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HBS Times

Volume 4 Issue 3 | January to March 2024

Dear Patrons and Well-wishers,

We trust that this issue of HBS Times finds you in good health and high spirits.

As we reflect on the journey we've embarked upon together, we are filled with immense gratitude for your unwavering support

We have been hard at work, striving to make a positive impact and create meaningful change hence in this issue, we cover some of the salient features and happenings around our hospital.

We have some new and exciting sections such as "Recent Developments in Medical Science" as well as "Patient Experience".

Read further to know more about this and other heartening news that has kept us on our toes over the last few months!

Should you have any suggestions to make it more relevant and useful, do mail us at media@hbshospital.com with the subject line 'HBS TIMES'.

HEALTH CAMP FOR PERI AND POST MENOPAUSAL WOMEN

On March 1st, HBS Hospital hosted a pivotal health camp focused on peri- and post-menopausal health, drawing the participation of approximately 100 women spanning ages from 35 to 65. Spearheaded by esteemed medical professionals, the event proved to be a beacon of awareness and empowerment for women navigating this significant phase of life.



Dr. Shobha N Gudi, President of the Bengaluru Menopause Society (BMS), and **Dr. Taha Mateen**, the Medical Director at HBS Hospital, graced the occasion as chief guests, their expertise illuminating the importance of proactive health management during middle age. **Dr. Thejavathy GV**, serving as the convener of the camp, orchestrated a symphony of knowledge dissemination and preventive care advocacy.



The overarching message resonating throughout the camp was the imperative need for regular health check-ups among middle-aged women, a practice that holds the potential to safeguard lives. Amidst an atmosphere of camaraderie and support, women from diverse walks of life, including hospital staff, engaged in vital health screenings.

The camp provided a comprehensive array of services, ranging from vital sign assessments to screenings for breast and cervical cancer. These screenings, often overlooked or postponed, emerged as crucial interventions in the battle against these prevalent diseases. Through early detection and timely intervention, the camp aimed to empower women with the knowledge and resources necessary to navigate their health journey with resilience and confidence.

As the day concluded, a sense of solidarity and empowerment permeated the atmosphere, leaving an indelible mark on the participants. Beyond the routine check-ups, the camp symbolized a collective commitment to prioritizing women's health and well-being, one screening at a time. In the hearts and minds of all involved, the event stood as a testament to the transformative power of community-driven healthcare initiatives.



Mohammed Masood

Chief Dialysis Technician

Brother Masood's journey from Mandya to becoming an integral part of HBS Hospital reflects his dedication to healthcare and his commitment to his patients' well-being. His roots in Mandya, education at Christ the King Convent, and subsequent medical training at NU Hospital, Bangalore, laid the foundation for his career.

Joining HBS Hospital in 2013 marked a significant step in his professional life, following earlier experience at Sagar Hospital, Banashankari. However, it wasn't just the professional environment that drew him to HBS; it was the ethos and mission of the hospital that resonated with him deeply.

Despite briefly venturing to Qatar in 2014, his heart remained with HBS and its people. His return underscored his attachment to the hospital and its mission. For Brother Masood, the ultimate satisfaction comes from seeing his patients happy and healthy, a testament to his compassion and dedication as a healthcare professional.

Beyond his professional life, Brother Masood finds solace and joy in his family. His wife, Bibi Khansa, holds the fort at home, while his children, Ruwaifa Kounain and Mohammed Anas, are his pride and joy. Spending quality time with them rejuvenates him and reminds him of what truly matters in life.

In **Dr. Zafar**, Brother Masood finds a role model who epitomizes genuine care and concern for patients. This alignment of values and vision fosters a sense of belonging and purpose within HBS Hospital, making it more than just a workplace for Brother Masood—it's a community driven by a shared mission to serve and heal.



Sr. Padma Priya

Senior Lab Technician

Sister Padma Priya's journey from KGF to HBS Hospital is a testament to her dedication to her profession and her deep sense of spirituality. Growing up in Kolar district, she received her education from Ambedkar School and Golden City College, laying the groundwork for her healthcare career. Joining HBS in 2015 marked a significant milestone in her professional journey, following earlier experience at Medistar Hospital. However, for Sister Padma Priya, HBS is not just a workplace—it's a sacred space akin to a temple. She feels incredibly fortunate to be a member of the hospital team, especially given the opportunity to work under the guidance of **Mr. Veeresh B.S.**, whom she holds in the highest regard. His leadership and mentorship inspire her to strive for excellence every day.

Despite her demanding schedule, Sister Padma Priya finds solace in her devotion to spirituality. Listening to devotional songs in her free time provides her with the inner peace and strength needed to navigate the challenges of her profession.

Her typical day at HBS begins at 8 am, where she dedicates herself to processing and testing samples in the lab. Despite the rigorous nature of her work, she finds joy and fulfillment in her role, thanks in no small part to the supportive and friendly atmosphere fostered by her coworkers. Outside of work, Sister Padma Priya's heart belongs to her family. Her husband, Sridhar, who works as a driver, and her mother and four brothers in KGF are her pillars of support and strength.



ADMISSIONS OPEN!

Founded in 2016, the Shama Institute of Medical Sciences, affiliated with HBS Hospital, stands as a beacon of quality education in the healthcare sector. Offering a comprehensive array of three-year diploma courses such as **DMLT, DMIT, DDT, and DOT&AT**, our institute provides a solid foundation for graduates of SSLC and PUC who are eager to pursue a career in healthcare.

We extend an open invitation to you to nominate any **promising students who exhibit a strong aptitude for science and a genuine passion for the medical field**. Let them know that our doors are open for them to embark on a transformative educational journey, shaping them into competent and compassionate healthcare professionals of tomorrow.

Apply here: rb.gy/p3vk3l

SHAMA INSTITUTE OF MEDICAL SCIENCES
AFFILIATED TO: PARA MEDICAL BOARD, GOVT. OF KARNATAKA
ADMISSIONS OPEN FOR 2024-25

COURSES:

- Diploma in Medical Imaging Technology
- Diploma in Medical Laboratory Technology
- Diploma in Dialysis technology
- Diploma in Operation Theatre and Anaesthesia Technology

DURATION:
Candidates who have completed II PUC (PCMB) shall study for TWO years.
Candidates with SSLC qualifications shall study for THREE years.

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AFFORDABLE FEES
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702, COOCHIBUR ROAD, SHIVAJINAGAR BANGALURU-56
<https://shamainstitutions.in/>

SCAN QR CODE TO APPLY

WORLD KIDNEY DAY



On March 14th, 2024, the Dialysis Department of HBS Hospital saw a vibrant celebration of World Kidney Day, **organized by the students of SIMS from the Department of DDT**. The event aimed to shine a spotlight on kidney health and raise awareness among attendees.

Activities were thoughtfully curated to engage and educate, including patient art showcases and interactive games that underscored the importance of adopting healthy lifestyles.

Dr. Zafar Ul Haq, in his address, reiterated the hospital's unwavering commitment to supporting patients battling kidney diseases. Attendees pledged their advocacy and shared messages of hope, emphasizing the potential for positive outcomes with timely intervention and support.



SPEAK UP YEAR II

The Year 2 Speak Up Competition on February 24th, 2024, at SIMS Seminar Hall featured nine groups presenting on topics like Medical Laboratory procedures and Dialysis Technology. Judged by **Dr. Ahmed Saquib** and senior students, it emphasized clarity, coherence, and engagement. **Saniya Afreen and J.S. Moin** won first place with their presentation on "**Sterilization and LSCS**". The competition fosters essential skills like confidence and critical thinking, vital for personal and professional development.



It exemplifies the institution's commitment to holistic growth. Through effective communication, participants showcased their understanding of department-related topics.

TAJ AND ZAKIR SYED SCHOLARSHIP AWARDS

The Taj and Zakir Syed STEM Scholarship Awards night on January 25th, 2024, was a momentous occasion for SIMS as ten deserving students were honored with scholarships. Alongside their proud parents, the recipients gathered to celebrate their achievements and the opportunities that lay ahead. The event was graced by esteemed chief guests **Mr. Taj Uddin Syed, Mr. Akram Syed, and Mr. Caleb Ibrahim**, who delivered inspiring speeches on the importance of resilience and perseverance in pursuing education. Their words resonated deeply with the audience, emphasizing the transformative power of education and the need for students to overcome challenges with determination.



VISIT TO NIMHANS SCIENCE EXHIBITION



On February 29th, 2024, Year 2 students embarked on a memorable journey to **NIMHANS** for the **National Science Day Exhibition**. The air was filled with anticipation as they entered the exhibition hall, greeted by a vibrant display of neurobiology exhibits. From intricate brain models to hands-on experiments, the students were enthralled by the wonders of science. Throughout the day, they eagerly participated in games, quizzes, and experiments, exploring diverse scientific topics. Inspired by the celebration of Dr. C.V. Raman's legacy, they departed with a renewed passion for discovery and a deeper appreciation for the marvels of science.



WORLD CANCER DAY

On February 4th, students of SIMS united in support of World Cancer Day with a touching display of unity and awareness. Decked out in pink attire, they transformed their surroundings into a vibrant sea of support for those affected by cancer. The day's highlight was a captivating lecture by **Dr. Muneeb Ahmed Yasir**, a distinguished Consultant Physician at HBS. Dr. Yasir shared invaluable insights into the intricacies of cancer, covering its origins, and prevention strategies, and empowering the audience with knowledge to combat this formidable disease. It was an enlightening event that underscored the collective resolve to raise awareness and foster hope in the fight against cancer.



This section throws light on the many challenges, patients coming for dialysis face, as they are from adverse backgrounds with little to no financial or family support. They are like any of us, but gripped with a debilitating condition which they refuse to be threatened by!

Mani Meghana, 46 years

Mani Meghna, aged 46, has been grappling with renal failure (kidney disease) for the past 15 to 16 months, compounded by hypertension and diabetes. These conditions have significantly impacted her kidney function. Initially, she sought medical attention at a local clinic due to her diabetes, where she was alerted to the possibility of kidney disease. Subsequent blood tests confirmed kidney failure, prompting her doctor to recommend dialysis for her well-being. Fortunately, through connections with a neighbor working in the dialysis department at HBS, she was able to access treatment. Mani Meghna resides with her family, which includes her husband, in-laws, and two daughters. Her husband, a painter, and her elder daughter are the sole breadwinners. Mani undergoes approximately 12 dialysis sessions monthly, with five being self-funded. Each session costs between 700 to 900 units, but eight sessions are covered by the hospital, alleviating the financial strain on her family. Mani is deeply appreciative of the support and wishes to express her gratitude to the hospital staff, particularly Dr. Zafar, Brother Bensen, Brother Masood, and the entire team at HBS for their dedicated efforts.

Mohammed Asif, 43 years

Mohammad Asif, has been bravely battling kidney disease since his youth. His journey has been fraught with various difficulties, including diabetes and the loss of eyesight due to a severe infection stemming from a minor accident. Despite the recommendation of amputation, Asif opted for a challenging surgery to remove his calcaneus bone, showcasing his resilience and determination to preserve his mobility. Following years of struggle, Asif faced another critical health setback, leading to emergency admission to Apollo Hospital, where he underwent multiple dialysis sessions daily. Fortunately, through the recommendation of a friend, Asif found solace and support at HBS Hospital, where Dr. Zafar and the dialysis team provided both emotional and financial assistance. With two daughters, one in the 10th grade and the other in the 8th, Asif's journey is not just his own. The family relies on the kindness of friends, relatives, and medical professionals to navigate these challenges and ensure a semblance of stability amidst the turmoil. The gratitude expressed towards Dr. Zafar and the hospital team highlights the profound impact of their care on Asif's life and the lives of his loved ones.

UNLOCKING THE POTENTIAL: REGENERATIVE MEDICINE IN FOCUS

WRITTEN BY: SANIYA AFREEN, YR II, DOT&AT, SIMS

Regenerative medicine, a cutting-edge field at the forefront of medical innovation, holds immense promise for revolutionizing healthcare. By harnessing the body's natural ability to heal and regenerate tissues, regenerative medicine offers hope for treating a wide array of conditions, from degenerative diseases to traumatic injuries.

At its core, regenerative medicine seeks to restore normal function by stimulating the body's innate healing mechanisms. Techniques such as stem cell therapy, tissue engineering, and gene editing hold the potential to regenerate damaged tissues and organs, offering alternatives to traditional treatments that merely manage symptoms.

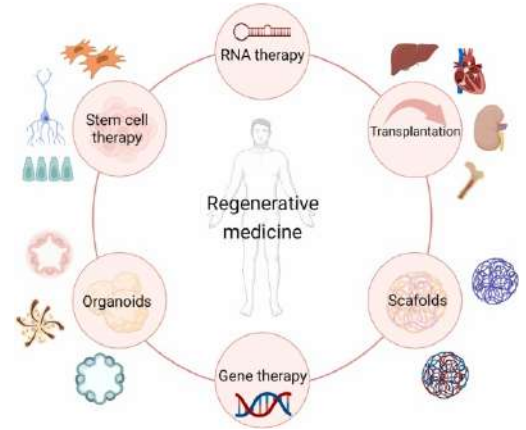
Stem cells, with their remarkable ability to transform into various cell types, are central to many regenerative medicine approaches. Researchers are exploring ways to harness the regenerative potential of stem cells to repair damaged tissues, regenerate organs, and even restore function to paralyzed limbs.

Tissue engineering, another cornerstone of regenerative medicine, involves growing tissues and organs in the laboratory for transplantation. This approach holds promise for overcoming the limitations of organ transplantation, including donor shortages and the risk of rejection.

Furthermore, advances in gene editing technologies such as CRISPR-Cas9 have opened up new possibilities for treating genetic diseases by correcting faulty genes. By precisely modifying DNA sequences, researchers aim to correct genetic mutations responsible for conditions like cystic fibrosis and sickle cell anemia.

While regenerative medicine is still in its infancy, recent breakthroughs offer glimpses of its transformative potential. As research progresses and technology evolves, regenerative medicine holds the promise of not only treating diseases but also regenerating damaged tissues and restoring health and function to those in need.

*Source: NCBI, Springer



PATIENT EXPERIENCE

"During my stay at HBS Hospital, I was genuinely impressed by the prompt and effective treatment I received. The dedication and care exhibited by the hospital staff were commendable, and I hope to see the same level of excellence in patient care maintained in the future."

Mr. Vijay

"I found the atmosphere at HBS Hospital to be exceptional. The staff and doctors were notably friendly, and both admission and discharge procedures were seamlessly executed. I appreciated the hospital's commitment to providing high-quality care at a reasonable cost, making my experience truly commendable."

Mrs. Sameena Sulthana

#EachOneSupportOne

These brave hearts refuse to be threatened by their condition! There are many patients who come from adverse backgrounds with little to no financial or family support. They are just like any one of us but gripped with this debilitating condition.

Together we make a change. Let's help in dissolving someone's pain. Let's ensure someone does not have to think about finance for their next dialysis treatment.

Kind Friends For Kidneys an initiative to support dialysis patients brings to you **#EachOneSupportOne** to help relieve their financial issues and aid their treatment.
Let's make a change!

DONATE NOW!

For those who wish to make direct support, you can do so by two options:



OPTION 1

Direct debit from your bank account to the HBS Dialysis bank account

A/c Name : HBS Dialysis
A/c No : 913020048258295
Axis bank, MG road.
IFSC code : UTIB0000009



OPTION 2

Donations through the dialysis page of the hospital website -
<http://www.hbshospital.com/dialysis.php>

NOTE: If you have chosen any of the above, please write an email to Ms Sameena Rahman at dialysis@hbshospital.com with your:

*Name. *Address *Contact number & PAN No. (if donation per annum > 50k)

* Amount donated & details if it is a regular monthly donation.

Share the word!

Tremendous goodness can be achieved by just tapping into each of our circles of influence! Every Individual can pledge support and in turn, share this with other 5 family members/friends and nudge them to support a minimum of one dialysis per month for a year.



"Helping one person might not change the world, but it could change the world for one person!"

HBS in Numbers

January '24 - March '24

Outpatients Treated:



14,626

Inpatients Treated:



860

Surgeries & Deliveries:



210

Dialysis Procedures:



11,535

*A significant number of treatments and surgeries have been largely discounted/sponsored/carried out free.



If you wish to support the Hospital in its various treatments for the patients, please click here - <http://hbshospital.com/support-us.php>

Kindly inform Mohammed Shabeer Ahmed at [+91 9880581343](tel:+919880581343) or email to accounts@hbshospital.com, with your queries or donation details - so that funds can be tracked, and receipts made.

We thank all our supporters and look forward to an engaging journey with each of them in our efforts to serve the needy with the best of treatment and care!



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