



Kshema Samachara

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Coming up in February 4

Editor's Note

It is a pleasure to be initiating “**Kshema Samachara**” – a monthly newsletter focusing on the activities of Yogakshema Rehabilitation and Wellness Center. As the New Year rolled over carrying along disturbing socio-economic situations the world over, it is even more imperative to remind ourselves of the ideology that our organization has stood for – *Pain is inevitable, Suffering is optional*. These are times when various factors are inflicting pain on a common man – economically & socially, that manifests on the increasing cases of stress and related issues that have phenomenally increased in numbers. It is during these times that we need to remind ourselves of the fact that we are still in control of how we react to this turmoil and can bring something positive out of a situation no matter how worse it may seem at the offset.

Yogakshema has set forth on the New Year with renewed grit and determination to render its services to the needy. The focus this year shall be on innovative workshops, health awareness camps and most importantly in making the organization self-sustaining economically. The activities planned shall coalesce to these objectives.

January has started off with a plethora of events that shall be covered as you read along. Significantly, we had Dr. Meena S Murthy, a noted Endocrinologist from USA visiting us. Yogakshema organized 3 significant workshops – On Diabetes and Dysmetabolic Syndrome, organized in collaboration with Dignity Foundation, Bangalore; there was a unique “Open House” which was held with people providing Health care from various levels right from private practitioners, physicians, to community service providers and representatives of hospitals and finally a workshop on women health issues.

This newsletter aims to provide our patrons, well wishers, and volunteers a comprehensive outlook on the month that was, and the month that will be! Suggestions and comments are always welcome and shall be shared across. We look forward for your continued support and encouragement.

-Praveen Shivashankar

“One’s Happiness Depends on the Happiness of Others....”

Yogakshema organized forum on 25th January, 2009 to address women health concerns. The inaugural address for the forum was given by Smt. SriLatha Iyer. She is a noted philanthropist, social worker and the grand daughter of Dr. S Radhakrishnan, the second President of Independent India.

She emphasized on the deep connection between the body, the mind and soul. She said, “a positive frame of mind is

the way to keep the connection intact. Take a few moments everyday to get in touch with yourself. When you make time for yourself, it helps maintaining a balance. Enjoy the work that you are doing. It shows part of one’s happiness comes from being committed to the happiness on every one around you. Purify the mind and free it from suffering and deep rooted causes of suffering. This practice leads step by

step to the highest spiritual goal of full liberation from all mental degradation.” She urged the audience to *sense a miracle every day*.

Following this, Dr. Meena Murthy spoke about “Polycystic Ovarian Syndrome” in women. It is a common disorder that affects puberty, fertility and menopause in women. This was followed by a Q&A session with the audience.

Doctors & Rehabilitation Centers Must Co-Exist



Delegates at the Open House for Doctors.

In a bid to bring the health-care providers of Bangalore in collaboration with Yogakshema Rehabilitation & Wellness Center, to provide a holistic and comprehensive healthcare service to the patients, an Open House was organized on 25th January. The Open House was held at the activity center of Yogakshema, in Banashankari 2nd Stage. Representatives of leading health care institutions, private practitioners, social workers, and invited friends & volunteers of Yogakshema were present during the Open House. Dr. Meena Murthy was also present and spoke on the occasion. The need

for a collaboration between the health care providers and centers such as Yogakshema that offer complementary healthcare services was emphasized on this occasion. The doctors or hospitals cannot always meet the physical, emotional and spiritual needs of the patients. Equally importantly, educating the patients and their family members about the illnesses and continued medical treatment is not possible for the doctors. The role of institutions such as Yogakshema was emphasized to fill in this lacuna. Attention was drawn to the fact that our organization has always emphasized on the

importance of continued medical treatment and is keen to work along with the doctors to improve the Quality of Life of the patients.

The doctors were positively receptive and expressed interest in collaborative activities to provide a comprehensive healthcare service. A discussion on the challenges faced by the medical community and ways and means of addressing them was also held on this occasion.

The discussion was followed by lunch and personal interaction of the organization representatives with the invited guests.

A similar luncheon was also arranged for close friends and family earlier.



Seminar On Diabetes

Seminar on Diabetes & Dysmetabolic Syndrome

Yogakshema organized a seminar on Diabetes in collaboration with Dignity Foundation. This event was held in the premises of Dignity Foundation in Jayanagar, on 24th January. Dr. Meena Murthy, noted endocrinologist addressed the gathering of over 70 participants. By quoting real life examples she helped the audience understand the role of Insulin in human body, and the repercussions on health that can be caused by an imbalance in the amount of insulin present in human body. Bringing down the fat present in the muscles and liver is one of the important techniques to curtail diabetes. While the occurrence

of diabetes is hereditary, there are other causal factors too which when prevented in a timely fashion, would stop diabetes from inflicting an individual. Diabetes could lead to other chronic illnesses such as high Blood Pressure, High Cholesterol, Joint problems, Kidney stones and even Stroke.

Excessive carbohydrates that are not taken care of, become toxic leading to vascular problems that cause interference with the circulation in the body leading to Stroke. Hence regular medical care and rehabilitation for a Diabetic is extremely important. She also spoke about the importance of diet, exer-

cises and balanced food intake for preventing and controlling diabetes; factors such as Glycemic Load and Glycemic Index, the importance of Yoga to maintain the mind-body connection; sugar content in various foods and their effects, etc.

The seminar was followed by Q & A session with the audience. Dr. Nagaraj Shetty was the Chief Guest on this occasion.

“Affordability of Medical Care, a Prime Concern” - Dr. Meena Murthy



Yogakshema caught up Dr. Meena Murthy on her way to visit Swami Vivekananda Memorial Hospital, in Saragur, Mysore. Presented below, are some excerpts from her interview.

How is your visit to India going on so far?

It has been going on good. Great! Infact. I've been busy and am enjoying it.

Could you please tell us something about the service project that you run in your village?

Well, frankly it was a project started by my Mother. She passed away last year. She had retired from her housework and devoted her time to social service. She used to visit our native village and indulged in service activities of varied nature. She used to inspire and motivate doctors to conduct various health related camps, free screenings, etc. She had also undertaken vocational training for the women in the village, and also set up an anganwadi. Hence whenever I used to visit the village, I would obviously be a part of the whole event. Being an endocrinologist, I was frequently asked to conduct educational workshops on diabetes, conduct free consultations at individual as well as community level. Since her passing, I want to continue the service that she had started. I am here in India after a year of her passing to reminiscence on her memories and carry on the service.

You have had an extensive career behind you that involves exposure to the health system in our country as well as the Western Nations. What do you think is the challenges faced by the present health care system in India as compared to that of US?

The challenges are more or less the same in any Nation. Specific to India, I would say that the basic hindrance here is poverty and lack of Education. For any community the basic needs – food, shelter and clothing is always the primary requirement. Once this is satisfied, comes the role of healthcare maintenance, which is secondary in nature. Currently in India, we find a wide disparity in the socio-economic status of the people. While on one hand we find persons capable of flying abroad for treatments, we have on the other, people who lack even the basic civic amenities. Though this condition is prevalent in Western Nations too, the spread of the same is very limited as compared to here in India. So I would say the affordability for the people to the basic health system is lacking. Also education! With the educated individuals too we have several challenges – primarily being their myths and beliefs that are developed over a period of time. People here usually “shop around” for doctors, which makes it very difficult for a doctor to establish an on going trust and care with the patients. People here seek too many advices which more often than not hamper the course of medical treatment. While this is the case with the educated ones, you can imagine the problem one faces with the uneducated or even unaware individuals who do not have any inkling about the illness or disease that they suffer from. We need to bring to their door step both the education and also the primary health care systems.

Could you please tell us something of your experience being with Yogakshema the past couple of days?

Yogakshema is a great service idea and model. There is always need for what we call “physician extenders”. Taking care of chronically ill patients and also their care partners is a time sensitive issue, which for obvious reasons a physician cannot do completely. It is here that the role of organizations such as Yogakshema comes into importance. It is a great resource for both the patients and the doctors alike. My intent of spending time with Yogakshema was to help people understand the need for organizations as this. I believe that we got a good response.

The meet about diabetes that was held in Dignity Foundation drew a good number of people. They in fact didn't want the meeting to end soon. I myself loved meeting all the volunteers of Yogakshema. They were not only of varied age groups, but it was really heartening to see many young professionals devoting their time for service. The quality of people who had assembled and the ones working for the organization was very impressive.

We also met with a group of medical service providers from various levels – right from individual physicians to representatives of hospitals. Everyone seemed interested in utilizing the services of Yogakshema. The conversations were very varied. We discussed problems that were as spread out as from prescription management problems to utilization of Yogakshema services for improving the wellness of the patients and their care partners.

On Sunday evening, we also met with a small group of women to discuss women health issues. A lot of questions were exchanged which were suitably answered. The conversations were rather stimulating. I really appreciate the efforts put forth by Usha, in such a short duration of time in arranging for all these events.

How do you feel that the services that are currently being offered by Yogakshema can be made to reach out to the masses even more? Do you have any suggestions to improve the efficiency of Yogakshema and further its reach into the needy community?

It is extremely important that Yogakshema needs to expand in many different ways to involve different health concepts. We are

“Yogakshema is a great resource for both patients and doctors alike”

still in the mode of brainstorming the ideas. Its like arranging all the pieces of a jigsaw puzzle to eventually make a whole picture. Right now, I would like to add that there is a need to brand the concept of Yogakshema and it must be customized to suit the different requirements of the patients.

The organization must also need to focus on “Training the Trainers” to develop more champions who can take forward the work started by Usha. The Format needs to be standardized and the base of volunteers should be further enlarged by recruiting in more numbers. The volunteers must be trained to bring in needy people who can avail the benefits of the services being offered here. They must also be trained in aspects of health. They must become experts in that form of health care and be able to independently provide the services and thus expand the reach of the organization. This obviously needs dedication and commitment from the volunteers. Hence the organization must also focus on the growth, nurturing the training of its volunteer base. No idea should be limited and constrained. Knowledge is free, and must be shared across everyone. One cannot worry about copy cats. We need to focus on our work and rendering our services in the best possible manner.

It is really inspiring to hear your ideas and thoughts for our organization. Looking at your extensive profile, it baffles me to think of where from you have these tremendous reserves of energy! Please share with us your secret! What are your interests that you would indulge in when not working?

(Laughs) I do not have any special interests to indulge in. My interest is my Family. I have a huge family and a huge circle of friends who extend my family even more! So any time if you were to visit my house, you'll always find it teeming with visitors and well wishers. I love cooking! We all congregate in the kitchen and spend time! I believe in whatever I do, and doing that is a lot of fun! So I really don't get exhausted. I think that energy is not something that you give – when one says that I don't have energy to do something! It really doesn't work that way, if you ask me. We do things to get energized. We take energy! That is why, whenever we do something we like, be it walking, drawing, listening to music, or indulging in service, we all feel energized! So the key is to really love whatever you are doing, and do it happily! By God's grace, there have been many who have motivated us and continue to do so. We can only hope that their actions and inspirations will echo, and generate more echoes eventually. There is nothing extra-ordinary in what I am doing when compared to the way several of them have given up their lives and pleasures to do service to humanity. I believe that we live and we have to do something meaningful to add value to the life that has been given for us. These are just the basic things any individual must do.

VOLUNTEER PROFILE:

Name: Divya B.K

Divya, daughter of Sri 'Yoga' Krishnamurthi has been with Yogakshema for more than a year now. She is currently the Co-Chair of the Development Committee of Yogakshema for India. Divya also coordinates the recreational activities conducted at Sandhya Deepa.

An extremely talented, soft-spoken personality, she is very friendly in nature. Her hard work and determination has contributed in making several of our ventures a grand success. Music, Art & Literature keep her occupied in her free time, while she also lends a helping hand in the yoga camps conducted by her father.

She currently works for FirstAm.



COMING UP IN FEB:

1. **Nutrition Program** - part of the Wellness project of Yogakshema. This program educates people about preparing heart healthy breakfast in a few minutes!
2. **Stress Management** - A Unique workshop that gives a physiological insight into the aspects of Stress and how to deal with it. This workshop is currently being organized for working professionals only.
3. **Open House for patients & Caregivers** - An Open House is being organized for the benefit of the patients suffering from chronic illnesses and their caregivers. It aims to educate them about the need for rehabilitation, and share information about the activities of Yogakshema.

Participants interested to know more about these programs may please contact the center by emailing us at yogakshema.india@gmail.com or can call to +91 9980993850/ +91 9945563867.

For feedbacks, suggestions and more details E-mail: yogakshema.india@gmail.com

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