



## Message from Medical Director

We at YSH are extremely proud that our Chairman Yenepoya Abdulla Kunhi was conferred with an Honorary Doctorate from Gulbarga University on April 27, 2022, during the 40th Annual Convocation of Gulbarga University for his exemplary service in the field of education as the Chancellor of Yenepoya Deemed to be University, certified by NAAC with "A" grade and recognised under section 3(A) of the UGC Act 1956.

It is a remarkable accomplishment in the history of the Yenepoya group. It is an event to be remembered, the accomplishment to be applauded, and the occasion to be proud of.

With his exceptional administrative skills, he has successfully steered the Yenepoya Group, a business conglomerate engaged in diverse business and service activities. He and his brother Yenepoya Mohammed Kunhi the group's Chairman are the driving force behind the success of the Yenepoya Group, taking it to greater heights of excellence.

The Yenepoya group was founded in 1940 by his father, Yenepoya Moideen Kunhi, a great visionary and indomitable personality who needs no introduction. Today, over eight decades later, the Yenepoya group has developed significantly, covering a vast sphere of business interests and diverse social service ventures, providing both direct and indirect employment to over 5000 people.

He has earned several other accolades for his remarkable contributions in healthcare, education, and social service, including the Karnataka Award for



**Dr. Muhammad Thahir**  
Director - Medical

Continued....



**Mr Yenepoya  
Mohammed Kunhi**  
Managing Director



**Dr Yenepoya  
Abdulla Kunhi**  
Chairman



**Mr Yenepoya  
Abdulla Javeed**  
Director - Operations

## IN THIS ISSUE

Feature Article	Page No.
Message from Medical Director	01, 02
Doctor Speaking	03, 04
• Public Knowledge and Awareness about Parkinson's disease	
Hospital News	04, 05, 06
• Introduction of Mr Prathisha Kotian - General Manager	
• Awards and Recognition	
• Orthopaedic peripheral campaign - Kumta Chapter	
Social News	07
Ayurveda Unit at Yenepoya Specialty Hospital	08

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yeomen service in 1992, The Mangalore Management Association's Outstanding Manager Award in 2006, The Eminent Aloysian Alumni Award in 2009 at the Aloysian Conclave, The New Year Award 2008 from Rotary Club Udupi, Syndicate bank and Manipal Academy of Higher education.

The Yenepoya Group encompasses 10 constituent units under its ambit, including medical and dental colleges. The University now has about 7000 students and approximately 4000 teaching and non-teaching personnel. The Yenepoya (Deemed to be University) has been ranked 97 among the top 100 universities in the country as per the NIRF rankings 2022 published by the Ministry of Human Resource Development, Government of India on 15th July 2022.

Despite the huge success and overwhelming responsibilities in all areas, the Yenepoya Group has never disregarded its social responsibilities as a corporate citizen. The organisation provides scholarships, and financial assistance to the poor and less fortunate members of the community for educational purposes, orphan and crippled rehabilitation, weddings, and other activities. The 1250-bed University Teaching Hospital provides free health care to the needy and deprived sections of society.

**“Success comes to those who act with bravery and confidence, and who view every obstacle in life as an opportunity to achieve.” says Yenepoya Abudulla Kunhi.**

We at YSH regard his idealistic and dynamic personality and contributions to society. It not only makes us proud, but also motivates us to follow his footsteps. He is a role model and an inspiration to us





# Doctor Speaking

## Public Knowledge and Awareness About Parkinson's Disease

Every year, World Parkinson's Day is observed on 11th April globally. The day was first commemorated on 11th April 1997, on the birthdate of Dr James Parkinson, who is renowned for his article on "An essay on the Shaking Palsy", published in 1817, in which he described the disease. The world Parkinson's disease Day aims to create global awareness about the disease, in order to have greater understanding of the disease, and thus improving the lives of Parkinson patients across the world.

### So, what is Parkinson Disease?

Parkinson Disease (PD) is the second most common neurodegenerative disorder after Alzheimer's disease. Typically, it develops in the sixth decade. However, PD in the young population is also known. Patients with PD complain of tremors (shaking) of the limbs, slowness of movement, difficulty in walking, balance and coordination.

### What causes PD?

In patients with PD, an area of the brain called basal ganglia is affected. The nerve cells or neurons in the basal ganglia produce an important chemical called dopamine, which controls our movement. When basal ganglia neurons die/degenerate, they fail to produce dopamine, which causes the movement problems seen in PD. Exposure to pesticides, head trauma or certain genetic factors contribute to increased incidences of PD.

### What are the clinical features of PD?

PD presents itself with varied symptoms that include the following.

- ✔ **Tremors** - Patients have varying degrees of shaking of the limbs, mainly the hands. It is noticed more in the resting state. It starts with one limb, gradually spreading to the other side.
- ✔ **Slowness of movement** - This can present initially as decreased facial expression, monotonous speech and small handwriting. Later, as the disease progresses, the patients as well as their care takers notice an abnormal slowing in all the daily activities like walking, eating, taking bath etc.
- ✔ **Rigidity** - It is often described by patients as stiffness of the limbs. Rigidity can also present as decreased range of motion and shoulder pain.
- ✔ Other symptoms include progressive bending posture, issues with balance, swallowing difficulties, anxiety, depression, fatigue, memory impairment, loss of appetite, constipation, sleep disturbances and urinary disturbances.

### How is PD diagnosed?

There are no standard tests to diagnose PD. The diagnosis is made by the clinician based on history, symptoms and clinical examination.

### How can PD be treated?

Treatment of patients with PD can be divided into three major categories, namely, physical therapy, medications and surgery.

#### Physical Therapy

An active exercise program is beneficial in both the early and late stages. PD patients who exercise intensely have better quality of life. It allows muscle stretching and full range of mobility, thus enhancing a better mental attitude towards fighting the disease.

#### Medications

Medications are the mainstay of treatment. They ease the symptoms of patients with PD. These medications aim to increase the level of dopamine in the brain as well as reduce other symptoms like tremors. The treatment of PD is individualised for each patient by the treating clinician. The medications should be taken as prescribed by the clinician in order to have a good quality of living.



# Doctor Speaking

## Surgery

Surgical treatment is considered in patients with advanced PD usually with severe symptoms not controlled with medications and in patients with drug induced side effects. The various surgeries done in PD include thalamotomy, pallidotomy and Deep Brain Stimulation. Deep Brain Stimulation has now emerged as a useful therapy in advanced PD patients, with good results.

## Role of Healthy food

Eating a variety of healthy food, consisting of whole grain, vegetables, fruits, milk and other protein rich food ensures good health in PD patients.

## TAKE HOME MESSAGE:

PD affects everyone differently. Knowledge about the various symptoms can enable early diagnosis. Healthy food and regular exercise ensure better quality of life and longevity in PD patients.



**Dr Salma Suhana,**  
MBBS, MD, DM (Neurology)  
Consultant Neurologist

# Hospital News

## Introduction of General Manager



We are pleased to announce Mr Prathisha Kotian as the General Manager of YSH. He became part of the YSH family from April 18, 2022.

Mr. Prathisha Kotian, brings along with him a total of 13 years of experience in the health care industry. He is an MHA graduate and holds a Master's degree in Social Work as well as a Postgraduate Diploma in Public Relations.

His varied roles in Administration and Operations Management from different, well-established hospitals will add another layer of success to our efforts in making YSH a trusted hospital in the region.

**He can be contacted on his email [gm@yenepoyahospital.com](mailto:gm@yenepoyahospital.com) and [99028 69800](tel:9902869800).**

## #Cleanerysh Awardee Of 2<sup>nd</sup> Quater – Laboratory

This time the winner of the 2nd quarter #CLEANERYSH trophy was bagged by the Laboratory department. The team was able to maintain a clean and organized department which is a motivation for all other departments.

The team members of the Laboratory are seen receiving the trophy from the Core Managers of YSH.



## A contented Mind is the greatest Blessing - Our patients speaks...

The service was really good the doctors staff all have been really helpful courteous. We never felt like we were in a hospital it seems to be our home.

**Mr. Zakir hussain**

The cleanliness and housekeeping was especially good and timely. The nurses also gave excellent service. Overall services provided in the hospital was excellent and very comfortable. Thank you.

**Ms Hemashree R Naik**

## Performance Excellence Award – Second Quarter of 2022

### Ms. Vidyalatha -367 (Billing In charge)

The selection was based on several verbal appreciations from management representatives, co-workers, and patient parties.

Her dedication and long-term commitment of 15.8 years is noteworthy.

She was also nominated for this award because of her altruistic work attitude and great sense of responsibility in the department.

She has handled the department incredibly well, supporting both the department and the workers.

She has good interpersonal skills and is kind, soft in temperament.



**Congratulation Ms Vidyalatha!! Keep up the good work!**

## Best Nurses of 2022.

Every year YSH honours two Nurses who have made extraordinary contributions to the nursing profession and have had an enduring impact on the care provided to their patients.

This year, we have identified two such Nurses who have relentlessly performed to showcase their extraordinary professionalism, administrative skills, communication skills and who have cultivated a positive environment to emerge as the Best Nurses of 2022.

We thank Dr Kishore Kumar Ubrangala, who has also contributed to this award in memory of his loving father.



Ms Sowjanya P V



Ms Vinaya Naik

**Congratulations and keep up the good work!**



## Yoga for Wellness

On the occasion of International Yoga Day June 21st 2022, Dr Anla K Shetty, a Yoga Therapist, spoke on Daijiworld, a local TV channel, on the benefits of practising yoga.

She addressed frequently asked questions about yoga such as, practising yoga during pregnancy, the age group for practising yoga, Practicing Yoga during the menstrual cycle, and stress management through Yoga among other questions.

“The essence of yoga is balance - not just balance within the body. It is between the mind, body and soul,” says Dr Anla K Shetty.

To educate the Social Media audience with the simple Asanas, team YSH performed a Yaugika Surya Namaskar, which can be viewed on the Yenepoya Specialty Hospital Instagram Page.



# Hospital News

## Orthopaedic peripheral campaign

### Kumta chapter

"Don't go through it alone we are with you" was the campaign motto.

On May 07, 2022, Yenepoya Specialty Hospital, in collaboration with the Indian Medical Association Kumta chapter, organized a CME conference in the Blood Bank Hall in Kumta.

The following day, a Joint Replacement & Spine Clinic was held at the Parijnan Nursing Home Kumta.

Our team, headed by highly qualified doctors and assisted by the DNB Ortho PGs, accessed patients suffering from spine-related issues and counselled them on how to prepare for further treatment through the campaign.

The continuum of care begins with patient education progressing through surgery and ultimately with recovery. To educate and assist patients, Dr Deepak Rai, Chief Orthopaedic / Joint Replacement Surgeon, delivered a focused audience briefing on the future of Knee Replacement Navigation Surgery. Dr Srijith Padmanabh, Orthopaedic Spine Surgeon, continued the discussion by sharing his thoughts on Advances in Spine Surgery

The programme culminated with an interactive session that provided a forum for patients to discuss their concerns.



## Glimpses of the activities conducted at YSH



As part of the International Nurses Day and to engage the nursing staff and boost their morale, team YSH organised various competitions and educational events such as, Health Education to Patient Relatives, Collage competition, Virtual Quiz competition, and many more.



### Winners of the Collage competition

1<sup>st</sup> prize - Ms Archana and Ms Rithika from the department of ICU

2<sup>nd</sup> Prize –Ms Shashikala and Ms Renuka from the department of OT

3<sup>rd</sup> Prize –Ms Anju and Ms Nalini from the 5<sup>th</sup> Nursing Counter

**Congratulations to all the winners of the event.**

## Social News

### Haj Vaccination Camp

On June 5, 2022, the Karnataka State Haj Committee hosted a vaccination camp for Hajj pilgrims at Yenepoya Specialty Hospital.

Dr. Yenepoya Mohammad Kunhi inaugurated the camp, where more than 350 Haj pilgrims were vaccinated.



# Social News

## A day to recognise and honour Florence Nightingale's birth anniversary.

On May 12, 2022, Zulekha Nursing College, Yenepoya Specialty Hospital, and Yenepoya Nursing Home jointly commemorated International Nurses Day in the conference hall of Yenepoya Specialty Hospital.

Prof (Dr.) R Kanagawalli, Principal Zulekha Nursing College, Dr Muhammed Thahir, Director Medical of Yenepoya Specialty Hospital and Zulekha Nursing

College, Ms Gracy Dsilva – Nursing Superintendent of YSH, Dr Savitha P Shetty – Medical Superintendent of YSH, Dr Veena Akhil Ucchil – Manager Operations of YNH, Mrs Bhanumathi – Nursing Superintendent of YNH are seen lighting the lamp, as part of the inaugural ceremony of the occasion.

The variety of stage performances captivated the audience and created an aura of positivity and happiness.

The programme concluded with the distribution of prizes to the winners of the competitions held as part of the event.



### A quiz based on hospital activities.

We would like to thank everyone who has taken the time to read our YSH Times.

Our intention is to actively engage our readers in hospital activities. Your participation is an encouragement for us. Continue reading and enjoy reading our Newsletter.

#### YSH QUIZ TIME

1. Which day is marked as The Founder's Day of YSH?  
a) 27 December, 1995 b) 15 April, 2000 c) 28 June, 1994
2. Who was the featured guest at the 2021 Independence Day celebration?  
a) Dr Deepak Rai b) Dr Srijith Padmanabh c) Dr CK Ranjan
3. The new unit we have started at YSH?  
a) Ortho DNB Clinic b) Ayurveda Unit c) Ophthal Unit
4. When did the Dental College moved out from YSH to the Deralakatte campus?  
a) 11 December, 2005 b) 20 November, 2005  
c) 16 January, 2006 d) 26 December, 2005
5. When did YSH attain DNB Accreditation?  
a) May 2020 b) January 2019 c) January 2018

Please send your answers with your full name to : [hospital@yenepoya.org](mailto:hospital@yenepoya.org)

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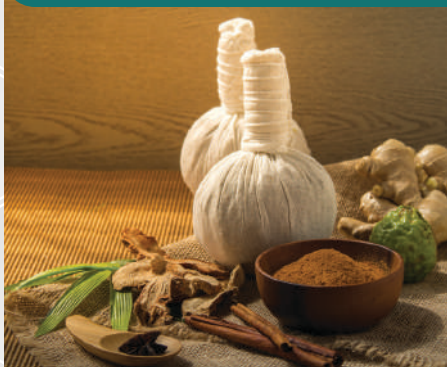
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# Ayurveda Unit at Yenepoya Specialty Hospital,



It gives me great pleasure to announce the setting up of the Ayurveda Unit at Yenepoya Specialty Hospital, Kodialbail.

Yen-Ayush is the Urban Unit of Yenepoya Ayurveda Medical College of Yenepoya University.

Modern times demand various compromises in our lifestyle which in the long run hinders our health and ultimately impedes life. We cannot change the demands of the time, but we can certainly work our way to better health using the wealth of information in Ayurveda. The doctrines of Ayurveda hold a treasure trove for an unhinged long and healthy life. The concepts embody:

**“Swasthasya Swasthya Rakshanam Aaturasya Vikara Prashamanam”**

Sustaining the wellbeing of the healthy & restoring the health of the sick is the sole purpose of Ayurveda.

Obesity, Metabolic syndromes, Osteoarthritis, Rheumatoid arthritis, Allergies and many other diseases haunt us today. With the help of natural remedies and therapies of Ayurveda we can find relief, sometimes as the sole remedy or as an adjunct therapy.

We at Yenepoya Ayurveda provide you with various external therapies and internal remedies to suit your condition and requirement.

Ayurveda has long understood the skin as the largest organ which can absorb and provide cure to our systems. So, we offer various medicines/oils applied to the skin either as a massage or as streams of liquid poured on the skin, depending on the condition. We call this Abhyanga, it improves circulation, nourishes the joints, stimulates the nerves, and tones the muscles. It is also good for eliminating toxins, and has an anti-ageing effect.

There are other modified versions of massage therapies. Shashtika Shali Pinda sweda is one such therapy that is lauded for its anti-toxic and anti-ageing effect. Udhvarthana on the other hand is an excellent adjunct therapy for obesity and diabetes. Apart from oleation and dry massages, Ayurveda provides sudation therapy, Swedana, which is administered as the main therapy or as post-therapy. It is beneficial to combat aches and pains arising due to external injury or due to posture and lifestyle.

Long working hours and staying in one position takes a toll on our body. Pindaswedas, Sthanik basti, provides solace in Arthritis, Sciatica, Spondylitis etc.

Stress is another bane of the present era giving rise to a multitude of diseases, like headaches, sleep disorders, hypertension, depression etc. For such complaints we have Shirodhara. These are just some of the possible Ayurveda treatments, to name a few.

We have plans and programs to combat health issues arising due to weather, post-delivery maternal care, age-related issues, and pediatric developmental issues.



**Dr Reshma. S**

MD in Kayachikitsa  
Department of Kriya Sharira

The Unit is open for service from morning **7:30 am to 4:00 pm**, and doctors are available for consultation from **9:00 am to 4:00 pm** and also on call up to **6 pm**. Phone no : **74048 63848**

**For appointments, please call 7760118055.**