





SCAN ME

GUEST COLUMN

A wake up call for men's mental health



Dr Sona Kaushal Gupta

Good mental health is as important as oxygen and we all need it to survive.

In USA for instance, according to the reports of Center for Disease Control women are diagnosed with depression twice as much as men though males are involved in 80 per cent of the deaths by suicide which is four times more than the females.

The first step to resolve this issue is to be able to recognise the signs of mental illness in your own self or someone you love who may have a mental disorder.

Some common symptoms of some common mental disorders in men and women include anger, irritability, or aggressiveness;

noticeable changes in mood, energy level, or appetite; difficulty sleeping or sleeping too much; difficulty concentrating, feeling restless, or on edge; increased worry or feeling stressed; misuse of alcohol, drugs, or both; persistent sadness or feelings of hopelessness; engaging in high-risk activities; aches, headaches, or digestive problems without a clear cause; obsessive thinking or compulsive behaviour; thoughts or behaviour that interfere with work, family, or social life and thoughts of death or suicide or suicide attempts.

The same mental health issues can manifest differently in males and females. Males with depression may exhibit higher levels of anger, aggression and irritability. Females with depression may display signs of low mood sadness loss instead. Symptoms of depression in males can be physiological, such as a racing heart, digestive issues or headaches.



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including a heightened risk of suicide.

Research has shown that mental health providers may miss or misdiagnose psychological problems in men because of their own gender biases. Since childhood men are told to 'man up' which means they are taught not to cry or express their mental health problems.

However, ignoring mental health can impact relationships. For example, a depressive episode can cause stress and worry in a household, affecting spouses and children. It can become detrimental to his work life, including reduced motivation, lower productivity and poor performance.

also play a major role in suicide deaths among males. These stressors can range from relationship troubles to arguments and indicate a need for "support during stressful times."

Employment-related risk factors are also common. Decent work can improve mental health. Work promotes good mental health by providing a way to earn money, a feeling of self-assurance and a sense of purpose and accomplishment.

can be caused by a combination of factors. His genes can play a role. Men who have a family history of depression are more likely to develop it than those who don't. Environmental stress can trigger depression too. This includes financial problems, the loss of a loved one, work problems, a difficult relationship, a major life change, or a stressful situation.

members to know something is wrong. Men may appear angry or aggressive instead of sad or hopeless when they are depressed and this can make the doctors and loved ones miss the signs that something is wrong.

For improving mental health, the biggest challenge is getting men to actually accept help. Better mental health education is the first step in addressing mental health issues, by expanding general awareness and education around the topic itself.

tion and despair in men. Check in with them. Look for changes in his behaviour and depression symptoms. If you think someone you love has depression, offer your support, listen and be patient.

Research says diet and nutrition can impact mental well-being. Prioritise self-care, which includes eating a balanced diet and also engaging in regular exercise and adequate sleep.

Additionally, parents with mental health conditions may become easily irritable and difficult to be around, leading their children to distance themselves from them. As a consequence, this may create a sense of distance and isolation from a parent with a mental health condition.

(The author is a neuropsychologist, founder of a crisis helpline and designated CBSE counsellor. Views expressed are personal)

Balkrishna's birthday observed as Jadi-Booti Diwas

PNS ■ DEHRADUN

Patanjali Yogpeeth general secretary Acharya Balkrishna's birthday was celebrated as Jadi-Booti Diwas at the institution on Sunday.

Speaking on the occasion, Ramdev said that Balkrishna's life has been that of meaningful work. "Imbibing the values of Sanatan culture in his life, he has worked hard for more than 50 years for the greater good."

Expressing his views, Balkrishna said, "The birthday is just an excuse, our aim is to plant trees while working to serve the nation. This is an occasion to present one's annual report card and contemplate about the future," he said.

On the occasion, Ramdev

and Balkrishna also launched the world herbal encyclopaedia portal. Balkrishna informed about the exhaustive



information presented regarding herbs on the portal. A total of 887 units of blood were donated on the occasion while 280 persons received free eye examination and specs. Further, 412 persons received free dental checks and dental kits. A large

number of medicinal plants were distributed and planted on the occasion. A three-day conference on surgery

'Sushrutkon' was also inaugurated later in the day at the University of Patanjali.

Fine dining restaurant Tukda launches first outlet in Doon

PNS ■ DEHRADUN

Fine dining restaurant 'Tukda' by the House of UG has launched its first outlet in Dehradun. Located on Rajpur Road, opposite Silver City Multiplex, the restaurant aims to offer Doonites an unparalleled fine dining experience featuring delicacies from various regions of the country.



with a touch of royalty, promising customers a regal dining experience. Beyond its extensive menu, the restaurant also boasts a selection of exquisite cocktails and drinks, perfect for complementing the diverse flavors. Guests can relish a variety of chef-special delicacies at Tukda, including Sindhui Kadai Paneer Tacos, Pull Me Up - Banarasi Tamatar Ki Chaat, Uttar Pradesh Wala Aam Papad Paneer, Hazaratgunj Ki Mut-ton Shammii, Chicken Chet-

tinad Tacos, Parmesan Malai Chicken, Matiyamahal Ki Nalli Nihari, and Rabri Tart With 24K Gold Leaf, among many others. Sharing his thoughts on the launch of Tukda, owner Umang Garg said, "We wanted to bring a unique culinary experience to Dehradun, one that celebrates the rich and diverse flavors of India. Tukda is

more than just a restaurant; it is an exquisite culinary journey through the diverse and rich tapestry of Indian cuisine. We wholeheartedly welcome the residents of the city to come and savour some of the unique dishes we have meticulously curated." Adding further, Umang said, "Tukda is derived from the Hindi word for 'piece' and illustrates our dedication to bringing together the finest pieces of India's culinary legacy under one luxurious roof."

Man arrested for impersonation in CBSE's recruitment exam in Dehradun

PNS ■ DEHRADUN

Police apprehended a Haryana resident for impersonating a candidate during the junior translation officer examination conducted by the Central Board of Secondary Education (CBSE) in Dehradun on Saturday.



Singh said that the incident occurred on August 3 during the second shift of the examination which was being held at Army Public School examination centre in Clement Town. A man named Sandeep Kumar allegedly attempted to

take the examination in place of a candidate named Rinku Singh.

The fraud was detected when the biometric attendance did not match the candidate's identity due to which the examination authorities promptly identified the impostor. Later, the principal of the Army Public School lodged a formal complaint at the Clement Town police station where an FIR was lodged. The police arrested Sandeep Kumar on Sunday and have started an investigation to determine if there are any more accomplices involved in this fraudulent act.

The accused will face legal proceedings as per the stipulated laws, the SSP said. He further stated that this incident also emphasised the vigilance of examination authorities and the effective use of biometric verification systems in curbing exam-related fraud.

SCPCR chief rejects allegations of targeting Madarsa

PNS ■ DEHRADUN

The Muslim Seva Sangathan (MSS) has accused the State Commission for Protection of Child Rights (SCPCR) chairperson Geeta Khanna of targeting a Madarsa. This accusation stemmed from an incident wherein Khanna's inspection of a Madarsa near ISBT allegedly involved disrespecting the religious environment by wearing footwear, despite the presence of religious texts and a mosque.

registration of an FIR against Khanna. He stressed that instead of targeting the Madarsa, Khanna should address issues like child labour, child beggary and other significant concerns. However, Khanna refuted the allegation made by the MSS. She stated that no Madarsa administration had prevented her from wearing footwear inside the Madarsa during the inspection. She said that she had not even visited the mosque located on the Madarsa premises. Khanna emphasised that if anyone had prohibited her from wearing footwear inside the Madarsa, she would not have done so. She further said that rather than turning it into a communal issue, the focus should have been on addressing the inhumane conditions observed for the students during the inspection.

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IDFC FIRST Bank Limited (Formerly IDFC Bank Limited). CIN : L65110TN2014PLC097792. Registered Office: KRM Towers, 8th Floor, Harrington Road, Chetpet, Chennai - 600031. TEL: +91 44 4564 4000 | FAX: +91 44 4564 4022. APPENDIX- IV-A [See proviso to rule 8 (6)& 9 (1)] SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES. E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) & 9 (1) of the Security Interest (Enforcement) Rules, 2002.









## FIRST COLUMN

## A HOLISTIC APPROACH FOR HEALING A TROUBLED MIND

Through spiritual practices and positive affirmations, one can find the peace



RAVI VALLURI

Recently I received a message on my cell, "I am the son of Lord Krishna, I keep visiting Tirumala, yet I take drugs. Why do I suffer? Kindly help me!" My response was, "Meet a psychiatrist, undergo counselling, and undertake a holistic programme of wellness." But the caller remained unsatisfied and kept pestering me with a flurry of such messages. This person was positively in a state of misery and fear. His crutch and lifeboat were Lord Krishna. The mind of the caller was both fragmented and deeply disturbed. He appeared to be in a state of imbalance. Patanjali Yoga Sutras have identified the following as root causes of miseries in life—Avidya, Asmita, Raga, Dwesha and Abhinivesha. 1) Avidya—This is nothing but a lack of knowledge or ignorance. Everything around us keeps changing constantly. It could be our cells, blood, stomach linings, and hair to name some. But we are oblivious to the change. 2) Asmita—This is our intellect and our self. We get stubbornly stuck to our opinions. The caller was fixated on the idea that he was the child of Lord Krishna and stayed put at Tirumala. Yet he was partaking in drugs. 3) Raga—This is nothing but craving. Normally craving arises out of certain pleasurable experiences of the past. It has a deep imprint on the mind. But such impressions only aggravate our wants and misery. 4) Dwesha—Is nothing but hatred. Hatred is antithetical to craving. Though it arises out of craving, the premise is an unpleasant experience. This could be because of certain trag-



ic moments in the past or unrealistic expectations which do not materialise. 5) Abhinivesha—This is fear of the unknown. An emotion that affects all of us. Only a clairvoyant sage through penance and austerity overcomes this barrier. The caller proclaiming to be the son of Lord Krishna was in obvious pain and agony. He could experience ecstasy only through scientific help that is, consulting a psychiatrist, taking proper medication and a wellness programme. The troubled individual's mind could have undergone say the Happiness Programme of the Art of Living or Vipassana to combat fear. But he remained an escapist by not attending either. This is how a fragmented and escapist mind reacts. The caller continued to escape and obviate the inevitable. It keeps hunting for excuses, and alternatives. Invariably the cloak of negativity and ignorance shrouds the mind from combating the problem. Exercising all love, caution, and care, I asked him to chant "Om Namah Shivay", 108 times thrice a day to purge his mind of all negative thoughts and by making positive affirmations through writing "I am happy, healthy and peaceful". This task was also to be done thrice daily 108 times, and the tapas was to be continued for 41 days. In case a day is missed for some reason, repeat the process for 41 days. Such signals to the mind are extremely useful and powerful. The mind then responds to positivity and discards negative feelings and emotions. He has not contacted me thus far. Presumably, he has embarked on the journey of tapas and hopefully has found support and a beacon of light in the dark tunnel. His Ishta Devata, Lord Krishna wielded Sudarshan Chakra wading through negativity and impurity. Sudarshan Kriya, Pranayama, Yoga and Meditation will certainly swathe through the cobwebs of his troubled mind and increase his Prana, Chi, or energy to obliterate the negativity. I am waiting for the 41 days to end so that he can be happy, healthy, and peaceful and lead a purposeful life.

(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living; views are personal)

## The global crisis of over-tourism

Around the world, over-tourism is emerging as a big problem. The overwhelming influx of tourists causes significant hardships for local residents and destinations



ARCHANA DATTA



The growing problem of over-tourism across the globe! Archana Datta Recently, thousands of residents of Barcelona in Spain, protested against tourism, urging tourists to 'go home', waving placards and squirting water guns at outdoor diners, averring that tourists increased prices and put pressure on public services in Spain's most visited city. Not, only Barcelona alone, Venice also introduced a five euro entrance fee to dissuade day-trippers from crowding into the city's limited space and public resources. Japan, too, has put up a giant screen to block views of Mount Fuji to discourage tourists from gatherings at the iconic spot. Closer home, in Chikmagalur, Karnataka, police resorted to a special drive at tourist destinations to curb the unruly behaviour of visiting tourists. Now, people have been travelling for centuries, and have traditionally been welcomed to visit countries. While, in India, the spirit of 'atithi devo bhava', treating guests as Gods, prevailed. Over the years, travel as tourism, has turned into one of the most important economic sectors. The ease in global air connectivity and people's increasing craze for exotic visits, adventure and leisure in the internet-connected world, created an unprecedented rise in the number of tourists, which, eventually, evoked a 'tourist phobia', an aversion and social rejection among the locals, as happened in Spain, and elsewhere. In 2019, when, 1.5 billion international tourist arrivals were recorded, a hike of 4% from the previous year, the World Tourism Organisation (WTO) called for managing 'such a growth of tourists responsibly to best seize the opportunities that tourism can generate for com-



ONE TOURIST PRODUCES FROM 1 TO 12 KG OF SOLID WASTE PER DAY WHEN VISITING A NEW PLACE, DEPENDING ON FACTORS LIKE LOCATION, THE TYPE OF ACCOMMODATION, PERSONAL PREFERENCES, AND THE CHARACTER OF THE STAY

munities around the world'. While, tourism has been described as 'the excessive growth of visitors in areas where residents suffer negative consequences such as permanent changes to their lifestyles, denial of access to civic amenities and damages in their general well-being' (Milano et al., 2019). It has a social dimension too that 'impairs the place-person interrelationships and induces changes in residents' attitudes towards tourism' (Gössling et al., 2020). Over tourism, also makes urban life 'more tense and stressful' and for women 'a concern for safety in public space'. (Maja Hristov, Nebojša Stefanovic, Nataša Danilovic Hristic, Serbia, 2021). However, the present-day discourses predominantly veer around the issue of sustainability (Gowreesunkar & Thanh, 2020), as tourist hotspots are mostly located in sensitive ecosystems. Water, a precious natural resource, gets seriously misused by the tourism sector affecting the water cycle of the area. In Zanzibar, an average household consumes a little over 93 litres of water per day, while, the average consumption per room in a guesthouse is 686 litres, 7 times more, which in a luxurious 5-star hotel room, rises to 3,000+ litres of water per day. Spain, an important producer of vegetables and fruits for Europe, struggles over water utilisation in two competing economic sectors, tourism and agriculture (Water Equity in

Tourism, 2012). While, a 2022 study said that in case of water scarcity, women are the most affected ones, as it worsens their daily life tasks. One tourist produces from 1 to 12 kg of solid waste per day when visiting a new place, depending on factors like location, the type of accommodation, personal preferences, and the character of the stay. If the present trend continues, there will be an increase of 251 per cent in solid waste production because of tourism by 2050 (UNEP). Cruise ships are among the top polluters, and their raw sewage affects the coral reefs. Sewage from Mexico's tourism industry threatens the Caribbean coast, and the Mesoamerican Reef has already lost 80 per cent of corals to pollution. In 2023, Santorini Island in Greece, which has a population of fifteen thousand, received around 800 cruise ships, which caused a layer of pollution around the caldera. Notwithstanding, tourism is an economic powerhouse. The Travel & Tourism sector (T&T) witnessed a boom in 2019, accounting for 10.5% of all jobs (334 million), and 10.4% of global GDP (US\$ 10.3 trillion). In India, in 2019, the T&T sector was worth about \$194.3 billion, added 6.8% to the GDP and employed 40 million people. By 2033, the tourism industry is slated to represent 11.6% of the global economy. While, women comprise 54% of the workforce, but, they are mostly in lower-

skilled, lower-paid and often in informal employment (UNWTO). Now, some cities have gone for new or revised taxation, fines, etc, to de-market tourism. However, tourism de-growth cannot be considered a remedy, which can push tourism-dependent local economies into crisis, as happened in Myanmar's temple city, Bagan, where people suffer to make ends meet for want of visitors, as the country is deep into civil wars. While, regenerative tourism as an antidote, was mooted in 1987 in the Brundtland Report, which set the tone for 'building back better', going beyond the concept of 'not damaging the environment'. The UN called for a holistic understanding of living systems in the entire tourism ecosystem, as everything is inter-connected, the government, private sector, voluntary sector, and the communities'. The tourism industries should also operate in a new way by discarding the 'make-use and dispose' linear extractive model and fit themselves into a circular economy model of 'reuse/no waste', the world body urged. Isn't it high time for the burgeoning tourism sector to follow the path of regeneration, and herald an era of intergenerational equity, without compromising the planet for future generations? (The author is former Director General, Doordarshan, All India Radio)

## Jammu and Kashmir post-Article 370: Tackling terrorism and ensuring integration

Recent terrorist attacks in Jammu highlight the necessity for a having deeper emotional connect with the people and addressing their concerns

This is a 'Stop Press' moment for Jammu and Kashmir after the significant and benefiting legislation of the abrogation of Article 370 - a step towards demystifying and demolishing the 'special status' of Jammu and Kashmir which was a hydra-headed invitation to the West to make a spectacle of India's extreme problems of terrorism as it was and is being transported from Pakistan and India's Foreign Minister Dr. Jai Shankar has often enlightened us on our Nation's self-interest. I say the 'Stop Press' moment because there has been a spike in terrorist attacks in Jammu and Kashmir, especially in Jammu and has brought under the lens the



PRATIBHA CHOPRA

local support for Pakistan terrorists. So what does the 'Stop Press' moment signify? In this 'stop press' moment, we need to dig deep - the abrogation of Article 370- will not integrate into the body-politic on its own - it has to be integrated as a living experience to attain validation in the Being and Soul of Jammu and Kashmir and its people. The definition of the people

of Jammu and Kashmir is 'Indians' where Indians from the rest of the country also become an active agency. This calls for a few hardcore resolute living and active steps- the foremost being understanding the minds of the people of Jammu and Kashmir - a lot has been done - but we need to engage with this relentlessly and break the ice to pierce their 'special status', 'isolation' and 'exclusivity' which has not done them any good except for dragging them into the mindless narrative of asking for 'autonomy' and realizing it the hard way that Pakistan has always worked out of bounds, and still does so, to 'keep' them in a perpetual zone of con-

flict. This brings us to a preparation for working towards democratic strengthening and consolidation of institutional structures in consonance with the reality of Jammu and Kashmir as the Government of India wants to see it after the abrogation of Article 370. Needless to say, all those developmental questions that are normally addressed in any State or Union Territory of India need to be addressed, foremost being economic egalitarianism. The Congress Party must keep its mouth shut and let the present govt. led by the Prime Minister Modi do its work in Jammu and Kashmir with the infrastructure and development, as



Union Minister Nitin Gadkari would have it. The Congress has through the years mutilated all the Federal aspects of the Constitution of India to politically force a Centralised hegemony. The present Govt. does not intend to treat Kashmir as a communal cauldron and a battleground for Hindutva

and rightly so, therefore it is building infrastructure there. The whole idea of the abrogation of Art. 370 would bear fruit if religious and ethnic exclusiveness were not exploited negatively but used towards international trade and commerce in the best cultural parlance. In the same breath I would say that the Muslim majority

could suggest itself to confine its international commitments to religious brotherhood and political proximities within the respectful questioning bounds and press freedom, this press freedom not being an absolute right but subject to the upholding of the Sovereignty and Integrity of India and its Dignity as envisaged in the Constitution of India. As far as the question of 'Kashmiriyat' is concerned, nobody is stopping or stalling this journey as long as it is within the legitimacy of the Constitutional provisions and the artistic license that it provides. And there may be questions of class and caste here that cannot be ignored if we are

to sound and purport real. We will never forget the Indian Army, the soldiers who never fail us in the treacherous terrains of Jammu Kashmir, Ladhak & Siachen in the said region. We give them the space in our hearts for they do not hide behind any 'political' discourses and tricks and are the first agency of the Social Contract that a Nation State is based on. Their relentless invincibility and risk-taking bravado have no given path to tread but every day is a new challenge. Let all our actions as envisioned in the above paras be a tribute to the soldiers of the Indian Army and it is on us to do our duty now and here. (The writer is a lawyer; views are personal)



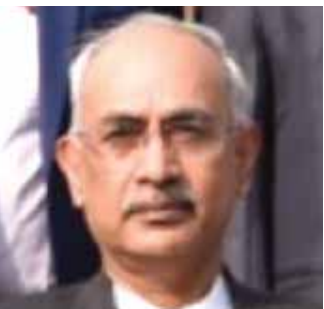
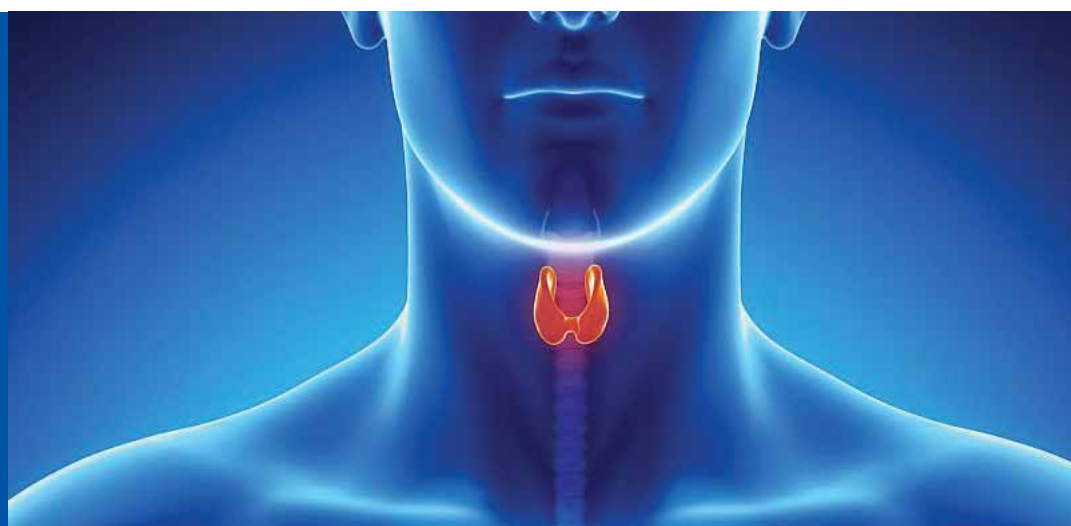






# GOITRE

## BENIGN GROWTH WITH POTENTIAL RISKS



**DR SUNIL CHUMBER**  
 Professor and Head

Characterised by multiple growths in the thyroid gland, multinodular Goitre (MNG) is typically benign but carries a small cancer risk. Factors like family history and nodule features influence cancer risk, necessitating timely imaging and, blood investigations among others. In this second part of the series, **ARCHANA JYOTI** speaks with the team of AIIMS Delhi's Surgical Disciplines Department headed by **DR SUNIL CHUMBER** to get more insight into this

### UNDERSTANDING THE RISKS AND COMPLICATIONS OF CANCER IN MNG

#### Are All Nodules Dangerous?

Not all thyroid nodules are harmful. In fact, most nodules in a multinodular goitre are benign, meaning they are not cancerous. However, there is a small chance that some nodules can be malignant (cancerous). Understanding this risk is crucial for proper monitoring and treatment. **Potential Complications of MNG:** While MNG itself is usually not life-threatening, it can cause several complications, including:

- **Compression Symptoms:** As the goitre grows, it can press against the windpipe (trachea) and esophagus (food pipe), leading to difficulty breathing and swallowing. This pressure can also cause a noticeable swelling in the neck.

- **Thyroid Dysfunction:** MNG can sometimes lead to hyperthyroidism (overactive thyroid), where the gland produces too much thyroid hormone, causing symptoms like weight loss, rapid heartbeat, and nervousness. Less commonly, it can cause hypothyroidism (underactive thyroid), resulting in fatigue, weight gain, and depression.
- **Cancer Risk:** Although rare, some nodules in a multinodular goitre can become cancerous. Detecting these malignant nodules early is vital for



**DR ANKITA SINGH**  
 Assistant Professor

effective treatment. **RECOGNISING RISK IN MNG** Several factors can increase the risk of thyroid cancer in



**DR AJAY MOHAN**  
 Senior Resident

individuals with MNG: **Family History:** A family history of thyroid cancer or genetic conditions that predispose to cancer increases the risk.

**Radiation Exposure:** Previous exposure to radiation, particularly in childhood, can raise the likelihood of developing thyroid cancer. **Nodule Characteristics:** Nodules that are large, rapidly growing, or have certain features seen on ultrasound (such as irregular edges or microcalcifications) may be more suspicious for cancer.

**PREVENTIVE MEASURES AND FOLLOW-UP** Regular check-ups and appropriate diagnostic tests are crucial for managing the risk of cancer in MNG. If you have a MNG, your doctor may recommend:

- **Periodic Ultrasound Exams:** To monitor nodule size and characteristics.
- **Thyroid Function Tests:** To ensure your thyroid is working properly.
- **Prompt Biopsy of Suspicious Nodules:** Early detection is key to successful treatment. While the majority of MNG are benign, it is important to be aware of the potential risks and complications, including the small chance of cancer. Regular check-ups, appropriate diagnostic tests, and timely treatment are key to managing this condition effectively. If you have a multinodular goitre or notice any unusual symptoms, consult your doctor for personalised advice and care. Staying informed and vigilant can help ensure the best possible outcomes.



## RML Doctors Set New Benchmark in Plastic Surgery Arena

In a departure from traditional celebrations such as routine seminars and conferences, doctors at the central government-run Ram Manohar Lohia (RML) Hospital in Delhi embarked on a marathon of surgical prowess to mark World Plastic Surgery Day on July 15. The hospital's medical team, led by The Burn and Plastic Surgery Department, set out to demonstrate their expertise in an unprecedented 24-hour surgical session. From 9 am on July 15 to 9 am on July 16, a dedicated team of 17 surgeons tirelessly operated across 24 operating theatres, tackling a spectrum of complex cases ranging from congenital anomalies to severe trauma-induced deformities. Among their patients were individuals as young as two years old to adults up to 47 years of age, each requiring specialised care and surgical intervention. Of the two minors (two years of age) bardach's palatal repair and contracture release with skin grafting were done. The oldest male, a 47-year-old patient underwent lymphangioma excision plastic surgery. Dr. Ajay Shukla, Medical Superintendent of RML Hospital, said the initiative aimed to address postponed surgeries and urgent cases. He highlighted the department's commitment to maximising the number of procedures performed, ensuring that patients in need received timely care. Among the day's notable achievements was the successful hand transplantation, a feat requiring intricate precision and coordination of bones, tendons, muscles, blood vessels, and nerves, said Dr. MK Jha, the Additional Director at the Hospital. The surgical marathon also addressed severe facial injuries, correcting not only functional impairments but also restoring essential aspects of patients' appearance and self-esteem. Dr. Samik Bhattacharya, Head of the Department of Burns, Plastic, Maxillofacial, and Microvascular Surgery, underscored the significance of procedures like eyebrow corrections,



**DR AJAY SHUKLA**  
 Medical Superintendent of RML Hospital, Delhi

**The department's initiative was aimed to prioritise postponed surgeries and urgent cases, underscoring its commitment to timely treatment and increasing the number of procedures conducted**

crucial for facial symmetry and expression. The marathon session also catered trauma-induced deformities, burns requiring skin grafts, and congenital anomalies such as cleft lip and palate. Dr. Sharma, a seasoned Professor within the department, emphasised the transformative impact of these surgeries, not only improving physical health but also enhancing overall quality of life for their patients. Dr. Neeraj Banerjee, head of Anesthesia, and the team headed by Dr. Rupesh conducted the OT as a mission. Dr. Banerjee said, that reconstructive surgery aims to restore the appearance and function of body parts affected by illness, injury, cancer, tumors, developmental issues, or congenital defects. Commenting on the unique approach, Dr. VK Tiwari, a renowned Plastic Surgeon and former Medical Superintendent of RML Hospital, currently serving as Dean of Hindu Rao College in Delhi, said such initiatives will give idea to more hospitals which will ultimately benefit the needy. "These surgeries often involve more complexity and longer healing times compared to cosmetic treatments," he said.



### BLOOD INVESTIGATIONS

Blood investigations in multinodular goitre form an important part of evaluation. It helps understand the cause of the goitre and the status of thyroid hormone production - increased, normal or decreased. It includes the following:

- TSH (Thyroid Stimulating Hormone) - usually remains normal but can be reduced in toxic MNG (increased secretion of thyroxine by thyroid gland) and increased if MNG is associated with hypothyroidism (decreased thyroxine secretion)
  - Free T4
  - Free T3
- Both usually remain normal, increased in toxic goitre, can be decreased in goitres with hypothyroidism.



**DR CATHERINE HALAM**  
 Senior Resident

investigate the functional status of a patient with a simple diffuse goitre or multinodular goitre may differ depending on the geographic areas of the world. Although serum thyroglobulin correlates with the iodine status and the size of the enlarged thyroid gland, it has little or no value in diagnosis of goitre.



**DR KAMAL KATARIA**  
 Additional professor

The choice of tests to

### IMAGING MODALITIES

In treating a condition like MNG, doctors often rely on different imaging methods to get a clear picture of what's happening in the thyroid gland. Here's a breakdown of the main ones used:

- **Ultrasound (US):** This is the first imaging investigation to be done in anyone with MNG. It gives a black and white picture of the thyroid gland and allows your doctor to see the size and number of nodules, and even their makeup - whether they're solid, fluid-filled, or a mix of both. Ultrasound images also help identify suspicious features in the nodules that might indicate cancer risk.
- **Computed Tomography (CT):** CT scans provide more detailed images than ultrasound, but is not required for all cases of MNG. Your doctor will ask for this only if required like if the goiter is large, or pressing on other organs, and if cancer is suspected. In these situations, CT scans provide a closer look at the thyroid and nearby



**DR. DEVENDER**  
 Assistant Professor

structures to help plan treatment. **Magnetic Resonance Imaging (MRI):** This is another way to get detailed images of the thyroid and surrounding areas. Again, it is not performed for all patients and has similar indications as for CT scan and is especially useful when doctors suspect the goiter is growing into other tissues, or if a patient is allergic to dye used in CT scans. **Thyroid Scintigraphy:** This is a different type of scan in which a special kind of dye ("radioactive tracer") is



**DR AAYUSH NAGPAL**  
 Junior Resident

used to take images of the thyroid. It shows if nodules are "hot" or "cold", which is, whether they are actively working - to produce thyroxine (hot), or not (cold). Hot nodules usually aren't cancerous, but cold ones might need further checking. Each imaging method has its pros and cons, but your doctor often will use a mix of them to get the full picture of what's going on with the thyroid. This helps them make the best decisions about treatment and keep an eye out for any potential problems. (To be concluded)

# Plastic Surgery: Transforming Lives and Confidence

DR SANJAY PARASHAR and DR KRITI LOHIA delve into the various benefits of plastic surgery, emphasising its role in improving physical appearance, correcting congenital deformities, boosting self-esteem, and fostering mental well-being for individuals facing personal challenges

Plastic surgery is a subspecialty that focuses on the restoration, reconstruction, or enhancement of the human body and it has evolved significantly over the years. It comprises two broad specialties- Aesthetic surgery, which was once primarily associated with celebrities for beauty enhancements, and Reconstructive surgery, which encompasses a wide range of procedures that significantly impact an individual's life.

**ENHANCING PHYSICAL APPEARANCE AND SELF-ESTEEM** One of the most immediate benefits of plastic surgery is the enhancement of physical appearance. Procedures such as rhinoplasty (nose reshaping), breast

augmentation, liposuction, and hair transplantation significantly alter not only a person's looks but also help align their external appearance with their inner self-image. This alignment is like a bullet train to a substantial boost in self-esteem. When individuals feel happy about their appearance, they most definitely experience increased self-confidence, which positively influences various aspects of not only their own lives, from personal relationships to professional endeavors but also a trickle-down effect on people in their circles. For instance, a person who has spent the majority of their life feeling self-conscious about a prominent nasal hump or unbalanced breasts



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may find that correcting these issues through plastic surgery eliminates a significant source of insecurity. Other skin issues like vitiligo, acne, scars, burns, moles, warts, cysts, mulberry birthmarks, dark spots, etc can be handled through minimally invasive aesthetic dermatology and improve the looks significantly. These procedures become the first step towards their newfound



**DR KRITI LOHIA**

confidence, which encourages them to engage more freely in social situations, pursue career opportunities with greater vigor, and generally approach life with a more positive outlook. **CORRECTING CONGENITAL DEFORMITIES** Plastic surgery also has a profound impact on individuals who are born

with congenital deformities such as cleft lip and palate, craniosynostosis (premature fusion of skull bones), and syndactyly (webbed fingers) that are effectively treated through reconstructive surgery. These congenital issues affect not only their physical appearance but also lead to functional impairments and social stigma. Cleft lip and palate, for example, are among the most common congenital deformities, affecting approximately 1 in 700 babies worldwide. These conditions cause difficulties in feeding, speech, and hearing, and often result in social challenges due to visible facial differences. Reconstructive surgery corrects these deformities,

significantly improving an individual's quality of life or in this case, a child. When you look beyond just the physical benefits, children and adults who undergo successful corrective surgery, time and again report higher self-esteem and better social integration, as they no longer feel defined by their appearance. It is often argued that plastic surgery allowed them to redefine themselves. **ADDRESSING TRAUMATIC INJURIES** Traumatic injuries, such as those sustained in accidents or due to violence, can leave individuals with severe disfigurements that impact their physical and emotional well-being. Reconstructive

plastic surgery repairs damage caused by burns, fractures, and other traumatic injuries, restoring both function and appearance. Consider the case of a burn victim who has suffered extensive facial and body burns. These resulting scars can be physically debilitating and emotionally harrowing. Through skin grafts, tissue expansion, regenerative therapies, and other reconstructive techniques, plastic surgeons and trained dermatologists significantly reduce the appearance of these scars and improve the functionality of affected areas. The psychological impact of such transformations is both immense and priceless.

**PSYCHOLOGICAL BENEFITS AND IMPROVED QUALITY OF LIFE** The psychological benefits of plastic surgery extend beyond improved self-esteem. Individuals frequently report a reduction in their anxiety and depression following these procedures. This is particularly true for those who have lived with long-term dissatisfaction or emotional distress related to their appearance. By addressing their concerns, plastic surgery helps alleviate negative emotions and promotes mental well-being. (Dr Sanjay Parashar is a well-known plastic surgeon in Dubai and Dr Kriti Lohia is an Aesthetic Dermatologist and Dermato-surgeon. They are co-founders of 'Aesthetics redefined by Cocoon', Gurgaon)

