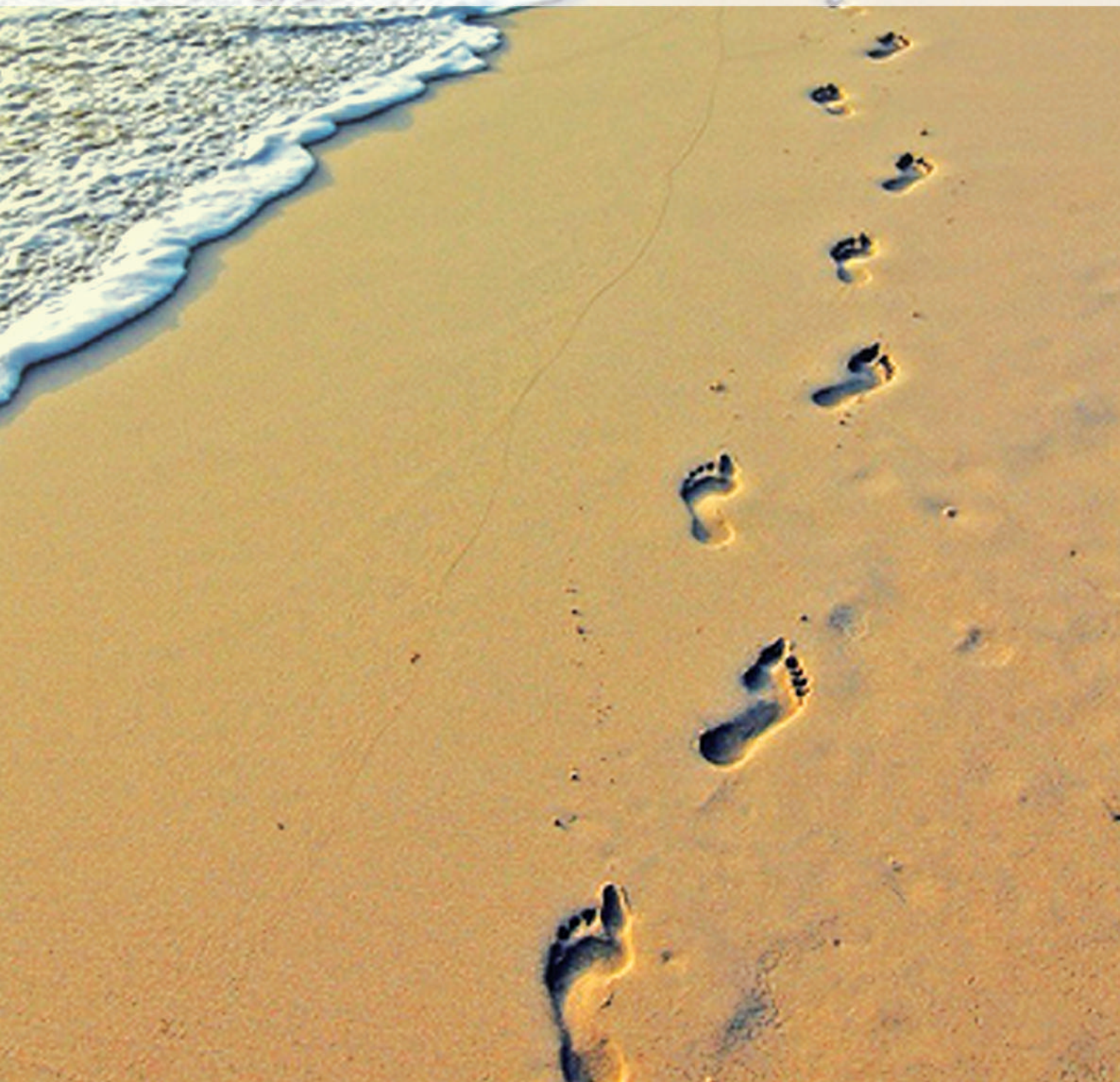


Issue : 2
Jan 2020

IHR **waves**

Enter into the ocean of remarkable experience...



Editor's note...

Dear Readers

"Since this is the first issue of the New year, let me begin by wishing you all a very Happy and fulfilling 2020.

At IHR, it's all about the vibrancy around.....amidst a great learning ground! Standing true to this tradition, we have found a new name for our newsletter. I hope "Waves" stand for all the positivity, hope and dynamism in your lives as much as you experience it everyday at IHR. Honoring some of your opinions and choices, we have added some new exciting sections in this issue and I sincerely hope you have a great time reading it as much as we had creating it.....just for you!!! I look forward to your suggestions and feedback."



Dr. Sayantani Bhattacharjee
 Medical Superintendent
 Editor



Hello Everyone,

"To me, the IHR Newsletter is like a new member in the IHR family. Keeping up with the traditions of this organization, I extend a warm welcome to it. This is a great opportunity for everyone here to showcase their talents. As a co-editor, it gives me immense pleasure and satisfaction to witness its inception and I hope with each month, this newsletter grows. I would like to reach out to all my fellow colleagues at IHR, inviting them to be an integral and active part of this. Let's give it our best and make it a grand success."

Ms. Ankita Deka
 Floor Manager
 Co-Editor



Think Deep

“

*Coming together is a
Begining,
Keeping together is
Progress,
Working together is
Success.*

”





The Wave Makers





Whatz New @ IHR??


IHR
EVENING OPD now at
Institute of Human Reproduction
Bharalumukh, Guwahati

Dr. Saurav Maheshwari.MD
Infertility Specialist
Timing: MONDAY to SATURDAY
5 pm - 8 pm

IHR
is proud to be
associated with
BIOFIT GYM

DON'T LET YOUR WEIGHT
MAKE YOU **WAIT** IN LIFE!



AT YOUR SERVICE ALWAYS!

INTRODUCING
SUNDAY OPD
at **IHR**



Dr. Saurav Maheshwari.MD
Infertility Specialist
Timing: 10am - 2pm

IHR
is proud to
be associated with
cordlife



cordlife
one chance, one choice.

PRESERVING STEM CELLS
PRESERVING LIFE



SCHOOL CHALE HUM



Seminar on
OVUM PICK UP

Dr. Renee Pradhan.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 3rd Dec 2019, Time- 9.30 am Venue: IHR Auditorium



Seminar on
"GENITAL TUBERCULOSIS"

Dr. Ketan Parmar.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 10th Dec 2019, Time-9:30 am Venue: IHR Auditorium



Seminar on
"DIAGNOSIS OF PCOS"

Dr. Anannya Chakraborty.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 31st Dec 2019, Time-9:30 am Venue: IHR Auditorium



Seminar on
ASYNCHRONOUS FOLLICULAR GROWTH

Dr. Renee Pradhan.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 7th Jan 2020, Time- 9.30 am Venue: IHR Auditorium



Seminar on
HEPATITIS B & INFERTILITY

Dr. Rupali Tambe.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 14th Jan 2020, Time- 9.30 am Venue: IHR Auditorium



Seminar on
"HAEMOGLOBINOPATHIES"

Dr. Anannya Chakraborty.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 21st Jan 2020, Time-9:30 am Venue: IHR Auditorium



Seminar on
"OXIDATIVE STRESS AND ROLE OF ANTIOXIDANT IN INFERTILITY"

Dr. Ketan Parmar.
(Fellowship Student)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR  Hope lives here...

On 28th Jan 2020, Time-9:30 am Venue: IHR Auditorium



The Rhythm of Life!!

WE BECOME WHAT WE THINK

Thoughts refers to ideas that results from thinking. The cliché "you are what you think" is quite profound. In many situations when we are stuck and we don't know how to come out of it we start thinking for a solution. Our thought process either pushes us to move forward or just give up. We have to make a choice. It is our thoughts that helps us to come to a conclusion and forms an image about people, place or object. It is always important to replace a negative thought with a positive one. Everything is there in our mind it's up to us what we want to attract. When you think something negative about someone then make sure to later think of five good qualities of that person. In no time your mind will be programmed to see more positive and less negative in people. Thoughts keep coming. Nobody has a control over it. We experience 50,000 to 60,000 thoughts every single day. Thoughts are a cluster of your own imagination. Don't let it rule you. It takes time to become positive thinker but once you have achieved it, life becomes blissful.

By
Ms Ritu Gupta
Counsellor

MY
STORY...

To IHR.....with Love

NICU STORIES

Imagine a room with dozens of alarm beeping, babies crying, ventilators binging and many anxious and worried parents waiting.

Now imagine a new mother who recently delivered a premature baby who was transferred immediately to NICU for further treatment.

Imagine helping a mother hold her baby for the last time because there was nothing more to be done. No more machines, no more medications.. just a heavy heart and the reality that this mother will have scars so deep, that may never heal...

Finally, imagine the happy faces of the parent who are getting ready to take their baby home after a long wait, patience and struggle (OT- NICU- WARD- HOME) by crossing many barriers and obstacles.

This is the place where I work. This is the neonatal intensive care unit (NICU). I truly believe that NICU is one of the few workplaces where physical hardships and emotional turmoil go hand in hand.

By
Ms. Naviya Khanikar
NICU In Charge



The Dietician Speaks....

Diet tips for PCOS

PCOS means Polycystic Ovarian Syndrome. Women with PCOS typically have multiple cysts in their ovaries, caused by overproduction of hormone called androgen. The symptoms of PCOS include irregular or absent periods, excess hair growth, acne, weight gain, depression, fertility problems, Type 2 diabetes & heart disease.

One of the first line treatment for PCOS is diet & life style modifications.

1. Take a low glycemic index diet –foods low in glycemic index include whole grains, pulses, nut, seeds, fruits, starchy vegetables and other unprocessed low carbohydrate foods.
2. An anti-inflammatory diet – includes berries, fatty fish, green leafy vegetables, olive oil etc.
3. High fibre food, which will slow down digestion and reduce the impact of sugar in the blood - green leafy vegetables, broccoli, cauliflower, beans, lentils, meat, fish, whole grain, whole pulses etc.
4. Avoid refined carbohydrates like white bread, pasta, refined flour, sugary food, bakery products etc.
5. Exercise & daily physical activities can help to reduce insulin resistance.

By
Ms. Chandamita Medhi Baruah
Dietician



Food Fundas

Fenugreek (Methi) Benefits:

5 Reasons to Drink This up Every Morning

1. Fenugreek water is excellent for lactating mothers as it aids in milk production.
2. Fenugreek is excellent for regulating blood sugar levels. It may help in tackling insulin resistance, making it more responsive and sensitive.
3. Consuming fenugreek water the first thing in the morning is excellent for boosting metabolism. Its consumption generates heat in the body and help in managing and losing weight.
4. Fenugreek water is a great antacid. Its regular consumption may help strengthen the digestive system and check issues tied to gastritis and bloating. It is most beneficial when consumed during colder months.
5. Methi dana is a rich source of magnesium, and regular consumption may help your body relax and also boosts immunity.

How to Use: Soak a tsp of methi seeds in a cup of water overnight and consume the water the first thing in the morning.

A word of Caution:

- Fenugreek seeds are hot in nature therefore just a teaspoon should be enough to be soaked in a cup of water.
- People with intestinal ulcers must skip consuming fenugreek water.
- Excessive consumption may cause skin dryness.

By
Dr. Sayantani Bhattacharjee
Medical Superintendent



She HEALTH

Menopause and Perimenopausal transition

Menopause, derived from the Greek words men (month) and pausis (cessation) is that point in time when permanent cessation of menstruation occurs following the loss of ovarian activity. The years prior to menopause that encompass the change from normal ovulatory cycles to cessation of menses are known as the Perimenopausal transitional years, marked by irregularity of menstrual cycles. This irregularity will be perceived by patients as skipped menstrual periods or longer durations (about 40 to 60 days) between periods. There is no universal pattern; each woman will perceive a change that is her own individual characteristic alteration.

Diagnosis:

Symptoms are the result of decreased production of ovarian hormones, estrogen and progesterone. Hot flashes, weight gain, vaginal dryness are the common symptoms. Also there are other physical, psychological, gastrointestinal, cardiovascular, skeletal and genitourinary symptoms associated with waning ovarian activity.

Hot flashes and other associated acute symptoms often become more intense near menopause when the levels of circulating oestrogen suddenly drops. Symptoms are especially intense in patients who experience POF or surgical menopause.

With the advent of modern lab testing, menopause may be more precisely defined as amenorrhoea with signs of hypo-estrogenemia and an elevated serum FSH of greater than 40 IU/L.

Abnormal menopause

Age at which menopause occurs is genetically predetermined and not related to age of menarche, type of menstrual cycle, number of pregnancies, or use of OCPs, climate, environment, etc. In India, the median age at menopause is considerably earlier, at 44years.

Premature menopause: onset of menopause before the age of 40, also known as premature ovarian failure(POF)

Delayed menopause: delayed beyond the age of 55 years.

Treatment

Several hormone therapies are FDA approved for treatment of hot flashes and prevention of bone loss. The benefits and risks vary depending on the severity of the symptoms and overall health condition. Sometimes non hormonal therapies are a safer option in those with cardiovascular or other medical conditions.



By
Dr. Swati Jalan
Consultant



HOWZ THE BABY!!

Pre term Neonate – An unmet challenge

Preterm birth

- Major challenge in perinatal healthcare and yet unmet challenge.
- Defined as neonate delivered before 37 completed weeks of gestation.
- Incidence
- Estimated to be 11-14%
- India has annual incidence of 3 to 4 million preterm live births.
- In developed countries incidence has been about 9-12%.

Goal preterm care

- Immediate short term goal is Survival.
- The ultimate goal, however, is intact survival.
- That is survival without neonatal morbidity, future impairment and disabilities.
- Most preterm > 32 wks – Survive without Substantial neuro development problems.
- Period between 20 and 32 weeks after conception - compromise neuro development.

Preterm Birth – The first hour

- Many factors in perinatal period interact to produce organ damage by causing Inflammatory (Chorioamnionitis, sepsis) or physical injuries (barotrauma, Volutrauma) or by interfering with ongoing organ development (intraventricular hemorrhage, bronchopulmonary dysplasia).
- A preterm baby may receive a number of therapeutic interventions at birth and during first few minutes of life which may have large bearing on the eventual outcome of neonate.
- Following treatments mainly applicable to neonate born at less than 32 wks of gestation
 1. Oxygen during resuscitation
 2. Temperature maintenance
 3. Assisted ventilation during resuscitation
 4. Delivery room continuous positive airway pressure (DR-CPAP)
 5. Surfactant replacement therapy
 6. Ventilation strategy.

Preterms – need special care due to many complications and problems.

Fundamental aspects of care of Preterm:

- Beginning with thermal protection and kangaroo mother care.
- Neonatal infection particularly Nosocomial infection important cause of morbidity and mortality.
- Neonatal Pneumonia although part of neonatal sepsis, almost half of early neonatal deaths.
- Respiratory morbidities like RDS require early CPAP (delivery room CPAP).
- Another morbidity is PDA.
- Preterm Jaundice heighten predisposition of bilirubin induced brain damage.
- GER and NEC – improved a lot but still pose a diagnostic as well as therapeutic enigma.
- Nutritional management especially the small and the sick remain unsatisfactory and leave much to be desired.
- The most sinister of preterm morbidities are those that relate to the neurologic and neuro-sensory apparatus.

contd.



HOWZ THE BABY!!

Problems of preterm:

Preterm birth even in industrialized countries is responsible for 70% of neonatal mortality, 75% of neonatal morbidity and contributes substantially to long term neuro development problems.

1. RDS – dilemmas in management.
2. Fluids and electrolytes – A slippery issue.
3. Intraventricular haemorrhage – Preventive strategies.
4. Apnoea of Prematurity – An enigma.
5. Anemia of Prematurity – Do we know enough?
6. Preterm skin – is it protective.
7. Bronchopulmonary dysplasia – Emerging trends.
8. Osteopenia of prematurity – The brittle challenge.
9. Retinopathy of Prematurity – New insights.
10. Enteral feeding – Difficult nutritional management.

Prevention:

Premature babies can have problem with virtually every system of body because of immaturity of all the systems. So prevention of preterm labour and preterm delivery is one of the urgent tasks.

1. Early identification of risk factors.
2. Timely diagnosis of preterm labour.
3. Prophylactic pharmacologic therapy to prolong gestation and reduced incidence of RDS.
4. Intramniotic therapy, tocolytic therapy when indicated.
5. Systematic maternal and fetal surveillance.
6. Patient education will go a long way in improving outcome of preterm infants.
7. Modern prenatal care and specific intervention such as prophylactic steroids, early CPAP – have led to significant improvement in outcome of very preterm infant.

By
Dr. Nirmal Jain
Consultant Pediatrician





INVESTING IS INTERESTING!!!

Job of a TPA desk

TPA stands for Third Party Administrator. The role of a TPA Executive is to manage the cashless claims of patients in the hospital, who are covered with health insurance policies and make sure that the insurance claims are finalized at the time of discharge. In a cashless claim, the policyholder is not expected to pay the hospital bills as the health insurance companies reimburse the same to the hospital.

TPA Executive also looks after the tie-up with health insurance companies, a process called empanelment. Hospitals enter into an agreement with insurance companies to offer cashless claims for their policyholders for every hospitalization. Such hospitals are part of the list of network or empanelled hospitals.

TPA Desk has become an integral part of every hospital as more and more people are getting covered by health insurance companies and patients looking for treatments in hospitals where cashless facilities are available.

The newly allocated TPA Desk at IHR will be of immense help on all matter and consultations related to insurance and medi-claims.

By
Mr. Nayan Gogoi
TPA Executive



TECH GURU

How a GPS Tracking Device Works

GPS tracking devices work on the same principle, but instead of displaying information on the device itself, the microprocessor on the device will calculate its location and transmit the concluded data to a server over the Internet using worldwide GSM cellular network. That server hosts a platform that end users can access and view the device's current and past historical path, speed and alerts. All this data is then served via the internet and displayed on an end user device using a desktop app or to a smart phone using iPhone or Android app.

A GPS tracking system can benefit anyone. For business owners, it can be deployed to track the position of their fleet monitoring the behavior of employees. GPS systems are also helpful for small-time users as well. For example, families have used GPS devices to keep track of elderly, children or pets. Travelers have also attached GPS devices to their luggage to prevent it from getting lost or stolen.

When selecting a GPS tracker, consumers will have to decide if they want an active real time or passive tracker. Passive trackers do not allow users to follow every move that a tracked person or object makes. The information must be obtained and then downloaded onto a computer. These types of trackers are usually more affordable, as they don't require a monthly fee.

Active trackers, on the other hand, process and deliver data in real time using a SIM and a GSM transceiver. Dispatchers receive real-time information via the GSM cellular network allowing them to closely monitor their assets or precious things. Monthly fees are charged to pay for the cellular network services.

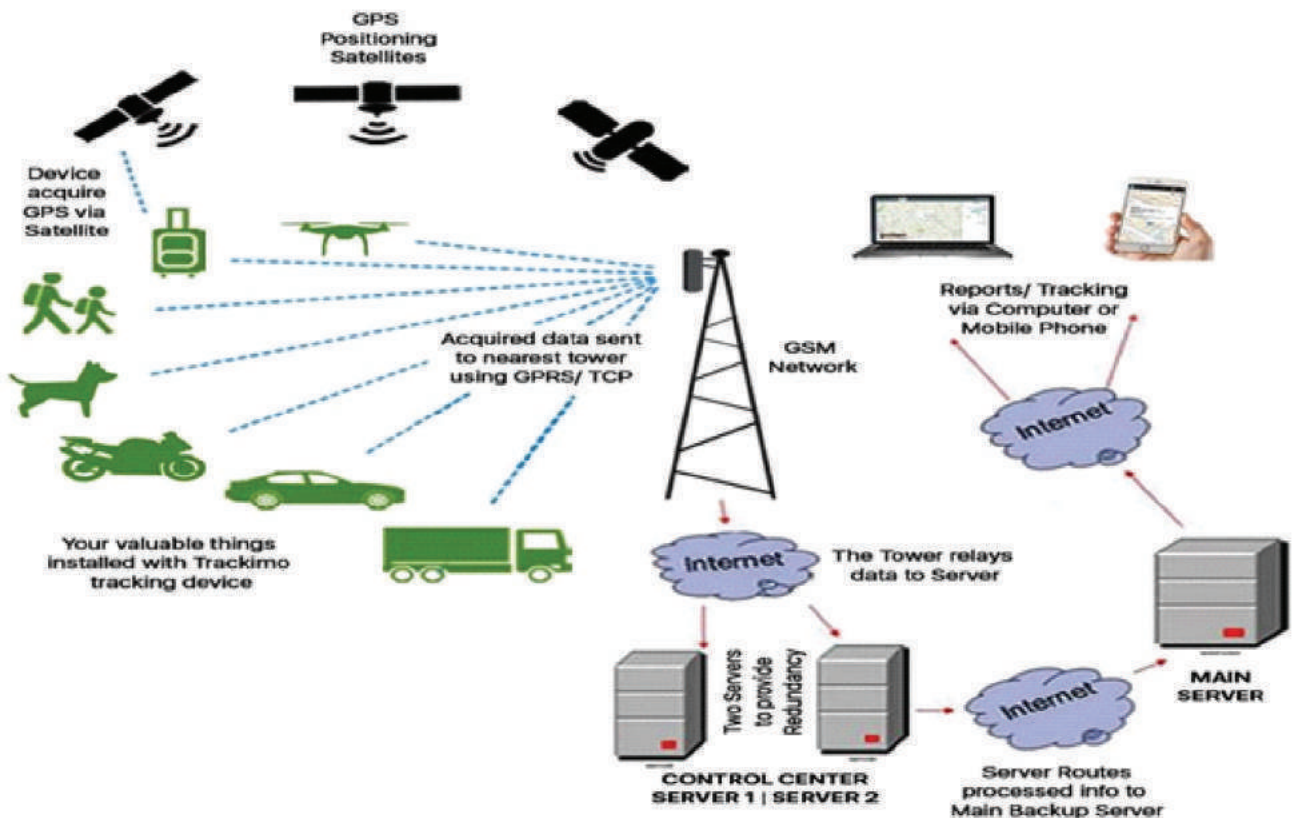
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TECH GURU

In case that the GPS satellites signal is blocked being indoor or by a structure, since there is no sky, not allowing for the GPS satellites signal to get through, the device is looking for cell tower signals and by cell tower signal strength triangulation trying to estimate rough location.

The GPS tracker determine where the device is located and roughly estimate the distance between the cellphone towers by interpolating signals between adjacent towers. A precision of down to 100 meters may be obtained in urban areas where mobile traffic and density of cellphone towers is sufficiently high. Rural and desolate areas which has less towers per square mile may see miles between base stations and therefore inaccurately determine locations often showing a location miles away from the device real location.



By
Mr. Anjan Boro
IT Executive



Dil Ki Baatein

"Unbreakable Relation"

Away from home, alone in the city
Diversed by distance, a distance of necessity
Living in a way, a way of own
Reminding of past, a past of reality
While with family, while with friends
Those cheerful days, those memories.
Trying to remind, while with mother
When we were together, inside her womb,
The safest place of all.
Though apart, still bound
By the relation, an unbreakable one.
Once I were inside you, Now you are inside me
In the corner of my heart
Which still makes us together.

By
Ms. Dwivya Hanjabam
Patient Care Coordinator

Beautiful Belle

I heard of once a girl,
Who would smile and laugh at the cruel world.
She could challenge any obstacle,
Swiftly swirling and skipping all the hurdles.

She grew up to be an amazing friend,
A lovely sister,
And in difficult times, the strongest daughter;
She is a being of this infamous world,
In which, the air bends around her,
As she gets demandingly unfurled.

She does get helpless,
She does get confused,
But that's what makes her a woman with
Strength, beauty and intelligence infused.

These are few lines of a girl you may know,
She is a blessing in disguise if you may say so.

Be her support, be her pillar,
Because one day she too may contribute in your life as a winner!

By
Ms. Indrani Sarma
Senior HR Executive

মায়ামা

মা.....

তোমাৰ দেহা-নাড়ীত জনমা লাভি,
মা তোমাৰ হৈলাহিলৈয়া মাৰাতি
তোমাৰ বুৰুৰ ভিতৰ,
অমৃতৰ ছোৱৰ দেহাত উমালি
আহিলো অমৃতৰ হৃদয়ত আশুৱাই আজি।
তোমাৰ প্ৰতিটো পলকত আত্মা তুমি,
অকল্যে বাস্তৱী হৈ।
তোমাৰ স্বৰূপে থাকিব বিচাৰো
অহি গোপীত জনমভূমিত,
তোমাৰই স্বৰূপ পূৰী হৈ
কম যেন অহি গোপীত জীবন কৃষি।

By
Ms. Gitumoni Baruah
IVF Nurse

মাতৃপুত্ৰ

কিৰীচি বুকুত জ্বলি দিহে
সাঁৱলি পালে তোমাৰ
চুমিত পৃথিৱীৰ প্ৰেৰণা নাবা
যাৰ প্ৰেৰণাই জী উঠে জাৰ আপ।
সহযোগী হৈ যাব পাৰে
তোমাৰ প্ৰেৰণা নাছিলো কালো কৃতজ্ঞতা।
দিয়া হৈছিলো ভাল পাইছিলো
তোমাৰ হৃদয় উচুপিলো
চক্ৰে চক্ৰে নিগৰিলো
তুমি হৈছিলো আহিছিলো
কোৱাছিলো অমৃত তুমি পৃথিৱী ॥
কিন্তু, জন অশুৰ পৃথিৱীখনত নিজৰ গুৰুত্ব
আৰু জীৱিত কিয়ল বিলাস।
চিৰদিন চিৰকাল অশান্তি বস
কালোত হুজি নাপায় ॥
তোমাৰ চক্ৰে হৈছিলো
মা..... ॥

By
Ms. Anowara Begum
IVF Nurse



১- বিমানব- একে- অচলোনা-
 ন- লুপ্তবিশিষ্ট;
 প্রাচ্যব- বিলিখিত- ব্রহ্ম-
 আদ্য- প্রাচ্যবিশিষ্ট।
 কীর্তন- নান্য- নান্য- একে- অচলোনা-
 বিলিখিত- আদি- বিলিখ- প্রাচ্য-।
 অচলি- আদি- প্রাচ্যবিশিষ্ট- বিলিখিত- অচলোনা-
 (IHR) বিমান- প্রাচ্যবিশিষ্ট-
 প্রাচ্যবিশিষ্ট- অচলি- নান্যবিশিষ্ট- প্রাচ্য- প্রাচ্য-...
 প্রাচ্যবিশিষ্ট- নান্য- অচল- কীর্তন- প্রাচ্য-
 অচলি- প্রাচ্য- অচল- অচলোনা-
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 অচল- অচল- অচল- অচল-
 অচলি- প্রাচ্যবিশিষ্ট-।

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**By
Ms. Puja Kalita
IVF Nurse**





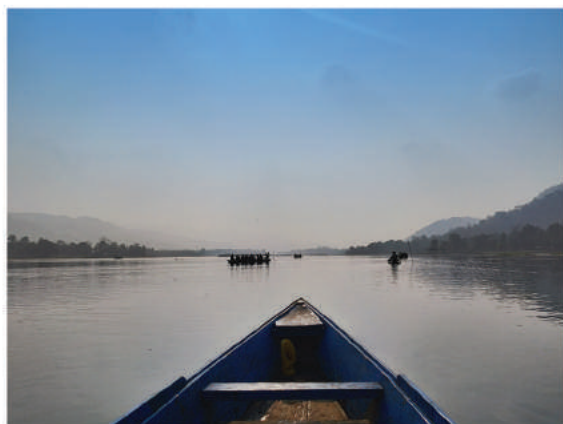
The LENS & BRUSH Studio



A view of Kovalam Beach
Shot by : Dr. Sayantani Bhattacharjee
Medical Superintendent



"A piece of blooming nature from my garden"
Shot by : Ms. Ankita Deka
Floor Manager



A mesmerizing view of the
"Chandubi Lake"
Shot by : Mr. Palash Pratim Kahyap
Graphic Designer



The enthralling beauty of the Majestic Yak
before the frozen Changu Lake at an altitude
of 12500 ft above sea level.
Shot by : Ms. Indrani Sarma
Senior HR Executive



A splash of colour
Painted by: Ms. Pratima Chakraborty
Receptionist



Yuhi Chala Chal Raahi.....

KUMAON HILLS, UTTARAKHAND

•Where is it Located? The eastern part of the state of Uttarakhand in North India is known as the Kumaon region. The region is nestled amidst the Himalayas and is bounded by Tibet in the north, Uttar Pradesh in the south, Nepal in the east and Garhwal in the west.

•Best Time to Visit: The weather of Kumaon remains pleasant throughout the year. The area has chilly winters with snowfalls, heavy monsoons and a mild summer time.

•Kumaon is Famous for : Adventure, Heritage & Pilgrimage

•Places to Visit:

Nainital
Ranikhet
Almora
Pithoragarh
Kausani
Munsiyari
Chaukori
Binsar

Jim Corbett National Park
Mukteshwar

•Adventure Activities : The Kumaon region provides perfect background for trekking and other adventure sports like paragliding, rock climbing, river rafting, and mountaineering.

•Cuisine: The Kumaoni cuisine consists of a mixed food culture which completely based on the use of seasonal ingredients. Seasonal diversity is significant and what makes the cuisine unique, however, is the array of unusual flavours from wild pahari herbs and seeds like the jakhiya, faran, chippi, bhang seeds, gandherni (a fragrant bark) and jumboo, used for tempering lentils and curries.

•Languages spoken: Hindi & Kumaoni

•How to Reach



BY AIR - The nearest airport is Pant Nagar (Nainital).



BY RAIL -The nearest railhead is Kathgodam.



BY ROAD -Kumaon is well connected with most important cities by road.



By
Dr. Sayantani Bhattacharjee
Medical Superintendent



YUMMY TUMMY

#1

MIXED DAL & OATS KEBABS



This is a yummy and healthy snack option, power packed with the goodness of pulses and oats..... especially great for weight watchers. This can also be a great breakfast option and a post-workout meal.

Prep Time: 10 min

Refrigerate time: 15 min

Cook Time: 10 min

Serve: Hot

Ingredients:- (makes 4-5 medium sized kebabs)

Chana Dal : 50 gms
Arhar/Toor Dal : 50 gms
Rajma beans : a handful
Masoor Dal : 50 gms
Cumin Seeds: 2 tsp
Green Chilli : 2-3
Oregano : 1 tsp (optional)

Ginger: a 1 inch piece
Flax seeds: 1 tsp
Salt : to taste
Fresh coriander leaves : a handful
Saffola Masala Oats : 1 packet
Boiled potato – 2 medium sized (peeled and mashed well)
Refined Oil : for shallow frying

Directions:

1. Soak all the 4 varieties of dal overnight
2. Drain the water and put them into a mixer jar; add cumin seeds, green chillies, oregano, ginger, flax seeds and salt; grind them to a coarse mixture
3. In a bowl, pour the dal mixture; add the boiled potato, fresh coriander leaves and a tsp of masala oats.
4. Mix and form medium sized kebabs out of the mixture.
5. Take masala oats on a plate and coat/roll the kebabs well with oats. This makes them crunchier.
6. Refrigerate the kebabs for 10-15 minutes before frying.
7. In a non-stick pan, add a little oil and shallow fry the kebabs till golden brown.
8. Serve hot with green chutney/tomato ketchup/mayo dip of your choice.

Chef's tip

Add a tsp or two extra of masala oats if you find the dal mixture too soggy.

By
Dr. Sayantani Bhattacharjee
Medical Superintendent



YUMMY TUMMY

#2

Patishaptha Pitha



This is a traditional dessert that is made across Assam and Bengal especially during the Bihu & Poila Baisakh festivals respectively. It is basically a pancake made of rice flour that is stuffed with sweetened coconut and milk filling.

Prep Time: 30 min

Cook Time: 10 min

Serves: 15-16 pithas
Level of cooking: medium

Ingredients:-

Maida- 450gm
Sugar – to taste
Rice Flour : 200 gms
Camphor : 1 pc

Green Elaichi – 3-4 (to be powdered)
Milk – 2 cups
Coconut – 1 (big)
Mustard Oil – for frying

Directions:

1. Take 400 gm of Maida and sieve it in a bowl. Add 200gm of rice flour to this and mix well.
2. Add a little milk and a bit of camphor powder and mix it properly until the batter becomes semi liquid.
3. Add sugar according to taste and mix it properly.
4. Grate the fresh coconut using a coconut grater
5. In a pan take grated coconut, elaichi powder and sugar. Keep stirring on low flame. (The mix shouldn't turn brown.)
6. In a bowl take 4 teaspoons of maida, 1/2 cup milk & elaichi powder and make it into a paste and add this to the coconut mix.
7. Now take a non stick frying pan. Heat mustard oil till smoky hot. Remove the oil from the pan now.
8. Now grease the pan with a teaspoon full of hot mustard oil. (You can use a brinjal stalk for the same)
9. Spread the batter into a thin pancake.
10. Now add a spoonful of the coconut mixture in the middle of the pan cake and fold from both ends .
11. Once the pancake is done, seal from both ends.
12. Allow them to cool down before serving.

By
Ms. Pratima Chakraborty
Receptionist



YUMMY TUMMY

#3

Veg Hakka Noodles recipe



Hakka noodles are something that can make even full grown adults feels like kids. You don't need to go to Chinese restaurant to satisfy your noodles charming.

Prep Time: 16-20 min

Cook Time: 11-15 min

Serves: 4 **Level of cooking:** easy

Ingredients:-

- | | |
|--------------------------------------|---|
| 1. Noodles 400 Grams | 7. Carrot 1 medium |
| 2. Salt to taste | 8. White pepper powders ¼ teaspoon |
| 3. French beans 6-8 | 9. Soya sauce 1 tablespoon |
| 4. Onion 1 medium | 10. Green capsicum cut into thin strips |
| 5. Cabbage (finely shredded) ¼ small | 11. Bean sprouts ½ cup |
| 6. Oil 3 tablespoon | 12. Vinegar 1 tablespoon |

Directions:

1. Heat 7 cups water in a deep non stick pan. Add salt & plant a colander in it. Put the noodles in the colander & allow them to boil.
2. Cut the French beans and carrots into small pieces
3. Slice the onions & shred the cabbage.
4. When the noodles are done, lift the colander with the noodles & put in to another pan with cold water.
5. Heat 2 tablespoon oil in a on non- stick wok , add onion , french beans , carrot & toss . Now add the cabbage & toss again.
6. Remove the noodles from cold water & add to the vegetables.
7. Take 1 tbsp oil in the wok. Add salt, pepper powder & toss on high heat. Add capsicum, bean sprouts & vinegar & toss again.
8. Serve hot.

By
Dr. Nibedita Baishya
Resident Doctor



Fit 2 Flaunt

Yoga is a way of life predominately concerned with maintaining a state of equanimity at all costs. The main aim of yoga is control over the mind. The health of the human being is imbalanced by various factors. Yoga is one of the systems that include all these factors. The factors are regular exercise in the form of physical postures, proper breathing, sufficient rest and relaxation, meditation, positive thinking and balanced diet. Thus yoga is an important, natural, preventive measure to ensure good health. Yoga is a self therapy. It is a self therapy in the sense that one can perform this discipline on his own.

There are eight stages of yoga to secure purity of body mind and soul. They are:-

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi.

Yoga gives sufficient exercise to the external organs of the body. With this an individual can maintain good health and longevity of life. Yoga helps the body to acquire more resistance power to keep diseases away. One looks young in age and lives longer.

By
Mr. Jitu Mani Sharma
Yoga Instructor



BLUSH!

Hair Care Tips:

Mix warm coconut oil and onion paste until you get a well-combined mixture. Apply this mixture onto your scalp and gently massage your scalp in circular motions for 15-20 mins and leave the oil on for about 2 hours by covering it with a hot towel.

Wash your hair with a mild shampoo.



Skin Care Tips:

Combine 1 tablespoon of ground coffee, 2 tablespoons of brown sugar and 1 tablespoon of olive oil. Mix well and gently massage it all over your face and neck. Let it sit for 30 minutes.

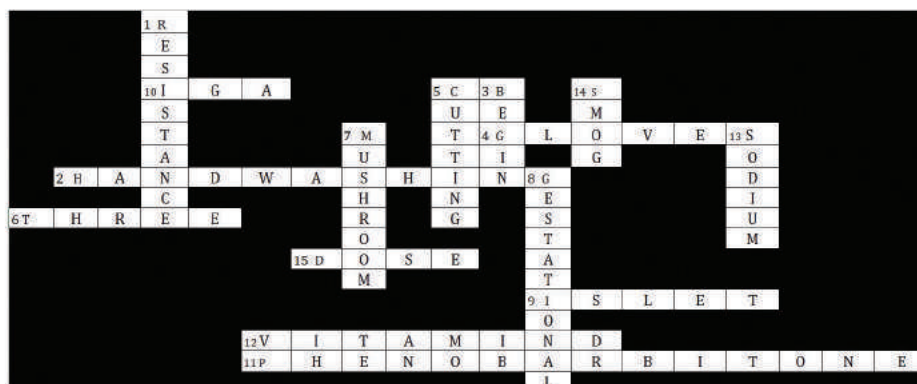
Rinse it off with warm water, scrubbing it into the skin while you wash.

By
Ms. Ankita Deka
Floor Manager
&
Ms. Indrani Sarma
Senior HR Executive



BRAIN TICKLERS

December Issue Crossword answers



QUIZ FOR NEWSLETTER (JAN 2020)

- Q1. Which of the following best defines CAPTION?
- The reporter's name, usually at the beginning of a story.
 - A standard unit of measure in printing.
 - A line or block of type providing informative information about a photo.
 - The last line of a story or article
- Q2. Entomology is the science that studies
- Behaviour of human beings
 - Insects
 - The formation of rocks
 - Birds
- Q3. The most common catheter induced blood infection is due to
- Gram Negative Bacilli
 - Candida
 - Staphylococcus aureus
 - Coagulase negative Staphylococci
- Q4. Plants receive their nutrients mainly from
- chlorophyll
 - atmosphere
 - light
 - soil
- Q5. Prothrombin which helps in clotting of blood is released by
- lymphocytes
 - erythrocytes
 - monocytes
 - blood platelets



BRAIN TICKLERS

QUIZ FOR NEWSLETTER (JAN 2020)

- Q6. Non stick cooking utensils are coated with
- Teflon
 - PVC
 - black paint
 - polystyrene
- Q7. The Indian to beat the computers in mathematical wizardry is
- Ramanujam
 - Rina Panigrahi
 - Raja Ramanna
 - Shakunthala Devi
- Q8. Professor Amartya Sen is famous in which of the fields?
- Biochemistry
 - Electronics
 - Economics
 - Geology
- Q9. .MOV' extension refers usually to what kind of file?
- Image file
 - Animation/movie file
 - Audio file
 - MS Office document
- Q10. Rabindranath Tagore's 'Jana Gana Mana' has been adopted as India's National Anthem. How many stanzas of the said song were adopted?
- Only the first stanza
 - The whole song
 - Third and Fourth stanza
 - First and Second stanza
- Q11. Which of the following places is famous for Chikankari work, which is a traditional art of embroidery?
- Lucknow
 - Hyderabad
 - Jaipur
 - Mysore
- Q12. Which of the following English films was the first one to be dubbed in Hindi?
- Aladdin
 - Universal Soldier
 - Speed
 - Iron Man



BRAIN TICKLERS

QUIZ FOR NEWSLETTER (JAN 2020)

Q13. Which of the following diseases is associated with Vitamin C deficiency?

- A. Psoriasis
- B. Scurvy
- C. Pellagra
- D. Vitiligo

Q14. Which hormone is the corpus luteum responsible for producing?

- A. Oestrogen
- B. Progesterone
- C. Follicle Stimulating Hormone
- D. Luteinizing hormone

Q15. Which of the following is thought to be a cause of hyperemesis gravidarum?

- A. Over eating
- B. Underlying infection
- C. High levels of circulating HCG
- D. Psychological issues

QUIZ (JAN 2020)

ANSWERS:-

- | | | |
|------|-------|-------|
| 1. C | 6. A | 11. A |
| 2. B | 7. D | 12. A |
| 3. D | 8. C | 13. B |
| 4. D | 9. B | 14. B |
| 5. D | 10. A | 15. C |

By
Dr. Sayantani Bhattacharjee
Medical Superintendent



Why So Serious???



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



ASTRO Speaks

CAPRICORN (December 22—January 21) :

The temperamental one with a heart of gold.

1. A Capricorn will never ask another person to do something they wouldn't do themselves. They don't like depending on other people.
2. Capricorn smile is their best defense against haters when they simply don't give a damn.
3. Loyalty is the key to everything with Capricorn.
4. Capricorn love to keep people guessing which is why they hardly reveal anything about themselves.
5. Capricorn prefer to work beneath the surface of a situation rather than confronting it head on.
6. Capricorns are very intuitive, and good at reading people. Nine times out of ten, their first impressions of you will be right.
7. Capricorn can be so nervous (which they tend to be in new situations) but will you know it?Never ever!!!
8. A Capricorn will ride with you until the end if they love you.
9. A Capricorn's motto: If you don't like me, that's your problem, not mine!
10. A Capricorn is the master of silence.



By,
Dr. Sayantani Bhattacharjee
Medical Superintendent

MAKING EVENTS COME ALIVE

Opening ceremony of IHR Siliguri centre



Science of Breathing workshop organized by N V Life, Bangalore



Dr Dhiren Dutta speaks at the Srimanta Sankardeva Kristi Bikash Kendra at Paikarkuchi, Nalbari on Infertility and its Cure.



NURSE OF THE MONTH



Dr Dhiren Dutta speaks at the Free Awareness Programme on Infertility at Bharat Sevashram Sangha.





Hope lives here...

“IHR...a tireless wave floating along the coasts of learning, technology and hope...”