

Outlook

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**BEST HOSPITAL
RANKING**

2024

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NEB RESEARCH**

CONSUMER CONNECT INITIATIVE



Technologies Transforming Healthcare Delivery Systems

In today's rapidly evolving world, technology and health innovations are becoming increasingly intertwined, driving profound improvements in global healthcare. These innovations range from advanced diagnostic tools to artificial intelligence (AI) applications that personalize patient care, all contributing significantly to a higher standard of living worldwide. Here, we explore how these technological advancements are making a definitive impact, helping the world live better.

Expanding Access with Telemedicine
Telemedicine has been a cornerstone in democratizing access to healthcare services. By utilizing video conferencing, mobile apps, and other telecommunication technologies, medical professionals can reach patients in the most remote areas. A leading researcher in healthcare technology, states, "Telemedicine is not just an alternative, but a necessity in reaching underserved populations and providing continuous care in rural or

isolated communities." This technology reduces travel time and expense for patients, allows for immediate consultation, and is vital during emergencies when immediate medical advice is needed.

"AI is divided into three categories: descriptive, predictive, and prescriptive Descriptive AI helps to gain insight into historical events. Predictive AI is associated with predicting events. Prescriptive AI has the ability to inform decisions, for instance on possible treatments, which is controversial as well as interesting. AI also benefits the healthcare industry by reducing economic disparity A report of TCS global survey highlights that although AI would reduce jobs, there will be possibility of creation of new jobs due to entry of new AI integrated healthcare projects in those companies"
-ResearchGate

Enhancing Precision with AI and Machine Learning

Artificial intelligence (AI) and machine learning are at the forefront of transforming healthcare by enhancing diagnostic accuracy and personalizing treatment. AI algorithms can analyse vast amounts of medical data, from patient records to genetic information, to predict diseases and recommend treatments.

Revolutionizing Diagnostics through Advanced Imaging and Sensors

Innovative diagnostic tools, including next-generation sequencing and advanced imaging technologies, have revolutionized the early detection and treatment of diseases. Portable imaging devices and wearable sensors now monitor health conditions in real-time, providing critical data that can be used to prevent severe illnesses.

Improving Surgical Outcomes with Robotic Surgery

Robotic surgery is another area where technology is making a significant impact. This innovation allows for more precise and less invasive procedures, reducing recovery times and improving surgical outcomes. Surgeons use robotic systems to perform complex procedures with enhanced visibility and control.



Alka Dwivedi

Co-founder of ImmunoACT

"Lowering cancer costs- Alka Dwivedi (Co-founder of ImmunoACT) An effective treatment against the disease still remains a farfetched dream. However, a new treatment has raised hopes after first patient has been declared "cancer-free" using India's CAR-T cell therapy. CAR-T, short for chimeric antigen receptor T-cell therapy, has been making waves in the medical community for its success in treating certain blood cancers. At the forefront of this is the Indian research team led by Alka Dwivedi. Their ground-breaking work focuses on modifying CAR-T cells to carry a more human-like antibody, a strategy aimed at evading immune system attacks"



Dr Srinivas Desai

Eminent Diagnostic & Interventional Radiologist

"MRGFUS (MR GUIDED FOCUSED ULTRASOUND SURGERY) has totally transformed the treatment of Brain diseases (intentional tremor, Parkinson's, BBB disruption for drug delivery for brain Tumors) & Various Body Tumors (fibroids, adenomyosis, prostate cancer, bone Tumors etc) offering Non Invasive Surgery with negligible side effects, sub millimeter precision and superb outcomes"



Dr Barnali Das

Lead consultant in Laboratory Medicine

"With advanced diagnostics and digital transformation, we can detect health issues before they become symptomatic. This improves standardized care, by flagging patients like AKI e alerts, applying risk algorithms in EMR and providing better interpretation; thus dramatically changing outcomes for patients across the globe"



Dr Vijay D'Silva

Renowned Critical Care Specialist

"The digital data and communication boom in the last few decades has resulted in the development of AI powered healthcare technology. AI tech is leading us to rapid and accurate diagnosis, personalised treatment, better patient safety, risk prediction and disease prevention, remote patient monitoring, healthcare to remote areas and research"

Democratizing Mental Health Care with Digital Tools

Mental health care has also benefited immensely from health innovations, particularly through the use of digital tools that increase accessibility to psychological services. Online therapy platforms, apps for mindfulness and stress management, and AI-based diagnostic tools help individuals manage their mental health more proactively.

The Future of Health Tech Innovations

Looking forward, the potential for health tech innovations continues to grow exponentially. Nanotechnology, biotechnology, and continuous advances in AI are expected to further revolutionize how medical care is delivered and experienced. These technologies not only promise to extend life expectancy but also improve the quality of life, reinforcing the adage that we are not just aiming to add years to life, but life to years.

In conclusion, as technology and health innovations advance hand-in-hand, their impact on global healthcare is undeniably positive. By making health services more accessible, enhancing diagnostic precision, and personalizing treatment, technology is indeed helping the world live better. The integration of these technologies into everyday healthcare is transforming the landscape of medicine and paving the way for a healthier future for all.

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2	ASTER MEDICITY	KOCHI
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4	DR L H HIRANANDANI HOSPITALS	MUMBAI
5	ASTER CMI	BENGALURU
6	MEDANTA - THE MEDICITY	GURUGRAM
7	SAIFEE HOSPITAL	MUMBAI
8	APOLLO HOSPITALS	CHENNAI
9	YASHODA SUPERSPECIALITY HOSPITALS (KAUSHAMBI)	GHAZIABAD
10	RUBY HALL CLINIC	PUNE
10	PARK HOSPITAL, PALAM VIHAR	GURUGRAM
12	MGM HEALTHCARE PVT. LTD.	CHENNAI
13	KAUVERY HOSPITAL	CHENNAI
13	SIMS HOSPITAL	CHENNAI
15	CHRISTIAN MEDICAL COLLEGE	VELLORE
16	RELA HOSPITAL	CHENNAI
17	FORTIS HOSPITAL, SHALIMAR BAGH	DELHI
17	ASTER MIMS HOSPITALS	CALICUT
19	STAR HOSPITAL	HYDERABAD
20	DR. MEHTA'S HOSPITAL	CHENNAI
21	APOLLO SPECTRA HOSPITALS	DELHI
22	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI
23	NARAYANA HEALTHCITY	BENGALURU
24	INDRAPRASTHA APOLLO HOSPITAL	DELHI
25	SAGAR HOSPITALS	BENGALURU
26	NARAYANA - R N TAGORE HOSPITAL	KOLKATA
27	GLENEAGLES HOSPITAL PAREL	MUMBAI
28	KIMS HEALTH	TRIVANDRUM
29	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
30	PARK GRECIAN HOSPITAL	CHANDIGARH
31	APOLLO MULTISPECIALITY HOSPITALS	KOLKATA
32	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
33	MARENGO GIMS HOSPITALS	AHMEDABAD
Rank	BEST GASTROENTEROLOGY HOSPITALS: ALL INDIA	CITY
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3	CHRISTIAN MEDICAL COLLEGE	VELLORE
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5	KIMS HEALTH	TRIVANDRUM
6	THE INSTITUTE OF LIVER AND BILIARY SCIENCES (ILBS)	DELHI
7	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
8	SAIFEE HOSPITAL	MUMBAI
9	NANAVATI MAX SUPER SPECIALITY HOSPITAL	MUMBAI
10	NARAYANA - R N TAGORE HOSPITAL	KOLKATA
11	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI
12	RAJAGIRI HOSPITAL	KOCHI

Rank	BEST PLASTIC SURGERY HOSPITALS: ALL INDIA	CITY
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2	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
3	MEDANTA - THE MEDICITY	GURUGRAM
4	A. J. HOSPITAL & RESEARCH CENTRE	MANGALURU
5	KAUVERY HOSPITAL	CHENNAI
6	MIOT INTERNATIONAL	CHENNAI
7	MAX SUPER SPECIALITY HOSPITAL, SAKET	DELHI
8	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
9	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
10	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
11	CARE HOSPITALS	HYDERABAD
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2	CENTRE FOR SIGHT	DELHI
3	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
4	L. V. PRASAD EYE INSTITUTE	HYDERABAD
5	DVITA EYE CARE HOSPITAL	DURGAPUR
6	NARAYANA NETHRALAYA	BENGALURU
7	SUSRUT EYE FOUNDATION AND RESEARCH CENTRE	KOLKATA
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9	ARAVIND EYE HOSPITAL AND POSTGRADUATE INSTITUTE OF OPHTHALMOLOGY	COIMBATORE
10	DR. AGARWAL'S EYE HOSPITAL	BENGALURU
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2	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
3	KAUVERY HOSPITALS	CHENNAI
4	MEDANTA - THE MEDICITY	GURUGRAM
5	KIMS HEALTH	TRIVANDRUM
6	DR. MOHAN'S DIABETES SPECIALITY CENTRE	CHENNAI
7	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
8	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
9	YASHODA SUPER SPECIALITY HOSPITALS, KAUSHAMBI	NCR
10	CARE HOSPITALS	HYDERABAD
11	FORTIS ESCORTS HOSPITAL, FARIDABAD	NCR
12	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
Rank	BEST PAEDIATRICS HOSPITALS: ALL INDIA	CITY
1	SURYA HOSPITALS	MUMBAI
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3	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
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6	KIMS HEALTH	TRIVANDRUM
7	MARENGO ASIA HOSPITALS	FARIDABAD
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10	INDRAPRASTHA APOLLO HOSPITAL	DELHI

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2	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
3	MEDANTA - THE MEDICITY	GURUGRAM
4	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
5	CHRISTIAN MEDICAL COLLEGE	VELLORE
6	APOLLO SPECTRA HOSPITALS	MUMBAI
7	ASTER MIMS HOSPITALS	CALICUT
8	APOLLO HOSPITALS	CHENNAI
9	INDIAN SPINAL INJURIES CENTRE	DELHI
10	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
11	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
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1	SURYA HOSPITALS	MUMBAI
3	DR L H HIRANANDANI HOSPITAL	MUMBAI
4	MOTHERHOOD HOSPITAL	BENGALURU
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6	KIMS HEALTH	TRIVANDRUM
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Cultivating Self-esteem in Patients, is the Best Pain Management Ever

Dr Shovan Kumar Rath, Interventional Pain Specialist & Palliative Care Physician writes for *Outlook*

In an era where chronic pain affects millions worldwide, pain clinics have emerged as beacons of hope for individuals suffering from persistent discomfort. These specialized medical facilities not only provide relief but also serve as comprehensive centers for education, research, and community support. As society navigates the complexities of pain management, these clinics stand as invaluable assets, offering multifaceted solutions and improving the quality of life for countless individuals. Managing difficult chronic pain conditions through a non-surgical approach is their mission.

In a world where pain is pervasive, pain clinics emerge as beacons of hope and healing. Through their multidimensional approach to care, they offer relief, education, and empowerment to individuals grappling with chronic pain. As society continues to grapple with the complexities of pain management, these clinics stand as indispensable allies, enriching lives, advancing knowledge, and fostering a culture of compassion and understanding. Truly, they are a boon for society's well-being, embodying the ethos of care and resilience in the face of adversity.

The need for pain clinics in modern healthcare systems is significant and multifaceted, driven by various factors, from the growing prevalence of chronic pain, the complexity of pain management, the limitations of primary care, the opioid epidemic, the emphasis on patient-centered care, and advancements in pain research and technology. By addressing these needs, pain clinics play a vital role in improving the lives of individuals living with chronic

pain and promoting a more effective and compassionate approach to pain management within healthcare systems.

Pain Free Odisha, recognized to be the first interventional pain management center in Odisha, has been functioning since 2010 under my guidance. For the last 14 years it is trying at its level best to create a Pain Free society. Minimal-invasive techniques have helped patients with severe back pain, knee pain, different musculoskeletal pain as well as cancer pain to come back to their normal life within days.

Chronic pain, often debilitating and widespread, poses a significant challenge to individuals and healthcare systems alike. Back pain due to disc prolapse or age-related degeneration, osteoarthritis knee pain, frozen shoulder pain, elbow pain due to tennis elbow, carpal tunnel syndrome, spondyloarthropathy, headache & migraine, facial pain including trigeminal neuralgia, fibromyalgia, Rheumatism, musculoskeletal pain & cancer-related pain, for all these pain clinics offers a holistic approach to managing this complex issue, combining medical expertise with various therapeutic modalities. From medication management and

Pain Free Odisha, recognized to be the first interventional pain management center in Odisha, has been functioning since 2010



interventional procedures to physical therapy and psychological counseling, pain clinic offers a tailor treatment plan to address each patient's unique needs comprehensively. Basic aim is to improve the quality of life by reducing all kinds of pain non-surgically. Platelet-rich plasma (PRP) therapy for joint & ligament injury & sports injury, Radiofrequency ablation to nerve related pain, neurolytic injections for cancer pain, Spinalcord stimulator, Intrathecal pump placement and Endospine procedures and many more specialized therapies are available in plain clinic. These are non-surgical minimally invasive treatment modalities for chronic pain management.

Dr Shovan Kumar Rath, Professor of Hi-Tech Medical College & Senior Consultant Pain Medicine, Pain Free Odisha, Health Village Hospital-Bhubaneswar, is a prominent figure in the medical field. He is a renowned name for his expertise and contributions to healthcare. With a distinguished career spanning of decades, Dr Rath has earned recognition for his work in various areas of medicine, particularly in pain management and rehabilitation. He stands as a beacon of excellence in the medical field, embodying the values of expertise, compassion, and dedication. His contributions have profoundly impacted countless patients' lives earning him a well-deserved reputation as a leader and innovator in healthcare.

Fostering Humanisation in the ICU

Prof Dr Rekha Das, an Intensive Care Expert writes for *Outlook*

The intensive care unit (ICU) is a place where patients with critical illnesses receive acute care and treatment. The staff working in the ICU are highly trained intensivists, nurses, and other specialists who provide constant critical care. Due to the vulnerable conditions of patients, a high level of sterility, intensive monitoring, and life support equipment are required.

Admission of a family member to the ICU is often met with dread, driven by fears of losing a loved one, apprehension about the delivery of right care for the money spent, and difficulties in comprehending the severity of the illness—as to most people their patients are seemed relatively healthy before admission.

Unfortunately, many times the primary focus is on treatment and preserving the life of the patient, leading to treating a patient as a case of sepsis, trauma, or stroke, rather than as a human being as a whole.

The intensive nature of the work, the criticality of illnesses, the expectations of family members and caregivers, and the denial to accept treatment failures can sometimes lead to burnout among clinicians. These factors can lead to a failure in delivering holistic care as per the expectations of patients or their attendants. The "Get to Know

Clinicians should undertake skilled training in handling ICU patients with their knowledge, wisdom, empathy and respect

Me" board initiative by the Mayo Clinic aims to address these issues. ICUs can develop their individual modules to tackle these concerns.

Clinicians should undertake skilled training in handling ICU patients, not only with their knowledge and wisdom but also with empathy, respect, acknowledgment, and connectedness. These patients go through psychological and spiritual sufferings; many times cognitive functions suffer, and sleep cycles become erratic for various reasons such as anxiety, depression, unfamiliarity, pain, isolation, disturbances caused by monitors, ventilator beeps and alarms, surrounding activities, confinement, poor communication, and the occurrence of unpleasant events around them. Those who are intubated, unable to speak, or suffering from cognitive dysfunction are particularly affected. Many have long-term adverse effects, such as PTSD. Supportive counseling is helpful in alleviating these symptoms.

The design of the ICU should have a healing impact by incorporating visual and auditory stimulation to improve cognitive functions and orientation of patients. Optimal lighting, natural light where possible, and access to nature have been found to offset the intimidating and gloomy atmosphere of the ICU.

The noise generated in the ICU can be reduced by conscious efforts to lower sounds generated during morning activities, decreasing alarms, creating good sound absorption systems, and playing soft music for short periods.

Interacting with patients, individualizing family visits as per patients' needs, allowing virtual visits where more interaction is necessary, and maintaining



privacy and dignity during nursing care are conducive to the recovery of patients.

In the restructuring of ICUs to make them patient-friendly, bed spaces must be optimized to prevent the cluttering of equipment, provide adequate space for nursing care, and ensure privacy. Intensivists and patients must be involved in the designing of ICUs, as their inputs can address potential solutions for making a patient-friendly ICU from multiple angles.

Continuous staff training on compassionate care, incorporation of patients and their family feedback into regular reviews of ICU practices will further improve delivery of holistic care which is humane, responsive and patient centered ICU environment.

Prof Dr Rekha Das, Medical supdt & in charge -ICU, Acharya Harihar PGI Cancer Hospital and Director- Shanti Memorial Hospital, Cuttack, Odisha, is an intensive care expert with an experience of thirty years. Past president of the Indian Society of Anaesthesiologists -Odisha & current governing council member ISA National, she is also the founder & past secretary for The Indian Society of Critical Care Medicine, Cuttack. She has several publications in indexed journals and books. She also has several awards and accolades to her credit, the most recent being honoured at the prestigious event- "Times Women Achievers of Odisha 2024"

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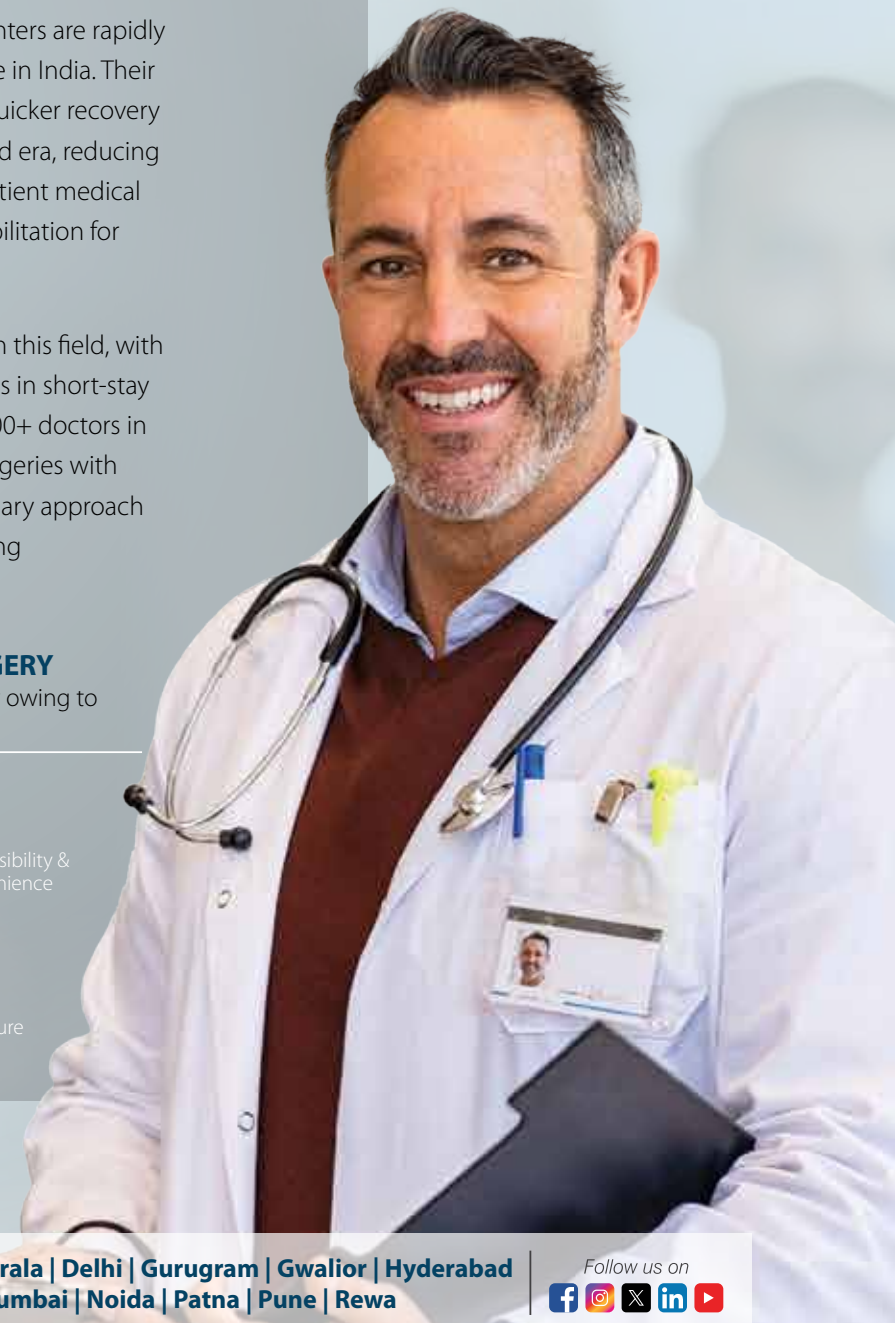
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Director- Tata Memorial Hospital

“Biggest problems we face is inequities in quality cancer care, with patients often having to travel thousands of miles to reach a good cancer center... The National Cancer Grid is an initiative to create uniform standards of cancer care across the country & eliminate these disparities.”

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6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
7	RUBY HALL CLINIC	PUNE
8	ASTER MEDCITY	KOCHI
9	CARE HOSPITALS, BANJARA HILLS	HYDERABAD
10	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
11	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
12	INDIAN SPINAL INJURIES CENTRE	DELHI

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3	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
4	MEDANTA - THE MEDICITY	GURUGRAM
5	RUBY HALL CLINIC	PUNE
6	KIMS HEALTH	TRIVANDRUM
7	APOLLO HOSPITALS	CHENNAI
8	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
9	NANAVATI MAX SUPER SPECIALITY HOSPITAL	MUMBAI
10	APOLLO SPECTRA HOSPITALS	CHENNAI
11	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
12	INDRAPRASTHA APOLLO HOSPITAL	DELHI
13	CARE HOSPITALS	HYDERABAD

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2	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
3	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
4	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE	MUMBAI
5	GLENEAGLES HOSPITAL, PAREL	MUMBAI
6	MAZUMDAR SHAW MEDICAL CENTER	BENGALURU
7	KIMS HEALTH	TRIVANDRUM
8	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
9	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
10	MEDANTA - THE MEDICITY	GURUGRAM
11	INDRAPRASTHA APOLLO HOSPITAL	DELHI
12	MAX SUPER SPECIALITY HOSPITAL, SAKET	DELHI
13	APOLLO HOSPITALS	CHENNAI

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2	SURYA HOSPITALS	MUMBAI
3	CHRISTIAN MEDICAL COLLEGE	VELLORE
4	RUBY HALL CLINIC	PUNE
5	KIMS HEALTH	TRIVANDRUM
6	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
7	RAINBOW CHILDREN'S HOSPITAL	KONDAPUR
8	CRAFT HOSPITAL & RESEARCH CENTRE	KOCHI
9	CARE HOSPITAL, BANJARA HILLS	HYDERABAD
10	THE MADRAS MEDICAL MISSION HOSPITAL	CHENNAI
11	MAX MULTI SPECIALITY CENTRE, PANCHSHEEL PARK	DELHI
12	FORTIS LA FEMME (FORTIS HEALTHCARE)	DELHI



Padama Shree Dr Yash Gulati
Joint Replacement and Spine Surgeon

“Specific drugs can effectively control or eradicate rheumatoid arthritis if diagnosed early. For both types, managing symptoms includes anti-inflammatory medications, weight control, physiotherapy, muscle strengthening and Yoga.”

Rank	BEST UROLOGY HOSPITALS: ALL INDIA	CITY
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2	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
3	ASTER MEDCITY	KOCHI
4	CHRISTIAN MEDICAL COLLEGE	VELLORE
5	A. J. HOSPITAL & RESEARCH CENTRE	MANGALURU
6	NU HOSPITALS	BENGALURU
7	MEDANTA - THE MEDICITY	GURUGRAM
8	YASHODA SUPER SPECIALITY HOSPITALS, KAUSHAMBI	NCR
9	APOLLO SPECTRA HOSPITALS	HYDERABAD
10	THE MADRAS MEDICAL MISSION HOSPITAL	CHENNAI
11	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
12	APOLLO SPECTRA HOSPITALS	MUMBAI
13	APOLLO SPECTRA HOSPITALS	CHENNAI
14	DEENANATH MANGESHKAR HOSPITAL & RESEARCH CENTRE	PUNE
15	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI
16	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
17	APOLLO HOSPITALS	CHENNAI
18	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI

Rank	BEST CARDIOLOGY HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	MEDANTA - THE MEDICITY	GURUGRAM
2	SAIFEE HOSPITAL	MUMBAI
4	MGM HEALTHCARE PVT. LTD.	CHENNAI
4	KAUVERY HOSPITAL	CHENNAI
4	SIMS HOSPITAL	CHENNAI
6	THE MISSION HOSPITAL	DURGAPUR
7	NARAYANA HEALTHCITY	BENGALURU
8	RELA HOSPITAL	CHENNAI
9	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
10	RUBY HALL CLINIC	PUNE
11	CHRISTIAN MEDICAL COLLEGE	VELLORE
12	NARAYANA - R N TAGORE HOSPITAL	KOLKATA
13	SAGAR HOSPITALS	BENGALURU
14	KIMS HEALTH	TRIVANDRUM
15	THE MADRAS MEDICAL MISSION HOSPITAL	CHENNAI
16	A. J. HOSPITAL & RESEARCH CENTRE	MANGALURU
17	DR L H HIRANANDANI HOSPITAL	MUMBAI
18	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI
19	ASTER MEDCITY	KOCHI
20	FORTIS HOSPITAL, SHALIMAR BAGH	DELHI
21	GLENEAGLES HOSPITAL PAREL	MUMBAI
22	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
23	APOLLO HOSPITALS	CHENNAI
24	U. N. MEHTA INSTITUTE OF CARDIOLOGY & RESEARCH CENTRE	AHMEDABAD
25	B. M. HEART RESEARCH CENTRE	KOLKATA

IMAGINE A FUTURE OF HEALTHY HEART WITH ASTER'S PIONEERING HEART FAILURE & TRANSPLANT PROGRAM

The Heart Failure Program at Aster CMI Hospital in Bangalore serves as a beacon of hope for individuals grappling with challenging severe heart conditions. Supported by a team of top-tier heart failure and transplant cardiologists, transplant cardiac surgeons, and various healthcare professionals, our commitment is to deliver state-of-the-art care, positioning us at the forefront of innovation in heart failure medications and devices. Specializing in advanced therapies for a range of conditions including restrictive cardiomyopathy, dilated cardiomyopathy, congenital heart diseases, cardiomegaly, and end-stage heart disease, our cardiologists excel not only in diagnosing and treating these conditions but also lead in performing complex heart surgeries for conditions necessitating a cardiac transplant.



transplant care, our specialists, including psychiatrists and social workers, offer expertise to ease the journey and alleviate stressors. At the Heart Failure Program at Aster CMI Hospital, Bangalore we leverage advanced technologies like CRT, ICD, and LVAD to effectively treat complex heart failure conditions.

Personalized Medical Approaches:

We adopt a personalized treatment approach to treat heart ailments. Our heart failure and transplant cardiologists work closely with patients to introduce preventive measures, early treatment, and lifestyle interventions. Whether it's managing blood pressure, prescribing tailored exercise programs, utilizing medications to decrease heart workload, restrict salt and fluid intake or educating patients about the measures related to maintaining a balanced diet for a healthy lifestyle and nutrition, our approach is personalized for each individual. Additionally, our multidisciplinary program also offers a host of exclusive services to the patients such as cardiac training and risk factor modification and psychosocial and outcomes assessment.

Surgical Expertise:

In cases where surgery is required, our heart failure specialists excel in complex surgical procedures, including heart transplantation, pacemaker insertion, defibrillator insertion, coronary artery bypass grafting, and valve repair or replacement. Ventricular assist devices (VADs) are also utilized as a bridge to transplant or as destination therapy. Additionally, we also use advanced technologies, such as home telemetry and continuous ambulatory hemodynamic

monitoring, to provide innovative medical treatments, enhancing patient well-being.

At Aster CMI Hospital's Heart Failure Program, we don't just treat hearts; we empower lives. We live by our motto of 'We treat you well' to offer you the best-in-class services and world-class facilities. Trust us with your cardiac care journey, where expertise, innovation, and compassion converge for a healthier heart and a brighter future. Your heart matters, and so do you.

MEET OUR CARDIAC SPECIALISTS

At our comprehensive center, a diverse team of heart failure and transplant cardiologists, cardiac surgeons, nurse practitioners, rehabilitation specialists, and home care professionals collaborate to craft personalized care plans for each patient. Every specialist within our team is highly skilled in both diagnosing and treating not only heart failure but also intricate cardiac conditions.



Prof. Dr. Nagamalesh U M

Lead Consultant - Cardiology, Interventional Cardiologist, Aster CMI Hospital, Bangalore. Director - Heart Failure, Transplant & MCS Program, Aster Hospitals, Bangalore.



To know more
Call: 080 43420100
or scan this QR code

Aster
CMI HOSPITAL

We'll Treat You Well

OUR SPECIALITIES

Innovative Treatments and Procedures:

For those eligible for heart transplantation, our team provides unwavering support at every stage. From consultation to post-



Transforming Healthcare with Excellence and Innovation

KIMSHEALTH has grown exponentially, now encompassing over 2000 beds in major Indian cities such as Trivandrum, Kollam, Kottayam, and Perinthalmanna, as well as international locations including Bahrain, Oman, Saudi Arabia, Qatar, and the UAE

Kimshealth, A Pioneering Quaternary Care Hospital Network, Has Been Revolutionizing Healthcare Across India And The Middle East Since Its Inception In 2002. From Its Flagship Hospital In Trivandrum, Kerala, Kimshealth Has Grown Exponentially, Now Encompassing Over 2000 Beds In Major Indian Cities Such As Trivandrum, Kollam, Kottayam, And Perinthalmanna, As Well As International Locations Including Bahrain, Oman, Saudi Arabia, Qatar, And The Uae.

Pioneering Quality Healthcare
KIMSHEALTH has led a quality revolution in Indian healthcare, ensuring that high-quality medical services are accessible and affordable. It holds the distinction of being the first hospital in India accredited by both the National Accreditation Board for Hospitals (NABH) and the Australian Council on Healthcare Standards International (ACHSI). This dual accreditation underscores KIMSHEALTH's unwavering commitment to maintaining superior standards of care.

Accolades and Accreditations
KIMSHEALTH's dedication to quality and patient safety is reflected in its numerous accolades and accreditations. The hospital holds eight NABH accreditations across various departments such as nursing, medical imaging services, blood bank, and emergency department. KIMSHEALTH has been honored with the Patient Safety Award in 2009, the Golden Peacock Award for Quality in Health Services in 2013, and the AHPI Award for Quality Beyond Accreditation. Dr. M.I. Sahadulla, the chairman, is the only Asian healthcare

leader to receive the prestigious ACHSI Gold Medallion for his contributions to quality and patient safety.

Commitment to Continuous Improvement and Patient-Centric Approach

KIMSHEALTH's quality management system includes regular audits of clinical outcomes, with results disseminated among staff to foster a culture of continuous improvement. Key Performance Indicators (KPIs) are meticulously monitored to ensure patient outcomes align with international standards. The hospital also employs a robust grievance redressal system to address patient complaints promptly and effectively, reinforcing their "Patient First" motto.

Academic Excellence

In addition to providing exemplary healthcare, KIMSHEALTH is committed to

Advanced Medical Facilities and Expertise

The network's latest facility, KIMSHEALTH East, epitomizes cutting-edge medical technology with its advanced operation theatres, ICUs of international standards, and comprehensive transplant programs for kidney, liver, pancreas, heart, and lungs. It also excels in high-risk obstetrics, advanced perinatology, and neonatology. KIMSHEALTH's specialized services cover a wide range of medical needs, including:

- ▶ Electrophysiology
- ▶ Advanced Epilepsy Center
- ▶ Joint Replacement Robotics Surgery
- ▶ Transcatheter Aortic Valve Implantation (TAVI/TVR)
- ▶ Metabolic Clinic
- ▶ These facilities ensure that patients receive top-notch care, tailored to their specific medical requirements.



advancing medical education through 23 academic programs. This emphasis on education ensures the continuous enhancement of medical knowledge and skills among healthcare professionals, contributing to the overall improvement of healthcare standards.

Exceptional International Patient Care

KIMSHEALTH's International Patient Relations Department offers comprehensive support to international patients, ensuring a seamless and comfortable healthcare experience. Services include visa assistance, multilingual translators, and diverse cuisine options, catering to the varied needs of international guests.

Vision and Values

Guided by values of compassion, affordability, ethics, quality, excellence,

transparency, innovation, and trust, KIMSHEALTH aspires to transform lives through exceptional care. The institution's mission is to deliver high-quality, cost-effective care with courtesy, compassion, and competence, setting new benchmarks in the healthcare industry.

In conclusion, KIMSHEALTH stands at the forefront of healthcare excellence, continuously innovating and setting new standards. Its holistic approach to healthcare, combined with an unwavering focus on quality and patient safety, ensures that KIMSHEALTH remains a trusted provider of world-class medical services, enriching lives and fostering well-being for all. With its dedicated team of professionals and advanced medical technologies, KIMSHEALTH is committed to delivering comprehensive and compassionate care, making a positive impact on communities worldwide.



Rank	BEST ONCOLOGY HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	CHRISTIAN MEDICAL COLLEGE	VELLORE
3	SURYA HOSPITALS	MUMBAI
4	M O C CANCER CARE AND RESEARCH CENTRE	MUMBAI
5	SAIFEE HOSPITAL	MUMBAI
6	A. J. HOSPITAL & RESEARCH CENTRE	MANGALURU
7	NARAYANA HEALTHCITY	BENGALURU
8	KIMS HEALTH	TRIVANDRUM
9	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
10	RAJIV GANDHI CANCER INSTITUTE AND RESEARCH CENTRE	DELHI
11	NARAYANA HOSPITAL	GURUGRAM
12	BASAVATARAKAM INDO AMERICAN CANCER HOSPITAL & RESEARCH INSTITUTE	HYDERABAD
13	APOLLO CANCER CENTRE	CHENNAI
14	NARAYANA HOSPITAL	HOWRAH
15	MEDANTA - THE MEDICITY	GURUGRAM
16	HCG CANCER CENTRE, KALINGA RAO ROAD	BENGALURU
17	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
18	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI

Rank	BEST NEPHROLOGY HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	KIMS HEALTH	TRIVANDRUM
3	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
4	INDRAPRASTHA APOLLO HOSPITAL	DELHI
5	MEDANTA - THE MEDICITY	GURUGRAM
6	NU HOSPITALS	BENGALURU
7	MIOT INTERNATIONAL HOSPITALS	CHENNAI
8	APOLLO HOSPITALS	CHENNAI
9	NARAYANA HEALTHCITY	BENGALURU
10	SAGAR HOSPITALS, BANSHANKARI	BENGALURU
11	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
12	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
13	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI

Rank	BEST LIVER TRANSPLANT HOSPITALS: ALL INDIA	CITY
1	RELA HOSPITAL	CHENNAI
2	GLENEAGLES HOSPITAL, PAREL	MUMBAI
3	MEDANTA - THE MEDICITY	GURUGRAM
4	MGM HEALTHCARE PVT. LTD.	CHENNAI
5	RUBY HALL CLINIC	PUNE
6	KALUVERY HOSPITAL	CHENNAI
7	APOLLO HOSPITALS	CHENNAI
8	KIMS HEALTH	TRIVANDRUM
9	CARE HOSPITALS HITEC CITY	HYDERABAD
10	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
11	MARENGO ASIA HOSPITALS	FARIDABAD
12	ASTER CMI	BENGALURU
13	THE INSTITUTE OF LIVER AND BILIARY SCIENCES (ILBS)	DELHI

Rank	BEST ORGAN TRANSPLANT HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	MEDANTA - THE MEDICITY	GURUGRAM
2	MARENGO CIMS HOSPITALS	AHMEDABAD
4	RUBY HALL CLINIC	PUNE
5	MGM HEALTHCARE PVT. LTD.	CHENNAI
6	INDRAPRASTHA APOLLO HOSPITAL, SARITA VIHAR	DELHI
7	MAX SUPER SPECIALITY HOSPITAL, SAKET	DELHI
8	MANIPAL HOSPITALS, HAL AIRPORT ROAD	BENGALURU
9	DR L H HIRANANDANI HOSPITAL	MUMBAI
10	CARE HOSPITAL, HITEC CITY	HYDERABAD
11	GLENEAGLES HOSPITAL PAREL	MUMBAI
12	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
13	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI

Rank	BEST NEUROLOGY HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
3	CHRISTIAN MEDICAL COLLEGE	VELLORE
4	NEUROGEN BRAIN AND SPINE INSTITUTE	MUMBAI
5	GLENEAGLES HOSPITAL PAREL	MUMBAI
6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
7	SIMS HOSPITAL	CHENNAI
8	ASTER CMI HOSPITAL	BENGALURU
9	INSTITUTE OF NEUROSCIENCES	KOLKATA
10	DR L H HIRANANDANI HOSPITAL	MUMBAI
11	MGM HEALTHCARE PVT. LTD.	CHENNAI
12	KIMS HEALTH	TRIVANDRUM
13	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
14	INDIAN SPINAL INJURIES CENTRE	DELHI
15	CARE HOSPITAL, BANJARA HILLS	HYDERABAD

Rank	BEST ORTHOPAEDICS HOSPITALS: ALL INDIA	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	MIOT INTERNATIONAL	CHENNAI
3	SAIFEE HOSPITAL	MUMBAI
4	DR L H HIRANANDANI HOSPITAL	MUMBAI
5	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
6	KIMS HEALTH	TRIVANDRUM
7	APOLLO SPECTRA HOSPITALS	DELHI
8	THE MISSION HOSPITAL	DURGAPUR
9	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
10	MARENGO ASIA HOSPITALS	GURUGRAM
11	SANCHETI INSTITUTE FOR ORTHOPAEDICS AND REHABILITATION	PUNE
12	APOLLO SPECTRA HOSPITALS	PUNE
13	JASLOK HOSPITAL	MUMBAI
14	MEDANTA THE MEDICITY	GURUGRAM
15	INDIAN SPINAL INJURIES CENTRE	DELHI



A multi speciality hospital, for the multiple needs of every family



DEPARTMENTS & FACILITIES AT A. J. HOSPITAL & RESEARCH CENTRE

SUPER SPECIALITIES

Cardiology & Interventional Cardiology
 Cardio-Thoracic & Vascular Surgery
 Endocrinology
 Emergency & Critical Care Medicine
 Fetal Medicine
 Gastroenterology - Medical
 Gastroenterology - Surgical
 Nephrology
 Neurology
 Neuro Surgery
 Neonatology
 Nuclear Medicine
 Oncology - Medical
 Oncology - Radiation
 Oncology - Surgical
 Onco - Haematology
 Plastic, Reconstructive & Aesthetic Surgery
 Rheumatology
 Urology, Andrology & Transplant Surgery
 Laparoscopic Surgery
 Joint Replacement

Sports Medicine & Arthroscopy
 Bariatric Surgery
SPECIALITIES
 Anesthesiology
 Dentistry
 Dermatology
 ENT
 General Medicine
 General Surgery
 OBG
 Ophthalmology
 Orthopedics
 Pain and Palliative Care
 Pediatrics
 Pulmonary Medicine
 Radio diagnosis & Interventional Radiology

INTENSIVE CARE UNITS

Burns ICU
 Cardiac ICU
 Cardio-thoracic ICU
 Medical ICU
 Neonatal ICU
 Neuro ICU
 Pediatric ICU
 Respiratory ICU
 Surgical ICU

SPECIAL EQUIPMENTS

Cardiac MRI & CT
 Cathlab Digital
 CT Scan 128 Slice Dual Source
 Dexa (Bone Density) Scan
 Digital X-ray
 ECMO EEG, ENMG
 Gamma Camera
 HDR Brachytherapy
 Holmium YAG Laser
 Linear Accelerator with IGRT
 Lithotripsy
 Mammography
 MRI - 1.5 Telsa 18 Channel
 Optical Coherence - Tomography (OCT)
 PET - CT
 Spirometry
 Surgical Robot
 TMT
 Ultrasound 4 D, TV, TR
 Urodynamic Lab
 Video - Endoscopy
SUPPORT DEPARTMENTS
 A. J. Laboratory
 Component Blood Bank
 Cafeteria & Dietary

Day Care
 Dialysis Unit
 Emergency Department
 Geriatric & Home Health Service
 Health Checkup Lounge
 Health Insurance & TPA Services
 ICU Ambulance Service
 Isolation Room Service
 Labour Rooms
 Laminar Flow OT
 Medical Tourism & Corporate Service
 Out Patient services
 Pharmacy
 Rehabilitation Services
 Sleep Lab
SPECIALITY CLINICS
 Breast Health Clinic
 Obesity Clinic
 Diabetes Wellness Clinic
 Headache Clinic
 Infertility Clinic
 Stroke Clinic
 Women Wellness Clinic



A. J. Hospital & Research Centre

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🌐 www.ajhospital.in

HEALTH • HOPE • HAPPINESS

Patient Safety Our Motto Our Goal

Dr Upasana Arora pioneering world class facilities in the healthcare sector

Dr Upasana Arora stands as an inspiration among women leaders in healthcare. Acknowledged as a respected figure in the healthcare industry, her journey has been remarkable, marked by a commitment to patient safety and a persistent pursuit of excellence. Dr. Upasana has taken an oath to uphold the highest standards in healthcare from the time she embarked on her career at Yashoda Hospitals, Ghaziabad, in 2000. Her journey began with a profound understanding of the challenges faced by many, propelling her towards a commitment to enhance healthcare accessibility and inclusivity for those in need.

As Managing Director of the hospital, she has been contributing to the organisation from 2006 and provided leadership to her team to make it the First NABH Accredited Hospital in Ghaziabad in 2010. She also got her laboratories accredited by NABL in 2011. She had always believed in continuing education and hence has been continuously updating herself to the latest in the field of healthcare. She did a CII Assessor course in 2011 and then a Certificate in Lean management course in association with Cardiff University, U.K. in 2012. Subsequently she did a Lean deployment across challenging work processes in her organisation. It had a significant impact on improving the supply chain management of medicines for patients in her pharmacy.

She did her NABH Assessor course in 2012 and management courses from IIM Ahmedabad from 2013-2015 and also a Fellowship in Health Technology Assessment from WHO-Anglia Ruskin University. She became the First Indian to be working in India to be awarded



the prestigious Fellowship of ISQua (International Society for Quality and Accreditation) in 2015. She did her Quality Leadership programme from Harvard University and subsequently did a practical learning implementation of Six Sigma in 2016 in NHS hospitals in U.K which impacted her thinking of streamlining processes.

She has always been a technological updated person and hence has been constantly upgrading her diagnostics, rehabilitative and therapeutic departments with the latest advancements, along with qualified manpower and infrastructure meeting patient expectations, which keeps her abreast with all her peers. She has focused on quality and safety of the patient and had kept the patient expectations as her first priority which led to the growth of the hospital. She started with a tertiary care hospital in 2006 and expanded the specialities in coherence to patient needs and transformed to a quaternary care hospital in 2017.

“As the MD, Upasana has been contributing to the organisation from 2006 and under her leadership, the hospital became the first NABH Accredited hospital in Ghaziabad in 2010”

She is continuously seeking improvement in quality of services and enhancing safety of her staff and patients for which the hospital was awarded Gold Level Recognition at the Fourth CII National Safety Practice Competition 2021 – “Excellence in Workplace Safety” held on 22nd April 2021.

The patient and their attendants are empowered and made part of their treatment and decision making processes. As soon as the patient goes for admission they are briefed generally on the hospital policies as part of general consent. Then they are made aware of their rights and responsibilities by the Admission desk in form of a bilingual form. The rights and responsibilities are displayed at prominent places in the hospital to make outpatient also aware of their rights and responsibilities. All patients are briefed on every invasive procedure by the treating team by means of Informed consent. The patients in critical settings are briefed twice daily by the treating team in the form of Patient family briefing record. The patients in noncritical settings are briefed once daily by the treating team in the form of Daily progress notes.

All vulnerable patients are screened daily and recorded in the Patient Safety Risk Assessment Record.

The hospital is a member of Pharmacovigilance programme of India and Materiovigilance programme of India which looks at safety of patients from Drugs and Medical devices.

The hospital has 2 Fire Officers who are present round the clock in the hospital and monitor the Fire Prevention equipments, conduct mock drills, provide training to the staff on protocols to follow to prevent fire besides training the staff in Firefighting in case of accidental fires. There are 7 Patient safety officers and 1 Safety officer who take daily rounds of the hospital and discuss their observations in the Safety Committee. All safety policies of the hospital are validated by the Safety committee before implementation and also monitored regularly.

The Infection Control Committee is also held every monthly and is chaired by the Director Clinical Services and is coordinated by the Infection Control officer. The Infection control officer again has a team of ICN and departmental ICN who monitor the infection control activities across the organisation. All protocols and policies of Infection Control are passed and monitored by the members of the Committee besides the ICN and ICO. The hospital has 19 departmental ICN's who

are in all the clinical areas monitoring the Infection practices in their respective areas.

The hospital has Clinical Safety co-ordinators, 19 in number who are in every clinical department and Departmental safety co-ordinators, 10 in number who are in every non-clinical department. These people look after the safety of staff and patients in their respective department and discuss their observations in the Safety Committee which is held every month. The meeting is chaired by the Director Clinical Services of the hospital and the Chief Medical Supdt is the Secretary of the Safety Committee. There are a host of committees in the hospital which monitor the various processes and protocols of the hospital like the Drug and Therapeutic Committee which is held quarterly, the Blood Transfusion Committee which is held half yearly and the Safety Committee which is held monthly.

It is pertinent to mention that Yashoda Super Speciality Hospital-Kaushambi is now on the board of NABH for patient safety and quality care. Our Managing

Director, Dr Upasana Arora is now on the Governing, Advisory and Accreditation Committee of the NABH and NABH considers us as an ambassador hospital. Our hospital is a patient safe hospital where there have been no instances of Needle-stick injury or Blood body fluid exposure to any of our patients this year. Also we have a zero patient fall-rate and zero pressure ulcer rate. We keep a nursing patient ratio of 1:1 for our Ventilated ICU patients and 1:2 for our Non-ventilated ICU patients to ensure seamless nursing care.

With a world class seamless operation theatre complex with HEPA filters and laminar flow maintaining international standards of engineering, operational safety and infection control we provide patients and their families a sense of safety unmatched by others. The hospital have specifically designated well equipped critical care units like PICU for paediatric patients (children between the age group of 1 to 12), NICU for newborn babies till 1 yrs of age and CCU for cardiac patients, SICU for surgical patient and MICU for serious patients of medicine respectively. The hospital has Isolation rooms in all ICU's for the very infected patients with state of art AHU to ensure minimal infections to the patients during the stay. This is one of the major reasons that our patients coming for the operations have an ALOS of 1-3 days as they have minimal infections. There was no case of catheter-associated urinary tract infection and ventilator-associated pneumonia till date in this year.

The organization is setting up of Yashoda Medicentres at various locations in Delhi and UP serving as secondary centres of care and referring patients to our 300 bedded Yashoda Super Speciality Hospital, Kaushambi and our upcoming 1200 bedded quaternary care centre, Yashoda Medicity, Indrapuram constituting a hub and spoke model for our patients in India.

We would also be setting international offices under our brand Yashoda Mediworld at USA, Africa, South-east Asia, Middle-east and other parts of Europe besides London to guide international patients seeking quality care at affordable prices.

To ensure patient safety, the hospital upholds the six International Patient Safety Goals (IPSG) that were established by The Joint Commission International (JCAI) and the World Health Organisation (WHO) which is also a part of the NABH 5th edition standards. The hospital is accredited by NABH which again is accredited by ISQua. In NABH 5th edition the hospital and its workforce are adhering to 651 Objective elements which focus on patient safety and quality. The hospital workforce is also diligently following the 6 IPSGs which are as under:

- ▶ Identify patient correctly using two identifiers i.e. patient Regn. number and OP/IP number before providing consultation and treatment
- ▶ Imbibe effective communication wherein Handover communication by staff during shift handovers and patient transfer is done regularly, Read Back to confirm and record the Critical results of diagnostic tests is followed and recording the Verbal/ telephonic Orders given by the treating doctors team is done in all cases
- ▶ Maintain the safety of High- Alert Medications which includes Identification, labelling, storage and proper use, using standardised colour coding of High Alert Medications, Concentrated Electrolytes and Look Alike & Sound Alike medications is followed besides regular training of all staff to adhere by safety standards
- ▶ Ensure Correct- Site, Correct Procedure, Correct – Patient for all invasive procedures by Site marking (with involvement of Patient) along with using WHO-Surgical safety checklist
- ▶ Reduce the risk of Health Care Associated Infections by using the four pillars of Compliance to hand hygiene guidelines, Evidence based practices to prevent HAI's, Follow VAP, Central line and Catheter care Bundles and Compliance to Antibiotic Policy
- ▶ Reduce the risk of patient harm risk resulting from fall by Fall risk assessment (All inpatients, Outpatient, Adult & Paediatric) and Implementation and monitoring of fall risk reduction measures.



Prof Dr Balakumar. S
Senior Consultant Vascular and Endovascular Surgeon

Detection of Vascular diseases involving veins and Peripheral arteries(PAD) remains most under diagnosed and under treated.50% of patients PAD are yet to detected and venous disease is reported to be twice as prevalent as coronary disease. With the newer technologies in imaging and treatment options, I aim to bridge the gap between patients and Vascular Surgeon seeking right, personalised treatment choices that will certainly impact the health care system

Rank	BEST MULTISPECIALITY HOSPITALS: WEST	CITY
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL	MUMBAI
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE	MUMBAI
3	DR L H HIRANANDANI HOSPITAL	MUMBAI
4	SAIFEE HOSPITAL	MUMBAI
5	RUBY HALL CLINIC	PUNE
6	GLENEAGLES HOSPITAL PAREL	MUMBAI
7	LILAVATI HOSPITAL & RESEARCH CENTRE	MUMBAI
8	JASLOK HOSPITAL & RESEARCH CENTRE	MUMBAI
9	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE	MUMBAI
10	APOLLO SPECTRA HOSPITALS	MUMBAI
11	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE	MUMBAI
12	CRITICARE ASIA MULTISPECIALITY HOSPITAL AND RESEARCH CENTRE	MUMBAI
13	MARENGO CIMS HOSPITALS	AHMEDABAD
14	DEENANATH MANGESHKAR HOSPITAL & RESEARCH CENTRE	PUNE

Rank	BEST MULTISPECIALITY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	DR L H HIRANANDANI HOSPITAL
4	SAIFEE HOSPITAL
5	GLENEAGLES HOSPITAL PAREL
6	LILAVATI HOSPITAL & RESEARCH CENTRE
7	JASLOK HOSPITAL & RESEARCH CENTRE
8	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
9	APOLLO SPECTRA HOSPITALS
10	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
11	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE
12	APOLLO HOSPITALS
13	SRCC CHILDREN'S HOSPITAL - MANAGED BY NARAYANA HEALTH

Rank	BEST PLASTIC SURGERY HOSPITALS: MUMBAI
1	GLENEAGLES HOSPITAL PAREL
2	SIR H. N. RELIANCE FOUNDATION HOSPITAL
3	LILAVATI HOSPITAL & RESEARCH CENTRE
4	JASLOK HOSPITAL & RESEARCH CENTRE
5	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
6	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
7	BREACH CANDY HOSPITAL
8	DR L H HIRANANDANI HOSPITAL
9	SAIFEE HOSPITAL
10	FORTIS HOSPITAL
11	NANAVATI MAX SUPER SPECIALITY HOSPITAL

Rank	BEST OPHTHALMOLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	NANAVATI MAX SUPER SPECIALITY HOSPITAL
4	DR L H HIRANANDANI HOSPITAL
5	JASLOK HOSPITAL & RESEARCH CENTRE
6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
7	SAIFEE HOSPITAL

Rank	BEST INFERTILITY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	SURYA HOSPITALS
3	LILAVATI HOSPITAL & RESEARCH CENTRE
4	DR L H HIRANANDANI HOSPITAL
5	JASLOK HOSPITAL & RESEARCH CENTRE
6	CLOUDNINE HOSPITAL
7	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
8	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
9	NANAVATI MAX SUPER SPECIALITY HOSPITAL

Rank	BEST PAEDIATRICS HOSPITALS: MUMBAI
1	SURYA HOSPITALS
2	SIR H. N. RELIANCE FOUNDATION HOSPITAL
3	SRCC CHILDREN'S HOSPITAL - MANAGED BY NARAYANA HEALTH MUMBAI
4	DR L H HIRANANDANI HOSPITAL
5	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
6	NANAVATI MAX SUPER SPECIALITY HOSPITAL
7	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
8	CLOUDNINE HOSPITAL
9	LILAVATI HOSPITAL & RESEARCH CENTRE
10	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
11	JASLOK HOSPITAL & RESEARCH CENTRE

Rank	BEST VASCULAR SURGERY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	APOLLO SPECTRA HOSPITALS
4	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
5	JASLOK HOSPITAL & RESEARCH CENTRE
6	SAIFEE HOSPITAL
7	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
8	LILAVATI HOSPITAL & RESEARCH CENTRE
9	NANAVATI MAX SUPER SPECIALITY HOSPITAL
10	FORTIS HOSPITAL
11	APOLLO HOSPITALS

Rank	BEST ENDOCRINOLOGY & DIABETES HOSPITALS: MUMBAI
1	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
2	SIR H. N. RELIANCE FOUNDATION HOSPITAL
3	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
4	LILAVATI HOSPITAL & RESEARCH CENTRE
5	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
6	DR L H HIRANANDANI HOSPITAL
7	SAIFEE HOSPITAL
8	NANAVATI MAX SUPER SPECIALITY HOSPITAL
9	FORTIS HOSPITAL
10	JASLOK HOSPITAL & RESEARCH CENTRE
11	APOLLO HOSPITALS

Rank	BEST GYNAECOLOGY & OBSTETRICS HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
1	SURYA HOSPITALS
3	DR L H HIRANANDANI HOSPITAL
4	NANAVATI MAX SUPER SPECIALITY HOSPITAL
5	LILAVATI HOSPITAL & RESEARCH CENTRE
6	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
7	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
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ER REVENUE GROWTH STARTS WITH A SCAN



Countering Cancer Deftly with Minimally Invasive Surgeries

A leading Onco-surgeon and expert, Dr Sujay Susikar, Consultant at Kauvery Hospital, Chennai, is raising the benchmark in the treatment of cancer with experience, knowledge, skill, commitment and compassion. Excerpt from the discussions with Dr Susikar, brought to you to read, mull and adopt a healthy lifestyle to keep cancer away

Dr Sujay Susikar

Consultant at Kauvery Hospital, Chennai

Q What is the standard of surgery in India, including highly advanced minimally invasive surgeries?

India is at par with any country in the world when it comes to advancements in surgery. Most of the developments are actually happening in India. Robotic and laparoscopic surgeries, which are part of minimally invasive surgeries, made its advent in India some 15-20 years ago. In fact, the latest version of robots, have permeated more in India, and the most experienced surgeons are today actually from India. Today, its availability and accessibility is manifold catering to a larger population as compared to 15 years ago. Surgery is now very standardised. For example for oncology, we know the principles of surgery are well-defined, and it's the same for any other speciality. Super specialty surgery facilities may not be available in every part of the country, but it is available in most part of the country such as in every metro city e.g., Chennai.

Q At what stage is surgery recommend and done?

Onco-surgery is done for all solid organs except blood cancer. For all cancers, surgery is the best option to permanently remove the cancerous tissues and halt its progression, making it one of the most important aspect of curing a cancer. For cancer patients in stages 1 and 2, we do

surgery upfront and in stages 3 and 4, we try to downsize the tumour, which by then has affected other parts of the body, with the support of therapies like chemo or radiation. With advancements, stage 4 cancer has come under the purview of surgery even though the cancer has spread all over the body. Cancers of the breast, ovary, uterus and colon, however, can be controlled effectively with very good drugs, which are now available, enabling us to operate precisely once rest of the tissues have been cured.

Q What makes Kauvery Hospital a centre of excellence for onco surgery?

Today, Kauvery Hospital has all the advanced facilities, techniques and necessary equipment to treat all cancers, under one roof. The most advanced robots, state-of-the-art labs, radiation and chemo therapy units, and laparoscopic facility, are complete super speciality units in themselves.

At times, we practice as a group, where after a surgery, we use the help of specialists from other disciplines. The team is formed based on the organ and what cancer we are treating for better outcomes. For example, after removal of cancerous tissues of the breast, plastic surgeons, help in reconstruction of the breast, whereas oral-maxillofacial surgeons do the reconstruction of the soft tissues after head and neck onco surgery.



Q What more can be done to improve the speciality of surgery?

I believe that there is always room for improvement in the speciality of surgery as in robotic, nano technology, finer advancements, and more of 3D reconstructions and simulations enabling us to access deep parts of the organs and reduce the damage of surrounding tissues while removing the tumour. These advancements will help us to approach the precise critical areas of cancer and help us to plan in advance using 3D simulation, raising the probability of success in the surgeries that we do.

Q What is the scope of Onco surgery in context to the sharp surge in cancer patients?

The average ratio of cancer in India is 1:25, of which 1:20 are women. Because of lifestyle changes breast and endometrial cancers figure among the top cancers in women. The biggest impediment that we face is diagnoses of the exact cause of cancer and its unprecedented surge, which still remains elusive. But our hopes and efforts are pinned on early detection that can increase chances of quick recovery as compared for a relatively advanced case. For example, if breast cancer is detected early, chemo therapy can be avoided altogether, reduces morbidity, and mastectomy can be prevented. Also, patients get ample advantage of retaining

their organs, avoid exposure to toxic treatments and get away with less of every side effect in the entire treatment.

To tackle spread of cancer raising awareness and to know what can be the earliest signs and symptoms of cancer and identifying the needy who are in pre-cancerous stage is critical. For example, smokers, tobacco chewers with predisposition for oral cancer can be prevented from turning cancerous with early detection. While, in the insitu stage of cervix or the uterus, we are able to treat and prevent them from becoming full-blown cancers. Because we now know that cervical cancer is caused by human papilloma virus, there are vaccines for the female gender against this virus, which also prevents oral cancers.

Q What are the reasons for rise in cancer cases and its prevention?

A major factor is lifestyle changes, which is observed to be different in each generation and it also holds true for the present generation. Also, longevity poses a challenge with people living to a ripe old age making them susceptible to cancer. Fat content in the body i.e., abnormal BMI or obesity is also a major trigger for cancer in the present generation as compared to their predecessors. Increase in environmental pollution, use of plastic, which has increased sharply in the last 20-30 years, can also be carcinogens leading to malignant tumours.

My advise is to try to go back to nature like how our forefathers lived some 3-4 generations ago. Time your body clock with nature, increase physical activity, avoid processed foods, cut down fat consumption, increase intake of natural fibres and eat more green vegetables.

Maintain the correct ratio between fat and carbohydrate versus protein versus fibre, which unfortunately is drastically skewed.

Q What are the initiatives of Kauvery Group of Hospitals in larger health schemes?

A large-scale cervical cancer screening and immunization programme is being promoted by Kauvery Hospital among women, and girls who are in the puberty stage for which we are visiting clusters to identify such cases. Ideally, immunization is best done before young women are exposed to sexual activity. In the west 13 years is concerned to be the right age for the immunization against cervical cancer, but in India it can go up to 18-20 years. Those who are vaccinated for cancer of the cervix, it will also help prevent cancer of the throat and growth of warts.

Q How is your department reassuring patients, besides educating those who are intimidated by surgery?

In oncology, we start with a handicap of lack of public information about the latest treatment available, including complete cure in early stages, which means dealing with and counselling flabbergasted patients and their families. In most cases, once a person is diagnosed with cancer they are scared of coming forward for treatment fearing that death is imminent and it's a painful slow death. Once a patient come to Kauvery Hospital, a dedicated team takes complete charge of the situation assuaging their fears by informing them about the possibilities of cure, that surgery is painless, recovery is quick and one can lead a good life, which negates all the negative feelings they harbour. They then go for surgery with confidence. We also encourage patients to

interact with those who have been treated and are leading a normal life.

Minimal access surgery is targeted to relieve the patient at the earliest from the hospital. Patients who have a positive outlook are the ones who respond best to treatment and recover faster than the rest.

Q What is the longevity and success rate after a cancer surgery?

Longevity depends on the stage of the cancer in which a patient comes to us. Today, surgery of breast and uterine cancers give about 95-97 percent cure. The longevity of cancer patients in Chennai is a high 97 percent. We have also had patients with stage four breast cancer live up to 10-15 years after undergoing surgery. Not all but many cancers are curable with present day advancements, but they turn hormone receptor positive with the right diagnosis and right sequencing of treatment giving the desired results. With the support of Electronic Medical Records (EMR), follow-ups, reminders for check-up and keeping in touch with our patients has improved accessibility and communication.

Q What are the new frontiers in Onco-surgery that your hospital wishes to conquer in the near future?

Kauvery Hospital has a big network of hospitals in Chennai and in other towns within the state where we go to do complex surgeries, on call. CMEs are organised regularly and we also collaborate where physicians from other hospitals come to train for more specialised work.

Our objective is to consistently improve the quality of lives, improve recoveries, and make it very quick and easy for a patient, in our speciality of Onco-surgery, which means carrying out all major and extensive surgeries that are exacting in time and energy for the surgeon and the patient as well. With new advancements, we are trying to minimise recovery time, where even after destructive surgeries, we want them to come back as normal as possible as they were before the surgery. I am confident that our team will achieve what it has set out to.

The vision and mission of Kauvery Group of Hospitals is largely guided by philanthropic intent to benefit the society and we strive to fulfil this objective with commitment and compassion.



Rank	BEST PULMONOLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE
4	GLENEAGLES HOSPITAL PAREL
5	LILAVATI HOSPITAL & RESEARCH CENTRE
6	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
7	DR L H HIRANANDANI HOSPITAL
8	SAIFEE HOSPITAL
9	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
10	FORTIS HOSPITAL
11	JASLOK HOSPITAL & RESEARCH CENTRE

Rank	BEST ONCOLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE HOSPITAL
2	SURYA HOSPITALS
3	M O C CANCER CARE AND RESEARCH CENTRE
4	SAIFEE HOSPITAL
5	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
7	JASLOK HOSPITAL & RESEARCH CENTRE
8	DR L H HIRANANDANI HOSPITAL
9	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
10	NANAVATI MAX SUPER SPECIALITY HOSPITAL
11	APOLLO HOSPITALS

Rank	BEST ORTHOPAEDICS HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE HOSPITAL
2	SAIFEE HOSPITAL
3	DR L H HIRANANDANI HOSPITAL
4	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
5	APOLLO SPECTRA HOSPITALS
6	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
7	JASLOK HOSPITAL & RESEARCH CENTRE
8	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE
9	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
10	NANAVATI MAX SUPER SPECIALITY HOSPITAL
11	LILAVATI HOSPITAL & RESEARCH CENTRE

Rank	BEST LIVER TRANSPLANTATION HOSPITALS: MUMBAI
1	GLENEAGLES HOSPITAL PAREL
2	JASLOK HOSPITAL & RESEARCH CENTRE
3	NANAVATI MAX SUPER SPECIALITY HOSPITAL
4	LILAVATI HOSPITAL & RESEARCH CENTRE
5	FORTIS HOSPITAL
6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
7	DR L H HIRANANDANI HOSPITAL
8	SAIFEE HOSPITAL
9	S. L. RAHEJA HOSPITAL
10	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
11	APOLLO HOSPITALS

Rank	BEST NEROSURGERY HOSPITALS: MUMBAI
1	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
2	SIR H. N. RELIANCE FOUNDATION HOSPITAL
3	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
4	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
5	JASLOK HOSPITAL & RESEARCH CENTRE
6	LILAVATI HOSPITAL & RESEARCH CENTRE
7	NANAVATI MAX SUPER SPECIALITY HOSPITAL
8	SAIFEE HOSPITAL
9	FORTIS HOSPITAL
10	APOLLO HOSPITALS

Rank	BEST GASTROENTEROLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
4	SAIFEE HOSPITAL
5	NANAVATI MAX SUPER SPECIALITY HOSPITAL
6	DR L H HIRANANDANI HOSPITAL
7	GLENEAGLES HOSPITAL PAREL
8	LILAVATI HOSPITAL & RESEARCH CENTRE
9	JASLOK HOSPITAL & RESEARCH CENTRE
10	FORTIS HOSPITAL
11	BREACH CANDY HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	JASLOK HOSPITAL & RESEARCH CENTRE
4	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
5	DR L H HIRANANDANI HOSPITAL
6	SAIFEE HOSPITAL
7	LILAVATI HOSPITAL & RESEARCH CENTRE
8	NANAVATI MAX SUPER SPECIALITY HOSPITAL
9	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE
10	APOLLO HOSPITALS

Rank	BEST NEUROLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
3	NEUROGEN BRAIN AND SPINE INSTITUTE
4	GLENEAGLES HOSPITAL PAREL
5	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
6	DR L H HIRANANDANI HOSPITAL
7	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
8	JASLOK HOSPITAL & RESEARCH CENTRE
9	NANAVATI MAX SUPER SPECIALITY HOSPITAL
10	LILAVATI HOSPITAL & RESEARCH CENTRE
11	SAIFEE HOSPITAL
12	FORTIS HOSPITAL

Rank	BEST UROLOGY HOSPITALS: MUMBAI
1	SAIFEE HOSPITAL
2	SIR H. N. RELIANCE FOUNDATION HOSPITAL
3	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
4	APOLLO SPECTRA HOSPITALS
5	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
6	LILAVATI HOSPITAL & RESEARCH CENTRE
7	GLENEAGLES HOSPITAL PAREL
8	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
9	JASLOK HOSPITAL & RESEARCH CENTRE
10	NANAVATI MAX SUPER SPECIALITY HOSPITAL
11	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE

Rank	BEST CARDIOLOGY HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	SAIFEE HOSPITAL
3	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
4	DR L H HIRANANDANI HOSPITAL
5	GLENEAGLES HOSPITAL PAREL
6	LILAVATI HOSPITAL & RESEARCH CENTRE
7	JASLOK HOSPITAL & RESEARCH CENTRE
8	P D HINDUJA HOSPITAL AND MEDICAL RESEARCH CENTRE
9	BREACH CANDY HOSPITAL
10	NANAVATI MAX SUPER SPECIALITY HOSPITAL
11	CRITICARE ASIA MULTI SPECIALITY HOSPITAL AND RESEARCH CENTRE

Rank	BEST ORGAN TRANSPLANT HOSPITALS: MUMBAI
1	SIR H. N. RELIANCE FOUNDATION HOSPITAL
2	DR L H HIRANANDANI HOSPITAL
3	GLENEAGLES HOSPITAL PAREL
4	JASLOK HOSPITAL & RESEARCH CENTRE
5	NANAVATI MAX SUPER SPECIALITY HOSPITAL
6	KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE
7	BOMBAY HOSPITAL & MEDICAL RESEARCH CENTRE
8	FORTIS HOSPITAL
9	LILAVATI HOSPITAL & RESEARCH CENTRE
10	SAIFEE HOSPITAL

Rank	BEST MULTISPECIALITY HOSPITALS: PUNE
1	RUBY HALL CLINIC
2	KEM HOSPITAL
3	POONA HOSPITAL & RESEARCH CENTRE
4	DEENANATH MANGESHKAR HOSPITAL & RESEARCH CENTRE
5	SAHYADRI HOSPITALS
6	JEHANGIR HOSPITALS
7	NOBLE HOSPITAL
8	ADITYA BIRLA MEMORIAL HOSPITAL
9	JUPITER HOSPITAL



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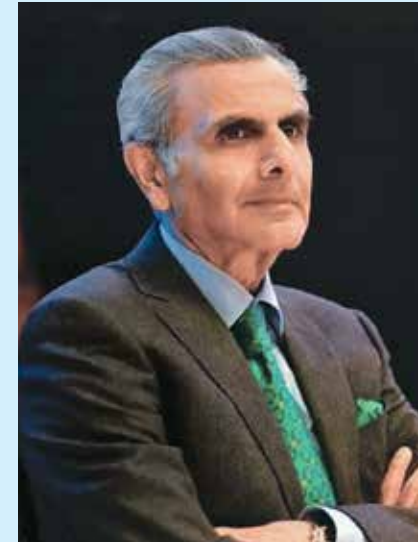


JAIPUR



BOMBAY HOSPITAL TRUST RE-DEFINING EXCELLENCE FOR OVER SEVEN DECADES

“The rich can get medical care anywhere because they can afford it, the poor obviously cannot pay for it. Therefore, it should be the endeavor of the Bombay Hospital to render the same level of service to the poor that the rich could get in a good hospital”



BHARAT KUMAR TAPARIA
Hon. Chairman, Bombay Hospital

These were the words of Rameshwardas Birla, the doyen of the Birla family, while forming the Bombay Hospital Trust, which was constituted on 06th September 1949, as a Public Charitable Trust, Registered under the Bombay Public Trust Act, 1950, with a main purpose of setting up hospitals.

Bombay Hospital Mumbai, the Flagship Hospital of the Trust was set up in 1952, with 450 beds, of which 150 beds were in the General Ward, for poor patients where no charges were levied for the bed, food, operation theatre or doctor's charges. The free outpatient department was also set up, where free consultation was provided to the needy patients.

Later, Madhav Prasad Birla, son of Rameswar Das Birla, took a keen interest in the working of the Hospital. The Bombay Hospital had a very special place in his heart. He would make frequent enquiries about the quality of the treatment, more particularly to the poor and needy. He also inducted Bharat Kumar Taparia, as a Board Member of the Bombay Hospital Trust, in the year 1983.

Bharat Kumar Taparia, Hon. Chairman has transformed Bombay Hospital Mumbai, into one of the largest and finest Multi-Super-Specialty Tertiary Care Medical Centre in the country.

Under his active supervision, the hospital has expanded to 750 beds. The internationally renowned panel of doctors and consultants in every field of specialization has at its disposal

cutting edge equipment supported by highly trained professional nursing staff and dedicated management team. Bombay Hospital Mumbai is the centre of excellence for: Neuro Sciences, Cardiovascular Sciences, Nephro & Uro Sciences, Comprehensive treatment of Cancer and many more specialties. The patients are referred from all over the country and also from abroad.

With a view to cater to the medical needs from the Central part of India, the Bombay Hospital Trust under the leadership of Taparia, has set up a State of Art 600 bedded Multi Super Speciality Tertiary care Hospital, at Indore, Madhya Pradesh, in October 2003. Bombay Hospital Indore has also become a centre of excellence and a referral hospital for whole of Central India.

“Bombay Hospitals in Mumbai and Indore have always emphasized on Medical Excellence. Our third hospital under the trust will be shortly commissioned at Jaipur, as Bombay Hospital Jaipur. Our aim is to build institutions rather than hospitals. We have a unique model where our doctors provide tertiary care treatment for all patients, in an academically stimulating environment”, says Taparia.

SALIENT FEATURES OF BOMBAY HOSPITAL MUMBAI

- All Medical Facilities Under One Roof, Providing Patient Care as Per International Standards.
- Premier Hospital in India with 750 Beds, which is one of the Largest in the Private Sector.
- 4 Buildings with 6,00,000 sq.ft. Built up Area.
- 240 Internationally renowned Consultants having the highest qualifications and a wealth of experience.
- 200 skilled Resident Doctors & 700 Qualified Nurses.
- 141 Critical Care Beds.
- 25 Operation Theatres and all Diagnostic Departments, Equipped with Latest State-of-the-art Cutting Edge Technology.
- University Recognized Teaching Hospital Offering Post Graduation in Broad & Super Specialties (DM, M.Ch, MS & MD) Affiliated to Maharashtra University of Health Sciences (MUHS) and Recognized by Medical Council of India (MCI).
- Bombay Hospital College of Nursing for B.Sc and M.Sc Courses Affiliated to Maharashtra University of Health Sciences (MUHS) and Recognized by Maharashtra Nursing Council (MNC) and Indian Nursing Council (INC)

SALIENT FEATURES OF BOMBAY HOSPITAL INDORE

- First Multi Speciality Tertiary Care Hospital in Madhya Pradesh to be accredited by National Board of Accreditation for Hospital and Healthcare Providers (NABH).
- 12 storied building with 4,75,000 sq.ft. built up area, spread across 7 acres of land.
- 45 Internationally renowned, full time consultants, having the highest qualifications.
- 275 bedded with 85 beds in ICU and 7 Operation Theatres and latest State of the Art diagnostic facilities.
- 600 full-time employees, including 260 trained Nurses.
- Post Graduate Medical Institute for various specialties accredited by Diplomate of National Board (DNB), Delhi.
- Bombay Hospital Indore College of Nursing for B.Sc & M.Sc. Courses

Rank	BEST MULTISPECIALITY HOSPITALS: NORTH	CITY
1	MEDANTA - THE MEDICITY	GURUGRAM
2	YASHODA SUPERSPECIALITY HOSPITALS (KAUSHAMBI)	GHAZIABAD
3	FORTIS HOSPITAL, SHALIMAR BAGH	DELHI
4	PARK HOSPITAL, PALAM VIHAR	GURUGRAM
5	INDRAPRASTHA APOLLO HOSPITAL	DELHI
6	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)	DELHI
7	MAX SUPER SPECIALITY HOSPITAL, SAKET	DELHI
8	PARK GRECIAN HOSPITAL	CHANDIGARH
9	NARAYANA HOSPITAL	GURUGRAM
10	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
11	AMRC HOSPITAL, MANSAROVAR	JAIPUR
12	APOLLO SPECTRA HOSPITALS	DELHI
13	VIVEKANANDA POLYCLINIC AND INSTITUTE OF MEDICAL SCIENCES	LUCKNOW
14	FORTIS MEMORIAL RESEARCH INSTITUTE	GURUGRAM

Rank	BEST MULTISPECIALITY HOSPITALS: DELHI
1	FORTIS HOSPITAL, SHALIMAR BAGH
2	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
3	INDRAPRASTHA APOLLO HOSPITAL
4	APOLLO SPECTRA HOSPITALS
5	PARK HOSPITAL, DELHI
6	MAX SUPER SPECIALITY HOSPITAL, SAKET
7	HCMCT MANIPAL HOSPITAL, DWARKA
8	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
9	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
10	BLK-MAX SUPER SPECIALITY HOSPITAL
11	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
12	HCMCT MANIPAL HOSPITAL, DWARKA
13	MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH

Rank	BEST PEDIATRIC HOSPITALS: DELHI
1	INDRAPRASTHA APOLLO HOSPITAL
2	CLOUDNINE HOSPITAL
3	SIR GANGA RAM HOSPITAL
4	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
5	BLK-MAX SUPER SPECIALITY HOSPITAL
6	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
7	FORTIS HOSPITAL, SHALIMAR BAGH
8	MAX SUPER SPECIALITY HOSPITAL, SAKET
9	HCMCT MANIPAL HOSPITAL, DWARKA

Rank	BEST NEURO SURGERY HOSPITALS: DELHI
1	INDIAN SPINAL INJURIES CENTRE
2	SIR GANGA RAM HOSPITAL
3	INDRAPRASTHA APOLLO HOSPITAL
4	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
5	MAX SUPER SPECIALITY HOSPITAL, SAKET
6	BLK-MAX SUPER SPECIALITY HOSPITAL
7	FORTIS HOSPITAL, SHALIMAR BAGH
8	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
9	HCMCT MANIPAL HOSPITAL, DWARKA
10	MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH
11	VENKATESHWAR HOSPITAL, DWARKA

Rank	BEST LIVER TRANSPLANT HOSPITALS: DELHI
1	THE INSTITUTE OF LIVER AND BILIARY SCIENCES (ILBS)
2	SIR GANGA RAM HOSPITAL
3	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
4	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
5	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
6	MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH
7	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
8	HCMCT MANIPAL HOSPITAL, DWARKA
9	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
10	MAX SUPER SPECIALITY HOSPITAL, SAKET

Rank	BEST GI, LAPROSCOPIC & GENERAL SURGERY HOSPITALS: DELHI
1	INDRAPRASTHA APOLLO HOSPITAL
2	APOLLO SPECTRA HOSPITALS
3	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
4	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
5	MAX SUPER SPECIALITY HOSPITAL, SAKET
6	FORTIS HOSPITAL, SHALIMAR BAGH
7	SIR GANGA RAM HOSPITAL
8	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
9	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
10	HCMCT MANIPAL HOSPITAL, DWARKA
11	BLK-MAX SUPER SPECIALITY HOSPITAL

Rank	BEST PLASTIC SURGERY HOSPITALS: DELHI
1	MAX SUPER SPECIALITY HOSPITAL, SAKET
2	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
3	FORTIS HOSPITAL, SHALIMAR BAGH
4	INDRAPRASTHA APOLLO HOSPITAL
5	BLK-MAX SUPER SPECIALITY HOSPITAL
6	HCMCT MANIPAL HOSPITAL, DWARKA
7	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
8	SIR GANGA RAM HOSPITAL
9	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
10	VENKATESHWAR HOSPITAL, DWARKA

Rank	BEST VASCULAR SURGERY HOSPITALS: DELHI
1	INDIAN SPINAL INJURIES CENTRE
2	INDRAPRASTHA APOLLO HOSPITAL
3	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
4	APOLLO SPECTRA HOSPITALS
5	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
6	MAX SUPER SPECIALITY HOSPITAL, SHALIMAR BAGH
7	MAX SUPER SPECIALITY HOSPITAL, SAKET
8	SIR GANGA RAM HOSPITAL
9	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
10	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
11	HCMCT MANIPAL HOSPITAL, DWARKA

Rank	BEST GASTROENTEROLOGY HOSPITALS: DELHI
1	THE INSTITUTE OF LIVER AND BILIARY SCIENCES (ILBS)
2	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
3	FORTIS HOSPITAL, SHALIMAR BAGH
4	MAX SUPER SPECIALITY HOSPITAL, SAKET
5	INDRAPRASTHA APOLLO HOSPITAL
6	BLK-MAX SUPER SPECIALITY HOSPITAL
7	HCMCT MANIPAL HOSPITAL, DWARKA
8	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
9	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
10	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: DELHI
1	INDRAPRASTHA APOLLO HOSPITAL
2	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
3	FORTIS HOSPITAL, SHALIMAR BAGH
4	MAX SUPER SPECIALITY HOSPITAL, SAKET
5	SIR GANGA RAM HOSPITAL
6	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
7	BLK-MAX SUPER SPECIALITY HOSPITAL
8	AAKASH HEALTHCARE
9	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
10	HCMCT MANIPAL HOSPITAL, DWARKA



Dr Bharat Jagiasi
Eminent Critical Care Expert and
General Secretary-ISCCM

"Artificial intelligence is revolutionizing critical care by enhancing diagnostic accuracy, optimizing treatment plans, and improving patient outcomes. Leveraging AI in intensive care units enables real-time monitoring and predictive analytics, ensuring timely interventions and personalized care, ultimately saving lives and advancing medical practice."

ASIAN CANCER CENTRE

Fighting & Winning Cancer

SINCE 2010



Dr Ruchi Singh
MBBS, MD (Radiotherapy)
HOD & Senior Consultant
Radiation Oncology
14 Years of Experience

Dr Sangram K Sahoo
MBBS, DNB (General Surgery),
DRNB (Surgical Oncology)
Director & Head
Surgical Oncology
18 Years of Experience

Dr Puneet Gupta
MBBS MD, DNB (Rad Therapy),
DM (Med Oncology), MBA
Chairman
Oncology Services
34 Years of Experience

Dr Pramod Arora
MBBS, DRM
Associate Director
Nuclear Medicine
32 Years of Experience

Dr Vibhor Sharma
MBBS, DM (Medical Oncology),
DNB (MO), DM (BMT)
Sr. Consultant & Head - BMT
& Medical Oncology (Unit-II)
13 Years of Experience

Dr Arushi Agarwal
MBBS, MD, DNB Paeds, FNB
Paeds Hematology & Oncology
Consultant - Pediatric
Hematology & Oncology
6 Years of Experience

MEET THE WINNING TEAM OF CANCER SPECIALISTS WITH A COMBINED EXPERIENCE OF 100+ YEARS

Asian Cancer Centre, the first & most comprehensive Cancer Centre of the region, offers end-to-end Cancer Care covering all modalities of treatment. The state-of-the-art centre is managed by a highly qualified cancer care team.

The Centre hosts the region's first **Rapid Arc, PET/CT, Gamma Camera, Brachy Therapy** and has ushered a new era in Cancer Surgery with the first **Next Generation 3D Surgical Robot** of the region for complete curative cancer surgery. The centre also offers the region's first **Nuclear & Cellular Therapy** as well as the region's only **Psychology Oncology Therapy** for 360° cancer cure.

Specialised Therapies Offered:

- Synchronous Chemo- RT
- Chronomodulated Therapy
- Tissue Reconstitution using Hematopoietic Stem Cells
- Dendritic Cell Therapy
- Chemo-targeted-immuno Therapy
- Minimal Access Surgery & Oncoplastic Reconstruction
- Platelet Disorders- ITP, TTP, Function Defects
- Anemias- Immune Mediated, Aplastic, Sickle Cell
- Thalassemias & Hemoglobinopathies
- Leukemia- ALL, AML, CML
- Lymphoma- Hodgkin, Non-hodgkin
- Hematology Oncology
- Bone Marrow Transplant
- CAR-T Cell Therapy
- Radionuclide Therapy
- Radiation Therapy & Brachytherapy



Medical Oncology 1,00,000+	Surgical Oncology 10,000+	Radiation Oncology 20,000+	Bone Marrow Transplant 500+	Nuclear Therapy NEW	Cellular Therapy NEW	Psycho Onco Therapy NEW



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REGION'S NO.1 CANCER CENTRE

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A Journey of Creating a Healthier Community for more than 90 Years

Dr Mehta's Hospitals is a tertiary care hospital serving diverse people in and around Chennai, providing multidisciplinary care across 80 different specialties under one roof in its two units at Chetpet and Velappanchavadi with 400 beds. Focusing on improving people's health and well-being - enabling affordable & easy access to healthcare for everyone and better outcomes across the health continuum – from healthy living and prevention to diagnosis and treatment

Dr Mehta's Hospitals has been standing as a pillar of healthcare excellence for over ninety years, tracing its origins back to 1933. Established by the visionary duo Dr Anantrai Jayanatilal Mehta and Dr Savitha Ben Mehta, the institution began as Mehta Nursing Home in Sowcarpet, Chennai, with just two beds, a labor room, an operation theatre, and a consultation room. Marked by continuous expansion and innovation – relocated to Chetpet, and expanded into a 100-bed facility, integrating in-

house pharmacy services to provide comprehensive care. This modest beginning set the stage for what would evolve into one of Tamil Nadu's premier multispecialty hospitals.

Healthcare for Everyone

Dr Mehta's Hospitals now operates two units with a combined capacity of 400 beds, offering over 80 specialties managed by 500 expert clinicians. The hospital is renowned for its excellence in clinical outcomes, particularly in centers of excellence such as: surgeries,



pediatrics, women's health, transplants, pediatric intensive care, neonatal intensive care, cardiology, and urology. This ensures that patients receive holistic and specialized care under one roof.

A key feature of Dr Mehta's Hospitals is its focus on leveraging advanced technology and deep clinical insights to enhance patient outcomes. The hospital's facilities are equipped with cutting-edge diagnostic and therapeutic tools, enabling precise and effective treatment. This technological integration, coupled with the expertise of its medical professionals, makes Dr Mehta's Hospitals a leader in the healthcare industry with a strong foundation over the past 90 years.

A Legacy of Trusted Care Across Generations

Dr Mehta's Hospitals, takes pride in serving more than 30,000 families across two generations and more than 300 families across three generations. The hospital has achieved remarkable milestones, including facilitating over a million safe births, performing over 2.5 million successful surgeries, and pioneering excellence in day-care surgery and kidney transplants. With a commitment to quality care and innovation, the hospital continues to set new standards in healthcare, says Mr. Sameer Mehta, Vice Chairman of Dr Mehta's Hospitals.

At the heart of Dr Mehta's Hospitals'

success is its team of dedicated healthcare professionals, including the most experienced & finest doctors, surgeons, and medical staff. These experts bring a wealth of experience and knowledge, ensuring that patients

Dr Mehta's Hospitals, takes pride in serving more than 30,000 families across two generations and more than 300 families across three generations

receive the best possible care.

Continuous professional development is a cornerstone of the hospital's philosophy. Regular training programs, workshops, and conferences are conducted to keep the medical staff abreast of the latest advancements in their respective fields.

The hospital's commitment to maintaining high standards is reflected in its accreditation from NABH and NABL.

Ethos of Dr Mehta's Hospitals

At the core of Dr Mehta's Hospitals' philosophy, is its patient-centric approach that emphasizes genuine care, compassion, and respect. The hospital's environment is designed to be welcoming and conducive to healing, with spacious rooms, modern amenities, and a soothing ambiance.

To further enhance patient convenience, Dr Mehta's Hospitals offer 24/7 accessible care, ensuring that quality healthcare is always within reach. The institution also extends its expertise beyond the hospital premises through home care services, including the "Doctor to Home" program, which allows patients to receive medical care in the comfort of their homes.

"A continued deep-rooted sense of responsibility towards our community - makes us steadfast and has a positive impact on the lives of those around us," quotes Mr. Sameer Mehta.

Dr Mehta's Hospitals have always been deeply committed to giving back to the community. The institution regularly conducts health camps, awareness programs, and free medical check-ups for underserved populations. These initiatives are aimed at promoting health and wellness in the community and making quality healthcare accessible to all.

Moving Forward

With a legacy spanning over 9 decades, Dr Mehta's Hospitals continues to set benchmarks in the healthcare industry as it remains steadfast in its mission to provide world-class healthcare that is accessible to everyone.



Rank	BEST ONCOLOGY HOSPITALS: DELHI
1	RAJIV GANDHI CANCER INSTITUTE AND RESEARCH CENTRE
2	FORTIS HOSPITAL, SHALIMAR BAGH
3	INDRAPRASTHA APOLLO HOSPITAL
4	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
5	PARK HOSPITAL, DELHI
6	BLK-MAX SUPER SPECIALITY HOSPITAL
7	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
8	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
9	SIR GANGA RAM HOSPITAL
10	MAX SUPER SPECIALITY HOSPITAL, SAKET

Rank	BEST PULMONOLOGY HOSPITALS: DELHI
1	INDRAPRASTHA APOLLO HOSPITAL
2	MAX SUPER SPECIALITY HOSPITAL, SAKET
3	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
4	SIR GANGA RAM HOSPITAL
5	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
6	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
7	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
8	FORTIS HOSPITAL, SHALIMAR BAGH
9	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ
10	HCMCT MANIPAL HOSPITAL, DWARKA
11	BLK-MAX SUPER SPECIALITY HOSPITAL
12	VENKATESHWAR HOSPITAL, DWARKA

Rank	BEST CARDIOLOGY HOSPITALS: DELHI
1	FORTIS HOSPITAL, SHALIMAR BAGH
2	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
3	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
4	INDRAPRASTHA APOLLO HOSPITAL
5	HCMCT MANIPAL HOSPITAL, DWARKA
6	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
7	BLK-MAX SUPER SPECIALITY HOSPITAL
8	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
9	MAX SUPER SPECIALITY HOSPITAL, SAKET
10	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ

Rank	BEST NEUROLOGY HOSPITALS: DELHI
1	INDIAN SPINAL INJURIES CENTRE
2	INDRAPRASTHA APOLLO HOSPITAL
3	FORTIS HOSPITAL, SHALIMAR BAGH
4	SIR GANGA RAM HOSPITAL
5	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
6	FORTIS ESCORTS HEART INSTITUTE & RESEARCH CENTRE, OKHLA
7	BLK-MAX SUPER SPECIALITY HOSPITAL
8	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
9	HCMCT MANIPAL HOSPITAL, DWARKA
10	MAX SUPER SPECIALITY HOSPITAL, SAKET

Rank	BEST ORTHOPAEDIC HOSPITALS: DELHI
1	INDIAN SPINAL INJURIES CENTRE
2	INDRAPRASTHA APOLLO HOSPITAL
3	PUSHPAWATI SINGHANIA HOSPITAL & RESEARCH INSTITUTE (PSRI HOSPITAL)
4	APOLLO SPECTRA HOSPITALS
5	FORTIS HOSPITAL, SHALIMAR BAGH
6	BLK-MAX SUPER SPECIALITY HOSPITAL
7	MAX SUPER SPECIALITY HOSPITAL, SAKET
8	SIR GANGA RAM HOSPITAL
9	DHARAMSHILA NARAYANA SUPERSPECIALITY HOSPITAL
10	FORTIS FLT. LT. RAJAN DHALL HOSPITAL, VASANT KUNJ
11	HCMCT MANIPAL HOSPITAL, DWARKA
12	MAX SUPER SPECIALITY HOSPITAL, PATPARGANJ

Rank	BEST INFERTILITY HOSPITALS: DELHI
1	MAX MULTI SPECIALITY CENTRE, PANCHSHEEL PARK
2	FORTIS LA FEMME [FORTIS HEALTHCARE]
3	CLOUDNINE HOSPITAL
4	INDRAPRASTHA APOLLO HOSPITAL
5	JAIPUR GOLDEN HOSPITAL
6	SIR GANGA RAM HOSPITAL
7	BLK-MAX SUPER SPECIALITY HOSPITAL
8	VENKATESHWAR HOSPITAL, DWARKA

Rank	BEST MULTISPECIALITY HOSPITALS	NCR
1	MEDANTA - THE MEDICITY	GURUGRAM
2	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
3	NARAYANA HOSPITAL	GURUGRAM
3	MARENGO ASIA HOSPITALS	FARIDABAD
5	PARK HOSPITAL, SECTOR 47	GURUGRAM
6	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
7	APOLLO SPECTRA HOSPITALS	NOIDA
8	FORTIS ESCORTS HOSPITAL	FARIDABAD
9	THE SIGNATURE HOSPITAL	GURUGRAM
10	MANIPAL HOSPITALS	GURUGRAM
11	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
12	KAILASH HOSPITAL & HEART INSTITUTE	NOIDA
13	ARTEMIS HOSPITAL	GURUGRAM

Rank	BEST CARDIOLOGY HOSPITALS	NCR
1	MEDANTA - THE MEDICITY	GURUGRAM
2	NARAYANA HOSPITAL	GURUGRAM
3	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
4	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
5	FORTIS ESCORTS HOSPITAL	FARIDABAD
6	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
7	MANIPAL HOSPITALS	GHAZIABAD
8	METRO HOSPITALS & HEART INSTITUTE	NOIDA
9	KAILASH HOSPITAL & HEART INSTITUTE	NOIDA
10	MANIPAL HOSPITALS	GURUGRAM

Rank	BEST GASTROENTEROLOGY HOSPITALS	NCR
1	MANIPAL HOSPITALS	GURUGRAM
2	MEDANTA - THE MEDICITY	GURUGRAM
3	MANIPAL HOSPITALS	GHAZIABAD
4	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
5	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
6	NARAYANA SUPERSPECIALITY HOSPITAL	GURUGRAM
7	ARTEMIS HOSPITAL	GURUGRAM
8	FORTIS ESCORTS HOSPITAL	FARIDABAD
9	KAILASH HOSPITAL & HEART INSTITUTE	NOIDA
10	METRO HOSPITALS & HEART INSTITUTE	NOIDA

Rank	BEST GYNECOLOGY & OBSTETRICS HOSPITALS	NCR
1	MEDANTA - THE MEDICITY	GURUGRAM
2	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
3	NARAYANA HOSPITAL	GURUGRAM
4	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
5	MANIPAL HOSPITALS	GHAZIABAD
6	FORTIS ESCORTS HOSPITAL	FARIDABAD
7	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
8	MANIPAL HOSPITALS	GURUGRAM
9	KAILASH HOSPITAL & HEART INSTITUTE	NOIDA
10	ARTEMIS HOSPITAL	GURUGRAM

Rank	BEST NEUROLOGY HOSPITALS	NCR
1	NARAYANA HOSPITAL	GURUGRAM
2	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
3	MEDANTA - THE MEDICITY	GURUGRAM
4	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
5	FORTIS ESCORTS HOSPITAL	FARIDABAD
6	MANIPAL HOSPITALS	GURUGRAM
7	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
8	MANIPAL HOSPITALS	GHAZIABAD
9	KAILASH HOSPITAL & HEART INSTITUTE	NOIDA
10	ARTEMIS HOSPITAL	GURUGRAM
11	METRO HOSPITALS & HEART INSTITUTE	NOIDA

Rank	BEST ORTHOPAEDICS HOSPITALS	NCR
1	YASHODA SUPER SPECIALITY HOSPITALS	KAUSHAMBI
2	MEDANTA - THE MEDICITY	GURUGRAM
3	MARENGO ASIA HOSPITALS	GURUGRAM
4	NARAYANA HOSPITAL	GURUGRAM
5	APOLLO SPECTRA HOSPITALS	NOIDA
6	MAX SUPER SPECIALITY HOSPITAL	VAISHALI
7	MANIPAL HOSPITALS	GHAZIABAD
8	ARTEMIS HOSPITAL	GURUGRAM
9	ASIAN INSTITUTE OF MEDICAL SCIENCES	FARIDABAD
10	FORTIS ESCORTS HOSPITAL	FARIDABAD



Transforming Women and Children's Healthcare at Surya Hospitals

Surya Hospitals stands as a beacon of excellence in women and children's healthcare in India, boasting over four decades of expertise in neonatology and pediatrics. From its humble beginnings in **1983 with just 16 beds**, Surya has expanded into a robust network of over **750 beds** across India, with plans to grow to **1500 beds** in the next three years. This impressive growth underscores our commitment to delivering top-notch medical care in cities like **Mumbai, Pune, and Jaipur**.

Our forward-thinking approach has been pivotal in establishing one of India's finest Neonatal Intensive Care Units (NICU), achieving outstanding clinical outcomes. Surya is renowned for its pioneering work in premature baby care and neonatology. We have successfully managed over **10 babies weighing less than 400 grams**, admitted more than **100 babies weighing less than 1000 grams** or born before **28 weeks** of gestation annually, and conducted over **35 critical neonatal surgeries** each year. Additionally, our dedicated Human Milk Bank Facility reflects our commitment to advancing neonatal care.

Surya Hospitals has also firmly established itself as a leader in pediatrics. Our Pediatric Department and Research Centre is arguably one of the most advanced in the country, with over **50 influential research papers** in pediatrics and neonatology. Our state-of-the-art facilities and highly skilled medical professionals ensure that every child receives the best possible care. Beyond our clinical expertise, Surya Hospital is renowned across India as a prestigious institute for postdoctoral education and fellowship programs, producing **over 80 alumni** who are now leading practitioners and innovators in the field, our programs are designed to extend a wave of compassionate and advanced healthcare practices across the nation and beyond.

In Obstetrics and Gynaecology, our departments provide exceptional care tailored to the unique health journeys of women. From conception to childbirth, our Obstetrics team offers specialized support for high-risk pregnancies and comprehensive educational programs for families. Our Gynaecology department addresses women's health needs across all ages with expertise in diagnosing and treating complex conditions using the latest diagnostic and surgical technologies. We empower women to make informed health decisions, emphasizing patient education, confidentiality, and emotional support.

We specialize in a range of services including IVF, IUI, fertility preservation, and donor programs. Our team provides expert care throughout your fertility journey, utilizing the latest research and technologies to enhance success rates. Surya Hospitals DCC, offers comprehensive cancer care, specializing in various chemotherapy methods such as intravenous, oral, and intraperitoneal. The center addresses a wide range of cancers with advanced diagnostic and treatment technologies.

The expertise and dedication of our medical professionals have attracted a wide and diverse clientele to Surya Hospitals. We have been fortunate to earn the trust of many notable personalities in the local community, including Diana Hayden, Jonty Rhodes, Karan Johar, Kajol Devgan, Hrithik Roshan, Vikrant Massey, Yami Gautam, and many others.

At Surya Hospitals, we are dedicated to excellence in women's and children's healthcare, driven by visionary leadership. As a leader in neonatology, pediatrics, and the rapidly growing fields of obstetrics and gynaecology, we continue to set new standards, providing world-class, compassionate care to every patient.





Saifee Hospital

Caring For Your Health

At Saifee Hospital, our mission is to achieve excellence in healthcare by providing world class Preventive, Curative and Holistic care of individuals from very strata of society in a safe, ethical and affordable manner

Saifee Hospital is a 250 plus bedded multi-specialty tertiary care hospital with state-of-the-art technology studded with a reservoir of highly experienced clinicians. . Our facility excels at performing advanced surgeries like HIPEC and PIPAC along with robotic surgeries, cochlear implants, KTR (Kidney / Renal

transplant), Liver transplant, high end reconstructive surgeries, and retinal and corneal work, complex pediatric robotic surgeries and many other complex medical procedures.

We foster a patient-centric approach that values empathy, compassion, and respect. Enhance patient experience by hand holding them through their entire

journey of getting well.

We are driven by the belief that every patient deserves personalized care, access to cutting-edge medical technologies and the best medical professionals. We have specially crafted health check-up packages for various age groups.

The Hospital offers a wide range

of comprehensive medical services across various specialties. By providing a one-stop destination for healthcare needs, the hospital positions itself as a convenient and trusted choice for patients seeking integrated and holistic care not only from within India but more than 30+ countries.

Saifee Hospital implements rigorous quality improvement initiatives to enhance patient safety, minimize medical errors, and improve clinical outcomes. Utilize evidence-based guidelines and protocols to ensure consistent, high-quality care across all departments.

Saifee Hospital boasts of performing more than 1200 complex robotic surgeries including those for pancreatic cancers (Whipples), Liver, Thymus and trans-oral robotic surgeries using a Da Vinci Surgical



Robotic Machine

Robot which has several advantages over the conventional procedures.

Saifee Hospital is a certified teaching

hospital at post-graduation level by Diplomate National Board, Government of India. We have given 450+ post graduate qualified doctors to the nation.

Over a period of time Saifee Hospital has bagged several prestigious awards in varied fields of healthcare ranging from Best Infection Prevention & Control Practice, Iconic Hospital of the year for Quality and Patient Safety, Best Healthcare Delivery and many more.

We are proud to have obtained accreditations and quality recognitions that validate our commitment to excellence and patient safety. We will continue to invest in our infrastructure, recruit and develop top talent, and leverage technology to deliver even better patient experiences and clinical outcomes.



Rank	BEST MULTISPECIALITY HOSPITALS: JAIPUR
1	AMRC HOSPITAL, MANSAROVAR
2	NARAYANA MULTISPECIALITY HOSPITAL
3	FORTIS ESCORTS HOSPITAL
4	APEX HOSPITAL
5	APOLLO SPECTRA HOSPITALS
6	MANIPAL HOSPITALS
7	MAHATMA GANDHI MEDICAL COLLEGE AND HOSPITAL
8	SAWAI MAN SINGH HOSPITAL
9	ETERNAL HOSPITAL
10	RUKMANI BIRLA HOSPITAL
11	METRO MAS HOSPITAL
12	SANTOKBA DURLABHJI MEMORIAL HOSPITAL

Rank	BEST NEUROLOGY HOSPITALS: JAIPUR
1	NARAYANA MULTISPECIALITY HOSPITAL
2	SANTOKBA DURLABHJI MEMORIAL HOSPITAL
3	FORTIS ESCORTS HOSPITAL
4	MANIPAL HOSPITALS
5	SAWAI MAN SINGH HOSPITAL
6	APEX HOSPITAL
7	METRO MAS HOSPITAL
8	RUKMANI BIRLA HOSPITAL
9	ETERNAL HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: JAIPUR
1	FORTIS ESCORTS HOSPITAL
2	NARAYANA MULTISPECIALITY HOSPITAL
3	APEX HOSPITAL
4	MANIPAL HOSPITALS
5	SANTOKBA DURLABHJI MEMORIAL HOSPITAL
6	ETERNAL HOSPITAL
7	RUKMANI BIRLA HOSPITAL
8	MAHATMA GANDHI MEDICAL COLLEGE AND HOSPITAL



Dr Rajesh Rajan
Chairman -Indian Association of
Clinical Cardiologists

“The undeniable link between excess weight and cardiovascular diseases highlights the urgency of addressing the global obesity crisis. Excess weight increases the risk of conditions such as heart disease, stroke, and high blood pressure. Understanding this connection is vital for promoting a healthier lifestyle and reducing the burden of cardiovascular diseases.”



Rank	BEST ONCOLOGY HOSPITALS: JAIPUR
1	BHAGWAN MAHAVEER CANCER HOSPITAL & RESEARCH CENTRE
2	AMRC HOSPITAL, MANSAROVAR
3	NARAYANA MULTISPECIALITY HOSPITAL
4	APEX HOSPITAL
5	HCG CANCER CENTRE
6	FORTIS ESCORTS HOSPITAL
7	MANIPAL HOSPITALS
8	RUKMANI BIRLA HOSPITAL
9	MAHATMA GANDHI MEDICAL COLLEGE AND HOSPITAL

Rank	BEST GASTROENTEROLOGY HOSPITALS: JAIPUR
1	AMRC HOSPITAL, MANSAROVAR
2	FORTIS ESCORTS HOSPITAL
3	SANTOKBA DURLABHJI MEMORIAL HOSPITAL
4	NARAYANA MULTISPECIALITY HOSPITAL
5	MAHATMA GANDHI MEDICAL COLLEGE AND HOSPITAL
6	APEX HOSPITAL
7	RUKMANI BIRLA HOSPITAL
8	MANIPAL HOSPITALS
9	METRO MAS HOSPITAL
10	ETERNAL HOSPITAL

Rank	BEST GYNECOLOGY & OBSTETRICS HOSPITALS: JAIPUR
1	SURYA HOSPITALS
2	APEX HOSPITAL
3	MANIPAL HOSPITALS
4	NARAYANA MULTISPECIALITY HOSPITAL
5	TAGORE HOSPITAL & RESEARCH INSTITUTE
6	RUKMANI BIRLA HOSPITAL
7	SAKET HOSPITAL
8	FORTIS ESCORT

Rank	BEST CARDIOLOGY HOSPITALS: JAIPUR
1	AMRC HOSPITAL, MANSAROVAR
2	FORTIS ESCORTS HOSPITAL
3	NARAYANA MULTISPECIALITY HOSPITAL
4	MANIPAL HOSPITALS
5	MAHATMA GANDHI MEDICAL COLLEGE AND HOSPITAL
6	METRO MAS HOSPITAL
7	APEX HOSPITAL
8	ETERNAL HOSPITAL
9	RUKMANI BIRLA HOSPITAL

Rank	BEST ORTHOPAEDIC HOSPITALS: JAIPUR
1	AMRC HOSPITAL, MANSAROVAR
2	NARAYANA MULTISPECIALITY HOSPITAL
3	APOLLO SPECTRA HOSPITALS
4	APEX HOSPITAL
5	MANIPAL HOSPITALS
6	RUKMANI BIRLA HOSPITAL
7	FORTIS ESCORTS HOSPITAL
8	SHALBY MULTI-SPECIALITY HOSPITAL
9	METRO MAS HOSPITAL
10	SAWAI MAN SINGH HOSPITAL
11	ETERNAL HOSPITAL

Rank	BEST PEDIATRIC HOSPITALS: JAIPUR
1	SURYA HOSPITALS
2	CRADLE CHILDREN HOSPITAL
3	CHIRAYU HOSPITAL
4	NARAYANA MULTISPECIALITY HOSPITAL
5	TAGORE HOSPITAL & RESEARCH INSTITUTE
6	MANIPAL HOSPITALS
7	ETERNAL HOSPITAL

Rank	BEST MULTISPECIALITY HOSPITALS: INDORE
1	BOMBAY HOSPITAL
2	CHOITHRAM HOSPITAL AND RESEARCH CENTER
3	APOLLO HOSPITALS
4	CARE HOSPITAL
5	MEDANTA SUPERSPECIALTY HOSPITALS
6	CHL HOSPITAL
7	SHALBY HOSPITALS
8	GOKULDAS HOSPITALS
9	VISHESH HOSPITALS

Redefining Paradigms of Cardiac Care with Exceptional Skills

Dr Dhiren Shah, Director of Marengo CIMS Hospital pioneered the first bloodless heart transplant in Asia

Dr Dhiren Shah has etched a high niche for himself, as one in the forefront of transforming Gujarat into a centre of excellence in cardiac care comparable to the best of international standards. Known as one with magical surgical skills, his expertise in interventions such as full spectrum of cases in heart transplantation from Pediatric to elderly patients, redo Surgeries, idiopathic DCM, Valvular dilated cardiomyopathy, viral myocarditis, etc., are legendary and attracting patients from beyond the boundaries of Gujarat. For one who pioneered Minimally Invasive Cardiac Surgery (MICS) in Western India, Dr Dhiren has many firsts to his credit. He is the first cardiac surgeon to do Trans aortic TAVR in India and was the first heart transplant surgeon in Ahmedabad to complete a successful heart transplant in Gujarat, and also set a record of doing 3 transplants in just 6 days. The outcomes measured in overall one-year survival is 87.65%, with patients having crossed 5 years of survival and enjoying normal life after the transplant surgery.

Dr Dhiren is credited for pioneering India's bloodless heart transplant technique where patients do not need external blood transfusions. Instead, the medical team transfuses the patient's own blood, continuously monitoring and assessing blood loss in real time. This innovative technique has been introduced for the first time in the realm of heart transplants, not just in India, but across Asia. At one point the hospital's cardiac department led by Dr Dhiren was the only centre for heart transplants in Gujarat for almost 5 years. His special areas of

interests are heart failure surgery, stem cell implementation, LVADs, valve repair surgeries and new technologies coming into cardiac care.

At a time when the organ/cadaver donation was not heard of in Gujarat, Dr Dhiren Shah took the initiative of starting the program of heart transplantation by creating the 'green corridor', by establishing systems to accommodate seamless transitions, be it transporting the organ to a destination outside Gujarat or traveling to another city urgently to conduct a heart transplant in Gujarat. For this airports were opened and flights were operated during unholy hours in the night. The routes were cleared either ways to complete the transplantation within the critical/golden hours. This brought a new dimension to cardiac care in the state. Dr Dhiren was also part of the workforce committee of the Government of Gujarat in establishing SOTTO and Transplant Programs in Gujarat. As Founder, Director of this First GREEN Hospital of India, he initiated an unique blend of medicine and conservation of Mother Nature- earth and led CIMS hospital to rank among the best hospital in India in medical care and treatment.

Dr Dhiren Shah, Offering a second chance at life to patients requiring heart and lung transplant



Dr Dhiren Shah
Director CVTS Department and
Chair of Heart Transplant Unit
Marengo CIMS Hospital

Having global exposure in his profession and a keen eye to discern and adapt the latest developments related to heart care, the idea of air ambulance caught Dr Dhiren's attention. It led him to play an instrumental role in designing and establishing Air Ambulance 108, which is one of the top success stories of the Gujarat Government. He continues to explore innovative means to strengthen the healthcare system of the state.

Acknowledged for his proactive role in his speciality and improving the healthcare services in Gujarat, Dr Dhiren, is presently the Executive and Founding member of the Indian Society of Heart and Lung Transplantation (INSHLT). He is also Member of the workforce committee of ICMR and Health Ministry of India for creating guidelines for Cardiac surgery and for Ayushman Bharat scheme, as well.

Guided by the philosophy 'Patient First', Dr Dhiren, epitomises the motto 'Humane by Practice' with his self-less dedication to help the needy by treating every patient with compassion. His endearing persona and skills as a cardiac surgeon reassures even the most critical patient with hope. His heart and vision is set on conquering new frontiers in cardiac care.



Dr Gopichand Mannam
Managing Director of Star Group of Hospitals

Getting to Know the ‘Surgeon with Golden Hands’ Introducing Dr Gopichand Mannam and Star Group of Hospitals, Hyderabad

In the heart of Hyderabad’s vibrant healthcare landscape, the Star Group of Hospitals stands as a beacon of medical excellence. At the helm of this prestigious institution is Dr Gopichand

Mannam, a celebrated cardiac surgeon affectionately known as the ‘Surgeon with Golden Hands.’ As the Managing Director of Star Group of Hospitals, Dr Gopichand Mannam embodies a

blend of groundbreaking innovation, dedication, and an unwavering commitment to saving lives.

A Journey of Excellence

Dr Gopichand Mannam’s illustrious career in healthcare spans over 45 years. His journey began with rigorous training in the United Kingdom, where he mastered general surgery and later specialized in cardiac surgery under the mentorship of eminent experts. Returning to India in 1994, he embarked on a mission to revolutionize healthcare delivery. This vision culminated in the founding of Star Hospitals in Hyderabad in November 2006, with the aim of creating a center of excellence that combines cutting-edge medical care with compassion and collaboration.

Star Hospitals: Pioneering Excellence in Heart Care for 15 Years

For the past fifteen years, Star Hospitals has been at the forefront of cardiac care in India, setting benchmarks in high-risk heart surgeries through a commitment to excellence, innovation, and patient-centric care. This institution has provided hope and healing to countless patients, ranging from newborns to the elderly, and has performed over 1,500 cardiac surgeries annually.

A Legacy of Remarkable Achievements

Star Hospitals has addressed congenital heart disease cases with unmatched precision, completing 400 such surgeries each year, totaling 7,000 to date. The hospital’s expertise in coronary artery bypass grafting (CABG) and valve surgeries is evident, with 14,000 CABGs performed, averaging 100 per month. Additionally, the hospital excels in minimally invasive cardiac surgery (MICS), having conducted 1,100 MICS procedures to date.

One of the standout achievements is the performance of complex procedures like Bentall surgeries using minimally invasive techniques. The surgical team has conducted 50 minimally invasive Bentall surgeries with a survival rate exceeding 98%, ensuring minimal post-surgery complications and faster recovery times.

Comprehensive Care for All Ages

Star Hospitals’ surgical prowess spans all age groups, from newborns weighing as little as 1.5 kilograms to elderly patients up to 90 years old. Their ability to manage a wide range of cases, including those involving overweight patients up to 150 kilograms, underscores their versatile expertise. Advanced procedures ensure shorter hospital stays, averaging 4.2 days for cardiology patients, reducing both financial burden and the need for extensive post-surgery medications.

A Beacon of Learning and Innovation

Every year, 10 to 15 Indian surgeons visit Star Hospitals to learn from their advanced surgical techniques. This exchange of knowledge elevates the standard of cardiac care across the country and reinforces Star Hospitals’ position as a center of excellence and innovation.

Patient-Centric Approach and Proactive Care

At the core of Star Hospitals’ success is a deep commitment to patient well-being. The medical team employs continuous monitoring and proactive measures to

detect and address complications early, ensuring faster recovery and better outcomes for patients. This patient-centric approach reflects the hospital’s dedication to delivering compassionate, high-quality care.



Dr Gopichand Mannam was awarded the Padma Shri in 2016, India’s fourth-highest civilian honor

Our Achievements:

A Testament to Your Faith

Our achievements are a testament to the faith you have placed in us. Star Hospitals has positively impacted the lives of over 30 lakh patients, with more than 90,000 surgeries successfully performed. We are proud to be a part of your extended team, offering tertiary and quaternary care that enhances the treatment and recovery of your patients.

Our dedicated Star family now comprises 600+ patient care beds and 150 clinicians, all committed not only to treatment but also to improving the post-treatment quality of life for our patients. We are honored to be recognized as a global destination for quaternary care, specializing in Cardiology & CTVS, Neurosurgery & Minimally Invasive Surgeries/Endoscopic Spine Surgeries, Orthopedics & Joint Replacements (Robotics), Nephrology & Renal Transplantation, Gastroenterology, Liver HPB & Transplantation, 24/7 Emergency Services, Cancer Care & Bone Marrow Transplantation, Diabetology & Endocrinology, Plastic & Reconstructive Surgery, Pulmonology & Critical Care, and ENT services, supported by state-of-the-art infrastructure & technology.

Dr Gopichand Mannam:

A Visionary Leader

Dr Gopichand Mannam’s commitment to excellence extends beyond the operating room. His disciplined lifestyle, beginning with a dawn fitness regimen, embodies the adage “health is wealth.” Inspired by luminaries like Dr APJ Abdul Kalam, Dr Gopichand Mannam remains dedicated to making a difference through initiatives like the Hrudaya Foundation, impacting the lives of one patient at a time.

In recognition of his contributions to medical science, Dr Gopichand Mannam was awarded the Padma Shri in 2016, India’s fourth-highest civilian honor. He also received an Award of Appreciation from the then Chief Minister Mr. Chandrababu Naidu in 2001-02.

Dr Gopichand Mannam and Star Group of Hospitals continue to illuminate the path of medical excellence, driven by a mission to deliver exceptional healthcare with a heart.



Dr Gopichand Mannam, Managing Director of Star Group of Hospitals

Rank	BEST MULTISPECIALITY HOSPITALS: SOUTH	CITY
1	ASTER MEDCITY	KOCHI
2	APOLLO HOSPITALS	CHENNAI
2	ASTER CMI	BENGALURU
4	MGM HEALTHCARE PVT. LTD.	CHENNAI
4	KAUVERY HOSPITAL	CHENNAI
4	SIMS HOSPITAL	CHENNAI
6	RELA HOSPITAL	CHENNAI
7	CHRISTIAN MEDICAL COLLEGE	VELLORE
8	ASTER MIMS HOSPITAL	CALICUT
9	STAR HOSPITALS	HYDERABAD
10	DR. MEHTA'S HOSPITAL	CHENNAI
11	APOLLO SPECTRA HOSPITALS	HYDERABAD
12	NARAYANA HEALTHCITY	BENGALURU
13	SAGAR HOSPITALS	BENGALURU
14	KIMS HEALTH	TRIVANDRUM
15	APOLLO HEALTH CITY	HYDERABAD
16	CARE HOSPITALS	HYDERABAD
17	MANIPAL HOSPITAL, HAL AIRPORT ROAD	BENGALURU

Rank	BEST MULTISPECIALITY HOSPITALS: CHENNAI
1	APOLLO HOSPITALS
1	MGM HEALTHCARE PVT. LTD.
3	KAUVERY HOSPITAL
3	SIMS HOSPITAL
5	RELA HOSPITAL
6	DR. MEHTA'S HOSPITAL
7	MIOT INTERNATIONAL HOSPITALS
8	THE MADRAS MEDICAL MISSION HOSPITAL
9	APOLLO SPECTRA HOSPITALS
10	VIJAYA HOSPITAL
11	BILLROTH HOSPITALS
12	STANLEY MEDICAL COLLEGE AND HOSPITAL
13	GLENEAGLES GLOBAL HEALTH CITY
14	MGM HEALTHCARE MALAR ADYAR HOSPITAL

Rank	BEST ORGAN TRANSPLANT HOSPITALS: CHENNAI
1	MGM HEALTHCARE PVT. LTD.
2	KAUVERY HOSPITAL
2	THE MADRAS MEDICAL MISSION HOSPITAL
4	MIOT INTERNATIONAL HOSPITALS
5	APOLLO HOSPITALS
6	DR. MEHTA'S HOSPITAL
7	SIMS HOSPITAL
8	SRI RAMACHANDRA HOSPITAL
9	VIJAYA HOSPITAL

Rank	BEST HOSPITAL CHENNAI: LIVER TRANSPLANT
1	RELA HOSPITAL
2	MGM HEALTHCARE PVT. LTD.
3	KAUVERY HOSPITAL
4	APOLLO HOSPITALS
5	MIOT INTERNATIONAL HOSPITALS
6	SIMS HOSPITAL
7	MGM HEALTHCARE MALAR ADYAR HOSPITAL
8	GLENEAGLES GLOBAL HEALTH CITY

Rank	BEST ONCOLOGY HOSPITALS: CHENNAI
1	APOLLO CANCER CENTRE
1	MGM HEALTHCARE PVT. LTD.
3	RELA HOSPITAL
3	KAUVERY HOSPITAL
5	DR. MEHTA'S HOSPITAL
6	MIOT INTERNATIONAL HOSPITALS
7	SIMS HOSPITAL
8	MGM HEALTHCARE MALAR ADYAR HOSPITAL
9	GLENEAGLES GLOBAL HEALTH CITY
10	BILLROTH HOSPITALS
11	SRI RAMACHANDRA HOSPITAL

Rank	BEST PULMONOLOGY HOSPITALS: CHENNAI
1	APOLLO HOSPITALS
1	MGM HEALTHCARE PVT. LTD.
3	MIOT INTERNATIONAL HOSPITALS
4	KAUVERY HOSPITAL
5	DR. MEHTA'S HOSPITAL
6	RELA HOSPITAL
7	SIMS HOSPITAL
8	BILLROTH HOSPITALS
9	GLENEAGLES GLOBAL HEALTH CITY
10	SRI RAMACHANDRA HOSPITAL

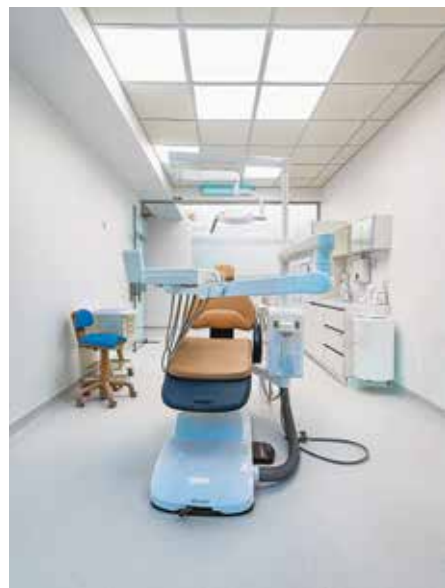
Rank	BEST UROLOGY HOSPITALS: CHENNAI
1	THE MADRAS MEDICAL MISSION HOSPITAL
2	APOLLO SPECTRA HOSPITALS
3	APOLLO HOSPITAL
4	MIOT INTERNATIONAL HOSPITALS
5	DR. MEHTA'S HOSPITAL
6	SIMS HOSPITAL
7	RELA HOSPITAL
8	MGM HEALTHCARE PVT. LTD.
9	KAUVERY HOSPITAL
10	GLENEAGLES GLOBAL HEALTH CITY
11	BILLROTH HOSPITALS

Rank	BEST NEPHROLOGY HOSPITALS: CHENNAI
1	MIOT INTERNATIONAL HOSPITALS
2	APOLLO HOSPITALS
3	DR. MEHTA'S HOSPITAL
4	MGM HEALTHCARE PVT. LTD.
5	FORTIS HOSPITAL
6	SRI RAMACHANDRA HOSPITAL
7	BILLROTH HOSPITALS
8	PRASHANTH HOSPITALS
9	VIJAYA HOSPITAL

Rank	BEST PAEDIATRICS HOSPITALS: CHENNAI
1	KANCHI KAMAKOTI CHILDS TRUST HOSPITAL
2	APOLLO CHILDREN'S HOSPITALS
3	DR. MEHTA'S HOSPITAL
4	RAINBOW CHILDREN'S HOSPITAL
5	VIJAYA HOSPITAL
6	MOTHERHOOD HOSPITAL
7	SUNDARAM MEDICAL
8	CLOUDNINE HOSPITALS

Rank	BEST NEUROLOGY HOSPITALS: CHENNAI
1	SIMS HOSPITAL
2	MGM HEALTHCARE PVT. LTD.
3	RELA HOSPITAL
4	APOLLO HOSPITAL
5	KAUVERY HOSPITAL
6	DR. MEHTA'S HOSPITAL
7	VIJAYA HOSPITAL
8	GLENEAGLES GLOBAL HEALTH CITY
9	BILLROTH HOSPITALS
10	SRI RAMACHANDRA HOSPITAL
11	THE MADRAS MEDICAL MISSION HOSPITAL

Rank	BEST HOSPITAL CHENNAI: ENDOCRINOLOGY & DIABETES
1	KAUVERY HOSPITALS
2	DR. MOHAN'S DIABETES SPECIALITY CENTRE
3	APOLLO HOSPITALS
4	DR. MEHTA'S HOSPITAL
5	MIOT INTERNATIONAL HOSPITALS
6	SIMS HOSPITAL
7	VIJAYA HOSPITAL
8	BILLROTH HOSPITALS
9	APOLLO SPECIALITY HOSPITALS - OMR
10	THE MADRAS MEDICAL MISSION HOSPITAL



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- » Nephrology & Urology
- » Transplant (Kidney, Liver & Bone Marrow)
- » Neurology & Neurosurgery
- » Gastroenterology
- » General & Bariatric Surgery
- » Pulmonology, Sleep Medicine & Critical Care

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SIMS Hospitals: Fortifying Healthcare within the SRM Group

In a world where several facets of society are screaming for change and hands are never enough, some leaders refuse to stick to one path and continue to create an impact on more areas than one. Dr Ravi Pachamuthu is one of them. He breaks the mold of conventional visionaries

Outlook in conversation with Dr Ravi Pachamuthu, Chairman - SIMS Hospitals and SRM Group



Q Brand SRM is among India's biggest business conglomerates with interests in various sectors, including medical education and healthcare. What led you to venture into healthcare?

We are traditionally a multi-faceted educational group, a passion that goes back to 60 years. Today, we have multi-campus in the north and south of India with a staggering student strength of over 60,000, who are imparted world-class education. Having established our credibility as educationist, it was in the order of things to venture into another social concern i.e., quality and affordable healthcare. This idea emerged from our experience in running medical colleges under SRM institutions. We started healthcare services based on the core concept of an institution that functions in corporate style where the focus is on offering quality medical care effectively, efficiently by a team of highly qualified, world renowned iconic doctors serving as faculty as well as managing the 'institutional corporate' hospitals. Similar to our education vertical, our core philosophy is adopting a right mix of professionalism excellence and philanthropy. For example, our medical colleges were converted into Covid

centres when the pandemic erupted. Some 450 patients were treated on a daily basis at nominal cost underlining our social commitment.

Q Which are the most important aspects that need attention to significantly improve the nation's healthcare index?

Tamil Nadu is known to have a high number of medical colleges and hospitals with world-class infrastructure and the best-of-best medical armamentarium that function under the watchful eyes of highly qualified and experienced doctors across disciplines. Today, we have matured to explore international markets, attracting a huge influx of foreign patients. At SIMS medical colleges and institutions, the students get hands-on training under the best faculty to do complex surgeries in heart, kidney, GI and liver etc. We are strategic, responsive and mission-driven, that keeps us grounded and focused on the task.

Q What are the gaps in healthcare and the strategies that you have adopted, including, expansion plan?

There is marked improvement in healthcare in the state of Tamil Nadu

following several healthcare schemes launched by the state and central governments. These schemes have covered a substantial population which has significantly closed the gap in healthcare. I see the insurance sector playing a dramatic role in making healthcare affordable and accessible to the general masses belonging to the upper and middle crust of society, who are not covered by corporate, private or government jobs. The Ayushman scheme has addresses the insurance cover for the economically weaker section (EWS). So the progressive role of insurance is irrefutable. Today, there is a perceptible shift where hospitals are dedicated to a particular speciality such as heart hospital, GI and Liver, Kidney, the argument for which is that it facilitates deeper study, understanding and treatment of the ailment. I personally believe that every medical treatment must be available under one roof to handle any emergencies where many organs too maybe affected. SIMS Hospitals, being a multi-super speciality, facilitating various super specialities under one roof, delivers just that. We plan to add more hospitals under the SIMS Hospitals banners in Chennai and

in Sonipet. We are mulling on opening a medical centre abroad as well.

Q How is technology being leveraged at SIMS Hospitals?

With technology advancements, taking place at a rapid pace the challenge is to consistently stay on par with it. We recognize that technological innovation is essential not only in clinical settings but also in non-clinical areas to ensure holistic and seamless patient care. In clinical domains, we have integrated cutting-edge technologies such as robotic surgery systems, advanced imaging modalities, and precision medicine approaches to enhance diagnosis and treatment outcomes. Moreover, in non-clinical areas, we leverage technology to streamline administrative processes, optimize resource utilization, and enhance the overall patient experience. From electronic health records (EHR) systems to telemedicine platforms, we are committed to harnessing technology across all facets of healthcare delivery. Our investment in advanced technologies enables us to provide precise diagnoses, personalized treatment plans, and efficient care delivery, ultimately leading to better outcomes and faster recovery times for patients. While the initial investment in technology may contribute to higher costs, the long-term benefits in terms of improved patient outcomes, reduced hospital stays, and minimized complications far outweigh the initial expenditure. We are committed to ensuring that every patient who walks through our doors receives exceptional value and experiences positive health outcomes.

Q What is the leadership philosophy and culture at SRM Group and SIMS that enable sustained growth and profitability?

Our objective is to be known as an ethical business Group where whatever we do is genuine. Every activity revolves around patient satisfaction because they come in pain and anguish, but when they go back home they should carry memories of happy experience of quality



SIMS Hospital

treatment, attention and care. Feedbacks are taken seriously and any course correction is attended to promptly. The utmost dedication and whole-hearted commitment of our doctors, nurses and care givers is praiseworthy. I would say that the success of the hospital is the result of this collective passion and skill to serve humankind.

Q You are shouldering a legacy established by your celebrated father. What have you learned from his life?

My father, T. R. Pachamuthu's life was value based which saw his rise from the grassroots to the pinnacle of success. He led by example and we have been in awe of his lived experience, which has been a learning and example for us to emulate. That one on has to be committed to the business and committed to the people whose lives it touches. Once you are committed, sincerity comes, which ensures growth and success is bound to follow on its own. Business and people share a symbiotic relationship. This was the message of my father to his family, friends and associates.

Q Gathering from your extensive experiences, what are the three tips you would give to the next generation healthcare founders, leaders and entrepreneurs?

Apart from commitment and dedication, one has to understand the business thoroughly e.g., some business are mostly powered by funds, others by manpower and some need both. This logistics of the business one should understand very well. The other advice is that whatever business you do should benefit the society. Money must not be the only main motive in launching an enterprise. A valuable tip is also to start small and then build the business.

Q What are your hobbies and ways to unwind after a hard day's work?

I see myself as a humble servant in this business. My top executives leading the various SRM business interest are doing their job with responsibility and are capable of handling their respective domains. Only when any crucial issue arise do they approach me, which I solve for them. I live, breathe business, and consider it my hobby. SRM Group functions like a close-knit family and we share a good camaraderie that is relaxing in itself. Another advantage is that I travel extensively because I have different business verticals to tend to which entails meeting different people, work on different concepts etc., that keeps me enthused. Monotony is an alien word for me.

Rank	BEST HOSPITALS CHENNAI: GASTROENTEROLOGY
1	RELA HOSPITAL
2	MGM HEALTHCARE PVT. LTD.
3	APOLLO HOSPITALS
4	KAUVERY HOSPITAL
5	SIMS HOSPITALS
6	DR. MEHTA'S HOSPITAL
7	MIOT INTERNATIONAL HOSPITALS
8	THE MADRAS MEDICAL MISSION HOSPITAL
9	VIJAYA HOSPITAL
10	BILLROTH HOSPITALS
11	STANLEY MEDICAL COLLEGE AND HOSPITAL

Rank	BEST CARDIOLOGY HOSPITALS: CHENNAI
1	MGM HEALTHCARE PVT. LTD.
2	KAUVERY HOSPITAL
3	SIMS HOSPITAL
4	RELA HOSPITAL
4	THE MADRAS MEDICAL MISSION HOSPITAL
6	APOLLO HOSPITAL
7	DR. MEHTA'S HOSPITAL
8	MIOT INTERNATIONAL
9	VIJAYA HOSPITAL
10	BILLROTH HOSPITALS
11	HINDU MISSION HOSPITAL

Rank	BEST ORTHOPAEDIC HOSPITALS: CHENNAI
1	MIOT INTERNATIONAL HOSPITALS
2	SIMS HOSPITAL
3	MGM HEALTHCARE PVT. LTD.
4	RELA HOSPITAL
5	DR. MEHTA'S HOSPITAL
6	KAUVERY HOSPITAL
7	APOLLO SPECTRA HOSPITALS
8	DR. KAMAKSHI MEMORIAL HOSPITAL
9	APOLLO HOSPITALS
10	THE MADRAS MEDICAL MISSION HOSPITAL
11	VIJAYA HOSPITAL

Rank	BEST MULTISPECIALITY HOSPITALS: BENGALURU
1	ASTER CMI HOSPITAL
2	NARAYANA HEALTHCITY
3	SAGAR HOSPITALS, BANSHANKARI
4	MANIPAL HOSPITALS, YESHWANTHPUR
5	APOLLO HOSPITALS, BANNERGHATTA ROAD
6	APOLLO SPECTRA HOSPITALS
7	ASTER R V HOSPITALS
8	ST. JOHN'S MEDICAL COLLEGE HOSPITAL
9	FORTIS HOSPITAL, CUNNINGHAM ROAD
10	MANIPAL HOSPITALS, HAL AIRPORT ROAD
11	FORTIS HOSPITAL, BANNERGHATTA ROAD
12	SPARSH HOSPITAL

Rank	BEST CARDIOLOGY HOSPITALS: BENGALURU
1	NARAYANA HEALTHCITY
2	SAGAR HOSPITALS, BANSHANKARI
3	ASTER CMI HOSPITAL
4	SRI JAYADEVA INSTITUTE OF CARDIOVASCULAR SCIENCES & RESEARCH
5	FORTIS HOSPITAL, BANNERGHATTA ROAD
6	APOLLO HOSPITALS, BANNERGHATTA ROAD
7	MANIPAL HOSPITALS, HAL AIRPORT ROAD
8	SPARSH HOSPITAL
9	SAKRA WORLD HOSPITAL
10	VYDEHI SUPER SPECIALITY HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: BENGALURU
1	NU HOSPITALS
2	ASTER CMI HOSPITAL
3	SAGAR HOSPITALS, BANSHANKARI
4	NARAYANA HEALTHCITY
5	FORTIS HOSPITAL, BANNERGHATTA ROAD
6	APOLLO HOSPITALS, BANNERGHATTA ROAD
7	MANIPAL HOSPITALS, HAL AIRPORT ROAD
8	SPARSH HOSPITAL
9	SAKRA WORLD HOSPITAL
10	VYDEHI SUPER SPECIALITY HOSPITAL

Rank	BEST ONCOLOGY HOSPITALS: BENGALURU
1	NARAYANA HEALTHCITY
2	ASTER CMI HOSPITAL
3	SRI SHANKARA CANCER HOSPITAL & RESEARCH CENTRE
4	APOLLO HOSPITALS, BANNERGHATTA ROAD
5	FORTIS HOSPITAL, BANNERGHATTA ROAD
6	HCG CANCER CENTRE, KALINGA RAO ROAD
7	MANIPAL HOSPITALS, HAL AIRPORT ROAD
8	COLUMBIA ASIA HOSPITAL
9	SAKRA WORLD HOSPITAL
10	VYDEHI SUPER SPECIALITY HOSPITAL
11	SPARSH HOSPITAL
12	BGS GLENEAGLES GLOBAL HOSPITALS

Rank	BEST ORTHOPAEDIC HOSPITALS: BENGALURU
1	ASTER CMI HOSPITAL
2	HOSMAT HOSPITALS
3	APOLLO SPECTRA HOSPITALS
4	FORTIS HOSPITAL, CUNNINGHAM ROAD
5	VYDEHI SUPER SPECIALITY HOSPITAL
6	MANIPAL HOSPITALS, HAL AIRPORT ROAD
7	APOLLO HOSPITALS, BANNERGHATTA ROAD
8	SAGAR HOSPITALS
9	SAKRA WORLD HOSPITAL
10	VIKRAM HOSPITAL
11	SPARSH HOSPITAL

Rank	BEST GASTROENTEROLOGY HOSPITALS: BENGALURU
1	ASTER CMI HOSPITAL
2	SAGAR HOSPITALS, BANSHANKARI
3	NARAYANA HEALTHCITY
4	FORTIS HOSPITAL, BANNERGHATTA ROAD
5	APOLLO HOSPITALS, BANNERGHATTA ROAD
6	MANIPAL HOSPITALS, HAL AIRPORT ROAD
7	SPARSH HOSPITAL
8	SAKRA WORLD HOSPITAL
9	VYDEHI SUPER SPECIALITY HOSPITAL

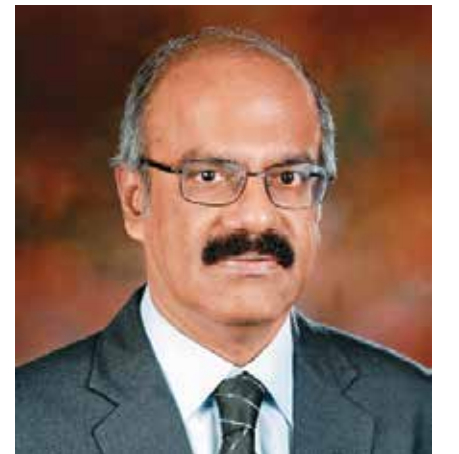


Rank	BEST NEUROLOGY HOSPITALS: BENGALURU
1	SAGAR HOSPITALS, BANSHANKARI
2	NARAYANA HEALTHCITY
3	ASTER CMI HOSPITAL
4	HOSMAT HOSPITALS
5	MAZUMDAR SHAW MEDICAL CENTER
6	SAKRA WORLD HOSPITAL
7	APOLLO HOSPITALS, BANNERGHATTA ROAD
8	COLUMBIA ASIA HOSPITAL
9	MANIPAL HOSPITALS, HAL AIRPORT ROAD
10	SPARSH HOSPITAL
11	VYDEHI SUPER SPECIALITY HOSPITAL

Rank	BEST UROLOGY HOSPITALS: BENGALURU
1	NU HOSPITALS
2	ASTER CMI HOSPITAL
3	NARAYANA HEALTHCITY
4	SAGAR HOSPITALS, BANSHANKARI
5	FORTIS HOSPITAL, BANNERGHATTA ROAD
6	APOLLO HOSPITALS, BANNERGHATTA ROAD
7	MANIPAL HOSPITALS, HAL AIRPORT ROAD
8	SPARSH HOSPITAL
9	SAKRA WORLD HOSPITAL
10	VYDEHI SUPER SPECIALITY HOSPITAL

Bringing Awareness to Gastroenterology in India

Dr Nageshwar Reddy shares with *Outlook* the benefits of advanced technology, affordable healthcare, and tips for staying healthy



Padma Bhushan Dr D Nageshwar Reddy
 Founder, Chairman & Chief of Gastroenterology, Asian Institute of Gastroenterology & AIG Hospitals

Q How did the Asian Institute of Gastroenterology (AIG) come to be recognised as one of the 17 hospitals in the world as a Centre of Excellence for Gastroenterology?

The World Endoscopy Organization recognised AIG as a Centre of Excellence for starting advanced endoscopic surgical procedures on an outpatient basis at a daycare unit without hospitalisation. In terms of advanced therapeutic endoscopy procedures like ERCP, EUS, Third Space, we are the largest referral centre in Asia for Therapeutic Endoscopy. We provide affordable service to the marginalised section of society, which makes up 30% of our patient base. Ours is the largest translational research lab in India, and we work with government bodies like the Department of Biotechnology, CSIR, etc. AIG's 100 peer-reviewed COVID research papers contributed to framing policies. We provide super specialised medical education and training to doctors globally.

Q How does the use of advanced technology in terms of medical equipment and AI-aided procedures assist in better patient care?

GI endoscopy evolved with advancements in imaging technology, enabling us to treat complex diseases without invasive surgeries, reducing cost and the need for hospitalisation. AIG is the first Indian hospital to introduce Rapid AI-based Biopsy - histopathology and cytology findings on tumour samples within 5 minutes. EndoBrain, a technology used in our therapeutic endoscopy practice, recognises

cancerous lesions in real time, helping to treat them without taking out samples and sending them for testing. As a member of the leadership team of Artificial Intelligence Institute for Gastroenterology, a division of the American Society for GI Endoscopy, we promote, educate, and find patient-centric solutions based on AI.

Q While companies claim that the secret to maintaining a healthy gut involves knowing what the microbiome within looks like, what is your opinion about it?

The gut comprises a diverse set of microorganisms that impact overall health. There is an improved understanding of the role of these bacterial phyla, mainly Bacteroidetes and Firmicutes, which constitute 90% of the gut microbiota. There are several factors that impact the gut microbiota, like, type of delivery during childbirth, environmental factors, diet, obesity, age, exposure to antibiotics, and chronic diseases, including affecting brain functions. Gut microbiome testing helps in specific scenarios, like patients with chronic gastrointestinal issues, persistent digestive symptoms, or unexplained health conditions that might be linked to gut health.

Q How can affordable and equitable healthcare for all be achieved in the current scenario?

With increased public healthcare spending on improving facilities and services, leveraging technologies can enhance accessibility. Public-private partnerships provide subsidised care

to lower-income patients. Flexible health insurance coverage can benefit healthcare costs. Addressing the shortage of healthcare professionals by increasing medical education opportunities, incentivising rural service, empowering communities with trained health workers, and promoting health awareness through self-help groups will lead to sustainable improvement. Focus on preventive healthcare, awareness campaigns, and vaccination programmes can reduce the overall disease burden.

Q What are the basic tips that you would like to share for remaining healthy?

We can follow the five blue zones in the world, which have a large population of healthy 80+ and even 100+ residents. These are Ikaria (Greece), Okinawa (Japan), Ogliastra Region (Sardinia, Italy), Loma Linda (California, USA), and Nicoya Peninsula (Costa Rica). Their secrets to a healthy, long life include plant-based diets rich in vegetables, fruits, whole grains, and legumes; natural physical activity incorporated into daily life; strong social connections; a sense of purpose; stress reduction practices like meditation; and having a routine that promotes relaxation and leisure.

M | O | C- Cancer Care Experts with the Heart & Mind in the Right Place!



M | O | C Cancer Care & Research Centre, a concept turned enterprise was born in 2018 to catalyse and transform the way cancer care is delivered in India. In a very short span of time M | O | C has emerged as the largest chain of Cancer Daycare Treatment Centres in India.

It was a much needed response to the obvious hindrances & catastrophies prevailing for cancer patients in India. Cancer is a dreadful disease and, patients and family members are overwhelmingly suppressed in the journey. M | O | C came with an unprecedented promise that a high standard, personalized cancer care will be delivered to patients, in state-of-the-art facilities, under the guidance of highly qualified and experienced cancer experts; and most importantly, near their homes;

at an affordable cost.

M | O | C has lived up to and shall deliver their promise to the humanity for many years to come. It has brought in proximity, accessibility, availability, safety and affordability by introducing an asset light, decentralized cancer daycare model. Some of the highlights of M | O | C Cancer Care & Research Centre as on June 2024 are as follows.

1. 6 Years of active operations.
2. 16 NABH certified cancer treatment daycare centres in Maharashtra and Madhya Pradesh.
3. 26 Medical Oncologists.
4. 3 Outreach Clinics.
5. Expansion to the state of

Gujarat with 10 new centres in FY 2024-25.

6. Over 30,000 Chemotherapies every year.
7. Over 1.40 Lakh satisfied cancer patients.
8. Cancer research and publications focusing on Indian data, in renowned national and international journals (34+ ongoing clinical trials and 10+ publications)
9. Ventured into Bone Marrow Transplant services in 2023.

A dedicated department for Precision and Molecular Oncology & Geriatric Oncology was initiated by M | O | C; first of its kind in the community oncology space to scale itself up to latest treatment advances in the field of

personalized cancer care.

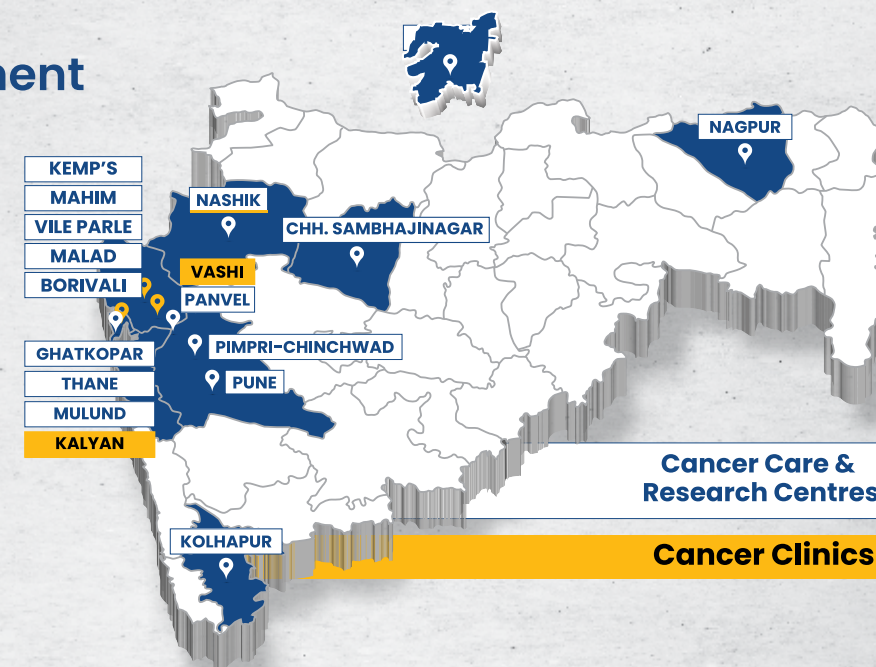
M | O | C is empaneled with many Private Healthcare Insurers like Star, HDFC Ergo, ICICI Lombard etc.; Government Healthcare Insurers like CGHS, GIPSA etc. and Third Party Administrators (TPAs) to offer cashless treatment services to their patients.

The concept and work of M | O | C has been validated and edified by fund infusion from renowned private equity fund named '**Tata Capital Health Care fund (TCHF)**' in January 2023.

M | O | C believes that this is just the beginning and the mission is to ensure that every cancer patient is touched & empowered to fight the battle against cancer efficiently.

Network of Cancer Treatment Facilities as on June 2024

☎ 97697 09229
 ✉ info@mocindia.co.in
 🌐 www.mocindia.co.in





LASER Angioplasty ; Clearing Heart Blockages with Precision

Rank	BEST MULTISPECIALITY HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	APOLLO SPECTRA HOSPITALS
3	AIG HOSPITALS
4	APOLLO HOSPITALS
5	ASTER PRIME HOSPITAL
6	CARE HOSPITALS HITEC CITY
7	YASHODA SUPER SPECIALITY HOSPITAL
8	KIMS HOSPITAL
9	SUNSHINE HOSPITAL
10	CITIZENS HOSPITAL
11	CONTINENTAL HOSPITALS
12	GLENEAGLES HOSPITALS



Dr Sunil Shroff
Managing Trustee,
MOHAN Foundation

“We have close to 110,000 brain-dead patients, and one person can give life to eight people. But we have only 700–800 hospitals that are authorised for transplants and donations. So, not only awareness but also medical facilities are required to fill this gap. The other problem is that there’s nobody in the ICU many times who can actually speak to the family and create awareness about organ donation. So, there’s no support from the system or hospital.”

Rank	BEST ONCOLOGY HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	BASAVATARAKAM INDO AMERICAN CANCER HOSPITAL & RESEARCH INSTITUTE
3	ASTER PRIME HOSPITAL
4	APOLLO HOSPITALS
5	AMERICAN ONCOLOGY INSTITUTE
6	CARE HOSPITALS HITEC CITY
7	GLENEAGLES HOSPITALS
8	KIMS HOSPITAL
9	YASHODA SUPER SPECIALITY HOSPITAL
10	AIG HOSPITALS
11	SUNSHINE HOSPITAL
12	CITIZENS HOSPITAL
13	CONTINENTAL HOSPITALS

Rank	BEST CARDIOLOGY HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	APOLLO HOSPITALS
3	AIG HOSPITALS
4	ASTER PRIME HOSPITAL
5	CARE HOSPITALS HITEC CITY
6	KIMS HOSPITAL
7	YASHODA SUPER SPECIALITY HOSPITAL
8	GLENEAGLES HOSPITALS
9	SUNSHINE HOSPITAL
10	CITIZENS HOSPITAL
11	CONTINENTAL HOSPITALS

Rank	BEST ORTHOPAEDIC HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	APOLLO HOSPITALS
3	CARE HOSPITALS BANJARA HILLS
4	APOLLO SPECTRA HOSPITALS
5	ASTER PRIME HOSPITAL
6	GLENEAGLES HOSPITALS
7	AIG HOSPITALS
8	KIMS HOSPITAL
9	SUNSHINE HOSPITAL
10	YASHODA SUPER SPECIALITY HOSPITAL
11	CITIZENS HOSPITAL
12	CONTINENTAL HOSPITALS

Rank	BEST GASTROENTEROLOGY HOSPITALS: HYDERABAD
1	AIG HOSPITALS
2	APOLLO HOSPITALS
3	CARE HOSPITALS HITEC CITY
4	STAR HOSPITALS
5	APOLLO SPECTRA HOSPITALS
6	PACE HOSPITALS
7	GLENEAGLES HOSPITALS
8	KIMS HOSPITAL
9	YASHODA SUPER SPECIALITY HOSPITAL
10	SUNSHINE HOSPITAL
11	CITIZENS HOSPITAL
12	CONTINENTAL HOSPITALS
13	ASTER PRIME HOSPITAL

Rank	BEST CRITICAL CARE HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	CARE HOSPITALS HITEC CITY
3	APOLLO HOSPITALS
4	KAMINENI HOSPITALS
5	CONTINENTAL HOSPITALS
6	AIG HOSPITALS
7	SLG HOSPITALS
8	KIMS HOSPITAL
9	SUNSHINE HOSPITAL
10	YASHODA SUPER SPECIALITY HOSPITAL
11	CITIZENS HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: HYDERABAD
1	STAR HOSPITALS
2	APOLLO HOSPITALS
3	KAMINENI HOSPITALS
4	YASHODA SUPER SPECIALITY HOSPITAL
5	CARE HOSPITALS BANJARA HILLS
6	AIG HOSPITALS
7	SLG HOSPITALS
8	KIMS HOSPITAL
9	SUNSHINE HOSPITAL
10	CONTINENTAL HOSPITALS
11	CITIZENS HOSPITAL

Rank	BEST NEUROLOGY HOSPITALS: HYDERABAD
1	APOLLO HOSPITALS
2	STAR HOSPITALS
3	KAMINENI HOSPITALS
4	CARE HOSPITALS BANJARA HILLS
5	KIMS HOSPITAL
6	AIG HOSPITALS
7	SLG HOSPITALS
8	YASHODA SUPER SPECIALITY HOSPITAL
9	SUNSHINE HOSPITAL
10	CONTINENTAL HOSPITALS
11	CITIZENS HOSPITAL

Rank	BEST ORGAN TRANSPLANT HOSPITALS: HYDERABAD
1	KIMS HOSPITAL
2	APOLLO HOSPITALS
3	ASTER PRIME HOSPITAL
4	YASHODA SUPER SPECIALITY HOSPITAL
5	CARE HOSPITALS BANJARA HILLS
6	KAMINENI HOSPITALS
7	SLG HOSPITALS
8	CONTINENTAL HOSPITALS
9	SUNSHINE HOSPITAL
10	CITIZENS HOSPITAL



When is LASER Angioplasty recommended?

LASER angioplasty is Recommended for specific conditions. The FDA in the US has approved it for balloon un-crossable and un-dilatable lesions, thrombotic saphenous vein graft lesions (post-CABG surgery), chronic total occlusions (CTO), moderately calcified lesions, ostial lesions, eccentric lesions, long lesions (over 20 mm), and in-stent restenosis (blockages that have recurred inside previously implanted stents). Additionally, LASER angioplasty is useful for highly thrombotic lesions during PCI in acute myocardial infarction (MI) and acute

coronary syndromes, angioplasty of under-expanded stents, modification of the proximal cap of calcified lesions that cannot be crossed with a wire, similar blockages in peripheral arteries and carotids, and the extraction of previously implanted pacemaker leads.

Advantages of LASER Angioplasty

LASER angioplasty offers several benefits compared to conventional methods. The laser can precisely target enhancing the precision of the procedure. As a minimally invasive procedure, LASER angioplasty results in shorter hospital stays and quicker recovery times, providing a significant advantage in terms of patient recovery.

How safe is LASER?

Used appropriately and in experienced hands, laser is very safe. There are many inbuilt safety protocols to promote the safe use of laser in coronaries. A saline infusion protocol is followed to prevent the development of dissections, insoluble gas bubbles, and to provide a clean interface to deliver the energy to the tissue without being obstructed by large molecules in the blood. Uncommon complications include vessel injury, vessel perforation, vessel spasm, embolism and bleeding. LASER angioplasty represents a significant leap forward in the treatment of cardiovascular diseases, providing a less invasive, highly effective option for patients with complex arterial blockages. Aster Medcity at Kochi provides comprehensive cardiovascular care, including LASER Angioplasty, through **Aster Centre of Excellence in Cardiac Sciences**



To know more
Scan QR code

For Details & Appointments

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astermedcity@asterhospital.com

Aster Medcity
We'll Treat You Well



Rank	BEST MULTISPECIALITY HOSPITALS: EAST	CITY
1	NARAYANA - R N TAGORE HOSPITAL	KOLKATA
2	APOLLO MULTISPECIALITY HOSPITALS	KOLKATA
3	THE MISSION HOSPITAL	DURGAPUR
4	FORTIS HOSPITAL ANANDAPUR	KOLKATA
5	AMRI HOSPITALS	KOLKATA
6	CARE HOSPITAL	BHUBANESWAR
7	C. K. BIRLA HOSPITAL (CMRI)	KOLKATA
8	MEDICA SUPERSPECIALTY HOSPITAL	KOLKATA
9	BELLE VUE CLINIC	KOLKATA
10	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTRE	KOLKATA
11	APOLLO HOSPITAL	BILASPUR

Rank	BEST MULTISPECIALITY HOSPITALS: KOLKATA
1	NARAYANA - R N TAGORE HOSPITAL
2	APOLLO MULTISPECIALITY HOSPITALS
3	FORTIS HOSPITAL, ANANDAPUR
4	AMRI HOSPITALS
5	C. K. BIRLA HOSPITALS (CMRI)
6	MEDICA SUPERSPECIALTY HOSPITAL
7	BELLE VUE CLINIC
8	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTER
9	WOODLANDS HOSPITAL
10	DESUN HOSPITAL

Rank	BEST NEUROLOGY HOSPITALS: KOLKATA
1	NARAYANA - R N TAGORE HOSPITAL
2	INSTITUTE OF NEUROSCIENCES
3	FORTIS HOSPITAL, ANANDAPUR
4	MEDICA SUPERSPECIALTY HOSPITAL
5	AMRI HOSPITALS
6	C. K. BIRLA HOSPITALS (CMRI)
7	BELLE VUE CLINIC
8	APOLLO MULTISPECIALITY HOSPITALS
9	DESUN HOSPITAL

Rank	BEST PEDIATRICS HOSPITALS: KOLKATA
1	INSTITUTE OF CHILD HEALTH
2	NARAYANA - R N TAGORE HOSPITAL
3	APOLLO HOSPITAL
4	FORTIS HOSPITAL, ANANDAPUR
5	C. K. BIRLA HOSPITALS (CMRI)
6	MANIPAL HOSPITAL
7	AMRI HOSPITALS
8	WOODLANDS HOSPITAL
9	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTER
10	MEDICA SUPERSPECIALTY HOSPITAL

Rank	BEST NEPHROLOGY HOSPITALS: KOLKATA
1	FORTIS HOSPITAL, ANANDAPUR
2	NARAYANA - R N TAGORE HOSPITAL
3	DESUN HOSPITAL
4	C. K. BIRLA HOSPITALS (CMRI)
5	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTER
6	AMRI HOSPITALS
7	KOTHARI MEDICAL CENTRE
8	WOODLANDS HOSPITAL
9	APOLLO MULTISPECIALITY HOSPITALS
10	MEDICA SUPERSPECIALTY HOSPITAL

Rank	BEST CARDIOLOGY HOSPITALS: KOLKATA
1	NARAYANA - R N TAGORE HOSPITAL
2	FORTIS HOSPITAL, ANANDAPUR
3	C. K. BIRLA HOSPITALS (CMRI)
4	AMRI HOSPITALS
5	APOLLO HOSPITAL
6	MEDICA SUPERSPECIALTY HOSPITAL
7	MANIPAL HOSPITAL
8	WOODLANDS HOSPITAL
9	BELLE VUE CLINIC
10	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTER

Rank	BEST ONCOLOGY HOSPITALS: KOLKATA
1	NARAYANA - R N TAGORE HOSPITAL
2	NCRI HOSPITAL
3	SAROJ GUPTA CANCER CENTRE & RESEARCH INSTITUTE
4	HCG ONCOLOGY HOSPITAL
5	FORTIS HOSPITAL, ANANDAPUR
6	C. K. BIRLA HOSPITALS (CMRI)
7	WOODLANDS HOSPITAL
8	PEERLESS HOSPITAL AND B.K.ROY RESEARCH CENTER
9	AMRI HOSPITALS



Dr Soumya Swaminathan
(former WHO Chief Scientist)

“Air pollution has short-term and long-term impacts on health, many studies have shown. These range from heart attacks, diabetes, and strokes, and in pregnancy it increases the risk of low birth weight, stillbirth, and miscarriage due to long-term exposure”

HOSMAT stands for Hospital for Orthopaedics, Sports Medicine, Arthroscopy/Arthroplasty & Trauma

THE WEEK 10-12-2023
National Survey Best Hospitals
Specialisation - Orthopaedics
2nd in Bengaluru
7th in South India
18th Best Hospital in India



30 years of excellence
In specialised Orthopaedic, Orthopaedic
Sub Specialities, Injuries, Neuro,
Spine & Plastic Surgery

HOSMAT Orthopaedic Hospitals, established in 1993, is one of the first major private trauma and orthopaedic hospitals in India, and the first in Bengaluru. Dr Thomas Chandy, Orthopaedic Surgeon, started the hospital after years of specialised orthopaedic training, and as a consultant. He was running a successful orthopaedic practice, as Chief of Orthopaedics in Tulsa Oklahoma USA. The original HOSMAT Hospital was founded with high American standards, which the organization strives to maintain to this day. **With 3 Orthopaedic hospitals** in Bangalore today, HOSMAT is one the largest, and one of the best equipped, group of Orthopaedic hospitals in India, having 550 beds and 28 operation theatres. In 30 years, HOSMAT has treated over 16 lac-satisfied patients. It is one of the premier Orthopaedic specialities hospitals, with knee/hip/shoulder replacement, Arthroscopy (Key Hole Surgery) - Knee & Shoulder, Ligaments. Spine, Hand, Children Orthopaedics.

3rd Generation latest Cuvris Robotic Knee Replacement

- Our Expertise**
- * Orthopaedics * Accident & Injuries * Complex Fractures * Joint Replacement * Arthroscopy & Ligaments * Neurology & Brain * Spine Surgery * Hand Surgery * Plastic & Reconstructive Surgery * Foot & Ankle Surgery * Avascular necrosis (AVN) * Rheumatology * Laparoscopic & GI Surgery * Bone Cancer * Dental & Maxillofacial * Dental Implant Centre * Ilizarov - Leg Lengthening * Paediatric Orthopaedics * Surgery for Spastics & Children's Orthopaedics, Neurology & Hand Problems * Internal Medicine * Pulmonology * Urology * ENT * Orthotics & Prosthetics (Braces & Artificial Limbs) * Physiotherapy * Varicose Veins - Non Invasive Surgery. (At Kalyan Nagar)

- Our Services**
- * Recuperation/Rehabilitation Centre for Orthopaedic Neuro/Stroke
 - * First hospital in Bangalore to have home care services since 1992
 - * 24/7 Accident & Trauma Care * 24/7 Ambulance * 24/7 Pharmacy
 - 24/7 X-Ray, CT Scan * 24/7 Laboratory Services



HOSMAT Hospitals - Magrath Road
45, Magrath Rd, Bengaluru,
Karnataka 560025
080-25593796 / +91 91084 50310



HOSMAT Hospitals - Kalyan Nagar
No. 1, Hennur Cross, Kalyan Nagar,
Bengaluru, Karnataka 560043
080-45332400 / +91 96637 06440



HOSMAT Hospitals - Sadashivanagar
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080-69575555 / +91 81474 00755



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