



ST. STEPHEN'S NEWS

SERVING HUMANITY IN THE SERVICE OF CHRIST

An official newsletter of St. Stephen's Hospital
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From the Director's Desk

The winter chill has well and truly settled in and we are all feeling its effect. Suddenly, older joints like mine have become stiff, noses are running, throats are hurting. All this, while we enjoy the comfort of warm homes and are encased in sufficient layers of warm clothing, while declaring how bracing and refreshing the cold breeze is! Yesterday someone remarked - 'Now it feels like Christmas'. Despite echoing the sentiment, I wondered why. Possibly because God's gift of Christmas warms our hearts and leaves us glowing. Or maybe because we have a westernized notion of a white Christmas, pre-conditioned by the snow covered houses and trees depicted

in Christmas cards and the music eulogizing the same. Whatever the reason, the colder it gets the more we seem to enjoy the festive season.

On the other hand, the newspapers are daily reporting on the increasing numbers of deaths due to exposure to the extreme cold. The many homeless await huddled in tiny basic shelters, worried when some civic agency, feeling slighted that its 'permission' has not been obtained, may suddenly swoop down and destroy the only protection they have. Countless thousands in Delhi make do with no warm clothing whatsoever. The hardier survive. The very young and the old and the not so healthy quietly succumb, causing not even a ripple in the life of this great city. After millennia of civilization we have reverted back to the philosophy of the stone age - Survival of the fittest. Where and of what value is the message of Christmas for these people? Isn't it ironic that Christ's chief concern was for the poor but Christmas is for the rich!

Can we make a difference? Can we change the lives of the deprived and bring Christ's spirit to them? At St. Stephen's Hospital we have been trying. Being the mother NGO tasked with caring for the homeless, our team has been challenging the odds, trying to provide succor against public apathy. Beginning today, we are launching a new initiative. Let us all contribute at least one item of warm clothing once a month during the winter. Let it not be just a torn, discarded item, but something we ourselves would wear. Our team has recorded about 67,000 homeless in Delhi. There are many more than 67,000 well to do families in Delhi for whom such a donation is not a hardship. Our MNGO office at St. Stephen's will be willing to collect such items and distribute the same. We would then be able to truly share the joy of Christmas with the deprived and find its meaning in our own lives.

Our Director Dr. Sudhir Joseph has been elected as the President of Christian Medical Association of India (CMAI). Congratulations Sir!

Dr Sudhir Joseph
Director



*Wishing all of you a very prayerful and Blessed Christmas
and a wonderful and bright New Year!*



Mental Health Help line # 1860 266 2345 A novel effort to reach the mentally distressed

Imagine someone who has a problem. A student who is not happy with the way his studies are going, a girl who has been jilted by her boyfriend, a person who has been told that he must quit smoking but finds himself unable to kick the butt, a wife who finds that her once loving husband is becoming more and more fond of his daily tupples. Where does one go in such a case? Some times we are afraid to discuss our fears and insecurities with people close to us. "What will people say?" "Is my problem for real?" "If someone at work knows about my difficulty, will my job be at risk?" We all have problems like these. But do we just get up and go to a doctor (and a psychiatrist at that) for problems like these? Can we always confide in a friend? More importantly, do friends really know how to solve these delicate matters?

We all know that stress and anxiety are part of our daily lives. Words like depression, anxiety, phobia, and obsession have become part of our day to day vocabulary. We come across people at work and at home, who have psychological problems. But where does one find help for problems of the mind? First of all, there are very few doctors and counselors who are trained for this. In a city like Delhi with a population nearing 2 crores, there are only about 300 psychiatrists and psychologists. Secondly, there is a stigma attached to mental illness. People are afraid to consult a psychiatrist or counselor. The third problem is that most people do not know about mental illnesses. Many times people self medicate or consult untrained self-styled healers, with tragic consequences. Ignorance and superstition contribute to perpetuating the myth

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that mental illnesses are the result of evil spirits and malefic influences. It has always been felt that, help for the mentally distressed should be easy to access and should be made available at a low cost. St Stephen's Hospital together with Emmanuel Hospital Association, Vandrewala Foundation and Marthoma Church have now come together to offer telephone counseling services. This is a service where psychologists and counselors are just a phone call away. Initially this is a service which is focusing largely on the population of Delhi and NCR, but over time, the plan is to extend the reach of the service to entire North India including the relatively under-serviced areas of Jammu and Kashmir and Himachal Pradesh.

The service was formally launched in Delhi by the Chief Minister Smt Sheila Dixit at a grand ceremony held at the St Stephen's Hospital, on the 12th Oct 2011. The service has Helpline number is 1860 266 2345. People with serious mental illnesses have called, people with a family member with some distressing problem have called for guidance, and people have called for just some information about behaviors that they find puzzling. Some are mental illnesses, some are day to day difficulties, but all have hopefully found a listener who is sympathetic and supportive and who is able to direct them for further treatment or resolve their problems.

Right now we need to advertise the presence of this helpline in more ways. Our Hospital has already started putting a stamp across all new OPD cards, advertising the number. The Churches have publicized the number among their congregation. You, dear reader, can also help in promoting this helpline. If you think someone has a problem that needs the help of a psychologist or psychiatrist, please refer that person to 1860 266 2345.

Dr. Rani Bhatia, Senior Consultant Psychiatrist

Memoirs of CMAI Conference (Theme- "Our World, Our Health")



Participants of the CMAI North- West Regional Conference at Jalandhar

A band of twenty- two staff and students from our hospital attended and actively participated in the CMAI North- West Regional Conference on 29th October 2011 held at Jalandhar. The Conference theme was "Our World, Our Health." It was spiritually nourishing and gave everyone an opportunity to share their experiences.

A group of 24 members of the St. Stephen's Hospital family attended the CMAI Biennial Conference from 3-5 Nov 2011 at Chennai. Three staff members left early to attend the Pre-Conference workshop on 2nd Nov 2011. Everyday, the morning would start with a session of devotion and mesmerizing aura of praise and worship. The morning devotion and the soul- stirring praise & worship created an ambience of thankfulness and gratitude towards the Almighty our creator. The guest speaker Rev. R. Gackwad gave message with utmost diligence. His message made us realize that the true meaning of being a Christian is through mutual love and care. And its high time for us to realize the value of our world and our health. By abiding with the commandment given by our lord and savior Jesus Christ to "love thy neighbor more than thyself", we can quit living a life of individuality and selfish aptitude, and start caring about our country, our people, our planet, in brief "Our World, Our Health." During the conference, we

were segregated in groups for discussions. We came to know different people from different mission hospitals and from different genres of service. In discussions we shared our experiences, ideas and the crisis our mission hospitals are facing due to lack of interest of fresh graduates in serving the masses for which we were qualified. In the cultural evening programme, the auditorium was filled with spectators as they watched the performances by different groups from different mission hospitals & institutions. And as it is aptly said, save the best for the last... the performance of St. Stephen's hospital enchanted the audience as we sang "Amen praises to the Lord." Everybody wished for an encore. On the morning of 5th Nov, after the morning devotion, the heads of all the Stephanians



CMAI Biennial Conference at Chennai

were held high as our Director, Dr. Sudhir Joseph was elected as the new President of CMAI. His leadership qualities and wifful intellect added yet another feather in his cap. His commendable contribution towards our community as well as humanity indeed makes him a mentor for the youth. In between the conference, we grabbed an opportunity to go to the beaches and nearby places for sight- seeing as well as relish the sea food in Chennai. As we packed our bags and headed towards our routine chores it was time to say "Au Revoir" to Chennai. With the sweet memories of our trip we came back with a new zeal and a new concern towards "OUR WORLD, OUR HEALTH."

Dr. Mohit Singh, Dental Surgeon (Dept of Dental Surgery)

TALENT NITE



St. Stephen's Hospital organized an evening of fun, music and dance for everyone to show their hidden talents. Ms Meghna Malik a well known T.V. actor popularly known as "Amma ji" from the serial "Na Aana iss desh laado" was invited as the chief guest. Her presence added glamour and zest to the evening. People from all departments of the hospital participated in the various events. The programme was very enjoyable and well appreciated. The show stealer was the qawaali performance by Doctors.



Welcome

Dr. Prachi Aggarwal, *Junior Consultant, Oncology*

Dr. Amit Taneja, *Junior Consultant, Cardiology*

We welcome all the staff who have joined the various other departments of our hospital.

Wedding Bells

Priyanka Sylvia (*Nursing*) with Vikram Godwin

Renjini Elizabeth (*Nursing*) with John P. Thomas

Jincy Rajan (*Nursing*) with Vijo

Deepika Harish (*Nursing*) with Erik Koti

Jaya Parkash (*Nursing*) with Sunny

Anumol Francis (*Nursing*) with Shijith

Ruchi Sawhney (*Physiotherapy*) with Sumit

Masha Goel (*Lab*) with Raj Kumar

Sudhakar (*Accounts*) with Poonam.

Fasting

I wonder why people find it so interesting,
When it comes to an issue like fasting,
Whether it's a publicity stunt or a problem erupting,
The entire world focuses on the individual casting.

Effects of fasting are sometimes temporary,
While others unpredictably long lasting,
While many prefer to be left ill and weary,
Some find shelter in the hospital, gasping.

Some find fasting a rational way of fighting,
Others find mutual talks a better way of negotiating,
People's minds in a state of fire igniting,
Only later envisage the burden of agitation it's creating.

Leaders should understand that, by fasting,
They are setting wrong examples,
These things are forgotten and not everlasting,
And are merely remembered as publicity samples.

Miss Feba Geevarghese

Asstt. Professor, College of Nursing

(Poem won 1st Prize in Talent Nite 2011

On-the-Spot Poetry Competition)

National Education Day & World Diabetes Day Celebration

National Education Day and World Diabetes Day was observed on 14th November 2011. It was organized by the Student Nurses Association (SNA) of our College of Nursing. The related themes i.e. Child Centered Education and Diabetes Management, Education & Prevention were inaugurated by our Director, Dr. Sudhir Joseph. It was followed by an interesting skit by the students. The role play was conducted in the Patient Waiting Area, General and Private OPDs. Posters were also put up on display to create awareness among patients and relatives. On-the-spot poster making competition was also held on 11th November 2011 as part of the celebration and prizes were given for the best posters. The staff, students, patients and their relatives attended this educational programme.



Skit being enacted on National Education Day and World Diabetes Day

LAURELS

Prof. Vinod Kumar, Emeritus Professor, Deptt of Medicine, received the Life Time Achievement award by the Ministry of Social Justice and Empowerment, Government of India, in the Vayoshreshtha Samman award ceremony held on 1st October, 2011.

Guru Gobind Singh Indraprastha University organized an Inter-collegiate Sports meet from 11-13 November 2011. Our nursing students participated in various indoor and outdoor games like volley ball, tug-of-war, chess, carrom, 100m/200m race and returned with a winning trophy in Tug-of-war.