

A rare Cardiologist on a mission to serve humanity

Sushil Sharma, a leading cardiologist of J&K who also heads the cardiology department of Medical College and Hospital had choice as a doctor whether to earn money by giving his services to any private hospital or dedicate himself to the service to the humanity but he choose to serve his people with utmost dedication.

Dr Sushil Kumar Sharma hailing from Poonch is known in the entire state who has been taking care of the poor patients with his own means beyond the call of his duty. He has been carrying forward the rich legacy of his family which has been involved in philanthropic works even before partition of the country in Poonch district.

Completing MBBS from Medical College, Dr Sushil Kumar Sharma did his MD in medicine and DM in cardiology from a prestigious Post Graduate Institute of Medical Sciences, Chandigarh and returned back to serve the poor and needy.

It was due to his efforts that the state government opened Angioplasty Centre at Jammu Medical College providing facilities to the people of the state to get expert treatment and care. He has led not only the cardiology department of Jammu Medical College to greater professional height but also worked tirelessly to take the health and medical awareness in the nook and corner of the J&K for the past two decades.

After working for six days a week in the hospital, Dr Sushil Kumar Sharma is out in the remote villages and far flung villages on every Sunday to hold health and medical awareness camps for the poor villagers who could not afford to go to Jammu. He and his team of dedicated doctors and health workers conduct required tests and consultations totally free of cost every weekend. More than four lakh people of J&K have been benefitted by the free health camps organised by Dr Sushil Kumar Sharma at his own initiative. More than 400 such camps have been organised till date in J&K.

He has conducted the majority of their medical camps with refugees, migrants due to cross-border tensions, women, children (especially children in child care institutions), elders (especially those in old age



homes), internally displaced people, migrant workers, and rural residents who are far from the dream of a universal right to health due to the lack of availability, affordability, and awareness of the various health issues confronting them.

His work in the field of preventive cardiology through medical camps has had a significant positive impact on the lives of people suffering from cardiovascular diseases who would otherwise be unaware of their condition or unable to afford to visit a hospital due to various socioeconomic factors.

A large number of awards have come his way He was nominated as a member from India by the prestigious American College of Cardiology and European College of Cardiology due to his persevering and creative approach in the field of cardiology. The State Government also presented him with the state Award for Meritorious Public Services-2013. He received Mahatma Gandhi Sewa medal a national award for social service from Mahatma Gandhi Sewa Society in 2016. In the same year he was given the most popular doctor Duggar Desh' award by 92.7 FM radio. The Ahmadiya Society gave him International Global Peace ward for his social service in 2016. He was also honoured by Rotary Club in 2016.

He is recipient of National double Helical Award for his contribution in the field of medicine by Double Helical National Health Society both in 2017 and 2018. The Kariyappa Society also honoured him for his selfless work with Kariyappa award in 2017. The Nehru Yuvak Kendra also honoured him with National Swami Vivekanand Award in 2017 and he was also presented with International Exceptional Community Service Award in the field of medicine by C3 Society, Orlando, USA in 2018. Despite getting so much recognition and awards, he believes that the ultimate award is the satisfaction to give affordable treatment to a suffering patient.

(By S.M.A Kazmi)

THE FACT CORNER

Did you know?



Scientists say that the **universe** is precisely 13.75 billion years old

Did you know?



A baby's body has about **300 bones** at birth. These eventually fuse (grow together) to form the **206 bones** that adults have

Did you know?



A whole orange will **float** on water, but a peeled orange will **sink**

Did you know?



The world's oldest wooden wheel has been around for more than **5000 years**

BRAIN TEASERS

1 Q. Peter's father has five sons. The names of four sons are Fefe, Fifi, Fafa and Fufu respectively. What is the name of the fifth son?

2 Q. It's 3:35. If the clock is rotated 90 degrees counterclockwise, what time will?

3 Q. There is a blue single-story house and, everything is blue, the doors are blue, the windows are blue, and the TV is blue. What color are the stairs?

4 Q. I exist only when there's light, but direct

light kills me. What am I? ??

5 Q. A man shaves several times a day but still has a beard. Can you guess who he is?

6 Q. There is a green house. Inside the green house, there is a white house. Inside the white house, there is a red house. Inside the red house, there are lots of babies. What is it?

7 Q. Two people played five hands of chess. Both of them won the same number of games and there was no draw. How is this possible?

SOLUTION:
1. Peter's father has five children and four of them have already been named above.
2. The answer is: 12:20
3. there are no stairs in a single-story house.
4. The answer is SHADOW!
5. The answer is a BARBER.
6. it is a watermelon!
7. This is only possible if they played with other people.

English Proverbs and Meanings

* **Better be the head of a dog than the tail of a lion.**
It's better to be the leader of a small group than a subordinate in a bigger one.

* **Better flatter a fool than fight him.**
It's better to avoid disputes with stupid people.

* **Better lose the saddle than the horse.**
It's better to stop and accept a small loss, rather than continue and risk losing everything.

* **Better untaught than ill-taught.**

It's better not to be taught at all than to be taught badly.

* **Blood will out.**
A person's background or education will eventually show.

* **He who plays with fire gets burnt.**
If you behave in a risky way, you are likely to have problems.

* **One today is worth two tomorrow.**
What you have today is better than what is promised for.

Cloud Bread



Ingredients:
1 egg
1/2 tablespoon sugar
1 ounce cream cheese
1 tablespoon cream of tartar

Method

To prepare this simple recipe, preheat oven at 180° C and line a baking tray with a silicon sheet. Beat egg white with cream of tartar in a bowl till stiff peaks form. Mix together cream cheese and egg yolks in another bowl, until well combined and smooth. Gently fold in egg white mixture till well combined. Divide the egg mixture into 8 equal portions and put on the prepared tray. Spread to about 1/2 inch thickness. Place the tray in the preheated oven and bake for 15-20 minutes or till golden brown in colour. Remove from the oven and cool on a wire rack. Serve or store in an airtight container in the refrigerator.

Chicken Hot Dog



Ingredients:
40 gm cheese-cheddar
70 gm French fries
10 ml english mustard
1 gm chilli powder
100 gm potato wafers
20 gm lettuce loose-leaf
40 ml mayonnaise
7 inch chicken sausage
1 hot dog bread

Method

Slightly toss the chicken sausage in boiling water for 2 minutes. Meanwhile cut the hot dog bun in half lengthwise from the top and warm it a bit.

Heat the hot plate, pour oil and grill the sausage. Fry potato wafers and French fries separately, till golden brown in colour. Apply mayonnaise and English mustard on a bun and arrange the sausage in between and then top up with French fries and sprinkle chilli powder on top. Then garnish with cheese.

Arrange the hot dog, potato wafers, chopped onion and lettuce on the plate, serve hot. Make sure you try this recipe, rate it and let us know how it turned out to be.

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