



SHUSHRUSHA CITIZENS' CO-OPERATIVE HOSPITAL LTD.

स्मरणिका

SHUSHRUSHA HOSPITAL



Golden Jubilee

1969 - 2019



NKGSB Bank
NKGSB Co-op. Bank Ltd.
 (Multi-State Scheduled Bank)

FD

INTEREST RATES (% p.a.)*

w.e.f. 01.04.2019

Period	General Public/ Society Trusts/ Corporates	Senior Citizens
	SDR/ MIP / FDR / RD / QIRP	SDR/ MIP / FDR / RD / QIRP
7 days to 44 days	4.75%	5.25%
45 days to 90 days	5.25%	5.75%
91 days to 180 days	6.50%	6.75%
181 days to 364 days	7.25%	7.50%
Above 2 Years upto 7 Years	6.75%	7.00%
Above 7 Years upto 10 Years	6.50%	6.75%

DEPOSITS FROM 7 DAYS TO 184 DAYS ARE SHORT TERM DEPOSITS (SDR)

ANNAPURNA TAX BENEFIT SCHEME – Tax Benefit upto Rs. 1.50 lakhs per Investor u/s 80 C

For all category (Individual / HUF/ Senior Citizen)	ATBS (FDR)	ATBSQ (QIRP)
Scheme (5 Years – No Premature Payment)	7.00%	7.00%

***QIRP - EARN HIGHER CUMULATIVE YIELD**

1 YEAR - 2 YEARS	*QIRP	GENERAL PUBLIC	8.00%	SENIOR CITIZEN	8.25%
	FDR MIP RD				

SPECIAL DEPOSIT SCHEME

200 DAYS	FDR	GENERAL PUBLIC	7.50%	SENIOR CITIZEN	7.75%
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SPECIAL DEPOSIT SCHEME

999 DAYS	FDR	GENERAL PUBLIC	7.25%	SENIOR CITIZEN	7.50%
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*T&C apply

*MIP - MONTHLY INTEREST WILL BE CREDITED AT A DISCOUNTED RATE

*RD/MIP/QIRP SHOULD BE FOR MINIMUM PERIOD OF 12 MONTHS ONLY.

*INTEREST RATES FOR FDR/MIP/RD/QIRP PRODUCTS ARE APPLICABLE FOR ALL NRE AND NRO PRODUCTS. NRE DEPOSITS SHOULD BE FOR MINIMUM ONE YEAR.



50 years Journey of Shushrusha Hospitals



Old Dadar Hospital



New Dadar Hospital

रुग्णानां व्याधिनाशाय । क्षिप्रंचारोग्य हेतवे ॥
शुश्रुषा सुश्रुता भूयात । स्वया निष्काम सेवया ॥
रुग्णांची व्याधीमुक्तता आणि आरोग्यसंवर्धनासाठी
निष्काम सेवा ही शुश्रूषाची ओळख असावी.

To alleviate the suffering of the sick and to offer relief,
let "Shushrusha" follow tenets of great "Sushruta" to offer
care and cure in a selfless manner.



Old Vikhroli Hospital



New Vikhroli Hospital

Golden Jubilee
1969 - 2019



प्रस्तावना

शुश्रूषा सिटिझन्स को-ऑपरेटिव्ह हॉस्पिटल, मर्यादित, दादर, मुंबई या संस्थेची स्थापना जरी १९६४ साली झाली, तरी दादरच्या हॉस्पिटलची पायाभरणी ६ मार्च १९६६ रोजी केंद्रिय संरक्षण मंत्री श्री. यशवंतराव चव्हाण यांच्या हस्ते आणि हॉस्पिटलचे उद्घाटन २० मे १९६९ रोजी पंतप्रधान श्रीमती इंदिरा गांधी यांच्या हस्ते झाले.

पाच दशकापूर्वी डॉ. वसंतराव रणदिवे यांनी सुरू केलेल्या रुग्णसेवेला २० मे २०१९ रोजी पन्नास वर्षे पुरी होणार आहेत. या निमित्ताने होणाऱ्या सुवर्ण महोत्सवी वर्षाचा कार्यक्रम १९ मे २०१९ रोजी रवींद्र नाट्यमंदिर येथे भव्य स्वरूपात साजरा होत आहे आणि प्रस्तुत स्मरणिकेचे प्रकाशन त्याच दिवशी करण्याचे औचित्य योग्यच आहे.

शुश्रूषाच्या मागील ५० वर्षांच्या सतत होणाऱ्या प्रगतीचा आढावा काही छापील पानांमध्ये मांडणे सोपे नाही. सुरुवातीपासून ज्या अगणित व्यक्तींचा हातभार या प्रगतीमध्ये लागला आहे, त्यापैकी काही व्यक्तींचा उल्लेख या स्मरणिकेत असेल, पण सर्वांचाच नसेल याची जाणीव संपादक मंडळाला आहे आणि ते कृपया समजून घ्यावे अशी नम्र विनंती आहे.

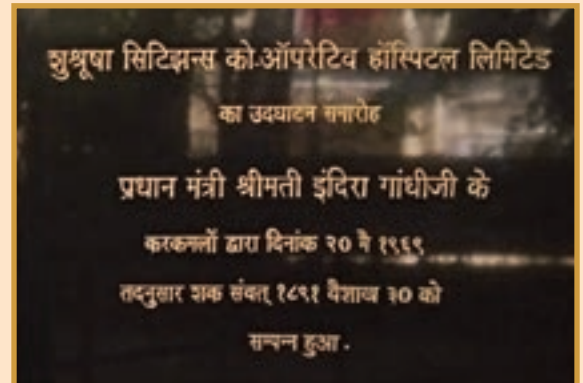
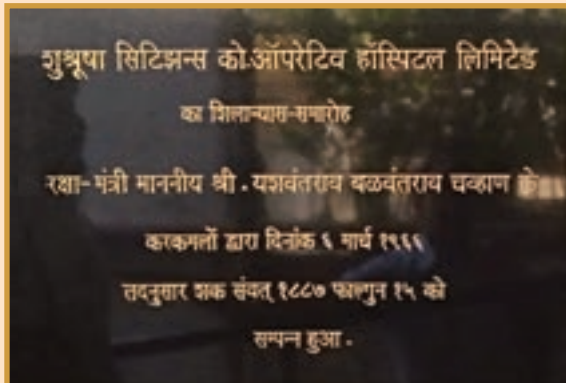
स्मरणिकेतल्या लेखांतील माहिती आणि मते लेखकांची आहेत, संपादक मंडळ त्यांच्याशी सहमत असेलच असे नाही.

स्मरणिका पूर्ण होण्यासाठी लेखक, जाहिरातदार, मर्यादित वेळेत अक्षरजुळणी आणि मुद्रण करणारे मुद्रणालय, आकर्षक मुखपृष्ठकार, मुद्रित शोधन आणि भाषासंस्करण करणाऱ्यांचे आभार मानायलाच हवेत.

स्मरणिका समिती

श्री. यशवंत देशपांडे
श्री. सुरेश सरनोबत
श्री. कृष्णा काजरोळकर
श्री. रमेश धामणकर

श्रीमती संगीता वझे
डॉ. राजश्री केळकर
डॉ. कुंजल सेजपाल
डॉ. प्रज्ञा दिवाण
श्रीमती मंदाकिनी देशपांडे





भारत के उप-राष्ट्रपति
VICE-PRESIDENT OF INDIA

श्री एम वेंकैया नायडू
Shri M Venkaiah Naidu

डि. प्रशांत कुमार रेड्डी, भा.प्रशा.से.
D. Prasanth Kumar Reddy, IAS



भारत के उप-राष्ट्रपति के निजी सचिव
PRIVATE SECRETARY
TO THE VICE-PRESIDENT OF INDIA
नई दिल्ली/NEW DELHI - 110011
TEL.: 23016344 / 23016422 FAX : 23018124

MESSAGE

The Hon'ble Vice President of India is happy to know that the Shushrusha Citizens' Co-operative Hospital Limited, Mumbai, is publishing a souvenir on the occasion of its golden jubilee year in May, 2019.

The Hon'ble Vice President extends his greetings and congratulations to the management and staff members of the Shushrusha Citizens' Co-operative Hospital Limited, and wishes the event all success.


(D. Prasanth Kumar Reddy)

New Delhi
16th April, 2019.

CH. Vidyasagar Rao
GOVERNOR OF MAHARASHTRA



RAJ BHAVAN
Malabar Hill
Mumbai 400 035
Tel. : 022-2363 2660
Fax.: 022-2368 0505



7 May 2019

MESSAGE

I am pleased to know that the Shushruta Citizens' Cooperative Hospital Limited, Dadar, Mumbai is celebrating the Golden Jubilee year of its service to society in the year 2019.

It is indeed gratifying to note that the Shushruta Hospital founded by a set of committed individuals has rendered quality healthcare service to all sections of society, especially those coming from the financially weaker sections of society, at an affordable cost. At a time when healthcare is getting increasingly expensive for the common people, it is necessary to strengthen and further equip such institutions by patrons, philanthropists and users.

I congratulate the Shushruta Citizens' Co-operative Hospital on the momentous occasion of its Golden Jubilee and convey my felicitations to all those associated with it.

(CH. Vidyasagar Rao)

राम नाईक
राज्यपाल, उत्तर प्रदेश



संख्या: 873 /नि०स०-रापा०

राज भवन
लखनऊ - 226 027

१ मे, 2019

प्रिय डॉ. लाड,

'शुश्रूषा' चे हे सुवर्ण महोत्सवी वर्ष! त्याबद्दल आपले व संपूर्ण 'शुश्रूषा' परिवाराचे हार्दिक अभिनंदन!

सहकाराच्या माध्यमातून रुग्णसेवा ही अभिनव कल्पना 'शुश्रूषा' ने समाजात रुजविली व यशस्वीरित्या राबविली. खरोखरच सर्वानाच अभिमान व आनंद वाटावा असे हे काम आहे. आपण जेव्हा-जेव्हा काही सहकार्य मागितले, विशेषतः सरकार दरबारी 'शुश्रूषा' चे म्हणणे-मागणे पोचविताना थोडाबहुत सहाय्यभूत होऊन शुश्रूषाच्या रुग्णसेवेत खारीचा वाटा उचलता आला याचे मला समाधान आहे.

माफक दरात रुग्णसेवा देण्यासाठी सहकारी तत्वावर अद्ययावत रुग्णालय ही काळाची गरज आहे. 'शुश्रूषा सिटीझन्स कोऑप. हॉस्पिटल लिमिटेड' गेली 50 वर्षे अय्याहतपणे हे काम करीत आहे. उत्तरोत्तर याहूनही अधिक रुग्णसेवा संस्थेमार्फत होवो, त्यासाठी संस्थेचा अधिकाधिक उत्कर्ष होवो, हीच शुभेच्छा. 'शुश्रूषा'च्या संचालक मंडळास, कर्मचारी-अधिकारी, चिकित्सक व सर्व भागधारकांना सुवर्ण महोत्सवानिमित्त माझ्या हार्दिक शुभेच्छा.

आपला,

आपला,

(राम नाईक)

डॉ. नंदू लाड,
कार्याध्यक्ष, शुश्रूषा सिटीजन्स को-ऑप.
हॉस्पिटल लिमिटेड,
698 बी, रानडे रोड,
दादर, मुंबई 400028.
महाराष्ट्र
ईमेल : shushrushahospital@yahoo.com



GOLDEN JUBILEE CELEBRATION COMMITTEES

Event Organising Committee

Smt. Vaishali Dhote

Shri. N. K. Fovkar

Dr. Rekha Bhatkhande

Shri. D. K. Afzulpurkar

Dr. Pratima Killekar

Shri. Y. G. Deshpande

Dr. Rujuta Mehta

Dr. Govind Kubal

Fund Raising Committee

Adv. Sharadchandra Desai

Smt. Ketaki Bhide

Shri. Y. G. Deshpande

Dr. Shreepad Khedekar

Dr. J. Nathan

Shri. Shekhar Pathare

Reception Committee

Dr. Shilpa Deshmukh

Dr. M. R. Lokeshwar

Dr. Ashwini Wagh

Dr. Tushar Rege

Dr. Manisha Talim



PRESENT BOARD OF DIRECTORS



Shri Subhash Dandekar
President



Dr. N. S. Laud
Chairman



Shri Deepak Deshpande
Vice Chairman



Dr. Shilpa Deshmukh
Dean



Shri. N. K. Fovkar
Treasurer

DIRECTORS



Shri D. K. Afzulpurkar



Dr. D. Sundararajan



Dr. Harish Bhende



Smr. Vaishali Dhote



Dr. Milind Shejwal



Shri Vivekanand M. Karvir



DIRECTORS



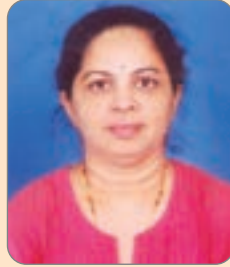
Shri Vitthal S. Sontakke



Shri Vishwanath B. Sawant



Shri Sahdev S. Rasal



Smt. Ujwala D. Karambelkar



Adv. Sharadchandra Desai



Dr. Rekha Bhatkhande



Dr. Nitin Mokal



Shri Pramod Lele

NOMINEE

**Govt. of Maharashtra :
Jt. Director of
Health Services.**

**M.C.G.M. :
Medical Health Officer
(G North Ward)**

**Registrar of
Co-operative Societies :
Jt.Registrar,
Co - Op. Societies.**

Golden Jubilee
1969 - 2019



Shushrusha Citizens' Co-operative Hospital Ltd.
is celebrating its Golden Jubilee
(1969-2019)

The President, Shushrusha Citizens' Co-op Hospital
cordially invites you to join us on this joyous occasion.

The Commemoration will be preceded by
a musical extravaganza by Little Champs.

Chief Guest
Dr. Anil Kakodkar, Padma Vibhushan

Guests of Honour
Shri. Raj Thackeray Shri. Gautam Thakur

Date: Sunday, 19th May 2019

Venue: Ravindra Natya Mandir, Prabhadevi, Mumbai

Musical Extravaganza: 4.00 p.m. - 6.00 p.m.

Refreshments: 6.00 p.m. - 6.30 p.m.

Commemorative Function: 6.30 p.m. - 7.30 p.m.

Dr. Nandu Laud Chairman
Shri. Subhash Dandekar President

Please bring this card with you



शुश्रूषा सिटिझन्स को-ऑपरेटिव्ह हॉस्पिटल
संस्थेने ५१व्या वर्षात (१९६९-२०१९) पदार्पण केले आहे.
याप्रित्यर्थ आयोजित केलेल्या समारंभास संस्थेचे
अध्यक्ष आपणास निमंत्रित करित आहेत.

आपण कृपया समारंभात सहभागी होऊन संस्थेस उपयुक्त करावे, ही विनंती.

प्रमुख पाहुणे
डॉ. अमिल काकोडकर, पद्मविभूषण विभूषित

सन्माननीय पाहुणे
श्री. राज ठाकरे श्री. जीतम ठाकूर

दिनांक: रविवार, १९ मे, २०१९

स्थळ: रवींद्र नाट्य मंदिर, प्रभादेवी, मुंबई

संगीत संध्या: दुपारी ४ ते ६ 'सिटिल वॅम्प्यु'

अल्पोपहार: संध्या. ६ ते ६.३०

मुख्य समारंभ: संध्या. ६.३० ते ७.३०

डॉ. नंदू लाड कार्यवाह
श्री. सुभाष दंडेकर अध्यक्ष

कृपया ही निमंत्रण पत्रिका सोबत आणायी.



Golden Jubilee
1969 - 2019



Shushrusha Hospital, Dadar Floorwise Departments

Basement



Out Patient Department (O.P.D.)



E.E.G. & E.M.G.



Pulmonary Function Test (P.F.T.) & Trademill



Physiotherapy





Ground Floor



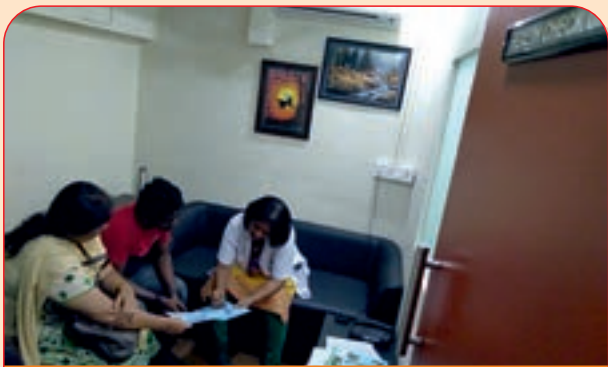
Emergency Medical Service (E.M.S.)



Enquiry



Billing



Health Check Up



E.C.G. & Stress Test



X-Ray

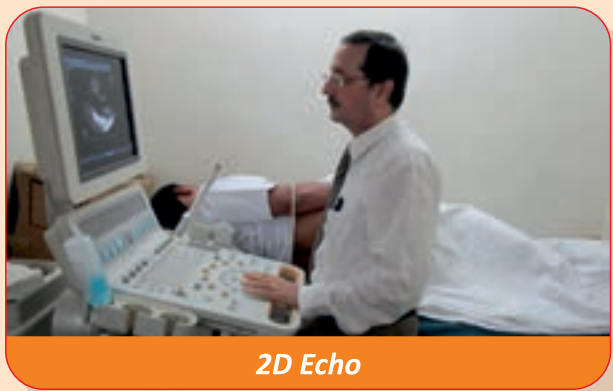
Ground Floor



Consultants List



Ultrasonography



2D Echo



C.T.Scan



ICCU waiting room



Blood Bank



Pathology



First Floor



Cath Lab



Cardiac Operation Theatre (OT)



Intensive Critical Care Unit (I.C.C.U.)



Intensive Critical Care Unit (I.C.C.U.)

Second Floor



Neonatal Ward



Male General Ward



Ac General Ward



Female General Ward



Audiometry and Speech Therapy



Diabetic Foot Clinic



Matron Room

Third Floor



Daycare



Operation Theatre (O.T.) - 1



High Dependency Unit (H.D.U.)



Operation Theatre (O.T.) - 2



Artificial Kidney Dialysis (A.K.D.)



Operation Theatre (O.T.) - 3



Fourth Floor

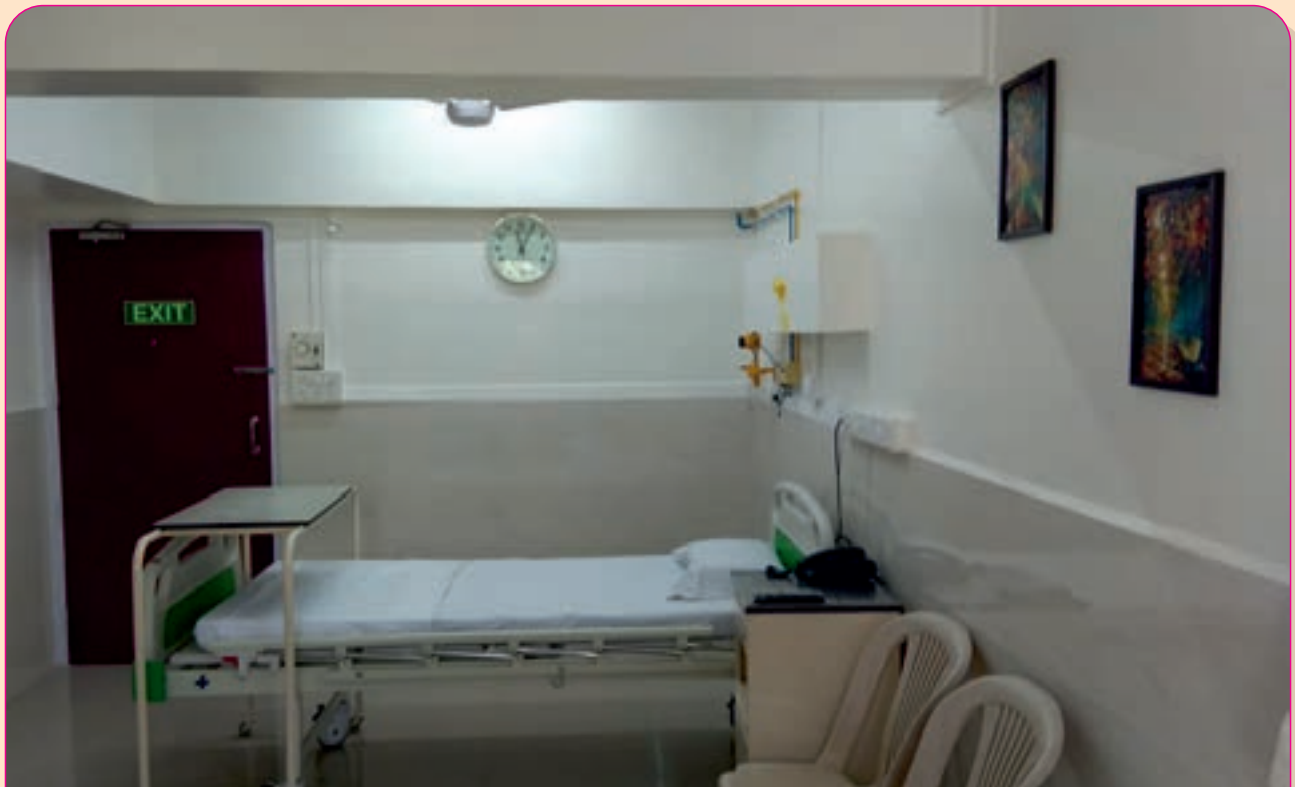


Shared Rooms



Shared Rooms

Fifth Floor



Single Room



Sixth Floor



Chairman & Dean Chamber



Conference Room



Accounts



Administration



Diet



Canteen

जन्मकथा शुश्रूषाची



संगीता वझे

दादरमधील 'शुश्रूषा रुग्णालय'चं हे सुवर्णमहोत्सवी वर्ष. ५० वर्षांचा मोठा टप्पा हॉस्पिटलने यशस्वीपणे पार पाडला. सहकारातून आरोग्यसेवेची निर्मिती हा स्थापनेमागचा समाजोपयोगी विचार पुढच्या पिढ्यांना आणि समाजाला प्रेरणा देणारा आहे. समाजातील लोकांनी एकत्र येऊन लोकांसाठी निर्माण केलेली आरोग्यसेवा हे सूत्र आपण कुठेही, कधीही गरजेनुसार वापरू शकतो. आणि त्यामुळे असंख्य लोकांना फायदा होऊ शकतो. हे शुश्रूषाने सिद्ध करून दाखवलंय. गेल्या ५० वर्षांत काही लाख लोकांनी हॉस्पिटलच्या सुविधांचा फायदा घेतलाय. असं हे हॉस्पिटल उभारण्याची संकल्पना कै. डॉ. वसंत श्रीपाद रणदिवे यांची. सहकार तत्त्वावर रुग्णालय ही संकल्पना डॉ. रणदिवे यांच्या मनात कशी आली? या संकल्पनेचा हॉस्पिटल निर्मितीपर्यंतचा प्रवास कसा होता? याविषयी विस्तृत माहिती मुलाखतीच्या माध्यमातून दिली ती डॉ. रणदिवे यांच्या सुविद्य पत्नी श्रीमती विद्याताई रणदिवे यांनी. व्यवसायाने सॉलिसिटर राहिलेल्या विद्याताईचे वय आज ९५ वर्षे आहे. त्या शुश्रूषाच्या ५० वर्षांच्या साक्षीदार असून त्यांनी दिलेल्या माहितीच्या आधारावर मांडलेला शुश्रूषाचा हा लेखाजोखा :

१९६०च्या दशकातील 'दादर'. अत्यंत शांत पण विविध सामाजिक चळवळींचं केंद्र असलेलं. त्यावेळी इथली लोकवस्ती काही हजारांच्या घरात, पण बहुतांशी मध्यमवर्गीय लोकांची. त्यावेळी दादरचा रानडे रोड म्हणजे अत्यंत वर्दळीचा रस्ता. पण या रस्त्यावर एका डॉक्टरांच्या दवाखान्यात प्रचंड गर्दी असायची. दिवसाकाठी २०० पेशंटची आणि अशा प्रचंड रूग्णसंख्या असलेल्या डॉक्टरचं नाव म्हणजे फॅमिली फिजिशियन कै. डॉ. वसंत रणदिवे.

डॉ. रणदिवे हे एक बहुआयामी व्यक्तिमत्व होतं. एका बाजूला डॉक्टरांची प्रचंड प्रॅक्टिस, दुसऱ्या बाजूला संयुक्त महाराष्ट्र चळवळीत सहभाग, ऑल इंडिया काँग्रेसचे सेक्रेटरी, महाराष्ट्रातील सहकार चळवळीतील नेत्यांशी संबंध, अशी त्यांची राजकीय-सामाजिक क्षेत्रात ऊठबस होती. या काळात काम करताना ते १९५८ साली रशियाला हेल्थ केअर आणि हेल्थ सर्व्हिसेस याविषयी अभ्यास करायला गेले होते. तेव्हा तिथं सर्वांना चांगल्या दर्जाची आरोग्यसेवा मोफत उपलब्ध होती. त्या अनुभवातून व आरोग्यसेवा पाहून डॉक्टर खूप प्रभावित झाले. तेथून आल्यावर त्यांच्या मनात सारखे अनेक विचार सातत्याने येत होते. ते म्हणजे, त्यावेळी मुंबईत मध्यमवर्गीय लोकांचे प्रमाण वाढत होते. या सर्वांना दर्जात्मक आरोग्यसेवा कशी मिळू शकेल? त्याचवेळी महाराष्ट्रात सहकार चळवळीला चांगले यश येऊन ती मोठ्या प्रमाणात प्रगती करत होती. तिचे कार्यक्षेत्र फक्त साखरकारखान्यांपुरते मर्यादित नव्हते तर सहकारी बँकाही येत होत्या. त्यामुळे त्यांच्या मनात विचार आला की, सहकार चळवळ आपलं कार्यक्षेत्र यशस्वीपणे विस्तारीत आहे तर मग ही चळवळ आरोग्य क्षेत्राशी संबंधितही कां होऊ शकणार नाही? डॉ. रणदिवेची प्रॅक्टिस गरीब, मध्यमवर्गीय अशा आर्थिक स्तरांशी संबंधित होती. गरीब रुग्ण सरकारी रुग्णालयात जात, तर श्रीमंतांसाठी मोठी खाजगी रुग्णालये होती. मध्यमवर्गीयांना जाता येतील अशी रुग्णालयेच नव्हती. छोटी-छोटी नर्सिंग होम्स होती, पण सर्व आजारांवर उपचार होत नसत. त्यामुळे मध्यमवर्गीयांसाठी हक्काचे रुग्णालय हवं हा विचार बळावला. शिवाय मध्यमवर्गीय लोकांचं एक स्वभाववैशिष्ट्य की त्यांना आरोग्यसेवा फुकट नको होती. चांगल्या दर्जाची आरोग्यसेवा, तीही हक्काची व परवडेल अशी असावी. म्हणून अशी सेवा सहकारातूनच देता येईल याविषयी डॉक्टरांची खात्री पटली. सहकार क्षेत्रातील स्वतःच्या भागभांडवल उभारणीप्रमाणे समाजातील लोकांनी एकत्र येऊन भागभांडवल उभं केलं तर रुग्णांना हा हक्क देता येईल याविषयी त्यांची खात्री पटली. म्हणूनच मग शुश्रूषा हॉस्पिटल उभारणीसाठी सभासद बनवायचे आणि भागभांडवल घ्यायचे, त्या रकमेचे शेअर्स घ्यायचे म्हणजे तो सभासद हॉस्पिटलमध्ये मानाने व हक्काने उपचार घेऊ शकेल. तसेच त्याला सभासद झाल्याने उपचार खर्चात सवलत देखील मिळेल.

'सहकारी तत्त्वावर रुग्णालय उभं करायचं' हा विचार मनात पक्का झाल्यावर मग त्यांनी तो सहव्यावसायिक डॉक्टर परिवार, राजकीय उच्चपदस्थ व्यक्ती, सामाजिक क्षेत्रातील व्यक्ती, पेशंटस् व त्यांचे नातेवाईक, मिल मजूर यांच्या समोर

मांडायला सुरुवात केली. या कल्पनेचं सर्वांनी खूप स्वागत केलं आणि त्यातूनच प्रथम विक्रोळी येथे छोटे हॉस्पिटल 'शुश्रूषा' या नावाने सुरू झालं. ते सूतिकागृह म्हणून कार्यरत होतं.

सुरुवात तर झाली पण दादरमध्ये इतकी प्रचंड प्रॅक्टिस असलेल्या डॉक्टरांना दिवसागणिक जाणवू लागले की दादर परिसरातही एका हॉस्पिटलची गरज आहे. आणि मग डॉक्टरांनी कामाला सुरुवात केली. सर्व परिचित, राजकीय, सहकारी क्षेत्रातील मंडळीही कामाला लागली. हॉस्पिटलसाठी जागा कुठे असावी? आपल्या दवाखान्याच्या जवळपास हॉस्पिटल असले तर आपल्या पेशंटनाही फायदा होईल. ते शोधात असताना रानडे रोडवर आत्ताच्या शुश्रूषा हॉस्पिटलच्या जागेवर भाटवडेकर यांची वाडी व विहीर होती. डॉक्टरांनी त्यांना पटवून दिले की, इथे रुग्णालय उभे केले तर दादरकरांची कशी चांगली सोय होईल. भाटवडेकरांचा डॉक्टर रणदिवेंवर खूप विश्वास होता. म्हणून त्यांनी ही जागा डॉक्टरांना दिली आणि मग हॉस्पिटलच्या उभारणीसाठी कामाला सुरुवात झाली. डॉ. दिवसभर प्रॅक्टिस करत, रात्री एक दोन वाजेपर्यंत रणदिवेंच्या घरी मीटिंग्ज चालत. आर्किटेक्ट्स, इंजिनियर इत्यादी सर्व इथेच बसत. इमारत पूर्ण करेपर्यंत खूप अडचणी आल्या, अगदी आर्थिकही. त्यातही रणदिवे कुटुंबियांनी तन, मन, धन अर्पून काम केलं. आणि शुश्रूषा हॉस्पिटलची उभारणी केली. उद्घाटनाच्या वेळी त्यावेळच्या पंतप्रधान इंदिरा गांधींना बोलवावे असे ठरले. तेव्हा त्या येतील की नाही याबाबत अनेकजण साशंक होते. डॉ. म्हणाले, "त्यांनी यायलाच हवं. आपण सुद्धा लोकांसाठीच कार्य करित आहोत." आणि डॉक्टर इंदिराजींना भेटले. त्यांना सहकारावर आधारित रुग्णालय ही कल्पनाच आवडली. आणि त्यांनी उद्घाटनाला येण्याचे मान्य केले. शिक्षणमंत्री मधुकरराव चौधरी यांनीही हॉस्पिटल उभारणी व कार्यात बहुमोलाची मदत केली. अशा असंख्य कार्यकर्त्यांच्या आणि सभासदांच्या सहकार्याने शुश्रूषा उभं राहिलं. रुग्णालय चांगलं चालू लागलं. त्याची घटना बनविताना डॉक्टरांनी सर्वसामान्य सभासद प्रतिनिधी, डॉक्टर आणि महिला प्रतिनिधी असतील अशी व्यवस्था केली. सर्व सुरळीत चालू असतानाच अचानक



श्रीमती विद्या रणदिवे

१९७१मध्ये डॉ. रणदिवे अनंताच्या प्रवासाला निघून गेले पण त्यांचा आरोग्यसेवेचा ध्यास विद्याताईंनी पुढे चालू ठेवला. १९७२-७७ दरम्यान त्या चेअरमन झाल्या. अनंत अडचणींवर मात करत हॉस्पिटल ४ मजल्यांचं केलं, पेशंट वाढले. आता अत्याधुनिक सोयीसुविधांनी सुसज्ज असं शुश्रूषा हॉस्पिटल नावारूपाला आलंय. विद्याताई आता ९५ वर्षांच्या आहेत. त्यांची शुश्रूषाच्या ५०व्या वर्षाच्या निमित्ताने एकच इच्छा आहे, 'हे हॉस्पिटल उत्तम रीतीने चालवलं जावं आणि इथं येणारा पेशंट घरी जाताना आनंदाने जावा.'

शुश्रूषाच्या सुवर्णमहोत्सवी वर्षापासून विद्याताईंनी व्यक्त केलेली इच्छा आपण सर्वांनी मिळून पूर्ण करायचा संकल्प करूया.

“शुश्रूषा हे आमचं दुसरं घरच!”

वैशाली धोटे आणि गीता सेठी - डॉ. रणदिवे यांच्या मुली.

शुश्रूषा हॉस्पिटलच्या उद्घाटनाच्या वेळी गीता १३ तर वैशाली ८ वर्षाची होती. तरीही उद्घाटन सोहळा दोघींना व्यवस्थित आठवतो. उद्घाटन प्रसंग आणि त्याची तयारी याविषयी त्यांनी माहिती दिली.

शुश्रूषाचा उद्घाटन सोहळा घरातील सर्व नातेवाईक, डॉ. रणदिवे यांचे डॉक्टर मित्र व विविध क्षेत्रातील मान्यवरांच्या देखरेखीत पार पडला. स्वागत कसे करायचे? कसं उभं राहायचं? याची माहिती कै. कमलाकर सोनटक्के यांनी दिली होती.



कार्यक्रमात बोर्ड ऑफ डायरेक्टर, व्हॉलंटिअर्स, प्रमुख पाहुणे यांना लावायचे बॅजेस, पैसे वाचवण्यासाठी म्हणून घरी करण्याचे ठरले. विद्याताई आणि मुलींनी व मित्रमंडळींनी मिळून बॅजेस तयार केले. त्यातही कार्यक्रमातील प्रमुख डॉ. रणदिवे, मधुकरराव चौधरी आणि पंतप्रधान कै. इंदिरा गांधी यांचे बॅजेस विशेष बनवले होते. त्यावर शुश्रूषाचा लोगोही एम्ब्रॉयडरी करून स्वतः घरी बनविला होता. गीता म्हणाली, आमची धावपळ, कामं बघून डॉ. रणदिवे यांच्या आई, त्याकाळच्या मॅजिस्ट्रेट कै. तारा रणदिवे म्हणाल्या, 'मला पण द्या एम्ब्रॉयडरी करायला. मी बनवते. आणि लोगो ताराताईंनी तयार केला.' हा आमच्यासाठी सर्वोच्च आनंदाचा क्षण होता असं गीतानं आवर्जून सांगितलं.

गायब वस्तू शुश्रूषात

एक दिवस संध्याकाळी वैशाली, गीता शाळेतून घरी आल्या तर घरातले मोठुं डायनिंग टेबल गायब. त्यांना धक्काच बसला. मग आईला विचारले. तेव्हा विद्याताई म्हणाल्या, 'शुश्रूषामध्ये स्टाफला जेवणासाठी टेबल नव्हते. म्हणून डॉ. रणदिवे म्हणाले, आपल्या घरात मोठुं डायनिंग टेबल आहे ते आपण स्टाफसाठी देऊया!' आणि ते घेऊनही गेले.

आणि पुरात सर्व वाहून गेलं

एका वर्षी जबरदस्त पाऊस आला आणि पूर आला. त्यात हॉस्पिटलच्या तळघरात (आता जिथे ओपीडी आहे तिथे) खूप पाणी शिरलं आणि वैद्यकीय उपकरणं आणि इतर साहित्याचं खूप नुकसान झालं. त्यावेळी विद्याताई रणदिवे या चेअरमन होत्या. त्यांनी शुश्रूषावर अधिक मजले चढवायचे ठरवले. त्यासाठी लागणारा निधी त्यांनी हिंमतीने उभा केला आणि ३ मजल्याचे शुश्रूषा चार मजली झाले.

शुश्रूषामध्ये उत्कृष्ट दर्जाच्या सुविधा देण्याबाबत आग्रही

सहकारातून जरी शुश्रूषा रुग्णालयाची निर्मिती झाली असली तरी दर्जामध्ये कुठेही तडजोड करायची नाही असा डॉ. रणदिवे यांचा आग्रह होता. त्यामुळे हॉस्पिटलला लागणारी वैद्यकीय उपकरणं, आतल्या सोयी, स्टरलायझेशन विभाग, लाँड्री, लॅब सर्व्हिसेस इत्यादी त्यांनी चांगल्या पारखून मगच हॉस्पिटलसाठी घेतल्या. त्यांचं मत असं होतं की, हॉस्पिटलमध्ये केवळ डॉक्टर्स नव्हेत तर नर्सिंग विभाग हे हॉस्पिटलचं हार्ट असतं. बाकी रुग्णांशी संबंध नसेसचाच येतो. त्या जितक्या चांगल्या प्रशिक्षित तेवढं रुग्णालय उत्कृष्ट दर्जाचं असतं, म्हणून त्यांनी इंग्लंडहून भारतात आलेल्या मिसेस देशपांडे या नर्सिंग प्रशिक्षित व्यक्तीची मेट्रन म्हणून नेमणूक केली.

डॉ. रणदिवे नेहमी म्हणत, हे समाजाचं हॉस्पिटल आहे त्यामुळे हॉस्पिटलने सतत रुग्णोपयोगी, प्रतिबंधात्मक उपाय यावर आधारित कार्यक्रम रुग्णालयात सातत्याने घ्यायला हवेत. जेणेकरून सर्वसामान्य माणूसही इथे येईल आणि या रुग्णोपयोगी कार्यात सहभाग घेईल.

यासाठी सुरुवातीच्या काळात हेल्दी बेबी स्पर्धा, बेबी क्लिनिक, वृद्धांसाठी विशेष कार्यक्रम घेतले होते. त्याला लोकांनी त्याही वेळी चांगला प्रतिसाद दिला होता.

Golden Jubilee
1969 - 2019



50 years Golden Memories



Golden Jubilee
1969 - 2019



Golden Jubilee
1969 - 2019



SHUSHRUSHA

सुमन रमेश तुलसियानी शुभ्रवा
कमे. ऑ. हॉस्पिटल विवनेळी

जेठांसाठी चालविण्यात येणाऱ्या
दिलासा केंद्राचा

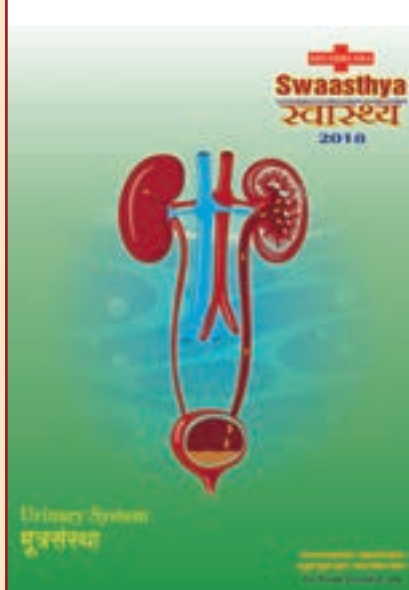
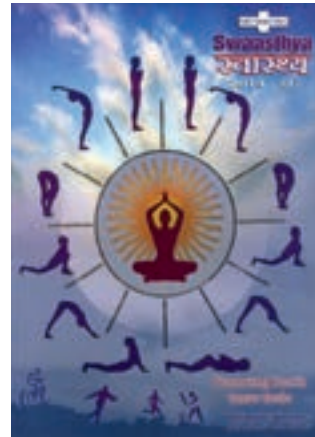
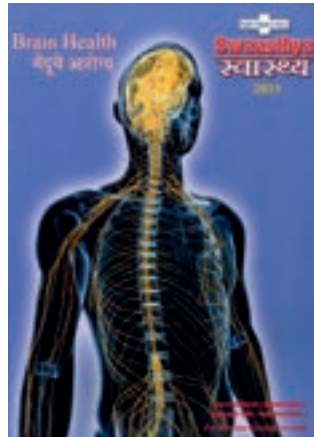
उद्घाटन समारंभ

उद्घाटक - मा. वी. प्रकाश बोरगावकर
(संस्थाक (मि.सी.डी.सी.)
प्रमुख उपस्थिती - श्री शरद दीपोलकर
(अध्यक्ष - फेडरॉम)
डॉ. प्रकाश सलुंके - (विशेषिणक)

वेळ - दुपार, दिवस २२ नोव्हेंबर सकाळी १० वाजता
स्थळ - शुभ्रवा हॉस्पिटल, ६ व क्रमांक, कान्हावर नगर, विवनेळी

आपली उपस्थिती
प्राधान्य आहे
आपले जणू

डॉ. वैजा भावनेने । सार. डॉ. वैरागि । शुभ्रवा कारभार



अंतरंग

अंतर्गत लेख: 'किडनी' (Kidney Health)

अंतर्गत लेख: 'दिव्य अज्ञान' (Brain Health)

अंतर्गत लेख: 'योग' (Yoga)

अंतर्गत लेख: 'डॉक्टरचे रेसिपे' (Doctor's Recipes)

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अंतर्गत लेख: 'योग' (Yoga)

अंतर्गत लेख: 'डॉक्टरचे रेसिपे' (Doctor's Recipes)



OFFICE BEARERS IN SHUSHRUSHA CITIZENS' CO-OPERATIVE HOSPITAL BOARDS SINCE 1964

PRESIDENTS

1. Shri M.D. Chaudhari 1964-1977
(MLA & Education Minister - Maharashtra)
2. Shri B. L. Paranjape 1978-1983
3. Shri M. L. Apte 1984-1987
4. Dr. Kuldip Goleria 1988-1993
5. Shri R. G. Sindhkar 1994-1996
6. Shri S. D. Dandekar 1997-2005
7. Shri Shantaram Rege 2006-2008
8. Shri S. D. Dandekar 2009-onwards

CHAIRMEN

1. Dr. Vasant Randive 1964-1971
2. Smt. Vidya Randive 1972-1977
3. Dr. W. C. Shrishrimal 1978
4. Dr. S. V. Bapat 1979-1980
5. Dr. Kuldip Goleria 1981-1987
6. Shri S. D. Dandekar 1988-1996
7. Dr. N. S. Laud 1996-2005
8. Shri D. K. Afzulpurkar 2006-2007
9. Dr. N. S. Laud 2008-onwards



VICE CHAIRMEN

- | | | |
|-----|-----------------------|--------------|
| 1. | Shri Bhogilal Mehta | 1964-1977 |
| 2. | Smt. Sheela Chaubal | 1978 |
| 3. | Dr. Hemchandra Gupte | 1979-1980 |
| 4. | Dr. B. R. Nayan | 1981 |
| 5. | Shri C. K. Gumaste | 1982-1989 |
| 6. | Dr. N. S. Laud | 1990-1992 |
| 7. | Dr. S. K. Bhandare | 1993-1995 |
| 8. | Shri P. J. Vaidya | 1996-2005 |
| 9. | Dr. G. V. Acharya | 2006-2008 |
| 10. | Shri Nagesh Fovkar | 2009-2014 |
| 11. | Shri Sanjay Panse | 2014-2015 |
| 12. | Shri Deepak Deshpande | 2016-onwards |

MANAGING DIRECTOR

- | | | |
|----|--------------------|-----------|
| 1. | Dr. Kuldip Goleria | 1966-1971 |
|----|--------------------|-----------|



TREASURERS

1.	Shri. Mahadeo Pinge	1964-1975
2.	Shri. P. B. Apte	1977
3.	Shri. D. A. Parelkar	1978-1981
4.	Shri. J. B. Mehta	1982-1984
5.	Shri. S. D. Dandekar	1985-1987
6.	Shri. D. A. Parelkar	1988
7.	Shri. Pramod Vaidya	1989-1995
8.	Shri. P. D. Nadkarni	1996-1999
9.	Shri. J. B. Mehta	2000-2006
10.	Dr. R. H. Maniar	2007-2008
11.	Shri Sanjay Panse	2009
12.	Shri. Krishna Kajrolkar	2010-2014
13.	Dr. Sundararajan	2014-2015
14.	Shri. N. K. Fovkar	2016-onwards

ASST. TEASURER

1.	Shri. Manoharlal Sanghavi	1964-1967
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SECRETARIES

1.	Dr. Kuldip Goleria	1964-1966
2.	Shri. Manoharlal Sanghavi	1967

ASST. SECRETARIES

1.	Smt. Sheela Chaubal	1964-1966
2.	Shri. P. V. Gadgil	1967-1971



DEANS

1.	Dr. Kuldip Goleria	1972-1975
2.	Dr. S. V. Bapat	1976-1979
3.	Dr. V. M. Kini	1980
4.	Dr. B. R. Nayan	1981
5.	D. N. S. Laud	1982-1987
6.	Dr. S. K. Bhandare	1988-1992
7.	Dr. V. M. Deshmukh	1993-1998
8.	Dr. A. M. Joshi	1999-2005
9.	Dr. B. M. Pai	2006-2008
10.	Dr. Rajeev Redkar	2008
11.	Dr. Rekha Bhatkhande	2009-2014
12.	Dr. Sulabha Chirmule	2015
13.	Dr. Shilpa Deshmukh	2016-onwards



SHUSHRUSHA, A MISSION - WAS, IS AND WILL BE



Dr. N. S. Laud
Chairman

Time takes me back to around 49 years ago when on one fateful day, I walked into the office of the late Dr. V. S. Randive, the founder chairman. He was a very affable person, soft spoken, with kindness emanating in his every action. His first question to me was "Do you have any idea about what this hospital is?" Quite frankly, I had no clue. He said, "this is a unique concept of collaboration between doctors, administrators, community and patients". I could barely comprehend what he was talking about at that time, but today it dawns upon me that he was a visionary. Little did I know that what I would experience in the latter part of my journey, the success in my profession and social responsibility would be through the aegis of a new concept.

Dr. Randive was a socialist leader and at that point in time he was working with many eminent personalities. I later knew that he even contested and became a corporator. He emphasized that he wanted to help needy patients, especially those from middle and lower income group. He was a family physician and had a large number of patients under him. A keen observer and an analytical person, being a public representative, he realized that for day to day problems of patients, a family physician could be of great help and succour. However, in emergencies, and situations warranting hospitalizations, he required extended facilities and the support of specialists. Following his analysis of general hospitals he came to the conclusion that though the treatment was free, the time taken and the quality of care offered was probably not upto the mark. Several hospitals and medical colleges were great institutions. However, patient numbers and paucity of funds probably led to compromised care.

In healthcare, especially in emergencies, time and quality is essential. He also realized that in order to offer his patients quality care in a cost effective manner, the ideal solution would be if the entire community took part, by raising funds and through contributions, such an institution would enable him to fulfill patients' needs in a proper manner. He then met his friends, consultants, general physicians and other professionals and discussed all issues threadbare and to all of them the idea sounded extremely practical with lot of foresight and beneficial to the society in the long run. He thus established the Shushrusha Citizens' Co-op. Society in 1964.

Since he had a large clientele and a wide circle of friends, he was able to convince 1500 people who became shareholders at Rs. 100/- each. The co-operative laws then had a provision that if citizens collect a fair amount, then the government would offer its shares as redeemable differential shares. Thereafter Rs. 15 lakh were contributed by the government. The idea crystallized and the foundation stone of the hospital was laid on a small piece of land, by the then Defence Minister, Mr. Y. B. Chavan. Through his efforts, Shushrusha Hospital was inaugurated by the then Prime Minister, Mrs. Indira Gandhi on 20th May 1969 in Dadar.



To me it took time to understand the concept, but now I realize that Dr. Randive had a vision to solve "community problems" by "community participation" which is vital. He then embarked on his mission of getting good Consultant doctors on the hospital panel.

In Mumbai, at that time there were very few private hospitals where people could take treatment and Shushrusha offered treatment to its members. It must be mentioned here that around 40-45 brilliant young doctors, specialists from the medical colleges of Mumbai who had no resources willingly joined this hospital.

Looking back 50 years ago. the names of Dr. Goleria, Dr. V. N. Kini, Dr. Ramamoorthy, Dr. Raja Rao, Dr. G. S. Acharya, Dr. Bhandare and Dr. Modak were all on the panel. Obviously, Dr. Randive was successful in creating a centre where the patients from in and around Dadar, Mahim, Matunga and Prabhadevi could take good quality treatment in time. This was the beginning of professionals bringing healthcare on the doorsteps. Dr. Randive gave me an opportunity and informed me that I would have to start working from tomorrow and also indicated that a doctor must serve the community and it is the community that makes the doctors successful and famous.

Unfortunately, within two years of Shushrusha's inauguration, Dr. Randive passed away after the General Body Meeting. His untimely demise came as a rude shock especially since the then Dean, Dr. Goleria, was away in Australia.

All clinical colleagues got together. It was amazing and noteworthy that despite such a huge tragedy in Dr. Randive's family, Mrs. Vidyatai Randive, popularly known as Vahini, took over as Chairman.

Obviously, the institution faced several problems. However, with the support of consultants, the hospital continued to offer services, It would be very difficult to believe today that a general bed did cost only Rs. 12/- which included meals, and to make it cost effective, kitchen help was acquired from low income groups. The years 1971-79 were a difficult period. However, the hospital managed to continue functioning.

In 1978-79 there was a move that the cooperative department, with the help of political stalwarts in cooperative movement would take over the hospital and called a meeting of consultants to indicate the problems. The issue was "How the hospital would survive with the existing working pattern". The alternative was a takeover by the government. I was then Honorary Orthopaedic surgeon and Professor at LTMG Medical College, Sion, Mumbai. I also had my private nursing home at Dadar. My experience at Sion indicated that though the treatment was given free, the clinical therapy offered in terms of time, precision and quality, at best could be termed "Compromised Care". My own nursing home also had lot of constraints and to treat high risk patients was a great challenge. I had also seen the working of corporate hospitals like Breach Candy Hospital, in my personal experience. While the treatment in general hospitals was free, the corporate was highly expensive.



I then took the initiative and convened a meeting of consultants and suggested that we contest the elections to the board of directors. Then it was at this point of time that we roped in specialists from non medical branches like Subhash Dandekar, Chairman of Camlin, Mr. Vidhyadhar Mhatre & Mr. C. K. Gumaste Architects, M/s. Jagatbhai Mehta, Chartered Accountant. We formed a panel and won the elections hands down. Dr. Goleria was elected the Chairman. I was given the responsibility to be the Dean and Mr. Jagatbhai Mehta was the Treasurer. This board was very cohesive. The working of the hospital was re-structured and the board also planned expansion of the hospital. First the fourth floor. On this floor special rooms and first ICU was commissioned. The results were encouraging and later two more floors were added, the fifth and sixth which were all special rooms.

My tenure as a Dean was for two terms. Because of great team effort and support from the consultants, the hospital showed steady growth. In subsequent elections, young medical colleagues, like Dr. (Mrs.) Asha Joshi, Dr. (Mrs.) Geeta Gandhe, Dr. V. M. Deshmukh, Dr. Ranjit Maniar, Dr. Bhandare and others got elected to the board. I must mention that non medical professionals like Mr. Subhash Dandekar, Mr. Mhatre, Mr. Gumaste contributed a great deal towards planning, progress and growth of the hospital.

For me this was an opportunity to sit, assess and analyze as to what would be the ideal healthcare system which would offer cost effective care to all. The core issue was, whose problem is healthcare? My analysis indicated that providing healthcare in an efficient manner would be difficult if the government alone is the sole contributor. At that point of time around 27-30% of healthcare was provided by government and corporation and 70% was taken care of by family physicians, private nursing homes and charitable and trust hospitals. Corporates joined the race to offer healthcare since they realized that the healthcare industry was a billion dollar industry. I felt an effort had to be made to enlighten the community about "healthcare being their problem" and if they were involved in creating institutions as envisaged by Dr. Randive, it would probably be the right step forward.

Today, Shushrusha is a brand. Being a citizen's movement, philanthropists came forward and gave donations. It is a matter of real satisfaction that middle class families came forward and donated amounts in memory of their relatives to existing facilities like private rooms and wards.

President Barrak Obama, when he took over Presidency of USA, appointed committees to deliberate and plan an ideal healthcare provider system which would help the community anywhere and everywhere. It is noteworthy that the report which the committee gave reads as "An ideal healthcare system would be one run by NGO's, by cooperation from the needy and participation of all concerned in the healthcare, such a system can run anywhere and everywhere."

It is amazing that Dr. Randive thought about this in 1964, an idea put into practice more than 50 years ago!



SHUSHRUSHA AT “50”



Dr. Shilpa Deshmukh
Dean

Shushrusha Hospital has always kept itself ahead of all hospitals by providing state-of-the-art facilities to the patients at affordable cost. It is one of the most successful initiatives giving quality health care with accountability.

On occasion of Golden Jubilee Year I would like to communicate the **initiatives** that have been **undertaken** in order to improve the facilities, finances and aesthetics of Shushrusha Hospital.

I would like to start with **implementation of the quality standards** through ISO 2015, NABH Safe-I and our ongoing quality march towards pre NABH Accreditation.

Training of staff as well as RMOs has been an ongoing process. We have undertaken 20 CME's (Continued Medical Education) for the Resident Medical Officers and 32 CNE's (Continued Nursing Education) during last year i.e 2018-19.



Government accredited training to staff members with regards to Fire / Rescue / Disaster Management etc have been designed and conducted here.

Shushrusha Citizens' Co-operative Hospital Limited was proud to join the “**Compression Only Life Support campaign**” on occasion of WORLD RESTART – A HEART DAY wherein our core team in Cardio Pulmonary Resuscitation actively participated and trained 257 participants / visitors.

We are now in the process of undertaking our “Code BLUE” initiative which has evolved after this COLS initiative.

Shushrusha Hospital had participated in an inter hospital competition on 'Prevention of Pressure Lines" and I am proud to announce that, Shushrusha Hospital has won III prize.

Shushrusha was proud to host “**Asia Pacific Health Co-operative Organization**” (APHCO) meeting which



saw that countries such as Japan, Srilanka, Bangladesh, Malaysia which have health care models based on co-operative principles participate. Our very own Ex-Dean and Hon'ble Surgeon has been elected as the Vice President on the Board of APHCO.



Recent tie up with “**Indian Dental Association**” has been undertaken wherein IDA will perform dental treatment to the patient in the clinical trial after obtaining informed consent as per trial protocol. In case of any medical emergency such patients will be referred to Shushrusha Hospital for emergency medical management and post operative care.

For the first time **Infection Control Week** was celebrated in Shushrusha Hospital. Participation of staff members in activities, giving message on infection control through display of posters, slogans, performing skit, were held. Infection Control Committee has been successful in improving treatment standard in Shushrusha Hospital.

In keeping with the environmental requirements we have installed a fully automatic “**Composting Machine (75 Kgs)**” as per the standards of BMC. Bio fertilizer is being produced inhouse through this compost machine.



As per the guidelines of Maharashtra Pollution Control Board our installation of “**Sewage Treatment Plant (STP)**” has been an achievement. Thus all procedures to avoid pollution of environment for its future generation have been followed.

Fire Safety is our priority and we are regularly **conducting fire drill & mock drill** for staff. Further we have installed Hose Box, Hose Pipe, 1 Kg ABC Type Fire Extinguishers, 5 Kg ABC Type Fire Extinguisher in compound; Smoke Detectors so on and so forth.



We have installed **LED lights and new air conditioners** in the basement OPD and 5th floor as a march towards cutting down on electricity consumption. The cost has gone down by from 164.42 lakhs in 2016-17 to Rs. 143.27 lakhs to further Rs. 122.12 lakhs in 2018-19 at Dadar Unit (2017-18). Thus we have saved Rs. 42 lakhs on Electricity Cost

Installation of **new lift, and sitting arrangements in OPD** has been enhanced.

In order to make health care more technically advanced we **purchased Stago Coagulometer for Caogulation profile, Four Defibrillator machines, 30 degree Telescope required for urology cases, Portable X-ray machine (Allengers 30 MA), three 12 Lead ECG Machines and OCT machine** to diagnose & treat various diseases.



Our **new EMS and ECG department** were inaugurated.



We have started providing **Portable X-Ray facility** to the patients residing between Mahim and Worli.

ERCP has been a new initiative done by our Consultant Gastroenterologist.

We have started conducting **“Radio Frequency Ablation”** in our CT Department. RF Ablation initiatives are for Liver, Bone and Soft Tissue, Lung and Kidney tumours.

We are now renovated our NICU so that it can be used as an isolation room for Haematology patients in addition to a baby incubator.

We have remodeled few rooms on the 5th and 4th floors out of the donation given by some patrons. We expect such patrons to come forward to help us to provide health care at affordable rate.



We have upgraded information for patient identification by displaying “tags” outside the rooms.

Our **Diabetic Foot Clinic** has been a new exclusive venture catering to complications of life style diseases mainly diabetes. Till date 461 patients have availed treatment under this facility.

We are setting up with Fracture Liaison Service which is basically to prevent secondary fracture. This will be a initiative under guideline of our Hon'ble Densitometrist who heads our Bone Mineral density Clinic.



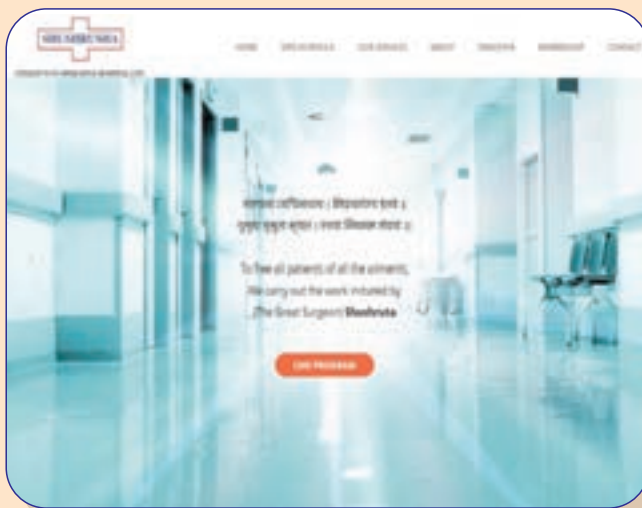
Shushrusha is proud to have a **Food & Drug Administration approved licensed Blood Bank**. We hold blood donation camps in various colleges. This year we have conducted 25 camps.

We had **conducted two outreach camps** 1) Dadar Phool Market (Dadar Station) and 2) slum near Worli Dairy, Mumbai on Saturday, the 4th November, 2017 where primary treatment was given to the roadside patients free of cost.

We have started a full fledged **Health Check up Department** on the ground floor where various health check up packages are being promoted.

We have also started a **Geriatric Counseling Clinic** which will be a point place for addressing all the grievances of the geriatric population.

The website of Shushrusha i.e. www.shushrushahospital.org has been upgraded.



Attempt to **publish the facilities of Shushrusha Hospital digitally** i.e. through facebook have been undertaken successfully. I request all our members to send a friend request to our Facebook Page.

Looking forward to start new ventures and provide affordable, accessible and available health care to all. For at Shushrusha Hospital you all matter the most.



LOOKING AHEAD, MOVING FORWARD...



Dr. Rekha
Bhatkhande

Shushrusha Citizens' Cooperative Hospital Ltd is a tertiary hospital conveniently located at the heart of Mumbai in the MCGM's G North ward. The soon-to-be-completed Metro train service will add to its accessibility.

Shushrusha was initiated by a pair of visionary doctors (Dr. V.S. Ranadive and Dr. K.S. Goleria) in 1964 and in that same year, was registered under the Cooperative Society Act making it the first Cooperative Hospital in India. Since then, Shushrusha has become a premier hospital of the area, committed to the rendering of safe, quality medical care to its member and non-member patient clientele.

OUR JOURNEY :

Shushrusha has achieved a lot over the last 50 years. The steady growth of our cooperative membership from the initial 2200 to 22,000 strong today validates its quality of healthcare. We have duplicated our services at our newly constructed 170 bedded Vikhroli hospital. We have added services, upgraded them, introduced state-of-art facilities in keeping with the demand of the changing times and practices. As we have neither corporate provisions nor Trust funds to fall back on, we are appealing on the joyous occasion of our golden jubilee year to you all: kindly dip into your pockets and help make this hospital a centre of excellence.

FUTURE BECKONS :

It is time for Shushrusha Hospital to take a leap of faith again! In March 2018, Supreme Court of India allowed people to draw up Living Wills. A living will, also called a directive to doctors, is a document that lets people state their wishes for end of life medical care, in case they become unable to communicate their decisions. It has no power on disposal of property and possessions and ceases with patient's death. I would strongly persuade Shushrusha Hospital to endorse its assenting patients the required Medical Power of Attorney to receive the desired treatment. Members of the Dilasa Group of Senior Citizens are keen to draw up Living Wills.

CAPACITY BUILDING :

Further, we would like to reinforce the combination of all our strengths attributes and resources available within our organization to achieve Golden Hour goals. In our endeavour to have our own Emergency Response Team, we would like to introduce formal training of paramedical persons and specialty nursing. Training in Emergency Care and Critical Care Medicine is also in the pipeline. We are officially guiding formal caregivers and hope to extend this service to informal sector too.

COMMUNITY INVOLVEMENT :

Introduction of local school and college students to hospital facilities in structured



hospital visits will increase their understanding of healthcare in India at a formative age. Dilasa Group of Senior Citizens has volunteered in the past, and will do so in the future to help bridge any gap between the patients and the management. We hope to establish a telephone service for Diabetic patients to encourage compliance with prescribed treatment in an attempt to decrease dreaded diabetic complications.

INFRASTRUCTURE :

Shushrusha Citizens' Cooperative Hospital, constructed in 1969, is a 140 bedded hospital with major clinical departments, a popular Kidney Dialysis Unit, ICU and HDU facilities, 3 operation suites that are equipped with modern facilities and instruments, a Cardiac theatre that is used for open heart surgery, pulmonary resection and Neurosurgical procedures. We have a state-of-art Cardiac Cath Lab that caters to patients requiring coronary angiography, angioplasty, peripheral vessel intervention, neuro-angiography and endarterectomy with zero-hour treatment of strokes.

Currently, Shushrusha is upgrading its equipment, facilities and systems to meet the growing needs of the community. Shushrusha is grateful to its spontaneous and charitable donors for financial help in its upgradation. We appeal to you to donate in the name of your dear departed ones. You can dedicate a patient room, a department or a facility in his/ her name or purchase equipment instead.

Upgrading to only motorized beds in our ICU will be a boon to patients and staff alike!

SURGERY :

Soon robots will be everywhere, and advancing to Robotic surgery will be our endeavour. Complex eye surgery is done at Shushrusha Hospital, a recognised centre for corneal transplant. We hope to start our renal transplant service.

Minimal Access and Laparoscopic Surgery is the order of today, and acquiring equipment like a harmonic scalpel will enhance ease-of-use and skill of the operating surgeons.

MEDICINE :

The Medical Department has highly skilled experienced medical personnel, and in all super specialties. Rehabilitation is done routinely and the hospital caters for specialized needs of pain relief.

Neurological mapping of brain death with EEG is done in moribund patients in the ICU, a prerequisite to participate in the State's Transplant program.

In compliance with the National Health Policy 2017, we will establish AYUSH into our armamentarium of medical services. Currently we have an active homeopathy service. Our ayurveda clinic will be restarted. Yoga will be introduced for staff, indoor and outdoor patients.



The infection control protocols and handling of bio-medical waste are in tune with the latest rules. Advocacy has been made for collaboration with the urban local body to deal with domestic pharma waste collection in special bin to be kept in the hospital compound.

PAEDIATRICS :

A paediatric emergency department (PED) will serve as safety net for many families. Collaborating with neighbourhood schools for Golden Hour treatment of acute trauma, epilepsy and bronchial asthma is the right step in our journey forward.

GYNAECOLOGY :

Our Gynaecologists ensure that the health of the female employees and patients is monitored and maintained. Traditional and laparoscopic gynaec surgery is done with excellent results. The department needs a flexible hysteroscope for state-of-art procedures.

RADIOLOGY :

Currently we would like to upgrade our main Digital Xray Machine with an up-to-the-minute one. Portable Xray facilities offered to patients at home could, perhaps, be offered to the local traffic police for accident cases in future. Densitometry if done in all geriatric patients will address issues of osteoporosis.

The addition of a mammography machine would help our Breast Clinic.

The imaging need of the hour is undoubtedly MRI and PET Scan capability. Space constraint is therefore regretted. However, we have collaborated with nearby facilities for the same.

LABORATORY :

The Laboratory has Clinical Pathology and Histopathology services and a dependable Microbiology Department. Packages for Health check-ups have been worked out, and home services will be accentuated. Our annual anaemia check up of new entrant female college students will be resumed.

Recurrent respiratory infections are rampant. For residents of our neighbourhood, an offer of air sampling and testing surface swabs of common utilities in their residential buildings may help mitigate community acquired infections.

BLOOD BANK :

The blood bank is functioning under the rules and regulations of Government, CDSCO and FDA. It is licensed to collect, store and dispense whole blood along with its components. Looking ahead, we aspire to become a good Immuno-Haematology and Blood Transfusion (IHBT) centre.

OPHTHALMOLOGY-OTORHINOLARYNGOLOGY :

The Ophthalmology unit of Shushrusha Hospital has the latest equipment necessary to



render total eye care to its patients. Our free eye camps are in accordance with the mission to decrease blindness in our country.

ENT consultations, traditional and endoscopic ENT surgical operations are done here, we offer audiometry services and we hope to introduce Vertigo Management soon for eldercare.

ENDOSCOPY :

Diagnostic and therapeutic endoscopic treatment is rendered by well-trained medical experts in the fields of gastroenterology, respiratory medicine, urology, gynaecology, orthopaedics, spine surgery and ENT. Endoscopic surgery is the preferred modality where possible. Upgradation of these Endoscopes is a continuous process.

ANAESTHESIA :

The Department of Anaesthesia with its trained anaesthetists, reliable and modern anaesthesia machines and instruments caters to routine, high-risk and fast track surgical cases. Many day-care procedures (such as arthroscopic surgery, eye surgery, sterilisation procedures, herniorrhaphy, and cosmetic operations) receive the required anaesthesia or sedation; regional and block anaesthesia is easily done, and epidural and other modalities for pain management are expertly carried out here.

RENAL DIALYSIS :

Shushrusha's Dialysis Unit is a feather in its cap!

Well run, well equipped, we hope to take this service forward from being a renal replacement therapy to a renal transplant support service. Setting up of a dedicated dialysis fund will help achieve this.

GERIATRICS :

Geriatric Clinical OPD was introduced in Shushrusha a decade ago. Today it is being revived as a free Geriatric Counselling Service encompassing various services in it. We hope to collaborate with a legal cell, a financial advisory service, social organisations, yoga masters, hobby teachers, Pharmacist and of course our very own Consultants, Dietician, Psychologist, and Physiotherapist. We are keen to determine an elderly person's body composition of muscle and fat by a simple bio-impedance analyser, as this information impacts further treatment in frail old patients.

MENTAL HEALTH OF ADULTS :

Mental health concerns experienced by patients are often undiagnosed and untreated and include: anxiety and depression. We hope to address these concerns with consultation, public awareness and regular workshops. We look forward to CSR sponsorship for our outreach programs. Sleep problems and sexual dysfunction are often caused by drugs, depression, or dementia. A Memory Clinic for Alzheimer's disease is on the anvil.



NEUROPSYCHIATRY DISORDERS IN CHILDREN :

We hope to start a clinic for Fussy Eaters amongst our children clientele. A Child Development Centre (CDC) would be a logical sequel.

HEALTH CHECK-UP DEPT: We have re-introduced our preventive health check packages for various situational needs, health issues and ages. Members should avail of concessional rates offered. Remember, there is an Income Tax rebate on Health Checkups.

Corporate tie-ups for our customized Health Check Packages are welcome.

HEMOCARE SERVICES :

Starting of Homecare Service is being planned. This service is necessary and is being promoted in our National Health Mission. We are hopeful of organising it ourselves as a concierge care service. Once initiated, we hope to expand it into a complete support care broker service. Such a service will be both medical and non-medical. Medical home services administer skilled nursing and rehab services under physician's strict orders. Non-medical home care services include personal care, assistance with daily living activities, meal preparation, housekeeping, and transportation.

DIGITAL HEALTH :

With the increased use of smart, mobile and tablet devices, the 'digital divide' is narrowing, and digital health is the way forward. W.H.O's first guidelines on Digital Health published recently and National Digital Health Authority (NDHA) will regulate TEC or technology enabled care (eHealth, mHealth, Cloud, Internet of things). For us TEC is an intersection of health data, digital media and mobiles accessing hospital services and improving outcomes in healthcare. We will ensure good online clinical information with signposting of superior health practices cross the continuum of care.

Technical help given voluntarily in establishing digital health will be highly appreciated.

BEYOND 50 YEARS :

The future of Shushrusha Citizens' Cooperative Hospital, Ltd does not rest on the shoulders of a few but on the goodwill of all well-wishers. We are proud to be a brand in the healthcare sector and the cooperative care segment in the healthcare system of our country. The other segments being public health system, private health system and home care service.

We are certain that our well-wishers mirror our sincere heart-felt desire for Shushrusha Hospital's continued growth and success.



WHAT OLD TIMERS SAY...

Prof. Dr. D. K. Deshmukh
Psychiatrist

I was 'born' as a practising psychiatrist in 'Shushrusha' in the year 1969. I had just finished my post-graduation and had a privilege to be the youngest person on the panel of consultants which included many renowned personalities.

The late Dr. Randive was gracious enough to allow me to sit in OPD even before it's formal inauguration, so, the first OPD patient of Shushrusha was my patient - a memory that I have always cherished!

Shushrusha was like a close-knit family with strong personal bonds and support system. It continues to be so even today.

I have been intimately associated with this wonderful institution in different capacities - viz a consultant, a director (consultants' representative), a patient's relation and a patient as well.

I have never felt let down in this place, where your work decides your worth ! My roots go deep into this place and I am proud of it.

I cannot forget that this hospital not only gave me a break but also helped me survive long enough to witness it's GOLDEN JUBILEE, coinciding with Golden Jubilee of my own practice!

Dr. P. S. Ramani
Neuro and Spinal surgeon

In 1974, I joined Shushrusha Hospital by sheer serendipity. I had just returned from England and as luck would have it, I started getting busy in my practice. I started my consulting rooms in Hindu Colony, Dadar and I was looking for a good Hospital to operate. Shushrusha Citizens' Co-operative Hospital was just across the Tilak Bridge and suited me most. I had a patient of brain tumor to do surgery. I knew personally Dr. Pednekar, who was then the superintendent of the hospital. I approached him and requested him to allow me to admit the patient though I was not inducted as a Consultant. In those days, the hospital did not do much surgical work and looking at me Dr. Pednekar saw a young energetic surgeon. He quickly agreed to my suggestion and the very next day I did the surgery. Dr. Pednekar did not waste time and quickly appointed me as surgeon. I felt happy that I did not let him down.

I met my old friend, Padmabhushan Dr. N. S. Laud and both of us with similar medical characteristics did lot of work together. We both were honest, sincere and transparent to the patients. We looked after them well and treated them with devotion. Both of us did not know



what was cut practice and Shushrusha being a co-operative hospital of the people and for the people we enjoyed working there and be at service to the humanity.

I feel proud of the rapid growth of Shushrusha co-operative movement and that already one more and much bigger hospital is ready in Vikhroli. It caters for all major super specialities and serve the people with an affordable price in the present era of commercialization in medicine.

While presently I do work in a corporate hospital in the metropolis of Mumbai, my mind and heart always reminds me of Shushrusha hospital. I derive inspiration from it and remember Albert Einstein's words "a calm mind and modest living can bring long lasting happiness and containment in life than with relentless pursuit of success with a relentless restless mind."

Medicine has advanced and as a direct result it has increased our longevity. With advancing age if one has to remain physically fit and mentally alert, we do need many more Shushrusha hospitals to look after the wellness of the society, away from commercialization in Medicine.

Dr.P. A. Kale
Clinical & Interventional Cardiologist

Since I joined the hospital as a consultant cardiologist in October 1976, I have enjoyed my work as a cardiologist as well as a staff member. My relationship with my colleagues has been very pleasant,

I can say that while treating the patients I gained experience and achieved their confidence by improving Doctor Patient relationship.

I have seen the hospital's growth right in front of my eyes. For this I must give credit to the organizers for providing modern equipments to perform the procedures thus giving best treatment under one roof. Wishing all the best for further Growth and Success to the Hospital.

Dr. Ravin Thatte
Plastic & Reconstructive Surgeon

How time flies! It has been fifty years since Dr. Randive mooted the idea of a co-operative hospital, an idea that was viewed with some scepticism at that time but which after his untimely and most unfortunate demise was nurtured to make it into a successful and thriving enterprise. The concept of a neighbourhood medical facility with citizens as the stake holders, continues to fascinate me and I congratulate all those who have made this into a great success.



My experience with the hospital has been two folds both as a consultant and also as a patient who was saved from the clutches of crippling illness. I will never forget that experience because it is when you are in the depth of despondency that truth touches you the most and it is then that I realised what a precious asset the hospital was and how kind the staff was to me. I have treated patients at the hospital and have always been gratified by the atmosphere of a family that the hospital naturally shines with.

I am sure the institution will prosper in the future and be an important source of solace to the neighbourhood in times to come. Please accept my congratulations.

Dr. Ramchandra Rao
Surgeon

I have been attached to Shushrusha Hospital for almost 40 years. During this time I have seen it growing from a small establishment with suspect reputation to a well-equipped multiple speciality hospital. Thanks to the Consultants of yester years, Shushrusha flowered into a dependable Hospital with very high moral value in keeping with the vision of the founding members. Over the years Shushrusha hospital has maintained a very high level of medical ethics. Consultants at Shushrusha have made selfless efforts to keep the high standard of medical care at affordable rates. I am extremely proud to be associated with the Hospital and hope it continues the high tradition.

Dr. S. D. Bapat
Urologist

I am glad to share my feelings on the occasion of Golden Jubilee celebrations of Shushrusha Hospital.

I have several memories of the early years of Shushrusha Hospital, which was started as a co-operative concept under the dynamic leadership of the late Dr. Vasant Randive. From a small beginning, Shushrusha has grown into a large multi-speciality hospital, catering to the needs of the middle income group. I remember those early days, when everyone associated with the institution put in their heart & soul to nurture this concept. A fair amount of sacrifice was required on the part of the consultants to ensure that Shushrusha takes root & continues to grow.

I am glad to learn that from this humble beginning, the Shushrusha concept in healthcare is gaining acceptance. But everyone including consultants & shareholders associated with such institutions have to realise that they are here not just to benefit themselves but also to give service. I sincerely hope this fundamental approach & concept of Shushrusha is clearly understood & propagated.

आरोग्य सेवा - शुश्रूषात आणि बाहेर



श्री. यशवंत देशपांडे

पन्नास वर्षांपूर्वी दादरच्या राजकीय - सामाजिक - सांस्कृतिक वातावरणात शुश्रूषा रुजली, त्या काळाचा थोडक्यात मागोवा घेणे इष्ट ठरेल. देशाच्या स्वातंत्र्यापूर्वी, स्वातंत्र्यानंतर तसेच मुंबईसह संयुक्त महाराष्ट्र होण्यापूर्वी आणि नंतरच्या काळात दादर प्रामुख्याने मध्यमवर्गीय सुशिक्षित मराठी लोकवस्तीचे होते. एकंदरीत आयुष्य साधे-सोपे सरळमार्गी होते आणि गरजा, अपेक्षा अत्यंत माफक होत्या. मात्र शिवाजीपार्कमध्ये वारंवार होणाऱ्या सभामुळे वातावरण जिवंत आणि भारावलेले असे.

दादरमध्ये, स्वातंत्र्यवीर सावरकर, सेनापती बापट, आचार्य अत्रे, 'लोकमान्य'चे संपादक पां.वा.गाडगीळ, 'नवशक्ती'चे प्रभाकर पाध्ये, प्रबोधनकार ठाकरे इत्यादी राजकीय, सामाजिक व्यक्तिमत्वांचा, तसेच वसंत देसाई, सी.रामचंद्र, यशवंत देव, सुधीर फडके इत्यादी कलावंतांचा पायी वावर (वाहनातून नव्हे) उत्साहवर्धक असे. सर्व मंडळी सेवाभावी वृत्तीची होती. सार्वजनिक व्यवहारात भ्रष्टाचाराचा जन्म झालेला नव्हता.

दादरमधील वस्ती रेल्वे स्टेशन केंद्रीभूत धरून, पूर्व आणि पश्चिम भागात पसरत होती. रोजच्या गरजेच्या धान्य, भाजीपाला, फळे, औषधे वगैरे वस्तू स्टेशनपासून गोखले रोडपर्यंतच्या रानडे रोडच्या दोन्ही बाजूच्या दुकानांतून मिळत असत (फेरीवाले नव्हते).

शाळा-कॉलेज, सिनेमा-नाट्यगृह यांची जरूरीनुसार वाढ झाली. आरोग्य व्यवस्थेसाठी, आयुर्वेदिक वैद्य आणि आधुनिक औषधोपचारासाठी (modern medicine) डॉक्टरांचे दवाखाने सकाळ संध्याकाळ उघडे असत. ताप-सर्दी, खोकल्यासारख्या तात्कालिक आजारांसाठी रुग्ण दवाखान्यातून दोन दिवसांसाठी गोळ्या आणि काचेच्या बाटलीतून आठ खुणा केलेले डोस नेत असत. गंभीर आजारांसाठी डॉक्टर रुग्णांना चिठी लिहून जवळच्या के.ई.एम. रुग्णालयात पाठवत असत, कारण जे.जे. हॉस्पिटल लांब पडे.

अशा दादरच्या स्वस्थ वातावरणात, हसतमुख आणि लोकमित्र फॅमिली डॉक्टर वसंतराव रणदिवे यांचा रानडे रोडवरचा दवाखाना (संध्याच्या सर्वोदय स्टोअर्स जवळ) होता. डॉ. रणदिवे रुग्णप्रिय होतेच, शिवाय सामाजिक कार्याची आवड आणि नागरिकांसाठी तळमळीने कार्य करणारे असल्यामुळे महानगरपालिकेत निवडून आले.

त्यावेळी दादरमध्ये धन्वंतरी, रहेजा, हिंदुजा रुग्णालये नसल्यामुळे आणि बॉम्बे हॉस्पिटल किंवा ब्रीच कॅंडी सारखी लांब आणि न परवडणारी हॉस्पिटल्स असल्यामुळे दादरमधली रुग्ण मंडळी परळच्या के.ई.एम.रुग्णालयात गंभीर आजारासाठी, मोफत औषधोपचारासाठी जात असत. पण तेथे कायमच गर्दी असे. त्यामुळे दादरमधले मध्यमवर्गीय गरजू रुग्ण योग्य आणि माफक खर्चाच्या पर्यायाच्या शोधात होते.

त्याच सुमारास भाडे नियंत्रण कायद्यामुळे भाड्याची घरे मिळेनाशी झाल्यावर, दादरच्या आसपास, भवानी शंकर रोडवर 'शारदाश्रम', माहिममध्ये 'लोकमान्यनगर', पोर्तुगीज चर्चजवळ सहकार आणि सहवास इत्यादी ठिकाणी गरजू आणि इच्छुक सभासदांच्या सांघिक सहकार्याने सहकारी सहनिवास संस्था स्थापन होऊन प्रगतीपथावर होत्या. त्यामुळे सहकारी तत्वावर सांघिक प्रयत्नाने मोठ्या योजना अमलात आणता येतात या विश्वासाने, नागरिक सहकारी संस्था स्थापन विविध उपक्रमात धडाडीने भाग घेऊ लागले. याच धर्तीवर आणि समाजाची गरज लक्षात घेऊन डॉ. वसंतराव रणदिव्यांनी समविचारी फॅमिली डॉक्टर्स आणि रहिवाश्यांसमोर सहकारी रुग्णालयाची संकल्पना मांडली. काम सोपं नव्हतं, पण संकल्पनेचा ध्यास घेऊन आणि समविचारी मंडळींना एकत्र करून योजना तडीस नेण्याची धडाडी डॉ. वसंतराव रणदिव्यांनी दाखवली. अशा कामासाठी अलिकडे राज्य सरकार किंवा महानगरपालिका नाममात्र भाड्यावर किंवा स्वस्तात भूखंड देतात. पण त्यावेळी खाजगी मालकीची भाटवडेकरवाडी मूळ मालकाकडून विकत घेऊन शुश्रूषा सहकारी



रुग्णालयाचा मुहूर्तमेढ झाली. १९६९ साली इतर विभागांसह सूतिकागृह रुग्णालयाचे बाळंतपण झाले. पण नंतर वेळोवेळी इमारतीचे मजले वाढले, विभाग वाढले. पण बाळंतपणाचा विभाग बंद झाला!

शुश्रूषाला सुरुवातीपासून त्याकाळी नावाजलेले डॉ. राममूर्ती, डॉ. राव यांच्यासारख्या तज्ज्ञ डॉक्टरांचा सहभाग लाभला. नंतर नावाजलेले डॉ. लाड, डॉ. रामाणी, डॉ. रविन थते, डॉ. मेढेकर इत्यादींचा सहभाग मिळाला. हे आणि असेच इतर वैद्यकीय तज्ज्ञ, मुंबईच्या नावाजलेल्या सरकारी, महानगरपालिका आणि खाजगी रुग्णालयात नियमित सेवा देऊन शुश्रूषात आठवड्यातील काही दिवस, तास देऊन सेवा देतात आणि हीच शुश्रूषाची मुख्य ताकद आहे. माफक खर्चात या तज्ज्ञांकडून वैद्यकीय सल्ला मिळणे हा रुग्णांचा लाभ आहे, ज्यामुळे शुश्रूषाची उत्तरोत्तर प्रगती होत आहे.

शुश्रूषाच्या अनेक वर्षांच्या प्रगतीनंतर आरोग्यसेवेत प्रगल्भता येत गेली. क्षमता वाढल्याने नवनवीन उपक्रम करण्याच्या शक्यता आणि संधी प्राप्त होऊ लागल्या, आणि त्या सुद्धा शुश्रूषाच्या बाहेर किंवा आसपासच्या समाजासाठी आणि रुग्णालयाबाहेरील आरोग्यासंबंधी आवश्यकतेचा विचार आणि कृती पुढील काळात प्रत्यक्षात आली.

रुग्ण रुग्णालयात येतो त्यावेळी आरोग्यसंबंधी विशिष्ट प्रश्नाची तीव्रता वाढलेली असते. डॉक्टर आणि रुग्ण किंवा त्याचे नातेवाईक यांची सर्व चर्चा तीव्रता असलेल्या प्रश्नाभोवती आणि औषधोपचारांसंबंधी असते. रुग्ण आणि त्याचे नातेवाईक यांचे इतर आरोग्य प्रश्नासंबंधी विषयावर सांगोपांग प्रबोधन व्हावे यासाठी 'स्वास्थ्य' नियतकालिकाचा जन्म झाला. २००४ पासून वर्षातून दोनदा विविध आरोग्यप्रश्नांवर स्वास्थ्य प्रकाशित होत आहे. स्वास्थ्यमधून रोगाचे मूळ, त्यावरचे त्वरित आणि दीर्घकालीन औषधोपचार, शिवाय प्रतिबंधात्मक उपायांवरही माहिती दिली जाते. वाचक प्रत्येक अंकाच्या वाचनानंतर पुढील अंकाची वाट बघत असतात.

रुग्णालयातील रक्तपेढीत रुग्णाला लागणाऱ्या रक्ताची जरूरी त्यांचे नातेवाईक किंवा मित्रमंडळींकडून पुरी करण्याचा प्रयत्न असतो. परंतु बऱ्याच वेळा ते शक्य होत नाही. त्यासाठी महाविद्यालयातील विद्यार्थ्यांकडून तसेच इतर सामाजिक संस्थांमधील रक्तदान शिबिरांतून अतिरिक्त रक्त जमा केले जाते. महाविद्यालयातील रक्तदान शिबिरात काही वेळा रक्तदात्यांकडून, प्रामुख्याने विद्यार्थिनींकडून, लोहाचे प्रमाण कमी असल्यामुळे रक्त घेता येत नाही असा अनुभव असल्यामुळे, विद्यार्थिनींसाठी शुश्रूषा रुग्णालयातील वैद्यकीय तज्ज्ञांकडून मार्गदर्शनाचे आणि तपासणीचे कार्यक्रम आयोजले जातात, ज्याला उत्तम प्रतिसाद मिळतो. योग्य आहार, व्यायाम आणि औषधोपचारांनंतर रक्तातील लोहाचे प्रमाण वाढते. ज्यामुळे भविष्यात प्रसूतीपूर्वकाळात मातेचे आणि जन्मानंतर अर्भकांचे आरोग्य सुधारते. या आणि अशा वैद्यकीय मार्गदर्शनासाठी इतर अनेक महाविद्यालयांतून विचारणा होत असते.

शुश्रूषा रुग्णालयाच्या जवळ दोन हॉटेल व्यवसायासंबंधित महाविद्यालये आहेत. स्वयंपाक घरात आणि हॉटेलमधील पाहुण्यांच्या संबंधात वैद्यकीय आणीबाणीची परिस्थिती उद्भवल्यास, प्रतिबंधात्मक आणि प्रथमोपचारासंबंधी मार्गदर्शन, रुग्णालयातील वैद्यकीय तज्ज्ञ करतात आणि त्यामुळे महाविद्यालयातील प्रमुखांनी या विषयाचा अंतर्भाव अभ्यासक्रमात केला.

पन्नास वर्षांपूर्वी दादरच्या रहिवाश्यांना सुसज्ज सूतिकागृहाची जरूरी होती ती शुश्रूषाने पुरी केली. अलिकडच्या काळात त्याच दादरमध्ये मुलांची संख्या लक्षणीय प्रमाणात कमी झाल्यामुळे शाळा बंद पडू लागल्या, पण वृद्धांची संख्या वाढल्यामुळे प्रतिबंधात्मक आणि परवडणाऱ्या अत्याधुनिक सोयीयुक्त वैद्यकीय सेवेबरोबर आरोग्यसंबंधी प्रश्न निर्माण झाल्यास तीव्रता कमी करणाऱ्या माहितीची आणि उपाययोजनेची जरूरी जाणवू लागल्यावर, दहा वर्षांपूर्वी 'दिलासा केंद्रा'ची स्थापना झाली. दर महिन्याच्या दुसऱ्या रविवारी सकाळी ९.३० वाजता तळघरातील बाह्यरुग्ण कक्षात पन्नास वयस्क स्त्रीपुरुष नियमितपणे जमतात. विविध आरोग्यविषयावर साधकबाधक चर्चा आणि प्रश्नोत्तरांसाठी शुश्रूषातील प्रथितयश वैद्यकीय तज्ज्ञांशिवाय अधुनमधून निवडक आर्थिक आणि सामाजिक विषयांसाठी त्या क्षेत्रातील तज्ज्ञांना पाचारण केले जाते.

दिलासाच्या पुढाकाराने मागील पाच वर्षात ज्येष्ठांसाठी कार्य करणाऱ्या आसपासच्या तीन संस्थांबरोबर वर्षातून दोन संयुक्त कार्यक्रम सादर केले जातात.



श्री. दिनेश अफझुलपूरकर
विक्रोळी प्रकल्प प्रमुख

शुभेच्छा

महाराष्ट्र शासनाच्या सेवेत असताना माझा अनेक सहकारी संस्थांशी संबंध आला. प्रत्येक संस्थेचे उद्दीष्ट वेगळे व त्या संस्थेच्या कार्यक्षेत्रापुरते मर्यादित होते. गुणवत्तेचा ध्यास व सर्वसामान्यांच्या क्षमतेतील रुग्णसेवा किंवा समाजसेवा करणाऱ्या सहकारी संस्था दुर्मिळ केवळ अपवादात्मक. शुश्रूषा सिटिझन्स को-ऑपरेटिव्ह हॉस्पिटल लिमिटेड ही या निकषास पात्र असलेली अशी एकमेव संस्था उद्दीष्ट पूर्ण करण्याचा ध्यास घेऊन संस्था कार्यरत आहे.

वर उल्लेखिलेल्या संकल्पनेची व अर्थातच सहकारी तत्वावर आर्थिक क्षमतेतील रुग्णसेवा देणारी देशातील ही एकमेव संस्था आहे. या संस्थेची मूर्तमेढ डॉ. वसंत रणदिवे यांनी रोवली. संकल्पनेची जोपासनाही त्यांनी त्याच विचाराने प्रेरीत होऊन केली.

१९९९ मध्ये डॉ. नंदू लाड त्यावेळचे व सध्याचे विद्यमान चेअरमन ज्यांचा या संस्थेच्या प्रगतीत सिंहाचा वाटा आहे, त्यांनी मला सल्लागार म्हणून येण्याची विनंती केली. त्याप्रमाणे मी या संस्थेत प्रथम सल्लागार व तदनंतर संचालक या पदावर कार्य केलेले आहे. दादर येथील रुग्णालयात

आधुनिक उपकरणांची मौलिक भर वेळोवेळी पडत गेली आहे. यांत डॉ. नंदू लाड तसेच त्यांचे अनेक सहकारी याचा मोठा सहभाग आहे. गेल्या ३० - ४० वर्षांत या संस्थेचा कायापालट झालेला आहे.

विक्रोळी जेथे या संकल्पनेस प्रारंभ झाला तेथे याच धर्तीवर दुसरे रुग्णालय उभे रहावे अशी विक्रोळीकरांची मागणी व डॉ. नंदू लाड यांची इच्छा होती. या इच्छेमुळे व सर्वांच्या सहकार्याने विक्रोळीतील प्रकल्प पूर्ण झाला आहे. या प्रकल्पाच्या प्रारंभीस म्हणजे प्रकल्पाची सुरुवात करताना कै. श्री. एकनाथ ठाकूर, चेअरमन, सारस्वत बँक यांची प्रेरणा व मदत मोलाची ठरली आहे. त्यांचे सुपुत्र व सध्याचे विद्यमान चेअरमन श्री. गौतम ठाकूर यांनी हे कार्य चालू ठेवले आहे. विक्रोळी येथील रुग्णालयास सुमन रमेश तुलसियानी ट्रस्टने रु. २५ कोटी रकमेची देणगी देऊन मोठा हातभार लावला आहे. ही दोन्ही रुग्णालये एकाच संस्थेखाली आहेत. डॉ. नंदू लाड यांचे मार्गदर्शन, संचालक मंडळ व देणगीदार यांच्या सहकार्यामुळे या संस्थेची वाटचाल यशस्वी व्हावी अशा शुभेच्छा या सुवर्ण महोत्सवी वर्षाच्या प्रसंगी मी देतो.

दिनेश अफझुलपूरकर

संचालक

शुश्रूषा सिटीझन्स को.ऑप.हॉस्पिटल लिमिटेड



सुवर्ण महोत्सवी एक पाऊल पुढे... शुश्रूषा सुमन रमेश तुलसियानी हॉस्पिटल, विक्रोळी



कृष्णा काजरोळकर

सहकारी तत्वावर वैद्यकीय सेवा देणारी भारतातील एकमेव संस्था म्हणजे शुश्रूषा सिटिझन्स को-ऑप. हॉस्पिटल लि. माणसाचे वय झाले की म्हातारा होतो परंतु एखाद्या संस्थेने पन्नाशी गाठली की ती परिपक्व होते. दादर येथील शुश्रूषा हॉस्पिटल नावाने कार्यरत असणाऱ्या हॉस्पिटलचे हे सुवर्ण महोत्सवी वर्ष आहे याचा रास्त अभिमान वाटतो. माफक दरात गोरगरिबांना उत्तम सेवा मिळावी या उद्देशाने कै. डॉ. वसंत श्रीपाद रणदिवे यांनी ही संस्था स्थापन केली.

डॉ. रणदिवे हे दादर येथे राहात असताना देखील विक्रोळी, कन्नमवार नगर येथील कामगार वस्तीत प्रथम 'बाळंतपण व लहान मुलांचे हॉस्पिटल' सुरू केले. दादर परिसरात शुश्रूषा हॉस्पिटलचे कार्य चालू असताना संस्थेतर्फे विक्रोळी येथे सन २०१८ला सुपर स्पेशालिटी हॉस्पिटल बांधण्यात आले. सुवर्ण महोत्सवी वर्षातील संस्थेचे हे एक पाऊल पुढेच म्हणावे लागेल. संस्था काढली परंतु ती टिकवणे कठीण असते. विक्रोळीचा प्रकल्प राबविणे तसे कठीण होते. मुळात दादर हॉस्पिटल ना नफा ना तोटा याच तत्वावर चालते. विक्रोळीच्या या जागी हॉस्पिटल उभे आहे याचे श्रेय विद्यमान चेअरमन पद्मभूषण डॉ. नंदू लाड यांना जाते.

आमची कुठेही शाखा नाही, त्यापेक्षा आमची शाखा आहे हे अधिक भूषणावह आहे. आपल्या वस्तीत सुपर स्पेशालिटी हॉस्पिटल व्हावे अशी विक्रोळीवासियांची मनोमन इच्छा होती. ती पूर्ण करण्याचा ध्यास डॉ. लाड यांनी घेतला व संचालक मंडळात ठराव संमत झाला. आर्थिक बाजू पाहता हे तूर्तास शक्य नाही, निधी उभा करावा व नंतर विक्रोळी प्रकल्पाचा विचार करावा असे मत बहुसंख्य संचालकांचे होते. "पैसा आला की मी काहीतरी करीन असे आपण म्हणतो, परंतु पैसा म्हणतो, तुम्ही काहीतरी करा, मग मी तुमच्याकडे येईन." आत्मविश्वास व जिद्द या जोरावर डॉ. लाड आघाडीवरच राहिले. संस्थेचे संचालक व महाराष्ट्र राज्याचे माजी मुख्य सचिव श्री. दिनेश अफझुलपूरकर यांची विक्रोळी प्रकल्पाचे प्रमुख म्हणून नियुक्ती करण्यात आली. उद्योगपती सुमन रमेश तुलसियानी, सारस्वत बँकेचे तत्कालीन चेअरमन कै. एकनाथजी ठाकूर आणि श्री. दिनेश अफझुलपूरकर यांचे सरकार दरबारी असलेले वजन यामुळेच हॉस्पिटल उभे राहिले यात दुमत नाही.

दादर येथील हॉस्पिटलची यशस्वी वाटचाल ही कन्सल्टन्ट डॉक्टरांमुळेच आहे. हे हॉस्पिटल माझे समजून प्रत्येकाने हॉस्पिटल मधून आपल्याला मिळणाऱ्या उत्पन्नाचा विचार न करता यथाशक्ती, नव्हे तर कर्तव्य म्हणून, वेळोवेळी मदतीचा हात दिला व देत आहेत. हॉस्पिटलसाठी सेवा देत असताना भरीव देणगी मिळवून देण्याचे काम सुद्धा कन्सल्टन्ट करीत आहेत. यांच्या पावलावर पाऊल ठेवून विक्रोळी हॉस्पिटलचे कन्सल्टन्ट सेवा देतील व हॉस्पिटलच्या प्रगतीला हातभार लावतील यात शंका नाही.



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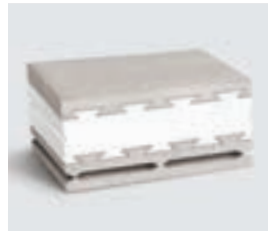
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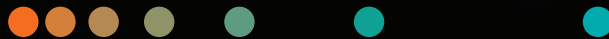
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