

A COMPLETE HEALTH JOURNAL



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EXCLUSIVE ISSUE, DOUBLE HELICAL STATE HEALTH AWARDS 2017, FOR HARYANA, PUNJAB & HIMACHAL PRADESH CHAPTER



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CREDAI CSR Foundation through its Educational Scholarship Fund assists students of economically weaker section, for pursuing Civil Engineering Degree Courses, Architecture Courses & other Real Estate related Engineering Courses.





A COMPLETE HEALTH
MAGAZINE

Volume III Issue XII
November- 2017

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A Gala Health Awards Event.....

Dear readers,
Thanks for your continued support! We really appreciate your long association with us. You will be glad to know that this time we are bringing to you a special issue on Double Helical State Health Awards 2017 for Haryana, Punjab and Himachal Pradesh chapter.

The prestigious event of the Indian healthcare sector witnessed a high profile gentry including eminent doctors, bureaucrats, politicians and social workers. This initiative to recognise and honour innovation and dedication in healthcare was widely appreciated. The Double Helical award recipients are champion healers whose extraordinary efforts in fulfilling the goals, values, and mission of inclusive healthcare were duly recognised at a credible platform.

Celebrating and promoting the finest achievements in the medical field since 2016, Double Helical Awards have grown to become the most-sought-after event in healthcare sector. Honouring the healthcare professionals and institutions that have genuinely made a difference to people's lives, Double Helical provides a platform to recognise innovation, people, products and services that are helping to transform the healthcare sector in the country and ushering in affordable, high quality and inclusive healthcare for patients. No wonder that Double Helical awards has become a mega annual event, keenly-awaited in the healthcare sector of the country.

This is the fourth time when the awards were conducted by the magazine. In March 2016, Double

Helical launched the first Double Helical Conclave and National Health Awards in New Delhi to take a closer look at the current scenario, discuss the way forward for the sector and recognise and reward excellence in the healthcare arena. The discussions and speeches brought forth fresh perspectives through engaging dialogues with the healthcare visionaries, experts, and other key stakeholders, while the awards ceremony honoured the deserving professionals and institutions working for the betterment of healthcare services.

Apart from awards, this special issue also carries a very informative and breaking story Liver Transplants now possible with blood group mismatched and Organ Donation. In India, The main hurdle in incompatible liver transplant (ILT) is the presence of naturally occurring blood group-related antibodies in circulation (Eg: O Blood group individual has anti-A & anti-B antibodies). In ILT blood group antigens on the donor-organ are recognized by the recipient leading to graft rejection, vascular and biliary complications.

Blood group-related antibody production begins in post-neonatal period and peaks at 8- 10 years of age. The peri-infancy period is advantageous for ILT due to naturally occurring low antibody titres and immature complement system. Hence aggressive immunosuppression can be avoided in the age-group for successful graft uptake with reduced.

India launched a very important ORGAN DONATION and TRANSPLANT programme on

national level under the aegis of the National Organ and Tissue Transplant Organization (NOTTO) of the Ministry of Health & Family Welfare, Government of India.

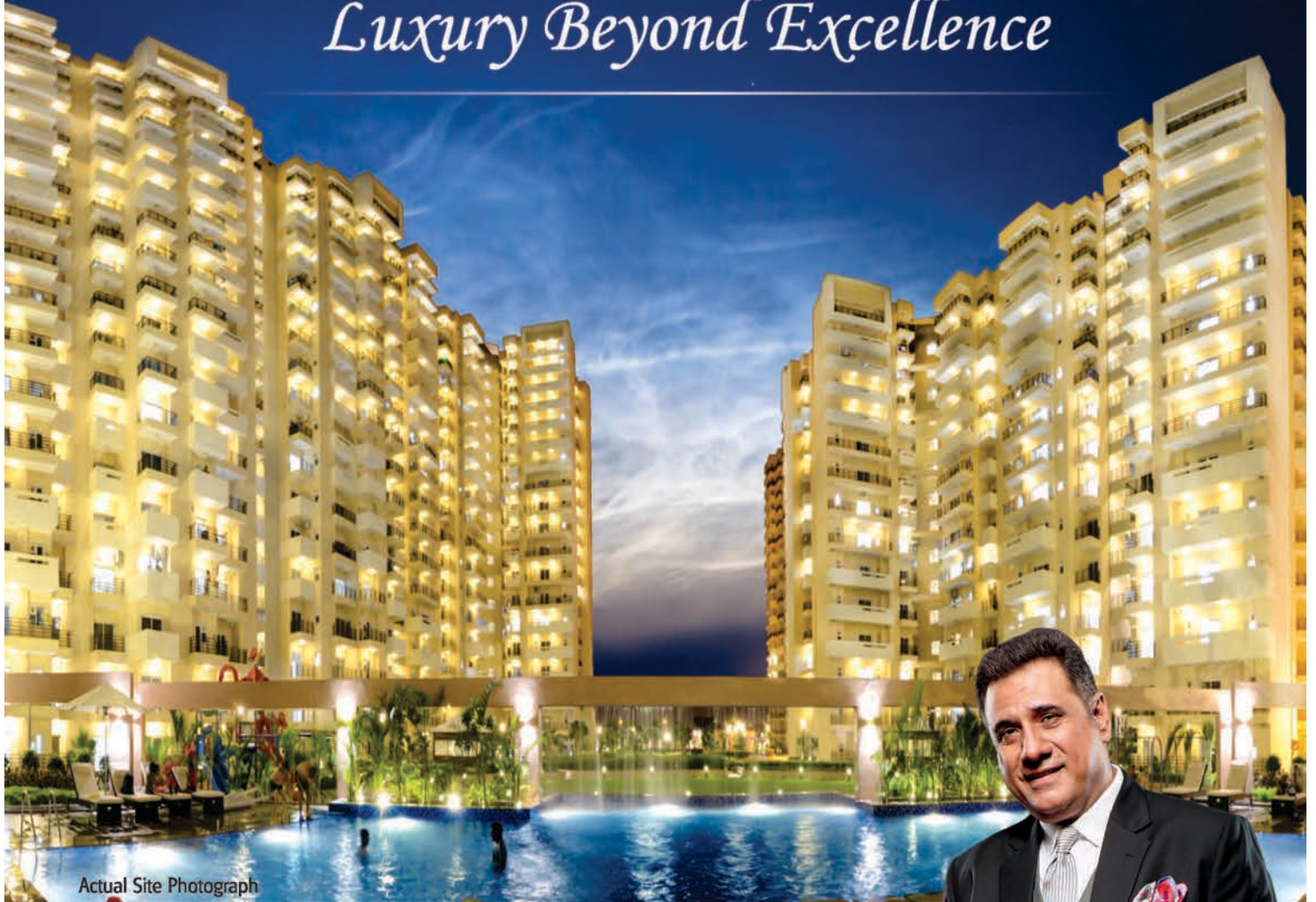
The importance of this programme is based on the medical belief that organ transplant is essentially the only treatment for end stage failure of kidney, liver and heart, or tissue replacement in case of cornea and heart valves damage, etc. Each organ transplant requires either donation by a blood related donor or a tissue matching cadaver. There is a serious shortage on both of these counts worldwide. After an aggressive national campaign for one year we could record a mere 700 cadaver donations in last one year!

The ground reality is very different if we are to learn from the National Programme for Control of Blindness launched since 1976, which deals with much easier, simpler, cheaper and easily reversible 'Errors of Refraction' correctable by providing mere glasses; and 'Cataract' in which vision can be restored by a simple five minute surgery at a very small cost. But, unfortunately, the number of blind persons in India has increased from 12 million 10 years ago, to currently over 18 million - showing an increase of 50% more in just the last decade.

There are many more such insightful, engaging and interesting stories to broaden your horizon on healthcare issues. Happy reading to you all!

Warm regards,
Amresh K Tiwary,
Editor-in-Chief

Luxury Beyond Excellence



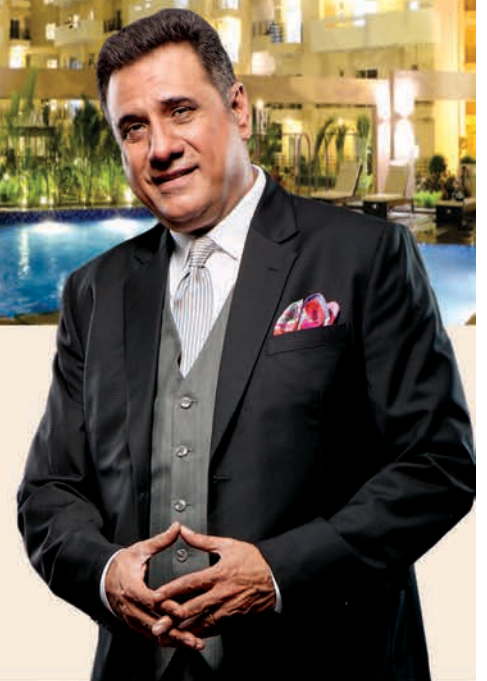
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Health Ministry notifies amendment to Food Safety & Standards Regulations, 2011



Ministry of Health and Family Welfare, through FSSAI, has notified amendment to Food Safety & Standards (Contaminants, Toxins & Residues) Regulations, 2011 recently. This notification contains maximum permissible limits of various antibiotics in meat and meat products including chicken. Maximum permissible limits of 37 antibiotics and 67 other veterinary drugs are prescribed for chicken.

Through this notification, objections and suggestions have been invited from all the stakeholders including general public within 30 days of the notification i.e. by 6th December, 2017. The objections & suggestions received will be placed before the Scientific Panel of FSSAI on Residues of Pesticides and Antibiotics for consideration. The recommendations of the Scientific Panel will be considered by the Scientific Committee and then the Food Authority for approval after which it will be notified in the Gazette of India with the approval of the Hon'ble Minister

Event on Health Sector & Sustainable Lifestyle in Bonn, Germany

An event on Health Sector and Sustainable Lifestyle was hosted by the Ministry of Health & Family Welfare (MoH&FW), at the India Pavilion at 23rd Conference of the Parties (COP 23) to the United Nations Framework Convention on Climate Change (UNFCCC) held in Bonn, Germany.

The event showcased adaptation strategies of various ministries/departments including research and knowledge oriented initiatives on Climate change and Human Health through a series of presentations by speakers from National Centre for Disease Control (NCDC), National Vector Borne Disease Control Programme (NVBDCP), Department of Science and Technology (DST), The Energy and Resources Institute (TERI) and Council on Energy, Environment and Water (CEEW). Progress on strategies being adopted in health systems adaptation for combating climate change in India under the National Action Plan on Climate Change & Human Health were also presented.

Dr Chhavi Pant Joshi, Deputy Assistant Director General, Ministry of Health & Family Welfare, India in her welcome remarks highlighted health impacts of climate change.

Dr Shikha Vardhan, Deputy Director, Centre for Environmental & Occupational Health (CEOH) of National Centre for Disease Control, Ministry of Health and Family Welfare, spoke about the strategies of the National Action Plan for Climate Change and Human Health (NAPCCHH). She presented the activities undertaken by NCDC to help the states draft their State/ region specific Action Plan for Climate Change and Human Health (SAPCCHH). She emphasised on key actions like vulnerability assessment and risk mapping that are needed to be undertaken immediately or in near



future to have a climate resilient health infrastructure with available resources in the country. Prioritisation of climate sensitive diseases, especially in districts worst affected based on existing morbidity and mortality statistics, was also stressed. The role of inter-sectoral collaboration and coordination involving stakeholders from other ministries/department/ institutes and voluntary/civil societies for each identified climate sensitive illnesses were presented as referred in the NAPCCHH.

Dr. Nisha Mendiratta Advisor/ Scientist G, Department of Science and Technology presented the knowledge network programme for studying the impacts of climate change on human health, developed in 2013-16, under which various activities on air pollution, heat stress and vector borne diseases have been studied. She also informed that second phase of network is going has been launched with additional thematic areas like nutrition, water borne diseases etc. The programme has been successfully implemented with the involvement of around partnering 12 institutions dealing with climate and medical research from different parts of the country.



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“An immaculate award show”

MANOHAR LAL KHATTAR, CHIEF MINISTER, HARYANA

It's my great privilege to distribute Double Helical State Health Awards 2017 for Haryana, Punjab and Himachal Pradesh chapter to nominated doctors and its allied friends first time in Chandigarh. The award ceremony is fully dedicated for definitive event Indian healthcare industry which is witness of galaxy of eminent

personalities from medical, socio-political fields. The glittering awards ceremony felicitates outstanding contributions made by doctors, healthcare providers and allied institutions serving the ailing humanity”

“Double Helical Health Awards is a platform that recognises innovation, people, products and services that are

helping to transform healthcare sector in the country and ushering in affordable, high quality and inclusive healthcare for patients. It is a mega annual event, keenly-awaited in the healthcare sector of the country. This is the fourth time when the awards were conducted by the magazine. The discussions and speeches brought forth fresh perspectives through engaging dialogues with the healthcare visionaries, experts, and other key stakeholders, and awards ceremony honoured the deserving professionals and institutions working for the betterment of healthcare services. “

The awards aimed to take a look at the macro and micro factors, the current scenario and the way forward for the healthcare sector. Focused on the changing healthcare dynamics, especially the steps being taken to forge a brighter future for the sector, the event saw a galaxy of world famous doctors, top politicians, bureaucrats, social activists, industry officials, experts, top notch realty players and other stakeholders converge under a prestigious banner to hold deliberations over the significant healthcare issues.

“It is an immaculate award show that honoured and felicitated the healthcare community for their tireless efforts towards the realisation of Health for All. The winners on the awards night were extremely happy and joyous at the recognition of their efforts and hard work at such a prestigious level. The awardees were chosen after a rigorous selection amongst the medical community pan-India. The different award categories acknowledged the efforts of the flag-bearers of the Indian healthcare sector in providing the best medical care with a healing touch.

I am happy to have attended the Double Helical State Health Awards 2017, in august presence of all. My best wishes to all the recipients of these prestigious awards. I thank them for rendering outstanding services to the community.

Thank You

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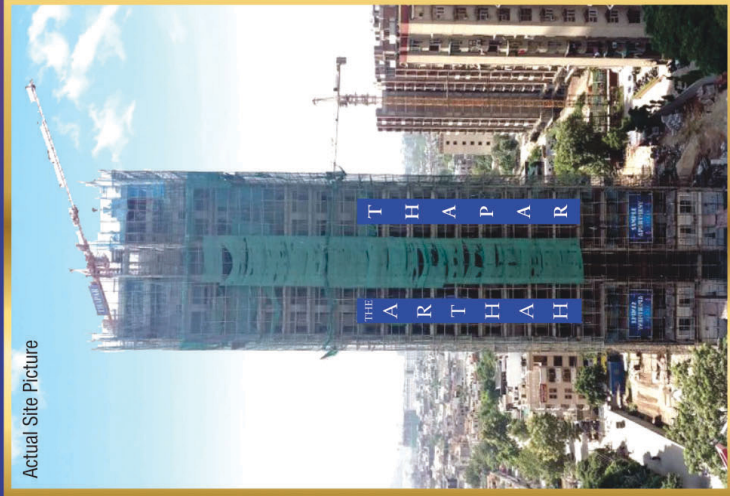
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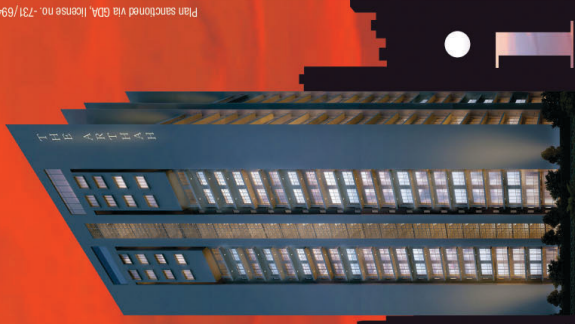
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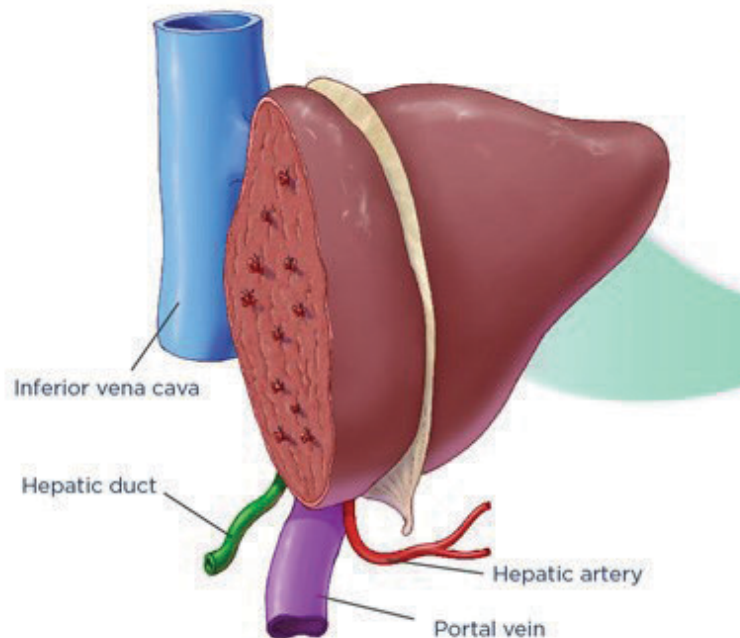
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Liver Transplants now possible with blood group mismatched donor

BY DR NEELAM MOHAN





Due to extreme shortage of cadaveric organ donation, the present liver transplant programme in many developing countries including India is predominantly living related donor transplantation (LRDT). In this scenario, donors are usually restricted to family members. Hence it is not always possible to find a timely healthy blood group-compatible donor. Liver transplantation across the ABO barrier is a promising alternative in such patients.

The main hurdle in incompatible liver transplant (ILT) is the presence of naturally occurring blood group-

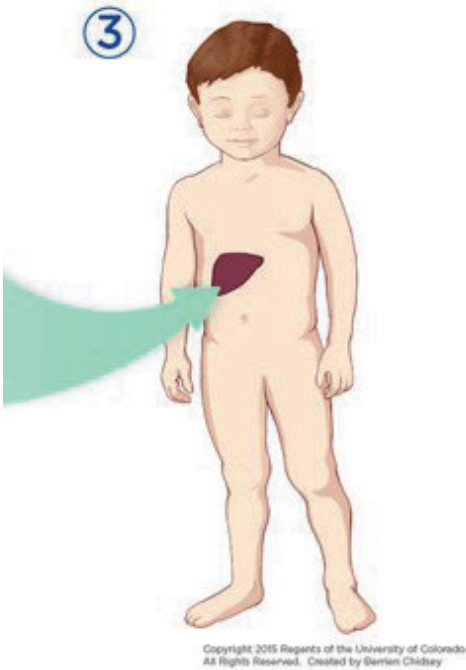
related antibodies in circulation (Eg: O Blood group individual has anti-A & anti-B antibodies). In ILT blood group antigens on the donor-organ are recognised by the recipient leading to graft rejection, vascular and biliary complications.

Blood group-related antibody production begins in post-neonatal period and peaks at 8- 10 years of age. The peri-infancy period is advantageous for ILT due to naturally occurring low antibody titres & immature complement system. Hence aggressive immunosuppression can be avoided in the age-group for successful graft uptake with reduced.

Blood group antigens are present on

vascular endothelium and bile duct epithelium which possibly lead to vascular and biliary complications. There is increased incidence of ischemic cholangitis, bile leak & stricture formation, and hepatic artery thrombosis in ILT. Effective immunosuppression is vital to reduce above complications.

In order to make the patient accept such a liver (of a different blood group), these antibodies must be removed by a 3-pronged strategy, which starts one month prior to transplant. First, the antibodies are removed from the patient's body by washing the entire blood by several plasma exchanges. Second, we use 2



Our Liver Transplant Team At Medanta The Medicity Hospital, Gurgaon For The First Time Have Ushered An Era Of Successful Abo-Mismatched Transplantation In India From 2012

drugs called mycophenolate and anti-CD 20 to suppress the antibody-producing plasma cells, and third, intravenous IVIg is given to neutralise any remaining antibodies. This is then followed by the transplant with zero-error precision surgery to avoid blood vessel and bile duct problems, to which these patients are very susceptible.

Our Liver Transplant team at Medanta the Medicity Hospital, Gurgaon for the first time have ushered an era of successful ABO-mismatched transplantation in India from 2012. Zuana was in terminal liver failure, with no hope of survival without a transplant. She was in coma and on ventilation for 10 days and then

got out of it. Her parents were desperate to save her. Zuana's blood group was O and the blood groups of all 3 medically suitable family donors did not match with her. We then decided to offer her ABO-incompatible transplantation using 20% of her grandmother Naseema's liver who was of blood group- A. This was for the first time in India that we were doing such a procedure. Fortunately all went well. Subsequently, we have done such ABO incompatible 6 children and 15 adults with excellent result.

The approach in Transplant is directed towards reducing antibodies pre-transplant and inhibiting its production post-transplant for at least 2-3 weeks, after which the graft seems

to be resistant to increases in antibody titers. 'Accommodation' sets in, which is the ability of the graft to survive despite of presence of anti-graft antibodies and complement.

We have completed nearly 250 pediatric liver transplants and are the busiest liver transplant centre in India with overall 1 year survival rate 94% and 5 year actuarial survival was 87% with median age 5 yrs (2 months -9.6 yrs) and Median weight 16 kg (2 kg – 60 kg).

(The author is Director, Department of Pediatric Gastroenterology, Hepatology & Liver Transplantation, Medanta Super Speciality Hospital, Gurgaon)

Tobacco a Major Killer

Health warning in the packets is a welcome move to promote tobacco free initiative by reducing the attractiveness of tobacco products, where the graphic picture has to cover 60% of the package, and the text warning will be 25%.

**BY DR SUNEELA GARG /
DR ARVIND GARG**



Tobacco kills half of its users, with smoking and smokeless tobacco killing nearly 6 million people worldwide. There is one death in every 6 seconds in each year, according to report submitted by the World Health Organization (WHO). Cigarette smoke contains over 4,800 chemicals, out of which 69 are reported as carcinogenic. Apart from cancers, smoking is also a major risk factor of coronary heart disease, chronic bronchitis, stroke; and other conditions like delayed healing of



wounds, peptic ulcer disease and infertility.

India is the second largest consumer of tobacco products worldwide with more than 275 million adults

consuming a wide variety of tobacco products. It has a comprehensive tobacco control Act, "The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply, and Distribution) Act (COTPA 2003)," in place.

In compliance with this, Union Ministry of Health and Family Welfare has implemented introduction of new graphic health warnings that cover 85% of the principal display area on all tobacco product packages on both sides from 1st April, 2016.

Studies indicate that the impact of health warning on an individual's mindset depend on their size and design i.e. obscure text-only warnings appear to have little impact whereas pictorial health warnings that elicit strong emotional reactions are significantly more effective. According to Canadian Cancer Society Report regarding size of their health warnings, India was ranked 3rd in 2016 after Nepal and Vanuatu, with several countries implementing stronger warnings. Other Asian countries are also at par in this regard, with warnings covering 85% of the package on both sides in Thailand, 80% in Sri Lanka and 90% in Nepal.

On 31st May, 2016, the slogan for World No Tobacco Day was "Get ready for plain packaging". Plain packaging (also known as standardized packaging or generic packaging) is an important demand reduction measure that reduces the attractiveness of tobacco products, restricts use of tobacco packaging as a form of tobacco advertising and promotion, limits misleading packaging and labelling and increases the effectiveness of health warnings. Australia became the first country to fully implement plain packaging in December 2012. Later on Ireland, the United Kingdom of Great Britain and Northern Ireland and France passed laws to implement plain packaging. Similarly, a number of countries are in advanced stages of considering adoption of plain packaging laws.

In India efforts to curb down tobacco use in India like the decision to increase the size of pack warning labels, along with increasing the legal age of buying and using tobacco, are commendable. The new warning labels with pictures of mouth and throat cancers -were to cover all kinds of tobacco packages, including imported cigarettes and chewing tobacco. Pictorial warnings significantly increase people's awareness of the harms of tobacco



use. It can persuade smokers to protect the health of non-smokers by smoking less inside the home and near children.

Ministry of Health & Family Welfare (MOHFW), in partnership with World Health Organisation (WHO) and the International Telecommunications Union (ITU), has started another innovative initiative by utilising mobile technology for tobacco cessation. WHO-ITU's 'Be Healthy Be Mobile' initiative aims to reach out to tobacco users of all categories who want to quit tobacco use and support them towards successful quitting through constant text messaging on mobile phones. The initiative is fully supported by the Government of India (GOI). GOI had also introduced toll free number (1800 11 2356 / 011-22901701) to help for quitting tobacco and help line 1800110456 for reporting of any COPTA violations.

As per notification issued by MOHFW, GOI dated 24th March, 2017; all tobacco products manufactured on or after 1st April 2017 shall display the second image of specified health warning in the packs. Any person engaged directly or indirectly in the

production, supply, import or distribution of cigarettes or any other tobacco products shall ensure that all tobacco product packages shall have specified health warnings as prescribed; and violation of this is a punishable offence with imprisonment or fine as prescribed in Section 20 of cigarettes and other tobacco products act, 2003. Printing the toll free number for quitting in the packages in noticeable size and colour would also have been excellent. Thus 85% graphic health warnings with pictorial depiction of variety of health consequences and devoid of logos, colours, or any other brand images in conjunction with plain packaging, and display of toll free number for quitting are expected to dissuade tobacco consumers to quit and save themselves from the devastating health, social, environmental and economic consequences of tobacco consumption. 

(The authors are Director Professor & Head Community Medicine, MAMC Delhi/Consultant Paediatrician Child Care Clinic and Associated with Apollo Hospital, Noida)

Need For Primary Ear Care Workers

In view of immense disease burden and scarce manpower, the existing ENT manpower is already overburdened. Therefore role of skill based primary ear-care worker becomes vital for delivering essential ear and hearing care services.

BY DR SUNEELA GARG / DEEKSHA KHURANA

In India, the estimated significant auditory impairment reaches up to 6.3% prevalence (moderate to severe hearing loss) out of the total population of 1.25 billion. It is important to note that nearly half of causes of hearing loss are preventable. Lack of awareness regarding importance of ear care is a major challenge in the country. People also have poor knowledge about the resources available for ear care. Myths and Misconceptions worsen the situation. In the Indian context, the common ear problems are ear wax (18.7%), Chronic suppurative Otitis media (5.4%), dry perforation of Tympanic Membrane (0.6%), Congenital deafness (0.2%) and age related hearing loss (10.5%).

Also, there is inadequate manpower in the country for addressing ear and hearing care issues. In India, the doctor population ratio is skewed with only 0.7 doctor /1000 population as against WHO's recommended ratio of one doctor per 1000 population. When it comes to ENT specialists, the situation worsens with there being only 6 ENT doctors per one million population.

In view of immense disease burden and scarce manpower, the existing ENT manpower is already overburdened. Therefore role of skill



based primary ear-care worker becomes vital for delivering essential ear and hearing care services. A skilled primary ear care worker can play a significant role right from early identification of people with hearing loss to awareness generation, screening of patients to making adequate referrals.

THE ROLE OF PRIMARY EAR CARE WORKER CAN BE SUMMARIZED UNDER:

- Promotion of ear and hearing health by creating awareness through community-based actions including;
- Promoting and teaching healthy ear and hearing habits;

- Identifying the need for and means of early detection of hearing loss;
- Recognizing signs of hearing loss in infants, children and adults;
- Creating awareness of avoidable causes of hearing loss and ear disease;
- Managing common ear diseases and referring complicated cases;
- Providing and maintaining hearing aids, cochlear implants and other listening and signaling devices;
- Offering support services for hearing aids users.

Carry out public health actions through promotion and implementation of immunization, maternal and perinatal health care, and child health care.

Protection against excessive noise and improve the acoustic environment.

Promotion and enable identification of hearing loss in infants, children and adults. Refer cases of suspected hearing loss for hearing tests and ear check-ups.

Advocacy for appropriate ear and hearing services, including otological and audiological services, at health centres and hospitals as close to the community as possible.

Promoting the use of hearing aids and provide support services explaining the benefits and limitations of these devices.





Informing children and adults with hearing loss, family members and the general public of available options for the inclusion and integration of people with hearing loss in the community.

Train all teachers in the community in aspects of primary ear and hearing care, the impact of hearing loss and provision of an effective learning environment for children with hearing loss.

Ensure that the families of children with hearing loss understand the local policies relating to the education of such children.

Educate teachers about the special

needs of students with hearing loss, including deaf students.

Create educational opportunities for children and students with hearing loss at preprimary, primary, secondary and higher levels of education.

Ensure the availability of non-formal and vocational training opportunities for people with hearing loss.


Develop and encourage training for speech and language development for persons with hearing loss.

Engage the local deaf community in the implementation of these activities.

Encourage and empower students

with hearing loss who are seeking to undertake higher studies.

Basic examination to screen and recognize patients with common ear diseases (wax, simple foreign body removal, discharging ear etc.) and counsel & refer patients requiring further medical/ surgical care.

Undertake teleotology project for screening patients using a handheld mobile device and transfer the images for diagnosis by ENT specialist. 

(The authors are from Department of Community Medicine, MAMC, Delhi)





Who's who of the Indian Healthcare?

Applauded by a cheering crowd, the jubilant winners of Double Helical State Health Awards 2017 received honour and recognition for their outstanding contributions. By organizing the state awards event, the magazine took the capital of Haryana, Punjab and Himachal Pradesh by storm.

BY AMRESH K TIWARY

A galaxy of eminent persons from medical and socio-political fields witnessed the glittering Awards ceremony in Chandigarh. This is the fourth time when the awards were conducted by the magazine after holding the 'Double Helical National Health Award 2016 and 2017 in New Delhi and State Health Awards 2016 for the Rajasthan chapter in Jaipur. The Chandigarh event was followed by similar gala events to be held in other states.

To acknowledge the extraordinary contribution of doctors, medical professionals and healthcare institutions hailing from the states of Haryana, Punjab and Himachal Pradesh, Double Helical, India's leading health magazine, announced the winners of 'Double Helical State Health Awards 2017' for Haryana, Punjab and Himachal Pradesh at

Hotel Taj Chandigarh on 6th of November, 2017.

Double Helical State Health Awards 2017, the definitive event of Indian healthcare industry, saw keen participation of a galaxy of eminent personalities from medical, socio-political fields. The glittering awards ceremony felicitated outstanding contributions made by doctors, healthcare providers and allied institutions serving the ailing humanity.

The ceremony was graced by Shri Manohar Lal Khattar, Chief Minister of Haryana as Chief Guest. The esteemed Guests of Honour for the night long definitive event of the Indian healthcare sector included Dr Jagat Ram, Director, PGI, Chandigarh; Dr Harmohan Dhawan, Ex-Civil Aviation Minister, Govt of India; and Shri S P Jain, Additional Solicitor-General of India and Ex-MP, Chandigarh. Other eminent persons







present on the occasion included Dr A K Aggarwal, Professor of Excellence, Maulana Azad Medical College; Dr Suneela Garg, HOD, Department of Community Medicine, Maulana Azad Medical College, New Delhi, Dr Neelam Mohan of Medanta Hospital and Dr R K Tuli, Excellence in Holistic Medicine. The evening began with the lighting of the lamp by the esteemed Chief Minister, and other dignitaries. It was followed by an immaculate award ceremony that honoured and felicitated doctors, hospitals and institutions for their dedicated services for the suffering humanity. The winners on the award night were extremely happy and joyous at the recognition of their efforts and hard work at such a prestigious level.

Haryana CM Shri Khattar delivered





an inspiring speech in which he praised the commitment and hard work of the medical community and talked about his government's efforts to augment healthcare facilities in the state. Other dignitaries and winners too addressed the gathering. In between the award proceedings, the audience was entertained with delightful cultural performances.

The awardees were chosen after a rigorous selection amongst the medical community of the three states. The different award categories acknowledged the efforts of the who's who of the Indian healthcare sector for their outstanding achievements in providing the best medical care with a healing touch.

The programme began with









lighting of the lamp by the Chief Guest and other eminent people. It was followed by a soulful rendition of National Song and Ganesh Vandana; inspiring speeches made by the Chief Guest, Guests of Honour, and stalwarts of the medical field, and presentation of awards to the deserving winners. In between the award proceedings, the audience was entertained with delightful cultural performances.

It was an immaculate award show that honoured and felicitated the healthcare community for their tireless efforts towards the realisation of Health for All. The winners on the awards night were extremely happy and joyous at the recognition of their efforts and hard work at such a prestigious level. The



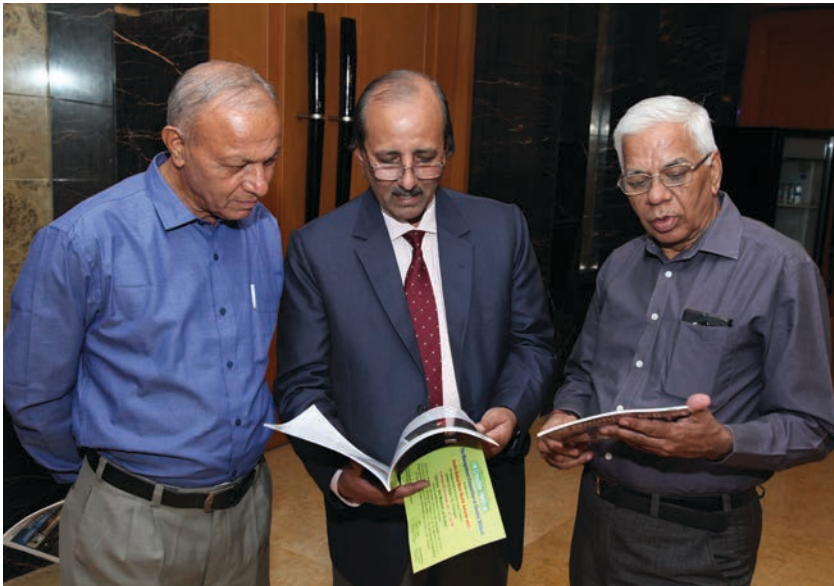


awardees were chosen after a rigorous selection amongst the medical community pan-India. The different award categories acknowledged the efforts of the flag-bearers of the Indian healthcare sector in providing the best medical care with a healing touch.

The awards aimed to take a look at the macro and micro factors, the current scenario and the way forward for the healthcare sector. Focused on the changing healthcare dynamics, especially the steps being taken to forge a brighter future for the sector, the event saw a galaxy of world famous doctors, top politicians, bureaucrats, social activists, industry officials, experts, top notch realty players and other stakeholders converge under a prestigious banner to hold deliberations over the significant healthcare issues.

Double Helical State Awards 2017 served as a testimony to the hard work of medical fraternity in developing the best healthcare and promoting state-of-the-art diagnostic and treatment facilities.

As Dr Gridhar Gyani, Director General, Healthcare Providers of India, rightly puts it: "The Double





Helical Healthcare Awards confer recognition on the healthcare players for their outstanding achievements. Through this continuing endeavour, we recognise and reward the best practices in the health sector. The Awards establish the deserving winners as epitome of excellence in the healthcare sphere. The magazine has made history by successfully organising three award ceremonies since 2016.”

Prior to the awards ceremony, the event had evoked a huge response with an increasing number of people logging on to the link www.doublehelicalawards.com to file their nominations.

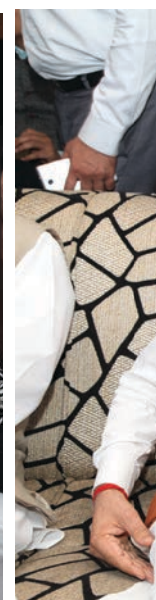
Says Dr A K Agarwal, Prof of Excellence & Ex-Dean, Maulana Azad Medical College, “Double Helical magazine has traversed a very long distance. The Awards are meant to provide a prestigious platform to recognise the contributions made by healthcare players towards the further growth of the profession. What we have basically attempted is to create benchmarks in breaking the conventional forms of award ceremonies and bestow the awardees with the recognition they would want to proudly disseminate through various platforms.”



The last edition of the Double Helical Healthcare Awards 2016 too was marked by participation of top doctors, healthcare professionals, medical experts and policy-makers, amongst others. The Double Helical Healthcare Awards 2017 emerged in a new avatar with newer, wide-ranging categories to identify and felicitate the meritorious healthcare players.

The awardees were chosen through a rigorous selection process presided over by a highly credible jury comprising experts and opinion leaders from the healthcare industry and other stakeholders to select winners across various categories. The eminent jury was headed by Dr K K Aggarwal as Chairman. The other jury members included Dr Gridhar Gyani, Director General, Healthcare Providers of India, Dr A K Agarwal, Prof of Excellence & Ex-Dean, Maulana Azad Medical College and Dr Suneela Garg, Director Prof and Head Community Medicine, Maulana Azad Medical College.

The event served as an appropriate recognition of the extraordinary contribution made by healthcare institutions and professionals in terms of quality, attention and patient satisfaction. A galaxy of stalwarts from healthcare sector and luminaries from various fields converged under a credible media









banner to be a part of the event.

The Awards acknowledge the efforts of the credible healthcare players in creating landmark medical institutions, developing infrastructure facilities and promoting state-of-the-art patient care facilities. With the passage of time, our magazine has become not only a renowned platform for recognising the best in the healthcare sector but it has also turned out to be a reliable guidepost and source of authentic medical news and views for readers.”



"It's my privilege to be a part of Double Helical State Health Awards to outstanding professionals who are advancing public health. The awards showcase the dedication and commitment of the people who work tirelessly to provide sustainable high quality health services for the people of country. The award winners I interacted with told me that the recognition gives a huge boost to their spirit to serve the patients. It really raises the morale of dedicated professionals and highlights examples of outstanding practice and innovation in the medical field."

S P Jain,
Additional Solicitor General of India and Ex MP, Chandigarh



"I am happy to receive the award for Excellence in Quality Healthcare. Over the years, I have seen Double Helical to become a credible platform to recognize and reward those who have come up with new ways to improve health outcomes, enhance patient experiences and improve the health and wellbeing of the people. The magazine is doing a great job in honouring individual doctors and institutions that are making significant contributions to patient care with a healing touch."

Dr Gurbir Singh,
Director, Fortis Hospital, Mohali Punjab



“Against the backdrop of the rapid advances in knowledge, we need to recognise and honour innovation and best practices in the Indian health and wellness industry. The Double Helical award recipients are medical champions whose outstanding efforts are fulfilling the goals, values, and mission of inclusive healthcare. The Awards recognise, celebrate and promote the finest achievements in the medical field. Since 2016, the Awards have grown to become the most-sought-after event in healthcare sector. I am happy that the magazine honours the healthcare professionals and institutions that have genuinely made a difference to people’s lives.”

Dr Harmohan Dhawan,
Ex Union Civil Aviation Minister, Govt of India



“I am happy to be a part of Double Helical Health Awards, a prestigious event which recognises outstanding initiatives to transform the country’s healthcare ecosystem. I have found it to be a great way to celebrate innovation and excellence, and promote the best practices in India’s growing healthcare industry. I am happy to give away the awards that recognise the extraordinary work of the people on the frontline of healthcare services. The award categories reflect the amazing diversity of talent available in the medical field.”

Dr Jagat Ram,
Director, PGI, Chandigarh

List of awardees of State Health Awards 2017

JURY MEMBERS		
1	Dr A K Agarwal	Eminent Jury
2	Dr Gridhar Gyani	Eminent Jury
3	Dr Suneela Garg	Eminent Jury
4	Dr R K Tuli	Best Practice in Holistic Medicine
5	Dr Neelam Mohan	Excellence in Hepatology & Liver Transplantation
6	Dr S P Yadav	Best Urologist
7	Dr Harmohan Dhawan	Best Practice in Naturopathy

Name		Category of Award
1	Dr Anil Kayastha	Best Practice Urology
2	Dr Arun Kumar Chopra	Best Service in Cardiology
3	Dr Ramesh Kumar Sen	Excellent in Orthopedics
4	Dr Poonam Garg	Best Obstetrics and Gynaecologist
5	Dr B S Johal	Best General Surgeon
6	Dr Gurdip Singh	Excellent in General Surgery
7	Dr Manoj Kumar Sobti	Best Neurosurgeon
8	Dr Meenakshi Sauhta	Excellence in Obstetrics and Gynaecology
9	Dr Arvind Das	Best Practice in Cardiology
10	Dr Rajiv Dang	Best Doctor of Internal Medicine
11	Dr Babita Jasjit Jain	Best Paediatrician
12	Dr Ashok Bhardwaj	Best in Respective Field
13	Dr J S Thakur	Best in Public Health Service
14	Dr S K Nanda	Best Physician
15	Dr Abraham G Thomos	Best in Respective Field

	Name	Category of Award
16	Dr Baljeet Kaur	Best in Respective Field
17	Dr O P Kalra	Best in Respective Field
18	Dr Raj Bahadur	Best in Respective Field
19	Dr K K Talwar	Best in Respective Field
20	Dr Arjun Das	Best in Respective Field
21	Dr Anarjeet Singh	Best in Respective Field
22	Dr Jagat Ram	Excellence in development in the field of Cataract in Adult and Children

	Hospitals	Category of Award
1	Fortis Hospital Mohali, Punjab	Best Hospital for Quality Care
2	Fortis Hospital Amritsar, Punjab	Best Hospital in Excellence Service
3	IVY Hospital, Mohali, Punjab	Best Hospital in Respective Field
4	Chaitanya Hospita, Chandigarh	Best Hospital in Respective Field
5	Brar Eye Hospital, Kotkapura, Punjab	Best Eye Hospital Quality Care
6	Paras Hospital, Gurgaon	Best Hospital for Multi Quality
7	Escorts Hospital and Research Centre, Faridabad	Best Heart hospital
8	Artemis Health Institute, Gurgaon	Best Hospital Quality Treatment
9	Max Hospital, Gurgaon	Best Multispecialty Hospital
10	Columbia Asia Hospital, Gurgaon	Best Accredited Hospital
11	Medanta Hospital, Gurgaon	Best Superspeciality Hospital
12	Asian Institute of Medical Science, Faridabad	Best Institute
13	Fortis Hospital, Kangra, HP	Best Super Quality Hospital
14	Action Cancer Hospital, New Delhi	Best Cancer Hospital, North India

Awardees Developers

1. **Tybro's Infratech pvt Ltd:** Best Luxury Resort Developer
2. **TDI Infratech:** Best Township and Commercial Property Developer
3. **Vipul Group:** Best Luxury Property Developer
4. **Antriksh India:** Best Golf Themed Home developer
5. **Exotica Housing:** Best Quality Maintain Developer

Profiles of Winners of **Double Helical National Health Awards 2017**

PROFILES



**Prof Jagat Ram:
Director PGIMER,
Chandigarh**

Dr Jagat Ram is Director and Professor of Ophthalmology at the Post Graduate Institute of Medical Education and Research, Chandigarh. Born in a small village of remote backward area in Himachal Pradesh, he has risen to play a major role in placing the Department of Ophthalmology at PGIMER as a Center of Excellence on the National and Global Map. From very humble beginnings Prof Ram has become international figure as a leading Academic Ophthalmologist and recognizing his significant contribution in patient care and community service, he has been chosen and given challenging task as Director of prestigious medical institute of the country PGIMER Chandigarh.

Prof. Ram has provided compassionate patient care for adults and children suffering from cataract over a period of over 38 years at PGIMER, Chandigarh. The most celebrated aspect of his work belongs to the field of Paediatric

Cataract Surgery. Prof Ram has made outstanding contributions by helping several thousands of children suffering from congenital cataract from their infancy or childhood in restoring vision with state of the art surgical techniques with intraocular lens implantation. Prof Ram has contributed significantly in patient care throughout his illustrative career spanning over close to four decades in restoring the vision by modern surgical technique in approximately over 82,000 patients suffering from visual impairment due to cataract. Imbued with a missionary zeal he has constantly offered his services in over 135 Eye Relief Services in the rural areas of neighboring states of Punjab, Haryana and Himachal Pradesh. Prof. Ram is regular participant at the Rural Camps at Beas Amritsar where extremely poor and deprived individuals are provided with high quality care. He was selected by the Government of India for two years assignment with the Republic of Seychelles as Consultant Ophthalmologist from 2003 to 2005 where he was

successful in eliminating the backlog of cataract blindness.

He has been instrumental in replacing the older surgical techniques such as intracapsular and extracapsular surgery to ultramodern technique of phacoemulsification with IOL implantation and introduced Femtosecond Laser Assisted Cataract Surgery.

He is recipient of over 30 awards at the International, national and state level including most prestigious International Award named as the Best of the Best Award for Innovation in New Surgical Technique for children with cataract and congenital defects at American Society Cataract and Refractive Society Conference held at San Francisco USA in 2013 and he was again awarded Best of the Best Award at New Orleans USA in 2016. Prof. Ram was felicitated while India National Anthem was played in a televised function. He was awarded Oscar of Pediatric Ophthalmology at the World Congress of Pediatric Ophthalmology and Strabismus at Barcelona in 2015. This achievement was



recognized by a number of world leaders in ophthalmology as a tribute to our great nation.

Prof Ram focused in providing training and mentoring over 250 postgraduate students and ophthalmologists deputed from all over the country and abroad with the most modern surgical technique of phacoemulsification. Prof. Ram has delivered over 410 lectures on pediatric and adult cataract in the national and international conferences. As a researcher he contributed over 300 publications in the National and International Journals including prestigious New England Journal

of Medicine and Lancet. Prof Ram was the only invitee from Asia Pacific region for a special issue on Elimination of Cataract Blindness by Survey of Ophthalmology, which is a unique International honor. Dr Jagat Ram has completed 40 research projects funded by PGI, Government of India and International Collaboration. He is on the Editorial Board of Indian Journal Ophthalmology and as a reviewer for several major International Scientific Journals.

After assuming the charge as Director of the Institute, Prof. Jagat Ram has initiated the work on the three major

projects after approval by the Government of India namely Mother Child Care Centre and Neurosciences Centre at PGI, Chandigarh and setting up the Satellite Centre at Una in Himachal Pradesh. Upgrading these facilities will greatly benefit the patients coming from the neighboring states. He is instrumental in negotiations to significantly bring down the cost of orthopedic implants and cardiac stents within affordable range for common patient. He has also succeeded in channelizing the working of the overcrowded Emergency by close supervision and prompt management by doctors and staff, which has helped in reducing patient's number and hospital stay.

Indian medical community has recognized him as a finest ophthalmic surgeon and a clinician par excellence who provides quality care to every member of all sections of the society. His exceptional surgical qualities and skill have changed lives of several thousands patients especially those belonging to the poor and deprived classes. He is a Role Model for the medical students and faculty alike.



Dr. Neelam Mohan

is a Director - Department of Pediatric Gastroenterology, Hepatology & Liver Transplantation. Medanta – The Medicity Hospital, Sector – 38 Gurgaon (Haryana)

She is also President of CAPGAN (Commonwealth Association of Pediatric Gastroenterology & Nutrition). She also holds charge of IMA National Coordinator

of Hepatitis B and C Control Program with experience of Founder Secretary, Indian Society of Pediatric Gastroenterology, Hepatology and Nutrition



Dr. Atam Parkash Setia.

M.S. (General Surgery), 1983, Medical college, Rohtak M.B.B.S. 1979, Medical College, Rohtak

Presently he is State President IMA Haryana 2017 and have been instrumental in getting The Haryana Clinical Establishment Act 2014 amended. Nearly 46 plus amendments have been

approved and are under process for notification. He is Self-employed General Surgeon, for nearly three decades at Hisar, Haryana. Achievements: BEST Medico -Social Worker MEDAL /Award of Medical

College, Rohtak 1978. Biography published in Asia-Pacific Who is Who 2007, Member District Juvenile Justice Board and District Social Welfare Board Hisar 1994 to 1996 under Government of Haryana.



Dr. Raj Bahadur

is one of the most distinguished and recognized practitioners in the orthopaedics discipline of medicine. The doctor deals with the problems related to the musculoskeletal system which is concerned with the correction of spinal and bony deformities in children as well as adults. The doctor, with his experience in the field, has been practicing for a substantial number of years. Having received

specialized training from several eminent national and international medical centres, the doctor owns immense credibility.

An orthopaedic consultant, Dr. Raj Bahadur has been practicing since a while. The doctor is also a stem cell transplant surgeon who has acquired training in orthopaedic surgery and stem cell transplantation from some of the most prominent institutes. In addition to being known as one of the most recognized stem cell

therapy doctors that the country has, also performed an extensive number of knee replacement surgeries. The doctor is also known for conducting physiotherapy sessions that constitute an important part of any orthopaedic procedure as it helps in restoring the movement of the concerned body part. The doctor is known to study the case carefully and take into account even the minutest detail followed by offering the apt course of treatment for best results



Dr Kewal Kishan Talwar

is an Indian cardiologist, medical academic and writer, and a former chairman of the Medical Council of India. He is a former director of the Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh and is reported to have performed the first implantation of Implantable cardioverter-defibrillator (ICD) therapy in South Asia. He is also credited with the introduction of Cardiac Resynchronization Therapy

in India. He is a recipient of several honors including B. C. Roy Award, the highest Indian award in the medical category. The Government of India awarded him the third highest civilian honour of the Padma Bhushan, in 2006, for his contributions to medicine.

Dr Talwar is associated with several government initiatives and is a member of Punjab Governance Reforms Commission (PGRC) and its Task Group on Health and Medical Education. He is a former

chairman of the Medical Council of India[8] and the incumbent chair of the Board of Governors of the National Institute of Technical Teachers' Training and Research, Chandigarh (NITTTR). He also chairs the Board of Governors of the Indian Institute of Science Education and Research, Mohali (IISER) and is an adviser to the Government of Punjab on Health and Medical Education as well as a Visitor Nominee to Banaras Hindu University.

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Dr. Ravinder K. Tuli

is the global pioneer in spearheading the clinical concept of Holistic Medicine and the founder of Society for Holistic Advancement of Medicine “SOHAM”. He was invited to establish the world’s first-ever Department of Holistic Medicine at the state-of-the-art multispeciality tertiary care Indraprastha Apollo Hospitals, New Delhi in year 1996.

“SOHAM” is dedicated to promotion of positive health and total wellness, body-mind-spirit, by optimum integration of the ‘science’ of modern medicine with the ‘art’ of various officially recognised traditional systems of health, as far as possible by drug-free, natural and

harmless, but highly efficient means for the cure of conventionally incurable ailments.

Holistic Medicine integrates the Western, Chinese and Indian philosophies on health care and complements all the systems and specialities of medicine at all the levels of health to achieve positive health and wellness; it improves the final outcome of every sickness; adds ‘life to the years’ of each individual, and even help in cure of a majority of conventionally incurable diseases.

He received post-graduate training in Aerospace Medicine at Institute of Aerospace Medicine; Sports Medicine at National Institute of Sports; and Internal

Medicine at Army Hospital (R&R). After a distinguished career in IAF in various capacities he was granted pre-mature retirement in 1981.

In his pursuit of excellence in medical care beyond modern medicine, and without the use of any drugs, he visited various leading institutions in People’s Republic of China to acquire a high level of proficiency in Acupuncture. He qualified to be an Instructor in Ashtanga Yoga, Naturopathy and Panchakarma, Reiki Grand Master, Arhatic Pranic Healer, a Counselor-Hypnotherapist, a Nutrition and Life Style Expert. He has worked with and studied in detail the techniques of Dr. Deepak Chopra and Dr. Dean Ornish.

Dr. Harmohan Dhawan

He runs Dhawan's Nature Cure (a not for profit organization) after 8 years of extensive research & trials have successfully treated hundreds of diabetic patients who were on insulin therapy along with oral medication. High dosage insulin has side effects. Insulin results in weight gain & excess weight requires more insulin. So more weight requires more insulin which results in further increase of weight. The patient is trapped in this vicious circle of excess weight and insulin. Besides the increase in the body weight, the insulin hardens the arteries. It has been observed that 80% of the diabetic patients who are on insulin therapy die of heart attack.

Depending upon the metabolism of the patients, we took them off insulin within 3-20 days and all oral medications within six months. All of them are leading a happy healthy life now. While treating the patients we adopt a three pronged strategy of a micronutrient rich diet, herbal food supplements & exercise. Our



body needs energy at regular intervals and we must eat six meals of small portion in the whole day. We design the menu of individual patient specifying what, when & how much to eat. We recommend the foods that are the richest in nutrients and low in calories. We lay emphasis in lots of raw vegetables (salads) cooked green vegetables

& soups. Eat as much as you like. Fruits, Nuts, seeds and pulses are the healthy foods which are an important part of the Dhawans eating plan that meets all the nutritional requirement of the body. To achieve quick results, we advise patients to avoid animal products all processed, refined foods and minimal of cooking.



Dr J S Thakur

He is Professor of Community Medicine, School of Public Health, PGIMER, Chandigarh, India

He provides technical support, collaborating with the national authorities in health sector, identifying priority areas for collaborative work, design, review, developing, managing, supervising and monitoring WHO-GOI technical collaborative programmes in Non Communicable Disease cluster.

He provided valid information, technical support and assistance to WHO and Ministry of Health

& Family Welfare (MOHFW), Government of India (GOI) in the area of Non Communicable Diseases (NCDs) areas, with focus on strengthening Health Policy & Delivery and development of new NCD related programmes.

He involved in formulation of work plans for WHO-GOI collaborative programmes using the Results Based Management Framework, technically reviewing and developing detailed proposals for timely implementation of planned activities in NDS cluster.

Engaged in identifying centres of excellence in NDS cluster and assisting the WHO Representative

in technical and financial management, manpower planning, policy analysis in designing and managing WHO supported collaborative programmes.

Select Key Initiatives

Led along with the MOHFW, the initiation of National Programme for Prevention and Control of Cancer, Diabetes, CVDs and Stroke (NPCDCS), National Programme for Health Care of Elderly (NPHCE) for India. India is the first country in SEAR to launch integrated NCD programme in 2010 which was also the outcome of a concept paper shared with National Programme managers.



Dr Gurbir Singh & Dr Ramesh K Sen

Regional Medical Director (North and East) at Fortis Hospital Mohali

Has been honoured with the Double Helical State Health Awards 2017 for Haryana, Punjab and Himachal Pradesh Chapter. He has been awarded for his exemplary contribution in healthcare administration. After a career spanning approximately 28 years in the Air Force, he began his journey with Fortis Healthcare in

2003 as a medical administrator. His initiatives to put to efficient use available health services and facilities have been recognized across the region.

Dr Ramesh K Sen, Director of Orthopedics and Joint Replacement at Fortis Hospital Mohali is one of the four international AO pelvic experts in the World in this field

and represents Asian continent in pelvic group meetings. Dr Sen was presented the award for his contribution in developing technologies in saving hips in such patients. He has been training ortho surgeons from across the country. Even surgeons from other countries have visited him and learnt the surgical techniques of managing difficult hip fractures.

Better Than **Anywhere Else**

India launched a very important ORGAN DONATION and TRANSPLANT programme on national level under the aegis of the National Organ and Tissue Transplant Organization (NOTTO) of the Ministry of Health & Family Welfare, Government of India.....

BY DR R K TULI







The importance of this programme is based on the medical belief that organ transplant is essentially the only treatment for end stage failure of kidney, liver and heart, or tissue replacement in case of cornea and heart valves damage, etc. Each organ transplant requires either donation by a blood related donor or a tissue matching cadaver. There is a serious shortage on both of these counts worldwide. After an aggressive national campaign for one year we could record a mere 700 cadaver donations in last one year!

Kidney transplantation is by far the most frequently carried out organ transplant globally. NOTTO estimates the need for 250,000 Kidney; besides 100,000 Cornea; 80,000 Liver and 50,000 Heart transplants, respectively, in the country every year. The possibility to meet this requirement in near future appears highly insurmountable if we observe the global history of organ and tissue

transplantation over the past 25 years. Its success lies on the underlying dictum, "If we are prepared to receive a transplant should we need one, then we should be ready to give."

LIMITATIONS OF AVAILABLE TECHNOLOGY:

The ground reality is very different if we are to learn from the National Programme for Control of Blindness launched since 1976, which deals with much easier, simpler, cheaper and easily reversible 'Errors of Refraction' correctable by providing mere glasses; and 'Cataract' in which vision can be restored by a simple five minute surgery at a very small cost. But, unfortunately, the number of blind persons in India has increased from 12 million 10 years ago, to currently over 18 million - showing an increase of 50% more in just the last decade.

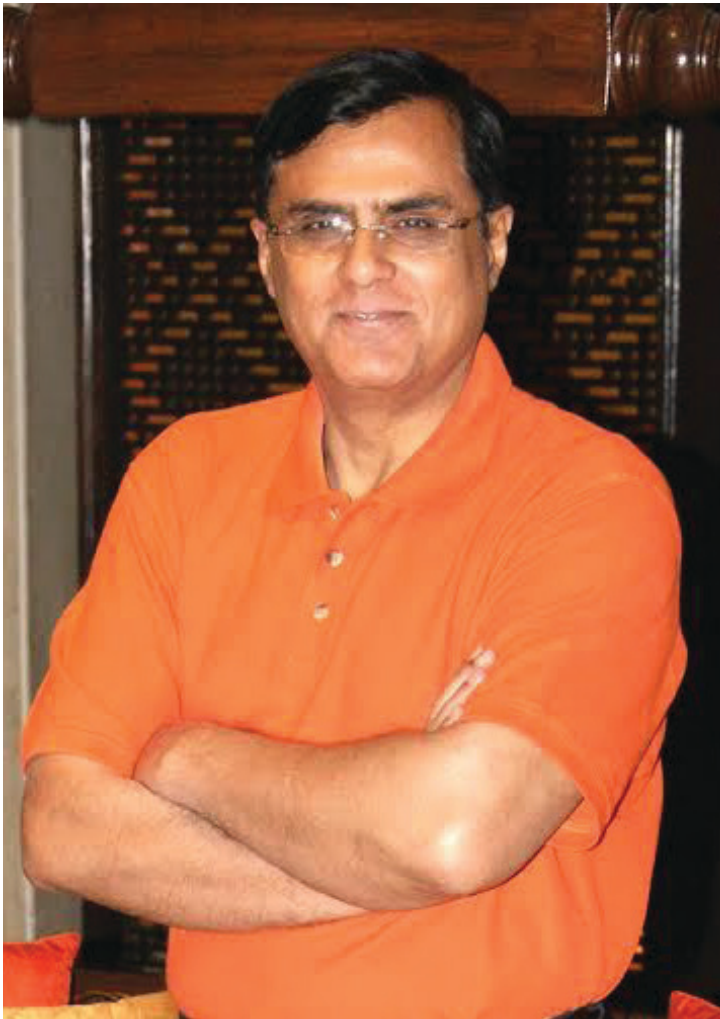
On 'Cornea Transplant', the largest eye bank in Asia at LV Prasad Eye Institute of Hyderabad's International Eye Bank leads the record in whole world to have achieved in past 25

years to harvest over 36,000 donor corneas, and transplanted a mere 20,000 of them to needy patients.

The projected need of 250,000 kidney transplants every year appears utopian when the Indian transplant registry reveals the total number of such transplants carried out in our country in last 25 years (1991 to 2015) is just 20,952. The maximum number of kidney transplants carried out in the whole country was about 3000 last year. No current figures are available on actual number of liver or heart transplants, etc., from the registry.

Even in the USA, where 800,000 people suffer from NYHA Class IV advance heart failure, only 2000 transplants could be conducted in the whole country last year, which is out of the figure of 3500 heart transplants carried out in the whole world.

We should take appropriate stock of limitations of the scope of any such programme based exclusively on sophisticated modern surgery and medical care, and also for simple lack



The NOTTO dream of '**ORGAN TRANSPLANT For ALL**' should concurrently explore to complement the potential of simple, drug-free, easily accessible and affordable model of Holistic MediCare 'like solar power to existing energy network in the country' that promises highly reproducible reversal of organ damage.
DR. R. K TULI

of its accessibility, availability and affordability. We have to seriously think and plan right at this stage to overcome challenges of this very important national organ and tissue transplant campaign. At this stage, in comparison, we appear to be more realistic in our aspiration to reach the mars, even though at the expense of hunger, backwardness, illiteracy and poor health of the people in our country.

OBJECTIVE: Our objective is to explore simple, accessible, affordable, at the same time easily reproducible lessons learnt from 'EUREKA' stories of a few which inspire us to explore further so that we can complement the National Organ and Tissue Transplant





Organisation (NOTTO) vital project to save lives of those suffering from irreversible organ damage and, also, overcome its inherent shortcomings. These stories teach us that the need for organs transplant can be minimised by successful reversal of damage of various organs by an optimum synergy of drug-free modalities of recognised systems of health, termed Holistic Medicine, and go a long way to achieve 'Health For All' in the country. The greatest advantage is that this therapy does not involve any donor, or the sophisticated surgical technology and expensive medication available only to the exclusive at a few institutions in the country.

EUREKA-1

Dr. Deepak Chandra is a 1964 batch alumnus of Armed Forces Medical College, Pune. He is a very popular

Family Physician in Kanpur. His Clinic was shut down for three years during his sickness, but it bounced back to its old glory as soon as he resumed work in year 1998, after regaining his health. He continues to enjoy drug-free wellness to live life fully nearly 20 years after recovery. His status of health, today, is certainly a record better than any Liver Transplant recipient anywhere in the world!

CELEBRATING his 70th Birthday with the Blessed Family recently

Dr. Deepak Chandra of Kanpur writes, "I've been given a SECOND LIFE by Holistic Medicine therapy! In the year 1997, I had slipped into Hepatic Coma & Total Renal Shut Down following Chronic Progressive Multi-Virus Hepatitis. The attending specialists at AIIMS gave up on me and I was discharged from the ICU! At this critical stage my family sought the

services of the renowned Holistic Medicine Physician Dr. R.K. Tuli. Due to his sincere and vigorous support I gradually improved in my health and finally regained normal kidney and liver functions. What's amazing is that the universally incurable Hepatitis 'B' & 'C' antigens and the entire virus load got eliminated from my body. At the end of one year of Holistic Medicine therapy, my health had bounced back to be better than in previous ten years. I was able to resume my medical practice which was shut down due to my sickness. I have maintained good health ever since, and I find myself fully healthy. Also, all my medical parameters including virus-free status have continuously maintained within normal limits ever since."

EUREKA-2

Manoj Sohi from Haridwar District



endorses, “I had been suffering from uncontrolled blood pressure leading to kidney problem (HTN + CKD – ESRD + Renal Lithiasis + Anemia) with poor health, from last one year. The doctors told me for Dialysis and advised Kidney Transplant in Sir Ganga Ram Hospital. But, since I came to Dr. Tuli, it was a great experience. My mental, physical and emotional health started improving immediately, the blood pressure was controlled, and by 3-4 months of treatment at this “SOHAM” Clinic, my water retention is all gone, my hemoglobin has improved from 7.2 to 12.0 gms%, as the kidney functions have improved a



lot. I feel proud to share that my total health has improved from a grade of 2/10 to 10/10, now. Dr. Tuli is a God for me.”

EUREKA - 3

Colonel B. K. Chathli joined 31st Course of Indian Military Academy in the year 1963, and was Commissioned into the premium GORKHA RIFLES. He rendered exemplary service in both the 1965 & 1971 wars, and always volunteered to serve upfront in the most challenging terrains throughout his career to earn highest accolades and respect from all. Having recovered his health fully, at the age of 73 years,

he continues to serve the society with equal zeal in various capacities.

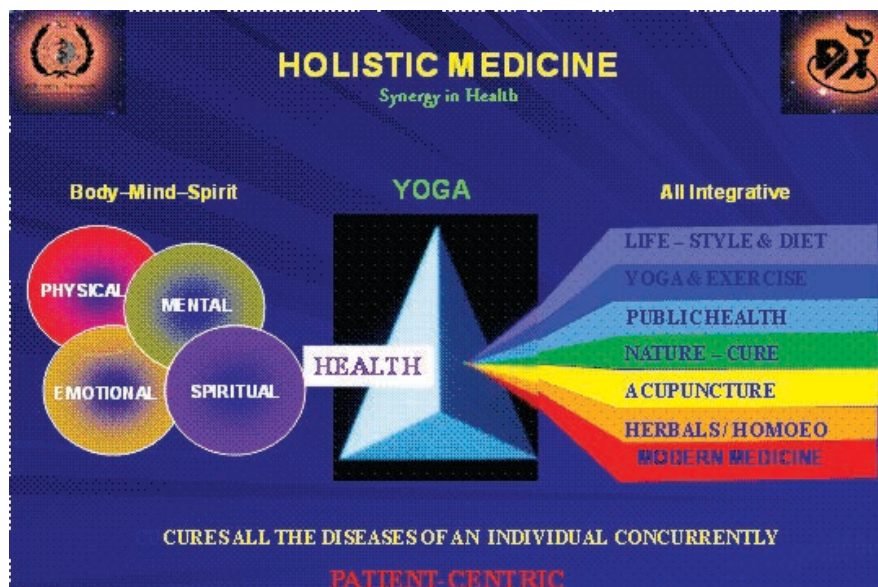
COLONEL BALDEV KRISHAN CHATHLI AT THE PEAK OF HIS GLORY

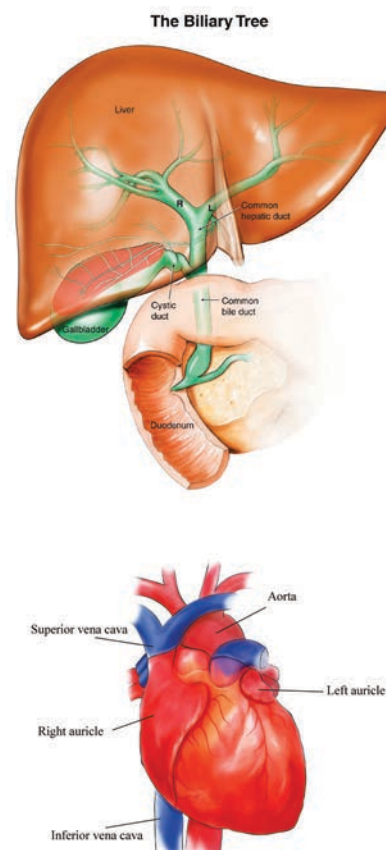
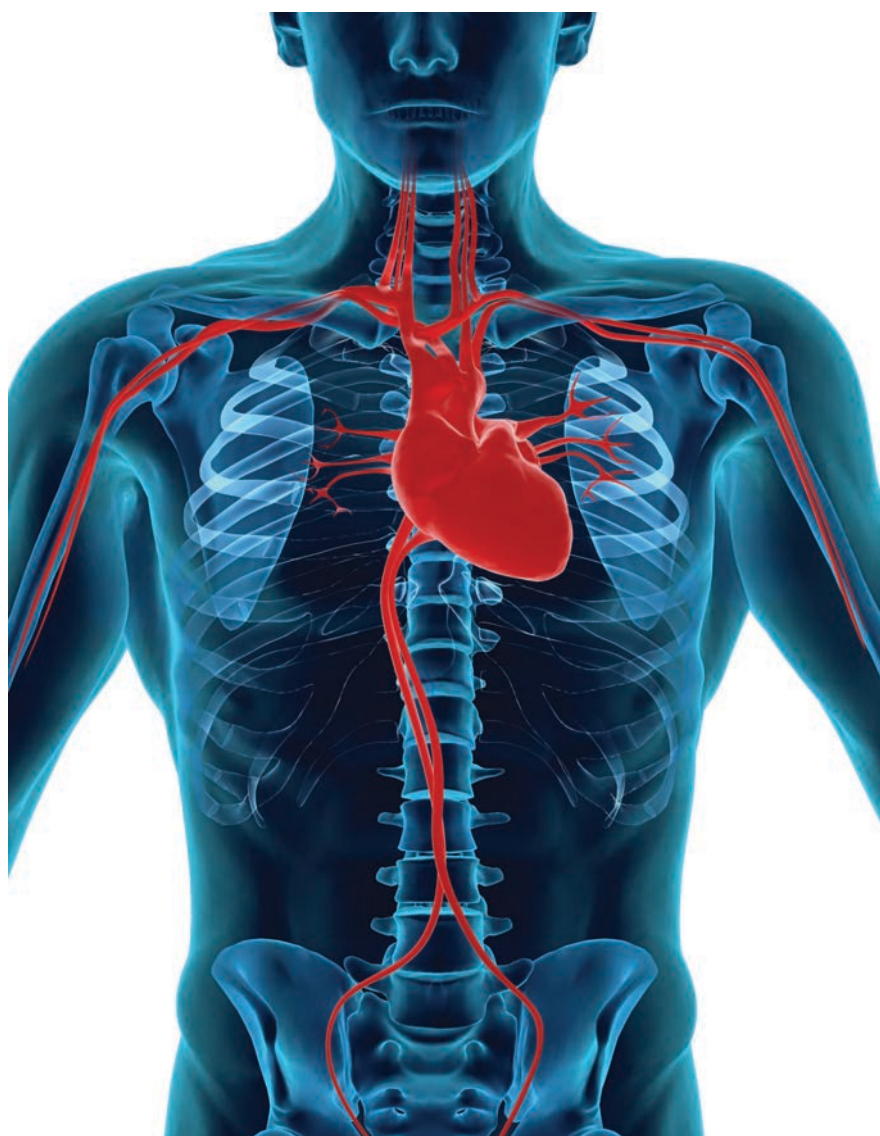
The decorated veteran Colonel B.K. Chathli of Greater NOIDA likes to share, “In the year 2004, I was diagnosed to suffer from Ch. Renal Failure-ESRD. In 2005, I was started on dialysis three times in a week. Doctors told my daughter that I need Kidney Transplant. But, her boss Ms. Prema Sagar recommended that I consult Dr. Tuli at the “SOHAM” clinic. With great suspicion and reservation, making sure that the holistic therapy in no way interfered with my ongoing medical treatment, I started it here. Today, 11 years later and at the age of 76 years, as I visit this clinic for my wife’s treatment, I feel proud in writing that with his ‘HEALING TOUCH’ I had got fully CURED in nearly four months. Annual medical check-up confirm that both my kidneys have remained fully functional, and I’ve lived my life fully ever since. I pray to God for Dr. Tuli’s greater success to cure all others like me.”

Dr. Tuli highlights that it’s a highly reproducible phenomenon, as elucidated and endorsed by other beneficiaries of this therapy, thus qualifying need for its scientific validation. The management of each patient has been much simpler, easier, healthier, at a fraction of cost, and displays certainly far superior and lasting results restoring highest ‘quality of life’ compared to progressive morbidity and eventual mortality in conventional medical man

WHAT’S HOLISTIC MEDICINE:

Holistic Medicine is the wholesome approach to Health where each individual is treated as a whole ‘Body, Mind & Spirit’ by a synergy of the evidence based ‘science’ of modern medicine with the complementary and highly reproducible time honoured ‘art’ of drug-free modalities of the various officially recognised alternate





or traditional systems of health to restore the disturbed 'internal milieu' of the individual to initiate one's own natural inherent healing that leads to elimination of all sickness and to restore positive health and total wellness.


Holistic Medicine = Modern Medicine + Alternate* Medicine (Alternate* = Traditional Indian, Chinese & New Age Medicine)

[Conservative Medicine + Life-Style & Stress Management + Ashtanga Yoga + Acupuncture-Reflexology + Reiki-Pranic Healing-Chakra Balancing + Panchakarma-Detoxification + Counseling-Hypnotherapy- PLRT + Regenerative Medicine]

CONCLUSION: Let's be closer to ground reality and prepare better in projecting this huge and very noble programme, lest it meet the fate of WHO-UNICEF sponsored global programme "Health For All By 2000 A.D."

Dr. R. K. Tuli, the specialist in Holistic Medicine and a global pioneer in promoting this all inclusive and comprehensive approach to health states, "If we were to learn a lesson and be wise, we should concurrently expand our vision and be guided by our National Health Policy as well as the Prime Minister's SKILL INDIA programme, to complement conventional medical care with the

easily accessible simple potential of the all inclusive integrated, non-conflicting drug-free modalities of recognised traditional or complementary alternate systems of health, termed Holistic Medicine."

Dr. Tuli concludes, "It's been found to be very efficient to arrest and help in reversal of the damage to sick organs even in end-stage organ disease. Therefore, we must tap its potential for reversal, restoration and rejuvenation of sick persons. It can significantly reduce the gap in need of essential transplants. We may have limited example of its scope at this stage, but it has the potential of a "eureka" possibility through large scale scientific studies to make a unique global beginning to ensure "HEALTH FOR ALL." 

(The author is Visiting Professor: Indira Gandhi Technological And Medical Sciences University And Chief Consultant Holistic Medicine "SOHAM" clinic, New Delhi)

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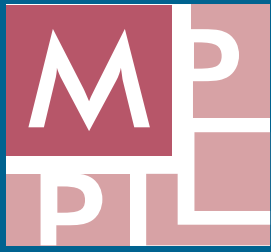
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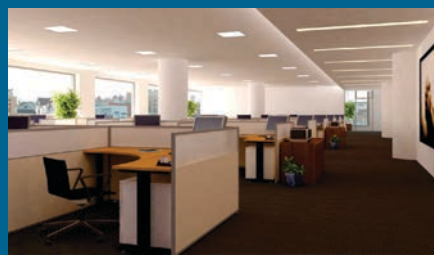
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