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# infoKEM

APRIL





## From Stigma to Support Raising Awareness about Bipolar Disorder

Bipolar disorder (BD) is a multidimensional chronic mood disorder that affects about 45 million people worldwide, that is, about 2-3% of the general population and about 0.49-0.51% of the Indian population (National Mental Health Survey 2015-16). It is said to be the sixth leading cause of disability worldwide.

As the name suggests, the mood of people with BD can fluctuate between two 'poles', highs of mania and lows of depression. These are not just 'mood swings', but persistent emotional states that significantly affect the general functioning of the individual.

Symptoms of bipolar disorder to watch for are:

<b>MANIA</b>	<b>DEPRESSION</b>
<ul style="list-style-type: none"><li>• elevated or irritable mood</li><li>• increased energy levels</li><li>• racing thoughts</li><li>• reduced need for sleep</li><li>• excessive appetite</li><li>• talking a lot or very fast</li><li>• hyper-religious behaviour</li><li>• high-risk behaviours: overspending, rash driving, substance use</li><li>• impulsivity and disinhibition</li><li>• Slightly milder form of this is called hypomania</li></ul>	<ul style="list-style-type: none"><li>• sad mood</li><li>• feeling tired or fatigued</li><li>• reduced interest in activities once enjoyable before</li><li>• disturbed sleep</li><li>• loss of appetite</li><li>• difficulty concentrating</li><li>• low-energy levels</li><li>• reduced social interaction</li><li>• low self-esteem</li><li>• thoughts of death and despair</li></ul>



### **Is it treatable?**

BD can be managed very well with a comprehensive holistic treatment plan. This includes a detailed evaluation, medical and psychological examination, medications such as mood stabilisers, antipsychotics, and antidepressants, along with psychosocial therapy and support, with regular follow-up. The role of family, society, and healthcare professionals is the key to ensuring a nurturing environment for the individual.

Despite these difficulties, persons with BD can lead well-rounded and fulfilling lives. Many celebrities, including Selena Gomez, Mel Gibson, and Demi Lovato, have spoken openly about living with BD and advocated for it. However, the stigma surrounding BD in society leads to social isolation and delayed help seeking. Breaking these barriers is crucial to promoting acceptance and empowerment for people with BD.

The vision of World Bipolar Day is to raise world awareness to bipolar disorders, to eliminate social stigma and to discrimination, and improve the allocation to research on bipolar disorders.

### **‘What can I do?’**

- Educate yourself about warning signs and symptoms : Read, Recognise & Refer
- Be Open : Create a safe listening space, ask respectful questions, and be present.
- Reduce Stigma: Help break down stigmas by promoting a culture of acceptance and understanding

Educate others: share personal experiences, distribute informative articles or posts, engage in conversations about the disorder, participate in support groups and events.

Show your support for organisations that work for mental health causes

Remember that every small action counts, and collective efforts can lead to significant positive change. As we strive for a more compassionate and inclusive society, let us remember that awareness is not a destination, but a journey that requires ongoing effort, education, and compassion to create a brighter future for all.



**DR. SHALAKA CHATORIKAR**  
Senior Resident, Psychiatry Unit  
KEM Hospital, Pune



## 46-year-old Brain Dead cab driver gives a new lease of life to many. Family donates heart, liver, kidneys and corneas



A 46 year old male patient working as a cab driver was declared brain dead at KEM Hospital, Pune on 8 Apr 2025.

By consenting to donate his Heart, Liver, Kidneys and Corneas his family gave a new lease of life to 6 waitlisted organ recipients.

While the heart was sent to a hospital in Mumbai, one kidney was transplanted at KEM Hospital, Pune the other kidney, liver and corneas were transplanted into patients from other hospitals in Pune

Dr.Pradeep D'Costa, Head Intensive Care Unit at KEM Hospital, Pune informed that the cab driver suffered a massive intracranial bleed after which he was brought to KEM Hospital on 2nd Feb 2025 and put on ventilatory support. He was declared brain dead on evening of 8th April 2025. His family consented to organ donation after which his organs were harvested on 9th April and transported via a green corridor. One of the kidneys was transplanted into a 40-year-old lady software professional suffering from lupus nephritis from KEM Hospital.

The team of doctors involved in harvesting included Dr Bharat Kalambe, General Surgeon, Dr. Yogesh Sovani Andrologist, Dr. Shardul Date, HoD Vascular Surgery, Dr. Shams Iqbal, Urologist, Dr. Valentine Lobo, Nephrologist, HOD Med Social Work Dept & Dialysis & Transplant Coordinator Rohini Sahashrabudhe, Transplant Coordinators Manoj Gadekar and Jasmeet Arora along with Dr. Poonam Deshmukh, Assistant Administrator KEM Hospital and the Nursing team.

**४६ वर्षीय मॅदूमृत कॅब चालकाच्या अवयवदानामुळे सहा जणांना नवजीवन**  
पुणे : केईएम हॉस्पिटल पुणे येथे मॅदूमृत घोषित झालेल्या ४६ वर्षीय कॅब चालकाच्या अवयवदानामुळे सहा जणांना नवजीवन मिळाले. त्यांना केईएम हॉस्पिटल मधील अतिरिक्त विभाग प्रमुख डॉ.प्रदीप डिकोंस्टा यांच्या देखरेखीखाली छाती दाखल करण्यात आले होते. मॅदूमृत रुग्णाचे हृदय मुंबईच्या एका रुग्णालयात पाठविण्यात आले. एक मुत्रपिंड केईएम हॉस्पिटल पुणे येथे प्रत्यारोपित करण्यात आले तर, दुसरे मुत्रपिंड, यकृत आणि कॉर्निया पुण्यातील इतर रुग्णालयात पाठविण्यात आले.

**४६ वर्षीय मॅदूमृत कॅब चालकाच्या अवयवदानामुळे सहा जणांना नवजीवन**

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८ एप्रिलला सायंकाळी त्यांना मॅदुमृत घोषित करण्यात आले. त्यानंतर ९ एप्रिलला त्यांचे अवयव काढून तीन कोरिडोर मार्फत इतर रुग्णालयांना पाठविण्यात आले. केईएम हॉस्पिटलमध्ये

**मॅदूमृत कॅबचालकाच्या अवयवदानामुळे सहा जणांना मिळाले नवजीवन**  
मुंबईतील रुग्णालयात हृदय : पुण्यातील रुग्णालयात मुत्रपिंड, यकृत आणि कॉर्निया  
पुणे : केईएम हॉस्पिटल पुणे येथे मॅदूमृत घोषित झालेल्या ४६ वर्षीय कॅब चालकाच्या अवयवदानामुळे सहा जणांना नवजीवन मिळाले. त्यांना केईएम हॉस्पिटल मधील अतिरिक्त विभाग प्रमुख डॉ.प्रदीप डिकोंस्टा यांच्या देखरेखीखाली छाती दाखल करण्यात आले. मॅदूमृत रुग्णाचे हृदय मुंबईच्या एका रुग्णालयात पाठविण्यात आले. एक मुत्रपिंड केईएम हॉस्पिटल पुणे येथे प्रत्यारोपित करण्यात आले तर, दुसरे मुत्रपिंड, यकृत आणि कॉर्निया पुण्यातील इतर रुग्णालयात पाठविण्यात आले.

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## KNOW YOUR HEALTH

Dr. Rakesh Shah , Chief Operating Officer KEM Hospital, Pune said ,organ donation is a noble act and we salute the family members for this gesture which has given a new lease of life to many. We would also like to thank the Zonal Transplant Coordination Committee and the Traffic Police for facilitsting a green corridor to transport the organs.

46 वर्षीय मेंदूमृत कॅब चालकाच्या अवयवदानामुळे  
सहा जणांना नवजीवन

हृदय, यकृत, मूत्रपिंड आणि नेत्रदान

हिमालय पुणे येथे येथुन धर्मिय प्रत्येकाला  
 46 वर्षीय शिव चालायापुढे अडकवतायुळे  
 त्या आजुन्या वादकाकडे निघताने, त्याचे कुटुंब  
 हिमालयन मधील अडिक्ताला शिवच पुढे डी.एचएम  
 फिलोसॉफी यांना देखील त्यांचे टाकान काढण्यात  
 आले होते. येथुन सगळेच इतर कुटुंबांचा एका  
 सगळ्यातल्या चालण्यात आले. एका मुलीने  
 केईएम हिमालय पुणे येथे प्रत्येकाला सगळ्यात  
 आले आमुने मुलीसह,मुली आले कोर्टात  
 पुढीलही इतर सगळ्यातल्या चालण्यात आले.  
 केईएम हिमालय पुणे येथील अडिक्ताला  
 चिन्हापुढे प्रत्येक डी.एचएम फिलोसॉफी यांना डी.  
 या 46 वर्षीय शिव चालायापुढे अडकवतायुळे

[illegible]

## 46-year-old Brain Dead cab driver gives a new lease of life to six

**Pune:** A 46-year-old male patient working as a cab driver was declared brain dead at KEM Hospital, Pune on 8 Apr 2005.

The team of doctors involved in the transplant included Dr Bhaskar Chavan, Chief Surgeon, Dr Yogesh Sawani, Endocrinologist, Dr Sharda Date, HDV Vascular Surgery, Dr Shams ul Islam, Urologist, Dr Valentine Lobo, Nephrologist, HD Med. Social Work Dept., Pathologist & Transplant Coordinator, Dr. Sanjay Santhoshkar, Transplant Coordinators, Manoj Gadgil, and Jameel Arora along with Dr Poonam Deshmukh, Assistant Administrator KEM Hospital and the Nursing Staff.

Dr. Nand Lal, Chief Operating Officer KEM Hospital, Pune said organ donation is a noble act and we salute the family members for this gesture which has given a new lease of life to many. We would also like to thank the Transplant Coordinator, Dr. Gopal and the Traffic Police for facilitating a green corridor to transport the organ.

४६ वर्षीय मेंदूमृत कॅब  
चालकाच्या अवयवदानामुळे  
सहा जणांना नवजीवन

पुणे, : केईएम हॉस्पिटल पुणे येथे मेंदूमृत घोषित झालेल्या ४६ वर्षीय कैच कलकात्या अवयवदानामुळे महा जणांना नवजीवन मिळाले. पुणे, केईएम हॉस्पिटल मधील अतिदक्षता विभाग प्रमुख डॉ.प्रीप डिकोसो यांच्या दिग्दर्शित खाली दाखल करण्यात आले होते. मेंदूमृत रुग्णाचे हृदय मुंबईच्या एका रुग्णालयात पाठविण्यात आले. एच मुनीपंड केईएम हॉस्पिटल पुणे येथे प्रत्यारोपित करण्यात आले तर दुसरे मुनीपंड, वक्तृ आणि कार्डीआ पुण्यातील इतर रुग्णालयात पाठविण्यात आले.

केईएम हॉस्पिटल पुणे येथील अतिदक्षता विभागाचे प्रमुख डॉ.प्रदीप डिकोस्टा म्हणाले की, या ४६ वर्षीय रुग्णाला मोठ्या प्रमाणावर मेंदूमध्ये रक्तस्त्राव झाला होता व २ फेब्रुवारी २०२५ रोजी त्यांना रुग्णालयात दाखल करण्यात आले.

८ एप्रिलला सायंकाळी त्यांना मेंदू मृत घोषित करण्यात आले. त्यानंतर ९ एप्रिलला त्यांचे अवयव काढून ग्रीन कॉपरडॉर मार्केट इतर रुग्णालयांना पाठविण्यात आले. केईएम हॉस्पिटलमध्ये एक मुजपिंड लघुपत्र नेफ्रायटिस या आजाराचे प्रस्त असलेल्या ४० वर्षीय महिला सांपन्नचे अर व्यावसायिकावर प्रत्यारोपित करण्यात आले.

केईएम हॉस्पिटलचे मुख्य कामकाज अधिकारी डॉ.राकेश शहा म्हणाले की,अवयवदान हे महान कार्य असून त्याला संमती देणाऱ्या नातेवाईकांना आमचा सलाम.

कैबचालकामुळे सहा जणांना जीवदान

मैदुमृत घोषित केर्यानंतर अवयवदान; हृदय, यकृत, मूत्र

१०५ : ३६ वाक्यान्तर में दूसरे पंक्तियों के अन्त में 'अथ' शब्द का प्रयोग हुआ है। 'अथ' शब्द का प्रयोग 'अथवा' शब्द के समान होता है। 'अथ' शब्द का प्रयोग 'अथवा' शब्द के समान होता है। 'अथ' शब्द का प्रयोग 'अथवा' शब्द के समान होता है।

[illegible]

વિષયમાં પ્રગટ થયેલ વિશિષ્ટતા માર્ગે  
સામાજિક સુધારા કરવાના અંગત  
મહેનતુર કાર્યને દર્શાવે છે.  
મહેનતુર કાર્યને દર્શાવે છે.  
કામચલાણ વાર્તાઓમાં પણ આવી  
કેળવણી હોઈએ તો તેથી જાણનારાઓ  
અને શ્રદ્ધાળુ પુસ્તિકાઓની કૌશલ્ય  
પ્રગટી થશે. આ કામચલાણ વાર્તાઓ  
કેળવણી અને સામાજિક સુધારા  
માટે એક નવી રીત છે.  
આવી રીતે આ કામચલાણ વાર્તાઓ  
માટે એક નવી રીત છે.

६. **सिंहपुरा** सावधानी लाने में सु-  
चाली कण्ठाने अपने, पचाने १ सिंहपुरा  
साथे अलग बाहुरी हीन कश्चित् मार्गले।  
कमलानाथने पचाने कण्ठाने, के  
हाथियागलेने सु-चाली लुगला लेख  
का आगलेने प्रान अलगलेने ४० मील।

कैबचालकामुळे  
सहा जणांना नवजीवन

पणे, मुंबईतील रुग्णाना केली जाणारी

[illegible]

66. **अवतार** है मरण कार्य मरण, मरण सेवी देवता।  
 'मरण'को ही मृत्यु अर्थात्, 'मरिचक' अवतारवासी श्रीराम  
 प्रजापति कहिये। मरिचक श्रीराम के अन्तः प्रकाश मरणमार्ग  
 प्रकाश अवतारवासी श्रीराम के अन्तः प्रकाश मरणमार्ग  
 मरिचक अवतारवासी श्रीराम के अन्तः प्रकाश मरणमार्ग  
 मरिचक अवतारवासी श्रीराम के अन्तः प्रकाश मरणमार्ग

४६ वर्षीय कॅब ड्रायव्हरने दिले चार जणांना 'जीवदान'

प्रधान वृत्तसेवा

पुणे, दि. २०  
रहिवासी अस  
चातकाने  
जगांना जीव  
पृथ्वी दोन म

**मुले सहा जणांना**  
 टोमरुख आणि कीमती टी  
 शॉर्ट्स, हॉटमिटर  
 प्रत्येकीची दोन-तीन  
 की, 1000 रुपयांचे हे यत्न  
 संपत्ती देण्याचा या  
 सामान्य घडिलेला स  
 तुम्हालाही बर्बाद होऊन  
 तुम्हाला समजत नाही  
 बर्बादी तयार जाणवत  
 जायती जाणवत जायती

मैंदूभृत  
मुळे सहा

८. एप्रिलला सारंका  
९. मृत पौष्ठा करणा  
१०. एप्रिलला तांबे  
११. घन कोरडा मांस  
१२. लक्ष्मी पद्धत्यात  
१३. होमिओपॅथी ह्यु मु  
१४. प्रेमादरिद्र का अज  
१५. अमलेत्या ४० क  
१६. फेअर व्वावसाधिका  
१७. करणा आले.  
१८. क्रिडाकरणाचा डीकटव  
१९. तांबाशिवाय

१. विद्यार्थी  
 २. शिक्षक  
 ३. अभिभावक  
 ४. समाज  
 ५. सरकार

...

**४६ वर्षीय मेंदूमृत कॅब चालकाच्या अवयवदानामुळे सहा जणांना नवजीवन**

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कैबचालकाच्या अवयवदानामुळे  
चौघांना मिळाले जीवदान

मायुप्लेन (या जवळीचे अणुच) मायु अणूना दान करे या त्यांना जीवदान मिळते. मायुकक्षीचे दर्शन घडविणारी अशीच एक द्रव्यीक घटक पुण्यात घडली. एका विज्ञानकारणाने मायुप्लेना त्याचे मायुन दान करणारा मिळाले.

कल्याण अन्ने, त्र्यम्बक धामाबादी  
को-ऑर्डिनेटर विरम अग्रवी  
“संदेशवाणी” (पुन) मल्लागवर्तनाथ  
मल्लानुभाषा का अवधारणा को बाट  
कात्यायन अन्ने, त्यागी एड्. विहारी  
मुष्पातील केईएच हाँपील्लायनी

**जीवन**

दीन तासांत ह्या मुंबईला

पाठवले

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## Celebration of World Parkinson's Day



KEM Hospital, Pune, hosted a special event to mark World Parkinson's Day. Around 100 members of the patient support group raised awareness through dance and singing performances. Patients shared their feelings and narrated life-changing experiences after joining the support group.



Parkinson's Disease Support Group programme by BKP-PDMDS is carried out through multiple centers in India. In Pune the program is carried out through the patient support groups at KEM Hospital and Deenanath Mangeshkar Hospital. It follows a multidisciplinary module that includes occupational and speech therapy, physiotherapy, laughter therapy, art therapy, music therapy, and movement therapy, along with yoga, meditation, dietary consultations, and awareness sessions by doctors on other neurological disorders associated with aging. These activities are led by trained professionals from BKP-PDMDS.

The programme is free of cost for both individuals and their caregivers.



Dr. Rakesh Shah, Chief Operating Officer of KEM Hospital, Janine Garda, Coordinator and Neuropsychologist of the Department of Neurosciences of KEM Hospital, Dr. Nikita Chhajed, Physiotherapist and Coordinator of KEM and DMH Support Group, and Volunteer Sampada Padhye along with team members from DMH were present on the occasion. Bharati Parekh, wife of NK Parikh and Bijal Thakkar, daughter of BK Parekh also graced the occasion to encourage the participants.





## EVENTS AND ACTIVITIES

Parkinson's is a progressive disorder that affects the nervous system and other parts of the body it controls. Symptoms worsen with age and commonly include body tremors, slowness of movement, loss of physical balance, poor posture, muscle stiffness, changes in speech, and an inability to maintain balance while walking. These symptoms impact not only physical movement but also the mental and emotional well-being of patients. In such cases, along with regular medication, support groups play a crucial role. These programmes benefit both patients and their caregivers.



Neurologist Dr. Dhairyashil Saste stated that Parkinson's slows down daily activities and may cause anxiety. However, he emphasised that people should continue their routines without fear.

Applauding the efforts of the patients and the support group, Dr. Rakesh Shah remarked that the patient support group has been an inspiration and guiding force. The annual programme, now in its third year and held on the occasion of Parkinson's Day, reflects the positive energy of the patients, which is inspiring for all. The programme was moderated by Vasumita Desai and Sampada Padhye, with a vote of thanks delivered by Dr. Nikita Chhajed.





## Inauguration of Intensive Care Unit -3

The opening of ICU-3 is not just the addition of another unit—it is a testament to our ongoing commitment to delivering advanced, compassionate, and timely critical care.







## Joint Replacement Camp Conducted at KEM Pune

We at KEM hospital, Pune successfully conducted a comprehensive Joint Replacement Camp on 17th, 18th & 19th April'25. It was aimed at providing expert orthopedic consultation, evaluation, and surgical guidance to patients suffering from chronic joint pain and mobility issues. The camp witnessed an enthusiastic response with patients attending from Pune and surrounding regions.

The initiative focused on early diagnosis, timely intervention, and patient education about joint disorders. KEM Hospital Pune, known for its excellence in multispecialty care, continues to take proactive steps toward accessible and compassionate healthcare through such initiatives.





## Anorectal Camp

KEM Hospital, Pune, conducted an Anorectal Health Camp focused on the diagnosis, treatment, and awareness of common anorectal conditions such as piles, fissures, fistulas etc. The camp was held on 26th April at the hospital premises.

The objective of the camp was to break the taboo, encourage open discussions, and provide expert consultations and early interventions for these often-neglected conditions. Patients received comprehensive evaluations, including physical examinations and necessary diagnostic investigations, followed by personalized treatment advice.

KEM Hospital remains committed to providing affordable, evidence-based, and empathetic care to the community through such health outreach initiatives.







## EVENTS AND ACTIVITIES

### Obesity Camp

In a proactive effort to address the growing concerns surrounding obesity and its related health complications, KEM Hospital, Pune, organised a comprehensive Obesity Camp in the month of April.

KEM Hospital, known for its patient-centered care and excellence in multi-specialty services, continues to lead the way in preventive health initiatives through such impactful patient centric programmes.



### Retirement Function

It was held on 30th April'25 for Mrs. Vidya Gokhale (Medical Social Worker)





## Heartfelt Gratitude

We extend our heartfelt gratitude to you, Mr. Figuerdo Alphonso, as we honour your selfless act of donating a kidney to your nephew, Felix, 25 years ago.

Your noble gesture of love and sacrifice has not only given Felix a new lease on life but continues to inspire countless others. Over the past 25 years, your unwavering commitment to maintaining regular follow-ups at the Renal OPD reflects your dedication to health, responsibility, and the true spirit of donation.

As we honour you today, we celebrate not only your donation but also the kindness, strength, and dedication you have shown over the years.

Thank you for being a true example of hope and humanity.







## TESTIMONIALS

### I will miss you..

*This can be the feeling for something or someone you love, cherish the time with, want to meet again and again..*

*I had this feeling at my last visit @IVF department KEM hospital..*

*The place where our long awaited dream came true. We became parents to a sweet, little, healthy daughter..*

*Our story is..*

*After 10 years of our marriage, both of us nearing 40s. And I was having history of open myomectomy for a large fibroid. We were still seeking to be parents.. After trying almost all remedies, we decided to go for IVF.. as our last option, last hope !*

*It's true that, IVF is a treatment that fulfills your wish of biological parenthood.. However it is highly demanding treatment in every aspect; physically, mentally and financially.*

*Myself, being a doctor had seen many patients gone under IVF treatment. Some of them were lucky to become parents but rest were not. Some of them also suffered with side effects also.*

*Thus although we were about to choose the IVF option I was obviously prejudiced about the same, more worried about negative aspect than hoping for positive results..*

*Coincidentally I got suggestion about Dr. Mugdha Parasnis from one of my colleagues. It turned out that one of her patients had a great success of healthy and safe child birth ;after an infertility and complicated pregnancy case..*

*So we decided to meet Dr. Mugdha madam. First time When we met her, I asked all my queries regarding IVF and shared all fears about the same. She patiently, calmly and confidently answered all of them ..*

*And then for the first time I started at least to think positively about IVF and shortly we took a decision to go further. Treatment schedule started @ IVF centre KEM hospital where Dr. Mugdha Parasnis is HOD.*

*At each and every step of our treatment she consulted us personally. Her calmness and confidence was so comforting..*



## TESTIMONIALS

@KEM also we got a very good experience

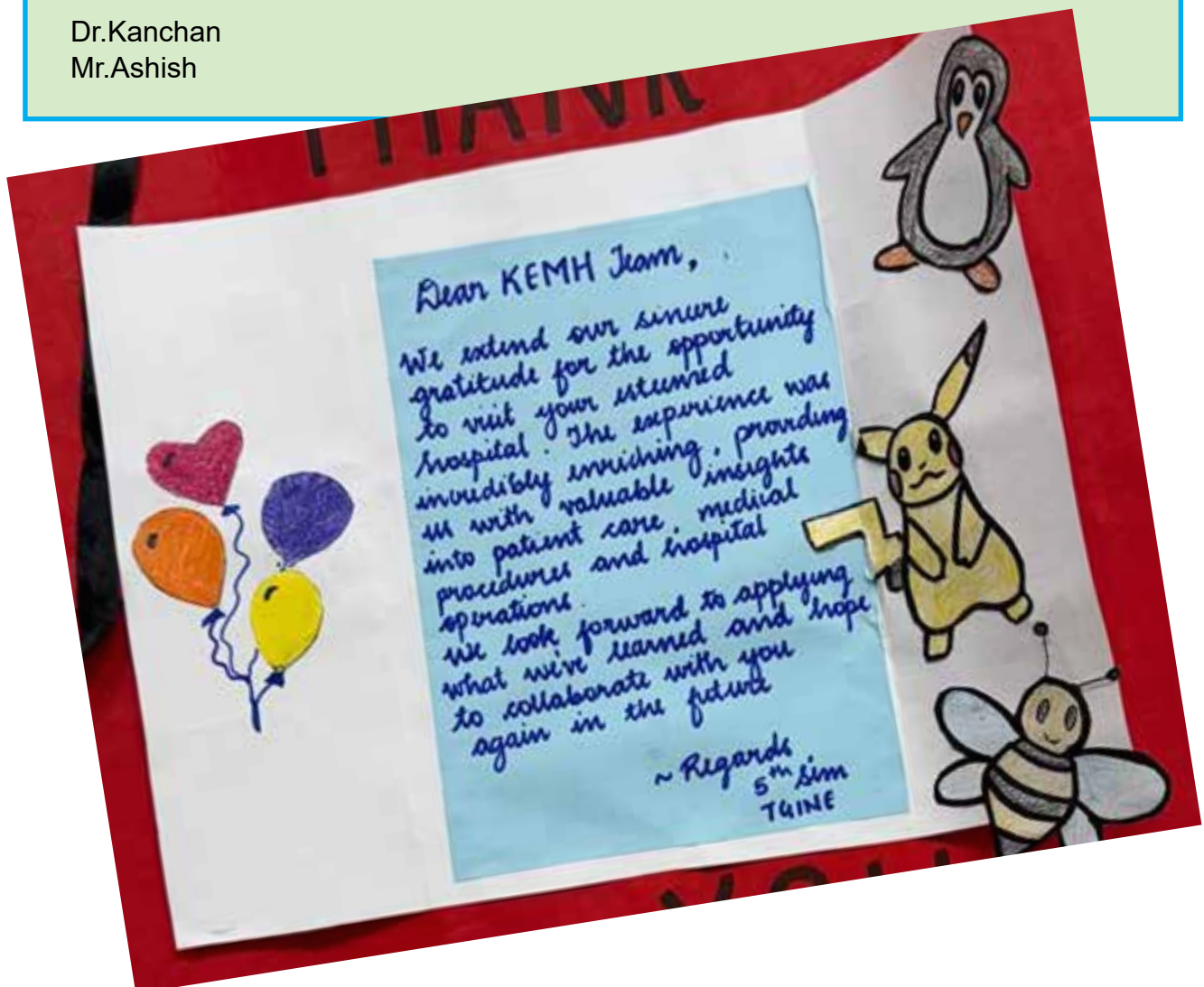
*In terms of patient care and hospitality and this also counts when you are dealing with a very delicate issue like infertility..*

*And that is how at the end of our treatment journey, Birth of our daughter; we had this feeling that 'I am going to miss these people'.. And today even after almost a year I actually get memories of that time, smiling and ensuring face of Dr.Parasnis..*

*I personally recommend Ivf centre of KEM department for infertility tretment in all aspects mental support (with good councellar)comparitively cheaper rates,good patient care and last but not the least Dr.Mugdha Parasnis and her team!!*

*Thank you so much for the treatment,support and positive behavior of all the staff of Kem ivf department especially Dr.Mugdha Parasnis and her team..*

Dr.Kanchan  
Mr.Ashish





त्वचा अन् डोळ्यांची उन्हाळ्यात घ्या दक्षता  
बदलणान्या तापमानाशी जुळवून घेण्याचा तज्ज्ञांचा सल्ला

पुणे, ता. ९ : ऋतू बदलत असताना त्वचेला बदलत्या तापमानाशी जुळवून घ्यायला वेळ लागतो. सर्वां उन्हाळाव्या सुखात होतो, उमलतो तोच उष्णपेमुळे त्वचा व डोळ्यांव्यसं त्वाचा वेगवेगळ्या प्रकारे परिणम होतो. डोळे व त्वचेचे उन्हासमुन संरक्षण करण्यासाठी योग्य तो द्रव्य घ्यायला हवे. असा संस्कार त्वचा व नेत्रांसाठी दिला.



पडने, स्त्राव येणे ही लक्षणे दिसतात.  
या कटुमेघे सोप्रापिमि अग्नि इव  
मयिालक्ष त्वमेघो समध्याय  
बाधु शक्यतः क्षीयन्त्यमेतु लोप  
साध्यापने कश्चेत्, क्षीयत्ये  
लक्ष्मी, योमिमे ननुसर्गा  
होत शक्यते. उन्नात किमन  
काम करणया व्यस्तगणे  
सुखीकणया विप्रति  
परिणाम अग्नि तत्वा  
काजवर्गे अग्ने दुर्गप्राण  
होत शक्यतः. नवजत बालकानां  
पदं मुह्यतल्लपने निव्या प्रीधानं पदं  
कन्ये पान ४ वर ३

### क्या वेदक्षता जरूरी है?

- सूर्यप्रकाशाच्या हानिकारक प्रभावापासून संरक्षण कात्त्यासाठी निव्वलितपणे बनविलेले सावणे
- सूर्यकिरणांपासून बचाव करणारा कोट, टोपी अशा मागेल घालावा
- आंघोळीनेतर मोडिरापायझरचा वापर करताना कोरडेपणा दूर होतो
- डेन्हाळवण जेन्ना, घट्ट कपडे घालणे टाळावे
- घा घुलतुन सावण फळे, लिंबुवर्गीय फळे, नारळपत्री त्वचेसाठी फायदेदार असते

२०-२०-२० चा नियम पाळा

इन्हामुळे डोळ्यांत कोरडेपणा येतो. त्यासाठी २०-२०-२० चा नियम वापरा. संगणक २० मिनिटे पाहिल्यानंतर २० सेकंदांसाठी डोळे बंद करा आणि त्यानंतर २० सेकंदांसाठी खिडकीतून दूर अंतरावर असणाऱ्या गोष्टी पाहू. त्यामुळे डोळ्यांच्या स्नायूंना आराम मिळतो, असा सल्ला नेत्रतज्ज्ञांनी दिला.

पुनर्जागरण...

- इस्त्रोज आठ म्हास पाणी प्या
- घराबाहेर जाताना टोपी व चांगला
- मॉगल वापरा, डोळे कोळणे टाळा
- डोळे कोळणे पडत असल्यास
- नेत्ररोगतज्ज्ञा



तुहाळ्यात किंवा प्रेहानी घड  
कपडे पान ४ वर >

या प्रगत रसाळ फळ, लिंबूभांग फळ,  
मरळ्याणी त्वचासाठी कापडेलीर असते

नेत्ररोगतज्ज्ञ

# त्वचा अन् डोळ्यांची उन्हाळ्यात घ्या दक्षता

उन्हाळ्यात जिवाणू आणि बुरशीजन्य संसर्ग होण्याची शक्यता  
असते. त्वचारोग तज्ज्ञांचा सल्ला घेतल्यानंतरच औषधे घ्यावीत  
किंवा रंगाचे कपडे घालावेत.

डोळ्यात काही काळ केईएम रुग्णालय

→ पान १ बरून

→ पान १ वरून  
घातल्याने तीव्र खाज सुटणे किंवा  
घामोळ्या येऊ शकतात. समुद्रकिनारी  
पर्यटनासाठी गेल्यावर जास्त उन्हात  
पोहल्यास त्वचेचा कोडेपणा वाढतो,  
चटके (सनबर्न) बसण्याचा शक्यता  
वाढते. त्यामुळे नागरिकांनी काळजी  
घेणे आवश्यक आहे.

उन्हाळ्यात जिवाणू आणि बुरशीजन्य संसर्ग होण्याची शक्यता जास्त असते. त्वचारोग तज्ज्ञांचा सल्ला घेतल्यानंतरच औषधे घ्यावीत. प्रतिबंधासाठी सेल, सुती, फ्रिक्ट रंगाचे कपडे घालावेत.

- डॉ. धनश्री भिडे, त्वचारोग चिकित्सा विभागप्रमुख, केईएम रुग्णालय

- डॉ.

६६ वाढते तापमान, प्रदूषण, घटकांचा आपल्या डोळ्यांवर थेट परिणाम होतो. या प्रभावातून डोळ्यांच्या पृष्ठभागावर समान पद्धतीने पसरलेल्या असतात. या प्रभावातून डोळ्यांच्या पृष्ठभागावर समान प्रसार होण्यास अडथळा येतो. ज्यामुळे डोळ्यांत होतात, तेव्हा अश्रूंचा समान प्रसार होण्यास अडथळा येतो. ज्यामुळे डोळ्यांत कोरडेपणा, खाज सुटणे, जळजळ आणि थकवा जाणवतो.

- डॉ. सुपेता कुलकर्णी, वैद्यकीय संचालक, एच. व्ही. देसाई नेत्र रुग्णालय, पुणे

- डॉ.



## HEALTHCARE AWARENESS

### Autism is part of the Spectrum of Humanity

Let's celebrate neuron diversity, break down barriers, and create a more inclusive world for all.



### WORLD PARKINSON'S DAY

Awareness, Research, and Advocacy can create a powerful impact for those affected by Parkinson's.



### WORLD HEALTH DAY

Healthy beginnings pave the way for a hopeful future  
Ensuring the well-being of mothers and newborns



### STAY SAFE AND BITE-FREE!

Mosquitoes are the deadliest creatures in the world in terms of the number of human deaths they cause.

#### Protect Yourself from Malaria:

- Use mosquito nets while sleeping
- Apply repellents
- Wear long sleeves
- Keep doors and windows screened
- Eliminate standing water
- Consider antimalarial medication if travelling to high-risk areas





## HEALTHCARE AWARENESS







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