



WHITE COAT

NEWSLETTER

Grace Kennett Foundation

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WHITE COAT

In the nineteenth century, respect for the certainty of science was in stark contrast to the quackery and mysticism of nineteenth century medicine. To emphasize the transition to the more scientific approach to modern medicine, physicians sought to represent themselves as scientists, and began to wear the most recognizable symbol of the scientist, the white laboratory coat.

Tagore wrote:

"Where the clear stream of reason has not
lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let
my country awake."

Today the transition is far from complete. White coat symbolizes the change that is needed.

As you enter GKF, you see a team of white coats. This committed white coat team acts as the well that waters our lovely garden, Mazhalai Illam. The team works for the right of a child to live and the right to a family. The team excels in health care. And above all, the team has created a little world that has not been broken up into fragments by narrow domestic walls of creed, religion & geopolitical divides.

This newsletter is the first of our expressions. Wish you a Merry Christmas and a happy New Year.

Dr.A.S.Dodd

REUNION AFTER 18 YEARS

Hello! My name is Christina Nilsson. I was adopted from GKF to Sweden in autumn -94. when I was 3.5 years old.

Today I am 21 years old. I studied in high school and has been thoughtfully read on to teachers next fall. I

enjoy working with people and helping others is something that I am passionate about and is close to my heart.

Right now I'm working in a group home for disabled people, which I think is very enjoyable.

Finding my biological mother has never been obvious to me. When I was little, so I did not care much about India. I knew I came from India and was adopted but more than that, it was not. The older I got, the more I began to think of India and who I really was, where I came from. I started wondering if I "is" like someone.

I decided to find my biological mother because I wanted to know who she was, to know why she adopted me away. but above all, to thank her and tell that I'm excited about her choice. Sometimes you have wished that you had to stay with her as she is my biological mother. but I can understand her choice and there is nothing I do not blame her for that.

I hope she understands how much I missed her and that she is a big part of me. I will always love her, she's my mom!

I want to conclude by thanking the orphanage GKF for all your help, without them I would never have found her. They are worth gold!



Ms.Christina Nilsson,Sweden

DENGUE FEVER

[Symptoms & Complications]

Dengue fever is a viral disease spread by Aedes Aegypti mosquito. This has white stripes on its body and grows in fresh and stagnant water. They usually bite / spread the disease in the day time.



Symptoms can be common like fever, headache, joint pain, rashes, pain behind the eyes, abdominal pain. Whereas the uncommon ones are fits, altered mental status, abdominal distension and decreased urine output.

Dengue goes in stages. Initial stages have minor symptoms and gets resolved on its own. When it goes to the second stage it causes bleeding from multiple areas like nose, gums, stomach, urine, stools etc called as the hemorrhagic phase. The third stage is where the pulse and blood pressure are not recordable and lowering conscious level causing the Dengue Shock syndrome.

Simple basic blood test like platelet count and packed cell volume will help monitor the severity. The disease is confirmed by Elisa method.

Treatment :

No specific antiviral. The main stay of treatment is bed rest, IV fluids and supportive care.

Prevention :

Use of mosquito nets, eradication of mosquitos and maintaining the environmental hygiene. Also prompt recognition and treatment and creating awareness among the public.

Dr.K.K.Shalini

HEALTH QUOTES



1. To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. - Buddha
2. Those who do not find time for exercise will have to find time for illness. - Edward Smith-Stanley
3. A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than the medicine and psychology in the world. - Paul Dudley White
4. The groundwork of all happiness is health, - James Leigh Hunt
5. Without health, life is not life; it is only a state of languor and suffering. - Francois Rabelais
6. Good health and good sense are two of life's greatest blessings. - Publilius Syrus
7. Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy. - Lao Tzu

NUTRITIONAL FACTS



- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds and keeps teeth and gums healthy.
- Sesame seeds are a great source of vitamin B6, and an excellent source of plant based calcium, magnesium and certain healthful fatty acids.
- Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis.

WOMENS' EMPOWERMENT

Of the 1.3 billion people who live in absolute poverty around the globe, 70 percent are women. For these women, poverty doesn't just mean scarcity and want. It means rights denied, opportunities curtailed and voices silenced. Consider the following: Women work two-thirds of the world's working hours, according to the United Nations Millennium Campaign to halve world poverty by the year 2015. The overwhelming majority of the labor that sustains life – growing food, cooking, raising children, caring for the elderly, maintaining a house, hauling water – is done by women and universally this work is accorded low status and no pay. The ceaseless cycle of labor rarely shows up in economic analyses of a society's production and value.



In the year 1947, Dr. Grace Kennett started this institution with the vision of empowering women. Now, for over 60 years, a number of girls have been trained as health care workers. BSS community college offers one of the most affordable courses for empowering women.

Ms. Vasantha Prabahar

Women earn only 10 percent of the world's income. Where women work for money, they may be limited to a set of jobs deemed suitable for women – invariably low-pay, low-status positions.

Women own less than 1 percent of the world's property. Where laws or customs prevent women from owning land or other productive assets, from getting loans or credit, from having the right to inheritance or to own their home. They have no assets to leverage for economic stability and cannot invest in their own or their children's futures.

Women make up two-thirds of the estimated 876 million adults worldwide who cannot read or write and girls make up 60 percent of the 77 million children not attending primary school. Education is among the most important drivers of human development: women who are educated have fewer children than those who are denied schooling (some studies correlate each additional year of education with a 10 percent drop in fertility). They delay their first pregnancies and have healthier children (each additional year of schooling a woman has, is associated with a 5 to 10 percent decline in child deaths, according to the United Nations Population Fund)

MEDI FACT



The Aedes Aegypti which breeds close to human population is the mosquito that transmits both Yellow Fever and Dengue Fever.

Thomas Lane Bancroft, the Australian physician, discovered this in 1960. Some decades later, it was found out that the infective agent is a virus.

HUMOUR CORNER

DON'T WORRY
BE HAPPY

A Happy Boss tells his employees: You worked very hard this year. As a reward, I will give everyone a cheque for Rs 5000. If you work with the same zeal next year, I'll sign those cheques.

PHOTO GALLERY



**Wish you A Merry Christmas
and
A Happy New Year 2013**



Drawings by Mazhalai Illam Children

