

YOUR COMMUNITY HOSPITAL **NEWSLETTER**

FROM THE ADMINISTRATOR'S DESK

While the medical field is undergoing a transformation, it has been a challenge steering Ashakiran Hospital towards becoming a successful wellness centre.

There are high expectations from people; fulfilling those expectations demands constant upgradation of systems and services. As a result, many small hospitals are closing down and big hospitals are being taken over by corporates. On the one hand, civic medical centres are careless, unreliable, poor in services and burdened by pressure from local leaders and the general public. On the other hand, privatised centres and hospitals are inaccessible and unaffordable for the common person.

All these factors lay additional responsibility on hospitals managed by church-based organisations. In managing the day-to-day functioning of Ashakiran, I realise that our strength lies in the collective endeavour of like-minded people, who are enthusiastic to contribute professional expertise, additional services and resources. Ashakiran, with all its facilities today, is the result of bringing people from all walks of life together. Each contributor becomes a link in the network to both give and gain something making it a symbiotic relationship. Ashakiran would not have reached its present position without the collaborative efforts of philanthropic people.

There has been a positive response from the people in the surrounding areas to the medical services provided by Ashakiran. This response is an indicator of the important role that Ashakiran will have in our Diocese and in PCMC in the near future. PCMC is growing quickly and expanding with the construction of new houses and formation of industrial clusters. With this increase in population and settlements, the need for medical facilities will increase proportionally. The changing atmosphere in the medical field and society should be understood as an opportunity for us to make our presence felt in medical services. It is important that we keep ourselves updated with the current trend of development in medicine and technology.



Fr. Jeetendra David
Administrator
Ashakiran Jubilee Hope Centre

UNDERSTANDING EARS-NOSE-THROAT (ENT) ISSUES



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

Ear, Nose and Throat (ENT) specialists, also known as otolaryngologists, often address a variety of questions from patients. Here are some Frequently Asked Questions (FAQs) that Dr. Shirish answers:

1) What causes ear infections and how can they be prevented?

The ear comprises three parts:

- a. External Ear: Pinna, external auditory canal
- b. Middle Ear: Eardrum, ear bones, middle ear space, ear ossicles (small bones)
- c. Inner Ear: Organ of balance—vestibular apparatus, cochlea (organ of hearing)

Infection of any of the above parts could be due to bacteria, viruses or fungus. Infections from the nose or throat can also lead to ear infection.

Ways of preventing infection:

- Stop water from entering the ears
- Stay away from dust, pollutants, allergens
- Avoid smoking
- Vaccination
- For infants younger than 6 months, breastfeeding can prevent ear infections as breast milk contains protective antibodies.

2) Why am I experiencing ringing in my ears (tinnitus)?

Tinnitus or ringing in ears is a symptom of an underlying ear, brain or a systematic disorder. Patients usually experience hissing, roaring, swishing, rustling, clicking or a bell-like sound in the ears. The most common causes of tinnitus are nerve deafness, middle ear infection, ear injury and head injury. To find the exact cause requires a detailed examination and investigations as advised by a doctor.

3) What are the best ways to manage earwax buildup?

Earwax is composed of secretions from ear skin glands, keratin (desquamated ear skin), dirt and dust particles. Secretions of ear skin glands have a protective function due to their anti-infective properties. Earwax lubricates the skin canal to prevent dryness in the ears. It also entraps tiny microorganisms or any foreign body. If you have ear

blockage, itching in the ear, ear pain, decreased hearing, giddiness or foul smell from ears, then the built-up wax (if present) needs to be removed. Individuals usually try home remedies such as cotton ear buds (Q tips), oil/wax ear drops or metallic instruments. This may result in incomplete removal, ear injury, pain or perforation. It is ideal to visit a specialist for proper removal.

4) How can I relieve nasal congestion?

Nasal congestion also called nasal blockage can be temporary, intermittent or longstanding. Temporary nasal blockage commonly occurs due to common colds, changes in weather or viral/ bacterial infection which may be relieved by steam inhalation, nasal decongestant drops, oral anti-cold medicines. If it's caused due to infection, antibiotics are needed.

Longstanding or intermittent nasal congestion needs to be evaluated for nasal bone deviation, sinusitis, tumours or any obstructive condition of nose.

5) Why do I have frequent nosebleeds?

Nosebleeds (Epistaxis), specifically those occurring frequently need to be investigated. There are several causes of nosebleeds, some of which include nasal tumours, blood disorders, infection causes and systemic causes.

6) How can I manage my allergies and sinusitis?

Avoid exposure to allergens, for example, dust, pollen grains, fumes, sprays and chemicals. If you are allergic to certain food substances, avoid them. Some individuals are allergic to the hair of household pets such as cats and dogs. If possible, stay away from them. If no allergen is recognised after which allergic symptoms start, test for allergies such as skin prick test and allergic blood test after consulting a doctor. Antiallergic nasal drops, sprays, oral medications are prescribed by doctors if symptoms are severe. Sinusitis could be due to viruses, bacteria, fungus or due to obstruction of natural drainage pathways of paranasal sinuses. It needs to be treated according to causative factors. It is better to consult an ENT specialist.

7) What can I do about persistent sore throats?

Sore throat symptoms include pain, scratchiness, irritation and difficulty in swallowing. Some of the causes are infection (bacteria, viruses), acidity and allergy. Home remedies for sore throat include lukewarm saline (salt water) gargles. Avoid extremely cold, hot or spicy food substances. Oral painkillers like paracetamol can be taken. If a sore throat persists, visit your doctor.

8) Why do I frequently lose my voice?

Voice is produced by vocal cords. When the vocal cords are not able to vibrate or approximate to each other, the voice changes which could be in the form of hoarseness of voice, low-pitched voice or complete loss of voice. Rigid laryngoscopy (endoscopic examination of voice box) needs to be done to find out the cause. Common causes include infection of vocal cords, nodules over vocal cords and polyps over vocal cords. Other important causes include tumours of voice box or paralysis of vocal cords; these require special attention.

9) How can I prevent common ENT problems?

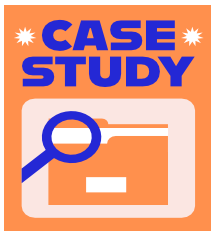
You should:

- Avoid smoking
- Avoid allergen exposure (e.g., dust, pollutants, etc.)
- Avoid close contact with sick patients
- Maintain oral hygiene
- Get vaccinated (e.g., flu vaccines)

10) Are there any specific lifestyle changes that can improve my ENT health?

You can:

- Exercise regularly
- Maintain good oral hygiene (brush your teeth daily)
- Avoid unhealthy diet (e.g., eating extremely spicy or cold food, street/junk food)
- Stop smoking, stop consuming alcoholic beverages



PATIENT CASE STUDY

Patient profile:

A 55-year-old female who came to Ashakiran to avail OPD services

Symptoms/issue:

She complained of headache, dizziness and weakness in her right limb. For the previous two days, she had been unable to walk and observed that her speech was slurred. Despite treatment from other places, she found **no relief**.

Course of action:

She was admitted to Ashakiran Hospital on **24th March 2024**. On an emergency basis, she was asked to get a brain MRI done. The MRI report was suggestive of **clots in the brain**. Immediately, the on-call neuro physician was brought in, who began the treatment without delay. After **five days**, the patient showed signs of improvement and was discharged.

Feedback:

The **recovery was quick**, and she was very happy with the treatment.

Doctors' details:

Dr. Rohit Shukla: MD General Physician,
Dr. Rajhans Bhokre: DMB Med,
Dr. Amitkumar Pandy: Neuro Physician (on call)

OUTREACH THROUGH CONCESSIONAL MEDICAL CAMPS

Ashakiran Hospital has been organising medical checkup camps from time-to-time. These camps provide medical services, advice and support at concessional rates. The purpose of these camps is to create awareness about health and hygiene and proactively address health concerns among those less privileged. While accomplishing that, the camps have also helped to familiarise people with the services offered at Ashakiran Hospital. Here are some of the camps that were organised from March to May 2024.

Women’s Healthcare Week was a week-long medical camp held at Ashakiran from 4th to 10th March 2024, on the occasion of Women’s Day. This camp was the brainchild of the Ashakiran Initiative Group members. It comprised services such as free specialist consultation, bone mineral density test, pulmonary function test and ENT endoscopy. Concessions were offered on blood check-up packages, diagnostic tests (x-ray, USG and ECG) and cosmetic procedures. Patients availed consultation from the team at Ashakiran—general physician, gynaecologist, orthopaedic consultant, dentist, cosmetic professional, ENT surgeon, general surgeon, ophthalmologist, ayurveda practitioner, chest physician and counselling psychologist. Moreover, discounted panchakarma massage and facial packages were made available for women.



Patient footfall during Women’s Healthcare Week						
General consultation	Orthopaedics	Gynaecology	Ophthalmology	ENT	Diabetology	Laboratory investigations
120	34	23	31	29	18	78

A **blood donation, medical, and dental camp** was organised on Sunday, 7th April 2024, by Ashakiran Hospital at St. Francis Xavier Church, Chinchwad from 9 am to 12 noon. The Pimpri Serological Institute took charge of the blood donation drive while Ashakiran's resident doctor, Dr. Rohit Shulka, reviewed patients and referred them for further diagnoses and treatment. Free physician consultation was offered along with Blood Pressure, ECG and random blood sugar investigation. Dr. Bhupesh Panjiar, consultant dental surgeon, provided dental consultation free of charge.



In May 2024, a **15-day infertility camp** was held at Ashakiran from the 2nd till 16th May with a 50% concession on consultation fees and ultrasound scans. Dr. Kanchan Durugkar, consultant infertility specialist, catered to patients on a prior registration basis.

To promote early diagnosis and health awareness, a **discounted full-body checkup package** was offered by Ashakiran at an affordable fee of Rs. 2000. It comprised: ECG, Chest x-ray, CBC, Iron profile, KFT, LFT, TFT, Lipid profile, Vit B12, Vit D3, HBA1C, Sr. electrolyte, Sr. testosterone, CRP, EGFR and USG Abd pelvis. Parineeta and Mrunal provided their feedback: *"Yesterday we went for Mrunal's full checkup. The staff cooperated very nicely. I didn't know there was a hospital over there with all the facilities. And overall, it did not feel like we were in a hospital. Thank you."*

Ashakiran Hospital looks forward to reaching out to patients at the grassroots level. If you wish to have a medical checkup camp in your housing society, you may get in touch with us. Stay tuned to our social media to remain updated on our outreach activities.

- Shirley Menezes

CELEBRATING THE WOMEN AT ASHAKIRAN HOSPITAL

International Women's Day celebration

The Ashakiran Initiatives Group (AIG) organised a memorable celebration at Ashakiran Hospital on 8th March, International Women's Day, highlighting the significant contributions and achievements of women in the organisation.

The event commenced with a heartfelt address by Fr. Jeetendra David, who proudly acknowledged that Ashakiran Hospital's staff has a majority of women. He emphasised the vital role women play in the healthcare sector and the broader community. He also shared how the dedication and hard work of the women at Ashakiran have been instrumental in the hospital's success.

Following this, Theresa Gangwani, a member of the Sponsorship Team delivered a powerful and motivational speech. She highlighted that every role in the hospital, whether it be housekeeping, nursing or management by the staff or

the consultations and treatment by the doctors, holds immense value and contributes significantly to the overall functioning and success of the hospital. Her speech was a call to action for women to embrace their strengths and continue to break barriers in their professional and personal lives.

The celebration continued with a cake-cutting ceremony and felicitation of members of the AIG by the hospital staff. The event concluded with a fellowship meal where attendees enjoyed a variety of delicious treats and snacks and engaged in lively conversations. This informal gathering provided an excellent opportunity for networking, fostering a sense of community and celebrating the shared accomplishments of the women at Ashakiran Hospital.



Ashakiran staff members, Initiatives/sponsorship team members

International Nurses Day Celebration at Ashakiran Hospital



Nurses along with Ashakiran Initiatives team

On 12th May, Ashakiran Hospital, in collaboration with the AIG, celebrated Nurses Day. It was a heartwarming event dedicated to honouring Ashakiran's diligent nursing staff. The program commenced with an opening address by Fr. Jeetendra David, who warmly welcomed the attendees and expressed profound gratitude for the nurses' unwavering dedication and compassionate service. He also wished all the mothers on the occasion of Mother's Day.

Following Fr. Jeetendra's address, Dr. Renuka Shukla, a respected physician at Ashakiran Hospital, delivered an inspiring speech. Dr. Shukla underscored the significant impact that nurses have on patient outcomes and the overall efficacy of the healthcare system. She emphasised the indispensable role that nurses play in patient care, highlighting their empathy, skill and tireless efforts that are crucial to the hospital's mission of providing exceptional healthcare.

As a token of appreciation, each nurse was presented with a thoughtful gift, symbolising the hospital's recognition and gratitude followed by fellowship snacks. The event concluded with a Thank You note by Senior Nurse Sangita Chakranarayan and a ceremonial cake-cutting signifying the unity and collective spirit of the nursing team.



(L – R) Priyanka Barde, Natin Nazreth, Sangeeta Samuel, Vandana Padavi, Pooja Vangad

INTRODUCING THE NEW ASHAKIRAN INITIATIVES GROUP (AIG)

The Ashakiran Initiatives Group, formed in 2022, has been a roaring success in introducing and executing community ventures that supported Ashakiran financially and spread the hospital's good work far and wide.

These ventures include: Let's Dance 2023, formation of the team working on Sponsorships, publication of the quarterly Ashakiran Newsletter, the increase in the hospital's social media presence, Women's Healthcare Week and more. To take this triumphant story forward in the ongoing financial year 2024 – 2025, new members have committed themselves to work towards the growth of Ashakiran.



The new Ashakiran Initiatives Group comprises 15 members:

1. Fr. Jeetendra David Administrator, Ashakiran
2. Shirley Menezes Counselling Psychologist
3. Nirmala Kumar MBA (HR), Certified Graphologist
4. Brian Lobo IT Coordinator
5. Nanitha James Chief Learning Officer
6. Severina John Ashakiran Newsletter Team member
7. Elias Fernandes Ex- Stores & Purchase HOD
8. Rajesh Ekka Program Management Optimisation (PMO-Finance)
9. Ribon Dcosta IT Admin (Windows/VMware)
10. Dr. Alison Crasto Pharm. D, RPh
11. Savita Travis Principal, Pratibha International School
12. Varsha Nazareth Masters in Management Science (HR)
13. Jackson Dias Applications Engineer, Siemens
14. Caroline Thiru Former Kindergarten Teacher
15. Angel Hancock Process Manager - Recruitment



TESTIMONIALS

“My wife was operated for laparoscopic cholecystectomy by Dr. Bharat Oza at Ashakiran Hospital, Mohan Nagar, Chinchwad on 11 March 2024. Operation was successful and post-operative recovery was great. Dr. Oza was very helpful throughout the treatment. Thank you, Dr. Bharat Oza, Dr. Rohit Shukla and all Ashakiran Hospital staff. Hospital is clean... most important is the total operative cost is very low as compared to other private hospitals.”

- Sagar Kumar

“I did dental treatment a year back and it was really good. All my questions got answered and the treatment is also budget friendly as compared with others. Hence, I too referred a few people and this time my wife’s Root Canal Treatment (RCT) and surgery was well managed. Thanks to the team of doctors at Ashakiran.”

- Bhushan Bhanegaonkar

Source: Google Maps review

UPCOMING EVENTS AND INITIATIVES

Ultrasound department:

The visit and consultation timing of the ultrasound department has changed to 3:30 pm to 6:30 pm (Mon – Sat)

Patients can avail of ultrasound scans and the colour doppler test.

Ashakiran fees are 30 – 40% lower than commercial rates.

Be a Lifeline—Sponsor HOPE for patients:

The new **Ashakiran Sponsorship Team** consists of four members: **Nirmala Kumar, Nanitha James, Varsha Nazareth and Jackson Dias**. Having assisted in financing Ashakiran’s upkeep and uplift through sponsored medical amenities and collection of funds in the previous financial year, the sponsorship team is now campaigning for **Be a Lifeline—Sponsor HOPE for patients**. Through this transparent and accountable venture, the team aims to provide concessions for deserving patients who cannot afford treatment by collecting funds from benefactors.

If you wish to sponsor a patient’s needs (consultation fees, medicines, treatment, admission costs, surgery), please contact our sponsorship team members:

- Nirmala Kumar: 9850088921
- Varsha Nazareth: 9922531268

We wish the new Ashakiran Initiatives Group and Sponsorship Team great success in their upcoming endeavours. If your talents will benefit Ashakiran and you are willing to commit to a year of voluntary service, please contact us.

Check out our social media for more details on all events and initiatives.



SERVICES OFFERED

<p>General medicine (Allopathy, Homeopathy, Ayurveda) Panchkarma Surgeries Diabetology Orthopaedics Nephrology Urology Paediatrics Ears, nose, throat-related (ENT) Infertility consultation Dentistry Cosmetic treatment Ophthalmology Diet/Lifestyle modification therapies</p>	<p>Out-Patient department (OPD) consultations In-Patient department (IPD) Skin diseases Physiotherapy Pathology laboratory Pharmacy Digital X-ray ECG Sonography 2D Echo Colour doppler test Modular Operation Theatre (OT) Counselling psychology (Children and adults)</p>
---	--



ISSUE 7

1 July 2024

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.

CONTACT US

Phone number: +91 80100 88276 Email: support@ashakiranhospital.com	Location: Ashakiran JHC Hospital Kalbhor Nagar MIDC, Bhosari Pimpri-Chinchwad Maharashtra 411019
Facebook: Ashakiran_jhc_hospital Instagram: @ashakiranjhchospital	

EDITORIAL TEAM

Angeline Vaz, Shirley Menezes, Anisha Reddy and Severina John
Editor: Renita Siqueira

If you are interested in joining the media/marketing team, please do reach out to any of us.
We are looking for volunteers who know how to build a web application using Angular and Bootstrap.