

TACKLING COVID-19 PHOBIA



Message from Director's Desk.

While writing this note we are going through an unprecedented crisis of Covid 19 pandemic and at times like these, we look for inspiration.

We, at Yenepoya Specialty Hospital have always focused on what is needed by the patient and from this perspective we take our day to day decisions. In these difficult times our primary focus is on what can we do for the patients and to the society at large risking the safety of our team and financial viability of our decisions.

Nobody is quite clear at this time as to how things would span out and how we can come out of this crisis. Our dedicated team meet every day to review the rapidly changing scenario and discuss strategies to adapt, reinvent ourselves to face the challenge head on.

We are fortunate that our extended family at Yenepoya Medical College is in the forefront of things and is the first private organization in Dakshina Kannada authorized to perform RT-PCR study which is the world accepted Gold standard test to detect COVID 19. As on today we have crossed 2700 swab tests and we are glad we could support the regional health authorities in their efforts to contain the community spread.

In the absence of definitive treatment or vaccine, the only way to contain the spread of the virus is to be vigilant and disciplined in our day to day activities and work on boosting our immunity. What we recommend is to treat every individual you meet as an asymptomatic COVID carrier and every surface you touch as potentially contaminated.

Our exceptional team of staff, who are passionate about providing the very best care for our patients and their families, stand robust to this hospital.

In this challenging time, we remind you to:

- ✓ Physical distancing with emotional closeness;
- ✓ Washing your hands is a must but not washing off your hands to your commitments;
- ✓ Sanitize, but be wise in using. Humanity is always a priority
- ✓ Wear masks but do not mask your emotions.

While we remain 'Happy to Care' always, let us have safe and vigilant days ahead!



Dr. Muhammad Thahir
MBBS, MS (ORL)
Medical Director



**Mr Yenepoya
Abdulla Javeed**
Operations Director



**Mr Yenepoya
Mohammed Kunhi**
Managing Director

**Mr Yenepoya
Abdulla Kunhi**
Chairman

IN THIS ISSUE

Feature Article	Page No.
Message from Medical Director	01
Hospital News	02
• Out of Balance????	
Doctor Speaking	03
• Tackling COVID-19 phobia	
Introduction of Doctors	04
Aortic Dissection	05
Hospital News	06, 07, 08
Social News	08, 09, 10
Obstructive Sleep Apnoea	11
Who can put a stop to Corona Virus spread?	12

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Did you Know

Out of Balance?

Vertigo is the medical terminology used and it is as common as seasonal flu these days and hence better to understand this problem.

It's a feeling where one perceives everything around him is moving and spinning where as in reality it isn't. So one loses the sense of balance.

There are many types of vertigo based on its cause. Most common ones are related to the inner ear. BPPV that's Benign paroxysmal positional vertigo which is quite common is where a change in position on lying down causes vertigo. It occurs when calcium carbonate crystals get deposited in the semicircular canals of the inner ear confusing the brain about the body positions. Bacterial or viral infections of the inner ear known as Labyrinthitis are yet another common cause. One of its type called Meniere's disease is due to changes in the pressure in the inner ear. It's always associated with hearing loss and tinnitus.

Other causes are cerebellar haemorrhage, head and neck injury, hormonal imbalance, side effect of some medications, faulty lifestyle, wrong postures, lack of sleep, poor gut health, acidity, allergies to some foods, decreased circulation to the base of the brain, deficiency of vitamins like B12 and magnesium.

General health problems such as diabetes mellitus, heart disease and neurologic disorders also cause vertigo.

Symptoms may also present as dizziness in general or as fear of heights, headaches, blurred vision, vomiting, nausea, sense of imbalance, mental confusion, motion sickness etc.

Since the causes are varied it's important to consult a health professional who can understand the condition well and suggest effective ways to manage it.

While medicines to cure vertigo do exist one should know making lifestyle changes is equally important to reduce dependency on medications. It also helps to lessen the severity of vertigo and regain balance. These include

- ✓ Avoiding jerky movements, especially when getting up from sleeping position.
- ✓ Improve water intake and electrolyte balance.
- ✓ Manage stress effectively as stress leads to inflammation and poor sleep.
- ✓ Deep breathing, early dinners, reading books before bedtime, herbal tea, to help sleep better.
- ✓ Improve gut health by cutting down potent irritants like sugar, caffeine, milk and wheat. Include foods rich in digestive enzymes like papaya and pineapple.
- ✓ Maintain upright posture. Cut down time spent on gadgets and electronic devices. Hold phone parallel to your eyesight to avoid bending your neck.
- ✓ Increase intake of Vit B12 as it is associated with neurological health.
- ✓ Take up physiotherapy under expert guidance. Special exercises, which involve rotation of head and neck, help a lot. This is also called as vestibular exercise.
- ✓ Yoga helps to sort out most issues physiologically and psychologically. Pranayama which is conscious and controlled breathing has many positive effects. It helps to infuse every cell with oxygen including the brain and calms the nervous system.

Lastly, whenever you experience a Vertigo attack stop whatever you are doing and take a seat. This can avoid chances of injuries. Open a window and get some fresh air. It usually lasts for few minutes. After the severity of attack comes down, remain active so that the body gets adapted to the changes as it's a gradual process of recovery from symptoms.

Medicines are only supportive where as vestibular exercises do help in the long run for the prevention of recurrences of the symptoms. Plenty of vestibular exercise videos are available in youtube from which you may select the one that suits you best and do them on a regular basis.



Dr Preetha Naik

ENT Specialist - Family Medicine

Doctor Speaking

Tackling COVID-19 phobia

The COVID-19 pandemic has led to a global crisis and the whole world is reeling under the effects of an invisible virus. As the world comes to terms in handling this virus and recuperate from the economic fallout, communities all over the world are experiencing unprecedented stress. The scare of the virus looming around, and the overwhelming stress of the pandemic has given rise to a surge in the fear of ill health.

Everyday we are getting bombarded by news pieces which tend to sensationalise suffering and deaths caused by COVID-19. In addition, medical communities are dealing with an unknown enemy and guidelines for public safety are changing every day. All these things have led to people worrying about their health and the fear of whether they have contracted the disease; many landing in hospitals worried whether they have COVID-19.

COVID phobia

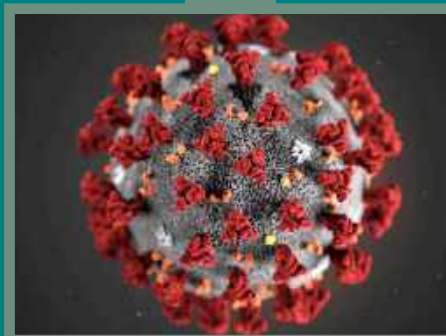
An anxious individual may be too focused on bodily sensations and misinterpret them to be signs of disease. For example, a young man stressed working from home, spends a sleepless night watching Netflix and gets up with a headache. He immediately starts getting worried whether the headache is a sinister sign of the virus. An itchy throat, stuffy nose, warmth in the body is directly concluded to be Corona virus disease. This leads to further brooding about imagined consequences of the disease and a vicious cycle is established. First, stress and anxiety lead to unpleasant bodily sensations and then the individual misinterprets it as signs of COVID19, in turn leading to more anxiety.

Tackling the fear of COVID19

Firstly, we must educate ourselves about the COVID-19 disease from reliable sources like WHO or MOHFW rather than believing social media posts and forwards. We should limit watching news to one or two times a day. There is no point in following the number of cases or deaths everyday like cricket score. We should make the habit of using masks in public, physical distancing and hand washing regularly.

A healthy lifestyle with seven hours of sound sleep, balanced diet and exercise at home can go a long way in keeping one mentally fit. We need to be more self-aware of the times when we tend to get into the cycle of thinking too much about our health. We can identify our thoughts and analyse if those are factual or imagined scenarios. Mindfulness meditation using smartphone applications such as UCLA mindful or Headspace can help to deal with difficult thoughts. Breathing exercises and yoga can also help to relax our body and mind. If you continue to feel anxious you can consult a psychiatrist/psychotherapist who can engage you in Cognitive Behaviour Therapy (CBT) which tries to address the faulty ways of thinking which is at the root of health anxiety.

The present crisis has posed challenges to our physical as well as mental health. But with the right knowledge and guidance we can still overcome this pandemic and the fears it brings.



Dr Ravichandra Karkal

Consultant Psychiatrist and Psychotherapist
Yenepoya Specialty Hospital

Introduction of Doctors



Introduction of

DR RAVICHANDRA KARKAL

MBBS, MD (Psychiatry)

Visiting Consultant - Psychiatrist and Psychotherapist

Having completed MBBS from Mysore Medical College and Research Institute, Mysore in 2008, Dr Ravichandra pursued MD in Psychiatry from Central Institute of Psychiatry, Ranchi, Jharkhand in 2013.

Dr Ravichandra Karkal is a consultant Psychiatrist and Psychotherapist providing comprehensive and humane care with the right balance of medications and psychotherapy/counselling. He is also an Associate Professor of Psychiatry at Yenepoya University, Mangalore and engages in education and research. He has a decade of experience in managing psychiatric disorders from children and adolescents to adults and elderly individuals.

His areas of interest are: child and adolescent mental health, depression, anxiety disorders, schizophrenia, personality disorders, drug addiction, psychological trauma, relationship problems and neuropsychiatry.

Services offered:

- ✓ Depression, anger, mood problems
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- ✓ Anxiety disorders, OCD, Panic disorder & Fear/Phobia
- ✓ Alcohol de-addiction/Drug de-addiction
- ✓ Bipolar disorder
- ✓ Schizophrenia
- ✓ Child behavioural problems
- ✓ Autism and intellectual disability
- ✓ Sexual disorders
- ✓ Marital/Relationship problems
- ✓ Personality disorders
- ✓ Neuropsychiatric disorders
- ✓ Psychotherapies

Dr Ravichandra Karkal is available

4:00 PM to 7:00 PM
from **MONDAY to THURSDAY.**

To request an appointment, please call :

📞 900 851 8855 | 0824-4238855

Consultation is available only with prior appointments.



Introduction of

DR RAJESH KRISHNA

MBBS, MD (General Medicine), MRCP, FRCPath

**Visiting Consultant General Physician
Specialized in Haematology
Haemato Oncology.**

Dr. Rajesh Krishna has obtained a Bachelor's degree in Medicine from Dr MGR Medical University, Chennai in 1999 and pursued MD (General Medicine) from the same prestigious institution in 2004. Further, Dr Rajesh obtained MRCP (Physicians) in 2006 and FRCPATH (Pathologists) in 2013 from Royal College, United Kingdom. In 2013, he has completed a certificate training in Haematology(PGMETB) from UK.

Dr Rajesh Krishna has 6 years of experience in the field of General Medicine and 5 years as specialist in Haematology, Haemato-oncology and bone marrow transplant with University Hospital, Leicester in the United Kingdom.

Dr Rajesh Krishna is available

4:30 PM TILL 5:30 PM
from **MONDAY to SATURDAY.**

To request an appointment, please call :

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Aortic Dissection



FARMER'S LIFE SAVED WITH A MARATHON HEART SURGERY IN COVID TIMES

In a rare and difficult surgery, the doctors at Yenepoya Speciality Hospital, repaired ruptured Aorta (Great vessel) of the heart - a condition called aortic dissection on 27 June.

Aortic dissection is a rare, serious condition (that occurs in 2 -3 per 1 lakh every year) in which the inner layer of the aorta (the biggest blood vessel in the body, coming directly from the heart) tears. Blood then surges through the tear, causing the inner and middle layers of the aorta to separate (dissect).

It is a medical emergency and needs urgent treatment that includes an operation to repair the wall of the aorta, as well as medicines to reduce blood pressure.

Aortic dissection is often fatal, 1 in 4 patients (25%) collapse within 24 hrs and 3 out of 4 (75%) die within 2 weeks if not treated surgically. Early diagnosis and surgical treatment can greatly improve survival, 60% of them live more than 10 yrs.

Fifty five-year-old patient, an agriculturist, from rural Mangaluru, had sudden chest & back pain for which he consulted at a local hospital in Mangaluru city. After evaluation with CT scan he was told to have aortic dissection (type1 – from aortic root, involving neck vessels extending upto abdominal aorta) and was then referred to Bangalore for operation. After re- consultation with a senior cardiologist Dr. R.L. Kamath the patient decided to get the surgery done under the care of experienced Cardiothoracic & vascular surgery team from Yenepoya Speciality Hospital, Kodialbail headed by Dr. K. Sakthivel.

He was reassessed, blood pressures were controlled, organ malfunctions identified and managed along with all the pre – op evaluations & preparations, including the COVID test. Senior cardiothoracic surgeon Dr. K. Sakthivel with his team Dr. Ganesh Kamath, anaesthetists Dr. Mohandas & Dr. Krishna Prasad performed an extensive repair of the ruptured vessels including the arch of aorta and the brain vessels, preserving the natural aortic valve, all in one sitting – an operation that lasted for 12 hours and was possible only after stopping the whole circulation except the brain, a task assisted by perfusionists Miss Anshu & Mr. Ajmal.

Explaining the challenges of the surgery Dr. K. Sakthivel said preserving the native aortic valve in this type of case is very difficult. It was possible due to the skill and experience of the surgical team, which also avoided life long anticoagulation (Blood Thinning medicine) that require monitoring with repeated blood tests if the valve had to be changed.

Patient had a normal recovery without any complications and was discharged on the 5th post operative day. He is presently able to climb stairs and manage himself independently with minimum medications.

Explaining the details of the case, Dr Thahir, Medical Director, Yenepoya Speciality Hospital said that the dedicated cardiac team & hospital infrastructure are well equipped to deal with all cardiac cases including minimal invasive cardiac surgery & emergencies with good results. The cardiac team covering both Yenepoya Speciality Hospital, Kodialbail & Yenepoya Medical College, Deralkatte is doing an excellent job and is now a tertiary hub attracting patients from all over India and middle east.

How should I wash and dry clothes, towels and bed linen, if **someone** in my household is a **suspected or confirmed COVID-19 patient**?

- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.



29 April 2020

#Coronavirus

#COVID19



Hospital News

DNB PROGRAM IN ORTHOPAEDIC SURGERY Another feather added to the cap of YSH



Yenepoya Specialty Hospital is accredited by National Board of Examinations (NBE) to run Diplomate of National Board (DNB - Orthopaedic Surgery) Programme effective May 2020. NBE is established in 1975 to improve the quality of the Medical Education by elevating the level and establishing standards of post graduate examinations in modern medicine.

The Diplomate qualifications awarded by the NBE have been equated with the postgraduate and post doctorate degrees awarded from the Universities approved by the Ministry of Health and Family Welfare, Government of India. YSH proudly presents it's first Academic Course to train the emerging medical graduates.

We thank Dr Deepak Rai – Senior Consultant in Orthopaedics /Joint Replacement Surgeon and Dr Srijith Padmanabh – Consultant in Orthopaedics/Spine Surgeon for their immense effort in this initiative.

Proudly announce the opening of Blood Storage centre at YSH

To ensure timely care and adequate quantity of safe blood available to the large population, especially women during childbirth, YSH has acquired approval to open Blood Storage Unit at its premises, in association with Indian Red Cross Society.



World Cancer Day 2020

YSH observed the World Cancer Day on February 4 to raise awareness of cancer and to encourage its prevention, detection, and treatment. The awareness programme on "I Am and I Will" was organized for the benefit of patients, visitors, staff and their family members.

Free Cervical & Breast Cancer Screening Camp

Yenepoya Specialty Hospital in association with Yenepoya Medical College Hospital organized a Free Cancer Screening Programme spearheaded by Dr. Mariam Anjum Iftikhar (Gynaecological Oncologist) at YSH Kodialbail, on the occasion of International Women's Day 2020.



Dr Vijaya Kumar – VC of YMC and Senior Surgical Oncologist inaugurated the event while Dr Mariam Anjum Iftikhar, Gynaecological Oncologist, presented awareness sessions on different types of cancer, its early detection and prevention.

Dr. Abhay Nirgude-Associate Dean YMC, Dr Poonam Naik-HoD, Community Medicine YMC, Dr Rekha Shenoy - HoD, Public Health Dentistry YDC, Dr Aishwarya, Dept of Public Health YMC, Dr Ibrahim Nagnoor - HoD, Public Health YMC,

Hospital News

Free Cervical & Breast Cancer Screening Camp

Dr Rohan Shetty - Senior Consultant & Surgical Oncologist YSH, Dr Amar Rao, Consultant Surgical Oncologist YMC were present at the event.

Employees and general public utilized the free cancer screening camp.



Health Awareness Talk at CR Asia

In association with MSW Dept of YMCH, YSH conducted an Awareness Talk session for employees of C.R.Asia, Baikampady Industrial Area on 4th March, on following topics.

1. Awareness of Blood Donation by Dr.Vidya Pai - Microbiologist
2. Diabetes Control by Dr.Adeeb Hussain - General Physician and Diabetes Specialist
3. Ergonomics by Ms.Ramya and Ms.Ashwini - Physio Therapy Department



Blood Donation Camp at CR Asia.

YSH, in association with Yenepoya Medical College Hospital organized Blood Donation Camp at C.R Asia, Baikampady Industrial Area, Mangalore on March 7. The camp experienced enthusiastic participation from the employees of CR Asia.



Health Screening Camps

YSH Conducted several health screening camps during COVID-19 pandemic, at its corporate client's premises when they decided to resume operations with minimal staff.

Hospital News

Screening of passengers for COVID-19 at Mangalore Airport

YSH Team who were instrumental in screening passengers for COVID-19 at Bajpe International Airport, Mangaluru - Doctors and paramedics of YSH with Customs Officers of IXE Airport.



Social News



Republic Day 2020

At the flag hoisting ceremony on the occasion of 71st Republic Day at YSH. Dr Santosh Pai, Nephrologist hoisting National flag in the presence of Medical Director Dr Muhammad Thahir, Core Managers and staff of YSH.

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International Women's day 2020 - themed # Each for equal # IWD 2020



Team YSH organized a week-long program starting March 8. Several competitions (Cooking without fire, Floral carpet design, Mehndi design, Ludo, etc) which has seen very active participation from enthusiastic employees; concluded with a grand stage-program on March 13. Being a women dominant organization, Women's day is annually conducted with earnest zeal.

The Chief Guest Dr Indumathi Mallya , Senior Gyneacologist, Guest of Honors Madam Nesreen Abdulla Kunhi, Mrs Surumi Farhaad, Dr Shaweez Faizi, OBG & IVF Specialist, alongwith NS and HRM of YSH are seen on the dias. Dr Indumathi Mallya addressed the gathering with a strong message on Women power, while Dr Shaweez presented a topic on women's health followed by several cultural programs for and by the employees.





#CLEANERYSH AWARDEE- First Ward Counter

#CLEANERYSH is a campaign launched at YSH for motivating the employees to clean up their workplace and improve the productivity. Employees welcome the movement very positively and empowered themselves to maintain the cleanliness in the respective department and organises their respective workspaces. The Winner of 1st Quarter 2020 #Cleaner YSH Trophy is 1st Ward Counter. The team of 1st Ward Counter is seen receiving the trophy from Core Managers.

Recognizing 20 years of service



Academic Excellence Award is instituted by Yenepoya Foundation in association with Yenepoya Institute for the benefit of the meritorious children of Yenepoya Group staff. This year, the proud mothers of meritorious children at YSH, Ms Chandrika - M/o Ashika and Akansha, Mrs Antonette Lobo - M/o Raechel Lobo and Mrs Sushanthi Veda Soans - M/o Rovina Sanjana, receiving the certificate and monetary award from the Medical Director Mr Muhammad Thahir on June 26.



Recognizing 20 years of service

"Your work is to discover your work and then with all your heart to give yourself to it"

- Buddha

Harish M Shetty (E#005), Maintenance Co-ordinator who completed 20 glorious years at YSH was recognized for his long sincere and dedicated service.

Retirement of Sister Ileen

Retirements are worth celebrating as one has completed their job for good and now can take rest. Sister Ileen Fernandes who has served our hospital for a glorious 24 years, is now retiring to enjoy the rest of her life to be with her loving family. We wish her a very happy and peaceful retired life.





Dr. Gautham Kulamarva

MS ENT, DORL, DNB, DOHNS, MRCS

Consultant-ENT

Snore & Sleep Apnea Specialist



Obstructive Sleep Apnoea(OSA) is a potentially life threatening condition where a person stops to breathe temporarily and repeatedly while asleep. More than half the population is estimated to be snorers, out of which a significant percentage can be having the more serious condition called OSA. Majority of them present with vague

unrelated complaints because all the problems related to breathing and snoring happen at night.

Some of the main symptoms could be feeling tired on getting up in the morning, morning headaches, Lack of interest, Dozing off while watching TV or while conversing with people or while driving, Sometimes even getting fired from their jobs because of their poor performance owing to the lack of concentration in their jobs, Lack of interest in sexual activities. Majority of the patients don't even realise that these are the symptoms to be complained about.

Many others present with complications of snoring such as high blood pressure, heart attacks at night and at a relatively younger age, various trauma related problems, strokes,, and many a times even to the psychiatrists too being referred from other doctors to address all their seemingly vague complaints.

When an obstruction to the airway happens, it causes an increase in the negative pressure making the airway collapse further thereby effectively setting off a vicious cycle. The most important problem that happens is less oxygen delivery to the body and brain. During day time when the person is upright and the airway obstruction is less, the brain feels like taking rest and therefore tends to go off to sleep. This is the reason for excessive daytime somnolence and a major reason for many of the road traffic accidents that we see daily. Such patients are not only risking their own life but also that of other road users'. Just to reiterate the seriousness, the Air-India flight that crashed at Mangalore airport killing nearly 158 people was because of the pilot falling asleep in the cock-pit.

Surprisingly, many people in the general population are not aware that snoring can be a symptom of serious underlying problems.

The commonest cause for OSA is generally obesity. Apart from this, there can be several other reasons obstructing the airway in the nose throat and the voice box or larynx. Rarely it can be a symptom of decreased thyroid hormones too.

Investigating such patients mainly includes doing a polysomnogram or a sleep study and a drug induced sleep endoscopy. Armed with results from these two, the doctor is able to prescribe a treatment plan.

Treatment generally involves mainly two things- CPAP or Surgery. This is apart from the overall management of the lifestyle such as reducing body weight, exercise, positional therapy etc...

Surgery is indicated in almost all of those patients who fail CPAP treatment as well as in patients having obvious structural lesions obstructing the airway. Advantage being, it is a one time treatment and the patient can go about his regular activities and lifestyle, restoring him to almost complete normalcy.

Snoring and OSAS can be controlled in the long term, but not cured, just like diabetes, blood pressure or asthma. Having said that, left untreated it can lead to serious consequences which can even end up with the life of the patient.



Dr Ashwini Kamath
MBBS, MD, DNB(General Medicine)
Rheumatologist

Who can put a stop to Corona Virus spread?

Monsoons came with torrential rains this year as always. Here we were, looking forward to the sweet smell of soaked earth and getting drenched in the mighty showers. But alas! Like many plans went haywire in 2020, this went down the drain too; quite literally. The monsoons brought a downpour of COVID cases that has put us suffocating under our N95s and drenched in our sweat(under our PPEs).

With the rising number of cases, most hospitals re-organised and underwent drastic changes in their entire management. Screening at the entry, Fever clinics, COVID wards and ICUs, provisions of best support for patients as well as doctors. Achieving this has been no easy feat. The support staff to our intensivists are constantly putting their health and life on the line, losing out on their family time in the care of COVID affected patients.

There is only person who can put a stop to this constantly rising burden that's crushing the economy, health care and our hopes. And that's YOU.

Each one of you is a part of the link that causes the COVID 19 to spread. And the moment you take adequate precautions, voila! The link is severed and so is the spread. Wearing masks when

you step out, frequent hand washing /sanitizing and maintaining social distancing is all you have to do to save hundreds of lives.

With the ease of online shopping for groceries, essentials and even medicines there are hardly any reasons left for you to venture out. I even take online yoga sessions! And they are absolutely great stress busters, enhancers of immunity, lung capacity and overall well-being.

Doctor's consult? That too can be done online. Just visit our website www.yenepoyahospital.com for appointments.

Staying inside and stress may make things blue. But hey! Surround yourself with positive thoughts, avoid fake news and gossip all whilst you whip up some turmeric tea! Don't ever feel you are alone in this battle. We are comrades and we will all walk together towards one goal. Help is always just a call away.

The movie theatres, parks and beaches do seem lonely but they can all wait. When we come out of this healthy and strong, they will welcome us with arms wide open, under the moonlight (just like the song by creed).

But until that day, we put our lives in your responsible hands. In spite of all the chaos and anxiety we suffer, we live with a hope that this will end. We may be the front-line warriors but YOU are our support system. Your health, smile and encouragement make this worthwhile and we wish you to be safe always!

If my history lessons have taught me anything, it's that we shall overcome this too. And we have to do it together.

JAI HIND

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