

GLOBAL FAMILY DAY - January FIRST

Greetings for all on the occasion of NEW YEAR.

WHO considers January 1st as GLOBAL FAMILY DAY? Ancient India always considered World as a FAMILY, VASUDHAIVA KUTUMBAKAM

Family is not four or five people living under one roof. Family means togetherness based on LOVE, MUTUAL RESPECT and above all LIVING with VALUES.

It is rather myopic to equate family as living with spouse, offspring and kith and kin. Any place, home or work , people living there make family. Unfortunately, the work place is considered as earning place and the home as spending place. Both are true to some extent. But the very division of the environment into small entities leaves behind man as intellectual pigmy. In wakeful state, on average adults spend six to eight hours, if not more, at work. Without good human relationships, how can any one would lead a good life. It is really interesting to know that WHO wanted that WORLD HEALTH is dependent on Global family concept. Any one sick in any part of the globe should be a concern of every one irrespective of their geographical location. This can come only if we consider mankind as ONE family. It is but natural that we spend sleepless nights at the problems, or ill health of our family members, so also cry at the demise of the close relatives. Why?, because of the feeling that they BELONG to us. This belonging is the root of the family relationships.

Ancient India has universal prayers of 'sarve janah sukhino bhavanthu, samastha lokah sukhino bhavanthu', for all mankind, a noble peace loving, contribution. How can there be peace, if there is unrest anywhere. Let all live in equanimity with caring and sharing things.

A family shall be happy only when each one takes responsibility not only of others but also of their own self. Word, thought, deed should be congruent in order to establish good relationship and trust. Relationship means value based living, LOVE, TRUTH, RIGHTEOUSNESS, PEACE AND NON-VIOLENCE are the core ingredients of the value based living. It is both shameful and hurtful if one tries to control others, irrespective of the authority, self given or society awarded. The very word CONTROL is distressful and disgusting taking happiness and hence paradise away from earth.

GLOBAL FAMILY DAY for Global Hospitals is not January First but each and every day for all the staff of the Global Hospitals. Let us enrich ourselves with this concept of Goodness and wellness as reflection of GLOBAL FAMILY.

Dr. K. Ravindranath

CMD - Global Hospitals Group

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Bilirubin and Cardiovascular Disease

- A New Link in Prevention



About 610,000 Americans each year, sustain their first heart attack, according to the Centers for Disease Control and Prevention. Heart attacks occur when arteries are blocked. In a new study from the University of Missouri, a scientist has discovered a natural defense against arterial blockage: bilirubin.

Bilirubin is generated during the body's process to recycle worn-out red blood cells; bilirubin is metabolized by the liver and, usually, leaves the body harmlessly. Missouri scientists have found that bilirubin can be used to inhibit the clogging of arteries, and thus prevent the deadly consequences of cardiovascular disease.

"Bilirubin is generated daily in the human body, but it's not a waste product; it has important functions, including being an antioxidant," said William Durante, professor of medical pharmacology and physiology and lead author on the study. "What we found in our study is that bilirubin can prevent or limit the damage that occurs to blood vessels in individuals who have, or are at risk for, cardiovascular diseases, such as atherosclerosis."

When arteries are damaged, smooth muscle cells in blood vessels become activated and grow at the injury sites creating plaques in the arteries. These, lesions can obstruct the flow of blood in arteries of the heart leading to myocardial infarction, Durante said. Arterial lesions can occur due to genetics or because of bad lifestyle choices such as a lack of exercise, unhealthy diet or smoking. "We found that bilirubin could limit the size of arterial lesions by blocking the growth of vascular smooth muscle cells" Durante said. "Importantly, bilirubin inhibits cell growth without causing cell death, an undesirable side effect of drugs. Cell death creates cellular debris in the arterial network and leads to inflammation and possible rupture of the lesions resulting in even bigger clinical problems." However, Durante said that bilirubin is a challenge to use because it is not easily dissolved in water and is rapidly metabolized by the liver when taken orally.

"One possibility is to coat stents - which doctors insert into arteries to keep blood vessels open once the blockage has been cleared - with the bilirubin," Durante said. "When the stents are inserted into the arteries, bilirubin will keep smooth muscle cells from growing and blocking the stent. Surgeons also could coat bilirubin onto blood vessels that are used in bypass surgery."

Durante said that further studies are needed before this technique can be tested in humans. The early-stage results of this research are promising. If additional studies, including animal studies, are successful within the next few years, Missouri scientists would request the federal government to begin human drug development. Let us see the natural body metabolic products protect the human systems without side effects.

Health Screening Camp for the employees of Central Armed Reserved Head Quarters, Hyderabad

Free Health screening camp was conducted on the 12th & 13th December, 2012 for the employees of Central Armed Reserved Police, Petlaburj, Hyderabad. The employees were screened for the following specialties General Medicine, Ortho and Cardiology.

Scientific Session on ROLE OF THROMBOLYSIS IN ACUTE ISCHEMIC STROKE

Global Hospitals, LB Nagar, Hyderabad organized a scientific session on "ROLE OF THROMBOLYSIS IN ACUTE ISCHEMIC STROKE" presented by Dr. Naveen Kumar Venigalla, Consultant - Neurologist, Dr. Ch. V. Murali Krishna, Consultant - Neurologist, Dr. Ch. Suresh Reddy, Consultant - Neurologist.



The CME was held at Aware Global Hospitals, LB Nagar, Hyderabad on 22nd December' 2012 and around 60 doctors attended the event.

Master Class in Liver Diseases



Eminent Liver Transplantation Surgeons from across the World came together for an International Liver Conclave organized by Global Hospitals Group at Chennai, INDIA.

The program was a great success to interact, network,

learn and discuss the latest advances in the field of HPB - Oncology under the guidance of Prof. Mohamed Rela

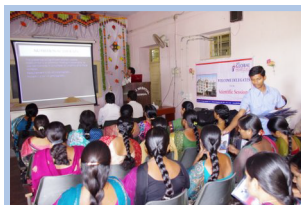
Lectures by eminent National and International speakers like Prof. Anil Dhawan, Prof. John Karani, Prof. Nigel Heaton, Dr. Akash Deep, Dr. Maron Aw on Paediatric Liver Diseases followed by relevant Histopathological, Radiological and Clinical discussions.

Health Screening Camp for the employees of BSNL, Hyderabad

Free Health screening camp was conducted on the 21st December, 2012 for the employees of BSNL, Malakpet, Hyderabad. The employees were screened in the specialties of General Medicine and Cardiology.

Around 60 employees were screened in this particular camp.

A Scientific Session organised at Warangal



Global Hospitals, LB Nagar, Hyderabad organized a scientific session on "Approach to Chronic Liver Disease" presented by Dr. Shrawan Kumar, Consultant - Gastroenterologist and "Management of Acute MI" by Dr. Sridhar Kasturi

The CME was held at ESIC Warangal Hospital Auditorium, Warangal on 21st December' 2012 and around 120 doctors attended the said event.

Global Hospitals, Hyderabad (Lakdi-ka-pul) organised Health Talk in Kadapa



A health talk on Obesity & side effects was conducted in Kadapa on 5th Jan 2013 with the help of Arya Vysya Officers & Professionals Association (AVOPA), Dr. Lakshmi Kumari Kona spoke on the above mentioned topic which was followed by a Q&A session.

A total of 150 people attended the health talk.

TOGETHER WE CARE - WALK FOR A CAUSE held at Necklace Road, Hyderabad



Walkathon was organized by Vikas Tarangini - Youth, the social arm of the Trust run by Sri Sri Sri Tridandi Ramanuja Chinna Jeeyar Swamiji and MOHAN Foundation to create awareness about organ donation among public, specially youth.

Global Hospitals, Lakdi-ka-pul participated with a sense of social corporate responsibility and gave warm welcome to the New Year by supporting to a noble cause "Organ Donation". The 3K walk started from People's plaza, Necklace Road to P.V.Gyan Boomi. The walk was flagged off by Sri Sri Vratahdhara Jeeyar Swamiji.

During the Walk, the air was filled with slogans such as "We support organ donation", "Together We care" and "Donate organs- Save Lives". The walk was held on 30th Dec' 2012 at Necklace Road and around 5000 youth walked with a sense of huge social responsibility. The students from different colleges and schools participated and added value in making the event a great success.

The event concluded at 12 noon by singing National Anthem.

A Scientific Session organised at Bhimavaram



Global Hospitals, Lakdi-ka-pul, Hyderabad in association with West Godavari Surgeons Association & IMA Bhimavaram organized a scientific session on Obesity & Bariatric Surgery presented by Dr. Lakshmi Kumari, Sr. Consultant-Bariatric

Surgery and Current Concepts in Laproscopic Colo-Rectal Surgery by Dr. Kishore Alapati, Consultant - Colo-Rectal Surgeon.

Speaking on the occasion Dr. Suryanarayana Murthy, member of West Godavari Surgeons Association said he was happy to be at the event.

The CME was held at Bhimavaram on 2nd December' 2012

Healthy Family, Healthy Mumbai campaign

Global Hospital, Mumbai has taken a stance of making sure Mumbai gets healthier. Under its healthy Family, Healthy Mumbai campaign. Global Hospitals Consultants visited various Societies and Corporates educating and creating awareness of various health issues.

Health Talk at Tata Power Plant Health Talk on "Diabetes, High Blood Pressure and its impact on Kidneys" was conducted on the 13th December, 2012 for the members of Tata Power Plant, Mumbai. Talk was presented by Dr. Bharat Shah.



The topic resonated with the attendees and they inquired about Global hospitals empanelment with Tata Power for Cashless insurance.

People engaged in conversation with the team on all the points covered by Dr. Bharat Shah - to change their lifestyle and precautions for being healthy.

Health Talk at Bhagini Samaj

Health Talk on "Arthritis" conducted on 13th December 2012 for the members of Bhagini Samaj at Dadar Bhagini Samaj, Dadar Hindu Colony, Dadar (E), Mumbai. The talk was presented by Dr. Samir Rajadhyaksha, Consultant - Rheumatologist, Global Hospitals, Mumbai.



Mrs. Nilima Diwan, President - Bhagini Samaj said she was happy to be at the event

BGS Global Hospitals - Privilege Card Program



Privilege cards of BGS Global Hospitals were launched for Rotary Members and their families at a function organised for this purpose at Tumkur on 2nd of dec 2012. Over a 1000 members attended this program and the cards were given away by Mr Ashok Kumar, Senior Vice-President Marketing.

Key Rotarians were present at the program. The card would entitle the member to various privileges during their visit to the hospital.

CONGRATULATIONS! to Dr. Joy Varghese

Dr. Joy Varghese received OM PRAKASH AWARD, 2012 from the Indian Society of Gastroenterology for outstanding research work in the field of Gastroenterology at ISGCON 2012, Jaipur.



Christmas Celebrations at Aware Global Hospitals, LB Nagar, Hyderabad



In the spirit of love and sharing this Christmas, Global Hospitals, LB Nagar organised Christmas Celebrations to spread a bit of festive cheer among the employees and members of Global family.

Dr.K.Ravindranath, CMD, Global Hospitals Group, said, "Christmas celebrations have their own charm, bringing in a sense of joy and happiness for everyone! We at Global Hospitals are celebrating the Christmas festivities with great vigour and style.

Speaking on the occasion Dr. Vijay Vemuri, AVP - Operations, said that the Christmas-themed celebrations featured all the traditional trimmings along with dance, singing performances by the members of Global Family.

New Year Celebrations at Global Hospitals, Lakdi-ka-pul, Hyderabad

Global Hospitals, Lakdi-ka-pul, Hyderabad organised New Year Celebrations to spread a bit of festive cheer among the employees and members of Global family. Speaking on the occasion Dr.K.Ravindranath, CMD, Global



Hospitals Group, said in the midst of these remarkable moments, bidding farewell to the passing year and evaluating everything we have experienced through this span of time, we have every reason to pay its last tribute with a sense of gratefulness and satisfaction.

Also extended his sincere gratitude to all the members and heroes of Global Family for utmost efforts made for our organizations achievements and success during 2012

Welcoming the New Year, He wished all the executives and staff be blessed with good health and happiness.

KNOW THYSELF

I was part of a team engaged in a workshop on TRANSACTIONAL ANALYSIS, particularly Leadership with which I was particularly associated. It is a wonderful tool to understand and create change in the leadership pattern based on our EGO states. An ego state, according to Berne, is a consistent pattern of feelings and experiences directly related to a corresponding pattern of behaviour. The Parent ego state may be seen, for example, in authoritative and even prejudiced behaviour that is learned, to a large extent, from parents and other influential persons, especially during early life. The Adult ego state, on the other hand is the rational part of the personality. The Child ego state - the third part of the personality - pertains largely to emotional aspects. It consists of the mental recordings of internal events. Each ego state is a source of managerial behaviour. "... the effective manager recognizes his own ego states, those of subordinates, and those demanded by the situation. He is then not only better able to select the appropriate leadership style but can use TA tools to change his style..."

Well-rounded personality includes all three ego states - the Parent, the Adult, and the Child - all are important. Parent ego Dominant Leadership, Autocratic or, Benevolent-autocratic. Such a leader, for example, may have Preconceived Prejudicial notions of the proper way of behaving. He does not recognize alternative ways of managing. The result is behavioural inflexibility. His leadership style may result in a rigid, unimaginative organization. Since subordinates are not invited to participate in the decision-making process, they may not be committed to the aims of the organization. The problem is that such a manager may not even recognize the potentials of the subordinates and consequently will not utilize their full capacity. If this behaviour becomes the predominant style, it may result in docile, dependent, yes-men employees. ADULT Ego Dominant Leadership manager is a participative manager, on the other hand, operates primarily from his Adult ego state. Consequently, he is not threatened by the participation of subordinates in the decision-making process. In fact, he encourages subordinates to identify problems and to suggest solutions to overcome them.

Goal setting and planning are done jointly by the manager and subordinates. It is the Adult, then, that restrains the automatic Parent or Child responses. It is the Adult that asks probing questions, listens to new ideas, It is the Adult that initiates the setting of challenging, yet realistic objectives., It is the Adult that systematically searches for alternative courses of action and estimates their probability of success, It is the Adult that argues sincerely and courageously for an ethical, but perhaps unpopular, issue, It is the Adult that assumes responsibility for his own actions. Of course, such a manager may make mistakes; but he learns from them and then focuses on the future.

If we understand what is good for an organization, we would adopt the right Ego state to lead the Organization.

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