



ACTION TIMES



CHILDHOOD OBESITY

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WHEN THE MID-NITE BELL RINGS TONIGHT...
LET IT SIGNIFY NEW AND BETTER THINGS FOR YOU,
LET IT SIGNIFY A REALISATION OF ALL THINGS YOU WISH FOR,
LET IT SIGNIFY A YEAR OF COURAGE AND BELIEVES,
WISHING YOU A VERY...VERY...VERY PROSPEROUS 2015

Lala Mange Ram Agarwal
Chairman

Happy New Year 2015



2nd Action Neonatal CME



Department of Pediatrics, Sri Balaji Action Medical Institute Organised the 2nd Action Neonatal CME on 21st Dec 2014 at SBAMI. The theme was neonatal care so as to give the audience a clear approach for day to day management on topics like BPD, PPHN, PDA, Neonatal hemodynamics and inborn errors of metabolism. Dr. Ashish Sahani, Convenor of CME informed a highly successful panel discussion on problems peculiar to late preterm & early term babies was held. The panel discussion was very interactive and successful. Faculty included Prof. Samir Gupta from United Kingdom, Prof. Ramesh Agrawal from AIIMS, Dr.

Ashish Jain from MAMC, Dr. Vidya Gupta from Apollo Hospital, Dr. Raghuram Malliah, Chief of Neonatology at Fortis La-Femme Hospital, Dr. Sunita Bijarnia from Genetics division, SGRH and faculty members from SBAMI. Dr. Virender Kumar, Organising secretary for the CME said that CME was huge success in total 135 doctors from places as far as Mumbai, Bareilly, Ludhiana attended and benefitted from CME. CME also made foundation for future linkage for nurses training under exchange programme with UK.



Christmas Celebrations



The lamp lightening and oath taking ceremony for the 3rd batch of GNM Nursing students of Ginnidevi Action school of nursing was held on 19 December 2014 at conference hall, Sri Balaji

Action Medical Institute. 29 Nursing student took oath and lightened the lamp.

The oath taking ceremony started at 3pm with welcome address by Ms. Shivangi, SNA advisor, Ginnidevi Action school of Nursing. The lighting of the lamp by Dignitaries was followed by Saraswati Vandana by GNM 3rd year nursing students. The chief Guest for the function was Mr. Raj Kumar Gupta, President, Action Group. The dignitaries present were Dr. Deepika Singhal, Board Member, Mr. RC Chharia Ji, Board Member, Dr. D.P. Saraswat-CEO, Dr. Pinky Yadav-MS, Dr. Vikas, Additional MS, ACH, Ms. Caroline, NS, SBAMI. After lamp lighting ceremony, the students received the oath from Mrs. K.K. Vohra, Principal, Ginnidevi Action School of Nursing. Lamp lighting ceremony followed by the Christmas celebration. Christmas celebration remind

us of our school days, reciting various rhymes like "jingle bells, jingle bells... jingle all the way."

Christmas celebration started with Christmas play. All our dedicated nursing staff play their role very well, after play there was award ceremony.

They were awarded for best nurse in the December and award given to best student, who stood first in the class. The attraction of the party was Santa, who was giving sweet to everyone and dancing around to have fun. And in the last dance performance given by GNM students. After the Christmas celebration, birthday celebration where in all the Doctors' and employees of both ACH & SBAMI came together to give their best wishes and enjoy along with all those who share their birthday in the month of December. Last but not the least, Ms. Krishna Bhatt, NS, Action Cancer Hospital, Proposed the vote of thanks. The program came to end with cup of Tea.





CHILDHOOD OBESITY



Dr. Lalit Mohan Kaushik
Pediatric Obesity Speciality

Childhood obesity is on the rise ; 1 in 4 kids in prosperous families is obese and this is quite alarming as the figures are same in Americas population;so the prevalence of childhood obesity is similar in America and the prosperous families in Delhi and most metros.

weight burdens their joints ; higher incidence of obstructive sleep apnea:evident by poor sleep span , snoring , and dullness during days ; as well as a poor self esteem.more than 2/3rd children will develop into obese adults and they will have higher risks of diabetes,osteoarthritis and various cancers and stroke.



Acanthosis

Children are doing less physical activity,and eating more processed foods,we Indians are THIN OBESE-----we are thin as our body weight is less than American or European but even for that weight we carry more fat per kilogram - this makes us more prone to develop heart disease and diabetes;and cholesterol deposits in children start as early as 11 years of age.

This is a 4 yr old child having early acanthosis at neck,it is seen in obesity and insulin resistance. So the right time to intervene is early . multi prong approach is required.dietary changes like slow carbs are foods .5210 approach=5 servings of fruits,2 hr screen time,1 hr play and no sugared beverage works well.

In the end I would like to emphasize that we can not change our child's genetics but surely we can alter their diet and the environment ,stabilising a child's weight can only be achieved by family participation,involving schools and increasing social and medical awareness of pediatric obesity among medical professionals.the first step in correcting a problem is recognising it and BMI is an effective tool to screen children and interventions done at family level with patient followup always yield satisfying results.

Obesity can have long lasting health effects on the child,it increases the cardiovascular risk,heavier kids have 20% chances of developing high blood

KNOW YOUR JUNK FOOD

Junk food contains lots of calories but has little nutritional value.



Children painting t-shirts as part of a ban on junk food campaign.
JASJEET PLANA/HT PHOTO

CALORIE COUNTER

| | |
|----------------------------|---------|
| Pizza slice: | 200-300 |
| Stuffed crust pizza: | 400 |
| Bread pakora: | 150-200 |
| Aloo Tikki: | 200 |
| Chips: | 200 |
| Sugary sodas: | 110 |
| Vegetable burger: | 300 |
| Chicken burger: | 400 |
| Fries: | 420 |
| (McDonald's large portion) | |

HEALTHY SNACKING

- Fresh uncut fruit
- Fruit / boiled potato chaat
- Vegetable / paneer chapati roll
- Wholewheat vegetable sandwiches
- Fresh flavoured yoghurt
- Lemonade
- Bhelpuri

IN NUMBERS

9% children below the age of 14 are morbidly obese

2% of overall population is morbidly obese

85% of parents with children less than 5 years of age are serving fast food more than 7 to 10 times a month.

86% households in metros prefer food on the go.

50% is the annual growth of processed food industry

pressure as they grow older and still higher risk of heart disease.60-70% kids in the age group of 7 to 17 yrs have on or the other risk factor for heart disease like high BP,HIGH cholesterol. Likewise obese adolescents have higher incidence of diabetes and prediabetes.

In addition children and adolescents who are overweight and obese carry higher risk for bone and joint diseases like osteoarthritis-- more

BIRTHDAYS



Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday



Lala Mange Ram Aggarwal
23 January



Sh. R.C. Chharia
10 January



Sh. Anil Aggarwal
21 January



Sh. H.K. Aggarwal
26 January

All are requested to kindly join us for the Birthday Celebrations on 10th January 2015 at Conference hall, Basement for the celebration of birthday

- Jan 1 : Dr. Ashish Sahani
Jan 1 : Dr. Manish Gupta
Jan 1 : Dr. Virender Singh
Jan 2 : Dr. Vivek Aggarwal
Jan 11 : Dr. Chandan Aneja
Jan 11 : Dr. Sudhish Sehra
Jan 16 : Dr. Neeraj Jain
Jan 17 : Dr. Mridul Aggarwal
Jan 18 : Dr. S.S.Gupta
Jan 19 : Dr. Lokesh Kr. Gupta
Jan 25 : Dr. D.K.Guha
Jan 25 : Dr. Robin Khosa

TIMES EVENTS

7 Dec: 65 New patients were examined and consult on the occasion of completion of 500 knee and orthoscopic surgeries done by Dr.Ashok Goel organized by department of sports and injuries centre.



8 Dec : 120 student attended Health talk on general cancer awareness by Dr. Vaishali Zamre (Sr. Consultant, Surgical

Oncology) at DAV Public school, Preet Vihar in association with cancer help foundation of India organized by marketing department.

8 Dec : Live webinar & Interactive session on "Breast Cancer Awareness" by Dr. Rajesh Jain (Sr.



Consultant, Surgical Oncology) at Jawaharlal Nehru University in association with All India Radio organized by marketing department.

14 Dec : 72 people attended Free cancer awareness check-up camp at Sadar Bazar Delhi, Cantt,



Association with Shri Sanatam Dharm Mandir organized by marketing department.

15 Dec to 21 Dec : Free Sports emergency facility provided at Shivaji Stadium, CP in



association with Lal Bhadur Shastri Hockey Tournament organized by marketing department.

19 Dec : 20 doctors attended CME on "Medical Oncology Updates" by Dr. Anish Maru (Sr.



Consultant, Medical Oncology) at ESI, Basaidarapur in association with Medicine department of ESI organized by marketing department.

20 Dec : 45 Doctors attended CME on Orthopedic Sports Injuries and Arthroscopic Surgeries by Dr. Sameer Mehta & Conquering the Pain Together by Dr. G.N.Goyal at SBAMI organized by Department of Orthopedics and Pain & Palliative

All consultants are requested to kindly update Mr. Gagan Nagpal at 9810332033(*6216) about your unique procedures & surgeries so that same can be provided to PR agency for publication



Our Hospitals Appearance in Media

For More Details Please Visit Websites on
www.actionhospital.com
www.actioncancerhospital.com

सर्दी में फायदेमंद तेल मालिश

सर्दियों में तेल की मालिश एक्टिविटी करता है। तेल को मालिश करने से त्वचा को नरम और चमकीला रखता है। तेल मालिश से त्वचा को पोषण मिलता है। तेल मालिश से त्वचा को नरम और चमकीला रखता है। तेल मालिश से त्वचा को नरम और चमकीला रखता है।

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Quote by Dr. Anjali Sharma, Consultant Naturopathy Hindustan (Tan Man)

IN HOT WATER

Contaminated water can spell trouble for you

Contaminated water can spell trouble for you. Some common diseases include cholera, typhoid, and hepatitis. Ways to ensure water is safe for use include boiling, filtering, and using water purification tablets.

Quote by Dr. Shalini Jaggi, Consultant Diabetologist HT Mint, Nov

Obsessions and compulsions

THE VIOLENCE FACTOR

THE SYMPTOMS OF OCD

Obsessions and compulsions are common mental health issues. The violence factor is a significant concern. Symptoms of OCD include repetitive thoughts and actions.

Quote by : Dr. Anish Baweja, Sr. Consultant, Psychiatry, SBAMI

Act India movement launched

Sri Balaji Action Medical Institute organizes Endospinecon 2014

Act India movement launched. Sri Balaji Action Medical Institute organizes Endospinecon 2014. The event focuses on spine health and treatment.

Endospinecon 2014

मसालों से पाए गमी का अहसास

मसालों से पाए गमी का अहसास. Spices like turmeric, ginger, and garlic have health benefits. They can help with digestion and boost immunity.

Quote by : Ms. Priya Verma, Sr. Dietitian Grihalaxmi, Dec Issue

मसालों में सर्दी का दम

मसालों में सर्दी का दम. Spices like turmeric, ginger, and garlic have health benefits. They can help with colds and flu.

Quote by : Ms. Priya Verma, Sr. Dietitian Grihalaxmi, Dec Issue

लाडले को न हो विंटर डायरिया

लाडले को न हो विंटर डायरिया. Winter diarrhea is a common issue for children. It is caused by viral infections and can be prevented by good hygiene.

Quote by : Dr. Virender Kumar Sr. Consultant, Pediatrics, Amar Ujala

Hereditary Cancers

Hereditary Cancers. Some cancers are inherited. Genetic testing can identify people at risk. Early detection and treatment are crucial.

Quote by : Dr. J.B, Sr. Consultant, Medical Oncology, BR International

Happy New year 2015

facebook <http://www.facebook.com/sribalajiactionmedicalinstitute>
<http://www.facebook.com/actioncancerhospital>

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Media Coverage



Quote by : Dr. Prashant Goyal,
Sr. Consultant, Psychiatry,
NBT

Quote by : Dr. J.B, Sr. Consultant,
Medical Oncology,
MEN'S Health



Republic Day

Republic day in India is celebrated every year with great honour on 26th of January to honour the Constitution of India as it came into force on the same day in the year 1950. It had replaced the Government of India Act,



1935 into the governing document of the India. this day, a national holiday is declared by the Indian Government. The new Indian constitution was sketched and approved by the Indian Constituent Assembly and decided to celebrate it on 26th of January every year as India became a republic country.



Republic Day is the symbol of true spirit for the independent India where military parades, exhibiting military equipment's, salute to the national flag by the Indian president and variety of events are take place at this day. Indian national flag has horizontally tricolour (upper saffron, middle white and bottom of dark green colour divided in the equal proportion) and a wheel (navy blue colour, having 24 spokes) in the centre representing the Sarnath Lion Capital of Ashoka.

India is a country having people of different cultures, societies, religions and languages who interplay with each other harmoniously. Independence to the India is the great pride as it was obtained over years after facing a variety of obstacles and hurdles.

The day is celebrated every year to feel the Indian people very proud for living in the multi-cultural and independent country. Republic Day is celebrated in very colourful and exhilarating ways in order to make memorable and significant celebration of the year. National Anthem is sing by the people participated in the celebration. This celebration brings all the Indian people together at one place and thinks at one topic.

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माँ

वो भी क्या दिन थें,
माँ की गोद और पापा के कंधे।
ना पैसे की सोच,
ना लाइफ के फंडें।
ना कल की चिंता ना
फयुचर के सपने।
अब कल की है, चिन्ता और
अधूरे हैं सपने।
मुड़ कर देखा तो बहुत दूर हैं।
अपने।
मंजिलो को दूढते
कहाँ खो गये हम।
आखिर इतने बड़े
क्यों हो गये हम।
दिन भर काम करने बाद।
पापा पूछते हैं, कितना कमाया ?
बीवी पूछती हैं, कितना बचाया ?
बच्चे पूछते हैं, क्या लाया ?
सिर्फ माँ ही पूछती है
बेटा कुछ खाया

देवेंद्र आर्य

New Family Members



Dr. Preeti Aggarwal
Consultant
Ophthalmology
SBAMI



Dr. Mridul Agarwal
Consultant
Paediatric Cardiology
SBAMI



Dr. Deepak Gupta
Intensivist
Critical Care & Emergency
Medicine
SBAMI



Dr. Vijender Gaur
Jr. Consultant
General Surgery
SBAMI



Dr. Alok Gupta
Jr. Consultation
Joint Replacement & Sports
Injury Centre
SBAMI

NEW YEAR PRAYER - 2015

LORD, In the silence of
this New Year 2015,
I come to ask for PEACE,
WISDOM, and STRENGTH.
Today, I wish to look at the world
With eyes beaming with love.
To be understanding, meek,
and wise.
To see your children
beyond appearances
As You see them yourself.
Close my ears to all calumny,
Guard my tongue from all malice.
May only thoughts that bless
Dwell in my spirit
May I be so kind and so full of joy,
That all who come near me may
feel your presence.
Clothe me with your beauty,
Lord
That Throughout this New Year
I may reveal You
Amen.

(ASHOK KUMAR)



Quiz No.59

Tick (✓) against the right answer



- Q1. Aligarh in Uttar Pradesh is famous for which industry ?
(A) Locks
(B) Bicycle
(C) Textile
(D) Fireworks
- Q2. With which sport is the Duckworth-Lewis Method associated ?
(A) Golf
(B) Chess
(C) Cricket
(D) Hockey
- Q3. What is the normal heart rate of adults at rest ?
(A) 68 beats per minute
(B) 72 beats per minute
(C) 76 beats per minute
(D) 80 beats per minute
- Q5. 'Sick man of Europe' is the nickname of which European country ?
(A) Italy
(B) Greece
(C) Ireland
(D) Turkey
- Q4. Kailash Temple at Ellora in Maharashtra, the epitome of Indian rock-cut architecture, was built by the rulers of which dynasty ?
(A) Kadamba
(B) Rashtrakuta
(C) Chalukya
(D) Satavahana

Congratulations
Deepa Rajwani
Winner of Last
Month quiz

Answer of last month quiz 1-a, 2-c, 3-b, 4-d, 5-b

Please sent your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 January 2015. Winners would be decided on first come first basis and would be suitably awarded.