

# YOUR COMMUNITY HOSPITAL NEWSLETTER

## FROM THE ADMINISTRATOR'S DESK

Ashakiran Jubilee Hope Centre (JHC), a medical project of the Diocese of Poona, today shines as a beacon and 'ray of hope' to the sick and suffering. It is a witness to Christian love and service in a medical sector that is growing and developing at a fast pace, and often, unaffordable.

In 2004, Ashakiran JHC began as a Care and Support Centre for people suffering from the most dreaded diseases of HIV/AIDS, COX (T.B.) and other contagious diseases. Eighteen years later, Ashakiran has evolved to become a multi-disciplinary medical centre with all the latest equipments, medical services and specialist doctors. The transition from just a Care Centre to a full-fledged hospital would not have been possible without the cooperation and collaboration of the doctors and medical staff, people's trust in our staff, the services we provide and the generous contribution of our donors and well-wishers.

Since it has grown with the help of people's expertise, services and finances, it is truly a people's initiative. Through our constant collective efforts, we have endeavoured to add various medical facilities to make it a credible and reliable hospital on par with private hospitals.

Health is an essential part of each one's life and we, at Ashakiran, are committed to promoting health and healing. This year—2023 began with placing the cause of Ashakiran JHC at the forefront through the New Year's Let's Dance fundraiser. We will continue with the same zest to keep upgrading the hospital and providing the best service.

In this first edition of our newsletter, we will show you what we have been working on, our victories—well recovered patients and our ideas for the coming months.

Fr. Jeetendra David  
Administrator,  
Ashakiran Jubilee Hope Centre





## OUR PROGRESS REPORT

The progress of Ashakiran JHC in the last couple of years has been challenging and amazing. We have added a number of facilities to provide qualitative medical services and also seen a significant increase in the number of patients visiting Ashakiran.

Covid 19 was a trying situation which tested our capabilities but we were able to overcome the difficulties by being available to people in need 24x7. During the two years of Covid 19, we administered medical care to hundreds of people by providing isolation treatments facilities, hospital admission for mild cases, Covid-related medicines, laboratory tests, phone consultations, arranging for beds in bigger hospitals for patients who were in serious conditions and also distributing food rations to poor people. We assisted 1600 people in the span of 2 years.

Since 2019, we have been undertaking major developmental work to make Ashakiran a fully functional hospital.

Our currently available treatments are:

- General medicine (Allopathic, Homeopathic, Ayurvedic)
- Orthopedics
- Gynaecology
- Nephrology
- Urology
- Diabetology
- Cardiology
- Pediatrics
- Dentistry
- Surgeries
- Physiotherapy
- Diet/Lifestyle modification therapies
- Ayurveda and Panchkarma

We offer the following services and facilities:

- Doctors' consultations
- Pathology laboratory and services
- ECG
- Digital X-Ray
- Sonography
- Modular Operation Theatre (OT)
- Intensive Care Unit (ICU)
- 2D Echo
- Colour Doppler test
- Dialysis Unit
- Dental clinic
- Eye clinic
- Counselling psychology
- Pharmacy

Along with scaling up the facilities we have also on boarded staff to deliver services. Doctors of all specialties are available for patient visits and consultations as required.

Ashakiran JHC now has all the medical facilities required to treat even serious cases. We are equipped with a Dialysis Unit comprising three Dialysis machines supervised by nephrologist Dr. Sunil Khot and his team. It has a well-equipped Modular Operation Theatre wherein general surgeries (hernia, appendectomy), anorectal surgeries (piles, fissure, fistula), minor surgeries (cyst, breast abscess, fibroadenoma, corn excision), and laparoscopic surgeries (appendectomy, hernioplasty) are regularly performed under the expertise of surgeon Dr. Bharat Oza and his team.

Along with medical services, we have focused on infrastructural development such as arrangement for oxygen supply to all the key departments of the hospital, uninterrupted power supply with power back-up, drainage



system, solar panels for energy and cost efficiency, etc.

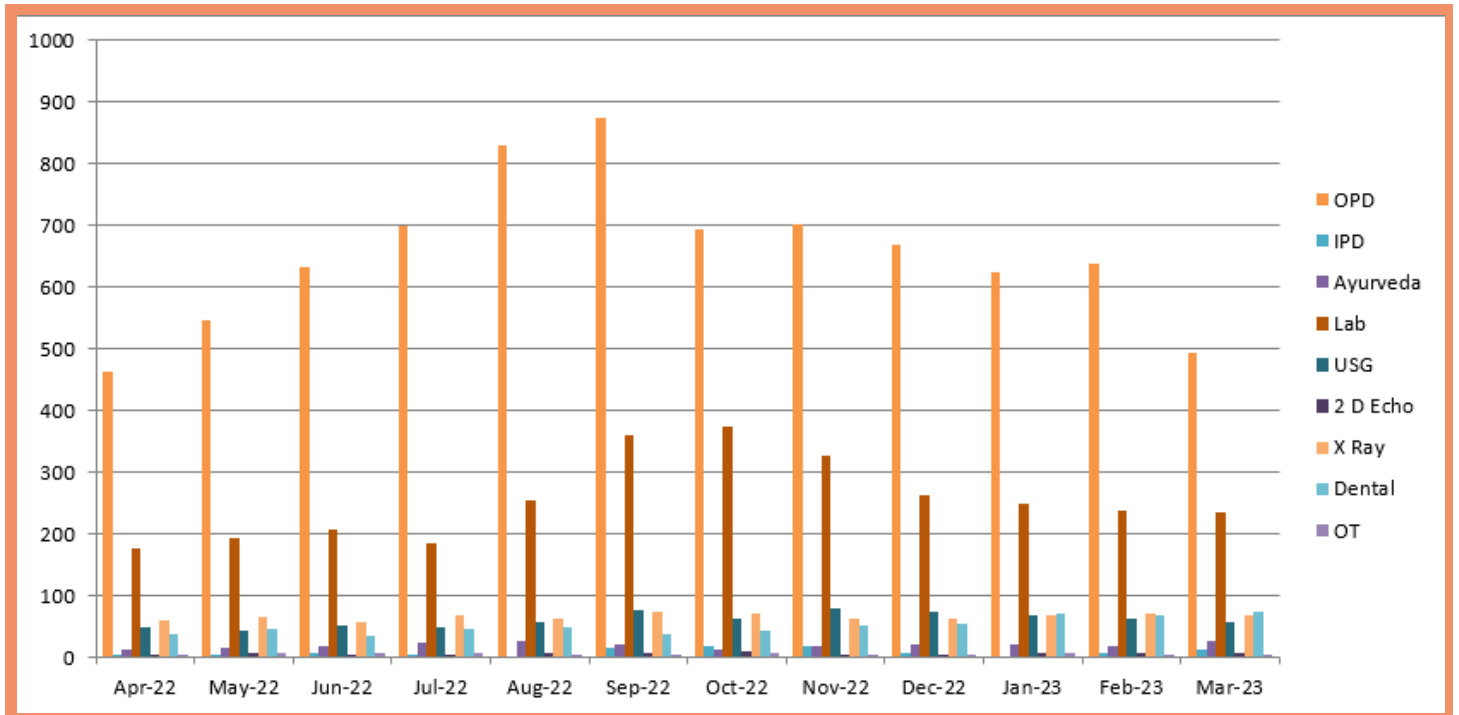
All this developmental work was possible because of the funds from people who have seen and experienced the qualitative services at Ashakiran. We also received a lot of help from individual donors and some Parishes. We are very grateful to the Eichstatt Diocese for funding the ICU beds, monitors, syringe pumps and other important equipment.

We are grateful for the support and appreciation of our donors, well-wishers and volunteers who reach out to the sick and suffering no matter which cast or creed.

Fr. Jeetendra David

### PROGRESS

The department-wise breakup of services given to people as below is an indication of the extent of our progress in health care in the Diocese of Poona.



## MEET ONE OF OUR TRUSTEES —DR. MANOJ DURAIRAJ



M.S., M.Ch. (AIIMS, New Delhi), F.A.C.C.  
 Director,  
 Marian Cardiac Centre and Research Foundation  
 Programme Director,  
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Here are his thoughts about Ashakiran JHC Hospital and its future prospects:

*"Ashakiran JHC Hospital has metamorphosed over the years into a vibrant health care facility catering to a spectrum of medical ailments. The diagnostic facilities and the level of physician care are at par with some of the leading hospitals in Pune and PCMC area. With the opening of the operation theatre, dialysis unit and intensive care unit, the hospital is expanding its scope of providing affordable and multi-speciality care. The hospital has a 24-hour in-house Doctor which is an added advantage. The number of visiting specialists with OPD*

*services has also increased. Under the leadership of Fr. Jeetendra David, Ashakiran Hospital is providing affordable and high-quality medical care. I congratulate the team of dedicated staff, well-wishers, patrons and donors for their commendable effort!"*

## DISCUSSING HEART DISEASES WITH DR. DURAIRAJ

Since Dr. Manoj Durairaj is a cardiologist, we asked him some questions about the increasing risk of heart diseases. Here's what he had to say:

- **Q.** What is the most pressing concern about heart disease that you have, given the background of recent patient cases?

**A.** Coronary artery disease (blocks in the arteries supplying blood to the heart) has reached epidemic proportions in India. It is affecting younger Indians and follows a malignant course. Multiple arteries are getting involved simultaneously and the blockages are more spread out than before, that is, longer segments of the arteries are getting choked. I am seeing patients in their twenties and thirties coming to the hospital with massive heart attacks and this is a worrying trend. We have adequate technology for treating this and we are seeing good long-term results with our treatment regimen. Even so, 'Prevention is better than Cure'.

- **Q.** Which popular myth about heart disease would you like to debunk?

**A.** That heart disease (coronary artery disease) is a disease which only affects older individuals. Age is not a criteria for getting heart attacks. There is also a misconception that being thin means being healthy and heart disease free. Heart disease is multifactorial and outward appearances can be deceptive.



- Q. Why are youngsters getting heart attacks while working out in gyms?

A. Hitting the gym is great, provided you have screened yourself for high blood pressure, diabetes, heart function (echocardiogram–heart ultrasound). If one has hypertension (high blood pressure) and strains while lifting weights or performing high intensity training regimens, there is a high chance of spiking the blood pressure and having a stroke (brain paralysis). Some individuals may have a 20 – 30% block of the heart arteries which is quite common; these blocks do not affect the blood flow to the heart muscle. But, if there is stress on the vessel wall due to high blood pressure or over activity, these blocks can rupture and cause blood clots to occlude (block) the whole vessel and cause a massive heart attack which can be fatal for an otherwise healthy and fit individual with normal heart function. In my opinion, this is the cause of death in the gym irrespective of the age factor.

- Q. What are the risk factors for early development of heart ailments?

A. The risk factors for developing heart disease at a younger age are:

- Sedentary lifestyle: The odds ratio or the risk of developing heart disease are ten times more for those with a sedentary lifestyle than a physically active individual.
- Strong family history (bad genetics) of hypertension, diabetes, dyslipidemia (high cholesterol). Youngsters whose parents or near relatives have had a heart attack, angioplasty, bypass surgery are at high risk for having heart disease at a young age.
- Lifestyle-related risk: Inappropriate and excessive alcohol consumption, smoking, high intake of fatty and high carbohydrate-based diet increase the risks.

- Q. How early would you suggest the populace to screen themselves for heart conditions?

A. The earlier, the better. Individuals in their mid-twenties or youngsters who are at high risk should be screened early. I strongly recommend heart-specific set of investigations such as Blood pressure, Blood Sugar, Lipid Profile, Homocysteine Levels, Lipoprotein Lp(a) levels, ECG, and Echocardiogram.

- Q. Give us a few tips to maintain a healthy cardiovascular system.

A. My tip is to practise the ABCD method as follows:

A – Adequate rest/sleep/aspirin if indicated/avoid stress or stress control

B – Blood Sugar check

C – Cholesterol check

D – Healthy Diet – More vegetables, Proteins, less of fat and carbohydrates

E – Exercise – 30 mins of brisk walking per day or 150 min of Brisk walking per week

F – Frequent check-ups for high-risk individuals and patients who have hypertension, diabetes and who have undergone angioplasty/bypass surgery

- Q. Any final comments?

A. Fast food and a misguided concept of a fast life lead to a faster onset of heart attacks.

Interview conducted by Shirley Menezes

## LET'S DANCE FOR A CAUSE!

Ashakiran Hospital has been catering to the medical needs of patients from all social classes and cultures since 2004. With a view to expanding the current amenities and building structure, Mr. Donald Pereira gave the initial idea of a 'fun' fundraising and awareness event— Let's Dance 2023. It was organised on 1st January 2023 at St. Andrew's High School, Chinchwad by volunteers from St. Francis Xavier's parish, Chinchwad, under the guidance of the Parish Priest, Fr. Lazarus Chawdi. More than 800 people, including those of different faiths, arrived in large numbers to support the cause as well as begin the new year with a bang.



The evening began with a prayer by Rev. Fr. Malcolm Sequeira followed by Dr. Bhupesh Panjiar and Dr. Rohit Shukla releasing balloons to mark the commencement of the event. The compere, Mrs. Natasha Rodrigues Naidu, kept the banter fun and light-hearted, and people on their toes. The youth of St. Francis Xavier Church surprised everyone with a flash mob dance and a group of girls performed a traditional dance. This was followed by a live band formed by some of St. Francis Xavier's own talented parishioners. There were fun spot prizes for different categories. Later Fr. Jeetendra David spoke about the cause briefly. The event ended with Fr. Roque Alphonso felicitating the band members,



DJ and Emcee, and a Vote of Thanks appreciating the collective efforts of the organisers, volunteers, sponsors and the Priests of St. Francis Xavier's parish.

The participants thoroughly enjoyed the evening and commented that the event was planned and executed well. One of the youth from Our Lady Consoler of the Afflicted Church, Pimpri, said, *"The DJ and band kept us rocking on the dance floor. I had some delicious food and an enjoyable time with my group of friends. It was great fun to kick start the new year."*

Another parishioner from Infant Jesus Church shared, *"I personally had a blast at the dance party on 1st Jan! The energy, electric vibe and festive atmosphere ensured everyone enjoyed themselves. From the decorations to the music selection, everything was spot on."*





The entire team at Ashakiran Hospital is grateful to all the sponsors, patrons, volunteers and participants who made the event a grand success. The proceeds of the fundraising initiative, approximately 18 lakh and donations that follow, will be used to upgrade the existing amenities to deliver quality and affordable medical care, thus serving its mission.

Kathy Calvin rightly said, *"Giving is not just about making a donation. It is about making a difference"*.

-Anisha Reddy



## PATIENT TESTIMONIALS

"Excellent services!! Hospital is very neat and hygienic. Staff is polite and friendly, especially Dr. Rohit Shukla, who is very understanding. Even during the pandemic, he handled covid and home isolated patients with care. He is like a family doctor."

- Source: Google Maps review

"माझी बहीनीचे हार्नियाचे ऑपरेशन डॉ. श्री. भरत ओझा आणि डॉ. रोहीत शुक्ला यांच्या सहकार्याने सुरक्षित पद्धतीने पार पडले आहे. आता बहीनीची तब्येत सुधारली आहे. समस्त डॉक्टर्स आणि सर्व सहकाऱ्यांचे मनपूर्वक आभार...."

- Source: Hospital review

## VACANCIES

We are in need of nursing staff. Kindly contact us if interested.

## 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.

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