In Memoriam

As physicians, we are accustomed to sickness and death. Though as medical students we are initially disturbed by the finality of death, we soon learn to accept it as a natural process, whether the cause is natural or pathological. We build an immunity to the grief of the relations and always try and 'keep things in perspective'. But what do you do when the death is sudden, untimely, and the vicious product of an evilly deranged mind? Specially when the victim is a person of the rare qualities of gentleness, wonderful humaneness, exceptional bravery and totally bereft of any spitefulness or viciousness. These are the aspects of Shashwatt that have left an indelible impact on not just my mind but also on all those who came into contact with him. Most people live a lifetime and do not leave such an impression as Shashwatt has in such a short life.

We, the St. Stephen\'s Hospital family, together mourn the senseless interruption of a life lived with total dignity and filled with promise.

In Shashwatt I always saw a person who refused to be cowed down and did all he could to go out of his way to help others. I feel he had at such a young age captured fully the essence of service to others.

Shashwatt, thank you for bringing such joy into our lives. We will hold your memory dear in our hearts forever.

From the Director\'s Desk

Dr. Sudhir Joseph
Director

Healing

Apostle Paul says in Romans 8:18 that, "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." Paul was not making light of our troubles, but was telling believers to see our present troubles in light of all eternity. Our problems may indeed be heavy, even crushing. But Paul said that when compared to the incredible glories that await those who love God, even the darkest and most burdensome circumstances of life will fade by comparison.

God already gave us a solution for every situation. Jesus said, "Do not let your hearts be troubled. Trust in God, trust also in me".

People suffer terrible things in the world. Just a casual glance at human history will reveal sufferings so unspeakable that we wonder how God will ever wipe away the tears from some people\'s eyes but this verse assures us that God\'s rewards will be much greater than our sorrows.

When we understand that a sovereign God is standing over all of human history and weaving it all together in a beautiful tapestry that will ultimately glorify Him, then we can see things in correct perspective.

Jesus is concerned for the whole person, bringing healing to every aspect of our life. The world in which we live is marked by hurts and pains. We are hurt and wounded perhaps by words spoken to us or about us. If we attempt to hide these wounds inflicted by others and move on with life, they will remain as a burden and we will be in bondage to the one who has hurt us. We will never be free from it unless we speak with Jesus. If we dare to open up the wound to Him and seek His healing touch, the chains that hold us will be broken. Jesus said, "Come to me, all you who are weary and burdened and I will give you rest." (Matthew 11:28). Believing in these words, we come to Him for healing.

‘Crisis’ is a common word today. Often we are confronted with situations which go beyond our control. A crisis can be a war, a terrorist attack, a natural calamity or even ill health. We can choose to despair by focusing on our present problems, or we can choose to hope by recognising God\'s long-range plan for us (Romans 5:5).

Apostle Paul bravely endured all types of persecution as he boldly proclaimed the gospel message. But he had a way out. He could even say that the suffering he endured helped to make him more like Christ (Philippians 3:10). God strengthened him in proportion to his sufferings. Those who have gone through pain and gained comfort from God can face life more confidently. It is their privilege to minister to others in a better way because God is the eternal source of their comfort. The Lord told Paul, "My grace is sufficient for you, for My strength is made perfect in weakness" (2 Corinthians 12:9). Then Paul added, "Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distress, for Christ's sake. For when I am weak, then I am strong".

Suffering has a way of showing how weak our own resources really are. It forces us to rethink priorities, values, goals, dreams, pleasures, the source of real strength, and our relationships.

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with people and with God. It has a way of directing our attention to spiritual realities if we don't turn away from God instead. There is power given to each of us to overcome everything in the world through the name of Jesus. God has no limits. He can do anything. We have an awesome God whose power is so great that we can't even comprehend it. He created the universe and it didn't even tax His ability. Yet many times we find ourselves wondering if our situation is too hard for Him. We can't see how He can pull us through. The Lord said to Jeremiah, 'Behold, I am the Lord, the God of all flesh: is there anything too hard for me?' (Jeremiah 32:27; Luke 1:37). The only thing that limits God is our own unbelief (Deuteronomy 7:17). Today, honour God by believing that nothing is too difficult for Him. Whatever you are facing, He is more than able and more than willing to help you and bless you. And even though we may not understand why we face a certain problems, we can know from God's word how to deal with the situation and respond in a way that pleases the Lord. My prayer is that our faith in God will stand firm even when our world seems to be falling apart.

**Pastor Bendang Lemtor**  
*Hospital Chaplain*

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**Heartiest Congratulations**

Dr. Aleyamma T Kora completed her schooling from Baker Memorial Girls High School, Kottayam, Kerala. Her remarkable academic achievements began with B.Sc. and M.Sc. Nursing from College of Nursing, CMC Ludhiana. She worked as faculty and later rose to become Principal of our School of Nursing. She left India for a few years in 1993. She joined St. Stephen's Hospital again as Nursing Superintendent in the year 2002. She pursued M.Phil. in Guidance and Counselling and in 2015 she completed Ph. D from Indira Gandhi National Open University.

She is involved in in-service education programs for nurses in the hospital with activities such as a Journal Club. She also does counselling for patients and relatives.

She is an evaluator of nursing services at Duncan Hospital, Raxaul, Bihar. She also supports the capacity-building of nurses in Christian Hospital Herbertpur, Uttarakhanda, She was the nursing service chairperson of Trained Nurses Association of India (TNAI) Delhi branch during the years 2010-2015. She was a programme-in-charge for the Diploma in Nursing Administration programme of Indira Gandhi Open National University. She was a member of the Building Committee of Central Institute of Nursing (CIN) / Elderly Care Home (ECH) project of Trained Nurses Association of India. She has published a book titled 'Essentials of Health Economics for Nurses' and also a dictionary for nurses. She is also actively involved in research activities.

She received the National Florence Nightingale Award in 2017 from the President of India. This is a matter of great pride and joy for our hospital!

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**Department Of Psychiatry Inpatient Services**

Advancements pave the way to progress in any field. With the advent of social and political changes in our country in the first quarter of 20th century, there was growing awareness of the plight of disabled members of society that led to the development of various psychiatry units in general hospital settings, which served as major delivery portals. They carried the advantage of treating voluntary patients in early stages of illness with higher proportion of recoveries. Through such institutions, comprehensive care could be delivered to both patients and family members. Keeping in line with the above movement of advancement in behavioral sciences, St. Stephen's Hospital expanded its inpatient medical facilities in field of Psychiatry from June 2016. It has been a fruitful first year indeed!

We cannot be more grateful to our honorable Director for having entrusted so much confidence in our team. Our IPD services diligently collaborate with 24 hrs emergency services and out patient services. They are manned round the clock by trained doctors and nursing staff. Acute management of violent, suicidal, severely mentally ill individuals is done by pharmacological and non-pharmacological means. Facilities like electro convulsive therapy, hypnosis, pentothal test and various psychological testing and psychotherapy are delivered in the most comprehensive way.

Active liasoning with various departments like Medicine, Surgery, Pediatrics, Orthopedics etc. is being done. Community outpatient clinics are conducted at our community center at Sunder Nagari too.

Liaison is also extended to various mental health bodies like State Mental Health Agency (SMHA), Delhi Psychiatry Society (DPS), and Public Service International (PSI). Our department is advancing in the academic field too and our young team members have presented papers at national conferences. We have a very vigilant psychology team, who provide immense support in dispelling misconceptions and reducing the stigma towards mental illness. Various outreach programs, workshops and talks catering to different themes in psychiatry are held by our psychologist and doctors at prominent schools and colleges in Delhi. We have also successfully started Psychology Internship for Delhi University students at our hospital.

Our team has enthusiastically conducted awareness drives and programs in hospital, schools and colleges. We had with us
a prominent Child Psychiatrist of Delhi to address students during a CME held during the week-long Mental Health celebrations in October last year.

We have every year celebrated landmark days like Bipolar Day, Schizophrenia Day, World No-Tobacco Day, addressing caregivers of mentally ill to reduce caregiver stress and also to bring about awareness in them.

We would also like to share our modest achievement of providing out-patient Psychiatry & Psychology services to our Hospital branch at Gurugram once every week from May 2017.

We believe in the words of Kevin Michel 'Small shifts in your thinking and small changes in your energy can lead to massive alternations of your end result'. We believe the journey of psychiatry at St. Stephen's Hospital shall continue to grow and we are sure to deliver our best in the future too.

Dr. Desiree Saimbi  
Senior Resident, Dept. of Psychiatry

Lamp Lighting and Graduation Ceremony was organized by our College of Nursing on the 2nd of May 2017 at 5 PM in Admn Block Lawn. Prof. Brig. Mala Singh, Principal, AFMC, Pune graced the occasion as the Chief Guest. The programme was solemnized by lighting of the lamp by the dignitaries on the dais. Dr. Sudhir C. Joseph, Director of St. Stephen's Hospital addressed the gathering with his words of wisdom. In his address, Mr. Alwan Masih, Gen. Secretary of C.N.I. Synod & Vice Chairman of our institution described the meaning and significance of the lamp. Prof. Brig. Jacintha Fernandez, Principal of the College of Nursing presented the Annual Report of the College.

The young Nightingales of the 1st Year Batch of 2016 of both B.Sc. (Hons.) Nursing and GNM programmes lighted their lamps and took the Nurse’s Pledge. The graduates of B.Sc. (Hons.) batch 2012 and GNM batch 2013 received their degrees and diploma. The Chief Guest encouraged the budding nurses and the graduates to work with zeal and dedication. The meritorious students were awarded medals and prizes along with certificates. Best Outgoing Graduates of both the programmes were rewarded with Cash Prize and Trophies for their exemplary performance.

World Schizophrenia Awareness Week Celebrations

The Department of Psychiatry, St. Stephen’s Hospital, celebrated World Schizophrenia Week from 18th to 24th May 2017. The department conducted awareness drives throughout the week at both the Tis Hazari and Gurugram centres of our hospital.

On 24th May 2017 (World Schizophrenia Awareness Day) an interactive session was organized at St. Stephen’s Hospital for family/caregivers of patients with schizophrenia. The session was inaugurated by Dr. John Punnose - Associate Director, Dr. Ann Mathew - Deputy Director, faculty from Psychiatry Department and guest invite Ms. Rajeshwari Iyer - Director Roshni (A Caregivers organization for families of patients with schizophrenia).

Dr. Punnose highlighted the need of awareness for all mental health problems and more so for schizophrenia, considering the disease burden. He also mentioned the need and benefits of treatment. Dr. Ann Mathew shared her experiences of continued on page 4 ...
working with children with autism and early psychosis and stressed on the need for early detection and intervention in all such cases. Special invitee for the session Ms. Rajeshwari Iyer shared experiences of the families regarding stigma and caregiver burden. She also shared her own story of helping her daughter recover from schizophrenia. As advisor to Delhi Government for Mental Health policies, she also shared the various initiatives and facilities provided by the government including disability benefits, employment opportunities and insurance policy options for patients with schizophrenia.

The caregivers discussed their experiences and concerns and raised queries related to disease process outcome and treatment options. Dr. Rupali Shivalkar (HOD, Psychiatry) and Ms. Sanjeca Prasad introduced the disease concept and answered the queries raised by the caregivers. The session was well appreciated. The caregivers requested for more such periodic dialogues to help families cope with the caregiving burden.

A similar awareness program was held at our other branch, St. Stephen’s hospital, Gurugram. The programme was conducted by Dr. Desiree Sainbi. The general OPD patients were educated about the illness and its treatment options.

The department also participated in week long activities organized by State Mental Health Authority (SMHA) and Institute of Human Behaviour and Allied Sciences (IHBAS) in collaboration with Delhi Psychiatry Society (DPS). Dr. Rupali Shivalkar represented St. Stephen's Hospital as panelist for 'SAMVAAD' at India International Centre on 20th May 2017 and 'MAHASAMVAAD' at NDMC Conference Hall on 24th May, 2017.

**Demise**

Dr. Shashwat Pande, Radiology Resident doctor passed away on 25.08.2017.

Ms. Asha Singh, Nurses Aid Gr. I passed away on 15.08.2017 after an illness.

_May their souls Rest in Peace!_

**Retirement**

- Mr. Pale Ram, Security Guard Gr. I in Security Department retired on 31.03.2017 after 25 years of meritorious service.
- Mr. Govind Singh, Bearer Gr. I in Dietary Department retired on 30.04.2017 after 36 years of meritorious service.
- Mr. Harrison Kumar, Coordinator (General Services) in Accounts Department retired on 30.04.2017 after 34 years of meritorious service.
- Mr. Daniel Masih, Senior Radiographer in Radiology Department retired on 30.04.2017 after 33 years of meritorious service.
- Ms. Aleyamma Baby, Registrar cum Tutor in College of Nursing retired on 31.05.2017 after 39 years of meritorious service.
- Ms. Sunila Singh, Ayah Gr. I in Nursing (Ayahs) Department retired on 31.05.2017 after 21 years of meritorious service.
- Ms. Dillo Devi, Sr. Ayah in Nurses Mess Department retired on 31.05.2017 after 40 years of meritorious service.
- Ms. Winnie Harrington, ANM Gr. I in Nursing Department retired on 30.06.2017 after 35 years of meritorious service.
- Mr. Jitendra Singh Rana, Senior Refractionist in Ophthalmology Department retired on 31.07.2017 after 37 years of meritorious service.
- Dr. Grace Mary Valsom, SG (Sr. Specialist) in Anaesthesia Department retired on 31.07.2017 after 33 years of meritorious service.
- Mr. Khem Chand, Head Jamadar in House Keeping Department retired on 31.07.2017 after 40 years of meritorious service.
- Ms. Anora Isaac, Deputy Nursing Superintendent in Nursing Department retired on 31.07.2017 after 38 years of meritorious service.

_We wish them a ‘Happy Retired Life!’_

**Wedding Bells**

Ms. Bharti (Nursing) with Dr. Kapil Kursiwal
Ms. Priyanka Chawla (Nursing) with Mr. Abhilash Thomas
Ms. Shakeela (Nursing) with Mr. Abdul Sattar

**Welcome**

Dr. Raneesh Mishra, _Consultant Neurosurgery_
Dr. Manu Gupta, _Jr. Specialist Medicine_
Dr. Thomas Kurien Bhantu, _Jr. Specialist Orthopedics_
Dr. Sweta Singla, _Consultant Neurology_
Mr. Davender Gupta, _Chief Civil Engineer in Project Office_

_We welcome all the staff members who have joined the various departments and the St. Stephen's family._