

SHANTI TIMES



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FOR INTERNAL CIRCULATION



CMD's Message

Dear friends,

Delhi is in the midst of the third wave of the Covid-19 pandemic. The number of daily new confirmed cases in Delhi

has been rising for more than a fortnight now. As the focus continues to stay at the national capital, data from other states suggests that India may be beginning to see the second wave of the Coronavirus pandemic.

However, our country is far better prepared to handle a surge in Covid-19 cases than it was when the infection first started spreading. We also have more resources for testing. The world in general is now better aware of what treatments work and how to handle the symptomatic and asymptomatic cases. But even as the country may be better prepared and more aware, a steep surge in cases could overburden the country's health care infrastructure and thereby lead to higher fatality rates. This makes it all the way more important to take precautions such as wearing a face mask and maintaining social distancing norms.

The silver lining in the cloud however, is the fact that across the world efforts are on to find a vaccine to stop the spread of the disease. According to WHO, more than 150 Covid-19 vaccine candidates from various pharmaceutical companies are presently in development, with around 44 in clinical trials and 11 undergoing late-stage testing.

Keeping the safety of people in mind, the festive period was a low key affair this year. Unlike every year, there was no pandal hopping, shopping, eating out or festive gatherings. Many of you, especially youngsters might have felt a bit disappointed. My advice to them would be to look at the larger picture and then these small sacrifices would vanish in the face of a greater purpose.

I wish each one of you good health, happiness and peace. May Lord Jagannatha heal this world and liberate us from all sufferings.

Dr. SREEJOY PATNAIK
Chief Surgeon & CMD, Shanti Memorial Hospital



Managing Your Back Pain !

Lower back pain is a remarkably common entity worldwide and a major cause of disability affecting work and general well-being. It is the leading cause of activity limitation and work absence throughout the

world imposing a high economic burden on individuals, families, communities, industry and governments.

So it is of high importance for the medical fraternity to guide people on the right path in the prevention of back aches thus providing a stable spine, family and economy.

What can cause your back pain: What you can experience:

- › Improper posture
- › Depressive moods
- › Obesity
- › Body height
- › Age
- › Lack of exercise
- › Smoking
- › Muscle ache
- › Shooting or stabbing pain
- › Pain radiating to legs
- › Pain that increases with bending, lifting, standing or walking
- › Pain that improves with reclining

How do you prevent:

- › Exercise: Regular low – impact aerobic exercise. Walking and swimming can provide a huge relief.
- › Maintain a healthy weight
- › Abdominal and back muscle strengthening
- › Quit smoking
- › Maintain a proper posture – Stand smart, Sit smart and Lift smart

At the end, a persistent back pain is a worry which needs further evaluation with clinical examination, investigation and appropriate treatment.

Scientific practices have developed enormously in the last two decades with the motto of providing an individual with major relief and early return to work.

Dr. M. D. ILLAVARASAN
Orthopedic Clinic, Shanti Memorial Hospital



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WELCOME TO SHANTI FAMILY!



NAME : HARAPRIYA JENA
DEPT. : SUPER DELUXE
DESIG. : INCHARGE



GAYATRI SAHOO
ICU
PCA



JATIN KUMAR BEHERA
SECURITY
GUARD



KUSAN KUMAR MALLICK
SECURITY
GUARD



PRADIPTA KUMAR DAS
CASUALTY
STAFF NURSE



NAMITA NAYAK
HOUSE KEEPING
ATTENDANT



MAMATA NATH
HOUSE KEEPING
ATTENDANT



LILI BEHERA
HOUSE KEEPING
ATTENDANT



ANJALI NAYAK
CANTEEN
CLEANER



GOUTAM SAHU
CANTEEN
COOK



G. MOHAN RAO
HOUSE KEEPING
ATTENDANT



JIGNESH SAHOO
FRONT OFFICE
EXECUTIVE



BHABANI SHANKAR SENAPATI
RADIOLOGY
RADIOGRAPHER



SURESH MALIK
HOUSE KEEPING
ATTENDANT



PRABHAT KUMAR DASH
CANTEEN
COOK



SUBHADIPTA SETHI
ICU
STAFF NURSE



DEBARAJ TRIPATHY
ICU
INCHARGE



DIBYADARSANI PATI
SUPER DELUXE
STAFF NURSE



Patient wellbeing : Our prime concern





November Borns



NAME	DOB	DEPARTMENT
KIRTIKA DAS	11-Nov	AC WARD
DIPTIMAYEE MALLICK	01-Nov	AC WARD
REETA RANI KHUNTIA	10-Nov	AC WARD
SANJULATA DAS	20-Nov	SUPER DELUXE
SASMITA PRIYADARSANI SWAIN	10-Nov	ICU
DEBASGITA PANDA	12-Nov	PRO
MANAS RANJAN JENA	29-Nov	FRONT OFFICE
BIJAYLAXMI PARIDA	21-Nov	FRONT OFFICE

NAME	DOB	DEPARTMENT
CHINMAYA KUMARBARIK	20-Nov	FRONT OFFICE
SARASWATI SWAIN	19-Nov	SECURITY
DR ANTARYAMI SAHOO	19-Nov	SURGERY
BIBEKANANDA DASH	19-Nov	PHARMACY
SUNNY RAVI HESSA	02-Nov	HOUSE KEEPING
APARUPA SWAIN	28-Nov	AC WARD
KUSAN KUMAR MALLIK	14-Nov	SECURITY

Amelioration of the Medical Associations: Engaging Young Doctors with Unique Stance

Medical associations have been working hard and fast to onboard young doctors in a hamlet, which is massively represented by their senior counterparts. The prime reason for young doctors to lose interest in such associations is the fact that medical establishments are deprived of the latest millennial technologies, especially the ones coming in handy during the COVID-19 pandemic.

According to Dr. Sreejoy Patnaik, Chief Surgeon and CMD, Shanti Memorial Hospital, the leading Bariatric surgeon in Odisha, “Young medical practitioners want to integrate with firms that represent their interest minus the risks that splurge in a pandemic scenario, which could always be avoided with digital tech integration.”

Elaborating more on the inclusion and engagement of young doctors with medical associations, here is a rundown of an interview with Dr. Sreejoy Patnaik.

1-Is it right to involve and engage young doctors at the board level?

A One way to onboard young physicians with medical associations is to involve them at the highest possible level. For instance, it could be a stratum where decisions pertaining to the betterment of the medical world are being made. Although it might be a challenge integrating the senior board members with the young ones, there is always a possibility to create a parallel “Young Board” that works alongside the executive board members.

2-Would the association of young doctors bring any change to the present and future of medical enterprises?

A In a society that is represented by the millennial generation, young doctors serve as communication multipliers and social ambassadors. Young people are always keen to communicate, particularly via social networks. This brings in a chance for easier and safer information dispatch

when compared to the age-old paperwork module.

Now, this is especially true in the present-day scenario where the COVID-19 pandemic has restricted physical contact and communication. With digital being the new norm, young doctors will surely act in the betterment of daily operations undergoing in the medical establishments.

3-What do you think is the key to engage young physicians?

A With time, it has been established that the key to engaging young physicians is to find what drives them. In simple words, it is to locate their passion for bringing about a change in the medical world. The medical fraternity needs to ask questions such as:

“What role do young professionals play in the improvement of the medical proceedings?”

“How do these professionals bring a difference in the medical world?”

4-Could these young professionals transform the medical world, especially with a pandemic in place?

A With fresh minds in work compiled with the experience of experienced doctors, a change is sure to take charge of the medical establishments. As marked through the years, there has been an improved outcome for patients that undergo surgery with a slightly different methodology in place.

Ultimately, success and safety is the driving factor for any medical association, and this is something promised by the young doctors with a knack for thinking out of the box.

About the Surgeon

With 2500+ surgeries added to his success record, Dr. Sreejoy Patnaik is an experienced professional and leading Bariatric surgeon in Odisha. He has been practicing for 30+ years, with multiple awards bagged for his work over the years.

