



ACTION TIMES



CHILDHOOD OBESITY

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When the mid-nite bell rings tonight...

Let it signify new and better things for you, let it signify a realisation of all things you wish for,

Let it signify a year of courage and beliefes,

Wishing you a very...very prosperous 2015



Lala Mange Ram Agarwal



2nd Action Neonatal CME







Department of Pediatrics, Sri Balaji Action Medical Institute Organised the 2nd Action Neonatal CME on 21st Dec 2014 at SBAMI. The theme was neonatal care so as to give the audience a clear approach for day to day management on topics likes BPD, PPHN, PDA, Neonatal hemodynamics and inborn errors of metabolism. Dr. Ashish Sahani, Convenor of CME informed a highly successful panel discussion on problems peculiar to late preterm & early term babies was held. The panel discussion was very interactive and successful. Faculty included Prof. Samir Gupta from United Kingdom, Prof. Ramesh Agrawal from AIIMS, Dr.

Ashish Jain from MAMC, Dr. Vidya Gupta from Apollo Hospital, Dr.Raghuram Malliah, Chief of Neontnalogy at Fortis La-Femme Hospital, Dr. Sunita Bijarnia from Genetics division, SGRH and faculty members from SBAMI. Dr. Virender Kumar, Organising secretary for the CME said that CME was huge success in total 135 doctors from places as far as mumbai, bareilly, ludhiana attended and benefitted from CME. CME also made foundation for future linkage for nurses training under exchange programme with UK.

Christmas Celebrations

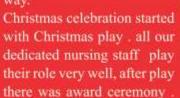


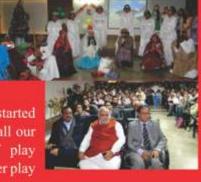
The lamp lightening and oath taking ceremony for the 3rd batch of GNM Nursing students of Ginnidevi Action school of nursing was held on 19 December 2014 at conference hall, Sri Balaji

Action Medical Institute .29 Nursing student took oath and lighten the lamp.

The oath taking ceremony started at 3pm with welcome address by Ms. Shivangi, SNA advisor, Ginnidevi Action school of Nursing. The lighting of the lamp by Dignitaries was followed by Saraswati Vandana by GNM 3RD year nursing students. The chief Guest for the function was Mr. Raj Kumar Gupta ,President , Action Group. The dignitaries present were Dr.Deepika Singhal , Board Member, Mr. RC Chharia Ji, Board Member, Dr. D.P Saraswat-CEO, Dr.Pinky Yadav-MS, Dr. Vikas , Additional MS, ACH, Ms. Caroline, NS, SBAMI.After lamp lighting ceremony, the students received the oath from Mrs. K.K Vohra , Principal , Ginnidevi Action School of Nursing. Lamp lighting ceremony followed by the Christmas celebration. Christmas celebration remind

us of our school days, reciting various rhymes like "jingle bells, jingle bells...jingle all the way."





They were awarded for best nurse in the December and award given to best student ,who stood first in the class. The attraction of the party was Santa, who was giving sweet to everyone and dancing around to have fun. And in the last dance performance give by GNM students. After the Christmas celebration , birthday celebration where in all the Doctors's and employes of both ACH & SBAMI came together to give their best wishes and enjoy along with all those who share their birthday in the month of December. Last but not the least , Ms. Krishna Bhatt, NS, Action Cancer Hospital, Proposed the vote of thanks. The program came to end with cup of Tea



CHILDHOOD OBESITY



Dr. Lalit Mohan Kaushik Pediatric Obesity Speciality

Childhood obesity is on the rise; 1 in 4 kids in prosperous families is obese and this is quite alarming as the figures are same in americas population; so the prevelance of childhood obesity is simiar in america and

the prosperous families in delhi and most metros.

Obesity can have long lasting health effects on the child, it increases the cardiovascular risk, heavier kids have 20% chances of developing high blood

Junk food contains lots of calories but has little nutritional value. CALORIE COUNTER Pizza slice 200-300 Stuffed 400 crust pizza: Bread palsona: 156-200 Aloo Tikki: 200 Chips: 200 Sugary sodas: 110 Vegetable burger: 300 Chicken burger: 400 Priess 420 McDonaln's large portion HEALTHY SNACKING Fresh uncut fruit Fruit / boiled potato chaat Vegetable / paneer chapprefer food on the go.

pressure as they grow older and still higher risk of heart disease.60-70% kids in the age group of 7 to 17 yrs have on or the other risk factor for heart disease like high BP,HIGH cholestrol.

Likewise obese adolescents have higher incidence of diabetes and prediabetes.

In addition childern and adolescents who are overweigt and obese carry higher risk for bone and joint diseases like osteoarthritis-- more weight burdens their joints; higher incidence of obstructive sleep apnea:evident by poor sleep span, snoring, and dullness during days; as well as a poor self esteem.more than 2/3rd children will develop into obese adults and they will

have higher risks of diabetes, osteoarthritis and various cancers and stroke.

Children are doing less physical activity, and eating more processed foods, we indians are THIN OBESE-----we are thin as our body weight is less than american or european but even for that weight we carry more fat per kilogram - this make us more prone to develop heart disease and diabetes; and cholestrol deposits in children start as early as 11 years of age.

This is 4 yr old child having early acanthosis at neck, it is a seen in obesity and insulin resistance. So the right time to intervene is early . multi prong approach is required.dietry changes like slow carbs are foods .5210approach=5 servings of fruits, 2 hr screen time, 1 hr play and no sugarated beverage works well.

In the end i would like to emphasize that we can not change our childs genetics but surely we can alter their diet and the environment ,stabilising a childs weight can only be achived by family participation,involving schools and increasing social and medical awareness of pediatric obesity among medical professionals.the first step in correcting a problem is recognising it and BMI is an effective tool to screen children and interventions done at family level with patient followup always yield satisfying results.

TIMES EVENTS

7 Dec: 65 New patients were examined and consult on the occasion of completion of 500 knee and orthoscopic



surgeries done by Dr.Ashok Goel organized by department of sports and injuries centre.



8 Dec: 120 student attended Health talk on general cancer awareness by Dr. Vaishali Zamre (Sr. Consultant, Surgical

Oncology) at DAV Public school, Preet Vihar in association with cancer help foundation of india organized by marketing department.

8 Dec: Live webinar & Interactive session on "Breast Cancer Awareness" by Dr. Rajiesh Jain (Sr.



Consultant, Surgical Oncology) at Jawaharlal Nehru University in association with All India Radio organized by marketing department.

14 Dec: 72 people attended Free cancer awareness check-up camp at sadar bazar Delhi, Cantt,



Association with Shri Sanatam dharm Mandir organized by marketing department.

15 Dec to 21 Dec: Free Sports emergency facility provided at Shivaji Standium, CP in



association with Lal Bhadur Shastri Hockey Tournament organized by marketing department.

19 Dec: 20 doctors attended CME on "Medical Oncology Updates" by Dr. Anish Maru (Sr. Consultant, Medical



Oncology)at ESI, Basaidarapur in association with Medicine department of ESI organized by marketing department.

20 Dec: 45 Doctors attended CME on Orthopedic Sports Injuries and Arthroscopic Surgeries by Dr. Sameer Mehta & Conquering the Pain Together by Dr. G.N.Goyal at SBAMI organized by Department of Orthopedics and Pain & Palliative

BIRTHIDAYS



Family members of Sri Balaji Action Medical Institute L. Action Cancer Hospital wishes each one of you a very Happy Birthday

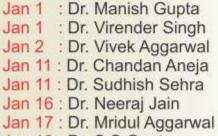


Lala Mange Ram Aggarwal Sh. R.C. Chharia 23 January 10 January



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Sh. H.K. Aggarwal 26 January



Jan 1 : Dr. Ashish Sahani

Jan 18: Dr. S.S.Gupta Jan 19: Dr. Lokesh Kr. Gupta

Jan 25 : Dr. D.K.Guha Jan 25 : Dr. Robin Khosa

All are requested to kindly join us for the Birthday Celebrations on 10th January 2015 at Conference hall, Basement for the celebration of birthday

Our Hospitals Appearance in Media



For More Details Please Visit Websites on www.actionhospital.com www.actioncancerhospital.com





Quote by Dr. Shalini Jaggi, Consultant Diabetologist HT Mint, Nov

Quote by Dr. Anjali Sharma, Consultant Naturopathy Hindustan (Tan Man)



Quote by : Dr. Anish Baweja, Sr. Consultant, Psychiatry, SBAMI



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Quote by : Ms. Priya Verma, Sr. Dietitian Grihalaxmi, Dec Issue



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Quote by : Dr. Virender Kumar Sr. Consultant, Pediatrics, Amar Ujala



Quote by : Dr. J.B, Sr. Consultant, Medical Oncology,BR International

Happy New year 2015



http://www.facebook.com/sribalajiactionmedicalinstiute http://www.facebook.com/actioncancerhospital.com

All consultants are requested to kindly update Mr. Gagan Nagpal at 9810332033(*6216)about your unique procedures & surgeries so that same can be provided to PR agency for publication







Republic day in India is celebrated every year with great



honour on 26th of January to honour the Constitution of India as it came into force on the same day in the year 1950. It had replaced the Government of India Act,

1935 into the governing document of the India. this day, a national holiday is declared by the Indian Government. The new Indian



constitution was sketched and approved by the Indian Constituent Assembly and decided to celebrate it on 26th of January every year as India became a republic country.

Republic Day is the symbol of true spirit for the



independent India where military parades, exhibiting military equipment's, salute to the national flag by the Indian president and variety of events are take place at this day. Indian national flag has horizontally tricolour (upper

saffron, middle white and bottom of dark green colour divided in the equal proportion) and a wheel (navy blue colour, having 24 spokes) in the centre representing the Sarnath Lion Capital of Ashoka.

India is a country having people of different cultures, societies, religions and languages who interplay with each other harmoniously. Independence to the India is the great pride as it was obtained over years after facing a variety of obstacles and hurdles.

The day is celebrated every year to feel the Indian people very proud for living in the multi-cultural and independent country. Republic Day is celebrated in very colourful and exhilarating ways in order to make memorable and significant celebration of the year. National Anthem is sing by the people participated in the celebration. This celebration brings all the Indian people together at one place and thinks at one topic.



वो भी क्या दिन थें. माँ की गोद और पापा के कंधे। ना पैसे की सोच. ना लाइफ के फंडें। ना कल की चिंता ना फयचर के सपने। अब कल की है, चिन्ता और अध्रे हैं सपने। मुड़ कर देखा तो बहुत दूर हैं। अपने। मंजिलो को दंढते कहाँ खो गये हम। आखिर इतने बडे क्यों हो गये हम। दिन भर काम करने बाद। पापा पूछते हैं, कितना कमाया ? बीवी पृछती हैं, कितना बचाया ? बच्चे पूछते हैं, क्या लाया ? सिर्फ माँ ही पूछती है बेटा कुछ खाया

देवंद्र आर्य

New Family Members



Dr. Preeti Aggarwal Consultant Ophthalmology SBAMI



Dr. Mridul Agarwal Consultant Paediatric Cardiology SBAMi



Dr. Deepak Gupta Intensivist Critical Care & Emergency Medicine SBAMI



Dr. Vijender Gaur Jr.Consultant General Surgery SBAMI



Dr. Alok Gupta Jr. Consultation Joint Replacement & Sports Injury Centre SBAMI

NEW YEAR PRAYER - 2015

LORD, In the silence of this New Year 2015. I come to ask for PEACE. WISDOM, and STRENGTH. Today, I wish to look at the world With eyes beaming with love. To be understanding, meek, and wise. To see your children beyond appearances As You see them yourself. Close my ears to all calumny, Guard my tongue from all malice. May only thoughts that bless Dwell in my spirit May I be so kind and so full of joy, That all who come near me may feel your presence. Clothe me with your beauty, Lord That Throughout this New Year I may reveal You Amen.

(ASHOK KUMAR)



Q1. Aligarh in Uttar Pradesh is famous for which industry?

- (A) Locks
- (B) Bicycle
- (C) Textile
- (D) Fireworks
- Q2. With which sport is the Duckworth-Lewis Method associated?
- (A) Golf
- (B) Chess
- (C) Cricket
- (D) Hockey
- Q3. What is the normal heart rate of adults at rest?
- (A) 68 beats per minute
- (B) 72 beats per minute
- (C) 76 beats per minute
- (D) 80 beats per minute
- Q5. 'Sick man of Europe' is the nickname of which European country?
- (A) Italy
- (B) Greece
- (C) Ireland
- (D) Turkey
- Q4. Kailash Temple at Ellora in Maharahstra, the epitome of Indian rock-cut architecture, was built by the rulers of which dynasty?
- (A) Kadamba
- (B) Rashtrakuta
- (C) Chalukya
- (D) Satavahana



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

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