



ACTION TIMES



VOLUNTARY BLOOD DONATION WEEK CELEBRATION

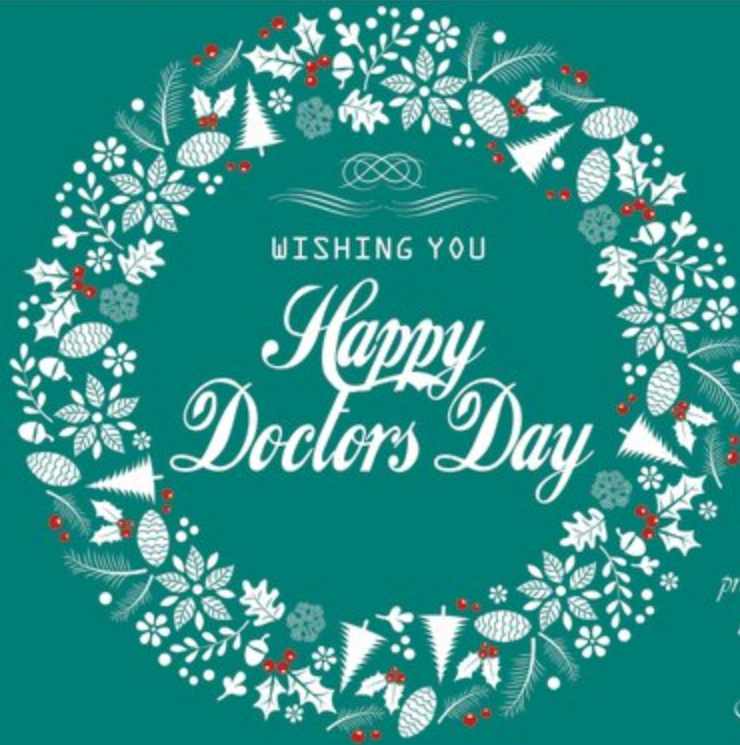
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www.actionhospital.com
www.actioncancerhospital.com


One day
is not
enough
to thank
our
exceptional
doctors
for the other 364



The confidence, care and compassion provided by our doctors is the main reason that Sri Balaji Action Medical Institute and Action Cancer Hospital are among the best hospitals.

INTERNATIONAL DAY OF YOGA

20 June 2015



International Yoga Day was celebrated At the Action Group of Hospitals on 20/06/2015 at 9 am by Dr. Anjali Sharma, Consultant, Naturopathy & yoga Department. It was a one hour session which took us through the best practices in asanas along with relaxation and breath control, Ending it with a simple meditation. The session was attended by Sh. R. C chharia, General

secretary of action Hospital, Dr. DP Saraswat(CEO), Dr. Pinky Yadav (MS SBAMI) ,Dr. Asha Aggarwal(MS ACH) and employees and outside patients

At Action Hospitals we have made a pledge to bring good health, and like it is said It begins from the Home. Such Yoga sessions are taken regularly for the staff by Dr. Anjali Sharma, Consultant, Naturopathy lifestyle Clinic. The aim of these sessions is to

- ♦ overcome postural issues
- ♦ gain good health
- ♦ maintain good mental and emotional health
- ♦ Bring about public awareness for Scientific Yoga

In today's time, in the race to survival, we spend the whole day in working and straining our body mentally and physically. In this process, we have lost the

balance between our Physical self and the Spiritual, Mental and Emotional Being. Yoga is the gift given by our sages to bring back this balance in our life. Many centuries ago they had formulated postures (asanas), breathing practices (pranayama) and the Yogic lifestyle (Dinacharya), for keeping up good health. Stress poses as a major cause for many disorders of modern time and also an aggravating factor for the disorders.



It is scientifically proven that Practice of Yoga helps improve the body immunity, strengthens the muscles and bones, harmonises the nervous system, improves functioning of many organs and systems like the cardiovascular, digestive system, etc. Relieves one from many psycho physiological disorders or better termed as lifestyle disorders.

We give so many hours for our duties, so all we need to give is 'One hour of Yoga - way to good health', which is affordable and worth it for our loved ones too.





VOLUNTARY BLOOD DONATION WEEK CELEBRATION



Every year 14th June is celebrated globally as "World Blood Donor Day" to mark the birthday of Karl Landstein

er, the researcher who discovered the various blood groups. To mark "World Blood Donor Day", department of Blood Transfusion Services (BTS), SBAMI, celebrated it for the whole week as "Voluntary Blood Donation Week" from 13th June to 20th June 2015. Celebrations started with cake cutting and encouragement of staff by CEO, Dr. D.P. Saraswat and Dr Aruna Sud for their hard work to serve the humanity.

A total of 49 voluntary donors (45 male and 4 female) including doctors, Blood

bank staff, hospital staff and various factories' staff from Action group of companies, successfully donated blood during this week. All donors were honored with appreciation letter, voluntary card of one year validity and gift as gesture of thanksgiving

to them. Donors were informed to collect their reports from the department for their record. During this week long activity, Mr. Raj Kumar Gupta, President and Mr. R.C. Chharia, General Secretary, SBAMI

also visited the Blood Bank and encouraged the blood bank staff for their hard work and commitment towards success.



TIMES EVENTS



7 June 2015 : 20 , 14 June 2015 : 15 & 28 June 30 people attended Free emergency medical facility was provided at the Raahgiri at CP.



13 June 2015 : 70 delegates attended CME on "Role of Laparoscopy in GI Cancer & Obesity" by Dr. Pradeep Kr Jain (HOD, Laparoscopic GI and GI Oncosurgery, Bariatric and Minimal Access Surgery.) in association with IMA Rohtak.



19 Jun 2015 : 80 people attended Health Talk on Diabetes problem by Dr. Raman Kumar, Sr. Consultant, General Medicine at Ratana Sagar.



20 June 2015 : 80 delegates attended CME on "Current Scenario in Cancer Management." by Dr. Anish Maru, Sr. Consultant, Medical Oncology association with IMA Outer West at Maharaja Banquet Hall, Paschim Vihar



27 June 2015 : 60 Students & Teachers attended Health Talk on "General & Breast Cancer" by Dr. Dinesh Singh, Sr. Consultant, Radiation Oncology in association with Sachdeva Globe School at Dwarka.



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KNEE REPLACEMENT MONTH
JUNE 15 - JULY 14

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Action Institute of Joint Replacement

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- Internationally Trained Doctors
- Specialized Anaesthetic Team
- Specialized Pain Management Team
- Specialized Physiotherapist

Specialized Knee Replacement Team Of Sr. Consultants



Dr. Suneel Kumar
MBBS, FRCS (Glasgow),
MCh (Orth), Liverpool



Dr. Ashok Goel
MBBS, MCh (Orth), FRCS (Edin & Glasg),
MCh (Orth), Liverpool FRCS (Orth), London



Dr. A.K. Jain
MBBS, MCh (Orth)



Dr. Ravi Mohan Bagga
MBBS, MCh (Orth)



- Free Consultation On Knee Problems
- Complimentary Knee X-Ray
- Special Discounted Knee Replacement Packages



ACADEMIC ACHIEVEMENTS

Dr. Surbhi Garg Kaushik, Sr. Consultant, Radiologist (ACH), attended an observership rotation program at St. Joseph Mercy Oakland Hospital, USA. The Observership was total of 4 weeks with rotations in breast imaging (Oncology). Observing procedures including stereotactic breast biopsies, guided biopsies including biopsy marker placement, needle localizations. Liver and lung biopsies, biopsies of abdominal, Pelvic and bony lesions.



Dr. Surbhi Garg Kaushik
Sr. Consultant
Radiologist, ACH

MEDIA COVERAGE

योग की शक्ति

यौग की शक्ति... योग की शक्ति... योग की शक्ति...

योग की शक्ति

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योग की शक्ति

दिल्ली

सरोकार 5

योग की शक्ति... योग की शक्ति... योग की शक्ति...

योग की शक्ति

योग की शक्ति... योग की शक्ति... योग की शक्ति...

Quote by Dr. Anjali Sharma, Consultant, Action Naturopathy & Holistic center
Mahamedha & Sarokar

महिलाओं में बढ़ रही है लत

महिलाओं में बढ़ रही है लत... महिलाओं में बढ़ रही है लत...

महिलाओं में बढ़ रही है लत

महिलाओं में बढ़ रही है लत... महिलाओं में बढ़ रही है लत...

Air-purifier business hits a high note

Hindustan Times

कच्चे बेल का शरबत भी लोगों के लिए है फायदेमंद

गर्मी मौसम के लिए बेल का शरबत बना रामबाण

गर्मी मौसम के लिए बेल का शरबत बना रामबाण... गर्मी मौसम के लिए बेल का शरबत बना रामबाण...

Beating that bulky FEELING

Common causes...

Beating that bulky FEELING... Beating that bulky FEELING...

पैसिव स्मोकिंग है सबसे खतरनाक

पैसिव स्मोकिंग है सबसे खतरनाक... पैसिव स्मोकिंग है सबसे खतरनाक...

पैसिव स्मोकिंग है सबसे खतरनाक

पैसिव स्मोकिंग है सबसे खतरनाक... पैसिव स्मोकिंग है सबसे खतरनाक...

Quote by Dr. Gyandeep Mangal, Consultant, Respiratory Medicine
Hindustan Times

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नजरअंदाज ना करें कोमल जोड़ों को दर्द

नजरअंदाज ना करें कोमल जोड़ों को दर्द... नजरअंदाज ना करें कोमल जोड़ों को दर्द...

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Quote by Ms. Priya Sharma, Sr. Dietician
Navodaya Times

एयर पॉल्यूशन का लॉग टर्म इफेक्ट

इस पॉल्यूशन की वजह से कई गंभीर बीमारी होने का खतरा

एयर पॉल्यूशन का लॉग टर्म इफेक्ट... इस पॉल्यूशन की वजह से कई गंभीर बीमारी होने का खतरा...

up coming events

11 July 2015 : CME on Oncology update association with IMA Rewari (HR).

18 July 2015 : CME by General Surgery department association with physician form Gurgaon(HR)

25 July 2015 : CME on Gastro Department in association with Rajouri Garden Physician form.