

PULSE

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DOCTORS DAY SPECIAL



**GODREJ
MEMORIAL
HOSPITAL**

COMPASSIONATE CARE FOR ALL
(NABH & NABL Accredited)



From the Editors Desk

The Magic of Medicine

1) The mystery of maladies has always made man seek out the 'medicine man' from 'Voodoo-Magic potions' to modern medicine & technology - Practice of medicine has come a long way.

2) With advances in technology in other branches of science, understanding, diagnosing & treating diseases has undergone tremendous & revolutionary & radical changes. A doctor is now a collaborator with other men of science in developing them.

3) Education & Empowerment of people & patients, has gradually removed the shroud of mystery from the practice of medicine leading to more transparency.

4) One must always remember that 'Dr Google' cannot replace your real flesh & blood doctor. Your doctor on an average has spent 6-10 years of training, reading about 1,00,000 pages and learning 5000 latin terms, putting in 60 hour shift's & working 80-90 hour weeks-seeing treating, discussing & learning from experienced experts in different branches of medicine. Over a period of time he has known you and your body better, has developed an innate intuition & sixth sense.

5) However, inspite of all the advances in medicine & availability of money & expertise, sometimes we can have adverse outcomes which must make us humble & not angry or upset. It just shows that there are things which are still beyond us to understand & accept if not overcome. This is what makes us more 'humane' & draws people to medicine in awe, respect & wonderment & infuses the doctors to continually strive to serve better.

Dr Kanishka Kapasi
MD,DGO

From CEO Desk

'In nothing do men more nearly approach the gods than in giving health to men' - Cicero.

In the Indian subcontinent, till very recently, the doctor was equated with God. However after medical profession was brought under the ambit of Consumer Protection Act, the equations have changed. With the spread of internet and consequent information overload, the expectations from doctors have risen sky high and people have become more demanding. The medical information culled from all the sources cannot substitute the experience of dealing with different manifestations of same disease. Doctors do keep their knowledge updated by attending CMEs, reading journals; in fact it is mandatory for the renewal of their registration with medical councils. Then there are issues related to payments where reports of doctors and hospitals 'fleecing' the patients make headlines. On this it is best to quote **Robert Owen -**

*God and the doctor, we alike adore
But only when in danger, not before;
The danger o'er, both are alike requited
God is forgotten and the Doctor slighted.*

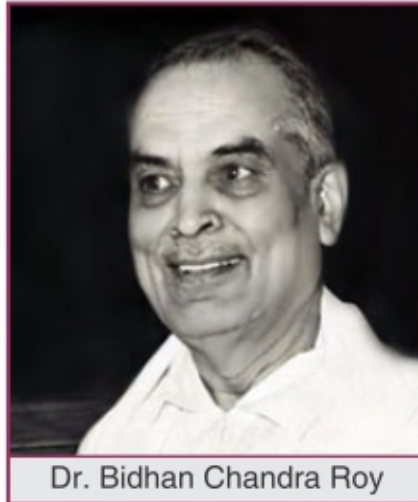
However just as the Doctors Day gives patients an opportunity to appreciate doctors' role in their lives, similarly it should also lead doctors to introspect as to why they chose this noble profession and to pledge to practice ethical medicine.

Finally let me wish all my fellow doctors the very best in their professional and personal life.

'People pay the doctor for his trouble; for his kindness they still remain in his debt'. - Seneca

Dr Suhas Gangurde
Chief Executive Officer
Godrej Memorial Hospital

National Doctor's Day



Dr. Bidhan Chandra Roy

Doctor's day is celebrated every year on 1st July all over India. This day is celebrated to honour & remember the legendary physician and the second Chief Minister of West Bengal, **late Dr Bidhan Chandra Roy**. He was born on July 1, 1882. Dr. B. C. Roy was honored with the country's highest civilian award, **Bharat Ratna on February 4, 1961**. This observance fulfils a need to show the doctors and physicians how important they are to us and how invaluable their treatments that cure us.

The celebrations are indicative of the respect that they command in the lives of their patients and thus obligate them to fulfill their responsibilities as well.

Doctor's day is celebrated & observed in various different ways :

1. Greeting physicians by their patients with cards, flower arrangements etc.
2. Special meetings are often convened to commemorate the day and honor doctors for their performances.

3. Dinners & parties are arranged by some hospitals or other organizations to felicitate the medical fraternity.

There may be several reasons that can be attributed to the significance of this honor being celebrated in India.

The rising population of India depends on the efficiency and responsibility of physicians to a great extent at all times.

Medical professionals in India over the years have shown remarkable improvement and made definite progress in medical treatment that needs to be acknowledged.

Dr. B. C. Roy died on the same date i.e July, 1st in 1962, aged 80 years.

Dr Omprakash Ahuja
MD Medicine
Mumbai.

KICK....

As I debate about writing about a doctor's life... so many things come to my mind, right from the hardships of a tough curriculum.. up until the tougher and harsher real world.

I think that we are often living in our own little comfortable busy world..and most of us dread to venture out into 'REALITY' as it is.

We are not all technologically savvy.. or street smart.. and often we get tough lessons from the society.

Whether to treat our work as any other profession..is a big bad question; because the burden of **'NOBILITY'.. 'SACRIFICE'.. 'NEXT TO GOD'** is too heavy to carry.

We don't know if we should measure our success in terms of the material things that we acquire...or the power and fame that we achieve..or is it just a satisfying sleep in the night...Surely it is a confusing choice.

Ultimately..I think that the decision is not so tough , as most of us would settle on the quality rather than the quantity...because the kick that we get out of diagnosing a difficult symptom..or sending home a critical patient..or doing a tough surgery... is unparalleled ...

And as BHALI says..**WO JEENA BHI KYA JEENA HAI.....JISME KICK NAA HO.....**

Dr Mita Veera

MBBS, MD (Anaesthesia),
Fellow In Critical Care

My association with Godrej Memorial Hospital as a Pediatrician



Looking back over the last decade of my association with Godrej Memorial Hospital as a Pediatrician, I am overwhelmed with mixed feelings of fulfillment and apprehension.

What began as a dream of a few committed professionals to provide "affordable healthcare for all" has now blossomed into a hospital providing state of art super specialty healthcare services. Yet one wonders whether a lot more could have been achieved.

As a doctor my professional life is ridden with highs and lows, successes and failures, hope and despair. With passing time the layman has started expecting more and more from the medical fraternity in an environment of increasing suspicion and decreasing faith. One is left feeling helpless and frustrated on a number of occasions. However, at the end of the day, the smile of gratitude from a patient who has survived due to our efforts, makes all the pain worthwhile. It is that feeling alone that rejuvenates us and prepares us to meet the challenges of tomorrow. The joy of being able to save lives shall always prevail over transient feelings of despair.

Dr. Kamalnayan J. Uniyal
MD, DCH, DNB.
Consultant Pediatrician,
Godrej Memorial Hospital.

My Journey as a Physician



“One small step for man, a giant leap for mankind”

Famous words - by Neil Armstrong on landing on moon.

I still remember my 1st day at Topiwala National Medical College, in 1983 as a starry eyed 1st MBBS student. Full of hope, enthusiasm, apprehensive of what curriculum was in store for me as well as scared of being ragged by seniors. My journey from 1983 as a 1st year MBBS student to 1992 when I passed my MD (Medicine) has been a roller coaster ride. The hours of reading subjects like biochemistry, physiology, PSM, Medicine etc. in library, playing carrom, table tennis & cards during lunch break & memories with friends & teachers still bring a smile on my lips.

Four and a half years of MBBS, one year of internship and three years of post graduation includes rigorous hard work, irregular hours in wards, unpalatable hostel food and average housing facilities. But all this effort is worth it, as you enter as a student but come out as man.

Work as a lecturer in Sion and Rajawadi Hospitals for Eight years has enhanced my medical skills and helped me to deal with patients in a systematic and compassionate manner. Treating patients has taught me to be patient, humble and sensitive. Working as a Physician for last 22 years has been a wonderful and life changing experience. The challenging cases, emergencies, unexplained failures do cause a lot of agony. The irregular long hours eating into your family and personal time and sacrifices made by your family in our ever demanding profession may lead to a lot of heart burn. But being a professional we have to strive to do the best at all times for the benefit of humanity. I am proud to be in this noble profession.

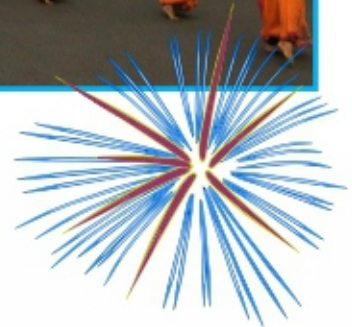
Dr Nitin Shah
MD (Medicine)

Celebration

Doctors Day Celebration



Nurses Day Celebration





1 Clinical Nursing Inpatient (Ward)

Winner : Ms Jincy Baby

Runner Up : Ms Kalaiselvi B.

2 Clinical Nursing, Inpatient (Critical Care)

Winner : Ms Soumya Bernadits

Runner Up : Ms Shilpa Varghese

3 Staff / Patient Management (Administration)

Winner : Ms Vasuki Janakiraman

Commendation Award : Ms Manisha Modi

4 Education and Mentoring

Winner : Ms Gracy Mascarenhas

Commendation Award : Mr Vineeth H.



Events of May & June

Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
1 st May 2014	Maharashtra Day / Labour day Free Screening camp for Godrej & Boyce Shramik Sangh	Godrej Memorial Hospital	Free Hb, BP, BMI, ECG, Blood Sugar & Medical Consultation	73
6 th May to 16 th May 2014	Concessional Cardiac Diagnostic Camp on Occasion of First Cath Lab Anniversary	Godrej Memorial Hospital	30 Vital Diagnostic Tests & 2 Medical Consultations @ Rs 2999/- Also 40% off on Angiography, 20% off on Angioplasty & Bypass	11 Health Checks & 2 Angiographies
11 th May 2014	Free Cardiac Diagnostic Camp	Mahatma Phule Nagar, Powai	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice	97
22 nd June 2014	Free Cardiac Diagnostic Camp	Bhim Tola Mitra Mandal, Vikhroli	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice	66

Celebration

DATE	EVENT	VENUE
12 th May 2014	Nurses Day	Plant 13 Godrej & Boyce

Forth Coming Events July & August

Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED
27 th July 2014	Free Cardiac Diagnostic Camp	Mee Mulundkar Pratihthan NGO, Mulund	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice
8 th & 9 th August 2014	Blood Donation Camp	Godrej Memorial Hospital	Collected 602 Blood Bbags
15 th Aug 2014	Free Cardiac Diagnostic Camp	Waglecha Vighnaharta Bal Mitra Mandal Thane (W)	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice

Health Talks

DATE	EVENT	VENUE	SERVICES OFFERED
30 th July 2014	Fundamentals of Healthy Living	ABENGOA Abeinsa Engineering Pvt. Ltd. Vikhroli (W)	Ms Sneha Trivedi Chief Dietician
23 rd August 2014	Hyperbaric Oxygen Therapy (HBOT) In Clinical Medicine	Godrej Memorial Hospital	Interactive Session of Doctors

Celebration

DATE	EVENT	VENUE
1 st July 2014	Doctors Day	Godrej Memorial Hospital

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