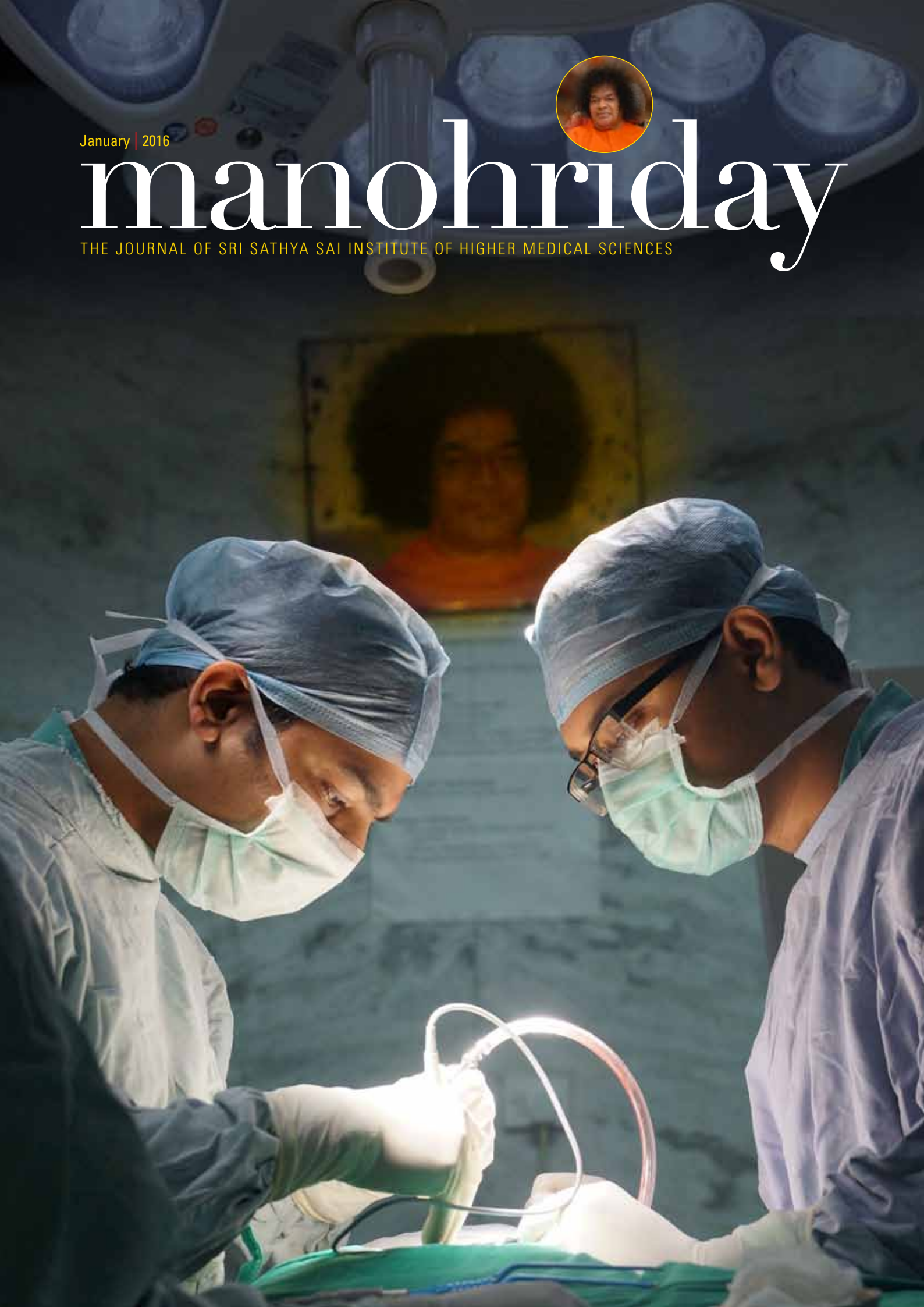


January | 2016



manohriday

THE JOURNAL OF SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES



Editorial

Dear readers,

Over the last year, much has happened at Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, and little compares with the joy of chronicling our achievements as we turn a year older.

During this time, we witnessed a change of guard as Dr. Swarna Bhardwaj, having completed her term as the Director of the Institution, offered her chair to Dr. D.C. Sundaresh, an illustrious orthopedic surgeon with over three decades of experience as an administrator and educator, in addition to being a long-standing devotee of Bhagawan. While we will miss Dr. Bhardwaj, Dr. Sundaresh comes armed to push the bar even higher in Bhagawan's medical mission.

The hospital strives to bring care to even those that cannot visit it. Read on about outreach initiatives taken up by the staff, voluntarily and beyond their call of duty, to show our commitment to health beyond boundaries. As if this were not enough, students – past and present – find ways to contribute to this mission of service.

We continue to win accolades across the country in the fields of education and clinical excellence, amply substantiated by the number of national and international awards we received, educational events conducted, and recognition for the academic work done by the hospital.

A number of internationally renowned medical experts continue to visit the hospital, partnering with our medical teams to provide cost-intensive, high-technology, tertiary care. While the sheer costs of medical consumables used during these special "camps" are staggering, the smiles on the faces of the poor recipients are priceless and offered a fresh lease of life.

Few have driven past the hospital's facade without feasting on its architectural magnificence. In last year's issue, we brought to life the story of the impressive chandelier from Murano that adorns the hospital lobby. This year, we shift focus to the little-observed statue of Ganesha, installed above the Hospital, in an effort to showcase the structural components in building a Temple of Healing. Lord Ganesha, peering from above, and standing, as though a more passive posture doesn't fit in with our frenetic effort to alleviate the suffering of the poor, inspires us to keep giving our best, day after day.

We pride in bringing to you a special edition of Mano Hriday as we turn 15 years strong. The spurt of growth is unmistakable, with confidence and purpose coursing through our veins. 15 is young, with our best years to come.

We hope you enjoy this issue!

– The Editors



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Mano Hriday (MH): Congratulations on your role as Director of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield. Please share your family background and how you came to work in His Institutions.

Dr. Sundaresh Dabir (SD): My parents came into contact with Swami in 1948 at Bangalore. As children we would go to Parthi and attend all festivals. Swami would bless us with the coveted interview always & sometimes even twice in a day. As children, we looked forward to His regular materializations of gifts & vibuthi. At the time, Puttaparthi was the only holiday destination for the family. More than the material gifts He gave us, His charming smile & sweet words would make us go back again & again.

As I grew older, I left home for my MBBS at Manipal University & for those years it was like a 'Vanavas' for me. I was lost in the mundane world of professional education & all that is associated with it. It lasted a full 10 years, until 1980, when I finished my Masters in Orthopedics, from KMC Manipal.

On 10th September, 2015

Dr. D.C. Sundaresh Dabir, Chairman, Dept. of Orthopaedics, SSSIHMS-Prasanthigram and a reputed orthopedic surgeon, took over charge from **Dr. Swarna Bhardwaj** as the Institute's Director. Here is a transcript of the interview with **Dr. Sundaresh**, narrating his childhood experiences as a little boy born into a family of Sai devotees, the years of volunteering at Sri Sathya Sai General Hospital and Sri Sathya Sai Institute of Higher Medical Sciences, the rare benediction he received of having treated Bhagawan, his motivation to join His Mission of being Bhagawan's personal physician the Director of Sri Sathya Sai Institute of Higher Medical Sciences, Bangalore and his vision for the future.

Three years later, in 1983, I needed a place to treat some post polio-disabled children from Whitefield, whom I screened in a medical camp. I approached Swami and sought His permission to work at the Sri Sathya Sai General Hospital at Whitefield. While the permission did not come through at the time, my association with the General Hospital started 10 years later, in 1993. Since then I have been serving in His Institutions and have never looked back.

MH: You have had the rare honour of treating Bhagawan and operating on His physical form. Please share with us your experiences from the time, and your learnings from the time.

I firmly believe Bhagawan let me treat His physical body for ailments which He could have cured Himself in a fraction of a second. Throughout the period that I doctored His physical body, I knew that I was not the doer & that Swami had a design in His mind for allowing me to do what I did.

In the summer of 2003, when Swami was at Brindavan ashram, He was said to be in great discomfort with pain in the knees and difficulty in walking. I was HoD at the Ramaiah Hospital, and was very busy and could not go to Whitefield for Swami's darshan daily. On one occasion I did not go for ten days at a stretch.

The next time I went for Darshan Swami came & stood in front of me & said, "How come you did not come for the last 10 days? You must be busy." I was tongue-tied & just nodded my head & decided to go every day from that day. Soon after, I had the opportunity to see Swami professionally for His leg pain. It was a wonderful period to be with in His company daily for almost two hours. He used to be a perfect host. After finishing the physiotherapy session, He would sit & chat for a few minutes & arrange for breakfast to be served to me & sat through till I finished & would see me to the door.

One day I did not wash my hand after finishing the treatment I gave on His leg & He reminded me that I should wash my hands. He reprimanded me. On suggesting that I don't need to wash since whatever comes from



Swami's body is like prasadam. To this He said, **"Cleanliness is Godliness"**. To this day I remember this each time I scrub my hands for any surgery.

A few days passed & one morning Swami appeared to be very angry with me & did not call me in when I went to His residence in Trayee. As He walked past for Darshan inside the Trayee compound He looked at me intensely, came close and said I should not talk about the treatment I was giving Him to anyone. I explained that I mentioned it only to Dr. Padmanabhan, since he is the one who arranged for me to see Swami. He was furious that I had violated His privacy & threatened to keep me out of Brindavan if I repeated it. That shook me up & was very worried until He came back from Darshan & gave a most charming smile & took me inside me with Him and He was like an angel thereafter. With all the love that He showered, Swami was a **tough task master** & made sure that you learnt the hard way if you did not choose to do it the easy way.

It was at 4 pm on 3rd June, 2003 I received a call from Brindavan asking me to come to the ashram immediately. I assumed one of the VIPs, who might have come for Swami's Darshan must have had a fracture. Only en-route did I learn that Swami had a fall the previous evening, was in great pain and unable to move out of bed since. An X-ray was done at Trayee, which showed a fracture of the femoral neck. This needed surgical treatment & I was very worried about mentioning it to Swami. I requested some of the elders there to talk to Swami about it. This responsibility finally fell in my lap, since they were more worried than I was. With a prayer I went to Swami & He gave me the courage to do all that happened afterwards, including the surgery.

After surgery on 4th June 2003 Swami was moved back to Trayee by 3 pm. Swami recovered satisfactorily & I had the blissful experience of living with Him at Trayee & learnt a lot of lessons of life during this period. Once, He held my hand & said, "Do not leave me & go anywhere".

Living by Example

Swami decided to go to Parthi when He was able to walk reasonably well. I was asked to accompany Him to Parthi. I stayed there with Him for a further four weeks. One afternoon when Swami was in a mood to talk I made bold to ask Him why He subjected Himself to the knife, when He could have cured Himself like He had done for a stroke in the past. His reply was very simple: "That was an illness which I took upon Myself to save a devotee, but this is the affliction to this body. If I cure My body, it will be against Nature which is not right. This body has to suffer its fate". I followed this with another question as to why I was chosen when I offered to get any reputed surgeon from across the world whom Swami desired. His reply intrigued me then & it still does. I am yet to discover the answer. Swami said, **"This is to strengthen My relationship with you"**. This demonstrates the depth of feeling that Swami has for His devotees. If only we respond to His love in a fraction, our life will be full of Bliss.



MH: For the benefit of the readers, please tell us what drew you to offer your services at SSSIHMS?

SD: The time finally came for me to be part of His Mission on 10th September, 2015. I was at the peak of my career as an Orthopedic surgeon & as a President of the Advanced Learning Center & Pro Vice-Chancellor of the M S Ramaiah University of Applied Sciences. A deep sense of dissatisfaction had crept in & I found my happiness to get more involved in the activities of the Orthopedic Department at SSSIHMS, Prasanthigram. A spark ignited within me and helped me realize the time has come to join His Mission with a larger responsibility and find some peace for myself.

I am grateful to Bhagawan and the Trust for giving me an opportunity to serve in His Mission as the Director of SSSIHMS, Whitefield. I would also like to express my gratitude to my parents, Dr. D.S. Chander and Mrs. Rathna Chander, with whose blessings I was brought to Swami at a young age.

MH: How were your first few weeks as the Director?

SD: I am truly grateful to Dr. Swarna Bhardwaj, my predecessor, who graciously stayed back to guide me through the administrative machinery of SSSIHMS, Whitefield. Though I knew her for only five weeks, after I reported for duty, no words can describe the love she showed me during this period. In her, I discovered a new standard that I had to set for myself in dedication to Swami's Mission of "Free Healthcare with Love". In her I saw a tender loving mother, a stern administrator & above all a selfless servant of the Lord – a Seva Dal as she referred to herself very often.

I feel I have left behind a small loving family at Bangalore & have become a member of a big loving family at the SSSIHMS.

It is noteworthy that there are over 190 staff members working in the Institution from the time of its inception. Only Love for Swami's Mission can make this happen.

MH: As you prepare to lead, what is your vision for this Institution?

SD: The Sri Sathya Sai Institutes of Higher Medical Sciences at Prasanthigram and Whitefield were started by Bhagawan primarily to offer free, high-quality, tertiary healthcare in super specialty departments to those who cannot afford this in the outside world. A few general specialty departments were added over time. To this was added the element of education by starting DNB programs in various specialties & degree programs for nurses & paramedical specialties. The newer focus is on research in various clinical departments. There are already many research programs in place in many departments. This can be stepped up to the next level through integrated, multi-disciplinary research in close association with Sri Sathya Sai Institute of Higher Learning.

The addition of training programs & research capabilities to the Institution will add value to the primary goal of patient care.

MH: What are the biggest challenges that you foresee as you prepare to lead this institution to higher performance in the years to come?

SD: The challenge for the whole team at SSSIHMS Whitefield is to ensure continued care of patients with the same quality. With Bhagawan's blessings manifesting at the Hospital in more ways than one, and consistently over the years, this will be achievable.

Journey Through Darkness: A Neuro Patient's Story



When Anuradha Pai first felt a surge of pain shooting through her head, she knew it was unlike anything she had felt before. It didn't ache like the familiar, dull throb of a migraine, or the dense stuffiness of a blocked sinus. The pain was acute and intense, forcing her to stop for a while and take a few deep breaths. In a few minutes, the pain passed, and Anuradha, blessed with fairly good health through most of her life, chose to dismiss the incident as a freak episode.

The Pai family was a busy, happy family with a lot to be grateful for. Both Anuradha and her husband, Ranganath Pai, led contented, retired lives in the city of Bangalore. Their two sons were now grown up, with families of their own. On retiring from an active work life, the couple, in their sixties, chose to stay active by engaging in acts of kindness, including volunteering at the hospital on a regular basis. Anuradha "aunt", as she was fondly referred to by younger volunteers, was a picture of quiet and willing service. She spent her days at the hospital volunteering in the cardiac screening and outpatient clinics, two very busy clinical domains, catering to scores of patients each day. Here, she served as a liaison between the medical staff and the patients, routing them to tests, assisting in non-medical instruction, and at times being an interpreter for the physicians.

Long, busy days lead to tired nights filled with sound sleep, and so it came as a surprise to her when she was jolted awake one night, the familiar shooting pain stirring her out of bed. It was the second time in a while, and now, she was concerned. "I remember walking to the washroom, hoping some cold water would help me feel better, but when I looked into the mirror in a half-asleep state, I was taken by surprise," she says. One of Anuradha's eyelids was shut heavily over her eye. "No matter how hard I tried, it would just not open," she recounts. Rather than wake up her husband, she decided to wait till the morning, hoping this was just a bad dream. Little did she realize then, that this was the beginning of a nightmare.

"It was a period of a great test in faith," says her husband. "I couldn't help ask myself why this had to happen to her. She was such a gentle soul". The Pairs consulted a local physician, who suggested that they see a neurosurgeon; and so, they returned to their dear hospital, but this time as patients in the neuroscience department. After a battery of tests, which included an angiogram, she was diagnosed to

have multiple intracranial aneurysms arising from the blood vessels of her brain, which needed to be operated on at the earliest. If left neglected, this might lead to catastrophic consequences, even death. As Anuradha went under the knife, she had only a single prayer to make. She wished to be returned to health so that she could return to serve the poor at the hospital.

Dr Sai Kiran, who operated on this patient says, "This was a very complex case of subarachnoid hemorrhage with multiple intracranial aneurysms arising from the internal carotid artery, a major vessel supplying blood to the brain. Drooping of the eyelid (ptosis) was due to the compression of one of the cranial nerves by a large aneurysm. Surgery for such lesions is very complex. All three aneurysms were successfully treated surgically. A check angiogram revealed successful obliteration of all the aneurysms. The postoperative course was uneventful except for persisting ptosis. Though there are chances of her opening her eyelid completely in the due course of time, the extent of recovery is unpredictable."

With the aneurysms clipped, her life was out of danger. However her preoperative neurological deficit (ptosis) persisted. "There is a very slight chance that you will be able to open both eyelids again", she was told by the doctors. The Pai family decided that the same Sai who brought them this far would need to take them further. "If He wished, anything was possible. We know that doctors had done the best that they could, but it is God who administers a cure. Complete recovery from the existing neurological deficit is possible only by Swami's Grace," Anuradha says.

It was then, that they heard of a home in the city where Baba's vibuthi would manifest in response to prayer. The family decided to pay a visit, and in response, were blessed with a small amount of holy ash, mysteriously appearing at the altar on their visit. In addition to following all the instructions given by the physicians, Mrs. Pai decided to put a little vibuthi on her eyelid every morning, her prayers unflinching and faith unshaken.

When Mrs. Pai recounts the harrowing episode many months later, she is all smiles. Her smile does not sit quietly on her lips, but moves effortlessly to her large, expressive eyes, both wide and grateful. The remarkable combination of prayer and prescription has brought her back to the hospital in the pink of health. She tidies up the rooms in the outpatient department, one of her many tasks as a volunteer preparing for another busy day at work. She feels even more active than she did before her surgery, and her gentle presence continues to bring solace and comfort to the sick and ailing. Ask her what drives her to keep serving even after brain surgery? "I've been a patient. Now I know exactly what it feels like. I also know that our hospital is a remarkable testimony to the glory of God working through the hands of dedicated men and women. How can I not want to be one of them?"

Academics: Publications, Conferences Conducted at SSSIHMS



2015 has been a stellar year at SSSIHMS, Whitefield, with numerous publications, awards and recognitions, conference presentations by clinicians, and specialized procedures and educational events conducted at the Institute.

The Institute takes pride to announce that it has achieved 100% pass in all academic programs conducted at the Institute, be it in the Nursing and Allied Health Sciences, or the DNB and Fellowship programs.

We present to you a brief summary of achievements made possible by the exemplary medical professionals working at the Institute.

Publications:

01. Sivaraju L, Sai Kiran NA, Ghosal N, Hegde AS. Chondroblastoma of sella and anterior cranial fossa base. ClinNeuropathol. 2016 Jan-Feb;35(1):42-3.
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18. Thakar S, Sivaraju L, Aryan S, Mohan D, Sai Kiran NA, Hegde AS. Lumbar paraspinal muscle morphometry and its correlations with demographic and radiological factors in adult isthmic spondylolisthesis: a retrospective review of 120 surgically managed cases. Journal of Neurosurgery Spine (Accepted for publication)
19. Sivaraju L, Thakar S, Ghosal N, Hegde AS. Visual Deterioration and Herniation of The Anterior Cerebral Artery: Unusual Presentation of an Empty Sella Syndrome Complicating Decompression of a Rathke's Cleft Cyst. Journal of Neuro-ophthalmology. (Accepted for publication)



20. Sivaraju L, Sai Kiran NA, Arun S, Ghosal N, Hegde AS. Giant osteochondroma of C5 lamina in a young male. Spine J. (Accepted for publication)

21. Sivaraju L, Mohan D, Ghosal N, Nandeesh B, Hegde AS. Primary parietal myeloid Sarcoma. Journal of Pediatric Neurosciences (Accepted for publication)

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Conferences & CMEs conducted at SSSIHMS, Whitefield:

01. The department of Cardiology conducted a CME SPEED 2015 (Sathya Sai PrEparatory course for Exam-going DM/DNB Cardiology students) in February 2015 which saw attendance of exam-going post graduate students in cardiology from around the country.

02. The department of CTVS organized international Minimal Access Cardiac Surgery live workshop in March 2015. This event was organized for the first time, ever in the world. The event included 9 international faculty members giving live talks on “Tips and tricks of MACS through video conferencing. There was a live demonstration of the surgical procedures being broadcasted from the operating theater. It also included well recognized national faculty sharing their experiences on MACS. Panel discussions were held among the national & international faculties.

03. The department of Anesthesia conducted SANCON 2015 on 14th & 15th March 2015. The total number of delegates attended was 200 & Faculty 12 numbers. The department also conducted Critical Care Medicine 2016 on 16th and 17th Jan 2016 in collaboration with Baylor College of Medicine-Texas and University of Texas. This was attended by 226 delegates (25 faculty, 146 doctors and 65 nurses)



04. The department of Neurology conducted a workshop on “Survival Brain to Super-brain” on 11 April 2015. The theme of the workshop was New Consciousness-based approaches complementing the latest Neuroscience treatments and interventions: A futuristic practice of Neuroscience
05. The department of Neurosurgery organized “Endoscopic Skull Base Surgery Workshop and Neuro-Endocrine Symposium” on 2nd and 3rd May, 2015. It was attended by around 80 delegates from all over the country. As a part of this workshop live surgeries were performed by eminent endoscopic skull base surgeons. The live surgeries were followed by a neuro-endocrine symposium where invited national and international faculty delivered lectures.
06. The department of Radiology conducted a CME SACRED 15 (MRI Head to Toe) between Aug 6 and 9, 2015. The event was led by 5 international faculty, 5 external national faculty and 5 in-house faculty. A total of 230 delegates from across the country attended the event.
07. The department of Cardiology conducted a CME on Pediatric Echocardiography between 29th and 30th August with support from GE Ultrasound. Numerous national faculty and over 100 delegates from around the country attended this event.

08. The Departments of Neurosurgery (SSSIHMS, Bangalore) and Orthopedics (SSSIHMS, Prashanthigram) conducted a Spine Deformity Correction CME on 2nd and 3rd January 2016. Experts shared their vast experience in spine deformity correction through didactic lectures on various complex topics related to spine deformity correction. Dr Alexander Gubin, Ilizarov Centre CEO, Russia delivered an interesting talk via Skype call on Ilizarov technique for spine deformity correction which is a completely new concept in spine deformity correction. This CME was attended by around 60 delegates from across the country.

Presentations at Conferences:

01. Dr. Chandrashekar G presented “Tips and Tricks of MACS approach: Our experience” – at MACS workshop held at Fortis Hospital, Bangalore 2015.
02. Dr. Pooja Shetty presented an interesting case- “Re-do mitral valve replacement - MACS approach” at Cardiology Society of India – 2015.
03. Dr. Sudheer.G presented “Re-do sub mitral aneurysm and CASPER (Cardiac Arrest & Resuscitation in Post Cardiac Surgery)”- National conference in 2015.
04. Dr. Joshi, DNB Resident, Anesthesia made a poster presentation at IACTA 2015 at Jaipur.
05. Dr. C. S. Hiremath chaired a session at the Heart failure conclave at Ahmedabad in Jan 2016.



06. Dr. Joshy, Head of Neurology was invited to conduct a course “Case-based Neurology for Psychiatrists” as a sole-faculty for Indian Psychiatric society on 21st June 2015 He was also an invited delegate at BMJ Epilepsy masterclass on Epilepsy, Bangalore on 4, 5 July 2015.
07. Dr. P. K. Dash, Head of Cardiology participated as National Faculty in the CTO conference at SGPGI, Lucknow in June 2015, followed by the Bifurcation PCI Conference at HICC Hyderabad in July 2015 and in the Pediatric CSI Conference at Hyderabad in October 2015. He was invited to lecture and was a National Faculty and Live relayed Case Operator at the ACT Interventional program and workshop at MMM, Mogappair, Chennai.
08. Dr. Srikanth Sola, Addl. Senior Consultant, was invited faculty for the following national conferences: 1) Echo and Cardiology (Delhi April 2015); 2) EchoIndia (Mumbai Oct 2015); 3-4) Indian Association of Cardiac Imaging national conference (Vellore Oct 2015) and mid-term CME (Hyderabad June 2015); 5) 9th annual National TEE Conference (Bangalore August 2015); 6) 7th annual Echo Nagpur 7-9 Aug 2015; 7) Conferences at SSSIHMS-Wfd (MACS, SPEED, mitral valve symposium, etc); 8) Cardiology Society of India (12/2015, postponed to 2/2016).
09. Dr. Kolli Chalam, Head of Anesthesia, chaired scientific sessions at CRITICARE 2015, international conference conducted in Bangalore. He was a judge at a young anesthesiologist award at the ISA conference, Telangana, 2015, and was an invited faculty at ISACON 2015, Jaipur.
10. Dr. Reeta Varyani, Consultant Cardiology was invited to give a talk on “LV systolic function assessment” as well as “LA Appendage- I want to know all about it” during ECHOSONO and at the Karnataka State chapter of the Indian Academy of Echocardiography, held at Bangalore in December 2015.
11. Dr. Prayaag Kini, Consultant, Cardiology made a presentation on “Single-centre tertiary care centre experience of rheumatic heart disease –SSSIHMS experience”. In addition, he has four oral presentations, one interventional case presentation and one poster presentation selected for the annual national CSI Conference, Chennai 2015 December (to be presented in February 2016).
12. Ashwin Venkateshvaran, Senior Manager, Cardiology, gave an invited talk on “Echo in India” during the 26th Annual Scientific Session of the American Society of Ecocardiography at Boston, Massachusetts, USA held between June 12th and 16th, in addition to chairing a session on pericardial disease during the event.
13. Dr. Hamsini, DNB Resident, Radiology gave a presentation of “A Pictorial Review of Lateral Ventricular Tumors with Histopathological Correlation at the Radiological Society of North America (RSNA) in Chicago.

Two note-worthy articles are presented in the next two pages...



Publication performance and research output of Neurology and Neurosurgery training institutes in India: A 5-year analysis

Venkatesh S. Madhugiri

Department of Neurosurgery, Jawaharlal Institute of Postgraduate Medical Education and Research, Puducherry, India

ABSTRACT

Context: Scientific publications are a reflection of the quality of the clinical and academic work being carried out in an institute. Training in the process of research and scientific writing are important components of the residency curriculum.

Aims: The publication performance and research output of institutes training residents in neurology and neurosurgery were evaluated.

Setting and Design: Internet-based study.

Methods: This study was based on the data available on the websites of the Medical Council of India and the National Board of Examinations. The PubMed search interface was used to determine the publication output of institutes over the past 5 years (2010–2014). Google Scholar was used to determine the citation performance of each paper. The publication parameters were normalized to the number of faculty members in each institute as listed on the institutional web page. The normalized publication performance for an institute was computed by comparing the figures for that institute with the national average.

Results: Institutes could be ranked on several criteria. There was a high degree of clustering of output from the top 5% of the institutes. About 13% of the neurology intake and 30.9% of neurosurgery intake over the past 5 years has been into the institutes that have not published a single paper during this period.

Conclusions: This evaluation of the publication performance and research output of neurology and neurosurgery training institutes would serve as a baseline data for future evaluations and comparisons. The absence of any publication and research output from several training institutes is a matter of concern.

Key words: Citation; clinical neurosciences; India; neurology; neurosurgery; publication performance; rankings; research output; residency programs

Table 4: Overall publication performance of neurosurgery teaching institutions

College name	Government/private	Total publications in past 5 years	Original papers published in past 5 years	Original articles as percentage of total publications	Publications/faculty/year	Normalized annual publication performance of institute
MCh neurosurgery training institutes						
AIIMS, New Delhi	Government	203	92	45.32	2.71	11.39
PGI, Chandigarh	Government	199	60	30.15	3.62	11.14
NIMHANS, Bengaluru	Government	188	93	49.47	2.89	10.47
Seth GS Medical College, Mumbai	Government	153	36	23.53	6.12	8.33
SGPGI, Lucknow	Government	131	56	42.75	3.27	6.99
CMC, Vellore	Government	100	54	54	4	5.10
NIMS, Hyderabad	Government	79	22	27.85	1.58	3.82
SCTIMST, Trivandrum	Government	54	27	50	1.54	2.29
SCB Medical College, Cuttack	Government	49	2	4.08	2.45	1.99
JIPMER, Pondicherry	Government	48	12	25	1.92	1.93
Sher-i-Kashmir Institute of Medical Sciences, Srinagar	Government	48	24	50	1.6	1.93
DNB neurosurgery training Institutes						
SSSIHMS, Bengaluru	Private	76	13	17.10	1.9	3.64
Voluntary Health Services, Chennai	Private	35	4	11.43	1.75	1.13
Krishna Institute of Medical Sciences, Hyderabad	Private	25	8	32	1	0.52
Jaslok Hospital and Res. Centre, Mumbai	Private	11	2	18.18	0.44	-0.33
Army Hospital (R and R), New Delhi	Government	6	5	16.67		-0.63
Apollo Hospital, Hyderabad	Private	5	3	20	0.08	-0.69
St. Stephen's Hospital, New Delhi	Private	4	3	25	0.8	-0.76
Indraprastha Apollo Hospitals, New Delhi	Private	4	0	0	0.1	-0.76
Park Clinio, Kolkata	Private	3	0	33.33	0.09	-0.82
Guru Teg Bahadur Hospital, New Delhi	Government	3	3	0		-0.82

The list is sorted by the total number of papers published. The MCh and DNB teaching institutes are ranked separately. Blank cells indicate either that the data are not available or cannot be calculated. NIMHANS – National Institute of Mental Health and Neuro Sciences, Bengaluru; PGI – Postgraduate Institute of Medical Sciences and Research, AIIMS – All India Institute of Medical Sciences, SGPGI – Sanjay Gandhi Postgraduate Institute of Medical Sciences and Research, SCTIMST – Sree Chitra Tirunal Institute for Medical Sciences and Technology, NIMS – Nizam's Institute of Medical Sciences, CMC – Christian Medical College, JIPMER – Jawaharlal Institute of Postgraduate Medical Education and Research, SSSIHMS – Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, SCB Medical College: Sriram Chandra Bhanj Medical College

Original Article

A value-based, no-cost-to-patient health model in the developing world: Critical appraisal of a unique patient-centric neurosurgery unit

Sumit Thakar¹, Ravi Dadlani¹, Laxminadh Sivaraju¹, Saritha Aryan¹, Dilip Mohan¹, Narayanam Anantha Sai Kiran¹, Ravikiran Rajarathnam¹, Maya Shyam², Venkatraman Sadanand^{1,3}, Alangar S. Hegde¹

Departments of ¹Neurosurgery and ²Finance and Accounts, Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru, Karnataka, India,

³Department of Neurosurgery, Loma Linda University, Loma Linda, California, USA

E-mail: *Sumit Thakar - sumit.thakar@gmail.com; Ravi Dadlani - ravi.dadlani@gmail.com; Laxminadh Sivaraju - laxminadh.sivaraju@gmail.com;

Saritha Aryan - saaryan@gmail.com; Dilip Mohan - dilip.m@sssihms.org.in; Narayanam Anantha Sai Kiran - sakiransssihms@gmail.com;

Ravikiran Rajarathnam - ravikiran.r@sssihms.org.in; Maya Shyam - shyamaya9@yahoo.com; Venkatraman Sadanand - venk99@gmail.com;

Alangar S. Hegde - hegde.as@gmail.com

*Corresponding author

Received: 24 March 15 Accepted: 24 June 15 Published: 07 August 15

This article may be cited as:

Thakar S, Dadlani R, Sivaraju L, Aryan S, Mohan D, Sai Kiran NA, et al. A value-based, no-cost-to-patient health model in the developing world: Critical appraisal of a unique patient-centric neurosurgery unit. *Surg Neurol Int* 2015;6:131.

http://surgicalneurologyint.com/surgicalint_articles/A-value-based,-no-cost-to-patient-health-model-in-the-developing-world:-Critical-appraisal-of-a-unique-patient-centric-neurosurgery-unit/

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Abstract

Background: It is well-accepted that the current healthcare scenario worldwide is due for a radical change, given that it is fraught with mounting costs and varying quality. Various modifications in health policies have been instituted toward this end. An alternative model, the low-cost, value-based health model, focuses on maximizing value for patients by moving away from a physician-centered, supply-driven system to a patient-centered system.

Methods: The authors discuss the successful inception, functioning, sustainability, and replicability of a novel health model in neurosurgery built and sustained by inspired humanitarianism and that provides all treatment at no cost to the patients irrespective of their socioeconomic strata, color or creed.

Results: The Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) at Whitefield, Bengaluru, India, a private charitable hospital established in 2001, functions on the ideals of providing free state-of-the-art healthcare to all in a compassionate and holistic manner. With modern equipment and respectable outcome benchmarks, its neurosurgery unit has operated on around 18,000 patients since its inception, and as such, has contributed INR 5310 million (USD 88.5 million) to society from an economic standpoint.

Conclusions: The inception and sustainability of the SSSIHMS model are based on self-perpetuating philanthropy, a cost-conscious culture and the dissemination of human values. Replicated worldwide, at least in the developing nations, this unique healthcare model may well change the face of healthcare economics.

Key Words: Neurosurgery, no-cost-to-patient health model, patient-centric, value-based

Access this article online

Website:

www.surgicalneurologyint.com

DOI:

10.4103/2152-7806.162484

Quick Response Code:



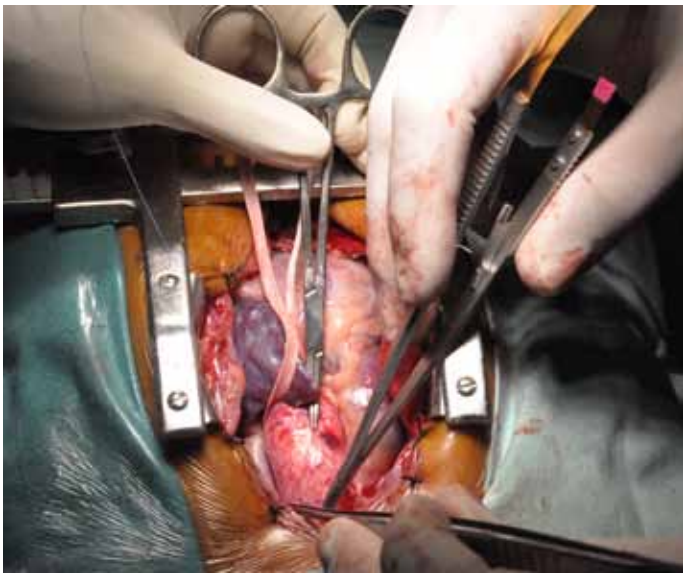
- **Dr. Niranjana Rajagopal**, a final year DNB neurosurgery resident won the Best Paper Award for a presentation entitled “Lumbar paraspinal muscle morphometry and its correlations with demographic and radiological factors in adult isthmic spondylolisthesis: a retrospective review of 120 surgically managed cases” in SPINE 2015, the annual conference of the NeuroSpinal Surgeons Association Of India, held from 18th-20th September, 2015 at Goa.
- **Dr. Rakshith**, Neurosurgery went for a short term observership in Neuroendoscopy from April 1st 2015 to June 28th 2015, at University of Ghent, Belgium under professor Dirk Van Rhoost.
- **Dr. Pooja Shetty**, DNB resident, CTVS won first prize for her presentation “Surgical Management Strategies in Alcapa in Various Age Groups” during the National surgical conference.
- **Dr. Sunitha**, Consultant, Radiology received a certificate of merit for “Comprehensive Review of Intracranial Infections: Causes and Concerns in Classic to Complex Cases” at Radiological Society of North America (RSNA) Annual meeting, Chicago.
- **Dr. Kolli Chalam**, Head of Anesthesia, was elected to the board of studies at the Rajiv Gandhi University of Health Sciences, was a member of the scientific committee of ISNACC2016 and served as an appraiser for the NBE.
- **Dr. Irfan**, DNB resident, Anesthesia, won the first prize during a quiz conducted during the Difficult Airway Conference at Shere Kashmir Institute.
- **Dr. Sudheer**, DNB resident, CTVS was awarded second prize in the quiz conducted at the Indian Association of Cardiothoracic Surgeons at SSSIHMS-Prasantigram.
- **Dr. Prayaag Kini**, Consultant, Cardiology won first prize for Best case presentation and the coveted Natesa Pandian Award for the presentation- “How Echo saves life” at the National Echocardiography conference, ECHOINDIA 2015 held at Mumbai in October 2015. He has also been granted a Fellowship in Interventional Imaging short-term training at the Asan Medical Centre Korea from March 2016 to May 2016.
- **Dr. Sumit Thakar**, Consultant, Neurosurgery, attended a fellowship programme in Neuroendoscopy from 16th to 22nd March 2015 at the Department of Neurosurgery, NSCB Govt. Medical College, Jabalpur, India.
- **Ashwin Venkateshvararan**, Senior Manager, Cardiology, has been granted a Fellowship in Heart Failure at the Karolinska Institute in Stockholm, Sweden.

- 1) CTVS department conducted a pediatric camp in the month of May 2015 in collaboration with the Healing Little Hearts team UK, headed by Dr. Prem Venugopal. During the camp complex congenital pediatric surgeries were performed. New techniques employed during the surgeries facilitated shorter post-operative stay. Patients were not cooled down as is normally practiced and they were being extubated on the table itself. There was no usage of ventilator in ICU.
- 2) The CTVS department also organized a program on Video assisted Thoracoscopic surgery (VATS) in May 2016, during which three cases were performed by Dr. Sai Yendamuri from Hyderabad using novel techniques.
- 3) To celebrate the 90th birthday of Bhagawan Baba, the department of Cardiology performed successfully the non-surgical closure of 90 cases (each) of three types of congenital defects (ASD, VSD, PDA) using structural devices. Performing a total of 270 of such high-cost devices was made possible by the generous contributions of visiting cardiologists Dr. Sanjay Shah and Dr. Vijay Krishnamoorthy, from USA. Dr. Jon Donnelly and Dr David Nykanen, both pediatric interventional cardiologists from the USA supported the program and worked alongside Dr P.K.Dash and his team to make this possible.
- 4) The Cardiology Department also conducted device implantation workshops, supported by Drs. Ashok Garg and Yegya Raman from USA in Nov 2015 to offer cost intensive pacemaker, defibrillator CRT devices to the patients.
- 5) SSSIHMS-WFD provided two live broadcasts combining 3D echo and intracardiac echo combined with cath lab procedures for EchoIndia, the national conference of the Indian Academy of Echocardiography, on 10th October 2015.



- 6) SSSIHMS-WFD was the first center in south Asia to perform advanced imaging of the arteries of the heart using adenosine stress perfusion CT angiography coupled with a new technique called spectral imaging. These types of scans allow doctors to not only locate blockages in the arteries of the heart, but to determine their effect on blood flow and the need for surgery.
- 7) SSSIHMS and the American Society of Echocardiography Foundation "VALUES" collaboration uses advanced echo imaging to provide new insights into rheumatic heart disease, one of the oldest diseases affecting humanity.
- 8) Dr. Srikanth Sola, Addl. Consultant, Cardiology is using new technologies in echocardiography to diagnose blocked arteries and damaged heart muscle more accurately than the traditional techniques. He is conducting two studies - Layered strain DSE for assessment of myocardial viability and Layered strain dobutamine stress echocardiography: A new tool to detect coronary artery disease.
- 9) Additionally, Dr. Sola has received a grant from the Department of Biotechnology, Govt. of India for a study titled, "Development and validation of an indigenous assay for Lp-PLA2 in identifying Indians at risk for early onset of coronary artery disease".





Event: 8th Autism Awareness Day

Date: 2nd April, 2015

Theme: Employment: The Autism Advantage & Manifestations of Autistic Child



Event: World Tuberculosis Day

Date: 10th April, 2015

Theme: Thus We Reach, Treat and Cure

Event: World Blood Donation Day

Date: 14th July, 2015

Theme: Thank you for saving my life

Event: Nursing Informatics Optimizing Education and Practice

Date: 25th June 2015

Attended by over 140 delegates



Event: Sri Sathya Sai Education in Human Values Program

Date: 27th June, 2015

Guest of Honour: SNS Moorthy, IG and DGP, Karnataka

Event: RGUHS Graduation Ceremony

Date: 16th July 2015

Guest of Honour: Dr S Sacchidanand, Registrar, RGUHS, Bangalore



Event: Student Nursing Association (SNA) Carnival

Date: 8th August 2015

Theme: Fun Saturnalia



Event: Farewell Program

Date: 14th August, 2015

Event: International Day of Older Persons

Date: 1st October, 2015

Theme: Sustainability and Age Inclusiveness in the environment



Freshers Day 2015

12th October, 2015

Internal Sports & Cultural Meet

2-11 December, 2015.





Comprehensive Cardiac Evaluation Camp Conducted by Sri Sathya Sai Seva Organization, Odisha



As part of the 90th birthday celebrations of Bhagawan, the Sri Sathya Sai Seva Organization (SSSSO), Odisha organized a free Cardiac Evaluation Camp in Bhubaneswar between January 8-11, 2016. Dr. P.K. Dash, Consultant Cardiologist, participated in the camp, examining close to 1200 heart patients from 29 districts of Odisha, over a period of four days.



This is the fourth edition of this camp and it was organized on a much larger scale than the previous years. The success of the camp was due to the hard work of the volunteers of the Sri Sathya Sai Seva Organization, who started the spade work for this camp more than three months ago. The camp was well-publicized in the media.

Using only the Sri Sathya Sai Seva Samithis in different districts across the state, details of patients suffering from heart ailments were collated and separate days assigned for receiving patients from these districts in Bhubaneswar.

From the time the patient landed at the Bhubaneswar bus-stand or railway station, the SSSSO sprung into

action and organized transport to Sai Janani, the headquarters of the SSSSO, where the patient and family members were provided food by Sai volunteers, and a preliminary screening was done by volunteer doctors. After an overnight stay at the centre, they were transported in buses the next morning to Hitech Medical College and Hospital, the venue of the camp. The camp started promptly by 8:00 am and went on till past 10 pm on all the four days.

Hearing about the free treatment being provided to over a thousand patients, the management of the Hitech Medical College and Hospital generously offered free diagnostic services viz. blood work, ECG, TMT and Cardiac CT to the patients attending the camp.

After registration, these patients were seen by Dr. Dash, who was the sole cardiologist in the camp. He was supported by paramedic volunteers from the SSSSO. Some of the volunteers were students and graduates of the Nursing & Allied Health Sciences program at SSSIHMS, Whitefield. Drs. Smruti Ranjan Mohanty and Vijay, cardiac surgeons who had previously worked with SSSIHMS-Whitefield, took off from their regular work to attend the camp. Between the two of them, they examined 300 patients needing surgery including 200 patients who underwent cardiac surgeries elsewhere.

Where feasible, the patients seen here would be referred to SSSIHMS, Whitefield. In cases which have a long waiting list, like valve replacements etc., the SSSSO volunteers try to find support for the patients and their families under existing Government schemes or through corporate hospitals.

The SSSSO was all praise for Dr. Dash, for taking time out from his routine work at SSSIHMS to participate in this camp that benefited patients in large numbers. One of the office bearers mentioned that apart from Bhagawan's Grace and the volunteers' efforts, the key factor for the camp's success was Dr. Dash's passion for serving patients, continuously seeing patients without any break over twelve hours.

The patients were very grateful to Bhagawan and to the SSSSO for the treatment and the unbiased opinions they received regarding their health condition. One of the patients showed an SSSSO volunteer a Rs.100 note, with which he had landed in the Bhubaneswar railway station, stating that he was going back with this note intact, underscoring the fact that he did not have to spend a single rupee to attend the camp.

Dr. Dash expressed his gratitude to the SSSSO and the management of the Hitech Medical College & Hospital, for providing the platform on which he could see so many patients.

The Chairman of the Hitech Medical College & Hospital, Sri Tirupathi Panigrahi, expressed his deep sense of appreciation to the SSSIHMS team for attending to the patients at their own doorstep. He recounted how, even as the head of two Medical Colleges, he could not ensure timely treatment for his mother's heart ailment because she stayed in a small village in Odisha.

With the excellent background work by the SSSSO, Odisha is all set to embrace the Sai Rehabilitation Program under which postoperative patients from both the SSSIHMS, will be provided the free, lifetime care and monitoring of a doctor in his or her own home district.



The SAI Rehabilitation Program Gains Momentum

The Sai Rehabilitation Program (SRP) is a unique outreach program of SSSIHMS, aimed at referring postoperative cardiac patients to a local guardian doctor, for consultation on a regular basis. The guardian doctors would not charge any consultation fees. Where possible, the diagnostic tests are also provided free or at nominal charges.

The program is presently active in the states of Karnataka, Kerala and Andhra Pradesh. Almost 21% of the Hospital patients are from these three states and are beneficiaries of this program. So far, over 5000 patients in a total of 63 districts in 3 states are beneficiaries of this program.

Under the program, each state participating in the SRP has an SRP State Coordinator (either a non- or paramedical staff) and a medical doctor, spearheading the program. Similarly, each of the districts has a District SRP Coordinator and a medical doctor. At the time of discharge from the hospital, the patient is given the address and contact details of the SRP Coordinators in his / her district. Simultaneously, the address and contact details of the patient are forwarded to the SRP Coordinators of the respective districts, for initiating contact with the patient.

The advantages of the program include regular follow-up of the patient to ensure he is taking the prescribed medications, diet and carrying out his daily activities in line with the instructions given at SSSIHMS. Since he would be talking to a doctor in his local language, the communication is better.

This program is deeply gratifying as there is perhaps no other healthcare system in the world, which not only provides high-quality tertiary care completely free and in an atmosphere of love and compassion, but also takes it to the next level, by reaching out to the patients, even after they are discharged from the Hospital. The results of the program in Kerala have been heart-warming and exceptional, where patient meets termed “Hridaya Sangamams” are organized at frequent intervals; and every year during Onam, they converge at Prasanthi Nilayam, to offer their collective gratitude to Bhagawan.

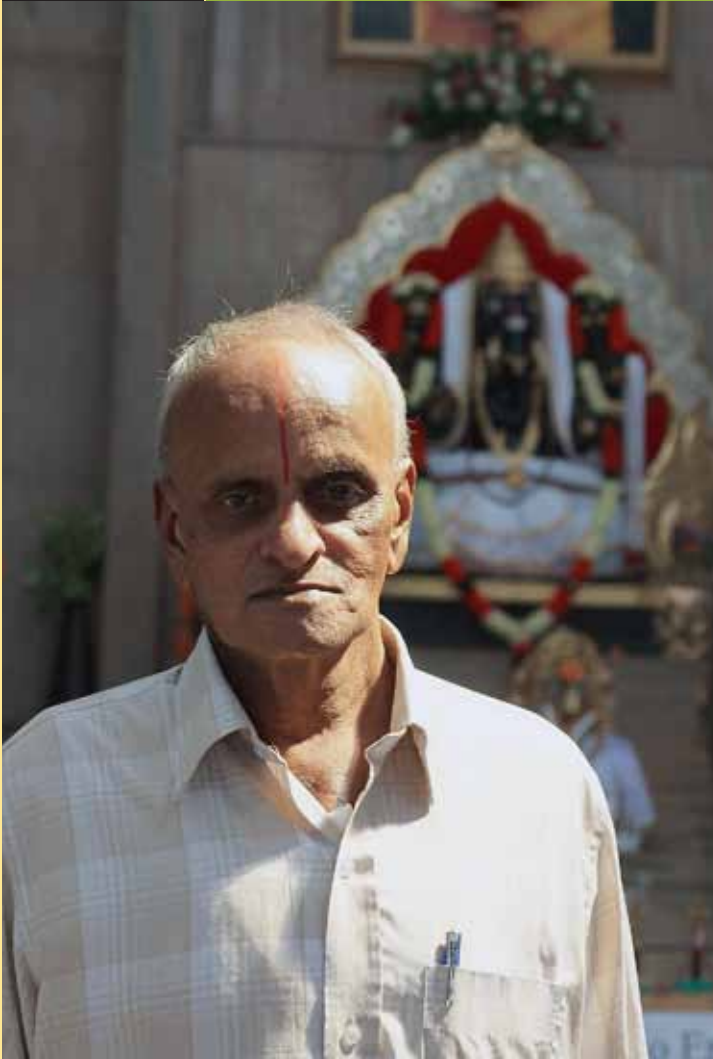
The SSSSO in Tamil Nadu and Orissa have a vibrant and dedicated force of Sai workers, who have expressed their keenness to implement this program in their home states. 17% of patients treated at SSSIHMS, Whitefield hail from these two states.

Celebrating Good Health for Young Working Professionals

On 11th March, 2015, to mark Anti-Tobacco Day, Dr. Prayaag Kini, Consultant Cardiologist, spoke to 250 software professionals of Tech Mahindra on lifestyle modifications to avoid cardiac heart disease. His talk touched upon the need for regular exercise, stress management, and avoiding fast foods. The talk was very well received and inspired much interaction and thoughtful questions from the participants.

Dr. Kini is eager to spread the message of living a healthy lifestyle, and is keen to make informative and engaging presentations on the subject to as many people as possible. You can write to him at imeprayaag@gmail.com.





Each patient admitted to the hospital embarks upon a remarkable transformational journey from sickness to health. Mr. Krishnan, a grand septuagenarian, who was admitted at SSSIHMS Whitefield for a complex heart surgery, shares with us his account of the treatment he received here.

Sri Krishnan H.G. (B.Sc. B.Ed. M.A.) retired as Vice-Principal of Mathru Mandali Composite Junior College, Mysuru after 36 years of service. He chose to re-tyre and remain in the teaching fraternity, and is serving as Principal in the Lalitha School at Mysuru. An ardent devotee of Lord Srinivasa, Sri Krishnan is the Secretary of the temple Trust of the famous Sri Lakshmi Venkataramanaswamy Temple, Mysuru.

Krishnan heard of Baba and His divinity, but did not experience them in person. He sees his hospitalization and rebirth after a major cardiac surgery at the hospital, as an opportunity given to him by Lord Srinivasa and Baba to experience the divinity at Baba's Temple of Healing.

Until a few months ago, Sri Sathya Sai Super Specialty Hospital, Whitefield, was a magnificent building that I admired every time I passed by it. At that time, however, little did I know that I would be reborn in this Temple of Healing. Here is my story...

It was on 5th October 2015, that my wife and I came to SSSIHMS with our daughter (who is an honorary faculty here), only to discover that I had a major cardiac issue due to a dysfunctional aortic valve and a dilated ascending aorta with an aneurysm. Until that day, I was blissfully unaware that I was a cardiac patient with rheumatic heart disease and had lived with it for 69 years, only mildly symptomatic when I climbed up a flight of stairs or exerted myself. I was given to understand I had to undergo a major open-heart surgery called Bentall-surgery, at the earliest. Believe me, I can't remember a day when I have popped a pill to ease out a headache, and here I had to mentally prepare myself for a major surgery that needed to be done within a short period! As per Baba's Will, and in answer to all the prayers of family, well-wishers and friends, we got the approval on 12th Oct for my surgery to be done at SSSIHMS. My heartfelt thanks to the Director and his team for all their support that to begin with, came in the form of this approval.

The next three weeks was a period of unforeseen challenges. My sodium levels dipped, blood pressure dropped, I developed a frozen shoulder, inflammation in knee/arm joints, and nail infection, all in tandem. Firm in faith, my family saw these challenges as mere 'Tests of Faith' before being blessed with a 'Big Gift'. Even the simplest of things (for a visibly-healthy person) like sitting, standing, moving around, became feats and accomplishments for me!! Thanks to the team of doctors at the Sri Sathya Sai General Hospital, SSSIHMS and the Physiotherapy department there, I recovered in time. I personally felt that this phase was a blessing of a different kind for me from Baba during Sharannavaraatri and Veda Purusha Saptaha, for all the Veda Adhyayana and Veda Paarayana that I have been doing for many, many years. Vijaya Dashami day for me was so very different for the first time in my life - I was in the Dome area praying, instead of being an active participant (and an integral part of the organizing team) at the Rathotsavam of Sri Lakshmi Venkataramanaswamy Temple in Mysuru.

The much-awaited admission to the hospital as an in-patient happened on 28th October. I felt that the wrist-band that was tied on me at CAC was Sathya Sai's band of Abhayam. Staff at the cardiac pre-op ward were very courteous. While I struggled with the challenges in being seen as a patient, be it in wearing a patient gown, eating food that was not cooked at home or being asked to keep aside my sacred thread and other objects of association that I had been wearing for a long time, the peaceful environs and ready-to-help staff soothed my heart. I connected with other patients in the ward and spent many hours in conversation of mutual interest. During my angiography, the head cardiologist asked me to chant the Bhaja Govindam, a task that

was exceedingly difficult given the fact that simultaneously, a painful injection, followed by a tapering catheter was inserted into my heart to look for blockages in my arteries. The procedure lasted a few minutes and revealed that my arteries were clear and the bigger surgery could be planned.

It was time for me to go back to the pre-op cardiac ward to wait for the 'Big one' that I was looking forward to (blissfully unaware of the gravity of my medical condition, and what that surgery meant). I was back in the same room, and this time, the experience was so very different. I was completely at ease with the setup and environment, barring minor food issues. Young, smiling staff and students would drop by often for a refreshing chat. Sisters there, some like my daughters and others like my sisters, were so kind. I admired their service motto, as they took care of me and my co-patients. My prayers to the onlooking Dhanvantri statue got intensified in the ashram-like environment. I hardly felt that I was in a hospital – it was a home environment for me, so full of divine vibrations. On the "Big day", there was yet another huge sign of grace and reassurance 'just-in-time', something that meant a lot to me. Just about the time when I was getting done with my bath and prayers that morning, the warden of the nursing students' hostel came in with a little box that had a saligramam, which Baba had materialized. It seems, someone who returned from a pilgrimage, gave it to her the previous day or so. I was told that most people have heard of Baba's lingam materialization, but not many knew about Baba's materialization of the saligramam. For a saligramaaraadhaka and Sri AcharyaPaadukaaaradhaka like me, the very sight of the saligramam and partaking of its teertham was a big sign of grace and abhayam. I could not have asked for more just-in-time reassurances. I knew that my Lord Srinivasa and Baba were upto something, and I did not have to worry. As I was wheeled into the OT, my initial nervousness was set to rest by familiar faces and a very reassuring team of doctors and nurses.

Dr. G. Chandrasekhar, the primary surgeon, later recounted his experience as I was being operated: "To perform this procedure we had to cool his body to 18 degrees and selectively perfuse his brain in what is known as selective

cerebral perfusion, with deep hypothermic arrest of the rest of the body (DHCA) as the arch of the aorta needed to be laid open. We had to take several cerebral protective measures in this surgery.

As far as the aortic valve per se was concerned it was heavily calcified, the calcification extending to parts of the heart like inter ventricular septum (IVS). He also needed special protective measures for the heart (myocardium) itself as the left-ventricular (LV) function was not optimum. In view of his age, we put in a bio-prosthetic valve in which there is no need to use blood thinners life-long. Blood thinners in the elderly are known to have a risk of causing bleeding in the brain or elsewhere in the body."

In view of my complicated condition, my post-operative period was slightly challenging. Within a month after discharge, the doctors discovered a collection of blood behind my heart and decided that these should be evacuated.

"In view of his age and that one month had already past after his first surgery, reentry through the same sternotomy would have further added to the risk. Hence we decided to use a minimal invasive approach, while we had a 3D endoscope on demo with us. Hence with single lung anaesthesia we created a pericardial window using the VATS (Video Assisted Thoroscopic Surgery) technique. He could be sent home early with this procedure. It is a combination of the latest technology, high skills in managing a complex heart condition in the elderly and not the least, the dedication and team effort of all concerned resulting in a successful outcome with our dear Swami's blessings all the way," recounts Dr. Chandrasekhar.

I am now on the road to recovery and hope to recover completely, with the cooperation and support of SSSIHMS, my family, friends and well-wishers. It is true that one can come here and get treated only if and when, Baba wills. Nevertheless, I would like to share with more and more people about this Temple of Healing, where everything is about prayers and grace with no bills and no worries. This is one way in which I can offer my gratitude to Baba.

In a first of its kind collaboration between Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield and Sri Sathya Sai Institute of Higher Learning, and the Sri Sathya Sai Seva Organisation in various states of the country, a unique outreach program was conceived and implemented by the undergraduate students of the Brindavan campus of the University during April-May, 2015.

The program was executed during the students' summer vacation and involved visiting the homes of patients discharged from the hospital and residing in the students' own home towns or states. 123 students from 63 districts in 19 states of the country participated in the program and met with 250 cardiac and neuro patients treated at SSSIHMS, Whitefield.

In the words of the students, the program, termed Sai Bandhan, was a very touching experience for them, wherein they experienced the gratitude the patients had towards the doctors and staff of the hospital and also showed their reverence for Swami, who founded these Temples of Healing, which gave a new lease of life for the patients and their families. Seen as representatives of Bhagawan, the students became recipients of the patients' love and affection.

The project and the runup to it were opportunities to hone many of the students' life skills, including organizing events, interpersonal communication, empathizing with people from different backgrounds, and active listening.

A team of 14 students presented their experiences from this project at the hospital for the benefit of all the staff, which were very well received. This presentation is available on YouTube (search for Sai Bandhan SSSIHMS-Whitefield or use this link <https://youtu.be/dVXaZWMIVYE>).



Allied Health Sciences Alumni Conduct Medical Camps

In 2014, the Alumni of the SSSIHMS Nursing & Allied Health Sciences, took up conducting quarterly medical camps, titled “Sai Vandanam”, for general medicine, dentistry and ophthalmology. These camps were held in rural Bangalore, closer to the patients’ homes. Till date, they completed four camps and have seen over 1100 patients. Many hospital staff also participated in these programs.



SSSIHL Alumni Engage in “SSSIHMS Super Hospital Seva”

As part of Bhagawan’s 90th birthday celebrations, the alumni of Sri Sathya Sai Institute of Higher Learning (SSSIHL) have come together to start a new initiative to serve the Hospital through the “SSSIHMS Super Hospital Seva”. The program started on 28th March, 2015 and is held on the second Saturday of each month.

As can be imagined, for a hospital its size, there are a number of areas, requiring the regular contribution of physical, mental and intellectual resources of volunteers. The alumni were open to any task given to them. In the ten months that the program was conducted, with at least 10 volunteers attending each month, the following is indicative of the works undertaken:

- Scanning of documents in the purchase department
- Cleaning and arranging items in the Pharmacy
- Sorting and rearranging files in the MRD
- Maintaining the IT infrastructure across the hospital
- Cleaning windows, fans etc., in all the wards
- Dusting shelves and arranging books in the library
- Cleaning and arranging items in the Engineering Department and Central Stores
- Serving lunch to in-patients.

Whatever be the nature of work, the alumni did it gladly and cheerfully. They expressed a tremendous sense of enthusiasm to serve in Swami’s Hospital; so much so, that one of them undertook an overnight journey Karwar along with family, to participate in the Super Seva.

The dedication in rendering service and the joy of being useful were contagious, and the presence of the alumni helped the hospital staff reignite their own spirit to serve. In fact, many of the hospital staff now participate regularly in the monthly medical camp conducted by the alumni in the Brindavan Ashram.

SSSIHL alumni it is hoped that in the 15th year of SSSIHMS’ existence, we gather in larger numbers to serve and benefit from the experience.



Standing Tall: The Story of The Standing Ganesha



Mano Hriday: *How old were you when you started sculpture?*

Kanaka Murthy: I was about 26 years when I started sculpting. I worked with my Guru, a renowned sculptor of Karnataka, Shri D. Vadiraj, for about 35 years.

MH: *Please share with us how the standing Ganesha came about.*

KM: It was in 2000 that the Yadalam Gangadhar Setty family commissioned me to sculpt a Ganesha statue for installation in Baba's upcoming hospital in Bangalore.

My relationship with the family goes back to the time when the first Sri Sathya Sai Institute of Higher Medical Sciences was inaugurated. Shri Gangadhar Setty had commissioned the late

Mrs. Kanaka Murthy is a renowned sculptor of Karnataka, bestowed with the rare honour of being the only woman sculptor whose works are worshipped in temples. In 2013, at the age of 71, she was honoured with the Jakanachari Award, the highest award for sculpture in Karnataka.

She is the sculptor of a 9-foot standing Ganesha installed on the hospital terrace. In a conversation with Mano Hriday, she shares her experiences with Baba, which date back to 1991, when she assisted her Guru, Shri D. Vadiraj, in sculpting the beautiful Krishna & cow statue, installed in the entrance of Sri Sathya Sai Institute of Higher Medical Sciences, Prasanthigram.



D. Vadiraj, a renowned sculptor and my Guru, to sculpt a statue of Krishna with a cow for installation near the entrance of the Hospital. I was involved in sculpting this statue.

A few years after that, they requisitioned a statue of Lord Vishnu to be done in the Hoysala style, for installation in Puttaparthi. Unfortunately, before the statue was completed, my Guru suddenly passed away.



In the months that followed, I took it upon myself to complete all the unfinished works that my Guru started.

I approached Shri Gangadhar Setty's family and told them that if permitted, I would continue working on that idol. They had previously seen me working, but since women do not normally take up sculpture as a profession, they had their doubts about my ability. I requested 15 days' time to work on the face of the idol. Permission granted, Shri Gangadhar Setty's son, Shri Subbiah took a photograph of the idol as my Guru had left it, before I started working on it. Fifteen days later, they saw the work I had done and were satisfied with it. They gave me permission to complete the work. After completion, they took me to Puttaparthi along with the statue.

One afternoon, they took me for Baba's Darshan. It was my first Darshan. The family introduced me to Baba, and mentioned to Him that I had worked on the statue. Baba was very happy with the statue and blessed me.

A few years after this incident, the family again gave me a commission to sculpt a Ganesha statue for a hospital due to be constructed in Bangalore. I made a sketch and showed them. Once they were satisfied, they gave me the go-ahead and arranged to take care of everything pertaining to the statue.

MH: What is the history of the design of the standing Ganesha?

KM: The original standing Ganesha was actually my Guru's design. He once sculpted four idols of Shiva, Parvathi, Ganesha and Anjaneya for a factory. Being new in the field, and on my own, I used my Guru's design to sculpt the statue of the standing Ganesha.

MH: What is the stone used for the statue?

KM: The stone used was soap stone, sourced from Mysore. Originally, I designed the base with the rat. But it so happened, that when we were sourcing the stone for the 9-foot tall Ganesha, we could not get the required size. However, it worked out well as the height of the Ganesha ended up around 5 feet, and we had two independent bases of 2 feet each, bringing the total height to 9 feet.

MH: Do you recall any unique happenings while the statue was being sculpted?

KM: Well, it so happened that I finished this 9-foot sculpture in 9 months, with 9 attendants!

The Yadalam family wanted the project to be kept under wraps until it was actually installed. Now, it so happened I had to go to London for an art exhibition and there, some people asked me what I was working on. I don't know how but those people seemed to make out that I was doing something for Baba! I returned from London and completed the sculpture just in time for its installation in the Hospital in late 2000.

MH: Is it the usual amount of time it would take to sculpt a statue this size?

KM: Yes, it is. We used to work in two groups, one group starting work early morning and going up to 5 pm, and another group working from then on until midnight. The statue was kept outside my home on Vani Vilas Road, and the Yadalam family had arranged for the protection of the statue while the work was in progress.

MH: Could you tell us how the statue was transported and installed at the Hospital?

KM: It was transported in a truck by a sculptor friend of mine, who is also an architect. So he helped me do that.

MH: Do you recall anything about the installation?

KM: That part I do not know. It was taken care of by my friend. Due to my work commitments, I was not able to witness the installation of the idol. And I soon moved out from my rented place to my own place, which I attribute to Baba's blessings.

MH: Have you been at the hospital after its inauguration?

KM: Yes. And it was a miracle how it happened. Two women from Kerala wanted to make a documentary about me, and they were going around Bangalore, taking photographs of my work and making a video around them. They wanted to include this Ganesha statue at the hospital. I requested Shri Subbiah to see if permission could be obtained for filming the statue. He said he would talk to the Director and arrange for the permission. As per the appointed time, I was at the hospital but apparently the Security at the gates were not informed, and so I was not allowed inside.

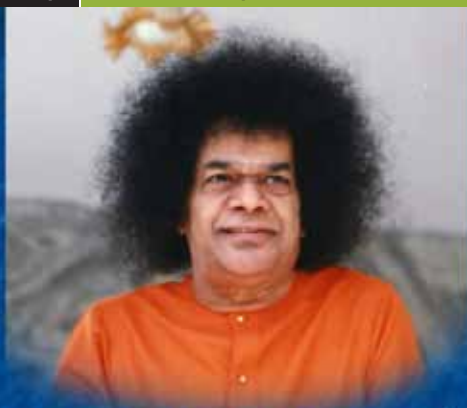
It was a holiday and the person responsible for permitting me was on leave. We were so disappointed and were almost packing up the cameras etc., when the person responsible for allowing the shooting appeared on the scene, and let us in! When Shri Subbiah rang back a few minutes later, after making some efforts in vain to obtain permission, I told him that we were already inside the hospital and were shooting the video. He was surprised how I got in! I consider it Baba's miracle, that I was able to enter the hospital! I was very happy.

I also had the opportunity to pass by the hospital a couple of times, and I keep telling my friends and relatives to look for the statue on top of the hospital. I have written about this statue in my autobiography, and there is a picture of Shri Gangadhar Setty and his wife, along with the statue.

MH: What keeps you engaged these days?

KM: I am 72 years old, and I normally work on numerous sculptures at a time. Depending on the time by when the sculpture needs to be ready, I work on that sculpture on go back to the others soon after. Right now I am working on a sculpture of Shiva, which is coming out very well.

Volunteering: The Healing Touch of SAI Counselling



OUR DIVINE COUNSELLOR
OUR INSPIRATION AND GUIDING LIGHT

Imagine this: A young woman walks in to a hospital with her infant son and her husband, and is told that she needs to undergo a complex brain surgery to save her life. There are risks involved with the surgery, including a 50% probability of losing her life or permanent damage to her faculties. Not undergoing the surgery has its own complications. She is not educated; neither is her husband, a daily wage labourer. As they contemplate the imminent future, imagine what must be going on in her mind!

Thousands of patients visit the hospital in similar situations. Though the patients do not need to worry about arranging finances for treatment at this hospital, undergoing a life-threatening procedure is nevertheless traumatic. While skillful doctors attend to the patients to the best of their abilities, not everything is in the doctors' hands.

Enter the Counselling team. Counselling - the SAI Way at SSSIHMS, Whitefield bridges the gap between the doctors and patients in a way that has the patients prepared for surgery with a positive frame of mind, so that the clinical and para-medical staff can attend to their clinical tasks, without needing to worry about the mental makeup of the patients. The person-centred counselling methodology, developed and nurtured by Umesh Rao & Gita Umesh, since the hospital's inception in 2001, has made a remarkable difference in the way patients receive high-quality tertiary care at the hospital.

The methodology weaves together Bhagawan's universal and secular teachings aimed at developing human values, and the latest scientific findings in the area of person-centric counselling. It helps connect the patient and his or her family of care-givers to the God of their choice, creating the foundation for effortless healing.

"While patients don't need to pay for the treatment they receive at the hospital, we recognize that there are still other concerns they have regarding the treatment. The process of medicine is indeed a traumatic experience. It is our objective to make the process less stressful to the patients and the family, so that healing occurs," says Umesh Rao, an electrical engineer by training, with a passion for Counselling - the SAI Way.

"The uniqueness of our approach also lies in nurturing a team of 27 volunteers, who are committed to the holistic healing of the patients. Most of them have had some unique experience with Bhagawan, and it is from this source that they draw inspiration to serve at the Hospital," adds his partner, Gita Umesh.

"While initially we used to come every day for the Counselling Seva ourselves, over the past 2-3 years, we have groomed youngsters to carry on the counselling, as originally envisaged. This leaves time for both Umesh and I to focus on training ourselves and also on providing ongoing training for the counsellors.

"Thanks to this move, I could create the space and time to complete a one year course in "Existential Well Being Counselling" from the University of Leuven, Belgium, conducted by Dr. Mia Leijssen, an authority on the topic, who heads the Department of Psychology at the Leuven University. The benefits from my training will now be passed on to the counselling team and through them, to the patients," adds Gita Umesh.

The Counselling Department thrives on the completeness found in a circle of committed individuals and rotating leadership, rather than in a hierarchical structure. As part of the training the counsellors receive, everyone makes efforts to imbibe these three qualities - equality, responsibility and spirituality, in their work.

The counsellors all serve in an honorary capacity, not receiving any salary from the hospital. Each of them finds the work rewarding in itself, and they find immense pleasure in being part of the healthcare mission being carried out in Bhagawan's name.

The counsellors use the Body Relaxation Mind Cleansing technique, developed inhouse, which integrates prayer and a breathing technique to calm the mind, and connect the patient to the God of their choice. Counselling is provided not just for the patient but also for the caregiver, especially where the cure would take time.

While interacting with the counsellors, you find the theme 'Service to man is service to God', embodied in each of them. Here is a response from one counsellor who joined the team two years ago, "I find it fulfilling to be able to interact with the patient in the beautiful ambience of the Hospital, and be trained to support them during a traumatic time in their lives. The satisfaction one receives, witnessing the patient's speedy recovery post-surgery,



cannot be matched by any personal accomplishment. It's a privilege and an opportunity for continuous learning.

The love we give comes back to us multiplied manifold. We receive calls and messages from patients, long after they are discharged from the Hospital."

As one can imagine, not all cases turn out to be positive. However, even in cases, where the outcomes were not positive, the act of counselling seems to help caregivers accept the situation, and move on in life positively.

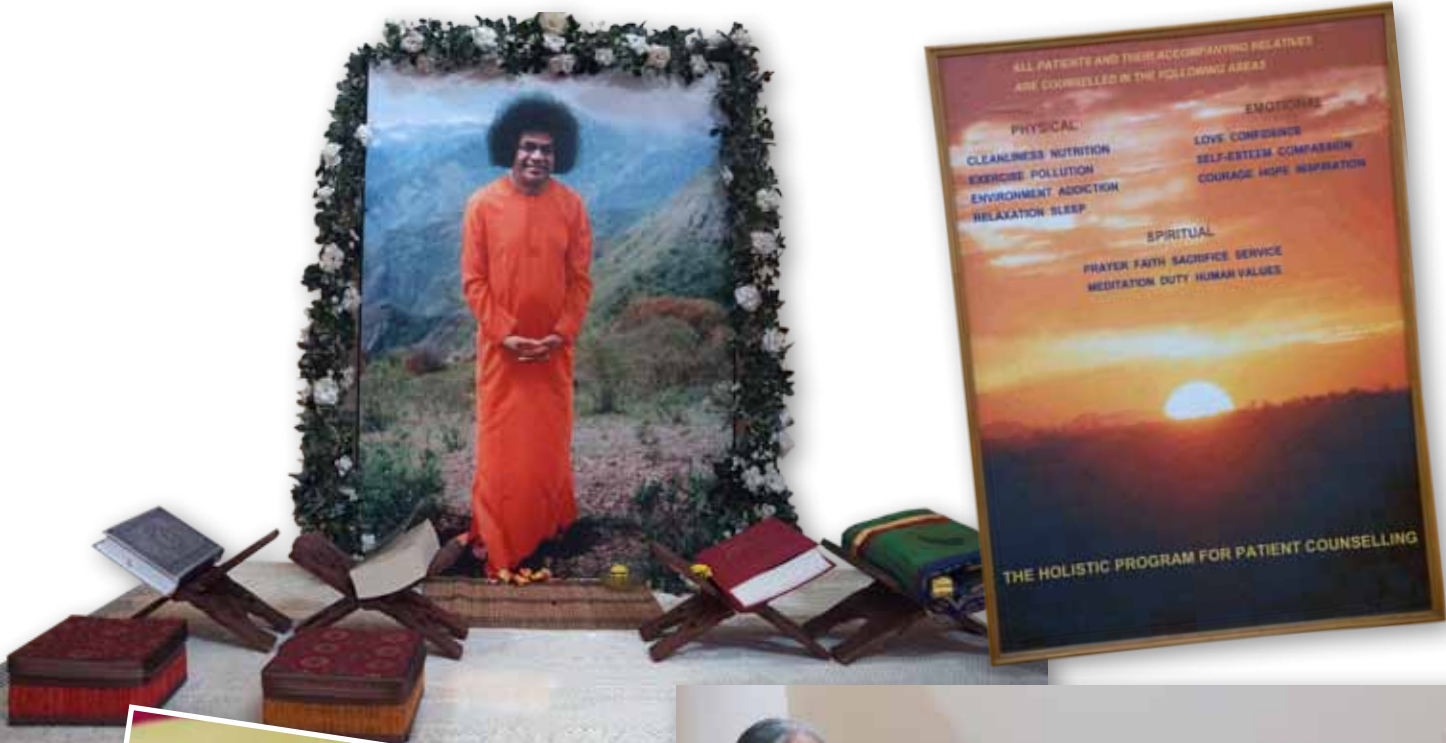
Another counsellor recalls one such case: "There was this young girl, Shampa Das, whose father was bed-ridden, and she was the only child. Through counselling, we helped her accept the unexpected turn of events in her young life. The silent contemplation in the Healing Space helped her connect with her Ishta Deva (Krishna). When the counsellors gifted her a picture of Krishna, she was moved to tears and allowed

her tears to wash away the pain and sadness. She found the strength needed to accept her parents' condition, and look at positive steps she could take to move on in life. There are many such episodes we have the good fortune to come across every day at the Hospital."

Since its inception, the counselling team has counselled over 40,000 patients, repairing for each of them a psychological profile, which helps them track the patients' progress during their stay at the Hospital.

As we celebrate 15 years of the Temple of Healing, we pray for the strength to dedicate ourselves in His Mission to heal all the patients who enter the portals of the Hospital, add the Counselling team.

The opportunity to serve is a profoundly transforming experience. The next page has testimonials from all the Counsellors who volunteer in the department.



INSTITUTE OF HIGHER EDUCATION
Whitefield, Bangalore - 560066

PATIENT PROFILE

Illness / Case: **PDAC - ACID**

Treatment: **PDAC - ACID closure done**

Diabetic: Yes ☐ No ☒ HTN: Yes ☐ No ☒ Patient's / Caregiver: **ichromikeel Amma**

Re Admission: Yes ☐ No ☒

PATIENTS PHYSICAL, SOCIAL, MENTAL & SPIRITUAL PROFILE

Deity Worshipped: Yes ☐ No ☒ Financial status: Poor ☐ Fair ☐ Good ☐ Single ☐ Married ☐ Divorced ☐ Widowed ☐

Rituals observed: Yes ☐ No ☒

Yoga: Yes ☐ No ☒

Any other activity? Prime Care Giver: **ichromikeel Amma**

LIFE STYLE BEFORE ILLNESS

DIET: Veg ☐ Non Veg ☒ At present: At present: ☐ Frequently ☐ Occasionally ☐ Never ☐

Alcohol: Never ☐ Occasionally ☐ Frequently ☐ Never ☒

Smoking: Never ☐ Occasionally ☐ Frequently ☐ Never ☒





Testimonials from the SAI Counsellors

It (Counselling) has made me practise the values taught by Swami. After a session of counselling, most patients as well as caregivers smile – a smile that comes from the very depth of their hearts and a sign of their love and appreciation.

I have learnt to value this smile, cherish and draw strength from it.

- Premila Pillay

Counselling has been a journey of transformation and has sensitised me to the challenges faced by people across the country. My gratitude to Swami for the opportunity and the ability to participate in this seva.

- Shumal Maskey

Counselling has made me more confident and patient. I am able to accept situations in real life and I am more communicative.

- Meenakshi Uchil

The process (of Counseling) has a nourishing effect on our inner beings and it gives a rare sense of fulfillment to know that we have genuinely eased the pain of these people in their time of need.

- Radhika Yadalam

SAI counselling has helped me accept everyone as they are. I have become more loving...

- Ashalata

The ten years of counselling has been a period of learning about human courage, determination and transformation. Unconditional love shown to patients has in return given me love, peace and satisfaction.

- Rajalakshmi Shetty

These nine wonderful years of counselling have given me excellent Satsanga, taught me gratitude and have given meaning to my life. To see a smile on the most stressed face is the Lord's blessing on me.

- Anuradha

I have learnt to be calm and quiet, improve my awareness and practise active listening with full attention. I notice a positive change in my attitude towards other human beings.

- Aparna Hoskote

I have realised that all my efforts are God-driven. I thank God immensely for making me an instrument in His hands. Help ever, is my motto in life...

- Susheela Tirumalachar

The sacred nine years of SAI counselling seva has shown me that humility is the keyword to counselling. It has also taught me the quality of active listening always.

- Sadhana

Counselling, over the last two years, has made me aware of my inner strength. It made me realise that I have a choice in how to think, act/react and speak in every situation. I feel very blessed and grateful to be part of this team.

- Haritha

The Counselling has opened my eyes to the inner strength available to each human being, irrespective of age, gender and religion. Counselling patients has made me calmer and more accepting of the ups and downs in life. It has helped me find strength in myself to handle tough situations in my personal life.

- Jaya Tadimetri

...Counselling helps me introspect and be constantly aware of my own thoughts and feelings.

- Malika

Counselling helped me heal myself. I realize God never sends us unarmed into this world. We are gifted with the power to reach out to His blessings and solace through prayers

- Manimeghalai

To me being part of the SAI Counselling Group is a continuing opportunity to work on Swami's Vision of Ideal Healthcare - addressing the body, mind and spirit; to translate this into a structured format that could be the basis of providing secular yet true spiritual integrative care in modern medical care institutions.

- Umesh Rao

Counselling the Sai Way has been a magnificent journey of inspiration, exploration, discovery, creativity and enrichment.

My journey in counselling has been one of Self exploration, reaching within to discover the healing power of love, empathy and compassion. The ability to facilitate patients to connect to their underlying strength during their most vulnerable moments has been an enriching experience. It has helped me nurture Grace and become aware of the interconnectedness of Self and others at a deeper level.

- Gita Umesh

I must have done something good that I am blessed by my beloved Swami with an opportunity to serve in this Temple of Healing.

- Nirmala Murthy

Sai Counselling taught me to experience Swami's love, which transcends, strengthens faith, heals, forgives, is patient, intangible and heart to heart.

- Sharda N. Gopinath

Counselling has helped me to move towards inner strength, and experience a sense of worthiness when you touch someone's heart...

- Sumana Yadalam

In the four years of practice in the counselling team, I find I am less judgemental now, than I was before; also, the feeling of unconditional love comes up more spontaneously now...

- Poonam Mangharam

This is the opportunity given to me by our Swami to know others' pain, problems, hard times. I find happiness and satisfaction when I have the chance to talk to them and help them deal with their suffering.

- Uma Giridhar

Joining the counselling has definitely helped me. I am less judgemental, more aware of others' feelings and most of all I am learning to accept every one as they are and everything as it comes.

- Jayashree Ravindran

Sai Counselling has been a journey for me in discovering how powerful empathy and unconditional love can be in the healing process. It has taught me the true meaning of unity in diversity and how love can be the catalyst for truly practicing brotherhood of man under the fatherhood of God. It has given me the gift of experiencing God's Divine Presence as the main healing factor for human lives in pain or need.

- Ahladhini Rao Dugar

I have understood service is not just donating material wealth but donating our time and patience. I pray my thoughts words and actions are guided in the right direction to provide the solace, confidence and mental comfort to each patient to help overcome fear, grief, pain...

- Lalitha Anil



Dr. Sanjay Shah and Dr. Vijay Krishnamoorthy, cardiologists from the United States, are instrumental in facilitating high value cardiac interventions at the department of cardiology via a “pilgrimage” of service they undertake each year.

*Often, they are accompanied by expert cardiologists, such as **Dr. Jon Donelly**, who has visited three times so far with a desire to contribute to patient care. Mano Hriday catches up with Dr. Donelly, who has worked with the in-house team to treat over 400 children so far using non-surgical methods to close holes in the heart.*

Mano Hriday (MH): Tell us a little bit about yourself.

Jon Donelly (JD): I work on the East Coast of the United States, working on paediatric, catheter-based structural interventions. This is my third visit to this hospital in the last five years.

MH: How did the first visit come about?

JD: Dr Vijay Krishnamurthy was a fellow in training at my hospital and one day in the locker room, he asked me if I would like to come to India, where he volunteers at a hospital. I said “yes”, and before I knew it, I was on a plane to India!

I was very intrigued by the need expressed by Vijay. He told me that there was a very good program in structural device closures offered at a hospital providing free care to the poor, and wanted me to participate in this cause. When I came here and met Drs. Dash & Barooah, I could sense tremendous leadership in them. During my interactions with the fellows in training, the staff, nurses and technicians, I found them very receptive and I enjoyed sharing my experience with them. I learnt a lot as well, as there were conditions I saw here that I have never seen before in my practice.

On my arrival, I was warmly welcomed in and felt part of the team. We planned 100 cases in 7 days, an unbelievably high number of procedures given what I am used to doing in the US. I was amazed at the efficiency of the team.

The second time I visited, I brought a friend of mine, Dr Jeffrey Florman, a neuro-surgeon. While Jeff actively participated in the neurosurgery program, we treated 90 cardiac patients, most of them very little children. Dr. Dash and I decided to split tasks between us, and this time, we focused on more complex cardiac anatomy. I was unsure on

whether so many patients with this disorder were available for treatment during that time, but there were. We performed around 40 fairly complex cases during that trip.

MH: How has your relationship grown with the staff during this time?

JD: Dr Dash and I share very similar experiences, though we work on opposite ends of the globe. It's very easy for me to ask him for an opinion on a particular case, and just about every case we keep going back and forth to support one another. I respect his thoughtfulness and his technical ability. It is also fun for me to see the fellows move through their training. I get emails and Facebook updates from them, even though they have now moved to different parts of the country.

MH: How would you assess work being done in the department of cardiology since your first visit?

JD: I can see it's much better. The staff, fellows and technologists are all very competent. Dr. Dash can practice anywhere in the United States and be very good. He asked me to keep coming, and said that he learns each time I come. I told him that it is mutual and that I learn each time I come to India as well. I truly do. I see types of heart disease here that I don't normally see in the US. Like the Sinus of Valsalva aneurysm that we only read about in textbooks. Today, I attended to one such case. I learn a lot, and I hope the staff here learn a lot as well.

MH: What was the highlight of this trip?

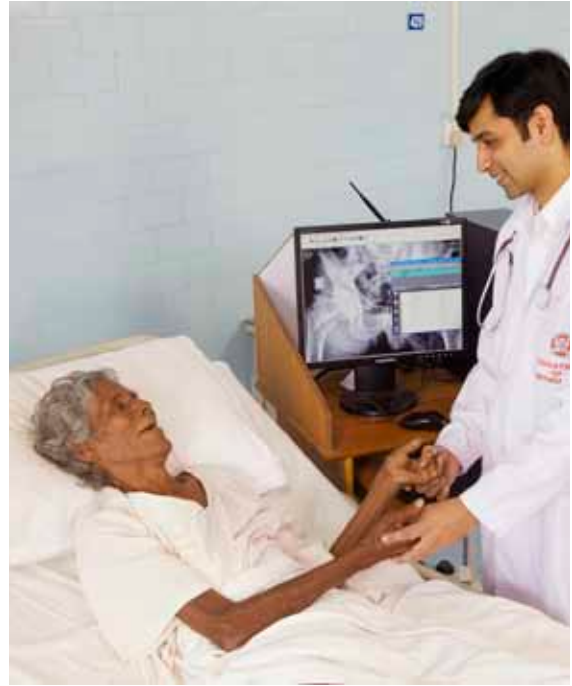
JD: This is my third visit to this hospital, and I feel I know Dr. Dash well, and felt that we were like colleagues in a joint effort. Each time I come, I feel more and more at home. It's always a good feeling to leave home and find comfort in another, many thousand miles away.



Sri Sathya Sai Institute of Higher Medical Sciences
Whitefield, Bangalore

Cumulative Statistics Jan-2001 to Dec-2015

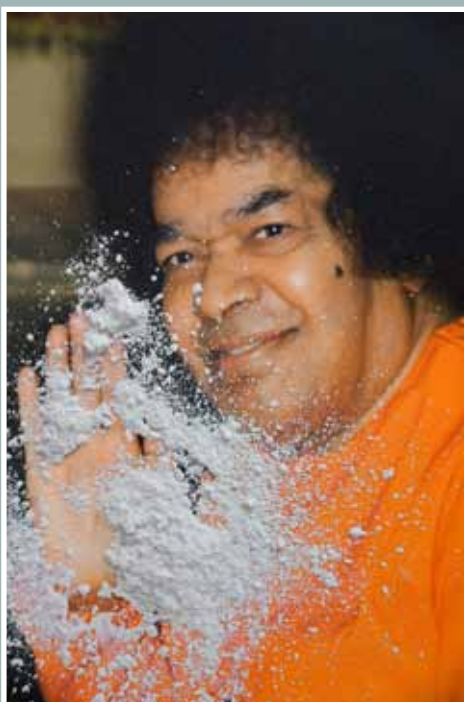
Outpatient Visits	
Cardiology	7,10,551
Neuro Surgery	2,42,322
Neurology	1,63,625
Total	11,16,498
Telemedicine Consultations	
Cardiology	4,931
Neuro Surgery	6,582
Total	11,513
Cardiac Catheterization Procedures	
Diagnostics	23,068
Interventions	27,830
Pacemaker implantations	875
Total	51,773
Surgeries	
Cardiac Surgeries	19,052
Neuro Surgeries	22,306
Total	41,358
Laboratory Tests	
Biochemistry	29,70,439
Blood bank	3,73,468
Haematology	41,01,146
Histopathology	11,207
Microbiology	69,644
Serology	3,48,409
Total	78,74,313
Radiology Exams	
CT Scan	56,592
MRI	1,26,038
Neurocathlab	2,360
Ultrasound	25,377
X-ray	1,92,622
Total	4,02,989



Festivals & Campus Activities







**SRI SATHYA SAI INSTITUTE OF
HIGHER MEDICAL SCIENCES**

(A Unit of Sri Sathya Sai Central Trust)

EPIP Area, Whitefield, Bengaluru 560 066

Tel: +91 80 28411500

e-mail: newsletter@sssihms.org.in

URL: www.wfd.sssihms.org.in