

# YOUR COMMUNITY HOSPITAL **NEWSLETTER**

## **FROM THE ADMINISTRATOR'S DESK**

Dear Ashakiran supporters,








The past few months have been very challenging—the monsoons have reduced the approach road to Ashakiran to a slippery mess. This has become an inconvenience not just to our staff but to our patrons and patients. However, it hasn't deterred people from coming to Ashakiran. Despite the inconvenience and a number of clinics, diagnostic centres and pharmacies in the close vicinity, it is really heartwarming that people still choose Ashakiran and continue to avail of our services. This is a sign of the strong connection between our patrons and our staff. The gradual but steady and sturdy growth of Ashakiran Jubilee Hope Centre is an indication of the credibility of our services and facilities added with the help of all our collaborators and well-wishers.

In this issue, we would like to focus on the operative cases done at Ashakiran. It all began with a small setup in the corner of a seemingly large structure. Our plan was to facilitate minor surgical procedures using limited surgical instruments. However, the successful surgeries brought a growing positive response from patients. Soon, we felt the need for a bigger space providing a higher grade of surgeries. With the help of interested surgeons and the generosity of our Diocesan schools, we were able to extend the space for a bigger Operation Theatre with all the necessary equipment.

Some of the surgeries being performed at Ashakiran today are beyond what I had imagined three years ago. It is the grace of God and the generosity of our collaborators that is bearing fruit. Through this process of growth, the real joy is to see the satisfaction of common people experiencing quality service at Ashakiran at affordable costs, and the growing publicity of the hospital through word-of-mouth. We have many goals to achieve in the coming years and I am confident that the Rays of Hope will grow brighter in times to come.

Fr. Jeetendra David  
Administrator  
Ashakiran Jubilee Hope Centre

**OUR TRUSTEES**

 <p><b>Rt. Rev. John Rodrigues</b> <b>Bishop of Poona Diocese</b></p>	 <p><b>Rev. Fr. Isidore Soares</b></p>	 <p><b>Rev. Fr. Simon Almeida</b></p>	 <p><b>Rev. Fr. Jeetendra David</b> <b>Administrator</b></p>
 <p><b>Dr. Manoj Durairaj</b> MBBS MS MCH FACC <b>Consultant Cardiologist &amp; Surgeon</b></p>	 <p><b>Dr. Hillary Rodrigues</b> MBBS <b>General Physician</b></p>	 <p><b>Dr. Ivan Netto</b> MD <b>Psychiatrist</b></p>	

**AN ADDITION TO OUR TEAM**



**Dr. Shirish Shelke**  
MBBS; DLO; D.O.R.L.  
DNB (reg)

Dr. Shirish Shelke is an ENT consultant with more than 17 years of experience. He provides consultation in head and neck oncology and is experienced in treating the same.

With a specialisation in General Otorhinolaryngology (Adult and Pediatric) Rhinology including functional endoscopic sinus surgery, Dr. Shelke has conducted several routine nasal procedures during the last six years. He has also performed several Functional Endoscopic Sinus Surgery (FESS) operations and assisted in surgeries for the last 10 years. He regularly performs diagnostic procedures including laryngoscopy, micro laryngoscopy, pharyngoscopy, oesophagoscopy, biopsies, fine needle aspirations, including parotidectomy, submandibular gland, brachial cyst, thyroglossal cyst and hemithyroidectomies excision.

He is available for consultations on Thursdays and Fridays. Please call the reception desk to make an appointment.

## THE SURGICAL DEPARTMENT—OUR JOURNEY, TEAM AND VICTORIES



Ashakiran Hospital has long harboured the dream of an Operation Theatre (OT) with facilities that are at par with private hospitals, and we are getting there. We now offer a number of surgical procedures and promise post-operative care with healthy recovery. Here is an overview of how we began, our future goals, our team, surgeries conducted so far and testimonies from patients.

The Minor OT was inaugurated on 16<sup>th</sup> January, 2021. However, Covid-19 hit hard and we had to refocus on providing services and care for Covid patients. Finally, the first surgery was performed on 26<sup>th</sup> June, 2021.

The Major OT was inaugurated on 3<sup>rd</sup> July, 2022. Since then, we have been covering all types of general surgeries including:

- |   |                              |
|---|------------------------------|
| Haemorrhoidectomy                             | Ovarian cyst excision        |
| Stapler haemorrhoidopexy                      | Hemithyroidectomy            |
| Fissurectomy                                  | Toe amputation               |
| Fistulectomy                                  | Excision biopsy              |
| Inguinal hernioplasty (open and laparoscopic) | OGD scopy                    |
| Appendicectomy                                | Colonoscopy                  |
| Umbilical hernioplasty                        | Laparoscopic hysterectomy    |
| Nephrectomy                                   | Breast fibroadenoma excision |

We will be starting with orthopaedic and ENT surgeries in the next couple of months.

Our team of surgeons are highly trained and we ensure a doctor is always available, in case one of them is busy. There have been instances of emergencies where our surgeons have been called even in the night to perform surgeries. One such case was when a patient was recently shifted to Ashakiran from another hospital for an emergency laparotomy (abdominal surgery). Our patients have had speedy recoveries and get back to their normal routines quickly.

Here is a look at our surgical department:

### **OT in-charge**

Dr. Bharat Oza  
MS Gen. Surgeon

### **Gynaecological surgeries in-charge**

Dr. Sairandhri Kate Shinde  
MBBS DNB OBGY FMAS

**On-call surgeons:**

<p><b>Dr. Shrikant Ankolikar</b> MBBS MS DNB Surgical Oncology</p> <p><b>Dr. Prasad Bhate</b> MBBS MD DM Gastroenterology</p> <p><b>Dr. Yogesh Narkhede</b> MS Gen. surgeon Laparoscopic surgeon</p>	<p><b>Dr. Kishor Gosavi</b> MBBS MS Obstetrics &amp; Gynaecology Laparoscopic surgeon</p> <p><b>Dr. Shirish Shelke</b> MBBS MS ENT surgeon</p>
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**Anaesthetists:**

Dr. Ashwin Bhalerao  
Dr. Shrikant Kote  
Dr. Priya Rathi  
Dr. Dattesh Gore

We are looking for an OT Technician to join our team. Do reach out to us if interested.

**Testimonies:**

We usually ask our patients for feedback so that we can keep improving our services. Here are some very heartwarming and encouraging reviews shared by a few patients; each of them gave Ashakiran five-stars!

*“Wonderful experience with Ashakiran Hospital for my fissure surgery that was performed by Dr. Bharat Oza. Along with him, Dr. Madhav Talhar (assistant surgeon) and Dr. Rohit Shukla (resident doctor) ensured I had a smooth prep and follow-up. Post-surgery, I am free from pain. All credit goes to the excellent staff of Ashakiran hospital and I am glad to recommend their services for surgeries.”*

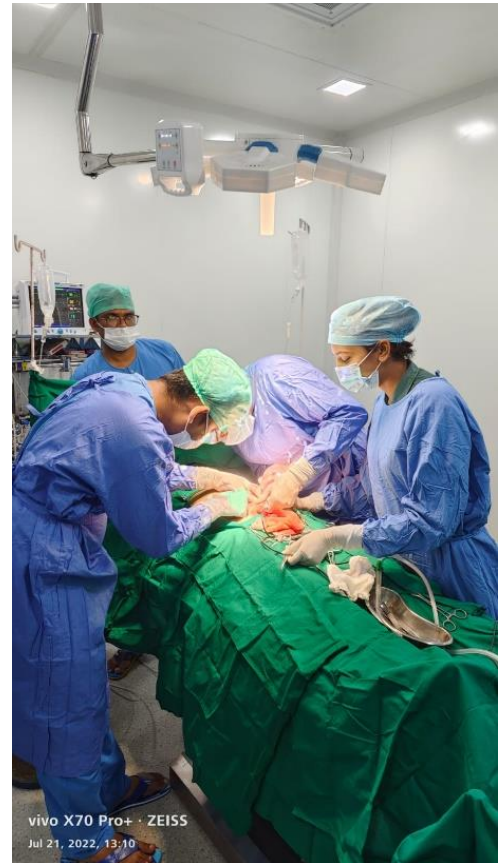
- Male patient (June, 2023)

*“My wife was operated for laparoscopic appendicectomy by Dr. Bharat Oza. The operation was successful and postoperative recovery was great. I thank the surgeons and hospital staff for their care. Thank you, Ashakiran Hospital!”*

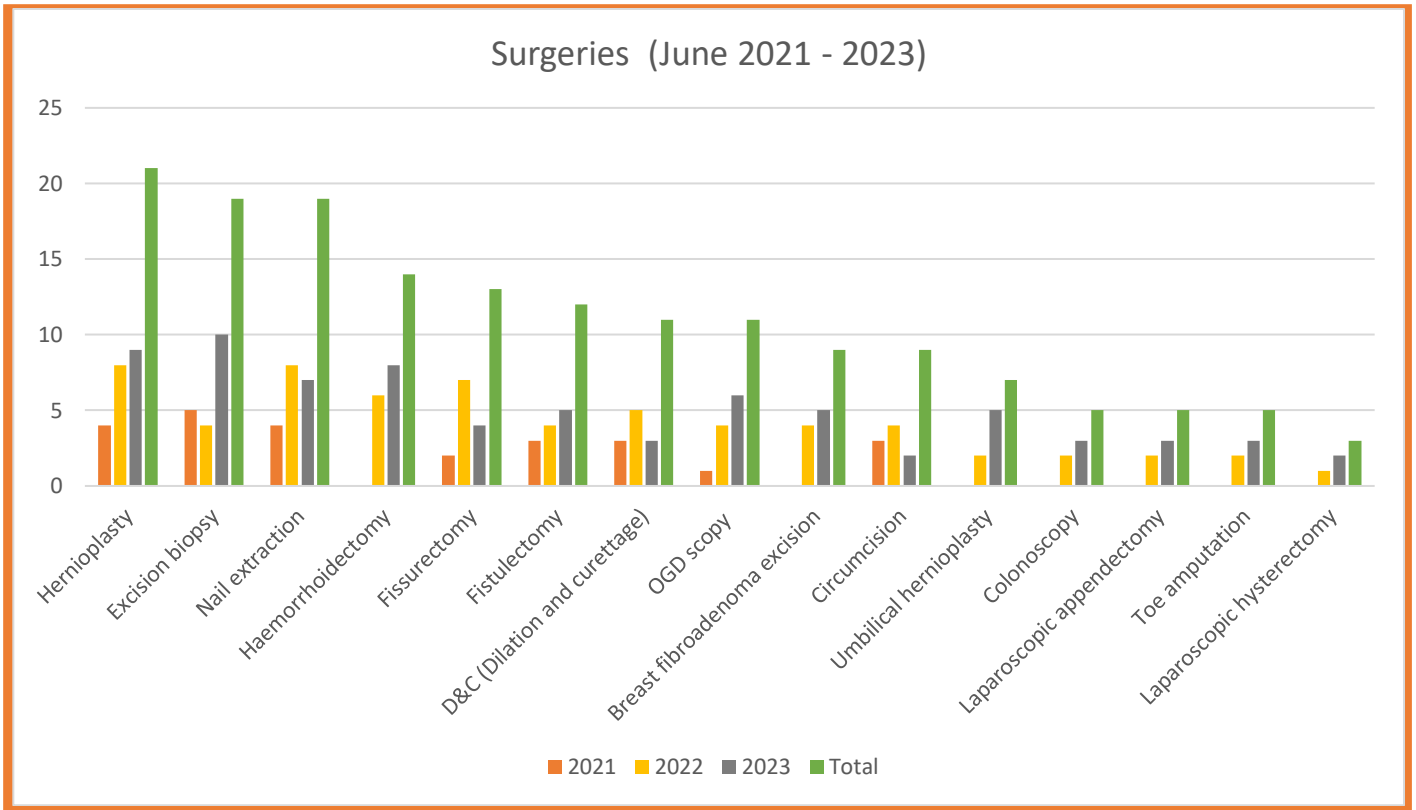
- (December, 2022)

*“Almost a year ago, I was diagnosed with umbilical hernia and epigastric hernia. I was treated under the guidance of Dr. Rohit Shukla and later operated by Dr. Bharat Oza. The medication, operation, post-operative care and medical services were handled very well by the Ashakiran hospital staff.”*

- 31-year-old woman (October, 2022)



Here is a quick snapshot of the surgeries performed at Ashakiran.



\* (OGD - OesophagoGastroDuodenoscopy)

Additionally, during 2022, nephrectomy, ovarian cyst excision, laparotomy and hemithyroidectomy procedures were each performed once.

- *Anisha Reddy, Renita Siqueira*

## AN OVERVIEW OF HEMORRHOIDS (PILES) AND HOW TO MANAGE THEM



Dr. Bharat K. Oza  
MS. General Surgery (ISM)  
Consultant Surgeon, Ashakiran JHC Hospital



Hemorrhoids is a common medical condition consisting of small swellings in the anal region. It comprises enlarged blood vessels, which are either outside (external piles) or inside (internal piles) the anus. The most common symptom of hemorrhoids is painless bleeding associated with bowel movement which may occur for months or years. Pain is not a characteristic of hemorrhoids unless there is associated thrombosis (blood clotting) or fissures (cuts/tears in anal lining) in the anus. Anaemia is often seen in long-standing cases of hemorrhoids due to persistent and profuse bleeding. Constipation and constant straining are common causes of piles. To clinically examine a hemorrhoid, a physical examination—proctoscopy (insertion of tube with light source) or digital examination is performed by the physician.

**Treatment:**

The treatment of hemorrhoids depends on the degree of symptoms, patient's age and other comorbid medical conditions. Manual dilatation of the anus through anal dilators is frequently successful in relieving symptoms probably by preventing congestion of hemorrhoidal veins.

- A) Nonoperative Management: All patients should benefit from minimising straining and avoiding constipation. Bulking of the stool facilitates this and can be accomplished by increasing dietary fibre and fluid intake. Stool softener may also be used. Sitz baths are warm soaks that provide relief by reducing swelling and sphincter spasm (contractions of anal opening). Topical agents utilising analgesics, astringents and steroids help provide relief in an acute setting. Additional management such as sclerotherapy, cryotherapy, rubber band ligation, etc. can be carried out.
- B) Operative Management: Approximately 5% to 10% of patients require a formal excision or hemorrhoidectomy (surgical removal of hemorrhoids) when nonoperative management doesn't work. Alternatively, stapled hemorrhoidectomy is performed where a circular stapler is used to staple the hemorrhoidal tissue back to the anal canal. This surgical procedure is less painful and results in lesser bleeding during the procedure.

**Important Advice for Patients:**

- ✓ Eat a diet rich in fibre as it helps in softening stools and relieving constipation.
- ✓ Drink plenty of water and fluids to keep the body hydrated, which in turn prevents constipation.
- ✓ Sit in shallow tub of warm water (as directed by the physician) helps relieve itching and pain.
- ✓ Manage your weight as obese patients are more likely to suffer from piles.
  
- × Avoid foods that are fatty or low in fibre.
- × Avoid sitting on toilet seat for long as it puts pressure in the anal region.
- × Avoid lifting heavy objects.
- × Get up and move around periodically in case of long sitting hours at work.
- × Don't strain too much while passing stools. If you are suffering from constipation/passing hard stools, get yourself checked and treated soon.

## INAUGURATION OF THE MATERNITY UNIT BY BISHOP OF POONA DIOCESE



The Ashakiran Hospital Maternity Unit (labour room) was inaugurated by Bishop John Rodrigues on 11<sup>th</sup> June, 2023. The event was attended by the trustees of the hospital: Fr. Jeetendra David, Fr. Isidore Soares, Fr. Simon Almeida, Dr. Manoj Durairaj, Dr. Hillary Rodrigues and Dr. Ivan Netto, Ashakiran staff, Fr. Salvador Pinto, donors, stakeholders, members of the Ashakiran Initiatives team and some supporters.

Bishop was given a warm welcome by the trustees and was requested to cut the inaugural ribbon. Invoking God's blessings, Bishop reminded everyone that the labour room would be a beautiful miraculous space to welcome the gift of life on earth. He then proceeded to bless the Operation Theatre, ultrasound machine and laboratory, and was given a tour of the hospital by Fr. Jeetendra.

Following the inaugural ceremony, everyone gathered in the hospital chapel and Bishop John was felicitated by Dr. Archana Jadhav. Fr. Jeetendra gave an overview of the history, progress and plans for the future of Ashakiran Hospital. He expressed his gratitude to all stakeholders for all their support and heartfelt contributions. This was seconded by Dr. Hillary who spoke about the progress of Ashakiran amidst all difficulties. He also appreciated Fr. Jeetendra for being a pillar of support to the hospital, addressing challenges and staying focused on strengthening the institute.



Finally, Bishop John Rodrigues shared his thoughts. He expressed his genuine happiness for the warm welcome he was given. In spite of the Diocese having approximately 35 parishes and 15 – 18 schools, he admired how Ashakiran was the only Diocesan medical facility. He said this made the hospital beautifully unique for the Poona Diocese, becoming a literal 'shining ray of hope'—a living example of its name. Bishop shared how visiting and blessing a labour room was a novel experience for him. He thanked the pioneers of the institution, and remembered the late Bishop Valerian D'Souza and his work in guiding the diocese. He recalled how Ashakiran was called the 'Jubilee Hope Centre' due to the many donations that Bishop Valerian received during his Jubilee, which he earmarked to create Ashakiran.

Since HIV was an extreme health concern then, Bishop Valerian established Ashakiran—a ray of hope—to reach out to people suffering from HIV. Bishop John also remembered and thanked Bishop Emeritus Thomas Dabre for continuing the vision of the hospital, and lastly, Fr. Jeetendra for heading and taking care of the hospital for the last 13 years. He commended Fr. Jeetendra for using his skills to help the institute grow, and for, wisely, shifting the focus from HIV to other health areas to a full-fledged hospital as the needs of the people changed. Bishop praised the staff and team at Ashakiran for their service during Covid and for the progress made so far. Expressing his gratitude to all the stakeholders, he blessed the entire team that they continue the noble work entrusted to them by God by bringing hope and healing to others.



The inauguration and gathering were a wonderful time for the Ashakiran staff, team and supporters to reflect on the progress made and rekindle the vision to be a ray of hope.

- Carol Dias, Sushmita Kujur, Severina John



## AMBULANCE SERVICE

Ashakiran has a tie-up with Care Ambulance Services which provides patient transport, basic life support and advanced life support 24 hours a day all over India.

Helpline numbers: 097671 69222/ 097671 79222

Website: <http://careambulance.in/>



## VACANCIES

Kindly contact us if interested in the following positions:

Nursing staff

Accountant

Receptionist

Operation Theatre technician

Ultrasound Unit typist

## SUPPORT US!

All of our work is non-profit. We believe that our work through Ashakiran Hospital can help people all over Pune with our affordable healthcare. If you want to help us, feel free to donate to our institution.

## CONTACT US:

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If you are interested in joining the media/marketing team, please do reach out to any of us