

# HD 2018 ISSUE 05

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## Cutting Edge Conference On Women And Diabetes

TEAM ARTIST has arranged conferences, workshops, edited journals and published articles. Dr. Hema Divakar has contributed her technical skills to the local and International bodies, from Perinatology to Menopause. With flaming enthusiasm, Dr Hema Divakar has built a dynamic team of like minded members, by exploring the individual talent. She has prompted, prodded and promoted the youngsters to the centre stage and enjoyed their success.



## Awards and Rewards

### MOST RECENT

- for Excellence in Healthcare
- for being the Most Inspiring doctors in India



- FIGO Women Achievers Award 2015 in recognition of international and domestic contribution to promote the development of science and scientific research in the fields of gynaecology and obstetrics
- Recipient of 'Life Time Achievement' award from DIPSI
- Acknowledged with Lifetime Achievement Award by Karnataka State Gynecologists Association
- Recipient of 'Life Time Achievement' award from Bangalore Obgyn Society
- Hold the credential of receiving the Fellowship of Royal College of Obgyn from London
- Recipient of Global Award for Music Therapy, Medscape India award for outstanding service for women's health and Distinguished Community Service Award by Prapancha
- Conferred with Citation and Award by State body for determination, commitment, creativity, humility and foresight
- Social entrepreneurship award by USAIDS and MSD for MOTHERS
- **ICONS OF HEALTHCARE AWARD AT SINGAPORE** – leading women's healthcare hospital in india



With Dr Dinesh Baswal from Ministry of Maternal Health



With Health Minister, Colombo



Hello Diabetes Academia 2018 at Nagpur



With Dr. Manjunath, Director Jayadeva Institute of Cardiology



**ET Award at Delhi**  
Anupriya Patel from Health Ministry awards Dr Hema Divakar **"Most Inspiring Doctors of India"** from Economic Times



**Award for Excellence in Healthcare** by Medical Education Minister DK Shivkumar



**Award for Social Entrepreneurship** from USAIDS and MSD

## The Bengaluru Declaration Signed At The Southasian Initiative For Diabetes In Pregnancy Congress

We would be keen on doing our best to offer technical support, capacity building, innovative ideas, implementing and enhancing quality control and drawing up the necessary protocols. We are sure that we will be able to fulfill this dream if we partner with the Government of INDIA. This gives us an opportunity to offer technical training and lend expertise to implement some innovative programs in the country. Continuing dialogue between Govt of India and FIGO ARTIST would certainly be a great synergy established for ways forward to improve quality of Women's Health Care in INDIA.





## News & Views



## Vasectomy? K'taka men are just not interested

SURAKSHA P @ Bengaluru

ALL states and Union territories in the country observed Vasectomy Fortnight from November 21 to December 4 where male sterilisation services were provided at public health facilities.

Karnataka saw only 306 operations with four districts registering zero procedures. Chikmagalur, Haveri, Ramanagara and Shivamogga districts did not see anyone coming forward for the procedures, according to data available with the Department of Health and Family Welfare.

This isn't surprising considering that the state lags behind the national average of 0.3 per cent in male sterilisation with just 0.1 per cent of the population getting sterilised, according to the 2015-16 National Family

**NUMBERS TELL THE TALE**

<b>306</b>	Total operations done during the fortnight programme
<b>4</b>	Districts with zero operations: Chikmagalur, Haveri, Ramanagara and Shivamogga
<b>0.3%</b>	Nat'l average in male sterilisation
<b>0.1%</b>	State's average in male sterilisation
<b>36%</b>	Nat'l average in female sterilisation
<b>48.6%</b>	State's average in female sterilisation

male engagement in family planning services. The promotion of male participation is vital to the success of the

Lokmat Times

## 'Diabetes in women has increased from 3% to 20%'

Over 6 times rise in last 3 decades

MEGHA TIWARI NAGPUR, JULY 6

"Every year nearly 7 million women, during pregnancy, go through high blood sugar level, i.e. Gestational Diabetes (GD), in India. GD comes with pregnancy and goes along with it, but if proper care has not been taken, they have high risk of becoming a diabetic in next 2-3 years of delivery for the entire life", said Dr Hema Diwakar.

She is Federation of Obstetric and Gynaecological Societies of India's (FIGO) representative in India and served as the president for year 2013-14. While speaking exclusively to 'Lokmat Times', she said that 3 out of every 10 women here suffer from

who gets GD, have 10 times more risk of getting Diabetes than those who do not get it. Suppose a woman had GD during first pregnancy then there are 70% chances of her getting it again in the second one. And this time, it may be even worse than earlier, that she has no option but to take insulin shots.

Dr Diwakar, who is an achiever of 'Lifetime Achievement Award' from the World Diabetes Foundation and the fifth Indian woman to receive the prestigious FIGO Women Achiever's Award quote that in order to keep both generation (pregnant woman and the child) away from diabetes, exercise, healthy diet, timely sugar check, stress management is some must to do things.

Nagpur First  
Page No. 8 Jul 07, 2018  
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## ಆರೋಗ್ಯ ಸೇವೆಯಲ್ಲಿ ಗುಣಮಟ್ಟದ ಆರೈಕೆ ಅಗತ್ಯ

■ ವಿಕ ಸುದ್ದಿಗೋಷ್ಠಿ ಮಂಗಳೂರು

ಕರ್ನಾಟಕ ಸ್ವಲ್ಪ ಅಪಸ್ಥಿತ್ಯ ಆಯ್ಕೆ ಗೃಹಕಾಲದ ಆರೋಗ್ಯಕರವಾದ (ಕೆಎಸ್ಎಚ್) ಮತ್ತು ಮಂಗಳೂರು ಅಪಸ್ಥಿತ್ಯ ಆಯ್ಕೆ ಗೃಹಕಾಲದ ಸೇವೆಯ (ಎಂಎಸ್ಎಸ್) ಸಮಯದಲ್ಲಿ ಯುವ ಕೋಶ 2017 ಕಾರ್ಯಕ್ರಮ ನಗರದ ಕಾರ್ಡ್ ಮುಖ್ಯ ಆರೈಕೆಯ ಸಮಯದಲ್ಲಿ ನಡೆಯಿತು.

ಪ್ರಧಾನ ಅಧಿಕಾರಿ ಪ್ರಸೂತಿಶಾಸ್ತ್ರದ ರೋಗಿ ಕುರಿತು ಕೋಶದ ಸಂಸ್ಥಾಪಕ ಸದಸ್ಯರಾದ ಡಾ. ಹೇಮಾ ದಿವಾಕರ್ ಮಾತನಾಡಿ, ಯುವ ತಲೆಮಾರಿನ ವೈದ್ಯರಲ್ಲಿ ಅವರ ಪ್ರಾರಂಭಿಕ ದಿನಗಳಿಂದಲೇ ಶ್ರೇಷ್ಠ ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳು ಹಾಗೂ ಗುಣಮಟ್ಟ ಮತ್ತು ನೈತಿಕತೆಯನ್ನು ಉಳಿಸಿಕೊಳ್ಳುವುದು ಅಗತ್ಯ. ಇದರಿಂದ ಯುವ ವೈದ್ಯರು ಬೆಳೆಯಲು ಮತ್ತು ಸ್ವಾಸ್ಥ್ಯಕಾರಿ ಆರೈಕೆ ಆಧಾರಿತ ವಿಧಾನದಲ್ಲಿ ಕೌಶಲ್ಯ ಗಳಿಸಲು ಸರವಾರ್ತರಾದ ಎಂದರು.



ನೀಡಿದರೆ, ಇದು ಎಲ್ಲ ಬಗೆಯ ಪ್ರಯೋಜನ ಗಳನ್ನು ಮೂಡಿಸಲು ತಲುಪುವುದು

## Antenatal Classes

Seven Magical Lessons!

Learn more from Payel Biswas and team  
Childbirth and Lactation Specialist

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

Supporting Art And Culture  
Udupa Music Festival

with Shankar Mahadevan  
and Pandit Shivkumar  
Sharma and Rahul Sharma



Service Wing of Divakars Speciality Hospital  
supports Cultural Heritage of India

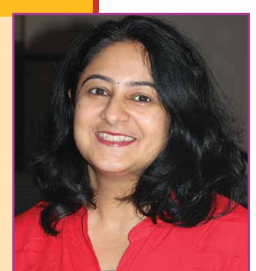


Dietician and  
Lifestyle Coach

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.

Health & Hygiene

Outreach Programmes at  
Schools and Colleges



Health Awareness Programme at Cubbon Park



## Dr. Hema Divakar Profile & Value

Senior Consultant Obstetrician and Gynecologist, with over three decades of experience and expertise in women's healthcare in India. Opinion Leader and Advocate for social and legal issues relating to women's health and an expert in providing technical knowhow. She is a leading medical professional of India with a vision to improve the healthcare services ecosystem for the welfare of women. She has over the last two-and-a-half decades, been a game changer in healthcare, establishing new benchmarks, standards and touching women's lives in the process.

An accomplished specialist in the field of Obgyn care, she runs the Divakar's Speciality Hospital in Bangalore. The hospital boasts of excellence in women's healthcare matching world's best standards.

Committed towards continuous professional development; with a community service spirit who leads women health care institutes to support the development of healthcare services through national, local and state organizations particularly in India. Represented India at various international platforms. Presently she is the Ambassador for the National professional organisation of Obgyns to represent India at the International Forum of Obgyns.

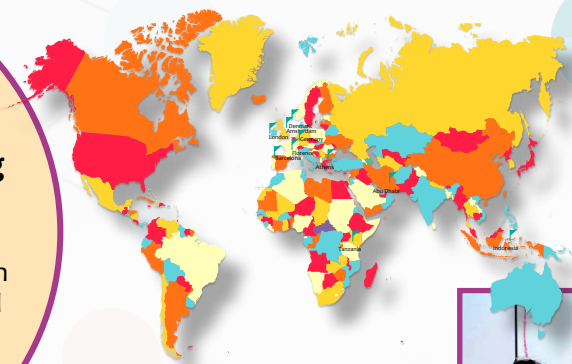
## Current Positions

- Consultant and medical director – Divakars Speciality Hospital, Bengaluru, India
- Established the Asian Research and Training Institute for Skill Transfer (ARTIST) and currently serving as Chairman and CEO for the same
- FOGSI Representative for FIGO, 2016 - 2018
- Member of FIGO Executive Board
- National co-ordinator for FIGO FOGSI PPIUCD Initiative
- Co-Chair FIGO GDM Working Group
- Co-Chair FIGO NCD COMMITTEE
- National co-ordinator Merck for mothers project on ensuring safe deliveries and quality healthcare in private sector
- Member of Technical Advisory Group (TAG) for Ministry of Health and family Welfare, Govt. of India
- Peer reviewer and on National Editorial Board FOGSI Journal
- Organising Chairman AICOG 2019
- Key Positions Held

2013 – 2014	President FOGSI (Federation of ObGyn Societies of India)
2009 - 2011	Hon Secretary, ICOG (Indian College of O and G)
2010	President, Karnataka Societies of ObGyn
2005	Senior Vice President FOGSI
2000	President, BSOG (Bengaluru Society of ObGyn)
1990	Hon Secretary, BSOG, Bengaluru

## Around The World

Dr Hema Divakar participating in various conferences and stakeholders meets as FOGSI ambassador to FIGO (Federation of International Gynecologists and Obstetricians)



With Poonam Dhillon and Shilpa Shetty in Mumbai leading the FOGSI MANYATA INITIATIVE - Don't Forget Moms



@ Abu Dhabi Diabetes Congress



International meet on maternal immunisation



@ Colombo with FIGO TEAM



With Prof Moshe Hod from Israel



@ Quality Care Training Programme



@ Maternal Health Congress



Meeting at Amsterdam



Health Economics Meeting at Athens



@ FIGO HQ London



@ FIGO HQ London



@ Women's Health Summit



Celebrations ...  
With Team Divakars  
Set to do more



## Patient Testimonials



We came here with anxiety but we are leaving with a wonderful experience. All the staff here are very helpful, they serve with a smile. Thank you for all your support and guidance. Special thanks to Rita Mam & Poorni Mam.

We are happy to take our princess home.

Thank you once again  
Kartiki Sathish



It was a very important day in my life and it was very smooth with help from the staff and doctors. I am glad that I found a good hospital for my baby's future day and night.

We had a great experience with the hospital. A friendly environment given by doctors of different specifications esp. Dr. Rita Singh throughout my delivery process. Also friendly & helpful hands of other staffs from Nurses to Sweepers. Heartly thanks for giving us our sweet heart.

We had a wonderful experience at Divakars Hospital. I had a best journey throughout my 9 months of pregnancy with Dr. Hema, Dr. Rota, Dr. Poornima. My special thanks to them and Hospital staffs, Nurses, Sweepers I thank them for being so friendly and helpful. Heartly and special thanks to Dr. Hema, Dr. Rota and Dr. Poorni for helping me deliver my sweet little baby girl with lot of encouragement, support.



We had a great experience with the hospital. A friendly environment given by doctors of different specifications esp. Dr. Rita Singh & Dr. Poorni throughout my delivery process. I also friendly helpful hands of other staffs from Nurses to Sweepers. Heartly thanks for giving us our sweet baby heart.

We had one of the best experience. Especially with all the staff and Doctors. They were very kind and helpful 24/7. Thank You! God Bless.

S. J. D. Patel



Programme titled  
"Mummy Ki Paathshala"

Introducing AJIT DIVAKAR - DIRECTOR  
AND LEGAL ADVISER







**Divakars Speciality Hospital**  
A passion for quality healthcare  
220, 2nd Phase JP Nagar, Bengaluru 560 078

Dr. Hema Divakar  
Consultant ObGyn, Bengaluru  
CEO, Asian Training & Research  
Institute for Skill Transfer  
President FOGSI 2013

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



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President FOGSI 2013

Enquire and enroll for

## 7 Magical Lessons

- 1 Smart Diet
- 2 Exercises
- 3 Painless Labour
- 4 Childbirth & Lactation Classes
- 5 Breast Feeding
- 6 Coping with Stress
- 7 Stemcells and more

## PACKAGES

*Before and beyond pregnancy*

### PRECONCEPTIONAL COUNSELLING

Hb/Blood group/RBS/TSH/Prolactin/Rubella  
IgG/AMH/HbA1C

### INFERTILITY

AMH/FSH/LH/DHEAS/TSH/Progesterone/  
RBS/HbA1C/Prolactin

### WELLNESS PACKAGES

For your Daughter  
**YUVA CARE**  
Adolescent Package  
12 to 22 years

For your Mother  
**MENOPAUSAL CARE**  
Nu Life Package  
35 years and beyond



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Institute for Skill Transfer  
President FOGSI 2013

*Are you 35 already? Begin a new life!*

### ROUTINE TEST PACKAGE @ ₹3333/-

Report at 8.00 am - FASTING

You will be assisted by our dedicated staff

- Blood - Fasting & Post Breakfast Sugars / RBS
- Complete Blood Count: Hb, TC, DC, ESR, RBC
- Platelet Count, PCV and peripheral smear
- HbA1c
- Vit D and calcium estimation
- Blood Urea Nitrogen
- Serum Creatinine
- Lipid Profile: Total Cholesterol, Triglycerides, HDL
- VLDL, LDL
- TSH
- Urine Analysis

### SPECIAL TESTS @ ₹ 1999/-

Enroll for an Annual Health Check-up for Early detection of cancers /

metabolic syndrome / osteoporosis / psycho sexual dysfunctions / urogynecological problems

• **PAP SMEAR:** Test to detect cancerous cells in cervix

• **BREAST EXAMINATION:** Breast scan with Doppler will be offered only if essential

• **ULTRA SOUND SCAN:** Abdominal Pelvic Scan To detect growth / tumors / abnormalities

## Divakars Hospital app Launch in 2016



Download  
**DIVAKARS  
HOSPITAL APP**



**Divakars Speciality Hospital**  
A passion for quality healthcare

ದಿವಾಕರ್ಸ್ ಸ್ಪೆಶ್ಯಾಲಿಟಿ ಹಾಸ್ಪಿಟಲ್

#220, 9th Cross, 2nd phase, JP Nagar,  
Next to Nilgiris, Bengaluru, Karnataka, India 560078

**Call - 080 - 40853500 / 90360 55527**

**www.divakarshospital.com**

**Dr Rita: 09663566333**

**Dr Poorni: 08197377760**

**Dr Anita: 09980316032**

## New Features!



### APPOINTMENTS

Through Divakars Hospital App



### EDUCATIONAL VIDEOS

On Women's Healthcare



### D'I P CLINIC - Diabetes In Pregnancy Care

Under One Roof



### BLOOD COLLECTION / MEDICINES

**DELIVERY** At Your Doorstep with  
DSH @ Home Services