

Charnock



STEP UP TO A HEALTHY LIFE STYLE SAVE YOUR KIDNEY



Glad to share that our MD Sir has been elected to the post of Chairman of CII West Bengal.

LIFESTYLE
awareness

keeping
our kidneys
healthy

Recipe
*Oats
Chilla*

Internal Activities: SKM Group Sport Foundation Day &
SKM Group Annual Picnic

Case: A SUCCESSFUL CADAVERIC RENAL TRANSPLANT
AT CHARNOCK HOSPITAL

Internal Activities: SKM Group Annual Picnic

Outdoor Activities: First aid camp in Annual Sports meet, 2022
Blood Donation camp at Laha Nagar.

**WORLD
KIDNEY DAY
2022**
*Awareness
Procession*

SKM Sports Foundation

dedicate a State-of-the-art infrastructure which includes multiple Football grounds, Basketball turf, Indoor Stadium for Table Tennis & Badminton, Swimming Pool, Yoga Centre, Gymnasium and Hostels spread over eight acres of breathtaking sprawling sports extravaganza at S.T.K.K. Road Kalna, Purba Bardhaman.





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With gratitude and delight, we want to share that **Mr Prashant Sharma** (Managing Director, Charnock Hospital, SKM Group) has been elected the **Chairman of the CII West Bengal Council**. Mr Sharma completed his MBA from ISB, Hyderabad and Healthcare Management from Harvard Business School. It is because of his dedication, hardwork, and will power that today Charnock Hospital is synonymous to quality healthcare and trust.



HAPPY TO SHARE OUR SUCCESS

CADAVERIC RENAL TRANSPLANT AT CHARNOCK HOSPITAL

TEAM

Dr. Piyali Sarkar, MRCP (London), MRCP (Uk) |

Dr. Jayanta Datta, MD, DM (Nephrology)

Prof. Dr. M C Seal, MS (General Surgery), FRCS (Edin) FRCS (Eng)



Charnock Nephrology Team received the news at 12am, 9th July 2021, from ROTTO that a 38year old lady, Mrs Bithika Ghoshal, a victim of a road traffic accident, has been declared brain dead and her relatives have consented for organ donation. The donor was admitted to Ruby General Hospital.

As there was a suitable recipient, Md. Tarvez, a 15year old boy on haemodialysis for the past few years, immediate action was taken by the Charnock team. The recipient was admitted that very night and the necessary procedures were initiated.

After the completion of all formalities, a Clinical Team was sent to Ruby Hospital. One kidney was brought to Charnock Hospital through 'GREEN CORRIDOR', and the other was sent to SSKM Hospital. The transplant procedure started at 2am and was completed by 4:30am. The operation was successful and the urine output satisfactory. This noble deed was done by our skilled doctors headed by Dr Mohan Chand Seal, Surgeon; Dr Ranjan Kumar Dey, Surgeon; Dr Piyali Sarkar and Dr Jayanta Dutta, Nephrologists; and Dr Debabrata Bhattacharya, Anaesthetist. Charnock Hospital whole heartedly appreciates their clinical skill and dedication.



Charnock Hospital pays tribute to Mrs Bithika Ghoshal (who unknowingly saved a young boy) and salutes her family and friends who made it possible.

SKM GROUP Annual Picnic 2022



First aid camp in Annual Sports meet, 2022

Renaissance Township Burdwan



Blood Donation camp at Laha Nagar.



WORLD KIDNEY DAY-2022

Awareness Procession



Lifestyle awareness for keeping our kidneys healthy

1. Drink adequate liquid.
2. Eat healthy. Avoid junk food.
3. Avoid over-the-counter pain killers and antibiotics.
4. Exercise regularly.



5. A good glycaemic control is must for diabetic patients.
6. Maintain optimal blood pressure.
7. Quit smoking.
8. Renal patients must go for regular follow up.

9. Maintain your uric acid level within normal limits.
10. Urinary tract infections should be treated urgently.
11. Maintain good personal hygiene.
12. Maintain a good BMI. Avoid obesity.





FOOD

INGREDIENTS

Oats Chilla

- Rolled Oats - 1 cup.
- Atta 1/4th cup or 1 egg white portion.
- Grated Carrot - 1/2 cup.
- Finely chopped Onion 1 table spoon
- Grated cauliflower 2 table spoon.
- Finely Chopped capsicum 2 table spoon.
- Jeera Seed - 1/2 tea spoon.
- Finely chopped chilli - 1 tea spoon.
- Salt according to taste (1 pinch approx)
- Olive oil - 1 tea spoon.



Method

- Grind the Oats in a blender & add to a bowl.
- Add other ingredients & mix properly.
- Add water as per requirement to make a batter of pouring consistency.
- Pour 1 tea spoon oil in a pan & let it heat.
- Pour a spoonful of batter & spread in a circular motion.
- Flip & cook on low flame till the Chilla is done from both sides.

Hungcurd Dip:

Method: To make a Hung curd, in a deep bowl place a strainer & put a muslin cloth over it.

- Add the curd & place it for - 2 hour
- Add a pinch of roasted jeera powder, Salt & Chilli powder to the hung curd & serve it with Oats Chilla

Nutritional significant:

- * Fibre rich - which helps to maintain gut health, has Low GI, & β - Glucan, which reduce blood cholesterol level.
- * vitamins & mineral rich: mentioned vegetables are rich in
 - (a) Vit - A - which has antioxidant properties.
 - (b) Vit- B Complex - which helps to maintain proper functioning of nervous system.
 - (c) Zinc - Oats are rich in zinc which helps to maintain immune system & wound healing.
- * Olive Oil is a rich in source of Mono Unsaturated Fatty Acid (MUFA) & Polyphenols which reduces inflammation & stress.
- * Curd is rich in Calcium & Protein, which helps in bone health. It is also a good sources of Probiotics, which helps to maintain gut flora.



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