

Welcome Note



*Dr Partap Midha,
Director & Trustee*

I've been reflecting about simplicity lately. Probably how this virtue can impact every aspect of our life.

Many of us have grown up hearing the adage, 'Simple living, high thinking'. We even aim to apply this in our lives, but along the way, we get caught up with the material world and begin to detract from simplicity thereon.

Simple living and high thinking enhance our quality of life and would do a world of good to humanity. Simple habits, applied with a measure of continuity, such as eating simple nutritive meals that are low in salt, high in fibre and kind to the environment, aka, vegetarian.

Gymming is growing more popular by the day but I am still of the opinion that a daily brisk 45 minute walk can destress the body as much as a more vigorous exercise routine (if not better). Walking is by far a more sustainable exercise regimen, since the body is less prone to injuries while engaging in gentler movement.

Simple lifestyle also includes getting a good nights rest, at least 5 to 6 hours of uninterrupted sleep.

There is more to simplicity than taking simple meals, continued

exercise and rest. Peaceful and honest interactions make for loving relationships and contribute to good health and more widely, to world peace. Inculcating a compassionate bent of mind and offering others altruistic help enhances immunity and improves mental health as well.

They say that good things happen to good people. To that, I'd add, 'if they are empowered and if they are pure in heart, thought and purpose'. This also becomes the foundation for perfect health.

And while on the subject of simplicity, I am happy to introduce you to this revised 8-page Newsletter. A year ago, we launched an e-Newsletter, aiming at sharing aspects that were not included in our regular print newsletter with a wider audience. These items were typically a few patient stories, a perspective from one of our consultants and a few nuggets of information about our hospital. Following the enthusiastic response to the initiative, and as part of an endeavour to simplify and streamline our publications, we now present a combined 8-pager that will be offered mainly by email.

To preserve our flora and in keeping with the gradual shift to consume information online, starting this issue, we will only be sending the e-Newsletter to most of our contacts.

We would like to reduce circulation of our print edition to visiting guests and associates who need copies to make presentations to further the work of the hospital. So, please email us if you need print copies and we will add you to a new mailing list we are putting together.

I look forward to receiving your feedback! Write to us at ghrchps@gmail.com

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- > Request Sr Yashoda for a print copy at ghrcoffice@gmail.com

~ VOICES ~

What a wonderful facility - with a great spirit of volunteerism. Keep up the noble work.

Chandradath Singh
High Commissioner
Trinidad & Tobago

Excellent services to patients. Highly impressed.

J B Vora, IAS
Collector, Banaskantha
Palanpur

A multi-specialty screening programme with a special emphasis on identifying and treating gynaecology patients was

Gynaecologist Dr Saurabhi Singh listed home deliveries assisted by untrained birth attendants, having more children, lifting heavy weights



Dr Saurabhi (in white coat, right) and her patients

organised in Keria, a remote village in sub-district Sanchoe of district Jalore on February 25. Sincere thanks to the Brahma Kumaris centre at Sanchoe for their assistance in organising this event 200km away from Mt Abu. A generous donation from businessman Pruthviraj Gevarchand Jain made it possible to widely publicise the opportunity, to consult specialists for no charge. In all, 300 patients consulted the participating doctors, including gynaecologist Dr Saurabhi Singh, general surgeon Dr C M Vyas, maxillofacial surgeon Dr Don Vargese, dentist Dr Girish Kumar and medical officer Dr Arjun Sawant. Impoverished patients were provided medicine free of cost. Also, 16 women from economically underprivileged families, most of whom were suffering from a prolapsed uterus, were operated on for free at Global Hospital.

An awareness talk on the causes, precautions and treatment of uterine prolapse was organised for 50 female patients hailing from a rural background. Their attendants took benefit from the talk as well.

as the main causes of this condition. Dr Saurabhi also explained the advantages of vaginal hysterectomies over traditional (open) surgery to treat uterine prolapse.

A surgical gastroenterology check-up and laparoscopic surgery programme was organised between February 13 and 17. Visiting gastroenterologist Dr Dilip



Dr Kothari conducts an endoscopy

Kothari (seen above) operated on eight patients assisted by in-house general surgeon Dr C M Vyas and senior clinical associate, Surgery Department, Dr Nabajyoti Upadhyaya. They also performed 12 diagnostic endoscopies.

Joint replacement surgery programmes held in January and February saw BSES MG Hospital orthopaedic surgeon & medical superintendent Dr Narayan Khandelwal perform 18 joint replacement surgeries.

A urology surgery programme conducted on March 16 and 17 saw eminent urologist Dr Darshan Shah of Apollo Hospitals, Ahmedabad operate on 9 patients. Dr Shah was assisted by in-house general surgeon Dr C M Vyas and senior clinical associate, Surgery Department Dr Nabajyoti Upadhyaya.

Visiting laparoscopic surgeon Dr S Thirunavukkarasu (in photo below), specialist gastroenterologist from Chennai, operated on seven patients on March 21 and 22 assisted by Dr Vyas and Dr Nabajyoti. Eighteen patients had gastrointestinal endoscopies.



Dr Arasu examining a patient

Ayurvedacharya Dr Gulab Rai from Jabalpur proffered ayurveda consultations to 203 patients from March 12 to 17. In-house ayurveda practitioner Dr Sanjay Jain assisted. Dr Rai (seen below) referred 74 patients for panchkarma treatment given by Br Gyaneshwar and Sr Ramila.



Dr Gulab Rai during a consultation

New Ophthalmic Asset

Thanks to the Jayesh Parmar and his family, patrons of the Champabai Chandulal Parmar Educational Foundation Trust (Pune) for sponsoring the acquisition of an eye mobile clinic equipped with a slit lamp and vision box. This clinic will enable the ophthalmic team to reach out to people in remote areas.

The new asset was inaugurated at Mohabatnagar in district Sirohi in the presence of the trusts coordinator B A Deore and local representative Khim Singh.

Global Hospital was represented by director & trustee Dr Partap Midha, Dr Vishal Bhatnagar, honorary senior consultant ophthalmologist & chief, and Dinesh Singh, eyecare manager - community services.

Right above: Inaugurating the new mobile clinic in Mohabatnagar

Right: A view of the interiors



Eradicating the scourge of Tuberculosis

Global Hospital's TB project was started in 2008, in collaboration with the Medical & Health Department of the Government of Rajasthan, under

cases in remote areas of district Sirohi populated mainly by tribal people. Field workers were chosen from educated young boys and girls in these very communities. They were trained and given a holistic understanding about the disease. Today, the project backed by the mobile medical team is covering a population of 150,000 spread over 34 villages. Sputum samples of suspect TB cases are tested. These are individuals who have been suffering from cough and low grade fever, chest pain, anorexia and weakness for

more than a fortnight.

Field workers give the positively identified patients the medication and supplements - roast gram and roasted soya - and monitor their

Cure rate of Category 1 TB patients

25%

in 2008

85%

in 2011

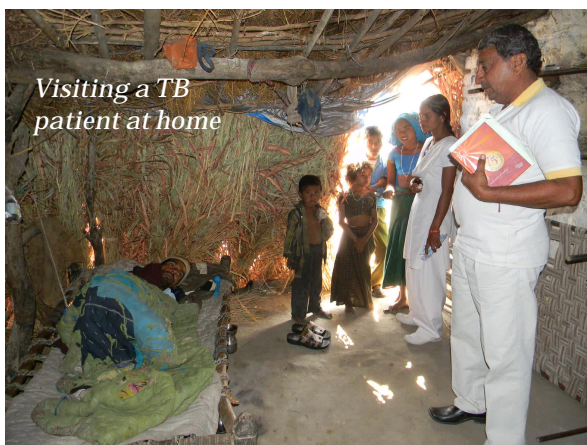
Cure rate of Category 2 TB patients

36%

in 2008

71%

in 2011



the Revised National TB Control Programme. This project was inspired by feedback received from the mobile clinic teams - the doctor servicing the community had observed a high prevalence of TB

progress until the treatment is completed and the patient tests negative. The team treated 73 patients last year. They report a significant improvement in cure rates since 2008.

Patient's Stories

Pepi Devi

Pepi Devi was first noticed standing in a long queue, waiting for her turn during a health check-up programme for women organised by Global Hospital in a remote village. She looked heavily pregnant.

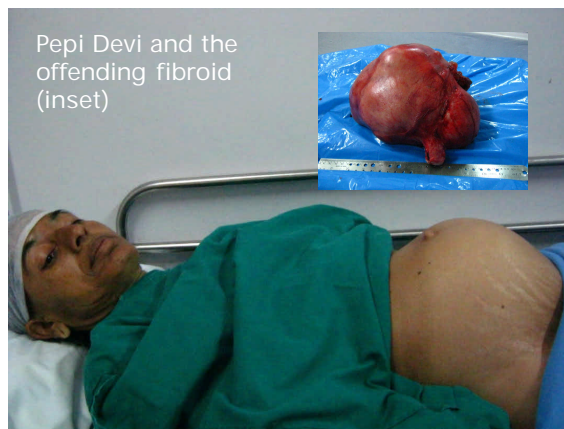
However, investigation revealed that she had a huge fibroid (tumour) in her uterus. She also complained of heavy menstrual flow as a result of which she was severely anaemic (her haemoglobin was 6mg/dl).

Pepi had been suffering since two years. She was compelled to silently tolerate. The family is financially hard-pressed since her husband is unemployed.

Gynaecologist Dr Saurabhi Singh advised her to undergo surgery immediately. Pepi was assured that she would be treated free of charge. A few blood transfusions helped

improve her haemoglobin level and prepare her for surgery. She then underwent a hysterectomy during the course of which a huge fibroid weighing almost 3kg was also removed.

Needless to say, Pepi Devi was discharged from Global Hospital a much relieved woman, grateful to be over the long drawn suffering.



Pepi Devi and the offending fibroid (inset)



Feeling better, post-operatively

Bhanwarlal Bhat

Bhanwarlal Bhat, aged 35, a resident of village Rajapura, was operated on for a ruptured intestine, an injury sustained while he was at work. Bhat was preparing to plough a field with a bullock cart when he was hit by a bull. A man of small means, supporting his elderly mother and two children (his wife is no more) on an annual income of merely Rs.24000, he did not seek immediate medical help.

Some villagers brought him to Global Hospital with an open wound. Bhat was in shock and septicemia had set in. Consultant surgeon Dr Digant Pathak and consultant plastic surgeon Dr Partha Sadhu operated on him.

Bhat recovered well, to the joy of his family. Thanks to Give India for partially sponsoring the cost of this surgery.



Bhanwarlal Bhat undergoing treatment

YOU CAN HELP TOO

Our Juvenile Project Fund desperately needs funds. This project offers free diagnostic testing and hospitalisation for surgery or other treatment to any child (under the age of 16) hailing from a poor family. Email us for more information at ghrcabu@gmail.com

Donate online to our cause on **GiveIndia**, find us at www.giveindia.org

Green hospital, healthy hospital



Did you know?

The building housing the out-patient department of Global Hospital is shaped like a chromosome, linking three circular open areas representing DNA and RNA. This unique shape symbolises peace, purity and positive health as well as stands for the hospitals' aim – to treat mind, body and soul.

Left: Parabolic shaped solar energy receivers fuel the hospital's steam cooking system, laundry and sterilisation department

Research indicates that eco-friendly healthcare facilities can improve the outcome of patient treatment and reduce the duration of hospital stays. Generating energy by cleaner techniques reduces emissions and improves indoor and outdoor environments - a win for patients. A 'green' environment also enhances staff performance and saves costs, ensuring a win for hospitals as well.

J Watumull Global Hospital & Research Centre (Global Hospital, for short) is one such hospital – eco-friendly design features give it tranquil, open interiors that are conducive to healing. Green technologies also save operational costs and cut emissions.

Saving Trees

Eco-friendly features also go a long way in saving energy. In this context, Global Hospital stands out for being designed so as to make the most of daylight, thereby minimising the need for artificial lighting. The roof and walls are painted white to deflect heat. It is remarkable that open areas contained within the hospital

structure enclose a few of the largest trees on the plot of land. This preservation of flora was intentional. Global Hospital has also taken up tree planting in a big way.

Solar Steam Cooking System

Specific energy-saving measures have also been implemented at Global Hospital. The institution is one of the first hospitals in India to be equipped with a Solar Steam Cooking System, which also powers the sterilisation department and laundry.

Designed by Golo Pilz, a German solar energy specialist residing in Mt Abu, the solar system is made up of 20 parabolic solar concentrators installed in two separate modules, each comprising of five pairs. Sunlight is 'collected' in 10 receivers. A system of this size is expected to generate about 900kg of steam per day.

One-third of the steam is directed for cooking purposes (600 meals per day), an equal share powers the sterilisation department (2 to 3 shifts per day), and a third operates

the laundry machines. The system helps save 88.28 litres of diesel daily, that is, Rs.3606 at current prices. The system also lowers daily carbon dioxide emissions by 194.21kg. Excess steam produced on a sunny day can be stored overnight, thus enabling power to be available the next morning and allowing a complete shutdown of regular back-up systems.

Solar Hot Water Plant

Another eco-friendly device, a Solar Hot Water Plant installed on the roof of the hospital building has an installed capacity of 18000 litres. This translates into average annual energy savings of Rs.0.85mn.

Recycling Waste

Non hazardous solid waste generated in the hospital, such as paper, cardboard, food, glass and plastic is collected and sent for recycling.

Conserving Water

Plumbing fixtures in bathrooms were replaced with water-saving dual flush systems a few years ago.

A Holistic Approach to Manage Diabetes

*Dr Shrimant Kumar Sahu,
Anaesthetist & Diabetologist at J
Watumull Global Hospital &
Research Centre, Mt Abu*

Diabetes has become a pandemic in India. A latest study by the WHO pegs the number of people suffering from diabetes in the country at 61.3 million people. Besides imposing a huge cost on the country, this makes India the second highest country in the world in terms of incidence. And the picture is set to worsen. Projections suggest that the number of diabetic patients will grow to 101.2 million by 2030.

Diabetes is a silent killer. Most patients show no symptoms to start with. Over the years, however, the disease damages body organs and can lead to complications such as heart attack, kidney failure, blindness, stroke, and foot problems leading to amputation etc.

Diabetes is also predominantly a lifestyle disease. Research done at Global Hospital indicates that a positive attitude and meditating daily is highly effective in helping to reverse coronary artery disease, another lifestyle affliction. The Department of Diabetes is aiming at applying a similar approach for diabetics to help them lead a healthy and happy life. To this end, the department launched a 5-day residential programme for diabetics in November 2011. So far, 100 patients have already taken benefit from the programme which is based on three key aspects - self-healing, holistic treatment and spiritual perspectives.

Read on to learn more:

3 Key aspects of the Global Hospital diabetes programme:

→ The programme focuses on self-healing. Patients are made to understand that they can heal themselves, in the right environment. We provide patients a nurturing environment and educate them about diabetes to understand how this works. Lifestyle modification is an essential part of this process. It involves eating nutritive and balanced meals, staying physically active by taking a daily brisk walk, exercising to music and yogasana.

→ The programme aims at treating the root causes of the problem, not just the symptoms reported by the patient. A thorough physical examination



and diagnosis helps identify the underlying cause. In-depth counselling sessions involving the patient and his/her spouse also facilitate this process.

→ The programme offers spiritual perspectives to rejuvenate the soul and body. Patients are taught Raja Yoga meditation to manage stress. Stress can contribute to chronic hyperglycemia in diabetics. Meditation stills the mind and empowers the intellect to face

adverse stressful situations.

Why does the Diabetes Department at Global Hospital have an edge over similar facilities elsewhere?

- A full-time diabetologist renders round-the-clock care.
- Out-station patients have the choice of staying in private, semi-private or deluxe rooms.
- A well-equipped Intensive Care Unit staffed by an intensivist can handle any complications.
- A diabetes education & nutrition counsellor serves patients.
- Obesity management is aided with body composition monitoring (Karadascan).
- Extensive equipment facilitates cardiac care in diabetics, including a computerised ECG, TMT, 2D Echo, and Cardiac Autonomic Neuropathy System Analyser.
- An ophthalmologist conducts eye check-ups, including a fundus examination, FFA and laser therapy.
- A dentist offers oral care and saves tooth loss.
- Preventive diabetes foot care (podiatry) services are on offer.
- The department is equipped with a Biothesiometry, Vascular Doppler, and Pedoscan.
- A physiotherapist takes care of musculo-skeletal problems.
- A yoga therapist teaches patients yogasanas and pranayam.
- Patients can consult the fitness specialist and participate in aerobic and anaerobic exercise sessions.

KNOW MORE

To register to participate, call Dr Savita Sonar, Medical Officer in the Diabetology Department on +91 9461604139.

New Facility: Haemo-Dialysis Unit

A haemo-dialysis unit was inaugurated at the Radha Mohan Mehrotra Global Hospital Trauma Centre on January 28 by Ramesh Shah, managing trustee of the World Renewal Spiritual Trust, Mumbai. The single bed German Fresenius machine offers added features such as removing bacteria from water used in the process. The new machine has been well received by the local community. Notably, apart from the machine at J Watumull Global Hospital & Research Centre, Mount Abu, this is the only dialysis facility in district Sirohi.



Publicity event

A gathering of village heads and deputies was organised on January 28 to disseminate information about the Trauma Centre's services and address concerns of local residents. Medical superintendent & consultant cardiologist Dr Satish Gupta also introduced the medical team. Trustee & director Dr Partap Midha chaired the meeting and presented gift to the participants, which included ex MLA Samaram Grassia and his wife Sukhi Bai Grassia, Pradhan - Abu Road Panchayat Samiti.

News from Vadodara

Thanks to Dr Ketan Patel, Dr Rina Patel, and Dr Pradeep for rendering their free services to 130 patients at a eye consultation programme organised by the Brigadier Vora Clinic & Jyoti Bindu Diagnostic Centre, Vadodara.

Maturing Gracefully

Shivmani Home, a facility for the elderly, is the youngest branch of J Watumull Global Hospital & Research Centre. One year after welcoming its first residents, the home is completely booked, having enrolled 71 individuals in 60 rooms. The facility places emphasis on the provision of nutritious meals and on fitness, to ensure that the residents enjoy optimum health.



Assisted-living makes life easier for the elderly.



Morning exercise session in progress.

Celebrating World Optometry Day



World Optometry Day was celebrated for the first time at the P C Parmar Foundation Global Hospital Eye Care Centre at Abu Road. Optometrists Sandeep Singh, Dinesh Singh, Dhaneshwar Deka and Madhu Sinha shared their experience with the audience, comprising mostly optometry students and staff. Consultant ophthalmologists appreciated the huge role optometrists play in patient care. Optometrists are the first touchpoint in the hospital for most eye patients. Illiterate village patients depend all the more on optometrists, as they only get to see the ophthalmic surgeon in the operation theatre - as a masked expert!

Identifying and curing TB, changing lives

1995



2012



The Means: Building Awareness

The VOP team holds a public event to publicise World TB Day on March 24 every year, and to drive home the need to promptly test and treat suspect TB patients. This year, consultant gynaecologist & VOP chief Dr Vinay Laxmi addressed audiences in villages Salgaon and Jamburi on the theme 'I want a world free of TB, Stop TB in my lifetime'. The enthusiastic gathering participated in this programme which was followed by a rally through the village to take the message to residents.



Emphasis on Nutrition

The nutritional programme running in 16 schools in adopted village aims at nipping malnutrition, a causative factor for TB, in the bud.

Happy Outcomes

In 1995, two years prior to the launch of the government's tuberculosis (TB) control initiative, the village outreach programme was already screening and treating tuberculosis free of cost in its adopted villages with spectacular results.

The photograph dating back to 1995 shows a 7 year old girl from village Siawa suffering from severe pulmonary TB and extreme malnutrition. She was diagnosed and treated free of cost for TB and malnutrition by the village outreach programme.

The latest photograph (2012) shows the same girl 17 years later. Now she is happily married with a family. Dr Vinay Laxmi, consultant gynaecologist & chief of the VOP is taking care of her health today as well.

You can help too...

Support our work. Send your cheque or demand draft in favour of 'Global Hospital & Research Centre' to:

The Managing Trustee - GHRC
P.O.Box 35, Mount Abu,
307501 Rajasthan
INDIA

You can donate to either of these funds, or allow the managing Board to allocate your contribution to priority programmes:

- ___ Poor patients fund
- ___ Equipment fund
- ___ B.K.Healthcare fund
- ___ General contribution (corpus)
- ___ Honourable Patrons
- ___ Honourable Donors

Please mention your name, mailing address, pin code, telephone number and email.
For more information, contact Dr Partap Midha, director, J Watumull Global Hospital & Research Centre, at:

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