

# Zulekha Spirit

The Voice of Zulekha Healthcare Group



Jan to June 2016 | Volume XV

We bring care to  
your holiday experience.




Zulekha Hospital and Medical Tourism



“ From UAE to India, we are experiencing an array of developments with our expansions, and witnessing how the organisation has been able to sustain, alongside the increase in scale of operations. Be it people, processes, services, external or internal stakeholders, we have continued to progress and strengthen our presence. Zulekha Hospital has proved to be a platform and nurturing ground for individuals and ideas in their infancy. Over the years, we have pioneered initiative, gained expertise and contributed largely to the industry.

This edition of our newsletter presents to you our business updates and triumphs within the Zulekha family. As you flip through the pages, you will be updated with all that's been happening this year and some of our own colleagues' individual thoughts. The happenings over recent past have only strengthened my belief in the brand and we invite you all to read more and reflect within - as a proud Zulekha Family member. ”

**Ms. Zanubia Shams**  
Co-Chairperson, Zulekha Healthcare Group



**SOMETIMES A KIND  
HUG DOES THE MAGIC  
THAT VACCINES DON'T.**

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## THE EDITORIAL TEAM

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Specialist Thoracic Surgeon

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**Ms. Sameena Khanam**  
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Administrator

**Ms. Afreen J. Khan**  
Executive - Marketing Department

## FROM EDITORIAL DESK

Year on year, multiple editions of Zulekha Spirit, our organisational newsletter is sent to all employees and partners with an intent to create awareness and make known our services, our business updates and our reach. The newsletter has been an effective communication channel and we urge you all to read it to be aware of what's happening within our organisation. You are our ambassadors who speak to outsiders of the prestigious brand you work for. Take pride in your brand and share the news with external viewers, help them understand what we offer, what we are capable of and what we stand for as Zulekha Healthcare Group. Happy reading!

## HEALTHCARE HIGHLIGHTS

### OFFICIAL RELEASE OF SUSTAINABILITY REPORT 2014-2015 IN ACCORDANCE WITH THE GRI G4 GUIDELINES

Zulekha Hospital has released its second sustainability report detailing the organisation's financial and operational undertakings in accordance with global corporate governance standards. The report was officially released by Ms. Habiba Al Marashi, President and CEO, Arabia CSR Network in the auditorium of Zulekha Hospital in Sharjah on 5 April. The launch follows the Global Reporting Initiative's (GRI) G4 Guidelines, designed to encourage integration of CSR programs into organisations' development strategies. GRI, a global non-profit body promoting sustainability in business, published its set of guidelines in 2013 to provide exclusive global comparability standards for companies striving for greater transparency on environmental, social and governance disclosure.

By placing an even greater emphasis on our drive for sustainability, Zulekha Hospitals' extensive GRI report, themed "Caring with Responsibility and Quality", provides comprehensive strategic disclosures on their economic, environmental, and social impact of its governance between 2014 and 2015.



### ORTHOPAEDIC LIVE SURGERIES-TOTAL KNEE REPLACEMENT AND ACL RECONSTRUCTION

We presented our renowned team of surgeons and specialists over live orthopaedic surgeries - Total Knee Replacement and All-Inside ACL Reconstruction done on Friday, 4 February. The CME (Continuing Medical Education), a medical education and best practice sharing platform hosted at the Le Meridien, Dubai had a good turnout. 124 healthcare professionals from across the Emirates including orthopaedicians, specialists, physiotherapist, surgeons, consultants, radiologists, etc. attended the workshop.

The Total Knee Replacement from Sharjah was carried out by Dr. Biju Pankappilly - Specialist Orthopaedic Surgeon and Dr. Maher H.Z Al Rawi - Consultant Orthopaedic Surgeon while the ACL Reconstruction Live Surgery from Dubai was done by Dr. Rahul Shivadey, Specialist Orthopaedic Surgeon and Dr. Chidananda P. Shivashankar - Specialist Orthopaedic Surgeon.



**PARENTS PAY TRIBUTE TO THE MEDICAL TEAM FOR "MIRACLE" SURVIVAL OF PREMATURE BABY**

The parents of a baby who weighed less than an iPad when born 14 weeks prematurely in Dubai have paid an emotional tribute to the medical team who performed a "miracle" to keep their son alive. Digital sales specialist Christopher Sacramento and his wife Susie have been told that their son Nicholas is possibly the most premature baby to survive in the UAE. But after 110 days of nurturing in the Zulekha Hospital NICU in Dubai, Nicholas, weighing a much healthier 1.9 kg, was able to go home with his parents.



**ZULEKHA HOSPITAL PARTNERS WITH DUBAI HEALTH AUTHORITY TO SUPPORT DUBAI'S VISION OF BEING THE GLOBAL DESTINATION FOR MEDICAL TOURISM**

Zulekha Hospital takes pride in being one of the elite partners of Dubai Health Authority in the official launch ceremony for Dubai as a global destination for Medical Tourism. The launch was done by H.H. Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Crown Prince of Dubai at World Trade Center, Dubai. Members who were present on the occasion were His Highness Sheikh Ahmed bin Saeed Al Maktoum Chairman and Chief Executive Emirates Airline & Group; His Excellency Humaid Al Qatami, Chairman of the Board and Director-General of the Dubai Health Authority and Dubai Healthcare Authority's (DHA) Director of Healthcare Regulations, Dr. Layla Mohamed Al Marzouqi along with other healthcare delegates. Preference for Dubai as a destination for tourists seeking treatment has seen an upward trend over the years and many healthcare organisations are joining hands with healthcare authorities in the region to further extend easily accessible and affordable services to customers.



## KEY MEETINGS

**DR. ZULEKHA DAUD MEETS  
H.E. PROF. MAHA TAYSIR  
BARAKAT, DIRECTOR  
GENERAL OF THE HEALTH  
AUTHORITY ABU DHABI**

In our endeavour to strengthen the healthcare sector in the region and serve our communities with world-class affordable services, we are working with valued partners, stakeholders and government bodies. Our Chairperson, Dr. Zulekha Daud met H.E. Prof. Maha Taysir Barakat, Director General of the Health Authority Abu Dhabi and discussed the recent healthcare developments in the country.



**CORPORATE MEET WITH  
CHAIRMAN & MEMBER OF  
THE EXECUTIVE COUNCIL,  
DIRECTORATE OF TOWN  
PLANNING AND SURVEY,  
GOVERNMENT OF  
SHARJAH**

In our endeavour to strengthen the healthcare sector in the region and serve our communities with world-class affordable services, we are working with valued partners, stakeholders and government bodies. Zulekha Hospitals Chairperson Dr. Zulekha Daud and Managing Director Mr. Taher Shams met Eng. Salah Butti Bin Butti Almheiri, Chairman & Member of the Executive Council, Directorate of Town Planning and Survey, Government of Sharjah and discussed healthcare developments. We extend our gratitude to the Government of Sharjah for their continued support in improving the healthcare services in the region.





**DR. ZULEKHA DAUD ATTENDS  
IFTAR IN AL BATEEN PALACE,  
ABU DHABI**

Dr. Zulekha Daud, Chairperson of Zulekha Hospital was invited for a special Iftar gathering hosted by His Highness Sheikh Mohammed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the Armed Forces. Distinguished doctors in UAE were also invited to attend a lecture alongside the Iftar at Al Bateen Palace, Abu Dhabi.

Dr. Daud spent quality time dining and discussing various subjects of mutual interest with His Highness and other elite guests. The lecture titled “Impact of early experiences on development of young minds” focused on how to optimize young children's cognitive, social and emotional development, and was delivered by Dr. Dimitri A. Christakis, Professor of Paediatrics at the University of Washington. The gathering was well attended by royal dignitaries from the different emirates, members from Health Authority – Abu Dhabi, Ministry of Health and Dubai Health Authority.

**MS. ZANUBIA SHAMS,  
CO-CHAIRPERSON OF  
ZULEKHA HOSPITALS  
PARTICIPATES IN PRAVASI  
BHARTIYA DIVAS  
CELEBRATIONS AT INDIAN  
CULTURAL CENTRE**

Ms. Zanubia Shams, Co-Chairperson of Zulekha Hospitals was invited by the Indian Consulate for the celebrations of Pravasi Bhartiya Divas (PBD) 2016 on 9 January at Indian Cultural Centre, Dubai. More than 50 prominent Indian business leaders in UAE were invited to participate in the discussions as a part of the celebrations.



## KEY MEETINGS



### MR. ANURAG BHUSHAN TOURED THE UPCOMING CANCER HOSPITAL IN DUBAI

Zulekha Hospital welcomed Consul General, Mr. Anurag Bhushan to the existing facility in Dubai and gave a tour of the upcoming cancer unit. Mr. Ajay Rajendran, Vice Chairman and Mr. R. S Mani, Managing Director Sobha Group joined the delegates for a meet and greet and discussions of the hospital's expansion plans in the region.

### ZULEKHA HOSPITAL DUBAI SIGNED AN OFFICIAL AGREEMENT WITH DUBAI CORPORATION FOR AMBULANCE SERVICES

Taking healthcare to new heights of excellence, Zulekha Hospital Dubai signed an official agreement with Dubai Corporation for Ambulance Services on 24 March in an endeavor to save lives by utilising the "Golden Hour". Dr. Zulekha Daud, Chairperson signed the agreement along with H.E Khalifa Hassan Aldrai, CEO, Dubai Corporation for Ambulance Services.







**DR. ZULEKHA DAUD MEETS  
H.H. SHEIKH HAMDAN BIN  
MOHAMMED BIN RASHID  
AL MAKTOUM, THE CROWN  
PRINCE OF DUBAI**

Kind appreciation and love from H.H. Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, the Crown Prince of Dubai, at the event on 'Dubai Smarter, Dubai Healthier programme'.

Dr. Zulekha Daud joins the Republic Day celebrations with Mr. Anurag Bhushan, The Consul General of India at Indian Consulate, UAE.

**DR. ZULEKHA DAUD MEETS MR.  
ANURAG BHUSHAN, THE  
CONSUL GENERAL OF INDIA**



**DR. ZULEKHA DAUD MEETS  
H.E. SHEIKHA LUBNA BINT  
KHALID AL QASIMI**

Dr. Zulekha Daud with Her Excellency Sheikha Lubna Bint Khalid Al Qasimi, Minister of State for Tolerance during an Iftar reception at Al Bateen Palace, Abu Dhabi.



## AWARDS & RECOGNITION

**FORBES MIDDLE EAST  
HONORS  
DR. ZULEKHA DAUD  
AMONG THE TOP INDIAN  
BUSINESS LEADERS IN THE  
ARAB WORLD**

Dr. Zulekha Daud, Chairperson of Zulekha Healthcare Group was honored among the Top Indian Business Leaders in the Arab World by Forbes Middle East over a gala dinner and awards evening in Dubai on 3 May, 2016. Eminent Indian leaders who are shaping the success of the region and contributing to its future were recognized for their vision, ingenuity and formidable leadership.

## ZULEKHA HOSPITALS AWARDED DUBAI CHAMBER CSR LABEL

Zulekha Hospitals have been honoured with The CSR Label for their commitment to corporate social responsibility and sustainability by Dubai Chamber of Commerce and Industry for the third consecutive year. The award was presented by H.E. Hisham Abdulla Al Shirawi, Chairman of Economic Zones World and Vice-Chairman of Dubai Chamber of Commerce & Industry, to Ms. Zanubia Shams, Co-Chairperson of Zulekha Hospital at a ceremony held at the premises of the Chamber on Wednesday, 2 March. The CSR Label, a model framework for businesses striving to advance their responsible corporate practice, is awarded to organisations leading by example and raising awareness about the importance of embedding CSR programmes into their business strategies.





## CERVICAL CANCER AWARENESS CAMPAIGN

### SMEAR DON'T FEAR CERVICAL CANCER AWARENESS CAMPAIGN

Zulekha Hospital launched the third edition of a cervical cancer screening, early detection and prevention initiative to save lives across the Emirates, as the incidence of the disease continues to rise. The event was attended by high-profile dignitaries, partners and media. This year's campaign, run under the theme "Today is the Day," was launched during a press conference featuring prominent doctors and global cancer campaigners, highlighting the need for urgent action following the dramatic rise of cervical cancer in the UAE. Developed for the third consecutive year, the 'Smear, Don't Fear' campaign is one of Zulekha Hospital's key CSR initiatives, stressing the importance of regular checks for early detection and educating the wider public about the cervical cancer vaccine that can eliminate the disease.

The event was graced by H.E. Humaid Al Qatami, Chairman of the Board and Director-General, Dubai Health Authority (DHA); Dr. Layla Mohamed Al Marzouqi, Director of DHA Health Regulation & Dubai Medical Tourism Project; and Mrs. Neeta Bhushan, Deputy Chief of Mission & Head of Chancery, Embassy of India. Addressing the audience via video link from the United States was Dr. Pamela Munster, renowned cancer expert from the University of California in San Francisco, widely regarded as one of the world's leading universities in health sciences.

## EXHIBITIONS

### ZULEKHA HOSPITAL PARTICIPATES IN ARAB HEALTH 2016, AT DUBAI INTERNATIONAL CONVENTION & EXHIBITION CENTRE

Zulekha Hospital showcased its latest developments and expert advice for the first time at Arab Health 2016. The event was not only an opportunity to network, debate latest industry trends, or explore collaboration opportunities, but also to share our expert insight.

Prominent experts from Zulekha Hospital also shared insight at the Arab Health Congress over the next two days. Dr. Sivakumar Dhanaraj, Senior Radiologist, delivered a presentation on “Imaging of infections of the brain” focusing on various infectious pathologies from tumorous conditions and their characteristics. Ms. Vijaya Sen, HR Director spoke at a session on the challenges within healthcare recruitment.



### ZULEKHA HOSPITAL PARTICIPATES IN THE INTERNATIONAL MEDICAL TOURISM & HEALTHCARE EXHIBITION & CONFERENCE AT THE INTERNATIONAL EXHIBITION CENTER IN OMAN

The healthcare forum was supported by the Ministry of Health from 4th to 6th of April in Oman. While we showcased the group's specialities, services and expansion plans in the UAE and India, the forum gave us an opportunity to meet and engage with our prospective target audience, increase our global presence and enables medical tourism. This was also an opportunity to network and learn from multiple medical tourism associations, healthcare equipment suppliers, technology partners in the sector, healthcare professionals, medical teaching aids and scientific literature showcased under one roof.



**ZULEKHA HOSPITAL SHARJAH RECORDS SUCCESSFUL BLOOD DONATION DRIVE**

Zulekha Hospital, Sharjah successfully hosted a five hour long blood donation drive today in association with Sharjah Blood Transfusion and Research Center - Ministry of Health. Scores of UAE residents, including employees and external public contributed to the "Donate Blood, Save Life" initiative. The blood donation campaign gathered a total of 42 donations from members of the local community and hospital employees, who were taken care of at separate stations set up in a purpose equipped blood donation bus from the Ministry of Health.



**ZULEKHA HOSPITAL AT THE CANCER AWARENESS WALKATHON HOSTED BY MINISTRY OF HEALTH**

Zulekha Hospital partnered with the Ministry of Health for a walkathon – 'Join the Walk for Hope', to spread awareness on Cancer in line with the World Cancer Day. Senior leadership members, employees and associates joined the walk on Saturday, 6 February, 2016 at Buhairah Corniche, Sharjah. Zulekha Hospital also offered free blood sugar tests, cholesterol and smoke analyzer checks to the public at the exclusive kiosk set up for the purpose. The walk saw good participation from public and private sector organisations in Sharjah, UAE.





## EVENTS

Zulekha Hospital encourages tranquillity, happiness in workplace by promoting balanced lifestyle.

Employees took part in a new 'Happiness with Yoga' session organised by Zulekha Hospital as part of their commitment to boosting their staff health and the wellbeing of the UAE community. Leading up to the celebrations of International Yoga Day (21 June), the 'Happiness with Yoga' session was delivered by Augustine Joseph, a well-known yoga instructor, awarded with the Certificate of Honour from the Institute of Naturopathy and Yogic Sciences in Bangalore, India for his outstanding contribution in promoting yoga. As a long-standing member of Friends of Yoga, Augustine shared his knowledge and passion for the practice alongside Afreen Khan, Marketing Executive at Zulekha Hospital and a yoga enthusiast.

Together, they demonstrated to the hospital staff, their partners and families twelve easy sun salutation poses, and practiced laughing, clapping, and meditation techniques that can be done at a workplace to help improve concentration while decreasing stress levels.

**'HAPPINESS WITH YOGA'  
SESSION BOOSTS EMPLOYEES,  
FAMILIES WELLBEING**



## ZULEKHA HOSPITAL JOINED THE "WALK FOR AUTISM" 2016

We extend our gratitude to the Government of Abu Dhabi for their continued support in improving the healthcare services in the region. Employees from different organisations and UAE residents came together at Zabeel Park, Dubai over the weekend to join the annual "Walk For Autism" in association with Child Early Intervention Medical Center Dubai. April is the autism awareness month and hence the Center organised the "Walk for Autism" under the patronage of UAE Red Crescent and in collaboration with Dubai Healthcare City and Dubai Municipality. The walk helped raise awareness of the disorder and highlight the importance of integrating special needs children into our community.



## WORLD ENVIRONMENT DAY

Zulekha Hospital celebrated the World Environment Day with an exclusive campaign titled "Let's Love Earth and Drive Green". Management and employees gathered to collectively pledge their support to take actions that protect the environment. Employees making a difference in their own ways by cycling to work and reducing paper usage were rewarded with saplings. Dr. Zulekha Daud, Chairperson and Mr. Taher Shams, Managing Director led the team in planting trees on the premises as well. The data revealed by the engineering team during the campaign with respect to our effort of reducing the (CO2) Carbon Emission to 164 ton this year was really encouraging and commendable.

## EARTH HOUR



Zulekha Hospital observed 'Earth Hour' in a bid to shine a light on climate action on the planet at the Sharjah and Dubai premises by a candlelight vigil of Zulekha Healthcare Group's Earth Friends For Optimum Results Tomorrow (EFFORT). Zulekha Hospital actively implemented initiatives that are focused on Energy Conservation since establishing EFFORT in 2008.

# CANCER AWARENESS DRIVES



Cervical Cancer Awareness Talk at Lamprell - Hamriyah Freezone, Sharjah



Cervical Cancer Awareness Talk at Sharaf Aviation Academy & Al Sharaf General Contracting Company



Cervical Cancer Awareness at Al Naboodah, Dubai



Cervical Cancer Awareness Talk at Lamprell - Port Khalid, Sharjah



Cancer Awareness Session at Municipality of Sharjah



Health Awareness Talk about Cancer for Cars Taxi office staffs on 26 January, 2016



Cervical Cancer Awareness at Sciencetech, Dubai



Cervical Cancer Awareness Talk at Anjuman-E-Najmi Masjid Ajman



# GENERAL HEALTH AWARENESS DRIVES



Health Talk at Bohra Community Mosque, Ajman



Health Talk at Lamprell Hamiryah Freezone, Sharjah



Health Awareness Session at Sharjah Investment & Development Authority (Shurooq)



Health Talk on skin care at Burhani Masjid, Sharjah



Lasik Awareness Session at American College of Dubai



Zulekha Hospital supported- American Heart Association Go Red Event at Healthcare City, Dubai



Health Talk & basic eye check-up at Al Sabah Indian Private School, Dhaid



Health Talk & basic eye check-up at Al Dhaid Private School



Health Awareness Session on Diabetes Mellitus at Bhatia Brothers, Dubai

## MEDICAL CHECKUP CAMPS



Medical Checkup Camp for Bohra Community at Al Madina Cricket Stadium



Health Camp at Gulf Madhyamam Educational and Career Exhibition



Cardiology Camp at Emirates Driving Institute



Basic eye checkup at Al Weshah School, Dhaid

## STAFF RECREATIONS



Iftar Party





Iftar Party



Iftar Party



# STAFF RECREATIONS



**ZULEKHA HOSPITAL  
CELEBRATES  
INTERNATIONAL  
NURSES DAY**

Zulekha Hospital celebrates International Nurses Day with guest of honour Ms. Nazneen Maymoun, Nursing Director, Ministry of Health along with nursing staff and management members.







VIDEO-ASSISTED  
THORACOSCOPIC  
SURGERY

On May 2016, Video-Assisted Thoracoscopic Surgery (VATS), a new surgical procedure commenced in Zulekha Hospital, Sharjah as a part of the interventions done in the Thoracic Surgery Department. This surgery was performed by Dr. Khaldoon, Specialist Thoracic Surgeon along with Dr. Momdoh, Consultant Anaesthesiologist, for a case of Diagnostic Thoracoscopy with Pleural Biopsies & Pleurodesis (snapshots attached need to be inserted in line with this).

It was the first step towards performing major thoracic VATS procedures in our hospital.

VATS is a set of minimally invasive chest surgical procedures used to diagnose and treat intra-thoracic diseases, which were historically widely used in the early 1990s. In comparison with the traditional thoracic surgery performed through a long

open-chest incision, VATS provides several advantages such as: faster recovery, shorter hospital stay, early return to normal activities, less pain, minimal scarring, minimal blood loss, and no sternum/ribs separation.

The demand of VATS for advanced procedures has been steadily increasing for a variety of reasons mainly because of fewer complications, particularly among critical patients. With advancements in VATS technology, it is a procedure of choice for biopsies (lung, pleura, and mediastinum), pulmonary resections, lung decortication, fluid or abscess drainage, pleurodesis, pericardial procedures, thoracic sympathectomy, and mediastinal procedures. The only absolute contraindication to VATS is the inability to tolerate single-lung ventilation.



**Dr. Khaldoon Abo Dakka**  
Specialist Thoracic Surgeon



# MOVE ON FROM GLASSES AND LENSES.

Introducing **LASIK** and **ReLEx SMILE** procedures.

## ALL YOU NEED TO KNOW ABOUT LASIK PROCEDURES

What is ReLEx SMILE (Small Incision Lenticule Extraction) and FEMTO LASIK?

- It is a 3rd generation advanced technology in Refractive surgery.
- It is gaining popularity around the world because it is painless, flapless procedure with fast visual rehabilitation. It gives greater comfort to patients with faster healing of the surgical wound thus enabling them to resume work shortly after the procedure.
- A Femtosecond Laser is used in this to create an intrastromal lenticule and a 2-4 mm side incision done to separate the lenticular interfaces to take out the lenticule manually.
- The whole procedure takes about 20-30 minutes for both eyes.
- There is no blade or excimer laser used in the procedure, therefore it gives the maximum comfort and faster visual outcome to patients.

What is FEMTO LASIK:

- It is bladeless and painless procedure having no complications related to a blade or microkeratome. Here the flap is made using a Femtosecond laser and then LASIK is performed using the Excimer laser.
- The patient needs to be gentle with the eyes for the initial period. The irritation goes away with time, approximately 24 hours and it takes 1 to 3 months for the wounds to heal completely. Aggressive sports, swimming should be avoided.



**Mr. Naseem Akhtar**  
Optometrist  
Ophthalmology Department



**Mrs. Jigna Mistry**  
Optometrist  
Ophthalmology Department

### BENEFITS OF YOGA AT WORK



**Afreen J. Khan**

Executive - Marketing Department

Now, let's face it. The World has become super competitive and we ain't growing any younger. Like Charles Darwin said, only the fittest can survive. Is it so? Well, we all know the answer. We've become so work-driven and self-centered that we've forgotten how to relax. I remember, as a kid my dad would always read me these lines:

"Stop for a while; Think with a smile; And grab success at every mile."

I don't remember who wrote this, for me it's by dad and I am totally in love with this. As I grew up, I realised it's not just another line to remember but has a deeper meaning to it. There is a strong connection between relaxing and achieving. Success at work can't be counted just in terms of awards and pay raise, but in terms of job satisfaction too. Stress is the worst epidemic as they call it these days. It is the situation where our soul is almost dead or wants to die and body is alive. Isn't that terrible even to read? The bad news is we created this monster, and the good news is, we are completely capable to heal ourselves.

Yoga, the thousands of year's old Vedic spiritual and physical practice from India has taken the world by storm. If everybody is not practicing it, at least they have heard of it. Being a devoted Yoga practitioner, I believe in its magic and keep all my faith in my practice. I know, it adds great benefits to my life, be it physical, spiritual or at work. We spend almost eight to ten hours at work everyday, and no matter what, we can't afford to stay stressed, unhappy or frustrated the whole day. Here are few benefits of Yoga at work to contemplate:

- Teaches individual stress management
- Improves the immune system and overall health, resulting in decreased absenteeism and sickness levels
- Increases productivity, motivation, and work performance
- Improves decision making and creativity
- Increases energy, mental alertness, and clarity
- Improves stamina
- Improves morale, job satisfaction, and positive thinking patterns
- Improves memory, focus and concentration
- Reduces muscle tension and pain due to sedentary working positions
- Improves flexibility and physical strength
- Improves breathing
- Decreases headaches
- Improves confidence

No matter who we are professionally, the most important thing is to be a better version of ourselves. The process of self-empowerment is unending and continuous. We need to decide who we want to be and what tools we are going to use to be what we want to be. If this too; is confusing, then it is the time to sit quiet and contemplate. Life begins the moment we surrender! Namaste!!!





**THOSE TWO LINES  
THAT GOOD NEWS**

A baby, a cradle, a stroll in the park.  
Beautiful dreamer you are cooed in the lark.  
My world had a void, I swear and say,  
For the bliss of motherhood still seemed at bay.  
I wondered, I pondered, I earnestly longed,  
For those two lines and that good news.

From pestering relatives to vexing chums,  
I lost tolerance to any of those scums.  
No one could fathom my yearning, my pine,  
My penchant for motherhood was hard to define.  
I wondered, I pondered, I earnestly longed,

From one clinic to the other, wandering in dismal,  
In pink health though, I was a patient after all.  
Overwhelmed I was, by a gamut of emotions,  
Never did I object, to needles or lotions.  
I wondered, I pondered, I earnestly longed,  
For those two lines and that good news.

With my purist gynec, I could share my feeling,  
Her empathy, her human touch, brought magical healing.  
Her compassion, her understanding, her indomitable flair,  
One fine morning, I could hear and stare,  
With wonder, with ponder, my yonder destination,  
Of those two lines and that good news.  
For those two lines and that good news.



**Dr. Namita Pawar**  
Specialist Obstetrician and Gynecologist

# PARTNERS IN GOOD HEALTH

COMING SOON TO NAGPUR



**ALEXIS HOSPITAL, NAGPUR**



Mr. Taher Shams, Managing Director of Zulekha Healthcare Group joins a global initiative and pledges to be an organ donor. Supported by the Rotary Club of Nagpur in association with MOHAN Foundation, individuals pledge to donate organs across many NGOs and corporations in India and USA.





**THE PRICELESS  
GIFT OF LIFE**



**Dr. Ravi Wankhede**  
MOHAN Foundation-Nagpur Centre

Organ transplantation is one of the most remarkable medical success stories of the last century. Organs can be donated while living or after death. Live donors can donate organs such as one kidney, part of liver, etc. About eight organ and several tissues can be donated after brain death called Deceased (Cadaver) organ donation. In the developed countries 90% organs are obtained from brain dead patients. In India the number is dismal. The main reason for this is unawareness, religious misunderstandings and lack of understanding the concept of brain death. Happily Tamil Nadu & Kerala have made

phenomenal progress indicating Indians are capable of carrying out the noble task. Maharashtra, Delhi-NCR are making progress. However many states are lagging behind.

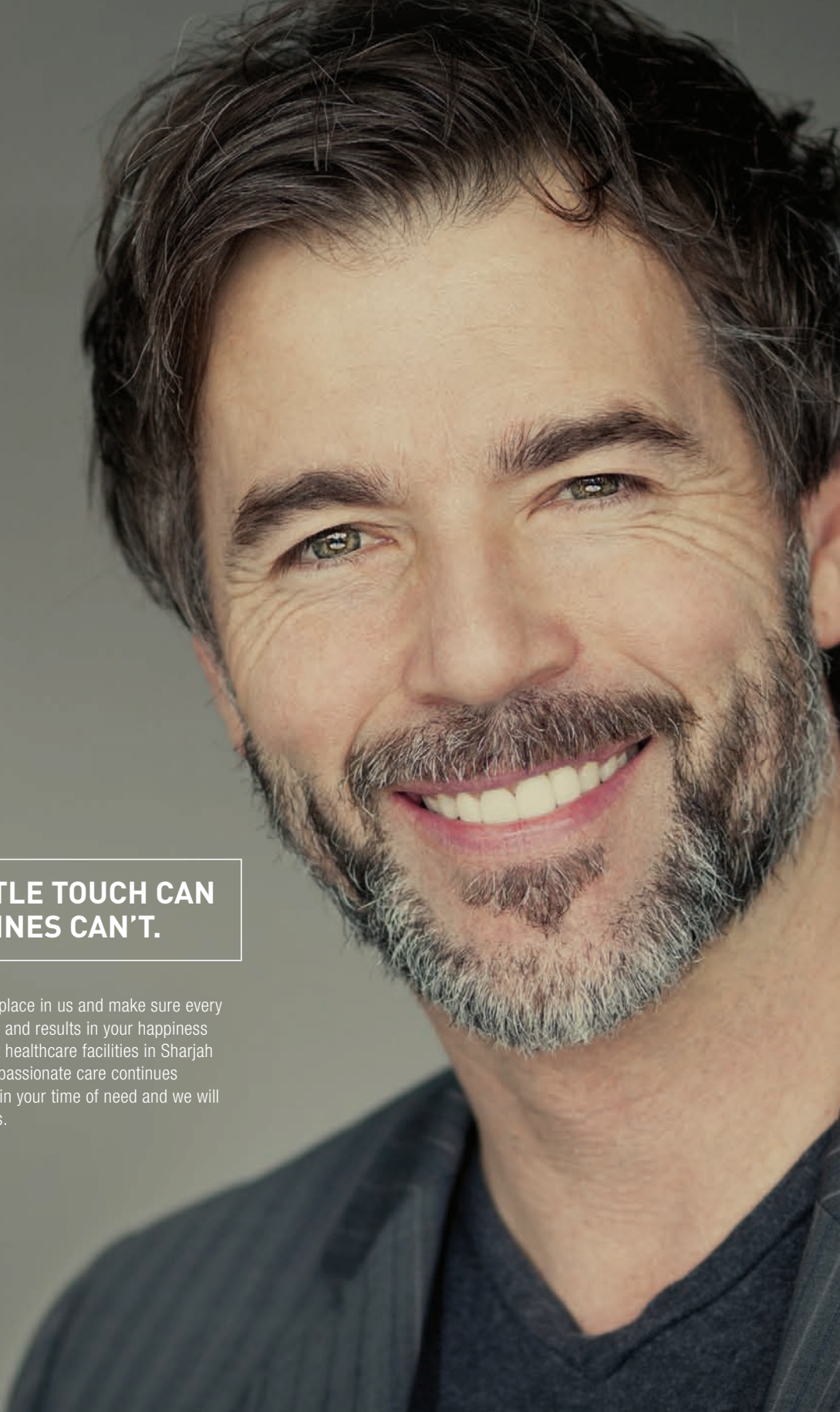
The cause of brain death is loss of blood supply and hence oxygen. Brain death is a permanent & irreversible condition. The common causes of brain death are head injury due to road traffic accidents, bleeding in the brain (stroke), etc. Prior to this when the patients are admitted in the hospitals, they are put on life support system (Ventilator) which supports breathing and heartbeats. This helps maintain oxygenation of important organs. If, however, the brain ceases to functions, the Ventilator will still be able to keep the organs functional from a few hours to a few days. It is in this condition that several organs and tissues can be harvested after the family consent.

In India, over 200,000 people die for want of organs every year. Only about 5,000 receive organs. About 1,10,000 people die

on road accident annually. 67% of these cases suffer brain death. It is estimated even if 5% of such cases donate their organs, it would suffice for the annual requirement of the country. MOHAN Foundation (Multi Organ Harvesting Aid Network) is doing commendable work in the direction. Other organisations too are contributing to spread awareness of the need and importance of organ donation. The crux of the subject is organs are not required in the heaven, they are required on earth. So why burn or bury them? Instead help carry out what is perhaps the greatest service to mankind.

Religion and organ donation: Readers are requested to visit [www.kidney.org](http://www.kidney.org) to know views of all religions.

Please visit [www.mohanfoundation.org](http://www.mohanfoundation.org) to know more about the subject or call/whatsapp on 09423683350. Email. [raviwankhede@gmail.com](mailto:raviwankhede@gmail.com)



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