

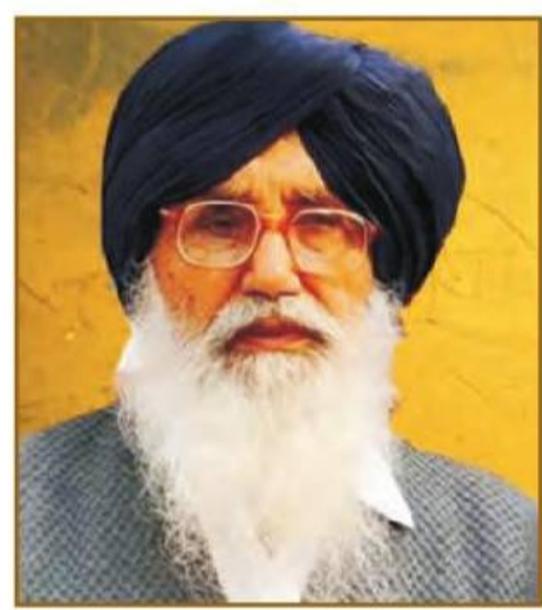
THE REAL
SAVIOURS

The Success Stories of Healthcare Professionals





PUNJAB CHIEF MINISTER'S MESSAGE



Parkash Singh Badal

I am happy to know that Jagran Prakashan Limited is bringing out a coffee table book on healthcare systems in Punjab, Chandigarh and Jammu & Kashmir. Punjab in particular is known for its high-end professional services and advanced health-care infrastructure. I am happy that these are being specially dealt with in detail in the coffee book.

The level of excellence achieved by doctors, healthcare professional and medical institutions including is highly satisfactory. I am sure that his book would prove to be a source of both information and inspiration to everyone in the profession.

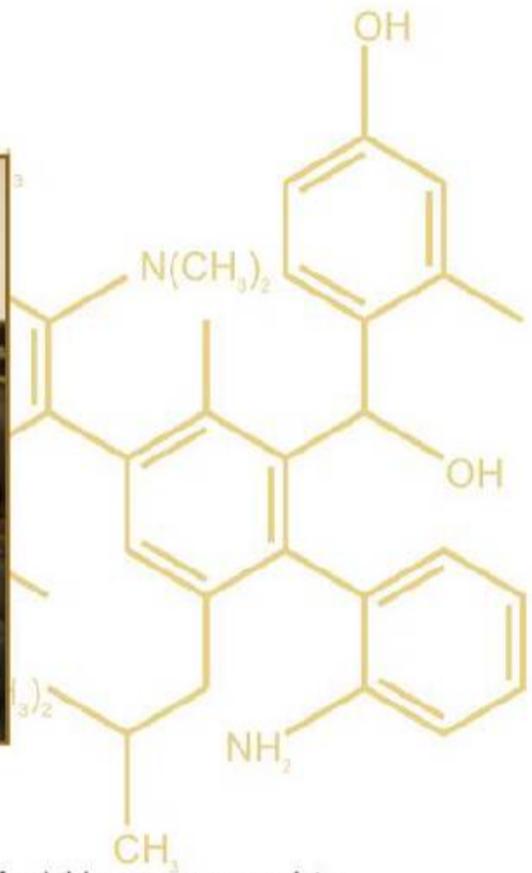
I wish the Jagran Group of Publications especially their Chandigarh & Punjab editions the very best in all their future endeavors.

Shri Parkash Singh Badal

PROLOGUE



Shailesh Gupta



Members of the noblest profession, doctors, make up this the latest addition to the Jagran Gems series of Jagran Coffee Table Books and not without a reason. The Real Saviours as it is aptly titled, has chronicled the achievements and mapped the work progression of doctors, who by the sheer virtue of being healers, have always had a special place in society.

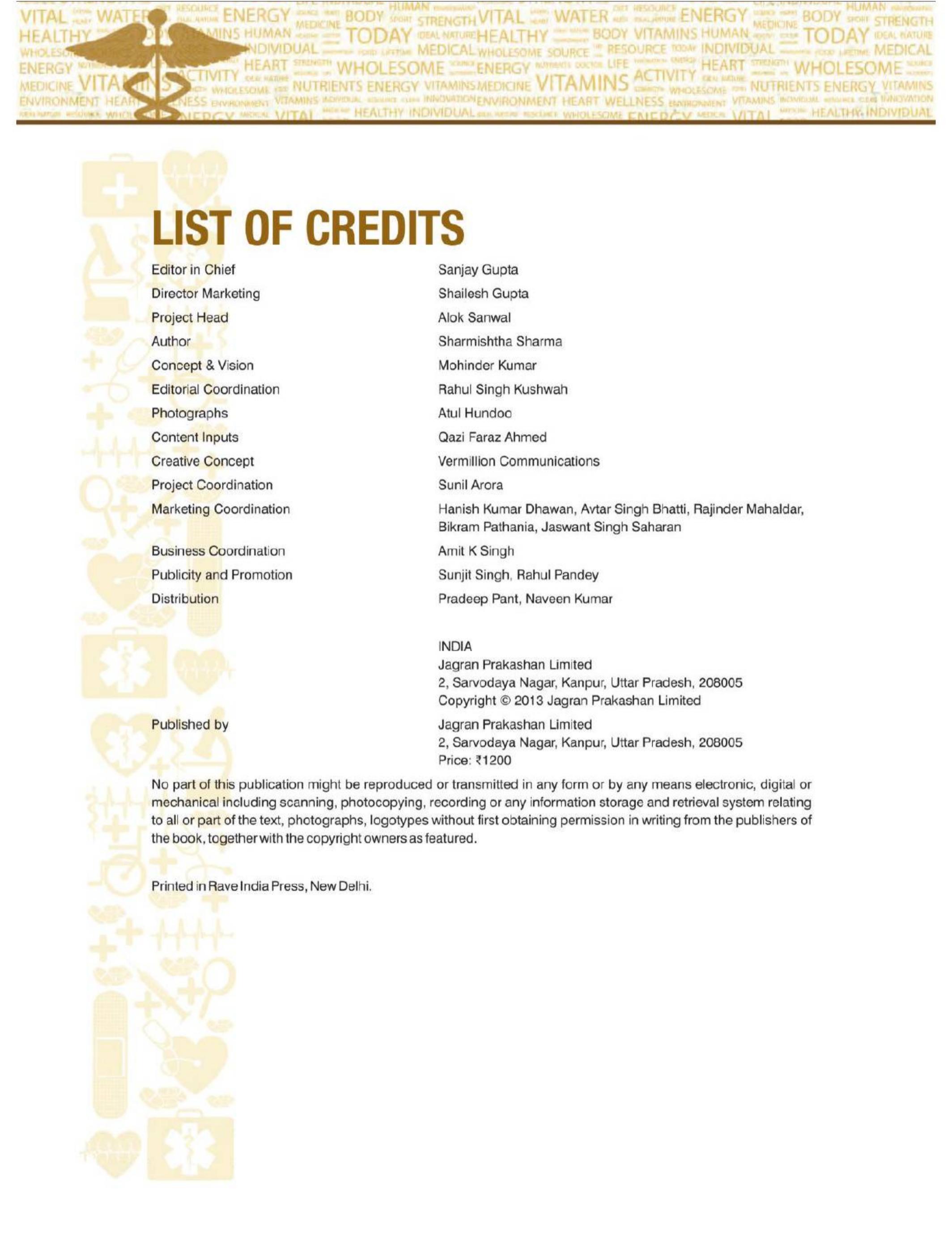
Jagran Prakashan Limited chose to pick some doctors as well as hospitals to share with one and all the expert facilities available for a plethora of diseases. The establishments where the services are offered are not just swank but perfectly equipped to handle all medical exigencies connected to the specialized services that they offer.

In fact each profile is an eye-opener of sorts, as one travels from the accomplishment area of one medical practitioner to another, marveling at the medical feats achieved and the qualifications acquired. In addition many of those featured in this very prestigious book, can boast of international awards and prolonged stints abroad. Based in Punjab, Chandigarh and Jammu & Kashmir, each of these individual doctors as well as hospitals have earned a name in their field of expertise, that has patients coming to them from far and wide. In fact foreigners too touch down for treatment that they have trust

in and is also affordable as compared to what they have access to in their country of residence.

The opulent living areas, the décor and planned open spaces of their elaborately structured homes are also part of the book. The focus on the families brings in some poignant facets of those supporting these doctors and playing a vital role in the realization of all dreams. The related pictures speak of the care and camaraderie, that grease the wheels of performance and are thus essential for achievement of any life goal.

Through this book, Jagran Prakashan Limited has also chosen to gift its readers with four special sections. The first one throws light on the journey of medical advancement of the nation, right from the portals of ancient Ayurveda to the present, currently more popular, Allopathy. Another section is on Medical Tourism that talks about why foreigners today root for this country for treatment. Two other sections, one on historic and natural locales of Punjab, Chandigarh and the other on the scenic beauty of the state of Jammu & Kashmir, make the book truly grand. In all, a book that will surely be cherished by doctors and their families of course, besides people belonging to these areas as well as lovers of picturesque locales.



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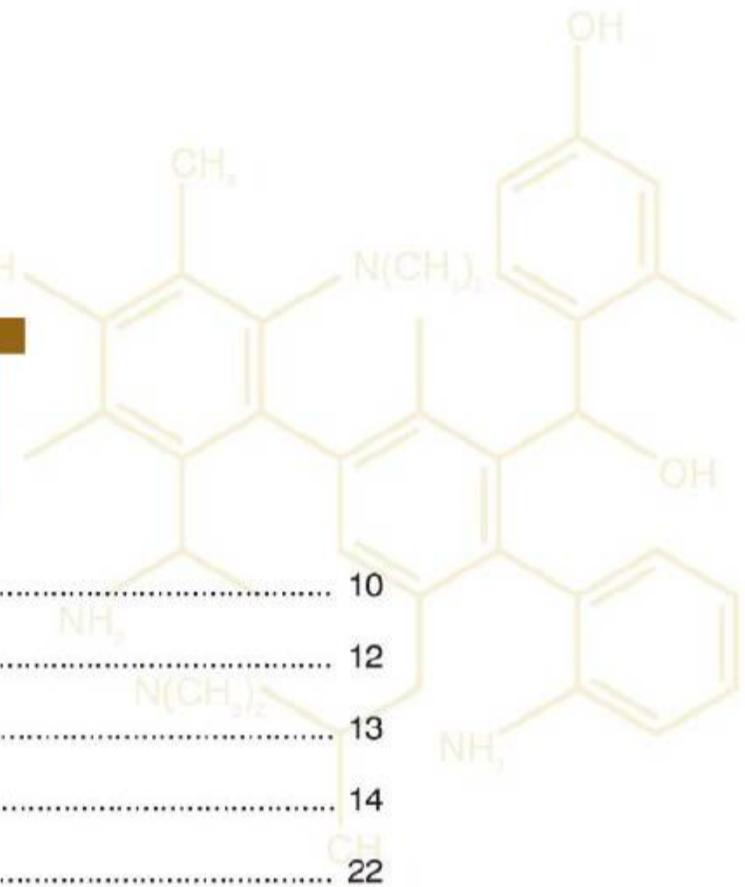
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THE JOURNEY FROM AYURVEDA TO ALLOPATHY & FINALLY MODERN MEDICINE

Foreign domination lasted in India for over 1,000 years, beginning with the Mughal tribes and ending with the British Raj. But India has yet to reconstruct its great history in medicine and in the meantime it continues to suffer from subtle foreign academic domination. While the current upsurge of interest in Ayurvedic science is not without a reason, Allopathy is something that has majorly taken over as a popular branch of medicine.

ARYURVEDA

Our country is a classic example of one that is totally ignorant about its own achievements, particularly in the field of medicine. The ancient medical science of Ayurveda, which is experiencing a renaissance at present, is perhaps the most sophisticated and comprehensive approach to health care. If put into practice, it can do much to remedy our modern-day maladies-biological, psychological, social, environmental, and spiritual.

The ancient rishis employed a scientific method-ology that allowed them to understand the mysteries of life. They were able to analyze and determine the medicinal value of plants, minerals, and animals, long before the invention of microscopes, analytical chemistry, and other tools of the Allopathic school.

While modern medicine's votaries sought to secure an experimentally testable method to replace ad hoc medicine, Ayurvedic vaidyas (physicians) were employing their own scientific, experimentally testable methodology and divine insight within the dhatudosh framework.

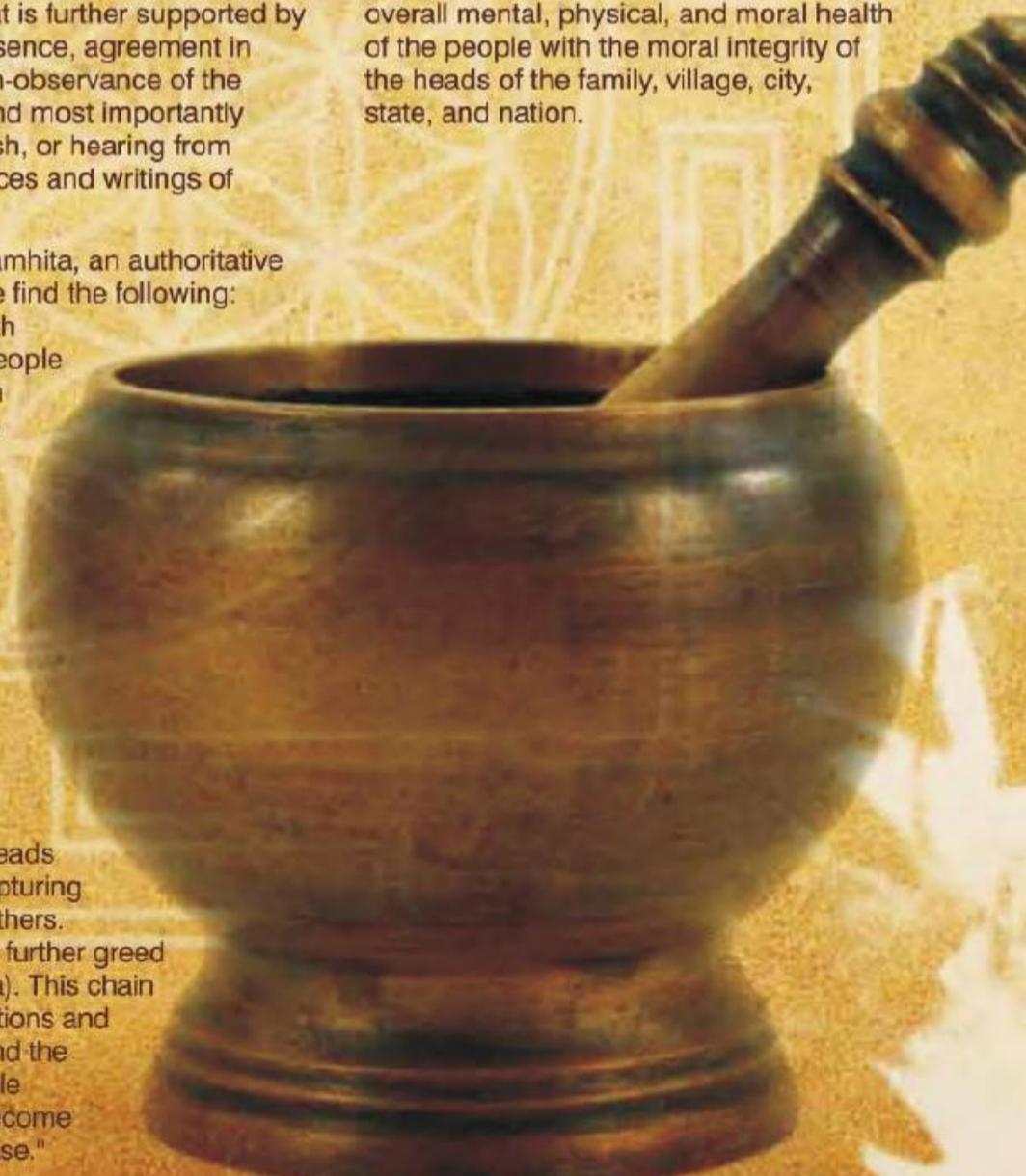
The Western approach is based upon three steps: 1) hypothesis, 2) experimentation and observation, and 3) theory or conclusion. Vedic science, on the other hand, uses three proofs, or pramana, two of which cover entirely the ground encompassed by the Western scientific method. This leaves a third type of evidence at the disposal of the Vedic scientist, that of acquiring knowledge that takes us to the heart of the difference between these two approaches.

The first limb of the Vedic means for arriving at truth is pratyaksha, or direct sense perception. The second is anumana or logical inference based on invariable concomitants, that is further supported by agreement in presence, agreement in absence, and non-observance of the contrary. Lastly and most importantly comes aptopadesh, or hearing from authoritative sources and writings of previous saints.

In the Charaka Samhita, an authoritative Ayurvedic text, we find the following:

"As the age of truth declines, some people find themselves in possession of too much adana (greed), which leads to gaurava (heaviness in the body and mind). This condition leads to shrama (lethargy), which leads to alasya (laziness). Laziness leads to sanchaya or hoarding, which leads to parigraha or capturing what belongs to others. Parigraha leads to further greed and avarice (lobha). This chain of demoralized actions and then the bodies and the minds of the people deteriorate and become easy prey to disease."

The impact of immoral and improper action on disease causation is clearly indicated in the Ayurvedic tradition. Charaka goes on to describe other causative factors, linking the overall mental, physical, and moral health of the people with the moral integrity of the heads of the family, village, city, state, and nation.



ALLOPATHY

Allopathy is also known as: traditional western medicine, regular medicine, mainstream medicine, orthodox medicine, modern medicine and conventional medicine. Generally this approach is 'body as a machine'. Early Allopaths were called mechanics. Parts were, and still are, treated in isolation. Hence we have heart specialists, hand specialists, neurologists, ears nose and throat doctors, and so on.

Proponents of this system teach that disease, or its causes, usually originate outside the body. For instance, germs invade the body and make us sick. This popular germ theory led to widespread antibiotic use, pasteurization and improved sanitation. When the body has symptoms like pain, nausea or fever the belief is that you 'caught a bug'. If possible, this disease or invader needs to be treated, usually with drugs. If an illness could not be blamed on a virus or bacteria, then genetics are to blame. Treatment for germs and genes is drugs or surgery. Under the Allopathic medical model, localized problems that do not resolve 'have to' be removed with surgery. Pharmaceutical drugs play an important role in Allopathic medicine. They were (and still are) developed to either mask symptoms directly or cause the body to alter the way it is meant to function.

The term "Allopathy" was coined in 1842 by CFS Hahnemann to designate the usual practice of medicine (Allopathy) as opposed to homeopathy, the system of therapy that he founded based on the concept that disease can be treated with drugs thought capable of producing the same symptoms in healthy people as the disease itself." Allopathy is a biologically based approach to healing. For instance, if a patient has high blood pressure, an allopathic physician might give him/her a drug that lowers blood pressure.

In 1848, the Allopathic rationalists created the American Medical Association (AMA) and gained a strong organizational edge. Early Allopaths followed in Descartes' footsteps, holding a mechanical view of the body and separating it into component parts. They looked for physical causes for disease and sought to name, define and treat specific illnesses.

One of the most significant benefits of Allopathy is its practitioners and technologies make it excel at treating acute and life threatening illness and injuries. Modern imaging identifies problems in the body even in early stages. Surgical procedures repair or remove diseased or damaged organs and tissues. Serious infections are cured with potent medications. Broken bones are reset and damaged joints replaced. Disfigurements are reconstructed. The list goes on.

Thanks to highly skilled doctors and modern technology, many lives have been saved and quality of life improved. Patients have rights and protection under the law. Doctors, nurses, technicians, and medical facilities must be licensed and are held to high standards designed to protect patients and ensure quality care. Drugs and treatments must pass rigorous testing before being used on patients.

An upside to the big business side of Allopathy is that there is plenty of money for research and development. Research, including studies of alternative therapies, is continually conducted. Technological advances are continuously in progress for the benefit of patients. According to Allopathy, disease is a result of invading organisms, metabolic imbalances, tissue degeneration, etc. In the model of infectious disease, for example, the invading agent is to be tracked down and killed. According to the Ayurvedic tradition, disease is an imbalance in nature, there is no question of killing. The Ayurvedic tradition recognizes the inscrutable will of the Supreme, and the right to life of even the microorganisms.

Unknown to many is the fact that modern medicine has paid considerable attention to the Ayurvedic tradition in search of medicinal plants from which to extract new and effective drugs. A number of world agencies have pinned their faith in traditional medicine including the Ayurvedic tradition. WHO, UNIDO, and UNESCO all have recognized the importance of medicinal plants, encouraging research so that herbal medicines can be put to more efficient use. A convincing statistical presentation could be put forward such that one would think that the Ayurvedic tradition and other traditional medicines are having a major impact on modern medicine. The broader scope of Eastern medicine is hard to deny, and the Ayurvedic tradition is clearly the mother of all Eastern medical disciplines, including Chinese and Tibetan medicine.

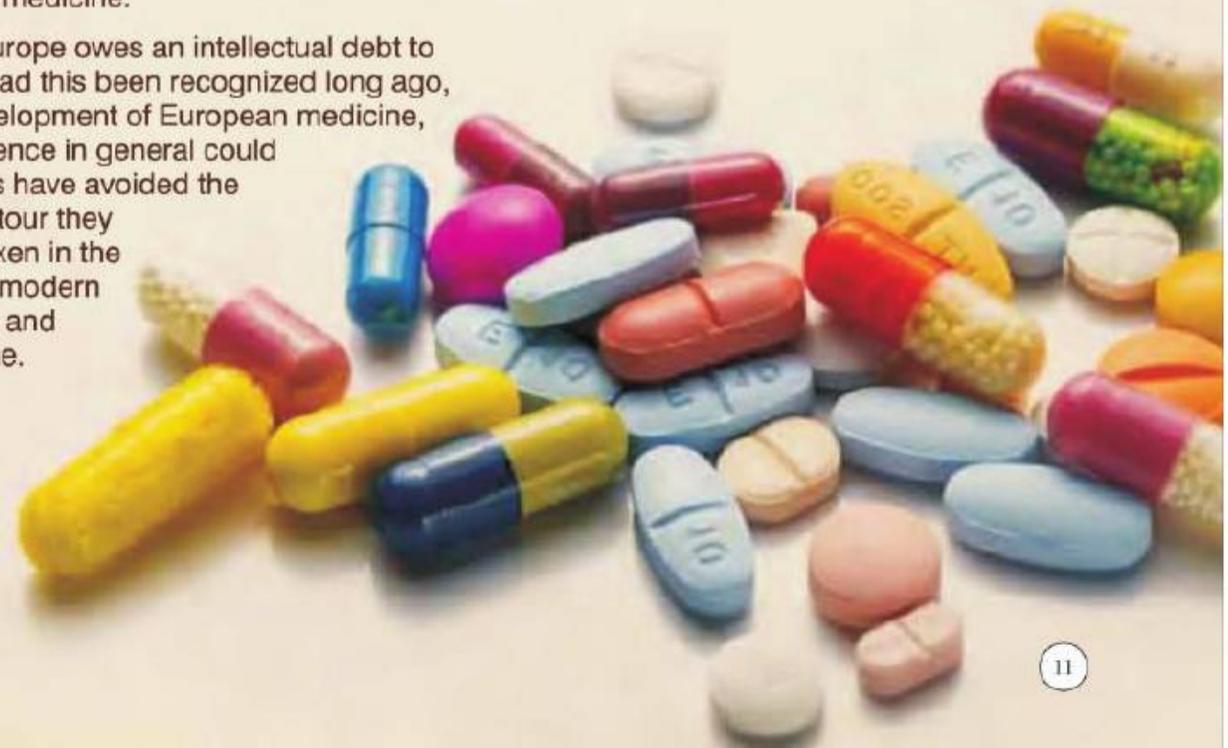
All of Europe owes an intellectual debt to India. Had this been recognized long ago, the development of European medicine, and science in general could perhaps have avoided the long detour they have taken in the form of modern science and medicine.

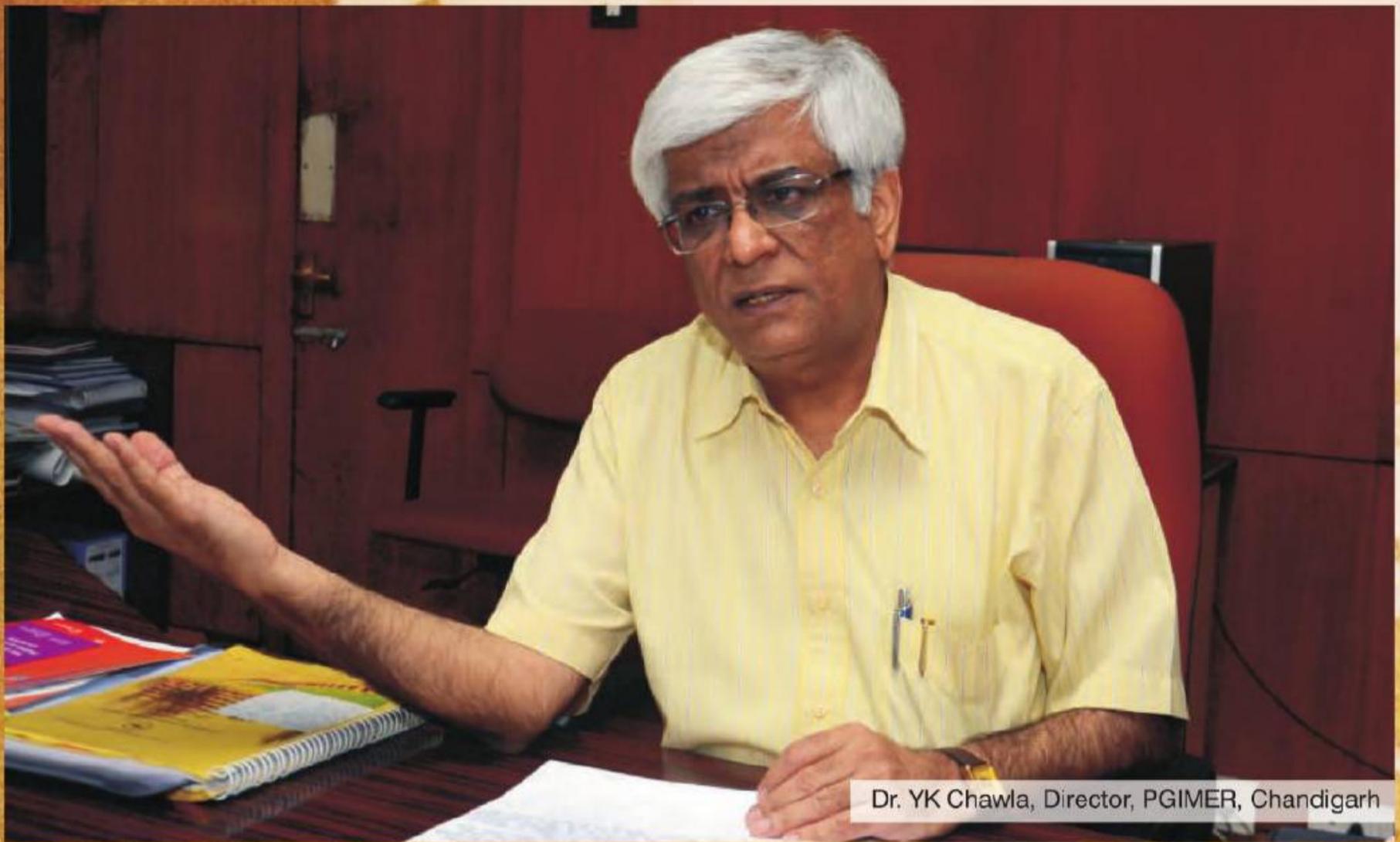


MODERN MEDICINE

Unknown to many is the fact that modern medicine has paid considerable attention to the Ayurvedic tradition in search of medicinal plants from which to extract new and effective drugs. A number of world agencies have pinned their faith in traditional medicine including the Ayurvedic tradition. WHO, UNIDO, and UNESCO all have recognized the importance of medicinal plants, encouraging research so that herbal medicines can be put to more efficient use. A convincing statistical presentation could be put forward such that one would think that the Ayurvedic tradition and other traditional medicines are having a major impact on modern medicine. The broader scope of Eastern medicine is hard to deny, and the Ayurvedic tradition is clearly the mother of all Eastern medical disciplines, including Chinese and Tibetan medicine.

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Dr. YK Chawla, Director, PGIMER, Chandigarh

PGIMER, CHANDIGARH

Large strides in the field of medicine

"The Robotic Surgery facility, currently only available in the Urology Department, PGIMER, Chandigarh, is going to be extended to the other departments of the hospital. Soon surgeries will be done with the help of robot in ENT and Gynae departments. After AIIMS in Delhi, this is the first institution where this facility is available," said Padmashree and Director, PGIMER Chandigarh, Dr YK Chawla. He unveiled several important projects in an exclusive interview with Dainik Jagran. He said that there is a proposal for starting screening OPD also in the PGIMER.

To assess the metabolic syndrome disorder, PGIMER has recently installed the spectrometer. "Earlier the samples of patients with disorder were sent abroad for testing. But PGIMER is now one of the few selected hospitals having this facility," shared Dr Chawla. In addition the Orthopaedic and Emergency wards of the institution will soon be upgraded. Imaging facility is also upgraded in the institution. Now there are three MRI and five CT scans. Soon a hospital with 250 beds will be started in addition to 100 private rooms and 80 beds for patients of cancer, endocrinology and ENT.

There is also a plan to fully digitize PGIMER, besides starting a Mother & Child Care Center and Neurosciences center. PGIMER is working with Chennai, Roorkee,

Kharagpur and Ropar IITs on new imaging technique and liquid-based cytology. Recently a facility of tele-evidence was introduced here, in which doctors can give their testimony while sitting in the hospital for court cases. This will save both, time and money. According to the master plan of PGIMER, soon 300 houses for faculty, 1500 hostel rooms for junior and senior resident doctors and 600 quarters for the staff will be built. The facility of Image Guided Radiation therapy has been launched here and now for the screening of breast and cervical cancer in women, an outreach mobile program Asha Jyoti is running successfully.

Seven emergency operation theatres are also upgraded in the institution and a single window system has been introduced in Research Block A in PGIMER. Information kiosks have been installed and more collection centers have been set up. There is also a facility of online OPD registration and online reports.

There is a proposal for allotment of some fund in PGIMER from the Central Health Ministry for the patients of pancreas and liver transplant. "Let's see what results we will get from our efforts. Patients coming for such transplants don't have sufficient amount of money which increase the problems," signs off Dr Chawla.

- Saajan Sharma

Five-star facilities need to be mobilized

PGIMER Director, Dr YK Chawla has said that for the expansion of medical tourism in the region of Punjab, Chandigarh and Haryana, five-star facilities need to be mobilized first. Only then it will be possible. Just a few patients from the Gulf countries approach the hospitals of these areas for treatment because, again, medical facilities of this region too need to be upgraded. European countries are providing better services of medical tourism but the appointments there for surgery get quite extended. This is why, people of many countries go to New Delhi, Mumbai and southern states for surgery since they get appointments easily and also as early as possible. These hospitals have attractive health packages too. Patients go there especially for liver transplant and complex cardiac surgery.



MEDICAL TOURISM IN INDIA

Looking at the medical advancements done each day coupled with trail blazing innovations, one can safely say India is a force to reckon with in medical tourism. It is a promising area with even more promising returns. Being a developing country it is preferred due to cost factor, resource availability and habitability.

India is known mostly for its cost-effective medical treatments along with high standards in cardiology, orthopaedics, nephrology, oncology and neuro surgery. The country is also known for its alternative treatment options such as Yoga and Ayurveda.

As medical treatment costs in the developed world balloon - with the United States leading the way - more and more Westerners are finding the prospect of international travel for medical care increasingly appealing. An estimated 150,000 of these travel to India for low-priced healthcare procedures every year.

Advantages for medical treatment in India include reduced costs, the availability of latest medical technologies, and a growing compliance on international quality standards, as well as the fact that foreigners are less likely to face a language barrier in India. The Indian government is taking steps to address infrastructure issues that hinder the country's growth in medical tourism. The government has removed visa restrictions on tourist visas that required a two-month gap between consecutive visits for people from Gulf countries which is likely to boost medical tourism.

A visa-on-arrival scheme for tourists from select countries has been instituted which allows foreign nationals to stay in India for 30 days for medical reasons.

According to a report by PHD Chamber's Medical and Wellness Tourism center, India is one among the top five medical tourist spots in the world having hosted nearly 1,66,000 medical tourists from across the globe in 2012. The report further added that the overall medical tourism industry in India is expected to reach an estimated value of \$ 6 billion by 2018.

Research shows that India attracts over 2 lakh tourists every year who are in need of medical assistance. While transplants and fertility treatments are the main attraction, there are several cases of path breaking surgeries done for people in need. According to a study carried by Confederation of Indian Industry (CII), medical tourism in India is projected to grow at an annual growth rate of over 30 percent.

There are substantial reasons which aid in making India a preferred destination in the medical tourism sector. Shorter wait duration as compared to developed countries like US and UK, cost of medical procedure is almost one-fourth to half than that of the developed countries, quality medical care, state of the art technology used in diagnostics, renowned surgeons, trained medical staff and cosmopolitan culture makes India patient friendly. A subset to the medical tourism industry is Medical service providers who offer

comprehensive medical solutions from transportation to consultation with leading hospitals and practitioners.

The Indian government has also opened its doors to private investment in Healthcare by offering subsidies in terms of land, concessions for medical equipment, drug import, providing trained personnel and expert physicians through state -supported medical education. Coming to the popular chosen sections, one area which has gained lot of traction is ART (Assisted Reproduction Technique), because of being cost effective, innovative methods, availability of manpower, flexible laws governing surrogacy, etc. The availability of high-tech surgical treatment such as bone marrow transplant, bypass surgery or cosmetic surgery as well as the traditional healthcare systems like Ayurveda, Homeopathy is unique and not offered in any other country. While Cochin, Bangalore and Chennai in South India get maximum footfall, Delhi is slowly gaining popularity. Most estimates claim treatment costs in India start at around a tenth of the price of comparable treatment in America or Britain.

End of the day, the bottomline is that, best of medical facilities and medicare in far lower treatment cost keeping to the best of healthcare standards, makes India an ideal destination for Medical Tourism.



Patients in the ward

It is the only centre in India to perform a highly specialised knee surgery called PFJ (Patellofemoral joint replacement)

Dedicated staff makes sure to clean the floor and people have to change their slippers before entering the patient's rooms. Also, not more than two attendants are allowed in a single room. We not only provide food from our canteen for the patient, as suggested by dietetic department, but cook for the attendants on order with utmost care." Added a beaming Dr Singh, "This is the only hospital in India and amongst the very few in the whole world to have zero per cent infection rate, despite the large number of surgeries and huge rush of patients from all over the country and even abroad."

Even though it has virtually reached the pinnacle of success, the hospital still believes in the principle of nourishing the roots. Sticking to the basic purpose of healing humanity, the hospital organises free camps such as Orthonova health check-up, Orthonova executive check-up, Orthonova well-women check-up and Orthonova domestic health check-up camps. The variety of camps conceived is indeed innovative and encompasses a large section of society from different strata. The turnout at the camps indicate towards their success. So much so that it is felt that it might be result of these noble practices that the hospital is growing manifold. "We started as an orthopaedic hospital but I am glad to inform that soon we will be transforming into a multispeciality hospital. We will be having a special neuro centre with latest technology in town. Without compromising on the quality and technology, we are soon going to explore newer horizons," said Dr Harprit Singh.

But it is his family, he confesses feelingly, that provided huge support, in making Orthonova a success story. He is especially indebted to his wife, Jasleen Kaur, who is currently the CEO of Orthonova and runs the hospital very efficiently.



Pathology of the hospital



Orthonova Hospital outer view



Patients waiting in the lounge

This consultant joint replacement and arthroscopic surgeon is a specialist in computer-assisted joint replacement

“It is my wife who deserves to be commended for the meticulous handling of administrative affairs, thereby ensuring the smooth functioning of the establishment,” he said with an affectionate smile.

Successful surgeries are not the only finger magic that Dr. Harprit Singh knows. He is a very passionate musician as well. Taking time out everyday for his favourite hobby, he loves playing some musical instrument with his children. A connoisseur of music of all genre, along with his four children, he has formed an in-house band that enjoys together practicing and performing at times for entire evenings together. It is this family time that actually keeps him going. Apart from music he also has a keen interest in photography. It is his eldest daughter Aashita, who following in his footsteps, is pursuing medicine, while younger daughter Arsheena is in class nine. Among the sons, the younger one Cybel Zohra is in class four and elder Keyin Zohra is in class six.

Dr Harprit Singh is destiny's child as none of this was planned, including his pursuit of medicine. No one pressurized him to be a doctor. His father was in the army and medicine happened to him by chance. In this scenario the advancement he has achieved, the expertise that he has acquired and the kind of service he is dispensing is truly praiseworthy. His patients swear by him and his feats in the world of medicine, particularly in the category of surgery, are simply mindblowing. No wonder Orthonova today is a destination for all orthopaedic ailments.



Dr. Harprit in the OPD



Dr Ravul Jindal



Dr Ravul having a chat with a patient

He has developed competencies in pre and post-operative care including critical care management

He has also involved in teaching of both theory and surgical techniques to the undergraduates, postgraduates under training for master of surgery examination and nursing staff at PGIMER, Chandigarh and actively involved in surgical training of the physiotherapists. He has been taking lectures for physicians and surgeons in the field of vascular surgery for last many years and have given more than 200 lectures to media and different medical bodies all across the country. He has published more than 100 articles in different newspapers to educate the public about the vascular diseases and been many times on TV and Radio to give his expert opinion on health shows.

His wife, Dr Preeti Jindal, was born into a family of doctors. And it was but obvious for her to get fascinated towards the field of medicine. She started nurturing the dream of becoming a doctor since her childhood. "I always wanted to be a doctor like my parents. Following in their footsteps, I worked hard to be where I am today," says Dr. Preeti. Currently she is working as a senior consultant obstetrician and gynecologist at Fortis, Mohali. Being a young achiever, her journey as a doctor is an inspiration to many. She passed All India Entrance Exams into basic Obs/Gyn rotation in 1997 at Mahatma Gandhi Institute of medical Science, Sewagram. During her three years of Obs/Gyn rotation, she went through obstetrics, gynecology and family planning training. At the end of three years, she got her masters from MGIMS, Sewagram.

Dr Preeti Jindal believes in learning every day. Having a large experience in recurrent miscarriage treatment of more than 1000 recurrent miscarriage patients from all over the country, she specializes in recurrent miscarriage and high-risk obstetrics and gynaecology.



Dr Ravul with doctors come from abroad



Dr Ravul with Dr Preeti and his two sons Kush and Adit

VITAL WATER ENERGY MEDICINE BODY SPORT STRENGTH VITAL WATER ENERGY MEDICINE BODY SPORT STRENGTH
HEALTHY TODAY IDEAL NATURE HEALTHY TODAY IDEAL NATURE
WHOLESONE SOURCE THE RESOURCE TODAY INDIVIDUAL WHOLESONE SOURCE THE RESOURCE TODAY INDIVIDUAL
ENERGY HEART STRENGTH WHOLESONE ENERGY NUTRIENTS DOCTOR LIFE WHOLESONE ENERGY HEART STRENGTH WHOLESONE
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Dr Ravul in the OPD Area



Dr Ravul and his team

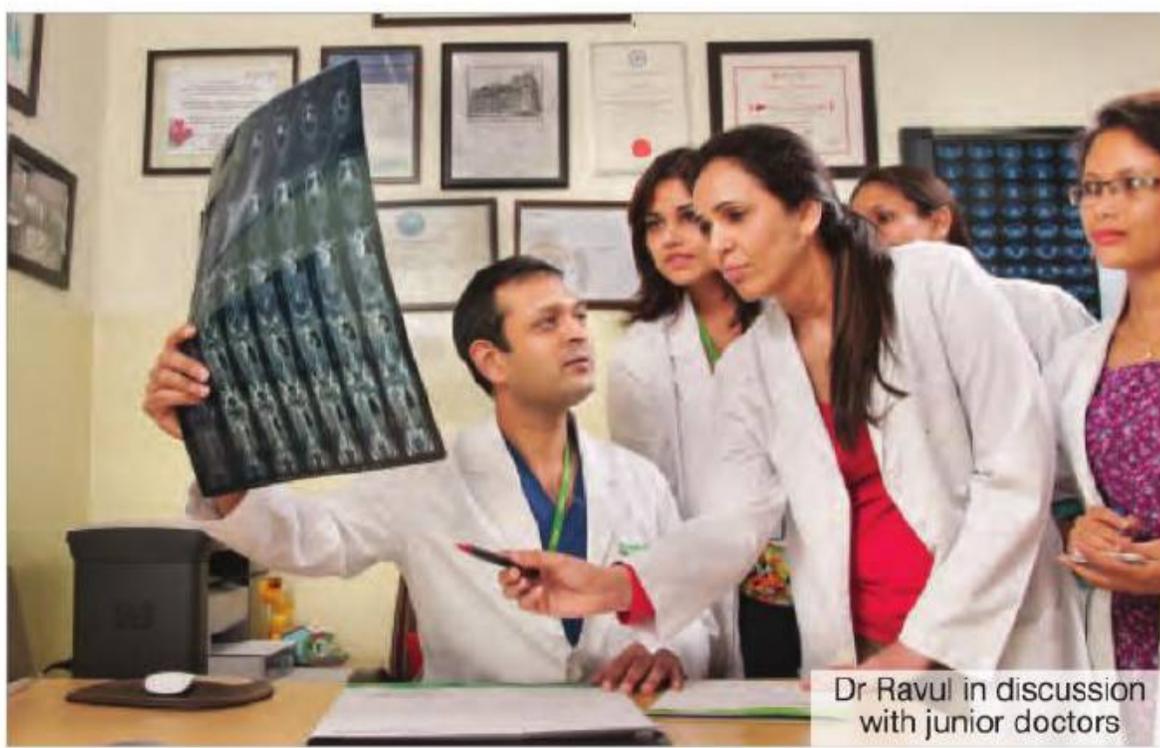
Dr Jindal has been teaching senior house officers and medical students of the Imperial College of London

She is one of the best medical experts dealing with high-risk obstetrics, normal deliveries, LSCS, painless deliveries and complicated deliveries. She is also an expert laparoscopic surgeon with expertise in minimally invasive surgeries like laparoscopic hysterectomies, ovarian cystectomies and hysteroscopies.

In 1990, she got her first silver medal in MBBS, which was followed by a gold and bronze medal in physiology (honours) in university and in forensic medicine, respectively, in the same year. She got one more silver medal in 1992 in forensic medicine and three bronze medals in year 1993 in ENT, ophthalmology and community medicines, respectively.

She retorts, "I am never stressed, it's just a state of mind," though after treating several patients in a day, she has another role to play, that of a homemaker, which she does beautifully. A wife and a mother of two, sons Adit and Kush, she perfectly maintains the balance between her personal and professional life. Dr Jindal, also supports her in her career building. "My husband is more like my best friend. I am so lucky to have him in my life," she says.

Always the first one to extend a helping hand to needy and Dr Preeti tries her best to cut down the bills of poor patients. Apart from being a successful gynecologist, she also loves to play golf and is a blue belt in taekwondo. On the other hand, besides work, Dr Jindal also loves to play the guitar, singing, partying, travelling and listening to nice music. London and Spain are among his favourite tourist spots. "I like travelling with my family the most. I play golf, swim regularly and watch almost every movie with my wife," he shares smilingly. I am very content with what life has given me," beams Dr Jindal.



Dr Ravul in discussion with junior doctors



Dr Avtar Singh



Dr Avtar with his team of doctors in the OT

“As a partner hospital to Smile Train we have operated upon more than 7000 cases free of cost”

It has established programs to provide free corrective cleft surgery in 87 countries. Through these programs, the charity trains local doctors and provides funding to hospitals for the procedures. According to Forbes magazine, Smile Train is the 72nd largest charity in America. Smile Train has partnered with Amandeep Hospital for treatment of patients of cleft lip and palate since 2004. Treatment includes speech therapy that is provided to needy patients, with orthodontics treatment also included, everything free of cost. The hospital also provides, to and fro travel fares and reimburses daily wages to the needy patients. Door to door search of cleft patients has also been organized in Punjab, Himachal Pradesh and Jammu and Kashmir. Under Mission Uzbekistan, a team of doctors went for Smile Train project called Smile Uzbek to Uzbekistan and the team achieved the amazing feat of operating upon more than 60 patients of clefts in just four days. Under Mission Myanmar, the project Smile Train team of doctors will be going to Myanmar this year to conduct similar surgeries for identical problems. “As a partner hospital to Smile Train we have operated upon more than 7000 cases free of cost. These patients are provided ancillary services of speech therapy and orthodontics also totally free of cost,” informs Dr Avtar Singh.

Amandeep Hospital has three OPDs in Jammu, Amritsar and Ferozpur and Dr Singh's new project is to open a 250-bed hospital in Amritsar and to start the nursing college next year. Ambitious projects both the new ones for Amritsar, they are slated to majorly jack up the popularity of Amandeep Hospital, at the same time benefit patients by making them aware about the facilities that are available for the expert treatment of their ailments, at their very doorstep.



Dr Avtar briefing junior doctors



Dr Shahbaz Singh with his father Dr Avtar Singh and mother Dr Amandeep Kaur



Dr Avtar doing check-up of a baby



Dr Avtar addressing a press conference

It has 3 OPDs in Jammu, Amritsar and Ferozpur and the new project is to open a 250-bed hospital in Amritsar

The OPDs in the three different cities, as such draw a large number of patients from surrounding areas as well.

Amandeep Hospital also runs the Udaan Trust, a philanthropic venture. When patients come through this, the trust provides free bed and medicine for the needy people. In the hospital two dedicated beds are always available for the trust in combination with specialized treatment and care.

"I am also very passionate about sports," says Dr Singh brightly when asked about his other pursuits and hobbies. Not limiting himself to just personal indulgence in sports activities, he is always forthcoming in doing whatever he can even personally, for providing support to sportspersons, particularly in the nature of treatment. The hospital provides free check-up and treatment facilities to sportspersons of Maharaja Ranjit Singh Hockey Academy of which he is also chairman. He has a cricket academy Amandeep Cricket Academy for which the hospital is regularly contributing financially in order to run it. Dr Avtar Singh is also Sr. Vice Chairman of the Amritsar Hockey Club. Players of the region automatically connect with Amandeep Hospital in a very different way.

As of today, the reputation of Amandeep Hospital has travelled far and wide, as a result of which the queue of patients is ever increasing. Subsequently the number of those healed keeps going up year by year, giving the hospital the stature it deserves not only just in Punjab but the entire north India.



Dr Avtar in conversation with a patient



ACHIEVING THE ULTIMATE IN HEALTH CARE

DR KHUROO'S HEALTH CLINIC

The doctor of the future will give no medicine but will interest his patients in the care of the human frame.

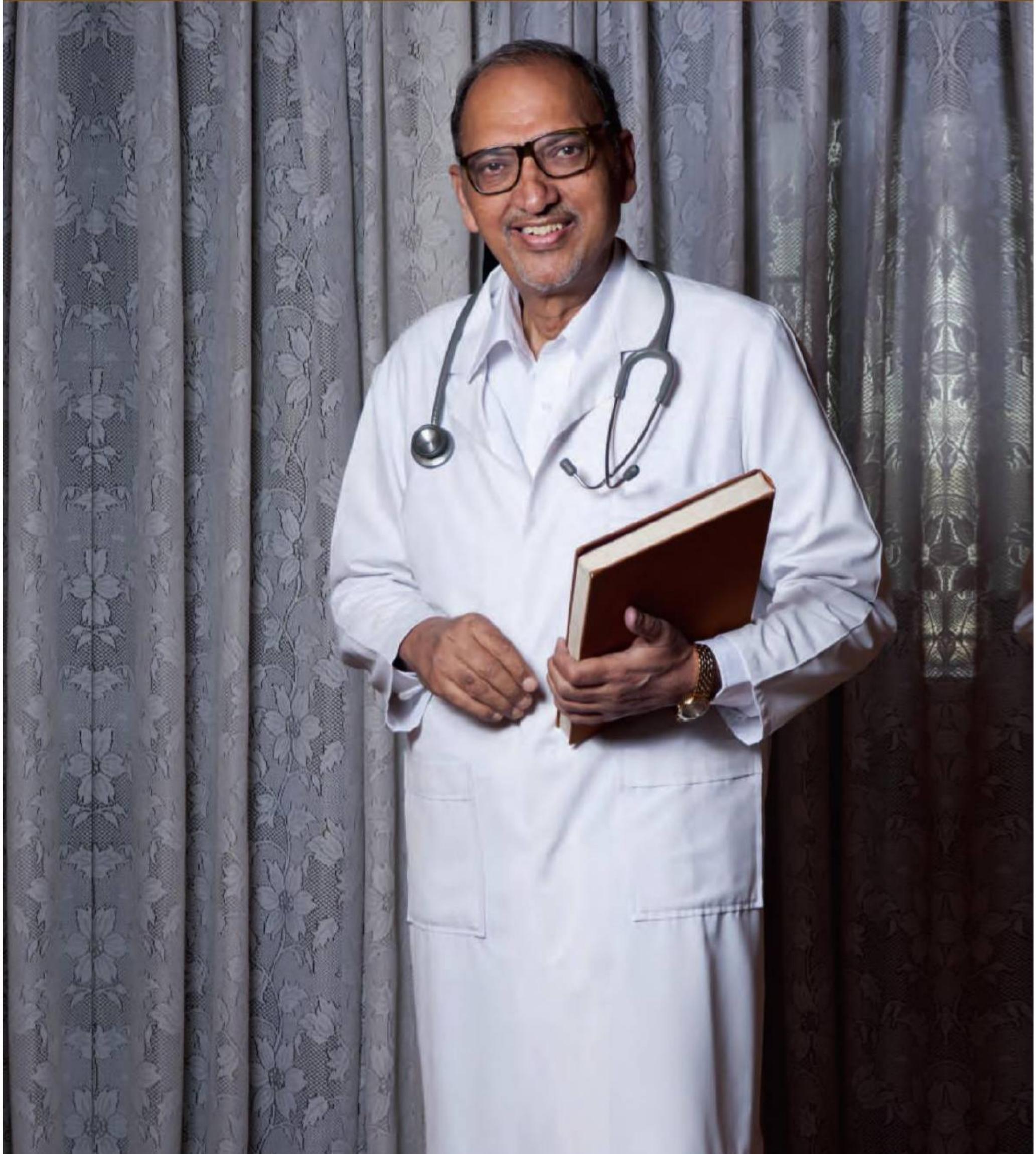
-Thomas Edison

Prof. Mohammad Sultan Khuroo was born on January 17, 1945 at Kraltengh Sopore Kashmir. The family came in touch with many Islamic scholars and Sufi saints and this became a seat of learning and Islamic teachings. His grandfather, Late Haji Fateh Khuroo (1885-1958), was a scholar in Persian literature and his Quranic recitation was so impressive as to amaze the audience. A handwritten version of Quran on tree-paper available with the family is a great religious antique and a treat to view and recite. Late Haji Abdul Rahim Khuroo (1922-1995), the father was educated in Persian and spent most of his life in social work. Mohd Sultan did his primary schooling in Government Baba-Yousuf school, passed his matriculation from Government High School Sopore and completed his FSC (11th & 12th grade) from Govt. Degree College Sopore. Based on his brilliant academic records he got admission in Medical College Srinagar in 1962.

In 1971, he married Haleema Pandith, daughter of Late Haji Abdul Jabbar Pandith. Dr. Khuroo believes all his successes in life are due to the dedication of his wife. He is

father of three children, Dr Naira Sultan Khuroo, MBBS, Fellowship in Radiology & Body Imaging (KFSH & RC Riyadh, KSA), Dr. Yasir Sultan Khuroo, MS (Orthopedics), Fellowship arthroscopy & Sports Medicine (SRMC & RI Chennai) and Dr Mehnaaz Sultan Khuroo, MD (Pathology). Dr Khuroo also runs a trust, Dr Khuroo's Medical Trust and likes playing golf, watching news, watching cricket and travelling. He graduated from Medical College Srinagar Kashmir, India in 1967. He had a brilliant career record with a Gold medal for "Best Outgoing Student" (1962-1967) and nine other awards for distinctions and first positions in most basic and clinical subjects. Prof Khuroo could have moved to the West as many western organizations offered him lucrative jobs. However, he stayed back to serve his society as he had been advised by his parents. He completed his postgraduate degree in General Medicine (MD) from Medical College Srinagar in 1972 and joined Department of Medicine Medical College Srinagar, Kashmir, as a Registrar (till 1974) and then Lecturer Department of Medicine.

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Prof. Mohammad Sultan Khuroo



Dr Khuroo with his son

He has given formal, in-service and practical training to his younger colleagues

Since then Proton Pump Inhibitors are the mainstay of medical treatment for peptic ulcer bleeding all over the world saving millions of lives.

For centuries surgeons gave a dictum that Hydatid Cyst puncture and aspiration should never be thought of or done as it means anaphylaxis and death to the incumbent. Through an extensive experimentation in 1991 he proved that aspiration of hydatid cyst can be performed safely with now commonly known as the PAIR technique. A few years back more than 6000 patients of hydatid cysts had been managed by this technique in Southern Europe only. In 1997, he completed this work by doing a randomized comparative trial between surgical and PAIR and published in the New England Journal Medicine 1997.

He traveled as a Guest Speaker to all major Institutions and conferences in the World, received honorary FRCP and FACP. In 1995, American College of Physicians conferred the Coveted title of MACP to Prof. Khuroo, a title they give to few of their own legends. At SKIMS, he held the position of Dean Medical Faculty (1985-1986) and Director SKIMS (1993-1995). He showed a deep interest in Health care delivery system and a number of the publications on this subject were published locally and sent to health planners for implementation. During his 35 years of teaching career Prof. Khuroo guided 21 MD/PhD projects and trained a huge group of clinicians in the art of Medicine and Gastroenterology.

Throughout his career, he has kept a superb example of giving intense formal, in-service and practical training to his colleagues. One of his students who was a technologist at SKIMS and did PhD degree with him, has truly done him proud.

He has lot of time for studying; is completely at ease to discuss religion, sports, politics and art.

Dr Ashraf Jallu, Former Consultant Neurosurgeon King Faisal Specialist Hospital and Research Centre (KFSHRC), Riyadh, Saudi Arabia in his article entitled ***"It has been a great pleasure to know Dr Khuroo over the years"*** wrote: Over the years we learnt him to be extraordinary in Medical studies and indeed a career as a Physician, one had to be extraordinarily hard working and totally dedicated. I believe high intellect and supernatural talent have minimal role to play in this equation. Only a few possess the kind of commitment that is required to make it big in the medical world, therefore we only have few like Dr Khuroo. His own understanding of the subject and the art of transfer of the information was simply magical. In 1995, my Chairman who was on the panel of approving the appointments at KFSHRC, Riyadh came to the room I was operating in. He popped over my shoulder saying, "we have just appointed a Gastroenterologist from your town, boy, he is damn impressive; do you know him?" Events made him to join KFSHRC Riyadh. This was an opportunity for me to know him personally. Dr Khuroo lives in a world of his own, nothing to deter him from what he wants to do. He has lot of time for studying; is completely at ease to discuss religion, sports, politics and art. He is human!! He is a great family man who respects his wife to no end; cares for his children no less than any other parent would. Hard working to the core and a terrific learner, Dr Khuroo remains connected with tomorrow's world. A spectator once, while watching a putt from champion golfer Greg Norman, remarked, "Greg you were lucky there". Greg's reply was, "the more I practice, the luckier I get". This is what Prof. M S Khuroo is, lucky, immensely committed, hugely knowledgeable and enormously successful; all, through his HARD WORK; I have nothing but admiration for this gem of a doctor who has made us proud.



Relaxing with his grandchildren

Dr Khuroo, a very devoted family man and even a more dedicated professional, is a rare combination of great clinical skills and greater research acumen in his field.

Mohammad Maqbool Bhat in his article entitled *“Knowing Dr M. S. Khuroo”* wrote: We have to learn to respect and honour our achievers in order to improve our society as a whole. Dr Khuroo, a very devoted family man and even a more dedicated professional, is a rare combination of great clinical skills and greater research acumen in his field. This combination is rare world-over, but non-existent in our part of the world. His medical service record spread over four decades at various levels of his outstanding career has definitely made him a household name in the valley and deservingly a very well respected and revered name in his field all over the world. My son, Dr Yasser Maqbool, Assistant professor Medicine at UCLA, in the United States of America, had first-hand experience of this international repute and acclaim of Dr Khuroo, when at the beginning of his fellowship training program at Pittsburgh university (the First Level centre in the world), in response to his introduction, the main response from that august medical fraternity was if he knew Dr Khuroo from Kashmir. He obviously was delighted to know “Dr Uncle” is held in such a high esteem in this institute of highest learning. I am told of many other similar experiences by other doctor friends as well.

I am also reminded of a cold December late evening, during peak of militancy in the valley, when coming out with Dr Khuroo from his endoscopy centre at SKIMS; he spotted an old man waiting in the corridor totally disarrayed in his behavior. With all due care he enquired from him about his condition and what he did for him perplexed me at that time but enhanced my respect for him as a human being and as a doctor manifold later. Knowing old man's condition, he did not only return to his endoscopy centre immediately but even motivated his whole staff to stay another hour in those trying circumstances and tough times so that this old man would be able to go home satisfied. Even at the cost of accentuating my already simmering anger for that long wait during the whole evening, he was not deterred from doing what he felt was in the best interests of his call of duty. Such exemplary sense of humanism is surely rare and not seen even at places where you pay for such services. Coming from a doctor of Dr Khuroo's status and position, from a free government hospital is not only heart-warming but would make even his foes proud of him.

Dr Javid Iqbal, a prolific writer on diverse social issues in an Ode to Dr Khuroo described him as a legend; a decent professional, a dedicated academician and a devoted researcher.



Dr Khuroo giving a lecture

Dr Khuroo's Medical Centre deals with management of gastrointestinal and liver diseases

He is holding the chair of virology at the world famous Centre for Disease Control (CDC) Atlanta Georgia, USA. Many of his students are at senior consultant level at SKIMS and at important medical institutions in the Middle East as well as in Western countries. The period of his directorship was during the most trying times Kashmir has seen, yet it is remembered as a golden period of SKIMS. He has a deep understanding of healthcare policies.

In 1995, Prof. Khuroo was taken in as the Head & Consultant of Gastroenterology and Liver Transplantation at the prestigious King Faisal Hospital and Research Centre (KFHS) Riyadh Saudi Arabia. He is and possibly shall remain the only Indian trained physician to find a slot on the faculty of the institution. During 10 years' stint there he helped to set up program of Liver Transplantation in the Kingdom of Saudi Arabia. Finally his commitment to his soil brought him back to Kashmir in January 2005.

On his return, he established a tertiary Care Digestive Diseases Center in Srinagar. The center continues to indulge in research programs related to hepatitis E, hepatobiliary parasites and upper GI cancer and is collaborating with national and international organizations. Besides his all other accomplishments listed above, Prof. Khuroo has 226 scientific publications (over 105 of these are listed in Pubmed published in peer-reviewed journals of highest standards). He has maintained extraordinary qualities, difficult to be embodied in one human being which have made him a role model for many of those physicians who want to excel in their careers. Dr Khuroo's Medical Centre is a day-care medical facility which deals with management of gastrointestinal and liver diseases on an outpatient basis.

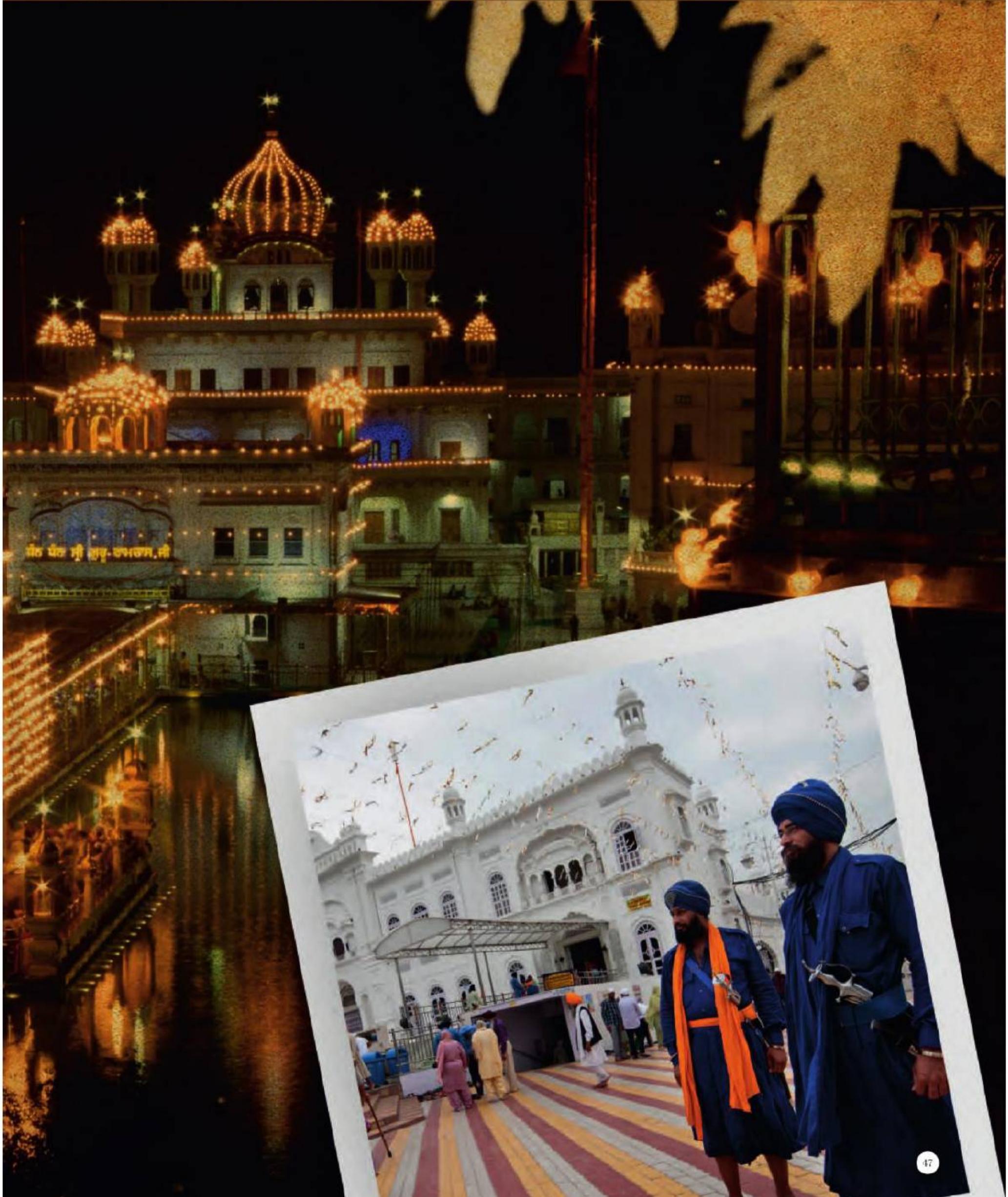
Discovery of hepatitis E: the untold story.

Discoveries in Medicine have saved millions of lives and changed our view of the world. Each discovery has an underlying human-interest story related to the complexities, the mis-steps, the near-misses and the ups and downs. Discovery of hepatitis E is one such fascinating story done in one of most remote region of the world with very hard weather conditions and primitive health care and investigative facilities. Discovery of hepatitis E is a story of a strong will to grab the vital opportunity, which may come once in a lifetime of those lucky ones and application of a curious mind, creative thoughts, untiring efforts, and strong belief in one self to fight the sceptics. The story also focuses on the fact that discoveries do not necessarily require high tech laboratories or Institutions with cutting edge research facilities but can be accomplished in very primitive situations as well an example in focus.

Hepatitis E is an important public health concern and an estimated one-third of the world population has been infected with hepatitis E. Hepatitis E causes large scale water borne epidemics and is the cause of over 50% endemic cases of viral hepatitis in developing countries. The disease involves tens of thousands of cases and is the cause of considerable morbidity and mortality, posing a major public health problem in endemic regions. In India alone, over 2.2 million cases of hepatitis E are thought to occur annually. Hepatitis E is being recognized in developed countries and has been labeled as one of the most important emerging human infections. It is transmitted by ingestion of raw or undercooked swine meat, liver and through consumption of figatellu sausage from supermarkets. Two recombinant hepatitis E virus vaccines have successfully undergone phase 3 trials. One such vaccine is commercially available in Chinese market.

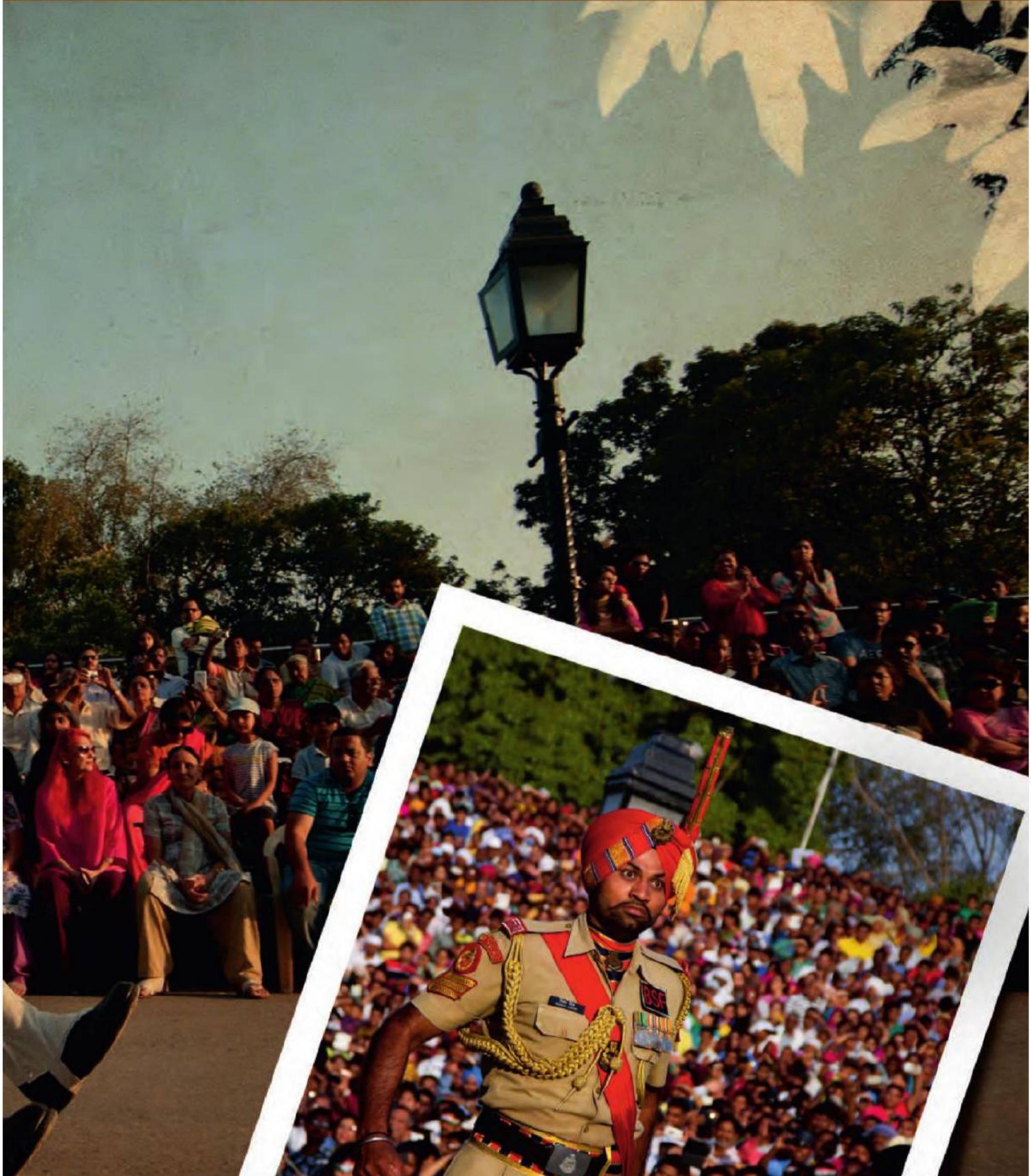
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Jagran
Gems



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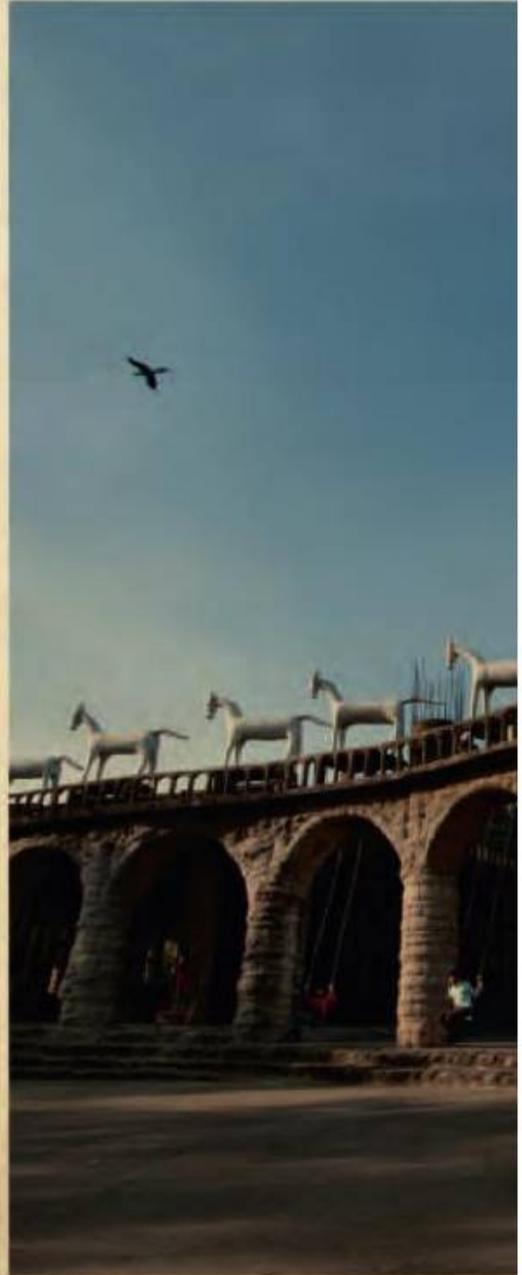


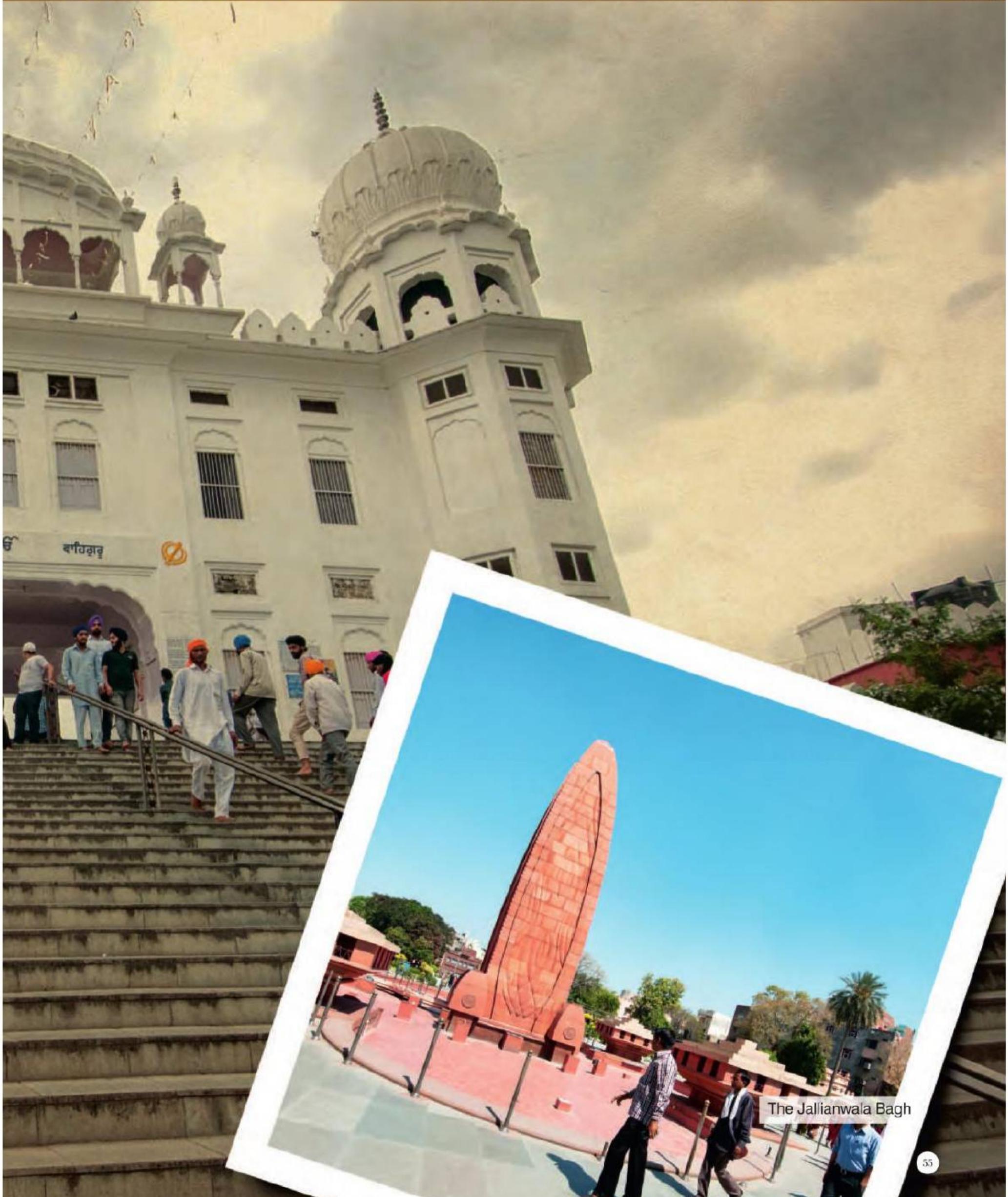


The Tricity symbol



A view of Gurudwara Fatehgarh Sahib

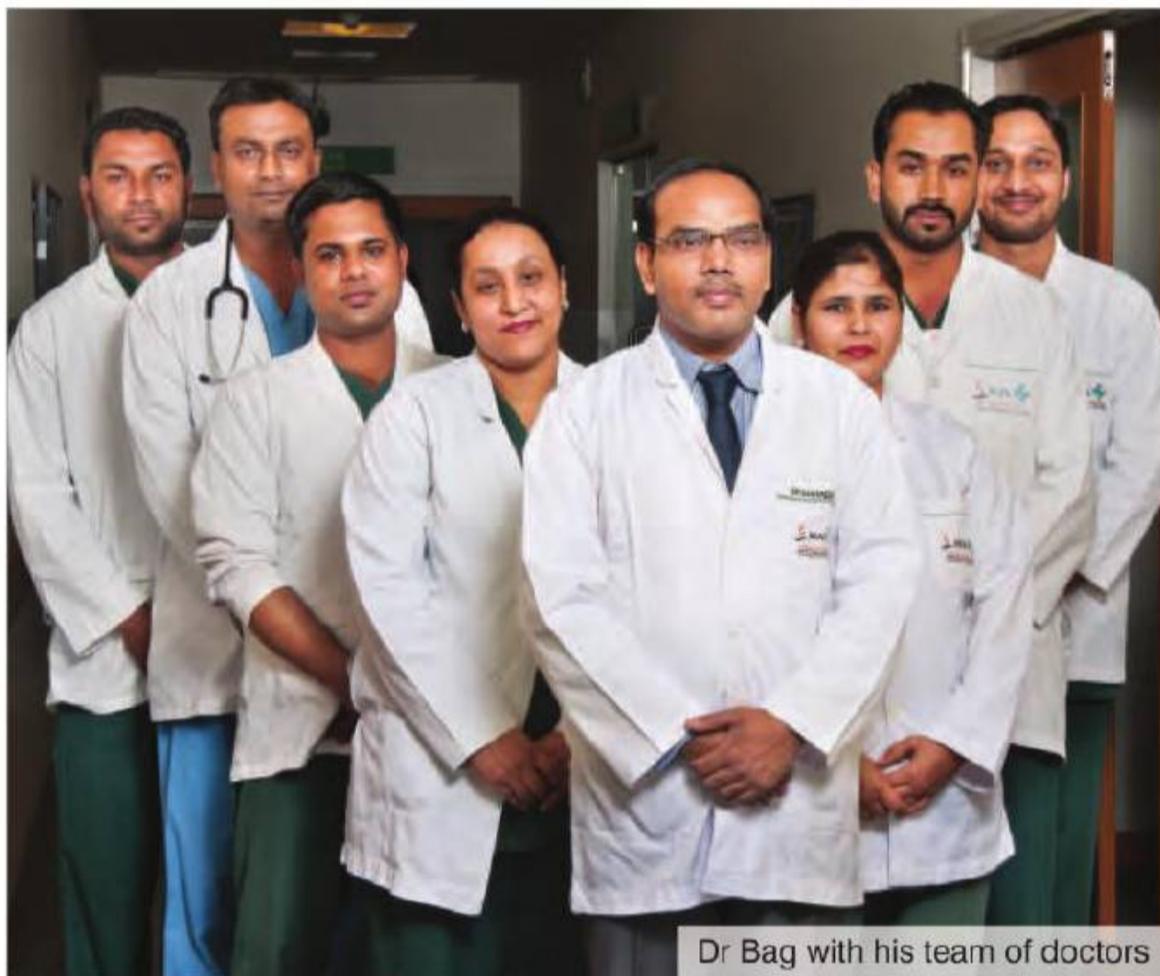




The Jallianwala Bagh



Dr Sananda Bag



Dr Bag with his team of doctors

His exposure to diverse medical setups, further enriched his experience with multiple learning

Also medicines and other items were distributed by his team to help those hit by the cyclone. The immense satisfaction he drew from this benevolent exercise is writ large on his face even today when he talks about the experience. Similarly, he used to go to remote areas to serve the lepers in the area and create awareness among people about leprosy. Over the years due to his various numerous acts of service, Dr Bag has proved to be a fine human being, which in turn has immensely contributed to his persona of one who is compassionate and has an illustrious professional career. His being kind, sympathetic, with decent and polite behavior with patients, reflects the feelings of one who has faced anguishes and has struggled throughout. All this is all the more evident when he not only helps in getting concessional or free treatment for poor patients but also helps needy students from his native place, by paying for their fees and book.

Finding that in the government sector his potential was underutilized, Dr Bag joined Woodland Multispecialty Hospital, Kolkata . Later he worked in Silver Oaks Hospital, Mohali and Seven Hills Hospital, Mumbai before joining Max Super Specialty Hospital, Mohali. As he moved from one professional destination to another, his exposure to diverse medical setups, further enriched his experience with multiple learning opportunities in all aspects of the field of medicine.

It was only in February 2005, that Dr. Sananda Bag tied the marriage knot with Leena. A well educated and down-to-earth lady grounded to social tenets and moral values she belonged to a village nearby. The couple has been blessed with two daughters-Soumya (6 years) and Sailja (4 years). Although she holds a degree in post graduation, Mrs. Leena is a homemaker.



In conversation with a patient in OPD



Dr Sanand and his wife Leena



Dr Bag with other doctors and paramedical staff

For his contribution in scientific advancement, Dr Bag has been honoured on several occasions

She takes care of all household responsibilities, including the education of their children and provides inspiration and support to Dr. Bag in every aspect of his life.

“He enjoys listening to old Bollywood melodies. Mohd. Rafi, Kishore Kumar and Lata Mangeshkar are his favourites,” shares Leena. Also he loves to read biographies of eminent personalities, we found out. However, the influence of his religious minded family is more than just perceptible. Dr Bag is a follower of Sri Sri Anukul Chandra Ji, known, adored and worshiped as the Living Ideal, Prophet of the Age, the Purushottam by millions irrespective of caste, creed, religion or community. Dr Bag propagates His holy teachings by attending and holding satsang regularly. Besides, he has faith in the wisdom enshrined in the holy Granths including Sri Bhagwad Gita, Quran and the Bible.

One who has always earned the love of people around him, been adored and admired by those who come in his contact, especially the poor patients and poor students who extol him as their Messiah, he inspires one and all to become good human beings, to serve the nation and the society we live in.



Dr Bag enquiring about the welfare of a patient



Dr Bag and his team just before an operation



Vivan Singh Gill



FORTIS HOSPITAL

He is the best physician who is the most ingenious inspirer of hope.
-Samuel Taylor Coleridge

ONE-STOP HOSPITAL FOR MULTIPLE AILMENTS

Ludhiana residents no longer need to travel extra miles to get a cure for their ailments. The patients from the city and its surroundings, who in the past had to travel a few hundred kilometers in pursuit of pre-eminent names in the medical field, now have it all at a few minutes' driving distance.

With the 259-bed Fortis Hospital, Ludhiana, being led by Facility Director, Vivan Singh Gill, healthcare has got a newer dimension than it ever had before. Said Vivan Singh Gill, "It is worth noting that the doctors have been given charge of the departments, seeing not only their qualifications and experience but also their vision to make a difference in the field of healthcare."

Having commenced operations in November 2013 and achieved immediate recognition with world class clinical and medical excellence, Fortis Hospital, Ludhiana, boasts of an array of well-equipped super speciality departments, including breast clinic, neuro services, eye clinic, oncology, pain clinic, sports clinic, cardiac and gastro surgery unit.

Providing all of this and within the reach of a middle-class man's pocket, it was inaugurated on January 26, 2014 and is a preferred choice for medical treatment of not only those belonging to the city but for patients living as far away as in Rajasthan, Haryana, Himachal Pradesh and Chandigarh.

A Medcenter too has been made operational at a strategic location facing the national highway passing through Ludhiana, commonly recognized as Ferozepur Road. The city centre will provide post-op follow-up services, ambulance availability and presence of a team of doctors from 8am till 8pm. "All ambulances of Fortis Hospital, Ludhiana, are well equipped to transport cardiac cases," Mr Gill informed. In addition, a state-of-the-art dialysis unit has also been made available at the Medcenter. Basic radiology services and a round-the-clock pharmacy is operational at the city centre too.

With a dedicated and excellent team of experts, supported by the latest technology, and those who follow the best practices in Non-invasive and Interventional Neurology, it provides the finest care.



A reception area in the hospital

In the event of a crisis, the hospital has a 24-hour Emergency Neuro Service with life-saving devices

The experts carry out unique surgical proficiency in surgical cases that may be unfamiliar to general surgeons and also perform a complete range of cancer surgery and reconstructive procedures.

Additionally, the team follows restoration approach that gives maximum function and less morbidity without compromising the oncologic principles of surgery. In short, Fortis, Ludhiana believes in specialised care that focuses on their patients' needs.

As a part of their endeavour to provide comprehensive services they have clinics that specialise in specific eye conditions. Surgery is the only known effective treatment for cataract removal. All cataract surgeries are aimed at removal of the cloudy natural lens and replacing it with an Intra Ocular Lens(IOL), while under Glaucoma Services, the hospital treats this disease of the eye which exhibits a typical optic neuropathy which results in progressive visual field loss.

It also provides Oculoplasty Services which involves cosmetic, corrective, and reconstructive surgery of the eye. It manages and repairs problems primarily related to the tissues or structures surrounding the eye, rather than the eyeball itself.

In addition, Contact Lenses application for increasing the visual field, thus giving a natural vision, Intra Ocular Surgeries for Implantable Contact Lens (ICL) that corrects higher degree of refractive error which cannot be done by laser treatments and Paediatric Ophthalmology and Squint Services providing treatment for an extensive range of paediatric eye problems like paediatric glaucoma, cataract and congenital opacities of the cornea, makes the hospital a one-stop destination for any ailment of the eye.



Dr Deepak Kumar Gupta doing checkup of a patient



Dr Jagdev Singh Sekhon, Dr Harish Matta discussing about the MRI of a patient



Facility Director Vivan and priests praying for the good health of patients in hospital ICU



Fortis family shouting 'Jam Ja Jee' slogan in front of Fortis Hospital

To provide comprehensive services they have clinics specialising in specific eye conditions

On the other side, the Fortis Emergency & Trauma Care is capable of handling all type of emergencies. The Centre with its Cardiovascular Life Support Ambulances ensures that care starts even before the patient reaches the hospital, hence, improving the chances of survival.

The Fortis Healthcare's Critical Care offers all-day care to patients in potentially life-threatening conditions, with frequently complex medical and surgical illnesses who need continuous monitoring to be carried out by a multidisciplinary team. These patients may have dysfunction or failure of one or more organ systems, like cardiac, pulmonary, neurology, liver and kidney. The discipline, generally the most technologically advanced and resource-intensive area of medical care, integrates many specialities and diverse technologies, holding out the hope of survival to patients who are acutely and critically ill. The care, provided in a specialised unit of a hospital called the intensive care unit (ICU), requires unwavering commitment, precision and synchronised teamwork.

Those behind the vision of the hospital strive to ensure that nothing less than a five-star experience is delivered to both out-patient and in-patient walk-ins. The hospital has rest lounges and waiting areas where the attendants get access to amenities including hygienic rest rooms and other facilities. As part of its corporate social responsibility, the hospital engages itself in training and awareness programmes for the society. For instance, the hospital very recently trained traffic personnel and auto-rickshaw drivers of the city for first-aid and life saving techniques. Doctors and health teams also visit schools and colleges for spreading awareness about topics pertaining to the masses.

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Dr Prashant with his staff

“Our experts work in a close coordination with our patients in order to assure accurate results”

Even in another country UAE, he looks forward to majorly touching absolutely new heights.

“There were a lot of challenges which I faced initially. Starting up as a small lab is very difficult in a scenario which is dominated by multinationals. The competition was tough so we had to be different. We began to specialize in allergy testing. Being different is what made the difference, to be a leader and to beat routine competition you have to be different,” said this quiet doctor of few words. Dr Prashant is a member of Indian College of Allergy and Asthma and his father Dr VP Jerath is a fellow member of the same. “We have the best facilities in India. The machines we have, the combinations and panels that we are doing are not done anywhere else in India. We import special kits from Sweden,” explains Dr Prashant, who loves spending his free time with his four-year beautiful daughter, Prisha, the apple of his eye.

He is grateful to all those who have stood by him in his initial days of struggle, to his employees, who have grown along with him and to his family, that has stood by him in solid support. What drives him to work so hard is to bring relief and respite to thousands of people across the country, who suffer from allergies of all sorts. Allergies are one of the most difficult of all maladies to cure. They are a riddle for most doctors, but not for those who have the means to know what exactly is triggering the allergic reactions. His wife has given him the support and space he needs to build upon his diagnostic dreams. Even though most times he could be travelling up to seven days a week, his family is not complaining.

For Jerath Path Labs & Allergy Testing Centre the last four years have seen an unprecedented growth. Currently they have come up with eighteen centers in India.



The staff busy at work



Reception area of Jerath Path Lab

“Professionals at our laboratory use advanced technologies in order to provide information that is critical to the diagnosis and treatment of all diseases”

their root cause of ailment. Due to our updated laboratories, we conduct appropriate tests with an optimum accuracy. All our experts work in a close coordination with our patients in order to assure accurate results,” said Dr. Prashant.

In his journey to success he feels immensely indebted to his wife, Dr. Megha Jerath without whom this would not have been possible, he admits candidly. Dr Megha is assistant professor in Punjab Institute of Medical College. She is MD, DMC from Ludhiana in Pharmacology. While he was busy setting up his centers from scratch, she kept the home fire burning because she was in a stable government job. The journey of Jerath Labs started in 2011. The first diagnostic center was established in Jalandhar. From there he expanded to Delhi, Ludhiana and currently they have 18 centers all over north India and there are plans afoot to expand to Maharashtra, Gujarat and UAE. After having gained experience in different states with varying ground realities, Dr Prashant feels confident in travelling to states that are farther away.

It provides screening, diagnosis and prognosis testing services to physicians, nursing homes, and various institutions

“Allergy is a distinguished physiological reaction which is caused when immune system mistakenly identifies normally harmless substance as damaging to the body. Generally, the human body defends itself against harmful substances like viruses or bacteria, but sometimes these defense systems aggressively attack usually innocuous substances such as dust, mold, or pollen. ImmunoCAP blood test is a reliable solution for allergy. This test is quick and simple and can help the doctor to determine if the patient has allergies and to what extent exactly,” said this dynamic pathologist who feels inspired by all those who started their business from zero.

Their overflowing gratitude is what pushes him to go beyond himself time and again and extend his help and expertise to more and more people, each day. Dr Prashant completed his schooling from MGN Public School, Jalandhar and has done his MBBS and MD from Chandigarh. He was HoD, Immunology and Cancer Department in Oswal Cancer Hospital, Ludhiana. Dr. Prashant'

Father Dr. VP Jerath and mother Dr. Rita Jerath are both dermatologists.

Right from his early days in the medical college, he always wanted to be a pathologist. He wanted to open his own diagnostic center in times, when most people were going for medicine, surgery and ophthalmology. No one opted for pathology in those days. But he did, with clarity and conviction. From an easy-go-lucky, laidback person, his passion for diagnostics turned him into a hardworking man who cannot sit idle even for a moment. Though he follows a busy schedule, Dr Prashant also gives time to his family to travel for vacations abroad and tourist places in the country as well. Though he enjoys travelling the most, photography is clearly his equally important love.

It is sheer willpower and dedication which has brought him to a platform where he is opening a new diagnostic center every month. “The expert team of physicians and consultants in our testing centre examines the patients meticulously in order to detect



Dr Prashant with father VP Jerath, mother Reeta Jerath wife Megha and daughter Prisha



A view of the laboratory

Due to our updated laboratories, we conduct appropriate tests with an optimum accuracy

They plan to open some more centers this year. He has centers in Jalandhar, Bhatinda, Karnal, Delhi, Amritsar, New Delhi, Jodhpur, Ludhiana, Mohali, Patiala, Hisar, Rohtak, Yamuna Nagar, Kota, Jaipur, Udaipur, Bhopal and Indore. Maintaining high standards in the establishments spread far and wide is quite a task but one that Dr. Prashant quite enjoys accomplishing. The meticulous management of the centers that handle the most crucial part of medical treatment, means minute to minute attention to all possible details. And Dr. Prashant is one who simply keeps at it with his typical never say die spirit. Solving a problem here, talking to an employee there and in quite some other places handling queries from clients, patients and employees as well, he sails through all difficult situations simply due to his continued application of mind and his temperament of attending to the minutest of details at all times. Along with routine diagnostic tests, allergy testing is the mainstay for these centers.

Having reached a level of expertise in pathology management and earned a name for himself, now Dr. Prashant plans to enter into the pharma industry with equal aplomb and fanfare. Working towards it with a sense of purpose, he, with his team, are at the moment in the throes of preparing the blueprint of their project next that will take the entire group to the next level.



Lab staff taking blood sample

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Outer view of Jerath Path Lab



Dr Zakir Gillani, Dr Shakeel-Ur-Rehman and Altaf Hussain Beigh



Dr Zakir and Dr Shakeel with the staff

The hospital has robust emergency drug kits and experienced pharmacy consultants

Then, he served at a private Hospital in Srinagar. After five years of medical practice at Srinagar, Dr Zakir felt the need to set up a Hospital for Kashmir Valley people. He is thankful to his better half, Dr Rehana Maqsood, who has taken the family burden off him so that he can whole-heartedly devote his time to the profession. Dr Rehana is also an MBBS doctor from Government Medical college Srinagar. Though herself working as a doctor in a government hospital, Dr Rehana is a hands-on parent to their two kids, daughter Syeda Sadat Gillani and Son Syed Yamin Gillani. Despite a heavy work schedule, Dr Zakir finds time to play cricket and do some gardening, both of which activities he deeply loves indulging in.

On the other hand, Altaf Hussain Beigh, always had a desire to opt for a profession where he would not only make a living, but also make a difference in other people's lives. Following his dream, he graduated from the Kashmir University in science. Immediately after stepping out of college, he started the pharmacy business, because he belonged to a business family. But as life unfolded its plan, he took a break and dived headlong into the New City Hospital project in in the year 2010.

Altaf shares that his wife Shaheen Beigh, who is a housewife, has been a great driving force in his life. According to Altaf, she has always stood by his side during the highs and lows of his personal and professional life and takes care of his son Mohd Barik Beigh. Father Ghulam Hassan Beigh is a businessman and mother Sundari Beigh is a housewife. After his busy schedule Altaf also gives precious time to his family and friends. He loves going on long drive with his family and enjoys going to hill stations with friends. He too is the fond of playing cricket.



Ultrasound facility is also available



Dr Zakir and Dr Shakeel taking a round of the wards

“Whatever we have achieved is due to our commitment for providing excellent medical facilities to the people in the Kashmir Valley.”

“Whatever we have achieved is due to our commitment for providing excellent medical facilities to the people in the Kashmir Valley. For us service of patients is above anything else. Even during floods we arranged free camps and distributed free medicines for needy people,” informs Dr Shakeel-Ur-Rehman.

Dr Shakeel-Ur-Rehman, Dr. Zakir Gillani and Altaf Hussain Beigh started New City Hospital, Srinagar in 2010. The quest of this young and innovative trio, was to realise the dream of being the initiators in coming up with a facility at a strategic and multi directionally accessible location. They wanted to make institutional healthcare delivery easily accessible to the people, who otherwise had to struggle hard even for a bed in the public sector. In fact New City hospital, Srinagar, has succeeded in completely changing the medical scenario in the Kashmir Valley with its medical services. Within just five years, the hospital has gained the reputation of a trusted healthcare provider through patient-centric

facilities and constant upgradation of the hospital with the introduction of latest technologies and equipments. It has achieved unparalleled success with the concerted efforts of its highly expert team. The hospital has been successful in delivering quality healthcare owing to the efforts of its promoters and managers, who, with their wisdom and experience and after understanding the healthcare scenario in Srinagar and adjoining areas, decided to start this hospital to provide the local population a quality health platform under one roof.

With a desire to excel in the medical field and to serve the people with best of what modern medicine has to offer, Dr Shakeel-Ur-Rehman, after completing his twelfth from SP Higher Secondary School moved to Katihar, Bihar and completed his MBBS degree from Katihar Medical College. Belonging to well-educated family, his father Abdul Rehman Bhat is retired government official, Dr Shakeel was always very focused in life and never ever thought of an alternate

profession. After completing his MBBS he joined the government hospital in Kashmir and later worked in the Al Hariq General Hospital, Riyadh. In 2008 he came back to India and started his own pharma business. In 2010 he started New City Hospital. Dr Shakeel is also managing director of Syncytium Health, New Delhi. He credits a large part of his success to his mother, Fatima Rehman.

In 2001, he married Shagufta. Says Shakeel, in praise of his wife, “She is well educated, a down-to-earth lady grounded to social tenets and moral values.” Shagufta is PG in English Literature. Dr Shakeel was also captain of Katihar Medical College Cricket team and is a good singer. He loves travelling to places outside Kashmir with his wife and sons Shihaab, Shamekh and Usmaan.

Born in Srinagar Gillani did his initial schooling in Srinagar and then went on to finish his higher education at Jamia Senior secondary School, Delhi. Zakir did his MBBS from Katihar Medical College, Katihar, Bihar.

New City Hospital has succeeded in changing the medical scenario in the Valley with its medical services



Outer view of New City Hospital, Srinagar

The hospital offers Combination Therapy, a combo of Ultra Sonic Waves and Interferantal therapy

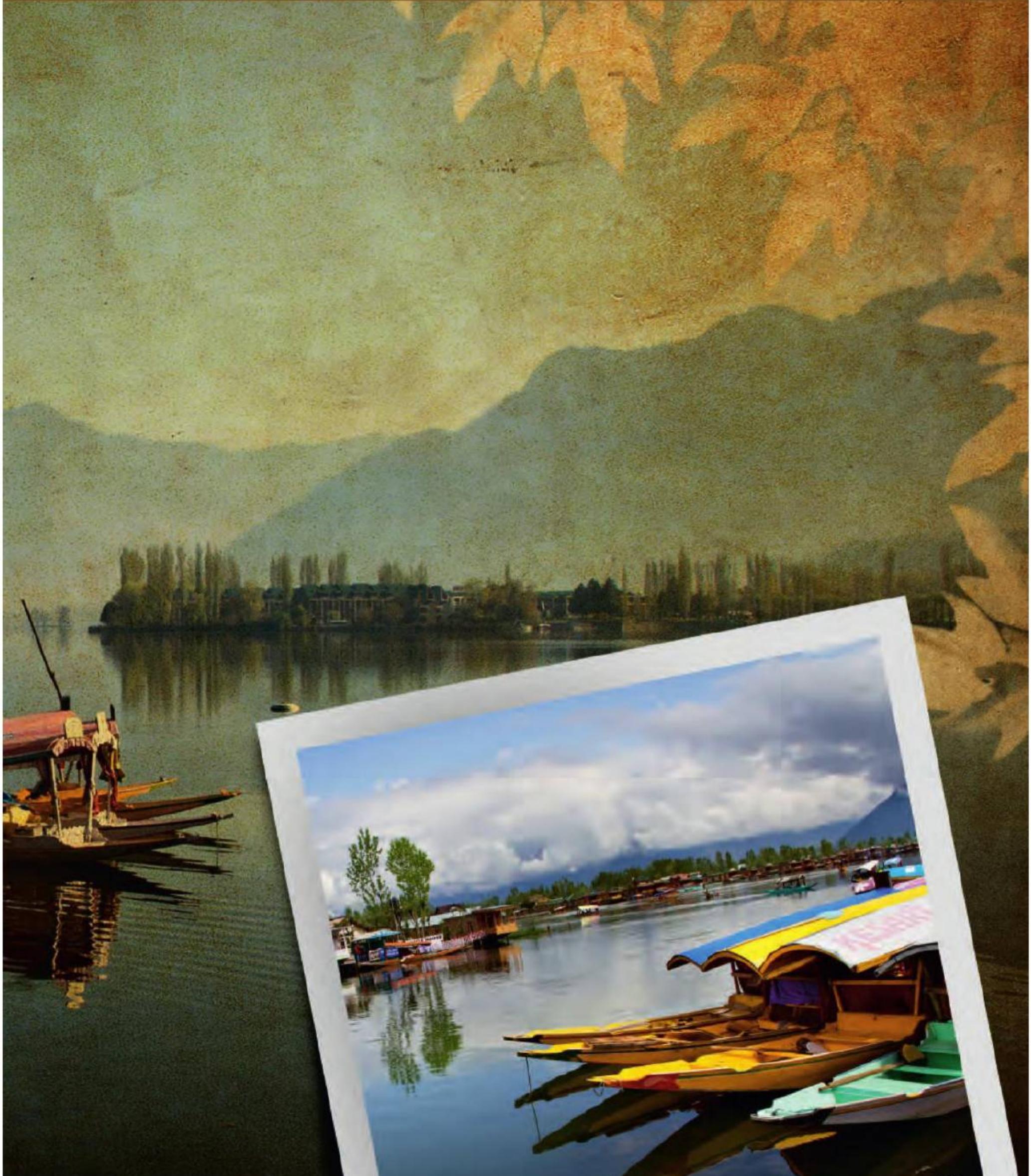
The New City Hospital provides pharmacy services and has a network of 24-hour backup pharmacies for each delivery location. The hospital has robust emergency drug kits and experienced pharmacy consultants for optimised results. The hospital's medical records are world class. In addition to all this, it is equipped with TENS (Transcutaneous Electric Nerve Stimulator) that reduces pain, both acute and chronic and is more effective when the pain is radiating. In surgical management it offers general and conventional surgical interventions, minimally Invasive (Laparoscopic) surgical interventions, Day Care (Outdoor) Surgical Procedures, all this generally requiring a day's short stay at the hospital. A 24X7 trauma unit to is functional, the facility being located on the highway. Due to this it is prone to receiving a good number of patients who they term as 'Road traffic accident walk ins'.

The hospital offers Combination Therapy, which is a combination of Ultra Sonic Waves and Interferantal Therapy, that is a modality for relieving one from pain in any particular part of the body. The Ultra Sonic Therapy on its own is a healing process that decreases pain with gentle massage to muscle tendons and ligaments.

"It is our endeavour to provide the best facilities to the patients in Kashmir. The faith and trust that we have earned in the past five years bears testimony to the fact that our efforts are directed in the right direction. We are working hard to add more facilities and technologies to our existing infrastructure. Each one of us is committed for continuous improvement of quality and technology at our hospital. We are striving hard to offer world class facilities at affordable rates," signs off Dr. Zakir Gillani.

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Gems



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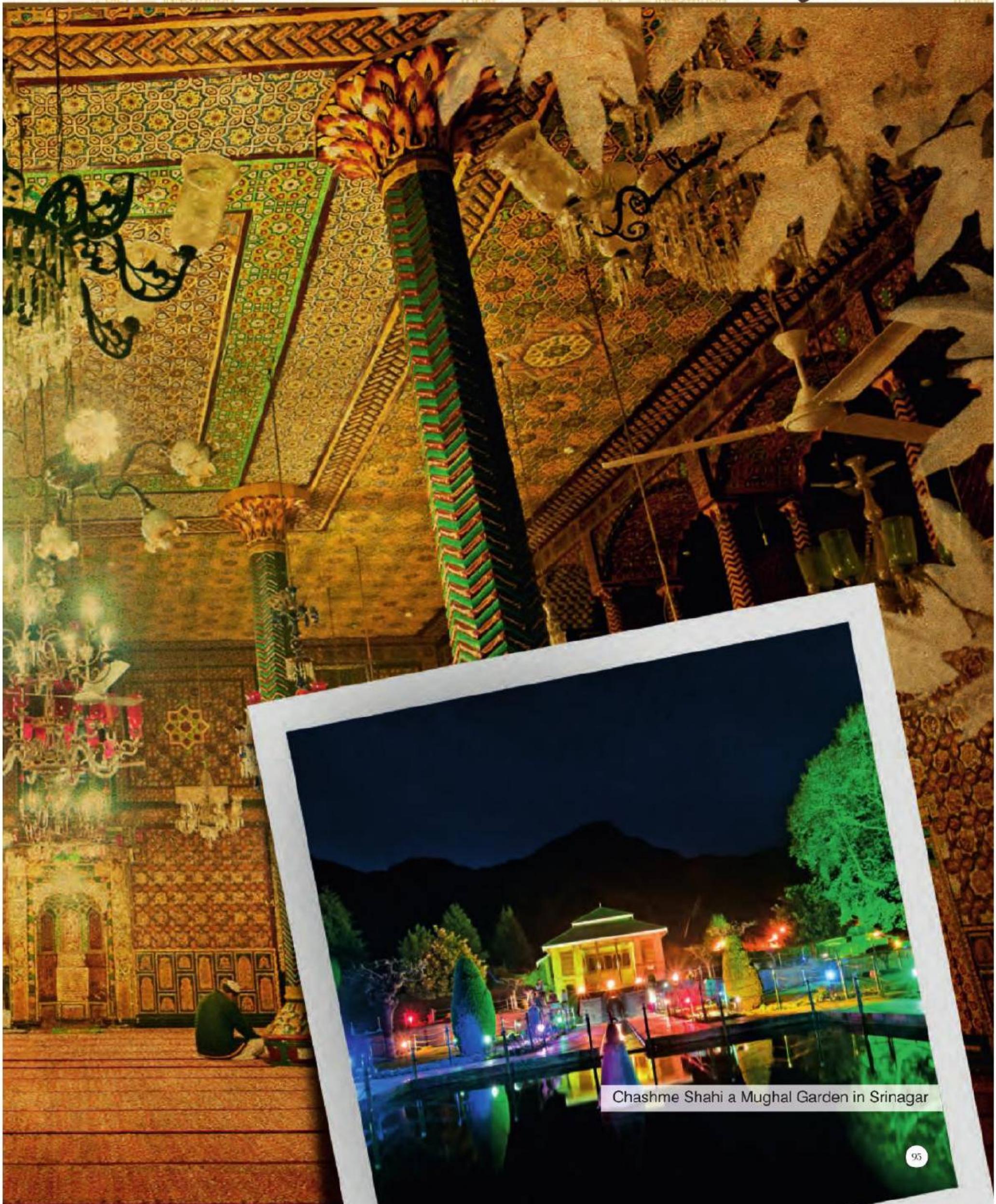




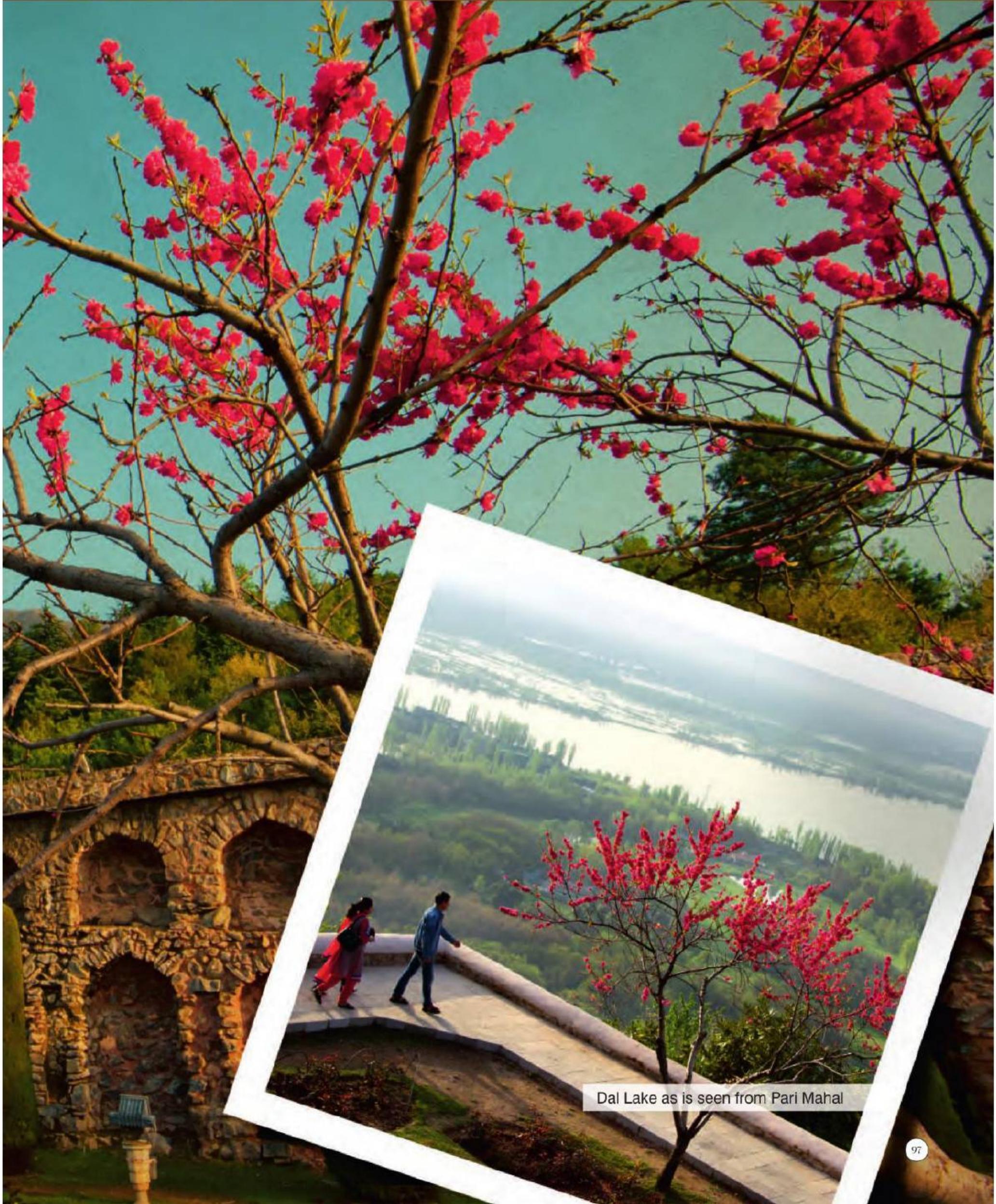
Sind River, Sonmarg Kashmir



A village of Kashmir after snowfall



Chashme Shahi a Mughal Garden in Srinagar



Dal Lake as is seen from Pari Mahal

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Pari Mahal, a seven terracet garden at the top of Zabarwan moutain



Dr Hitender Suri



RANA HOSPITAL

Some patients recover faster than the others, because they believe in their doctors.
-Hippocrates

FORGING AHEAD WITH THE MISSION TO TREAT & HEAL

Dr. Hitender Suri has treated more than 40,000 patients of anorectal (piles, fistula, fissure) disorders. He has experience of around 12 years having started his practice in 2002. Above all this what he has to say is truly heartening, "My hobby is to educate more and more BAMS doctors to hone their skills in minor and major minimal invasive anorectal procedures for treatment of anorectal disorders." Dr Suri is one who is almost revered among his patients for relieving them of the pain and discomfort of ailments that normally they would avoid discussing with anybody other than him. His Rana Piles Hospital is a superspeciality hospital for anorectal diseases, having all the options from around the world to treat piles, fissure, fistula. True recognition came his way, when Dr Hitender Suri created history by getting into the Limca Book of Records after performing 391 surgeries in a single day! His joy and satisfaction knew no bounds and not surprising that his entire establishment has posters and boards declaring his feat.

Dr. Suri has done his BAMS from Govt. Ayurvedic College Patiala and then Post Graduate Certificate Course from Gujarat

Ayurvedic University, Jamnagar. In 2005 he got his training for Doppler Technology for treatment of haemorrhoids from the manufacturers of THD Machine in Italy. He was a topper and a very bright student throughout his academics with a distinction and gold medal in BAMS. An eminent doctor for treatment of anorectal disorders, he has done extensive training in this field in India and abroad. He has done 'ksharsutra' training in Jamnagar and has worked as an observer in Tata Memorial Hospital for six months. For the treatment of anorectal diseases by ayurvedic and modern technology he has formulated a team of doctors. He is doing research work on fistula and his aim is to develop a painless and foolproof technique, so that a disease which is considered a curse since ancient times could be cured by easy comfortable means and on a day-to-day care basis. Recently he has attended a training for fistula treatment in Thailand. As a result of his continued perseverance in the field, today Rana Piles Hospital, Sirhind has emerged as a famous centre for research training to doctors for treatment of haemorrhoids (piles) in India.



Staff of Rana Hospital with Dr Hitendra and Dr Deepika

For treating anorectal diseases by ayurvedic and modern technology, he has formed a team of doctors

To cater to the needs of the rush of patients from far and wide, Dr Suri constructed a state-of-the-art hospital in the heart of the city and shifted to the new premises in 2010.

The hospital is the pioneer in starting the "Doppler Treatment for Haemorrhoids" in 2004, started Infra-red Coagulation for 1st and 2nd Degree haemorrhoids in 2002 (Infrared coagulator is a non-Invasive treatment for haemorrhoids). Diode Laser Treatment for haemorrhoids was started by it in 2008 for the first time in Punjab. Rana Hospital also provides modern and Ayurvedic treatment too side by side, for anorectal diseases.

Also the hospital has ancient Ayurvedic treatment for Fistula in ANO, a technique that is WHO approved and is having lowest recurrence rate in the world. It is also doing laparoscopic surgery for hernia, appendix and gall bladder stones, prostate, uterus etc. Meanwhile Dr. Deepika is doing work on infertility by Classical Ayurvedic preparations and Panchkarma. The best part of the hospital is its feedback mechanism, through which, after any operation, a dedicated team follows up with the patients for six weeks.

Davinder Kaur Dharni, the head of the management team of the hospital, has passionately encouraged and organized the health screening camps (free-of cost) over the years in rural and urban India.

She has organized a Cholecystectomy Club for the Lapcolly patients in which health guidelines and precautions to be taken are provided at the time of discharge of the patients.

She has worked very hard to make the RSBY (Rashtriya Swasth Beema Yojna) and BPSSBY (Bhagat Puran Singh Sehat Beema Yojna) scheme implemented in a way so that all poor and deserving people can avail the benefit of the scheme.



The Satisfaction Bell at the hospital that keeps ringing

RANA HOSPITAL



The Suri family at the hospital



Dr Deepika attending to a patient

He is doing research on fistula and his aim is to develop a painless treatment

Her success is that every RSBY (Rashtriya Swasth Beema Yojna) and BPSSBY (Bhagat Puran Singh Sehat Beema Yojna) patient is keen to get treatment in Rana Hospital. It was her vision to make a World Record as project incharge, that the historic activity was conducted on 27 October 2013, because of which Rana Hospital was given space in the Limca Book of Records. The record will always be in the history of Rana Hospital as it was not easy to coordinate the team in a way to make it successful to operate upon as many as 391 patients and that too in a time span of 8 hours 45 minutes.

Another important member of the hospital team is Dr Kamal, a renowned laparoscopic surgeon. He did his MBBS and MS from Gujarat. He has done extensive work in laparoscopic field and has credit of doing more than 15,000 lapcolle and more than 8000 hernia surgeries. His latest achievement is the start of bariatric surgery by him in the hospital. Dr Harmesh Singh Malhi, Anasthetist did his MBBS from Faridkot and DA from DMC Hospital. He has a rich experience and could be called piles anaesthesia specialist. Dr Pradeep Chahal, Surgeon, did his MBBS from Amritsar Medical College. He is the core surgeon of Rana Hospital and has done thousands of different kind of surgeries. His dream is to develop trouble free permanent solution for fistula in ANO.

Not stopping at this alone, to cater to the needs of the poor, the hospital organises free-of-cost checkup camp in rural areas and covers one village every week. Also, showing a further sense of responsibility, Dr. Suri conducts meetings to guide doctors who are running their practice in rural areas.



Doctor duo Deepika and Hitender Suri

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Gems



Dr J S Thind



Dr Thind in the OT

He has the distinction of performing more than 3 lakh surgeries of cataract and LASIK

The patient's family members can see him undergo treatment through live surgery. The experience is truly hair raising as attendants and kin of the patient line-up to witness the procedures with a prayer on their lips.

As the patients move out to different wards, the respect and trust of patients grow further as they find the super clean, hygienic surroundings ideal for recuperating from a complicated surgery.

The broad smiles and a thank you galore says it all as an endlessly long line of patients who have recovered leave the hospital premises to make way for the next queue to be adjusted within for treatment.

With a number of firsts to its credit, the hospital has created a niche for itself in the field of eye care.

It is known globally for providing satisfactory services to a large number of patients from US, Canada, Europe, Australia, Asia and the Middle East. With patients come from foreign countries reaching out to Dr Thind and his team for treatment, respect for the hospital has grown manifold. After all it is all about trust and belief, both of which can only be generated due to a positive track record of service and excellence.

To count all its firsts, way back in 1998, it was the first hospital in north India to adopt the LASIK technique. The world's first reported sutureless sclera buckling for Retina Detachment was performed here. In 2001, this hospital became the first in the country to perform "ICL/TICL" surgery. Again Thind Hospital was the first in India, to treat with iFS Femtosecond Laser (Blade free LASIK).

In 2009, it became the first in India to introduce 20G sutureless Vitrectomy, in 2011, the first in North India to introduce Schwind Amaris 750S, in 2013, the first in the region to introduce LensX Laser.



Dr Thind at work with his team



Sushobhit, Harman, Jaswant Singh Thind, Harjinder Kaur and Shristi



Dr Thind in discussion with his staff

A meticulously conceived establishment, the hospital is easily

Then again in 2013, the first in India, to perform Implant Kamra Inlay. With so many firsts to its credit, Thind is indeed a name to reckon with not only in Punjab, but the whole of north India. With its reputation travelling to Western countries as well, the hospital stands tall and proud among all its peers.

Dr. Jaswant Singh Thind and Harjinder Kaur have been blessed with two daughters and a son. The elder daughter Harman Singh has completed MBBS and is doing MD from Mumbai.

The second daughter, Shristi Singh, also following in her father's footsteps, is doing MBBS from Bharati Vidyapeeth, Pune. Dr. Thind's son Sushobhit Singh, also shares the vision of his father and is pursuing the MBBS degree from Sri Guru Ram Das Institute of Medical Science & Research, Amritsar. When not at work, Dr. Thind loves to spend quality time with his family and friends.

Today one thing is clear that the Thind Eye Hospital is committed to remaining on the leading edge of medical technology, which it has achieved over the years through the continuous pursuit of education and investment, both of which constitute the lifeline of any medical establishment. It aspires to provide high quality eye care with technologically advanced outpatient facility and is staffed by sensitive and committed professionals.

Another most important aspect of Thind Hospital functioning is that it is dedicated to provide the best medical and surgical care regardless of the patient's financial means. This is something that has earned it accolades of all who consider this as the ultimate in service to humankind.



Dr.Thind doing eye checkup of an NRI patient

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Dr. Jeyaraj D. Pandian



Dr Jeyaraj holding discussions

“My proposal for establishing a network of hospitals with stroke program in the country has been approved”

Even after treating cancer patients the whole day, she has another role to play, which she does quite beautifully. A wife and a mother of two boys, she is also perfect in maintaining the work, life balance. Apart from this, she is also a good singer. Dr Pamela said, “Due to workload I have not had time for my hobbies. After my hospital work I have to study too. But it is Christmas that I enjoy in winters, singing carols and celebrating as such. In summers we try to go to our hometown for at least two weeks, but then it all depends on our work.”

Dr Pamela said, “Dr Jeyaraj Durai Pandian and I completed our MBBS from the same college and were classmates. We had the same goal in our life, that to serve people, so in 1990 we got married.”

The couple is blessed with two sons—Andrew Kingsley and Danny Steve. Both sons don't want to be doctors, reason behind it is their parents' busy schedule! So the elder son Andrew is doing B tech. The younger one Danny, still in class eleven said, “I don't want to be a doctor like my parents. I respect my parents' job, my father is a world renowned neurologist, and he has a lot of workload and no time for himself. So I decided not to go in for the medicine field. I want to go in advertising or the journalism profession.”

On being asked about his future plans Dr Jeyaraj said, “Stroke or brain attack is the first leading cause of death in India. In a year more than 1.65 million new stroke cases occur. After one month about 22% to 42% of the stroke patients eventually die here. Stroke care services are not developed in India and other low income countries. The model of stroke care which I had developed at Christian Medical College, Ludhiana could be adapted and modified in low resource settings.”



A patient narrating his problems



Dr Jeyaraj with his wife Dr Pamela



Dr Jeyaraj D Pandian lighting the lamp during the inauguration of Indian Stroke Association, Annual Stroke Conference in Ludhiana.

“I am developing an International collaboration with neurologists of Indian origin in USA for model stroke units”

“I am currently developing an International collaboration with neurologists of Indian origin in USA to start model stroke units in two Government hospitals in Punjab and Kerala. If we are able to demonstrate the feasibility and sustainability of the stroke unit in government hospitals this model could be replicated across the country.”

“I am trying to implement a similar model in Africa, Sri Lanka, Brazil and few other south East Asian countries. Currently I am also exploring the best way to rehabilitate a stroke patient in India. I am studying a model in which the family members are trained to do physiotherapy at home with frequent home visits. Next year I would know about the success of this model. If this model is effective it will change the face of stroke rehabilitation in India and other developed countries,” declares Dr. Jeyaraj with confidence.

Added a beaming Dr. Jeyaraj, “My proposal for establishing a network of hospitals with stroke program in the country has been approved in principal by the Indian Council of Medical Research. This is a network of 25 stroke centers in the country and high quality stroke research will be done in this network. In India there are no centers of excellence in stroke and my plan is to develop a Center of Excellence in Stroke treatment in Research at Christian Medical College Ludhiana,” he added.

“In October 2016 (26 to 29) along with World Stroke Organisation and Indian Stroke Association we will be organising the World Stroke Congress in Hyderabad. This is a historic event in the field of Neurology in our country. I am the Congress Co-Chair for this event. My six years term in World Stroke Organisation as a board of director had enabled me to bring this conference to India after a tough bidding process against Beijing, China.” he said with pride.



Dr Jeyaraj D Pandian with the World Stroke Organisation Board Members

