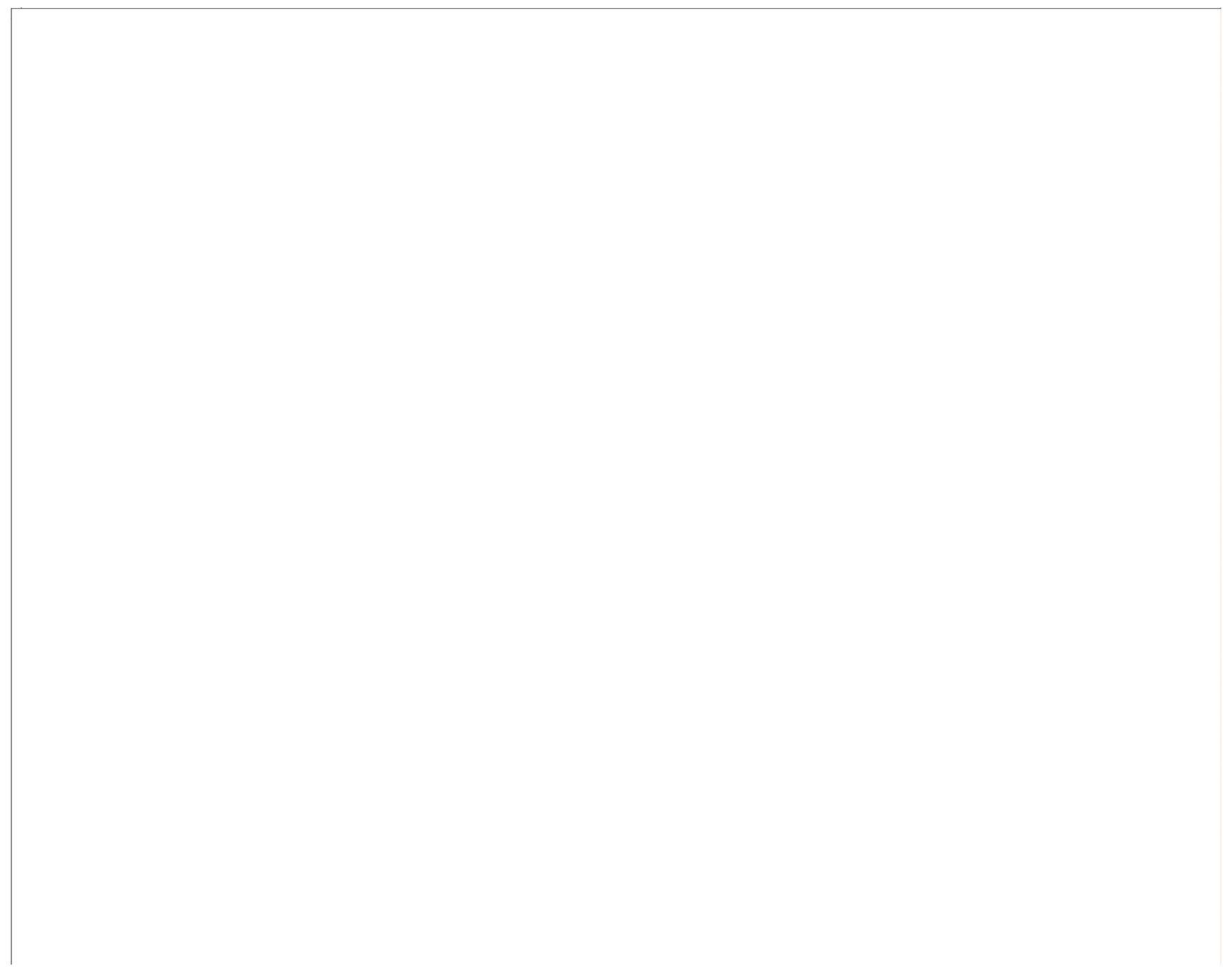


MIRACLE MEDICOS

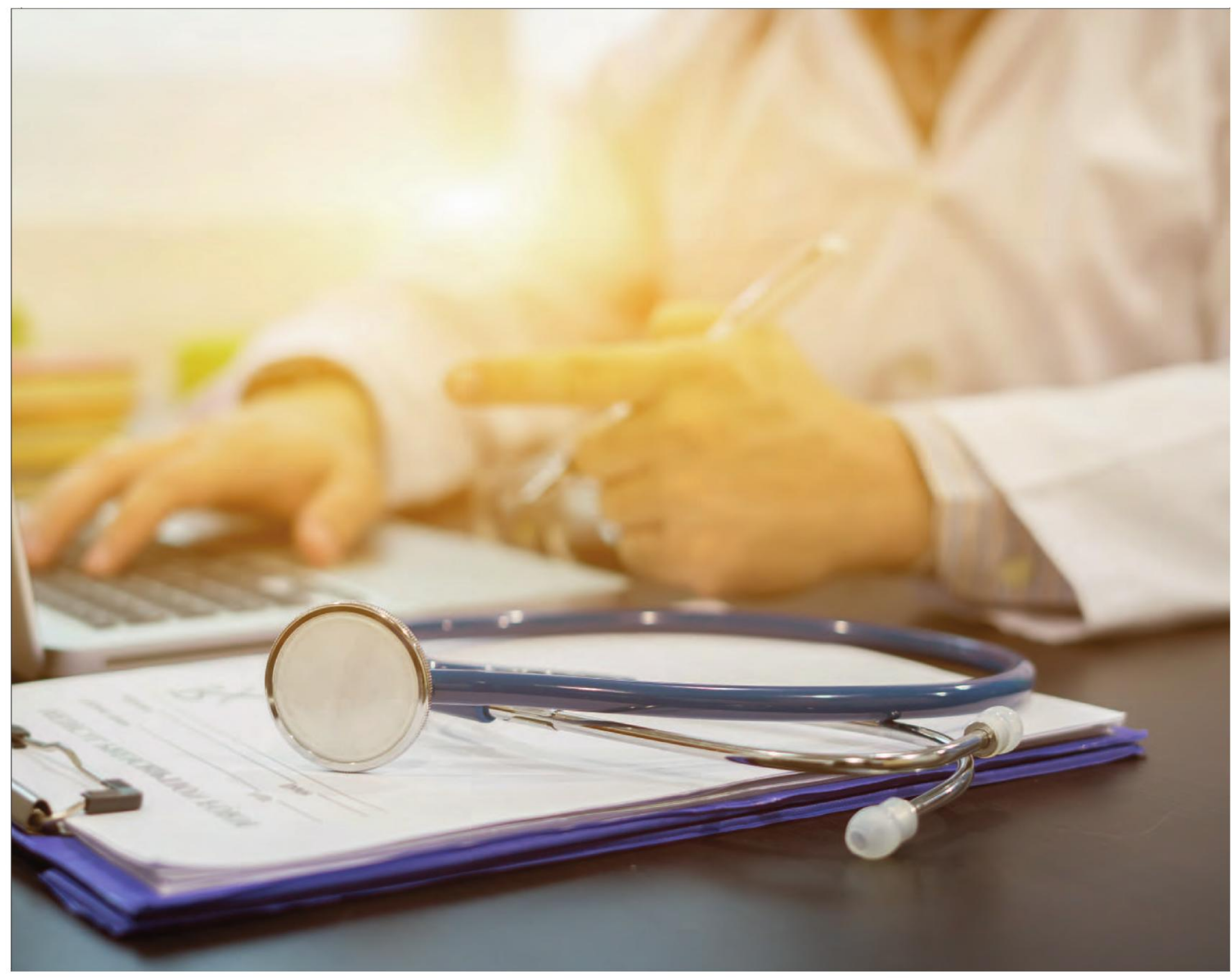
A COFFEE TABLE BOOK ON LEADING
HEALTHCARE PRACTITIONERS OF LUCKNOW





MIRACLE MEDICOS

A COFFEE TABLE BOOK ON LEADING
HEALTHCARE PRACTITIONERS OF LUCKNOW



PROLOGUE

Shailesh Gupta

I express my deep pleasure on this special book on top doctors of Lucknow. Jagran Gems has been our earnest endeavour to recognize and honour achievers from different fields, who have done remarkable work for the society and the region. This book is special since it showcases achievers from a fraternity, which is taken for granted by us, until, of course, we fall prey to ailments! And that's where lies the rationale of bringing out 'Miracle Medicos', who perform miracles in saving lives, daily.

Lucknow has a deep rooted connection with Jagran, as the city has witnessed the group growing in stature. To be able to bring out this book is a lovely throwback to this sacred bond. Besides, the book is a tribute to the amazing service that the medical fraternity of Kanpur is offering to the city and its people. With this publication, we bring to you some of the most prominent doctors of Kanpur, who have been serving the humanity for a long time. I trust that their stories shall inspire lot of people to learn and adopt great ideas and best practices.

In the words of Martin H. Fischer, famous German author- 'A doctor must work eighteen hours a day and seven days a week. If you cannot console yourself to this, get out of the profession'. This statement is a testimony to the hard work and dedication that the doctors deploy in the pursuance of the sacred pursuit of human well-being. The least we could do for them is to share their stories with the people, whom they heal and care about.

I congratulate the doctors, who have been showcased in this book, and I hope that we shall continue to work towards bringing out such books under the aegis of Jagran Coffee table Books (JCTB). The entire JCTB team deserves praise for pulling off this one. As good as it should be.



OUR PHOTOGRAPHER

Atul Hundoo, a Master of Fine Arts in Photography from college of Arts and Crafts, Lucknow, is a photographic artist with an experience of more than 15 years in this craft. With journalistic photography being his forte, he has worked with some of the top-notch newspapers, distinguished media houses and has been a part of some prestigious projects.

Atul ascribes much of his accomplishments to his guru, photographer of international repute, Late PC Little. He has earned distinction in different genres of photography, like fashion, product and sports and visual arts along with commercial & lifestyle photo shoots. In 2010, he began photography as a travel photographer. The famous and much applauded Devalaya series of Jagran Coffee Table Books was photographed by Atul across four states of Uttar Pradesh, Bihar, Uttarakhand and Jharkhand. Besides Atul has been an indigenous part of more than 12 Jagran Coffee Table Books.

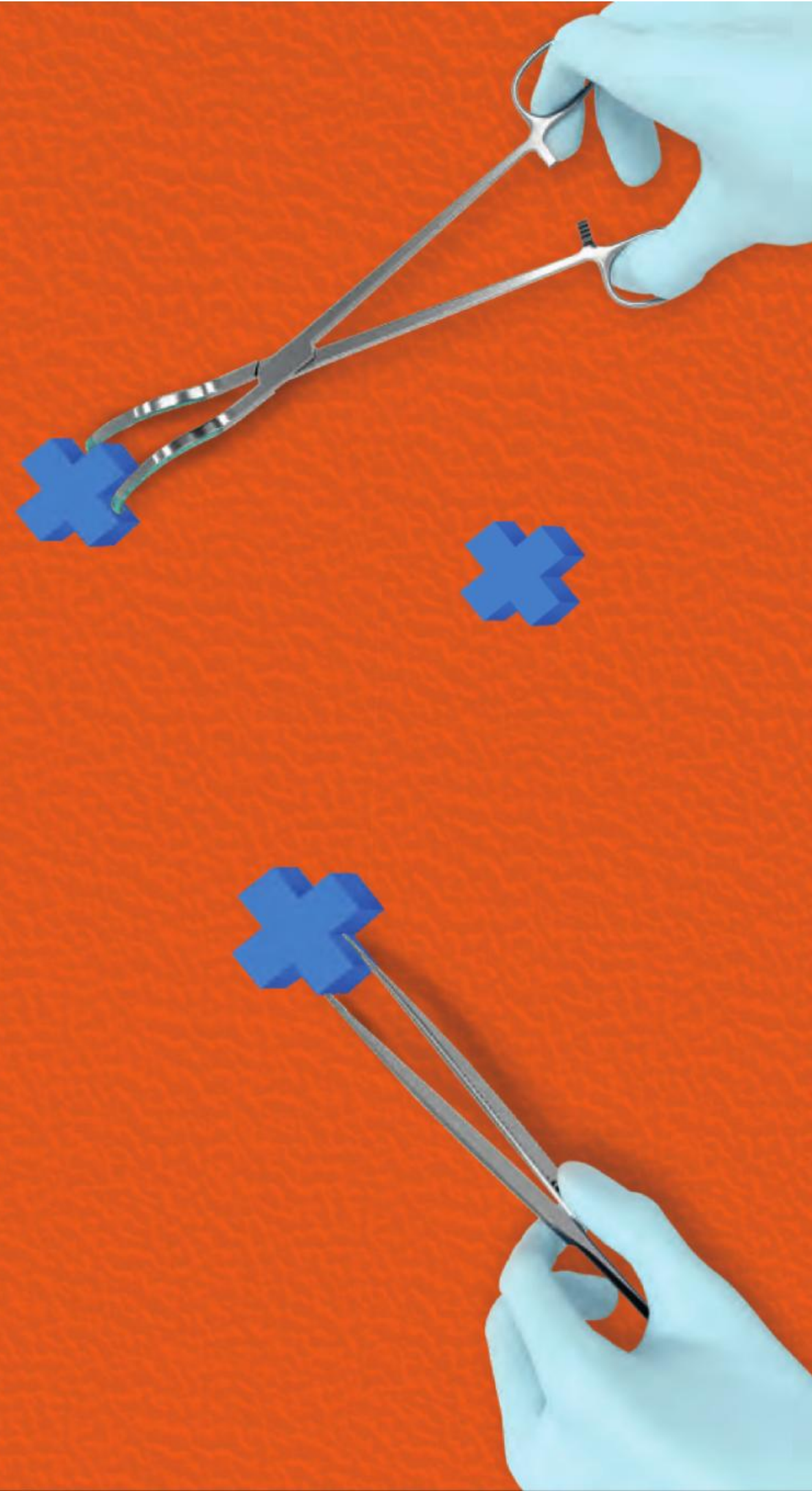
Atul's concern for the environment is strongly evident in his images. The nature stretches in his landscape shots are perfect in terms of angle and frame. His photographs of people reveal a compassionate understanding of his subjects. When taking a shot, Atul stops at nothing to make it the very best. In fact, at times he is almost stubborn in his efforts and takes huge risks while executing a particular shot exactly as he has envisioned it. The results thereof are there for all to see.

Working as a photojournalist, Atul Hundoo frequently reinvents his creative approach to his work with the use of pioneering digital techniques. Atul's work is exhibited at many national & international exhibitions. He has held two solo exhibitions and three group shows of his photographs. He is also invited as a guest lecturer at various institutes from time to time and has also conducted photography workshops for budding photographers.



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FOREWORD

Benul Beshak

Health is a large word. It embraces not the body only, but the mind and spirit as well; and not today's pain or pleasure alone, but the whole being and outlook of a man. Even if we take health as a physical well-being alone, it has a big body of philosophy. Indian medicine system, predominantly Ayurveda lays out a seminal principal of preventive healthcare. Therefore, poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthy is not something that you need to get, it's something you have already if you don't disturb it.

Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic. Undoubtedly, today modern medicine has made tremendous progress and technology has enabled us to cure hitherto 'incurable' ailments, but medicines alone can't 'cure' people. Human bodies are complex beyond comprehension, and the still limited knowledge that we have about the body science simply isn't enough to counter the ever increasing complications, fueled by the degrading lifestyle. That's where doctors become inevitable.

The book is a tribute to the leading healthcare practitioners of the great city of Lucknow, who are at the forefront of the battle against ailments. These doctors, through their dedication and skill, have done remarkable service to the region. It was extremely fascinating to come across, and write about such passionate professionals. I hope the book shall be a genuine repository of success stories, which will inspire the younger generations of the medical fraternity.

We also stand honoured to be associated with such stalwarts. With this, Jagran Coffee Table Books (JCTB), which is a premium publishing segment, adds another landmark to its already illustrious body of work, by acknowledging and appreciating excellence at grand forums. I trust you would enjoy reading the book, and that their mesmerizing journeys shall go a long way in charting new courses and scaling new heights, by the coming generations.



DR. ABHINAV SINGH

BDS and MDS, Conservative and Endodontics

Dental Care Clinic

AN ANATOMY OF SMILE

A SMILE IS THE
PRETTIEST
THING YOU CAN
WEAR....
I WAS CREATED
TO CREATE
BEAUTIFUL SMILES”



Dr. Abhinav treating a patient at his clinic

Dr. Abhinav Singh is one of the most well-known and accomplished dental surgeon in the field of conservative and endodontics in Lucknow. He has played a key role in taking the field of dentistry to the next level, in terms of treatment, training and research, in the city. His endless pursuit of human service makes him one of the most acclaimed dental surgeons in the 'City of Nawabs'. We sat down one-on-one with the famed dentist in Lucknow for an intimate and candid conversation. Here's what he shared with us.

Dr. Abhinav Singh graduated from M S Ramaiah Dental College, Bangalore. He later completed his internship from King George Medical College, Lucknow and followed it up with his post-graduation in conservative and endodontics. He has set up his own 'Dental Care Clinic' in Lucknow with the aim of bringing the highest standards of dental care along with clinical research, education and training to the region. Keeping track of the global trends and innovations in the field of dentistry, Dr. Abhinav's clinic is fashioned on the lines of dental treatment provided in USA.

Talking passionately about his clinic, Dr. Abhinav says, "I want to provide the most advanced and affordable dental care to my patients without compromising on their comfort and quality of care. We provide the best and latest in dental technology and treatment options for our patients. We want each patient to feel that they are cared for, beyond just their oral care needs." He has not only set up his own dental care clinic, but he has also been teaching in various dental colleges across India and Nepal since 2008. "I have been into this field for the past 20 years and it feels great," he adds. Dr. Abhinav also fondly talks about his larger vision.

"CHOOSE A JOB
YOU LOVE,
AND YOU WILL
NEVER
HAVE TO WORK
A DAY IN YOUR LIFE"



Cozy & comfy waiting room for the patients



Dr. Priya counseling a patient

“My biggest dream is to make India the leading destination for oral healthcare research, patient care and well-being. I believe this dream will come true.” He has a vision to create Indian dentistry that is a combination of traditional Indian Ayurveda and modern dentistry.

Attributing the passion for his profession to his parents, he says, “I was always interested in the profession, growing up, thanks to my parents who were also doctors. My mother Dr. Ranjana Singh is a gynaecologist and my father Dr. Vijay Pal Singh is a general surgeon. My parents being in a government job, were mostly posted in small towns and cities where I would see them working relentlessly to save the lives of the less fortunate people living in the rural areas of India. They would work hard and would make significant changes to other people's life. That truly inspired me.”

For Dr. Abhinav, his career accolades form an extensive and growing list, with several recognitions under his belt, as under:

- Most recently, in January 2018, Dr. Abhinav received the India Healthcare Award for the 'Best Dentist in Lucknow', from none other than the famous Bollywood celebrity Soha Ali Khan.



Dr. Abhinav and Dr. Priya, with their colleagues

- The very first award to his credit was for best Clinical Case Presentation in the National Conference of India Association of Conservative Dentistry and Endodontic, held at Cochin, Kerala, in 2009.
- To keep up with the latest in the field of dentistry, Dr. Abhinav completed a program in Implant Dentistry from University of California and a course on Laser Treatment in Dentistry, sponsored by Oral Restorative Academy London, England.
- He has also presented several papers in national and inter-state conferences and published numerous articles in national and international journals.

Matching steps with his interminable ardour, his wife Dr. Priya Singh is also a notable specialist in the field of oral medicine and radiology. She has been his pillar of strength during all thick and thins. The couple, together reminisces about their days of struggle a few years back. Dr. Abhinav shares, “We had a small rented place initially and I remember we used to pay Rs. 6000/- per month for it. Those were the days when I had to wait as long as few days, even to get a single patient. It was only me and one attendant to look after the entire chores.” Dr. Priya adds, “Opening a multi-speciality clinic was always on our minds. Today, we have a permanent staff of around 10 people, including doctors who are experts in their fields.”



**“MY SON MAKES
ME FEEL THAT I'M
THE BEST DAD
IN THE WHOLE UNIVERSE”**

The doctor couple, who have been married for over 10 years, is truly 'a match made in heaven'. A son who is six years old, adds to their bundle of joy. "Arnav Rajvansh, my son, is my best companion and my biggest fan. He is also my stress reliever," says Dr. Abhinav with a smile. He adds, "My son makes me feel that I'm the best dad in the whole universe, though I'm not with him 24/7." Dr. Priya lovingly chips in, "Abhinav works till late in the night at the clinic but that doesn't stop him from spending time with family. We have small family rituals like having dinner together, no matter how late it is in the night and Arnav is awake on most days to meet his dad. It's a great bonding time for us."

Outside work, Dr. Abhinav has few other passions- he is extremely fond of cars, movies and food. Dr. Abhinav shares, "I enjoy driving for long hours at a stretch, the longest being 17 to 18 hours in a day." His parting thoughts for aspiring students of dentistry are- "Never stop learning. Dentistry is not static. It's always moving. It's always changing. One needs to continue to learn and grow, as dentistry grows."



Dr. Abhinav's wonder world, with wife Dr. Priya and son Arnav

DR. ABHISHEK SHUKLA

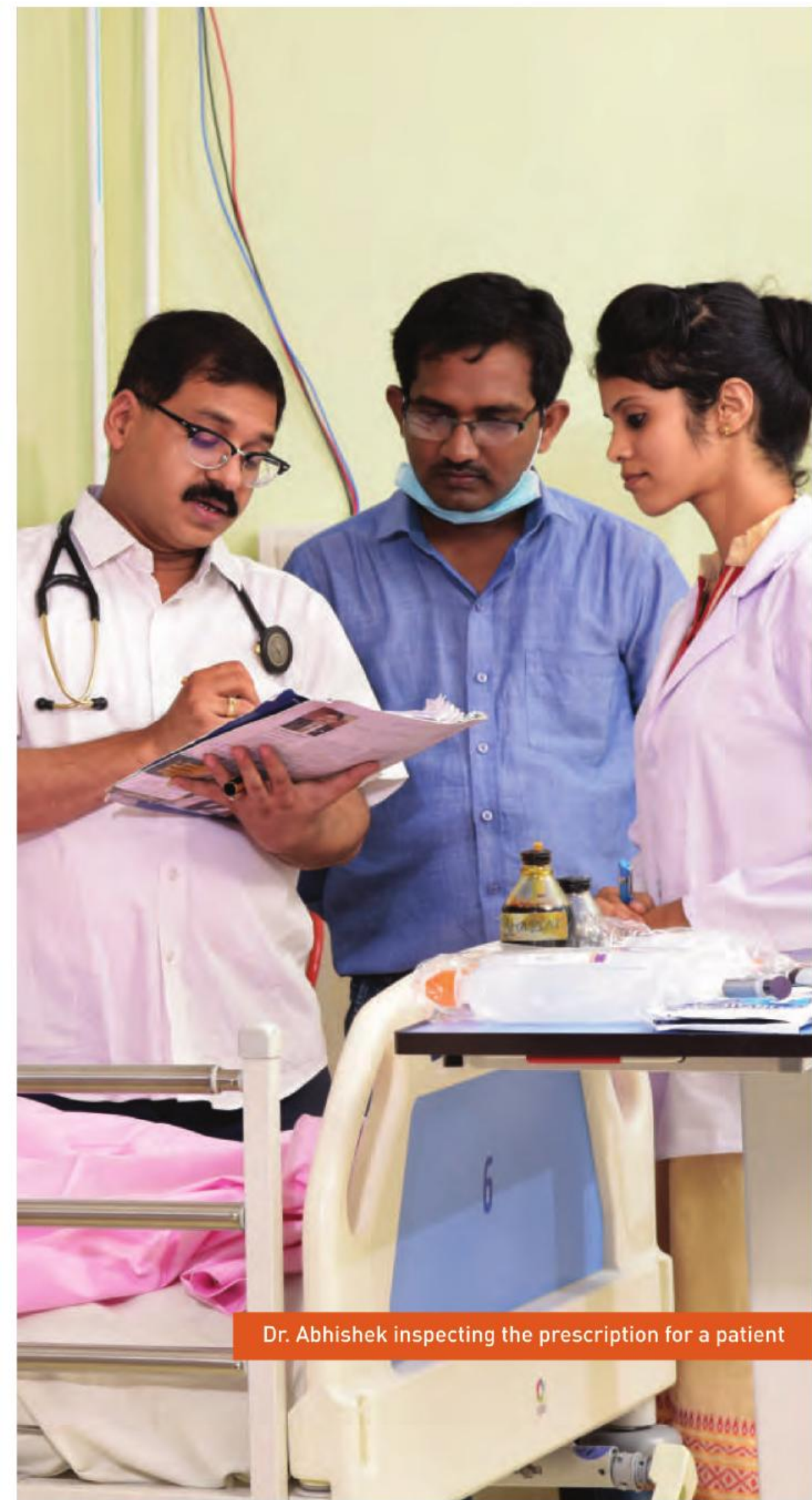
Medical Director

**AASTHA Centre for Geriatric Medicine,
Palliative Care Hospital & Hospice**

A COUNTRY FOR THE OLD

“WE ARE NORTH INDIA'S
ONLY HOSPICE
AND AMONGST VERY
FEW HOSPICES
ACROSS THE COUNTRY
TO PROVIDE SUCH FACILITY”



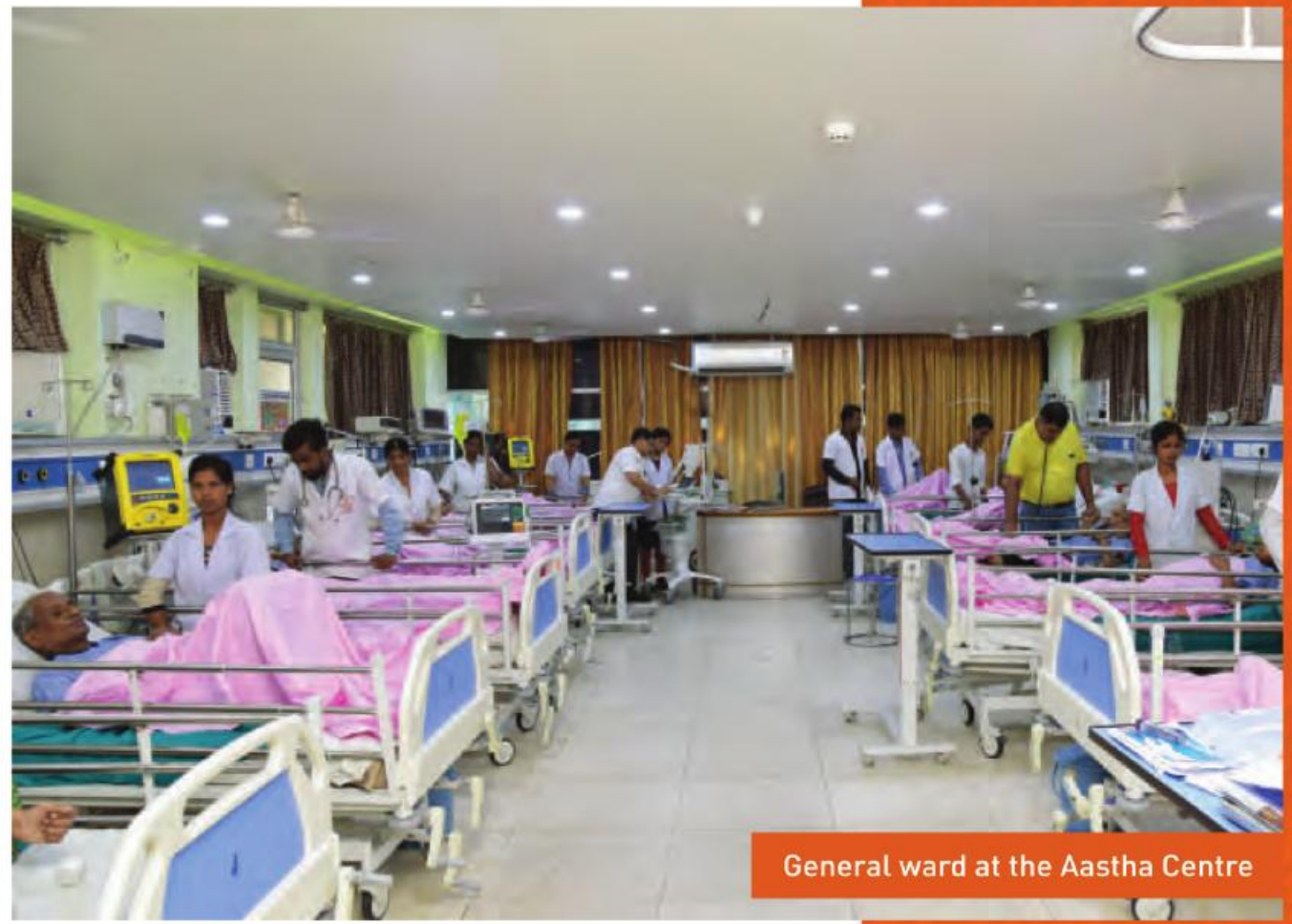


Dr. Abhishek inspecting the prescription for a patient

Not everyone attempts to add colours and hope to the increasingly loveless lives, of the old. Dr. Abhishek Shukla, Medical Director, AASTHA Centre for Geriatric Medicine, Palliative Care hospital & Hospice, is one such man who is constantly striving to provide the best medical care facilities to such people, so that they can live and enjoy their lives to the fullest, without bothering much about the harsh realities of the world and the times. Born in the year 1975 to Dr. Anil Kumar Shukla, a clinical Epidemiologist, who retired as a Joint Director from Swasthya Bhawan, Uttar Pradesh and Mrs. Manju Shukla, Dr. Abhishek is a man of emotions. "I have always wanted to do something for the elderly people. There are malls for the children and the youth, but there is no place for the older generation, where they can fend for themselves. And since there is no significant commercial benefit involved in it, no one bothers to do anything for them," he laments.

A gold medallist in MD (General Medicine) and a trained professional in geriatric medicine, Dr. Abhishek has also been conferred with various awards for his exemplary contribution to the field of geriatric medicine, ageing and awareness generation. This includes the Vayoshreshtha Samman presented by Hon. President of India in 2016, the President's Appreciation Award by IMA Lucknow, the Health ICON of UP (bestowed upon him by Hon. Governor Shri Ram Naik), Prabodh Kumar Majumdar Memorial Best Medical Practitioner Award by IMA, Lucknow and many others.

“THERE SHOULD BE STANDARDIZATION IN THE AREAS OF OLD AGE HEALTH SYSTEM, OLD AGE HOSPITALS AND HOSPICE POLICIES”



General ward at the Aastha Centre



“I AM A PERSON WHO
IS VERY CLOSE
TO NATURE”

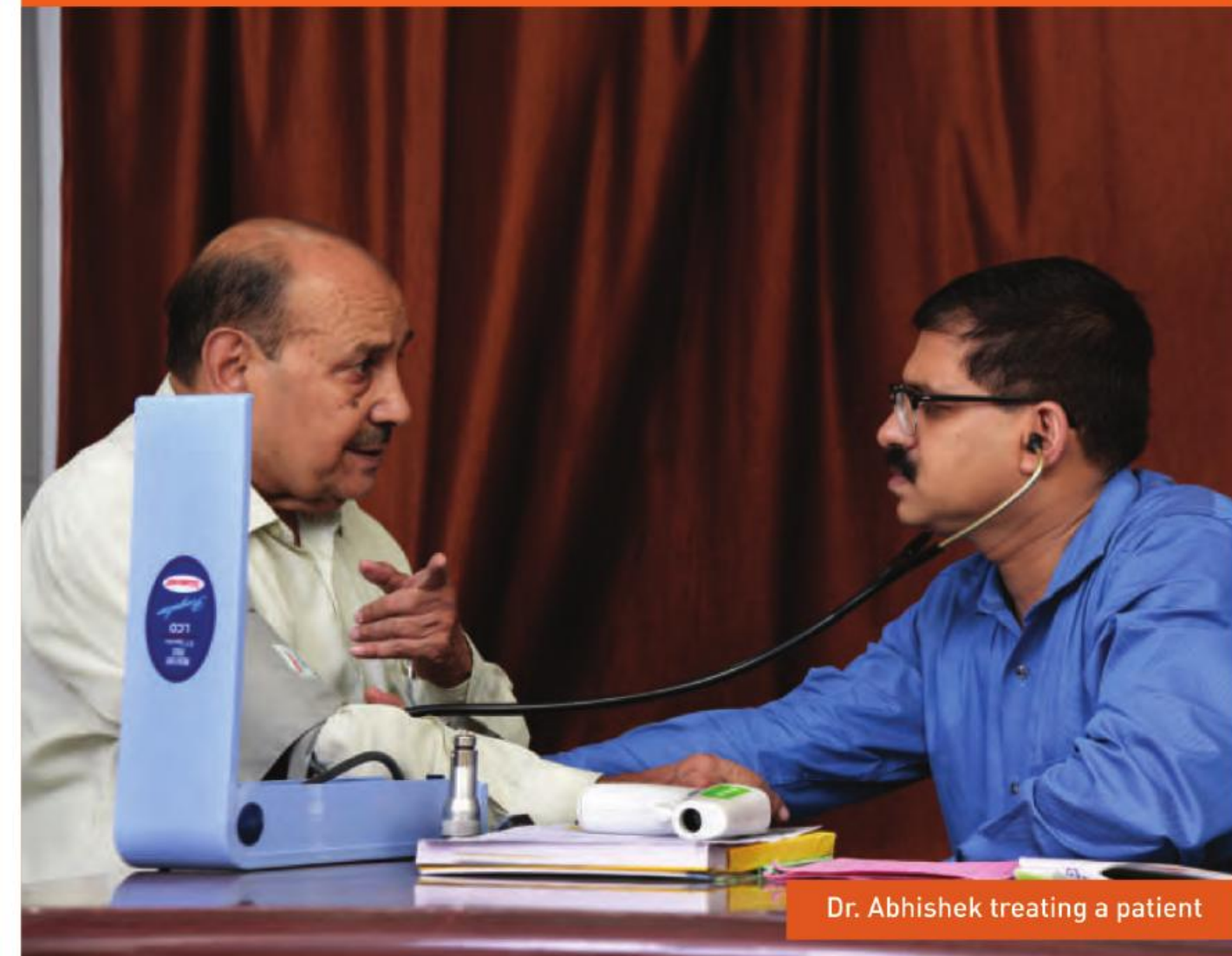
Dr. Abhishek, a trained professional in geriatric medicine from BHU, trained in Critical Care Medicine from SGPGI, Lucknow, is also a recipient of three-year Commonwealth Scholarship to peruse Palliative Medicine from Cardiff University, UK.

With a glistening professional record and a deep urge to benefit the old, he laid the foundation of AASTHA in Mahanagar, Lucknow, which is a 70-bed hospital, providing 24-hr emergency medical support, long term care for bed-ridden patients, care for patients with incurable disease, chemotherapy along with palliative care for cancer patients, evaluation of memory loss, nutrition counselling, physical examinations along with many other facilities including diagnostic facilities, under one roof.

“A hospital is a place where you come with cure oriented goals and you go back home cured, whereas a hospice is a place where you seek comfort, rather than cure, so that you may live your remaining days with dignity and self respect,” he explains. With gleeful eyes he adds, “We are North India’s only hospice and amongst very few hospices across the country to provide such facility.” In 2014, he started AASTHA health resort in Kukrail, which according to him is like a second home for elderly people. Sharing details about it, he says, “AASTHA health resort has been developed as a tranquil sanctuary for senior citizens who are sick or disabled and who wish to live an active life with dignity. Here, we provide all the necessities, gadgets, doctors-on-call, nurses on board and other medical facilities to people who need them.”



Candid moments at the Aastha Centre



Dr. Abhishek treating a patient

Acknowledging the contribution of Dr. Shashi Trivedi, retired Director General from Medical & Health Services and Dr. Sandeep Kumar, the Founder Director of AIIMS, Bhopal, Dr. Abhishek says, "They have a big role to play in my life. I came in contact with Dr. Shashi during the treatment process of her husband. She was so impressed with the working of the organization that she later decided to donate her entire assets to it, in order to form a charitable trust in the name of her deceased husband, so that the whole society could be benefitted through it. As far as Dr. Sandeep is concerned, I know him since childhood and he was the only man who supported and appreciated my efforts when initially I took a decision to do something in this particular field. He has been a source of inspiration for me, since years."

Sharing future plans with excitement, he says, "I wish to have an organized system of services for the elderly, which should be existent in various parts of the country. There should be standardization in the areas of old age health system, old age hospitals and hospice policies."



Dr. Abhishek mingling with the senior citizens at the centre

In future, I believe there is a need to open up many more centres like AASTHA across the country in order to provide services to such people in a standardized way. One major thing that AASTHA is doing, is to provide home care facilities and we plan to expand these facilities to a larger number of people in need."

Dr. Abhishek's mother Mrs. Manju has been successfully running a computer institute for past many years to impart technical education to the school and college going students. Sharing her past experiences, she says with a smile, "It was Abhishek who coaxed me to learn computers at the age of 35. I remember he was in grade sixth when he took me to a nearby computer centre and made me join a six-month course. He wanted me to learn the subject and teach him thereafter." With immense pride, father Dr. Anil Kumar further elaborates, "I never forced my son to become a doctor. It was his own decision and I must say that he has made us proud with his success."





A senior citizen relaxing at the centre



Food and fun time

His attitude- 'Think big and start big' has earned him a great deal of name and fame in the past 10-12 years. He has been awarded by the Hon. President of India and his hospital has been declared as the best old age hospital in India. Indeed, it was a gratifying moment for all of us."

A committed professional and a man of integrity, Dr. Abhishek believes in being a toiler. "People say I am a workaholic. According to me, it's the best compliment that I have ever received. People take birth, live their life and leave without ever being recognized. I believe this is my time to do something significant for others so that they can remember me long after I am gone." He then opens up on a more personal note, and says, "I am a person who is very close to nature. In fact, I have a great love for exotic birds and at present, I have a huge collection of them. Besides this, I have an inclination towards vintage cars and I am a proud owner of Fiat Topelino, 1932 model and a vintage Mercedes Benz. There is a Gaushala at AASTHA Health resort where we have eight cows and even horses.



Dr. Abhishek and his wife Dr. Amita Shukla, with father Anil Kumar Shukla, mother Manju Shukla, son Abhiyansh and daughter Abhigya



Doting moments with the family

Apart from all this, I am a decent swimmer and can swim in all the four strokes with equal ease."

Happily married to Dr. Amita Shukla, a recognized Gynaecologist in the town, Dr. Abhishek is blessed with two lovely kids; a son and a daughter. "It's a love cum arranged marriage," he shares. "She was junior to me by several years when I first met her. It was during our MBBS days, I remember well. The courtship period was not very long and we tied the knots in 2006." Sharing further, he adds, "Amita is a doctor herself, so she understands that a doctor's time is split between his patients and family. Knowing the level of commitment that is required in this profession, she has supported me throughout the 11 years of our marriage."

**"AMITA HAS SUPPORTED ME
THROUGHOUT THE 11 YEARS OF
OUR MARRIAGE"**

DR. AMOD KUMAR SACHAN
Senior Professor, King George's Medical
College, Lucknow & Founder, Shekhar Hospital
& Hind Medical College (Barabanki & Sitapur)

RICHA SACHAN
Director, Shekhar Hospital & Chairperson,
Hind Medical College (Barabanki & Sitapur)



SERVING THE HUMANITY

“OUR MAIN AIM IS TO PROVIDE
THE BEST POSSIBLE TREATMENT
TO OUR PATIENTS,
AT AFFORDABLE COSTS”



Students at the HIMS, Barabanki

“I am basically an entrepreneur by instincts, who loves to evolve new things to create value,” says Dr. Amod Kumar Sachan, Founder, Shekhar Hospital, Lucknow. With a vivid sense of duty, an indefatigable love for work and all the inquisitive zeal and inventive energy of a born reformer, Dr. Sachan is a famed name in the city that doesn't need an introduction. Born in 1960 to Shri Radhe Shyam Sachan and Smt. Keshkali Sachan, Dr. Amod is a man of great ardour and perseverance. Besides being the Founder of Shekhar Hospital, and the Ex-Managing Director of the institution, he is at present, serving the King George's Medical College in Lucknow as a senior professor in the pharmacology department. “My grandparents were agriculturists and my father was deputy registrar in cooperative societies. We were four siblings and our resources were limited. In spite of hailing from an ordinary background, I always dreamt of becoming a doctor. The primary purpose behind that was to serve the people, who are in disadvantageous position, just like me,” he shares.

An MBBS and MD in the field of pharmacology, Dr. Sachan is happily married to Smt. Richa Mishra since 1996 and is blessed with two lovely kids- Raj Shekhar and Yashori Shekhar. While the former is pursuing his MBBS from Manipal, the latter is, at present, in the eleventh standard. Looking after the entire administration of Shekhar Hospital in the capacity of Director, Richa is an equally charismatic professional, bubbling with energy and dedication.

“THE PRIMARY PURPOSE BEHIND THIS, IS TO SERVE THE PEOPLE, WHO ARE IN DISADVANTAGEOUS POSITION”



Shekhar Hospital



HIMS, Barabanki



HIMS, Sitapur



Dr. Richa with her team

Sharing details about the hospital, she says, "It all started with a small OPD clinic in 1985. Subsequently, it grew to Shekhar Nursing Home, and in the year 1995, it finally evolved as a multi-speciality hospital, which was then established as a company by the name of Shekhar Hospital Private Limited."

Later, various new facilities and departments were added to it. At present, the hospital is a 200-bed hospital, with all the specialities, including cardiology, ENT, gastro, gynaecology, immunology, neurology, orthopaedic, ophthalmology and many others. "Basically, all the treatment and technology in our hospital are patient friendly. Our main aim is to provide the best possible treatment to our patients, at affordable costs," shares Richa. Speaking about her engagements and their other establishments, she says, "In 2002, Dr. Sachan joined the medical college and left the administration of the hospital to me. Since then, I have been looking after it. In the later years, a new trust was formed by the name of Hind Charitable Trust, under which we established a medical college by the name of Hind Institute of Medical Sciences in Barabanki."

“IT WAS THE BLESSINGS OF OUR PARENTS, THE COOPERATION OF FAMILY,
AND THE ASSISTANCE OF THE FINANCIAL INSTITUTIONS,
THAT HELPED US SALVAGE TOUGH DAYS”



Dr. Amod and Dr. Richa in conversation with the students

Initially, it was established as an institute for medical and paramedical studies. In 2009, we started the MBBS courses in it and in 2012, the PG courses were introduced. At present, there are approx 2500 students in the college, and it also serves as a 750-bed hospital, catering to patients from all around.”

Apart from this, keeping in view the scarcity of nurses in Shekhar Hospital, the dynamic duo established the Shekhar School of Nursing in 2008, under Shri Balaji Chairitable trust and another medical college in 2013, on Sitapur road, by the name of Hind Institute of Medical Sciences, under the Hind Charitable Trust. At present, the entire administration of these organizations is under Richa's supervision. She is also the Chairperson of Hind Institute of Medical Sciences. “We have also opened up a boutique and fashion designing store by the name of Fab Creations, which is related to the International Institute of Fashion Technology,” she shares with exuberance.

Reminiscing about the days when the foundation of the hospital was being laid, Dr. Sachan says, “The days were quite troublesome. Since we already had limited means to sustain, there was no financial support from the family.

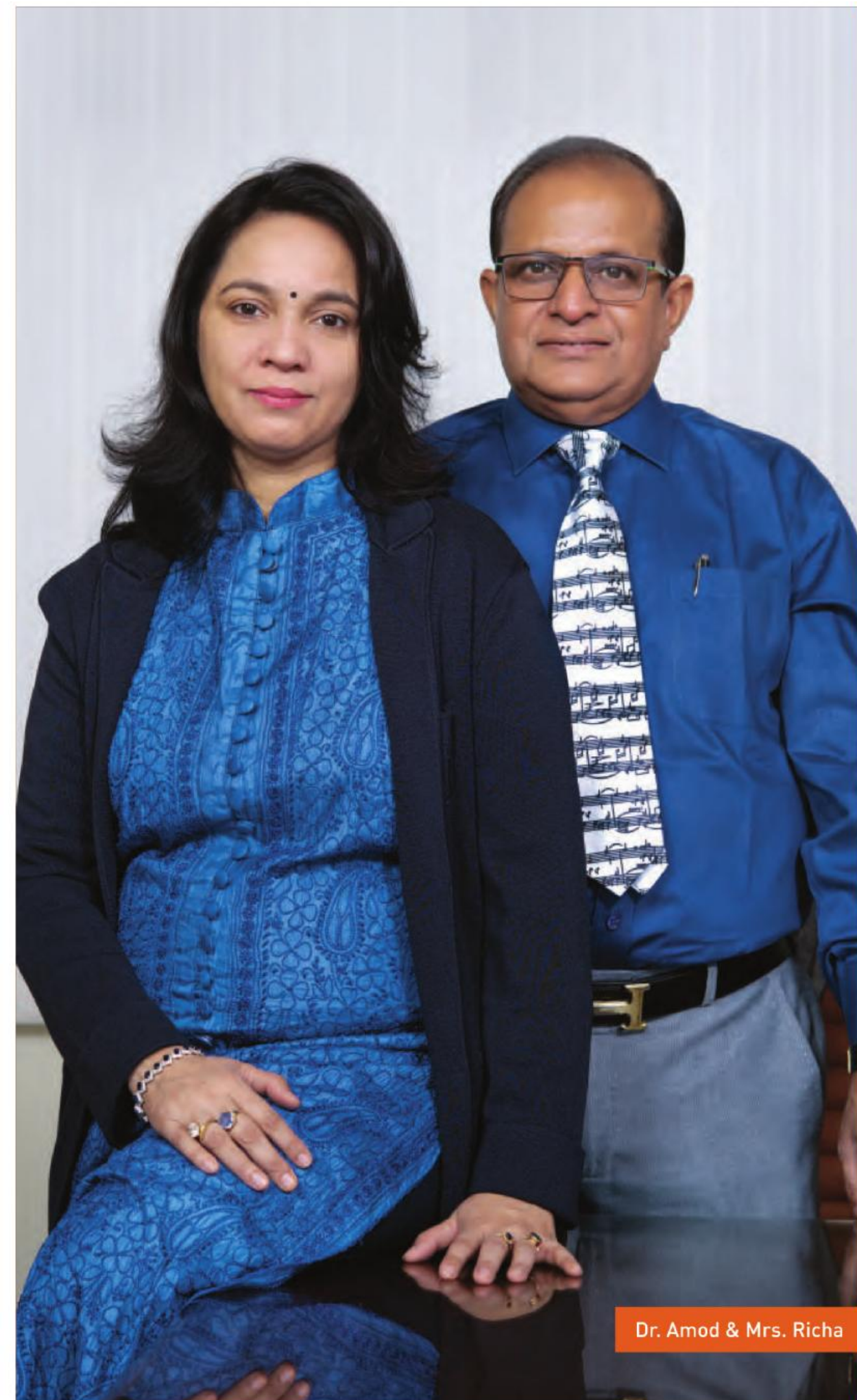


Classroom-lab at HIMS, Sitapur

In 1985, after the completion of MBBS, I started my own practice to address the financial strains. There were truckloads of problems that I faced, but ultimately it was the blessings of my parents, the cooperation of my family, and the assistance of the financial institutions, that helped me salvage those days.”

Considering it all to be the biggest achievement of their lives, Richa says, “Safedabad, Barabanki and Ataria, Sitapur were amongst the most underdeveloped rural areas of those times. There were no hospitals or even job opportunities within the range of 100 kilometres. Subsequently, with the establishment of the hospital and the medical college, we have been able to provide job opportunity to approx 4000 people in these areas. Moreover, the populace now has a good hospital with all the advanced facilities in their vicinity. There is a free ambulance service and immediate attention is provided to the trauma patients. Approximately two dozen doctors reside in the campus of the institute. We have also established a school by the name of Hind International School in the campus of the Hind Institute of Medical Sciences.





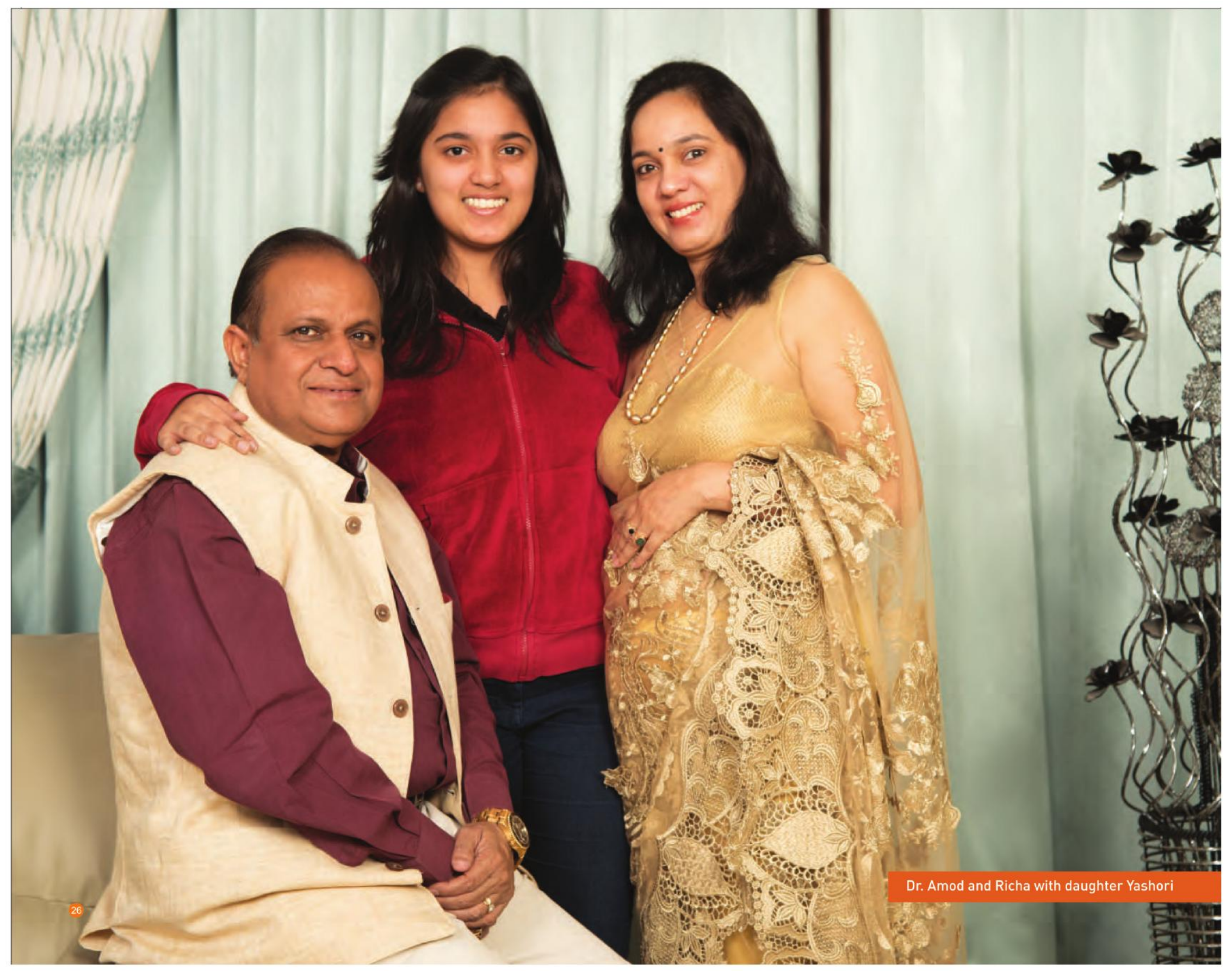
Dr. Amod & Mrs. Richa



A patient being treated at Shekhar Hospital

The school is aimed at providing free education to the children of the staff. Not only this, the total treatment in both the institutes is free of cost, including food to the poverty stricken patients. We have contributed a lot to the development of these areas and we believe that it is a great accomplishment in itself," shares a satisfied Richa.

With ceaseless professional commitments to fulfil, Dr. Sachan and his wife are amongst the tireless lot. During the time they get for themselves, they enjoy listening to old melodies, especially the songs of Mohd. Rafi and Mukesh. Apart from work, they love to travel and visit new places of interest. Adding to the list of their likes and dislikes, Richa says, "We believe in the power of tenacity. This is one of the positive qualities that we both share, apart from the other facets of life. We face the challenges by mutual discussions and by learning from the experiences of others. Lage Raho is the mantra that we strongly believe in."



Dr. Amod and Richa with daughter Yashori



Further, sharing the plans about the organizations, she speaks with exhilaration. "We are yet to introduce the post graduation courses in the colleges. Apart from this, we wish to establish a law college in UP and also a good cancer treatment centre in the state," Richa shares. However, having different plans in store for future, Dr. Sachan smiles and says, "I wish to dedicate all these colleges to the society once they are well-established. The institutes are sufficient to support my family and in future, I wish to lead the path of spiritual development," muses the learned professor.

**"WE FACE THE CHALLENGES BY
MUTUAL DISCUSSIONS
AND BY LEARNING FROM
THE EXPERIENCES OF OTHERS"**

Life with a deep meaning

DR. DEEPAK DEWAN

Nephrologist

THE MIDAS TOUCH

“I AM IN A POSITION
TO SAVE
HUMAN LIVES AND
ILLUMINATE
THE FACES OF MANY,
UNFETTERED”





Dr. Udit Dewan

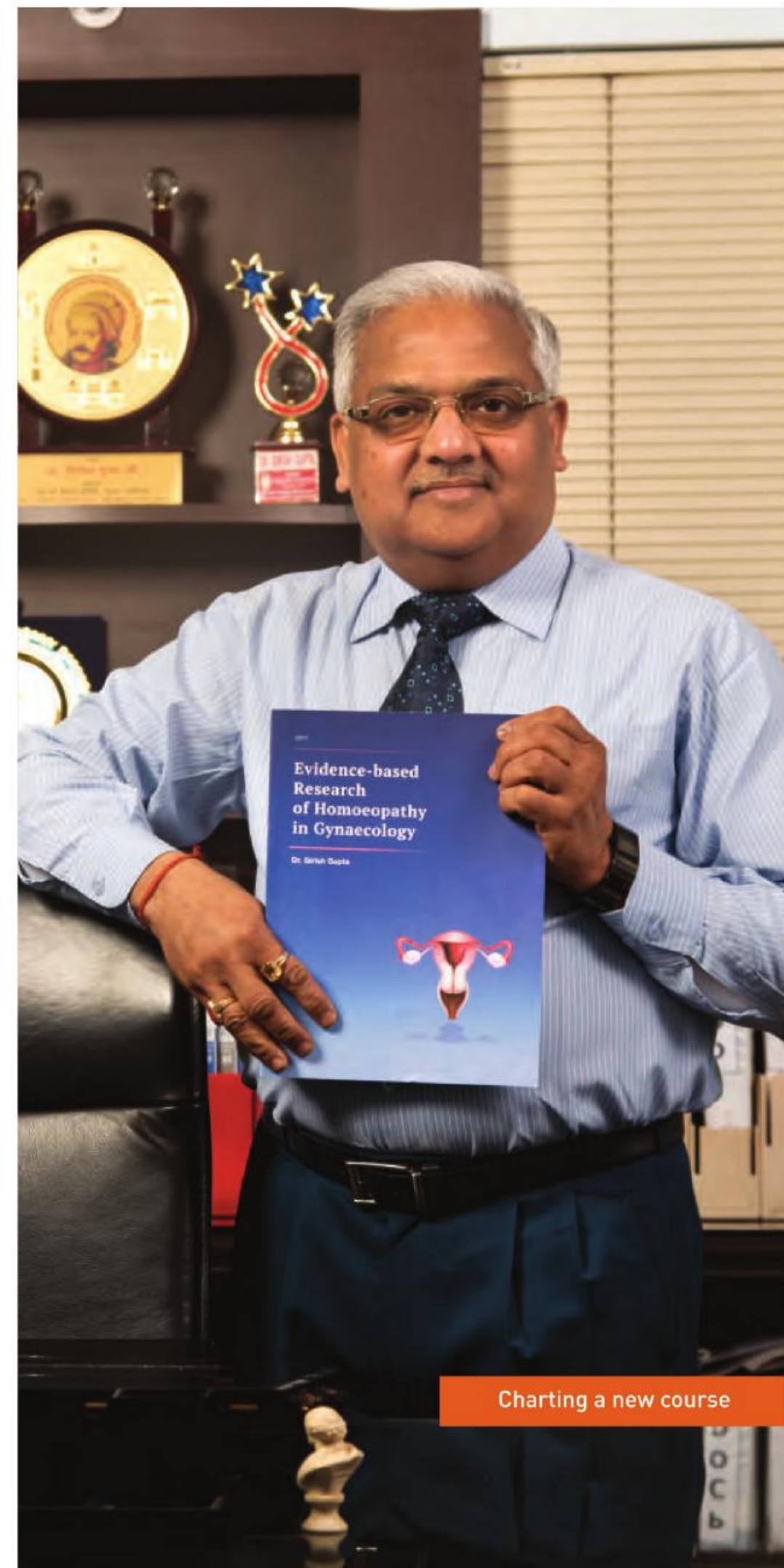
Dr. Deepak Dewan, a Nephrologist, is a man of simplicity and high morals. Born in the year 1972 to Dr. Manohar Lal Dewan, who retired from railways, and Mrs. Sudershan Dewan, Dr. Deepak is blessed with an uncomplicated personality and is an inspirational icon for many. As a private practitioner and a consultant Nephrologist in a number of hospitals, he toils day in and out to cater to the needs of his patients. "It's been more than eleven years since I have been into private practice. The best part is that I am in a position to save human lives and illuminate the faces of many, unfettered," he humbly admits.

A man with a positive attitude towards life, Dr. Dewan is also an author and contributor to various national and international publications. After completing his MBBS from Kanpur, he went on to complete his MD from King George's Medical College, and DM (Nephrology) from SGPGI, Lucknow. Making revelations about his childhood days, he fervently shares, "I was never a good student till the eighth standard. In fact, I never liked going to school. It was afterwards that I developed an inclination towards studies. In MD, I had two gold medals in medicines to my credit."

"MY PRESCRIPTIONS
ARE COMPUTERIZED
IN ORDER
TO ELIMINATE
ANY KIND OF
CONFUSION"



Dr. Dewan with his colleagues at the clinic



Charting a new course

A medical practitioner, a resolute researcher, an author and a high spirited man, Dr. Girish Gupta is in real terms, a multifaceted personality and one of the best homeopathic physicians that the city has. Born in the year 1955 in Bhagwant Nagar, Unnao, to Late Shri Radhey Shyam Gupta and Late Smt. Sukh Devi, he is a man who is making unwavering attempts to prove the potency of homeopathy, all over the world. "I always dreamt of being a doctor one day. Dr. R B Singh, a well-known homeopathic physician of my town and our family doctor, was my role model. In fact, he was the one who ushered me into the field of homeopathy. He was of the opinion that homeopathy can cure what sometimes even allopathy can't and it has a bright future." Proudly claiming to be the student of the first graduate course of homeopathy in the country, known as Graduate in Homeopathic Medicines and Surgery, Dr. Girish says, "I came to know of this course while pursuing M.Sc. in Lucknow. In 1975, I went ahead to join this course at the National Homeopathic Medical College in the city itself. By the grace of God, I stood first throughout the entire course."

Eldest of the three siblings, Dr. Girish has completed his intermediate and B.Sc. from Raebareli. He is, at present, the secretary general of Asian Homeopathic Medical League, which is an international organization. Not only a proficient practitioner but he is also the recipient of numerous awards, and is the author of the book- 'Evidence based Research of Homeopathy in Gynaecology'. With complete indulgence, he reveals the details about his book. "I received quite a lot of success while dealing with gynaecological problems like PCOD, fibroids, ovarian cysts, cervical polyp and others.

“IMMEDIATELY AFTER PASSING MY EXAMS, I GOT INCLINED TOWARDS RESEARCH AND WAS STRONGLY DETERMINED TO PROVE THAT HOMEOPATHY ISN'T MERELY A PLACEBO”



Gaurang Clinic & Homeopathic Research Centre

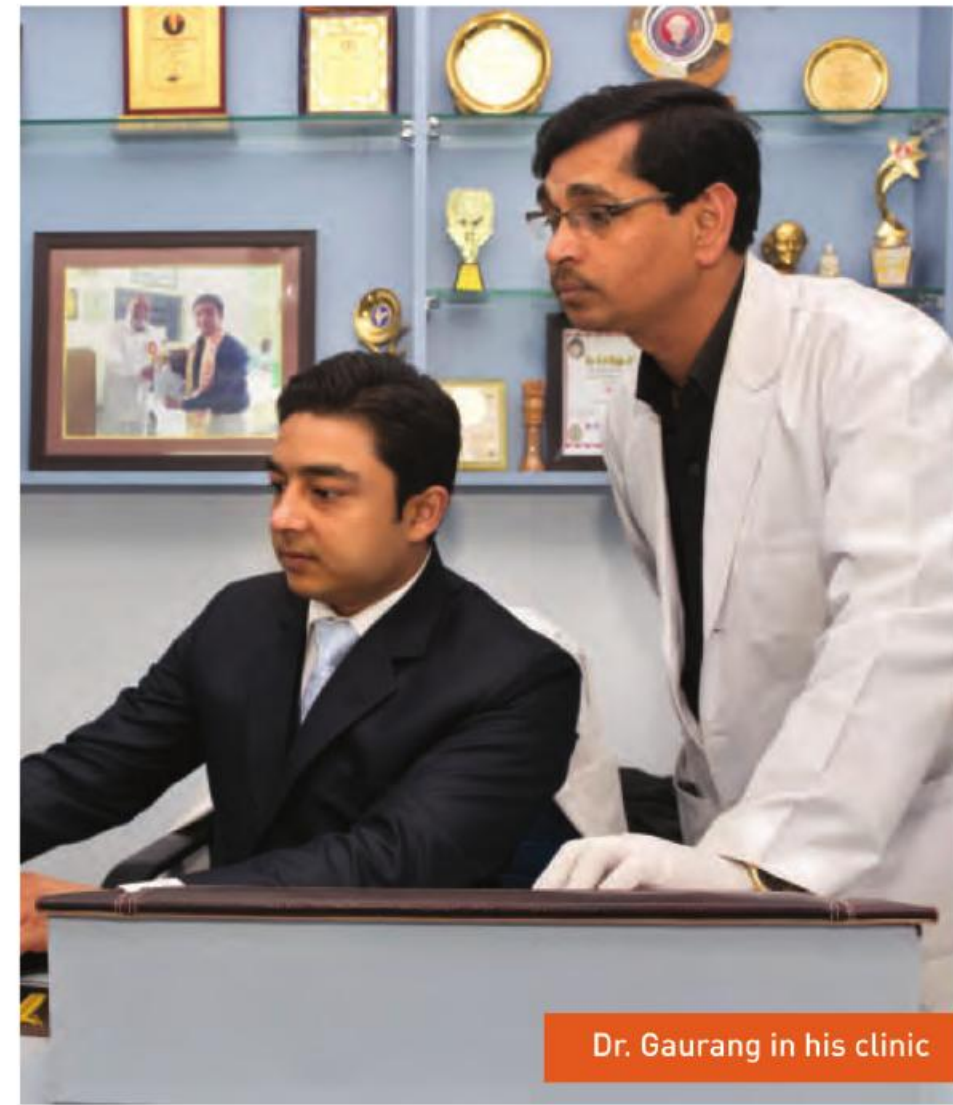
“WE HAVE A CHARITABLE CLINIC IN NAUBASTA BY THE NAME OF SAI SHARAN HOMEOPATHIC CHIKITSALAYA TO CATER TO THE POOR AND DESTITUTE”



Dr. Girish attending a patient

His efforts were highly appreciated and recognized all over. “As a matter of fact, I have done a lot of research in multiple diseases where the chances of cure were pretty negligible,” he quips. Equipped with a rich clinical and research experience, Dr Girish has presented several research papers and delivered lectures in International Homeopathic Conferences held in France, England, Italy, Pakistan, USA, Japan, Malaysia, Singapore, Thailand, Brazil, Sri Lanka, Bangladesh, Australia and others. He has done Ph.D in Homeopathy, which very few homeopaths in the country have done. Not only this, he has also established Homeopathic Research Foundation, which has received research projects on Prostate, Ovarian Cysts and PCOD etc. from the Ministry of Ayush, Government of India. Needless to say, he has carved a special place for himself, not only in the field of homeopathy but also in the hearts of his patients who come to him from far and wide.

His clinic, popularly known as Gaurang Clinic & Centre for Homeopathic Research, is one of its kind in the city. “We have a team of seven doctors including me and my son-Dr. Gaurang, with a total staff of 24 to look after the patients. My wife is the Managing Director and the entire management is looked after by my daughter-in-law Shivani.



Dr. Gaurang in his clinic

The clinic is well-equipped with a physiotherapy unit, a mycology lab and even a pathology lab for the best treatment. There is also a psychologist in the clinic for counselling purposes and a yoga consultant that helps the patients heal better,” he shares.

Deliberating further, he says, “We generally deal in speciality and super speciality cases. The most common ones being the gynaecological issues, kidney problems, gallstones, liver cirrhosis, prostate problems, all types of arthritis, skin diseases and many others. Unlike others, we maintain a full record of our patients including their suggestive medications and their response to it. Here, we treat the patients with a holistic approach because we strongly believe that no two individuals are the same.”

Dr. Gupta tied the nuptial knot with Seema in the year 1982. The couple is blessed with two children- Gaurang and Sawani. While the former is MD Homeopathy in Psychiatry, the latter is pursuing her M.Sc. in clinical psychology from Mangalore. “My parents have made small sacrifices for us and we owe them a lot because ultimately, it’s the small things in life that count.



Dr. Dewan counseling a patient

Articulated and armed with latest gadgets, Dr. Dewan considers himself to be tech savvy. "Owing to my love for gadgets, I wanted to be an engineer initially. During school days, I used to make electronic circuits, mini computers and other things as well. I also remember repairing scooters and mundane electronic items. Even today, the fondness for gadgets remains intact. My prescriptions are computerized in order to eliminate any kind of confusion. Not only this, it also gives me ample time to interact with my patients, along with increased efficiency."



Dr. Dewan monitoring a patient's recovery

Married to Dr. Udit Dewani, who is a Histopathologist, Dr. Dewan is a father of two; a daughter (Niharika) and a son (Suryansh). The couple, who tied the nuptial knot in the year 2001, after a courtship of two years, shares a cordial and a rather compassionate relationship. "Deepak is a person who is blessed with intelligence and high energy levels. Besides being a good Nephrologist, he also possesses good engineering skills. A pre-planner by nature, he believes in turning words into action. As a matter of fact, he has a big role to play in my progress," shares Dr. Udit, who is running her own histopathology lab by the name of 'Dewan Histopathology & Diagnostic Centre', only second histopathology centre in Lucknow.



Inspiration from the great Samuel Hahnemann



Dr. Girish Gupta

My father works with perfection. The level of precision and accuracy that he has, differentiates him from the rest. At present, there are 10-20 researches that are ongoing in the clinic," shares Dr. Gaurang. Speaking about his day to day routine, Dr. Girish says, "My daily routine is fixed. I practice yoga and other forms of exercise in the morning. My wife and I offer prayers together in the temple of the house before I leave for the clinic." Now we know where he derives his incessant rigour from!

Inspite of having a busy schedule, the couple is deeply engrossed in rendering worthwhile services to the society. "We have a charitable clinic in Naubasta by the name of Sai Sharan Homeopathic Chikitsalaya. It caters to the poor patients. There is also a primary school running in the same premises by the name of Bharat Jyoti Shiksha Kendra which is aimed at providing basic education to the children of the under-privileged class. Apart from this, we are also associated with Bharat Vikas Parishad and are intimately involved in its activities," shares Mrs. Gupta with great enthusiasm.

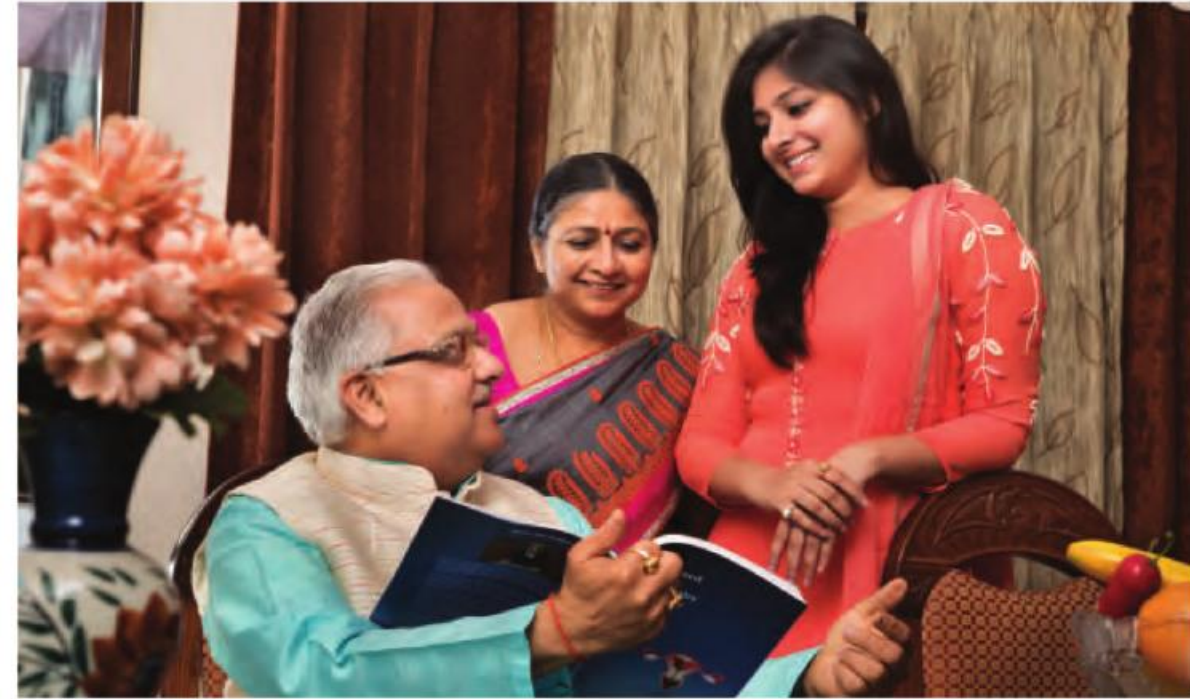


DR. GIRISH GUPTA
Chief Consultant

**Gaurang Clinic & Centre for
Homeopathic Research**

REINVENTING HOMEOPATHY

“THE CLINIC IS WELL-EQUIPPED WITH A PHYSIOTHERAPY UNIT, A MYCOLOGY LAB AND EVEN A PATHOLOGY LAB FOR THE EASE OF THE PATIENTS”



Bustling throughout the day with unmatched devotion, Dr. Girish is a man of words. He has successfully treated umpteen surgical diseases like fibroids, thyroid tumour, breasts tumour, ovarian cysts, gallstones, kidney stones etc. merely by medications and even published the cases for the world to see. This is the reason, patients invest their time and faith in him, placing him on a high pedestal. Committed to bring homeopathy in the mainstream of science, he has four different aims: Treatment, Training, Publication and Research. "I have kept my love for research alive during all these years. There is still a lot of research required in homeopathy and we'll continue to work in that direction. I think, what all I am doing is sufficient. Yes, there is a book on dermatological issues that is currently in the pipeline. It is based on the research work that we have done so far on Leucoderma, Psoriasis, Lichen Planus, Warts, Molluscum and fungal infections of skin, hair & nail, which are all difficult to cure," shares Dr. Gupta on a parting note.

"I PRACTICE YOGA AND OTHER FORMS OF EXERCISE FOR APPROXIMATELY TWO HOURS IN THE MORNING"

A family full of colours



Dr. Gaurang monitoring a patient



Dr. Gaurang in his research lab



Dr. Girish and Dr. Gaurang with their medical team

That was the time when I developed different research projects based on these cases of mine, analysed the data further and published them in various journals. Later, I compiled all of them and presented it in the form of a book."

Talking about his extensive research during the last 35 years, he says, "I started my practice in 1982 with a two room set. We couldn't afford a compounder then and my wife used to dispense the medicines for me. Immediately after passing my exams, I got inclined towards research and was strongly determined to prove that homeopathy isn't merely a placebo. I was actively involved in research work from 1982-1985 at CDRI, Lucknow. Initially, I tested the effect of homeopathy on plants. While the others were sceptical about my experiment, I was sure about the results. This was the first experiment that I conducted on Tobacco mosaic virus and much to my content, it was not only successful but also gained enormous popularity and caused a flutter in the entire homeopathic community."

In the years that followed, he even conducted research on animal viruses including the chicken embryo virus. He published this paper in the British Homeopathic Journal, based on which he was invited to present his findings in an international conference in France in 1985.

"One drop of God's magic and love becomes a new Life. I cannot explain in words what joy you feel on witnessing this act of creation," says Dr. Gita Khanna. It may be the busiest of days, but that's how you find her; so passionate about her work and so deeply committed to her profession. Dr. Gita Khanna is Lucknow's well-known obstetrician and gynecologist. Being a laparoscopic and hysteroscopy surgeon, Dr. Khanna has worked hard to bring world-class expertise in Assisted Reproductive Technology (ART) to Uttar Pradesh. She weaves the magic of love and life, along with her husband, the equally renowned Dr. Anil Khanna, as co-founder of the Ajanta Hospital & IVF Center, Lucknow.

The centre started with baby steps in 1997 and within a few months, Ajanta Hospital & IVF Center delivered Lucknow's first test-tube baby. Dr. Gita and Dr. Anil Khanna have successfully delivered more than 3,500 babies through ART over past two decades! Today, they help patients not just in Lucknow, but from all over the country and beyond. They've painstakingly built a reputation for an excellent success rate in ART over the last two decades. "Alone, I could not have managed the commitment to my mission. I cannot thank enough, my husband and family for their support. I want to do all the hard work to make my patients healed. It's not easy. But, Dr. Anil Khanna has given me the inspiration to go on in the toughest of times, to believe in my mission and to work hard. Only a parent can fully experience and understand the joy of what is it to hold one's own child in one's arms. I want to ensure that I see this joy on every patient's face," says Dr. Gita Khanna.

"I AM COMMITTED
TO UTILISING
MY PROFESSIONAL
KNOWLEDGE TO
THE BEST OF MY
ABILITIES
IN HELPING
MY PATIENTS"



Reception area of the hospital



Vivid impression of Ajanta Hospital and IVF Centre



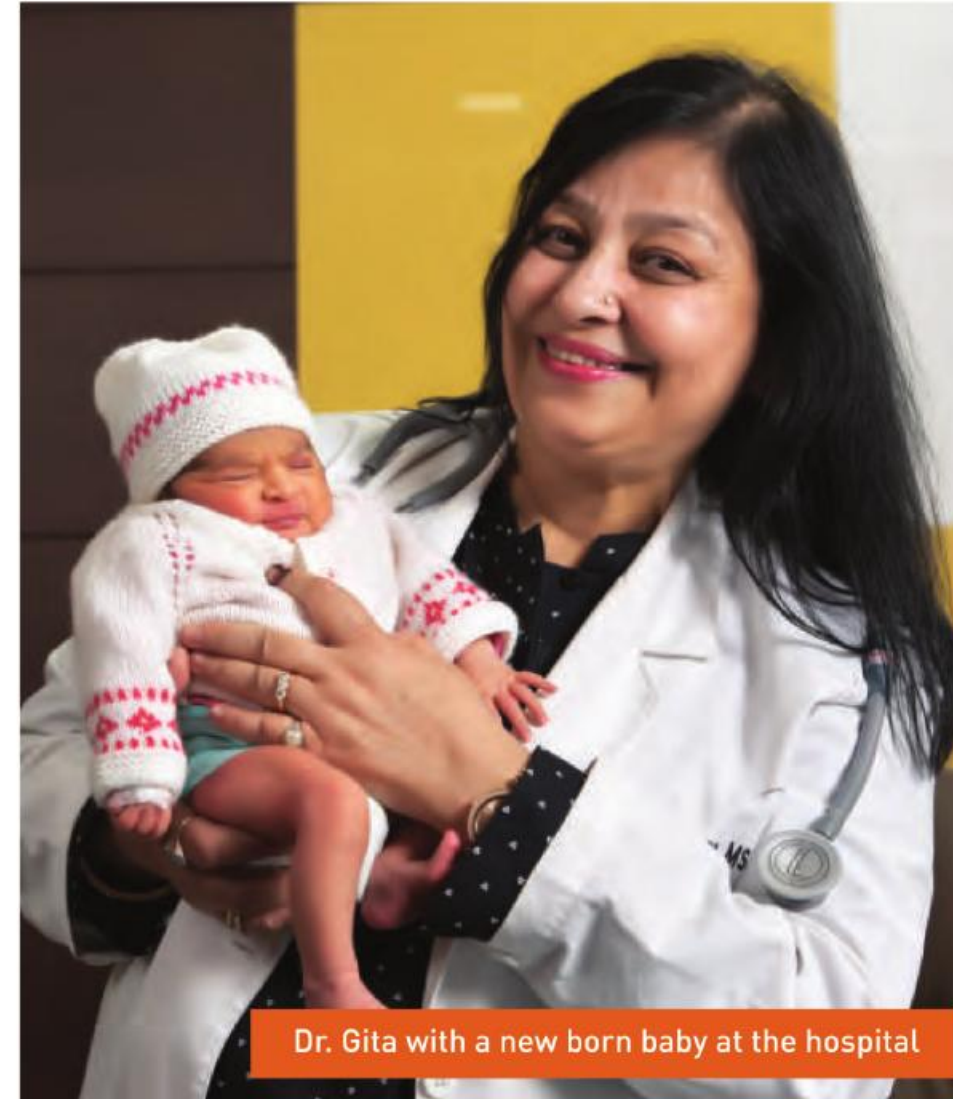
"MORE CASES OF INFERTILITY ARE HAPPENING NOWADAYS BECAUSE OF LATE MARRIAGES AND UNHEALTHY LIFESTYLE, BUT THERE'S ALWAYS HOPE"



Dr. Anil Khanna in the operation theatre

Sister Tekla first inspired me to pursue a course in medicine while I was still in school. In fact, she was instrumental in cultivating me as a good human being and I can't thank her enough for that," shares Dr. Gita further.

After earning a scholarship in the MBBS entrance examination, Dr. Gita joined the King George's Medical College, Lucknow, in 1978. It was at the KGMC itself that she met her future husband, Dr. Anil Khanna. The duo got married after completing their MBBS course and continued with their MS. The first proper job for Dr. Gita after completing her MS, was with Fatima Hospital. "Initially, after completing our MS, we both joined a hospital near Unnao but the atmosphere there was not professional at all. After working there for some time, we both switched. I believe that was a period when I realized that no matter how much we study or learn as professionals, what's actually important is how effective we are as doctors in helping our patients. The real value lies in utilizing our knowledge for our patients," says Dr. Anil Khanna.



Dr. Gita with a new born baby at the hospital

It was like setting up a garden. The doctor-duo founded Ajanta Hospital & IVF Center in 1997. Within a year, they gave to Uttar Pradesh its first test-tube baby- Prarthna, given birth by a menopausal mother, in 1998. The Ajanta Hospital has accomplished a consistent IVF success rate of more than 55% with carry-home baby rate of 30-40%. Today, they are one of the most sought-after IVF facilities in India. Dr. Anil Khanna, Surgeon and Laparoscopic Surgery Specialist, who is also Co-founder Director of the 150-bedded multi-specialty centre, believes that doctors need to establish a personal and emotional bond with their patients and learn to empathize with them. "Our hospital mission statement is therefore- 'Always Grow, Always Learn'. As parents ourselves and as doctors we have come to understand that having babies is a personal and social need, not just a luxury that some social trend may make you believe. So, when infertile couples come to us, in addition to having regular counseling sessions at every stage, we also try to develop a personal bond which provides them the much-needed emotional support system to help manifest God's magic in the form of their own children," says Dr. Anil Khanna.



Dr. Gaurang and Seema, with son Dr. Gaurang, daughter-in-law Shivani and daughter Sawani

State-of-art facilities at the hospital



Infertility may be a lifestyle issue, but, adds Dr. Gita, "Infertility can be attributed to both the female and the male partner. The increase in infertility cases is primarily because of the rising trend of late marriages and unhealthy lifestyle. It is also because more couples are now aware and are voluntarily coming to the clinic for treatment. We always encourage couples to come and sit together as a unit and not individually." As Ajanta Hospital & IVF Center marches ahead on the path of success, Dr. Anil Khanna suggests patients to promptly seek medical aid in case a couple fails to carry a pregnancy successfully, even after one year of continued cohabitation. "I believe that such couples must ensure timely medical checkup to zero in on the exact cause. Also while doing so, they must enquire about how experienced the doctors are, success rate of the clinic, quality of drugs used, lab quality and rating," advises Dr. Anil Khanna.

Sharing the story of her own marriage, Dr. Gita smiles and says, "My husband and I were batch mates at KGMC, but I started paying attention to him only in my second year at the college. Till then, it was all about competition amongst us, as we both used to be toppers.

**DR. GITA KHANNA &
DR. ANIL KHANNA
FOUNDERS**

Ajanta Hospital & IVF Center

**LOVE, LIGHT, LIFE:
GIFTS OF JOY**

**I FEEL BLESSED,
GOD CHOSE THIS
LIFE OF SERVICE FOR ME.
IT'S A MISSION NOW:
TO BRING THIS JOY TO
THE LIFE OF OUR PATIENTS"**





We used to compete about the number of medals we won and he used to tease me by saying that I win more prizes because I was a girl! But somehow this friendly banter took a turn towards a relationship. That love has been my rock solid support for over 40 years now. I am so grateful to God," shares an elated Dr. Gita.

Challenging as it certainly is, Dr. Gita always strives to provide quality time to her family. She is a social activist and stands for women empowerment and 'Beti Padoo Beti Bachao' campaign. Isn't it all stressful at times? "The best way to deal with that for me," says the talented doctor, "are my interests in cooking, gardening, music and admiring nature's boundless beauty." She loves to read as well. It is not difficult to spot a book or two in every nook and corner of her house. "I love to read books so all you will find around my house in the name of litter are books. I also make it a point to spend time with my family as it is a very effective stress buster, especially after having a hectic day at work," shares Dr. Gita. The doctor-duo signs off with beaming smiles - for sure, as beaming as the ones they give to their patients.

**"I WOULD NOT HAVE COME THIS FAR,
BUT FOR THE SUPPORT FROM
MY DEAR HUSBAND WHO HAS BEEN
WITH ME IN MY MISSION
FOR MORE THAN 40 YEARS NOW"**

Made for each other



Special child care unit



Surgical treatment in progress



Dr. Gita with her hospital team

Destiny possibly chose this path for Dr. Gita Khanna when she was just 15. She recalls, "My family hails from Peshawar. They settled in Kanpur long before partition happened. Coming from a deeply spiritual background, the ambience of our household was always religious and all of us were taught to be compassionate to others. We had a comfortable life as my father worked with a firm which supplied coal to thermal power plants. Unfortunately, all the travelling and hectic lifestyle took a heavy toll on my father's health and he passed away in 1973. He was hardly 45 years old at the time." And then she adds, "I still remember vividly how difficult it was for us. I was only 15, eldest among five siblings and had just cleared my high school exam." Her own sorrow propelled her towards helping others. Being a brilliant student, she realized that she had to utilize her education to bring happiness to all those who needed it. "I was born in 1957 in Kanpur. All my education and schooling was from Mariampur Convent, then Fatima Convent and afterwards in Ganesh Shankar Vidyarthi Memorial Medical College, Kanpur," says Dr. Gita Khanna. "My teacher Sister Maria Tekla, from Mariampur Convent School, truly inspired me. She filled me with this tremendous desire to help the needy. I had always been good at studies and used to be Head Girl.



Dr. Ram Manohar Lohia Institute of Medical Sciences (RMLIMS), Lucknow is a super-specialty hospital and is one of the reputed and leading teaching Institutes established by the Government of Uttar Pradesh. It is an autonomous teaching super-specialty institute funded by the Government of Uttar Pradesh. The institute is affiliated to King George's Medical University (erstwhile Chhatrapati Shahuji Maharaj Medical University), Lucknow.

The Chairman of the institute is Mr. Rajiv Kumar, Chief Secretary, Govt. of Uttar Pradesh. RMLIMS is situated in Vibhuti Khand, in Gomti Nagar locality of Lucknow. Besides super-specialty treatment, the institute provides DM, M.Ch, MD, MS, and Ph.D degrees. It acts as a secondary level as well as a tertiary level referral center for the poor population of this region at affordable cost.





INDIAN MEDICAL ASSOCIATION

Indian Medical Association is the only representative voluntary organization of 'doctors of modern scientific system of medicine', which looks after the interest of medical practitioners and the allied communities. With its Headquarters at Delhi and branches in 29 States and Union Territories, IMA has over two lakh doctors as its members through more than 1650 active local branches spread all across the country.

Lucknow branch of Indian Medical Association was established in 1931 under the Presidentship of Dr. B N Vyas. With an objective to promote and advance medical and allied sciences in all their different branches and to promote the improvement of public health and medical education in India, IMA, Lucknow is fast becoming an advocate of advancement in the medical ecosystem. The total number of members of IMA, Lucknow stand at over one thousand till date.

AL ASSOCIATION
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Lucknow Ph. No.: 0522-2626440

म.ए. सत्याग्रह

2 AUGUST, 2017

सत्यमेव जयते





DR. RAM MANOHAR LOHIA INSTITUTE OF MEDICAL SCIENCES

GOMTI NAGAR, LUCKNOW





I.M.A.

INDIAN MEDIC
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(निःशुल्क दवा एवं परामर्श)
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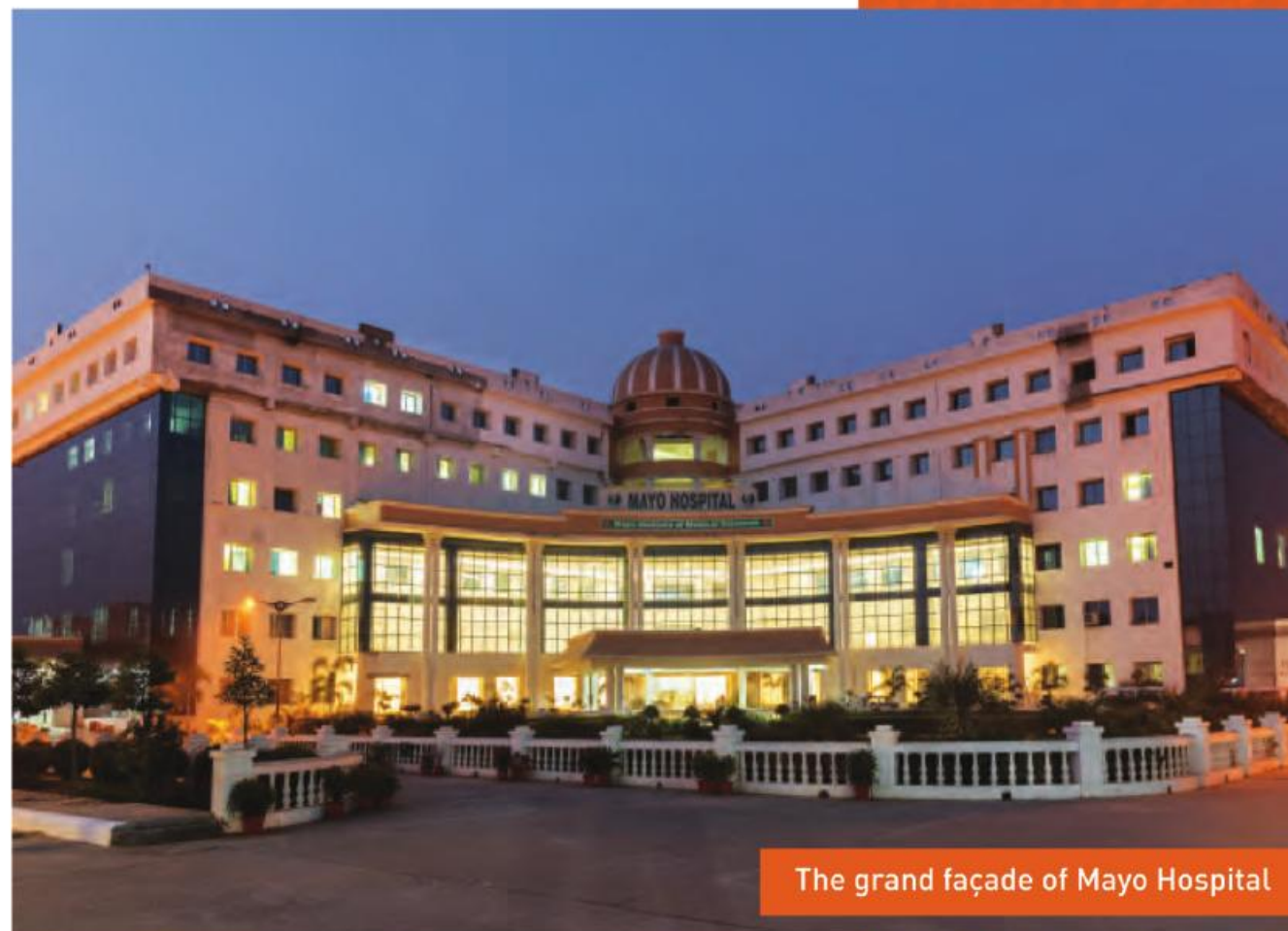


Rahul & Snigdha

"I enjoy working and look up to people who have risen from the ashes. In order to be successful, one should be persistent, and sometimes even be punishing to himself," says one of the most eminent doctors of Lucknow, Dr. Kailash Narayan Singh, who is the owner of Mayo Hospital, Lucknow. A courteous personality, adorned with a compassionate attitude is what describes him the best. Born to Late Shri Rudra Pratap Singh and Late Smt. Rumali Devi in the year 1955, Dr. Kailash is well-known in the city for his amiable temperament, always ready with a kind word and a smile. "Hard work, dedication and perseverance are the mantras that I strongly believe in. I do get inspired by people who go that extra mile to fulfil their dreams," he muses.

Dr. Kailash has completed his MBBS and then MD (Medicine) from abroad. Prior to the establishment of the Mayo Hospital in 2000, he has served the SBA Corporation, USA, as a consultant physician, for three years. He was married to Smt. Madhulika Singh in the year 1982. Recalling the story behind the establishment of the hospital, Madhulika says, "My father-in-law was research director in Scott Paper, US, and later, the vice-president of DuPont. We were well-settled there but my mother-in-law wished to have a base in India as well. In the year 1995, she expired and in 1997 we came to India. Thereafter we bought the land and the groundwork of the hospital commenced in December 1999. When the foundation of Mayo was laid, there was no private hospital in the city having the facilities of ventilator, dialysis or even ICU. No trauma patients were accepted in the hospitals during those times.

"MAYO IS THE FIRST HOSPITAL IN THE CITY TO PROVIDE A WELL-EQUIPPED TRAUMA CENTRE, ALONG WITH ICU, CCU, NICU, PICU, DIALYSIS AND ALL THE OTHER FACILITIES"



The grand façade of Mayo Hospital

KING GEORGE'S MEDICAL UNIVERSITY

UTTAR PRADESH

King George's Medical University is one of the oldest medical institutions of the country. The original idea of starting a medical college in Lucknow was of the Maharaja of Vijanagaram in 1870. Finally, it was completed and the work of the first medical session was started in October 1911, though the ceremonial opening of the college building by Sir John Prescott Hewett happened in January 27, 1912.

With its 1250 undergraduate students (including 280 dental students) and 450 postgraduate students at any given time, the university has a vibrant campus life. The campus is spread over an area of roughly 100,000 sq metres. It is situated about 5 km from Charbagh railway station and is well connected to all parts of the city by public transport systems such as bus, tempo and taxi. The university has seminal departments like, medicine, surgery, pediatrics, obstetrics & gynaecology, cardiology, neurology, psychiatry, neurosurgery, plastic surgery, rheumatology, geriatric mental health, surgical oncology, chest medicine, pathology, pharmacology, anesthesiology, ophthalmology, urology and community medicine, etc.





Students experimenting in the lab of Mayo Institute of Medical Sciences in Barabanki

Also, the hospital faculty was not allowed to join any other hospital. This was the reason the doctors' availability in our hospital has always been good. We provided for an ambulance, a ward boy, a driver and a security guard to assist the doctors during winters. Even today, we provide a vehicle along with two security guards to escort the female staff."

At present, Dr. Kailash and Madhulika, along with their son Rahul and daughter-in-law Snigdha, collectively work as a team to give a hefty shove to Mayo and to fulfil all the emerging needs of the doctors and the patients. Together, they toil hard in order to perpetuate the level of excellence that they had demonstrated so far. Sharing details about the hospital and the Mayo Institute, Dr. Kailash says, "We have three establishments. One is the Mayo Hospital in Gomti Nagar, Lucknow. It's a 200-bed hospital with all the modern medical facilities under one roof. It is the first hospital in the city to provide a well-equipped trauma centre, along with ICU, CCU, NICU, PICU, dialysis and all the other facilities. As a matter of fact, you can rarely find the personalized services that we provide, in any other hospital.



Students being taught in the anatomy lab

Every morning a person from the admin department visits the patients to listen and cater to their needs and grievances. Apart from this hospital, we have also opened up a 100-bed hospital by the same name in Jalalpur. It is running entirely on the principle of no profit no loss. We have provided all the facilities there at subsidized rates. The doctors from the Lucknow hospital visit this hospital once a week and we even provide a free ambulance service to call upon any patient who is found in a critical state."

There's also a Mayo Institute of Medical Sciences in Barabanki which is a 1500-bed, well-equipped multi-speciality hospital catering to the requirements of the populace around Lucknow. The Mayo School of Nursing provides rich opportunities for students to pursue collaborative and interdisciplinary education and independent study projects in the field of nursing education.

SANJAY GANDHI POSTGRADUATE INSTITUTE OF MEDICAL SCIENCES

LUCKNOW

The premier institute was established under the State Legislature Act, Uttar Pradesh, in 1983, and is named after Sanjay Gandhi, brother of late PM Rajiv Gandhi. The institute has a 550 acres residential campus on the Raebareli Road, 15 kms from the main city. The institute offers its own degrees, which are recognised by the Medical Council of India. SGPGIMS delivers tertiary medical care, super-specialty teaching, training and research. It offers DM, MCh, MD, Ph.D, postdoctoral fellowships (PDF) and postdoctoral certificate courses (PDCC) and senior residency.

The institute has more than 190 faculty members in 29 academic departments. The academic departments are engaged in teaching, training, patient care and research. The institute has a hospital-wide computer network with more than 500 computers spread all over the hospital and departments.





Well equipped lab of the Mayo Institute

**“A LOT OF CREDIT FOR OUR SUCCESS
GOES TO OUR TEAM OF
DOCTORS AND STAFF AS WELL”**

Whereas Dr. Kailash is the Chairman of this institute, the entire administration is looked after by Madhulika, who is the Vice-Chairperson. The teaching part is taken care of by their son Rahul, who is the Director of the institute and also an orthopedic surgeon. Speaking about her plans for this institute, Dr. Kailash says, “At present there are 150 seats in the institute. However we wish to increase it up to 250 in future. I also have plans to convert it into university so that the parents can be proud of it.”

The happy-go-lucky couple Dr. Kailash and his wife are an inspirational source for many. They not only have struggled 24*7 to provide the best medical services in the city but have also proved themselves by establishing the Mayo Empire in a very short duration. “Mayo is like a family for us. We have always treated the doctors in a homely manner. Needless to say, a lot of credit for our success goes to our team as well. They have supported us through the entire thicks and thins,” says Dr. Kailash.

Dr. Kailash shares about his marriage- “It was the case of love at first sight. My father and her father were roommates in BHU for six months. That way her family was already well-connected to mine. I knew her father and her brother, but surprisingly I hadn’t met her before.”

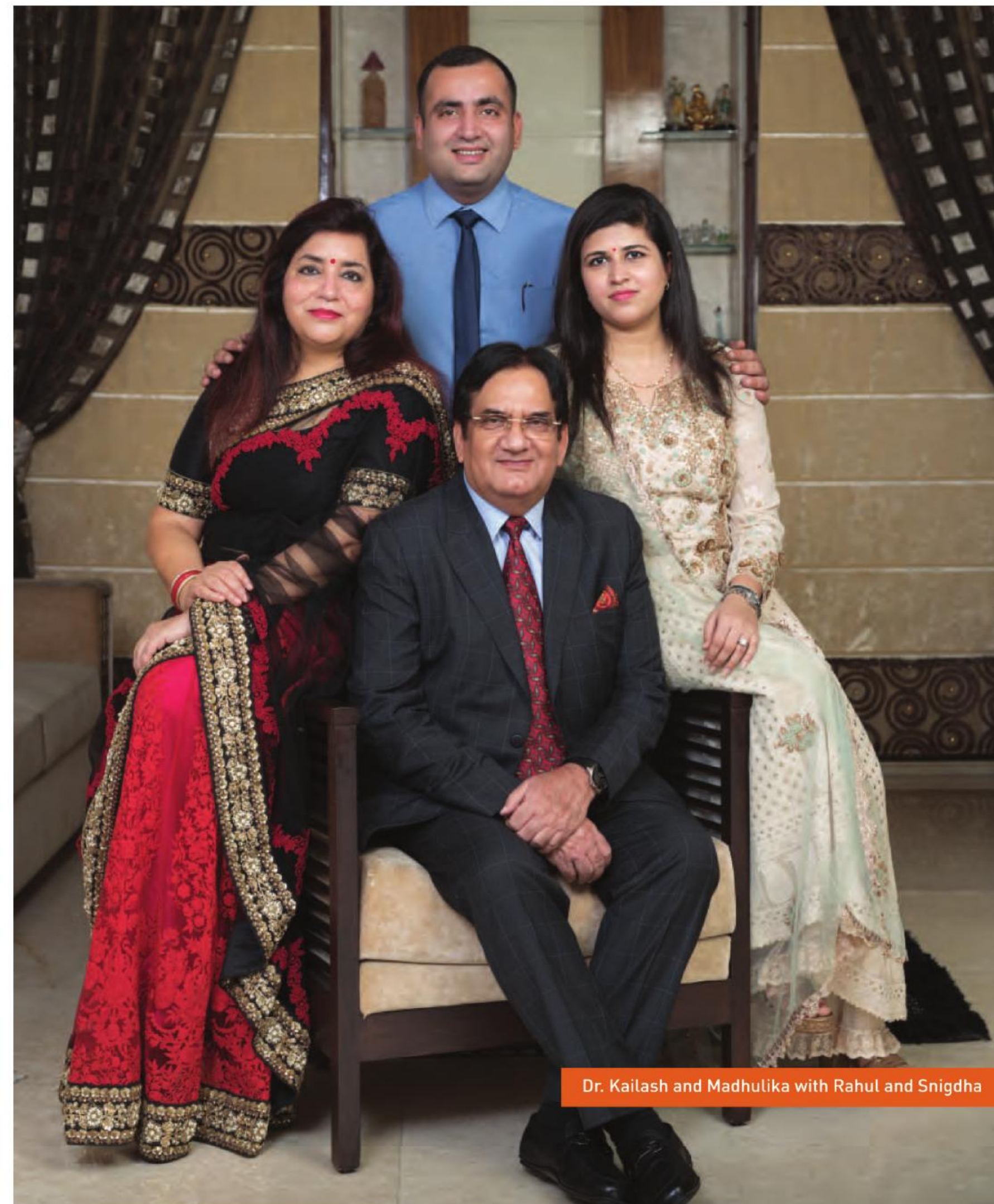


DR. KAILASH NARAYAN SINGH
Owner

Mayo Hospital

ROAD TO HEALING

“HARD WORK, DEDICATION
AND PERSEVERANCE
ARE THE MANTRAS
THAT I STRONGLY BELIEVE IN”



Dr. Kailash and Madhulika with Rahul and Snigdha

Speaking about her in laws, Snigdha, Rahul's wife, says with a smile, "They are more like a parental figure for me. In a short duration, we have bonded well. I feel as if I am not new to this place anymore." Revealing about the philanthropist activities that they are involved in, Madhulika says, "We offer paramedical and nursing courses to poor students at discounted rates so that they can get good jobs in future. Apart from this, we pay the entire fees of underprivileged students and even financially support the penniless during marriages in their families. We have adapted 500 villages in Barabanki and we provide free of cost treatment to the folks of these places."

Besides Rahul, the couple is blessed with two other children- Ruchika and Rupika, who are qualified doctors and competent professionals at present. When asked about the couple's vision for the Mayo Hospital, Dr. Kailash smiles and says, "At present the Mayo Hospital is under renovation. In future, we would continue to give exemplary services to the patients."

"WE PAY THE ENTIRE FEES OF UNDERPRIVILEGED STUDENTS AND EVEN FINANCIALLY SUPPORT THE PENNILESS DURING MARRIAGES IN THEIR FAMILIES"



A patient being treated at the hospital



A patient being escorted to the critical care centre



Snigdha with the team of doctors at the Mayo Hospital

However, we included all these facilities in our hospital. There were five operation theatres and we had two doctors initially in each department," she shares.

Dr. Kailash also chips in with enthusiasm, about their inspiring journey. "We were the first one to introduce NICU in the city. Not only this, we had a team of three efficient doctors who were dedicated and well-trained to take care of the trauma patients. We have even treated patients with no identities, in our trauma centre. Our motto has always been to save lives first. During this entire process we received a lot of cooperation from the police department," he shares. Today, they are pioneers in the field of trauma, providing the fastest services to the emergency patients in the region.

Adding further, Madhulika says, "We were hesitant to employ doctors from far off locations. In fact, this was one of the primary conditions for the appointment of doctors. They were required to stay around the hospital premises so that they could reach out to the patients well in time.



Miles to go, before I sleep...

"I was an artist initially and had no intent of joining the medical field," reveals Dr. Manoj Srivastava, Senior Cancer Surgeon, Lucknow. Born to Late Shri Krishna Sahai Srivastava and Smt. Satyawati Srivastava in the year 1969, Dr. Manoj is an ardent professional and a warm-hearted personality who always seems to be on his toes. "I hail from an ordinary family in Bareilly and my father was a government employee. He wanted me to be an engineer, but life had different plans for me," he shares and adds, "I used to be a stage and radio artist in Rampur radio station. Owing to my interest in the field of acting, I wanted to be a theatre actor."

Youngest of five siblings, Dr. Manoj completed his basic education from Bareilly. Later, after being inspired by his brother's brother-in-law, who was a doctor, he went on to complete his MBBS from MLB Medical College in Jhansi and MS in General Surgery from BRD Medical College, Gorakhpur. Dr. Srivastava was the first MCh student of KGMU. "I had plans to be a cardiac surgeon but my father's demise due to cancer changed my mind," he reminisces. With a thoughtful gesture, he adds, "I realized that the city was short of good cancer surgeons and that was the time I decided to step into this field." Speaking further, he shares, "During my association with Tata Memorial Cancer Hospital, I luckily got a chance to be trained under the Padma Bhushan awardee- Dr. P B Desai, after which I also joined the Rajiv Gandhi Cancer Institute in Delhi for quite some time.

"I HAVE MADE IT
A PRACTICE TO
UTILIZE 10 PERCENT
OF MY INCOME
TOWARDS
THE TREATMENT
OF THE DESTITUTE"



Dr. Srivastava examining a patient at his clinic



A radiant personality, with a 'billion dollar' smile, is the best how one can describe Dr. Rakesh Jalota as. Rendering services in the field of cardiology since 1980, he is today one of the most prominent names in the field, in Lucknow. Born to Late Shri Triloki Nath Jalota, a businessman, and Late Smt. Sarla Rani Jalota, in the year 1953, Dr. Jalota is a man of great vision. As a senior non-invasive cardiologist, who is associated with a large number of organizations, he toils day in and out to pump life into the hearts of fellow human beings.

Dr. Jalota, who completed his MBBS from BRD Medical College, Gorakhpur University and MD from King George's Medical College, Lucknow, has a number of fellowships in his cart. He is also extensively trained practitioner in clinical, invasive and non-invasive cardiology & intensive coronary care, from prestigious medical colleges/hospitals in India and USA. Being well-versed with five different languages, he is an avid knowledge seekers. "I have the innate power of grasping languages and concepts very fast," he shares. Further, recalling memories from his past, he adds, "I was a studious child since the beginning and my childhood, unlike others, was a much disciplined one with prime focus on studies. Though, I belong to a business family, but I chose to be a doctor. In fact, while doing my MD, I realized that heart is the only organ in the body that controls life and death. Being fascinated by this very fact, I opted for cardiology, and needless to say, the professional satisfaction that you get by saving lives, is beyond words."

"I AM THE FIRST
TRAINED PERSON IN
LUCKNOW TO
START
ECHOCARDIOGRAPHY
IN PRIVATE
PRACTICE"



Dr. Jalota diagnosing a patient



Dr. Jalota monitoring a patient's health



Dr. Kailash and wife Madhulika



who not only cooks well but also masters the art of food presentation. In fact, he is the one who taught our daughter, the essentials of cooking, along with the presentation skills, when she got married."

Letting out a hearty laugh, Dr. Jalota adds, "I also love photography and music. If you ask me, I am a fan of Jagjit Singh and Ghulam Ali." The joyous couple, who complement each other in every possible way, is also a firm believer in God. "I am a God-loving man, and not God-fearing," says Dr. Jalota. "I have not committed any sin to be afraid of. In fact, I do not eat or drink anything before offering my prayers in the morning. It's a habit that I have maintained since years."

Sharing his future plans in good humour, the doctor says, "I have done a lot in the field of cardiology and toiled a lot throughout my life. I want to have a relaxed life now. With plans to reduce my workload, I wish to enjoy life with my family."

**"I WANT TO HAVE
A RELAXED
LIFE NOW, AND
ENJOY WITH MY FAMILY"**



Dr. Jalota and wife Deepti, in different candid moods



DR. MANOJ SRIVASTAVA

Senior Cancer Surgeon

Cancer Clinic

ALL FOR A CAUSE

“I HAD PLANS TO BE A
CARDIAC SURGEON
BUT MY FATHER'S
DEMISE DUE TO CANCER
CHANGED MY MIND”



Dr. Ashwini, Director, Charak Hospital and Research Centre

"A dream doesn't become reality through magic; it takes sweat, determination and hard work," said Colin Powell, famous Ex. Secretary of State, US. There are few who stick to this ideology even today and completely dedicate themselves to hard work that engenders success. Dr. Ratan Kumar Singh, Founder and Chairman of Charak Hospital, Lucknow, is one such man who, in spite of being a prominent personality in the field of dermatology, has a very humble personality. "My father wanted me to become a doctor and since he means a lot to me, I aspired to fulfil his dream," he says, overwhelmed with emotions.

Born to Late Shri Satyendra Kumar Singh, an agriculturist and Late Smt. Gyanwati Singh in the year 1953, Dr. Ratan is visionary person with a go-getter attitude. "I draw my inspiration from my father. He was a very hard working man who taught me to work diligently. Other than him, I am also a strong adherent of Swami Vivekanand," he shares. Dr. Ratan, who completed his MBBS from King George's Medical College, Lucknow and MD (Skin and VD) from Banaras Hindu University in 1983, is today an acclaimed personality of the town. Sharing details about the group of organizations, his son Dr. Ashwani says, "My father initially laid the foundation of Charak Diagnostic Centre in 1981. It started with an X-ray unit and gradually, facilities like ultrasound, blood bank, CT scan and MRI were introduced. Today, we have all the facilities of a diagnostic centre under one roof, with a full-time system to ensure availability and access to the best medical talent round the clock. Needless to say, it's a matter of years."



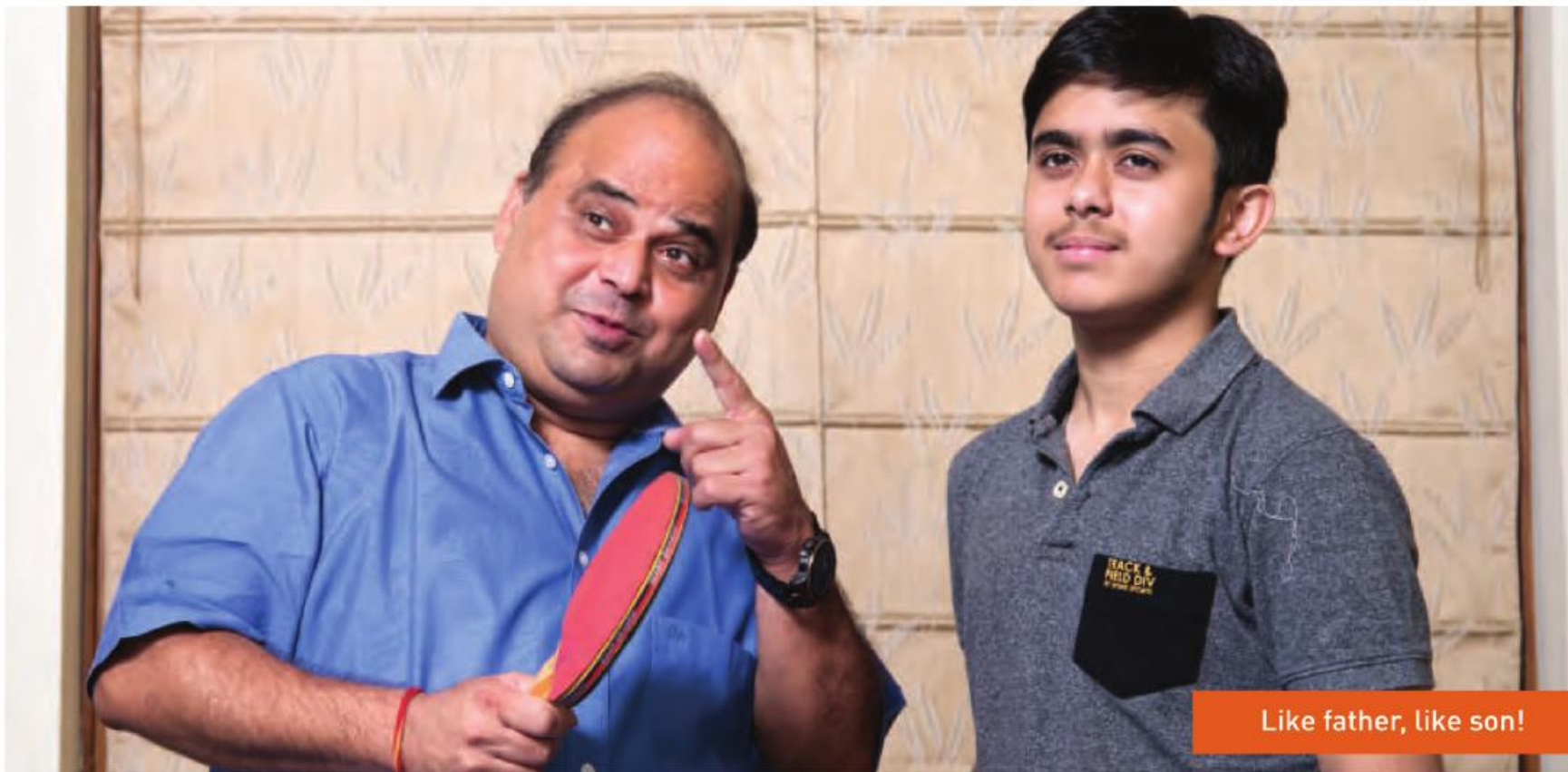
Grand façade of Charak Hospital and Research Centre



Dr. Srivastava interacting with visitors, at his clinic



Dr. Srivastava and Dr. Nishee with son Prakhar



Like father, like son!

Later, I came to Lucknow and acquired my MCh degree in cancer surgery from the renowned King George's Medical College here. Initially, I joined the university as an Asst. Professor in the surgical oncology department but after around two years, I left that job and started my own practice." With a glorified professional record, Dr. Manoj is today an acclaimed cancer surgeon of Lucknow, who has also been conferred the 'IKON AWARD-2017' by the UP cabinet minister Smt. Rita Bahuguna Joshi for his exemplary contribution to the profession as well as the social spheres.

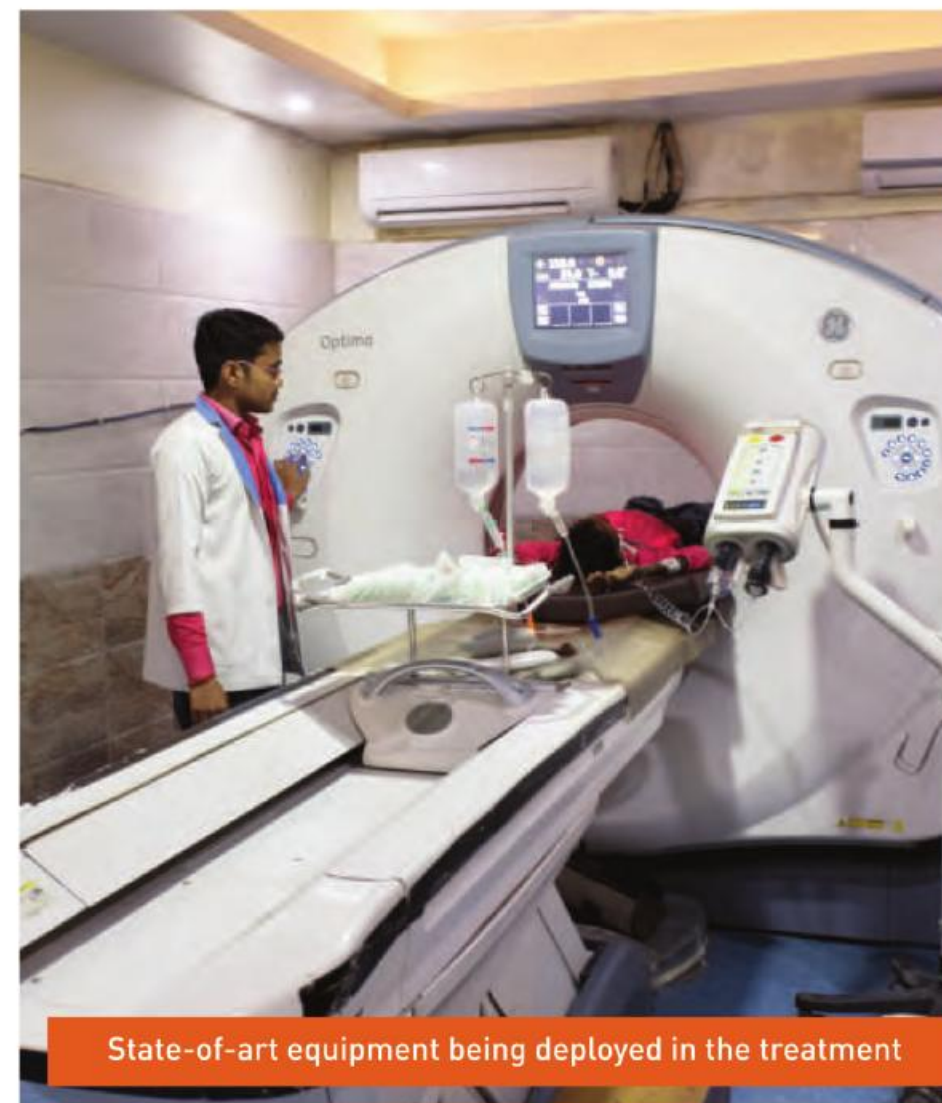
With myriads of professional commitments to fulfill, Dr. Manoj seldom gets time for himself. However, when asked about his present involvements, he exhibits great fervour and says, "At present, I am associated as a visiting cancer surgeon with almost all the renowned hospitals of Lucknow. Not only this, I also visit Gorakhpur's Hanuman Prasad Poddar Cancer Institute every week on Wednesdays. It is basically a charitable trust where patients are treated at subsidized rates. I perform nearly 5-6 surgeries during each visit to the institute. Apart from all this, I also have my clinical setup by the name of Cancer Clinic at two places in the city itself where my wife and I look after the patients." Elaborating further, he adds, "Till date, I have operated more than 5000 patients and I can proudly say that no patient, ever goes without treatment from my premises due to scarcity of money. In fact, I have made it a practice to utilize 10 percent of my income towards the treatment of the destitute."



A new born child being monitored at the special child care unit

With a tinge of pride in his eyes, Dr. Ashwani says, "The hospital has a host of facilities which includes a 20-bed ICU with all modern equipments, seven modular operation theatres, ultramodern IVF unit, a super speciality department catering to the diverse needs of patients, 24x7 blood bank with facility of component transfusion, in house facility of CT Scan, X-Ray, USG, pathology and many other facilities that sets it apart from the rest." Adding further, he reveals, "We also have a patient care coordinators team on each floor, comprising qualified professionals, to carefully look after the treatment process and grievances of our patients or their relatives."

"My son respects me and follows my footsteps, which I feel is the best part about him," adds Dr. Ratan with elation. With gleaming eyes, he further shares, "I have always wanted my children to grow up to be doctors and I am glad that both of them have lived up to my expectations."



State-of-art equipment being deployed in the treatment

A conscientious man, Dr. Ratan strives all day long to provide beautiful and flawless skin to his patients. According to him, stress is a major factor contributing to the growth of skin ailments nowadays. "Keep your skin clean and avoid cosmetics as much as you can. There's nothing as 'pure herbal' in the market and one should refrain from excessive use of such products. If you have a problem, visit a doctor instead of relying on fake cosmetic measures for the treatment," he suggests. Revealing details about the special cosmetic division in the hospital, he says, "I am a dermatologist and all sorts of treatments like peeling, laser treatment, hair removal, skin lifting, skin tightening, etc. are carried out here. Basically, we do not leave any stone unturned to give an adorable facelift to our patients," he adds with a smile.

A committed professional and a family man, Dr. Ratan is also quite active on the social front. "As a gesture of humanity, I used to visit my village mall in Malihabad twice a week and render free consultation and free medicines to the folks."



DR. RAKESH JALOTA

Non-interventional Senior Cardiologist

**STRAIGHT FROM
THE HEART!**

“THE PROFESSIONAL
SATISFACTION THAT
YOU GET BY SAVING
LIVES, IS BEYOND WORDS”



Dr. Ratan diagnosing a patient

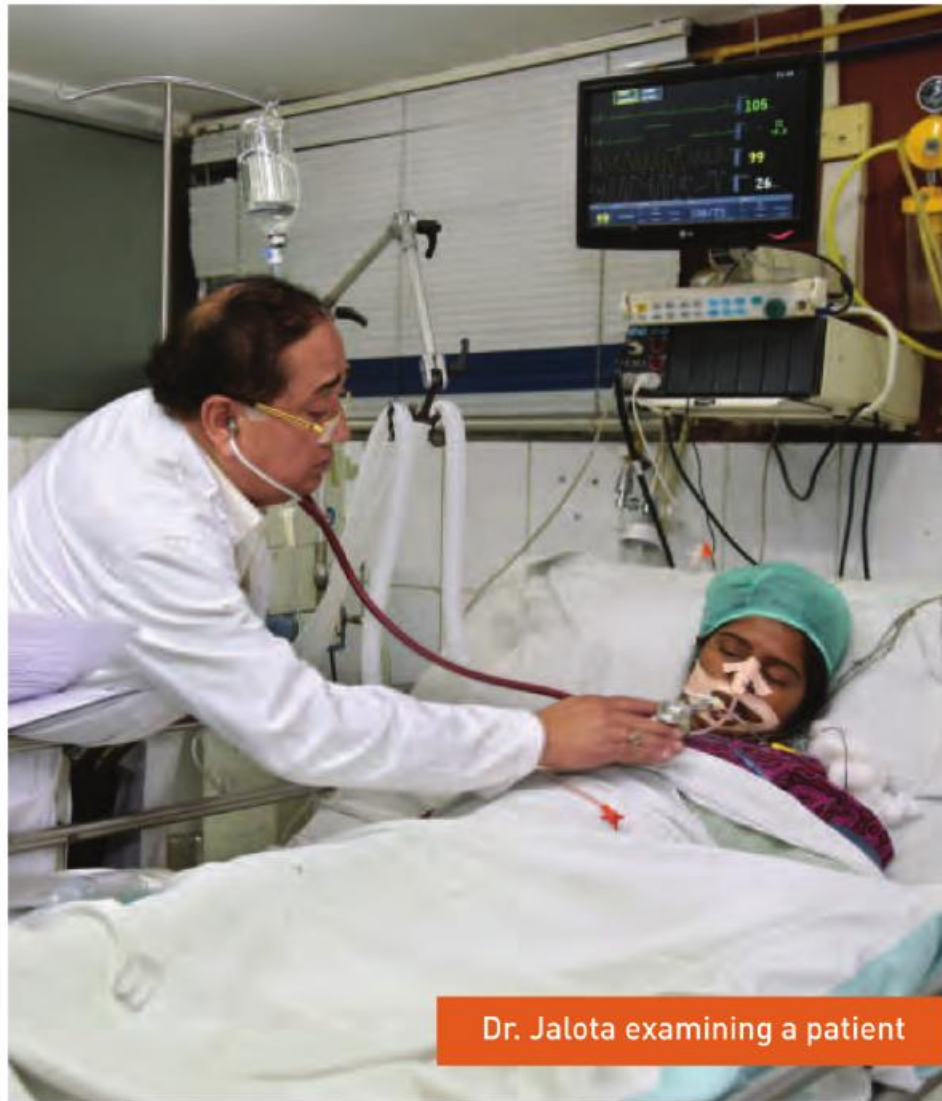
“WE ARE PLANNING TO COME UP WITH A CANCER TREATMENT HUB WHICH WILL BE AIMED AT PROVIDING THE BEST TREATMENT FOR CANCER PATIENTS”

Apart from this, I have also provided free services in camps organized at various places. Even today, I am well-known to provide maximum possible concession to my patients,” he shares. With a wish to lead a peaceful life ahead, the die-hard doctor muses, “I have exerted a lot in life. Now, I wish to relax and probably find solace in my family. There’s no use of money if you don’t have peace in life.” However, Dr. Ashwani has different plans in store. “At present, we are focusing on cancer patients and patients requiring critical care in the hospital. The city still lacks extensive care units for such patients. This is the reason we are planning to come up with a cancer treatment hub which will be aimed at providing the best treatment for cancer patients. We also have plans to develop a chemotherapy and radiotherapy department. Our prime focus is on the hospital right now and in future, we wish to provide unparalleled medical care facilities to our patients.”

Conferring due credit on his wife Smt. Shyama Singh, Dr. Ratan says, “We tied the nuptial knot at a very tender age. As a matter of fact, I have completed my studies post marriage.



Charak Institute of Radiology & Lab Technology



Dr. Jalota examining a patient

Looking after several patients a day, Dr. Jalota is a medical practitioner with his plates full. With specializations in adult echocardiography, paediatric neonatal echocardiography, foetal echocardiography, critical care cardiology and peripheral doppler for various modalities, he has carved a significance presence for himself in cardiology and allied domains. "I am the first trained person in Lucknow to start echocardiography in private practice and the only doctor to perform foetal echocardiography in the city up till now," he proudly says and adds, "At present, I am also the only one doing vasculogenic incompetence testing in male patients for impotency and the head tilt test for adults."

As a part of philanthropist activity, Dr. Jalota has registered himself with the Pradhan Mantri Surakshit Matritva Abhiyan, to provide free consultancy to pregnant women in the government hospitals of the country. He also provides consultation, free of cost, to the police personnel. He and his wife Mrs. Deepti Jalota have even registered themselves for donating all the organs to the needy.



Dr. Jalota conversing with his colleagues

On a different front, Dr. Jalota refers to himself as a homely man. Married happily for the past 37 years, to Deepti, he is blessed with two children, Shreya and Abhijay. While the former is now married, the latter is pursuing his MD in internal medicine from Chicago, USA. "He is a brilliant student and with inclination in the field of nephrology, I am sure he will be a good nephrologist one day," says Dr. Jalota with pride. Deepti, who is a perfect homemaker and an equally bubbly soul, speaks with contentment when asked about her husband. "I am lucky to have a husband like him."

Together, we have travelled a lot. Even today, he finds time for us and we go abroad at least once a year for vacations. Apart from this, he is an excellent cook



Dr. Ashwini in conversation with his colleagues



Dr. Ratan and wife Shyama



Dr. Ashwini and Ritu with son Nalin

While I toiled day in and out thereafter to look after my patients, my wife took care of everything else." Blessed with a son and a daughter, Dr. Ratan is a happy and contented man in life. When asked about her husband, Mrs. Shyama, exudes immense delight. "He loves to help others. To the ones who are needy, he even provides medicines free of cost. I think this is the best part about him. As far as his free time is concerned, he loves to play with his grandchildren, Nalin and Gauri. They are extremely close to his heart." Further, as a loving gesture towards her son, she adds, "Ashwin is just like his father in terms of hard work and compassion. He is a lovely son who loves to play prank on me all day long," Mrs. Singh adds with a smile.

Dr. Ashwini's wife, Mrs. Ritu, who looks after the entire administration of Charak Diagnostic Centre, speaks in awe when questioned about Dr. Ratan as a father-in-law. "He has been most graceful, and is extremely easy going on relationships. He is very frank, and I can share almost everything with him. Personally, I feel that even a stranger can connect with him extremely well," she shares. "This hospital was my vision and I am pleased to see that my son has contributed to it so well," Dr. Ratan touches the final note, with a lot of content.

"I HAVE EXERTED A LOT IN LIFE. NOW, I WISH TO RELAX AND PROBABLY FIND SOLACE IN FAMILY"



DR. RATAN KUMAR SINGH

Founder and Chairman

Charak Hospital

THE HEALING HAND

**“WE HAVE ALL THE FACILITIES
OF A DIAGNOSTIC CENTRE
UNDER ONE ROOF, WITH
A FULL-TIME SYSTEM TO
ENSURE AVAILABILITY”**



The doctor duo of Dr. Garg and Dr. Kapoor

"Success is always a result of perseverance, hard work and most importantly- vision". The successful journey of Health City, a world class health facility, equipped with state-of-the-art machinery, and of course, doctors, is a living testimony to that. However, it was the vision and determination to achieve, which drove Dr. Sandeep Garg and Dr. Sandeep Kapoor to realize their long cherished dream. Established in 2016, the 100 bed multi-specialty hospital with over 24 departments, has successfully treated scores of patients over the past one year.

Colleagues for the better part of the last two decades, both the doctors started their journey from King George Medical College. After working in several hospitals, both joined orthopaedics department of Vivekananda Polyclinic in 1996 as joint replacement specialists. Holding multiple awards as recognition of their hard work, both the doctors share almost 8,000 joint replacement surgeries over past two decades and are well known far across northern India.

Dr. Sandeep Kapoor's journey to success is replete with a sense of vision that is pursued with clinical precision. Hailing from a middle class background, with middle class imprints and humble teachers as parents, young Sandeep's ideals and values were roundly moulded. Youngest of three siblings, Dr. Kapoor, aspired to appear for civil services but his elder brother encouraged him to appear for pre-medical examinations.

"MY DREAMS ARE MY INSPIRATION" - DR. SANDEEP KAPOOR



Health City: Standing tall!



“WE DO NOT LEAVE ANY STONE UNTURNED TO GIVE AN ADORABLE FACELIFT TO OUR PATIENTS”



In 2004, the doctor duo established Charak Institute of Paramedical, which is aimed at providing affordable education to the students, in varied fields and the latest addition to the group is the Charak Hospital & Research Centre, which is a 300-bed multi-speciality hospital established in the year 2014.

Dr. Ashwani is one of the leading entrepreneurs in Lucknow. He had attended the Colvin Taluqdars College in the city and had been an active member of the cricket team and had been the President of the Badminton Club. Having a keen interest towards learning new things, Dr. Ashwani is an emotional man who was inspired by his father's acts of kindness. He values the satisfaction that one derives from serving the patients and therefore, he was naturally drawn towards the field of medicines. Having attended the King George's Medical College in Lucknow to pursue MBBS, he is at present the Director of Charak Hospital and the founder of Charak Group of Professional studies.

Plush interiors of the hospital



Dr. Kapoor tracking the treatment progress

We were at Rehmankheda along Hardoi road and soon everyone started running helter-skelter, in search for a place to relieve himself. It was late in the evening that we finally managed to return to hostel," recalls Dr. Garg with much pleasure.

The two friends took to the professional world together and after working together for over 14 years, established the orthopaedic clinic of Vivekananda Polyclinic. When the time came to migrate, the two friends put in their papers together. The iconic Sahara Hospital became their new destination, and the duo left the institute and joined Sahara Hospital. It was during their stint at Sahara, that the idea of Health City Hospital took seed. Soon their friendship was feathered with partnership. The hospital has seen quite a bit of action since its inception, two years back.

"We are proud of the facilities and the professional environment that we have created at Health City. It is more than just a hospital. We shall remain indebted to all the corporate hospitals that we have served, for much of our learning happened there. These are early days but our facilities are equivalent to a mini corporate hospital.



Dr. Garg operating upon a patient

With a staff strength of 136, including doctors, the entire set up operates as one big family. This has helped us to develop camaraderie amongst staff and a strong sense of commitment," shares Dr. Garg.

Not the ones to sit on their achievements and laurels, the doctors' hearts beat for the society too. In addition to their involvement in smile train project, the doctor duo also runs Arthritis Foundation of Lucknow (AFL). "We started AFL to spread word about awareness and prevention, other than the cure. We organise various public programs round the year and a week-long free camp on 12th June, World Arthritis Day. Many patients from the deprived sections of the society find treatment for major replacement surgeries. The entire cost of the endeavour is borne by the Arthritis Foundation," adds Dr. Kapoor.



Special ward at the Charak Hospital



Nothing but the best treatment!



Dr. Garg in a candid mood with a patient

Terming Health City as a perfect balance of expertise, technical knowledge, skill set and hospitality, the duo aims to further develop the venture into a chain of hospitals providing specialized orthopaedic care, coming up in future.

"The USP of this hospital is that it has been established by doctors, and not by a venture capitalist. There are no promoters either. We structured it this way because we felt that it was better to have a doctor at helm rather than having a corporate entity managing us because a doctor can better understand the needs of a patient and act swiftly and compassionately. We derive our strength from working as a team, which is how a hospital should be run," says Dr. Garg.



Dr. Ashwini and wife Ritu, with father Ratan Kumar Singh, mother Shyama Singh and son Nalin



Dr. Garg and wife Ritu

Dr. Garg happens to be married to his childhood sweetheart Ritu Garg, a trainer with an airhostess training institute. "We both grew up in same neighbourhood before my family shifted to our new home. Her elder brother was a friend of mine and we used to play together but no sparks flew between us," he shares. The couple came close during MBBS course of Dr. Garg and finally got married after a courtship of five years. "I believe that in a marriage where your life partner happens to be your friend, it is the best thing that can happen to you ever. She has made me a lot more positive about life and extremely liberal in my intellect," Dr. Garg acknowledges. Both the doctors sign off, with infectious optimism and immense self-belief which is sure to rub off on the environment at large.

**"IN A MARRIAGE
WHERE YOUR LIFE PARTNER
HAPPENS TO BE YOUR FRIEND,
IT IS THE BEST THING THAT
CAN HAPPEN TO YOU EVER"**

DR. SANDEEP GARG
Director and Senior Consultant

DR. SANDEEP KAPOOR
Director and Senior Consultant

Health City Hospital

JOURNEY TO THE ZENITH

“WE DERIVE OUR
STRENGTH FROM
WORKING AS A TEAM,
WHICH IS HOW A
HOSPITAL SHOULD
BE RUN”



Reception of Sun Eye Hospital

History is replete with examples of successful men who have toiled hard to realize their dreams. For some, the struggle to achieve may only get a little longer. Dr. Sudhir Srivastava is one such name who has made his mark in world of Ophthalmology through sheer grit and determination. Starting off with mere Rs 30,000 some 18 years back, Dr. Srivastava today runs Sun Eye Hospital & Laser center Pvt. Ltd. in Alambagh, an establishment worth over Rs 100 crores, employing more than 100 employees. The hospital boasts of state-of-the-art machinery to treat almost the entire spectrum of eye-related ailments.

Eldest of three siblings, Dr. Srivastava's early childhood was spent in Aligarh from where he completed his matriculation. Since his father Shri Pramod Kumar Varma was employed with state electricity board, which was a transferable post, there were occasions when he had to look after the family when his father was posted in other cities. "My childhood was a relaxed one, spent in the company of friends in a government colony setup. Evenings were meant for playground and sometimes, in the colony club where we used to play table tennis and carom. I believe that community upbringing helped me develop a sense of empathy with others, something that I treasure today. Hence I consider myself lucky to have that kind of upbringing," shares Dr. Srivastava.

“OVER LAST
10 YEARS, WE HAVE
PERFORMED
OVER 50,000
SURGERIES”



Eye checkup with modern equipments



Dr. Kapoor enquiring about the progress of a patient



Dr. Kapoor and Dr. Garg with their team



Born to succeed!

He pursued his calling and soon entered the portals of the prestigious KGMU. The seriousness of the medical course never intimidated Sandeep and he mixed his academic excellence with dollops of Shenanigans. The young Kapoor was back with his fun-loving, insouciant self of the early twenties, zipping around on his black Yezdi, a rarity in those days. "I continued with my easy-going nature in my MBBS. Though that even got me into trouble with the then senior resident of the orthopedics department once, when I accidentally drenched him while driving through a puddle on a rainy day," recalls Dr. Kapoor, fondly.

Dr. Garg, a romantist at heart and a die-hard fan of Robert Ludlum and Jeffrey Archer, had a rather pampered childhood. "Coming from a reasonably well-to-do family, I had a normal childhood and was quite good in academics. My father was an eye-specialist, so I was never overwhelmed by a doctor's persona. The only major transition I saw in my formative days was from a boys' school to a more open college campus. I remember a particular incident from those days when frolicking with friends on a picnic, somebody mixed some laxative in food we had sourced from the hostel canteen.

“OUR ULTIMATE AMBITION IS TO
ESTABLISH SUN EYE HOSPITAL
AS AMONGST THE BEST”



Elaborate and modern eye treatment set up at the hospital

Starting his practice with Medical Care Center, a general hospital in Alambagh in 1998, it took another few years and a lot of grind to finally establish Sun Eye hospital in 2005. “I had around Rs 30,000 in my pocket when I finished my MS degree. My father lent me another Rs 30,000 to buy a slit lamp to start practice. I was fortunate enough to secure a rent free 8x9 feet chamber in Medical Care Center where I only had to pay a part of my fees. I remember seeing 18 patients during first month of my practice and ended up earning Rs 450 as my fee. Two years later, when the need of a better microscope to conduct surgeries was felt, I realized that we had nothing to put as collateral to secure a loan from the bank. We somehow managed to arrange the finance by god’s grace. Similar situation arose when we wanted to buy Phaco machine for cataract surgery. We had to mortgage our house to secure loan for same,” reveals Dr. Srivastava.

The exponential growth of Sun Eye Hospital has made doctors around the country curious who often pay a visit to the facility. “Over last 10 years, we have performed over 50,000 surgeries, none of which developed any post-operative complication.



Patients undergoing eye checkup

However, I would attribute the success of this hospital to the relationship we have cultivated with our doctors and support staff. A hospital can only be as good as the staff manning it. We believe that if a doctor gets a good environment to treat his patients, that positivity automatically gets transferred to the patient,” says Dr. Nandita Sudhir, who looks after the administration of hospital.

Adding to it, Dr. Srivastava feels that one must not hesitate in imbibing best practices from other hospitals. “I never hesitate in learning about new things, even from my juniors. Putting these learnings into practice a different ballgame altogether. I believe one should not delay over implementation of such things and they should be put in place immediately. This in turn helps us to focus on our patients and make them feel welcome and well attended to. I think that is the most important part of running a hospital. Infrastructure and machines come second. We make it a point to regularly ask our patients for their feedback to further improve our facilities because their satisfaction is of paramount importance to us,” shares Dr. Srivastava.



Dr. Kapoor and Dr. Garg with their surgical team

... provide "best in the world" class
 ... and cutting edge super specialty
 ... to every sector of the society

ision
 ... special medical and clinical eye care
 ... globally acclaimed preferred practice
 ... Excellence

y and Objective
 ... excellent eye care to all the patients
 ... of clinical management based on

... the patients and staff
 ... progression work experience



Centre For Excellence

Floor Plan
Ground Floor

- Front Office / Reception
- Opticals
- Pharmacy
- Consultant Chambers
- Workshop Rooms
- Administration
- Counselling Room
- Medical Record Dept
- Sample Collection Dept
- Washrooms & Handicap

First Floor

- Billing & Empanelments
- IT Complex
- Diagnostic Facilities
- Washrooms & Handicap Toilet

Second Floor

- Stock Room
- Auditorium
- A&E Room



Special care for the senior citizens



Dr. Nandita attending to a patient

Comfortably ensconced in their sofa, the doctor couple shared an ambitious vision for the hospital. "Our ultimate ambition is to establish Sun Eye Hospital as among the best in this part of the world. More importantly, we are concentrating on giving something back to the society. With our project Nayan- Ek Kiran Asha Ki, we are covering almost 400 sq km through our mobile van. We have already treated more than 25,000 patients free of cost under the project. We are planning to further expand the range," said Dr. Srivastava. Despite his hectic schedule, Dr. Srivastava still manages to maintain a healthy routine. An early riser, the doctor couple gets up at six in morning and goes out for a walk. A fan of Indiana Jones and Die hard series, Dr. Srivastava feels that travelling is the best stress buster.

"Nandita and I both love travelling and have been to almost 40-45 countries on five continents. Our last trip was to Europe where we rented out a car and drove around Europe around two years ago. I have a bucket list of 1,000 places to visit before die. I have managed to finish a sizable chunk of that list and rest will be over soon, I hope. But before that, we will be finally going to United States and perhaps visit Peru to check out remains of Inca civilization. I keep getting visions of same in my dreams these days," chuckles Dr. Srivastava.



In addition to giving him a career, MBBS course also gave Dr. Kapoor an opportunity to meet his future beau, Darshna Kapoor, also a doctor, however in a most unconventional way. "It would sound totally filmy to anyone but we actually met while I was serving as an intern in department of pediatrics. She was doing her PG in pediatrics and was a year senior to me. We started talking and hit it off really well. That followed to courtship and eventually marriage," smiles Dr. Kapoor.

A born leader, he attributes his qualities to upbringing of his parents. "Both my parents Ram Kishore Kapoor and Padma Kapoor were teachers but they never forced me to anything against my will, instead guide me to channelize my energy to achieve my goals. This is the reason, I believe, behind my almost insatiable desire to achieve. I am a dreamer and my dreams are my inspiration," says the doctor, who is also a doting father to two young girls, one of whom is a lawyer.

**"I BELIEVE, I HAVE
AN ALMOST
INSATIABLE
DESIRE TO ACHIEVE"**

Dr Kapoor and wife Darshana



Doting parents to two grown up kids, Srivastava family also makes it a point to spend at least Sundays together, going out for dinner or enjoying a movie together. "I make sure that family is together on Sundays at least because one has to learn balance family and health along with work. Though we didn't had a proper outing since last two years because our elder son Shivayan was preparing for his medical entrance exams and finally cleared AIIMS, NEET & JIPMER with ranks 67, 67 and 24 respectively and is now pursuing his MBBS at JIPMER. My younger son Aryan has a passion for computers and he got selected to the Brown University for graduation in computer science," shares Dr.Nandita.

**"NANDITA, MY WIFE, IS
THE KEY REASON BEHIND
WHATEVER I HAVE
MANAGED TO ACHIEVE"**

All in the family!



DR. SUDHIR SRIVASTAVA
CEO & Consultant

Sun Eye Hospital

A TALE OF GRIT AND PASSION

**“MY HARSH
EXPERIENCES MOTIVATED
ME TO BECOME A DOCTOR”**



Dr. Sudhir and Dr. Nandita with their colleagues and staff



Dr. Sudhir treating a patient



Laurels all the way!

Amid this carefree life, one incident set the future course of youngster's career when Dr. Srivastava's mother took ill one evening. "My mother was down with severe stomach ache, so my father sent me to fetch a doctor who used to reside in the colony. The fellow used to keep busy, as he was the only doctor in vicinity. As I knocked on the door, his wife came out and started shouting at me. Moments later, the doctor came out and checked upon my mother, giving her an injection to relieve pain. I was only in class first at that time and that incident left a lasting impression my tender mind. However, the experience I had motivated me to become a doctor so that we would have one in our family in case of emergency," says Dr. Srivastava.

A fine student throughout, Dr. Srivastava joined MBBS course in King George Medical College (KGMC) in 1987, and cleared entrance in first attempt itself! It was in KGMC that Dr. Srivastava met his better half.

"Apart from studies, I was socially not very active. It was in KGMC that I met Nandita. We were in same batch. I proposed to her in 1989 and after a courtship of almost six and a half years, we got married in 1996 with blessings of our families. Nandita, I believe, is the reason behind whatever I managed to achieve because it would have been impossible to manage both work and family in the days I was struggling to establish my practice," says Dr. Srivastava.



Dr. Sudhir in a candid mood at the hospital



Dr. Sudhir and Dr. Nandita, with father Pramod Kumar Varma, mother Asha and son Shivayan



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