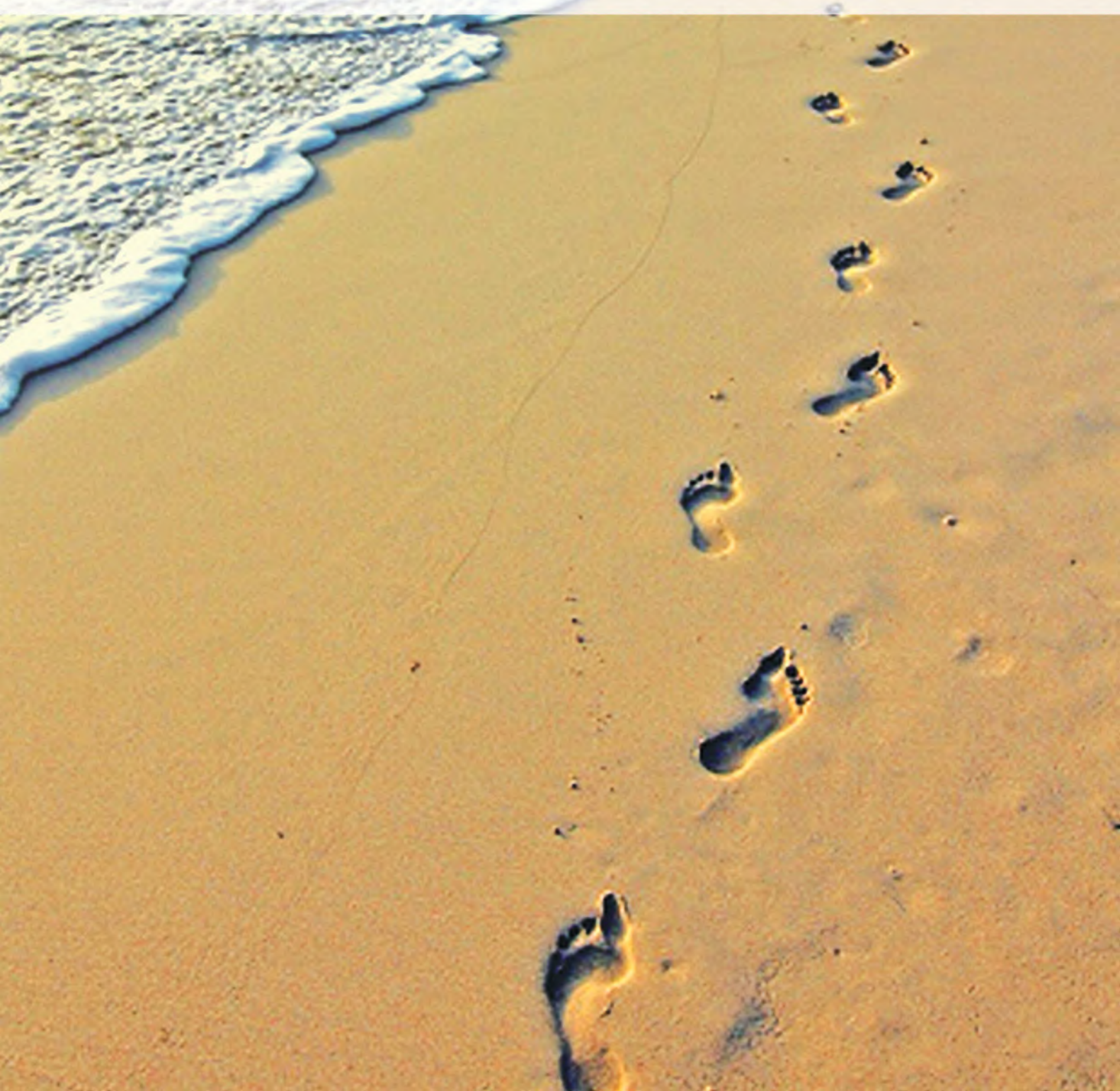


Issue : 3

IHR **walves**

Enter into the ocean of remarkable experience...



Editor's note...

Dear IHRians

"Let me start by thanking you all for showering so much of love and appreciation to the second edition of IHR Waves. This encouragement inspires us to work harder.

February has been a month full of new associations and learning. With so many new members joining the IHR family, it's only growing bigger and stronger by each day. I hope this instills a greater sense of cross-learning and bonding amidst us all.

We look forward to bringing fresh surprises for you with each edition and hope this one too receives your admiration. I look forward to your enthusiasm, contributions and feedback."



Dr. Sayantani Bhattacharjee
Medical Superintendent
Editor



Hello Everyone,

Welcome to another edition of IHR's favourite newsletter WAVES..We are overwhelmed & encouraged with your response for our previous edition.

In this issue, you might notice the intense focus on you - the reader; because our newsletter aims to strengthen the bond between our IHR family. To further this cause we have come up with a new section in this issue titled "Welcome Aboard" where all new joinees shall be introduced.

We expect inputs from everyone and hope that our brainchild "WAVES" will always bring waves of aspiration, knowledge and happiness into our lives..

Ms. Ankita Deka
Floor Manager
Co-Editor



Think Deep

“

YOU CANNOT
STOP THE WAVES,
BUT YOU CAN
LEARN TO SURF.

”



The Wave Makers





Whatz New @ IHR??

Weight Loss is now Smarter and Simpler with HealthifyMe



Pampers Heart Club Program -- Counseling sessions for new mothers--- started by P&G





The Rhythm of Life!!

THE JOURNEY OF LIFE

No matter what situations come our way. One thing is for sure it will pass. Nothing is permanent here. Whatever comes will have to go. Many a times we blame others when our situation is tough but we need to understand that we are sole in charge of what we go through. Whatever we face is due to our karmas. We reap as we sow. Secondly, its important to look at the larger picture of what that particular situation is trying to teach us. Many a times it's not the situation that is tough it is the whole journey that's difficult and since we are so afraid to experience that difficulty to reach the goal we give up at the onset. It's our limitation and then we blame the situation. For example if we are thinking of quitting smoking then we know we will have to go through a lot of withdrawal symptoms and so the very thought of facing these difficulties we make up our mind that we should not want to quit and we look for other alternative ways making the situation more difficult. Any kind of situation we face we have the tool to manage it. It's all in the mind. Stronger the mind better the situation weaker the mind more difficult it becomes. Live your life with purpose. Focus on your blessings and not your misfortunes. Focus on your strength and don't wait for an approval of others. But most importantly have a positive and humble mindset no matter what situations youa are in. Count your blessings not your problems and you will realize how beautiful your life is.

By
Ms Ritu Gupta
Counsellor

MY
STORY...

To IHR.....with Love

The one year Fellowship course at Institute of Human Reproduction(IHR) has been a funfilled, adventurous and a pleasant journey. The course has introduced me to the phenomenal science of ART opening the doors for my upcoming career.

The various academic activities held at the institute were enthralling allowing each participant to explore one's own clinical judgement. Applause to all the handson given to all the fellow students on the variety of ART procedures like hysteroscopies, laparascopies, OPU, Embryo transfer which has allowed me to master these skills. This has boosted my confidence of independently carrying out those procedures.

I feel, joining IHR has been one of my wisest decision which I will cherish all my life. It has introduced me to the advances in the arena of ART. It was though a tough decision on my side coming here far away from Kathmandu, Nepal to a completely new city in an another country. Today upon completion of my course, recalling those days I have spent at IHR, even a single day was a learing day.

Thank you IHR! You have broaden the horizon of my career and my overall development.

By
Dr. Renee Pradhan
Fellow



SCHOOL CHALE HUM



Seminar on
**"PITFALLS IN EMBRYO TRANSFER
TECHNIQUE AFFECTING
IVF SUCCESS RATE"**

Dr. M.L. Goenka
(Director)
INSTITUTE OF HUMAN REPRODUCTION
Guwahati

IHR 
Hope lives here...

On 11th Mar 2020, Time- 9.30 am Venue: IHR Auditorium




Seminar on
**PHARMACOLOGY AND USES
OF ANTAGONIST**

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


IHR 
Hope lives here...

On 4th Feb 2020, Time- 9.30 am Venue: IHR Auditorium



Seminar on
**HYPOTHYROIDISM AND IT'S EFFECT
ON FERTILITY AND PREGNANCY**

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

IHR 
Hope lives here...

On 11th Feb 2020, Time- 9.30 am Venue: IHR Auditorium



Seminar on
**"MANAGEMENT OF
HYDROSALPINX IN INFERTILITY"**

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

IHR 
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On 18th Feb 2020, Time-9:30 am Venue: IHR Auditorium



Seminar on
"INTRAUTERINE SYNECHIA"

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

IHR 
Hope lives here...

On 25th Feb 2020, Time-9:30 am Venue: IHR Auditorium



Seminar on
**"ENDOMETRIAL PREPARATION
FOR EMBRYO TRANSFER"**

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

IHR 
Hope lives here...

On 3rd Mar 2020, Time-9:30 am Venue: IHR Auditorium



WELCOME ABOARD



Dr Debayan Dey
Resident Doctor
(Ward)



Dr. Vivek Gupta
Resident doctor
(NICU)



Dr. Abhishek Kayal
Resident doctor
(Ward)



Bandana Sarma
Anaesthesia Assistant
(OT)



Gitanjali Das
Staff Nurse
(ward)



Radhika Chetry
Staff Nurse
(OT)



Lobita Kalita
Staff Nurse, (IVF)



Jonmoni Deka
Staff Nurse, (IVF)



Priyanka Roy
Sr. Accounts Executive



Mridusmita Borah
Housekeeping executive



Niladri Paul
Executive, Marketing



Chayankia Das
Staff nurse,
(NICU)



FOOD FUNDAS

Cinnamon --- The Wonder Spice



1. Studies have shown that consuming as little as one gram of cinnamon per day can reduce blood sugar levels. It can improve your overall glucose metabolism and also boosts satiety.
2. Cinnamon also acts as a natural pain reliever. For headaches, arthritis pain and joints, cinnamon is known to be a rescuer.
3. Cinnamon helps aid digestive problems and absorption. It has anti-bacterial properties and helps heal infections. So if you are experiencing any stomach issues, just drink cinnamon tea, or have cinnamon with yogurt.
4. It is also a good source of manganese which helps in building bones and other connective tissues.
5. Cinnamon can be used as home-made acne treatment. All you need to do is to just add cinnamon powder to rose water and apply. The anti-microbial properties prevent the growth of acne causing bacteria.
6. Cinnamon is also known to prevent cancer. Researchers claim that cinnamon extracts limit the growth of various kinds of cancer including melanoma, colorectal cancer, cervical cancer and lymphoma. It is said that this wonder spice interferes with a protein that aids the tumours in establishing blood supply which is imperative for their growth.
7. Cinnamon helps the body boosts its metabolism and thus helps you lose weight.
8. The anti-bacterial and warming properties of cinnamon help in fighting against the common cold and flu.

How to Have Cinnamon?

It is best to boil a few cinnamon sticks in water for some time and add some honey to it. You may even add ginger to it to make it more effective. You can also add it to tea, smoothies and shakes.

By
Dr. Sayantani Bhattacharjee
Medical Superintendent



The Dietician Speaks....

The Wonder Fruit- Indian Gooseberry (Amlakhi) :-

The Indian Gooseberry, commonly known as Amla in Indian households, is abundant in nutrients. It's scientific name is *Phyllanthus emblica*. Since ancient times it has been used for preparing medicines because of its medicinal benefits. It is a potent source of iron, Vitamin C, and calcium. This superfood is a store house of minerals and vitamins, hence, should be consumed every day.



10 Health Benefits Of Indian Gooseberry:-

1. Sore throat and cold – Amla possesses anti-viral properties, it improves the immune response of the body.
2. Stress reliever – Amla is an excellent stress- reliever. It helps in relieving stress by inducing the stress relieving hormones.
3. Prevents respiratory problems – Amla can alleviate asthma, chronic cough, tuberculosis and blocked chest as well.
4. Cures for infections- Amla stimulates the defense mechanisms in the body. It is because of its antibacterial properties that it is able to prevent bacterial,
5. Supports reproduction- As per Ayurveda, Amla helps in enhancing all seven tissues including the reproductive tissues.
6. Helps in weight-loss – It reduces the fat accumulation within the body by providing a boost to metabolic activities within the body.
7. Aids digestion – Amla triggers the taste receptors which ultimately makes the digestive enzymes active. It is a fiber-rich fruit which strengthens the digestive system leading to improving the ability of the body to absorb nutrients from the food.
8. Provides ease in menstrual cramps – The minerals and vitamins present in amla help in preventing menstrual cramps.
9. Protects your liver – Amla has necessary nutrients with help in protecting the liver.
10. Amla juice for diabetes – Amla juice can be consumed with turmeric twice a day in order to prevent diabetes.

By
Ms. Chandamita Medhi Baruah
Dietician



YUMMY TUMMY

#1

TAWA TOAST SANDWICH



A quick snack with the goodness of vegetables and cheese.

Prep Time: 16-20 min

Cook Time: 15-20 min

Serve: Hot

Ingredients:-

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Multigrain Bread : 1 loaf 2. Green Capsicum : 4 tablespoons (Finely chopped) 3. Tomato: 4 tablespoons (Finely chopped) 4. Onion: 4 tablespoons (Finely chopped) 5. Green Chillies : 2 (Finely chopped) 6. Salt : to taste 7. Red Chilli flakes : 1 tsp (adjust as per taste) | <ol style="list-style-type: none"> 8. Dried Mixed Herbs: 1 tsp (adjust as per taste) 9. Butter: 1 tablespoon 10. Tomato Ketchup: 1 tablespoon 11. Green Chutney: to taste 12. Cheese – 4 slices 13. Iceberg Lettuce leaves: a few 14. Olive Oil: for drizzling |
|---|---|

Directions:

1. Mix together capsicum, onion, green chillies, salt, chilli flakes, mixed herbs, butter and tomato ketchup in a plate.
2. Cut the bread loaf into 8 thick slices, Spread some butter and green chutney on them.
3. Spread the vegetable mixture equally over 4 slices.
4. Halve the cheese slices and place them over the mixture. Cover with the remaining slices and press gently.
5. Heat some butter in a non-stick grill pan. Place one sandwich and grill till the under side turns light golden brown and crisp.
6. Spread a little butter on the top of the sandwich and flip it over. Grill till golden brown and crisp.
7. Grill the remaining slices similarly.
8. Cut the sandwich into half and place them on a serving dish.
9. Serve some fresh lettuce leaves, sprinkled with mixed herbs, chilli flakes and a drizzle of olive oil along with the sandwiches.

By
Dr. Nibedita Baishya
Resident Doctor



SHARING KNOWLEDGE

Capsula Mundi

(The biodegradable burial pod that turns your body into a tree)

Based in Italy, the Capsula Mundi Project is the brainchild of designers Anna Citelli and Raoul Bretzel. "Capsula Mundi was born essentially because we don't like the way in which our society deals with death,". Placing a taboo on death is, for Citelli and Bretzel, an extension of problematic human attitudes where we place ourselves outside of nature, or even above it. In doing so, we foster attitudes towards death that treat it as something other than what it is: a natural, biological process. Elaborating on this frame of mind: "We refer not only to the well-known attitude that has caused serious climate problems for our planet, but more specifically to the ugliness of modern cemeteries (areas closed by high concrete walls like prisons, characterized by over-population in the minimum space) and to the massacre of high quality trees that take place to produce the object with the absolute shortest 'life-cycle': the coffin."

We regularly cut down trees en masse that can take up to 40 years to grow in order to make overpriced coffins; these coffins serve a purpose for 2 to 3 days. The Capsula Mundi Project aims to propose an environmentally sustainable alternative: organic burial pods.

The body is placed into an egg-shaped biodegradable container and buried underground, with a tree-seed planted directly above it; the dead body thus becoming a nutritional source for the tree. Current Italian burial legislation forbids the procedure, dictating that coffins must only be made of wood, and that cemeteries need to be restricted to controlled areas. This hasn't stopped the Capsula Mundi Project from generating widespread support, both in Italy and beyond. "Continued demand has never stopped,". "The project has never aroused scandal or discomfort. It was understood as a whole beyond expectations."

The widespread implementation of the project would lead to the prevalence of forests rather than cemeteries, of peaceful spaces for contemplation and remembrance characterized by trees rather than foreboding tombstones. As Citelli and Bretzel explain, "The cemetery as we know it will appear anew, shifting from being a congested area of architectonic structures to a vast green memorial space."

The Capsula Mundi Project is a crucial step forward. Not only does it centre around making the current death-care industry more environmentally viable, it is also groundbreaking in that it aims to redefine the mourning process and the way we think about death. As the founders tell me themselves: "In this way, death takes on a new meaning, no longer considered as an interruption of the process of life but rather as the beginning of a series of transformations that reintroduce us into the natural cycle."

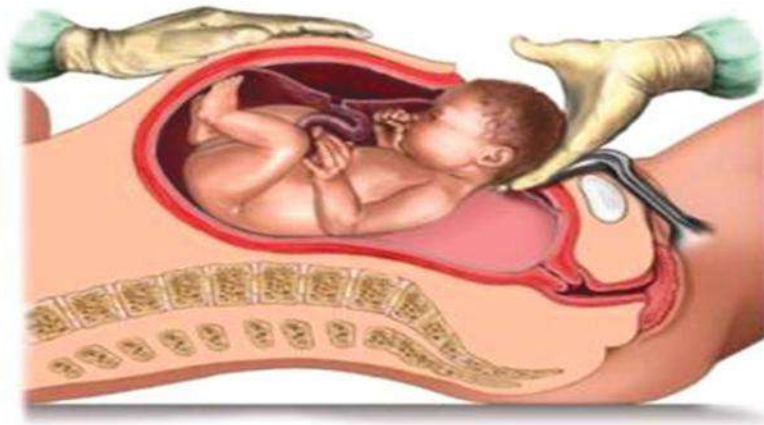
By
Anjan Boro
IT Head



SHARING KNOWLEDGE

What is cesarean section?

A cesarean delivery — also known as a C-section or cesarean section — is the surgical delivery of a baby. It involves one incision in the mother's abdomen and another in the uterus.



How do you care for your wound after a c-section?

After a C-section:
Follow these following cares:

- Keep the incision clean and dry. Wash the area with warm water (once a day is sufficient). Do not spray water directly into the wound
- Change any bandages regularly.
- Wear loose clothing. Avoid clothing that can rub against and irritate the incision. Pay particular attention to underwear bands.
- Continue packing the wound at home, if needed. Some wounds may not close at first. If your doctor has recommended packing the incision, follow the directions carefully. Change the packing and wash the wound several times a day.

By
Ms. Jennifer Pohlong
OT Technician



Dil Ki Baatein

মানব জেৱা

মানব যন্ত্ৰ

কিয়নো?

মে মেঘবানৰ সৃষ্টি
মানব মেঘবানৰ দূৰ্ন।

মানব মানৱ,

কথা শুকি মোকু মানুহাণেশীৰে
জৈয়াৰী।

জাগি কোনো যন্ত্ৰ নহয়, মে

Remote control ৰে জৈয়াৰী।

মানব

মানব মানৱ

আৰু মানৱক জেৱা কৰাৰ
জামাৰ প্ৰাৰ্থনা নহয়।

By

Ms. Purabi Hazarika
(Ward)

বিমানৰ দুটি বাতুৰ

স্বপ্নি-স্বপ্নি যোজেৱে

চুৰি লেপাট্ট জোহাক

অহালাই কাম চাপি মাও

পাবি দিমা তাইমানৰ দীপন সাজে।

স্বপ্নি স্বপ্নি যোজেৱে...

জোহাব জাতিমানৰ কাঁকো

পাৰ ম'ব ছাৰাবিলো

ছাৰি ছাৰ চুৰুৰ স্বপ্নি চকুলা

মে জয়া নিবলে

ছাৰি ছাৰ স্বপ্নি জেউজ কমা

নুকাই স্বপ্নি বিলোৰা বিমান

জোহাব কাণী

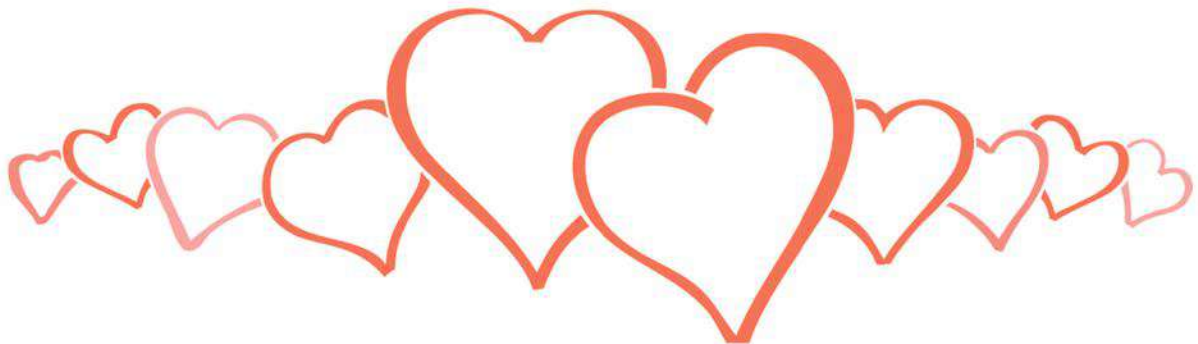
স্বপ্নি ছাৰ নব্বৈলিয়া জে

সপোন সপোন লজা

উজাৰী নিশাৰ আশানি।

By

Ms. Simi Das
(Ward)





It's STORY TIME

An old man lived in the village

An old man lived in the village. He was one of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him. He created the feeling of unhappiness in others.

But one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumour :
"An old man is happy today, he does not complain about anything, smiles, and even his face has freshened up."

The whole village gathered together. The old man was asked :

Villager : What happened to you ?

"Nothing special. Eighty years I have been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life. That is why I am happy now." – An old man

Moral of the story :-

Don't chase happiness. Enjoy your life.



By
Dr. Nibedita Baishya
Resident Doctor

MAKING **EVEN**T S COME ALIVE

Training on Safe Infusion Practices for the nurses and Resident doctors organized by BBraun



Dr Deepak Goenka as honorary faculty at the Inaugural CME of the Society of Fetal Medicine, Assam Chapter held at the Taj Vivanta on Feb 9, 2020.



Our Director Dr Deepak Goenka participated as honorary faculty in the Infertility Committee Workshop at the 63rd All India Congress of Obstetrics & Gynaecology (#AICOG2020) held at Lucknow.



Hepatitis B Vaccination of Housekeeping Personnel



Annual Picnic organized by the Nursing Staff at Bogamati



MAKING **E****V****E****N****T****S** COME ALIVE

Training on Pre-Analytic Errors organized by Dr. Lal's PathLab



Saraswati Puja Celebrations at the Hospital



Dr Deepak Goenka & Dr Kanchan Murarka as honorary speakers at the #CME on Advances in Infertility Management organized by Abbott (Duphaston Division) at Nagaon on Feb 22, 2020.



MAKING **E****V****E****N****T****S** COME ALIVE

Dr. Dhiren Dutta as guest speaker at the Infertility Awareness program organized by the Department of Zoology, Cotton University, Guwahati.



Team #IHR at the Silver Jubilee Congress of #ISAR2020 at Hyderabad



Interactive session by Dr Swati Jalan and Dr Dinesh Agarwal from IHR Guwahati in association with Lion's Club of Guwahati ELITE on the occasion of International Women's Day



MAKING **EVEN**T**S** COME ALIVE

Free Well Woman Health Check organized at IHR on the occasion of International Women's Day 2020



Cultural program organized by the staff on the occasion of International Women's Day 2020



Candid Moments from the street play "Moy Banjhi Nohoy" that conveys this message. The play was presented by the staff on the occasion of Women's Day



MAKING **EVEN**T S COME ALIVE

Holi Celebrations at IHR



Dr. Renee Pradhan Shrestha and Dr. Anannya Chakraborty at the graduation ceremony on completing the 1 year Fellowship Course in Reproductive Medicine at IHR





BLUSH!

Oatmeal Mask for dandruff free scalp:

1. Take half a cup of oatmeal
2. Mix 3 tablespoons of warm milk with 1 tablespoon of warm almond oil.
3. Massage this paste over the scalp in a circular motion
4. Leave it for an hour then wash with warm water.
5. This nourishing mask will not only scrub off dandruff and clear the follicles but also moisturise the lengths.



Oatmeal mask for glowing skin:



1. Take four table spoons of oatmeal and add four crushed almonds.
2. Mix it well with 1 tbsp of honey and a little milk.
3. Apply on the face for five minutes and massage gently for 2 to 3 minutes.
4. Wash off the scrub with lukewarm water.

This mask applied weekly once shall give glowing and nourished skin

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



ASTRO Speaks

AQUARIUS (Jan 22 - Feb 21)

1. Aquarius are born shy and quiet , but on the other hand they can be enthusiastic and energetic. They are deep thinkers and highly intellectual people who love helping others.
- 2.They are able to see without prejudice, on both sides, which makes them people who can easily solve problems.
3. Aquarius-born have a deep need to be left some time alone and away from everything, in order to restore power.
4. People born under the Aquarius sign, look at the world as a place full of possibilities. They use their mind at every opportunity. If there is no mental stimulation, they are bored and lack a motivation to achieve the best result.
5. They feel great in a group or a community, so they constantly strive to be surrounded by other people.
6. There's nothing that can attract an Aquarius more than an interesting conversation with a person. Openness, communication, imagination and willingness to risk are the qualities that fit well in the perspective of life of this zodiac sign.
7. When it comes to money, this zodiac sign has a talent to maintain a balance between spending and saving money.
8. Careers such as acting, writing, teaching, photography or piloting, are suitable for this sign. The best environment for them is one that gives them the freedom to solve the problem without strict guidelines.
- 9.Aquarius lives and breathes the world of music.
- 10.Aquarius is incredibly independent and often prefers to rely on himself.



By
Dr. Sayantani Bhattacharjee
Medical Superintendent



Hope lives here...

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