



REGIONAL REPORT - WESTERN REGION 2017-2018

DATE: 14th October 2017

VENUE: Retreat House, Bandra, Mumbai



ABOUT WESTERN REGION – the Western Region comprises of Gujarat, Goa, Mumbai, Maharashtra and Pune. There are about 32 Sister Doctors catering to the care of Humanity in this Region.

Sr. Dr. Ashreena is the President and Sr. Dr. Joma is the Secretary of the Western Region. The Sister Doctors, through their zeal and enthusiasm have reached remote areas especially in Gujarat.

REGIONAL MEETINGS

The Western Region held two regional meetings, the first on 22nd April 2017 at St. Pius X Seminary, Goregaon, Mumbai, and the second on 14th October 2017 at Retreat House, Bandra, Mumbai. The members showed their keen interest and expressed their views and ideas during the meetings.

On 22nd April 2017, the agenda of the meeting was to plan and discuss the activities to be held during the forthcoming Silver Jubilee year of SDFI in 2017-2018. The members felt the need to work in zonal groups for better functioning of the SDFI activities. The zonal groups formed were - Mumbai Zone comprising of Mumbai and Goa, Gujarat Zone and Amravati zone. The activities planned were, prevention and early detection of Cancer in Women by awareness programmes and cancer screening camps; to continue the campaign on 'Save the Girl Child', and to work for Anemia eradication and treatment among children.

The members expressed the need to consider the prevention of lifestyle diseases like Diabetes, Hypertension, etc. Few members felt it would be of much help to the society to conduct mega blood donation and organ donation camps, by two or three Sister Doctors coming together. During the meeting, Sr. Dr. Annette, SDFI Award Winner for the year 2016 from the Western Region, was congratulated and appreciated for the good work she does for the patients with sickle cell Anemia in Gujarat, in its detection and treatment.

On 14th October 2017, Sister Doctors from Gujarat, Amravati and Mumbai attended the meeting. It began by invoking God's grace on all gathered, conducted by Sr. Dr. Shiny, and a welcome note by Sr. Dr. Ashreena. Sr. Dr. Beena and Sr. Dr. Ashreena felt it was fitting to have a small get-together for the Sister Doctors of the Western Region after the hard work put in by all the members as part of the organizing committee for the 23rd National





Conference held in April 2017. It was a pleasant outing as we enjoyed dinner in the company of each other, with sharing, relaxing and bonding.

Sr. Dr. Angela, the resource person, could not share her input on 'Burnt out Syndrome among Doctors', as she suddenly took ill and was unable to come. Sr. Dr. Beena, the resource person, spoke to us regarding 'Early detection of Cancer and the various ways of screening the patient.' Sr. Dr. Ashreena explained the SDFI project for the year 2017-2018, which would focus on the theme "Prevention And Early Detection of Cancer In Women".

A detail discussion was held on how to carry out the Zonal activities, and the Sister Doctors who would be involved in the execution of the Project. Sr. Dr. Shiny and Sr. Dr. Bindu were given the responsibility to carry out the screening and early detection camp for cancer in women along with Sr. Dr. Joma, Sr. Dr. Annette, Sr. Dr. Charmaine and Sr. Dr. Rachita. The Awareness programmes on cancer prevention and early detection was assigned to Sr. Dr. Roshini, Sr. Dr. Shiny, Sr. Dr. Bindu, Sr. Dr. Annette, Sr. Dr. Rachita and Sr. Dr. Joma.

Sr. Dr. Beena informed the members that the Silver Jubilee Celebration of SDFI would be held in St John's National Academy of Health Science, Bengaluru, on 26th – 28th January 2018. The responsibility given to the western region was the Silver Jubilee Magazine, Liturgy on 26th January 2018 and the website of SDFI. For the Mary Glowrey Memorial Award, Sr. Dr. Wilma SAS was nominated from the Western Region.

The meeting ended with a note of thanks to each and every member.

ACTIVITIES CARRIED OUT BY THE WESTERN REGION

It is truly encouraging to know that the Sister Doctors walk in the footsteps of Jesus, the Divine Healer, when it comes to

caaring for the sick and those in need. Sister Doctors of the Western Region, after their regular work in the Clinics and Hospitals, venture into various programmes, camps and training courses.

Sr. Dr. Beena is a resource person for the Bio ethics Training Centre and a guide for the DNB thesis. Sr. Dr. Shiny, Sr. Dr. Wilma SAS, Sr. Dr. Joma, Sr. Dr. Charmaine and Sr. Dr. Bindu, conduct regular camps and awareness programmes on Antenatal care, Breast feeding, and Anemia detection in women and girl child. Sr. Dr. Rachita is involved in immunization programmes, medical camps for school going children concerning anemia, skin diseases, and malnutrition conditions. Sr. Dr. Annette is involved in identifying those affected with sickle cell diseases and follows up with them through the course of their treatment. Sr. Dr. Roshini is ever enthusiastic in conducting regular camps and awareness programmes in the nearby villages and schools on Anemia detection and its prevention, along with general medical camps. Sr. Dr. Ashreena conducts training sessions for school children concerning puberty, study skills and sex education; and is involved in camps on World Diabetic Day and World Kidney Day in the screening



of patients through blood tests. Sr. Dr. Angela is involved in Palliative care for cancer patients. Sr. Dr. Lily Francis, Sr. Dr. Marina Francis and Sr. Dr. Shiny, provide health awareness diagnostic treatment and follow up of TB and leprosy patients.

In conclusion, the Sister Doctors of the Western Region have been actively involved in rendering quality health care services to the people of Goa, Gujarat, and Maharashtra.

Sr. Dr. Ashreena Miranda
President, Western Region