

# ‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

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June 2025

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## EDITORIAL

### Who Packed Your Parachute?

In the quiet ambiance of a restaurant, retired U.S. Navy fighter pilot Captain Charles Plumb was dining with his wife when a stranger approached. The man said, "You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" Plumb, taken aback, asked, "How did you know that?" The man replied, "I packed your parachute." That night, Plumb lay awake, reflecting on the countless times he had passed uniformed men folding parachutes, never stopping to thank them. The man who had saved his life remained nameless until that moment.

This story resonates deeply, especially now. As general physicians in Mumbai, we often find ourselves at the forefront of patient care. Yet, our efforts are supported by a vast network of individuals: nurses, lab technicians, administrative staff, and countless others who ensure the smooth functioning of our healthcare system. Their contributions, though often unrecognized, are vital.

In the broader context, our nation's security is upheld by soldiers stationed at our borders, facing challenges that often go unnoticed. Recent events have highlighted the tensions along our frontiers, underscoring the importance of their vigilance and dedication. Residents along the Line of Control have been fortifying bunkers and hastily harvesting crops amid escalating tensions, reflecting the gravity of the situation.

This month, as we focus on heart diseases in our Continuing Medical Education (CME) program, let's also take a moment to acknowledge and appreciate the unseen efforts that support our work and our nation's well-being. Recognizing these invisible hands enriches our understanding and deepens our gratitude. Let us strive to be more aware, more appreciative, and more connected to those who make our successes possible.

**Dr. Sonia Kothari, Editor**

“The safety, honour and welfare of your country come first, always and every time. The honour, welfare and comfort of the men you command come next. Your own ease, comfort and safety come last, always and every time.”

— **Field Marshal Sam Manekshaw**

## PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

The second CME of the new term was held on 4<sup>th</sup> May, 2025 - "Seeing it Right: 20/20 Insights for General Physicians". It was very well attended. We had 120 doctors attending. The highlight of the CME was the presentation of the Life Time Achievement Award to Dr. Kirit Mody our past president who has given yeoman services to our association and to the community at large.

I thank the Program Coordinator, Dr. Sonia Kothari, for organizing a good program. I also thank Dr. Jawahar Mukhtyar for ably guiding here and Dr. Saumil Kothari and Dr. Rushab Shah for conducting the CME and sticking to the time. My special thanks to all the speakers and panelist for giving their valuable time and expert insight into the topic.

I am happy that so many doctors attended the CME and look forward to their continued support and attendance. I assure you our next CME '**Cardiac Sciences Update**' will be equally interesting.

The Phalgam tragedy has been uppermost in our minds in recent times. My heart goes out to the victims and on behalf of the association I offer our heartfelt condolences to the families of the victims. Along with grief, is the overpowering anger towards the terrorists and their dastardly acts. We are all gratified to an extent by the "Operation Sindoor", a befitting reply to the heinous act of the terrorists from across the borders. I salute the men in uniform for taking the risks and carrying out the decisive action against the terrorists. The government under the leadership of our Prime Minister, Narendra Modi, is doing a great job but we too should do all that we can to support the government. This is not the end, our vigilance against the ingress of terrorists must continue to avoid future attacks. We should also not fall prey to the enemy's propaganda war to win international sympathy and also to mislead us. Stay update only through reliable sources of information and do not forward controversial messages on social media without verifying them. Identify and monitor Anti – National elements speaking against the interest of the nation. Report suspicious activities to the nearest police station without being afraid.

We have a surging problem of illegal migrants from across the border – the Pakistanis, the Bangladeshis and the Rohingyas. We all must make sure that we do not give any support to them by way of giving them -shelter, employment or purchasing goods from them. Where ever we spot such people it is our duty to report them to the police and ensure that they are deported. Only if we make the environment hostile for them, will their flow into our country decrease.

One news that got sidelined by the news related to 'Operation Sindoor' is the story about the judge in whose home crores of unaccounted money was found. The internal committee of the Supreme Court found him guilty, but decisive action against him is still pending. Doctors are often arrested and prosecuted for far less. The nation must protest to ensure that the law should be applicable to all without discrimination to ensure a brighter future for our country.

In the last Bulletin we had published the details of the various committees formed. If any of the members wish to take an active part and join any of the committees please message me on Whatsapp. We will be happy to add you to the committee.

We are bringing out the bulletin every month and I request all of you to contribute to it by sending articles – medical and non-medical, poems and stories to the Editor.

We are also popular for organizing interesting and well attended CME programs. Those who would like to give a talk on this forum, may please contact me by messaging on Whatsapp.

**Dr. Neelang Shah,  
President.**

Earth provides enough to satisfy every man's needs, but not every man's greed – **M.K. Gandhi**

# SUSTAINABLE HOSPITALS: BUILDING A HEALTHIER FUTURE FOR ALL

## Why It Matters

Hospitals are essential to our health, but they also consume a lot of energy, water, and materials, and produce significant waste and emissions. In fact, the healthcare sector contributes to 4.4% of global greenhouse gas emissions. As climate change and resource depletion threaten human health, hospitals must evolve into environmentally responsible entities.

## Challenges Faced

Hospitals operate 24/7, prioritizing patient care, which can make implementing sustainable practices challenging. High operational demands, cost constraints, regulatory complexities, and lack of awareness and training are some of the hurdles.

## Practical Strategies

Despite these challenges, many hospitals are successfully adopting sustainable practices:

- **Energy Efficiency:** Upgrading lighting systems, using energy-efficient HVAC systems, and incorporating renewable energy sources like solar panels can significantly reduce a hospital's carbon footprint.
- **Green Building Design:** Constructing or retrofitting hospitals with sustainable materials, improved insulation, and natural lighting enhances energy efficiency and patient well-being.
- **Water Conservation:** Installing low-flow fixtures, reusing greywater, and fixing leaks can significantly cut water usage.
- **Sustainable Procurement:** Hospitals can opt for local, environmentally friendly suppliers and sustainable food options in cafeterias.
- **Education and Culture Shift:** Staff training and engagement are critical. Hospitals can foster a culture of sustainability through green teams, sustainability officers, and internal awareness campaigns.

## Real-World Examples

- **Kaiser Permanente (USA):** This health system has committed to becoming carbon neutral, investing in renewable energy, and sourcing sustainable products.
- **St. Michael's Hospital (Canada):** Implemented a green roof and energy-efficient HVAC systems, reducing energy consumption by 30%.
- **NHS (UK):** The National Health Service launched the "Delivering a Net Zero NHS" initiative, aiming to reduce emissions through fleet electrification, renewable energy, and digital health innovations.

## Conclusion

Sustainability in hospitals is not just a moral or environmental imperative—it is a clinical and economic necessity. By addressing operational inefficiencies and investing in sustainable infrastructure, hospitals can enhance public health outcomes, reduce costs, and contribute to global climate goals. In this way, the hospital of the future can truly become a place of healing—for both people and the planet.

**Dr. Jahnavi Shah, Co-Editor**

- Doctors have a big responsibility to bring smiles on the faces of suffering humanity.  
– **N. R. Narayan Murthy**
- Do as much as possible for the patient and as little as possible to the patient.  
– **Sigmund Freud**

**The Bombay 'C' Ward Medical Association and Bombay Medical Union**

jointly with **Sir H.N. Reliance Foundation Hospital** invite you to

Dr. Jaswant Mody Foundation CME on: '**Cardiac Sciences Update**'

**Date:** Sunday, 08<sup>th</sup> June, 2025.

**Time:** 09:30 am to 01:00 pm

**Venue:** Convention Hall, Sir HN Reliance Foundation Hospital, Prarthana Samaj, Mumbai.

09.30 – 09.50 am	Registration, Fellowship, Tea / Coffee
09.50 – 10.00 am	<b>Welcome :</b> President – Dr. Neelang Shah <b>Scientific Coordinator :</b> Dr. Jawahar Mukhtyar
10.00 – 10.30 am	<b>Pediatric Cardiac Surgery – What Family Physicians Should Know :</b> Dr. K. Shivaprakash
10.30 – 11.00 am	<b>Debate – Multivessel Coronary Artery Disease – Angioplasty or Bypass Surgery :</b> Dr. Ajit Menon Versus Dr. Amit Karad
11.00 – 11.30 am	<b>Approach to Aortic Stenosis :</b> Dr. Ruchit Shah
11.30 – 12.00 pm	<b>Approach to Chest Pain (Golden Pearls for Acute MI) – Panel Discussion :</b> Moderator : Dr. Ruchit Shah Panelists : Dr. Sharukh Golwala, Dr. Sanjay Godbole, Dr. Saurabh Jain
12.00 – 12.30 pm	<b>ECG Quiz :</b> Dr. Saurabh Deshpande
12.30 – 12.55 pm	Q & A
12.55 – 01.00 pm	Vote of Thanks
01.00 pm onwards	<b>Lunch</b>

ADMISSION FREE BUT PRIOR REGISTRATION IS A MUST AS SEATS ARE LIMITED.

PLEASE NOTE THE VENUE AND TIME.

PARKING AVAILABLE.

**Dr. Neelang Shah**

President

**Dr. Mrinal Shah**

**Dr. Rushabh Shah**

Hon. Secretaries

**Dr. Ruchit Shah**

Program  
Co-ordinator

**Dr. Jawahar Mukhtyar**

Clinical Secretary

**For Registration:** SMS/ Whatsapp - Mr. Manoj – 9819470617 Or Email - [bcwma1@gmail.com](mailto:bcwma1@gmail.com)

**OUR CME: 1<sup>ST</sup> SUNDAY OF EVERY MONTH**

- To know details of CME of every month, send your email id to [bcwma1@gmail.com](mailto:bcwma1@gmail.com)
- Applied for 1 MMC Credit Hour Certificate (Subject to approval): Rs 50/- (The Bombay C Ward Medical Association members), Rs 100/- (non-members)