Sri Balaji Action Medical Institute & Action Cancer Hospital

Monthly Newspaper - May 2018 - Pages 4

Heat leaves

Delhiites

'ill' at ease

Hidden Heroes of the Hospital Page No. 1

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Media CoveragePage No. 3www.actioncancerhospital.com

4th BEST OF ASTRO Conference



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



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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 Sbami 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.



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** mesaage 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 Tobbocco 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 initative 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 assocoation 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.

TIMES EVENTS



May 27 : Action Cancer Hospital has been awarded the World Class Cancer Care Hospital in West Delhi by IMA Janakpuri in them annual day. We also participated in Annual day of IMA Janakpuri Branch at IMA Hall where Dr. Samit Purohit and Dr. Navin Aggarwal delivereds Scientific Lectures.



May 26 : 108 patients attended the Free Cancer Screening Camp in association with SG Apartment at sec. -6, Dwarka.

DR VIKRANT SHARMA

onsultant, Bariatric Surgeon at ri Balaji Action Medical Institute





lack of sweat, headaches and i cle weakness – are offen negle But if ignored for long, the re could be fatal." he said.

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Doctor lis, Saf

Heat leaves continued from page 1 been reported so far. At the All India Institute of Med-ial Sciences (AIDES), the total vol-ume of patients has increased by 30 per cent. In the last couple of days. Dr Naveet Wig, professor at AIDMS total Max. Toxos: "We have stanted to get patients compilating of hest estimation and hest cramps. Num-estimation and hest cramps. Num-the standard sources and the standard We have to prevent our patients much its like-investering. - can cause liver and kicking damage. Those who are admitted in the hospital are kept under observation." **Delhiites** 'ill' at ease Heat exhaustion cases the rise in the city **HEALTH ADVISORY**



Drink three litres of water daily Eat fruits and vegules

isoning, dia

Kids and elderly mo risk as temperature is

Quote by Dr. Arvind Aggarwal, Sr. Consultant, Internal Medicine

हीमोफिलिया से ऐसे पाएं राहत

हीमोफिलिया एक ऐसा विकार है, जिसमें आपके रक्त में सामान्य रूप से थक्का नहीं बन पाता, क्योंकि इसमें पर्याप्त रक्त के थक्के बनाने वाले प्रोटीन (थक्के कारक) की कमी हो जाती है। इस बीमारी और इसके उपचार के बारे में बता रही हैं विनीता झा

कि तीन रूप होते हैं-हीमो वास्थ्य के लिए हानकारक ठा उज्जा उ र का आंतरिक ख्तरसाय व्यक्ति के अंगें तकों की नुकसान पहुंचा सकता है और हा भी साबित हो सकता है। क्या हैं लक्षण

प्रदार हाराज्य। स्वर्थ करने कांग्रे का स्वर्थ के स्वरा के आपार पर सोर्वेजेलिया के स्वेतन और ताक्य अलग-अलग होर्केडी आसीर पर स्वरा में स्वरा के स्वेत का स्वरा के होर्कों के स्वराज में उन्हें के स्वे स्वेत - आ स्वता के होर्कों के देशे सरकार में उन्हों के स्वातन न स्वार्थ का स्वार स्वता के होर्कों के देशे सरकार में उन्हों के स्वार का स्वार स्वार के स्वार्थ के स्वार की स्वार के स्वार के स्वार स्वार के स्वार्थ के स्वार की स्वार के स्वार का स्वार के स्वार के स्वार के स्वार के स्वार का स्वार का स्वार के स्वार के स्वार के स्वार का स्वार के स्वार स्वार का स्वार का स्वार का स्वार का स्वार का स्वार का स्वार के स्वार स्वार स्वार का सार का स्वार का स्वार का स्वार का सार का का सार का सार का का सार का स



Quote by Dr. Ushma Singh, Sr. Consultant, Hematology and Pediatric Oncology



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Quote by Dr. Animesh Arya, Sr. Consultant, Respiratory







Many a times controlling obesity with physical exercise and dieting fails due to different medical or non-medical reasons or sometimes patient's weight is extremely high which makes it difficult to get into shape. In such complex conditions bariatric surgery is an ideal solution, writes Dr Vikrant Sharma, Consultant, Bariatric Surgeon at Sri Balaji Action Medical Institute.

What is Bariatric Surgery? What is Bariatric Surgery? Barlatric Surgery is an amalgamation of variety of procedures performed on patient suffering from obesity. The basic principle of barlatric sur-gery is to restrict food intake and decrease the absorption of food in the stomach and intestine. It is designed to aller or interrup the digestion process so that food is not broken down and absorbed in the usual way. A reduction in the amount of nutrients and calories absorbed decrease their risk for obesity-relat-ed health risks or disorders. Bariatric Surgery: **Reducing India's** Diabetes Burden

Morbid obesity is a serious health condition that results from

Morbid obesity is a serious health condition that results from change in lifestyle, unhealthy eating habits lack of physical exercise, medical conditions like hypothyroid and even certain physical functions such as breathing or walking. Those who are morbidly obesa are at greater risk for illnesses including diabetes, high blood pres-sure, sleep apnea, gastroesophageal reflux disease (GEHD), gallstones, osteoarthritis, heart disease and cancer. India is facing a significant rise in obesity for both men and women. Apty called the Diabetes Capital of the world, India held 19th rank in terms of number of disebetic people in 1975. But the country sipped to the 3rd rank in 2014, reflecting a fast increase in obesity rate. Indian women are more likely to be obese than their male counterparts. There were 20 million obese women in India in 2014 compared with 9.8 million obese men. While people in India have been trying to use different methods to get rid of their excess weight like exercise, yoga, dieling etc for long, now bariatric surgery is emerging as an attractive option for them. May a times controlling obesity with physical exercise and dieting fails due to different medical or non-medical reasons or sometimes patient's weight is extremely high which makes it difficult to get into shape. In such complex conditions bariatric surgery is an ideal soluton. Evidence sug-gests tha bariatric surgery may lower the death rates for patients with

When does one need a Bariatric surgery? BM which stands for 'Body Mass Index' is a measure of height in relation to weight; if its used to deline levels of obesity and help determine if the surgery is required. In case your BMI is 40 or higher, and you have a serious weight related prob-lem or your BMI is 35 or more and at least one or more obesity related co-morbidities such as Type II Diabetes (T2DM), hypotension, sleep apnea and other respiratory disorders or even heart diseases, you may be a candidate for a bariatric surgery. Quote by Dr. Vikrant Sharma, Consultant Bariatric Surgeon

When does one need a

'Heat injury' cases flood Delhi hospitals in 2 days

HOSPITALS in Delhi are seeing a massive influx of patients, in some cases 50 per cent more than the usual traffic. Most of them are suffering from heatrelated disorders like high fever, acute dehydration and cramps. To these add 'heat injuries' serious damage to the liver and the kidney.

By Privanka Sharma in New Delhi

With the mercury touching 44 degrees Celsius, doctors said that in a few cases patients had to be kept in the ICU. However, no death has Turn to Page 4





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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.



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 yearround.

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 dehvdrated.

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.

आप करती हैं टि की कट?

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

आत्मसम्मान को कमी में अकसर 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 स्वीकार नहीं कर रहे होते। ऐसे लोगों के दोस्त भी बहुत कम ही होते हैं।

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।

शीघ्र तनाव की स्थिति

Quote by Dr. Pallavi Joshi, Psychologist

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

(प्राणाय का स्वित) लगातार नकारात्मक बातें सोधने और खुद को कम आंकने को वजह से ऐसा व्यक्ति औरों को तुलना में तनाव का जल्द शिकार बन जाता है। चुंकि वे अपनी बारें किसी में साझ भी नति करते, इसलिए रानाव के चक्र से निकलना भी उनके शिए दूसरों की तुलना में मुरिष्कल हो जाता है।

वे माफी भी मांगने लगते है।

दसरों की सलाह पर निर्णय लेन

ना सहने में असमर्थ

चनौतियों से घबराव

बहस से बचन

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 क्या करें, बता रही हैं पूनम महाजन

रमसरमान में कभी एक बेहद रंभीर व आम समस्या है। अकसर इस बमस्या से पींड़ित लोग मिल जाते हैं। ऐसा आकसर इस बमस्या से पींडित लोग मिल जाते हैं। ऐसा आफिस के सहकामिंवों के सामने खुद को कम आंकती हैं। उनके सामने खुद को किसी काम का नहीं मानतीं। दरअसल, आलसस्मान की कमों, आपत्तीबसवा से कमों से भी आजिक गंभीर समस्या है। ऐसे लोग अपनी सही बात को बातो और समझाने के लिए भी तर्क-दितर्क नहीं कर पांदे। बहुत जल्दी दूसरी को बातों में आ जाते हैं। अगर कोई मजाक में भी उनकी आलोचना कर तो वे परेशान हो जाते है।

तो जाते है। <u>साइकोलाजिस्ट पल्ल्ल्वो जोशो बताती हैं</u> कि एक सफल और मुख्यो जीवन का आधार होता है आत्मसम्मान। आत्मसम्मान के आधाव में व्यक्ति सफलता व उपलब्धियां हासिल करने के बावजुद मन से वुयुग व मुखी नहीं रह पाता। दरअसल, आत्मसम्मान के ते हो ते पुरारों हुए ने प्रारत को समझती है और खुद को सम्मान देती है तो दूसरों द्वारा की पई प्रशंसा, निंदा व मुल्यांकन का आप पर कोई प्रभाव नहीं पड़ता। आत्मविश्ववास भी तभी आ सकता के, जब व्यविस में आत्मसम्मान की भावना हो। खुद का सम्मान नहीं करने वाले लोग आमतीर पर ऐसा व्यवाहार करते है:

दूसरों की आलोचना

ऐसे लोग अकसर दूसरों में ही कमी तलाशते हैं। वे एक के बाद एक, सबकी आलोचना करते है। उनमें ईर्थ्या, हीनता की कमी बहुत अधिक होती है। बिना मतलब के माफी मांग

लाना जिन लोगों में आत्मसम्पान की कमी होती है, वे गलती नहीं होने पर भी सामने बाले से माफी मांगने लगते हैं। उनको लगता है कि जो कुछ भी गलत को राग्न है उनकी बजा हो रहा है, उसकी वजह वे खुद है और इसलिए



- पहनाचे पर दें ब्यानः साफर-सुधर और अच्छे कपड़े एहनने वाले लोगों को सामने वाला व्यक्ति भी इज्जत की नजर से देखता है। ऐसा होने पर आत्पविश्यास व आत्मसम्मान की षावना आती है। अपने पहनावे पर ध्यान दें ताकि दुनिया का सामना आप पूरे बिल्यास के साथ कर पाएं।
- अपने एहनावे पर ध्यान दें ताकि दुनिया का सामना आप पूरं विषयास के साथ कर पाएं। खुद की द्वीप सर ख्यान दे र राजे नहाता, एक अच्छा परप्यूम लगाना, अच्छे कपड़े पहनना, बालां को देखपाल करने आदि से आत्मविश्यास खुद लग ता है और आत्मसमाना भी। इसके अलावा लोगों से अच्छे ये मिलने, बात करने आदि के तौर-तरीके सीखने से भी आपके आत्मसम्मान में युद्ध होगी। खुद की जानकारी बहुएं। आत्मसमान को कर्मा से प्रस्त व्यक्ति किसी से बहस व तर्क-वितर्क इसलिए नहीं करपाल है, ब्लॉक उसे लगता है कि उसे संबंधित विषय के बारे में जानकारी नहीं है। यदी यह साही ज्वाबान प्रदि या पा तो आलोचना का सामना करना पड़ेगा। अगर आप आवश्यक व्यावहारिक चौजों के बारे में जानकारी हासिल करने लोगी तो यक्तीन आपके आत्मविश्वसा में युद्धि होगी। किताबें व मैगजीन पढ़ने, रिसर्च करने, लोगों से मिलले आदि से आपका अपना ज्ञान बढ़ सकता है।
- सामा का नगरा आप का नगरा सम से साम से साम का से सकता है। सकारात्मक सीच रखें: नकारात्मक सोच आए तो इसको सकारात्मक सोच से बदलें। यकीन मानिये सकारात्मक सोच की मदद से आप अपनी जिंदगी में बड़े- बड़े सकारात्मक बरवाला वा सा सकती है। अपने लिए चुनीविध निर्धारित करें: खुद को किसी से कम न मानें। अपने लिए लक्ष्य निर्धारित करें। यह जानने की कोशिशा करें कि आप जिंदगी में बचा करना बाहती है और उस लक्ष्य तक कैसे पहुंचा जा मान्म है।
- (बालाजी एक्सन पेडिक्स इंस्टीटपूट में सहकोलाजिस्ट जी प्रकारी क्षेत्री से कार्यात प्र अवसीय)

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

- (A) 16 2/3%
- (B) 20%

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- (C) 18%
- (D) 25%

O2. Find the compound interest and the amount on Rs.8000 at 5% per annum for 3 years when C.I is reckoned yearly?

Tick ($\sqrt{}$) against the right answer

- (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.