making strides in healthcare. My heartfelt good wishes are with the entire hospital family.



BK Nirwair

Managing Trustee
Global Hospital & Research Centre

As always, our hospitals have been providing essential healthcare services in key branches of medicine. I salute our dedicated teams in each hospital for their diligence, divinity, selfless service and care of needy patients.

I salute our respected honourable donors from Bharat and abroad who have contributed wholeheartedly towards upgrading the hospital, diagnostic services and introducing new medical equipment worth millions. All the specialists, doctors, nursing staff, administrative staff, and employees deserve our appreciation for glorifying this service of humanity.

Due to the heat waves endured during the summer months of 2019, so many have lost their lives and many more are living in dire circumstances; it's high time that all of us help counteract nature's fury by planting trees. Trees have the natural capacity to retain water in their roots and help recharge the groundwater level. This is perhaps the most essential social and health service for a better future.

Our present Central Government has always appreciated being so rich in human power (130 crores of citizens), so if each one were to even plant a single rain tree and nurture it for 2-3 years we can conquer the wrath of climate change. We have decided to plant a large number of rain-pulling trees around our complexes in Abu.

My hearty congratulations to all our committed brothers and sisters involved in medical services through the different branches of Global Hospital & Research Centre!



Dr Ashok Mehta

Trustee
Global Hospital & Research Centre,
Honorary Medical Director
BSES MG Hospital,
Honorary Medical Director
J Watumull Global Hospital & Research Centre

The Ayushman Bharat Yojana or Pradhan Mantri Jan Arogya Yojana was launched in September 2018 under the Ministry of Health and Family Welfare. This initiative builds on existing state-sponsored cashless health insurance schemes, such as Rajasthan's Bhamashah Bima Yojana for those below the poverty line. The government covers the cost of hospitalisation in government and affiliated private hospitals, up to Rs 30,000 for general diseases and up to Rs 3,00,000 for critical illnesses.

By increasing the number of walk-ins for treatment, initiatives such as Bhamashah and Ayushman provide a stimulus to charitable trust hospitals like ours and incentivize the expansion of the hospitals' portfolio to cover more diseases, which they could not cater to earlier because it was not financially viable. Now is an opportune time for us to extend greater support to the people living in districts adjoining Sirohi. Studying the health data of the area can provide insights into the local health service needs, especially the poor of southwest Rajasthan. Our last 28 years experience in Sirohi and the network that we have created can help us take on a larger leadership role in selfless service. The opportunity to provide healthcare to the rural population should help us grow exponentially in the next decade. We need to grab this chance provided by our visionary Prime Minister, Shri Narendra Modi.

As a surgical oncologist (cancer surgeon), I see a good opportunity to develop surgical services for cancer. A cancer surgeon needs diagnostic facilities such as imaging services (sonography and CT scan), cytology and histopathology services to make a certain diagnosis. At J Watumull Global Hospital & Research Centre at Mount Abu, we have all of these basic needs. Additionally, we have an excellent operating room, the support of a blood bank, excellent anaesthesia services and equipment and a good post-operative / intensive care unit (ICU). Indeed, this beautiful holistic health facility is no less than a divine gift.



Dr Partap Midha

Medical Director
J Watumull Global Hospital &
Research Centre & Trustee
Global Hospital & Research Centre

It has been a long, enjoyable journey since 1991 when J Watumull Global Hospital & Research Centre was commissioned. Some of our people have travelled with me since our first working day, others have come on board in due course. Every year, we welcome to the fold new people with skills to take our work to the next level.

While on the subject of human resources, here are some of the noticeables of 2018-19. First, we saw the impact of Dr Dilip Kothari joining as consultant gastrointestinal, general & laparoscopic surgeon. We now offer gastroscopy and colonoscopy investigations as well as surgery for a wide spectrum of gastrointestinal conditions including cancer. In a short span of time Dr Kothari has performed an unprecedented number of diverse cases.

My longest serving surgical consultant, Dr Sharad Mehta in the Department of ENT, was certified in head & neck onco (cancer) surgery from Memorial Sloan Kettering Cancer Center & the International Federation of Head and Neck Oncologic Societies. Fewer than 100 surgeons register for this prestigious global online fellowship annually.

Gratitude to Dr Brajesh Singhal, a Gwalior-based urologist and nephrologists Dr Anand Narayan Malu from Solapur and Dr

Manjunath Doshetty from Gulbarga, for sharing their time and expertise for the benefit of scores of patients.

Instruments in the field of healthcare

Anthony Strano, a spiritual friend of mine who loved angels, once said, *An angel is an instrument of God in the same way that a flute is an instrument played by a musician or a scalpel is an instrument used by a surgeon. This awareness allows us to become egoless and cooperate effectively with the Divine Plan.*

I am always humbled when reputed agencies come forward to sponsor our work. Their faith in us reaffirms my belief that the service of humanity is included in the Divine Plan, and I am filled with gratitude to be a part of the whole.

During 2018-19, we worked with several reputed funding agencies.

We hosted the Japanese Embassy's Minister for Economic and Development Kenko Sone for the inaugural ceremony of four ophthalmic equipments funded from a 7.8 million Yen (approximately \$ 70,000) grant awarded by the Government of Japan. The new perimeter (Carl Zeiss), operating microscope (Takagi), non contact tonometer (Keeler) and anaesthesia workstation (Draeger) will help sustain and expand the good work being done by the Global Hospital Institute of Ophthalmology, Abu Road.

We completed a three-year diabetic retinopathy project that saw staff at the Global Hospital Institute of Ophthalmology work to strengthen the capability of the public health system in district Pali to diagnose and treat diabetic retinopathy, retinal damage caused by long term uncontrolled diabetes. Our activities included training doctors and paramedics employed in Community Health Centres in district Pali, and in the government hospital. Last year, we transferred the equipment to screen suspect cases for retinopathy, procured under the project, to the trained staff. Queen Elizabeth Diamond Jubilee Trust, UK, partnered by the London School of Hygiene and Tropical Medicine, UK, sponsored this project.

Australian Friends for Global Hospital (AF4GH), an Australian charity established to support the hospital, funded a review of the hospital's community interventions to determine their suitability to meet the needs of the community. They contracted the Indian Institute of Public Health, Gandhinagar to conduct the review. It was heartening to know that the projects are having a positive impact on the ground. For instance, beneficiaries of the school

health/nutrition component of the Village Outreach Programme were found to be healthier than non-beneficiaries.

We commissioned a solar energy project sponsored by Wilde Ganzen, Stichting Global Hospital Nederland and the Rotary Club The Hague Metropolitan. We hosted Jan Maarten from The Hague. Thank you for visiting Jan! We are now firmly on the path to electrify more parts of the hospital through solar energy.

Accreditation

J Watumull Global Hospital & Research Centre underwent assessment by the National Accreditation Board of Hospitals (NABH) and successfully received Pre-Entry Level accreditation up until December 2020. Congratulations to all those involved!

New services

We opened a store offering quality medicine at affordable prices to poor people at J Watumull Global Hospital & Research Centre, under the central government's Pradhan Mantri Bhartiya Janaushadhi Pariyojana (Prime Minister's All India Scheme for Medicine for Common People).

We launched the Gujarat and Rajasthan chapter of the Cleft India Parents Association (CIPA). The CIPA traces its formation to a few parents with cleft children who got together to help other parents of cleft children, especially new parents and those with limited awareness of the treatment options available in India. By sharing their experience, they believed that they could help other families get over the trauma of having a child born with a cleft lip or palate.

At the Radha Mohan Mehrotra Global Hospital Trauma Centre, we inaugurated a Thalassemia Day Care Centre to offer free treatment to patients of thalassemia, a blood disorder characterised by low haemoglobin and fewer than normal red blood cells, necessitating frequent blood transfusions. We are grateful to the Sankalp India Foundation and the Rotary Club of Abu Road for meeting the operational cost of this initiative. So far we are caring for around 30 patients, mostly children.

I have already said that I am overwhelmed for being a part of all that we do. *Be happy for this moment, this moment is your life*, wrote the mathematician poet Omar Khayam. I am grateful for every moment.



The flagship unit



Radiologist Dr Ananda B reports a scan



Physician Dr Sachin Sukhsohale with a patient

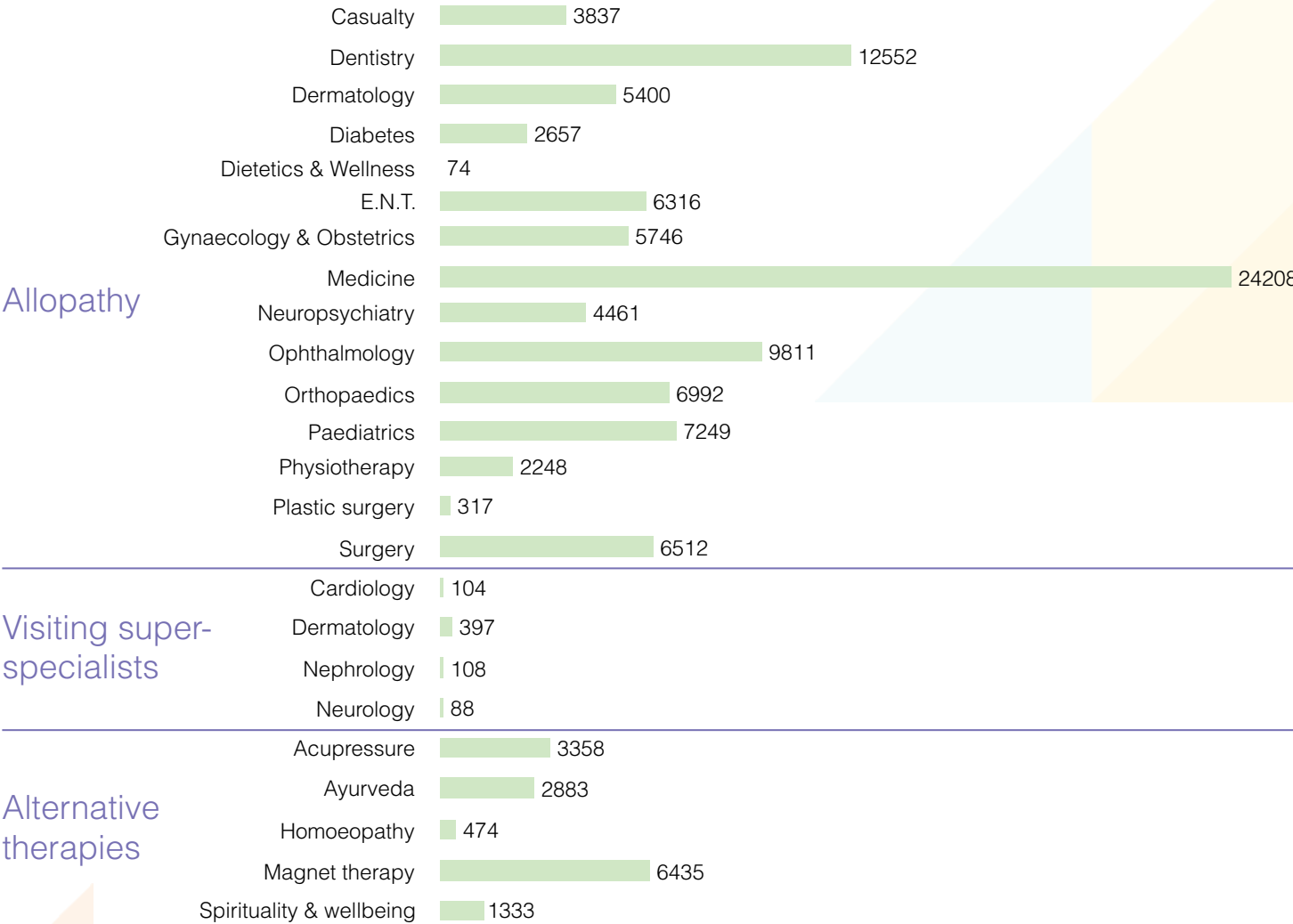


Paediatrician Dr Pankaj Gupta with a patient

A hospital with a difference

J Watumull Global Hospital Research Centre was established in 1991 at Mt Abu, a hill town in southwest Rajasthan. The hospital stands out for offering modern allopathy alongside traditional medicine. The allopathic disciplines span secondary care services with a few visiting specialists stepping in to expand the range to the tertiary level. All consultations at Global Hospital, as it is popularly known, are free.

Performance of outpatient clinics



At Global Hospital, no patient has ever been turned away for want of money to pay for their treatment.

Associations with donor agencies and government programmes as well as a few internal funds--as described below--help meet the cost of delivering health services to the poor.

GiveIndia



Contributes towards the salaries of a gynaecologist, paediatrician and radiologist. Also, for gynaecological operations, trauma care, CT scans, and nutritional support for poor tuberculosis patients.

Donor since | 2009
Sponsor | Taps online donors
Beneficiaries | Thousands

Bhamashah Swasthya Bima Yojna



Covers the cost of pre-hospitalisation diagnostics and treatment for every poor family covered under the National Food Security Act in Rajasthan.

Operational since | 2015
Sponsor | Rajasthan Government
Beneficiaries | 980

Smile Train Inc.



Covers the cost of cleft lip and/or cleft palate corrective surgery for children from poor families.

Operational since | 2006
Sponsor | The Smile Train
Beneficiaries | 188

Juvenile Patients Fund

Covers the cost of diagnostics and treatment for children from poor families.

Operational since | 2008
Sponsor | Individual donors
Beneficiaries | 680 children

Dialysis Patients Fund

Covers the cost of dialysis for poor patients.

Operational since | 2014
Sponsor | Individual philanthropists
Beneficiaries | 68

I am very lucky to have a dialysis facility within walking distance of my home, where I can get admitted without disrupting my son's work life, for free treatment. He is our bread earner since my husband died.



Rambha Prajapati, a resident of Mt Abu and a kidney failure patient

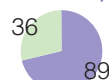
Diagnostics



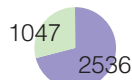
Audiometry



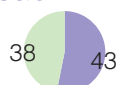
Colour Doppler



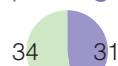
ECG



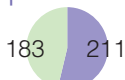
Treadmill Test



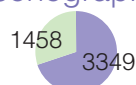
Cephalogram



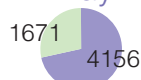
Orthopantomogram



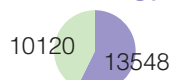
Sonography



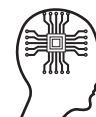
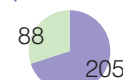
Xray



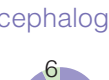
Pathology



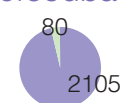
Spirometry



Electroencephalogram



Biofeedback



Patients who paid for their treatment
Patients who did not pay



Anaesthetist Dr Gurcharan Singh and consultant orthopaedic surgeon Dr Kailash Kadel (extreme right) during a joint replacement operation

“ Amazing uplifting environment, clean and inspiring.

Does not smell like a hospital and there is a vibe of joy and gratitude.

Mynoo Maryel
Convener, World Dignity Forum;
Bollywood & Hollywood Producer



Shri Jaisinh Jain Dispensary

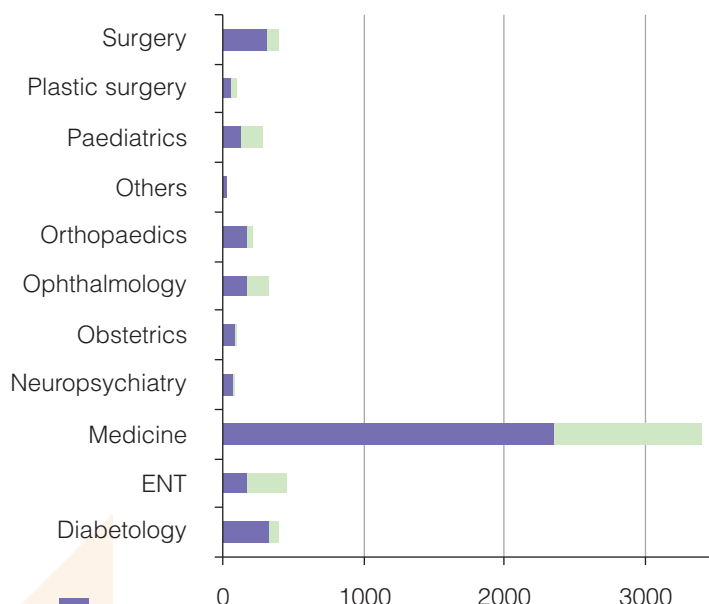
A family clinic catering to residents of Delwara, a suburb of Mt Abu, since February 2013. Delwara lacks a health service, so this facility is invaluable. The service is offered two hours in the morning and evening Monday through Saturday.

Sudhir Jain and Shailesh Jain, Mt Abu residents, helped establish the clinic in premises owned by the famous Dilwara Jain temple (Digambar Jain Mandir), in memory of their late father Shri Jaisinh Jain. They also partially sponsor the free medicines dispensed to needy patients.

Last year, 8,461 patients were served through this clinic.

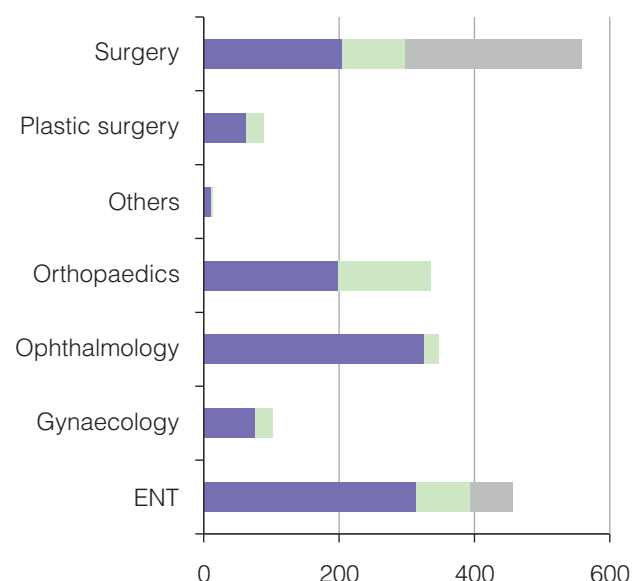
Hospital admissions

5788 patients admitted, 33% treated for free



Operations performed

Major 1190 | Minor 388 | Scopies 324





Ophthalmic services

Global Hospital Institute of Ophthalmology

Ophthalmology services are provided through Global Hospital Institute of Ophthalmology (established in 2004) and its new wing, the P C Parmar Foundation Global Hospital Eye Care Centre (established in 2007), named after the donor, the late P C Parmar of Pune.



Patients await their turn for a post-op check



Ophthalmologist Dr Prateek Jain with a patient

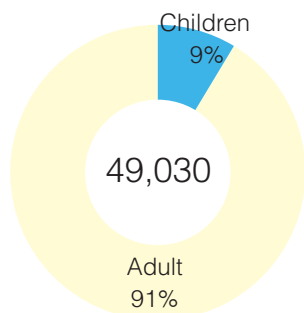


Unit head & ophthalmologist Dr VC Bhatnagar in the operation theatre

Hospital-based ophthalmology services

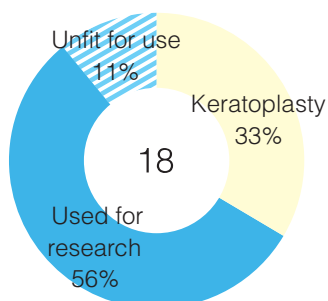
Walk-in consultations

All outpatient consultations are free



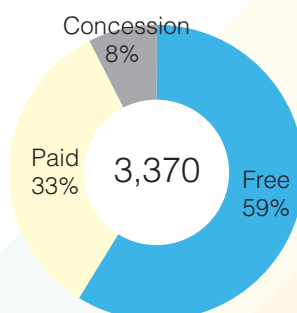
Eye banking

Application of harvested eye balls



Major operations

90% cataract, 2% glaucoma



Diagnostic procedures

Computerised perimetry	133
Fundus photography	29
Optical coherence tomography	356
Ultrasonography	120
Fundus fluorescein angiography	6

Treatment procedures

PRP laser	8
Focal/grid laser	7
Yag laser capsulotomy	277
Yag laser iridotomy	12
Epilation	158
Suture removal	63
Orthoptic exercise	1442
Contact lens	30
Minor operations	244

Community outreach

Screening programmes to identify patients needing cataract surgery, children with ocular defects, and treatment for all those afflicted

I used to find it difficult to identify any small object.
I couldn't work.

Now, I can see. I can manage myself. I feel happy to
see our green crop. I look forward to resuming work.

Jetharam Garasia, age 68, a farmer operated on for hyper mature cataract in the right eye,
SEVA sponsored his surgery



Cataract blindness prevention

Global Hospital Institute of Ophthalmology and J Watumull Global Hospital & Research Centre partner the central government to implement the National Programme for Control of Blindness, a Government of India initiative to eradicate preventable blindness.

Why I To provide eye checks and free surgical intervention to people living in remote, medically underserved areas of Rajasthan, to ensure that they do not lose their sight.

Since I 1997

Beneficiaries I 1,872 IOL implant and 25 small incision cataract surgeries. These included walk-ins and 1,836 cases identified from 22,997 patients who presented themselves at 90 screening programmes.

Sponsors I Government of India; Shri Shankarmandal Religious Public Charitable Trust of Mt Abu (121 patients); Seva Foundation with L V Prasad Eye Institute (100 patients); Champabai Chandulal Parmar Educational Foundation Trust of Pune (30 patients)



Paediatric ophthalmology

Global Hospital Institute of Ophthalmology offers children from economically less privileged families free surgery for eye ailments like cataract, squint, ptosis, keratoplasty, tumours, etc.

The community ophthalmology team also conducts eye check-ups of school students for the early detection and correction of eye ailments.

Why I To complement the extensive community ophthalmology programme under which children are offered cataract surgery, as this project covers all kinds of eye ailments.

Since I 2014

Beneficiaries I 21 children availed of free surgeries, 1,020 students from 8 schools had their eyes checked, 22 were found to have vision ailments, 47 were clinically treated, 16 received spectacles for no charges

Sponsors I Play Games24x7



Diabetic retinopathy care

Since 2016, Global Hospital Institute of Ophthalmology has been working to strengthen the capability of the public health system in district Pali to diagnose and treat diabetic retinopathy. Strengthening activities included training doctors and paramedics employed by the government.

Why I Retinopathy or retinal damage caused by long term uncontrolled diabetes is a growing concern in India, where diabetes has acquired epidemic-like proportions. Left untreated, retinopathy can lead to blindness.

Project duration I 2016-2019

Beneficiaries I Last year, the trained staff in four Non Communicable Disease clinics in the Community Health Centres in district Pali, and in the government hospital were transferred the equipment procured under the project to screen suspect cases for retinopathy. These equipments included an optical coherence tomography, a laser machine, a vitrectomy, a tonometer and an indirect ophthalmoscope.

Using the equipment, they screened 785 patients, 61 had non proliferative diabetic retinopathy, 26 were referred.

Sponsors I Queen Elizabeth Diamond Jubilee Trust, UK, partnered by London School of Hygiene and Tropical Medicine, UK



INDIAN
INSTITUTE OF
PUBLIC HEALTH
HYDERABAD

“Excellent management.”

Rajendra Rathore
Minister for Health & Family
Welfare, Law, Parliamentary
Affairs
Government of Rajasthan
Jaipur

Vision Centres

Vision Centres in Raniwara, district Jalore, and in Kalandri and Pindwara, district Sirohi, conduct eye checks and minor ophthalmic procedures while referring serious cases to the Global Hospital Institute of Ophthalmology.

Why | These outposts help disseminate awareness about the eye care services offered by the parent organisation and facilitate post-operative eye check-ups for patients living afar.

Modus operandi | The centres are run on a no profit-no loss basis. Patients are charged nominally for the procedures. Post-operative checks are conducted for free.

Since | January 2010 (Raniwara), January 2011 (Kalandri), July 2016 (Pindwara)

Donors | Orbis Inc. supported the creation of the Raniwara centre; PC Parmar Foundation supported the Kalandri centre; Swaran Singh Sian from UK sponsored the centre in Pindwara.

Beneficiaries | 6,393 eye checks, 4,031 refraction investigations

Sri Adinath Fateh Global Eye Hospital

Staff from the Global Hospital Institute of Ophthalmology played a key role in the establishment of the Sri Adinath Fateh Global Eye Hospital, an ophthalmic unit at Jalore commissioned in November 2017. Late Mohan Lal Bohra sponsored this unit.



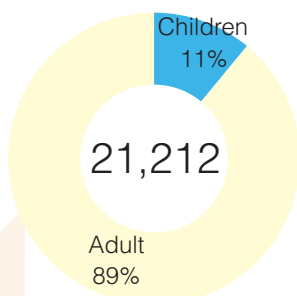
The facility in Jalore



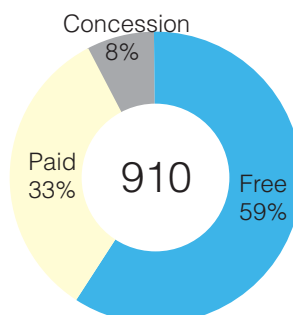
Patients are escorted home after surgery

Hospital-based services

Walk-in consultations



Major operations



Community outreach

At 14 outreach screening events, 5,160 patients were screened.

1,790 underwent refraction

1,223 were dispensed spectacles

724 patients were referred for surgery

377 patients underwent surgery

Branches



Radha Mohan Mehrotra Global Hospital Trauma Centre

Radha Mohan Mehrotra Global Hospital Trauma Centre, established in 2007, primarily offers emergency trauma and medicine health services at Abu Road. Additionally, it offers care for allied specialties such as neurosurgery and pain management, and common ailments such as dentistry, ENT and gynaecology. It is an accredited centre for the treatment of employees of North Western Railways and persons covered under the Rajasthan government's health insurance scheme.



A glimpse of the busy laboratory section



The dialysis facility keeps very busy



Surgeon Dr Anil Bhansali operates on a patient



At full capacity, the centre can accommodate 36 patients

Walk-in patients

Trauma care

Casualty	7559
Medicine	11445
Orthopaedics	5196
Surgery	2905

Allied care

Neurosurgery	114
Pain management	324
Physiotherapy	974

Family care

Counselling	397
Dentistry	5783
Dietetics	278
E.N.T.	6630
Gynaecology & obstetrics	778
Homoeopathy	269

“ You are working with great dedication. This is excellent. Keep it up.

Ramesh Gautam
Advocate, Supreme Court

Key performance indicators

diagnostics



pathology, 13,284



xray, 5,908
sonography, 2,227
ct scan, 2,018
2d echo, 193
doppler study, 32

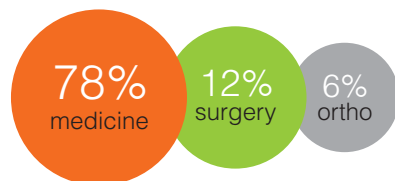


ECG, 3,862
TMT, 106

admissions

4173 overall

Top performing departments:
medicine, surgery, orthopaedics



operations

504 major operations
by general surgery 261, orthopaedics 171, ENT 69, gynaecology 3

341 minor operations
by general surgery 143, pain management 116, orthopaedics 44, ENT 37, gynaecology 1

Rotary International Global Hospital Blood Bank

The sole not-for-profit Regional Blood Transfusion Centre in Rajasthan, it is mandated to promote voluntary blood donation, to separate into components at least 50% of the blood it collects and to solve technical and clinical problems of the region it oversees.

Salient achievements:

5,877 donor bleeds, 100% voluntary

6,767 units issued, 27% free

2% to Mt Abu

16% in-house

72% other hospitals

44 donation drives, 3,396 units

Organised with help from:

- Sudhir Jain & Shailesh Jain, Mt Abu
- Rajput Karni Sena, Mt Abu
- Rajasthan Parvasi Sangh
- Muslim Naujawan Minjanib Committee
- Raktdan Seva Samiti, Reodar
- Ultratech Cement, Pindwada
- JK Laxmi Cement, JK Puram
- North Western Railways Employees Union
- Lions Club, Pindwada
- Agarwal Samaj, Abu Road
- USB Group of Colleges
- Brahma Kumaris



Devji Patel, member of parliament from Jalore, at a blood donor day event



Chief technical supervisor pathology & blood bank Dharmendra Singh at a donation initiative



Children being transfused blood in the thalassemia centre

Thalassemia Day Care Centre

Last year, a Thalassemia Day Care Centre was inaugurated to treat thalassemia patients for no charges. Thalassemia is a blood disorder characterised by low haemoglobin and fewer red blood cells than normal. Patients of thalassemia tend to need frequent blood transfusions.

The Sankalp India Foundation and the Rotary Club of Abu Road committed to contribute to the operational cost of this initiative. The centre is caring for about 30 patients of thalassemia, most of whom are children.

G V Modi Rural Health Care Centre, Abu Road

A clinic offering family consultations and geriatric consultations and counselling, both face-to-face and over the telephone. Diagnostic services include bone mineral density checks.

Medical officer Dr Mahesh Hemadri travels widely to share health tips with seniors through life enrichment talks. This way, he reached out to 8,340 seniors last year.

Family consultations, 729

Geriatric consultations, 350

Regular counselling, 419

Tele counselling, 387

Bone mineral density checks, 837

Shivmani Geriatric Home, Abu Road

A residential facility for the elderly, currently occupied by 87 individuals.

Shivmani residents celebrate festivals, enjoy spiritual discourses, and avail an array of facilities on campus such as a full time dietician for meals tailored to their health conditions, a physiotherapist for fitness/physiotherapy sessions, consultations with a geriatric care specialist, etc.



A conducted exercise session for seniors



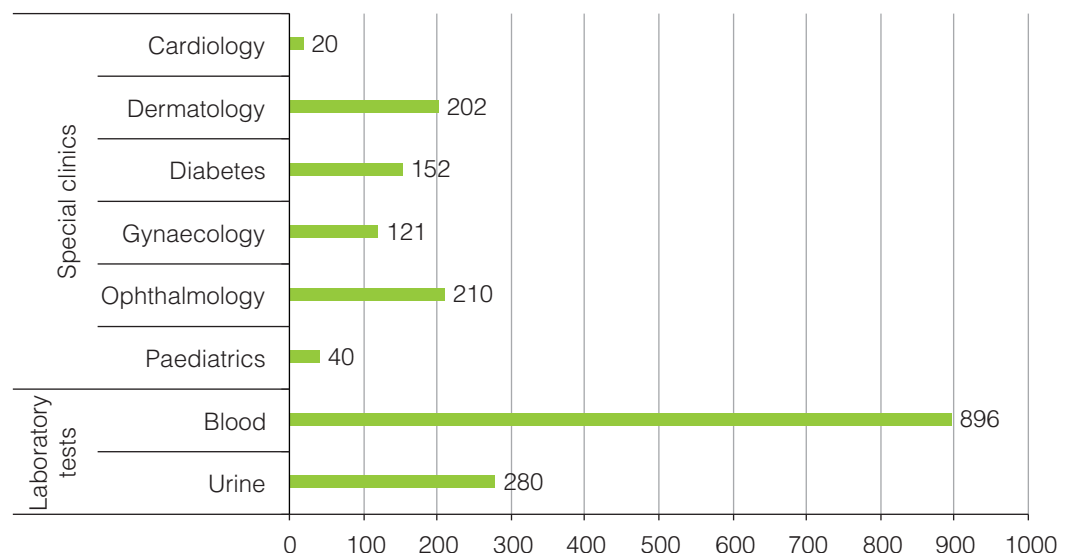
Seniors enjoy a meal in the spacious dining room

Brigadier Vora Clinic & Jyoti Bindu Diagnostic Centre, Baroda

A family clinic offering consultation with a general practitioner (GP) and basic diagnostics.

A panel of visiting specialists complements these essential services, this includes cardiologist Dr Upendra Vaidya, diabetologist Dr Sunil Maniar, gynaecologist Dr Rasila Patel and ophthalmologist Dr Ketan Patel.

Last year, 1,978 male patients, 1,785 female patients and 982 children sought the services of the GP.



BSES Municipal General Hospital, Mumbai

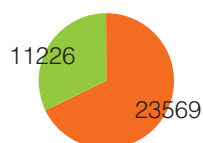
BSES Municipal General Hospital is a joint venture of the Municipal Corporation of Greater Mumbai, Brihanmumbai Suburban Electricity Supply and Global Hospital & Research Centre. It is a 100-bed hospital including 33 general beds and 33 intensive care unit beds. Here is a look at the services last year:

general / private patients

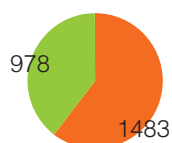


out-patient general patients: consult doctors and avail diagnostic facilities for free
indigent patients: general patients admitted for free or for a heavily subsidised charge
beneficiaries: 78 weaker section patients, 1,117 indigent patients

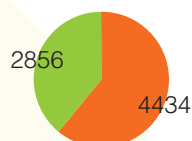
Outpatients



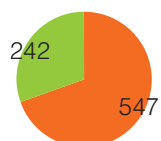
Surgery patients



Admitted patients



CT scan



Paid patients, general patients

blood donation



collections: 2,172 units
donation drives: 24

thanksgiving

To Padma Vibhushan A M Naik, seen below (second from right) with (l to r) Global Hospital & Research Centre trustee Rashmikant Acharya; honorary executive, Administration BK Pratibha; honorary director, Administration BK Yogini; Dr K J Kamat, director, Medical, Health & Welfare Services, L&T



mobile clinic



what: a doctor offers free consultation and dispenses free medicine, he refers serious patients to the L&T Health Care Centre
where: targets slums in a tribal belt outside Mumbai
when: every alternate day
who: a doctor, nurse and attendant
beneficiaries: over 165 visits, the team served 23,117 people



Dr Dinesh Badani examines patients during an L&T camp

government tie-up



government: Maharashtra
scheme: Mahatma Jyotiba Phule Jan Araogya Yojna
beneficiaries: 252 patients

To The Rotary Club Of Bombay Juhu Beach, for sponsoring the treatment of 22 children, who were operated on by paediatric orthopaedic specialist Dr Atul Bhaskar. Dr Mona Shah of the Anshu Child Development Centre managed their post surgery physiotherapy. Dr Bhaskar and Dr Shah are seen below.



Shantivan Complex, Abu Road

Two lifestyle intervention initiatives of the trust are being implemented from this campus of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

Cardiology

Dr Satish Gupta, director, Department of Medicine and Cardiology, Radha Mohan Mehrotra Global Hospital Trauma Centre, has developed the 3D Healthcare Model, a seven-day residential programme to inform patients of coronary artery disease how to implement lifestyle changes that bring spiritual, mental and physical wellness. Last year, 519 patients participated in this programme over 10 sessions.



Dr Satish Gupta, director, Department of Medicine and Cardiology, Radha Mohan Mehrotra Global Hospital Trauma Centre presents his project

The 3D Healthcare Model is based on a study co-conducted by J Watumull Global Hospital & Research Centre in the late nineties. The study assessed the effect of lifestyle changes: Rajyoga meditation, exercise and a vegetarian diet on reversing coronary artery disease. Global Hospital's implementation partners included the Defence Institute of Physiology & Allied Sciences and the Defence Research & Development Organisation, New Delhi. The Central Council for Research in Yoga & Naturopathy, the Ministry of Health & Family Welfare, Government of India, and the Defence Research & Development Organisation, New Delhi, sponsored the project. Mount Abu Open Heart Trial, a paper on the findings was published in September 2011 in the Indian Heart Journal.



Patient awareness is a major aspect of the coronary artery disease project

Diabetes

On May 1, the Department of Diabetes at J Watumull Global Hospital & Research Centre launched the Diamond Project, a lifestyle intervention for people with diabetes. Diabetologist Dr Shrimant Sahu aims at empowering diabetics to better manage their condition by modifying their lifestyle, getting the right medication and practicing Rajyoga meditation. Kishore Kanani, the honourable minister of health and family welfare with the Government of Gujarat, performed the honours in the presence of other dignitaries. The Medical Wing of the Rajyoga Education & Research Foundation helped organise this event at the Brahma Kumaris Shantivan complex. During the year, five sessions attracted 218 patients and their spouses.



Launch of the Diamond Project on May 1, 2018

The participating patients were taught about diabetes and diet. They were taught meditation and a set of exercises. During their week's stay, their blood glucose levels were periodically checked and their kidney and liver function were tested. Patients who were additionally hypertensive were given advice on managing that condition as well. Clinical psychology questionnaires helped assess patients' state of mind, and they were accordingly given advice to improve their quality of life.

Regular follow ups suggested that the patients achieved good glycaemic control and those who were obese managed to reduced their weight.



Regular exercise sessions are conducted

Community outreach



Community Service Project

Two doctors assisted by two attendants and two drivers run a mobile health consultation service. They visit 69 villages in tehsils Abu Road, Pindwara and Reodar in district Sirohi, a population of about 150,000.



Dr Harish Bhardwaj, a paediatrician from Amritsar conducted health checks in two anganwadis in January 2019, with DNB family medicine resident Dr Manoj Khiyani



Dr Deepali Modi sees patients from a make-shift location



Patients queue to see Dr Ashok Dave, clinical associate and CSP coordinator, in the mobile clinic



Rakesh Bhil, a six month old baby in village Redwakala, Kyaria, was diagnosed with impetigo, a highly infectious skin disease. He had developed sores on his face with fever. With the right medicine, Rakesh swiftly recovered.

Why is the project relevant?

The service plugs a gap in available health services. For most of these villages, the nearest government-run Primary Health Centre is 5 to 20 km away. Travelling to and fro to see a doctor takes up the better part of a day, and means the loss of a day's wage. Understandably, these people tend to delay doctor's visits.

Since when is the project active?

2004

Who implements the project?

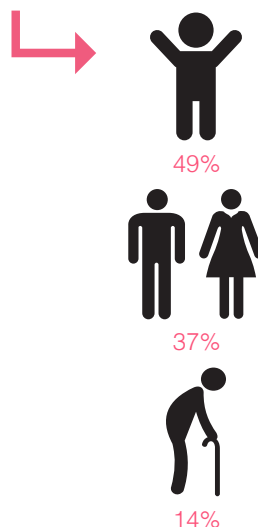
Dr Ashok Dave (supervisor/doctor),

Dr Deepali Modi (doctor)

Beneficiaries

28,469 consultations,
803 referrals to Global Hospital for further diagnosis and treatment

Of every 100 patients,



Current sponsors

Play Games24x7, India;



Zorg Van De Zaak Foundation, Holland

Zorg van de Zaak®
Netwerk

Sponsorship value, status

Approx Rs 10,00,000 per clinic per annum

Status active. Currently seeking support for the next year. If this project interests you, please write to ghrcabu@gmail.com

Village Outreach Programme (& its offshoots)

A health consultation and health education service operating in 20 villages around Mt Abu: Aarna-Hetamji, Achalgarh, Chandela (Telapurphali, Ambaveriphali, Bageri, Khadrphali), Jaidra, Jamburi, Jawaingaon, Kyaria-Takiya, Nichalagarh, Oriya, Salgaon, Shergaon-Utteraj, Siawa, Tuka, Uplagarh.



Dr Kanak Shrivastava, chief of the Village Outreach Programme, sees patients at a makeshift location in a village



Children being served a milk-based mini-meal in village Jawai school



Women using the sewing machines in the Village Outreach Programme activity room in village Oriya

Why is the project relevant?

The service plugs a gap in the available health services. Most of these villages have no health centre staffed by a doctor.

The two doctors visiting the 20 villages (all but Utteraj) offer consultations. Patients are distributed medicine on the payment of Rs 10, unless they cannot afford this. Those needing diagnostic investigation or other treatment are referred to the base hospital at Mt Abu. Thus, the VOP creates awareness among villagers about the facilities at J Watumull Global Hospital & Research Centre.

Patients who step into the hospital are handheld through the process of consultation, diagnosis and hospital admission. Most are treated for free.

The two doctors informally impart seasonal health information and awareness on maternal health and infectious diseases. One doctor conducts pre-natal checks.

Since when is the project active?

1991

Who implements the project?

Dr Kanak Shrivastava (dermatologist & VOP head),

Dr Manisha Maindad (doctor)

Beneficiaries

4,215 patients on site, 2,594 stepped in for consultations, 231 hospital admissions

Current sponsors

Individual philanthropists

Nutritional Project

About 2,644 students of government schools in 17 villages forming the VOP circle are served a milk-based snack and fruit daily during school hours.

Why is this project relevant?

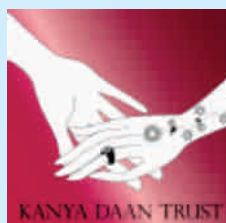
Supplementing the nutritional intake of school-going children improves attendance rates, reduces drop-outs and drives school enrolments. Occasional health checks help monitor the health status of children in the adopted villages

Since when is the project active?

1995

Current sponsors

Individual philanthropists; Kanyadaan Charitable Trust, Hong Kong



Sewing Project

In villages Chandela (three locations) and Oriya, the VOP sustains a sewing teaching service.

Some years ago the VOP had invested in creating activity rooms in those two villages, and equipped them with five machines each, which women and girls were free to use.

The VOP also hired two seamstresses to come in to teach. The idea behind this project was to contribute to livelihoods by teaching women a useful skill.

Tuberculosis Project

45 field workers posted in 83 villages, supported by two supervisors and four doctors, identify suspect tuberculosis patients, confirm the diagnosis, start positively identified patients on the government prescribed regimen and follow them up until they are cured.



Tuberculosis patients are distributed high protein supplements to aid their recovery



A doctor conducts an awareness drive in village Aarna on World Tuberculosis Day



Two TB patients, their field worker, doctor, supervisor, the joint care aids recovery

Why is this project relevant?

There is a lack of awareness of the highly infectious nature of tuberculosis, and of the need to adhere to the six-month long treatment regimen to avoid a relapse.

By getting suspect cases tested and personally visiting the patients to administer the medicine, all for free, the field workers help contain the spread of tuberculosis and the development of drug resistant tuberculosis. Field workers also distribute nutritional supplements to the patients, which helps boost patients' immunity and prevent relapses due to malnutrition.

Sputum samples are tested at the Radha Mohan Mehrotra Global Hospital Trauma Centre or at the J Watumull Global

Hospital & Research Centre. Both are registered Designated Microscopy Centres under the Government of India's Revised National Tuberculosis Control Programme.

Since when is this project active?

2008

Who implements the project?

45 field workers, 2 supervisors and the doctors of the two outreach programmes

Beneficiaries

1139 sputum sample examinations, of which 209 tested positive; 174 new cases,

137 cures during the year, including 131 category I cases

Current sponsors

Government of India, for the medicine



GiveIndia helps raise funds for the nutritional supplements



Flood Relief

In July-August, Kerala saw widespread flooding. Global Hospital & Research Centre and the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya jointly arranged flood relief. The former was represented by a volunteer, Dr Devender Sachdev, associate professor, Pharmacology, Tomo Riba Institute of Health & Medical Sciences, Arunachal Pradesh. Dr Sachdev worked with medics from the government community hospital at Alleppy. Most of the patients he saw sought support to manage chronic conditions such as hypertension and diabetes. Kerala's health system provides antihypertensives and antidiabetics



free of charge but because of the flood, patients had been unable to collect their medicine and had lost whatever stock they had. Some patients presented with fever with headache, which could have been of viral origin. The limited diagnostic back up led the doctors to rely on clinical examination. Patients were provided antibiotics. Patients with a cough or mild wheeze possibly attributed to the allergy triggering conditions were prescribed bronchodilators. In areas where a leptospirosis epidemic was suspected, the government distributed doxycycline as prophylaxis.





Research

6 New projects approved by the Research Ethics Committee (which met August 8, 2018), taking the number of current projects to 15

Evaluation of Rajyoga Meditation based lifestyle intervention on monocyte HDL ratio in angiographically documented CAD patients
Dr MD Akhlaqur Rahman, DNB Family Medicine Resident, guide Dr Satish K Gupta, co-guide Dr Anil Chawla

Prevalence and risk factors of hypertensive retinopathy in South Western Regional Rajasthan
Dr Pooja Shinde, DNB Ophthalmology Resident, guide Dr VK Sharma

Clinical study of surgically induced astigmatism in various sizes frown incisions in intratunnel phacofracture in annual small incision cataract surgery
Dr Nimesh Purohit, DNB Ophthalmology Resident, guide Dr Sudhir Singh

A pilot study on the effect of residential, group based, intensive holistic lifestyle intervention on type-2 diabetes patients
Dr Shrimant Kumar Sahu, Diabetologist

Clinical study of visual outcome in various sizes frown incisions in intratunnel phacofracture manual small incision cataract surgery
Dr Annu Chahar, DNB Ophthalmology Resident

Accuracy of intraocular lens power calculation formulas for axial length between 21 to 24.5 mm in cataract surgery
Dr Ronak Suba, DNB Ophthalmology Resident

8 Research projects for which final reports were submitted

A demographic and etiological study of dyspepsia patients presenting to a secondary care rural hospital in South West Rajasthan
Dr Sagarkumar Dharsandia, DNB Family Medicine Resident, guide Dr Somendra Mohan Sharma, co-guide Dr Anil Chawla

A clinical, radiological & functional study of dyspnoea patients presenting to a secondary care rural hospital in South West Rajasthan
Dr Manoj Rajkumar Khiyani, DNB Family Medicine Resident, guide Dr Anil Chawla, co-guide Dr Rajendra Pancholi, Dr Ananda B

Clinical study of visual outcome, intraocular pressure control and optic disc evaluation following cataract surgery in lens induced glaucoma
Dr Annu Chahar, DNB Ophthalmology Resident, guide Dr Vishal Bhatnagar, co-guide Dr Amit Mohan

Visual problems among video display terminal (VDT) users
Dr Kamlesh Gendalbhai Damor, DNB Ophthalmology Resident, guide Dr VK Sharma, co-guide Dr Amit Mohan

Evaluation of macular and peripapillary retinal nerve fibre layer thickness in children with anisometropic amblyopia using optical coherence tomography
Dr Suba Ronak D, DNB Ophthalmology Resident, guide Dr VK Sharma, co-guide Dr Sudhir Singh

Injury patterns in bear mauling cases admitted to GHRC and GHTC (2003-2013)
Dr Somendra Mohan Sharma, Consultant General and Laparoscopic Surgeon

Study of serum B12 levels in vegans
Dr A K Chawla, Consultant Physician

Assess the effectiveness of meditation to promote quality of life and metabolic control among diabetic patients in selected settings
Geetha Venugopal, Former Principal, SLM Global Nursing College

5 Research projects for which data collection finished

Normative spectral domain optical coherence tomography data of retinal nerve fibre layer thickness in children and its biometric correlation
Dr Vineet Ashish, DNB Ophthalmology Resident, guide Dr V C Bhatnagar, co-guide Dr Amit Mohan