





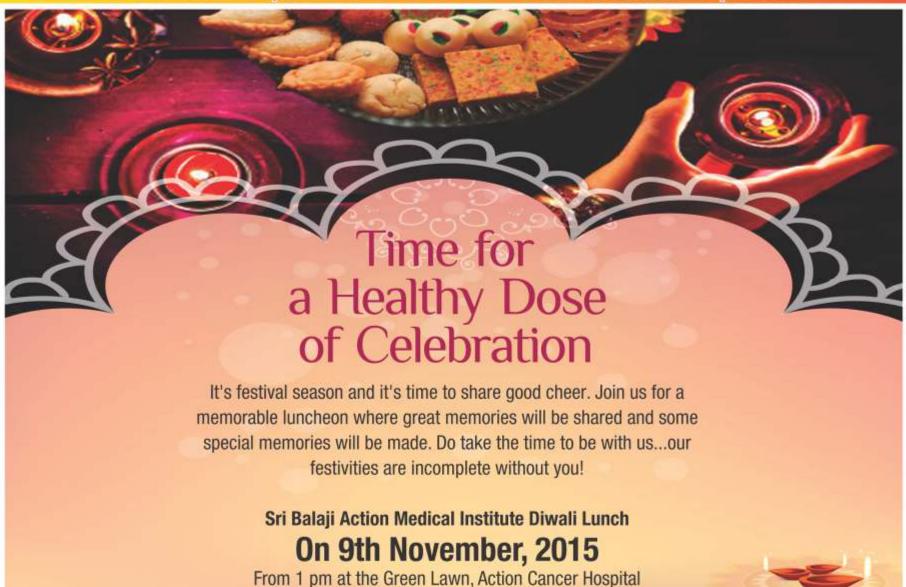
ACCIDENTAL INGESTION OF CORROSIVE ACTO Page No. 2

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FRESHER'S DAY CELEBRATION



The fresher's day of 4th Welcome to batch 1" year GNM students of Ginni Devi Action School of Nursing was successfully held on 21" October 2015.



year GNM students was also organized and they were judged by



The programme was enlightened and made it graceful by the presence of our esteemed dignitaries CEO Sir, Dr. Deepika,

Mrs. June Caroline NS of SBAMI, Mrs. Krishna Bhat NS of ACH, Mrs. Dolma DNS of SBAMI, Principal Mrs. Arshdeep Kaur, Ambreen.

There were varieties of programmes like Group Dance, Solo Dance, Skit, Song, Recitation of poems presented by the students. Competition for Ms. Fresher's among the first

also done to the winner of the competition. Finally the programme was successfully end up

our esteemed dignitaries who were present on this auspicious

Distribution of prize was refreshment was served.

at 4:30PM after that



MIRACULOUS SURGERY AFTER ACID POISONING



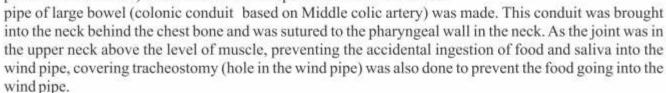
A young female presented to us with history of accidental ingestion of corrosive acid. She was earlier treated in some nursing home from where she was referred to Balaji Hospital. She was not able to eat or drink anything (not able to ingest her saliva also). She was continuously spitting her saliva. Upper GI endoscopy was done which showed tight stricture in food pipe and stomach. There was no possibility of dilatation or feeding tube placement. She was planned for staged procedure.

Dr.Pradeep Jain Chief - Action Center for GI, Minimal Access Surgery & Bariatric Surgery

During the first stage feeding jejunostomy was done to take care of her nutritional needs. After waiting for 5-6 months she was planned for

pharyngocoloplasty surgery. She was explained in details about the procedure and consent for permanent hole in the neck (leading to permanent voice loss) was also taken. In this procedure alternative food

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In the abdomen her stomach was also totally damaged so lower end of the conduit was sutured to the small intestine. She recovered in ICU in initial post operative period. After 2 weeks, endoscopy was done to check the patency of newly created food pipe. Afterwards she was given trial of feeding through mouth. Initially she had difficulty but gradually with repeated trials she started accepting oral feeds. She was discharged after 3-4 weeks on oral feeds and with a hole in the neck. 3 weeks after the discharge her tracheostomy tube was also removed. Now she can eat without accidental ingestion of food into the wind pipe. She has also regained her voice and is breathing through normal nasal passage enabling her to get back to her normal life.



Consultant Medical Genetic



Quote by Dr. Nipun Jain Sr. Consultant, Dermatologist, Amar Ujala





Quote by Dr. Rajul Aggarwal Sr. Consultant, Neurology, Hari Bhoomi



स्तन केंसर





Dr. Osamudia Okhionpamwonyi Gynae Oncology Department

4,11,18

&25 Sept :

First Aid

support at

Raahgiri,

Connaught

Place every



27 Oct: 45 doctors attended the CME on ' prevention of arthritis in doctors " by Dr. Ashok Goel, Sr.Consultant Orthopaedic Surgeon, Joint Replacement & Sports Injury at SBAMI Auditorium.



28 Oct : 80 doctors attended CME on "update in breast cancer" in association with IMA

Outer West Branch at Maharaja Hotel, Paschim Vihar.



sunday

TIMES EVENTS



08 Oct: 300 students attended Health Talk on "Breast Cancer"by Dr Anish Maru on the Occasion of Breast Cancer Month at Venketeshwara

Inernational School, Dwarka



08 Oct: 70 doctors attended CME on "Targeted Therapy in **Breast Cancer** Management" by Dr J B Sharma on the Occasion of Breast

Cancer Month in association with IMA Dwarka at Hotel Shaurya, Dwarka



13 Oct: 150 patients attended General Check Up Camp in association with Agroha Vikas Trust on the Occasion of Maharaja Agresain

Jayanti



15 Oct : 30 doctors attended CME on "Newer drug in the Treatment Respiratory Disorder"by Dr. Animesh Arya (Sr.

Consultant, Respiratory)in association with IMA (AYUS) at Pik Wik Restaurant ,Rani Bagh



15 Oct: 40 females attended Health Talk on " Breast Cancer Awareness" by Dr. Dinesh Singh at Swaroop Society, Sec-18 Dwarka.



17 to 22 Oct : **Emergency Medical** Support at Ramleela Netaji Subhash Palace, Pritam Pura.



27 Oct: 80 people attended the talk on Knee problems by Dr. Ashok Goel, Sr.Consultant Orthopaedic Surgeon, Joint Replacement &

Sports Injury at cafeteria, SBAMI

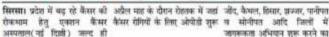


Media coverage

हरियाणा में चलेगा कैंसर जागरूकता अभियान

सिरसा व आसपास के इलाकों में होगा शिविर का आयोजन

ल(वांदिखी) जल्द ही सिरस्ता, फलेहाबाद समेत परे प्रदेश के कर्द जिलों में प्रदेशस्तरीय जागरूकता मुहिम शुरू करने जा रहा है। अस्पताल के सीईओ डॉ.डी.पी. सारस्वत ने बताय कि हरियाणा में कैंसर की समस्या लगातार बद रही है। पंजाब के बठिया व आसपास के इलाको में फैला कैंसर अब सिरमा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश स्तकार की रिपोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मीत से चुकी है।



जयसकता अभियान शुरू करने का फैसला लिया गया है। इस अधियान के अंतर्गत उपरोक्त जिलों में जनस्कता के लिए स्वास्थ विधितें का आयोजन करने के साथ-साथ लोगों को मीडिया के माध्यम से भी जनस्क किया जाएगा।

डाक्टर सारस्वत ने बताय कि अस्पताल द्वारा हरियाणा के विधिन्न जिलों में क्षेत्रीय चिकित्सकों को इस संबंध में आधनिक चिकित्सा प्रणाली की जानकारी प्रदान करने के लिए

हरियाणा में चलेगा कैंसर जागरूकता अभियान

तागरण संवाददावा, सिरसा : प्रदेश में बढ़ रहे कैसर को रोब लिए एक्सन कैंगर अस्पताल नई दिखी जल्द ही फिरमा, फतेहाबाद समेत प्रदेश के कई जिलों में जायरूकता मुद्दिम शुरू करेगा। अस्पताल के सीईओ की बीपी सारस्वत ने बताया कि हरियाणा में कैंसर की समस्या लगातार बढ़ रही है। पंजाब के बंदिया व आसपास के इस्तकों में फैला कैंसर अब सिरसा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश सरकार की रिफोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मौत हो चुकी है। यह प्रदेश के लिए बेहद पातक है। उन्होंने बतावा कि अस्पताल द्वारा अप्रैल माह वे दौरान रोडतक में जड़ा कैसर रोगियों के लिए ओपीडी शुरू की गई वड़ी अब कैसर रोगियों की मदद के लिए सिरसा, फतेहाबाद, जीद, कैचल, हिसार, झरबर, पानीपत व खेलीवर आदि जिलों में जागरूकता अभियान शुरू करने का फैसला लिया गया है। इस अभियान के अंतर्गत उपरोक्त जिलों में जागरूकता के लिए स्टास्थ्य तिविशे का आयोजन करने के साथ-साथ लोगों को मीडिया के माध्यम से भी बागरूक किया जाएगा। हा. सारस्थत ने बताया कि अल्पताल हाग हरियाणा के विभिन्न जिल्हें में क्षेत्रीय चिकित्सकों को इस संबंध में

हरियाणा में चलेगा कैंसर जागरूकता अभियान

सिरसा, 26 अक्तबर (दीपक) : प्रदेश में बढ़ रहे कैंसर की रोकथाम हेत् एक्शन कैंसर अस्पताल(नई दिल्ली) जल्द ही सिरसा, फ्लेहाबाद समेत परे प्रदेश के कई जिलों में प्रदेशस्तरीय जागरूकता मुहिम शुरू करने जा रहा है।अस्पताल के सीईओ डा.डी.पी. सारस्वत ने बताया कि हरियाणा में कैंसर की समस्या लगातार बढ़ रही है। पंजाब के बठिंडा व आसपास के इलाको में फैला कैंसर अब सिरसा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश सरकार की रिपोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मौत हो चुकी है। यह प्रदेश के लिए बेहद घातक है। उन्होंने बताबा कि अस्पताल द्वारा अप्रैल माह के दौरान रोहतक में जहां कैंसर रोगियों के लिए ओपीडी शुरू की गई वहीं अब कैंसर रोगियों की मदद के लिए सिरसा, फतेहाबाद, जींद, कैश्वल, हिसार, झज्जर, पानीपत व सोनीपत आदि जिलों में जागरूकता अभिवान शरू करने का फैसला लिवा गया है।

Quote by Dr.D.P.Saraswat, CEO, Action Healthcare DAILY CRIME BHARTI, DAINIK JAGRAN, DAINIK SAVERA (Haryana)





Quote by Dr. Anju Gomber Sr. Consultant (Microbiology), E Magazine



Quote by Ms. Pallavi Joshi Psychiatrist, Express Healthcare



Quote by Dr. Anish Maru, Sr. Consultant, Medical Oncology Hari Bhoomi, Haribhoomi, Punjab Kesari

खुव करें जांब



Quote by Dr. J.B.Sharma, Sr. Consultant Medical Oncologist, Mail Today



Quote by Dr. Amar Singhal, Sr. Consultant Cardiologist, Mail Today



Quote by Dr. Sameer Khana, Sr. Consultant Uro-Onco, Mahamedha

क्या होता है अर्थराइटिस

Quote by Dr. Yogesh Gupta Sr. Consultant Orthopaedic, Sarokar



ओल्ड एज में आप रहेंगे फिट

Quote by Dr. Viju Thomas physiotherapy incharge, Hari Bhoomi



Cervical Pregnancy: Women's Era



Quote by Dr. Yogesh Gupta, Sr. Consultant Orthopaedic, Virat Vaibhav



Diwali

Diwali is a major festival of India. It is celebrated on a new moon night sometime in the months of October and November. The exact day of the festival is decided according to the Hindu



calendar. The day primarily celebrated to commemorate the return of Lord Rama from his 14 years of exile.

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However, there are various other stories associated with the festival.

According to popular legend, when Lord Rama returned from his 14 years of exile after defeating Raavana, the people of Ayodhya lighted candles and diva to celebrate his return to the kingdom. The festival gets its name from the lines of diya that were celebrated the return of Lord Rama, and hence the name Deepavali, literally translating to "lines of light." The name has gotten convoluted to Diwali over the years. This day symbolizes the victory of light over dark.

According to other legend, Pandavas from the Mahabharata returned to their homeland after 13 years and the day is celebrated to commemorate their return. The Sikhs celebrate this day to mark the day of freedom or the day when their Guru, Guru Hargobind got free from the jail. The Jains celebrate this day as they believe that Lord Mahavira attained enlightenment on this day. There are still other theories associated with Diwali such as the rising of Goddess Lakshmi from the sea, the killing of Narkasura by Lord Vishnu and birth of Goddess Kali.

The event is largely celebrated in India. Indians celebrate this day as the start of the new business year. People light up their homes 2-3 days prior to the festival and gifts are exchanged between friends and families. On the night of the festival, prayers are offered to Lord Vishnu and Goddess Lakshmi which is followed by bursting of fire crackers eating of sweets and other gourmet food. However, people refrain from meat and alcohol on this day. Of late, a lot of clubs have started organizing special parties on Diwali for the young generation.

Bhai Dooj (13 Nov 2015)



On the day of the festival, sisters invite their brothers for a sumptuous meal often including their favorite dishes. The whole ceremony

signifies the duty of a brother to protect his sister, as well as a sister's blessings for her brother.

Carrying forward the ceremony in traditional style, sisters perform aarti for their brother and apply a red tika on the brother's forehead. This tika ceremony on the occasion of Bhai Bij signifies the sister's sincerest prayers for the long and happy life of her brother. In return brothers bless their sisters and treat them also with gifts or cash.

As it is customary in Haryana, Maharashtra to celebrate the auspicious occasion of Bhau-beej, women who do not have a brother worship the moon god instead. They apply mehendi on girls as their tradition.

The sister, whose brother lives far away from her and cannot come to her house, sends her sincerest prayers for the long and happy life of her brother through the moon god. She performs aarti for the moon. This is the reason why children of Hindu parents affectionately call the moon Chandamama (Chanda means moon and mama means mother's brother



Kartika Poornima

25 Nov. Kartika Poornima (Kartika purnima) is a Hindu, Jain and Sikh holy

festival, celebrated on the Purnima (full moon) day or the fifteenth lunar day of Kartika (November-December). It is also known as Tripuri Poornima and Tripurari Poornima.

Dos & Don'ts **While Bursting Crackers**

- · Use fireworks only outdoor.
- · Buy fireworks of authorized/reputed manufacturers only.
- · Light only one firework at a time, by one person. Others should watch from a safe distance.
- Keep the fireworks to be used at a safer place.
- · Organize a community display of fireworks rather than individuals handling crackers.
- · Don't ignite fireworks while holding them.
- · Don't bend over the fireworks being ignited.
- · Don't ignite fireworks in any container.
- Don't approach immediately to the misfired fireworks.
- Don't tamper with misfired fireworks.

God Is Always Near

One thing can always cheer me, When I'm feeling sad and low; When I tire of daily trials, That I have to undergo: When those who seem closest, Seem like people I don't even know One thing can always cheer me, I know that God is near me.

One thing can always cheer me When I don't understand; How pain and sadness in our lives, Can get so out of hand.

When the best of human efforts Don't meet the days demand One thing can always cheer me. I know that God is near me.

One thing can always cheer me, More than anything I've known; And show me I will never Have to struggle on my own.

For no matter what might ever happen, I know I will never be alone, The thing that always cheer me Is just knowing God is near me

Ashok Kumar



Q1. In which Indian state is the Sultangur National Park located?

- (A) Haryana
- (B) Uttarakhand
- (C) Madhya Pradesh
- (D) Rajasthan

Q2. In 1321, who founded the Tughlaq Dynasty in Delhi?

- (A) Firuz Shah Tughlaq
- (B) Ghiyas-ud-din Tughlaq
- (C) Muhammad bin Tughlaq (D) Mahmud Nasir-ud-din

Q3. Which instrument is used for measuring the relative

humidity (amount of water present in a gaseous mixure of air and water)?

- (A) Barometer
- (B) Anemometer
- (C) Thermometer
- (D) Hygrometer

Q4. Which city annually hosts the Wimbledon tennis championship,

one of the four Grand Slam tennis tournaments ?

- (A) Paris (B) London
- (C) Melbourne
- (D) New York

Q5. Who authored the book 'The Interpretation of Dreams' ?

- (A) Karl Marx
- (B) Charles Darwin
- (C) Sigmund Freud
- (D) Shakespeare



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

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