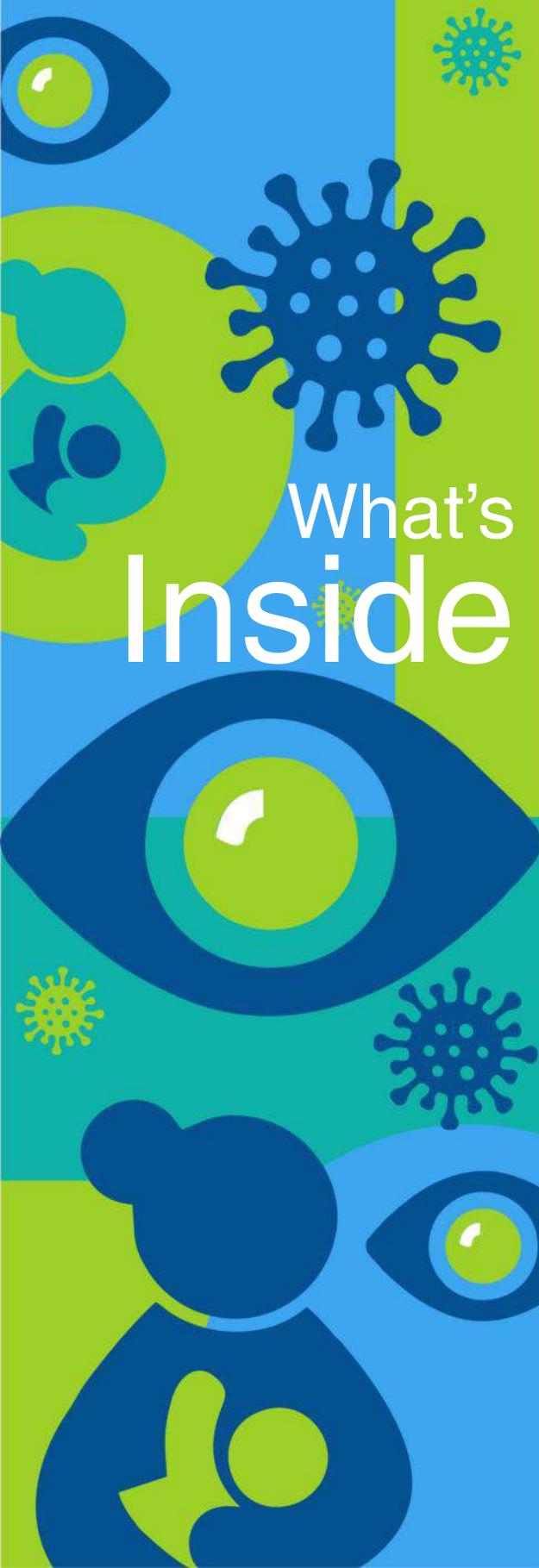


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**Bravehearts  
of KEM**

**We thank you all  
with pride for putting  
tireless efforts to  
continue our legacy  
of quality patient  
care during  
this pandemic**



**Dr. Rahul Nerlikar**  
Head of Department, Orthopaedics

## Know Your Consultant

I was born in Pune. My schooling was done at St.Vincent's School, Pune. I did my MBBS from BJ medical college, Pune and post graduation in Orthopaedics from Sassoon General Hospital and BJMC, Pune. Following PG qualification in India, I went to the UK and worked in various Elective Orthopaedic units in Scotland and England learning joint replacement and Arthroscopy. I also did a fellowship in spinal surgery in Amrita Institute of Medical Sciences, Kochi. I returned to India in 2003 and joined the KEM in 2004 December as an associate consultant in orthopaedics.

I garnered further experience in arthroscopy under the guidance of Dr.Anand Kelkar and joint replacement with Dr.A.N.Waknis. Currently I am working as Consultant and Head of Department of Orthopaedics. In addition to treating fractures, I also perform joint replacement of hip, knee, shoulder and elbow. I perform Arthroscopic Reconstruction procedures for injuries. I also perform foot & Ankle reconstructive surgery as well as surgery for Musculoskeletal tumors (primary and metastatic).

My hobbies are reading and music. I am an avid reader and interests range from history to science fiction to politics.

I have love for both Indian and Western classical music and the violin is my favourite musical instrument. My goal in KEM is to expand and increase expertise and workload of the orthopaedic department with help of my colleagues from various orthopaedic subspecialties and also from other surgical and medical specialties.



**Dr. Durga Borkar**  
Consultant, Anaesthesia

Dr. Durga Borkar has completed her MBBS and MD Anaesthesia from Goa Medical College. She has settled in Pune after marriage and has been here for 12 years now.

Her parents continue to reside in Goa. Her father is a chemical engineer and mother is a homemaker. She is addicted to reading books, listening to music and recently been introduced to the pleasures of trekking. Trekking is a recent passion.

Apart from being a consultant at KEM, she also works as a freelance Anaesthetist with a keen interest in paediatric anaesthesia.

She is also good in providing anaesthesia for IVF centre, oncosurgeries and laparoscopic surgeries both surgical and gynaecological.

Anaesthesia can be a very demanding and stressful branch of medicine and she drives herself to strike a balance between good patient care and also providing to the surgeon's requirements regarding surgery.

# Breastfeeding During Covid-19



Corona Virus disease also known as Covid-19 is an infectious disease caused by a newly discovered Corona Virus (Novel Corona Virus). The virus that causes COVID-19 is mainly spread through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air and quickly fall on floors or surfaces. You can get infected by breathing in the virus if you are within close proximity of an infected person or by touching contaminated surfaces, then your eyes, nose or mouth.

Breastfeeding is the cornerstone of infant and young child survival, nutrition and development and maternal health. The World Health Organization recommends exclusive breastfeeding for the first 6 months of life followed by continued breastfeeding with appropriate complimentary foods for upto 2 years and beyond. Early and uninterrupted skin-to-skin contact, rooming –in and Kangaroo Mother Care also significantly improve neonatal survival and reduce morbidity and are recommended by WHO.

Since the start of COVID-19 pandemic,

concerns have been raised about whether COVID-19 positive mothers can transmit the infection to the infant or the young child through breastfeeding. To breastfeed or not to breastfeed depends totally on the risk of transmission of infection from mother to the baby versus the risk of illnesses if breastfeeding is not done and inappropriate formula feeds are used instead of breast milk.

WHO recommends that mothers who have COVID-19 infection or are COVID suspects should initiate and continue to breastfeed as the benefits of breastfeeding outweigh the relative risk of Covid transmission.

WHO has also advised that mother and baby should be in the same room (rooming in) also should practice skin to skin contact, including Kangaroo Mother Care (KMC) especially immediately after birth and during breastfeeding even if they or the baby is suspected or is having COVID-19, by taking due precautions as under:

**1. Wash hands for 20 seconds before handling baby and breastfeeding**



**2. Wear a protective mask when near baby**

**3. Wash hands before touching breast pump or spoon feeding if required etc.**

### **Role of Milk Bank in Covid-19**

When a mother's own milk is not available, WHO recommends pasteurized donor human milk as the first alternative. Human milk banks screen and recruit donors, and have wide-ranging precautions to ensure the safety of donor milk. The benefits of a pasteurized donor human milk highlight the importance of providing these infants with donor milk for short periods-with appropriate use in the context of optimal support for lactation, such provision can support mothers to establish their milk supply without the need for supplementation with infant formula milk. The Milk Bank follows the strictest clinical standards every day. Studies have documented complete heat inactivation of genetically similar viruses such as SARS and MERS. All milk dispensed by The Milk Bank undergo heat treatment using the Holder pasteurization method of 62.5 °C for 30 minutes. Additionally, research has consistently demonstrated that breastmilk provides significant immunological, nutritional, physiological and psychological benefits that protect babies against many illnesses and last well beyond infancy.

### **World Breastfeeding Week Celebrations at KEM**

World Breastfeeding Week started in 1992, with annual themes including healthcare systems, women and work, the international code of marketing breast milk substitutes, community support, ecology, economy, science, education and human rights. World Breastfeeding Week celebrated from 1<sup>st</sup>-7<sup>th</sup> august. This year theme is "SUPPORT BREASTFEEDING-FOR A HEALTHIER PLANET".

Dr. Umesh Vaidya, director NECTAR human milk bank and HOD-NICU always guide, encourage and promote us for all activities. Our NICU sister

In-charge and all staff members were very supportive and helped us with decoration and arrangements. We celebrated Breast feeding



week at KEM where we conducted various programs with all aseptic precautions, social distancing and maintained hygiene during this Covid-19 pandemic. Our session begins with steps of hand washing and personal hygiene techniques. We have conducted a lecture on Human milk banking to NICU staff to create awareness and as an educational activity. Small gift of appreciation and encouragement given for staff. We organized milk donation camp which created an awareness among mothers and their relatives about the importance of breast milk not only for their own babies but for other babies too, whose mothers could not breast feed them. A small galactagogue food includes Paushtik laddoo and lactation cookies developed and designed by Sayali Sathe (Lactation Counselor) given to all moms. The idea behind this is to give and create importance on healthy and balanced diet during pregnancy and lactation for nurturing tiny feet. In India people follow myths about diet and nutrition to mothers which affect mother's health as well as quality of milk and ultimate poor weight gain in babies. We held a quiz for NICU doctors on breastfeeding and nutrition to give insights on the subject.



**Ashwini Joshi**



**Sayali Sathe**

Lactation Counselors, KEM Hospital, Pune

# Let there be light, Gift somebody sight... !



At a time when there is huge gap between number of people waiting for corneal transplant and donors , the least we can do is to pledge for Eye donation and increase awareness. The National Eye Donation Fortnight is observed every year from 25<sup>th</sup> August to 8<sup>th</sup> September which aims to create public awareness about the importance of eye donation.

Corneal blindness is considered as the fourth leading cause of blindness after glaucoma, cataract, and age-related macular degeneration. The corneal transplantation is solely dependent on the voluntary donation of eyes. Indians always have a habit of giving back to the society and this tradition is deeply entrenched in the society, whether it is blood donation or now organ donation.

Community outreach is necessary as the magnitude of eye donation in our country is pretty dismal as compared to the rest of the world. Insufficient facilities, absence of motivation and myths should not be deterrents for Eye Donations.

## Eye Donation during COVID Times

Eye donations during Covid times should continue with donor testing, checking medical history of donor, use of protective gear by doctors and technicians to remove corneal tissues, risk-benefit assessment for the recipients, etc

## Quick Facts

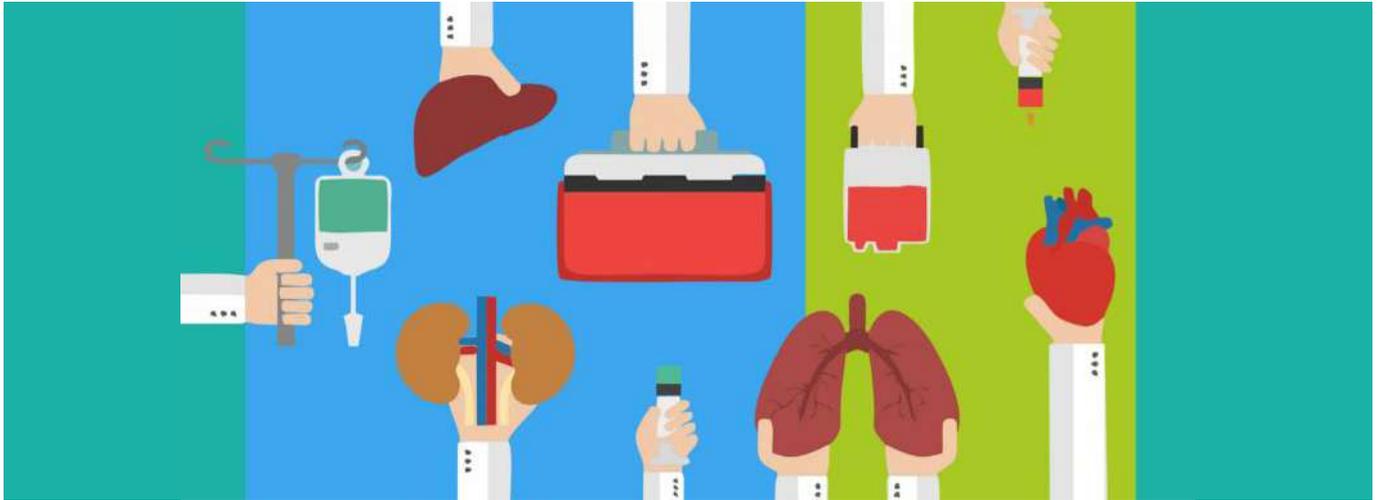
- Eyes can be donated only after death
- Corneal retrieval is done by trained and certified medical practitioners and takes only about 15 minutes
- Preference is an order unless there is an emergency
- Eyes have to be retrieved within 6-8 hours of death
- The identities of both donors and recipients are kept confidential
- A person donating both the eyes gives vision to two people
- A person of any age or gender can donate eyes
- Doctors will determine contraindications for donations i.e who can donate and who cannot depending on the medical condition.

Likewise transplant is not useful in cases like blindness due to glaucoma, age related degeneration and others.

Dr. Sanjay Shah  
Consultant and Head of Department,  
Ophthalmology



# Organ Donation - A Gift of Life



Historically the first deceased donor renal transplant was performed at the KEM Hospital, Mumbai in 1965 followed by another in 1966 and then in Varanasi in the early 70's. After a gap of almost thirty years it again picked up in the late 90's in Mumbai followed by Pune (in Ruby Hall Clinic and KEM Hospital) in 1997.

Today, organ donation is no longer as difficult a concept to understand for a lay person. The journey has been long and arduous and many hours of hard work has gone into convincing families to donate organs by transplant teams. Equally difficult has been the task of convincing the Police. All that is in the past now.

Talking about Pune, the appointment of a Central Coordinator by the ZTCC (Zonal Transplant Coordination Centre) Pune in 2013 was the best thing that could have happened to the Deceased Donor programme. There has been a steady and dramatic rise in organ donations in the city and seamless allocation of donor organs through the Central Waiting List for Pune Zone.

To talk about numbers, from January to 23<sup>rd</sup> March 2020, of the potential 17 deceased donors identified across the district 14 donor family consents were obtained. Vital organs were seamlessly allocated to wait listed patients on the ZTCC Pune Central Waiting List and heart, lungs and small bowel were even shared with Delhi and Mumbai. 35 patients got a new lease of life. The COVID pandemic has however been a setback for the programme and it has more or less come to a standstill. However it is noteworthy that even during COVID, Pune has recorded the highest number of organ donations ( 9 deceased donor multi organ transplants performed) in the country!



### **ORGAN ALLOCATION UNDER ZTCC PUNE**

In an attempt to allocate the short in supply organs to the best possible candidate, the Directorate of Health Services Maharashtra driven “Deceased Donor” programme, was started by the formal creation of ZTCC Pune in 2002. Based on the organ allocation programme of the United States UNOS (United Network of Organ Sharing) a predetermined point system based on certain medical conditions in the recipient was adopted by the ZTCC Pune. Initially only patients needing renal replacement therapy with no suitable family donors were registered on the Central Waiting List. Slowly the list encompassed liver failure patients and in recent times patients needing pancreas, heart and lung and other multi visceral organs. Currently there are approximately 2300 patients registered on the waiting list for various organs. The point system helps in allocating the best organ to the best candidate registered on the Central Waiting List thereby ensuring a bias free, fair and transparent allocation protocol. Organs have also been flown to Chennai Hyderabad and Mumbai as a reciprocal sharing system ensures no organ is wasted. The cost of donor maintenance (capped at a maximum of Rs. 50,000/-) is borne by the recipient as is the cost of transportation of organs.

In a landmark move, the ZTCC Pune Central Coordinator was able to facilitate 100 “Green Corridors” with the help of Pune police from August 2015 to March 2020 in an effort to transport the precious organs from the donor hospital to the Pune Airport in record time .

The future of Organ Donation in India is bright and very dynamic and hopefully the post COVID times will see a resumption of the

excellent efforts put in by Transplant teams, Transplant Coordinators and Counselors, Hospitals, Police Departments and ambulance drivers. But most of all a salute to the donor families who run the programme with their dedicated and “all heart” efforts in giving the valuable “Gift of Life” opportunity to so many needy and sick patients.

**Become an Organ Donor and Save Lives!**



Rohini Sahasrabudhe,  
Dialysis and Transplant Coordinator  
Renal Unit, KEM Hospital, Pune

# A Short Film to Create Awareness about the Importance of Nutrition and Physical Activity During Pregnancy



## साखरेपेक्षा गोड (‘Sakharepeksha Goad’)

A short film driven by Dr. Chittaranjan Yajnik's Science and the Art & Creativity of National Award Winners - Dr. Mohan Agashe & Smt. Sumitra Bhawe

Save the Date

Friday, 14<sup>th</sup> August 2020 | 15:00 - 16:30

Watch the Zoom Webinar streaming Live on Facebook

In Association with



Welcome speech by: Dr. Chittaranjan Yajnik

Keynote Speakers: Dr. Mohan Agashe, Smt. Sumitra Bhawe

Supported by:



Note: Request all the participants to please be on time and follow virtual webinar etiquette  
The film is in Marathi with English subtitles.

‘Sakharepeksha Goad’ driven by Dr Yajnik’s Science and Dr Mohan Agashe and Dr Sumitra Bhawe’s art and creativity was released on 14th August 2020 via a special digital event.

In an effort to spread the importance of a healthy diet during pregnancy and its positive effects on the foetus in a simple and creative way, the KEM Hospital Pune has collaborated with Developing Awareness Through Entertainment (D.A.T.E) and well known artists Dr. Mohan Agashe and Smt. Sumitra Bhawe through a short film. The Mukul Madhav Foundation & Navani family with D.A.T.E. have very generously supported this unique initiative.

This short film is based on the research of veteran doctor and researcher Dr. Chittaranjan Yajnik, Director of the Diabetes Unit at KEM Hospital, Pune and will highlight what children

and the youth of today need to know about in order to ensure a healthier life for future generations.

The traditional Gene-Lifestyle model for diabetes ignores the early life accumulation of experiences which shape one’s future. This fact was known to our ancestors. In the modern science it was pointed out by Prof. David Barker in his ‘foetal origins of adult disease’ theory which focused on the ‘programming’ of tissues, organs and systems during growth in the mother’s womb. The environment which shapes the foetus and its future is dictated by the mother’s nutrition, her chemistry, her stress levels, her physical activity and so many other factors which we understand only prospectively. Nature has made the mother the carrier through which nature shapes the structure and the function of the newborn.

The blueprint of foetal development determines the capacity of the system to face the adversities in future life and influences the changes of being healthy or ending up with disease.

Dr.Chittaranjan Yajnik, Director of Diabetes Unit at KEM Hospital Pune, Dr.Mohan Agashe, Director Sumitra Bhawe, Ritu Chhabria, Managing Trustee at Mukul Madhav Foundation, Rajan Navani, Vice Chairman & Managing Director of the diversified Jetline Group of Companies Jetline, Shirin Wadia, General Administrator at KEM Hospital Pune, Dr.Laila Garda, Director Research at KEM Hospital Pune and Dr.Rohan Shah, were present at the digital launch.

Conceptualised by Dr. Chittaranjan Yajnik and Dr. Mohan Agashe, the short film has been produced by Dr. Agashe and written and directed by Smt. Sumitra Bhawe. The cast includes Om Bhutkar, Shruti Madhudeep, Jyoti Subhash, Renuka and Devika Daftardar. The movie revolves around Shiva, an employee of the KEM Diabetes Research Centre, who uses the knowledge he picks up through working with the researchers to educate his pregnant wife and her family, thereby ensuring their baby is born healthy.

This film is available for viewers on our YouTube Channel - KEM Hospital Pune



# Media Coverage

## केईएम हॉस्पिटल द्वारा साखरेपेक्षा गोड शॉर्टफिल्म का अनावरण

पुणे, 17 अगस्त (भा.प्र.): गर्भावस्था में आरोग्यदायी आहार का महत्त्व और उस आहार का बच्चेपर होनेवाला सकारात्मक परिणाम इसके बारे में सरल और सर्जनशील पद्धती से संदेश सबतक पहुंचाने के लिए केईएम हॉस्पिटल,पुणे ने डेक्लरपिंग अवेरनेस थ्रू एंटरटेन्मेंट और प्रसिध्द निमाते व कलाकार डॉ.मोहन आगाशे व दिग्दर्शिका सुमित्रा भावे इनकी सहयोग से साखरेपेक्षा गोड इस शॉर्टफिल्म की निर्मिती की है. इस उपक्रम का उद्घाटन वेबिनारद्वारा किया गया. इस दौरान केईएम हॉस्पिटल,पुणे के डायबेटिज युनिट के संचालक डॉ.चित्तरंजन याज्ञिक, डॉ.मोहन आगाशे, दिग्दर्शिका सुमित्रा भावे, मुकुल माधव फाऊंडेशन के व्यवस्थापकीय विश्वस्त रि.तू छात्रिया, जेटलाईन ग्रुप ऑफ कंपनीज के उपाध्यक्ष व व्यवस्थापकीय संचालक राजन नवानी, केईएम हॉस्पिटल,पुणे के व्यवस्थापक डॉ. शिरीन वाडिया, केईएम हॉस्पिटल, पुणे के संशोधक विभाग की संचालिका डॉ.लैला गार्डा और डॉ. रोहन शाह इस दौरान उपस्थित थे.

## गर्भावस्थेमधील जागरूकतेबाबत लघुपट

लोकमत न्यूज नेटवर्क

पुणे : गरोदरपणात सकस आहाराचे महत्त्व आणि त्याचे वाढावर होणारे सकारात्मक परिणाम याबाबतचा संदेश सर्जनशील पद्धतीने संदेश सर्वापर्यंत पोचवण्यासाठी 'साखरेपेक्षा गोड' या लघुपटाची निर्मिती करण्यात आली आहे. केईएम हॉस्पिटल आणि ज्येष्ठ अभिनेते डॉ. मोहन आगाशे व दिग्दर्शक सुमित्रा भावे यांच्या सहयोगाने या लघुपटाची निर्मिती करण्यात आली आहे.

उपक्रमाचे उद्घाटन वेबिनारद्वारे करण्यात आले. याप्रसंगी केईएम हॉस्पिटल, पुणेच्या डायबेटिज युनिटचे संचालक डॉ. चित्तरंजन याज्ञिक, डॉ. मोहन आगाशे, दिग्दर्शिका सुमित्रा भावे, मुकुल माधव फाऊंडेशनच्या व्यवस्थापकीय विश्वस्त रि.तू छात्रिया, जेटलाईन ग्रुप ऑफ कंपनीजचे उपाध्यक्ष व व्यवस्थापकीय संचालक राजन नवानी, केईएम हॉस्पिटल, पुणेच्या व्यवस्थापक डॉ. शिरीन वाडिया, केईएम हॉस्पिटल, पुणेच्या संशोधक विभागाच्या संचालिका डॉ. लैला गार्डा आणि डॉ. रोहन शाह यावेळी उपस्थित होते.

## लघुपटाद्वारे गरोदरपणावर जागृती



'साखरेपेक्षा गोड' लघुपटाची निर्मिती  
म. दा. प्रतिनिधी, पुणे

## Short film on nutrition during pregnancy

Pune: KEM Hospital, Pune and D.A.T.E. have made a short film, *Sakharapeksha Goad* (Sweeter than Sugar), about the importance of a healthy diet during pregnancy and its positive effects on the foetus, which was released on Friday. The film is based on the research of Dr C S Yajnik, director of the diabetes unit at KEM Hospital. "Science reaches people more effectively through creative art. A story through eloquent visuals has far greater impact than a complex scientific argument", said Yajnik. It has been directed and produced by artists Sumitra Bhawe and Dr Mohan Agashe. The movie revolves around Shiva, an employee of the KEM Diabetes Research Centre, who uses the knowledge he picks up through working with researchers to educate his pregnant wife and her family, thereby ensuring their baby is born healthy. Yajnik said that the environment which shapes the foetus and its future is dictated by the mother's nutrition, among other factors. ENS

## गरोदरपणाच्या काळात आहार, पोषण व शारीरिक हालचालींचे महत्त्व याबद्दल जागरूकता निर्माण करण्यासाठी लघुपट

पुणे : गरोदरपणात निरोगी आहाराचे महत्त्व आणि त्या आहाराचे वाढावर होणारे सकारात्मक परिणाम याबाबतचा साध्या आणि सर्जनशील पद्धतीने संदेश सर्वापर्यंत पोहोचविण्याकरिता केईएम हॉस्पिटल,पुणे ने डेक्लरपिंग अवेरनेस थ्रू एंटरटेन्मेंट आणि प्रसिध्द निमाते व कलाकार डॉ.मोहन आगाशे व दिग्दर्शक सुमित्रा भावे यांच्या सहयोगाने 'साखरेपेक्षा गोड' या लघुपटाची निर्मिती केली आहे. या उपक्रमाचे उद्घाटन वेबिनारद्वारे करण्यात आले. याप्रसंगी केईएम हॉस्पिटल,पुणेच्या डायबेटिज युनिटचे संचालक डॉ.चित्तरंजन याज्ञिक, डॉ. मोहन आगाशे, दिग्दर्शिका सुमित्रा भावे, मुकुल माधव फाऊंडेशनच्या व्यवस्थापकीय विश्वस्त रि.तू छात्रिया, जेटलाईन ग्रुप ऑफ कंपनीजचे उपाध्यक्ष व व्यवस्थापकीय संचालक राजन नवानी, केईएम हॉस्पिटल,पुणेच्या व्यवस्थापक डॉ. शिरीन वाडिया, केईएम हॉस्पिटल, पुणेच्या संशोधक विभागाच्या संचालिका डॉ.लैला गार्डा आणि डॉ. रोहन शाह यावेळी उपस्थित होते.

## गरोदरपणात निरोगी आहाराचे महत्त्व आणि त्या आहाराचे वाढावर होणारे सकारात्मक परिणाम याबाबतची माहिती साध्या पद्धतीने सर्वापर्यंत पोहोचविण्यासाठी पुण्यातील एका खासगी हॉस्पिटलच्या साह्याने लघुपटाची निर्मिती केली आहे.

निमित्त व ज्येष्ठ कलाकार डॉ. मोहन आगाशे निर्मित व दिग्दर्शक सुमित्रा भावे यांच्या सहयोगाने 'साखरेपेक्षा गोड' या लघुपटाची निर्मिती केली असून त्याचे नुकतेच उद्घाटन करण्यात आले. यावेळी दिग्दर्शिका सुमित्रा भावे, डॉ. शिरीन वाडिया, रि.तू छात्रिया व इतर मान्यवर उपस्थित होते. या लघुपटाची कथा हॉस्पिटलमधील डायबिटीज युनिटचा कर्मचारी असलेल्या शिवा याच्यावर आधारित आहे.

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## गरोदरपणाच्या काळात आहार, पोषण व शारीरिक हालचालींचे महत्त्व याबद्दल जागरूकता निर्माण करण्यासाठी लघुपट

पुणे : गरोदरपणात निरोगी आहाराचे महत्त्व आणि त्या आहाराचे वाढावर होणारे सकारात्मक परिणाम याबाबतचा साध्या आणि सर्जनशील पद्धतीने संदेश सर्वापर्यंत पोहोचविण्याकरिता केईएम हॉस्पिटल,पुणे ने डेक्लरपिंग अवेरनेस थ्रू एंटरटेन्मेंट आणि प्रसिध्द निमाते व कलाकार डॉ.मोहन आगाशे व दिग्दर्शिका सुमित्रा भावे यांच्या सहयोगाने 'साखरेपेक्षा गोड' या लघुपटाची निर्मिती केली आहे. या उपक्रमाचे उद्घाटन वेबिनारद्वारे करण्यात आले. याप्रसंगी केईएम हॉस्पिटल, पुणेच्या डायबेटिज युनिटचे संचालक डॉ. चित्तरंजन याज्ञिक, डॉ. मोहन आगाशे, दिग्दर्शिका सुमित्रा भावे, मुकुल माधव फाऊंडेशनच्या व्यवस्थापकीय विश्वस्त रि.तू छात्रिया, जेटलाईन ग्रुप ऑफ कंपनीजचे उपाध्यक्ष व व्यवस्थापकीय संचालक राजन नवानी, केईएम हॉस्पिटल, पुणेच्या व्यवस्थापक डॉ. शिरीन वाडिया, केईएम हॉस्पिटल, पुणेच्या संशोधक विभागाच्या संचालिका डॉ. लैला गार्डा आणि डॉ. रोहन शाह यावेळी उपस्थित होते.

## WORLD BREASTFEEDING WEEK

## Breastfeeding considered safe during Covid pandemic, say experts

ANURADHA MASCRENHAS PUNE, AUGUST 4

THE CURRENT Covid-19 pandemic has raised concerns about the safety of breastfeeding for both mother and baby. With World Breastfeeding Week underway from August 1 to 7, experts told *The Indian Express* that organisations such as WHO, UNICEF, Indian Academy of Paediatrics and other apex bodies on health have encouraged mothers with suspected or confirmed Covid-19 to initiate or continue to breastfeed.

Dr Ketan Bharadva, president of Human Milk Banking Association (India) and president of Infant and Young Child Feeding Chapter of Indian Academy of Paediatrics, said that breastfeeding is considered safe during Covid-19. "This advice is recommended by most apex bodies of health," he said.

These recommendations are based on weighing risks versus benefits from whatever limited scientific evidence is available in specific context of the SARS COV-2 virus, and on the basis of observations from other epidemics in the past and established advantages of breastmilk, said Dr Bharadva.

For safety, the mother should take standard hygiene precautions, including wearing a mask and sanitisation during breastfeeding, cough and sneeze hygiene and disinfection of surfaces to prevent respiratory and fomite-borne transmissions, said the expert.

"Covid-19 has not yet been found to be transmitted from mother to the child via breast milk," Dr Bharadva said, adding that sourcing milk from human milk banks is safe during the pandemic. "For infants whose mother's milk cannot be available for whatever reason, the next best option is pasteurised donor human milk from a scientifically-operated standard milk bank. There is convincing evidence in scientific journals that coronavirus is killed by pasteurising milk by Holder Method," said Dr Bharadva.

According to Sayali Sathe, lactation counselor and nectar human milk bank in-charge at KEM Hospital, this year, the theme is "Support breastfeeding for a healthier planet." "Babies who are given feeds other than breast milk are known to have lesser immunity, more illnesses and require more hospitalisations," Sathe said, adding that breastfeeding for the first six months of a baby's life is important for optimum growth and health of the baby.

# Unique Celebration of Rakshabandhan at KEM

**Building Community Relationships**

**Appreciation & Love from the Ahwalwadi women at Ecoexist**

**ECOEXIST**  
• enterprises •  
A social enterprise that promotes ecosensitive products through socially responsible means.  
Natural Holi Colours • Eco Ganesh Idols • Cloth Bags • Recycled Products

Dear KEM team,

These rakhis are to express our thanks to all of you for the love and care with which you are tending to our citizens during this crisis.

We thank you from the bottom of our hearts and send you love and energy praying for all your ones well being and health.

These rakhis are made by the women of Ahwalwadi, who also made some of the cotton reusable masks you requested earlier. The income from these masks helped us to survive the lockdown, and being in income as some of our husbands lost their jobs, we thank you for these as well!

May the entire team at KEM stay protected, safe and blessed always!

With love, Ecoexist + the women of Ahwalwadi.

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Office ADDRESS: Plot no 39, Lane 23, Sanjay Park, Old airport road, Pune 411032  
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EMAIL: ecoexist@gmail.com  
WEB: www.ecoexist.com / www.ecoganshidol.com / www.healthycycling.in / www.clothbagsindia.com / www.naturalholicolours.com / http://bothhearts.blogspot.in

**KEM Hospital PUNE**





## Testimonials

I would like to share my heart filled gratitude and thanks to the great work you all are doing. I received professional and timely help from you throughout when my wife was admitted during birth of our baby boy.

I really appreciate all the work the team is doing during these tough times. Special thanks to Miss. Kiran as she is the one with whom I interacted the most.

- Relative of patient from Nursing Home, 2<sup>nd</sup> floor

We are really happy that we decided to come to KEM Hospital, Pune for the treatment. Staff members are very dedicated and the doctors are fabulous. We really did not have any difficulties during our stay at hospital.

The staff made sure we had everything we needed before we even asked for it. We feel like they are like our extended family. Many of them went above and beyond the call of duty to make us feel like we were in a safe and friendly place.

- Relative of patient from Nursing Home, 4<sup>th</sup> floor

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## Circular



*Dr. Swapnil Borade, MBBS, DNB- Emergency Medicine has joined us as a full time Junior Consultant in EMD.*

# Achievement



66.60%

Tanvi's parents write...

जिवंत ही बाई अभिवाचू दे. तो आनंदाचा २९ डिसेंबर २००६ कन्यासुख आल्यासुद्धे ही आणी सुप्रसिद्ध वार आनंदाने सावुन निहाय आभाराने नक्केल अंगुली अंग फुलवून फटाक्यांच्या डाडडाडाभुवे मिये स्वप्नान करत होते पण हा आनंद फार काळ ब्र असावोना आल्या नाही करीत तसेच होते काही दिवसांन सवयेच साक्षात असे की ती दोन्ही कानाने १००% कळवाधर आहे आता या पूरु काय हा प्रश्न दल होऊन दुस्रा राहिला होता यामध्ये आगेचा किल्ला बनून ही गिलास केरु ह्या देवाप्रमाणे अभिवाचा था अडचणीच्या काळात दुसरा राहिल्या त्यांनी केलेल्या मार्गदर्शनाने पूर्व प्रवास वेगाने सुरु झाले. वेद आणि त्यांच्या साहाय्याच्या सहायाने सवययाने सवीच येरवीचा प्रवास केरुधम मध्ये सुरु झाला पण त्याचा उपयोग होत नाही ते सक्षम येताच ही वेद मंडळ व त्यांच्या साहाय्याच्या सहायाने कोकलीकर ह्याच अंग्रेज क्रायचे उरतेले वेग वेगळ्या तपासव्या झाल्या ब तर्क अंग्रेजनआणि तयार झाली पण पैसांची अडचण होती पैसांचे योग आणता येत नाही ते सक्षम आले पण इच्छा तिचे भाई त्या प्रमाणे केरु पमच्या अडचण (ओरगनाइजर) मंडळाने सहाय्य दिला व सानेक वानचुर बळ झाले म्हालीया सहाय्याने व कर्माची कमी काळावधीत पैसांचे सोपे झाले व तन्वीचे ऑपरेशन झाले व त्यानंतर आरा प्रवास सुरु आला तन्वीच्या पिपरा येरवीचा था म्हा म्हामीच खिण डब्लसच्या अर्ध टिम ने होवाचे योगदान त्यास बरोबर तिचा आलेय प्रवास देखील सुरु झाला या मध्ये देखील अनेक अडचणीना लोट जावे लागले त्या प्रमाणांना देखील अम्ही हैशीने परतावून त्यातले त्यातीत एक प्रमाणे कुजव्या सहायन जेअर करु दखिनी बोडीच्या प्रिक्षे परस्थान तन्वीच्या कुविठ झाल्यासुद्धे तिचा अंग्रेजि

आज तिने जे यथा भिळवले झाले ते शक्यतेही कमी नाही साचा मला सध्या अभिमान आहे या प्रवासा मध्ये केरु पम होमिटरवा, सिंग इअर टिम, तिची प्राथमिक व माध्यमिक शाळा तसेच प्रत्यक्ष व अप्रत्यक्ष आणी ज्योती सहकार्य व भाईदरीन केले त्या संपूर्ण अम्ही तन्वीने पाहिले था नव्याने आकार मानले व आपल्या सर्वाने सहकार्य व आर्थिक कायम पाठिंबी राहिले हा विस्वास करील काळमेने आपस ह्या अक्षितानी तन्वी निवीमा अतोब पंडित



85.60%

86.80% Radhika's parents write...



70.60%



53.20%



79.60%

सुखवातीपावुला यापिका ही याने स्वभावानी अवस्थाने तिचे मन सहाय्यामध्ये एकाच अवस्थाने लागले जाकेल किळीलेले सर्व विषयाना समाप्त ती मन लागून करत घरे सन्ने घरातीस लोकीने तिच्या सहाय्याकडे लक्ष होवने लागली काही संचा सहाय्यास ती बाकिगीत शिकवकडून सोडवून घेत बघे दहासिचा परिवारेमध्ये सर्व विषयाचे वेपक तिने मन लागून सुवाकळ अजराप्रथे तिहीले खरंतर ती कळिधर सहाय्यालाबुद्ध्या तिका साय मिळती ती केरु पम हांदवीरक पुणे येरवीत डॉ. निम्बिा जेंद मंडळ बनुराहा मोदरे मंडळ व कळ्याची दाळने मंडळ यांची तन्वीने शीघ्र उभार अपील करु घ्यापनी हाती केरु केलेल्या पुत्रालांमुळे राधिकाची कोकलीकर संकटांत ची खरीती झाली व A-B हेंडिंगा या कंपनी संकटांत नसुनिल्या मुळे तिची प्रगती होत गेली व साकेमध्ये तिने यहातिका परिवारेमध्ये सहाय्यात यहा मिळविले व सांगली जिल्हामध्ये सिडामांमध्ये ती परिकी आली म्हणून अम्ही आपणा खतीचे आभारो जाशेत

आपते  
 सौ. विजया शरनाये  
 श्री. भाकरुंद शरनाये  
 किटा (सांगली)

We congratulate our cochlear implantees on their super success!

# Health Awareness Communications

**Breastfeed is the best feed**

- Provides all necessary nutrients and antibodies to fight against infections and diseases
- Is easily digested
- Enhances baby's brain development
- It is safe, convenient and free
- Good for mother's health too



**1<sup>st</sup>-7<sup>th</sup> AUGUST**  
WORLD BREASTFEEDING WEEK

**KEM<sup>®</sup> Hospital PUNE**  
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Breastfeeding Awareness Week

Eye Donation Fortnight

**Pledge your eyes and help two people with the gift of sight**

Fill up the eye donation card and inform your loved ones



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**EYE DONATION DAY**  
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