

Happenings at Divakars

CENTER OF EXCELLENCE IN WOMEN'S HEALTH CARE

HD 2017 ISSUE 04

Dear all

"GO DIGITAL" seems to be the mantra in India as much or even more than in the rest of the world!!

In the era of DIGITAL DISRUPTION, Team DIVAKARS keeps pace with the care not only during pregnancy, but even before and beyond through the DIVAKARS HOSPITAL APP.

Besides the appointments, chat options, health wall and educational videos, we now introduce a new feature "FIT TO BE MOM"... section on the APP.

Motherhood is one the most beautiful moments in every woman's life and each mother deserves the best possible care for herself and her newborn around that precious time. It is now recognized that the care should ideally begin even before embarking on the pregnancy. The "Pre Conception Care" concept has been initialised to maximise preventive care and address various women health issues through mobile apps. The women or couple planning for pregnancy can answer few questions thereby assisting us in charting an appropriate healthcare programme for her to be followed before, during, and after pregnancy. By answering these questions, 70% of preliminary check is complete through self-analysis and scoring completed and risk assessed, even before they step in for the first consultation and examination.

This newsletter introduces you to a variety of other new services that have been launched and also gives you a glimpse of teaching, training and collaborative efforts of team DIVAKARS in reaching out beyond boundaries!

Needless to say – that YOU inspire us to do more!

Happy reading!

Hema Divakar

Hema Divakar

**Medical Director, Divakars Speciality Hospital
CEO & Chairman ARTIST**



Divakars Speciality Hospital Bangalore was recently presented the Award for **Leading Hospital for Women's Health** at the **2nd Icons of Healthcare Summit & Awards** in Singapore on July 21, 2017



New Introductions!

Dietician and Lifestyle Coach

Eating right !

Sheetal Joshi -
dietician



Dr. Sheetal Joshi is a experienced dietitian and lifestyle coach, with a Master's degree in Dietetics and Food Service Management, certification in Food and Nutrition, and a post graduate in hospital and healthcare management.

She has an overall experience in nutrition and healthcare industry for over 15 years under various domains which includes diet counselling, life skill training, and lifestyle management.. She has been conducting nutrition and healthy lifestyle workshops for corporate, schools and private groups.

Apart from diet counselling at Divakar Speciality hospital, she is actively involved in training nurses for diabetes in pregnancy and conducting child birth classes.

Dr. Payel Biswas Soo is a Consultant Physiotherapist. She is also a certified Child-Birth Educator and Lactation Specialist. She has taken up the role as a Faculty in the Certification Course titled Diabetes Management in Pregnancy for nurses and nursing students.

As a part of this certification course we are empowering the nurses and paramedical staff to reach the mass in managing GDM (Gestational Diabetes) with Ante-natal exercises



Antenatal Classes

Seven Magical Lessons!

Learn more from
Payel Biswas and team

Childbirth and
Lactation Specialist

Yoga Therapist

Staying fit !
Whats trending ?

Pavithra Eswar
- YOGA expert



Pavithra Eswar, is a qualified Yoga Therapist with an MSc (Gold Medal) in Yoga Therapy from S-VYASA and more than 3 years of experience in therapy.

On June 21st this year, on the International Day of Yoga, a new Yoga Therapy batch was started in Divakars Specialty Hospital. The therapy classes are aimed at improving and managing stress, hypertension, diabetes, back pain, respiratory issues and menstrual disorders. Special sessions are also conducted for pregnancy and post natal patients. She offers consultation to patients coming to Divakars hospital and works closely with the Doctors to customize the therapy sessions.



The Pre-Conception Care Centres have been initialised to maximise preventive care and address various women health issues much earlier in life. These centres will be available through mobile apps wherein women or couple planning for pregnancy can answer few questions thereby assisting the healthcare provider in charting an appropriate healthcare programme for her to be followed before, during, and after pregnancy. By answering these questions, 70% of preliminary check is complete through self-analysis and a risk scoring is already done before they step in for examination.

"This practice of adopting digital care not only is time saving and cost effective, the patient can access the healthcare provider at any time of the day 24/7. Be it informing them real time as to what the values of blood sugar are, or check with the doctor on certain symptoms she is experiencing, all of it can happen at her doorstep. There are about 20% of cases where the patient should be present physically for examination, but for the other 80% of the cases all the efforts, anxiety, time, money can be saved if the care is given at their doorsteps. It's Asian Research and Training Institute for Skill Transfer (ARTIST)'s dream to bring a fine balance between traditional care and digital care to bring the best possible combination and benefit to the community at a large." Added Dr. Hema.

TEAM DIVAKARS @ ADITYA BIRLA GARMENT FACTORY

ARTIST collaborates
with ROTARY an initiative of HEMA
DIVAKAR HEALTH FOUNDATION



More than
5000 women
tested for Hb,
Sugars, Bone density,
BP, Breast cancer
and eye check and
advised about diet,
exercise
and wellness.



Commemorating the great work carried out by the dignitaries and leaving a positive impact on their local communities, employees, environment and society as a whole, the ARTIST Reality Awards were presented to **Ms. Savita Kuttan (Digital Disruption)**, **Dr. Shobha Shashikumar (Fine Arts)**, **Dr. Geeta Ramanujam (Education)**, **Smt. Anita Raj (Entrepreneurship)**, and **Dr. Asha K (Healthcare)**.



With the entire country focusing on Skill India and Digital India, the **Asian Research and Training Institute for Skill Transfer (ARTIST)**, headquartered in Bengaluru, today invited collaborators from across industries for a healthier India through Skill Transfer and applying optimal use of Technology to make quality healthcare accessible to the most in the country wherever it currently is not.

Speaking on the occasion, **Chairperson of ARTIST; FOGSI Ambassador to FIGO (International Federation of Gynecology and Obstetrics)**, **Dr. Hema Divakar** said, **"Innovation to Implementation to Impact is the mantra we follow.** The implementation is done and now we are in the process of scaling up to see the visible Impact. So far teams from and with ARTIST have been able to reach 15,000 medical and paramedical staff. Our aim is to reach one million by 2022."

The evening also witnessed Classical Dance performance by Dr. Shobha Shashikumar and her team on the theme **"Skill Transfer @ Skill Gurukool"** and concluded with the presentation on the theme **"Collaboration"**



A woman in a yellow and pink saree is speaking at a podium during a seminar. The background banner reads "Seminar on Non Communicable Diseases and Pregnancy" and "September 2nd, 2017 Chennai".

Speaking on how digitising preventive care through these innovative

ಆರೋಗ್ಯ ಸೇವೆಯಲ್ಲಿ ಗುಣಮಟ್ಟದ ಅರೈಕೆ ಅಗತ್ಯ

The Asian Research Training Institute for Social Transfer (ARTIS) headquartered in Bengal has developed Conception Care Centers applying optimal ultrasound Technology to make quality healthcare accessible. The decision was announced at the Program for Communicable Diseases and Pregnancy held earlier today.

Focussing on Dial
Pregnancy while add
the gathering, Chairper
of ARTIST: FOC

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Business Standard

The Asian Research and Training Institute for Skill Transfer (ARTIST) here has said it plans to create one million skilled healthcare providers by 2022.

is invited collaborators from across industries for a healthier India through Skill and applying optimal use of Technology to make quality it currently is not



PRESS TRUST OF INDIA
India's Premier News Agency

1 mn skilled healthcare providers likely by 2022: Institute

The Asian Research and Training Institute for Skill Transfer (ARTIST) here has said it plans to train one million skilled healthcare providers by 2022.

ARTIST has invited collaborators from across industries for a healthier India through Skill Transfer and applying optimal use of Technology to make quality healthcare accessible wherever it currently is not.

ARTIST Chairperson Hema Divakar made the announcement at 'ARTIST Reality Awards' where top collaborators were awarded for their contribution in the industry today said.

On counselling for women with Diabetes in Pregnancy



5

Invited faculty at various meetings on

DIABETES IN PREGNANCY



Exercise and stay healthy



Celebration of Life!



International Meet



Bengaluru Meet



Chennai Meet



Mumbai Meet



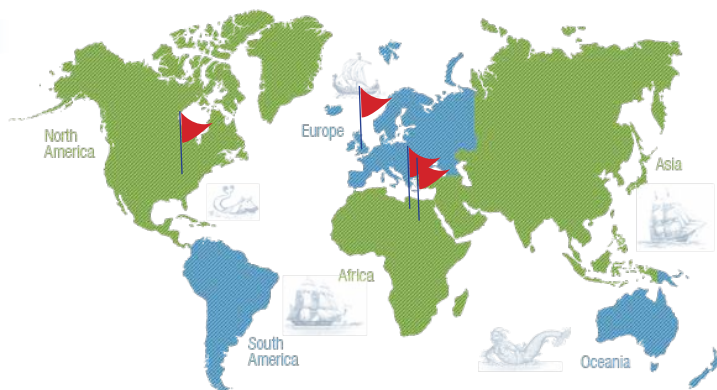
Lucknow Meet



Delhi Meet



At a Congress in Toronto



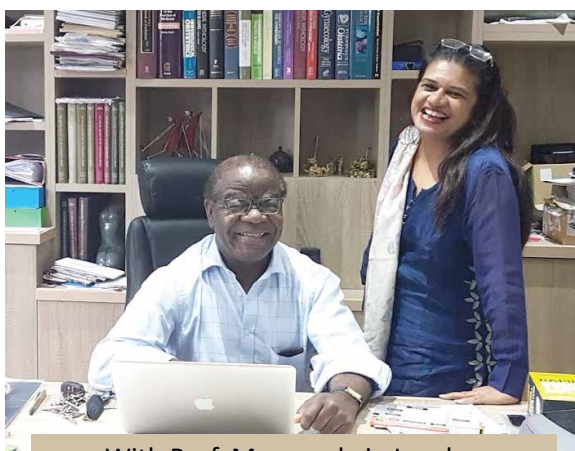
Signing the Cairo Declaration on Diabetes



Student from Egypt eager to learn at Divakars



With Mohamud Fatalla - a stalwart in ObGyn



With Prof. Manyonda in London



With Dr. Rohana Hatatuwa in Sri Lanka



With Dr. Fabio - a world authority on Diabetes



With Susanne discussing Cervical Cancer Vaccine



At FIGO Headquarters in London

Around the world
**REPRESENTING
INDIA AT
VARIOUS
FORUMS**



Hi, I am **Azizun Begam**. It was a great experience with Divakars staffs, who had guided from first to last. The entire team with staffs are very supportive, co-operative. A smile on the face makes the patient to feel comfortable. They gave me bundle of joy which can't be explained. Thanks a lot, Divakars team cheers!!



Hi, I am **Mrs Mamata Akhouri**. Awesome experience, thanks a lot for all the support and positive vibes during my 9 months of pregnancy. No regrets, no grievances, absolutely happy with all services. Really helpful staffs, always ready to help. We shall always recommend everyone to be a part of Divakars family. Special thanks to Dr Rita Singh for her care and personal attention.



Mrs Divya Nandini, Our period of stay with Divakars was very good, we got excellent support from Dr Hema Divakar, Dr Rita, Dr Poorni, Dr Anita, Dr Bryan and to all sisters and helpers. Dr Hema Divakar motivated us whenever we were down, its all because of the complete team we have started a new journey in our life!! We are blessed to here.



Mrs Udaya S, It was a great experience filled with joy and happiness being with Divakars. The entire team with the staffs are very supportive, co-operative. A smile on the face makes the patient to feel comfortable. Thanks to the entire team and wish all the very best!!



New Features!



APPOINTMENTS
Through Divakars Hospital App



D!P CLINIC - Diabetes In Pregnancy Care
Under One Roof



EDUCATIONAL VIDEOS
On Women's Healthcare



BLOOD COLLECTION / MEDICINES DELIVERY At Your Doorstep with
DSH @ Home Services



Divakars Speciality Hospital
A passion for quality healthcare

ದಿವಾಕರ್ ಸ್ಪೆಷಾಲಿಟಿ ಹಾಸ್ಪಿಟಲ್

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Dr Anita: 09980316032

Download
DIVAKARS HOSPITAL APP
and go to **EDUCATION SECTION**.



We are a center of excellence in Women's Healthcare, dedicated to helping her in her journey thought the ages. The focus is on All age groups, before and beyond pregnancy!