



## GCS MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE



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# EDITOR'S DESK

## Editorial Board

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**Karansinh Gohel**

## From Chief Editor's Desk

Dear Readers,

Welcome to the 11<sup>th</sup> issue of GCSMCH Newsletter! I hope you have enjoyed reading previous issue and I am sure that you will relish reading this edition as well. This quarter was full of events, trainings and many more updates. The Nursing Day was celebrated to the fullest to acknowledge the contribution of Nurses in to health care sector. It was indeed great event!! The "International Yoga Day" was observed to provide relaxation and rehabilitation and its importance to employees from fast moving life and to take out few time for healthy living.



The major event for the quarter was "World No Tobacco Day", which was well executed by joint efforts of GCS Medical College, Hospital & Research Centre, The Gujarat Cancer & Research Institute, Zydus Hospitals, Ahmedabad Dental College, M'Power Cricket Academy & Ahmedabad Police. The objective of celebrating this day was portrayed excellently by spreading awareness about hazardous effects of Tobacco consumption at Kankaria Lake, Parimal Garden, Karnavati Club, etc. places of Ahmedabad. I would like to grab opportunity to thank all the contributors from this forum.

The editor team of GCSMCH Newsletter always strive to bring some innovation in every edition. This time we have incorporated following "New in Edition" such as:

- ✦ Health Tips
- ✦ Aisa bhi kya hota hai??
- ✦ Upcoming Trainings
- ✦ Appreciation Corner
- ✦ Prerna na Zarukhe thi...

I hope you will appreciate this new columns in edition as always and we are always eager to have your feedback.

Have a Happy Reading!

**Neha Lal** (General Manager - Hosp. Admin & HR)  
**Chief Editor**

## Milestone

### ● Mukhyamantri Amrutam (MA) Yojana



GCS Hospital empanelled under MA(Mukhyamantri Amrutam)Yojana to serve MA Yojana beneficiaries. At present Oncology, Nephrology & Paediatrics specialties are available

at GCS Hospital. The core objective of this Yojana is to address this key vulnerability faced by the population in the Gujarat.

- On this World Health Day 2015, 206 beneficiaries taken advantage of Special Health checkup package. The team marketing, Health checkup & Support staff were congratulated & given appreciation for achieving huge success.

**Note\*:-** Kindly share your feedback with us on [communications@gcsmc.org](mailto:communications@gcsmc.org)

Gujarat Cancer Society has been exempted under the income Tax Act 35AC(100%) and 80G(50%). (Donation U/S 35(1) (ii) @ 175% income exemption is also available). GCS has also been approved by the Government of India to accept Foreign Contribution under FCRA. Donation can be given in Cash, Demand Draft or Cheque in the name of "The Gujarat Cancer Society", Asarwa, Ahmedabad-380016(INDIA).

# NEW IN EDITION

## Health Tips (For Upcoming Monsoon Season)



- Drink a bowl of hot vegetable soup or a cup of freshly brewed green tea as the temperature will give warmth and the ingredients will boost your immunity.
- Avoid eating raw foods during monsoon.
- Opt for yogurt, curd and almonds in your diet instead of milk. Drink only boiled and purified water to protect yourself from harmful germs and drinking plenty of water keeps your body hydrated.
- Skin allergies can also soar in this weather so the people who are prone to frequent allergies and pimples should keep a strict check on their diet. Spicy food should be avoided at all costs because spicy food stimulates the circulation and raises body temperature, which leads to skin irritation, allergies and diseases.

Wash the vegetables and

fruits properly before consuming. Avoid

eating outside especially from the road side stalls.

- Avoid touching your face after touching any surface or after getting wet as the hands may harbor microbes which may get entry in to the body through facial route.
- If you are suffering from asthma or diabetes, avoid staying anywhere with wet walls. It promotes the growth of fungus and can be especially harmful.
- Drink lots of warming herbal teas, especially those with antibacterial properties such as holy basil leaves, ginger, pepper and honey. Have medium to low salt food and avoid heavy salty food as they are responsible for high blood pressure and water retention.
- Eating watery foods like lassi, watermelon, rice, muskmelon creates swelling in the body. So, better opt for foods which are drying in nature like corn, gram flour, chick pea etc.
- 'Body's immunity Can be increased by adding a dash of garlic to the soups, stir fries and curries you intake.
- Fungal and bacterial infections are rampant because of the humid weather. This damp weather breeds infection and invites diseases such as dengue. Eat hot and properly cooked home food. Cast off food which has strange odour, mould or appearance. Cover all the food items always and never expose them to the the air. Apart from it, always keep your hands clean and wash them properly after every meal.
- The intake of dairy products should be considerably reduced as they have maximum susceptibility to contamination by germs. So, instead of milk switch to its alternative yogurt.
- Humidity levels are high during the monsoon because of which the capability of the body to digest is at its lowest. In such a case, it is important to avoid heavy and oily food as the digestion becomes very weak and it might lead to an upset stomach. Street food should be strictly avoided, so well it's time to resist all the advances from that nearby chaat stall and control your cravings.

Courtesy: Ms. Shreya Bundela (Dietician)

## Aisa bhi kya hota hai ??

1. Chewing gums while peeling onions will keep you away from crying.
2. A month that starts on a Sunday will always have a "Friday the 13<sup>th</sup>".
3. People say "Bless You" when you sneeze because when you sneeze, your heart stops for a mili second.
4. The most commonly used letter in the alphabet is E and the least used letter in the alphabet is Q.
5. The smallest bones in the human body are found in your ear.
6. Breathing the air in Mumbai, India, for just one day is equivalent to smoking 100 cigarettes.!!!
7. In West Bengal, India, cows must have a Photo ID Card.



# NEW IN EDITION

8. 70% of all the world's spices come from India.
9. India has more population than the entire Western Hemisphere of Earth.
10. Kangaroo can't walk backwards!
11. Lipsticks aren't vegan cosmetics! More than 95 percent of lipsticks contain fish scales!
12. Venus is the only planet in the solar system that rotates clockwise, whereas all other planets rotate anti-clockwise.
13. Indian housewives hold 11% of the World's Gold. That is more than the reserves of the U.S., IMF, Switzerland and Germany put together.
14. Have you ever put an apple into the water and noticed the apple float? Yes, apple floats on water! It is because apples are made of 25 percent air!

**UPCOMING TRAININGS**



- English
- Life Skills
- Health & Environment Safety

## Significant Updates

### Certificate course - Infection 'Prevention & Control' Nurse (IPCN)



IPCN 3 days certificate course by Association of Healthcare Providers – India (AHPI) was organized at GCS Hospital. Candidates from across India were trained by Incharge Infection Control & Waste Management Cell **Ms. Sandhya Rawat** from **Tata Memorial Hospital (Mumbai)** & **Dr. Bhavini Shah** Microbiologist from **CIMS Hospital**. Candidates have



visited GCS Hospital's Indoor Patient's wards, ICU and other services to understand Infection control & prevention program in detail.



### YOGA Session

The declaration of “**International Day of Yoga**” is the great moment for the India in the history. Prime Minister Shri Narendra Modi has said during his address to the UN General Assembly that “**Yoga**” is an invaluable gift of India’s ancient tradition. Following the same tradition, On 19<sup>th</sup> June, GCS Hospital has arranged **YOGA** Session by HOD & Prof of Gujarat Vidyapith **Dr. Biman Pal**. All employees were pleased to learn benefits of doing Yoga in routine life.



DR.BIMAN PAL



# SIGNIFICANT UPDATES

## Helping Hands together for Sadvichar Pariwar

**Sadvichar Pariwar Bhavan** at Ramdev Nagar crossroads had a basement area which was used as an auditorium for various activities. It needed an air conditioning system, sound system, audio visual equipments sound management to prevent echo etc. **Shri Pravinbhai Laheri, (Managing Trustee)** of Sadvichar Pariwar and **Dr. Pankaj Shah, (Trustee of the Sadvichar Pariwar)** had discussions with **Shri Kshitish Madanmohan** regarding refurbishing of this auditorium. **Mukul Sheth** architect and his team has made this auditorium which will now be available to public at large for various activities. Air conditioning was done by **Sunil Shah** of Vamair Services. In this auditorium there is a provision for making display of posters, paintings, readymades, etc. A small section of 25'x25' is also available if entire Sabha Grugh is not needed. Capacity is 300 to 350 chairs for the full house. His excellency Governor **Shri O P Kohli** made Lokarpan of this Madanmohan Ramanlal Sabha Gruh on 3<sup>rd</sup> July, 2015.



### Book Launch :

'**A Poetic Devil's Workshop**' an illustrative book of poems by young poet Poorna Parikh was launched by Om Prakash Kohli, governor of Gujarat at Sadvichar Parivar campus on Friday. The book incorporates various poetry forms like Sonnet, Villanelle, Odes, Haiku, etc. As the saying goes 'An ideal mind is devil's workshop' the young author's devil is fond of writing poetry. The book takes the readers on a poetic journey, where the poet's mind plays the role of Satan, who explores various poetry forms.

## Medical Updates

### Activities & Achievements of the Department of Pathology

Department of Pathology organized all Gujarat Conference under the auspices of GAPM, at Narayani Heights on 30<sup>th</sup> November, 2014 & 1<sup>st</sup> December, 2014. **Dr. Shantibhai M. Patel**, Professor & HOD – elected as Hon. President of GAPM (Gujarat Chapter IAPM) for 2015. **Dr. Sadhana Kothari**, Associate Professor – elected as Hon. Secretary of GAPM for 2015.



Dr. Sadhana Kothari was invited as a Judge for best paper at GCRI annual function. G.C.S. Blood bank is proud to announce that LICENSE FOR COMPONENT SEPARATION has been granted by Central Government and patients can be benefitted with various blood components. G.C.S. Blood Bank is permitted for outdoor Blood Tapping Programmes – Authorized by "Gujarat State Council for Blood Transfusion (GSCBT)".

### Redefining milestones in Gynec Endoscopy

Live Endoscopy workshop was organized by Ahmedabad OBKY Society and Gynec Department of GCS Medical College on 13<sup>th</sup> & 14<sup>th</sup> June at GCS hospital. Total 19 Endoscopic surgeries were done in one and half days & shown live to delegates. Operating faculties were all from Gujarat and of National & International level status.

200 + delegates from all over Gujarat attended workshop. Olympus, Wolf & Storz company provided their complete endoscopic equipment. 17 out of 19 patients were of GCS Hospital. None of the patient had complication. The surgeries were total free to the patients including medicines. The workshop was a great success & appreciated by all patients, relatives, faculties & delegates.



# HR DESK

## New Employees

### Nursing

Ms. Suman Manubhai Parmar  
Ms. Hiral Natvarbhai Kovadiya  
Ms. Minal Dineshbhai Prajapati  
Ms. Silvana Sanjaybhai Macwan  
Ms. Falguni Jagdishbhai Nayi  
Ms. Sweety Pranaykumar Raval  
Ms. Divya Kamleshbhai Sirsikar  
Mr. Pragnesh Naginbhai Bhardwaj  
Mr. Krunal Mukeshbhai Patel  
Ms. Radhika Natvarlal Prajapati  
Ms. Priyanka Sureshbhai Patil  
Ms. Nevisa Clerence Christian  
Ms. Shashikala Kanubhai Bhatt  
Mr. Rajan Natvarbhai Shah  
Mr. Dhaval Jayantilal Patni  
Mr. Mitesh Amrutbhai Patni

Ms. Aditi Ranjitsinh Baria  
Mr. Ashish Vimalbhai Thakor  
Ms. Bindukumari Keshavlal Patel  
Mr. Joy Jashwant Mahida  
Ms. Kokila Ganeshbhai Parmar  
Mr. Nirav Sureshbhai Patel  
Ms. Rina Kalubhai Raval  
Ms. Sapna Arvindgiri Gosvami  
Mr. Chiragi Ramjibhai Chaudhari  
Mr. Rameez Sadikbhai Mansuri  
Mr. Pollock Kelvin Christian

### Pathology

Ms. Ripal Vishnukumar Panchal

### Specialty Wing

Ms. Avani Mansukhbhai Jaspara

### Dialysis

Mr. Jayantibhai Khodabhai Solanki

### Radiology

Mr. Apurva Dilipkumar Rathod

### Facility Management

Mr. Sunil B Patel

### Fire & Safety

Mr. Amit R. Chauhan

### IT System

Mr. Bhavyank H. Contractor

### Microbiology

Ms. Rinkal K Kachhadia

### Governing Body

Mr. Kanji Rabari

### Nursing School

Ms. Poonam Patel

## HR Updates

### Workshop on SIP (Systematic Investment Plan) and Life Insurance products of Union Bank of India

UBI (Union Bank of India) has arranged a Workshop on above subject for our employees and doctors, who are liable to pay income tax to Income Tax Department and want to invest their income for tax saving purpose.



## Appreciation Corner

*We congratulate following employees for their exceptional contribution to reach to 206 Health checkup clients in the month of April 2015.*

Mr. Sarfaraj Mansuri  
Mr. Mahendra Parikh  
Mr. Sanjay Bhadoriya  
Mr. Ashwin Kotadiya  
Ms. Megha Chauhan  
Ms. Riddhi Pandit  
Ms. Monika Patel  
Mr. Chirag Sata  
Ms. Vaishali Alagiya  
Ms. Dipa Patel  
Ms. Renuka Rajwadi

Mr. Ranchhodhbhai Desai  
Mr. Kamal Makwana  
Mr. Pratik Rathod  
Mr. Mukesh Parikh  
Ms. Geeta Solanki  
Dr. Kavita Ezhava  
Ms. Daksha Macwan  
Ms. Shreya Bundela  
Mr. Yuvraj Singh  
Ms. Pravinaben Shah  
Ms. Jayati Raval

Mr. Karan Gohel  
Ms. Daxa Verma  
Ms. Villa Harry  
Ms. Hetal Panchal  
Dr. Himadari Shah  
Dr. Shalin Shah  
Dr. Sadhna Kothari  
Dr. Rahima Malek  
Dr. Sumit Nihlani  
Dr. Barmik Das

*We appreciate efforts of following employees for their exceptional contribution for providing satisfactory patient care services as praised by patient.*

Ms. Dipa Patel  
Ms. Riddhi Patel  
Dr. Avani Jaspara  
Dr. Krupali Shukla  
Dr. Virendra Modi  
Ms. Pinal Patel

Mr. Chirag Sata  
Ms. Riddhi Pandit  
Ms. Shreya Bundela  
Mr. Sarfaraj Mansuri  
Dr. Kavita Ezhava  
Mr. Sanjay Bhadoriya



*Congratulations to Team HR for generating KPI report within 2 days.*



## Training & Development

### Soft Skill

GCS Hospital has done MOU with Wadhvani Foundation. Wadhvani Foundation is a philanthropic organization with the mission to train youth for jobs through an online learner-centric platform leveraging industry-academia-government ecosystem.



The foundation has industry relevant curriculum in Healthcare, Hospitality and other high job potential sectors. They are collaborated with Ministry of Human Resources Development (MHRD, Govt. of India), Govt. of Haryana, Govt. of Himachal Pradesh, Govt. of Bihar, Govt. of Karnataka on introduction of vocational Skills at Govt. schools to improve employability of the students i.e. Community Colleges and National Skills Qualification Framework (NSQF).

The trainers from Wadhvani Foundation conducted Skill Development through e-modules for Nurses. They have developed job-driven interactive e-curriculum for Vocational courses (contain videos, games, quizzes, simulations, hands-on experience, and assessments). This pedagogy helps to internalize the learning quickly & through a fun way of learning.



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### TTT (Train The Trainer) Program



The "Train The Trainer" program was organised for nursing personnel under MOU Wadhvani Foundation. Various e-learning trainings have been conducted so far name a few-

- ❖ Care of pre operative patient
- ❖ Care of patient with Fever
- ❖ Care of patient with bed sore
- ❖ Pain Management
- ❖ Care of unconscious patient
- ❖ Vital Sign (Blood Pressure)
- ❖ Vital Sign (Temperature)
- ❖ Blood Glucose Monitoring

### Training for out sourced staff for health & Safety



Various training sessions have been organized for Security & Housekeeping Personnel on Energy Saving, Fire Safety and Basics of Housekeeping for spreading awareness, and providing education on importance of these subjects. For better understanding of the topic, the presentation was prepared and delivered in Gujarati language. The motto behind having such training is to train the ground level employees to utilize their maximum services at the emergency time.

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### Employee Welfare Activity

Birthday celebration is a valuable way for employees to recognize colleagues and provide social moments during the busy work life. We had quite a number of colleagues who celebrated their birthdays in the month of Feb-April 2015. The celebration was a very joyous one where staff members came together to join in congratulating birthday celebrants.

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The celebration started with lots of good wishes from the management and colleagues accompanied by refreshment and spontaneous games for birthday people.



# MARKETING INITIATIVES

## World Health Day Camp & Campaign

### Free Health check up Camp on World Health Day – Kankaria & Mini Kankaria Lake



World Health Day celebration focuses on increasing life expectancy by adding good health to the lives of people and promoting healthier living habits across the globe.



When you eat, do you often wonder how has that particular food item made its way to your plate? On the occasion of “World Health Day” – 7<sup>th</sup> April, GCS Hospital organized free Health check up camp & campaign at

Kankaria Lake and Mini Kankaria Ahmedabad with the aim to aware most people about health. Around 600 People took benefits of Free Blood pressure, Blood Sugar checkup and doctor consultation provided by GCS Team. People have expressed their gratitude towards GCS Hospital team and appreciated efforts which makes society healthy and happy.



### Street Cleaner Women Health Checkup @ GCS Hospital

Gandhi Ashram based NGO named 'Manav Sadhana' came up with street cleaner women group for Health check up at GCS hospital.



### World Health Day 2015

**હેલ્થની રાખશો જો દરકાર, તો જીવન બનશે યુષાકાર**

**જીસીએસ હોસ્પિટલ**

પહેલું સુખ તે જાણે વધારું  
વિનય પૂર્વક સેવા (સર્વિસ) વિનય, સુવિનય સંવેદન અને કોઈ સેવામાં વાત કરી શકો છો.

મેમ્બર્શીપ	સુવિનય દેવા લેવા-વ્યાજ વગરના	વાર્ષિક ફી	સુવિનય દેવા લેવા-વ્યાજ વગરના
30% ડિસ્કાઉન્ટ	સુવિનય લેવા લેવા લેવા લેવા (પ્રીમીયમ પ્લાન)	₹ 2000	₹ 2000
	સુવિનય લેવા લેવા લેવા લેવા (પ્રીમીયમ પ્લાન)	₹ 2000	₹ 2000
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	સુવિનય લેવા લેવા લેવા લેવા (પ્રીમીયમ પ્લાન)	₹ 2000	₹ 2000

શુભ સંસ્કારો અને સેવાઓ માટે સંપર્ક: 1-800-2000-2000, 2000-2000, 2000-2000

Since Inception of GCS Hospital, Every year “World Health Day”, GCS Hospital creates awareness to promote Healthcare among

employees, patients, general public and associates. World Health Day is observed on 7<sup>th</sup> April every year. As a part of campaign, GCS hospital offered 30% discount on all Health checkup plans from 1<sup>st</sup> April to 30<sup>th</sup> April 2015.

### IEC (Information, Education and Communication)

IEC (Information, Education and Communication) sessions regarding “Diagnosis, Prevention and Treatment” was conducted by Community Medicine Department, GCS Medical College, Ahmedabad, at the field practice areas of UHTC-Saijpur on 9<sup>th</sup> & 12<sup>th</sup> February 2015. Lectures were delivered by Dr. Bhavik Rana, (Asst. Professor - Comm. Medicine) in local language regarding the Swine Flu. The session was assisted by Dr. Asha Solanki (Tutor, Community Medicine) Ms. Rizwana Mansuri & Ms. Shweta Vaghela (MSW).



### Camps at Sarkhej, Premnagar & Rakhiyal





## Marketing Initiatives

### Health Talk @ AIA Engineering

Today, We all are living life with full of stress and struggle. Lifestyle has drastically changed. People are less conscious about what they are eating? what side effect does it? GCS Hospital has organized Health talk at AIA Engineering with the aim to make people aware about living healthy lifestyle.

To make people aware about importance of balance diet GCS Hospital's Dietician **Ms. Shreya Bundela** discussed various aspect of eating balance diet in routine life. Further she added advantages of having balance food. While **Dr. Jayesh Raval** (Consultant Cardiologist) explained modern lifestyle related cardiac disease at AIA Engineering.



### Empanelment – Union Bank of India (UBI) employees for Outdoor & Indoor services

Union Bank of India's employees and their family members can now take benefit of OPD, IP (Indoor) and Health check up facilities at GCS Hospital under the empanelment.



## Events

### World No Tobacco Day 2015



**World No Tobacco Day** is celebrated intending to aware and encourage people to reduce or completely stop the tobacco consumption in any form all across the globe.

A press meet was organized in the city on the 30<sup>th</sup> May 2015, as a part of the **WORLD NO TOBACCO DAY**, in order to discuss the issues related to tobacco consumption. Dignitaries from GCRI and GCS actively participated in the talk where it was highlighted that the issue of increasing consumption of tobacco should be dealt

collectively, not just for this one day but, on a regular basis. Moreover on this day, several programmes were organized at **Parimal Garden, Kankaria Lake & Karnavati Club** to make the civilians aware about the great harm that Tobacco consumption can cause to their lives.



KANKARIA LAKE



PARIMAL GARDEN



KARNAVATI CLUB



EXHIBITION @PARIMAL GARDEN

### Tobacco Hazards & Its Prevention

Awareness programme regarding "**Tobacco Hazards & its prevention**" was organized by Maninagar Medical Association on 27<sup>th</sup>, 28<sup>th</sup> & 30<sup>th</sup> May, 2015 at field practice at RHTC Dabhoda (Saluji na movada area), field practice area of RHTC Dabhoda (Otaji na Chhapra area) & at Industrial Training Institute (ITI) Saraspur, Ahmedabad. A session was taken by **Dr. Arpit Prajapati** (Assistant Professor, Community Medicine) & **Dr. Naimesh Patel** (Associate Professor, Medicine Department, GCSMC). Total 40, 65 & 130 participants respectively were present in awareness programme. Forms were filled out of participants about their knowledge and habit regarding tobacco.

On the same occasion, BCC (Behaviour Changing Communication) session was arranged by Community Medicine Department, On "**Tobacco and Its Health Effects**" at Asarwa Mill. The session was taken by **Dr. Bhavik Rana** (Asst. Professor) with support of **Dr. Venu Shah** (Asst. Professor) and **Ms. Rizwana Mansuri (MSW)**. About 70 workers and other staff of Asarwa Mill were benefitted by the session.



# EVENTS

## Nursing Day Celebration

Nurses Day was first proposed by the Dorothy Sutherland (an officer from the U.S. Department of Health, Education and Welfare) in the year 1953 and first proclaimed by the President Dwight D. Eisenhower. And it was first celebrated by the International Council of Nurses (ICN) in the year 1965.

**International Nurses Day (IND)** is celebrated every year all around the world on 12<sup>th</sup> of May to commemorate the birth anniversary of the “**Florence Nightingale**” and to mark the nurses contributions towards people’s health. Various cultural performances were presented by nursing staff at GCS Medical College on different themes and best performers were awarded with fabulous prizes.



## Academics

**Documentation of Medical Records** - The utility of our data are to be analyze & express in a way to support the services to the patient and the evaluation by analysis to keep our services upto date & better.



**Dyslipidemia Management** - The talk was on approach to make a better utility of the investigations to smoothen the life & life style.



**Vitamin D & Lab Diagnostic** - Newer approach to understand & to evaluate the role of vitamin D & the early diagnosis of the same as well as its compound to favour the correction on supplement.



**Healthy Doctor – Healthy Nation** - The above topic intended to understand the role of a medical personnel in addition to therapy; for betterment of new generation, betterness of healthy attitude & a best utility of our gathered experience.



**ABC of CBC in Peadiatric** - This is in relation to a small one who do not complain & do not express. So, for such patient a maximum utility of available data bank with therapeutic/prognostic & preventive approach definitely allow us to learn everything of the special one who expects many things from us.



### CARDINAL RULES OF CRITICAL CARE

**Critical Care Service** is the heart of any hospital. It is mainly based on “**Golden Hour Theory**”. Timely interventions & right treatment can save lives.





**પ્રેરણાના અરૂંપેથી...**

જીવન સતત એક ગતિએ ચાલતુ નથી. પરિવર્તન એ સંસારનો નિયમ છે કુદરતના આ ચક્ર સાથે સાનુકુલન સાધી જીવન જીવવુ એ જ સુંદર જીવનની ખૂબી છે. સુખ અને દુઃખએ એક સિક્કાની બે બાજુઓ છે. વ્યક્તિએ એની માનસિક ક્ષમતાને કેળવવી જોઈએ. નાની બાબતોથી કંટાળી, ફરીયાદ કરવાને બદલે એનુ સમાધાન શોધવુ એ વધુ સરળ છે. જો મન નબળુ રાખીશું તો નિર્ણયો ખોટા લેવાશે, તમારો આત્મ વિશ્વાસ ડગી જશે અને અસંખ્ય દુખોને આમંત્રણ આપશે જેથી ઘણા નિષ્ણાયક સમયે વેદના અથવા વિપરીત સંજોગો સામે ટકી રહેવાનુ સામર્થ્ય રહેતુ નથી.

આ બાબતને સાર્થક કરતુ એક ઉમદા ઉદાહરણ અહીં ટાંકવામાં આવ્યુ છે. મહાભારત વિશે આપણે સૌ થોડું ઘણું જાણીએ છીએ એમાંનુ એક મહત્વનુ પાત્ર હતા દ્રોણાચાર્ય, જ્યારે તેમને એમના પુત્ર અશ્વથામાના મૃત્યુના સમાચાર સાંભળ્યા ત્યારે તેઓ તરત જ દુખમાં સરી પડ્યા પુત્ર વિલોપમાં પોતાનો આત્મવિશ્વાસ ગુમાવી દીધો અને અંતે તેઓ મૃત્યુ પામ્યા. ગુસ્સો, દુઃખ, તિરસ્કાર, ઈર્ષ્યા, અહમ, ભય, લઘુતાગ્રંથિ એક નબળા અને વિશ્વાસ વિહોણા મનની નિશાની છે. જે વ્યક્તિને નબળા બનાવી જીવનમાં પ્રગતી આડે અવરોધ ઉભો કરે છે. પરંતુ કેટલાક એવા લોકો પણ હોય છે. જે વિપરીત સ્થિતિમાં પોતાનો આત્મવિશ્વાસ જાળવી રાખે છે. સરદાર પટેલ જ્યારે કોર્ટમાં પોતાના કેસ અંગેની દલીલ કરી રહ્યા હતા તે જ સમયે એમને એમની પત્નીના મૃત્યુના સમાચાર આપતો ટેલીગ્રામ મળ્યો. તેમને જાણે કશું બન્યુ જ ન હોય તેવા ભાવે આખો દિવસ કેસની દલીલો કરવામાં વ્યતીત કર્યો અને અંતે ચુકાદો એમના ક્લાઈન્ટના પક્ષમાં આવ્યો તેઓ એ કેસ જીતી ગયા. આ બાબત દર્શાવે છે કે તેઓ કેટલા સક્ષમ અને મજબૂત મનોબળ ધરાવતા હશે. આ નિશાની છે એક તંદુરસ્ત મનની, જે આપણને ગમે તેવા વિપરીત સંજોગોમાં ટકાવી રાખે છે. અને સતત આગળ વધતા રહેવાની પ્રેરણા પ્રદાન કરે છે. દુનિયાની કોઈ જગ્યા એવી નથી જ્યાં સમસ્યા અને સંઘર્ષ નથી. આજની યુવા પેઢી અતિ સંવેદનશીલ જીવન જીવે છે. નાની નાની બાબતોમાં એમને દુખ લાગે છે, મન હતાશ થઈ જાય છે, અને અંતે આત્મહત્યા સુધી વાત પહોંચી જાય છે. અહીં વાત સફળતા નિષ્ફળતાની નથી પરંતુ કોઈ પણ સ્થિતિ પ્રત્યે એમની તીવ્ર પ્રતિક્રિયાની છે. માનવ અવતાર એ વિશ્વના તમામ જીવોમાં ઉત્તમ માનવામાં આવે છે. એને આત્મહત્યા દ્વારા અંત કરવો એ જીવનનુ સમાધાન નથી. ભગવાન દ્વારા મનુષ્યનુ સર્જન એ પૃથ્વીને વરદાન છે. મનુષ્ય ધારે એ કરી શકવાનુ સામર્થ્ય એને કુદરતી બક્ષિસમાં મળેલ છે. માત્ર વ્યક્તિએ પોતાની આંતરિક સૂઝ દ્વારા એને ઓળખી અને પોતાની આંતરિક ઉર્જા દ્વારા જાગૃત કરવાનુ છે. પરીક્ષાઓમાં નિષ્ફળતા, માતા-પિતા દ્વારા ઠપકો, મિત્રો સાથે નજવી બાબતે તકરાર, આંશિક આર્થિક કટોકટી, પ્રેમમાં નિષ્ફળતા મળવી, કોઈ વ્યક્તિ કે વસ્તુ પ્રત્યેનો અણગમો, બેરોજગારી, દહેજ બાબતે પજવણી. આ સામાન્ય બાબતો છે જેના લીધે લોકો આત્મહત્યાના પ્રયાસ કરે છે. આપણે આપણા શરીરના સ્વામી નથી માત્ર રક્ષક છીએ. આપણે જરૂર છે માત્ર સંયમ અને આત્મવિશ્વાસથી પરિસ્થિતિનો સામનો કરવાની, સમય સૌથી બળવાન અને મહાન છે. સમય સાથે ધીરે ધીરે સ્થિતિ બદલાઈ જતી હોય છે.

— સૌજન્ય: ડૉ. અતુલ રાજાની (પ્રાકેસર ફાર્માકોલોજી)

**In news**

The collage features several news items:

- વડોદરા સમય (9/4/2015):**
  - Headline: **અમદાવાદમાં 71% પોલી કર્મચારી તમાકુના વ્યસની**
  - Text: 71% પોલીસ કર્મચારીઓ તમાકુના વ્યસની છે. તેઓ દરરોજ 10 ગણ વધુ તમાકુ ખાવે છે.
  - Headline: **વડોદરા સમયે ડે પ્રિમિયો પરિમલ ગાર્ડન, કાંકરિયા, મીની મ ગેસ, ડ્રુ. ડાઈવે પર રાહવેલા ફલકમાં 'નો ટોબેકો' હેલ્થ અર્થ સ્ટ્રીટ પે, કલેસ મોલ અને સેલ પેનું સંયોજન કર્યું હતું.**
  - Text: 'નો ટોબેકો' હેલ્થ અર્થ સ્ટ્રીટ પે, કલેસ મોલ અને સેલ પેનું સંયોજન કર્યું હતું. આ કાર્યક્રમમાં આરોગ્ય વિભાગના અધિકારીઓ અને સ્થાનિક નેતાઓએ ભાગ લીધો.
- Rajasthan Patrika (12/04/2015):**
  - Headline: **સ્વાસ્થ્ય ચર્ચા આયોજિત**
  - Text: અમદાવાદ @ પત્રિકા . વિશ્વ સ્વાસ્થ્ય દિવસ કેમ્પેન કે તહત જીસીએસ અસ્પિટલ કો ઓર સે રાનિવાર કો આઈ.ઈ. ઈન્જીનિયરિંગ મે સંતુલિત આહાર સંતુલિત સ્વાસ્થ્ય પર આધારિત સ્વાસ્થ્ય ચર્ચા આયોજિત ક્રિયા મયા. જિસમે જીસીએસ અસ્પિટલ કે ડાયટેશિન ડૉ. શ્રેયા મુંદલા ને પોષણયુક્ત આહાર પર ચર્ચા કી. ઇસ અવસર પર ડૉ. જયેશ ચવલ ને આધુનિક જીવન શૈલી ઈવં હૃદય રોગો કે વિષય મે જાનકારી ડી.
- કેન્સર સોસાયટી:**
  - Headline: **કેન્સર સોસાયટી દ્વારા કાંકરિયા લેક ખાતે ફી હેલ્થ ચેકઅપ કેમ્પ**
  - Text: નવગુજરાત સમય > અમદાવાદ. ગુજરાત કેન્સર સોસાયટી દ્વારા કાંકરિયા લેક ખાતે ફી હેલ્થ ચેકઅપ કેમ્પ આયોજન કરાયું.
  - Text: વિશ્વ આરોગ્ય દિવસ લોકો સંઘર્ષ અને તાણ કેમ્પેઈનના ભાગરૂપે જીસીએસ હોસ્પિટલ દ્વારા એ.આઈ.એ. હોસ્પિટલના ડાયટેશિયન ડૉ. હોસ્પિટલના ડાયટેશિયન ડૉ. આરોગ્ય દિવસ લોકો સંઘર્ષ અને તાણ કેમ્પેઈનના ભાગરૂપે જીસીએસ હોસ્પિટલ દ્વારા એ.આઈ.એ. હોસ્પિટલના ડાયટેશિયન ડૉ. આરોગ્ય દિવસ લોકો સંઘર્ષ અને તાણ કેમ્પેઈનના ભાગરૂપે જીસીએસ હોસ્પિટલ દ્વારા એ.આઈ.એ. હોસ્પિટલના ડાયટેશિયન ડૉ.
- કેન્સર સોસાયટી દ્વારા કાંકરિયા લેક ખાતે ફી હેલ્થ ચેકઅપ કેમ્પ:**
  - Text: નવગુજરાત સમય > અમદાવાદ. ગુજરાત કેન્સર સોસાયટી દ્વારા કાંકરિયા લેક ખાતે ફી હેલ્થ ચેકઅપ કેમ્પ આયોજન કરાયું.
- જીસીએસ હોસ્પિટલ દ્વારા ફી હેલ્થ ચેકઅપનું આયાજન:**
  - Text: અમદાવાદ, વિશ્વ આરોગ્ય દિવસ હોસ્પિટલ દ્વારા એ.આઈ.એ. હોસ્પિટલના ડાયટેશિયન ડૉ. આરોગ્ય દિવસ લોકો સંઘર્ષ અને તાણ કેમ્પેઈનના ભાગરૂપે જીસીએસ હોસ્પિટલ દ્વારા એ.આઈ.એ. હોસ્પિટલના ડાયટેશિયન ડૉ.



# GCRI HIGHLIGHTS

## Events



### SAJDA- 4<sup>th</sup> April 2015

Gujarat Cancer Society in association with the **Lioness club of Ahmedabad Karnavati Dzire** with support of **Gujarat Chamber of Commerce and Industry- Youth Wing** organized a grand and unique fund raising programme “SAJDA” on 4<sup>th</sup> April 2015. The Lioness Club of Ahmedabad Karnavati Dzire donated Rs. 61 lacs to Gujarat Cancer Society at this event.

### World Health Day-on 7<sup>th</sup> April 2015

GCRI was part of celebration of World Health Day by Government of Gujarat. **Mrs. Anandiben Patel**, Hon. Chief Minister, Gujarat State was present in the function held at Cama Hall. Hon. Chief Minister declared early detection of cancer in women, control of diabetes, oral health and cleft lip – cleft palate program for people of Gujarat.



A cancer detection camp for women with Sanjeevani Rath was organized in premises. **Shri Pankaj Patel**, Chairman GCS and other dignitaries from the department of Health and Family Welfare graced the occasion. Members of Lioness Club of Ahmedabad donated Rs. 61 Lacs to Gujarat Cancer Society on the occasion for cancer patients.



### Florence Nightingale Day- 12<sup>th</sup> May 2015

The Florence Nightingale Day was celebrated at two places- GCRI and the Paediatric Oncology department at GCSMCH. At GCRI, the programme started with lamp lighting followed by two skits on “**Ill effects of Tobacco**” and “**Beti Bachao**”. At Paediatric ward, the children wished their 'Angels' who care for them during illness.

“**Hello Arogya**” a Health program on DD Girnar, held on 29<sup>th</sup> May 2015, was a great show of GCRI doctors and its services. **Dr. R. K. Vyas**, Incharge Director, GCRI and **Dr. Kiran Kothari**, Dy Director, GCRI, participated in the talk show from Doordarshan studio. It was an interactive show organized through Telemedicine facility. **Dr Geeta Joshi**, Dy. Director, participated at GCRI. Patients were also involved in live question-answer session from GCRI tele medicine centre.



### “World No Tobacco Day” celebration on 31<sup>st</sup> May 2015

A press meet was organized in the city on the 30<sup>th</sup> May 2015, as a part of the World NO TOBACCO Day, in order to



discuss the issues related to tobacco consumption. Dignitaries from GCRI and GCS actively participated in the talk where it was highlighted that the issue of increasing consumption of tobacco should be dealt collectively, not just

for this one day but, on a regular basis. Moreover on this day, several programmes were organized at Mini Kankaria, Naroda and at “**Happy Street**”, C G road to make the civilians aware about the great harm that Tobacco consumption can cause to their lives. At Mini Kankaria, a play was organized by the nursing staff followed by “**Cancer Katha**” by **Suresh Prajapati**. At the Happy Street, C G Road, the PhD, MSc and MLT students of GCRI actively participated in a Rangoli Competition based on theme of '**No Tobacco**'. The Consultants and Resident Doctors of Dept of Anesthesiology, GCRI participated in a skit, exhibition and distribution of posters related to same theme. They also participated in road show on “**Tobacco free Ahmedabad**” organized by Zydus, GCRI, GCSMC and Ahmedabad Dental College.

### Blood Donation Day – 12<sup>th</sup> June 2015

This year on “**World Blood Donor's day**”, 102 blood units were collected by blood bank GCRI. GCRI staff enthusiastically participated in the event and donated blood for our patients.

## Academics

### Telemedicine CMEs were attended by doctors through ISRO's telemedicine network from DECU studio as follows.

• **Dr. Vikram Shah** delivered an informative talk on “Osteoarthritis of Knee, A Curative Approach” on 29<sup>th</sup> April 2015.

• **Dr. Bela Shah** spoke on “Dermatology in routine practice” on 26<sup>th</sup> May 2015.

• **Dr. Anagha Zope** gave a lecture on “Breast cancer management” on 25<sup>th</sup> June 2015.

#### Training for Nurses and Class IV

Nurses and Class IV staff were given on job training on various subjects during April to June 2015.

- “Cardiopulmonary Resuscitation”
- “Blood Components Aspects”
- “Stoma Care”
- “Blood & Body Spillage Management”
- “Prevention of Medication Error”
- “Ventilator Associated Pneumonia”
- “Standard Precautions”
- “Duty Roaster Management”
- “Chemotherapy Medication Error & Prevention”
- “Seven Rights of Medicine”

**Mrs. Indira Mecwan** and **Mr. Arpit Christian**, Infection Control Nurses (ICN) attended “Certified Infection Prevention and Control Nurse (IPCN)”, a 6 week program organized at GCS MC from 8-10<sup>th</sup> May 2015.

#### Training by GCRI staff, 26<sup>th</sup> May, 2015

All ASHA workers / ANM were given training for Cancer Breast and Cancer Cervix, early detection and diagnosis, through BISAG-Telemedicine network, Government of Gujarat. **Dr. Shilpa Patel**, Prof and Head of Department, Gynec Oncology and **Dr. Chetna Parikh**, Asst Professor of Gynec Oncology educated paramedics through presentation and video.

#### 11<sup>th</sup> to 14<sup>th</sup> May, 2015 at COC Vasna

**Dr. Rohini Patel**, Medical Officer, Community Oncology, gave training to 85 SEWA grass root leaders in awareness and early detection of cancers in women.

#### 8<sup>th</sup> June, 2015

A training program for nurses was arranged by **Ms. Jyotika Soni**, Head, Prosthetic Department. Fifty nurses were given information about various Breast prosthesis.

#### 19<sup>th</sup> and 23<sup>rd</sup> June, 2015

Hundred doctors from PHC and CHC were given training in early detection of Cancer Breast and Oral Cancer by **Dr. Shashank Pandya**, Prof and Head of Surgical Oncology and **Dr. Rutul Patel**, MCh student, Surgical Oncology at GMER Medical College, Gandhinagar. **Dr. Pariseema Dave**, Prof Gynaec Oncology and **Dr. Bijal Patel**, Asso Prof Gynaec Oncology gave training to these doctors on, PAP test, signs and symptoms and early detection of Cancer Cervix.

#### SRC and Ethics Committee meetings

Scientific Review Committee (SRC) meeting was held on 12<sup>th</sup> May 2015, Chaired by **Dr. Geeta Joshi** (in absentia), Dy Director, GCRI along with the member secretaries **Dr. Pooja Nandwani** and **Dr. Rakesh Rawal**.

Ethics committee meeting was held on 23<sup>rd</sup> May 2015. The Chairperson was Hon'ble Justice **Shri Bankim Mehta** and member secretary was **Dr. Narendra Patel**. The new members of the committee attended and were welcomed in the meeting.

### Workshop on Communication skills

Communication is a very important aspect of Health care. Our institute organized whole day Workshop on “Communication skills” on June 13<sup>th</sup> 2015, for all GCRIans including the administrative staff, nurses, medical officers as well as the research staff. **Dr. Yashavant Joshi**, Director-Unnat Academy of Human Resource consented to conduct this programme & impart practical knowledge on communication in Hospital, through demonstrations, skit, group discussion & games.





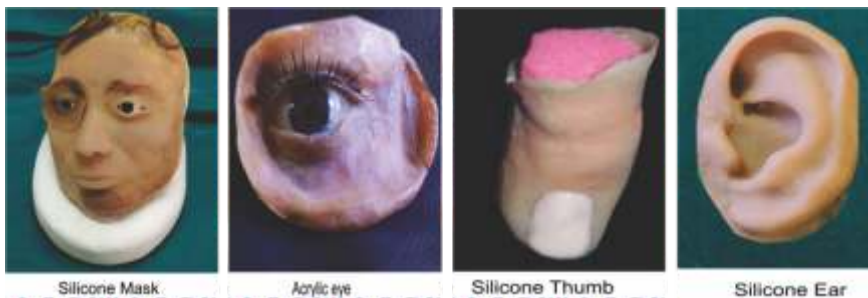
# GCRI HIGHLIGHTS

## Employee Corner

- \* **Dr. Kiran Kothari**, Dy Director GCRI, was one of the five doctors who were included for obtaining excellent achievement in their respective field by **"Feelings"** – an International Gujarati Family Magazine. **Dr. Kiran Kothari's** article on **"Laposcopic and Robotic Surgery"** was also included in the same.
- \* **Dr. Geeta Joshi**, Dy Director GCRI & **Dr. Bhavna Shah**, Prof in Anesthesiology were invited speakers in "Seminar on Spine & Cancer Pain and AGM of Bangladesh society of Anesthesiologists" at Dhaka, Bangladesh on 27<sup>th</sup> & 28<sup>th</sup> Mar 2015.
- \* **Dr. Kiran Kothari** was invited to give talk on **"Minimally Invasive Oesophagectomy"** in "World Cancer Congress 2015" at Beijing, China on 15<sup>th</sup> to 17<sup>th</sup> May, 2015.
- \* **Dr. R K Vyas**, Incharge Director, GCRI was invited as Guest Speaker in Canada-India Federation Summit on Health care at Toronto, Canada on 19<sup>th</sup> & 20<sup>th</sup> May 2015. He spoke on **"Scope of Collaboration in Clinical and Basic Science research in Oncology"**.
- \* **Dr. Pariseema Dave**, Department of Gynaec Oncology, GCRI, has been selected as Associate Editor of the Indian Journal of Gynecologic Oncology.
- \* **Dr. Manisha Brahmbhatt**, Research Assistant, Cell Biology Division, received "American Society of Clinical Pathology in Cytogenetics (ASCP-CG) certification in Cytogenetics" at the "Cytogenetic exchange program" from 1<sup>st</sup> July, 2014 to 14<sup>th</sup> June, 2015 at Texas Tech University, Health Science Centre, Lubbock, Texas, USA. She was also awarded **"Excellent Team Player"** during her tenure.

## Hospital Services

### Cosmetic prosthetic laboratory



Unfortunately, many cancer patients lose their body parts during surgical treatments. The Cosmetic prosthetic laboratory makes artificial prosthetic organs for such patients who lost their organs especially in disease like cancer, burn, accident and for those who are born physically disabled. At GCRI this laboratory was started in 1975 under the

leadership of plastic surgeon, **Dr. J R Jaju** and an anaplastologist, **Mr. Derilin B Atkins** (sculpture artist). **Ms. Jyotika Soni**, who was appointed as medical sculpture trainee is working very efficiently for the department since 1984. From 2001, prostheses are made under the guidance of **Dr. Heman Jaju**. Patients are being sent to our institute for prostheses from Prosthodontists, Neurosurgeons, Ophthalmologist, Gynecologist, and Physiotherapists as well Social workers. The prime work of the department is to prepare artificial limbs and organs and majority of the patients are for prosthesis of breast, ear, eyes, nose, fingers and toes. These prostheses are made from silicone, acrylic and sponge (U form sheets). Colors are mixed and matched according to the individuals' skin tone and patients' age. Patients are involved throughout the process and by doing so, patient's psychological feelings are considered, so that he/she is satisfied with the color and shape of the prosthesis.







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**2,00,000+**  
patients every year



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**750**  
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**11**  
Operation Theatres

## Clinical Services

- Medicine
- Surgery
- Paediatrics
- Anaesthesia
- Orthopaedics
- Gynaecology & Obstetrics
- Dermatology & Skin
- Dentistry
- Ophthalmology
- Psychiatry
- TB & Respiratory Disease
- ENT

## Super Specialty Services

- G.I. Surgery
- Cardiology
- Vascular Surgery
- Nephrology
- Urology
- Neurology
- Neuro Surgery
- Oncology
- Onco Surgery
- Joint Replacement
- Spine Surgery
- Rheumatology
- Pain Management
- Gastroenterology
- Paediatric Surgery
- Pulmonology
- Endocrinology & Diabetology
- Plastic & Cosmetic Surgery
- Endoscopy

## 24 Hours Services

- Radiology
- Pathology
- Casualty & Emergency
- Ambulance
- Pharmacy
- Blood Bank

## Support Services

- Health Check up
- Dialysis
- Diet & Nutrition
- Physiotherapy

## Empaneled with

- RSBY (Rashtriya Swasthya Bima Yojna) for BPL Patients
- Chiranjeevi Yojna
- JSVY (Jyotirgamay Swasthya Vima Yojana)
- Family Welfare Center
- Bal Sakha Yojna
- MA (Mukhyamantri Amrutam Yojana)

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## GCS Medical College, Hospital & Research Centre

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