

Main Identity

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 Sent: Tuesday, January 27, 2004 11:43 AM  
 Subject: Statement of Concern of the Tourism Interventions Group at the 4th World Social Forum

From Mumbai to Porto Alegre  
 Statement of Concern  
 of the Tourism Interventions Group at the 4th World Social Forum

Who really benefits from Tourism?

We, the Tourism Interventions Group, at the 4th World Social Forum (WSF) in Mumbai (16-21 Jan. 2004) declare our commitment to change the character of global tourism towards a tourism that is just and equitable for people in destinations. Our interventions (including an intercontinental dialogue on tourism and four seminars) brought tourism issues to the forefront of the WSF agenda

Through testimonies of community struggles and initiatives, we highlighted a wide range of responses to globalised tourism at the grassroots. Our interventions at WSF provided a platform for a meaningful intercontinental dialogue on the social, economic, political, cultural and environmental impacts of tourism.

In an 'Activists Strategy Meeting on Tourism' (Mumbai, 22-23 Jan. 2004, hosted by the Ecumenical Coalition on Tourism -ECOT) we evaluated the impacts of our interventions and committed ourselves to carrying forward the momentum to the next WSF at Porto Alegre, Brazil in 2005. The Strategy Meeting emphasised the need for wide dissemination of the news of our successful interventions at Mumbai. Discussions on future actions will be shared with communities, movements, network partners and other groups. It was also decided to form the Global Tourism Interventions Forum, which would take forward this important work.

We decided to strengthen and uphold the grassroots perspectives of tourism, which position our interventions against those of the World Tourism Organization (WTO-OMT), the World Travel & Tourism Council (WTTC) and other mainstream definitions of tourism policy and development. As the WTO-OMT is now a specialised UN agency, we will address its new mandate and take forward civil society engagements to democratise tourism.

A primary concern is the undemocratic nature of the ongoing negotiations in the World Trade Organisation's General Agreement on Trade in Services (GATS)

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that are slated to end by January 2005. We stress the urgent need to bring in experiences from the grassroots on the environmental and social costs of tourism to inform the negotiating positions of governments and underline the need for a rollback in the negotiations.

Highlighting tourism issues within a multitude of anti-globalisation and human rights movements such as those related to women, children, dalits, indigenous people, migrants, unorganised labour, small island, mountain and

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Page 2 of 2

coastal communities, as well as struggles related to land, water and access to natural resources, is crucial to sharpen local struggles and community initiatives of those impacted by tourism. Networking is at the core of future strategising to identify areas of common concern, forge alliances with like-minded individuals, organisations and movements and influence tourism policy agendas. Democracy, transparency and corporate and governmental accountability in tourism will be placed high on the agenda for concerted action and strategic interventions.

From our experiences of working on tourism issues we are extremely sceptical about the claims of tourism being a provider of jobs and earner of foreign exchange. We are concerned that the actual benefits that finally reach people in destinations are negligible compared to the profits of transnational tourism corporations. Leakages constitute a major loss of income for host communities and countries. At the same time it is local communities who bear the costs of tourism development in terms of social, cultural and environmental impacts.

At the next WSF in Porto Alegre, Brazil, in 2005, we will continue to highlight critical issues in tourism. We look forward to working in solidarity with local community representatives, activists and researchers from various parts of the world to strengthen our struggle and develop strategies for a tourism that is equitable, people-centred, sustainable, ecologically sensible, child-friendly and gender-just.

For the Tourism Interventions Group:

EQUATIONS (India)  
ECUMENICAL COALITION ON TOURISM (Hong Kong SAR- China)  
TOURISM WATCH (Germany)  
ARBEITSKREIS TOURISMUS UND ENTWICKLUNG (AKTE) - (Switzerland)

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ARVIND JAIN

## CHRYSSA AL-MARZOUQI DUBAI GASTRO- ESOPHAGEAL REFLEX TREATED AT SIR GANGA RAM HOSPITAL, DELHI

*For the last six years  
I have been suffering.  
No one [in the US and  
France] gave me the  
right answer.*

The CII, is looking into the scope of medical tourism. In Mumbai the Federation of Indian Chambers of Commerce and Industry formed a 22-member council for promotion of medical tourism last year.

The government, which is launching an international ad campaign next month, too has recognised the potential of the industry. A few months ago, Union Minister of State for Tourism, Renuka Chowdhury, said in Parliament that medical tourism was an evolving concept and some states—like Andhra Pradesh, Kerala, Karnataka, Maharashtra and Delhi—with medical facilities of international standards were promoting it. Karnataka has been showcasing its health services at travel fairs in Bahrain and the UK. “We took out advertisements which said Rahul Dravid invites you home,” said Mahendra Jain, Karnataka’s commissioner for tourism.

Patients, on their part, are spreading the good word about Indian health care. Bugingo, like Proffitt, is planning to write about his stay in India. Helen Collie of Seychelles will make her three children read her diary on her month-long treatment at Apollo Chennai for cancer. “It has some great memories [of India],” said Collie, 55. It has recipes of Indian food as well. “I love Indian food, especially mutton *biryani*,” she said. Mohamed Raza Habib J. Jaffer of Burundi recommended Amrita Institute, where his 10-year-old son Ali Hussain’s



ANIKARUVALLIL

HEALING HANDS: Dr Deviprasad Shetty

cancer was treated, to some of his friends and sponsored their treatment.

Tour operators say medical tourism as an industry is yet to take off. “There have to be clear-cut guidelines on the role, the responsibility and liabilities of a tour operator,” said an official of Thomas Cook, a major player. “There would be tie-ups with insurance firms, medical institutions in India as well as overseas.” Said Rajeev Kohli, marketing director of Pacific Asia Travel Association, “This sector has a lot of potential and we are planning to tap it. As it is not just tourism we are being careful. We are planning to come out with a brochure on it so that we could promote it in Germany, the US and the UK.”

But many feel that without adequate government help, India may

lose out to other countries. It is already behind Thailand, which had one million foreign patients last year. “They are marketing themselves well,” said Pramod H. Lele, CEO of P.D. Hinduja National Hospital and Medical Research Centre, Mumbai. “The government supports them and for success that is very important.”

The government has assured support but it will take some time. The tourism ministry is developing a logo to mark out ministry-approved centres of health care. “It will be one way of saying they are tourist-friendly,” said Chowdhury, whose department has brought out a CD on ancient healing methods.

“If [health care] has quality, it will earn a lot of forex, which can, in turn, sustain infrastructure,” said Ramadoss. “The money we earn there can be used to develop the rural sector.” But to attract richer customers, infrastructure has to improve. And as Vishal Bali, vice-president (operations) of Wockhardt Hospitals, said, ranting about cheap facilities could put off patients from rich countries. “We should not just talk about providing cheaper facilities,” he said. “We have to establish brand India.” Health brings in wealth, too. ♦

# Envisaging a healthy growth

The state-run health care system in Karnataka is striving hard to overcome problems such as regional disparities and regain its former standards. At the same time, health services in the private sector, especially the multi-speciality hospitals, have earned a reputation for themselves.

RAVI SHARMA  
in Bangalore

THE Princely State of Mysore was a pioneer in basic health care. In 1806, it was perhaps the first State in the country to take up a vaccination drive against small pox. The State administration set up a government hospital in Bangalore in 1846, the first public health unit in Mandya in 1929 and the world's first two birth control clinics in 1930. But after Independence, the State of Karnataka, which churns out around 1,800 doctors every year, has been striving to keep up with those standards, especially in the rural areas.

Karnataka, like any other State, is full of regional, even sub-regional disparities in the matter of development. The health infrastructure in certain regions, most notably the State's capital, Bangalore, and to a lesser extent the coastal towns of Mangalore and Manipal, has developed well but other areas, especially the rural areas where

60 per cent of the population lives and the northern districts, have not received sufficient attention from the government and the private sector.

Overall, the State has a crude birth rate of 22 (for every 1,000 of the population), a crude death rate of 7.2, an infant mortality rate of 55 per 1,000 live births, a maternal mortality rate of 195 per one lakh live births and a total fertility rate (the number of children born to a woman during her reproductive years) of 2.2.

The State's Health and Family Welfare Services has 8,143 sub-centres (that is, one for 5,000 people), 581 Primary Health Units (PHUs), 1,679 Primary Health Centres (PHCs), 19 mobile units, 7,304 maternity annexes, 17 urban PHCs and 110 Community Health Centres. While the doctor-population ratio is 1:10,260, the bed to population ratio is 1:1,220. In a novel scheme to improve services, the government has allowed 14 PHCs to be managed by medical colleges and trusts. At these PHCs, 75 per cent of

the staff salary is paid by the government and 25 per cent by the private entrepreneur.

There are 87 Urban Family Welfare Centres, 124 Urban Health Centres and 24 district-level and 149 taluk-level hospitals. There are 51 other hospitals, including super-speciality hospitals, which treat illnesses like cancer, heart ailments and tuberculosis. As part of the World Bank-funded Karnataka Health Systems Project, the State government has over the past seven years strengthened and upgraded at a cost of Rs.624 crores the infrastructure in 204 of its taluk and district hospitals. As a consequence, six government hospitals have won ISO-9002 certification. Under the project, user charges are levied in taluk and district hospitals, non-clinical services in some hospitals have been privatised and 44 primary trauma care centres established to provide emergency services to accident victims.

Treatment is free for those below the poverty line (BPL) for almost all services



The Vanivilas hospital, one of the oldest hospitals run by the Karnataka government.

in the State government hospitals. For specialised treatments such as cardiac surgeries, BPL families can get up to Rs.50,000 from the Chief Minister's Relief Fund. The government has also been sanctioning Rs.50,000 twice a year to each of the district hospitals, which can use the fund to buy from the private sector medical services that are not available with them.

There are around 22,000 practising doctors in the State. Of them, 4,197 are working in the State's health institutions and about 15,000 in the private sector. The total bed strength in government

Karnataka has slipped from the sixth place to the seventh in the Human Development Index. And on most human development indices, Karnataka is barely above the all-India average.

In a bid to achieve the "Millennium Development Goals", the Congress-Jana Dal (Secular) coalition government has decided to make primary health care (and primary education) the focus of its development effort. Presenting the new government's first Budget, Deputy Chief Minister Siddaramaiah announced an increase in the Plan outlay for the health sector from Rs.333 crores to Rs.377

crores. It is a misnomer to say that the services at government hospitals are not good. In fact, our understanding is that, especially in the rural areas, the level of satisfaction among the people is better with the government health service. People are even prepared to pay 'unregistered' (bribe) expenses."

**I**N a bid to ensure effective primary, secondary and tertiary health delivery systems in the State, successive Karnataka governments have implemented a number of measures. The HNP Project seeks to improve the services at the 1,679 PHCs. To be implemented in three districts as a pilot project, this will also aim at increasing public-private participation and introducing an insurance scheme for the common people, with the government subsidising the premiums.

The Rs.30-crore World Bank-aided Integrated Disease Surveillance Project, spread over five years, is designed to gather initially information regarding communicable diseases such as malaria, cholera, gastroenteritis and typhoid. Information on non-communicable diseases like cancer and hypertension, and trauma care will be compiled later. An information technology network has already been established at the taluk and district levels. The information thus gathered from the district, State and national levels will be analysed and utilised for more effective diagnosis, management and prevention of communicable diseases.

The State is also giving shape to the Rs.15-crore European Union-funded Drug Logistics and Warehousing Project under which 14 warehouses will be set up in the districts. The current system of indenting for packages would be replaced by the indenting for drugs. As part of its telemedicine programme, five private speciality hospitals are being connected via satellite to 25 district and four taluk hospitals. The system is functioning in two hospitals. The private hospitals have offered free consultations. The Indian Space Research Organisation (ISRO) has set up the satellite link at a cost of Rs.35 crores.

Karnataka is also hoping to improve the birth rate, infant mortality and maternal mortality parameters in the State when the Government of India's Reproductive and Child Health-Phase II programme is implemented in 2005. The State government has set up regional diagnostic laboratories in seven districts to conduct sophisticated tests, including CT scans. ■



The Bangalore Mahanagar Palike's referral hospital at Hosahalli in Bangalore.

health institutions is 43,479 while their outpatient departments serve 60,000 patients every day. There are nearly 2,000 hospitals in the private sector, which interestingly have as many beds as the state sector.

According to officials, the shortage of doctors and supervisory staff, financial crunch and an ever-increasing population are some of the major reasons for the state sector's inability to provide a more effective health delivery system. The shortage of doctors, especially specialists, and funds forced the government to hand over in April 2002 part of the management of the Rajiv Gandhi Super Speciality Hospital in Raichur to Apollo Hospitals. Under an agreement, the Karnataka government pays for the maintenance cost of Rs.3 crores to Rs.4 crores a year.

As a result of the funds crunch only a half of the State's 8,154 sub-centres have permanent buildings.

crores, which would be utilised to improve taluk-level hospitals and the medical infrastructure in impoverished northern Karnataka. The enhanced outlay should partly stabilise the State's falling public health expenditure, which had fallen from 1.02 per cent of the gross state domestic product (GSDP) in 1999 has fallen to 0.7 per cent in 2004. Ideally it should reach 2 per cent of GSDP.

Under the Rs.765-crore World Bank-assisted 'Health, Nutrition and Population (HNP) Project' the government hopes to improve and extend the primary health care system. The focus of the five-year programme "is to increase access to health care for the rural poor and the underprivileged, and to strengthen primary health care with community participation".

Says Mohamed Sanaula, Commissioner, Health and Family Welfare Services: "Our aim is to stabilise and improve

# KARNATAKA STATE AIDS PREVENTION SOCIETY

Karnataka State AIDS Prevention Society (KSAPS) was established in the year 1999. The main objective of the KSAPS is to help prevent HIV/AIDS epidemic and to create massive awareness against this disease. Since then KSAPS has been in the forefront in facing this epidemic that threatens to slow down economic growth and reduce life expectancy. National AIDS Control Organisation, Government of India and Government of Karnataka have been supporting all the efforts of KSAPS to combat HIV/AIDS.

Karnataka State AIDS Prevention Society has been constantly striving to improve delivery of services.

The following are the few important services offered by KSAPS

1. VCTC - Voluntary Counselling and Testing Centre	
To Whom	Any person can voluntarily visit these centres to know about their HIV status. Doctors can refer cases when they doubt about high risk, behaviours and symptoms.
Where	At all District level hospitals. In some Medical College Hospitals and selected Taluk level hospitals of the state
Services Available	<ol style="list-style-type: none"> <li>1. Pretest counselling by the counsellors</li> <li>2. Only after informed consent, HIV testing done and only Rs.10/- will be collected as fee.</li> <li>3. Post test counselling to understand test results and to initiate adaptation to positive or negative status.</li> <li>4. Follow up Counselling</li> <li>5. VCTC - RNTCP Coordination</li> <li>6. Free distribution of condoms</li> <li>7. Referral Service</li> <li>8. Confidentiality is maintained</li> </ol>

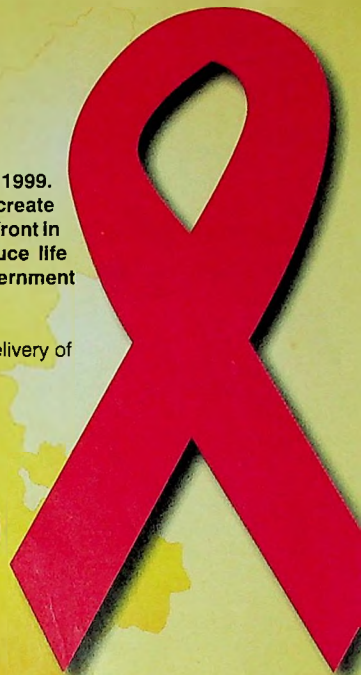
2. Prevention of Parents to Child Transmission of HIV	
To Whom	To Pregnant women attending Ante Natal Clinic
Where	All District level hospitals, some medical college hospitals and selected Taluka level hospitals.
Services Available	<ol style="list-style-type: none"> <li>1. Group counselling of pregnant women</li> <li>2. Pre test counselling</li> <li>3. Only after informed consent, HIV testing done free of cost.</li> <li>4. Post test counselling</li> <li>5. Nevirapine prophylaxis to mother at the time of delivery and to baby after delivery to prevent transmission, free of cost</li> <li>6. Confidentiality is maintained.</li> </ol>

3. Antiretroviral Therapy (A.R.T.)	
To Whom	Eligible H.I.V./Aids patients
Where	<ol style="list-style-type: none"> <li>1. Bowring and Lady Curzon hospital, Bangalore and</li> <li>2. K.R.Hospital, Mysore Medical College</li> </ol>
Services Available	<ol style="list-style-type: none"> <li>1. Personal Counselling</li> <li>2. Blood Test</li> <li>3. Free A.R.V. Medicines and follow up.</li> </ol>

4. Telecounselling 1097	
To Whom	Public
Where	VCTCs at all district level hospitals
Services Available	information about H.I.V. / Aids and facilities available Toll free No.1097

**Karnataka State Aids Prevention Society, Bangalore.**

4/13-1, Crescent Road, High Grounds, Bangalore-560 001  
 Phone: 22201436 / 39, Fax: 22201435  
 E-mail: ksaps@bgl.vsnl.net.in



ART Centre at Lady Curzon & Bowring Hospital



Awareness campaign through one of the Folk Media



One of the VCTC centre

# Medical care redefined

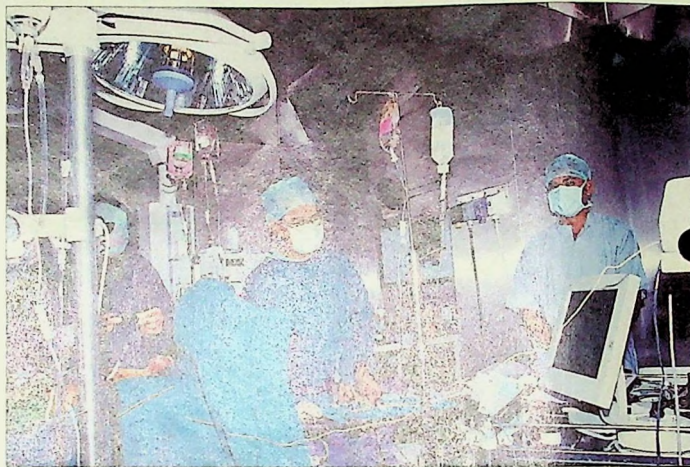
Offering world-class medical care at affordable costs, Bangalore's multi- and super-speciality hospitals attract more and more domestic and overseas patients.

RAVI SHARMA

WITH a growing number of multi-speciality and super-speciality hospitals and a large reservoir of doctors, Bangalore is becoming a serious competitor for cities like Mumbai, Chennai and even Delhi as a destination for domestic and overseas patients seeking world-class medical care. Given the top-notch facilities and care offered by these hospitals, it is not surprising that overseas patients, especially from the West and West Asia, make a beeline for Bangalore. (The cost of medical care in Bangalore is a fraction of what they incur in their respective countries.) This fact prompted a suggestion in the State legislature recently that Karnataka should actively promote 'health tourism'.

Among the best of Bangalore's multi-speciality, super-speciality hospitals offering complete care is the 250-bed Sagar Apollo hospital, promoted by the Sagar Group. According to Dr. D. Premachandra Sagar, chief executive officer, Sagar Apollo Hospital, the hospital's aim is to offer patients world-class facilities, diagnosis, treatment, convalescence and comfort in an ambience that is totally unlike a hospital.

The hospital has six presidential suites (each equipped with an intensive care unit, a kitchen, a pantry and a waiting room, and costing Rs.7,500 a day), 10 day-care beds, seven operating theatres with two of them in a state of readiness round the clock), 32 general ward beds (each costing Rs.400 a day), 78 semi-private beds (Rs.900), 20 private rooms (Rs.1,750), 20 deluxe rooms (Rs.2,500), a critical care unit (with 60 beds), top-rung diagnostic services, six dialysis machines (Rs.1,000 a session), a dedicated neuro ICU, corporate empanelment, annual health screening programmes, a telemedicine facility, blood bank and a state-of-the-art Cath lab where angiographies, stenting, fixing of pacemakers, device closures and other cardiac-related procedures are done. The hospital also runs Spine Service, a centre run by a team of neurosurgeons and orthopaedic spine surgeons that offers



PICTURES: RAVI SHARMA

The operating theatre made of stainless steel, at Mailya Hospital.

complete spine care and spine trauma care, congenital deformity correction for scoliosis, kyphosis, microdiscectomy for cervical and lumbar disc prolapse, and so on.

The hospital's orthopaedic department has also been successfully performing primary joint replacement surgeries of the hip, knee and shoulder. It hopes to widen its ambit by including surgeries for the elbow, wrist and fingers.

According to Air Commodore (Retd.) K.P. Das, Medical Director, Sagar Apollo, the hospital has to its credit many firsts in India: it was the first to install a spinal cord stimulation device for cardiac cases; start a surgical workshop on facial nerves, conduct a laparoscopic radical prostatectomy, start a fibroid clinic and launch birthing suites. The birthing suite involves a 72-hour package costing Rs.29,999 (for normal deliveries) and allows a pregnant woman to stay in the same room through labour, delivery and recovery. The suite along with its adjoining lounge for the person accompanying the mother-to-be is equipped with all the facilities of a comfortable modern home and is designed to offer the best of both worlds – the comfort of a home and the medical security of a modern hospital. Sagar Apollo Hos-

pital was also the first to conduct a bone marrow transplant in Karnataka.

With around 200 consultants available at the hospital, patients have a wide choice to choose from. The hospital's 27 consultation suites (seven of which are dedicated to neurology, gastroenteritis and diabetology cases, and two for cardiac cases) are visited by around 100 patients every day. Besides the consultants the hospital has 50 resident doctors. According to Prof. Ramamurthy Bingi, a consultant cardiologist, the hospital conducts around 12 coronary artery bypass surgeries every month. The patient charge is around Rs.95,000 for the general ward and Rs.1.35 lakhs for a semi-private room.

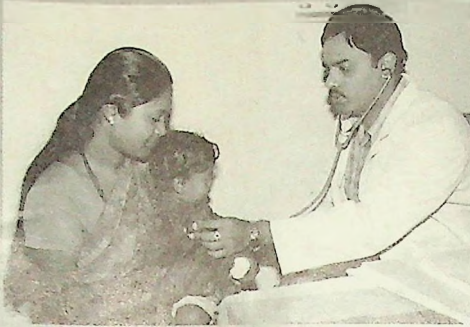
The hospital only conducts related renal transplantation. Each patient needs to be first cleared by the eight-member In-House Ethics Committee chaired by a retired judge. So far five transplants have been performed. The hospital has four nephrologists and four urologists. Sagar Apollo is equipped to conduct cadaver transplants and it recently entered into an agreement with the Foundation for Organ Retrieval and Transplant Education, the pioneer organisation for cadaver transplants in Karnataka.

The Sagar Group, which owns and



GOVERNMENT OF KARNATAKA

# HEALTH AND FAMILY WELFARE SERVICES



### HIGHLIGHTS OF THE HEALTH SECTOR:

Karnataka State has several milestones in rendering Health Care Services and has done pioneer work. Karnataka was the first state in the World to start Birth Control Clinics by Governmental organization during June 1930. Karnataka Government is providing specialized Health Services to the community apart from regular quality services.

Karnataka Government has started Telemedicine for providing specialist services to the needy, poor, rural and distant people in the inaccessible areas with the help of Indian Space Research Organization through Satellite, Cardiological, Neurological, Paediatric, Nephrological and Diabetic consultations are done by the specialists of Six Institutes which include Narayana Hrudayalaya, Jayadeva Institute of Technology, NIMHANS, St.Johns Institute of Medical Sciences, JSS Institute of Medical Sciences and Samarthan Institute of Diabetology. At present 29 hospitals have been planned to have this Telemedicine facility and it is under process. This facilitates to save time, money and avoids distant travelling. The entire State will be covered with this facility in a phased manner.

• Regional Diagnostic Laboratories with High Tech investigation facilities are being established at Mandya, Tumkur, Chitradurga, Hubli, Bagalkot, Bellary and Bidar Hospitals, specially to cater to the needs of Highway accident victims.

• World Bank sponsored Health, Nutrition and Population Project with an outlay of Rs.790 crores will be launched in Karnataka to provide Primary Health Care Services to the Poor and Rural Folk.

• For taking special care of Mental Health Patients, Mental Health Act was enacted in 1987. Mental Health Care Services are being provided at all District Health Hospitals where 10 beds are reserved for mentally ill patients.

• 94 Primary Health Centres which have no buildings of their own are being constructed under Rural Integrated Development Fund (NABARD) and they become functional by the year end.

• Karnataka is proud that it has averted 2.27 crores of births since inception of Family Welfare Programme.

• Peoples participation is our "Motto" in the delivery of quality services at the door step of the beneficiaries.

The present vital indicators of the State are as follows:

Indicators	Rate
Crude Birth Rate	22
Crude Death Rate	7.2
Infant Mortality Rate	55
Maternal Mortality Rate	195 (Per 1 lakh live births)
Couple Protection Rate	60.26%

Preconception and Prenatal Diagnostic Technique (Prohibition of Sex Selection) Act 1994 has been implemented in this State with right earnestness to prevent sex determination. There are different authorities to monitor the implementation of this act viz.,

1. State Advisory Board under the Chairmanship of Hon'ble Minister for Health
2. Multi member State Appropriate Authority
3. District Appropriate Authorities

Penalty up to Rs. 50,000 and imprisonment for a period of 3 years are there who violate this law for the first time. All centres have ultrasound scanning and Genetic Laboratories have to register with the District Appropriate Authorities. Non registration is an offense under this Law.

### Directorate of Health & Family Welfare Services

Government of Karnataka  
Ananda Rao Circle, Bangalore - 560 009





One of the "birthing suites" at Sagar Apollo hospital.

manages 30 hospitals across the country, is planning to build three more hospitals in Bangalore and open representative clinics in other parts of the country.

**T**HE M.S. Ramaiah Memorial Hospital (MSRMH) is a Rs.100-crore, multi-speciality, state-of-the-art, one-stop centre for all medical disorders. Total health care solutions from cardiology to urology are offered under one roof. The 5,00,000 square feet, 350-bed swanky new hospital will soon also be a postgraduate teaching and research cen-

tre. While the 750-bed M.S. Ramaiah Hospital built in 1985 continues to serve the underprivileged, MSRMH is meant for the patient who "doesn't mind paying a little extra for excellent medical facilities and an ambience that is akin to 5-star comfort". MSRMH is the brain-child of M.R. Jayaram, the chairman of the Gokula Education Foundation, which runs the hospital.

A bed in the general ward (six/eight beds in all) costs Rs.450 a day (all inclusive), a bed in the four-bed general ward costs Rs.675, a semi private room

(two beds) costs Rs.900, a private room Rs.1,350 and a deluxe room Rs.2,100. The hospital currently has an occupancy rate of over 80 per cent.

According to Dr. Naresh Shetty, medical director, MSRMH, the infrastructure at the hospital is of international standards and is capable of handling any kind of medical emergency, including disaster management. The hospital's 24-hour emergency, trauma and critical care wing, connected by wireless and hotline services, has state-of-the-art ventilatory and monitoring equipment, a comprehensive

pre-anaesthesia clinic, a pain clinic and palliative care services. The hospital is equipped with eight operating theatres, which, according to B.R. Prabhakara, chief executive, Gokula Education Foundation, are rated as among the best in the world by leading surgeons in the United States.

The hospital has over 200 full-time doctors available on call 24 hours a day, eight dialysis machines, a blood bank that also undertakes manual plasmapheresis procedures, a blood component separating centre (that offers packed red



The rooftop garden for the use of inpatients recovering from surgery at the M.S. Ramaiah Memorial Hospital.

# MS Ramaiah Memorial Hospital - total health care solutions

built with love and  
care to promote  
good health care.

#### Health care schemes :

The hospital offers a range of  
health care schemes "We offer

executive health check-ups, checkups  
for children, Women and routine health  
checkups", says Dr. Shetty. "We also do  
pre-employment checkups," he adds.

**Technology :** The imaging facilities are  
state of the art with the CR  
(Computerised Radiography  
machines), the KODAK- which ensures  
the entire networking of the process, is  
done. "The doctor treating a patient can  
sit in his ward and see images of the  
patient without coming to the x-ray  
department. This would ensure speedy  
diagnosis and treatment," says  
Dr.Shetty.

The SIEMENS EMOTION DUO CT  
SCANNER is capable of generating  
exquisite images of the body in high  
resolution. The department is also  
equipped with C-arm DSA unit for all in  
house procedure and also Ultrasound  
and Colour Doppler, which are the  
backbone of any imaging department.

Mammography, MRI and Nuclear  
Medicine is to commence shortly and  
this would make the department a one-  
stop shop for all kinds of imaging needs.

The Dialysis facilities are state of the art  
and consist of nine volumetric dialysis  
machines. There are separate machines  
for patients with HIV/ AIDS Schemes  
such as "Night Dialysis" are also being  
planned in the near future to ensure  
comfort to the patients.

**Lab facilities:** A tie-up with Metropolis  
group, which has labs in Pune, Cochin  
and Mumbai and other places has

helped the hospital to set up a unique  
lab. Any kind of investigation can be  
carried out here. "The range of  
investigations includes Pathology,  
Biochemistry, Haematology, Clinical  
Immunology, Virology and any kind of  
laboratory investigations

**Roof-top Garden :** This is for cardio  
vascular patients who have undergone  
surgery A roof-top garden has been  
constructed which has a lot of greenery  
and also steps and walking area for the  
patients to walk around and get  
accustomed to normal life after surgery.  
This is the first of its kind of a garden to  
offer patients a chance to recuperate  
whilst in the hospital.

**ICU :** A 100 bedded ICU comprising of  
cardiac, Neuro, Neonatal and general  
ICU will take care of critical patients. It  
has the latest and state of the art  
equipments. It will ensure the very best  
that the world can offer.

**Accident & Emergency Services:** Not  
just passive relievers but a proactive  
team This is the motto of the  
department. The department is set to  
change the emergency medicine  
scenario in the city. Triage area,  
resuscitation bay, ICU on wheels,  
trained paramedics for pre-  
hospitalisation are some of the  
innovative features.

This has been made a part of the  
hospital keeping in mind the increasing  
accidents that takes place in the  
highways around Bangalore city. The  
facilities provided under the trauma care  
include round the clock transport and  
also resuscitation units connected by  
wireless and hotline.

'All this would not have been possible,  
but for the vision of quality hospital care  
of our Chairman Mr. M.R Jayaram,  
Trustees & Chief Executive of the Health  
Sciences.

The people at MS Ramaiah Memorial  
Hospital believe in total healthcare  
solutions. With the aim of providing  
quality healthcare, the hospital has been  
established with the state of art facilities  
and a vision, which is all encompassing.

The new hospital is to cater to people  
who want total attention during  
treatment. The ambience and  
atmosphere in the hospital is truly  
outstanding and boasts of many  
facilities, which are unique to the  
hospital. It is unique to have all  
specialities under one roof- right from  
Cardiology to Urology and also critical  
care units. The hospital is attached to  
the reputed M.S Ramaiah Medical  
College and is an ISO 9002 accredited  
organisation. Specialists from all  
specialities are available for  
consultation. "The new Hospital is a  
brainchild of our Chairman  
M.R.Jayaram and has been set up to  
cater to the needs of not only the people  
of our state but the entire country" says  
Dr.Naresh Shetty, Medical Director, MS  
Ramaiah Memorial Hospital. "Ours is  
one of the best hospitals in the city and  
we have the infrastructure to deal with  
any kind of medical emergency all under  
one roof," he adds.

**Holistic treatment:** Speaking of the  
holistic treatment that is offered at MS  
Ramaiah Memorial Hospital, Dr.Naresh  
Shetty, says " Man cannot be divided  
into parts and we believe the human  
body must be treated keeping this in  
mind". " The fact that patients are  
shunted between departments because  
of the specialisations not being available  
is unfortunate. If a patient's Brain doesn't  
work, it ensures that the kidney, heart  
and other vital organs might not work.  
Hence the need for all specialities under  
one roof" he points out.

**Vision:** The vision of Mr.Jayaram and  
the trustees of GEF is to provide  
healthcare to all sections of society at  
reasonable rates. The hospital has been



**M S Ramaiah  
Memorial Hospital**

*Better health for a better world.*



The outpatient department at the Dr. B.R. Ambedkar Medical College and Hospital.

blood cells, platelets, cryoprecipitate, saline washed red cells and fresh frozen plasma), a diagnostic imaging and interventional radiology centre that offers multi slice CT scanning, computed radiology, ultra sonography and colour doppler, magnetic resonance imaging (MRI), mammography and a specialised referral testing laboratory that currently offers around 1,500 tests.

The departments in the hospital complement one another in offering services that are thorough and specialised. There are dedicated clinics for general cardiology, adult cardiology, paediatric cardiology, pacemaker and cardiac arrhythmia and hypertension. Among the cardio vascular interventions performed at the hospital are balloon angioplasty, stenting and valvuloplasty. Among the non-invasive procedures are electrocardiogram (ECG), stress ECG, transesophageal echo, vascular profiler, event recorder and ambulatory blood pressure monitoring. MSRMH offers surgeries such as coronary artery bypass graft, valve replacement, valve repair, re-do cardiac and arrhythmia.

In a bid to fasten the recuperation of patients who have undergone cardiac surgeries, the hospital has constructed an impressive roof-top garden – complete with steps and paths to walk on, greenery and cascading water. In-hospital cardiac care patients will be encouraged to spend time and walk in the roof garden, the first of its kind in India.

The hospital's Department of Gastroenterology offers emergency endoscopy around the clock, while the Department of Clinical Immunology has specialised clinics for arthritis, vasculitis

and connective tissue diseases and immuno-deficiencies. MSRMH also prides itself about its Centre for Nephro-Urology, which, besides dialysis, offers renal transplantation, paediatric nephrology and reconstructive urology, Neurosciences Centre (both neurology and neurosurgery) and its Cancer Institute. The Cancer Institute offers radiation, medical, surgical and gynaecological oncology.

The Karnataka government has on more than one occasion reserved a room in the 215-bed, multi- and super-speciality Mallya Hospital, managed by Chaparral Health Services Ltd, whenever the President or the Prime Minister visits Bangalore. For Commodore (retd.) Indru Wadhvani, president, Mallya Hospital, there can be no bigger recognition than this of the hospital's commitment to quality services. Says Wadhvani: "Our policy is to achieve continuous improvement in providing quality patient care using state-of-the-art technologies and rendering service with a human touch."

Opened in June 1991, Mallya Hospital is the first hospital in India to be awarded the ISO-9002 certification. In June 2003, it was upgraded to ISO 9001:2000. Says Wadhvani: "To make a good hospital which believes in quality patient care you need three elements. First, the best consultants, and we have them. The hospital has 170 consultants. Secondly, you need state-of-the-art equipment, which we have installed. And thirdly, committed and motivated employees who take care of patients all the time and with a smile. I think my 800 employees do that."

According to Wadhvani, Mallya Hospital has almost all major medical specialities – advanced oncology, neurology, orthopaedics, neurosurgery, ENT, nephrology, cardiology, dentistry, ophthalmology and so on. The hospital is equipped with state-of-the-art dialysis machines, a high-speed CT scanner, a C-arm, mammography and ultrasound machines, an Echo machine, an advanced catheterisation lab, intravascular ultrasound machine, a 1.5 Tesla Symphony high-energy MRI scanner, a modern intensive care cardiac unit (ICCU), an exclusive medical intensive care unit and seven operating theatres. The hospital recently added two operating theatres, which have stainless steel panelling, sophisticated lights and vertical laminar flow to ensure the highest standards of infection control. The hospital recently equipped its Renal Care Centre with advanced dialysis machines. The hospital's ICCU has also been expanded from eight to 14 beds.

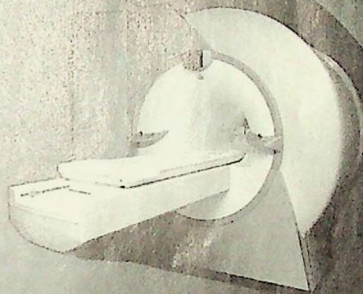
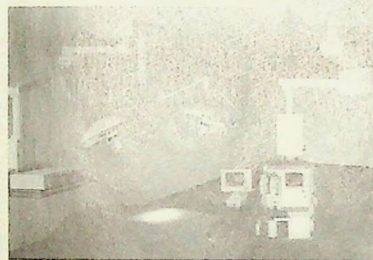
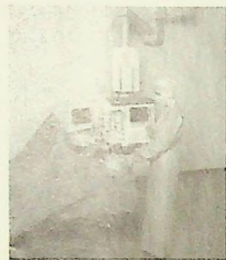
It has conducted several successful coronary bypass, open and closed heart, spinal, tumour, orthopaedic, plastic and craniotomy surgeries, double valve replacements and renal transplants. And though it is known to be a corporate hospital – given the large number of clients from that sector – Mallya Hospital, according to Wadhvani, has the largest number of general ward beds (38) for a hospital of its size. Says Wadhvani: "This is yet another indication of our commitment to the socio-economically weaker sections of society. We also conduct a number of free basic health camps. And our general ward package for a bypass surgery costs Rs.90,000."

In a bid to further improve its services, Mallya Hospital is acquiring an Innova 2000S Cathlab, an Infinia with Hawkeye gamma camera (for use in nuclear medicine and advanced imaging for cardiac checks) and a C-Arm Flexiview 8800 series (for use in radiology and orthopaedics). The hospital's blood bank is planning to expand its services by including blood component facilities.

It may not quite qualify as a super-speciality hospital, but the 421-bed Dr B.R. Ambedkar Medical College and Hospital offers a service that few in the private sector can match. Doctors in its outpatient departments see, free of charge, as many as 500 patients every day, most of whom are from below the poverty line families and slums. Most of these patients visit the hospital to get

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- Laparoscopic Surgery
- Master Health Check-up
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- Open Heart Surgery
- Pulmonary Function Test
- Renal Transplant

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- Pediatric Endocrinology
- Neuroendocrinology
- Bone and Mineral Metabolism
- Lipid-vascular Metabolism



## Mallya Hospital

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email : [info@mallyahospital.net](mailto:info@mallyahospital.net)

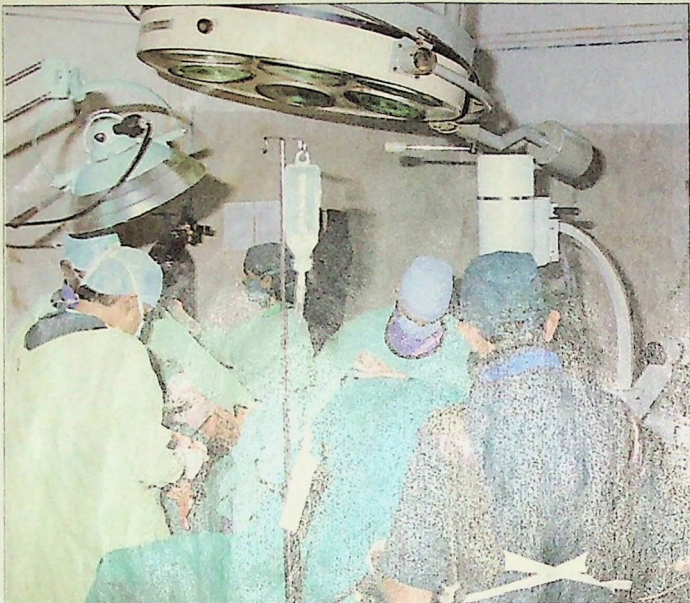


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BY SPECIAL ARRANGEMENT

A surgery in progress at the Ambedkar Medical College and Hospital.

## A boon for childless couples

RAVI SHARMA

A CLINIC that has earned a name for itself as one of India's best, fully integrated, specialised provider of infertility treatment and genetic services is the Bangalore Assisted Conception Centre (BACC). Established in 1989 with the aim of providing exclusive care for infertile couples, BACC is one of the best-equipped infertility clinics in the country. It offers state-of-the-art assisted reproductive techniques, both diagnostic and procedural, and also prenatal diagnosis and therapy. More than 18,000 infertile couples have so far been treated at BACC.

One of the first infertility clinics in India to be awarded the ISO 9001:2000 certification, BACC has successfully treated childless couples from across India, and of late those from abroad too. The escalating costs of medical treatment in the West and in West Asia force people from these regions to visit BACC, given its competitive charges and the expertise of its doctors. Among BACC's achievements are the birth of a baby through the

sperm intra-fallopian transfer (SIFT) technique for the first time in India and the birth of babies through ICSI and Laser Assisted Hatching techniques for the first time in South India.

According to BACC's medical director, Dr. Kamini A. Rao, the success rate for couples opting for in-vitro fertilisation (IVF) at her clinic is around 40 per cent. This could go up to 80 per cent once problems relating to implantation of the fertilised embryo in the uterus are solved.

Said Dr. Kamini Rao: "Stress hormones have an impact on the hypothalamus gland, which produces reproductive hormones. Sexual disorders are on the rise, especially in professions like information technology (IT) where deadlines and odd hours have turned many a couple's biological clock upside down. A study conducted by us showed that one in four of our patients was from the IT sector. Professionals who have to attend to frequent emergencies and irregular working hours - like airhostesses, lady doctors, and journalists - also encounter infertility problems." ■

treatment for respiratory infections, gastroenteritis and skin allergies, and for minor surgeries.

The teaching hospital has 318 doctors (including 43 professors). It offers services in all specialities ranging from general medicine and surgery, dermatology, orthopaedics and paediatrics to gynaecology. No fee is charged for most minor surgeries. Even for major surgeries, the costs are minimal: a laparoscopy costs Rs.1,250, orthoscopy Rs.1,000, a joint replacement surgery Rs.1,200, and endoscopy Rs.250. There are no charges for a tubectomy.

Says Dr G. Mohan, principal of the college: "We only charge for the drugs and anaesthesia. For an appendectomy, we charge Rs.250. In our maternity ward, we do not charge any delivery charges."

Adds Dr. S. Manmohan, the hospital's medical superintendent: "Even in our diagnostic laboratory we do not charge for biochemistry and micro-pathological tests. And we do around 300 investigations every day. Our X-ray charges are only Rs.60." The hospital has a full-fledged blood bank. It conducted a number of surveys on the incidence of hypertension, diabetes, cancer, and cataract. It hopes to start cardiac and neuroscience centres in the near future.

Praxair Healthcare Services, a division of the \$6 billion multinational company Praxair, has established itself in the health care circles. Fifty per cent of its business comprises production and supply of oxygen, nitrogen and carbon dioxide, calibrated gases, gas mixtures and nitrous oxide to leading hospitals. Other services are pipeline distribution and waste water treatment systems in hospitals. It recently opened an ozonated laundry system, which, according to Asit Gangopadhyay, senior vice-president and head of the division's On-Site Business Development, is being used by almost all the leading hospitals in Bangalore. It currently washes around 3,000 kg of linen every day. This is expected to go up to 7,000 kg a day by the end of the year.

Praxair Healthcare Services has opened its Home Respiratory Centres in Bangalore, Chennai and Mumbai. Patients with chronic obstructive pulmonary diseases like asthma can call the centre and get relief at their doorstep. It has also launched sleep therapy equipment for patients with obstructive sleep apnoea. ■

# Karnataka Health Systems Development Project- KHSDP

## HIGHLIGHTS:

- 204 hospitals have been upgraded under Karnataka health System Development Project.
- ISO-9002 certification has awarded to 6 Government hospitals.
- Under KfW-1, 26 hospitals have been upgraded in Gulbarga, Raichur, Bellary and Bidar Districts.
- Concept of user-charges has been introduced in district and Taluk hospitals.
- Yellow card schemes for SC/ST community for better healthcare.
- GIS software has been developed and training has been given to district surveillance officers.
- Privatisation of non-clinical services was introduced for the first time in the State.
- Waste Management Services have been implemented in project hospitals.
- 44 primary trauma care centers are being established to provide emergency care services to victims in case of accidents.



## KARNATAKA HEALTH SYSTEMS DEVELOPMENT PROJECT

Government of Karnataka

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Operative Endoscopy with the use of Laser

Cryopreservation : Semen Banking, Embryo Freezing

Fully equipped Biochemistry laboratory for complete Biochemical & Hormonal Profile

Fetal Therapy :

Intra Uterine Fetal Blood Transfusions & Amnioinfusion



- India's first Quality Certified Infertility Clinic (ISO 9001:2000)
- India's first SIFT baby
- South India's first ICSI baby & Assisted Hatching Baby
- World Class Success Rates

### CYTOGENETIC & MOLECULAR DIAGNOSTIC SERVICES

- Chromosomal Analysis from Chorion Villi, Amniotic Fluid & Fetal Chord Blood
- Maternal serum screening for detection of Down Syndrome Pregnancies Triple Marker Test
- Molecular Diagnosis of Duchenne Muscular Dystrophy, Beta Thalassemia & Sickle Cell Disease
- Chromosome micro-deletions in Male Factor Infertility.
- Recognized by the Rajiv Gandhi University for Ph.D. in Embryology
- Recognized for Fellowship Programme in Reproductive Medicine under the National Board of Examinations, New Delhi.

### INTERNATIONAL INSTITUTE FOR TRAINING & RESEARCH IN REPRODUCTIVE HEALTH :

A training centre designed with the intention of providing candidates with a thorough knowledge of the current state-of-the-art in the treatment of male and female infertility and reproductive genetics.

## A pioneer in mental health care

RAVI SHARMA

THE National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, a 150-year-old multi-disciplinary hospital dedicated to the cause of mental health and neurosciences, has been long recognised as the premier institute of its kind in India. Almost 80 per cent of all psychiatrists produced in the country are alumni of the institute. Over 1,00,000 students and trainees come to the institute every year.

institute has three basic functions: education, services and research. In the field of education, NIMHANS has 21 departments, including biophysics, clinical psychology, epidemiology, human genetics, neuro anaesthesia, neuro imaging and interventional radiology, neuropathology, neurosurgery, psychiatric and neurological rehabilitation, psychiatry to psychopharmacology. While all departments offer Ph.D programmes, some offer diplomas and specialised courses.

The institute's Library and Informa-

tion Centre subscribes to 315 national and international journals and its collection includes 35,000 books and 40,000 back volumes of journals, thesis, dissertations and research reports.

Nagaraja disclosed that the institute as part of its tele-education programmes regularly conducts three-day district-level interactive training sessions for doctors. With Karnataka facing an acute shortage of psychiatrists (currently there are only 13 psychiatrists in the entire State), the institute has stepped in and started three-month short-term training programmes as a short-term measure. It has not only provided the concept and module for the Government of India's District Mental Health Project, but is also actively monitoring it.

The institute's activities are not restricted to education. Its 912-bed state-of-the-art hospital complete with 300 staff (a majority of them are doctors) and six operating theatres is equipped to tackle any sort of medical emergency pertaining to the head. Over 4,00,000 patients, including 1,000 outpatients every day, are treated at NIMHANS every year. On an average, NIMHANS treats around 80 casualties every day. Over half of all the patients who visit the institute get free treatment, while others remaining pay rates that are a pittance when compared to what private hospitals charge. For example, bed charges are Rs.6 a day. The hospital is also equipped with a referral laboratory and its neuromuscular laboratory is one of the best in India.

The institute also conducts numerous camps to educate the people on mental health. Srid Nagaraja: "Today we have to inculcate healthy habits and lifestyle changes taking a non-pharmacological approach to improve stress tolerance." With this in mind, NIMHANS has adopted four districts in Karnataka to train government teachers in detecting and counselling children with abnormalities. The programme's success has prompted Gujarat to adopt a similar one, with the institute as the technical consultant.

NIMHANS was the first to open a mental rehabilitation centre. It has successfully undertaken research on head injuries, epilepsy, suicides, paralytic strokes in the young, venous thrombosis and neurological complications of those who are HIV positive. The institute has also studied infections of the nervous system, neuro AIDS and viral encephalitis, pathology of developmental disorders, neuro oncology, the genetics of neuro mental disorders, and autism. It is in the process of introducing commercial test kits for rabies, virology, Japanese encephalitis and HIV. In the area of alternative therapies, NIMHANS has a programme to study yoga and meditation as treatment methods.

The institute has set up a brain bank with special reference to pathological states. This national facility intends to promote research in neurobiology using human neuron tissues. The brain tissues collected within 4 to 24 hours after the death of a patient, with informed consent of his/her relatives, are frozen for biochemical, immuno-histochemical and molecular biological studies. A large number of formalin-fixed brain tissues of those who had neurological, neurosurgical and psychiatric disorders are currently available for study. ■



Declared a deemed university in November 1994, NIMHANS has been instrumental in developing advanced programmes pertaining to biological, behavioural and basic sciences in relation to the brain-mind-behaviour axis in the area of academics, research and health care. The World Health Organisation (WHO) has recognised the institute as a referral centre for head injuries, rabies and mental illnesses. All programmes of the WHO in the region are done through the institute.

The institute is funded by both the Union government and the Government of Karnataka. It also receives grants from agencies such as the Indian Council of Medical Research, the Department of Science and Technology, the Council for Scientific and Industrial Research, the University Grants Commission, the WHO and the United Nations International Children's Fund (UNICEF).

According to Dr. D. Nagaraja, Director/Vice-Chancellor of NIMHANS, the



# Dr. B.R. AMBEDKAR MEDICAL COLLEGE

Kadugondanahalli, Bangalore-560 045. Phone: 25476498, 25471784. E-mail: drbramc@yahoo.co.in



Dr. B.R. Ambedkar Medical College was established by Ananda Social & Educational Trust in 1981 with the sole aim of providing best Medical Education to aspiring students & to serve the state & society at large. The sprawling 25 acre campus is located at Kadugondanahalli near Kavalbyrasandra in Bangalore City. The College is affiliated to Rajiv Gandhi University of Health Sciences, Karnataka & recognized by the Medical Council of India.

### Courses offered:

- M.B.B.S - 100 Admissions / Year
- Post Graduate / Diploma courses in various Medical specialties.
- Paramedical courses Physiotherapy (BPT), BSc Medical Laboratory Technology, BSc Radiography.
- General Nursing.

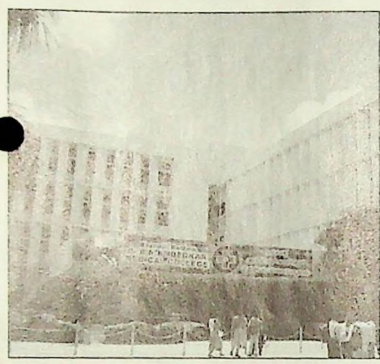
### Hospital:

The college has a well equipped 450 bedded hospital in the campus to train Medical students. The hospital provides totally free health services to the public including lunch & dinner for inpatients.

### Facilities Available:

- General Medicine • Paediatrics including Paediatric surgery • TB & Chest Diseases
- Dermatology • Psychiatry • General Surgery & Oncology • Orthopaedics • ENT
- Ophthalmology • OBG • Urology
- ICU • Special Medical & Surgical ICU clinics in all specialties • Radiology
- Central Laboratory • Blood Bank
- Pulmonary function tests laboratory
- Dentistry • Physiotherapy
- Speech therapy & Audiometry
- Pharmacy • 24 hours casualty services
- RNTCP unit for treatment of TB patients
- AIDS counseling • Postmortem services
- 24 hours Ambulance services

The college building is well planned, architecturally designed, spacious, elegant with necessary infrastructure for a Medical College. The teaching faculty is excellent, dedicated & committed for all round development of students. The students who have passed out from the college are placed in excellent positions both in India & abroad. Many alumni of the college after specialization now serve on the faculty of the institution.



## R.L. JALAPPA HOSPITAL & RESEARCH CENTRE

SRI DEVARAJ URS MEDICAL COLLEGE, TAMAKA, KOLAR-563 101



The R.L. Jalappa Hospital is situated 6 Kms. from Kolar, about 25 Kms. from Mulbagal in NH4. The hospital is situated in an area of 6 acres of land surrounded by greeneries.

It gives a healthy look to the suffering needy people. Just in front of the hospital, there is a 'GANESHA TEMPLE' where patients and attenders pray for speedy recovery.

Hospital is well maintained with lot of importance given to cleanliness in and outside the hospital.

### The following medical facilities are available:

1. The Hospital works for our patients all the days in the year, including Sundays and general holidays. (timings will be from 9 a.m. to 1 p.m. on holidays).
2. The Hospital consists of 510 beds at present and is likely to be expanded.
3. Hospital is well equipped with modern, sophisticated equipments with modern electric laundry & central sterilization department.
4. 20% discount for Green Card Holders, for all the facilities available in the hospital, except C.T. Scan & ICU
5. Normal deliveries are treated on charity basis.
6. Family planning programmes & Immunization services are done free of cost.
7. The hospital is providing free food to the patients (One breakfast, 2 meals)

8. Free consultation for outpatients in all the specialties, except super specialties services.
9. Special ward facilities with single room accommodation at reasonable rates.

### 24 Hours Service

- Causality & Emergency Service • Blood Bank
- Pharmacy • Ambulance • C.T. Scan • X-ray

### Specialty Services

The following specialist services are available with qualified & dedicated doctors in the respective departments

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### Super Specialities

- Urology • Paediatric Surgery • Cardiology
- Neurology • Gastroenterology & Laparoscopic Surgery • Cancer Surgery

### Radiology

Department well equipped with  
• Routine X-ray • X-ray with I.I.T.V. • Ultra Sound Colour Doppler • 4. C.T. Scan

### Cardiology

With Echo & Tread Mill on daily basis and appointment basis.

### I.C.U./C.C.U.

10 Bedded ICU equipped with • Cardiac Monitors • Ventilators • Defibrillator

### N.I.C.U.

New Born intensive Care Unit well equipped with Incubators, Photo Therapy, Monitors, Paediatric Ventilators.

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### Physiotherapy

We have well equipped Physiotherapy department with following facilities along with routine physiotherapy procedures.

- Electro therapy • Exercise therapy accessories
- Cerebral Palsy Clinics • Spinal Cord & Stroke Rehabilitation • Treadmill

### Mortuary with cold storage facilities

Available in the hospital. And routine Postmortems are done for medico-legal cases.





# Combating AIDS

The State is planning a series of programmes to tackle the AIDS menace, which is spreading at an alarming rate.

RAVI SHARMA

KARNATAKA is one of the six States with a high incidence of the acquired immune deficiency syndrome (AIDS) – the others being Tamil Nadu, Maharashtra, Andhra Pradesh, Manipur and Nagaland. The number of human immunodeficiency virus (HIV)-infected cases has shown a steady increase in the past 10 years. The Sentinel Surveillance round of 2002 identified the districts of Gulbarga, Bijapur, Rachur, Bagalkot, Koppal, Bellary, Belgaum, Dharwad, Davangere, Shimoga, Udupi, Dabshin Kannada, Kodagu, Mysore and Bangalore Urban as areas with a high incidence of HIV cases. It is clear that the epidemic is distributed somewhat evenly throughout the State. The data indicate that the prevalence of HIV exceeds 1 per cent among ante-natal patients in central, southern as well as northern Karnataka.

Studies have shown that the number of HIV-infected women has also gone up, with 1 to 6 per cent of those attending ante-natal clinics (ANCs) showing signs of infection. ANC studies are an indication of HIV prevalence in the 'general population' since most of the women attending them report sexual contact with a single partner – their husbands. The rate of infection among

those attending clinics treating sexually transmitted diseases, or STD, is also increasing. According to Vandana Gurnani, Project Director, Karnataka State AIDS Prevention Society (KSAPS), which was established in 1999 to implement the National AIDS Control Programme (NACP), the rough estimate of infected cases up to June 2004 in the State is as follows: 221 AIDS deaths, 2,024 AIDS cases, 31,485 diagnosed HIV cases and 5,00,000 estimated HIV cases (the last piece of statistics being calculated by assuming a prevalence of 1.46 per cent in the adult population). A prevalence rate in excess of 1 per cent among the adult population and over 5 per cent among STD patients is regarded as high.

Given the state of affairs, the KSAPS has cautioned all sections of society to adopt safer sex practices; to identify and treat cases of STD and reproductive tract infections (RTIs); to provide care and support services for people with HIV infection so as to improve the quality of their lives and to also prevent transmission; and to identify and treat pregnant women with drugs like Nevirapine, which can control parent-to-child transmission of the disease.

AIDS prevention and control measures were initiated in the State way back in 1987 under the technical guidance of the Indian Council of Medical Research. An AIDS Surveillance Centre was established in the Department of Microbiology, Victoria Hospital, Bangalore. An AIDS cell was es-



Schoolchildren stage a skit on AIDS awareness, in Bangalore on World Aids Day, December 1, 2003.

tablished in 1992 with the financial assistance and technical cooperation of the National AIDS Control Organisation (NACO), as part of the World Bank-assisted Phase I of the NACP from 1992 to 1998.

Phase II of NACP, which was officially launched by NACO in December 1999, is supported by the World Bank for a period of five years (1999-2004). While the broad objectives of Phase II in Karnataka are to reduce the spread of HIV infection in the State and to strengthen its capacity to respond to HIV/AIDS on a long-term basis, the specific objectives are to keep the HIV prevalence rate below 3 per cent in the adult population, to reduce blood-borne transmission of HIV to less than 1 per cent, to

attain an awareness level of not less than 90 per cent among the youth and others in the reproductive age group and to ensure that not less than 90 per cent among the high-risk behaviour groups use condoms.

According to Gurnani, the components of the project, which costs Rs.17 crores a year, will include intervening among high-risk groups and the general population with the help of non-governmental organisations (NGOs); providing high-quality, low-cost care and support to people living with HIV/AIDS, ensuring inter-sectoral collaborations between the government and the private sector; and training 12,000 teachers from 4,000 high schools as part of the School AIDS Education Programme.

Among the other projects currently being implemented to tackle AIDS in Karnataka are the India-Canada Collaborative HIV/AIDS Project, which is contributing Rs.4 crores a year, the United Nations-supported AIDS education and awareness programme in schools (Rs.2.5 crores a year) and the Bill and Melinda Gates Foundation's India AIDS initiative aimed at the high-risk population with special emphasis on treating sexually transmitted infections (\$17 million a year). The Karnataka government has pledged Rs.3 crores for services such as more counselling centres and support and care facilities for AIDS patients.

According to Gurnani, the State government has promised to allocate to AIDS patients around 20 beds in tuberculosis and leprosy homes around the State, which are underutilised. But she cautions that they should not become dumping grounds: "NGOs will have to counsel families of AIDS patients that they have to be taken care of at home."

The KSAPS has also scaled up its target interventions (TIs) in the high-risk population from 12 in 2000 to 30 in 2004. The area of coverage, based on the Sentinel Surveillance data, has been extended to northern Karnataka. Gurnani hopes that with the help of the Bill and Melinda Gates Foundation's funding, TIs will cover all the 27 districts in the State. Explained Gurnani: "Mapping will allow us to locate high-risk groups and identify the kind of activities that is facilitating the epidemic, whether it is heterosexual or homosexual behaviour, shared intravenous needles and so on. This

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## NATIONAL INSTITUTE OF MENTAL HEALTH & NEUROSCIENCES

BANGALORE 560 029 (DEEMED UNIVERSITY)

National Institute of Mental Health and Neuro Sciences (NIMHANS) is an apex tertiary care referral center for Psychiatry, Neurology and Neurosurgery and allied disciplines and a premier research and training Institute in the area of mental health and neurosciences and has gained international repute as a center of excellence.

**SERVICES:** There are over 900 beds (75% general, 25% paying beds) for patients with psychiatric, neurological and neurosurgical disorders. NIMHANS is a National Surveillance Centre for HIV/AIDS in India. More than 3,75,000 patients are treated annually.

**Patient Facilities:** De-Addiction Centre, Advanced Centre for Ayurveda, Critical Care unit, Stroke Unit, Child Psychiatry Centre, Head Injury Unit, Blood Bank, Brain Bank, Medical/Surgical Emergency Wards, Infection Ward, Satellite Clinics, Sprial CT, MRI, Digital Subtraction Angiography, Biplane Angiography.

**Laboratory Services:** Laboratories for Biochemistry, Clinical Pathology (including Transfusion Medicine Centre), Neurovirology, Neuropathology (including Electron Microscope) and Neuromicrobiology provide facilities for service, training and research and function round the clock.

**Special Clinics:** (i) De-Addiction (ii) Obsessive Compulsive Disorder (iii) Geriatrics (iv) HIV/AIDS (v) Neuromuscular problems (vi) Refractory Epilepsy (vii) Behavioural Neurology (viii) Movement Disorder (ix) Post-trauma (x) Spina bifida (xi) Endocrinology (xii) Neuro ophthalmology, in addition to consultation by renowned consultants in the fields of Medicine, Surgery and Pediatric Surgery.

**MANPOWER DEVELOPMENT:** The Institute has 21 departments providing clinical, investigative, therapeutic and rehabilitative care to patients for training post doctoral, doctoral, postgraduate and diploma students.

**Research:** The Institute has collaborative research with several national and international agencies.

**Address :** Dr. D. Nagaraja, Director, NIMHANS, P.B.No. 2900, Bangalore - 560 029

E-mail: dnn@nimhans.kar.nic.in, Website: <http://www.nimhans.kar.nic.in>

Tel (office): 26995001/2; 26565822, 26561811, Fax : 91-80-6564830/6562121



will help us plan our programmes."

KSAPS is also actively involved in the free distribution of condoms through reproductive and child health programmes and NGOs implementing TIs. Condoms are also to be socially marketed at subsidised prices through non-traditional outlets like fair-price shops, pan shops as well as vending machines. Social marketing organisations are being asked to ensure that all big villages have an outlet for condom sales and also that condoms are made easily available at spots associated with high-risk groups.

In a bid to sensitise the community at large about the AIDS epidemic, KSAPS has launched interactive phone-in programmes and the Information, Education and Communication (IEC) programme using the radio and folk media. It has trained over 9,000 health workers; and initiated programmes for zilla, taluk and gram panchayat members through the satellite network. College students and anganwadi workers are also being targeted for sensitisation programmes. The Society has opened 78 Voluntary Testing and Counselling Centres. These offer information, pre- and post-test counselling, and testing (which is done using three antigens). The results are not divulged immediately lest the infected person should go into a depression.

KSAPS has started the anti-retroviral treatment (ART) programme at Bangalore to counsel AIDS patients to take their daily dose of life-saving drugs. There are currently 99 persons on ART.

Said Gurnani: "We have put in place systems. Massive awareness programmes to reach out to the rural population have also been initiated. We will continue to leverage all funding sources to expand further services to reach the remote rural population and to implement highly visible and sustained IEC programmes." ■

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## NATURE CURE HOSPITAL

(Run by Karnataka Prakruthi Chikitsa Prachar Trust)

No. 1537/1, 9th Main Road, 3rd Block, Jayanagar, Bangalore-560 011.  
Phone: 26631945

Karnataka Prakruthi Chikitsa Prachar trust is running a Nature Cure Hospital at Jayanagar for more than 36 years at the above address.

Experienced Gents and lady Doctors are available for consultations.

Longstanding chronic and inveterate diseases are treated. People suffering from Diabetes, High blood pressure Rheumatism, Chronic-Headaches, Asthma, Gastritis, Malaria Dyspepsia, Obesity, typhoid, Influenza, Jaundice, Indigestion etc. diseases are treated.

The above diseases linked with any kind of skin diseases, Heart diseases, TB, Cancer & Paralysis will not be treated.

Of late, many useful equipments are purchased and well equipped rooms are constructed to meet the demand. Doctor P.V. Narayana Reddy, the Chief Medical Officer, has been awarded a Gold Medal (Patanjali award) by our State Government in recognition of his meritorious services.



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