



ACTION TIMES

What hospitals are doing to keep your data safe

Bernerhalen in der Bernerhalen i

NHPC IPL, Faridabad Page No. 2

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Murses Day Celebrations



01-Jun Dr. Pranshuta Sharma

01-Jun Dr. Anurag Jain

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

05-Jun Dr. Sunita Kaushik

Dr. Rupinder Singh 06-Jun Baweja

07-Jun Dr. Virender Kumar

11-Jun Dr. Dharmesh Laxmikant Khatri

15-Jun Dr. Sadhana Mangwana

16-Jun Dr. Prakash Khatri

17-Jun Dr. Sushant Mittal

22-Jun Dr. Renuka Gupta

22-Jun Dr. Nivedita Patnaik

.......

28-Jun Ms. 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 Nurses day was celebrated for a week in 2017 in great style and pomp, from 8th May to 12th May 2017. Our nurses from SBAMI, ACH and nursing school together contributed and participated in the various events that made the week most special for nurses. The delated schedule & activities was as follows:

May 8th 2017 - Nurses dedicated the day to patients & attendants by highlighting the awareness of hand washing through teaching and putting up posters in different areas of the hospital.

May 9th 2017 - Dance competitions marked the day. Staff nurses of SBAMI and ACH & students of Ginni Devi School of Nursing took part in the competition.

May 10th 2017 - A grand and delicious lunch was served to management guests and all staff / student nurses in the Nurses dining hall area.

May 11th 2017 - Competitions Painting and Rangoli were planned in which nursing staff and students took part and great talent was displayed.

May 12th 2017 - The most auspicious day for the Nursing fraternity - Florence Nightangle's Birthday - was celebrated. It was the grand climax of the Nurses week celebrations. Members of board management, hospital administrators, Consultants, Doctors, Nursing staff and students attended the program. The



function began with a welcome address by the NS followed by Saraswati Vandana Lamp lighting was done by Mrs. Shalu Aggarwal Dr. Asha Agarwal, Dr. Pinky Yadav, Dr. K.N. Gulati & Dr. Subash Aggarwal. Ms. Khusbhoo from SBAMI and Ms. Priyanka from ACH compered function with their smart anchoring talent. Nursing Staff and nursing students displayed a variety of dances. Ms. Shalu, Member of Management concluded the function by giving a very inspiring address to the nurses, and she especially emphasized the talent and competitive spirit of the nurses and encouraged them. She also gave prizes to the outstanding winners& performers.

A Warm Welcome

Dr. (Prof.) Ajay K Sachdev & his Team

Chief & Sr. Consultant M.S, PhD (G.I. Surgery)

Department of GI Surgery. GI Oncology, HPB, Bariatric and Minimal Access Surgery





Dr. Saket Kant

Senior Consultant, Adult and Pediatric Endocrinology

Prediabetes: Time for action

Prediabetes is a stage between diabetes and normal glucose tolerance that may be equated to a state of increased risk of developing diabetes. Epidemiological studies from India have reported a prevalence of 2-29%.

There are two conditions that fit into this category – Impaired Fasting Glucose (IFG) and Impaired Glucose Tolerance (IGT).

The following are the classification schemes for prediabetes and diabetes.

	Fasting plasma glucose	2 hr post glucose plasma glucose	HbA1c
Normal	Less than 100mg/dl	Less than 140 mg%	Less than 5.7%
Prediabetes	100 to 125 mg/dl (IFG)	140 to 199mg%(IGT)	5.7 to 6.4%
Diabetes	126mg/dl or higher	200mg% or higher	6.5% or higher

For a diagnosis of prediabetes any one of the above criteria is sufficient.

Testing for diabetes and prediabetes should be considered in all adults who are

- 1.Overweight (BMI \geq 25 kg/m2 or \geq 23 kg/m2 in Asian Americans) and have any one of the following additional risk factors:
 - physical inactivity
 - first-degree relative with diabetes
 - · high-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
 - women who delivered a baby weighing >9 lb (4000 g) or were diagnosed with gestational diabetes mellitus (GDM)
 - hypertension (\geq 140/90 mmHg or on therapy for hypertension)
 - + HDL cholesterol level <35 mg/dL (0.90 mmol/L) and/or a triglyceride level >250 mg/dL (2.82 mmol/L)
 - · women with polycystic ovary syndrome
 - \cdot A1C \geq 5.7% (39 mmol/mol), Impaired Glucose Tolerance (IGT), or Impaired Fasting Glucose (IFG) on previous testing
 - other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)
 - history of Cardiovasular disease(CVD)
- 2. For all patients, testing should begin at age 45 years.
- 3. If results are normal, testing should be repeated at a minimum of 3-year intervals, with consideration of more frequent testing depending on initial results (e.g., those with prediabetes should be tested yearly) and risk status. Prediabetes offers a window of opportunity and a warning about impending diabetes. The annualized conversion rate to diabetes is around 5%–10%; with a similar proportion converting back to normoglycaemia. Weight loss through healthy nutrition and physical activity can reduce the progression to diabetes.

A healthy eating plan for losing weight and reducing the risk of type 2 diabetes should include a reduction in total energy and fat intake, particularly saturated fat foods such as butter, full fat dairy products, fatty meats, takeaway foods, biscuits, cakes and pastries. Instead choose a wide range of high fibre, low GI carbohydrate foods such as wholegrain breads and cereals, legumes and fruit.

Regular physical activity helps your body to use insulin better and to feel fit and healthy. Aim to do at least 30 minutes of 'moderate intensity' physical activity (such as brisk walking or swimming) on most, if not all, days of the week OR three 20-minute sessions of 'vigorous intensity' exercise per week (such as jogging, aerobics class, strenuous gardening). Try to include some resistance training twice a week to improve the way your muscles work, such as body weight exercises or lifting weights such as cans of food. Starting a regular activity program – and sticking to it – can often be made a lot easier by joining up with a group or motivated friend to encourage you to keep going.

Also the treating doctor can prescribe drugs to prevent/retard the progression to Diabetes.

 $Recognition \, and \, early \, intervention \, for \, this \, entity \, is \, important \, to \, reduce \, the \, burden \, of \, the \, growing \, epidemic \, of \, diabetes.$

- 1. American Diabetes Association guidelines for Diabetes 2017
- 2. Ramachandran A, Snehalatha C, Kapur A, Vijay V, Mohan V, Das AK, et al. High prevalence of diabetes and impaired glucose tolerance in India: National Urban Diabetes Survey. Diabetologia.
- 3. Anjana RM, Pradeepa R, Deepa M, Datta M, Sudha V, Unnikrishnan R, et al. Prevalence of diabetes and Prediabetes in urban and rural India: Phase 1 results of the Indian Council OF MEDICAL Research-India DIABetes (ICMR-INDIAB) study. Diabetologia. 2011;54:3022–7.
- 4. Ramachandran A, Snehalatha C, Dharmaraj, Vishwanathan M. Prevalence of glucose intolerance in Asian Indians: Urban and rural differences and significance of upper body adiposity. Diabetes care.
- 5. Prediabetes patient education articles from diabetes australia.com.au

AWARDED BOTH THE HOSPITAL BY IMA



Awarded consecutively in a row for **Excellent Cancer Patient Care Services In West Delhi**. Presented by DMA President on 28th May.



IMA Outer West has also presented a **President Appreciation Award** on 23 April @ Radisson Blue.

TIMES EVENTS



May 1: Talk in rohtak about expanding role of antithrombotics on 1 may attended by rohtak physicians and cardiologist at D2M banquets



May 10 :Participation in NHPC IPL Cricket League at NHPC Complex, Faridabad.



May 14: 121 Patients attended the Multi Speciality health checkup camp in association with Maruti Suzuki India Ltd. at OPD Block, Sri Balaji Action Medical Institute.



May 21: Presence of Dr. J B Sharma at a confernce where he represents Action Cancer Hospital and Chaired a session on Duration of Adjuvant Endocrine Therapy at International Cancer Conference at Shangrilla Hotel.



May 25: 106 Patient attended the Multi Speciality health checkup camp in association with Delhi Vidyut Board at DVB Employes Terminal, Rajghat Power House, Rajghat New Delhi.



What hospitals are doing to keep your data safe

New Delhi: The global cyber-attack on Friday has exposed attack of Friday has exposed a potential crisis situation for hospitals moving towards digitisation of patient data. It shows how hackers can dis-rupt health services at massi-ve scale by introducing mal-

we scale by introducing mai-ware.

In Britain, for example, doctors in many hospitals were blocked from patient fi-les and emergency rooms we-reforced to divert patients on Friday due to the cyberat-tack. In India, there are few instances of cyber-attack on hospitals but officials say they are not taking any chan-ces. TOI spoke to many top hospitals in Delhi where offi-cials said they were equip-ping their network with stronger features to prevent hacking.

stronger features to prevent hacking.
Dr Anand Bansal, medical director, SriBalaji Action Medical Institute, said they spend Rs 25-30 lakh on cyber security. "We have set up a separate department for cyber security We are also investing on educating our staff to remain safe from any cyber frauds in this era of digitisation," he said. Dr (Col) R K Sharma, medical superintendent of PSRI Hospital, said they are upgrading their hospital information system to prevent hacking.

"These days, most of the patient dataismaintaineddigitally for quick access. But

patient data is maintained di-gitally for quick access. But

SHIELD IN PLACE

Hiring experts All top private hospitals have cyber security experts to secure patient information and prevent hacking

Dedicated funds Hospitals spend anywhere between ₹20 lakh and ₹2 crore for cyber security

this data being accessed by hackers. To prevent this, we have a team of cyber security have a team of cyber security experts. Also, laptops and tablets used by doctors are given limited access to the hospital network to prevent the risk of virus transfer or any malware," said Niranjan Kumar, chief information officer, Sir Ganga Ram hospital.

At AIIMS, officials said, the national informatics centre, which is the government's web services organisation, has been entrusted with the task of ensuring cybersecurity. "It is a very im-

with the task of ensuring cy-bersecurity. "It is a very im-portant aspect in today's world since we are trying to integrate control of key equ-ipment," said Dr Deepak Ag-rawal, head of IT division at the institute.

According to cyber secu-rityexperts, hospitals should not use vendor-supplied de-

Strong passwords Access to sensitive areas and equipment is controlled with strong passwords

Regular monitoring In a few cases, third-party agencies specialising in cyber security are engaged to periodically monitor safeguards

fault passwords and other se curity parameters for medi-cal devices. "Websites, appli-cations, databases, data centres and servers, networks, desktops and other endpo-ints need to be monitored, as-sessed and defended periodi-cally," said Nitin Bhatnagar, an information security spe-

tigation.

cialist.

An Australian web security expert, Tony Hunt, recently revealed how nearly 43,000 sensitive pathology reports, including those of HIV patients, were exposed online by a Thane-based laboratory. Hunt work in his blog ports containing name, age, gender and tests results of patients in an online folder, which could be easily seen and downloaded. The case was referred to the cyber cell of Mumbai for further in

Quote by Dr. Anand Bansal, Medical Director

Heat strikes early this year

By Mail Today Bureau

IN THIS season's first reported case of heat stroke, a 35-year-old man was hospitalised at Sir Ganga Ram Hospital. The intense heat wave has taken a toll for Delhiites as multiple hospitals have reported sudden rise in cases of heat exhaustion.

Doctors of major hospitals such as AllMS, Apollo, BLK and Max con-firmed the trend, along with at least 50 cases of waterborne diseases. They suggest that the num-ber of cases have significantly doubled this year and fear that the worst is yet to come.

Outpatient departments in all the hospitals are jam-packed with patients complaining of high fever, gastroenteritis and other heatrelated illnesses.

Dr Atul Gogoi, senior consultant of internal medicine at Sir Ganga Ram Hospital informed MAIL TODAY about 'This patient had come to us with high fever, which we suspected as a case of heat stroke. We had to hospitalise him for 3-4 days for close observation as he could not be referred back to home," he said.

He said people should avoid street food and fruit juices to prevent

cause cramps, heat exhaustion and heat stroke. In heat cramps, patients complain of muscle cramps on the calves and thighs. In heat exhaustion, patients suffer from rapid sweating when body touches high temperature, which further

which further leads to heat stroke, says doctors.

Dr Damanjit Chaddha, director of internal medi-cine at Fortis Hospi-tal said, "At least 3-5 cases of heat exhausture was recorded on hottest day of

tion come to us every day. Multiple cases of liver disorders are also being reported, which

could rise in the coming days."

Dr Manisha Arora, senior consultant, internal medicine at Sri Balaji
Action Medical Institute, said, "On Sunday, Delhi recorded the hottest day of the season as the mercury touched above 45°C. This is the time when most need to suffer heat when most people suffer heat strokes. For many people, the signs of heat stroke are negligible, including lack of sweat, headaches and muscle weakness, but if ignored, the results could be

cases have doubled this year.

infections, "Cases of gastrointestinal diseases such as typhoid, food poisoning, diarrhea and high fever are on the rise, mostly affecting the elderly and kids. Also, those suffering from diabetes, heart diseases and other co-morbidities need to be extra careful," Gogoi added.

Quote by Dr. Manisha Arora, Senior Consultant, Internal Medicine

THE TIMES OF INDIA 97% ROI. \$5.9 MILLION IN SAV

What hospitals are doing to keep your data safe





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These days, most of the patient data is maintained digitally for quick access. But there is high possibility of this data being accessed by hackers. To prevent this, we have a team of cyber security experts. Also, laptops and tablets used by doctors are any malware," said Niranjan Kumar, chief information officer, Sir Ganga Ram hospital.

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Quote by Dr. Anand Bansal, Medical Director

As mercury rises, hospitals see spike in cases of heatstroke

Cases of heat exhaustion, diarrhoea and dehydration already flooding clinics

Beat the heat | With the mercury rising, here are some tips to keep in mind

vent dehydration or over exhaustion," said P. K. Malhotra, senior consultant in internal medicine at Saroj Super Speciality Hospital. Indian Medical Association (IMA) president K. K. Aggarwal said: "One should differentiate between heat

Quote by Dr. Manisha Arora, Senior Consultant Internal Medicine

त्वचा की सेहत बिगाड सकता है यह संक्रमण

नमीं में पशीना आने की समस्या आम है। यह पशीमा सही समय पर न सूच्चे या इसकी सफाई समय पर न हो तो इससे संक्रमण की आरोका रहती है। इसे फंगल इन्फेक्शन कहा जाता है। इससे कैसे करें बचाव, बता रही है बिमीता इम

Quote by Dr. Vijay Singhal, Dermatologist



क्या जरूरत है सप्लीमेंटस की?

बालाणी एक्शान में डिक्स इंटरिट्यूट में बीफ न्यूटीशानिस्ट डॉ. प्रिया प्रमान के अनुसार बारमान की हमारी महत्त अवती बीर-बीर की कुमेशण की और अफेसने नतानी हैं। एक तानों से भागून उहत के आपना में बीलारिया कर पर हात्री को जानी हैं। एन एक त्या कर में है कि खाने-बीन की महत्त अवता की स्मार्थ मतानिस्ट के इस्त मानी की जानकारी मतरी को समस्त अवतानी स्मार प्रमाण कामानिस्ट के इस्त मानी की जानकारी मतरी को स्मार्थ के स्वीस्ट के रित्य हमेना नहीं की आहर के बीर जोक कुछ से पूर रहे। जोक कुछ से जोन हिंग हमेना नहीं की आहर को बीर जोक कुछ से पूर रहे। जोक कुछ से का की बीर की मी बीया नहीं मिलाता है। किसरी में महारूप जोक कुछ से कर की सिंग्ड डिक्सा की करता है। से स्वतन के प्रमान के स्वतन के साथ सिंग्ड डिक्साइ की करता है। से स्वतन के प्रमान के स्वतन के साथ सिंग्ड डिक्साइ की करता है। से स्वतन के प्रमान के स्वतन के साथ

विटामिन सी, कैल्शियम, मैग्नीशियम, बायोप्लोनाइड, पेक्टिन और लिमोनेन होते

हैं, जो प्रतिरक्षा प्रणाली को मजबूती देते हैं।

इसे थोड़े कड़वे और खट्टे स्वाद के लिए जाना जाता है। यह कैंसर की रोकथाम में भी मदद करता है, प्रतिरक्षा के स्तर की

बढ़ाता है और पाचन में सहायता करता है।

विटामिन सी, पोटैशियम और बीटा

Quote by Dr. Priya Sharma, Cheif Nutritionist

& above tempera-

हेल्दी फ्रड>>

खहे फल खाएं, सेहत बनाएं

संतरा

खट्टे फल हमारी सेहत के लिए अनेक तरह से फायदेगंद होते हैं, जबकि आमतौर पर हम इनके इस्तेमाल से बचते हैं। आप अपने मोजन में खट्टे फलों को शामिल करें और अपनी सेहत सुधारें। जानकारी दे रही हैं विनीता झा

हे फल उन्हें कहा जाता है, जिनके अंदर अम्लीय तत्व प्रचुर मात्रा में पाया जाता है।इनमें संतरे, ग्रेपफ़ूट, मौसमी, नीबू, नारंगी, संतरे आदि आते हैं।

फायदे ही फायदे

आमतौर पर इन फलों को विटामिन सी का सबसे अच्छा स्रोत माना जाता है, लेकिन इन फलों में कुछ आवश्यक पोषक तत्व जैसे शर्करा, फाइबर, पोटैशियम, फोलेट, कैल्शियम, थायामिन, नियासिन, विटामिन बी6 और विभिन्न प्रकार के फाइटो-केमिकल्स मौजूद होते हैं।

यह जीवाणुरोधी, एंटीवायरल और प्रतिस्था बुस्टिंग गुणों से भरा होता है। नीबू का इस्तेमाल वजन घटाने के लिए काफी उपयोगी

सावधानी

खट्ट फल में साइंद्रिक एसिड पाया जाता है। इत्तांकि यह आम तौर पर सुरक्षित होता लेकिन वृक्षित का अविक इस्तेमाल करने पर में पेठन, दस्त, मितली और उल्टी जैसे कुछ सम्मव का सामना भी करना पड़ सकता है। सवेदनालि त्वचा वाले लोगों को साइंद्रिक एसिड युक्त क्रीम का उपयोग करने से बचना चाहिए।

ावटामन सा, पाटाशयम आर बीटा कैरोटोन से परपूर संतरा कई स्वास्थ्य लागों का एक आदर्श स्त्रीत है। इसके इस्तेमाल से हृदय की सेहत टीक रहती है और गुर्दे की बीमारी दूर रहती है। (सीनि डायटीशियन प्रीति जैन से बातचीत पर आधारित)

Quote by Dr. Preeti Jain, Senior Dietician

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





With the mercury levels rising to new highs everyday, summer seems to

completely drain us out. Most of us feel dehydrated and low on energy in such a climate and we look for ways to cool ourselves. Our body needs cooling foods that will balance our diet and keep our energy levels stable. Summer foods should be essentially light to digest as our body produces enough heat during summers to digest the

Here are some cooling foods for the Indian summer for example -

- Curd/yogurt, watermelon, melon, cucumber, mint (pudina), onions, tomato, fresh sweet corn etc.
- ✓ Take plenty of fluids like fresh citrus fruit juices, lemon water, coconut water, khus sherbet, Aam panna, Thandai, ice tea, butter milk & vegetable juices like cucumber & carrot juices.
- ✓ You require to include rice, legumes, wheat & avoid meat & poultry. You can rather opt for sea foods which are suppose to be cooler.

AVOIDED

- All heavy, fried & fatty foods are to be avoided as they are difficult to digest.
- Avoid meat, poultry, nuts & seeds. Also avoid foods like garlic, clove, mustard & coffee.
- In summer, Ice creams and cold drinks should be consumed minimum as they result in throat problems that could make the body vulnerable to some other diseases. Ice is used in large quantity during summer. While giving a temporary cooling to body, it weakens the teeth at their

roots, at the same time; disturbing digestion.

Health Benefits of Yoga

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.



You Can Do It

If you think you are beat on, you are. If you think you dare not, you don't If you'd like to win, But you think you can't, It's almost sure you won't! If you think you'll lose, you've lost, For out in the world You find success begins with the will, Its all in the state of mind.

If you think you're outclassed, you are.

You've got to think high to rise. You've got to think of yourself Before you can ever win the prize! If you don't try the race is lost, Before even a step is run

Think big and your deeds will grow, Think small and you'll fall behind, Think that you can and you will, It's all in the state of mind!

Life's battles don't always go To the stronger or faster man. But sooner or later the who wins, is the one who think he can!

Why we choose curd in our daily routine?

In India, curd equals comfort food. It's cooling, soothing, nutritious and light - just what the doctor ordered for a scorching Indian summer.

It improves digestion

One of many curd benefits is that it helps improve your digestion, which is mainly due to the nutrients available in the curd. Eating curd will make it easier for your body to absorb

nutrients from other food items that you eat.

It boosts immunity

The presence of good bacteria – also known as probiotics - in curd can strengthen your immune system and ensure that you enjoy better health. Eating it daily has also been linked to fewer vaginal infections.

It releases anxiety and stress

It is hard not to feel stressed in today's highly competitive world, but being depressed can have negative effects on your health. Add curd to your diet and you will feel less anxious and stressed. Curd can lower levels of activity in your brain that's directly related to pain and emotion.

It is a great substitute for milk

This works well for people who find it hard to digest milk. In fact, it boosts the digestive system and makes them feel better. You can also switch to curd if you're lactose intolerant.

It improves your skin

Curd contains several minerals like vitamin E, zinc and phosphorous, all of which play a role in improving your complexion and skin texture. A pack of gram flour, curd, and lemon will give you soft glowing skin.

It improves your cardiovascular health

Consuming curd daily will reduce risks of coronary heart diseases because it discourages the formation of cholesterol in your arterial region. It also means eating yogurt will prevent hypertension and promote better cardiovascular health.

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

- Q1. The boring of India's first underwater rail tunnel has completed under which river?
- (A) Kaveri River
- (B) Godavari River
- (C) Hooghly River
- (D) Krishna River
- Q2. The 70th edition of World Health Assembly (WHA70) has started in which city?
- (A) Brussels
- (B) New Delhi
- (C) Paris
- Q3. Which Indian sportsperson has elected as the new member of BWF Atheletes' commission?
- (A) Jwala Gutta
- (B) Ashwini Ponnappa
- (C) P V Sindhu (D) Aparna Popat
- Q4. The constitution of the World Health Organization had been signed by 61 countries on:
- (B) 22 July 1946
- (C) 02 August 1951
- (D) 20 March 1949
- Q5. The reaction which converts sugar solution into alcohol is an example of
- (A) Saponification
- (B) Hydrogenation
- (C) Fermentation (D) Hydrolysis

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by 15 june.2017. Winners would be decided on first come first basis and would be suitably awarded.