



# newsletter

A publication of J Watumull Global Hospital & Research Centre | [www.ghrc-abu.com](http://www.ghrc-abu.com) | Volume 122 | June 2016

## Caring for the self

By Dr Partap Midha, Director

*On his maiden visit to Scandinavia, Dr Partap took part in a summer retreat that pulled 40 participants from Norway, Finland, Sweden, Denmark, and other countries. Dr Partap had the opportunity to share his perspective on the theme: Caring for the self, both during this retreat in Turku, Finland, and with other gatherings during his onward travels to Stockholm and Copenhagen.*

Dr Partap Midha, director, (left) and Golo Joachim Pilz, president of IndiaCare (a German trust), address a gathering in Denmark



### What is self-care?

Self-care is self-checking, not self-criticising.

When you self-check, you examine how far you are from wholeness. So self-care is a healing process.

To self-check is to understand that there is more to life than living in the physical realm. It is to be spiritual, and it imparts meaning and fulfilment to life.

Self-care also entails recognising one's own needs and being able to ask for help. Neglecting, avoiding or suppressing those needs takes you away from fulfillment. It doesn't help.

Check the self in order to move forward, not to hold yourself back.

### Why do we need to care for the self?

Self-care is the first responsibility of anyone who is willing to go the extra mile to create a better life for oneself and for those around.

To love and care for our own wellbeing is the key to be powerful and a long-lasting instruments to help others.

Self-care also implies being honest in your endeavour to become a better version of you. There is no need to prove yourself—just be who you are.

J Watumull Global Hospital & Research Centre is celebrating 25 years of service to humanity on October 22/23 at the Shantivan Complex. Do join us. Email [silver@ghrc-abu.com](mailto:silver@ghrc-abu.com) for more details.

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

## You said

*Heartiest congratulations for the excellent and blessed work done with a wonderful heart.*

Niranjan Hiranandani  
Managing Director  
Hiranandani Group  
(a premier real estate company)

## Did you know?

*Under Section 80G of the Income Tax Act of 1961, Indian donors can deduct 50% of their donation to Global Hospital & Research Centre from their income for the purpose of computing taxable income.*

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

## Guest lectures

Talks by medical professionals:

*Stroke Prevention & Management* by Delhi neurologist Dr Kiran Bala, June 22

*Reporting on Adverse Drug Events as per NABH Standards* by Dr Gurubhaji, senior consultant surgeon, Wockhardt Hospital, Nashik, June 3

*Lifetime Experience as a Doctor and Public Figure* by Dr Shirish Sheth, May 28

*Common Dermatology Disorders* by Mumbai dermatologist Dr Sunil Mishra, May 18

*NABH & Experience in Assessing Some 100 Hospitals* by Dr J L Meena, state quality assurance officer, Gujarat, May 14

*Dental Implants* by visiting orthodontist Dr Puneet Batra on April 29

*Bio Statistics* by Pratap Bhan Kaushik, biostatistician, RNT Medical College, Udaipur, April 28

*Managing Head Injuries and Advances in Spine Surgery* by Dr Anannya Ghosh, consultant neurosurgeon, London, Royal Infirmary, April 1

## Super-specialist services

Mumbai respiratory specialist Dr Shekhar Kadam saw 30 patients on April 1.

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

Dermatologist Dr Sunil Mishra saw 79 patients in May.

11 patients consulted a visiting neurologist from Delhi in June.

2 Joint replacement surgeon at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed 49 surgeries, assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

## Lab4Life: Education programme for laboratory technicians



A workshop for laboratory technicians on April 17 attracted 65 participants from Rajasthan and Gujarat. Dr Sujata Baveja, head of microbiology at Mumbai's Lokmanya Tilak Medical College, spoke on bacteriology specimen collection transportation and standard precautions. Dr Yogini Patel, director, Education, Research & Laboratory Services at BSES MG Hospital, Andheri, Mumbai, talked about coagulation profile. Other faculty members included consultant biochemist and quality manager in NABL Dr Rajani Shrivani and assistant professor at SMS Medical College, Jaipur Dr Yogesh Gupta.

## World Health Day 2016



Dr Shrimant Sahu delivered a lecture on diabetes to spread awareness of the disease on April 7, WHO Day 2016. About 150 Mt Abu residents attended. This year's theme was *Beat Diabetes*. The next day, about 151 people took benefit of a general check-up programme with a special focus on diabetes.

## Conference/training participation

Staff, designation ~ Conference / Training ~ Where ~ When

Dr Keyur Mewada, registrar, ENT ~ Association of Cranio-Maxillo Facial Asia Pacific Symposium on Advances in Temporomandibular Joint Disorders and Management ~ Mumbai ~ June 25/26

Dr Laxmi Patil, dental surgeon ~ training in advanced soft and hard tissue management organised by Osstem implants ~ Ahmedabad ~ May 16 to 18

Chief of nursing services Rupa Upadhye and staff nurse Shobha Sharma ~ Advance Mountaineering Medicine & Rescue on High Altitude Training by Indo Tibetan Border Police Mountaineering & Skiing Institute and Six Sigma, Delhi ~ Auli, Uttarakhand ~ June 23 to 30



# quarterly activity diary

## WHO Day April 7

Graduate nursing students celebrated World Health Organisation Day, bringing out this year's theme *Beat Diabetes* in a rally/skit. Local dignitaries, the sarpanch, CMHO and students of the higher secondary school of Bharja attended. Vice principal

Banupriya of Saroj Lal Mehrotra Global Nursing College (SLMGNC), lecturer Alexander PC and clinical instructor Manohar were in attendance.

Diploma nursing students presented a role play on the theme *Beat Diabetes* at a programme to celebrate WHO Day in Radha Mohan Mehrotra Global Hospital Trauma Centre.

## Journal Club April 16

College and school faculty attended a Journal Club meeting. Clinical instructor Mukesh Kumar made a presentation on needle-free diabetic care while tutor Prema Talwar elucidated heart transplantation.

## Biostatistics Update April 28/29

Nursing school faculty Saili Gaude and Kundan Singh Rathore attended a lecture on biostatistics, by Dr Pratap, biostatistician from Udaipur, at Global Hospital, Mt Abu.

On April 29, Dr Pratap lectured the graduate nursing students.

## NURSING EDUCATION

## International Nurses Day May 12

College and school students celebrated International Nurses Day in the presence of Suresh Sindal, chairman of the municipality of Abu Road, Dr Pratap Midha, director, Suresh Thingar, chairman of the Mt Abu municipality, Dr Savita, coordinator at HQ of Women's Wing, Rajyoga Education & Research Foundation, etc.

A cultural programme, competitions and prize distribution marked the event. First year diploma students presented a mime on the theme *A force for change: improving health systems' resilience*.

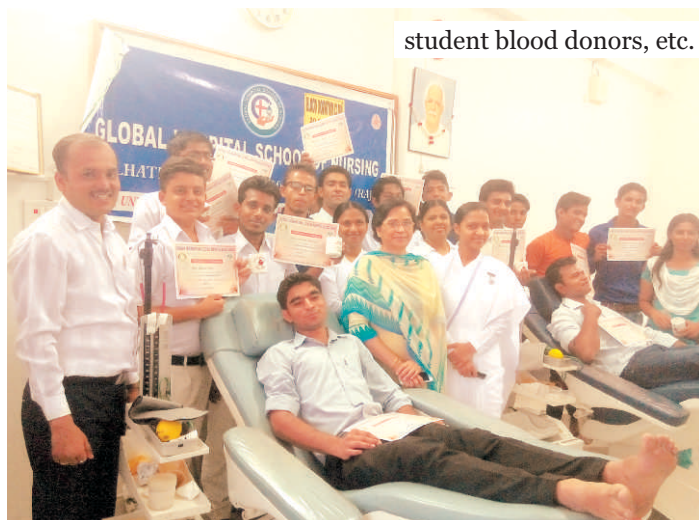
## Farewells May 18/June 21

The very first batch of the nursing college was bid adieu on May 18. Students shared their experiences and distributed gifts.

Diploma course interns--the school's eighth batch--were bid farewell on June 21.

## Blood donation Month of June

World Blood Donor Day falls on June 14 every year. This year, about 30 nursing students were inspired to donate blood themselves, and many more helped organise blood donation drives.



student blood donors, etc.

## Sports Day May 12 to 18

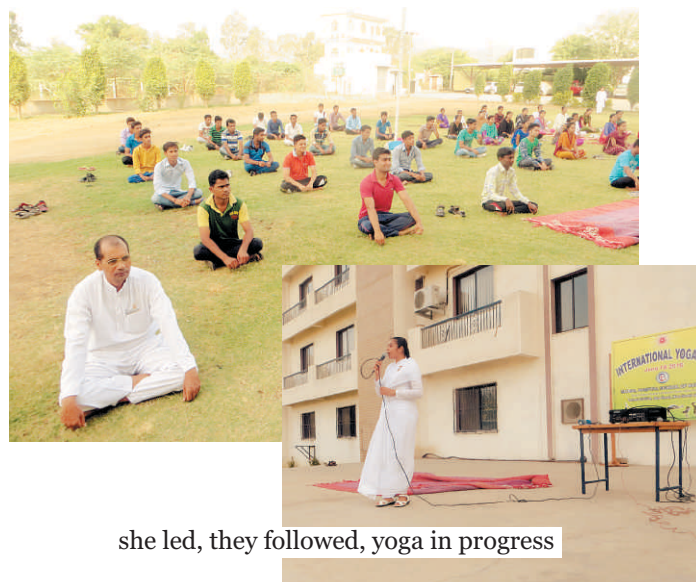
College and school students competed in cricket, volley ball, badminton, carom, chess, shot put, 100mt and 200mt races, relay race, long jump.



shot put, on sports day

## International Yoga Day June 14

A yoga expert led, students followed. Two sessions of yoga were organised for the school and college students.



she led, they followed, yoga in progress

## Muskaan Mela (Smile Fair, an event for operated cleft cases)

Celebrating a cleft-free life



A girl from Bikaner was operated for a cleft deformity at Global Hospital as a child. She and her sibling were both born with the cleft deformity, for which her family blamed her mother (standing to her right). Archana Kulkarni, manager, hospital promotional services, elucidated this success story, following which the child's mother shared her experience.

65 operated cleft lip and cleft palate cases gathered for Muskan Mela (Smile Fair), a day of fun and games. All the children underwent checks to evaluate their progress.

Children with the Smile Train surgery team at J Watumull Global Hospital & Research Centre. Seated (l to r) paediatrician Dr Rajendra Pancholi, senior dental surgeon Dr Niranjan Upadhayay, senior ENT surgeon Dr Sharad Mehta, anaesthetist Dr Jagadevi Sajjanshetty, registrar ENT Dr Keyur Mevada, plastic surgeon Dr A Gopalakrishna and director Dr Partap Midha.



Dr Narayan Khandelwal sees a patient

### Consult a joint specialist, in Surat

On June 5, 175 Surat residents consulted Dr Narayan Khandelwal, joint replacement surgeon & medical superintendent, BSES MG Hospital, Mumbai, and Dr Murlidhar Sharma, registrar, orthopaedics. 11 patients registered for joint replacement surgery. Thanks to the Brahma Kumaris of Surat for helping to arrange this service.

### Calling volunteer nurses & doctors

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

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



### Multidisciplinary consultations camp

On April 10, about 550 people attended a multispecialty consultation camp at Jawal, Sirohi. In attendance were senior ENT surgeon Dr Sharad Mehta, who saw 109 patients, general & laparoscopic surgeon Dr Somendra Sharma, 60 patients, and orthopaedic surgeon Dr Kailash Kadel, 122 patients.

As Dr Sharad Mehta examines a patient, a curious attendant looks on



A villager consults Dr Kailash Kadel

DNB Ophthalmology and Family Medicine candidates facilitated eye and general consultations respectively. 21 villagers visited Global Hospital for cataract eye surgery as a result of this opportunity.

### Preparatory training for diabetic retinopathy project

In May, Dinesh Kumar Singh, eye care manager, Community Services, Global Hospital Institute of Ophthalmology, visited Vittala Eye Hospital in Tumkur, Karnataka, to observe how it is helping the district government hospital to establish diabetic retinopathy services. On the same lines, GHIO will now help district Pali's government hospital to acquire diabetic retinopathy capacity. Both of these unique projects are being implemented in partnership with the Public Health Foundation of India.



## CASES: POSITIVELY IMPACTING LIVES

### MEDICINE/DIABETIC KETOACIDOSIS

Kailash Meghwal, 12, of village Poshindra, district Sirohi, was brought into the casualty gasping, drowsy, disoriented and said to have been suffering from fever since two days. He was a known case of juvenile (type I) diabetes.



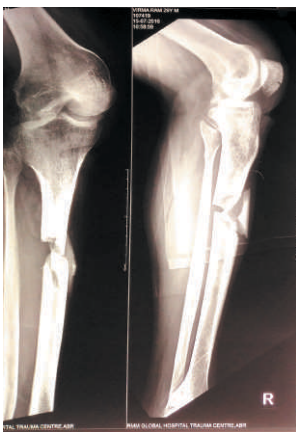
Investigation showed that Kailash had very high sugar levels on admission, with high ketones in urine. He was found to be suffering from diabetic ketoacidosis, a condition occurring when cells don't get the glucose they need, usually because the body lacks the insulin to use glucose. Then, the body burns fat for energy, producing ketones, a chemical by product. A build up of ketones in the blood make it more acidic. Left untreated,

diabetic ketoacidosis can lead to diabetic coma or even death.

### TRAUMA ORTHOPAEDIC/FRACTURE FIXATION

#### Care for a victim of polytrauma

A male patient, 29, of village Amthala, Abu Road, was brought to the trauma casualty by the public service ambulance for sustaining injuries in a road accident.



He had sustained a dislocated right hip joint, a compound comminuted fracture of the tibia and fibula, compound fracture of the right patella, multiple lacerations on several body parts and other injuries.

Consultant orthopaedic surgeon Dr Ashok Gupta performed an emergency

reduction for the hip dislocation, debridement of all lacerations and primary closure. Intramedullary nail fixation was done for the fractured tibia.

He was managed well post-operatively and discharged after a week's hospital stay.

### SURGERY/KIDNEY STONE REMOVAL

A 19 year old male was suffering from excruciating pain in the right flank, off and on for a few years. When investigated, he was found to have about a dozen small stones in his right kidney, which was gradually deteriorating in function.



Consultant general & laparoscopic surgeon Dr Somendra Sharma and visiting urologist Dr Brajesh Singhal operated on him, removing all the stones in one go through a 1.5 cm small incision.

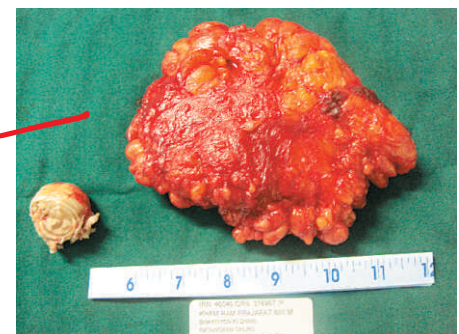
### SURGERY/TUMOUR REMOVAL

#### Removal of two tumours in one go

A 60 year old man had developed double tumours on the back, 7 to 8 years ago. His daughter encouraged him to get them removed, but he lacked courage--until now. His daughter remained by his side throughout the surgery.

One fat tumour was below the skin, another was a sebaceous tumour in the skin.

The two tumours, the smaller one is the sebaceous cyst



The two tumours

# Government Health Insurance “Bhamashah”

*J Watumull Global Hospital & Research Centre, Radha Mohan Mehrotra Global Trauma Centre, and Global Hospital Institute of Ophthalmology are proud partners of Bhamashah, a health insurance scheme of the Government of Rajasthan.*

*Introduced in 2014, the scheme has rapidly taken off. Families have been provided an identification card to avail health services through partner hospitals like J Watumull Global Hospital & Research Centre, Mt Abu, and the units at Abu Road.*

*Bhamashah was conceptualised to provide quality healthcare to all National Food Security Scheme beneficiaries and to reduce the workload on government health institutions. It is expected to cover 4.5 crore people across the state for 1718 ailments, with a cover of Rs 30,000 for general illness and Rs 300,000 for critical illnesses.*

*Bhamashah would also enhance poor people's access to health services by reducing their out-of-pocket expenses. Patients avail cashless treatment at partner hospitals, with the hospitals directly billing the government for the treatment provided. As such, the government expects Bhamashah to encourage the private sector to open more hospitals in rural areas.*

*J Watumull Global Hospital & Research Centre is seeing 50-60 Bhamashah admissions a month. These include a variety of cases, some regulars, some one-time cases.*

*Presenting three cases:*

## An unusual case: Removal of a spreading mass

Santosh Kanwar, 10, lives in village Bhatwas, district Jalore. She was admitted for the removal of a large melanocytic hairy nevus, a mass on the right side of her head that had gradually increased in size since birth. She could not even open her eye because of the mass. Plastic surgeon Dr A Gopalakrishna removed the mass in one go, grafting skin from her thigh to cover her head. Photographs 1 & 2: show her pre-operatively, 3 & 4 show her post-operatively



## New Bhamashah counter in the hospital

Jagat Pratap Singh, supervisor, Hospital Promotional Services, mans the new Bhamashah counter created to facilitate the documentation of claims.



## A regular patient for dialysis

Harish Parmar, 35, of village Bharja, Pindwara tehsil, Sirohi, visits Global Hospital twice weekly for dialysis.



## Thrice admitted for lung disease

Hari Ram Garg, 45, from Reodar, district Sirohi, has thrice been admitted to Global Hospital for chronic obstructive pulmonary disease.





## Launch: Diabetic Retinopathy Project

On May 27, the Global Hospital & Research Centre entered into an agreement with the Public Health Foundation of India to implement a diabetic retinopathy screening and treatment project. Diabetic retinopathy is damage to the retina triggered by long term uncontrolled diabetes; it can eventually cause blindness.

Funded by the Queen Elizabeth Diamond Jubilee Trust, UK, partnered by London School of Hygiene and Tropical Medicine, UK, this initiative will see the team at Global Hospital Institute of Ophthalmology help create diabetic retinopathy screening capacity in the Non Communicable Disease clinics in the Community Health Centres in Bali, Rani, Sumerpur and Desuri. Selecting equipment, getting it installed and training community health workers, accredited social health activists, optometrists, ophthalmologists, diabetologists and physicians are the team's responsibilities. They will also help create a secondary treatment centre in district Pali's government hospital, until then, offering diabetic retinopathy care themselves.

## News from branches



On April 2, medical officers from across Sirohi district attended a medical education programme on silicosis, a disease afflicting cement and marble cutting workers, both major industries in Sirohi. District tuberculosis officer Dr Sanjay Gehlot and occupational health expert with Médecins Sans Frontières Dr Muralidhar Venkateshwar elucidated preventative measures for this disease, which is incurable. The event was conducted in the auditorium of Radha Mohan Mehrotra Trauma Centre, Abu Road. Village Outreach Programme head Dr Kanak Shrivastava, Community Service Advisor Dr B S Deora and hospital medical officers also attended.

## World Blood Donor Day

A programme to felicitate voluntary blood donors on June 12, World Blood Donors day attracted over 400 donors, donation drive organisers and others.

Superintendent of police, Sirohi, Sandeep Singh Chauhan, and founder of Adarsh Charitable Trust, Sirohi, Mukesh Modi attended the event as chief guests.

Between April and June, the Rotary International Global Hospital Blood Bank organised 11 blood donation drives at various venues yielding 1302 units of blood. The most productive drive was held at Mt Abu in association with Sudhir Jain and Shailesh Jain of Silver Oak Hotel, in memory of their parents late Jaysingh Jain and Shakuntala Devi, where 480 units were collected.

Three other drives that yielded more than 100 bags of blood each, were held jointly with the Shri Vinod Parsarampuriya Sewa Sansthan, Abu Road (234 bags), JK Laxmi Cement at JK Puram (136), and with the Youth Wing, Rajyoga Education & Research Foundation, Mt Abu (102).



*Superintendent of police, Sirohi, Sandeep Singh Chauhan, founder of Adarsh Charitable Trust, Sirohi, Mukesh Modi, felicitate donors*

### NEWS SNIPPETS *Caring for mass casualty*

A jeep went over while descending from Mt Abu to Abu Road on May 20. Emergency care staff at the Radha Mohan Mehrotra Global Hospital Trauma Centre tended to 18 patients. One adult and two children were referred to a higher centre. Bodies of three victims brought dead were sent to the government mortuary.

### *Ophthalmology outreach*

As many as 300 people turned up for an eye screening programme at Bali, district Pali, on June 26. MM Jewelers, a family from Mumbai, sponsored this event, held at the Brahma Kumaris centre.

Optometrists found 167 people with refractive errors and referred 33 to Global Hospital Institute of Ophthalmology (GHIO) for surgery.

### *Welcome to new visiting ophthalmologist*

Starting May, Dr Saket Arya, vitreo-retinal surgeon from Alakh Nayan Mandir Eye Hospital, Udaipur, is visiting GHIO twice a month for patient care as well as academic activities.

### *Training update*

GHIO medical superintendent Dr VC Bhatnagar attended phaco-emulsification training organised by ICARE Eye Hospital, Noida, from April 11 to 23.

## Diet awareness for school pupils

Aanchal Society, Jaipur, arranged a diet awareness programme for pupils aged 10 and above, in the government schools in villages Chandela, Jaidra, Oriya and Salgaon, where the nutritional project is ongoing, and in three other schools. They distributed informative leaflets to pupils. After telling the children what to eat and what not to, they quizzed pupils on their new learning!

Children also had eye and dental checks by the ophthalmology and dental departments of Global Hospital. Of 1561 beneficiaries, 768 were from VOP-adopted schools.



## Attacked by a bear, but safe!

Bhim Singh, 40, a small farmer from Jawaigaon, an adopted village, was attacked by a bear when he was working alone in the fields. Singh fell unconscious as a result of suffering severe laceration of the scalp, extensive injury to the neck and forehead, and a fracture of the left shoulder and forearm. Villagers who found him some hours later brought him to Global Hospital, where general & laparoscopic surgeon Dr Somendra Sharma treated him. Singh recovered well with minimal disfigurement.



## Dental checks for villagers



A team of 18 doctors from Narsinhbhai Patel Dental College and Hospital, Visnagar, conducted dental checks for residents of adopted villages Chandela, Uplagadh and Jaidra on May 6 and 7.

A mobile clinic facilitated checks for 180 villagers, 64 underwent scaling, 13 extractions and 16 restorations.

April to June 2016

**881**  
PATIENTS CONSULTED IN FIELD

**1356**  
VOP WALK IN PATIENTS

**58**  
PATENTS ADMITTED

## You can help too

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

In India, transfer funds to:

Account: Global Hospital & Research Centre  
Bank: Union Bank of India  
Branch: Extension Counter, Om Shanti Bhawan, Mt Abu  
Account # 408702011000229  
IFSC: UBIN0540871

Mention (mail@ghrc-abu.com or call +91 9414152125) your name, address, telephone and email.



On World Health Day, April 7, the Nari Utkarsh Sansthan, a local NGO, invited Dr Kanak Shrivastava to lecture Rotary School students on adolescent health.

She is seen standing in the adjacent photo with school teachers and other members of the NGO.