



Divisional Railway Hospital Rajkot Western Railway

E-MAGAZINE- English edition

Our Health Our Responsibility



(First edition- Year 2021)

Anil Kumar Jain,

Divisional Railway Manager,
Rajkot.



MESSAGE

It gives me immense pleasure to know that the medical department of Rajkot division , western railway is publishing a booklet that aims to educate fellow railway men and all beneficiaries of railway health services regarding various health issues. It is imperative to reiterate the importance of covid appropriate behavior, especially in the light of newly emerged threat of Omicron variant of Covid-19 virus. Let's not put our guards down, and exercise all possible precautions. I hope and pray that we are able to steer clear of this threat without any significant disruptions.

I congratulate the able team of medical department for putting this information together. Let's implement the good things mentioned in this booklet and lead a healthy, happy and fulfilling life ahead.

Rajkot,

December 2021.

(Anil Kumar Jain)

Divisional Railway Manager,

Rajkot.

Govind Prasad saini,
Additional Divisional Railway Manager,
Rajkot.



MESSAGE

Medical department of Rajkot division ,western railway has always played a significant role in the welfare and health of Railway men and their families.

I am pleased to know that Medical department is publishing a compilation of articles that address the current health care challenges. I strongly recommend all Railway men to read these articles as well as share the digital copies among family members through social media. Lets implement good health habits and Covid appropriate behavior mentioned in this booklet. We have to set an example by emerging through this pandemic even stronger then before.

I congratulate the doctors and paramedical staff of Rajkot division for spreading this health related information positively. I pray for the health and welfare of our Railway family.

Rajkot,

December 2021.

(Govind Prasad Saini)

Additional Divisional Railway Manager,

Rajkot.

Dr Maniratan Chakraborty,

Chief Medical Superintendent,
Rajkot.



MESSAGE

Medical Department Rajkot is always active in caring health and welfare of employees, retired employees and their family members. It has done extraordinary job during second wave of COVID -19 in the form of dissemination of information, awareness, guidance and treatment. Department is always active in all health related activities throughout the year.

A group of dedicated Doctors and paramedical staff are the backbone of these health related activities. For your information sanitary staff and other group –D staff are also equally active and dedicated to the service of Railway beneficiaries.

In the present era it is information, guidance and instant help; it is absolutely essential that we provide accurate knowledge and information related to health in a user friendly way. So, this E-Magazine which is a product of hard work by all the health staff is quite timely and essential. I pray for it's success wholeheartedly.

Rajkot,

December 2021.

(Dr Maniratan Chakraborty,)

Chief Medical Superintendent,

Rajkot.

E-Magazine editorial board



Dr R. V. Sharma
ACMS Rajkot



Dr Shakeel Ahmed
ACMS Okha



Dr Hemanth Kumar
DMO Rajkot



Dr Shrikanth
DMO Rajkot



Dr Samudra
DMO Rajkot

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Manish Kumar Upadhyay
CHI Rajkot



Smt Manek Parmar
CNS Rajkot



Dayashankar Sharma
CPHR Rajkot



Smt Avni Oza
CNS Rajkot



Mohit Maheta
SNS Okha

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Medical Team - List of Doctors

Medical Department Rajkot Division

Sr No.	Name	Designation
Divisional Railway Hospital Rajkot		
01	Dr Maniratan Chakraborty	Chief Medical Superintendent
02	Dr R. G. Vadaliya	Consultant
03	Dr R. V. Sharma	ACMS
04	Dr J Hemanth Kumar	DMO
05	Dr Samudra Manne	DMO/Pulmonologist
06	Dr Shrikanth	DMO
07	Dr. Prashanth	ADMO / Physician
08	Dr Arun	ADMO / Surgeon
09	Dr Mohammad Afzal	ADMO/ Anesthetist
10	Dr Raees	ADMO/ Pediatrician
11	Dr Krupa	CMP
12	Dr Bansi	CMP
List of specialist visiting doctors at DRH Rajkot		
01	Dr Ashok Mehta	ENT Specialist
02	Dr Himanshu Thakkar	ENT Specialist
03	Dr Maulik Sinojiya	Skin Specialist
04	Dr Bhavesh Kotak	Psychiatrist
05	Dr Mehul Chauhan	Spine surgeon
06	Dr Lata Jethvani	Gynecologist
04	Dr Shilpa Mehta	Eye Specialist
Health Units		
01	Dr Shakeel Ahmed	ACMS Okha
02	Dr Soujanya	ADMO Hapa
03	Dr Mohit Ranoliya	CMP Jamnagar
04	Dr Tashrifa	CMP Wankaner
05	Dr Harsh Patel	CMP Surendranagar

Omicron – The new variant of covid-19

National Academy of Indian Railways, Vadodara organized a National Seminar on Coronavirus Variant of Concern - Omicron on 9/12/2021. About 80 representatives of other organizations from across the country along with top officials and doctors of Indian Railways participated in this seminar. Dr Aparna Mukherjee (Scientist, Epidemiology and Communicable Diseases, ICMR, New Delhi) and Dr. Rajeev Sood (Head of Department and Principal, Urology Department, RML Hospital and President IMA, New Delhi) were the keynote speakers who shared important information related to Omicron symptoms and treatment.

The following important points came up during the webinar.

- Based on the available information and facts so far, severe symptoms have not been observed in people infected with this variant.
- No special tests or medicines have been required in the number of patients found so far with Omicron. The good news is that so far no deaths have been reported due to the Omicron variant.
- Speakers stressed the need to further accelerate the pace of vaccination, especially for the second dose.
- It is estimated that due to Omicron, there is a possibility of third wave of corona by January 2022 and we all will have to try to stop it together.
- In the present situation, covid-19 appropriate behaviour and vaccination are effective weapons to avoid omicron.
- Oxygen Plants have been installed in all the hospitals of Western Railway.
- Western Railway officials, doctors and health workers and all railway personnel are ready to face any possible wave from Omicron.

Corona virus infects the respiratory system and if it continues to spread in the community for a long time, the chances of mutations in viral structure increases greatly. Omicron also has the potential to spread rapidly due to these mutations. We should try our best and make sure that no person is left behind in both the doses of the vaccine. All Covid appropriate behavior like face masks, frequent hand washing, not touching the eyes and mouth will have to be made a habit. Only then we will all be able to defeat this invisible enemy together.

Dr Samudra Manne,

Consultant Pulmonologist Rajkot.



VACCINATION / IMMUNIZATION

Vaccination is a simple, safe and effective way of protection against harmful diseases before you come into contact with them. Vaccines use body's natural defenses (antibodies) to build resistance to specific infections.

We currently have effective vaccines against more than 20 life threatening diseases thus preventing about 2-3 million deaths per year. The most significant impact of vaccines is in reduction of mortality and morbidity of serious diseases that preferentially affects children. Vaccines also help in preventing new outbreaks of infectious diseases as in case of Covid19.

Major vaccine preventable diseases include Cervical cancer, Cholera, COVID-19, Diphtheria, Ebola virus disease, Hepatitis B, Influenza, Japanese encephalitis, Measles, Meningitis, Mumps, Pertussis, Pneumonia, Polio, Rabies, Rotavirus, Rubella, Tetanus, Typhoid, Varicella, Yellow fever etc.

Why should you and your children get vaccinated?

Two key reasons to get vaccinated are to protect ourselves and to protect those around us. Because not everyone can be vaccinated – including very young babies, those who are seriously ill or have certain allergies – they depend on others being vaccinated to ensure they are also safe from vaccine-preventable diseases.

Who can get vaccinated?

Nearly everyone can get vaccinated. However certain health conditions require advice from medical practitioner prior to vaccination. These include

- Chronic illnesses or treatments (like chemotherapy) that affect the immune system;
- Severe and life-threatening allergies to vaccine ingredients, which are very rare;
- If you have severe illness and a high fever on the day of vaccination.

Are vaccines safe?

Vaccines are safe and side effects of vaccine are usually minor and reversible. These commonly include pain at the site of vaccination or mild fever. Serious side effects are extremely rare. All licensed vaccines have been subjected to rigorous tests across multiple trials before approval for use to ensure safety.

What is the duration of immunity provided by immunization?

The duration of immunity varies with different diseases and different vaccines. Lifelong immunity is not always provided by either natural infection or vaccination. The protection provided by vaccines decreases gradually over time. Therefore, booster doses are sometimes recommended for certain vaccines, at specific age groups.

Can more than one vaccine be administered to the child at the same time?

It is safe to administer more than one vaccine to the child at the same time since different vaccines have different mechanisms of action. However, the following precautions must be taken when more than one vaccine is to be administered to a child

1. Two or more vaccines should not be mixed in the same syringe.
2. If two injectable vaccines are given on the same site, they should be given 2.5 cm (1 inch) apart.

Can children suffer from vaccine preventable diseases even after vaccination?

Just like medicines, no vaccine is 100% efficacious. Some children fail to develop desired immune response after vaccination due to factors like malnutrition, diarrhea or specific variations in immune system. Nevertheless, it is observed that severity of disease in such children are substantially less compared to unvaccinated children.

What is herd immunity?

When a major proportion of population is vaccinated and protected against a disease, the unfortunate people who are unable to get vaccinated due to their medical conditions also remain protected. This is because the spread of disease causing pathogen is difficult in a highly vaccinated population due to lack of suitable hosts. This is referred to as Herd immunity.

Is timing of vaccination important?

The recommended age for vaccination by different vaccines aims to achieve the best immune protection to cover the period in life when vulnerability to disease is highest. When children are not vaccinated at all or get vaccinated beyond the recommended age, they remain unprotected and may get infected from a vaccine-preventable disease.

India's National Immunization Schedule has been designed to protect children since birth, and at the ages when they are vulnerable to specific vaccine-preventable diseases.

National Immunization Schedule (NIS) for Infants, Children and Pregnant Women

Vaccine	When to give	Dose	Route	Site
For Pregnant Women				
TT-1	Early in pregnancy	0.5 ml	Intra-muscular	Upper Arm
TT-2	4 weeks after TT-1*	0.5 ml	Intra-muscular	Upper Arm
TT- Booster	If received 2 TT doses in a pregnancy within the last 3 yrs*	0.5 ml	Intra-muscular	Upper Arm
For Infants				
BCG	At birth or as early as possible till one year of age	0.1ml (0.05ml until 1 month age)	Intra-dermal	Left Upper Arm
Hepatitis B - Birth dose	At birth or as early as possible within 24 hours	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
OPV-0	At birth or as early as possible within the first 15 days	2 drops	Oral	Oral
OPV 1, 2 & 3	At 6 weeks, 10 weeks & 14 weeks (OPV can be given till 5 years of age)	2 drops	Oral	Oral
Pentavalent 1, 2 & 3	At 6 weeks, 10 weeks & 14 weeks (can be given till one year of age)	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
Rotavirus#	At 6 weeks, 10 weeks & 14 weeks (can be given till one year of age)	5 drops	Oral	Oral
IPV	Two fractional dose at 6 and 14 weeks of age	0.1 ml	Intra dermal two fractional dose	Intra-dermal: Right upper arm
Measles/MR 1 st Dose§	9 completed months-12 months. (can be given till 5 years of age)	0.5 ml	Sub-cutaneous	Right upper Arm
JE - 1**	9 completed months-12 months.	0.5 ml	Sub-cutaneous	Left upper Arm
Vitamin A (1 st dose)	At 9 completed months with measles-Rubella	1 ml (1 lakh IU)	Oral	Oral
For Children				
DPT booster-1	16-24 months	0.5 ml	Intra-muscular	Antero-lateral side of mid-thigh
Measles/ MR 2 nd dose §	16-24 months	0.5 ml	Sub-cutaneous	Right upper Arm
OPV Booster	16-24 months	2 drops	Oral	Oral
JE-2	16-24 months	0.5 ml	Sub-cutaneous	Left Upper Arm
Vitamin A*** (2 nd to 9 th dose)	16-18 months. Then one dose every 6 months up to the age of 5 years.	2 ml (2 lakh IU)	Oral	Oral
DPT Booster-2	5-6 years	0.5 ml.	Intra-muscular	Upper Arm
TT	10 years & 16 years	0.5 ml	Intra-muscular	Upper Arm

- *Give TT-2 or Booster doses before 36 weeks of pregnancy. However, give these even if more than 36 weeks have passed. Give TT to a woman in labour, if she has not previously received TT.
- **JE Vaccine is introduced in select endemic districts after the campaign.
- *** The 2nd to 9th doses of Vitamin A can be administered to children 1-5 years old during biannual rounds, in collaboration with ICDS.
- #Phased introduction, at present in Andhra Pradesh, Haryana, Himachal Pradesh and Orissa from 2016 & expanded in Madhya Pradesh, Assam, Rajasthan, and Tripura in February 2017 and planned in Tamil Nadu & Uttar Pradesh in 2017.
- § Phased introduction, at present in five states namely Karnataka, Tamil Nadu, Goa, Lakshadweep and Puducherry. (As of Feb' 2017)

Vaccination against Covid19

Vaccination is of utmost importance in the current scenario as the whole world is getting vaccinated in the battle against covid19 virus. The vaccination has proven to be the main line of defense against the deadly disease that has curbed the lives of more than 53 lakh people world-wide.

Vaccines against Covid19 available in India

Covaxin: Inactivated covid virus taken as two doses 4 weeks apart.

Covishield: Non-replicating viral vector taken as two doses 8-12 weeks apart.

Adverse effects in Covid vaccination

Adverse effects are generally mild and may include injection site pain, Tiredness, Head ache, Muscle pain, Chills, Fever, Nausea, Sore throat, Diarrhea, Vomiting.

Contraindications to vaccination

1. Allergic reaction to previous dose of covid vaccine or other vaccines or injectable therapies/ pharmaceutical products/ Food items etc.
2. Provisional contraindication: Active symptoms of covid19 infection or acutely unwell or hospitalized persons.

Let us together help build a world free of diseases and morbidities. As the old saying goes, "Prevention is Better than Cure".

"BE WISE, IMMUNIZE"

Dr Shrikanth

DMO, Rajkot



Some ways to manage and control stress

Stress is a psychological and physical response to the demands of life. Small amounts of stress can be good, motivating you to perform better. However, excessive stress due to constant challenges can impair your ability to deal with it

One can experience stress for a variety of reasons such as financial issues, one's illness, one's retirement or an emotionally devastating event such as the death of a spouse or being fired from work. However, most of our stress comes from small everyday responsibilities.

Prolonged stress can affect not only mental health but physical health as well. In response to stresses, your body automatically increases blood pressure, heart rate, respiration, metabolism and blood flow to your muscles. Stress can increase the risk of mental illnesses such as stroke, heart attack, peptic ulcer and depression. Typically, recurrent stress makes you more vulnerable to subsequent stress.

A doctor can diagnose stress based on mental, physical, and behavioral signs such as inability to concentrate, memory loss and forgetfulness, decreased motivation and creativity, anxiety, irritability, lack of motivation, constipation or Diarrhea, unexplained weight loss or gain, insomnia, social isolation, etc.

Stress can be managed in some simple ways-

The first step in managing stress is to find the root cause of stress as stress management methods will not be effective unless they address the root cause. Sometimes the person may feel that he is stressed because of a certain situation but the underlying stress may be his attitude towards the situation.

The second step is to eliminate the stress or try to reduce the intensity of the stress.

The third step is to change your behavior and adopt some simple techniques which are-

- **Be realistic** - don't set unrealistic goals and keep in mind that if you always want to be perfect in everything, you will never be satisfied.

- **Get help from others** - don't try to be Superman/Superwoman. Ask yourself, "How much can I do? Is the time frame realistic? Can I do it on my own?" And if you need help, don't hesitate to ask.
- **Learn to say 'no'** - "No is not always negative". Avoid adopting a people-pleasing attitude and always consider whether it would be comfortable for you before making a commitment or giving a favor.
- **Know Time Management** - Don't overwhelm yourself by trying to do everything at once. Prioritize your activities and remove those that are not essential.
- **Spend time with your friends and family**.- Spending quality time with family members and friends strengthens bonds and creates a sense of security and belonging. It can help you fight stress.
- **Exercise**- Physical exercise promotes the release of endorphins in the brain. These endorphins interact with receptors in your brain, which reduce your perception of pain and consequently reduce stress
- **Get enough sleep** – Although the amount of sleep varies from person to person, getting enough sleep is important for everyone. Good and deep sleep helps restart your brain and helps you to stay focused.
- **Eliminate your ego** – Make your life comfortable instead of holding onto 'ego'. The less arrogant you are, the more easily you will be able to handle failures.
- **Avoid Negativity** – Stay away from negative people, places and things. Read inspirational/motivational books.
- **Listen to Music** – Everyone is well aware of the soothing power of music. Listening to music can have great effects on our mind and body, especially listening to slow, calming classical music.
- **Practice self-affirmation** – sometimes it helps to convince yourself that you are not stressed. Tell yourself “No stressor can create stress in me, I am the master of my life and I have all the capacity to deal with stress”
- **Take some time for yourself** – Reserve at least half an hour every day for yourself. Use this time to be creative and process your thoughts and feelings without outside influences.
- **Meditation** – Meditation can create a deep state of relaxation and a calm mind. During meditation, you focus your attention and eliminate entangled thoughts that can boggle your mind and cause stress.

Dr Shakeel Ahmed,

Additional Chief Medical Superintendent Okha



Dengue- the Disease and Its Prevention

Dengue is a mosquito-borne disease. It is commonly seen during the rainy season. Dengue spreads through the bite of female mosquitoes of a species called *Aedes aegypti* or *Aedes albopictus*. The main symptoms of this disease are fever, headache, burning in the eyes, pain in the bones, muscle pain, body pain, rash on the skin etc. Any or all of these symptoms may be present in the patient. One person may become ill in every 4 infected. If the above symptoms are seen, then it becomes necessary to get admitted to the hospital and seek the services of a doctor.

Being a mosquito-borne disease, it becomes necessary for us to bring mosquitoes under control. The measures for this are as follows:

1. Do not allow water to accumulate around the houses. Dispose of it by giving proper flow.
2. Clean the open drains, overhead tanks, water coolers, defrost trays, flower pots, indoor tanks, etc., once in 6 days and keep it dry for a day so that the larvae that grow inside will be eliminated.
3. Empty bins, tyres, pots etc. lying on the roof should be disposed off properly when not needed so that rain water does not fill in it.
4. Dengue mosquitoes bite mostly during the day time, so wear full sleeve white colored shirt and pants and leave least part of the body open
5. Use mosquito nets and use repellent so that contact with mosquitoes can be minimized
6. Patients who have mosquito-borne diseases like Dengue, Malaria, Filariasis etc. have to be kept under mosquito nets to avoid spread of disease.
7. Apart from these, chemical smoke, anti-mosquito sprays, smoke made by burning dried neem leaves etc. can be used to kill mosquitoes. Mosquitoes can be prevented from breeding by putting any type of oil in the water stored around the house such as bike oil, edible oil.

Dr. Ram Vinod Sharma,

Additional Chief Medical Superintendent, Rajkot



Breast feeding and its importance

Exclusive breastfeeding is recommended for the first six months of a baby's life and then introducing solid foods under the cover of breastfeeding.

Breast milk helps your baby to fight infection. It contains antibodies that help to protect your baby against gastroenteritis, colds, chest infections and ear infections.

Breast milk contains long-chain polyunsaturated fatty acids, which are essential for helping your baby's brain to develop.

Breastfeeding may also reduce the risk of your baby wheezing in early childhood and developing severe eczema .

Breast feeding during covid 19 pandemic.

A. Continue to breastfeed while taking care with hygiene:

So far, the virus has not been found in breast milk and all mothers are advised to continue breastfeeding, while practicing good hygiene during feeding. These include the 3 Ws:

- **W**ear a mask during feeding,
- **W**ash hands with soap before and after touching the baby,
- **W**ipe and disinfect surfaces regularly.
- The main risk for a baby is catching the virus from close contact with the mother or another infected member of the family. If anyone is sick in the household, take extra care to protect your baby by practicing the 3 Ws.
- Some mothers may choose to wear a mask during feeding as a routine to ensure that their child is fully protected. If a mother suspects that she may have contracted corona virus, she may wish to express her breast milk and feed the baby using a clean cup or cup and spoon

B. Take additional hygiene measures and continue to breastfeed if mother fall sick

- Mothers who get corona virus shortly before giving birth and begin breastfeeding, and those who become infected while breastfeeding, will produce immune factors (antibodies) in their milk to protect their baby and enhance the baby's own immune

responses. This means that continuing to breastfeed is the best way to fight the virus and protect your baby.

- If a mother does fall ill with symptoms of fever, cough or difficulty breathing, she should seek medical care early, and follow instructions from a health care provider.
- Mothers who are well enough to breastfeed should continue to do so, taking additional care with hygiene by practicing the 3 Ws including wearing a mask whenever near to the baby.

C. Use a cup and spoon to feed babies with expressed breastmilk when too sick to breastfeed.

- When mothers are too ill to breastfeed, they should seek immediate medical advice. It may still be possible to express milk and ask a non-infected member of the family to feed the baby using a clean cup or cup and spoon. It will be even more important to follow the 3 Ws at all times to keep the baby healthy and safe.

Dr J. Hemanth Kumar,

DMO Rajkot.



Healthy Life- Happy Life

The first breath is the first sign of our living existence after birth and then the journey of our life begins. Now the only medium we have to take this journey forward is our body.

Now we all know that physical and mental health is important, yet somewhere due to our low importance towards it, lack of correct information, stressful lifestyle or laziness, we include small things to be healthy in everyday life. Do not do it and unknowingly invite big diseases. There was a time when the treatment of diseases was the work of the medical department, but today it is also the scope of the medical department to spread awareness in the society in every way by giving information about being healthy and making efforts such that people get sick at least. , Responsibility.. Then the medical department is continuously providing its services in various ways to meet the scope of its field of work, such as complete investigation and summary, up to the birth of the child during pregnancy,

Health services of mother and child after safe delivery, immunization to protect against various diseases, efforts to keep diseases away from cleanliness campaign, information and essentials to avoid diseases that come according to different seasons heat, cold and rain medicine spray, To stay healthy in old age, information along with medicines and essential services is being given continuously by the health department of the department, then in this episode today we are going to put some things in front of you, which are going to be taken care of by the health department for the health of health services. The thinking on the part is visible at the peak of the effort to build a healthy society.

Some important issues to maintain a healthy life, which should be made a habit of your life.

- Nutritious food in the required quantity from time to time.
- Drink 6 to 8 glasses of water
- Get 6 to 8 hours of sound sleep
- Do 40 to 45 minutes of exercise, walking, yoga, meditation
- Take 20 minutes of sunshine
- Live an addiction free life

You all will say that we know this.

Absolutely right said but then this obesity, diabetes, blood pressure, acidity, constipation, joint pain, kidney stone and other kidney problems, cancer, skin disease, toothache, migraine, weakness, mental stress like many other diseases are increasing so much. is it???

Because somewhere in our lifestyle, indifference towards change in food or its importance, hectic life, lack of time management, increasing use of various types of technical gadgets, irregularities and our own laziness are responsible.

Well now we want to ask one thing that why the right way, right time and right amount of nutritious food???

God has made our body in such a way that while absorbing its actions, digestion and essential nutrition, it takes out the dirt, the food that we eat contains some important nutrients i.e. nutrients such as proteins, vitamins, carbohydrates, fats. , minerals, resinous substances, water etc...

Protein that makes the body grow. Vitamin which increases body immunity and vitality. Carbohydrates and fats which give energy, promote work force and strengthen the body, provide protection to the soft muscular organs. Minerals that make our consciousness healthy, strengthen bones and balance hormones, help blood cells to make white cells, but our body is 70% water. Water plays an important role in every physiological process. Is. At the same time, the importance of oxygen i.e. “prana vayu” cannot be denied, by breathing in the right way, we can take “prana vayu” in maximum quantity. Trees and human life seem to have been created by God to balance the environment. For the process of removing the complete waste of our body, rufaz which itself is indigestible but in the digestive process, it is important to remove the remaining dirt after the nutrition is absorbed in the intestine i.e. Fibrous Vegetable, Fruit, Wheat, Bajra, Jowar, Maize. Avoid more processed foods that contain all types of peeled lentils, moong, matha, rajma, gram, etc. Make a habit of eating fresh, hot food.

Vitamin D is obtained from sunlight, as well as increases energy, strength, removes negative and increases the process of making hormones that make happy mood.

Sleep removes our fatigue and makes us fresh. During sleep, the cells of our whole body repair, grow and grow. Less than 6 hours sleep underrests and more than 8 hours sleep brings depression, makes you lazy. Therefore, to remain healthy, happy and fresh, it is necessary to take adequate amount of sound sleep.

Exercise increases the strength of muscles. Exercise is necessary for proper blood flow and to avoid joint stiffness and to stay healthy for a long time.

Through meditation, prayer filled with gratitude to God, one can find peace in this stressful lifestyle. Helps to remove various types of harmful emotions such as anger, jealousy, hatred, negative energy and increases mental health.

We have made a small effort to keep some of these important issues in front of you through this medium because it is the effort of the entire team of our medical department that we can take our steps towards building a healthy society, a healthy nation and a healthy world through individual health.

I pray, we all lead a happy , healthy and fulfilling lives.

ASTU.

Smt Avni Oza,

Chief Nursing Superintendent,

Rajkot.



Healthy Lifestyle

As we all know that a healthy mind resides in a healthy body, if we are not healthy, then no matter what age group we can not contribute our 100%, as a result success is not possible. People are losing their health in the race to earn money. That is, wealth without health is of no use. This topic needs serious consideration today. Lifestyle diseases such as blood pressure, diabetes, cancer, depression, etc. are non-communicable, but are present in every household and the main reason for these diseases is our wrong eating habits, living habits etc., which if improved, can be avoided. During the Corona period, it was seen that people who were suffering from non communicable diseases found it difficult to recover and post-covid are also suffering from many serious problems, as a result their quality of life has gone down considerably.

So let's discuss some easy ways to stay healthy so that if we follow the routine strictly then not only our health will be good but we can also enjoy life by contributing 100 percent to the institution in the family.

- 1) Waking up early in the morning is a good habit. We have to try to get up before sunrise because the morning environment is clean and pollution free. This time is suitable for walking, exercising, doing yoga and meditation, that is, waking up in the morning makes both body and mind healthy.
- 2) After waking up in the morning, we should drink lukewarm water if possible, three to four glasses, that too without brushing. It helps in flushing out the toxins from our body and one should try not to eat anything for 45 minutes after drinking water.
- 3) Exercise and Yoga:- This is one such habit, which helps us the most in maintaining health. Therefore, we must do 30 to 40 minutes of exercise every day, which helps to keep us happy and full of energy throughout the day.
- 4) Breakfast:_ On this 50% health of our body depends. Sprouted gram or moong, seasonal fruits and dry fruits should be consumed in the morning breakfast. If fruits are eaten like this instead of fruit juice, then the body gets sufficient amount of fiber which saves us from constipation.
- 5) Water should not be drunk for 45 minutes after eating food. It enhances our digestive power as well as drinking cold water should be avoided.

6) We must drink at least 4 to 5 liters of water throughout the day. By drinking more water, the problem of stones can be avoided, as well as toxins keep coming out in our body. Avoid drinking too much water if you have kidney problems

7) Meditation - Along with physical health, mental health is equally important. Mental health can be achieved by meditating for 15 to 20 minutes a day. It relieves stress and gives good sleep.

8) 6 to 8 hours of sleep is very important for good health. Sleep repairs the vitality of our body, it gives rest to the body and the body becomes full of flower recharge i.e. energy. 9) We have to avoid excessive consumption of 3 white things sugar, salt and flour. If you use jaggery instead of sugar, rock salt instead of honey and salt, then it is very good for health.

10) Positive thinking always shows positive effect on our body. It has been seen that people with positive thinking do not have both stress and fatigue, and they are very successful in life.

11) We should consume fruits, salads, green vegetables daily in food, because they are easily and quickly digested as compared to other things and provide plenty of energy to the body.

12) For a healthy life, we should stop or reduce the consumption of tea, coffee, fast food. Because they are high in calories and fat.

13) There are things available at home like garlic, amla, basil, green tea regularly, one gets rid of many diseases because they act as natural medicine in our body.

14) Our dinner time should be fixed. Breakfast must be done at 8:00 in the morning, lunch between 12:00 and 1:00 and dinner at 8:00 in the night. Consuming a glass of milk after dinner at night keeps the sugar level constant in people suffering from diabetes.

Suitable all things are not that we do not know. We know all these things very well, but do not want to follow it. For this, they keep making excuses for duty, family responsibilities, or other excuses. But if we include the above things in our daily routine, not only will we be healthy, but whatever work we are doing, we can do it with 100% full capacity, as well as we can avoid the risk of many serious diseases. In this way our life is filled with joy and happiness.

Therefore, let us take a pledge that I will encourage myself and my family members to follow the above mentioned measures. Thank you.

Daya Shankar Sharma

Chief Pharmacist Rajkot

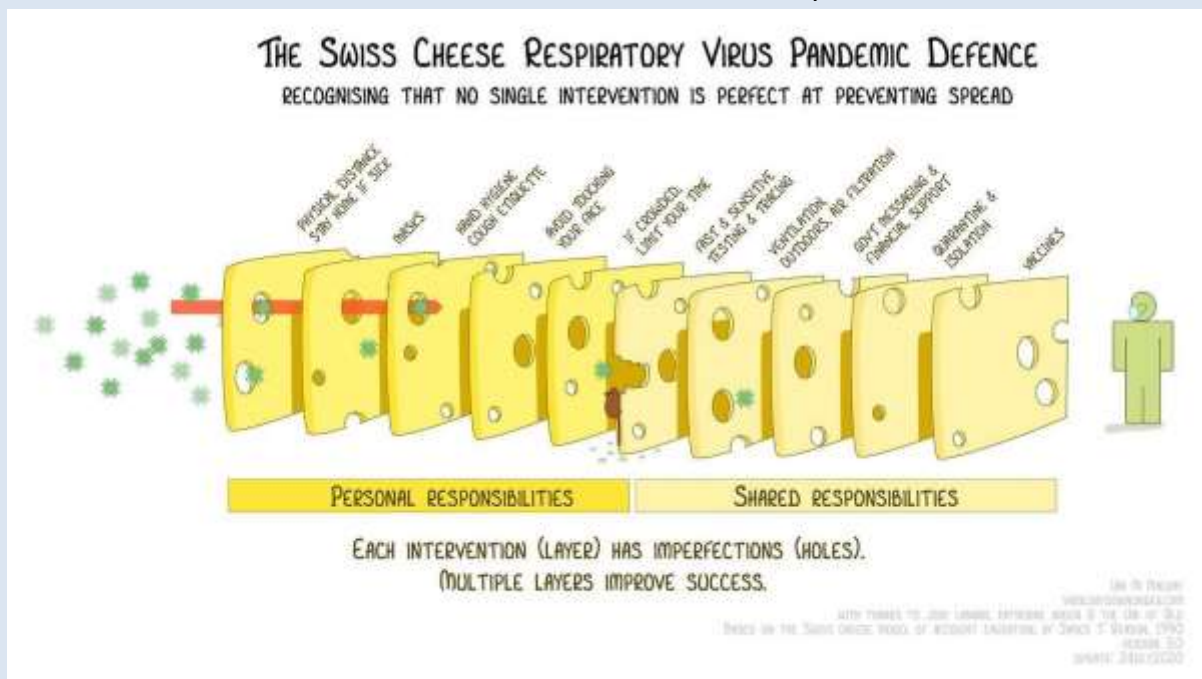


COVID-19 PANDEMIC- NOTHING TO WORRY

“If you understand and implement the following things.”

In Last two years the world has undergone unprecedented transformation. The covid-19 has literally devastated millions of lives. We have experienced first hand, the worst wave of Covid-19 during the first half of 2021. However, after the massive vaccine roll-out, We have become complacent. The Covid-19 pandemic is not over yet. We will have to understand that the disease is not gone anywhere. It is still being transmitted in the community. There is no one-shot solution to this pandemic. We have to understand that a combination of several measures implemented simultaneously will be able to control the spread of this deadly disease.

To understand how this works. lets understand the Ian Mackay's swiss cheese model.



There are multiple measures that we have to implement simultaneously to fight effectively against COVID-19.

PERSONAL RESPONSIBILITIES:-

1. Getting proper doses of vaccine
2. To keep a safe social distance while interacting with someone.
3. Remaining at home when feeling sick.
4. Always wearing a mask that covers your nose and
5. Keeping hands clean by frequent hand washing with soap and water.
6. Avoiding touching the face.
7. If at all, you have to visit a crowded place, limit your time of visit.

Shared responsibilities which require the participation of whole community:-

1. Fast and sensitive testing and tracing.
2. Proper ventilation and air filtration of indoor air.
3. Government messaging and financial support for bringing covid appropriate behavior in the community.
4. Proper quarantine and isolation facilities.
5. Proper roll out of vaccination drives.

As we can see in the above illustration there are holes in each strategy involved. Which means none of the above measures is perfect on its own. Each measure has its own shortcomings. However, if we use all these measures together, there is a very high probability that the speed of spread of Covid-19 can be halted significantly.

To summarize, although in the beginning of this pandemic, it looked like an insurmountable task to win against Covid-19, If we implement all the measures mentioned above simultaneously, Together we can defeat COVID-19.

Mohit Maheta,

Senior Nursing Superintendent,
Health unit Okha.



Life style Diseases and how to manage them

Lifestyle disease is defined as a disease associated with the way of living of an individual or group of people.

Lifestyle diseases share the same risk factors as long-term exposure to three modifiable lifestyle behaviors – smoking, unhealthy diet, and physical inactivity – and can result in chronic diseases, particularly heart disease, stroke, diabetes, obesity, metabolic syndrome, Develops chronic obstructive pulmonary disease, and some types of cancer.



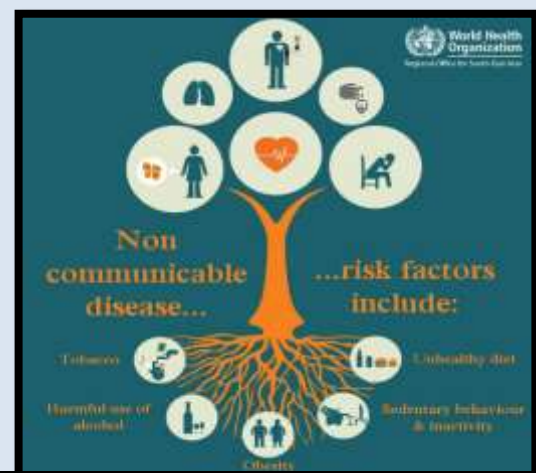
Improved sanitation, health awareness and better medical facilities have reduced the incidence of communicable and vector-borne diseases such as malaria, cholera and polio, but lifestyle

diseases are on the rise in both urban and rural areas. Lifestyle diseases are caused by the choices people make in their lives. The good news is that most lifestyle diseases are preventable and many are reversible.

Non-communicable diseases, primarily heart disease (including heart disease and stroke), diabetes, cancer and chronic respiratory diseases are long-term diseases and are usually slow in progression. They are the leading cause of adult mortality and disease worldwide.

Causes :

The most common causes of lifestyle disorders are unhealthy eating habits, overeating, over-reliance on packaged foods, energy drinks, artificial sweeteners



and fast food. Sedentary life, smoking, drinking, stress, poor sleeping habits, which are mainly attributed to the so called modern lifestyle and changed eating habits in urbanization make the situation worse. There is another important problem of the modern world. This is poor exposure to sunlight and fresh air.

Symptoms:

Symptoms of heart disease are chest pain (angina), shortness of breath, pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are constricted. It may be associated with pain in the neck, jaw, throat, upper stomach or back, palpitations, weakness or dizziness, nausea or sweating. Symptoms of a heart attack include discomfort, pressure, heaviness or pain in the chest, arm, or under the breastbone, radiating to the back, jaw, throat, or arm. feeling of fullness, indigestion, or suffocation, heartburn, sweating, nausea, vomiting, or dizziness. Extreme weakness, anxiety, or shortness of breath, rapid or irregular heartbeat may be present.

Symptoms of type 2 diabetes develop gradually. Increased thirst and frequent urination can be one of the early symptoms. Increased appetite, weight loss, fatigue, blurred vision, slow-healing wounds or frequent infections, areas of dark skin are noticeable symptoms. Many people may have one or more of these to begin with. Whenever any of the above happens, it is better to consult a doctor and take his advice.

Diagnosis :

Lifestyle disorders are a group of diseases. Hypertension, diabetes, obesity, heart disease, malignant and other neoplasms, chronic low back pain, hyperlipidemia are some of the diseases that are classified under this category. Problems are usually diagnosed during a routine check-up or when a person consults a doctor for some minor complaints. Detailed inquiry and investigation will reveal the specific reason for the complaint.

Assessment of blood glucose (fasting and post-meal) and urine analysis for sugar and microalbumin is done in cases of diabetes. HbA1c is used as a diagnostic test for diabetes.

Ultrasound and liver function tests (LFTs) are useful to reveal liver function. Routine ECG, cardiac profiling such as treadmill and angiogram are done to evaluate heart function. Osteoporosis is diagnosed by assessing serum calcium, X-rays, and bone densitometry.

Urine analysis such as albumin, hyaline cast, fundoscopy to understand kidney's involvement in essential investigations in hypertension is essential to understand the position of the retina.

ECG and chest X-ray can give a fair idea about the functioning and condition of the left ventricle. Body mass index measurement is a simple way of estimating obesity.

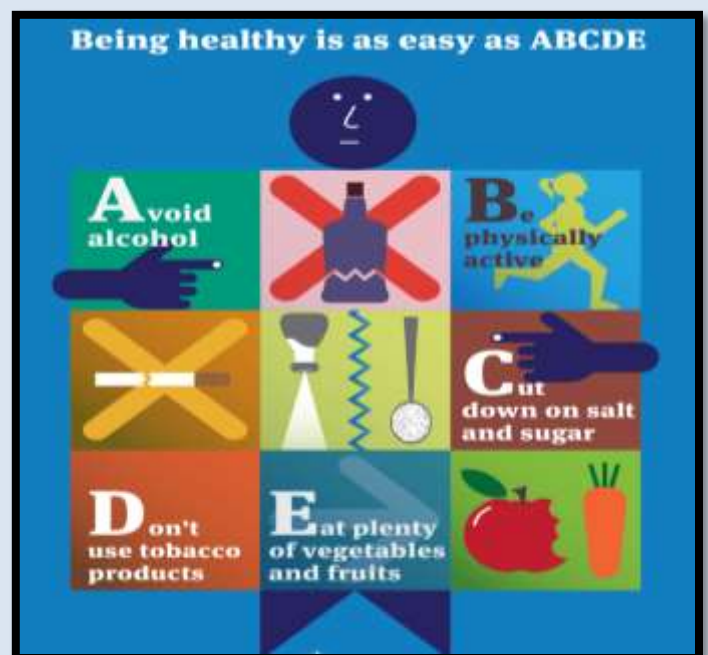
Complications:

- Lifestyle disorders have their own complications if not treated properly in time. The need for prolonged treatment and the ravages of its complications add to the heavy burden on the national exchequer.
- Complications of diabetes develop slowly. The type and severity of complications are determined by the duration of the diabetes and the extent of blood sugar control. People with diabetes have an increased risk of developing diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth, as well as developing infections.
- Diabetes increases the risk of cardiovascular problems, including coronary artery disease, heart attack, stroke and atherosclerosis.
- Excess sugar injures the walls of small blood vessels causing tingling, numbness, burning or pain in the tips of the toes or fingers. If untreated, patients lose the sense of feeling in the affected limbs.
- For men, it can cause erectile dysfunction.
- Diabetes can damage the kidneys leading to kidney failure or irreversible end-stage kidney disease, which requires dialysis or kidney failure.

Hypertension is another lifestyle disorder. Cardiovascular complications of hypertension are left ventricular failure, congestive heart failure, and myocardial infarction. Cerebral complications are cerebrovascular accidents (strokes) and neurological symptoms associated with high blood pressure. Hypertension can also lead to hypertensive retinopathy and uremia.

Management :-

Since lifestyle disorders are slow in onset and progress, early detection may not be possible. Once detected, long-term continued medication may be necessary. Expert consultation, early



diagnosis, lifestyle changes and specific medicines for the underlying diseases are very important in lifestyle disorders.

Golden rules to prevent lifestyle diseases:-

Prevention is the best way to maintain good health in this busy world.

Lifestyle disorders are preventable and even reversible, if appropriate lifestyle modifications are made in time. Please follow ABCDE.

1. Avoid Alcohol.
2. Be physically active.
3. Cut down on salt and sugar.
4. Don't use tobacco products.
5. Eat plenty of fruits and vegetables.

Mr. Rajdev Singh sarvaiya

Senior Nursing Superintendent, Hapa





Information, education and communication on better COVID sanitation

The covid pandemic is still going on. But now we don't need to be afraid of it. It has taught us some beautiful and appropriate health discipline which enables us to stay healthy and fight not only against the anticipated third wave of COVID-19 but any such future threat to mankind. Covid19- It is caused by SARS-CoV-2 (Severe Acute Respiratory Syndrome Corona Virus 2), and is one of the biggest pandemics in world history with 219 million cases and 4.55 million deaths. With 3.36 crore cases and 4.47 lakh deaths, India is second only to the US in the number of Covid cases.

Time has come to discipline ourselves and continue the fight against the COVID-19 virus. Although there is no effective drug to treat SARS-CoV-2, we can stick to the motto "Prevention is better than cure".

COVID spreads through airborne particles and droplets. Therefore, the main modalities to prevent covid include personal hygiene, social distancing, protective gear and covid vaccination.

The main part of personal hygiene is keeping yourself clean and keeping your surroundings clean. Avoid physical contact by greeting others the Indian way (namaste) and try to take a bath every time you come home from outside.



Keep your hands clean by washing them with simple soap and water every time you return home or come into contact with other people. The 20 second hand wash helps to wash off all the contaminants properly.

It is best to sanitize hands with a hand sanitizer containing at least 60% alcohol, but keep in mind that sanitizers are highly flammable. Our advice is that we should wash our hands with soapy water.



Social distancing is essential by staying away from crowds at home, avoiding non-essential meetings and unnecessary travel. For essential meetings, rely on online platforms or opt for outdoor venues with proper ventilation and plenty of space. Do not forget

to always carry a mask and sanitizer with you. Keep the elderly, children and people at high risk safe in the home environment. Avoid busy times to shop for groceries and keep shopping time short.



Wear a face mask properly by making sure to cover your nose and mouth with a breathable cloth. PPE Kits (Personal Protective Equipment Kits) are meant for healthcare professionals taking care of COVID patients.

If a suspect is sick with COVID-19, seek appropriate medical advice, isolate the sick person in the same room, keep caregivers to a minimum, keep doors closed but windows open and separate patient-facing. Keep plates and water bottles. Both the patient and the caregiver should wear a mask at all times. If possible, keep high-risk family members in separate homes.

Vaccination is currently the most effective way to prevent or reduce the severity of a Covid-19 infection. Vaccines in India include Covaxin and Covishield. Two doses of the vaccine are recommended for everyone over the age of 18. Rajkot Division is continuing the vaccination drive in Divisional Railway Hospital and all health units for 100% coverage of all its beneficiaries. Presently there is no contraindication for vaccination except in acute infection.

So let's take a pledge that we are ready to fight corona by self-discipline of better health, personal hygiene, use of proper personal protective equipment, social distancing and vaccination.

No one is alone in our battle with Covid-19, because we all have to fight this pandemic together by being safe, kind and smart.

Sandeep P. Nagargoje,

HKA (Medical)

Chief Health Inspector – Rajkot



Omicron variant of Covid-19

After the devastation caused by Covid-19 all over the world, now its new mutation has been detected in South Africa. This variant is thought to possibly have arisen in HIV/AIDS patients with chronic infection. This variant is also known as (B. 1. 1. 1.599) and is named **Omicron**.

There are 50 types of mutations in this variant. Of these, 30 types of mutations are only in the spike protein. This means a change in the genetic material of the virus. Compared to the delta variant, 10 types of mutations were also found in the receptor binding domain of the new variant, whereas only two types of mutations were found in the delta variant. The Omicron variant is airborne. This variant may also by-pass the vaccine. Therefore, the idea of giving a booster dose of the vaccine is also being considered. The World Health Organization has described the new variant Omicron of Covid-19 as a very high risk variant. And there is a possibility of spreading it all over the world with great speed. Under this, European countries, Britain, South Africa, Brazil, Bangladesh, Botswana, China, Mauritius, New Zealand, Zimbabwe, Singapore, Hong Kong and Israel have been included in the countries at risk. Where it is spreading very fast.

Therefore, to avoid this, we should avoid going to crowded places by taking necessary precautions, social distancing should be followed, masks should be applied, hands should be washed thoroughly with soap. Hand sanitizer should be used. Unnecessary travel should be avoided. With these precautions, we can save ourselves and our family from this epidemic. According to a research, this variant does not stop in the nose or mouth and goes directly to the lungs and spoils them very quickly. Therefore, there is less time to recover after the disease, due to which more deaths are being expressed. This variant spreads 10 times faster than before. Therefore, the Government of India has started taking necessary steps for rescue. Under this, special emphasis is being laid on testing and screening of passengers coming to India from at-risk countries and they are being kept in mandatory isolation for 10 days. The number of beds in hospitals is being increased. Oxygen plants are being set up. The stock and production of essential medicines are being increased.

Therefore, some precautions, news, we can keep ourselves safe from this epidemic. For this, we need to go along with the efforts being made by the government.

J. K. Sharma,

Chief Health Inspector, Hapa.



Community Hygiene and Personal Hygiene

The very simple Hindi word for cleanliness is "Saaf-Sufi", which is related to cleanliness. If we look at the definition of health - "A person is physically, mentally, financially and spiritually healthy, being healthy does not just mean the absence of any disease in the body." - for the same reason if a person is physically healthy, Mentally sound, financially sound and along with all this his mind is also spiritually happy, then that person can be said to be healthy.

For this physical hygiene is very important. Every person wakes up in the morning with cleanliness, such as cleaning the mouth with a brush or toothpaste, cleaning the stomach with natural urges, cleaning the body, bathing, wearing clean clothes, yoga-pranayama, worship recitation, all remedies for peace. Huh. One works by job, business or other endeavours to earn money, but it also requires cleanliness. Otherwise, flies, mosquitoes, cockroaches, rodents and other nuisances at the work place will harm both the consumer and the owner and tarnish their image.

Thus the saying "Where cleanliness is sovereignty" is true. Respected Gandhiji and other dignitaries of the world have also given great importance to cleanliness.

The word hygiene is derived from the Greek goddess "hygiene", which means cleanliness. It is necessary to use it repeatedly. For this, cleanliness includes bathing, washing hands, wearing clean clothes, regularly cutting nails etc.

The place in which we live is house, street, locality, city and state and country. Use the one and only dustbin to throw the garbage. Do not store rain water and other non-essential water around the house where mosquitoes breed. To prevent this, prevent mosquitoes from entering the house by closing the windows and doors of the house in the early morning and evening {Gaudhulik time}. Wear long white sleeves and regularly spray at home or inhale the dried leaves of neem. If you use a mosquito net while sleeping, then you can avoid mosquitoes. Mosquitoes stay away by using repellents like Odomus.

Good fresh food, fruit juices, adequate sleep and rest, a job or business in a peaceful and quiet environment, closeness with family and fulfilling one's responsibilities, and doing other social good deeds are all true well-being, and it is necessary to stay healthy. Everything is necessary.

Manish Kumar Upadhyay,

Chief Health Inspector, Rajkot



Healthy Mind and Body

Most of us have heard or read about this and some people also keep saying this to others as a friendly advice. It has Simple but deep meaning. For a "Healthy Mind and Body" we obviously know that we should be both physically and mentally healthy and fit but most of us seem to be ignoring this simple and important mantra in today's time.

→ A healthy mind lives in a healthy body. Mental health is imperative for physical health. If the mind is unsullied and pure, it will greatly help in maintaining physical wellbeing and health.

*** Case Study –**

When I started my career as an Operating theatre staff. I was extremely busy in my work and this new Phase of my life. I wanted to do everything in a Perfect manner and be Successful. In order to achieve my goal, I only focused on work as a result, my health was ignored. I did not eat on time. I did not exercise and was not sleeping adequately.

As a result, I was extremely stressed mentally and & developed a debilitating back ache and also Started getting irritated easily. My family members were observing all these changes and they advised me to Change my lifestyle for the better.

I followed a proper routine Slept properly, and did some physical exercise and things changed for the better. Today I feel physically and mentally fit.

In today's fast life, we are mostly stressed and racing against time to finish our to-do list each day. We are so busy that we don't even get time to have meals, do some physical exercise and sleep adequately. Most of us remain constantly stressed. We are always under pressure to meet deadlines are complete targets. We then want to achieve and accomplish a lot in no time.

In this maddening rat race, let's not forget to remain healthy. In order to achieve all this, we need to remain healthy both physically and mentally. We are searching for mental peace all the time. To counter stress in our daily lives but we do not realize that if we are neglecting our bodies, how we can nourish our mind.

If we all can follow some simple tip of healthy habits for the healthy mind and body

1. **Timely Meals** - Take your meals on time. Eat on regular intervals. Have a proper three meals a day. Always remember, Avoid junk and fried food and do not skip your breakfast..

2. **Fruits and vegetables** - for a healthy mind and healthy body adding fresh fruits and veggies to your diet is imperative as they are the main source of nutrition for your body and they help in keeping your appetite in check.
3. **Exercise** - Take some time out for from you busy Schedule to exercise, walk, joy Skip or do yoga for 30 minutes for at least 5 days week which is an excellent way to enhance “feel good” hormones and lower the levels of stress hormones in your body.
4. **Stay Hydrated:-** Drink plenty of water and liquids every day to keep yourself hydrated and to remove toxins from your system.
5. **Sleep tight:-** Get yourself a minimum of seven hours of sound sleep every night so that you feel fresh and energized throughout the day.
6. **Take a chill pill:-** Take some time out of your busy schedule for yourself. Once in a while, take a break from your daily routine to spend some time alone to reflect on your life, spend time with your loved ones, and indulge in some hobby that you truly enjoy.
7. **Say no to stress:-** Do not carry emotional baggage from the past. Focus on your present and future. Do not stress yourself for what you could have done in the past and things that are beyond your control. Focus on things that are under your control and things you can change positively.
8. **Balance your life:-** Try to have a work-life balance. Try not to carry stress from your professional life at your home and vice versa. If you do, it is bound to increase stress, a sense of powerlessness and frustration.

Our lives have not left us with much choice, except to multitask. We all are trying to do so many things in a limited time period. As a result, our lives have become so hectic which leads to irregularity in following a healthy routine. What follows is a serious deterioration of our mental health and a feeling of finding ourselves not fit enough to chase our dreams and a never ending to-do list. It is extremely important to understand that the most precious asset that we have is our body and our mind. We must find enough time to nourish both.

Remember, we have only a finite time in this world, try to utilize it the best way possible, while caring for your body and soul.

Jyotsana Makwana,

Chief nursing superintendent
Divisional Railway Hospital Rajkot.



Medical Department Rajkot Division

Mission Statement:-

To provide complete satisfactory health services to every patient with human values using modern and cost effective technology, with the joint effort of every single doctor and paramedic. This is the mission of the Medical Department of Rajkot Division.

Introduction:-

Divisional Railway Hospital Rajkot and all health centers of Rajkot division are committed at all times to provide quality health services to the patients through their qualified doctors, nurses and other paramedical staff.

1. Following facilities are available in Divisional Hospital Rajkot. ,

Ventilators and High Flow Nasal Oxygen (HFNO) machine in isolation ward have been procured in record time to meet any emergency during treatment for COVID-19.



2. Centralized Oxygen Supply System has been installed in Rajkot Divisional Railway Hospital.



3. Ventilator Arterial Blood Gas (ABG) machines have been purchased at Divisional Railway Hospital, Rajkot.



4. Oxygen Generator :



5. Bronchoscopy :



6. Fundus Camera is available for PME:

Fundus camera purchased, installed and started working for contactless fundus examination.



Various activities carried out by the Divisional Medical Department, Rajkot from 2020 to 2021 during the COVID-19 pandemic.

Achievements/Achievements of Medical Department, Rajkot Division during 2020 to 2021:

7. Covid-19 Ward



30-bed DCHC and 29-bed CCC set up for the treatment of Kovid-19 positive patients in Divisional Hospital-RJT.

All necessary facilities and equipment were provided at these places to handle the COVID-19 cases.

8. A separate fever clinic has been set up at Divisional Railway Hospital, Rajkot.



6. Regular Medical Camps of Rapid Antigen Test for Employees



7. Vaccination in Divisional Railway Hospital and various health centers



8. 2-way communication speakers installed in dispensary and reception to maintain proper distance between patients and effective communication.



9. Awareness demonstration on LED TV for Covid-19.



10. Training of paramedical staff to ensure safety and prevention of infection. How to handle COVID19 patients regularly, how to wear PPE kit, wearing and doffing etc. Regularly attend webinars to improve clinical knowledge and clinical skills.



11. Appropriate protective equipment like face-shield, gloves, face-mask provided to all the staff of the hospital. Anti Adult Wheezing Spray by proper claim of Total Hospital and surrounding areas by doing thrice a week.



12. In the first ward and second ward, the Co-Chairman-Rajkot automatic hand sanitizer machine was prepared and installed by Dr. Hemant and Mr. Parmananand Meena, PHR-Rajkot. A foot

operated water tap was prepared and installed by the nursing staff Mr. Omprakash.



13. Organized blood donation camp for RPF staff in coordination with Voluntary Blood Bank, Rajkot.



14. TIE-UP WITH PRIVATE HOSPITALES/LABORATORIES:

1. Sterling Multi SPL Hospital - Rajkot
2. N P Cancer Hospital - Rajkot : For the treatment of cancer.
3. B T Savani Kidney Hospital - Rajkot : For kidney treatment.
4. Krishna Multi SPL Hospital – Morbi
5. Gokul Newtech Hospital – Jamnagar
6. Private Lab Testing:
 - Singala Lab. - For Jamnagar Health Centers. - Jamnagar
 - Singala Lab. - For Jamnagar Health Centers. - Hapa
 - Bhatt Pathology Lab and NeuBerg@Supratech (COVID-19 RT-PCR) Rajkot
 - City Path Lab. - Surendranagar

Some Positive contributions of Medical Department Rajkot Division captured in camera

- Medical Department participating in clean India Movement



- Tree plantation.



- Continuing education program for Paramedics on Kidney Diseases



- A.R.M.E. Mock drills





- Health Education



- Health Check-up Camps at work Place



- FIRST AID CLASSES**



- Self less service of providing hand made face shields to corona warriors during lock-down period BY Smt Jyotasa Makwana, SNS, Divisional hospital Rajkot.**

