

SHANTI TIMES



NEWSLETTER

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FOR INTERNAL CIRCULATION

CMD's Message

Dear friends,

We are back in the battlefield in our 2nd war against Covid -19. The country is struggling with the second wave of corona which is getting worse day by day. The problems with the second wave are piling up as the symptoms of COVID-19 infections are strange and not common to the previous one. The peak has already started in Maharashtra while Delhi and other states might see the climax by last week of April and in some states it will extend to May. Amid massive surge in cases of Coronavirus infection in the State, Chief of Directorate of Medical Education & Training (DMET) Odisha, CBK Mohanty said the second wave of the pandemic might hit the peak between end of April and first week of May, 2021.

While the State Government is fully prepared to meet any health exigencies and clarified that there is no shortage of oxygen stock in Odisha for Covid-19 patients so far, the responsibility of breaking the chain to combat the growing numbers of infection also lies with each one of us.

Latest findings from a study conducted by the international medical journal The Lancet, have shown that the novel coronavirus is predominantly an airborne disease and hence the disease particles can be suspended in the air and stay there for a long period of time. This is all the more reason why proper masks covering one's nose and mouth are of utmost importance. Alongside we need to avoid going outdoors, we need to maintain social distancing and keep sanitizing our hands at regular intervals.

I don't intend to cause panic but at the same time it's my responsibility as a doctor to keep my patients, friends, family and associates informed of the gravity of the situation.

I wish you all safety & wellness during these dark times. I am sure we will overcome this wave too, as we did the last one.

Dr. SREEJOY PATNAIK

Chief Surgeon & CMD, Shanti Memorial Hospital

CME



SGMT CME SERIES 2021
THE 2nd CME FOR THE YEAR 2021
Date: 17th March (Wednesday) !
Time: 7PM

(SPEAKERS)



Dr. Soumen Patnaik
Dental with Maxillofacial
Surgeon



Dr. Diprasi Samant
Medical Oncologist

Topic

1. Maxillofacial Trauma
2. Approach to Malignant Necknode

Venue: Shanti Memorial Hospital, Conference Hall, Cuttack, Odisha



Patnaik Colony, Mangalabag, Cuttack, Odisha 753001



1800-3454-550



shantimemorialhospital.cuttack



shantimemorialhospital

WELCOME TO SHANTI FAMILY!



NAME : ARCHANA LENKA
DEPT. : SUPER DELUXE
DESIG. : STAFF NURSE



DIPAK MANIK
SECURITY
GUARD



DR SHOUKAT JAHAN BEGUM
CASUALTY
STAFF NURSE



NAME : GOUTAM PANI
DEPT. : COMPUTER
DESIG. : DATA ENTRY OPERATOR



JAYANTA KUMAR MALLIK
MAINTENANCE
ELECTRICIAN



MAMINA MAJHI
DAY CARE
STAFF NURSE



NAME : SHAKTI PRASAD MOHANTY
DEPT. : BILLING
DESIG. : TPA BILLING EXECUTIVE



SUBRAT NATH
OT
OT PHARMACIST

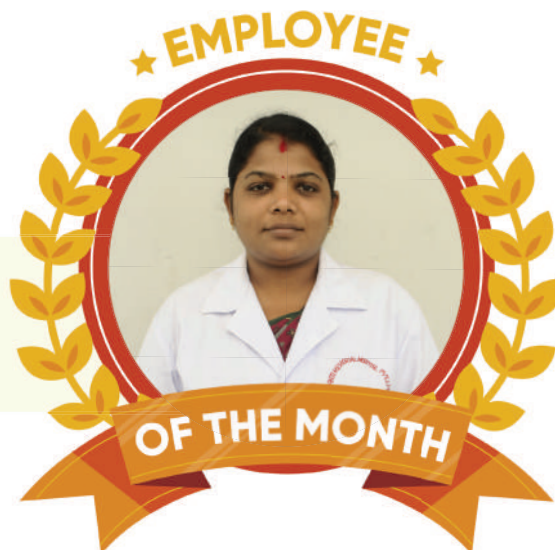


SWARUP KUMAR JENA
MARKETING
MARKETING EXECUTIVE

Name: **SASMITA MALLICK**

Emp. Code: **SMH 349**

Designation: **EMERGENCY INCHARGE**



GENERAL GUIDELINES FOR HEALTHY EATING

1. The most important rule of healthy eating is not skipping any meal. Skipping meals lowers your metabolic rate. Normal eating includes 3 major meals and 2 snacks between meals also never skip breakfast. It is the foremost vital meal of the day.
2. Learn simple ways to prepare food. Healthy eating does not have to mean complicated eating. Keep meal preparation easy; eat more raw foods such as salad, fruits and vegetable juices and focus on the pleasure of eating healthy food rather than the calories.
3. It is important to stop when you feel full. This will help you maintain your weight to an extent. This also will help you remain alert and feeling your best.
4. Drink lots of water, keep a bottle of water near you while working, watching TV etc.
5. Variety of foods should be used in the menu. No single food has all the nutrients.
6. To improve the cereal and pulse protein quality, a minimum ratio of cereal protein to pulse protein should be 4:1 in times of the grains; it will be eight parts of cereals and one part of pulses.
7. Eat five portions of fruits and vegetables every day.
8. Keep a supply of healthy snacks to hand. This will stop you from eating an unhealthy snack when hungry.
9. Limit stimulants such as caffeine, alcohol and refined sugar.
10. Limit the number of times you eat out to once a week. Take your own packed lunch to work.



Biswashree Das
Nutritionist



April Borns



NAME	DOB	DEPARTMENT
LIZAMAMA PARIDA	27-Apr	AC WARD
KALPANA NAYAK	10-Apr	SUPER DELUXE
BELSAN NAYAK	27-Apr	CANTEEN
BIKASH KUMAR DALAI	01-Apr	HOUSE KEEPING
SAKUNTALA DASH	23-Apr	PATHOLOGY
TOPHAN NAYAK	27-Apr	PHARMACY
UMAKANTA OJHA	18-Apr	PHARMACY
RAKESH PATI	30-Apr	PHARMACY
ANITA BEHERA	07-Apr	OT
JITENDRAJIT MOHANTY	29-Apr	IT
BAPI PRUSTY	24-Apr	SECURITY
SAROJ KUMAR BARAL	21-Apr	MAINTENANCE

NAME	DOB	DEPARTMENT
NIRUPAMA DAS	12-Apr	DAY CARE
ABHIRAM NAYAK	25-Apr	CASUALTY
GOUTAM PANI	24-Apr	COMPUTER
JAYANTA KUMAR MALLIK	13-Apr	MAINTENANCE
SUBERNA JAYANTI NAYAK	27-Apr	ICU
BISWARANJAN MOHARANA	10-Apr	SECURITY
BIBEKANANDA MISHRA	24-Apr	MAINTENANCE
RASHMIREKHA SAHOO	22-Apr	ICU
SASMITA DAS	05-Apr	OPD
SUJYASMITA JENA	05-Apr	AC WARD
RAKESH PATI	30-Apr	PHARMACY
LALIT KUMAR ROUT	06-Apr	SECURITY



Endoscopy Course - March 6th



March 7th

