Health Education Programmes through the Year

In keeping with its tradition of imparting health education while serving the underprivileged, the Dept. of Community Health of St. Stephen’s Hospital organized various health programmes, through the 125th anniversary of St. Stephen’s Hospital. The efforts of Dr. Joyce Vaghela in organizing this set of programmes need to be applauded. These public lectures were organized in different parts of Delhi, including at our own conference hall. Our health professionals talked about common problems like nutrition, personal hygiene, mode of transmission of diseases and their prevention and first-aid. People were advised about essential food items which should be incorporated into their diet. Stress was given on oral hygiene, hand washing and environmental sanitation as it can prevent a lot of communicable diseases. First-aid tips were given to the general public in case of dog bites, minor injuries, fractures and burns. Parents were advised about child health, nutrition and the importance of immunization.

As anemia is the most common problem in low socio-economic group, people were educated about its signs, symptoms and prevention.

Important points were discussed about the prevention of malaria and Dengue which comes as an epidemic every year and takes the lives of many.

It is very sad that one-third of T.B. patients of the world are found in India. Twenty lakh people contract this disease every year and approximately one person dies per minute from this disease which is completely curable. People were educated about the prevention, diagnosis and treatment which is free in various DOTS centers.

Keeping in view the stressful and changing lifestyle, more serious problems like depression, stress management, Diabetes and hypertension were also dealt with. As is well known, prevention is better than cure, so changing our daily habits can prevent a lot of diseases. Furthermore, getting expert medical help for various conditions was stressed.

Last but not the least, people were motivated to the concept of saving another life through organ donation. Can we give somebody the gift of life by donating an organ, when we have completed the journey of our own life? The myths about organ donation were cleared and people were encouraged to participate in the noble cause of organ donation. Around 2000 people attended the various lectures. There was an overwhelming response as their doubts were cleared and their questions answered.

This was a small but continuing effort by the Dept. of Community Health to raise awareness in the general public, as a part of 125 years of dedicated service to the nation.
It gives me immense pleasure in congratulating the entire St. Stephen's family on completion of 125 years of service of this blessed hospital. Christ came to this world not only to preach the Good News of Salvation but also to heal the sick. The Church of God is also entrusted with this important responsibility which this hospital, as an arm of the church, is able to fulfill with commitment and under able leadership. May God bless St. Stephen’s Hospital, its management and the staff in all its endeavors in the years to come!

Mr. Inderjeet Khanna
Vice-Chairman

The year 2010 brought blissful joy to St. Stephen’s Hospital as it entered into its 125th year of existence as a medical mission. It was welcomed by invoking the Lord Almighty’s blessings through a Thanksgiving and Re-dedication Service held on 1st January 2010. The service was led by The Most Rev. Purely Lyngdoh, Moderator of The Church of North India.

Various activities were carried out throughout the year to mark this achievement of the institution. The Hospital Anthem was written and composed by the staff of St. Stephen’s Hospital. Health education programmes for the general public were organized throughout the year. Souvenirs like T-Shirts, pen stands, calendar etc. were released.

QUASQUICENTENNIEL CELEBRATIONS

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Quasquicentennial Celebrations Finale

The closing ceremony of the Quasquicentennial Celebrations was held on 12th November 2010 at Siri Fort Auditorium. Smt. Sheila Dikshit, Honorable Chief Minister of Delhi presided over the ceremony as the Chief Guest. Prof. Kiran Walia, Honorable Health Minister of Delhi, graced the occasion as the Guest of Honour. Mr. Inderjeet Khanna, Vice-Chairman of the St. Stephen’s Hospital Society also attended the function. The first part of the function was a formal one in which the hospital choir presented the first ever public performance of the hospital anthem. Our Director, Dr. Sudhir Joseph in his address, welcomed everyone and shared the philosophy of our hospital. The dignitaries addressed the gathering and expressed their thoughts for the occasion. Rt. Rev. Sunil K. Singh, Chairman of St. Stephen’s Hospital Society had sent his regards and best wishes as he could not attend the first part of the function. A commemorative souvenir was released by Smt. Sheila Dikshit in celebration of 125 years of the existence of this premier health care institution. A documentary was also projected on the inception and growth of St. Stephen’s Hospital and its current activities. The second part of the function was an informal one which consisted of socio-cultural activities by the staff and students of our hospital as well as various schools. The programme was mesmerizing and loved by everyone. We thank God for His innumerable blessings and seek His guidance and mercy in the years to come.

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Skit
A skit narrating a true incident that had happened in our hospital was presented by the children of N and Nagar. The story was about a woman in labour who had been rejected from many hospitals had come to St. Stephen's Hospital and she received prompt attention and care. She was so grateful that she named her baby Ishu.

Another skit was about wishing everyone happiness on the completion of 125 years of the hospital.

Dance
Dances were lively and the highlights of the evening. A graceful solo dance was performed by a nursing student. Students of St. Thomas School, M andr and M arg presented an invocation dance on Rabindranath Tagore's composition titled Anandlok which had a very soothing response. Students of St. Crispin's School, Gurgaon presented a rousing dance on a patriotic number. Students of Queen Mary School, Tis Hazari presented an energetic Manjira dance.

A special word of thanks and appreciation goes to all the Principals, teachers and students who participated in making this evening a grand one. Our College of Nursing presented a classical dance, a punjabi bhangra dance and a western dance. Besides these, a meaningful dance based on the hospital motto “In Love Serve One Another” was also presented.

Republic Day and Independence Day Celebrations
Republic Day was celebrated on 26th Jan 2010 and Independence Day on 15th August 2010 on the terrace of the Mother and Child Block of our hospital. Our Director, Dr. Sudhir Joseph unfurled the national flag and gave an inspiring message to everyone towards solidarity and integrating as a nation and to fight evils like corruption by having strong ideals. The students presented patriotic songs which were appreciated by all.

Lamplighting and Graduation Function
Lamplighting and Graduation Function was held on 31st May 2010. While the fresh GNM and B. Sc. (Hons.) Nursing students took the oath beginning their journey in the nursing profession, the graduates received the Diploma and Registration Certificates as they had completed their training in this institution. Dr. (Mrs.) Leila Caleb Varkey, Consultant, PATH graced the function as the Chief Guest and Mrs. Sheila Seda, Secretary General of T.N.A.I. was the guest of honour.

Sargam - Musical Evening
Sargam was organized on 28th April 2010 and 29th Sept 2010 in the Conference Hall of our hospital. Staff and students from across the departments of the hospital participated to entertain the audience with melodious music both new as well old.

Hospital Choir Concert
The St. Stephen’s Hospital Choir performed two concerts. Summer concert was performed on 28th August 2010 and Christmas concert on 18th December 2010. Songs were based on traditional and modern compositions, anthems and spiritual numbers which thrilled the audience.
Sports Day
Sports Events began in the month of September. This was a fun-filled competition. A lot of participation was seen in both indoor as well as outdoor games.

Athletic events and games for the senior staff of the hospital were also held and the staff participated with a lot of spirit and enthusiasm.

Talent Nite
The Annual Talent Nite of the hospital took place on the 30th Oct 2010. This socio-cultural event had items which entertained everyone and included fancy dress and modelling competition, solo and group songs, solo and group dances and skit. The participants gave each other a tough competition and the programme was enjoyed by the audience.

Hospital Fete
The hospital fete took place on 2nd December 2010 with the aim of fundraising towards Cancer Radiation Therapy Unit which is proposed to start soon in our hospital. A number of stalls had been put up. They included jumble sale stall of old clothes, food stalls and game stalls. People had a fun-filled time as they moved from one stall to the other enjoying games as well as the delicacies.

Christmas Celebrations
The Christmas Celebrations of the hospital began in December with the Christmas concert by the hospital choir. Carol rounds in the residential blocks are proceeding now. The days ahead will bring candlelight processions in the hospital wards, distribution of sweets to patients, W and decorations, Children’s party, Students party, Doctor’s party, Christmas party for senior staff and hospital guests, Christmas Entertainment Programme and Hospital Lunch for all the members of St. Stephen’s family.

Ms. Feba Geervarghese
Editor

Kinsmen lift your voices high,
Praise the Lord for He is nigh,
We were called to love and serve,
This legacy we must preserve.

Refrain:
St. Stephen's Hospital our name,
Selfless service our acclaim,
Home of love with open door,
Ush'ring healing evermore!

With the sick we empathise,
Caring with the love of Christ,
Always selfless love we give,
And all the time to serve we live.

Mercies on us God will show'n,
Heal the sick by His great pow'r,
Age to age our Lord Protects,
And in our lives His love reflects.

Words: Ramona Singh, Feba Geervarghese
Music: Jesse John, Nellenuo Nelly