



ACTION TIMES

Heat leaves
Delhiites
'ill' at ease

Hidden Heroes of the Hospital Page No. 1

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Media Coverage Page No. 3

www.actioncancerhospital.com

BIRTHDAYS IN June



1-Jun- Dr. Anurag Jain

3-Jun- Air Marshal (Dr.)
Satish Kumar Dham

5-Jun- Dr. Sunita Kaushik

6-Jun- Dr. Rupinder Singh Baweja

7-Jun- Dr. Virender Kumar

11-Jun- Dr. Dharmesh
Laxmikant Khatri

15-Jun- Dr. Sadhana Mangwana

16-Jun- Dr. Prakash Khatri

22-Jun- Dr. Nivedita Patnaik

28-Jun- Dr. Pallavi Joshi

29-Jun- Dr. Amit Kumar Shridhar



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



Hidden Heroes of the Hospital

Nurse's week was celebrated with great excitement and enthusiasm by Sri Balaji Action Medical Institute and Action Cancer Hospital. The day is celebrated on the birth anniversary of Florence Nightingale "Founder of modern Nursing".

This year as part of the activities, the hospital held a week's functions to celebrate the unsung heroes of the hospital. The activities started on 8th May with lamp lighting which was conducted by the dignitaries and senior Nursing Staff followed by a welcome address and introduction to theme by Dr Pinky Yadav and Dr Asha Agarwal, Medical superintendents, Sri Balaji Action Medical Institute and Action Cancer Hospital, respectively. The activities included Rangoli, drawing and painting competition which was open to staff and students of both the hospitals. A grand lunch was served to the nurses and guests, enjoyed by over 500 members. Talent hunt evening was open to all nursing staff and students, a variety of dances like solo, couple and group dances stole the show. Prizes were awarded to three best performers from each activity.

It brought great joy when saraswati Vandana was performed by the nursing students, a skit was performed by senior nursing staff based on Hospital day to day activities which left the audience in splits, and this was further followed by different dance performances. The event brought more excitement with the prize distribution ceremony. Trophies were awarded for the best maintained ward and critical area of SBAMI and ACH: Best maintained ward in Sbammi was: 1st floor south wing, the best maintained Critical area was: Neonatal Intensive Care Unit, the best maintained ward in ACH was: South wing 2nd floor, the best maintained Critical area in ACH was: ICU. Also, other prizes were given away for the best Nurse, best Technician and the best Housekeeping staff for the month of April 2018. The best nurse of the year was awarded to Ms Siji in SBAMI and Ms Sandhya in ACH. Special prizes were given to the staff both the hospitals who were appreciated by their patients.

Not only this, event created euphoria when it finally ended with cake cutting for Florence Nightingale's birthday and of all staff who celebrate their birthdays in the month of April.

4th BEST OF ASTRO Conference



The 4th Best of ASTRO Conference was organized successfully by Action Cancer Hospital, with the steer of Management of Action Group of Hospitals, Dr Anand JN Bansal – Medical Director –Action Group Of Hospitals, Dr Asha Agarwal- Medical Superintendent Dr Harpreet Singh and Dr Manish Pandey, Sr. Consultant Radiation Oncology.

Best of ASTRO Conference is a forum to bring together all practicing radiation oncologists at a single platform to discuss the recent and most influential abstracts presented in ASTRO-2017, San Diego, USA. Best of ASTRO was attended by radiation oncologists, students and patrons from all over India.

Building on the success of previous conferences, Best of ASTRO 2018 has become the most extensive and spectacular event in Best of ASTRO history hosted by Delhi for its high level and huge participation.

Hundreds of delegates, physicists, radiation technologists and students have benefitted in many ways from this conference. Eminent faculty from various parts of nation addressed the audience and shared knowledge on application of recent advances in their day to day practices.

The academic session was followed by Inaugural ceremony and gala dinner. The chief guest for the Inaugural function was Dr. GK Rath, Director NCI Jhajjar. The patrons from NZAROI and eminent national faculty shared their views on how to provide an affordable and equitable cancer care in India.

The second day session was mainly focused on radiation physics and radiation technologists to enlighten them with the rapidly changing radiation oncology practice. Around 30 physicists and 45 radiation technologists joined us for the conference along with 250 delegates, faculty and students.



Live facebook Programs



As we keep on using new tools of digital media, we have started FB live frequently, in this endeavor we held a FB live of **Dr. Saket Kant** on sweltering topic-Pre- Diabetes-Why Is It Important...and in less than 18 hr we received 2800 views.



Our activity through FB Live at 10 30 am, we have broadcasted our Sr Consultant ,Surgical Oncology-**Dr Rajesh Jain's** message on Tobacco- an invitation to CANCER.

On the occasions of World No Tobacco Day Action Cancer Hospital spread the message of Quit Tobacco to the globe through social and electronic media.



On the occasion of **World No Tobacco Day** on 31st May, Dr J B Sharma, Sr Consultant Medical Oncology shared his advice through Radio FM channel- Radio Mirchi. Hospital spread the message to quit smoking very strongly in this message through **Dr. J. B. Sharma**.



Zee Media also joined in this initiative and covered the story with **Dr. Samit Purohit's** input on this deadly diseases, which was broadcasted 31st May on Zee business.

Award to House Keeping Staff Guard for Honesty



"Truth is what keeps the world alive" a phrase which indicates that in this greedy & selfish world, there are few who follow the path of truth, honesty and loyalty. Same happened a few days ago in the premises of Action Cancer Hospital where a house keeping staff returned a bag full of cash and valuable items to the hospital authority which was later returned to the owner of the same.

Mr. Goel, whose wife was admitted in the Hospital for cancer treatment had forgotten his bag at the lobby area. The house keeping staff Ms. Sanju Devi, while on her routine duty and found a bag at lobby area near service lift. She opened the bag to check for security reasons, but the contents surprised and shocked her. The bag contained huge cash, two expensive mobile phones and important documents.

She rushed to the senior authorities along with the bag to inform and handover the same, so that it could be returned to the owner. This is such a noble step taken by a person whose monthly income is menial.

To appreciate her loyalty, Board of directors of Action Group of Hospital Dr. Deepika Singhal, Sh. RC Chharia, Medical Director Dr. Anand JN Bansal, Medical Superintendents Dr. Asha Aggarwal and Dr. Pinki Yadav gave a token of honour and loyalty to the house keeping staff, Ms. Sanju devi, in the presence of hospital staff, patients and visitors in the hospital.

TIMES EVENTS



May 06 : 161 Patients attended the Free General Health Checkup Camp in association with G-9 Foundation at Haider Pur New Delhi.



May 10 : Health Talk on Knee and Joints by Dr. Aman Dua and Dharmesh Khatri in association With Varist Nagrik Kesari Club for Senior Citizen at their Own Club Hall A-2 Block Paschim Vihar.



May 12 : 91 Patients attended the Free General Health Checkup Camp in association with Assam Rifles at Delhi Cantt.



May 20 : CME on ADHD... A Pediatricians Perspective by Dr. Ashish Sahani in association with North Delhi Branch of Indian Academy of Pediatrician at Hotel City Park.



May 24 : Gastro Deptt. organized a 2 days CME on prokinetics by Dr. G.S Lamba and Dr. Monika Jain at Crown Plaza and Radisson Blue New Delhi.

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



5/1/2018

World Asthma Day 2018: 6 asanas to ease the effects of asthma | The Indian Express



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World Asthma Day 2018: 6 asanas to ease the effects of asthma

The breathing exercises that are prominently taught in Yoga focus on slow inhalation and exhalation that build up the lung capacity. The intercostal or breathing muscles are also strengthened by yoga that can ease breathing issues.

Written by **Ishita Goel** | New Delhi | Updated: May 1, 2018 10:01:57 am

World Asthma Day 2018: Asanas you can try to ease the effects of asthma. (Source: Getty Images)

One assumes a camel-like posture in the *Ustrasana* and it works towards opening the front of your body, pectoral muscles and hip flexors. It engages the entire frontal region and the sides of the body and helps in toning and relaxing the airways.

While these asanas can be challenging for beginners, they can always start out with easy breathing exercises. Dr Anjali Sharma, yoga expert, Sri Balaji Action Medical Institute, recommends specific ones to try out.

Quote by Dr. Anjali Sharma, Yoga Expert

What are risk factors and causes of asthma?

Asthma results from complex interactions between an individual's inherited genetic makeup and their interactions with the environment. The factors that cause a genetically predisposed individual to become asthmatic are poorly understood. The following are risk factors for asthma:

- Family history of allergic conditions
- Past history of hay fever (allergic rhinitis)
- Viral respiratory illness, such as respiratory syncytial virus (RSV), during childhood
- Exposure to cigarette smoke
- Obesity
- Lower socioeconomic status

What are the different types of asthma?

The many potential triggers of asthma largely explain the different ways in which asthma can present. In most cases, the disease starts in early childhood from 2-6 years of age. In this age group, the cause of asthma is often linked to exposure to allergens, such as dust mites, tobacco smoke, and viral respiratory infections. In very young children, less than 2 years of age, asthma can be difficult to diagnose with certainty. Wheezing at this age often follows a viral infection and might disappear later, without ever leading to asthma. Asthma, however, can develop again in adulthood. Adult-onset asthma occurs more often in women, mostly middle-aged, and frequently follows a respiratory tract infection. The triggers in this group are usually nonallergic in nature. Intrinsic asthma represents a small amount of all cases. It usually develops after the age of 30 and is not typically associated with allergies. Women are more frequently affected and many cases seem to follow a respiratory tract infection. Obesity also appears to be a risk factor for this type of asthma. Intrinsic asthma can be difficult to treat and symptoms are often chronic and year-round.

What you should know about dehydration?

Dehydration occurs when more water and fluids leave the body than enter it. Even low levels of dehydration can cause headaches, lethargy, and constipation.

Fast facts about dehydration:

- Around three-quarters of the human body is water.
- The causes of dehydration include diarrhea, vomiting, and sweating.
- Individuals more at risk of dehydration include athletes, people at higher altitudes, and older adults.
- Early symptoms of dehydration include dry mouth, lethargy, and dizziness.

Symptoms

The first symptoms of dehydration include thirst, darker urine, and decreased urine production. In fact, urine color is one of the best indicators of a person's hydration level - clear urine means you are well hydrated and darker urine means you are dehydrated.

Dehydration must be treated by replenishing the fluid level in the body. This can be done by consuming clear fluids such as water, clear broths, frozen water or ice pops, or sports drinks (such as Gatorade). Some dehydration patients, however, will require intravenous fluids in order to rehydrate.

People who are dehydrated should avoid drinks containing caffeine such as coffee, tea, and sodas.

>> जिंदगी

आप करती हैं खुद की कद्र?

जिंदगी में आगे बढ़ने के लिए सबसे जरूरी है आत्मसम्मान। जब तक आप खुद की कद्र नहीं करेंगी, दूसरे भी नहीं करेंगे। खुद में सम्मान की कमी महसूस हो तो तया करें, बता रही है पूनम महाजन



आत्मसम्मान में कमी एक बेहद गंभीर व आम समस्या है। अक्सर इस समस्या से पीड़ित लोग मिल जाते हैं। ऐसा तब होता है, जब आप अपने घर-परिवार, दोस्तों व ऑफिस के सहकर्मियों के सामने खुद को कम आंकी हैं। उनके सामने खुद को किसी काम का नहीं मानती। दरअसल, आत्मसम्मान की कमी, आत्मविश्वास में कमी से भी अधिक गंभीर समस्या है। ऐसे लोग अपनी सही बात को बताने और समझाने के लिए भी तर्क-वितर्क नहीं कर पाते। बहुत जल्दी दूसरी की बातों में आ जाते हैं। अगर कोई मजाक में भी उनकी आलोचना करे तो वे परेशान हो जाते हैं।

साइकोलॉजिस्ट पल्लवी जोशी बताती हैं कि एक सफल और सुखी जीवन का आधार होता है आत्मसम्मान। आत्मसम्मान के अभाव में व्यक्ति सकलता व उपलब्धियां हासिल करने के बावजूद मन से खुश व सुखी नहीं रह पाता। दरअसल, आत्मसम्मान का ज्ञान तभी हो सकता है, जब आप खुद से प्यार करें और खुद को सम्मान दें। यदि आप खुद के महत्व को समझती हैं और खुद को सम्मान देती हैं तो दूसरों द्वारा की गई प्रशंसा, निंद व मृत्यंकन का आप पर कोई प्रभाव नहीं पड़ता। आत्मविश्वास भी तभी आ सकता है, जब व्यक्ति में आत्मसम्मान की भावना हो। खुद का सम्मान नहीं करने वाले लोग आमतौर पर ऐसा व्यवहार करते हैं:

दूसरों की आलोचना

ऐसे लोग अक्सर दूसरों में ही कमी तलाशते हैं। वे एक के बाद एक, सबकी आलोचना करते हैं। उनमें ईर्ष्या, द्वेषता की कमी बहुत अधिक होती है।

बिना मतलब के माफी मांग लेना

जिन लोगों में आत्मसम्मान की कमी होती है, वे गलती नहीं होने पर भी सामने वाले से माफी मांगने लगते हैं। उनकी लम्बा है कि जो कुछ भी गलत हो रहा है, उसकी वजह वे खुद है और इसलिए

वे माफी भी मांगने लगते हैं।

चुनौतियों से घबराना

ऐसे लोग जीवन में आने वाली चुनौतियों का सामना करने से डरते हैं। उनका मुँह तेजी से बदलता है और वे हर बात को शक की नजर से देखते हैं।

बहस से बचना

आत्मसम्मान की कमी में अक्सर लोग किसी भी प्रकार की बहस या तर्क-वितर्क से बचते हैं। बहस से बचने के लिए वे ऐसी भी बात पर सहमत हो जाते हैं, जिन्हें वे वास्तव में दिल से मवीकार नहीं कर रहे होते। ऐसे लोगों के दोस्त भी बहुत कम ही होते हैं।

दूसरों की सलाह पर निर्णय लेना

जो लोग खुद का सम्मान नहीं करते हैं, वे छोटे-से-छोटा निर्णय भी यह सोचकर लेते हैं कि लोग क्या सोचेंगे या कहेंगे। अपने जीवन के छोटे-छोटे निर्णय लेने के लिए भी वे दूसरों पर निर्भर रहते हैं।

आलोचना सहने में असमर्थ

ऐसे व्यक्ति की हर बार जब कोई आलोचना करता है, तो वे खुद को पहले से और कमतर आंकने लगते हैं। यानी वे आलोचनाओं का सामना करने के लिए बिल्कुल भी तैयार नहीं होती। आलोचनाएं उनके आत्मसम्मान पर और ज्यादा गहरा दाम छोड़ती जाती हैं।

वीथ तनाव की स्थिति

समाचार नकारात्मक बातें सोचने और खुद को कम आंकने की वजह से ऐसा व्यक्ति औरों की तुलना में तनाव का जल्द शिकार बन जाता है। चूंकि वे अपनी बातें किसी से साझा भी नहीं करते, इसलिए तनाव के चक्र से निकलना भी उनके लिए दूसरों की तुलना में मुश्किल हो जाता है।



Quote by Dr. Pallavi Joshi, Psychologist

आत्मसम्मान बढ़ाने के लिए क्या करें?

- पहनावे पर दें ध्यान:** साफ-सुथरे और अच्छे कपड़े पहनने वाले लोगों को सामने वाला व्यक्ति भी इज्जत की नजर से देखता है। ऐसा होने पर आत्मविश्वास व आत्मसम्मान की भावना आती है। अपने पहनावे पर ध्यान दें ताकि दुनिया का सामना आप पूरे विश्वास के साथ कर पाएं।
- खुद की बुद्धि पर ध्यान दें:** हर रोज नाना, एक अच्छा परचम लाना, अच्छे कपड़े पहनना, बालों को देखभाल करने आदि से आत्मविश्वास बढ़ने लगता है और आत्मसम्मान भी। इसके अलावा लोगों से अच्छे से मिलने, बात करने आदि के तौर-तरीके सीखने से भी आपके आत्मसम्मान में वृद्धि होगी।
- खुद की जानकारी बढ़ाएं:** आत्मसम्मान की कमी से ग्रस्त व्यक्ति किसी से बहस व तर्क-वितर्क इसलिए नहीं कर पाता है, क्योंकि उसे लगता है कि उसे संबंधित विषय के बारे में जानकारी नहीं है। यदि यह सही जवाब नहीं दे पाया तो आलोचना का सामना करना पड़ेगा। अगर आप आवश्यक व्यावहारिक चीजों के बारे में जानकारी हासिल कर लेंगी तो यकीनन आपके आत्मविश्वास में वृद्धि होगी। किताबें व मैगजीन पढ़ने, रिसर्च करने, लोगों से मिलने आदि से आपका अपना ज्ञान बढ़ सकता है।
- सकारात्मक सोच रखें:** नकारात्मक सोचना बंद करें। जब भी कोई नकारात्मक सोच आए तो उसको सकारात्मक सोच से बदलें। यकीन मानिये सकारात्मक सोच की मदद से आप अपनी जिंदगी में बड़े-बड़े सकारात्मक बदलाव ला सकती हैं।
- अपने लिए चुनौतियां निर्धारित करें:** खुद को किसी से कम न मानें। अपने लिए लक्ष्य निर्धारित करें। यह जानने की कोशिश करें कि आप जिंदगी में क्या करना चाहती हैं और उस लक्ष्य तक कैसे पहुंचा जा सकता है।

(आपकी लम्बी पढ़ाई का इनाम है यह लेख विशेष रूप से आपको) डॉ. पल्लवी जोशी के कolumn पर आधारित।



Quiz No.95

Tick (✓) against the right answer



Q1. A cycle is bought for Rs.900 and sold for Rs.1080, find the gain percent?

- (A) 16 2/3%
(B) 20%
(C) 18%
(D) 25%

Q2. Find the compound interest and the amount on Rs.8000 at 5% per annum for 3 years when C.I is reckoned yearly?

- (A) Rs.1440
(B) Rs.1261
(C) Rs.1185
(D) Rs.1346

Q3. After decreasing 24% in the price of an article costs Rs.912. Find the actual cost of an article?

- (A) 1400
(B) 1200
(C) 1300
(D) 1100

Q4. Which of the following is not the voltage at which power is usually transmitted

- (A) 132 kV
(B) 20 kV
(C) 33 kV
(D) 66 kV

Q5. In an SQL statement, which of the following parts states the conditions for row selection?

- (A) From
(B) Where
(C) Order By
(D) Group By

Last Month Ans: 1(C), 2(C), 3(B), 4(A), 5(A)

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by **15 June 2018**. Winners would be decided on first come first basis and would be suitably awarded.