

YOUR COMMUNITY HOSPITAL NEWSLETTER

FROM THE ADMINISTRATOR'S DESK

Speaking on the 30th World Day of the Sick, Pope Francis drew the attention of the audience to the mission of the Church. He said, "The Church, following Jesus, the Good Samaritan of humanity, has always done her utmost for those who suffer, dedicating great resources, both personal and economic, to the sick. This vocation and mission for integral human care must also renew charisms in the health care field today."










In the present context, when healthcare is becoming increasingly commercial and competitive, the words of the Holy Father are an inspiration for our collaborators at Ashakiran Jubilee Hope Centre. We continually strive to make Ashakiran relevant in the field of healthcare by adding and upgrading our medical services regularly. We are also tasked with maintaining and improving the infrastructure for critical services such as the dialysis and the Intensive Care Units (ICU), and the maternity section that is going to be added shortly.






The recent waves of diseases have shown us that along with the development in technology and research in medicine, we need integral human care to bring healing to the sick and the suffering; wealth and riches cannot provide this. Therefore, at Ashakiran, we envision a place of holistic healing for people of all ages, castes, creeds and economic status. This needs a lot of dedicated work and human resources. We have come a long way in fulfilling the aspirations of people seeking care at Ashakiran and we also realise that much more is to be done. With our collective efforts and the inspiration of Christ, the greatest healer, we will surely meet the expectations and aspirations of those who have placed their trust in Ashakiran.

Fr. Jeetendra David
Administrator,
Ashakiran Jubilee Hope Centre



INTRODUCING OUR TEAM

<p>RESIDENT DOCTOR & GENERAL PHYSICIAN</p>	<p>MEDICINE DEPARTMENT</p>	<p>CHEST PHYSICIAN</p>
 <p>Dr. Rohit Shukla MD (Ayu) General Physician</p>	 <p>Dr. Rajhans Bhokre MBBS DNB Medicine Diabetologist & General Physician</p>	 <p>Dr. Ravindra Salve MBBS DTCD Chest Physician</p>
<p>CARDIOLOGY DEPARTMENT</p>		
 <p>Dr. Manoj Durairaj MBBS MS MCH FACC Consultant Cardiologist & Surgeon</p>	 <p>Dr. Rajendra Chavan MBBS MD DM Cardiology Consultant Cardiologist</p>	 <p>Dr. Shrishail Jalkote MBBS MD DM Cardiology Consultant Cardiologist</p>
<p>NEPHROLOGY DEPARTMENT</p>	<p>OPHTHALMOLOGY DEPARTMENT</p>	
 <p>Dr. Sunil Khot MBBS DNB Nephrology Consultant Nephrologist</p>	 <p>Dr. Pallavi Patil MBBS MS Ophthalmology Consultant Ophthalmologist</p>	 <p>Dr. Sandeep Darunde MS Ophthalmology Consultant Ophthalmologist</p>

SURGERY & UROSURGERY DEPARTMENT		PAEDIATRICS DEPARTMENT	
 <p>Dr. Bharat Oza MS General Surgeon</p>	 <p>Dr. Upendra Kudlikar MBBS MS DNB Urology Consultant Urologist</p>	 <p>Dr. Prajakta Bhokre MBBS DCH Paediatrician</p>	
GYNAECOLOGIST & OBSTETRICS DEPARTMENT		PATHOLOGY DEPARTMENT	
 <p>Dr. Sairandhri Kate MBBS DNB OBGY FMAS Consultant Gynaecologist & Obstetrician</p>	 <p>Dr. Renuka Shukla BAMS General Physician & Ayurveda Consultant</p>	 <p>Dr. Ganesh Bahirwade MBBS MD Pathology Consultant Pathologist</p>	
RADIOLOGY DEPARTMENT		ANAESTHESIA DEPARTMENT	
 <p>Dr. Archana Jadhav MBBS MD DMRE Consultant Radiologist</p>	 <p>Dr. Pramod Kulkarni MBBS DMRE Consultant Radiologist</p>	 <p>Dr. Ashwin Bhalerao MBBS DA Consultant Anaesthetist</p>	
AYURVED OPD	HOMEOPATHY OPD	PHYSIOTHERAPY DEPARTMENT	
 <p>Dr. Kanchan Khond BAMS MD Panchakarma Ayurveda Consultant</p>	 <p>Dr. Vishal Patil BHMS Consultant Homeopathy</p>	 <p>Dr. Dipali Bhaganagre BPTH Consultant Physiotherapist</p>	

DENTAL DEPARTMENT	
 <p>Dr. Bhupesh Panjiar MDS Consultant Dental Surgeon</p>	 <p>Dr. Tanvi Malankar MDS Oral and Maxillofacial Surgeon</p>
PSYCHOLOGY & COUNSELLING DEPARTMENT	
 <p>Ms. Shirley Menezes MA Counselling Psychology Adult Psychologist</p>	 <p>Ms. Carol Dias MA Clinical Psychology Consultant Paediatric & Adolescent Psychologist</p>

*Orthopaedic Surgeon available at OPD

PREMIUM SERVICES AT AFFORDABLES RATES

May 2023 was a month of reaping rewards—Ashakiran was substantially upgraded through its purchase of two machines with latest technology. These machines will now widen the range of existing services within the departments required surgeries and ultrasounds. We can proudly say that Ashakiran is offering premium healthcare at affordable rates through the latest amenities.

Computer Assisted Radio Monitoring (C-Arm) Machine



Ashakiran Hospital incorporated a new C-Arm machine funded from the proceeds of 'Let's Dance 2023' and subsequent donations. The Digiscan Compact (HF 59 Plus) by Allengers is a technological add-on to the successful surgical procedures undertaken at Ashakiran. This machine serves to provide radio imaging assistance to surgeons during Orthopaedic, Urological and Gastroenterological procedures thus increasing the accuracy and efficiency of surgeries.

LOGIQ P10 XD Clear Ultrasound Machine



With its ultrasound diagnostic department successfully established, Ashakiran decided to scale up by investing in a new ultrasound machine (GE Korean). This machine has contemporary features that can cater to diverse patient needs. With its AI-based software and intuitive user interface, the LOGIQ P10 XD Clear machine can efficiently conduct a range of examinations within a few clicks, for example, liver, cardiac, obstetrics, gynaecology, vascular, breast, thyroid, musculoskeletal, urologic and paediatric. Its multiple probes can scan superficial and deep targets in high resolution, tomographic, volume-contrast imaging. Its salient features include: C1-6D-XD curved array probe XD clear convex probe, multi-planar imaging; XD clear technology, advance 3D, scan assistant; HD colour, colour B flow, 2D shear wave elastography (measuring tissue elasticity of liver), auto doppler assistant and more.

Premium Dialysis Unit



Besides both these state-of-the-art machines, the team at Ashakiran endeavour to reach out to patients requiring regular dialysis. With Fresenius machines, Ashakiran offers a three-bedded air-conditioned hygienic room, low waiting period, peaceful ambience with continual care under a dedicated technician. This comfortable dialysis experience is available at discounts ranging from 30 – 50 % (per patient paying capacity) compared to standard premium service rates.

Join hands with the Ashakiran team to make our community hospital a sought-after health centre by spreading the word about these premium facilities. We encourage you to avail of Ashakiran's services to personally witness and testify about the hospital's development. In order to cut down the cost for dialysis treatment for patients further, we welcome sponsors.

- Shirley Menezes

RAISING FUNDS TO TRANSFORM LIVES

With a view to meeting patient requirements and providing affordable healthcare to all strata of society, the charitable organisation of Ashakiran Hospital set up a sponsorship team. The money accrued through grants, generous donors, fundraising events and outreach by the sponsorship team has helped in procuring a C-Arm machine and sonography apparatus.

Following the success of the New Year fundraising event, the team has been reaching out to sponsors to gather funds for the expansion of the hospital building structure. With a focus on garnering sponsors for medical equipment and other requirements, the team has been presenting prominent corporate organisations and industries with proposals

for choosing Ashakiran as their partner for Corporate Social Responsibility (CSR). Additionally, the parishioners of St. Francis Xavier Church, Chinchwad, were also encouraged to donate products during the Lenten season.

According to a report shared by Nirmala Kumar, the sponsorship team has primarily been working through word of mouth, mutual references and recommendations from parish area leaders to reach out to potential sponsors. Rigorous in their research and process, the team obtains quotations for equipment from wholesalers, tracks deliveries of medical supplies and maintains financial records.

SPONSORED PRODUCTS



Further, Theresa Gangwani (the coordinator of the team), shared a list of amenities that needed to be sponsored along with their estimated costs on Parish WhatsApp groups. Based on the tracking data, the required quantities of the following items were sponsored: a **regular folding wheelchair, IV attached pipes, glucometer, walker, recliner chair, baby-weighing machine, stethoscopes and pulse oximeters.**

However, we are still looking for donations and sponsorships for the following products:

- Fowler bed
- BP apparatus
- Visitor chairs
- Dressing trolley
- Instrument trolley
- Hydraulic stretcher
- Baby trolley and cradle
- Dual and multifunction labour table

The sponsorship team strives to maintain transparency with donors and sends out gratitude notes to the generous contributors. The plan of action for the coming months includes reaching out to individuals, corporates and small-scale industries for substantial donations.



Those who would like to donate money towards any of the above listed items or other amenities, or can help through recommendations and contacts, please get in touch with Fr. Jeetendra David or the sponsorship team.

- Nirmala Kumar (9850088921)
- Theresa Gangwani (8329737542)
- Nanita James (8411803311)
- *Anisha Reddy*

FREE HEALTH CAMP AND BLOOD DONATION DRIVE

Ashakiran Hospital organised a free health camp and blood donation drive in collaboration with Pimpri Serology Institute on 2nd April 2023. It was held at St. Francis Xavier Church, Chinchwad, and was a huge success. The camp aimed to raise awareness about the importance of regular health check-ups and blood donation for overall wellbeing.



The camp was held from 9:00 am till 1:30 pm. The Ashakiran team provided free consultations and health check-ups. The health camp focused on tests such as ECG, blood sugar levels, blood pressure, dental check- up, bone density, eye check-up and Ayurveda consultation. The doctors and nurses were approachable and patiently explained the test results to the patrons.

Furthermore, many people came forward to donate blood. The team ensured that the blood donation process was safe and hygienic. They screened the potential donors for any health conditions that might affect their eligibility as donors and provided refreshments after the donation.

The health camp and blood donation drive received an overwhelming response from all age groups of the local community.

- Severina John and Sushmita Kujur



HEALTH TIPS FOR PATIENTS SUFFERING FROM ALLERGIC RHINITIS/ASTHMA/CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)



Dr. Ravindra Salve
Chest Physician & ICU Consultant
M.B.B.S., D.T.C.D

As we all know, with changing climatic conditions, and increasing urbanisation, we are facing the danger of increasing air pollution. As a demonstration a few months ago, PCMC authorities installed a model of artificial lungs at Pimpri chowk on Pune-Mumbai Highway. This clean white pair of lungs became completely black within a span of 2 – 3 weeks. Besides the threat of air pollution, we also need to prepare for the oncoming rainy season which brings its own boons and banes. Humid climate triggers symptoms of allergic rhinitis/asthma and COPD which includes emphysema and chronic bronchitis. This makes breathing hard for 55.3 million Indians (as per 2016 data) who have been diagnosed with it.

Here are a few important tips to prevent and control asthma and COPD:

- Keep your house well ventilated
- Avoid allergic triggers such as exposure to pollens, dust, smoke, etc. Use masks whenever necessary to avoid activating allergies
- Go to bed early and rise early. Maintain a healthy sleep routine (at least 7 hours of sound sleep per day)
- Get some physical exercise/yoga/pranayam in the morning hours to improve your health. Staying active helps to improve quality of life and reduces need for hospitalisation
- Do not overeat. Eat healthy food including plenty of fruits, vegetables, nuts, legumes, etc. Avoid eating spicy food items and having cold/chilled drinks
- Keep yourself well hydrated, drink adequate water
- Get vaccinated for respiratory infections (Influenza/Covid 19 vaccines)
- Reduce toxic exposure. Stop smoking, maintain efficient ventilation, use clean cooking fuels, avoid potential irritants, avoid alcohol consumption

- Take your medicines as prescribed and use inhalers with proper technique. Ensure nebulizers and spacers are clean and sanitised. Visit your doctors for follow-up appointments as per given schedule. Do not share your nasal sprays/inhalers with others
- Always carry your inhalers and other medicines along with you while travelling

Follow these measures and enjoy a happy and safe monsoon.

PATIENT TESTIMONIALS

Ashakiran conducts a lot of these medical camps, one of which was attended by my aunty. This camp not only detected her cardiac issues but treated her very well. Thank you, Ashakiran, for being so genuine in all that you do. You keep people's hope in medical science alive.

- (Source: Google review)



माझे वजन वाढल्यानंतर मला थकवा जाणवत होता. मी २-३ हॉस्पिटल मध्ये ट्रीटमेंट घेतली पण काही फरक पडला नाही. माझ्या सहकाऱ्यांनी मला अशकिरान हॉस्पिटल बद्दल सांगितलं. इथे कमीत कमी पैश्यात माझा थायरॉईडचा त्रास कमी झाला व आज मी स्वस्थपणे वर्कशोपमध्ये काम करू शकते. हे फक्त अशकिरान हॉस्पिटल च्या डॉक्टर आणि स्टाफ मुळे झाले.

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