

Hope Ek A.S.H.A. (Regd.)

(A Voluntary Research Organisation Dedicated to Care of the Alzheimer's Disease Patients and their Caregivers)

HOPE-2016 SOUVENIR



Give care...
who can't take Care of themselves



Alzheimer Disease
A Challenge to Quality of life
www.hopeekasha.org

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Hope Ek A.S.H.A



Mother

*For as long as I can remember...
You were always by my side,
To give me support, confidence and help.*

*For as long as I can remember....
You were always a person, I looked upto,
so strong, so pretty and so sensitive.*

*For as long I can remember.....
You always provided stability within our family,
Full of laughter, Full of tears, Full of smiles.*

*For as long as I can remember.....
And even to your last day,
Your were everything a mother could be.*

*For whatever I have become today,
Is only because of being blessed by a mother like you.*



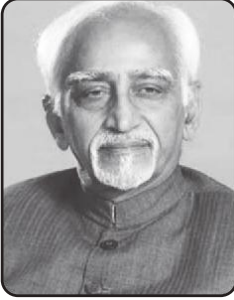
Hope Ek A.S.H.A

*People don't always need advice.
Sometimes all they really need
is a hand to hold, an ear to
listen, and a heart to
understand them*



Hope Ek A.S.H.A

अंशुमान गौड़
ANSHUMAN GAUR



भारत के उप-राष्ट्रपति के विशेष कार्य अधिकारी
OFFICER ON SPECIAL DUTY
TO THE VICE-PRESIDENT OF INDIA
नई दिल्ली / NEW DELHI -110011
Tel. : 23016422 / 23016344 FAX: 23012645

MESSAGE

The Hon'ble Vice President of the India is happy to learn that Hope Ek A.S.H.A. (HEA) -a charitable society - is organizing its 15th Annual Caregiver Meet for the patients suffering from Alzheimer Disease on 18th December 2016 at Constitution Club of India, Rafi Marg, New Delhi.

The Vice President extends his greetings and congratulation to the organizers and the participants and wishes the event all success.

New Delhi

10th November, 2016


(Anshuman Gaur)



Hope Ek A.S.H.A

नितिनग डकरी
NITIN GADKARI



मंत्री
सड़कप रिवहनर ाजमार्ग
एवंप ेतप रिवहन
भारतस रकार,
MINISTER OF ROAD TRANSPORT
HIGHWAYS & SHIPPING
GOVERNMENT OF INDIA

MESSAGE

It is heartening to note "Hope Ek A.S.H.A." is going to celebrate its "Annual Day cum 15th caregiver meet of Alzheimer (Memory loss) Disease Patients on 18th December 2016 at Constitution Club of India, Rafi Marg, New Delhi - 110001 and bringing out a souvenir on this occasion.

The Efforts made by the society in providing support to patients of the disease and their caregivers is praiseworthy and exemplary.

I Wish the society and its forthcoming events all success.

Date: 3rd October, 2016

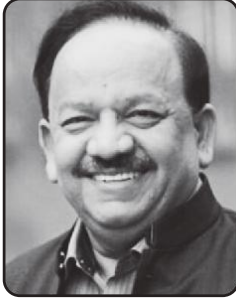
Place: New Delhi


(NITIN GADKARI)



Hope Ek A.S.H.A

डॉ. हर्ष वर्धन
DR. HARSH VARDHAN



मंत्री
विज्ञान और प्रौद्योगिकी एवं पृथ्वी विज्ञान
भारत सरकार
नई दिल्ली-110001
MINISTER
SCIENCE & TECHNOLOGY AND EARTH SCIENCES
GOVERNMENT OF INDIA
NEW DELHI-110001

MESSAGE

I am happy to note that "Hope Ek A.S.H.A." is going to organize a caregiver meet of the caregiver of Alzheimers Disease Patients on its foundation day 18th December 2016 as bringing out a souvenir Hope-2016, to mark the occasion.

Alzheimers disease is a disease related to the progressive degeneration of brain cells affecting memory, thinking, behaviour and emotions. This disease not only affects the persons with dementia but also affects everyone around that patient. I am happy to note that Hope Ek A.S.H.A. is doing this human service by helping the people affected with this disease.

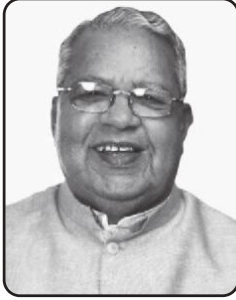
I wish the organizers all success in their endeavor.


DR. HARSH VARDHAN



Hope Ek A.S.H.A

कलराज मिश्र
KALRAJ MISHRA



सत्यमेव जयते



सूक्ष्म, अणु, और मध्यम उद्यम मंत्री
भारत सरकार,
नई दिल्ली-110011
Minister
of
Micro, Small & Medium Enterprises
Government of India
New Delhi-110011

MESSAGE

I am glad to know that "Hope Ek A.S.H.A." is celebrating its Annual Day and is bringing out its 15th Souvenir "Hope- 2016 on this occasion.

It is worth appreciable that the Society is dedicated to the cause of Alzheimer patients who deserve special care. The efforts made by Society have been commended. I am sure that the Society would continue to strive hard to achieve its aims and objectives.

My best wishes for the success of entire endeavour.


(KALRAJ MISHRA)



Hope Ek A.S.H.A

नरेन्द्र सिंह तोमर
NARENDRA SINGH TOMAR



ग्रामीण विकास, पंचायती राज और
पेयजल एवं स्वच्छता मंत्री
भारत सरकार
MINISTER OF RURAL DEVELOPMENT, PANCHAYATI RAJ
AND DRINKING WATER & SANITATION
GOVERNMENT OF INDIA,
KRISHI BHAWAN, NEW DELHI

MESSAGE

It is heartening to note that "Hope Ek A.S.H.A." is going to celebrate its "Annual Day cum 15th caregiver meet of Alzheimers (Memory loss) Disease Patients on 18th December 2016 at constitution Club of India, Rafi Marg, New Delhi - 110001 and bringing out a souvenir on this occasion.

I have been told that the Effort made by the society in providing support to patients of the disease on their caregivers are praiseworthy and exemplary.

I Wish the society and its forthcoming events all success.

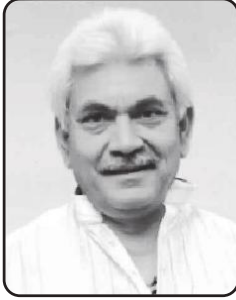
7/12/16
NARENDRA SINGH TOMAR
(NARENDRA SINGH TOMAR)

Office: 'G' Wing, Ground Floor, Krishi Bhawan, New Delhi-110001
Tel.: 011-23782373, 23782327 Fax: 011-23385876
Resi.: 3 Krishna Menan Marg, New Delhi-110001



Hope Ek A.S.H.A

मनोज सिन्हा
MANOJ SINHA



संचारर ाज्य मंत्री (स्वतंत्रप्र भार)
ए वं
रेलर ाज्यम ंत्री, भारतस रकार
Minister of State (Independent Charge)
for Communications
and
Minister of State for Railways
Government of India

MESSAGE

I am glad to know that "Hope Ek A.S.H.A." on its 15th Annual Day is bringing its Souvenir "Hope- 2016.

It is worth appreciable that the Society is dedicated to the care of Senior Citizens suffering from Alzheimers / Dementia (Memory Loss) and their caregivers.

The efforts made by Dr. Sushma Chawla, Founder President are need of the nation and are commendable. I am sure that the Society would continue to strive hard to achieve its aims and objectives under her leadership.

My best wishes for the success of mission

Manoj Sinha
MANOJ SINHA



Hope Ek A.S.H.A

पी. पी. चौधरी
राज्य मंत्री
विधि एवं न्याय
और
इलेक्ट्रॉनिकी और सूचना प्रौद्योगिकी
भारत सरकार



P.P. CHAUDHARY
Minister of State
Law & Justice
And
Electronics & Information Technology
Government Of India

MESSAGE

I am glad to know that "Hope Ek A.S.H.A. (HEA)" New Delhi is organizing a caregiver's meet for Alzheimers disease patients on its Annual Day on 18th December 2016 at Constitution Club of India, Rafi Marg, New Delhi and also bringing out a Souvenir "Hope- 2016 on the occasion.

It is learnt that during the past few decades, Alzheimers disease has emerged from obscurity. Once considered a disorder. It is now seen as a major public health problem that has a severe impact on millions of older persons and their families.

The disease result in decline in mental faculties of memory, reason and judgement to such an extent that it severely interferes with a person's daily life and activities. The handling of the patient has to be essentially by a caregiver who becomes an important part of handing this disease.

I wish the Hope Ek A.S.H.A. its meet and the souvenir all success.

Dr. Sushma Chawla
President
Hope Ek A.S.H.A.
D-52, Greater Kailash Enclave-II
New Delhi-110048.

P.P. CHAUDHARY



Law & Justice: Room No. 401, A- Wing, Shastri Bhavan, New Delhi-110001, Tel: 011-23070248
Electronics & IT : Electronics Niketan, 6, CGO Complex New Delhi-110003, Tel.: 011-24368757-58, Fax: 011-24360958
Residence : 12-A, Firozshah Road, New Delhi-110001, Tel. 011-23313031, 23323031, 23724511-42
E-mail: ppchaudhary@gmail.com, ppchaudhary@gov.in



Hope Ek A.S.H.A

डा महेश शर्मा
Dr Mahesh Sharma



राज्य मंत्री (स्वतंत्र प्रभार)
संस्कृति एवं पर्यटन
भारत सरकार
Minister of State (Independent Charge)
for Culture & Tourism
Government of India

Date: September 8, 2016

MESSAGE

I am happy to learn that **Hope Ek A.S.H.A. (HEA)** is organizing a caregiver's meet for Alzheimers disease patients on its annual day on 18th December, 2016 at Constitution Club of India, Rafi Marg, New Delhi-110001 and also bringing out a souvenir "Hope-2016" on the occasion.

During the past few decades, Alzheimers disease has emerged from obscurity. Once considered a disorder, it is now seen as a major public health problem that has a severe impact on millions of older persons and their families.

The disease result in decline in mental faculties of memory, reason and judgment to such an extent that it severely interferes with a person's daily life and activities.

The handling of the patient has to be essentially by a caregiver who becomes an important part of handling this disease.

I Wish the Hope Ek A.S.H.A. its meet and the souvenir all success.

Dr. Sushma Chawla
Founder President
D-52, Greater Kailash Enclave-II,
New Delhi-110048.

Dr Mahesh Sharma



Hope Ek A.S.H.A

विजय गोयल
Vijay Goel



सत्यमेव जयते

राज्यमन्त्री (स्वतंत्र भार)
युवाक कार्यक्रम और खेल
राज्यमन्त्री
जलसंसाधन, नदी विकास
ए वंग गंगा संरक्षण भारत सरकार
MINISTER OF STATE (INDEPENDENT CHARGE)
YOUTH AFFAIRS AND SPORTS
MINISTER OF STATE FOR
WATER RESOURCES RIVER DEVELOPMENT
& GANGA REJUVENATION
GOVERNMENT OF INDIA

MESSAGE

I am pleased to know that "Hope Ek A.S.H.A." Greater Kailash Enclave-II, New Delhi is celebrating its Annual Day and planning to release a Souvenir "Hope 2016" to mark the occasion.

I am informed that the society is dedicated to the cause of Alzheimer patients who deserves special care and I am sure that the Society would continue to strive hard to achieve its aims and objectives.

I extend my best wishes to the 'Hope Ek A.S.H.A. in its endeavours.



(Vijay Goel)

Dr. Sushma Chawla
President
Hope Ek A.S.H.A.
D-52, Greater Kailash Enclave-II
New Delhi-110048.

401, 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001, फोन : 91-11-2338 1185, 2338 6550, फ़ैक्स : 91-11-2338 1898
401, 'C' Wing, Shastri Bhawan, New Delhi-110001, Telephone: 91-11-2338 1185, 2338 6520 Fax: 91-11-2338 1898
वेबसाइट/Website : <http://www.yas.nic.in>



Hope Ek A.S.H.A

जनरल (डा.) विजय कुमार सिंह
पीवीएसएम, एवीएसएम, वाईएसएम (से.नि.)
GEN. (DR) VIJAY KUMAR SINGH
PVSM, AVSM, YSM (Retd)



विदेश राज्य मंत्री
भारत सरकार, नई दिल्ली
Minister of State for External Affairs
Government of India, New Delhi

MESSAGE

I am pleased to know that "Hope Ek A.S.H.A." (HEA-a charitable society) is organizing 15th Annual Caregiver Meet of the caregivers dealing with patients with Alzheimer disease at Constitution Club of India, Rafi Marg, New Delhi on December 18th 2016 and publishing a commemorative souvenir, Hope-2016.

I convey my greeting and extend best wishes to the organizers and participants for the success of the event.

(Gen. Dr) V. K. Singh)



Hope Ek A.S.H.A

संतोष कुमार गंगवार
SANTOSH KUMAR GANGWAR



D.O. No. 99 / VIF/MUS/2016

वित्त राज्य मंत्री
भारत सरकार
नई दिल्ली- 110 001
Minister of State for Finance
Government of India
New Delhi-110 001

MESSAGE

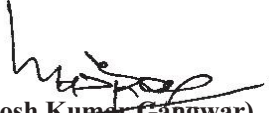
I am pleased to know that "Hope Ek A.S.H.A." (HEA) is organizing its 15th caregiver meet of the caregivers of Alzheimer Disease Patients on 18th December, 2016 at Constitution Club of India, Rafi Marg, New Delhi-110001.

Alzheimer disease is incurable and degenerative. As such, care giving and management of patients are essential. It places a great burden on caregivers and involves social, psychological, physical and economic elements of the caregiver's life. It is essential to train the caregivers of such patients by trained medical professionals.

I am also happy to know that HEA is bringing out a Souvenir- Hope 2016 on this occasion and a seminar is also being organized. I am confident that this souvenir will help disseminate awareness about the Alzheimer disease so that effective steps could be taken at the initial stage itself.

I extend my best wishes to this seminar and its organizers.

New Delhi
02-11-2016


(Santosh Kumar Gangwar)

138, नॉथ ब्लॉक, नई दिल्ली-110001, दूरभाष: 23093783, 23092377, 23094108 फ़ैक्स : 23092680

138, North Block, New Delhi-110001, Phone: 23093783, 23092377, 23094108 Fax: 23092680

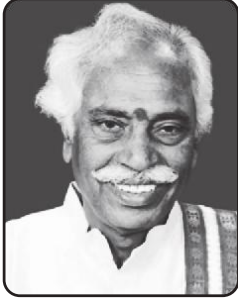
बरेली कैम्प ऑफिस: टेलिफ़ैक्स - 0581-2577777, 2545555

Bareilly Camp Office : Telefax - 0581-2577777, 2545555



Hope Ek A.S.H.A

बंदारु दत्तात्रेय
BANDARU DATTATREYA



श्रम एवं रोजगार राज्य मंत्री
(स्वतंत्र प्रभार)
भारत सरकार
श्रम शक्ति भवन, नई दिल्ली-110119
MINISTER OF STATE
(INDEPENDENT CHARGE)
LABOUR & EMPLOYMENT
GOVERNMENT OF INDIA
SHRAM SHAKTI BHAWAN
NEW DELHI - 110119

MESSAGE

I am happy to know that "Hope Ek A.S.H.A." is organizing its 15th caregiver meet of Alzheimers disease at constitution Club of India, Rafi Marg, New Delhi. on the 18th December 2016 the Annual Day of the Organization and releasing a souvenir.

This charitable organization has been rendering commendable service to the patients across the country suffering from a traumatic and rarely curable disease like Alzheimer. They have all along crossed over a long way of 15 years in serving the patients in the country. I believe that their efforts will make people aware of the disease about which least is known to the common people in the country.

I wish the Annual Day all success.


(Bandaru Dattatreya)



Hope Ek A.S.H.A

राजेन गोहांई
Rajen Gohain



सत्यमेव जयते



MSR (G)/Message-26-2016

रेलर ाज्यमं त्री
भारतस रकार
नई दिल्ली-110 001
Minister of State for Railways
Government of India
New Delhi-110 001

20 OCT 2016

MESSAGE

I am glad to learn that "Hope Ek A.S.H.A. (HEA)" is going to organize 15th "Annual Caregiver Meet" at Constitution Club of India, Rafi Marg, New Delhi on 18th December, 2016.

"HEA", a charitable Society, has dedicated itself to the care of Senior Citizens suffering from Alzheimer/Dementia (Memory Loss). They are rendering this humanitarian job with the help of its committed team of medical professionals and volunteers. The programme and services rendered by HEA towards this human cause are exemplary and such awareness programme will help them combat with the magnitude of disease.

It is also heartening to note that a souvenir called "Hope-2016" is being published to generate more awareness among the society.

I wish the organizers of the Seminar all the Best Wishes and success.

(Rajen Gohain)



Hope Ek A.S.H.A

एस. एस. अहलुवालिया
S. S. AHLUWALIA



कृषि एवं किसान कल्याण और
संसदीय कार्य राज्य मंत्री
भारत सरकार
MINISTER OF STATE FOR AGRICULTURE
& FARMERS WELFARE AND
PARLIAMENTARY AFFAIRS
GOVERNMENT OF INDIA

MESSAGE

I am happy to learn that “**Hope Ek A.S.H.A.**” (**HEA**) - a charitable society is organizing a caregiver meet of the caregivers of Alzheimer patients to mark its 15th Annual Day on 18th December, 2016. I hope the society would continue its endeavour to serve the Alzheimer’s disease patients and their Caregivers.

I wish all success for the Annual Day Celebration of “Hope Ek A.S.H.A.

S. S. AHLUWALIA

Off. 1: 199Q, Krishi Bhawan, New Delhi-110001 / Off.2: Room No. 56, Parliament House, New Delhi-110001
Resi.: 10, Gurudwara Rakab Ganj Road, New Delhi-110001
Tel: 011-23782343, (KB) 23034638 (PH), 23720747 (R), Fax: 23074190, 23731977
e-mail: ssamin@gov.in



Hope Ek A.S.H.A

कृष्ण पाल गुर्जर
KRISHAN PAL GURJAR



NO. 68/2016/MOS (DJE)/R.O. 11...
सामाजिक न्याय और अधिकारिता राज्य मंत्री
भारत सरकार
MINISTER OF STATE FOR
SOCIAL JUSTICE & EMPOWERMENT
GOVERNMENT OF INDIA

Dated: 22 November, 2016

MESSAGE

Respected Dr. Sushma Chawla,


I have received your letter dated 13-10-2016, regarding the 15th Annual Day Programme of Hope EkASHA Society.

It is indeed commendable that your society has been serving for humanity for the for the last 15 years and it is really laudable that it has helped more than 435 families suffering from Alzheimer disease.

I convey my heartiest congratulations and extend my best wishes for the bright future of Hope EkASHA Society.

With regards,

Dr. Sushma Chawla
Founder President
Hope EK ASHA (Regd.)
D-52, Greater Kailash Enclave-II,
New Delhi-110048.

Yours sincerely

(Krishan Pal Gurjar)



Hope Ek A.S.H.A

सत्येन्द्र जैन
Satyendar Jain
ऊर्जा, लोक निर्माण विभाग,
स्वास्थ्य, उद्योग एवं गुरुद्वारा चुनाव मंत्री
Minister of Power, PWD, Health,
Industries & Gurudwara Elections



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
Govt. of National Capital Territory of Delhi
'ए' विंग, सातवां तल, दिल्ली सचिवालय
'A' Wing, 7th Level, Delhi Secretariat
आई.पी. एस्टेट, नई दिल्ली-110 002
I.P. Estate, New Delhi-110002
दूरभाष / Tele No. 23392116, 23392117
Fax: 23392044
E-mail: moh.delhi@gov.in

D.O. No. minhealth/6793
Date: 06/09/2016

MESSAGE

I am glad to know that "Hope Ek A.S.H.A." is celebrating its 15th Annual Day and bringing out its 15th Souvenir "Hope- 2016 on this occasion.

It is worth appreciable that the Society is dedicated to the cause of Alzheimer patients who deserves special care. The efforts made by Society in this direction are commendable. I am sure that the Society would continue to strive hard to achieve its aims and objectives.

My best wishes for the success of entire endeavour.


(SATYENDAR JAIN)



Hope Ek A.S.H.A



Hope Ek A.S.H.A

Dr. Sushma Chawla

Founder President
D-52, Greater Kailash Enclave-II
New Delhi-110048.
Mob.: 98101-30635



Hope Ek A.S.H.A

ABOUT THE FOUNDER



A doctor by profession Sushma Chawla was born in 1951. Academically inclined she studied medicine at the prestigious Maulana Azad Medical College, New Delhi and earned her degree in 1972. As a specialist in Gynaecology & Obstetrics she has been in family practice since 1978 at her own clinic in Greater Kailash - II, New Delhi. Today, she is a Chief Medical Officer at IFCI, TFCI, IVCF and BMB. She is also a lifetime Member of Delhi Medical Association, Indian Medical Association, Indian Menopause Society, AMWI and Delhi Diabetic forum.

In last 35 years she has carried the glory of Indian medicine at National and International conferences and presented papers on subjects of interest and research.

Dr. Sushma Chawla is the Founder President of Hope Ek A.S. H.A. She is on a mission to create awareness about the dreadful disease - Alzheimer's. For last fourteen years she has been working relentlessly to make life better for Alzheimer's patients and their caregivers. She visits patients across Delhi to provide them care, compassion and motivation to stand against this disease. She also mentors and guides caregivers of the patients on several of aspects of care-giving and how to make it less stressful.

Her ultimate aim is to build a DAY CARE CENTER for the Alzheimer's disease patients who are in stage 1 & 2. The proposed day care centre will have trained caregivers, doctors and modern facilities to ensure the patients are well taken care of during the day, thereby giving respite to their caregivers.

Dr Chawla's inspiration is her mother who unfortunately suffered with Alzheimer's disease. She was the only caregiver for her. With little awareness about the disease, in five long years of caring she could realize the quantum of physical and emotional stress one had to through.

It was only after her mother passed away, she decided to form a support group and a platform for caregivers to help them deal with their Alzheimer's patients. Hope Ek A.S.H.A is that institution that aims to provide succor to caregivers and Alzheimer's patients with its efforts.

In her this noble endeavour, she is ably supported by her husband, her children and her dedicated team of volunteers.

Dr. SUSHMA CHAWLA

Founder President,

D-52, Greater Kailash Enclave-II, New Delhi-110048.

Phones : 2922-1714, 2933-8341, Mob: 98101-30635

E-mail: drschawla@rediffmail.com Website : www.hopeekasha.org



Hope Ek A.S.H.A

Hope Ek A.S.H.A. a humble Journey - Fifteen Years

Alzheimer Disease is not like any other disease . It not only affects the Brain causing slow progressive cognitive decline, it robs the very existence and personality of a person. While caring for such a patient the Caregiver undergoes insurmountable stress because he loses the person before he actually dies.

It was way back in 1994, when my mother started showing signs of depression which we attributed to the recent death of my father and her loneliness in a house which was always full of activity. By nature also she was a very quiet and a sensitive person. Time passed by and somewhere in 1997, the doctors gave the diagnosis of Senile Dementia, a term unheard of. For 2 years my world was only around my mother who had different moods on different days ranging from sadness to delirium. I was completely confused and helpless.

My mother breathed her last in December 1999 and in February 2000, my interview appeared in TOI " Life in Twilight Zone".

A harsh reality was seen with a stream of people calling me to share their stories and how they were still in the dark regarding the diagnosis.

I decided to hold the hands of these distressed caregivers and thus began the " Journey of Hope Ek A.S.H.A. "

Hope Ek A.S.H.A was formally registered in 2001 and we were joined by volunteers, Medical professionals, Paramedicals, caregivers and the families of the Alzheimer Disease patients.

Mission of Hope Ek A.S.H.A

To create AWARENESS about this disease among masses

Home Care - Counselling the caregiver, the family regarding the care and progress of the disease and how to deal with day to day issues.

VISION of Hope Ek A.S.H.A.

To bring up a Day Care center for these patients in order to give



Hope Ek A.S.H.A

respite to the caregiver and the family.

It has been a long journey of 15 years and it is not easy to list the whole list of activities, programmes and camps conducted over this long span so here is the later part of the journey starting from 2011.

2011 was a eventful & a prestigious year for Hope Ek A.S.H.A

Our paper " Fading Memories - A concern for caring for Dementia patients" was accepted the Annual ADI conference at Toronto.

Dr. Sushma Chawla & Mrs. Rita Sehgal attended the ADI conference on 26th March, 2011 at Toronto, Canada where Dr. Chawla gave the Poster presentation "Fading Memories – A concern for caring for Dementia patients". It was widely appreciated by people from all walks of life.

Regular visits were started in the Neurology OPD at RML Hospital where the volunteers of Hope Ek A.S.H.A introduced many brain stimulating exercises and other activities to the Dementia patients and their caregivers by the volunteers of HEA for one year.

Home Care:

Sixteen new patients were registered and were visited at home. Proper counselling , training of the caregivers and showed very good results.

Rotary Club of Chanakya Puri:

A presentation of Vision and Mission of Hope Ek A.S.H.A was given at Rotary Club, Chanakya Puri branch and this year they have taken up Alzheimer disease and caregivers as one of their projects.

Day Care Center: Still a dream in the horizon but the spade work for its development is going on with full zeal.

The Eleventh Annual care givers meet was held on 6th October 2012 at Constitution Club of India, New Delhi. Dr A K Walia Hon'ble Minister of Health, Delhi Government was the Chief Guest. The theme of the day was

" Facing the Challenges of Caregiving of AD patients" and need for elder health care and establishing Day Care services for the patients.



Hope Ek A.S.H.A

Dr. AK Walia assured us of all the possible help from the Delhi Government.

Dr. Priya Jha, Dr. Beena Nangia and Dr. LK Malhotra were the main Speakers at the meet. It was attended by more than 60 persons and was very useful to the caregivers.

Every Sunday 2-3 patients with their caregivers for guidance, treatment and counseling were seen. 8 new patients were recorded.

On 10th March, 2013 a Mega Health camp was organized at an Old Age Home "GURU VISHRAM VRIDH ASHRAM" at Badarpur where destitute elderly stay. The activities in the camp included the Blood Sugar check, BP Check, Weight Check Up, General check up and Dental check. This activity was done with the support of 301, Inner Wheel Club - The women wing of the Rotary club and Indus pharmaceuticals. The Doctors of Hope Ek A.S.H.A were assisted by the efficient staff of HEA.

On 5th April 2013, Rotary Club Of Chanakya Puri donated a Mahindra Xylo Van to Hope Ek A.S.H.A. in the august presence of Dr. A.K.Walia, Health Minister of Govt.of NCT, Delhi.

19th April, 2013 an awareness talk for the senior students of Govt. School Kalka ji was conducted to create awareness about Alzheimer's disease and its early symptoms in an individual. It was attended by the senior class students and the teachers. Their interaction was praiseworthy.

On 28th December 2013, Annual caregivers meet was held at The Constitution Club of India attended by more than 80 persons. Dr. Anil Goyal, President, Delhi Medical Association was the Chief Guest, Dr. MPS Gandhi and Sh. Rohit Seth, President FAFAI were the Guests of Honour. The souvenir HOPE 2012-13 was released by the Chief Guest and other dignitaries. Dr. Pravat Mandal gave a talk on Newer Developments in the Diagnosis of Alzheimer's disease.

Ms. Riya Bhatia recited a beautiful poem for the elderly.

29 visits were conducted by the volunteers of Hope Ek A.S.H.A to various families, supporting the families of Alzheimer's disease.



Hope Ek A.S.H.A

patients. 12 patients availed the benefit of the Memory Clinic every Sunday. They were screened and advised accordingly.

Dr. Beena Nangia and Dr. Priya Jha counseled the caregivers regularly and trained them accordingly.

Year 2014- 2015

Annual Caregivers Meet was held on 21st December, 2014 at Deputy Chairman Hall, The Constitution Club of India, Rafi Marg, New Delhi 110001.

Dr. Vijay Chandra, HOD Neurology, Fortis Hospital, Vasant Kunj along with Dr. Manju Mehta, Professor of Psychology AIIMS, Mrs. Renu Gulati, Vice President, Varishthh Nagrik Kesari Club, Punjab Kesari and Er. Rakesh Nath, released the souvenir HOPE - 2014.

Informative talks were given by Dr. Sushma Chawla on the developments during 2013-14, Dr. Vijay Chandra highlighted the "Developments in the Management of Alzheimer's Disease" and Dr. Manju Mehta on - "Facing the Challenges of Care giving"

Benu Bhargava narrated an inspirational poem by Sh. Harivansh Bachhan "Koshish Karne Walon ki kabhi haar nahin Hoti"

The interactive session saw a large number of caregivers coming up with their doubts and anxieties.

The meet ended with a vote of thanks by the Vice President and High Tea

Mass Awareness Camps

During the year 5 mass awareness camps were organized for senior citizens and younger group of people.

The seniors were of the opinion that these awareness camps should be conducted at the school and amongst the younger generation so that they are sensitized for the needs and problems of the elderly

World Elders Day

A weekly Q & A column was started for the masses in the senior citizen supplement of Punjab Kesari Newspaper



Hope Ek A.S.H.A

On 1st October, 2015, an awareness talk was held at the Library Hall, Safdarjung Enclave which was attended by more than 300 senior citizens. Counseling for them was taken up by Dr. Priya Jha and Dr. Sushma Chawla for more than one hour on individual basis. It was a very interactive meet.

Home Care

During the year we conducted 15 home visits and counseled the family as well as professional caregivers and how to combat the day to day issues.

More than 10 calls are received by us every fortnight to enquire about the solutions for day to day problems.

The home visits are carried out by our volunteers Rita Sehgal, Benu Bhargava, Dr. Beena Nangia and Dr. Priya Jha.

HEA Caregivers Forum was setup on WhatsApp.

A group of medical professionals, volunteers and caregivers has been set up on WhatsApp so that people can post their queries and anxieties and it is immediately resolved. The members spread all over India and abroad.

Training the professional caregivers

Two batches of ten caregivers each were trained for caring of Alzheimer disease patients in particular were conducted. It was a two days concise course.

We realised that there is urgent need to properly train these carers specifically for AD patients who need different levels of care at different stages of the disease. We have applied for the same to the National skill development department, Government of India and hope to take up the next batch very soon.

Mega Awareness Meet was organized on 5th May, 2015 for the 2nd and 3rd year students of Master of Social Welfare (MSW) from Indira Gandhi National Open University(IGNOU) and it was attended by 95 students followed by a Motivational Talk, Interactive session and Lunch.

The role of Life style modifications and The future role of Stem



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Cells in the treatment of Alzheimer Disease was discussed by the professionals.

2016:

This year Shri. Satya Pal Trehan Ji who was the backbone of Hope Ek A.S.H.A left very peacefully for his heavenly abode at the age of 84 years. He was the real Benefactor of Hope Ek A.S.H.A.

We lost Sh. Lajpat Rai Ji at the age of 91years this year. His concern for the senior citizens was commendable.

A medical camp was organized at village Garh Neelkanth near Alwar, in association with Nashdeep Foundation. HEA distributed 50 reading glasses to the elderly. Around 300 patients were examined with the help of paramedical staff. More medical camps will be carried out in future for senior citizens.

Awareness Program on the "Basics of Memory Loss - Dementia & Alzheimer Disease" for Students of Masters of Social Work (MSW), Indira Gandhi National Open University (IGNOU) at Greater Kailash - II, New Delhi on 15th May 2016. It was attended by 94 students with achive interachion. A motivational talk followed by a sumptuous lunch was a treat for the students.

Mr. Harish Chawla, Secretary General, Hope Ek A.S.H.A. on the "Missions and Vision of HEA" at the " 35th International Congress of NRI's" at EROS Hotel, New Delhi on 24th January 2016.

"Swami Vivekananda & Sister Margaret Award - 2016." presented to Hope Ek A.S.H.A. for its community service at Kolkata on 25th November, 2016. Dr. Sushma Chawla received the Award.

"Let us join hands"





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The Root point for the caregivers

- You have been doing a wonderful job, hats off to you.'
- I don't think anyone would give so much care and attention as you have been giving.'
- Where from you get so much patience and energy to look after her day after day for so many years? You are really great.'
- I wish people can learn something from you. That way every patient would have a much comfortable time during their painful days.'
- You are so dedicated. In more than ten years of experience in this field, I have not seen any caregiver who is so careful and sensitive towards the patient.'

These are the types of comments I have heard over and over again from my friends, relatives and the doctor attending to my wife suffering from Alzheimer disease for the past eight years plus. More than being pleased, I am perplexed every single time. I am sorry



to admit but the truth is that at such moments, I start suspecting even the most trusted person as to whether he/she is genuine in what is being said. Well, there is a reason for that.

To be honest, I am doing what a spouse should be doing or I should have been doing if it were one of my parents or a sibling living with me. I have to look after my sick and disabled wife. I just cannot ignore her. Is there any other option? Truly speaking, I can't think of any!



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What I am doing is neither a duty, nor am I fulfilling any commitment. I am also not doing anything to prove my faithfulness. It is something different from all this. It is all about doing what I am supposed to do; more than that I can't get the right words to express myself. In short, it is a job to be done just like doing the morning rituals, eating food and doing exercise to stay fit and going for work to earn livelihood.

The doctors had diagnosed the onset of Alzheimer eight years back. Now she has reached the terminal stage. She is bed-ridden and is on liquids through the tube. These eight years have turned out to be much longer than any other eight years of my life so far.

Looking after her at home wasn't really difficult to begin with but the amount of care needed, the physical effort involved and the mental pressure kept increasing with every passing month. That in fact was a sort of blessing-in-disguise. When I got adjusted to a particular level of physical and mental strain, her faculties took another dip and I had additional pressure to bear!

Physical pressure wasn't difficult to bear since I had been in the Indian Air Force for 25 years. To overcome the mental pressure and share it with a family member, I shifted to Bengaluru to be with my married son. It helped a lot. The professional help though wasn't of much help since my wife wouldn't allow the maid to feed her, clean her up or give her a bath. That aspect, till she had a fall, broke her hip joint and was moved to the Nightingales care-home, remained with me. To put it mildly, it was really taxing.

My tough years have been more or less smooth because I never thought it to be either a duty or some compulsion to look after my wife. It has just been a way of life. I never thought there was any other way of living, other than looking after her when she needed me.

I am an ordinary man and can't preach, but would like to wish that every caregiver starts considering that the only option available is to look after the patient... And when you have to do it, do it happily and willingly. You would be surprised, how you get additional strength to carry-on!

Wg Cdr DP Sabharwal (retd)
09035000140 (Bengaluru)



Hope Ek A.S.H.A

Fourteenth Annual Caregivers' Meet on Alzheimer Disease Patients at Deputy Chairman Hall, Constitution Club of India, Rafi Marg, Delhi Greater on 20th December 2015.





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A Request from a Dementia patient.....

I can still smell the flowers.

I don't garden any more, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I use to but, I can still make decisions. Give me choices. This will make me feel like I am a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

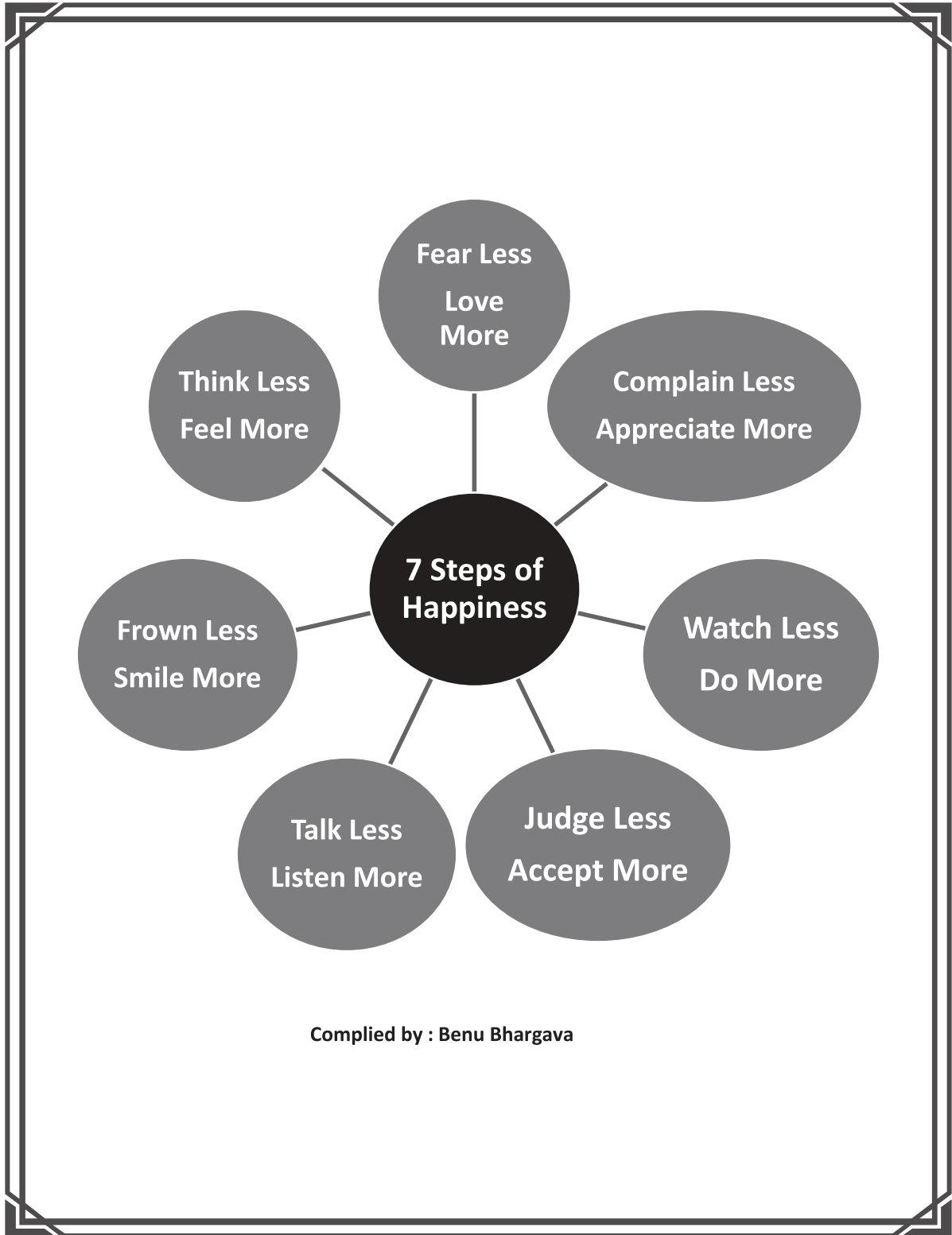
You are key to the quality of my life.



Dr. Sushma Chawla



Hope Ek A.S.H.A



Compiled by : Benu Bhargava

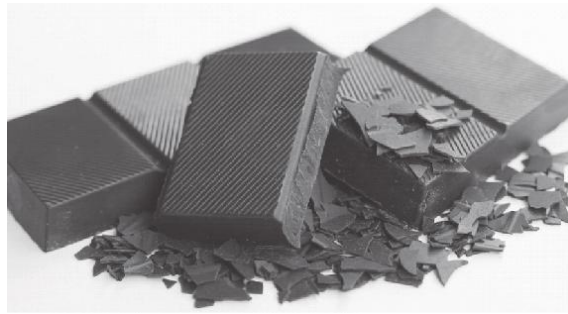


Hope Ek A.S.H.A

Dark Chocolate: Nature's Delicious Medicine

Finally some good news about your favourite treat. A lot of research has gone into chocolate consumption and it turns out its really good for your health. It seems daily doses of dark chocolate can keep the doctor far away.

Don't go stuffing your face just yet. While dark chocolate has an abundance of benefits experts warn that it also highly fattening and can often be filled with lots of added sugars. Nonetheless, the



delicious food has many advantages; you'd be crazy not to want to eat it.

1. Rich in nutrients

Dark chocolate is rich in many of the vitamins and minerals that are vital for your body's functioning. It has high concentrations of magnesium, iron, potassium, and copper. Magnesium helps prevent high blood pressure, type 2 diabetes and other heart disease while iron protects against anemia. Both potassium and copper prevent stroke and cardiovascular disease. Dark chocolate, with at least 70% cocoa, contains a fair amount of fiber, manganese, phosphorus, zinc and selenium, all daily required minerals from your diet.

2. Improves blood circulation and blood pressure

A significant benefit of dark chocolate is that it's good for your heart and blood because it may improve your blood flow and lower blood pressure. Dark chocolate contains chemical compounds called flavanols. These stimulate the lining of arteries to produce a gas called nitric oxide. This gas sends signals to the blood vessels to relax, which lowers resistance to blood flow and in turn this helps reduce blood



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pressure. Lower blood flow reduces your chance of blood clots from forming and prevents arteriosclerosis, the hardening of arteries.

3. It's good for insulin resistance

Another benefit of dark chocolate is that it's a good option for those with diabetes as it has a low glycemic index, so eating it doesn't make your blood sugar levels rise. Dark chocolate has flavonoids, plant pigments, which are usually removed from chocolate because of their bitter taste. They help your cells function normally and retrain your body to use insulin effectively, reducing insulin resistance

4. It can reduce cholesterol

Researchers have found that regularly eating dark chocolate lowers the LDL cholesterol. This is the “bad” cholesterol which is dangerous



when oxidized. It can inflame your arteries, and promote heart attack or stroke risk. Dark chocolate contains powerful antioxidants which protect against oxidative damage. Dark chocolate has also been shown to increase HDL, the “good” cholesterol.

5. It improves the health of your skin

Dark chocolate can also be good for your skin's health. Flavonoids in dark chocolate increase skin density and hydration, and improve your blood flow to your skin. Flavonoids offer some protection against sun-induced damage and can thwart off the reddening effect of burns, however, they can't replace a good layer of sunscreen.

6. Protection for your teeth

Dark chocolate contains Theobromine, which eliminates bacteria and hardens tooth enamel. If you practice good dental hygiene, dark chocolate can actually lower your risk of getting cavities.

7. It can treat coughs

Theobromine is also a mild stimulant and does wonders for



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suppressing coughs. This chemical compound blocks the sensory nerves from activity and this stops the cough reflex. Unlike codeine, the active ingredient in most cough syrups, dark chocolate doesn't have that drowsy side effect.

8. It's anti-aging and fights cancer

Dark chocolate can keep you looking young because it's packed with antioxidants, which fight toxins and free radicals in your body that cause damage to skin cells. Not only do the antioxidants slow down the aging process but they can also eliminate certain cancerous cells.

Flavonols, polyphenols and proanthocyanidins are antioxidants present in dark chocolate that help slow the growth of cancer cells. Pentamer, another compound that naturally occurs in cocoa, can deactivate proteins that encourage cancer cells to continually divide

9. It's a mood enhancer

It's well known that chocolate is some people's go-to food when they're feeling down. The reason is because chocolate stimulates your body's production of endorphins and serotonin, hormones that cause you to feel pleasure and happiness. Dark chocolate is also filled with phenylethylamine, the same chemical produced in your brain when you fall in love.



10. Acts as a stress reliever

It seems like dark chocolate is a miracle food because it can also be used to lower the risk of heart disease caused by stress. Dark chocolate helps people cope with stressful situations and feel the effect of stress less. Researchers found that people who ate dark chocolate regularly had lower levels of stress hormones, cortisol and epinephrine, circulating in their blood.



CARE OF CAREGIVER

Hope Ek A.S.H.A

12/15

SAMARITANS IN UNIFORM TO THE RESCUE

Around city in 10 hrs: Cops take lost 80-year-old home

Somreet.Bhattacharya @timesgroup.com

New Delhi: If it weren't for a night-long operation, 80-year-old Geeta Sehgal would have wandered aimlessly on Keshavnara road in north Delhi when a policeman noticed her requesting passersby to take her to her home but without herself having any clue about its location. Later, police learnt that she was an Alzheimer's patient.

Around 9pm on Saturday, SHO Chand Meena noticed the woman sitting on a nearby footpath. While she was seeking help from strangers, Meena asked her about her home which she failed to mention anything about. Police said she wore gold jewellery and was vulnerable to miscreants. They took her to a local police station for her safety.

What followed was a night-long operation by a police team from north district to help her get back home. Three teams were formed to trace her house, while she was offered food and tea. "We tried to keep her comfortable and took her around the area from time to time so that she could identify the road to her home. We could not exert her for long as she would get tired," said a police officer.

Police came to know that Geeta had left home for the temple but lost her way and reached a colony nearly two kilometres away from her house in Suraj Rohilla.

Her husband died in 2000. Her six children stay at different places in the capital. She used to live with her elder son, Deepak, at Gulabi Bagh, but he died in 2011. Sehgal has been staying alone since then. Her family members told police that she has been suffering from Alzheimer's for the past few years and had forgotten her way back home a few times earlier too.

The woman was not registered under the elderly scheme of Delhi Police. She was taken under police protection.

HELP AT HAND: Geeta Sehgal

Coffee could keep Alzheimer's away

London: Drinking three to five cups of coffee a day may provide protection against age-related cognitive decline and other neurodegenerative diseases such as Alzheimer's and Parkinson's, a new report claims. The report by the Institute for Scientific Information on Coffee, a not-for-profit organisation devoted to the study and disclosure of science related to coffee and health, highlights the potential role of coffee consumption in reducing the risk of cognitive decline.

The report concludes that a moderate intake of coffee (three to five cups per day) may provide protection against age-related cognitive decline and other neurodegenerative diseases such as Alzheimer's and Parkinson's. According to the report, research published this year suggests that moderate coffee consumption can reduce the risk of developing Alzheimer's by up to 27%.

Research has suggested that it is regular, long-term coffee drinking that is key to helping to reduce the risk of Alzheimer's Disease, the report said.

The association between coffee consumption and cognitive decline is illustrated by a 'U-shaped' pattern in recent meta-analyses, with the greatest protection seen at an intake of about three to five cups of coffee per day.

Although the precise mechanisms of action behind the suggested association between coffee and age-related cognitive decline are unknown, caffeine is likely to be involved.

5 CUPPAS TO THE RESCUE

Scientists reverse Alzheimer's disease in mice

University of Minnesota researchers claim to have reversed the memory loss characteristic of Alzheimer's disease in mice. The team found a potential target, a naturally occurring enzyme called 'caspase-2', which attacks brain cells by splitting a protein 'tau' in two, causing memory malfunctions. By reducing the level of 'caspase-2', the team discovered that existing memory losses were restored.



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Very Nice Definition of Time

Time is slow when you wait

Time is fast when you are late

Time is deadly when you are sad

Time is short when you are happy

Time is endless when you are in pain

Time is long when you feel bored

Every time, time is determined by your

Feeling and your psychological conditions

And not by clocks. So have a nice time always.

Compiled by :
Benu Bhargava

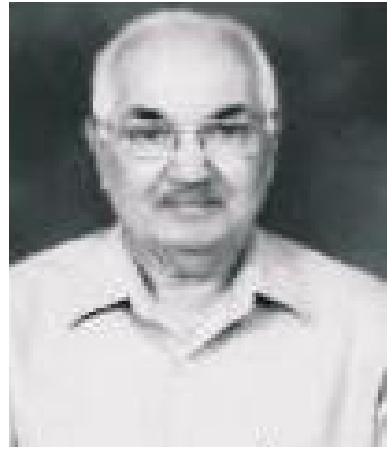


Hope Ek A.S.H.A

OBITUARY

With profound grief and sorrow we regret the sad demise of our Benefactor, Shri Satyapal Trehan ji who left for the heavenly abode peacefully on 3rd July, 2016.

Satpal ji was truly our benefactor as he was all the time concerned about the senior citizens and participated fully in all our Awareness programs. His energy was insurmountable. He always worked hard to fulfil the missions of our society and guided us at every step. Hope Ek A.S.H.A will always miss him and try to follow his path of Karma.



He was a workaholic and always said “one should worship the place from where one earns his livelihood.” He was forced to stop working at the age of 82 due to illness. Five minutes before he breathed his last he was discussing business matters with his sons.

He was a devoted father and a great human being with high values. He was a strong believer of karmic theory and always practiced Lord Krishna's saying “Karam kar phal ki Iccha na kar. Phal tujhe mein doonga.”

May his noble soul rest in peace.

He was a very organised man. He never got angry and handled all situations lovingly being calm and composed, serene and contemplative.

Our eloquent homage to the philanthropist, idealist and a radiant soul who always inspired us. His giving attitude is an example for all of us. He will be deeply missed by his family, friends, the whole team of Hope Ek A.S.H.A. and all those who knew him.



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Shri Lajpat Rai ji

December 1915 – November 2016

He was a simple man who believed in hard work and strong family values. He would always say “God is Great”. His immense faith in God lead him through many hardships that he had to face in his life. He was a great teacher to have, not only for his children, grandchildren, but everyone around. He was selfless and kind.



He was a well wisher of Hope Ek A.S.H.A. and supported our activities in whatever way he could. He was concerned about the senior citizens suffering from Alzheimer Disease.

A man as humble and loving as him will always be remembered by those of who knew him and loved him. Although we will miss him, his saying “God is Great”, his concern, his love, we take consolation in the good memories he has left behind.

“Sorrow comes in great waves... but it rolls over us, and though it may almost smother us, it passes and we remain.”

-Henry Jones.



Hope Ek A.S.H.A

**Awareness Program on the “Basics of Memory Loss,-
Dementia & Alzheimer Disease” for Students of Masters
of Social Work (MSW), Indira Gandhi National Open
University (IGNOU) at Greater Kailash-II, New Delhi on
15th May 2016.**





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Positive and Demeaning Approaches to Dementia care

(Related to the 5 overlapping emotional needs, which come together in a central need for love)

Warmth (Demonstrating genuine affection care and concern)

Threat (Making the person fearful by using spoken words or physical power)

Holding (Providing safety security and comfort)

Withholding (Refusing to give attention when asked for or to meet an evident need for contact)

Relaxed pace (helping to create a relaxed atmosphere)

Outpacing (Providing information and presenting choices at too fast a rate for understanding)

Respect (Treating and respecting the person as a valued member of society; recognizing experience and age)

Disrespect (Treating the person like a child or a disabled person in a patronizing way)

Acceptance (Entering into a positive relationship)

Labelling (Using a label as the main way to describe or relate to the person)

Praise (Recognizing, Supporting and taking delight in the skills and achievements)

Belittle (telling the person with dementia that he is incompetent, useless, worthless and incapable)

Truthful (Being honest and open)

Deceptive (Using lies to deceive, distract or manipulate in order to gain compliance)

Validate (Recognizing and supporting the subjective reality of the person)

Invalidate (Not acknowledging the reality of the person)



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Facilitate (Assessing level of support needed and providing it)

Impose (forcing a person with dementia to do something overriding the wishes and desires, denying choice)

Enabling (Recognizing and encouraging level of engagement within a frame of reference)

Disrupting (Interfering with, intruding into what the person doing, thus breaking the frame of reference)

Here is some "Advice from a person with Alzheimer's disease."

* Don't hurry me. Hurrying me tends to make me forget and then I get confused.

* If I forget something, remind me gently. If I seem to forget that company is coming or that we are due to be somewhere, help me realize that it is okay if we are little late or that everything needed is not ready.

* Do not ask me question. This frustrates me and makes me feel I am being tested.

* When I forget either laugh with me or hug me but please do not try to make excuses for me. When you do that, it makes me angry and I feel that you do not understand. What I am feeling inside.

When I say, "I don't know how to turn on the over," just come and help me no words are needed and chances are tomorrow I may be able to do it on my own.

* When I tell you something dumb that I did please listen and try to understand that what I am really trying to tell you is that I am scared and hurting. I need to be loved and given time to talk about what is happening to me.

When I am silent and unable to sleep, chances are I am struggling with my own fears about how is this going to hurt you as time goes on. I am asking myself what is going to happen to me and how we as a family are going to cope and survive.

* Try to understand that some days I almost convince myself there is nothing wrong with me and then there are days when I have no doubt that my head is not working normally these latter days are the ones



Hope Ek A.S.H.A

when you're most apt to find me down in spirit.

* Try to understand that I am finding it difficult to believe that this is really happening to me the big questions, "why?" and how long?" keep going on in my head.

By Jeanne capp, an early stage Alzheimer's patient.

Member of the early stage Alzheimer support group of Marlborough, New Hampshire.

The Alzheimer's care giving puzzle..... putting together the pieces by patricia R. Call one & Connie Kudlacek (2011, p. 106-107).

.. I just long for a face
Close to mine, a smile
Meant just for a me, a silence
I' m invited to share, a chance
To prove there's someone here.

*Compiled by
Rita Sehgal*



Hope Ek A.S.H.A

Wrong diet may up risk of Dementia/ Alzheimer

The number of people suffering from Alzheimer's across the world is expected to triple by 2050



According to US data in 2013, the number of people suffering from Alzheimer's is expected to triple by 2050.

Longevity has increased steadily over the years and so has the burden of chronic degenerative disease. What is disturbing is that several diseases which were believed to be age-related, including dementia and Alzheimer's, are now seen in mid-life, sometimes when the patient is between 40 to 50 years old.

Alzheimer's disease, the most common form of dementia, is considered to be a disease of the elderly, with symptoms appearing around the sixties.

This clearly suggests that the origin of dementia and Alzheimer's is more than just age-related degeneration. Early signs of Alzheimer's disease include short-term memory loss, processing visual information, encountering problems while doing calculations or speaking. Advanced Alzheimer's can even be debilitating and life threatening.

According to US data in 2013, the number of people suffering from Alzheimer's is expected to triple by 2050. Almost 47 million people are living with dementia around the world, with 4.1 million of them in India. The numbers are expected to double every 20 years in Asia.

Researchers also found that there are about 10 million new cases of dementia each year worldwide, implying one new case every 3.2 seconds.

Researchers have been trying to understand the origin of this mysterious disease, suggesting reasons from genetics to inflammation. The most recent is the surprising association of Alzheimer's disease with the endocrine system (hormones), blood sugar levels and insulin imbalance.



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Increasingly, research suggests that our current diets are contributing to the exponential increase of Alzheimer's. A combination of carbohydrate-rich processed foods, sugar-laden beverages and sedentary lifestyles appear to be at the heart of the problem.

The connection between sugar and Alzheimer's was first broached in 2005, when the disease was tentatively dubbed 'Type 3 diabetes', and researchers discovered that brain produces insulin necessary for the survival of brain cells.

It's no surprise that diabetics have been found to have a doubled risk of developing Alzheimer's disease.

Researchers from the Australian National University in Canberra published a study in the Journal of Neurology, showing that people whose blood sugar is on the high end of the normal range have a much greater risk of brain shrinkage.

It is well-known that brain disorders and dementia are associated with brain shrinkage. But the shrinkage can happen even among people who are non-diabetic, but who have mildly-elevated fasting blood sugar levels. Often, such people may have elevated insulin levels. This data offers tremendous opportunity for prevention and implies that sugar and high-carbohydrate diets may not only fuel obesity and metabolic diseases, but also increase the risk of dementia and Alzheimer's disease.

Other causes for Alzheimer's disease could be malabsorption, nutritional deficiencies, digestive disorders, food allergies and intolerances including gluten intolerance, aluminum toxicity and oxidative stress.

Considering there's no known cure and few if any effective treatments, it's important to pay attention to prevention of Alzheimer's. The good news is that it may well turn out to be a disease of food choices. Lifestyle changes such as healthy diet, regular exercise, and good sleep can probably save you from this devastating disease. Clearly, ageing is inevitable, dementia and Alzheimer's are not.

Written by:- Ishi Khosla



Hope Ek A.S.H.A

Denial

Caregiving is an important aspect of our lives. We are all in relationships with one another to sail through in our lives, supporting, caring and giving help.

Sometimes in our lives we are faced with challenging situations where caring for our seniors becomes seemingly difficult. Many reasons contribute to this, but in my opinion the most important factor which prevents mental health care to reach to seniors is DENIAL. The presenting situations with full blown symptoms of mental health issues get side tracked under the guise of powerful denial by family members and sometimes extended family.

What causes denial?

With media, internet and social awareness of mental health this should not be difficult, but even educated people with full information of presenting symptoms seemingly look ignorant.

Is this due to “can't happen to me or to my loved ones?” or simple attachments to relationships?



Statistics show how prevalent is mental health issues and can happen to you, me or anyone walking down the streets. The interventions are not difficult after proper investigations and diagnosis. With systematic follow ups the patients can lead full, meaningful and productive lives. But due to denial and lack of coping skills so many of our seniors and family members spend their lives in guilt, anger, frustration, and hopelessness. The family members need to take charge, stride over the denial, seek support and help.

Mental health issues are still a taboo in our society and most people would want to brush it below the carpet so to speak, but the flip side is that once proper treatment starts there is no looking back.



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What to do when we are in denial?

Seek professional guidance to deal with the condition of loved ones and work out a systematic plan of action to help others deal with their mental conditions. I am sure those with their inabilities to deal with their mental health issues would be grateful that someone understood their needs and reached out. **YOU CAN'T GET HELP UNTIL YOU WANT HELP.** It may seem like an obvious observation that a person can't always be helped until they first acknowledge the need for help. But many people are stuck in a stage of not acknowledging the problem is a problem.

People call this kind of being stuck, "denial," because the individual is simply denying – either consciously or sometimes unconsciously – that a problem even exists. "Oh, I'm not depressed, I just haven't been getting enough sleep lately," even though the "not getting enough sleep" excuse has been batted around in the person's head for 4 months now. "Oh, I wasn't manic, I just felt like I had a lot of energy and could get things done finally," even though none of the projects was ever finished and the energy has long since worn off, giving way to depression.

Obviously Denial – Why doesn't he/she see it?

Why are people in denial when the problem is so obvious to everyone around them?

There are many reasons why denial is a common coping mechanism used by people. It allows the person to continue to function in daily life, even if they are not always functioning well.

A person may have been brought up and taught that denial was the way a person dealt with irrational feelings or unsavoury behaviours. We are the products of our upbringing, whether we admit it or not. Those behaviours can be unlearned, but it takes time and often, professional assistance (e.g., a therapist).

Sometimes a person can't always see things objectively when it comes to their own behaviours and feelings. For instance, when we are in love, we irrationally believe our loved one can do no wrong and the world revolves around that person. Objectively, nothing has changed in your life except that you've found someone to share your life with. Your



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loved one is still a human being, will still make mistakes, and can do wrong.

How Can a Person Overcome Denial and Get Help?

There's no single, easy method for helping a person overcome their denial of a problem like depression, cognitive impairment or bipolar disorder. Since the roots of denial are often buried deep within a person's sense of who they are and how they were brought up to view themselves and the world around them, it can take a life-changing event to shake up a person's denial.

Such an event can happen when a loved one close to us dies because they themselves didn't seek care or treatment from a medical professional for an illness so that they could've survived. It could be when we see the depths of despair or emotional turmoil a friend or family member suffers, and resolve that we're not going to walk that same difficult, painful path. Or it could just be that a person finally gets so fed up with the issue hurting meaningful parts of their lives – such as a loved one or their career – that they decide they're going to give it a try.

Denial can be overcome

Denial is something many of us have simply learnt as a largely-ineffective coping mechanism to deal with certain problems in life. Because it is something we learned to do, like math or riding a bicycle, it is something that can be un-learned as well.

I have compiled this list of suggestions to overcome denial --

1. Educate yourself.

The first responsible thing you can do is to educate yourself. Because you can't really spot a type of disorder without knowing its symptoms. In guessing that a sister is depressed or having mild cognitive impairment, you should know if there has been any significant changes in her diet, sleep, energy, and so forth.

2. Gather the information.

Here comes the fun part. You get to pretend you are a detective for a month or so and gather any facts you can about the person without a) invading her privacy, or 2) bringing on an awkward confrontation. After



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studying the symptoms of the disorder that you think your loved one has, you will know the information you need to find out.

3. Make a plan.

Here's where it gets hard, because there is no right solution. Sit with the family/ friends and plan for the further course of action at the earliest.

4. State the facts.

You've studied up. You have the evidence. You know that he/she is depressed/ having cognitive impairment, consult the family doctor first. DO NOT RUSH to the specialist. Put down the facts in chronological order and let the physician reach the diagnosis and suggest the course of action.

5. Accept

You should accept the diagnosis your family doctor / specialist gives and start the treatment at the earliest. Involve the family and friends in the management as per their convenience.

*Dr. Beena Nangia
Clinical Psychologist*

*"Always Wear A Smile Because Your Smile Is A Reason For
Many Others To Smile"*



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LOOK, WE SHRUNK THE BRAIN

Scientists in Singapore have created mini versions of the human mid-brain that will develop treatments for Parkinson's disease and other ageing-related brain diseases



GROWING THE BRAIN

Scientists at the Genome Institute of Singapore and Duke-NUS Medical School used stem cells to grow pieces of tissue known as brain organoids

These organoids measure 2 to 3 millimetres and contain necessary hallmarks of the human mid-brain

WHY THE MID-BRAIN?

It is the information superhighway. It controls auditory, eye movements, vision and body movements

It contains special neurons that produce dopamine

— which play a role in motor control and reward. High levels of dopamine elevate motor activity.

USE?

"We can use these to test how they react to drugs before treating patients," said Shawn Je, assistant professor at Duke-NUS



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FORGIVENESS IS FREEDOM

When asked about Forgiveness a little girl gave this beautiful answer, "Forgiveness is the sweet scent that a flower gives when it is crushed." Forgiveness doesn't mean that you deny the other person's responsibility for hurting you. It does not Justify or minimize the wrong. Rather it brings a kind of peace that helps you go with life. Forgiveness is not about erasing the past, it isn't simply forgetting what has happened. Forgiveness instead is about giving you the power to accept the situation for what it is or was, letting go moving past anger and pain and moving into better and healthier place.

When we fail to forgive, it has the power to bind us and hold us captive to hurt and pain. It has the power to leave us miserable, unhappy and unease. On the other hand Forgiveness has the power to allow us to move forward without ever having to focus on the past. It has the power to release freedom and happiness.

Forgiveness has the power to set us free from the past and enables us to fulfil our true potential. It frees up our mental and emotional energies so that we can apply them to creating a better life.

Forgiveness is recognizing the reality that what has happened has already happened and there is no point in allowing it to dominate the rest of your life. Forgiveness refreshingly cleans the slate and enables us to sleep forward.

By embracing forgiveness we also embrace peace, hope, gratitude and joy. Forgiveness can lead to

- Healthier relationships
- Greater spiritual and psychological well being.
- Less anxiety, stress and hostility.
- Fewer symptoms of depression
- Strong immune system
- High self – esteem.

Mahatma Gandhi said "The weak can never forgive. Forgiveness is the attribute of the strong." We do not have to know how to forgive. All



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we need to do is be willing to forgive. The universe will take care of the hows. Find your inner strength to forgive others and discover the happiness and the freedom you deserve. No one can control over our emotions but us. If we are stuck somewhere it is because we have that choice. We can easily make the choice to move forward and forgive.

All diseases come from a state of unforgiveness. Whenever we are ill, we need to search our hearts to see who it is we need to forgive LOVE is always the answer to healing of any sort. And the pathway to love is forgiveness. When we hold grudges, who are we hurting the most? Ourselves.

Forgive others not because they deserve forgiveness but because you deserve peace. Remember Forgiveness is the key to unlocking God's miracle power. If someone hurts him, it is not going to cure the first injury but it will create one more wickedness in the world. Love is forgiving. We can only forgive when we are egoless. Egoist can never forgive. So learn to Forgive and Forget for your freedom.

*Written by
Rita Sehgal*



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My Dearest Daddy

To,
The Best Father on the Earth

D = Dearest
A = Affectionate
D = Divine Soul
D = Darling Dad
Y = Yogi

You have always been the most important person in my life, my precious jewel, my precious possession, my best friend and a true guide for me.

Today I think of you in silence and keep saying
'Daddy you never taught me how to live without you?'

You are always in my eyes, in my heart and in my thoughts. All I have are your memories and your pictures in frames which remind me of your ideals. God has you in his arms and I have you in my heart. Your principles and values will always be a guiding light in my life.

My heart bleeds on the thought that you are gone. Miss you so much Daddy.

You never said I'm leaving
You never said Good bye
You were gone before I knew it and only God knew why.

You left a vacuum for life time, that will never fill I have to start slowly how to rebuild still

Many times I miss you
Many times I cry
If love alone could have saved you
You never would have died.
I think of you in silence
I talk to you in frames



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The precious moments you shared with me, will forever stay.
May your soul rest in peace

This is all I can pray.

In life I loved you dearly
In death I love you more
And each moment I miss you from the core.

In my heart you hold a place
That no one could ever take
My heart bleeds to lose you
My eyes, look for you.
But you didn't go alone
For part of me went with you
The day God took you home.

*Missing you Daddy
Your loving daughter
PINKI*



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STORY FOR INTROSPECTION ARE YOU A CARROT, AN EGG OR COFFEE BEAN?

A young woman went to her mother and told her about her life, and how things were so hard for her. She did not know how she was going to make it, and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first pot, she placed carrots, in the second, she placed eggs and in the last she placed ground – coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burner. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she placed coffee in a bowl.

Turning to her daughter she asked, “Tell me what do you see?” “Carrots, eggs and coffee” she replied. She brought her closer and asked her to feel the carrot. She did and noted that they got soft. She then asked her to take the egg and break it. After pulling off the shell she observed the hard boiled egg. Finally, she asked her to smell and sip the coffee. The daughter smiled, as she smelled and tasted its rich aroma. The daughter then asked, “what’s the point, mother?”

Her mother explained that each of these objects had faced the same adversity boiling water but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however, after they were in the boiling water, they had changed the water.

'Which are you?' she asked her daughter. “When trials and adversity knock on your door, how do you respond? Are you a carrot, an egg or a coffee bean?”

Think of this which am I?

Am I the carrot that seems strong but with pain and adversity, do I wilt and become soft and lose my strength?



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Am I the egg that starts with a passive heart but changes with the heat. Did I have a fluid spirit but after a death, a financial hardship or some other trial have become hardened and stiff? Does my shell look the same, but on the inside, am I bitter and tough with a stiff spirit and hardened heart,

Or am I like the coffee bean? The bean actually changes the hot water. If you are like the bean, when things are at their worst you become better and change the situation around you. When the hours are darkest do you elevate to another level.

Rakesh Sehgal

*" Life is not about finding yourself,
Life is about creating yourself"*



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Mr. Harish Chawla, Secretary General, Hope Ek A.S.H.A. speaking on the "Missions and Vision of HEA" at the "35th International Congress of NRI's" at EROS Hotel, New Delhi on 24th January 2016.





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Hope Ek A.S.H.A. organised a Medical Camp in association with Nashdeep Foundation at Village Garh Neelkanth, Alwar on 13th November, 2016 and distributed 50 reading glasses to the needy.





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PSYCHOSOMATIC PERSPECTIVE OF DEGENERATIVE ALZHEIMER'S DISEASE

Introduction -

Last seventeen years, we have treated more than 400 patients of Alzheimer's disease; of different age groups, with different sign and symptoms, with different associated disorders and of different stages. Though AD is linked with ageing process, we all know that not every aged person suffers from AD and there is no guarantee that the youth is safe - the youngest patient in our list is 35 years of age, PhD in Chemistry! Several scientific studies suggests that dietary habits are also linked with this degenerative disorder but many of our patients are from affluent and highly educated background with all the knowledge and means to follow a wholesome diet plan.

While treating all these patients, it was observed that their psychological status is either Aggressive or Depressive or in some cases, alternating. These two states express the deep seated Anger or Anxiety. Anger or Anxiety is an outcome of Fear or Insecurity. While Anger generally is an outcome of bitter past, on the other hand, Anxiety is about uncertain future. Anger breeds Aggression and Anxiety builds up Depression. The acute nature of both the aspects may lead to mental/nervous breakdown, like we have examples of several individuals suffering after the recent demonetization done by the government; on the other hand, the chronic presence of both the aspects could be one major reason behind AD and associated disorders.

PSYCHOLOGICAL STATUS		
Aggression	Depression	Alternating
Anger	Anxiety	Both
Bitter Past	Uncertain Future	Both
FEAR (INSECURITY)		

In both the psychological aspects, either Aggression or Depression, the root cause of Fear or Insecurity, of any type, is because of our **ATTACHMENTS!** It's been observed that the incidences of such psychosomatic disorders are less in spiritually inclined societies, families or individuals.

The Concept -

Ayurveda is a "Science of Life". In this present context it is about Human Life. There is a term in Sanskrit - पुरुषार्थ (Purushartha). पुरुष (Purush) is Life and अर्थ (Artha) is Meaning. So Purushartha is the meaningful life or purposeful life; or in different words "object of human pursuit".

The meaningful Life has four dimensions - *Dharma, Artha, Kama* and *Moksha*; that are necessary and sufficient for a fulfilling and a happy life. धर्मार्थकाम मोक्षानाम् आरोग्यम् मूलमुत्तमम् (Dharmartha Kam Mokshanam Arogyam Moolmutamam) - To fulfill the purpose, **HEALTH** is a prerequisite! **Arogya** is



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Health. Health according to Ayurveda is – समदोषः समाग्निश्च समधातुमलक्रियाः। प्रसन्नात्मेन्द्रियमनः स्वास्थ्य इतिभिदीयते॥ (*SamDosha, Samagnishcha, Samdhatu, Malakriya; PrasanaAtmendriya Manah, Swasthya itibhidiyate*).

समदोषः (*Samdosha*) – Wherein all our bio-energies are in equilibrium; **समाग्निश्च** (*Samagnishcha*) – Our digestive fire is well balanced; **समधातुमलक्रियाः** (*Samdhatu, Malakriya*) – All our metabolic activities are in a complete harmony.

Now *SamDosha, Samagnishcha, Samdhatu, Malakriya*; is about the physical aspect of our body. The definition goes further - **प्रसन्नात्मेन्द्रियमनः** (*PrasanaAtmendriya Manah*) – Your inner-self; your senses, your mind, and your soul in a state of complete bliss.

In broader terms, the entire concept of health is divided into two – The Physical and the Psychological. While most of the time the health professionals across different medical fields, primarily focus on the physical immunity, this article is more focused on our psychological immunity.

Psychological dimensions of Health -

Trigunas – The three subtle basic components –**Satva, Rajas** and **Tamas**, are the very fabric of creation. They permeate through all living and non-living, tangible and intangible things. The vibrations emitted by anything are dependent on its predominant subtle basic component. Just as the **Doshas** (*Vata, Pitta* and *Kapha*) are the essential component of the body, these three **Gunas** are essential energies of the mind. These three properties of our psychological state in different permutations and combinations play different games of health and wellbeing, different diseases, different emotions of happiness, sorrow, anger, fear, ecstasy, etc.

Ayurveda provides a distinct description of people on the basis of their **Manas Prakruti – The Psychological Constitution**. Genetically determined, these psychological characteristics are dependent on the relative dominance of the three **Gunas**. In a balanced state, the three **Gunas** preserve the mind and indirectly the body, maintaining it in a healthy state. Any disturbance in this equilibrium results in various types of mental and eventually physical disorders.

The essence of mind is *satvik* in nature, whereas the current times in which we live, is *rajasik* and *tamasik*.

- **Satvik** - quality of clarity and harmony, the mind in its natural state.
- **Rajasik** - quality of energy, turbulence and distraction.
- **Tamasik** - quality of inertia and dullness.

The Satvik Qualities - *Satva*, characterized by lightness, consciousness, pleasure and clarity, is pure and free from diseases. It activates the senses and is responsible for the perception of knowledge. It is the balance of all the five elements. And all the three humors, the three *doshas*, when in harmony represent the *Satva Guna*. *Satvik* individuals are usually noble and spiritual in character.



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The Rajasik Qualities - *Rajas*, the most active of the *Gunas*, have motion and stimulus as its characteristics. All the desires, wishes, ambitions and fickle mindedness are a result of the same. *Rajas* is mainly high *Vata* and to some extent *Pitta dosha* and primarily governed by Air and Fire elements. *Rajas*, as such, is high on stimulation; in combination with *Satva* it is about creativity and indulgence in any constructive activity. On the other hand *Rajas* in combination with *Tamas* is all about anger, hatred, fear, nervousness, worry and anxiety.

The Tamas Qualities - *Tamas* is characterized by heaviness and dullness. It produces disturbances in the process of perception and activities of the mind. *Tamas* is mainly *Kapha dosha* and primarily governed by Earth and Water elements. *Tamas* is about inactivity, disinterest, lethargy or a state of inertia. When *Tamas* is with *Satva Guna*, the person is generous; forgive and forget are his qualities. While on the other hand if it is in combination with *Rajas*, as already explained, it is all about negative human emotions like lust, greed, delusion, hallucination, etc.

Predisposing factors - All these three *gunas* are influenced by several factors. Their balance is health and out of equilibrium they create illnesses.

- The food – whatever we eat and digest becomes a part of us.
- The life-style – late night or sedentary jobs, too much of stimulation from different gadgets, etc.
- Environment or the company of family and friends – as a general rule, environment is more powerful than will.
- Prolonged illness or stress, physical or mental.
- Old age - the capacity of the brain goes down with the age, but not in case of those who replenish it with *Satva* since their younger years.

The solution -

There are **four basic dimensions of the Self**; *Sharira* – Our Body, *Mana* – Our Mind, *Mastishka* – Our Intellect or the Brain and *Atma* – Soul or Energy. To keep all these four in a right alignment there are certain steps for their health and stability. There is a certain level of discipline required! **For a healthy body**, regular exercise is needed and its stability factor is devotion. **For a peaceful Mind**, Silence is required. Silence; it is not just about talking less; it's about silence from within which can only be achieved through unconditional love. **To keep our brain active**, we must always learn something new; new challenges whether physical or mental. Constant learning makes us wiser. Spirituality is required for the serenity or **purification of our soul** and with the regular practices of meditation the righteousness start setting in.

BASIC DIMENSIONS OF THE SELF	HEALTH	STABILITY
<i>Sharira</i> - Body	<i>Vyayam</i> - Exercise	<i>Samarpan</i> - Devotion
<i>Mana</i> - Mind	<i>Maun</i> - Silence	<i>Prem</i> - Unconditional Love
<i>Mastishka</i> - Intellect/Brain	<i>Adhyayan</i> - Learning	<i>Gyan</i> - Wisdom
<i>Atma</i> - Soul/Energy	<i>Adhyatma</i> - Spirituality	<i>Nyaya</i> - Rightful



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Is there any way that can help us achieve a perfect harmony in all these four dimensions?

YOGA - THE UNION - From illness to wellness, Yoga is one ever important tool. Yoga is a Sanskrit word meaning "the union". Union with our own inner self, with the surroundings, with the Nature and ultimately, union with the cosmos! **Asanas** are meant for the right alignment of energies of the **physical body**. **Pranayams** are the harmonization and expansion of life force (*prana*) in the body. It results in optimum oxygenation at cellular level, leading to removal of toxins and increased vitality. The outcome - **a peaceful mind!** And since it's all **a learning process, our brain**, and our intellect will get a daily dose of some knowledge and wisdom. **Meditation** is the **food for the soul;** the silence within!

Conclusion -

It is all about remaining positive in any situation we face. Be cheerful! While we all are blessed with this beautiful life, it comes with an expiry date! As earlier explained, attachments are the root cause of our sufferings. We are doing the *Purushartha* for happiness. All the four aspects of it can be summed up in a simple way. **Dharma is** अप्राप्त की प्राप्ति; achieving the desired goals in righteous way. **Artha is** प्राप्ति का रक्षण; perpetuation of the achieved goals. **Kama is** रक्षित की वृद्धि; the expansion or reproducing the preserved. And the last one **Moksha is about** वृद्धि का त्याग; renouncing all that belongs to me! Though it may sound philosophical to some but these are the facts of life. If we closely look around we'll observe it happening everywhere.

Contemplate! Sit with yourself! आत्मबलम् परमबलम्; One's आत्म स्थिति (*atma sthiti*) should not waiver with ever-changing परिस्थिति (*paristhiti*). If it's sorted internally, it gets sorted externally. Mind derives its strength from quietude, its vigor gets renewed in silence, do spare some time for it daily. Let go off all the thought chains before retiring to bed. At the end of the day, what matters most is good health and a peaceful mind.

Alzheimer's - what's that!?

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"Swami Vivekananda & Sister Margaret Award - 2016."
presented to Hope Ek A.S.H.A for its community service
at Kolkata on 25th November, 2016. Dr. Sushma Chawla
receiving the Award.





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Dedicated Team of Hope Ek A.S.H.A.

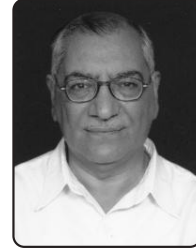
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अस्थिर वैश्विक
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