

Zulekha Spirit

February 2015

Volume 13

The Voice of Zulekha Healthcare Group

BUILDING ON THE HERITAGE OF BETTER HEALTHCARE



“A river cuts through rock, not because of its power, but because of its persistence.”
- Jim Watkins.

These are significant days at Zulekha Hospital. We are consolidating and transforming the future of healthcare. If our history and

trajectory have taught us one thing - it's that we should focus on improving patient experience. Excellence and recognition will follow. Our commitment to provide accessible and high quality care continues to inspire higher standards in every aspect of clinical care.

Be it through infrastructure expansions, empanelment of world-class expertise or setting up the first dedicated Oncology centre in Dubai, our performance is for a purpose. It is important now more than ever. As the year begins, our perseverance to exceed expectations should make us the most trusted healthcare provider in the UAE.

Best wishes,

Zanjubia Shams

CEO – Zulekha Healthcare Group



FROM THE EDITOR

This edition is an evident proof of Zulekha Hospital's continuous success in the industry of healthcare. And our organization believes that a firm's success cannot be measured by the profits it gains alone. It's not the price of your services that puts you on the higher end, nor the physical establishment you show off that makes your firm remarkable. It's 'how' your community perceive you as service provider.

At Zulekha Hospital, we are proud to say that we are a hospital-of-choice. We can feel it through the health related activities we do to delight our patients or customers where we receive good feedbacks, hospital expansion which is a sign of a growing organization, and priceless awards as appreciation for all the efforts we exerted and will strive continuously to provide quality service.

Dr. ChandraShekhar S.Jadhav

Director - Administration
Zulekha Hospital-Sharjah

COMMUNITY CHAMPIONS! SECOND TIME IN SUCCESSION.



The award was presented to Dr. Zulekha Daud by H.E. Hamad Buamim, President and CEO, Dubai Chamber of Commerce.

CSR AWARD 2014: Zulekha Hospital bags Dubai Chamber CSR Award 2014 once again.

We are one of the few amongst quality healthcare providers in the UAE to have bagged the coveted Dubai Chamber CSR Award twice - 2013 and 2014. Our founder Dr. Zulekha Daud received the award at a ceremony held recently at the Dubai Chamber of Commerce headquarters in Dubai.

Commenting after receiving the award,

Dr. Zulekha Daud, Founder and Managing Director of Zulekha Hospital said, “We recognize there are global challenges affecting our operations at every level, from our employees to our patrons, communities in which we operate and we have designed our sustainability initiatives based on impacts on Work place, Market place, Community and Environment and thanked the Government of Dubai for encouraging corporate entities for CSR activities.”

“We at Zulekha Hospital view challenges such as water scarcity, climate change, economic disparity as interdependent – an improvement in one may positively affect outcomes in another. Similarly, a decline in one area may hamper progress in another.” added Dr Zulekha.

Elaborating on the matter Dr Zulekha explains, “To that end, we continually assess and re-evaluate the evolving world in which we operate and work in earnest to find solutions to the global challenges facing humanity. As a multinational company with strong local connections, we tackle these global challenges with local action. Our partnerships with NGOs, Government Agencies, Academic Institutions and community organizations give us insight into these evolving challenges.

YOU WILL FIND...

CSR Award	1 & 2
Zulekha Store Inauguration and Metito	2
Unilever Award and SEWA Signing	2
Calendar 2015 Released with RTA	3
VIP Visit and Think Pink Campaign	3
Moments of Celebration - Events	4
Health Awareness Camps	5
Nutrition & Lifestyle Management	6
Health Talk at Rosy Blu & Dubai Customs	6
Think Pink Talk at RTA	6
Medical Excellence	7
Talent Showcase in Sports	7
Winning Poems	7
The Lighter Side	8

YET ANOTHER ZULEKHA MILESTONE



Zulekha Store Inauguration

Dr. Zulekha Daud, Founder and Managing Director of Zulekha Hospital, cuts the ribbon flanked by Dr. Iqbal Daud, CEO - Zanubia Shams, President Taher Shams, Dr. Adil Daud and other Management team members of the Group.

SUSTAINABLE LIVING PLAN AWARD 2014



“Zulekha Hospital honored at Unilever Sustainable Living Plan Awards 2014.”

Dr. Zulekha Daud, Founder and Managing Director of Zulekha Hospital, receiving the award from Unilever at the JW Marriott Marquis in Dubai

Zulekha Hospital has been honored for its sustainability efforts in the region at the Unilever Sustainable Living Plan Awards 2014, launched by the world's leading consumer goods organization. Dr. Zulekha Daud, Founder and Managing Director of Zulekha Hospital, received the award at the JW Marriott Marquis-Dubai.

Initiated in 2012, the Unilever Sustainable Living Plan aims to improve the health and hygiene of people, and reduce environmental impact while simultaneously educating thousands of consumers on water conservation, and developing projects that improve the livelihoods of thousands of people across MENA.

FORGING HUMANITARIAN PARTNERSHIPS



Reputed water management solutions provider METITO, has announced a partnership with Zulekha Healthcare Group to develop sustainable solutions to ensure safe, clean, drinking water supply at four schools in Nagpur, India.

The 'Clean & Cool Drinking Water for Schools' initiative, which was announced at a signing ceremony at Zulekha Hospital Sharjah, will see Metito's industry expertise and Zulekha Healthcare Group's commitment to community wellbeing bring tangible benefits to children in the schools at Nagpur.

Mutaz Ghandour, CEO, METITO, said: "Playing a role in developing sustainable communities is something we're very passionate about, and it's

fortunate this passion is complemented by the fact we work in an industry that strives on that notion."

"It's Metito's mission to utilise its resources, knowledge and expertise to ensure a cleaner environment that starts with a basic human right: access to clean and safe water," Ghandour added. "Zulekha prides itself on ensuring the welfare of others, so partnering with them is a truly unique opportunity that we're confident will yield great results."

Zanubia Shams, CEO, Zulekha Healthcare Group, said: "We chose to drive this initiative with our partners because we believe good health nurtures better resources for tomorrow. Good health is the basic right of any human being and particularly for future generations."

"Better facilities, clean drinking water, and a healthy environment are investments we make to build a better world," Ms. Shams said. "We proudly announce our association with this noble venture starting in Nagpur, India and we hope to take this forward all across the country."

The four schools in Nagpur that will have the solutions installed are the Ravindranath Tagore Convent, the Millat Urdu Upper Primary & High School, the Public Urdu Upper Primary School and the SHUMS Girls High School.

The initiative will see water tanks, water coolers, and UV disinfection units installed at the above schools. The project entails equipment and hardware procurement, arrangement of labor, training, overseeing and monitoring related civil and plumbing work, and commissioning.

SEWA SIGN



Mr. Taher Shams President of Zulekha Hospitals and H.E. Dr. Rashid Al Leem Chairman of SEWA signed a commitment to promote the cause of sustainability and community development by mutual partnering and cooperation.

Engineer Hussain Al Banna, Traffic Department Director, Traffic & Roads agency, RTA and Deema Hussein, Traffic Awareness Senior Manager, Traffic Department, RTA Along with Mr. Taher Shams President Zulekha Healthcare Group and other members of the group



CELEBRATING A NOBLE CAUSE FOR WOMEN



“Joyalukkas Think Pink, in association with Zulekha Hospital to continue the drive to empower & protect women from breast cancer.”

The ‘Joyalukkas Think Pink’ initiative, in association with Zulekha Hospital strives to drive awareness and educate society on the various aspects of breast cancer and urge people to take periodic self check because early detection in most cases is 100% curable.

‘Joyalukkas Think Pink’ was launched with an official function on 29th September 2014 in Dubai where pink balloons released by Dr Layla Al Marzouqi, Acting director of the Dubai Health Authority - health regulation department, Head of clinical governance office at DHA, was a symbolic gesture towards the cause. Also in attendance at the launch was Mrs. Sonia John Paul, Director, Joyalukkas Group, Dr. Zulekha Daud, Managing Director, Zulekha Healthcare Group, Dr. Pamela Munster,

renowned breast cancer research specialist, Prof., Department of Medicine (Haematology/Oncology), University of California, San Francisco (UCSF), Director, Early Phase Clinical Trials Unit and Leader, Developmental Therapeutics Program, UCSF Helen Diller Family Comprehensive Cancer Center, Dr. Hani Sbitany, Assistant professor of surgery and Plastic & Reconstructive surgeon at UCSF medical centre, USA, and other official dignitaries and eminent doctors from the field of breast cancer research were also present at the occasion.

“As a healthcare provider we feel it is our responsibility to support and do everything

possible that result in the health and well-being of people. The emphasis of the ‘Joyalukkas Think Pink’ initiative is to build awareness about breast cancer and educate them on taking preventive measures. While women over 40 years of age are globally the most affected, younger women now are also being diagnosed with the disease, women as young as 19 to 30 have been diagnosed with breast cancer in the UAE. We hope ‘Joyalukkas Think Pink’ will add to the activities undertaken by various bodies to build awareness, educate and protect women” said Dr. Zulekha Daud, Managing Director, Zulekha Healthcare Group.

PROMOTING HEALTHCARE TOURISM FROM AFRICA

African dignitary H.E. First Lady of Niger Mrs. Aissata Issoufou during her visit to Zulekha Hospital with CEO, Zanubia Shams



EFFORT 2014 - Dubai and Sharjah Staff light up Earth Hour



FUN WITH THE EXTENDED FAMILY - ZULEKHA HOSPITAL Dubai and Sharjah families



DOCTORS DAY OUT - Doctors from Dubai and Sharjah cruise together



CELEBRATING CLEANLINESS & HYGIENE - INTERNATIONAL HOUSEKEEPING WEEK



COLOURS CAME ALIVE - HOLI FESTIVAL PARTY



ORIENTATION FOR NEW EMPLOYEES



SHABIAAT at Paediatric Department



SALUTING THE NURSES - Nursing staff of Dubai and Sharjah during Nurse's Day



Dubai Customs Health Awareness Session & BMI check



Health Camp at Oasis Centre

Time Square Center Cardiac Camp



Century Mall Health Camp



Health Camp for kids with special needs

Madina Mall Health Camp



RTA Health Talk & Medical Camp



HEALTH & NUTRITION SESSION

Mrs. Nafeesa - Director of Nutrition & Lifestyle Management conducted the talk



BREAST CANCER AWARENESS - THINK PINK HEALTH TALK AT RTA

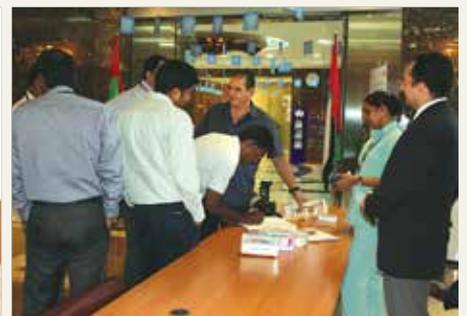


HEALTH TALK - ROSY BLU

Dr. Chidananda P. Shivashankar
Specialist Orthopaedics conducted the talk



HEALTH AWARENESS TALK - DUBAI CUSTOMS



ZULEKHA
HOSPITAL
SPORTS
INDOOR



ZULEKHA
HOSPITAL
SPORTS
OUTDOOR



1st Prize

VISTAS OF HOPE

Bewildered in trouble, aghast, in pain,
Slapped by truth, my life was in vain.
Betrayed by the world, was shattered with strife,
A saga of wrath and despair, this was my life.

They said its cancer, it was war in my mind.
How could the almighty be so very unkind?
Fluids and needles and drugs umpteen,
Was this my fault or that of a gene?

Abandoned by fate and loved by none,
My pride was throttled the damage was done.
In denial and defiance, I fought with myself.
Could hell be worse than this, I questioned myself.

An angel in white coat, then smilingly adored me.
with his zeal and passion, the malady looks sure to flee.
All night and all day his efforts are plenty,
With his touch so magical, I no more feel empty.

My caring and trustworthy mate, lets me joyously unwind,
With chemotherapy & radiation, our journeys an arduous climb.
He leaves no stone unturned to give me some respite,
And vows to make me a winner in this fight.

His love, his compassion, is so very bountiful.
My waltz with my illness, has turned so beautiful,
Vistas of hope of gratitude, Salute thee.
For my peaceful slumber, I shall embrace with glee.

BY: **Dr. Namita Pawar**
Specialist Obstetrician and Gynecologist
Zulekha Hospital - SHJ



2nd Prize

The Plea of Little Eyes GO GREEN

Twinkling tiny stars in the clear night sky
Little drops of dew glistening on pretty flowers by,
The sparkling specks of fire of alluring fireflies
The hue of the rainbow in the charming blue skies
Delightful daffodils, bashful butterflies,
Nodding mushroom heads, stretching greeny beds
Snow capped mountains, sereneness of the lake,
Crisp seasonal winds, Oh! mere words cant take .."

"Grandma you tell me but I cannot see
The stories of old, which can no more be...?"
The thrilling pure nature that I had in my times
Cast down, inquiring but in my grandchilds little eyes...

Why can't I see the stars? The smog has covered our skies
Where are the little dewdrops? What do you mean by fireflies?
Why aren't there more colours in the garden?
The ponds are dry the fields all are barren!
I don't like the seaside its turned all greasy black
The stench I cannot bear coz, all the fish lay on their back
There is no snow anymore, the waters have risen high
The land is always in fear that the storms are looming by"

Saying sadly my baby on me she fell asleep,
The loom on her betrayed face I couldn't let flee
I thought to myself my little one, I wish I'd made it last
I wish we had refrained from making this a story of the past
Then maybe I would have, to your queries an answer
A reason to give you back your joy and your laughter.

The way the Lord blessed us when the World He created
The pleasures of nature having never been depleted
I wish in time I had stopped it from losing all its sheen
I wish I had made the EFFORT with courage to GO GREEN

BY: **Ms. Sherine Sunny**
Senior Customer Relation Executive - IP
Zulekha Hospital - SHJ



3rd Prize

Go Green: Save Life, SAVE MOTHER EARTH

Come friends and lend me your ears,
Its time to change throughout the years;
Invite the growth and leave the doubt,
As mother earth has the love profound.

Let US make this land a paradise to live,
The best gift to our children that we can give;
Begin our days of thinking green,
A peaceful minds that a beauty foreseen.

Make this world a better Space,
And a beautiful life for the human race;
The trees of hope are standing everywhere.

A Small effort can reunite the world,
Global warming and calamities could be resolved;
The world peace and the love of humanity,
That can truly begin in a single society.

You can Save the Unborn innocent,
Giving a healthy environment to the expecting parent;
Segregate the trash and reuse the goods,
Respect the community and the neighborhoods.

Open your eyes to the children of Africa,
Dreams were shattered since the past era;
Give them hope and a brighter future,
By donating a dime and saving the water.

By: **Ms. Nahid Anjum**
Zulekha Hospital - SHJ



LAPAROSCOPIC ACHIEVEMENT

Dr. Satish Kumar along with his team at Zulekha Hospital Sharjah, successfully finished three laparoscopic ectopic pregnancy management (two cases of ruptured ectopic and one case of unruptured ectopic pregnancy) and three cases of laparoscopic ovarian cyst excisions. All the six patients are fine.

The Management would like to thank doctors concerned, especially the Gynaecologists for their support in managing these cases.



Dr. T. Satish Kumar
Specialist General & Laparoscopic Surgeon, ZH - SHJ

GREAT TEAMWORK TO AN INFANT'S RESCUE

Dr. Monika Kaushal and NICU team at Zulekha Hospital Dubai successfully managed renal failure with birth asphyxia. A term baby born in our Sharjah hospital by emergency LSCS required resuscitation. The baby was referred from Sharjah to our Dubai hospital with Anuria. The baby at admission in Sharjah hospital had Anasarca which increased further in spite on Anuric regimen.

The baby had Oliguria for 36 hours and Anuria for 48 hours and creatinine rose as high as 4.9 and urea as high as 167. The baby had pulmonary edema, deranged liver functions, thrombocytopenia, severe hyponatremia and hypertension.

With close monitoring and proper management we avoided dialysis and sent the patient home. The Management would like to thank the dedicated nurses and registrars of NICU.



Dr. Monika Kaushal
Consultant Neonatologist, ZH - DXB



Smile

Different expressions of smile

A curve which sets, everything straight,
Which makes even the darkest moment,
pleasant and bright.

An unique gift bestowed, only upon
the human race
Wonderful tool, which can mend your
broken ways

Comes absolutely free, you needn't
have anything to pay
You could exchange it even
thousand times a day.

Nature has taught you, when you were
just months old.
To express your feelings, told and untold.

It's nothing, but all about a winning smile.
That takes you closer - an extra mile.



Dr. Fathima Iqbal

Specialist Gynaecologist
ZMC - Qusais



Breath of Life

Up the hill did I climb
In search of my gem
Loneliness encaptured me
Thoughts kept flooding
"Take me to a home far"
Everyone has their fads
Death kept waiting at the door
"Come, my child I'll take you"

Down the valley of sorrow did I enter
Cries from broken souls
Downcast me into shatters
Ventilation at their redemption
"Grant us, O' Divinity
One more chance
To outplay our role"
Were the words of their wailing

Cloak of realization fell on me
Down I abased
At the feet of divinity
"Thanks for the life thou gives"
I took a breath and let it out
Whispering a word of thanks to him,
who gives this fastidious one
Without regard.



Ms Betsy Mary Thomas

Nurse Educator
ZH - SHJ



5 EASY WAYS TO BE HEALTHIER

- Think positive and focus on gratitude

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health. Your body believes what you think, so focus on the positive.

- Eat your vegetables

Shoot for five servings of vegetables a day - raw, steamed, or stir-fried. A diet high in vegetables is associated with a reduced risk of developing cancers of the lung, colon, breast, cervix, esophagus, stomach, bladder, pancreas and ovary. And many of the most powerful phytonutrients are the ones with the boldest colors-such as broccoli, cabbage, carrots, tomatoes, grapes and leafy greens.

- Set a "5-meal ideal"

What, when and how much you eat can keep both your metabolism and your energy levels steadily elevated, so you'll have more all-day energy. A "5 meal ideal" will help you manage your weight, keep your cool, maintain your focus and avoid cravings.

- Exercise daily

Did you know that daily exercise can reduce all of the biomarkers of aging? This includes improving eyesight, normalizing blood pressure, improving lean muscle, lowering cholesterol and improving bone density. If you want to live well and live longer, you must exercise! Studies show that even 10 minutes of exercise makes a difference-so do something! Crank the stereo and dance in your living room. Sign up for swing dancing or ballroom-dancing lessons. Walk to the park with your kids or a neighbor you'd like to catch up with. Jump rope or play hopscotch. Spin a hula hoop. Play water volleyball. Bike to work. Jump on a trampoline. Go for a hike.

- Get a good night's sleep

If you have trouble sleeping, try relaxation techniques such as meditation and yoga. Or eat a small bedtime snack of foods shown to help shift the body and mind into sleep mode: whole grain cereal with milk, oatmeal, cherries or chamomile tea. Darken your room more and turn your clock away from you. Write down worries or stressful thoughts to get them out of your head and onto the page. This will help you put them into perspective so you can quit worrying about them.

LIFE IS SELDOM MORE THAN NOW!!

They say you will always sow what you reap,

They say you should always look before you leap,

I say when have you known what to sow,

When have you leapt higher than low.

They say it's eternal sunshine when you are good,

Always in the light, out of the wood,

I say why then did saints suffer, all bar none,

With never a moment's quiet, or a breath on the run.

They also say nothing succeeds like success,

Each man is what he makes of himself,

I say when have you known what you will be made of,

What all to retain in yourself, with so much to pay off.

I say just gaze at the rainbows, get washed in the rain,

Jump at all the elations, embrace all the pain,

All there is in life is to look wide-eyed and say wow,

Always remember, Life is seldom more than now.



Mathew Cherumala

Sr. Executive, Purchase
ZH - SHJ

THE EDITORIAL TEAM

Dr. ChandraShekhar S. Jadhav

Chief Editor

Ms. Diane Cunningham

Co Editor

Mr. Arshad Ansari

Sub Editor

Mr. Gururaj Rai

Dr. Sushant Shetty

Mr. Sravan Kumar

Ms. Betsy Thomas

Mr. Subash Lakshminarayanan

Ms. Sandra Ramos Torres