DIALOGUE
NEWSLETTER

ADDING CARE WITH CLINICAL EXCELLENCE

JEHANGIR HOSPITAL
We Add Care

VOL.13 / DECEMBER / 2025 | www.jehangirhospital.com | Hands that heal, hearts that care for health that matters

2, 6, 18, 34, 37: ADVERTISEMENTS | 3: WELLNESS DAY | 4: FLAVOUR OF THE SEASON | 5: MYTHS & FACTS | 7-10: NEW LAUNCHES | 11-13: NEW LAUNCHES | 14-17: ASK THE DOCTOR
19-24: INSIGHTS | 25-26: CENTRE OF EXCELLENCE | 27-28: EVENT THAT HAPPENED | 29-33: CONTINUOUS EDUCATION & COMMUNITY REACH PROGRAMMES
35: AWARDS AND RECOGNITION | 36: NOTE FROM THE MEDICAL DIRECTOR | 38: NEW CONSULTANTS | 39: TESTIMONIALS | 40: CROSSWORD & SUDOKU

FROM THE CEO'S DESK



Dear Patron,

As we approach the close of another year, it gives us an opportunity to reflect on our achievements and renew our commitment to advancing healthcare for our community. At Jehangir Hospital, our unwavering ethos of "Patient First" continues to inspire every step we take towards excellence in medical care.

Staying true to this philosophy, I am delighted to announce the launch of our Advanced Orthopaedic Robotic Surgery Programme - a milestone in our ongoing journey to deliver precision, safety and superior outcomes for our patients.

Powered by the state-of-the-art Mako Robotic System, this programme offers a comprehensive range of robotic-assisted orthopaedic procedures including unilateral and bilateral knee and hip replacements, as well as partial knee replacements. The technology enables surgeons to create personalised surgical plans based on each patient's unique skeletal structure, ensuring unmatched accuracy, reduced pain, quicker recovery and lasting results.

This advancement is led by Pune's largest team of Mako-certified robotic surgeons, each with over 15 years of experience in orthopaedics, supported by a dedicated multidisciplinary team of anaesthetists, trained nursing staff and rehabilitation specialists. Together, they uphold the highest standards of safety, precision and patient care.

Building on this success, Jehangir Hospital is now expanding its vision. We will soon be establishing a state-of-the-art Comprehensive Advanced Neurosciences Programme in the region, followed by the integration of our upcoming Soft Tissue Robotic Programme. This initiative reinforces our commitment to staying at the forefront of medical innovation and ensuring that patients in Pune continue to have access to world-class, technologically advanced treatments close to home.

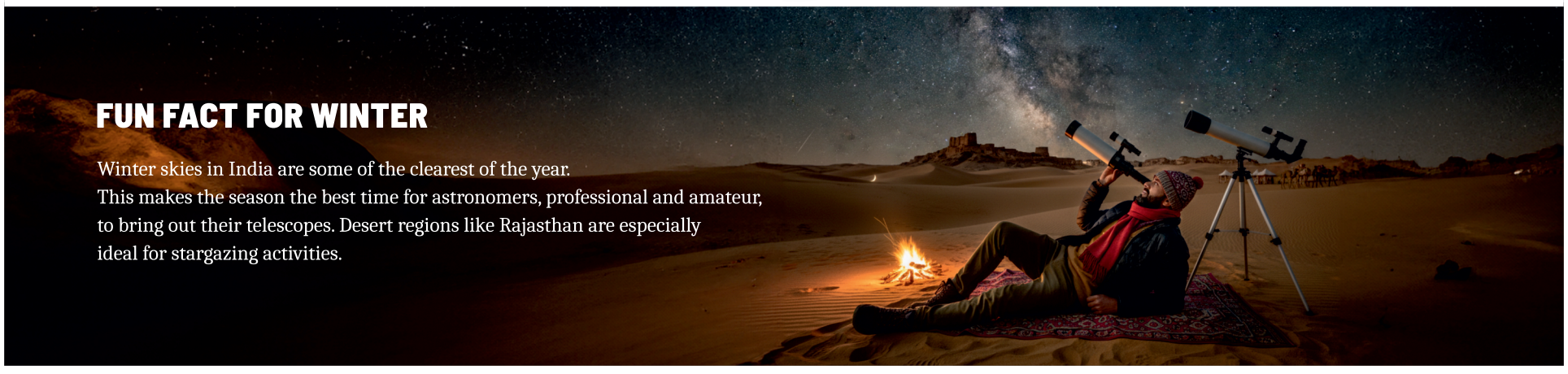
Upgrading to such cutting-edge technologies is not merely about innovation - it is about transforming lives. Robotic surgery enhances precision, minimises recovery time and improves quality of life, reaffirming our promise to provide the very best for our patients.

In line with our holistic approach to health, we are also delighted to announce the expansion of our Jehangir Wellness Centre, with a new facility soon opening at Viman Nagar. This centre embodies our vision of making preventive healthcare and wellness easily accessible, with plans to establish multiple centres across Pune in the near future.

At Jehangir Hospital, we extend our gratitude for your continued trust and support. Together, as we move into a new year, we look forward to shaping a healthier, stronger community – one innovation, one wellness initiative and one patient at a time.

Warm regards,

Vinod Sawantwadkar
CEO - Jehangir Hospital



FUN FACT FOR WINTER

Winter skies in India are some of the clearest of the year. This makes the season the best time for astronomers, professional and amateur, to bring out their telescopes. Desert regions like Rajasthan are especially ideal for stargazing activities.

jehangirhospital.com

JEHANGIR HOSPITAL
We Add Care

JEHANGIR HOSPITAL
WISHES YOU A MERRY CHRISTMAS

Celebrating the season of care with our
'Patient First' promise for a healthier you.

Merry Christmas!

#dontjustgetwellstaywell

WELLNESSDAY TURNS 50 – A MIDWEEK MILESTONE

When we recorded the very first episode of Wellnessday, there wasn't a big plan. Just a mic, a few curious questions, and a vague sense that maybe, just maybe, people might want to listen to something real about true wellness. Not lectures or life hacks, just conversations that made sense to the way we actually live.

Fifty Wednesdays later, it turns out we were onto something.

What started as a small experiment has quietly become part of our week, a midweek pause to talk about what wellness really looks like when you're juggling work, family and the occasional dessert craving. From the start, our goal was simple: to talk about wellness the way people actually experience it, imperfectly, inconsistently, but with good intentions. Most of us aren't aiming for six-packs or enlightenment; we're just trying to feel a little better than we did last week.

Over 50 episodes, Wellnessday has evolved into something we're genuinely proud of, a mix of our doctors, therapists, nutritionists, psychologists and everyday people who've shared insights, mistakes and more than a few laughs. We've covered everything from fasting to fitness, burnout to balance and somehow always circled back to one truth: wellness isn't about perfection, it's about paying attention. If an episode has ever nudged someone to book a check-up, take a walk, or simply get a better night's sleep, that's a win. The conversations on Wellnessday have never been about changing lives overnight; they've been about small, steady reminders that add up over time. And yes, amid all the ideas and laughter, one message has stayed constant: prevention still beats cure. Think of your wellness as your body's annual "service", a little tune-up before the big breakdown. It's not dramatic, just smart. At the Hospital & Wellness Centre, that's always been our quiet message: don't just get well, stay well.

For all of us who work here, Wellnessday has been more than just a podcast to listen to. It's become a rhythm, something that connects our medical expertise with our human side, and a reminder that we are a family, a large one.

So, as we hit 50 episodes, a big thank you to every guest, listener and team member who's kept the conversation going. You've helped turn this small midweek idea into a real community. Here's to the next fifty, new voices, new stories, and the same old promise: to keep wellness practical, honest and always a little funny. Until then, breathe, move, laugh, and yes, get that health check-up you've been meaning to. We'll see you next Wednesday.



P.S. If you've ever thought, "I should be on that show", or know someone who should, consider this your invitation. My door and inbox are always open, preferably with coffee and a laugh.

COWAS JEHANGIR
Host, Wellnessday Podcast
Jehangir Wellness Centre

FLAVOUR OF THE SEASON



EASY TIPS TO STAY FIT AMID THE FESTIVITIES

Festivals are joyous occasions filled with celebration and cheer, but it's equally important to keep our health in check during these times. Whether it's Diwali, Christmas, Eid, Gurpurab, or any other festival, we often tend to overindulge in sweets, snacks and heavy foods. India's festivals are renowned for their culinary delights and the idea of 'eating healthy' during such times might seem unrealistic. However, if you wish to feel energised and truly enjoy the festivities, what you eat and drink makes all the difference. Here are a few easy tips to stay fit this festive season.



Prioritise homemade food: Even during festive cheat days, try to eat home-cooked meals. Enjoying sweets and snacks is fine, but those prepared at home using quality ingredients and healthier oils are a far better option than store-bought treats. Be mindful of what, when, and how much you eat.



Ditch oily food: Food is at the heart of every celebration, but you can make smarter choices. Instead of deep-frying, consider baking or using an air fryer. Both methods reduce oil consumption significantly without compromising taste.



Avoid overeating: Festivals often revolve around food, but portion control is key. To resist overeating, stay well-hydrated. A simple trick is to drink a full glass of water before eating. It helps you feel full and prevents overindulgence. Skip the extras and focus on the main dish rather than piling on side snacks.

Add these foods to your diet:

Balancing your meals during the festive season can be challenging, but adding certain foods can help keep you light and healthy.

Cucumber: Hydrating, low in calories, and great for detoxifying.

Spinach: Packed with iron and protein, ideal for Indian dishes.

Beetroot: High in fibre and low in calories, perfect for colourful salads.

GUILT-FREE DESSERT IDEAS:

Choose milk-based desserts such as shrikhand, sandesh, mishti doi, or kheer that are rich in protein and easy to make healthier at home.

Replace sugar with natural sweeteners like dates, raisins, cinnamon, nutmeg, or honey in moderation.

Pick healthier alternatives like badam katli over kaju katli, besan or peanut ladoo over rava ladoo, carrot or bottle gourd halwa over rava sheera.

Experiment with functional ingredients like oats and date ladoos, walnut ladoos, methi or apple kheer, fruit-based halwas, or homemade protein bars.

Mind portion sizes, especially for rich sweets like jalebi, gulab jamun, or malpua - smaller servings can help control calorie intake.

EXTRA TIPS:

Craving sweets? Try chopped banana with honey, black pepper, and a pinch of salt for a quick fix.

Keep healthy snacks handy - fruit cubes dipped in honey or dark chocolate make for a light nibble.

Never cook on an empty stomach; a small bowl of cereal with fruit can prevent overeating later.

If you're consuming meat, go for roasted or grilled versions instead of fried ones.

Grill vegetables like carrots or courgettes with olive oil for a healthy side dish.

Get creative with low-fat ingredients. Try saffron syrup over paneer cubes or pineapple with mint leaves.

Remember, festivals are meant to be enjoyed. Focus on balance, moderation & mindful choices. Celebrate with love, laughter & good health this festive season!



MYTHS AND FACTS FOR PREGNANT WOMEN IN WINTER

Winter can feel magical, but for pregnant women it often comes with extra worries and advice from every direction. Many traditional beliefs around winter pregnancy have been passed down for generations but not all of them are true. Understanding the difference between myths and facts helps expectant mothers stay healthy, confident and safe. Here are some common winter-related myths and the real facts behind them.

MYTH 1: PREGNANT WOMEN SHOULD AVOID GOING OUT IN COLD WEATHER.

FACT: Going outside during winter is safe as long as the mother is dressed warmly. Light walking in the fresh air improves blood circulation, reduces stress and supports overall health. However, slippery surfaces should be avoided to prevent falls. Instead of staying indoors all day, moderate outdoor activity can be beneficial.

MYTH 2: YOU MUST EAT FOR TWO DURING WINTER TO KEEP THE BABY WARM.

FACT: This is a common misconception. Pregnancy increases nutritional needs but it does not mean eating double the amount of food, especially during winter when cravings can be stronger. Quality matters more than quantity. A balanced diet with proteins, healthy fats, seasonal vegetables and fruits is enough to support both mother and baby. Overeating may lead to unnecessary weight gain and digestion issues.

MYTH 3: COLD FOODS SUCH AS YOGHURT AND FRUITS SHOULD BE AVOIDED IN WINTER.

FACT: Yoghurt, fruits and other naturally cool foods do not harm the mother or baby. They provide essential nutrients such as calcium, vitamins and fibre. As long as the mother is comfortable and the food is fresh, these foods are safe. If cold foods cause discomfort, they can be eaten at room temperature.

MYTH 4: PREGNANT WOMEN SHOULD DRINK LESS WATER IN WINTER SINCE THEY DO NOT FEEL THIRSTY.

FACT: This belief is unsafe. Hydration is just as important in winter as it is in summer. Dehydration can cause headaches, constipation, urinary infections and may even affect amniotic fluid levels. Pregnant women should make a conscious effort to drink water throughout the day, even when thirst is reduced. Warm water, soups and herbal teas can help maintain hydration comfortably.

MYTH 5: TAKING A BATH IN WINTER CAN CAUSE COLDS AND SHOULD BE AVOIDED.

FACT: Bathing does not cause colds. Viruses do. Maintaining hygiene is important during pregnancy. A warm shower is safe and often relaxing. The only precaution is to avoid very hot water as extreme temperatures may cause dizziness.

MYTH 6: WINTER SPICES SUCH AS GINGER, TURMERIC AND CINNAMON SHOULD BE AVOIDED.

FACT: These spices, when consumed in moderate amounts, can be beneficial. Ginger helps reduce nausea, turmeric supports immunity and cinnamon improves digestion. Excessive consumption should be avoided but normal culinary use is safe for pregnant women.

MYTH 7: USING HEATERS FOR LONG HOURS IS HARMFUL FOR THE BABY.

FACT: Heaters are safe when used properly with adequate ventilation. The main concern is dry air which may lead to dehydration or skin dryness. Keeping a bowl of water in the room or using a humidifier helps maintain moisture levels.

CONCLUSION

Many winter pregnancy myths come from traditional beliefs rather than scientific evidence. Pregnant women can enjoy the winter season comfortably by staying warm, eating balanced meals, staying hydrated and following medical advice. Understanding the truth behind these myths helps reduce worry and supports a healthier, happier pregnancy experience.

JEHANGIR HOSPITAL
We Add Care

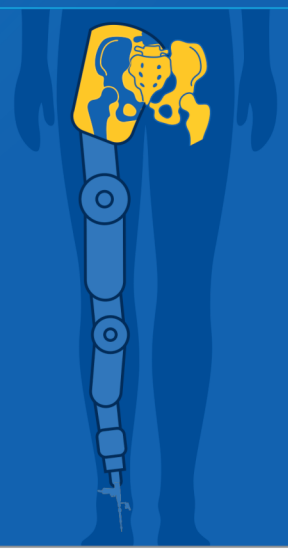


ADVANCED ROBOTIC ORTHOPAEDIC SURGERY CLINIC AT JEHANGIR HOSPITAL

KNEE REPLACEMENT **HIP REPLACEMENT** **PARTIAL KNEE REPLACEMENT**



Jehangir Hospital now offers advanced robotic orthopaedic surgery for knee and hip replacement, including partial knee replacement. Using state-of-the-art robotic technology, our expert surgeons ensure precise, personalised treatment that improves outcomes, reduces recovery time and enhances joint function.



To book an appointment, call: 020-6681 8876

For Emergency, dial: 888 888 1066

Jehangir Hospital, 32, Sassoon Road, Pune - 411001, India | jehangirhospital.com |

NEW LAUNCHES

ADVANCED ROBOTIC ORTHOPAEDIC SURGERY CLINIC











(From Left to Right) Mr. Rupen Kapadia, Group Director, Finance & Director (Development); Mr. Sundeep Datta, Sr. General Manager Marketing, Dr. (Col) S. S. Gill, Medical Director & Director Medical Research, Mr. Phiroze Shroff, Mrs. Simone Shroff, Trustee, Dr. Kunal Bansal, Mr. Jehangir H C Jehangir, Chairman, Dr. Ashish Arbat, Dr. Rahul Damle, Dr. Yogesh Jain, Dr. Anshu Sachdev, Dr, Suresh Patil, Mr. Vinod Sawantwadkar, CEO, Dr. Shilpa Edathara, Sr. General Manager Operations, Dr. Nilesh Kamat.





JEHANGIR HOSPITAL: PUNE'S MOST ADVANCED ROBOTIC ORTHOPAEDIC SURGERY CLINIC

REDEFINING JOINT REPLACEMENT SURGERY WITH UNMATCHED PRECISION & SAFETY

Jehangir Hospital - Pune's own trusted healthcare institution- has been a name synonymous with trust, medical excellence and compassionate care, for over 80 years. Jehangir Hospital continues its tradition of innovation by unveiling the city's most advanced joint replacement solution the Advanced Robotic Orthopaedic Surgery Clinic, powered by the globally acclaimed MAKO Robotic-Arm-Assisted Surgery System.

This programme combines the unmatched precision of robotics with the skill and judgement of Certified Robotic Orthopaedic Surgeons. The result? Surgery that is safer, more accurate and tailored to each patient's individual needs restoring mobility and improving quality of life faster than ever before.



THE SCOPE – MORE THAN JUST JOINT REPLACEMENT

The Advanced Robotic Orthopaedic Surgery Clinic is not limited to conventional procedures, it is a comprehensive hub for a wide range of complex and life-changing orthopaedic treatments, including:

- **Total Knee Replacement (TKR):** For advanced arthritis and knee degeneration, ensuring perfect alignment and improved longevity of the implant.
- **Partial Knee Replacement:** Preserving healthy bone and tissue when only part of the knee is affected.
- **Total Hip Replacement (THR):** Restoring pain-free movement with implants positioned with micrometre precision.
- **Complex Hip Reconstructions:** Addressing deformities, failed previous surgeries, or severe joint damage.
- **Complex Hip Replacement Surgery:** For advanced or revision cases requiring personalised and precise intervention. Advanced Robotic Orthopaedic Procedures - including revision surgeries, deformity corrections, intricate joint preservation techniques and treatment for infected or failed joint replacements.
- **Comprehensive Physiotherapy & Rehabilitation:**

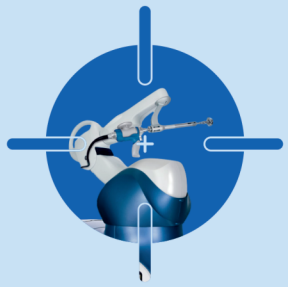
Surgery is just the first step. Our dedicated physiotherapy team designs tailored rehabilitation programmes to help patients regain strength, flexibility and their independent way of living ensuring optimal recovery and a speedy return to daily activities, leisure pursuits and work.

This includes achieving desired gait patterns and joint functionality. Learning the correct movement patterns from the start not only speeds up recovery and fitness but also increases the longevity of the implant.

This end-to-end Advanced Robotic Orthopaedic Surgery Clinic also offers surgical solutions for complex cases such as joint infections, previous implant failures, advanced hip arthritis and patients with a history of spinal fusions or surgeries, all supported by advanced robotic guidance.

Jehangir Hospital houses the complete spectrum of orthopaedic care from the most primitive to the most advanced interventions, making it a one-stop destination for comprehensive joint care, both robotic and non-robotic.





HOW ROBOTIC SURGERY WORKS – PRECISION YOU CAN TRUST

The process begins with a high-resolution CT scan of the affected joint. This creates a 3D virtual model of the patient's condition, allowing surgeons to plan the procedure in detail before entering the operating theatre.

During surgery, the MAKO system's AccuStop™ haptic guidance acts as an intelligent assistant, ensuring the surgical instruments remain within predefined safe zones. It protects healthy bone and soft tissue while enabling implant placement with millimetre-level accuracy a level of precision that is simply impossible with the human hand alone.

TECHNOLOGY GUIDED BY HUMAN SKILL AND COMPASSION

While the MAKO system brings unrivalled precision, the human touch remains at the heart of every procedure. Certified Robotic Surgeons at Jehangir Hospital, including Dr. Rahul Damle, Dr. Aashish Arbat, Dr. Suresh Patil, Dr. Yogesh Jain, Dr. Anshu Sachdev and Dr. Kunal Bansal are highly trained in advanced orthopaedic techniques and have undergone specialised international certification in robotic-assisted surgery.

They combine their deep understanding of anatomy, surgical experience and patient care with the capabilities of robotics, ensuring each operation is not just clinically perfect but also personalised and empathetic.

SURGEONS' PERSPECTIVES

DR. RAHUL DAMLE

MBBS, MS (Orthopaedics), DNB (Orthopaedics)



Dr. Rahul Damle, Senior Consultant Orthopaedic and Certified Robotic Joint Replacement Surgeon, explains: "This programme is a milestone in our mission to bring world-class orthopaedic solutions to Pune. It gives us unprecedented precision and control, enabling us to deliver joint replacements that are not only accurate but also tailored for each patient. This means better joint function, quicker recovery and an improved quality of life."

DR. ASHISH ARBAT

MBBS, MS (Orthopaedics)
Fellowship in shoulder & Elbow Arthroscopy



Dr Aashish Arbat, Senior Consultant Orthopaedic and Certified Robotic Joint Replacement Surgeon: "The MAKO robotic system at Jehangir Hospital allows me to offer my patients a level of precision and personalization that was not possible with conventional techniques. As a trained and MAKO-certified surgeon, I have seen how this technology enhances surgical accuracy, ensures optimal implant placement, and speeds up recovery. My focus is always on delivering personalised surgical experience with exceptional outcomes, and with MAKO, I can confidently provide patients with safer, more reliable, and long-lasting joint replacements."

DR. SURESH PATIL

MBBS, MS (Orthopaedics), DNB (Orthopaedics) Fellowship in Orthopaedics Surgery, Fellowship in Adult Reconstructive Orthopaedics



Dr Suresh Patil, Senior Consultant Orthopaedic and American Board (ABPS) Certified Robotic Joint Replacement Surgeon: "This advancement supports safer procedures, more natural movement, less implant wear, and longer-lasting results for patients. It is now used across joint replacement procedures including robotic joint replacements, hip replacement through the direct anterior (muscle-sparing) approach, minimally invasive knee and hip replacements, and revision surgeries for previously unsuccessful procedures. I see this as an important milestone in orthopaedic technology helping people regain comfort, mobility, and confidence."

DR. YOGESH JAIN

MBBS, D. Orth, FCPS, Fellowship In Spots Orthopaedics



Dr. Yogesh Jain, Senior Consultant Orthopaedic and Certified Robotic Joint Replacement Surgeon, explains: "With robotic assistance, we can customise every aspect of the surgery to the patient's needs. This precision allows us to restore function more effectively and help patients regain their active lifestyle sooner."

DR. ANSHU SACHDEV

MBBS, D. Orth, DNB (Orthopaedics), MNAMS,
Swiss Olympic Fellow, Sports Injuries, Fellow (Joint Replacement)



Dr. Anshu Sachdev, Senior Consultant Orthopaedic and Certified Robotic Joint Replacement Surgeon, explains: "With the MAKO system, we can see and plan every detail of the surgery with unmatched clarity. This advanced technology, which encompasses unparalleled visualisation and precision, combined with surgical expertise, helps us perform even complex joint reconstructions with accuracy and confidence. For patients, it means a procedure that's personalised to their needs leading to quicker recovery, greater comfort and results that last."

DR. KUNAL BANSAL

MBBS, MS (Orthopaedics), DNB (Orthopaedics)



Dr. Kunal Bansal, Senior Consultant Orthopaedic and Certified Robotic Joint Replacement Surgeon, says: "Robotic joint replacement is transforming the way we care for patients. The technology gives me a precise, real-time 3D map of your unique anatomy, ensuring implants are placed with unparalleled accuracy. This means less pain after surgery, faster recovery, and joints that feel natural for years to come. My goal is not just to replace a joint it's to restore your confidence in movement and help you return to the life you love."

TECHNOLOGY WITH A HUMAN TOUCH: The most advanced surgical tools in the hands of caring, empathetic professionals. Robot-assisted joint replacement offering accurate, predictable and reliable outcomes.

WHAT MAKES US DIFFERENT IS THE MAKO ADVANTAGE: Enabling superior care even in advanced cases such as hip arthritis with prior spinal surgeries or fusions.

AT JEHANGIR, WE OFFER EVERY LEVEL OF ORTHOPAEDIC CARE: From the basic to the most advanced all under one roof.

WHY THIS PROGRAMME IS TRANSFORMING ORTHOPAEDIC CARE

PERSONALISED SURGICAL PLANNING: Every plan is crafted around the patient's unique anatomy for optimal comfort, stability and implant longevity.

UNMATCHED SURGICAL PRECISION: Real-time robotic guidance eliminates guesswork, ensuring consistent, reproducible outcomes.

LESS PAIN, FASTER RECOVERY: Minimally invasive techniques reduce tissue damage, resulting in quicker rehabilitation and lower need for pain medication.

LOWER RISK OF COMPLICATIONS: Preserving healthy bone and tissue minimises surgical trauma and speeds up recovery.

CERTIFIED ROBOTIC ORTHOPAEDIC SURGEONS: All operations are performed by highly trained surgeons with international robotic surgery credentials.

ADVANCED TECHNOLOGY AT AN AFFORDABLE COST: We provide the most advanced technology at an affordable price, with no additional charges. Our goal is to make sure that the highest standard of care is not only accessible but also affordable for everyone.

EIGHT DECADES OF TRUST, NOW WITH TOMORROW'S TECHNOLOGY

Jehangir Hospital's legacy spans more than 8 decades, during which it has remained steadfast in its commitment to patient-first care. The launch of the Advanced Centre for Orthopaedic Robotic Surgery cements its position as the region's most advanced joint replacement destination on par with the finest hospitals in the country.





MR. JEHANGIR H C JEHANGIR
CHAIRMAN, JEHANGIR HOSPITAL

"This state-of-the-art Robotic Programme is a testament to our commitment to advancing technology in healthcare. It reflects our dedication to providing world-class medical care to society at an affordable cost. We are pleased to see that it has already begun delivering significant benefits to our patients."



MR. VINOD SAWANTWADKAR
CEO, JEHANGIR HOSPITAL

"At Jehangir Hospital, we are committed to staying at the forefront of medical innovation. The launch of our Advanced Robotic Orthopaedic Surgery Clinic underscores our promise to provide patients in Pune and surrounding areas with access to the most advanced healthcare technology available globally. This is not just about sophisticated machines it is about transforming patient experiences and outcomes."

DR. (COL) S. S. GILL, MEDICAL DIRECTOR & DIRECTOR, MEDICAL RESEARCH, JEHANGIR HOSPITAL

"Robotic joint replacement is the state-of-the-art method for precise articulation of the natural joint replaced by a prosthesis. Precise articulation includes matching limb length, joint angulation, joint stability and ensuring that there is maximum correction of rotational deformities at the joint. This degree of precision also extends to significant muscle and tissue-sparing surgery, ensuring quicker recovery. The MAKO system is the most superior of all orthopaedic robots as it achieves each of the above advantages with the greatest accuracy. The planning for the hip replacement is unique in that the flexion of the hip joint while sitting is included in the planning of the joint articulation desirable post-surgery, thereby giving significant stability to the hip joint following the implantation of the bi-polar joint prosthesis. By selecting a MAKO Stryker system, Jehangir Hospital has reaffirmed its vision and mission of providing the best-in-class care to its patients to be future-ready at all times."

YOUR MOBILITY. YOUR FREEDOM. YOUR FUTURE - RESTORED AT JEHANGIR HOSPITAL.

For consultations, contact the Advanced Centre for Orthopaedic Robotic Surgery at Jehangir Hospital today.

CASE STUDIES



MIRACLE RECOVERY: 3-YEAR-OLD SURVIVES HAIRPIN IN BRONCHUS

DR. DASMIT SINGH
Sr. Pediatric Surgeon,
Jehangir Hospital

DR. SAGAR LAD
Paediatrician and Neo-Natal intensivist at Jehangir Hospital

CASE DRAFT: FOREIGN BODY ASPIRATION

A 3-year-old girl was successfully treated at Jehangir Hospital, Pune, after accidentally ingesting a foreign object, a hairpin. The child had a persistent cough for two weeks, which worsened over the previous two days. Her parents sought help at multiple medical facilities, but the child did not respond to routine medications.

Initially, the child was seen by Dr. Wasim Kazi at Kondhwa, who, considering the severity of her condition, referred the patient to Dr. Sagar S. Lad, Senior Paediatric Intensivist at Jehangir Hospital. Concerned, her parents sought medical help from an expert who suspected something unusual. Upon clinical evaluation and a chest X-ray, a foreign body resembling a hairpin was found lodged in her left bronchus.



The patient was admitted to the Paediatric Intensive Care Unit under the supervision of Dr. Sagar S. Lad and referred to Dr. Dasmit Singh, Paediatric Surgeon. She had already suffered for two weeks with infection and swelling of the airways. Treatment began with antibiotics and supportive therapy to reduce the swelling and make the removal procedure safer.

The patient was then scheduled for bronchoscopic removal under general anaesthesia. This is a high-risk intervention requiring precise planning and coordination between the Paediatric Surgeon and Anaesthetist in the operating theatre. The airways can be injured or go into spasm while attempting to remove a long, sharp metallic foreign body, and the risk to life is real.

A thorough plan was drawn up by Dr. Singh, Dr. Avantika Bhat (Anaesthetist), and Dr. Lad. The procedure was explained in detail, and high-risk consent was obtained from the parents. With the patient under general anaesthesia and positioned to align the airways and scope, Dr. Singh inserted a specially designed rigid bronchoscope into the left bronchus, grasped the foreign body with a strong grasper, and removed it safely along with the bronchoscope.

The meticulous planning paid off. The procedure was carried out smoothly, and the foreign body was safely extracted. The team of Paediatric Intensivists was ready in the theatre to assist in case of any complication. Relief spread through the team at the sight of the 5 cm hairpin held securely at the end of the grasper as it emerged from the patient's airway. The child was soon shifted back to the PICU.



Following the procedure, the child's vital signs remained stable, and her post-operative recovery was uneventful. The lung infection responded quickly to treatment. After a short course of antibiotics and nebulisation therapy, she showed significant improvement, with resolution of respiratory symptoms and improved air entry on the left side. A repeat chest X-ray confirmed marked improvement.

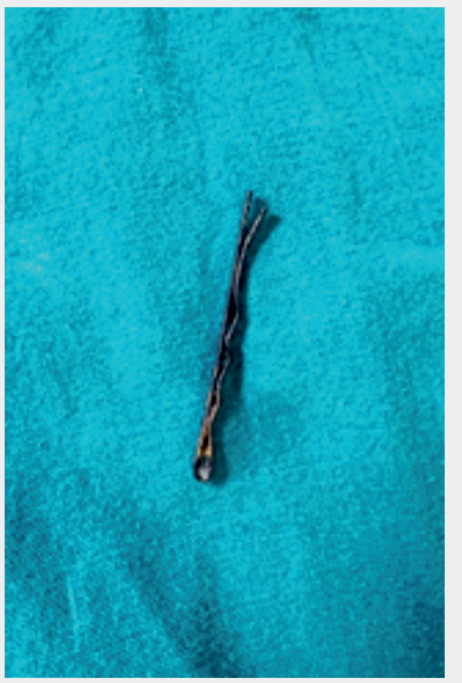
The patient was able to breathe normally, tolerated full oral feeds, and was discharged in stable condition. Her parents expressed immense gratitude to the doctors and staff for their swift action, expertise, and compassionate care, describing it as a true re-birth of their child.

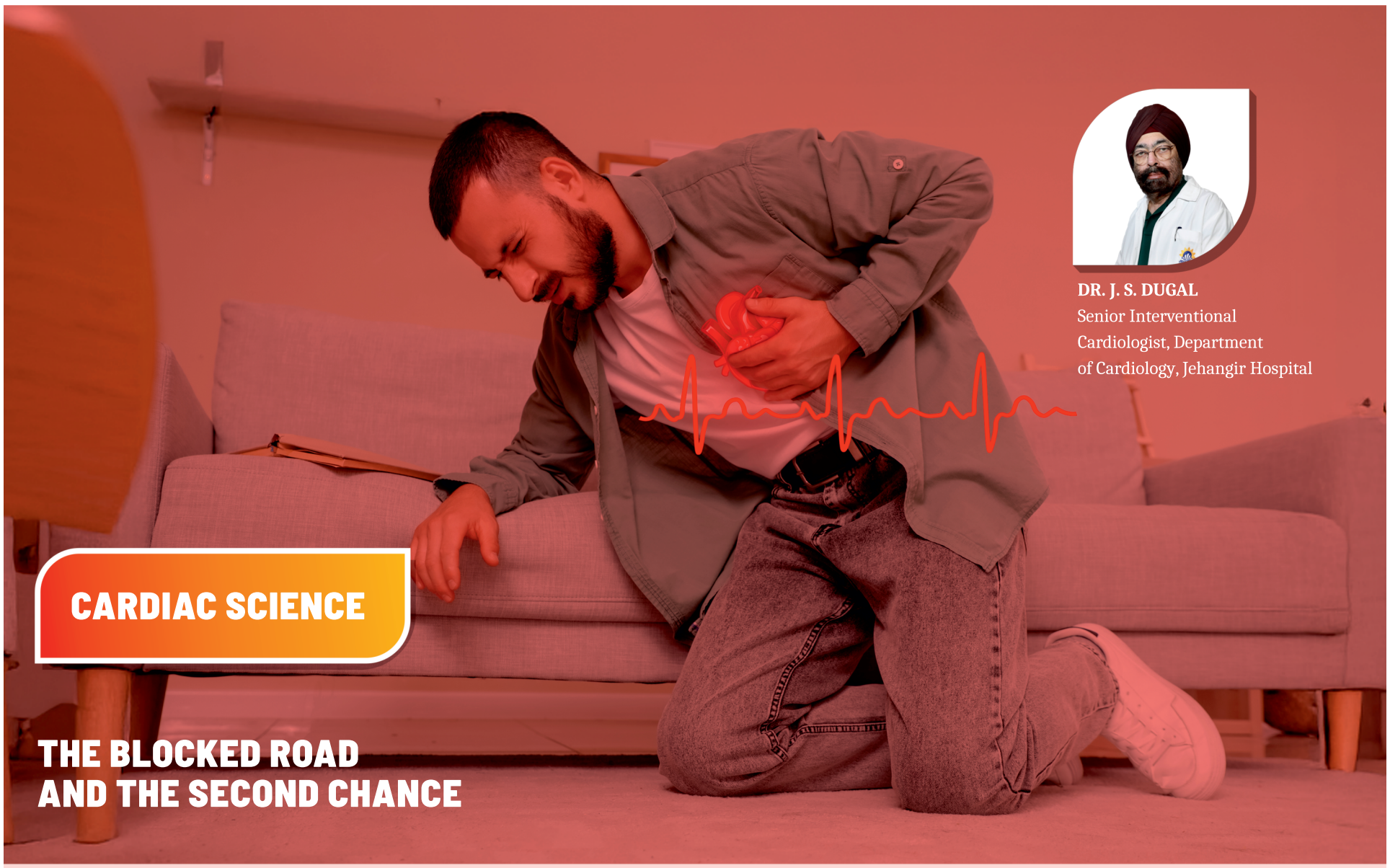
Jehangir Hospital continues its commitment to providing specialised and prompt paediatric emergency care through a multidisciplinary team approach, ensuring the highest standards of safety and recovery for every child, combining medical excellence with empathy.



Children under three years of age are particularly susceptible to foreign body aspiration. Small objects should never be left within reach, and parents should take special care to make homes safe. Ingested and aspirated foreign bodies can be extremely dangerous. While this child survived, not all children are so fortunate.

Awareness is essential to prevent choking and life- threatening emergencies.





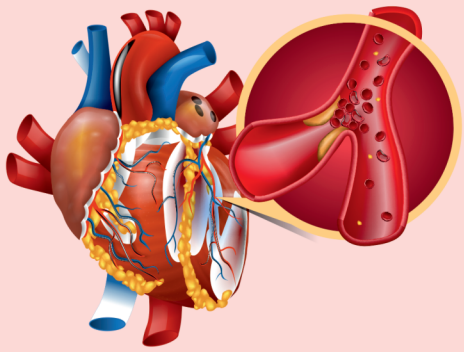
CARDIAC SCIENCE

THE BLOCKED ROAD AND THE SECOND CHANCE

DR. J. S. DUGAL
Senior Interventional Cardiologist, Department of Cardiology, Jehangir Hospital

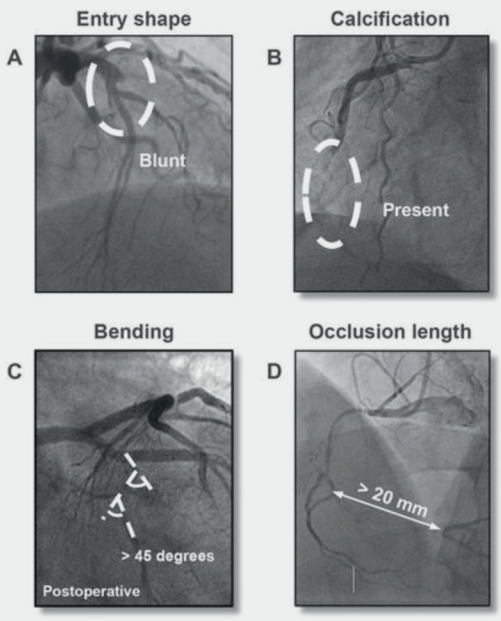
For three long months, Mr. A, a 38-year-old software engineer from Mumbai, had been brushing aside the occasional tightness in his chest. “Stress, maybe,” he thought, just another day balancing deadlines and diabetes.

But when the pain started waking him up at night, his family insisted on a check-up.



A stress TMT lit up like a warning flare: strongly positive.

The next stop was a coronary angiogram, which revealed something far more serious - a completely blocked LAD, the “widow-maker”, filled only retrogradely through the right coronary circulation. A CTO. The three most dreaded letters in interventional cardiology.



He was taken up for an angioplasty at a renowned centre in Mumbai. Four gruelling hours passed. Multiple wires, angles, strategies, but the LAD refused to yield. Fatigued and disappointed, the team had to call it a day. The only hope: refer him to Jehangir Hospital in Pune, to a team known for tackling the toughest CTOs.

He arrived at Jehangir. His case was reviewed, and the complexity was rated high - a J-CTO score of 3. A challenge indeed. But this time, there was a new plan, guided not just by experience, but by intravascular imaging and a precise, step-by-step strategy.

In the cath lab, under the glare of cold lights, the team got to work. One hour in - the wire, carefully adjusted, crossed the lesion. It was a moment of silent triumph. Stents were deployed, flow was restored, and the LAD - the artery that had once shut its doors - opened up as if it had simply been waiting for the right knock.



The procedure that had taken four hours in Mumbai was now wrapped up in just one hour, with excellent results and no complications. Mr. A walked out of the hospital pain-free and lighter not just in his chest, but also in his heart.

A man who had nearly given up hope now had a second chance, and he didn’t waste a moment showing his gratitude. With a glowing review and heartfelt thanks, he reminded everyone on the team: Sometimes, the hardest roads just need better maps and the right people to walk them with you.

HEART HEALED WITH HOPE: YOUNG GIRL SAVED BY LIFESAVING PROCEDURE AT JEHANGIR HOSPITAL

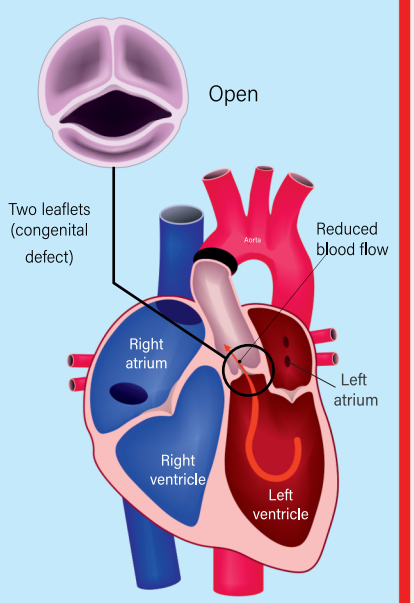


DR. J. S. DUGAL
Senior Interventional Cardiologist, Department of Cardiology, Jehangir Hospital

As part of the Jay Ganesh Rugnaseva Abhiyan, an initiative by the Shrimant Dagdusheth

Halwai Ganapati Public Trust, Jehangir Hospital continues its commitment to providing free, life-saving heart surgeries for underprivileged paediatric patients. Under this noble programme, families are required to bear only minimal medical expenses, while the majority of costs are covered through charitable contributions.

One such inspiring story is that of 9-year-old Kumari Ananya Vikas Karad. Ananya was born with a congenital heart defect - Bicuspid Aortic Valve with Severe Aortic Stenosis - a condition in which the heart's aortic valve has only two leaflets instead of three, restricting blood flow and placing immense strain on the heart. Left untreated, it could have

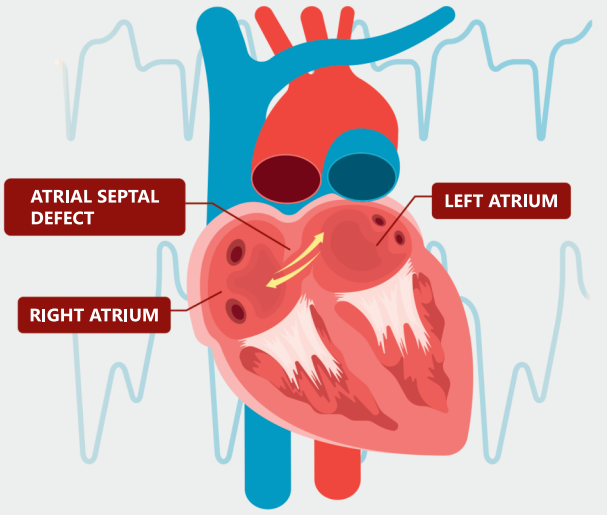


Ananya's personal circumstances were deeply distressing. Her mother had abandoned the family when she was very young, and her father suffers from mental health issues. She has been raised by her aunt, who, despite limited means, has cared for Ananya with love and resilience. However, the estimated cost of the required open-heart surgery to replace the aortic valve was simply unaffordable.

Understanding both the urgency of her condition and her tender age, Dr J.S. Duggal, Senior

Cardiologist and Head of the Department of Cardiac Sciences at Jehangir Hospital, opted for a less invasive yet technically complex alternative: a balloon aortic valvotomy. This advanced procedure involves threading a balloon-tipped catheter through a blood vessel into the narrowed valve and gently inflating it to improve blood flow thereby avoiding the need for major surgery.

CONGENITAL HEART DISEASE



DR DUGGAL SHARED HIS PERSPECTIVE ON THE CASE:

"In a young patient like Ananya, our aim was to preserve the native valve and reduce the physical and emotional trauma of open-heart surgery. The procedure was technically demanding due to the severity of the stenosis, but I'm pleased to report it was successful. She now has a functioning valve and a renewed chance at life."

Despite the complexities, the procedure was a resounding success. Ananya's original valve was saved, no surgical scars were left, and her recovery was swift and smooth. The total cost of the procedure was ₹3,15,604. However, thanks to the unwavering support of multiple charitable organisations and, in particular, the generosity of Mr Swapnil Joshi and his team, the entire amount was covered. The procedure was performed completely free of cost to the family.

THIS HEARTENING OUTCOME WAS MADE POSSIBLE THROUGH THE COLLABORATIVE EFFORTS OF:

- Shrimant Dagdusheth Halwai Ganapati Public Trust, for their continuous support under the Jay Ganesh Rugnaseva Abhiyan
- Dr J.S. Duggal, Senior Cardiologist, and the entire cardiac sciences team
- Dr Vijay Pathade, Cath Lab In-charge, and the dedicated cath lab staff
- The Administrative and Billing teams at Jehangir Hospital with their coordination and assistance

Ananya's story is a shining example of what can be achieved when clinical excellence, compassionate care, and community generosity come together. Her journey from vulnerability to vitality is not just a success story, it is a reminder that even in the face of adversity, hope and healing can triumph.

ASK THE DOCTOR



UNDERSTANDING SHOULDER INJURIES, SURGERY AND REHABILITATION.

An expert Q&A with Dr Nilesh Kamat, Senior Consultant & Orthopaedic Surgeon, Jehangir Hospital.



DR NILESH KAMAT
Senior Consultant
& Orthopaedic Surgeon,
Jehangir Hospital

Q1. DR KAMAT, WHAT ARE THE MOST COMMON SHOULDER INJURIES YOU SEE IN YOUR PRACTICE?

The shoulder is one of the most mobile joints in the body, which also makes it more prone to injuries. The most common problems I see include rotator cuff tears, frozen shoulder, shoulder impingement and dislocations. Among athletes or active individuals, labral tears and overuse injuries are frequent. In older adults, age-related wear and tear of the tendons and arthritis often cause shoulder pain and stiffness.

Q2. HOW CAN ONE TELL IF A SHOULDER INJURY NEEDS MEDICAL ATTENTION?

Any persistent pain, swelling, weakness or limited range of motion lasting more than a few days should be evaluated by a doctor. If there is a sudden injury from a fall or sports activity, or if you notice an obvious deformity, inability to lift your arm or numbness, seek medical care immediately. Early diagnosis can prevent complications and reduce the need for surgery in many cases.

Q3. WHAT ARE THE TREATMENT OPTIONS FOR SHOULDER INJURIES?

Treatment depends on the type and severity of the injury. Mild cases often improve with rest, physiotherapy and anti-inflammatory medication. More serious injuries, especially rotator cuff or ligament tears, may require arthroscopic surgery. This minimally invasive procedure uses tiny instruments and a camera to repair damaged tissues through small incisions.

Q4. COULD YOU EXPLAIN WHAT ARTHROSCOPIC SHOULDER SURGERY INVOLVES?

Arthroscopy is a keyhole procedure performed under anaesthesia. A small camera is inserted into the shoulder joint through a tiny incision, allowing the surgeon to visualise the injury clearly. Special instruments are then used to repair torn tendons, remove bone spurs or stabilise the joint. The benefits include smaller scars, less pain, faster recovery and a quicker return to daily activities compared with open surgery.

Q5. WHAT DOES RECOVERY AND REHABILITATION LOOK LIKE AFTER SHOULDER SURGERY?

Rehabilitation is a crucial part of the healing process. Initially, the arm may be supported in a sling for a few weeks. After that, guided physiotherapy helps restore movement, strength and flexibility. Recovery can take three to six months, depending on the procedure and patient compliance with rehabilitation exercises. At Jehangir Hospital, we follow a multidisciplinary approach where surgeons and physiotherapists work closely to ensure optimal outcomes.

Q6. ARE THERE WAYS TO PREVENT SHOULDER INJURIES?

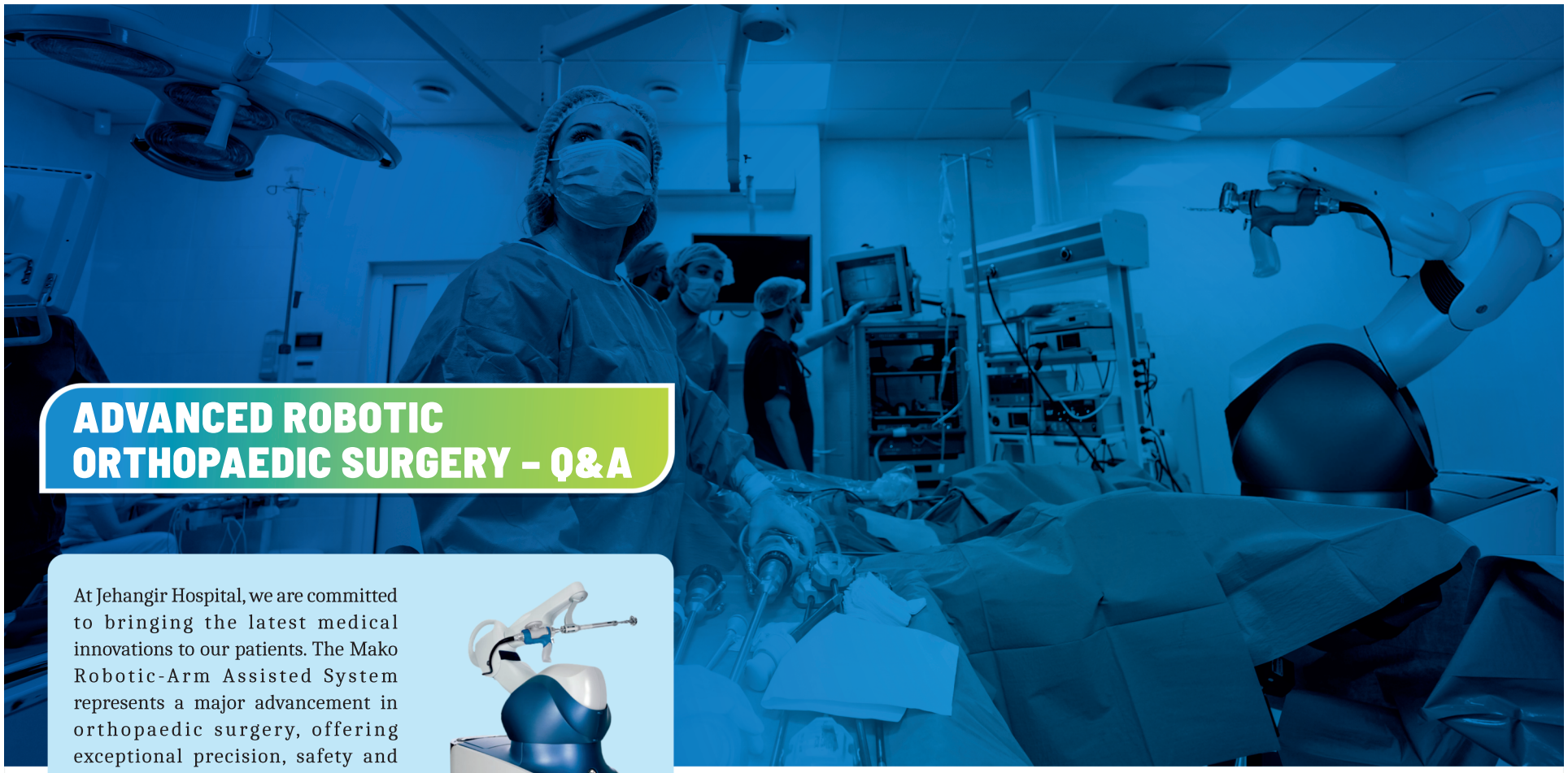
Prevention is always better than cure. Maintaining shoulder strength and flexibility through regular exercise is key. Warm up before workouts, avoid overuse or repetitive strain, and practise good posture, especially if you work long hours at a desk. For athletes, proper training techniques and suitable equipment are essential to avoid rotator cuff injuries.

Q7. WHAT ADVICE WOULD YOU GIVE TO PATIENTS RECOVERING FROM A SHOULDER INJURY OR SURGERY?

Patience and consistency are vital. Many patients expect instant recovery, but the shoulder is a complex joint that heals gradually. Follow your physiotherapy plan, attend all follow-up visits and avoid lifting heavy weights too soon. A positive mindset, good nutrition and regular movement within prescribed limits make a significant difference in recovery.

Q8. HOW DOES JEHANGIR HOSPITAL SUPPORT PATIENTS THROUGH THEIR SHOULDER TREATMENT JOURNEY?

At Jehangir Hospital, we provide comprehensive orthopaedic and rehabilitation care, from diagnosis and advanced imaging to minimally invasive surgery and post-operative physiotherapy. Our aim is to help patients return to pain-free, functional movement as early and safely as possible, with care tailored to their individual needs.



ADVANCED ROBOTIC ORTHOPAEDIC SURGERY – Q&A

At Jehangir Hospital, we are committed to bringing the latest medical innovations to our patients. The Mako Robotic-Arm Assisted System represents a major advancement in orthopaedic surgery, offering exceptional precision, safety and personalised care. By combining cutting-edge technology with the expertise of our highly skilled orthopaedic surgeons, we are redefining outcomes in joint replacement surgery, helping patients regain mobility, reduce pain and return to active lives sooner.

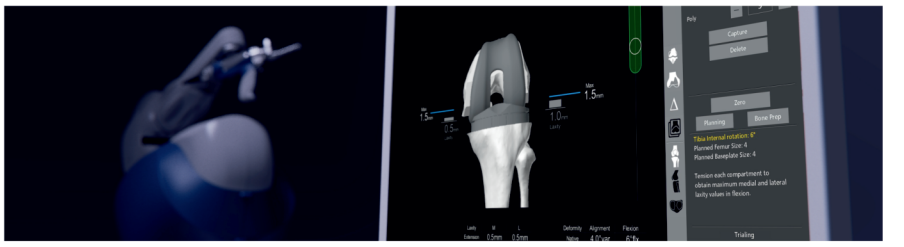


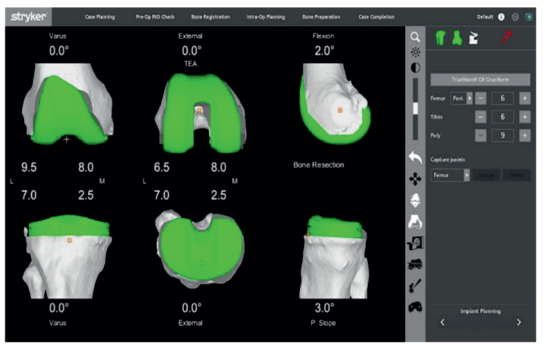
WHAT IS ADVANCED ORTHOPAEDIC ROBOTIC SURGERY?

Advanced Orthopaedic Robotic Surgery uses sophisticated robotic technology, such as the Mako system, to assist surgeons in performing joint replacements with exceptional accuracy. It integrates detailed 3D pre-operative planning with intra-operative robotic guidance, ensuring that every movement and cut is precise and tailored to the patient's unique anatomy.

HOW DOES THE MAKO ROBOTIC SYSTEM WORK?

A CT scan of the joint is taken to create a 3D virtual model, allowing the surgeon to plan every aspect of the operation, from the size and position of the implant to the alignment of the joint. During surgery, the robotic arm assists the surgeon by maintaining accuracy within pre-defined boundaries, ensuring optimal outcomes while the surgeon remains in complete control.





WHAT ARE THE KEY ADVANTAGES OF THE MAKO ROBOTIC SYSTEM?

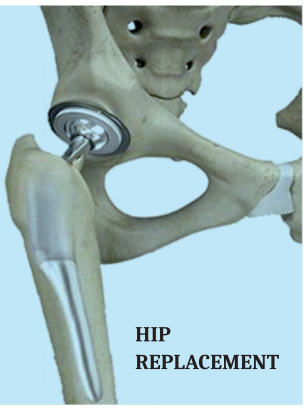
- **Unmatched surgical precision:** The robotic arm ensures accurate bone preparation and implant placement
- **Personalised planning:** Each surgery is tailored using a detailed 3D model of the patient's joint
- **Minimally invasive approach:** Reduced tissue damage and bleeding leads to faster recovery
- **Enhanced joint function:** Accurate alignment results in smoother, more natural movement
- **Greater implant longevity:** Precise positioning can extend the life of the implant

HOW DOES MAKO ROBOTIC SURGERY DIFFER FROM CONVENTIONAL JOINT REPLACEMENT?

Traditional joint replacement relies largely on manual techniques and visual estimation. Mako technology allows for computer-assisted planning and robotic precision, ensuring consistent, patient-specific results that enhance comfort and function after surgery.



JOINT REPLACEMENT



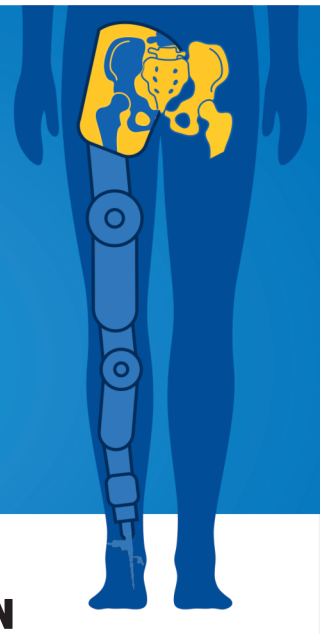
HIP REPLACEMENT

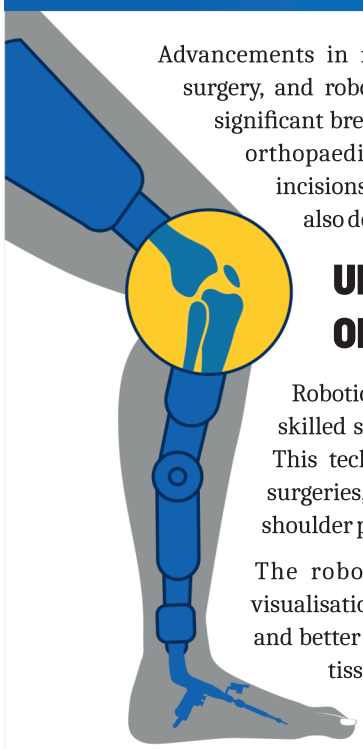
REHABILITATION AFTER ORTHOPAEDIC ROBOTIC SURGERY



DR. RADHIKA PATIL
Ph.D (Geriatrics), PT
Head - Physiotherapy
Department, JWC







Advancements in medical technology have revolutionised orthopaedic surgery, and robotic-assisted techniques have become one of the most significant breakthroughs in recent years. At Jehangir Hospital, robotic orthopaedic surgery allows for remarkable precision, smaller incisions, and faster recovery times, but the true success of surgery also depends on a carefully structured rehabilitation process.

UNDERSTANDING ROBOTIC ORTHOPAEDIC SURGERY

Robotic-assisted orthopaedic surgery combines the expertise of skilled surgeons with the accuracy of advanced robotic systems. This technology is most commonly used in joint replacement surgeries, such as knee and hip replacements, as well as spinal and shoulder procedures.

The robotic system provides the surgeon with real-time visualisation, feedback, and control, ensuring enhanced accuracy and better alignment of implants. While robotic surgery minimises tissue trauma and post-operative pain, the rehabilitation phase remains vital in restoring movement, strength, and confidence.

THE IMPORTANCE OF POST-SURGICAL REHABILITATION

Rehabilitation plays a crucial role in helping patients return to normal life and regain independence after robotic surgery. A well-designed rehabilitation plan focuses on:



- Reducing pain and swelling
- Rebuilding muscle strength
- Restoring joint movement and flexibility
- Improving balance and coordination
- Early mobilisation to prevent complications such as stiffness, blood clots or respiratory issues.

At Jehangir Hospital, each rehabilitation plan is personalised, taking into account the patient's surgery type, fitness level, age, and recovery goals.

THE REHABILITATION JOURNEY

1. IMMEDIATE POST-SURGERY PHASE (DAYS 1–7)

- Pain management is initiated using medication and cold therapy.
- Gentle exercises begin as early as the first day to prevent stiffness and improve circulation.
- Patients are encouraged to perform ankle pumps, breathing exercises, and assisted leg movements.
- Physiotherapists closely monitor the wound and teach patients safe ways to move, sit, or walk with assistive devices such as crutches or walkers.
- Discharge from hospital is planned when set goals are met, including the desired joint range of motion, activities of daily living such as walking, stair climbing and toileting.

2. EARLY RECOVERY PHASE (WEEKS 2–6)

- The focus shifts to restoring range of motion and gradual strengthening.
- Supervised weight-bearing exercises and low-impact physiotherapy help rebuild stability.
- Special attention is given to gait training to ensure proper walking patterns and posture.
- Hydrotherapy or treadmill walking may also be introduced as comfort improves.

3. STRENGTH AND ENDURANCE PHASE (WEEKS 7–12)

- Targeted muscle strengthening exercises for hips, thighs or shoulders are introduced.
- Balance and coordination drills help restore confidence in movement.
- The physiotherapist gradually reduces supervision as the patient regains independence.
- Activities such as stationary cycling, swimming or yoga may be recommended to enhance endurance.

4. RETURN TO FULL ACTIVITY (AFTER 3 MONTHS)

- Patients are encouraged to resume routine activities, including light sports, travel and social engagements.
- Surgeons and physiotherapists perform follow-up assessments to ensure optimal implant alignment and function.
- Continued exercise is recommended to maintain strength and flexibility.

ADVANTAGES OF ROBOTIC SURGERY FOR REHABILITATION

Compared to conventional surgery, robotic orthopaedic surgery often allows for a faster and smoother recovery due to:

- Smaller incisions and minimal soft tissue damage
- Reduced post-operative pain & inflammation
- Shorter hospital stays
- Greater precision in implant positioning
- Enhanced confidence in early mobility

These benefits contribute to an accelerated rehabilitation timeline and improved long-term outcomes.

Caring for Yourself at Home Once discharged, patients should:

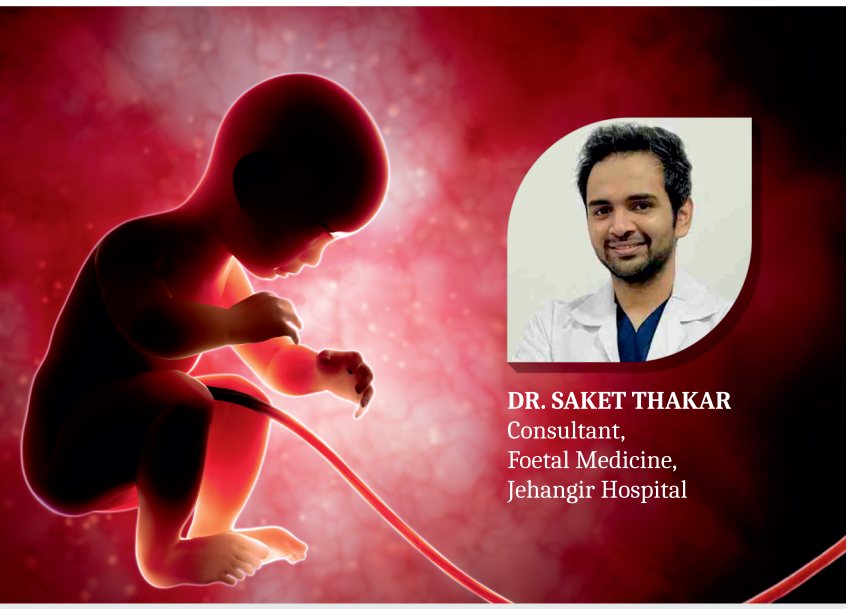
- Follow all post-operative instructions regarding wound care, medication and physiotherapy sessions.
- Maintain a balanced diet rich in protein, calcium and vitamins to aid tissue healing.
- Stay hydrated and avoid smoking or alcohol, as these can slow recovery.
- Use assistive devices if needed and ensure the home environment is safe and clutter-free.

Regular communication with the surgeon and physiotherapy team ensures that any concerns or complications are addressed promptly.

THE JEHANGIR HOSPITAL ADVANTAGE

At Jehangir Hospital, our Comprehensive Orthopaedic and Rehabilitation Team is dedicated to helping patients recover safely and effectively after robotic surgery. Our physiotherapists, pain management specialists and orthopaedic surgeons work in close coordination to deliver personalised recovery pathways that focus on mobility, function and long-term wellbeing. Robotic technology may perform the precision cuts, but it's the rehabilitation journey that restores life to movement and, at Jehangir Hospital, we walk with our patients every step of the way.

ALL ABOUT FOETAL MEDICINE



DR. SAKET THAKAR
Consultant,
Foetal Medicine,
Jehangir Hospital

Pregnancy is one of the most exciting and emotional journeys in a woman's life. With remarkable advances in medical science, doctors can now monitor the health and development of a baby even before birth with exceptional precision. Foetal Medicine plays a vital role in ensuring the wellbeing of both mother and baby throughout pregnancy, and one of the most advanced tools used in this field is Foetal MRI.



WHAT IS FOETAL MEDICINE?

Foetal Medicine is a specialised branch of obstetrics dedicated to the assessment and management of the unborn baby. It focuses on identifying, monitoring and, when possible, treating conditions that could affect the baby's health before delivery.

Foetal Medicine specialists collaborate closely with obstetricians, radiologists, genetic counsellors and neonatologists to provide comprehensive prenatal care. Their key objective is to detect potential abnormalities early, allowing families and healthcare teams to plan the safest course of action.

WHEN IS A FOETAL MEDICINE CONSULTATION NEEDED?

A consultation with a Foetal Medicine specialist may be advised when:

- A routine ultrasound shows an abnormal finding
- There is a family history of genetic disorders or congenital conditions
- The mother has a medical condition such as diabetes, hypertension or infection that may affect the baby
- The pregnancy involves twins or multiples
- There has been a previous pregnancy with complications or birth defects

These consultations provide reassurance and guidance, helping expectant parents understand their baby's condition and make informed decisions about ongoing care.

WHY IS FOETAL MRI PERFORMED?

Doctors may recommend a Foetal MRI to:

- Assess the baby's brain and central nervous system when ultrasound images are unclear
- Examine spinal, chest or abdominal abnormalities
- Evaluate placental structure and function
- Investigate complex congenital anomalies in more detail
- Support planning for delivery or postnatal treatment

Foetal MRI provides clarity and confidence in diagnosis, helping parents and clinicians prepare for the safest possible outcomes.

IS FOETAL MRI SAFE?



Yes, Foetal MRI is considered very safe. It is usually performed after 20 weeks of pregnancy. The scan does not require any injections or contrast dye and is completely painless. The mother lies comfortably on a table while the MRI machine captures images of the baby using strong magnetic fields and radio waves. The scan typically takes 30 to 45 minutes.
Extensive research confirms that Foetal MRI does not harm the baby or the mother in any way.

BENEFITS OF FOETAL MRI

- Provides high-resolution images of soft tissues and internal organs.
- Helps achieve more accurate diagnoses, particularly for neurological or structural conditions.
- Offers better visualisation of abnormalities than ultrasound alone.
- Enables effective delivery and treatment planning.
- Gives parents the reassurance and understanding needed to make informed choices.



FOETAL MEDICINE AT JEHANGIR HOSPITAL

At Jehangir Hospital, our Foetal Medicine Department combines advanced technology with expert care to ensure healthy pregnancies and positive outcomes. Our team provides:

- Comprehensive Foetal Ultrasound Scans
- Foetal Echocardiography for detailed assessment of the baby's heart
- Foetal MRI using state-of-the-art imaging systems
- Genetic counselling and prenatal testing for high-risk pregnancies
- Collaborative care between obstetricians, neonatologists and paediatric surgeons

Our mission is to support mothers and babies with accurate diagnosis, compassionate care and complete guidance at every step

IN SUMMARY

Foetal Medicine and Foetal MRI represent the forefront of prenatal care. They empower doctors and parents with knowledge, reduce uncertainty and enable early intervention. At Jehangir Hospital, our specialists ensure that every pregnancy is supported by the best of science, expertise and empathy, giving every baby the healthiest possible start in life.

jehangirhospital.com

JEHANGIR HOSPITAL
We Add Care



Most advanced centre for MOTHER & CHILD.

Clinical excellence beyond care. Dedication beyond delivery.

#DedicatedToDeliver

Mother & Child CARE

STATE-OF-THE-ART MOTHER & CHILD CARE.

- Team of world-class doctors • Dedicated PICU & NICU
- Specialised lactation and paediatric nurses
- Antenatal, neonatal and postnatal care
- Paediatric Ambulance • Luxury Maternity Suites
- Labour, Delivery, Recovery & Postpartum (LDRP) Room

RAJIV GANDHI NATIONAL QUALITY AWARD

HEALTHCARE ASIA AWARDS 2021 CORPORATE SOCIAL RESPONSIBILITY OF THE YEAR - INDIA

For Emergency, dial: 888 888 1066

For appointments, call: 020 - 6681 8800

32, Sassoon Road, Pune - 411001, India

Hands that heal, hearts that care for health that matters

INSIGHTS



NOURISHING TWO: THE ULTIMATE GUIDE TO HEALTHY INDIAN EATING DURING PREGNANCY

DT. RICHA SHUKLA
Head, Department of Clinical Nutrition, Jehangir Hospital

Pregnancy is one of the most exciting and transformative journeys in a woman's life and good nutrition plays a vital role in supporting both mother and baby. A well-balanced diet not only ensures healthy growth and development for the baby but also helps the mother feel energised, strong and well-nourished throughout each trimester. In India, traditional wisdom and modern nutritional science complement each other beautifully. Combining wholesome Indian staples with mindful eating habits can help expectant mothers enjoy a safe & healthy pregnancy, blending nourishment, comfort and care in perfect harmony.

THE FOUNDATION OF A HEALTHY INDIAN PREGNANCY DIET

An ideal diet during pregnancy focuses on variety, balance and moderation. Whole grains, lentils, fruits, vegetables, dairy and lean proteins form the foundation, supplying essential nutrients such as iron, calcium, folate and DHA, which support the baby's brain and bone development.

Indian staples like ragi (finger millet), moringa (drumstick leaves), amla (Indian gooseberry) and ghee (in moderation) are traditional superfoods that deliver powerful nutritional benefits.

It is equally important to know what to avoid, such as raw papaya or pineapple, undercooked meat or eggs, street food, alcohol and high-mercury fish, to reduce the risk of infections and toxins.



KEY FOOD GROUPS FOR EXPECTANT MOTHERS

PROTEIN SOURCES: Dal (lentils), paneer, eggs, chicken, fish (rohu, sardines), tofu, sprouts

WHOLE GRAINS: Whole wheat roti, brown rice, quinoa, oats, ragi

FRUITS & VEGETABLES: Spinach, moringa leaves, carrots, sweet potatoes, bell peppers, berries, bananas, amla

DAIRY: Milk, curd, buttermilk, paneer

Healthy Fats: Ghee (in moderation), walnuts, chia seeds, flaxseeds, avocados

TRIMESTER-WISE NUTRITION FOCUS

FIRST TRIMESTER (WEEKS 1–12): Prioritise folic acid to support early brain and spine development. Include leafy greens, lentils and citrus fruits. Small, frequent meals can help reduce nausea and fatigue.

SECOND TRIMESTER (WEEKS 13–26): Focus on calcium and iron for bone and blood formation. Add dairy, ragi and iron-rich dals. Include healthy fats like DHA from flaxseeds, walnuts or oily fish to aid brain development.

THIRD TRIMESTER (WEEKS 27–40): Increase protein and fibre intake to manage weight and prevent constipation. Stay hydrated with fluids and eat whole grains, lentils and fruits to ease digestion and reduce swelling.

INDIAN SUPERFOODS FOR PREGNANCY

RAGI (FINGER MILLET): Rich in calcium and iron, strengthens bones and prevents anaemia.

MORINGA (DRUMSTICK LEAVES): High in iron, calcium and antioxidants, supports immunity and energy.

AMLA (INDIAN GOOSEBERRY): Boosts vitamin C and iron absorption, strengthens immunity.

SABUDANA (TAPIOCA PEARLS): Provides quick, digestible energy, especially during fatigue or nausea.

FOODS AND PRACTICES TO AVOID

- Raw or undercooked meats, eggs and sprouts
- Unpasteurised milk or dairy
- High-mercury fish (shark, tuna, king mackerel, swordfish)
- Street food and overly spicy items
- Processed snacks, sugary drinks and fried foods
- Raw papaya and pineapple (may trigger uterine contractions)

SMART EATING TIPS FOR A BALANCED PREGNANCY

Stay Well Hydrated: Include water, coconut water, thin buttermilk, milk or lassi.

Eat Small, Frequent Meals: Helps manage nausea, heartburn and low energy.

Customise Your Diet: Consult your doctor or dietitian to tailor it to your needs.

Choose Home-Cooked Meals: Reduces the risk of infection and ensures freshness.

Listen to Your Body: Cravings may signal nutrient needs, so indulge wisely and mindfully.

CALORIE AND NUTRIENT REQUIREMENTS

YOUR ENERGY NEEDS INCREASE GRADUALLY THROUGH PREGNANCY:

FIRST TRIMESTER: No additional calories needed.

SECOND & THIRD TRIMESTER: +350 calories per day (as per ICMR guidelines).

These are general guidelines; your healthcare provider or dietitian may adjust requirements based on the expectant mother's weight and activity level.

ESSENTIAL MICRONUTRIENTS TO FOCUS ON DURING PREGNANCY

Folic acid	Iron	Calcium	Vitamin D	Iodine	Choline	Omega-3 DHA

HEALTHY SNACK IDEAS



- Yoghurt with fresh fruits (seasonal and locally available)
- Whole-grain crackers with peanut butter
- Carrot or cucumber sticks with hummus
- Roasted chana or mixed nuts
- Ragi idli or upma with yoghurt

SEAFOOD IN PREGNANCY: CHOOSE WISELY



- Fish provides lean protein and omega-3 fats.
- Aim for 8–12 ounces (250–360 grams) per week, or around 100 grams three times a week, of low-mercury fish like rohu, pomfret, sardines or salmon.
- Avoid raw fish, sushi and shellfish.

WHAT TO LIMIT



Caffeine: Too much caffeine may affect your baby's development. Choose decaf tea or coffee and avoid energy drinks.

Sugary Drinks: Replace fizzy or sweetened beverages with plain water or fruit-infused water.

Alcohol: No amount of alcohol is safe during pregnancy.

PRENATAL SUPPLEMENTS



Even with a healthy diet, some nutrients need a boost. Prenatal vitamins, especially folic acid, iron and vitamin D, are essential. Always consult your doctor before starting any supplement to ensure the correct dosage and combination.



NOURISHING INDIAN RECIPES FOR A HEALTHY PREGNANCY

Here are 10 healthy and nourishing Indian recipes ideal for pregnant women, each focusing on balanced nutrition, taste and easy digestion.

MOONG DAL KHICHADI



INGREDIENTS:

Moong dal, rice, ghee, cumin, ginger, turmeric and vegetables (carrots, peas, beans).

WHY IT'S GOOD:

Light on the stomach and rich in protein, fibre and iron. Ideal for days when you feel nauseous or tired.

TIP: Add a teaspoon of ghee for healthy fats and better digestion.

RAGI (FINGER MILLET) PORRIDGE



INGREDIENTS:

Ragi flour, milk, jaggery and cardamom.

WHY IT'S GOOD:

Packed with calcium and iron, perfect for bone strength and preventing anaemia.

TIP: Can be made savoury with buttermilk and cumin instead of milk and jaggery.

PALAK PANEER (SPINACH WITH COTTAGE CHEESE)



INGREDIENTS:

Fresh spinach, paneer, garlic, onion and mild spices.

WHY IT'S GOOD:

Combines iron, calcium and protein, essential for both mother and baby.

TIP: Serve with whole wheat roti or brown rice for a complete meal.

VEGETABLE DALIYA (BROKEN WHEAT UPMA)



INGREDIENTS:

Broken wheat, carrots, peas, beans, ghee and cumin.

WHY IT'S GOOD:

High in fibre and vitamins, helps regulate blood sugar and prevent constipation.

TIP: Add a teaspoon of ghee for healthy fats and better digestion.

SWEET POTATO AND CHICKPEA CHAAT OR CUTLET



INGREDIENTS:

Boiled sweet potatoes, chickpeas, tomatoes, onions, coriander and lemon juice.

WHY IT'S GOOD:

A delicious snack rich in iron, vitamin A and fibre.

TIP: Avoid tamarind or chutneys that may cause acidity; keep it mild.

LAUKI (BOTTLE GOURD) AND MOONG DAL CURRY



INGREDIENTS:

Bottle gourd, moong dal, garlic, cumin and turmeric.

WHY IT'S GOOD:

Light, easy to digest and provides hydration, protein and folate.

TIP: Ideal for summer months; can be eaten with plain rice or chapati.

MULTIGRAIN VEGETABLE PARATHA



INGREDIENTS:

Whole wheat, ragi, jowar flour mix, grated carrots, spinach and methi.

WHY IT'S GOOD:

Provides iron, folate and fibre. Keeps you full longer and supports healthy digestion.

TIP: Serve with curd or homemade chutney.

MORINGA (DRUMSTICK LEAVES) SOUP



INGREDIENTS:

Moringa leaves, garlic, onions, pepper and ghee.

WHY IT'S GOOD:

A powerful superfood soup rich in iron, calcium and antioxidants.

TIP: Strain well if you are in early pregnancy to make it light on the stomach.

VEGETABLE POHA



INGREDIENTS:

Rice flakes, onions, peas, carrots, turmeric, curry leaves and peanuts.

WHY IT'S GOOD:

A quick, energising breakfast that provides iron, carbohydrates and protein.

TIP: Garnish with coriander and lemon juice for vitamin C to boost iron absorption.

AMLA AND BERRY SMOOTHIE



INGREDIENTS:

Amla, strawberries, yoghurt and honey.

WHY IT'S GOOD:

Excellent source of vitamin C, calcium and probiotics for immunity and digestion.

TIP: Use ripe amla or mild berries to avoid acidity.

ADDITIONAL TIPS

- Wash fruits and vegetables thoroughly.
- Prefer fresh, home-cooked meals over processed foods.
- Eat small, frequent meals and avoid long gaps between them.
- Stay hydrated with water, coconut water or buttermilk.

THE TAKEAWAY

Eating well during pregnancy does not have to be complicated. Indian cuisine, rich in diversity and flavour, naturally provides the essential nutrients needed for a healthy pregnancy.

Prioritise wholesome, home-cooked meals, drink plenty of fluids and embrace traditional superfoods like ragi, amla and moringa leaves for an extra boost.

Every pregnancy is unique, so understand your body's needs, eat mindfully and work closely with your healthcare provider or clinical nutritionist to create a diet plan that keeps both you and your baby happy, healthy and nourished.





IMPLEMENTING THE NUTRITION STEWARDSHIP PROGRAMME (NSP): OPTIMISING NUTRITION, ENHANCING RECOVERY



"NUTRITION IS NOT AN ADJUNCT TO TREATMENT, IT IS TREATMENT."

DT. RICHA SHUKLA
Head, Department of Clinical Nutrition, Jehangir Hospital

In the evolving landscape of modern healthcare, nutrition is increasingly recognised as a decisive factor in recovery, resilience and long-term positive outcomes. Yet despite robust evidence, nutrition care often remains underemphasised in hospital routines. To bridge this gap, the Clinical Nutrition department at Jehangir Hospital has launched a comprehensive flagship initiative: the Nutrition Stewardship Programme (NSP). The NSP is a structured, evidence-based model designed to optimise nutrition practices, strengthen patient education and improve clinical outcomes across wards.

THE VISION: NUTRITION AS CORE CLINICAL CARE

The Nutrition Stewardship Programme emphasises appropriate, timely and personalised nutrition interventions. The core philosophy is simple: every patient deserves individualised, evidence-based nutrition care delivered through a system that ensures accountability, quality and measurable outcomes.

ESPEN The European Society for Clinical Nutrition and Metabolism

Aligned with the ESPEN Guidelines on Hospital Nutrition (2021), the NSP integrates systematic screening, early assessment, personalised care planning, education and continuous monitoring, making nutrition an essential component of clinical treatment strategy.

FROM CONCEPT TO IMPLEMENTATION

The NSP was officially launched on 1 July, beginning in the 5th General Ward with a focus on patients with renal and hepatic diseases: groups highly vulnerable to malnutrition, sarcopenia and metabolic derangements.

By October the programme had expanded to the 2nd General Ward, reflecting a steady data-driven rollout informed by early success indicators and team feedback. This phased approach allowed careful refinement of processes while providing valuable insights into patient challenges. It also helped the team better understand individual requirements and the need for more aggressive, tailored nutrition therapy where appropriate, staff engagement and interdisciplinary collaboration.

CORE COMPONENTS OF THE NUTRITION STEWARDSHIP PROGRAMME

Comprehensive Nutrition Assessment

Every admitted patient undergoes nutrition screening and assessment within 24 to 48 hours of admission. Beyond traditional anthropometric and biochemical measures, NSP emphasises functional assessment using tools such as the SQUEGG device and hand dynamometer for grip strength testing, which are vital markers of muscle function and nutritional status. These measures have been particularly valuable in identifying sarcopenia in patients with renal and hepatic disease.



Patient and Caregiver Education

Patient empowerment is central to the NSP. Clinical Nutrition teams conduct structured education sessions for patients and caregivers, using counselling and simplified take-home materials. The aim is to ensure patients understand not only what to eat but why and how it supports recovery. Such education fosters long-term adherence, reduces readmissions and promotes continuity of care after discharge.

Training and capacity building for the Clinical Nutrition (CN) team

The success of any stewardship initiative depends on skilled, motivated professionals. Under NSP, regular training sessions and skill updates are provided for the Clinical Nutrition team, covering advanced assessment techniques, enteral nutrition protocols and case-based discussions.



CHALLENGES AND LESSONS LEARNT

As with any new initiative, NSP faced practical challenges during early implementation.

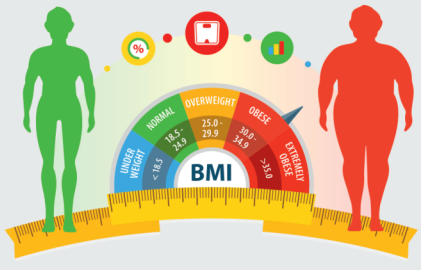
While many patients cooperated enthusiastically, a small subset had difficulty using functional assessment devices such as the hand dynamometer or SQUEGG device.

Some patients were physically too weak, particularly those with advanced hepatic encephalopathy or severe fluid overload, to perform grip strength testing accurately.

A few declined participation citing fatigue, pain or stress related to their clinical condition.

In these cases alternative parameters such as the subjective global assessment score, BMI or clinical observation of muscle wasting were used. Additionally, balancing ward schedules, ensuring equipment availability and integrating new data into routine documentation required continuous coordination between the Clinical Nutrition and nursing teams.





These experiences provided valuable insights and underscored the importance of flexibility, patient comfort and team adaptability when implementing functional nutrition assessments. The learnings are being incorporated into updated NSP training sessions to ensure smoother execution across wards.

A TRANSFORMATIVE STEP FORWARD



The Nutrition Stewardship Programme represents a commitment to patient-centred, evidence-based care. By aligning daily nutrition practices with structured assessment, education and monitoring, NSP is more than a clinical project, it is a cultural transformation. It ensures that nutrition is no longer a secondary concern but a core element of healing that influences recovery speed, treatment tolerance and overall wellbeing.

In summary, the Nutrition Stewardship Programme is setting a new standard for hospital nutrition care that is structured, data-driven and patient-focused. As it grows, the programme reflects our ongoing dedication to making nutrition a cornerstone of healing, ensuring every patient receives care that is scientific, evidence based and individually tailored.

CENTRE OF EXCELLENCE

STROKE CARE

COMPREHENSIVE STROKE CARE AND OUTCOMES AT JEHANGIR HOSPITAL

Stroke is a serious medical condition affecting the arteries leading to and within the brain. It has become a leading cause of premature death and long-term disability in countries like India, driven by demographic changes and an increasing prevalence of modifiable risk factors. A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from receiving enough oxygen and nutrients. This may happen due to a blocked artery (ischaemic stroke) or a ruptured blood vessel (haemorrhagic stroke). Brain cells begin to die within minutes. Stroke can affect anyone at any age, although it is more common in people aged 40 years and above. The good news is that timely medical intervention can not only save lives but also significantly reduce disability following a stroke.

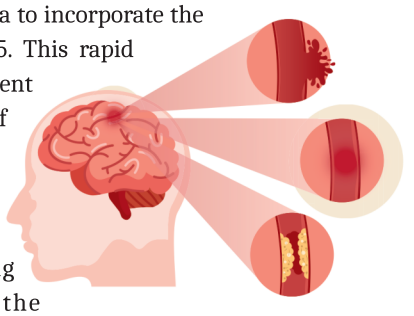


DR. MANISH PATIL
Department of Neurology,
Jehangir Hospital



DR. SOUMYA CHANDRASHEKHAR
Consultant Emergency Medicine, Jehangir Hospital

WORLD-CLASS EMERGENCY STROKE RESPONSE AT JEHANGIR HOSPITAL



Jehangir Hospital was among the first in India to incorporate the CODE STROKE Programme, initiated in 2015. This rapid response system ensures immediate assessment and treatment of patients showing signs of stroke.

"We closely monitor a key quality indicator: the door-to-needle time, which measures the time taken to administer clot-dissolving medication after a patient arrives at the emergency department," said a senior consultant. "Our team typically manages 15 to 20 stroke cases per month, with around 7 to 8 patients receiving thrombolytic therapy."

As soon as a patient with stroke symptoms arrives, the CODE STROKE alert is activated across the hospital, prompting the entire stroke team, including neurologists, emergency physicians, radiologists, nurses, and support staff: to assemble immediately.

The first four and a half hours, known as the golden window, are critical for treatment. During this period, every minute counts, as approximately two million neurons are lost each minute a stroke remains untreated. Patients receiving clot-dissolving medication (thrombolytics) within this window have a much higher chance of survival and recovery with minimal brain damage.

COMMON SYMPTOMS OF STROKE

Recognising the early signs of stroke can make the difference between life and death. Symptoms often appear suddenly and may include:

Sudden weakness or numbness of the face, arm, or leg (especially on one side)	Sudden confusion or disorientation
Drooping of the mouth or face	Sudden vision problems in one or both eyes
Slurred or unusual speech, difficulty understanding others	Dizziness, loss of balance, or difficulty walking Severe headache with no known cause

EXCELLENCE IN EMERGENCY AND STROKE CARE

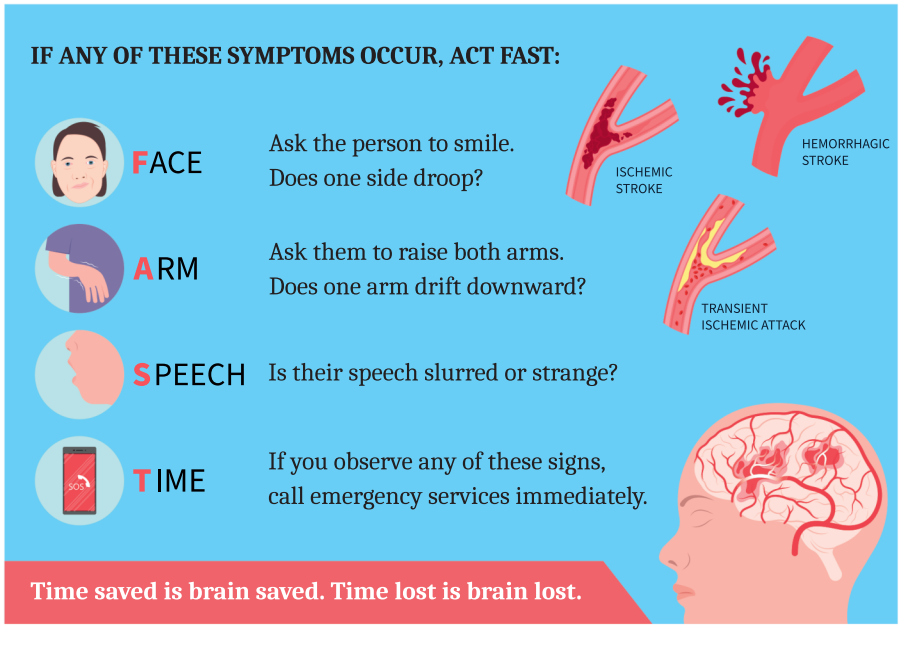


Jehangir Hospital's Emergency Medicine Department is a Level-1 comprehensive tertiary care facility, capable of providing total care from prevention to rehabilitation. Equipped with state-of-the-art technology and supported by sub-specialists across departments, the emergency unit follows internationally standardised clinical pathways.

The hospital's system includes dedicated clinical codes such as CODE STROKE, CODE CARDIAC, and CODE TRAUMA, along with a Quality Assurance and Safety Codes application. With its motto "Patient First", Jehangir Hospital combines medical excellence with compassionate care for patients and their families.

Jehangir Hospital has been recognised by the World Stroke Organisation (WSO) for delivering treatment within 45 minutes of door-to-needle time, earning Platinum and Diamond Status Awards for stroke care in India.

The CODE STROKE Programme was pioneered by the late Dr Fiyaz Pasha, former Head of the Emergency Department, and continues to uphold his legacy of innovation and patient-centred care.



CARE AFTER A STROKE

Stroke recovery requires a multidisciplinary approach involving doctors, physiotherapists, occupational therapists, speech therapists, and psychologists. **Post-stroke care at Jehangir Hospital includes:**

Early rehabilitation to restore movement and speech	Monitoring for complications such as infections, pressure sores, or depression
Lifestyle and dietary counselling to prevent recurrence	Support groups and family education to ensure long-term emotional and physical recovery

The hospital's team works closely with patients and families to help them regain independence and quality of life.

CARE AFTER A STROKE

Prevention is always better than cure. The majority of strokes are preventable through lifestyle changes and early management of risk factors.

TO REDUCE YOUR RISK:

Maintain healthy blood pressure through regular monitoring and medication if required.

Control diabetes and keep cholesterol within normal limits.

Follow a balanced diet rich in fruits vegetables, and whole grains.

Engage in regular physical activity - at least 30 minutes a day.

Quit smoking and limit alcohol intake.

Maintain a healthy weight and body mass index (BMI).

Have regular health check-ups, especially after the age of 40.

CAUSES AND RISK FACTORS

Certain factors increase the likelihood of having a stroke. These include:



High blood pressure (hypertension)



Diabetes mellitus



High cholesterol



Smoking and excessive alcohol intake



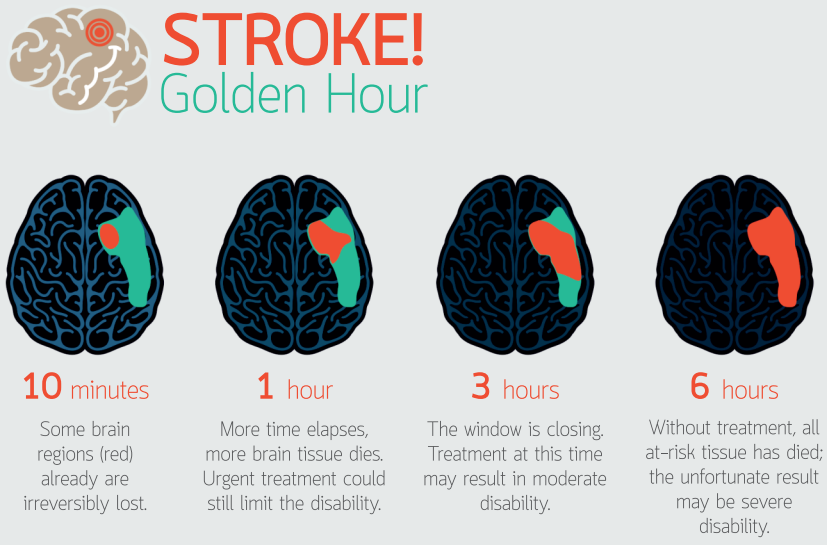
Obesity and sedentary lifestyle



Family history of stroke or heart disease



Heart rhythm disorders such as atrial fibrillation



In some cases, medical procedures such as stenting may be necessary to open narrowed or blocked brain arteries. For patients who have already had a stroke or a transient ischaemic attack (TIA), appropriate medication and follow-up are crucial to prevent recurrence. Stroke is an emergency, but with awareness, timely action and dedicated care, lives can not only be saved but also rebuilt.



EVENTS THAT HAPPENED

13TH INFUSION NURSES SOCIETY ANNUAL NATIONAL CONFERENCE 2025

The Jehangir nursing team, comprising 10 staff members, proudly participated in the 13th Infusion Nurses Society (INS) Annual National Conference 2025, held on 7 and 8 November 2025 at Suzlon One Earth, Pune.

The conference theme, "Lines of Care, Lifelines of Change: Advancing Infusion Practice for a Resilient Tomorrow", was highly relevant to current clinical demands and aligned with our nursing team's continuous learning goals.

KEY LEARNINGS AND PROFESSIONAL ENRICHMENT

The sessions were immensely enriching and offered advanced insights into modern infusion therapy and patient centred IV care. Major areas of learning included:

1. ENHANCING IV THERAPY PRACTICES

- Updated guidelines on IV line insertion, maintenance and infection prevention.
- Evidence-based strategies to minimise complications such as phlebitis, infiltration and catheter-related bloodstream infections (CRBSI).
- Improved techniques for peripheral and central line care, with emphasis on patient safety and comfort.

2. INTEGRATION OF NEW TECHNOLOGIES IN INFUSION CARE

- Demonstrations of smart infusion pumps and digital monitoring tools.
- Training in dose accuracy, infusion rate calculation and real-time patient monitoring.
- Exposure to innovations in vascular access devices and safety-engineered equipment.

3. ADVANCES IN INFUSION STANDARDS AND PROTOCOLS

- Orientation to new national and international infusion standards.
- Best practices in medication compatibility, infusion sequencing and fluid management.
- Emphasis on documentation excellence and audit readiness in infusion therapy.

4. SKILL DEVELOPMENT THROUGH EXPERT-LED WORKSHOPS

- Hands-on workshops to refine technical skills.
- Case-based discussions to strengthen clinical judgement and decision making.
- Interactive activities to improve communication and patient education related to infusion care.







ACHIEVEMENTS

Elocution, 2nd prize: Ms Alisha secured second prize, demonstrating strong communication skills and a deep understanding of infusion practice.

CSR recognition: Ms Shweta received CSR recognition for her commitment to professional development and dedication to improving patient infusion outcomes.



CONCLUSION

Participation in the INS National Conference 2025 significantly enhanced the knowledge, confidence and competencies of our nursing staff. The learnings will directly benefit patient care delivery, improve infusion-related outcomes and strengthen adherence to safety and quality standards across the hospital.

The Jehangir Nursing Department looks forward to applying these insights and continuing its journey towards clinical excellence.

NATIONAL NUTRITION MONTH 2025 CELEBRATIONS

The Clinical Nutrition Department celebrated National Nutrition Month 2025 from 13 to 17 October with a week of engaging and educational activities designed to promote healthy living and nutrition awareness. The inaugural day began with the lighting of the lamp, followed by a series of insightful short talks on "Less is More: Reducing Salt, Sugar and Oil to Prevent Lifestyle Diseases" delivered by Dt Snehal Desai, Dt Janhavi Jena and Dt Owee Nanivadekar. The speakers shared practical tips on smart eating choices, followed by a special session on "Optimising Hospital Diets – Best Practices from ESPEN" presented by Dt Richa Shukla. A lively online nutrition quiz and body composition analysis for staff added an interactive element, encouraging participants to better understand their own health and dietary habits.

Mid-week celebrations on 15 October, brought fun and creativity to the forefront with a Cooking Competition on the theme "Traditional Recipes with a Healthy Twist" judged on nutritional value, authenticity and presentation. The energy continued with small skits and a Zumba session, highlighting the importance of a balanced diet and regular physical activity in daily life.











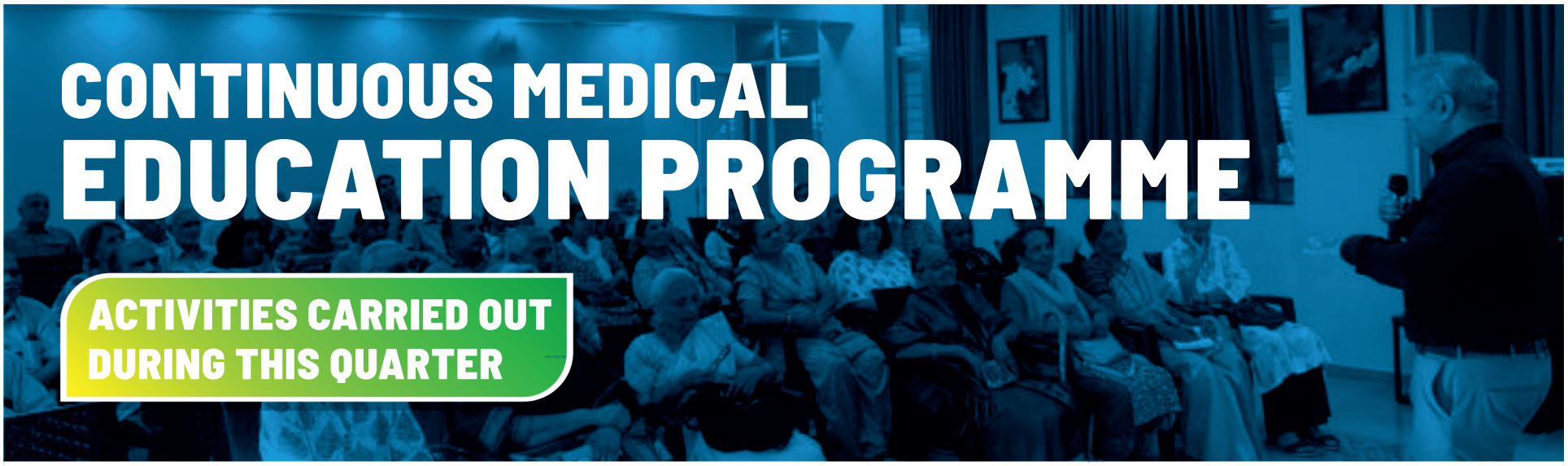








The closing day featured expert scientific sessions by Dr Vaman Khadilkar and Dt Anagha Deshmukh on "Paediatric Obesity Guidelines 2023" and "Nutrition in Type 1 Diabetes," respectively, followed by prize distribution and a vote of thanks. The week concluded on a high note, reinforcing the message that good nutrition, when combined with awareness and teamwork, can create a lasting impact on both personal health and institutional wellness.



CONTINUOUS MEDICAL EDUCATION PROGRAMME

ACTIVITIES CARRIED OUT DURING THIS QUARTER

Madhura Date at Dhruv School
CPR Training





Varun Krishnan
Health Talk on Ergonomics arranged at Reserve Bank of India
Dr. Radhika Patil - Attendee 60-70



Madhura Date
Dignity Foundation from Kalyaninagar at Wellness



Sagar Pawar
CME for MediJain Association with Dr. C. Koppikarand, Dr. Pratik Sethiya
Attendees 176



Madhura Date: Laughter Club is a movement across Maharashtra
Attendees 55



Varun Krishnan
Hepatitis B check-up at PIAGGIO Vehicles
Attendees 61

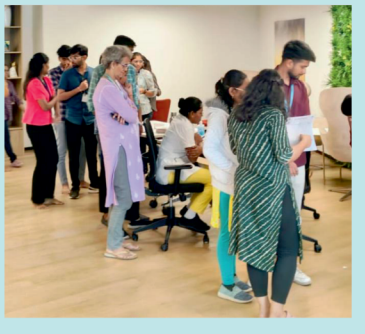


Madhura Date: Health Talk by Dr. Manish Patil at Bhugaon Athashri
Attendees 96



Varun Krishnan
Basic Health check-up camp at Awafis Kharadi,
Attendees 88







Ram Bhor, Chakan RTM
Dr. Pawan Rahangdale, Dr. Mandar Patil
Attendees 17

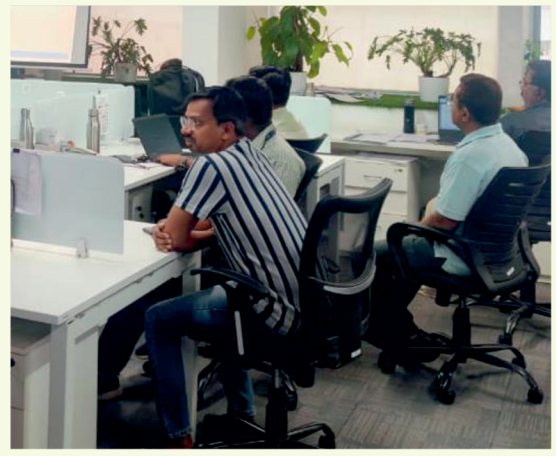


Madhura Date
Exhibition, Attendees 100

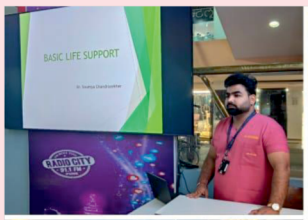


Varun Krishnan, Bowen Therapy Awareness Session arranged at MITCON Engineering & Consulting services, Attendees 100





Ajit Janorkar, BLS & CPR Training session for SGC Mall staff
Attendees 70

















Sagar Pawar, CME for Peth Doctors with Dr. Balaji Nalwad & Dr. Ambrish Mathesur
Attendees 23



Madhura Date, at F Residency, Wadgaonsheri
Mr. Jagdish Mulik - Guest of Event
Attendees 180





Ranjit Powar, RTM with CGHS doctors for Vikrant Khese, Attendees 10



Ravi Chavan, RTM with Viman Nagar and Wadgaosheri doctors with Dr. Sachin Kulkarni and Dr. Sharayu Mohite



Valmik Shelke, Monthly meeting at Bank of Maharashtra Retired Employees Welfare Organisation (BOMREWO)





Madhura Date, Health Camp at Kondhwa Society combined with Blood Donation Camp, Attendees 27



Madhura Date, General Health check-up Camp at Kohinoor Reina Attendees 57



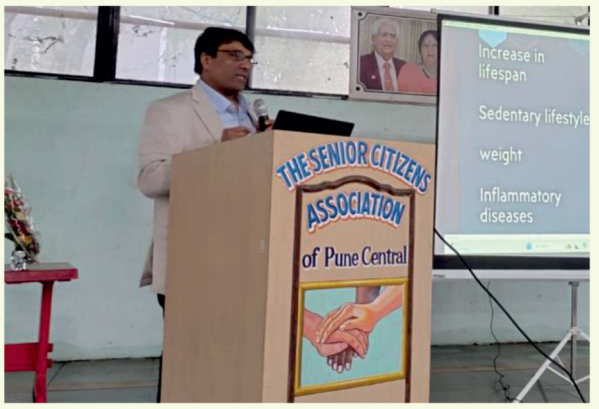
Madhura Date, General Health check-up at Little Millennium School Attendees 65



Madhura Date, GHC at Kasturba Women's Association (Jain) Latika Ravi Sankla(Sankla Builders) Attendees 120



Madhura Date, Dr. Yogesh Jain addressing the Senior Citizen Group of Pune Attendees 75





Ranjeet Powar, General Health & Blood Donation Camp & Town Planning near Pune Station, Attendees 185







Madhura Date General Health check-up, CDK Global Attendees 120



Madhura Date BMI at Aadima Society, Boat Club Attendees 46



Ranjit Powar, General Health check-up and Ophthal Camp, Pune Airport Attendees 243



Ranjit Powar & Walmik Shelke General Health check-up and Blood Donation Camp, COD, Dehu Road Attendees 192



Ranjit Powar, General Health, Ophthal, Breast Screening Camp at CISF, Airport Lohegaon, Attendees 227





Madhura Date
SBI General Health check-up camp
Attendees - 35



Madhura Date
Lakshya Foundation
Attendees- 82



Sagar Pawar
CME of PDA doctors
Dr. Prashant Khandelwal &
Dr. Suresh Patil,
Attendees 63





Walmik Shelke, Eye check-up camp at Lokmanya Co-operative Society Magarpatta City, Hadpasar Attendees 60



Pradeep Kamble, YDA Doctors Association CME addressed by Dr. Suresh Patil & Dr. Mayur Kardile, Attendees 60





Ranjit Powar, BLS training for CGHS doctors & staff, Mukundnagar Attendees 30





Ranjeet Powar
BLS Training session for CGHS doctors & staff, Aundh, Attendees 25



Ajit Janorkar, Blood Donation Camp at CITI Corporate, Kharadi. Also promoting Jehangir Offers and Robotic Ortho Department Attendees 84



Sunil Chavhan, RTM for Keshav Nagar & Mundhva Doctors, Attendees- 14
In House doctors- Dr. Mahindra Chitre, Dr. Vikrant Khese, Dr. Yogesh Jain, Dr. Ashish Goyal



Madhura Date
General Health check-up
at Belmac Society, Attendees 56



Walmik Shelke, Health camp at Jehangir Auditorium for Bank of Maharashtra Retired Welfare Organisation Senior Citizen
Dr. Devika Damale, Dr. Ashish Arbat
Attendees 60



Ranjit Powar, General Health checkup, Ophthal and Blood Donation camp at Navsahyadri Education Society's Group of Institution, Attendees 157







Ranjit Powar, BLS (CPR) Training session at Police Commissioner office, Attendees 150





Sagar Pawar, CME with Medi Jain Asssociation. Total Attendees 98
In House doctors- Dr. Lalit Shimpi, Dr. Yogesh Jain, Dr. Manish Patil



Sumit Kumar, General Health checkup, Ortho Robo camp at American Axle Manufacturing, Viman Nagar -



Walmik Shelke
General Health Checkup
and lecture by DR. Kunal Bansal
on Robotic Joint Replacement surgery
at Liner Garden Jestha Nagrik Sangha, Pimple Saudagar, Attendees 100

Sumit Kumar, General Health check-up, Ortho Robo camp at American Axle Manufacturing, Viman Nagar









मोफत आरोग्य शिबिराचा ज्येष्ठ नागरिकांनी घेतला लाभ



मोफत आरोग्य शिबिरात ज्येष्ठ नागरिकांना मार्गदर्शन करणारे डॉ. कुणाल बन्सल यांचे स्वागत करताना लिनियर गार्डन ज्येष्ठ नागरिक संघाचे पदाधिकारी

पुणे दि.८ (प्रतिनिधी)- वाढत्या वयात गुडघेदुखीवर रोबोच्या माध्यमातून उच्च तंत्रज्ञानाच्या आधारे कमी कष्टात अचूक पध्दतीने उत्तम इलाज केला जातो मात्र सदृढ आरोग्यासाठी डॉक्टरांच्या सल्ल्यानुसार नियमित व्यायाम करणे आवश्यक असल्याचे प्रतिपादन अस्थिरोग तज्ज्ञ डॉ. कुणाल बन्सल यांनी केले.

शत्रुघ्न काटे युथ फाऊंडेशन, जहांगिर हॉस्पिटल आणि लिनियर गार्डन ज्येष्ठ नागरिक संघाच्या वतीने आयोजित मोफत आरोग्य तपासणी शिबिरात ते बोलत होते. पिंपळे सौदागर येथील हॉटेल गोविंद गार्डनच्या बासुरी हॉलमध्ये शुक्रवार दि. ७ रोजी झालेल्या या शिबिरात परिसरातील ज्येष्ठ नागरिकांनी सहभाग नोंदवून प्रामुख्याने गुडघेदुखी संदर्भात आरोग्यविषयक मार्गदर्शनाचा लाभ घेतला. या शिबिरात रक्तदाब, मधुमेहविषयक तपासणी , नेत्र तपासणी करुन घेतली. शिबिराच्या अनुषंगाने मनोगत व्यक्त करताना शत्रुघ्न बापू काटे यांनी ज्येष्ठ नागरिकांच्या आरोग्याची काळजी घेण्याच्या उद्देशाने आयोजित सदरील शिबिराचा उपक्रम अतिशय स्तुत्य असल्याचे सांगून शिबिरात सहभागी झालेल्या ज्येष्ठ नागरिकांनी नियमित व्यायाम करुन आपले शरीर सुदृढ ठेवण्याचे आवाहन केले.

यावेळी झालेल्या कार्यक्रमाचे प्रास्ताविक आणि सुत्रसंचलन लिनियर गार्डन ज्येष्ठ नागरिक संघाचे अध्यक्ष अशोक वारकर यांनी केले. अशोक शेलार यांनी जहांगिर हॉस्पिटलमधील सोयीसुविधांची माहिती दिली. वाल्मिक शेळके यांनी आभार मानले. शिबिराच्या यशस्वितेसाठी पंढरीनाथ कांबळे, दिलिप ताम्हाणे, हरीमोहन तिवारी, शरद नेरकर, अश्विनी शेकटकर, किर्तीमाला मोरे, प्रदिप बालगुडे, ही. व्ही. ब्राह्मणकर यांनी परिश्रम घेतले.

jehangirhospital.com

JEHANGIR HOSPITAL
We Add Care

With

JEHANGIR HOSPITAL'S

Assisted Reproductive Technology

(JH-ART) you grow from

I...
TO
WE...
TO
FAMILY



At Jehangir Hospital, our 80 years of experience in the healthcare sector and our vision of adding care to your lives has enabled us to take strides in medical excellence. Our **state-of-the-art IVF Centre** will support you in your journey to parenthood and open doors to the good news you've been waiting for so long!

SERVICES & TREATMENTS

- ICSI Implantation Clinic
- Social Egg Freezing
- Onco-fertility
- Male Factor Evaluation
- Second Opinion Clinic

RAJIV GANDHI NATIONAL QUALITY AWARD

HEALTHCARE ASIA AWARDS 2021 CORPORATE SOCIAL RESPONSIBILITY OF THE YEAR - INDIA

For Emergency, dial: 888 888 1066

For appointment, call: 020-6681 8800 / 01

32, Sassoon Road, Pune - 411001, India

Hands that heal, hearts that care for health that matters



Awards We Received

RECOGNITION FOR OUR 'PATIENT FIRST' ETHOS







SEPTEMBER - 2025

CII Hospital Tech 2025 - Winner - Best Academic Institution (Govt./ Private)

CII Hospital Tech 2025 - Jury Appreciation Award - Best Patient Safety Initiative

CII Hospital Tech 2025 - 1st Runner Up - Best Healthcare Digital Initiative

NOTE FROM THE MEDICAL DIRECTOR



It gives me great pleasure to present this edition of our newsletter "Dialogue", which reflects the continued progress, innovation and commitment to excellence at Jehangir Hospital. Over the past few months, we have made noteworthy advancements across several clinical and operational areas. Our Mako Robotic-Assisted Joint Replacement and Arthroplasty Clinic has rapidly grown into a centre of excellence, offering highly precise orthopaedic care that enhances patient outcomes and accelerates recovery. The expertise of our surgical team combined with cutting-edge technology has strengthened our position as a leading destination for advanced joint replacement.

We have also completed the refurbishment of our Central Sterile Services Department (CSSD). This modernisation improves workflow efficiency and elevates our infection control standards, reinforcing patient safety across all surgical and procedural units.

Our Cath Lab continues to perform exceptionally well, with improved processes, strengthened clinical coordination and enhanced service capacity. Over the last quarter, the Cath Lab has recorded 804 procedures, including angiographies (399), angioplasties (238) and 57 device implantations. These improvements have resulted in better patient outcomes, shorter waiting times and an expanded range of interventional cardiology services.

We are equally proud of our growing emphasis on research and academic initiatives. Jehangir Hospital has undertaken several promising research projects aimed at advancing evidence-based practice and fostering a culture of clinical innovation. These initiatives reinforce our role not only as a trusted care provider but also as an institution contributing meaningfully to the wider scientific and medical community.

Our continued efforts have been recognised at distinguished national forums. We are honoured to have received multiple accolades at the CII Hospital Tech 2025 Awards:

- Winner – Best Academic Institution (Government/Private)
- Jury Appreciation Award – Best Patient Safety Initiative
- 1st Runner-Up – Best Healthcare Digital Initiative

These awards are a testament to the dedication, expertise and teamwork of our medical, nursing, technical and administrative staff who consistently uphold Jehangir Hospital's legacy of high-quality care.

As we look ahead, I extend my sincere appreciation to each one of you for your unwavering commitment to our mission. Together we will continue to raise the standard for compassionate and dependable healthcare.

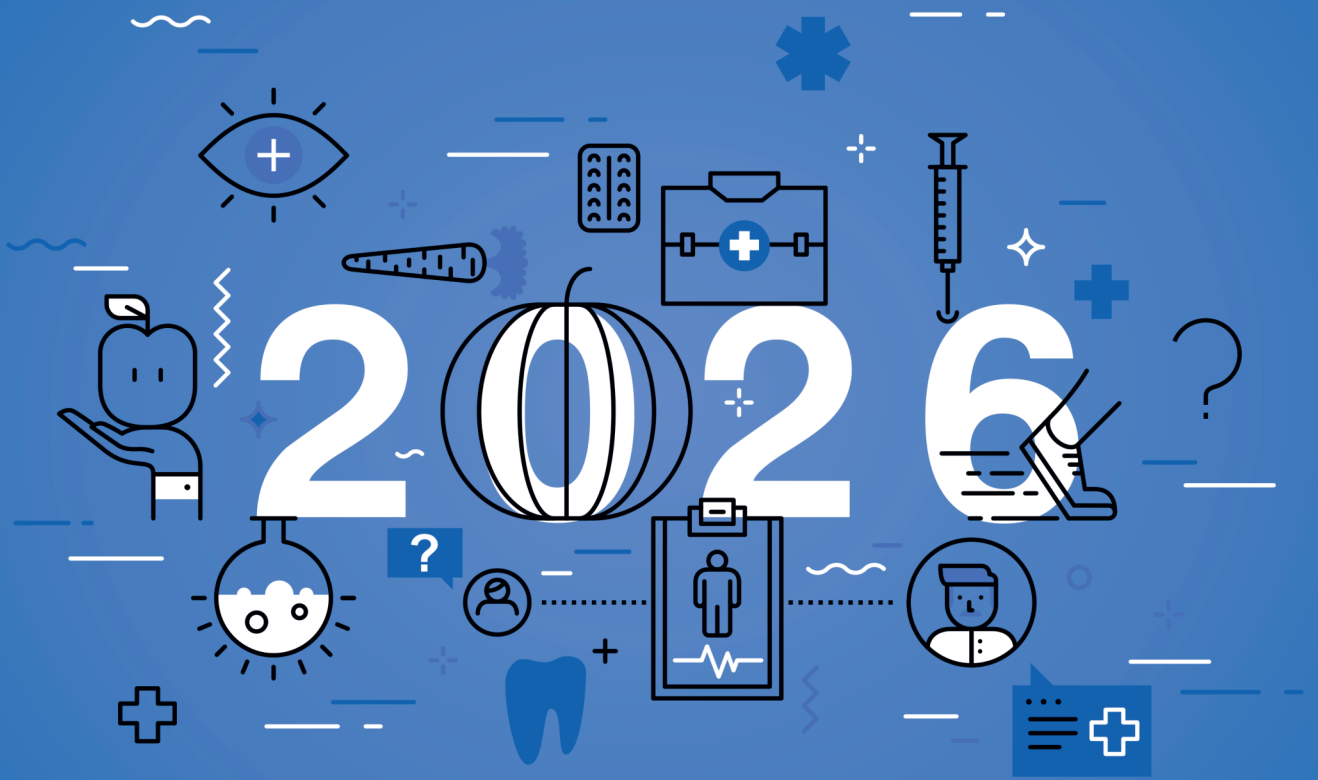
~ DR. COL. SATYAJIT S. GILL
Medical Director, Jehangir Hospital

jehangirhospital.com

JEHANGIR HOSPITAL
We Add Care



JEHANGIR HOSPITAL WISHES YOU A HAPPY AND HEALTHY



As we reach the end of 2025, we pause to acknowledge the growth and achievements of the past year.
With the Breast Cancer Centre, the Catheterisation Suite and the newly launched Advanced Robotic Orthopaedic Surgery Clinic now serving our community, our '**Patient First**' approach continues to guide every step.
In 2026, we remain committed to advancing care with the same clarity and focus.

Happy New Year!



MEET OUR NEW CONSULTANTS AT JEHANGIR HOSPITAL

A warm welcome to our new consultants at Jehangir Hospital. Their experience enhances our ability to deliver trusted care with confidence.

We are excited to begin this journey together.



DR. SURESH PATIL
OPD Consultant in the Department of Orthopaedics, Jehangir Hospital.



DR. SANTOSH PHILIP VIRATHAN
Department of Hand Surgery, Jehangir Hospital



DR. SANA AHMED S SAYYAD
Consultant in the Department of Orthopaedics, Jehangir Hospital



DR. GAURAV RAGHUNATH SURALKAR
OPD Consultant in the Department of Gynaec-Oncosurgery, Jehangir Hospital



DR. ADITYA DESHPANDE
OPD Consultant in the Department of Endocrinology, Jehangir Hospital

TESTIMONIALS

Jehangir Hospital has been synonymous with medical excellence for seven decades. We don't just treat our patients, we understand their needs and add care that meets their requirements, while providing advice and catering the best medical service for our patients. Who better to attest to this claim than our very own patients who experienced it! Here's a collection of all the kind words our patients have shared about our care and service at Jehangir Hospital.

Date : 11/6/25

We had a very good experience with all doctors, nurses and maushis. Room was clean and well maintained. All doctors, Physiotherapists were helfull and ~~are~~ were available at a call. Special mention to Dr Gandhi for his support & care. Food was very good even patient enjoyed it. Chef was very helfull and took care of all needs. Overall a very good experience.

Name : Sunanda Pawar

Signature

Name of Patient : श्रीमती जनाबाई काकडे Bed No.: B5-516

Feedback : मी मागील 15-20 वर्षापासून येथे जहांगिर हॉस्पिटलला येत आहे. इतर दुसऱ्या हॉस्पिटलपेक्षा मला इथे जास्त चांगल्या सुविधा असल्याचे जाणवते जसे की डॉक्टर, नर्सेस, इतर स्टाफ सर्वजण चांगल्या प्रकारे सेवा देतात. मी हॉस्पिटल आणि इतर सर्व स्टाफ ची आभारी आहे.

Signature : J. S Kakade Date : 9/9/2025

Name of Patient : Maqsoom Sayed Bed No.: 524

Feedback : All doctors were good and nice in behaviour. no issues with any nurse and about the room. Excellent facilities available for patients. Thank you.

Name of Patient : SHREYAS UMADI Bed No.: 404

Feedback : SERVICE WAS VERY GOOD, STAFF IS VERY POLITE. WELL DISCILPNED AND MAINTANED.

Name of Patient : Sunanda S. Kalal Bed No. 520 5th

Feedback : हॉस्पिटल मधील सर्वच स्टाफने उत्तम सेवा दिलेली आहे. विशेष करून संयोगिता मॅडमने खूपच सहकार्य केलेले आहे. तरी सर्व स्टाफचे मनःपूर्वक धन्यवाद.

Signature : Date : 9/6/2025

09/06/2025 12/10/

Name of Patient : मंगला श्रीपाद आगाशे Bed No.: 606

Feedback : हॉस्पिटल अतिशय छान आहे. स्वच्छ आहे. सर्व्हिस चांगली आहे सिस्टर काजल आणि शैलजा ह्या वागायला बोलायला छान आहेत. बाकीचा स्टाफ सपोर्टिव्ह आहे. अनेक धन्यवाद.

श्रीमती मथुरा राजाराम आगाशे

(Please refer to previous page as well)

Date : 17/7/25

The admin staff including- Vaishali Ma'am and her entire team was prompt & ensured smooth process of everything. The dietician- Dr. Jhanvi and her team were very supportive and comforting. Mr. Deepak Sharma from F&B proactively helped us. From admission to dischange, the process was smooth & well-handled. We are truly grateful for the care & attention received & would not hesitate to recommend Jehangir to others. Thank you so much!

Name : Ashok Mallick
Rosewood (613)

Signature

Date : 17/07/25

We would like to sincerely thank the entire team at Jehangir for excellent care. Dr. Lunavat Sir and his team, Dr Shubham Mishra were attentive & reassuring throughout the treatment. A special appreciation to the nursing staff - Naurang, Papai, Nilanjan brother & Atashree sister for their dedication, patience and promptco The hospitality staff - Amit, Mainak were commendable at their work.

Name : Please refer to next page.

Signature

PTO

CROSSWORD ANSWERS TO ISSUE NO.12:

ACROSS

3. Steaming
6. Salamander
8. Pacojet
9. Sousvide
10. Baking

DOWN

1. Boiling
2. Thermomix
3. Josper
5. Sauteing
7. Roasting



Mr. Dinesh Pawar and Ms. Shivani Jadhav

CROSSWORD VOL.13

ACROSS

[4] a warm bowl of potatoes

[5] a hot and chocolate drink

[6] something warm in which to snuggle

[8] white, powdery substance

[9] the month when we celebrate Christmas

[12] lots of pieces fit together

[13] the act of flying down a mountain on two boards

DOWN

[[1] a place to sit beside and warm up

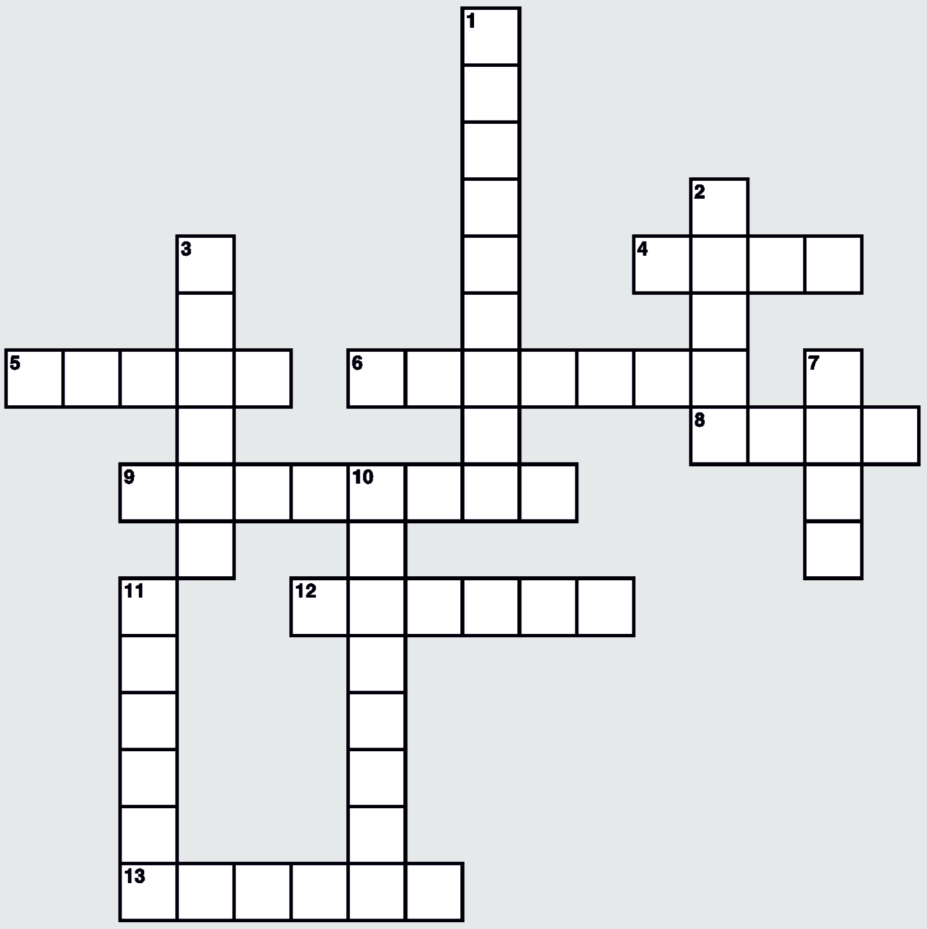
[2] worn to protect your feet

[3] covering for your phalanges

[7] a thick jacket

[10] a tall formation down which to ski

[11] on houses, trees and under beds during December



SUDOKU ANSWERS TO ISSUE NO.12:

4	3	6	1	2	8	7	5	9
9	5	1	7	4	6	2	8	3
8	7	2	3	5	9	4	1	6
7	8	5	9	1	4	3	6	2
2	1	3	6	7	5	8	9	4
6	9	4	2	8	3	5	7	1
5	2	8	4	9	1	6	3	7
1	6	7	5	3	2	9	4	8
3	4	9	8	6	7	1	2	5

SUDOKU VOL.13

					8		9	
		3			1	2		
2					7	6		
				2				
	9	4		8		2		
7	1			4		9		5
1			9			5	3	
5	7					8	4	
					6		2	1

2 early bird winners of this issue can get SILVER WELLNESS PACKAGES each.

Please scan or send a photograph of your answer and email your entries to aarti.irani@jehangirhospital.com

CREDITS

Mr. Vinod Sawantwadkar
Editor-in-Chief

Mrs. Aarti Irani
Editor

Dr. Col. Satyajit S. Gill
Medical Editor

FOR ANY CORPORATE TIE-UPS, PLEASE CALL +91 98814 75003