

# Zulekha Spirit



The Voice of Zulekha Healthcare Group

January to June 2019 | Volume XX



## A TRIBUTE TO THE TRUE HEROES

DR. ZULEKHA DAUD RECEIVED **THE PRAVASI BHARTIYA SAMMAN AWARD**

ZULEKHA HOSPITAL AWARDED AS A **'SUPERBRAND'** BY SUPERBRANDS MIDDLE EAST

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This edition of Zulekha Spirit is a very special one for me as it unfolds an extraordinary chapter that personifies our Group's mantra of extending Compassionate Care. Every day healthcare operations keep us busy delivering the best of medical support to our patrons. Amidst our myriad acquaintances, there is this one segment of our society that deserves the applause the most. Our involvement with the 'People of Determination' has been more focused for this reason and as we believe in celebrating their lives, their courage, determination and strength just as we do for our other patrons. You will read more about our special initiatives for them in this newsletter. We are proud to be carrying forward our Founder's vision to 'deliver the magic of a caring touch' to each and every life we impact.



**Zanubia Shams**  
Co-chairperson,  
Zulekha Healthcare Group

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# FROM EDITORIAL DESK

Hello and welcome to yet another edition of our half-yearly newsletter - Zulekha Spirit. The first half of the year has been eventful with many new leaps the group has taken. We are pleased to put together glimpses of the key highlights of the hospitals in UAE and India. Collaborations with other corporate and social organizations have helped us connect with various communities and extend our services to them. Despite the global slow-down, we are privileged to hold high our brand name and pen down the activities and events that keep us on our toes. Our patrons' trust, confidence and preferences fuel our success. Thanks to our experts who have been with us through challenging times and given their best. Enjoy reading the success stories, new initiatives and connect with us.

# COVER STORY



In line with the Group's values of Courtesy & Compassion and Privilege & Responsibility, the organization has embarked on a journey of appreciating 'True Heroes' in our society, for the courage, love and commitment they demonstrate in their day-to-day lives. We recognise and honour individuals who have been 'Good Samaritans' impacting lives with their acts of kindness. Ms. Zanubia Shams, Co-Chairperson is the driving force behind championing this cause, to foster empathy, gratitude and compassion.

Beginning of this year, Zulekha Hospital took the opportunity to recognise 'True Heroes' from our communities in UAE for their unsung contributions, along with Shri Vipul, Consul General of India and Mr. Hani Alzubaidi, CEO of Make A Wish Foundation. It was heartening to see the smiles on their faces as they stepped up to receive their honours, feeling appreciated and valued.

During the Holy Month of Ramadan, we hosted an Iftar for 'Children of Determination' working closely with schools including Special Needs Foundation, Al Noor Training Centre, Child Early Intervention Medical Centre and Manzil Centre and invited them for a get-together along with their families and mentors. Dignitaries from the UAE Ministry of Community Development joined us on the occasion. At the event, Zulekha

Hospital in UAE also announced accessibility to priority services to the People of Determination.

In another instance, Dr. Zulekha Daud was joined by His Excellency Humaid Al Qatami, Dubai Health Authority and CEO of Make a Wish Foundation UAE, Hani al-Zubaidi to gift five-year-old Sumu an iPad, granting her wish and bringing a smile on her face. Little yet determined, she needed the boost!

Spreading more cheers to another group of extremely talented and determined People,

we recently visited Zayed Higher Organization (ZHO) for People of Determination in Abu Dhabi for a LEGO Education workshop led by Creative Robotics. We honoured People of Determination here for their innovative skills and extraordinary abilities they demonstrated at the session.

As we continue to touch more lives, we believe inclusive progress is the key to spread happiness and ensure wellbeing of our societies. We wish one and all, the best of health and well-being.



# KEY MEETINGS



## DR. ZULEKHA DAUD MET THE CROWN PRINCE OF DUBAI AND CHAIRMAN OF THE DUBAI EXECUTIVE COUNCIL

Founder and Chairperson, Dr. Zulekha Daud met the Crown Prince of Dubai and Chairman of the Dubai Executive Council, Hamdan Bin Mohammed Bin Rashid Al Maktoum and His Excellency Humaid Al Qutami,

Director-General of the Dubai Health Authority at Dubai Health Authority's (DHA) Health Chain forum, which took place at Ariana Hotel at Dubai Festival City.

## GET-TOGETHER AT AL BADEE PALACE



His Highness Sheikh Dr. Sultan bin Muhammad Al Qasimi, Supreme Council Member and Ruler of Sharjah, welcomed sheikhs, senior officials, dignitaries, citizens and members of the Arab and Islamic

communities for a get-together at Al Badee Palace. Managing Director, Mr. Taher Shams joined the gathering and conveyed best wishes to His Highness on the advent of the holy month of Ramadan.



## ZULEKHA HOSPITAL WELCOMED H.E HUMAID AL QATAMI AND DR. MARWAN AL MULLA AT THE NEW FACILITY IN DUBAI.

The management team at Zulekha Hospital was honoured to host H.E Humaid Al Qatami, Director-General of Dubai Health Authority (DHA) and Dr. Marwan Al Mulla, Director of the Health Regulation Department, DHA at the

new facility in Dubai. Zulekha Hospital extended its sincere gratitude to His Excellency and the DHA team for their valuable time.



## DR. ZULEKHA DAUD MET REPRESENTATIVES OF THE TATA TRUST

Tata Trusts represented by Ms. Sheila Nair - Director, Resource Mobilization and Mr. Sunil Sinha, Resident Director; met with Founder

and Chairperson, Dr. Zulekha Daud and discussed collaboration in the area of cancer care for the Vidarbha region.

## ZULEKHA HOSPITAL PARTNERS WITH DCAS



Zulekha Hospital met with Dubai Corporation for Ambulance Services (DCAS) to increase the mutual co-operation in patient care and services. During the meeting, Mr. Taher

Shams (Managing Director), Mr. Adnan Khamees Al-Talyani and the Zulekha Hospital team met Mr. Khalifa Hassan Aldrai (CEO & Executive Director DCAS).



## WAR ON CANCER: MIDDLE EAST 2019

'War on Cancer: Middle East 2019', brought together prominent personalities to explore how a cancer-care pathway should be funded and implemented across the Middle East. Co-Chairperson, Ms. Zanubia Shams shared

her views on how long-standing taboos around illness and treatment can be broken to destigmatise cancer and the need for early detection and prevention of the disease.

# MILESTONES



## ALEXIS PHARMACY LAUNCHED AT MUWEILAH, SHARJAH

Zulekha Hospital expanded its services with the launch of its new Alexis Pharmacy at Muweilah in Sharjah. The new unit was inaugurated by Founder and Chairperson,

Dr. Zulekha Daud, along with Co-Chairperson, Ms. Zanubia Shams and Managing Director, Mr. Taher Shams.

# CAMPAIGNS

## COLORECTAL CANCER AWARENESS CAMPAIGN



Zulekha Hospital launched the 4th edition of its Colorectal Cancer Awareness Campaign - 'Screen and Survive' on 4th March. A panel of experts, co-chaired by the Campaign Ambassador Dr. Adil Daud, HS Clinical Professor, Department of Medicine -

Haematology/Oncology at University of California, San Francisco and Dr. Robert S. Warren, MD, Professor of Surgery, Surgical Oncology at University of California, San Francisco; spoke on the importance of early screening for Colorectal Cancer.

## TRUE HEROES INITIATIVE



Zulekha Hospital successfully launched the 'True Heroes' campaign in partnership with City 1016 FM on 14th February 2019. This CSR initiative was a very unique and special one. The hospital along with City 1016 FM encouraged listeners to nominate their 'True Hero' as an expression of gratitude. Their 'True Heroes' could be anyone who has made an impact on their life in a small or big way; that one person who has supported them when they needed it the most. Often people who go the extra mile; consider it a privilege to go unnoticed. But their actions and stories when shared can encourage a community to do the same.

Through this initiative, we wanted to express our admiration for everything these people do for the community with the hope that their deeds and stories would continue to spread goodness and kindness, because that's exactly what the world needs.

Co-chairperson of Zulekha Hospital, Ms. Zanubia Shams; was the driving force behind championing this cause, to promote empathy, gratitude and compassion. The Hospital recognised the 'True Heroes' by honouring them for their unsung contributions along with Shri Vipul, Consul General of India and Mr. Hani Alzubaidi, CEO of Make A Wish Foundation. The recognition ceremony took place on 27th February 2019 at Hotel Pullman, Deira-Dubai.







## CERVICAL CANCER AWARENESS CAMPAIGN

Zulekha Hospital launched the 6th Edition of its Cervical Cancer Awareness Campaign – ‘Chance to Change’ in April. The panel comprising of Dr. Pamela Munster, Campaign Ambassador and Professor of Medicine at UCSF, Dr. Rajalakshmi Srinivasan, Specialist

Gynaecologist, Dr. Asha Anand, Specialist Gynaecologist, Dr. Mandar Vishwanath Bichu, Specialist Paediatrician and Dr. Pranay Girdhari Taori, Specialist Medical Oncologist; discussed the importance of early prevention and screening of Cervical Cancer.

## AWARDS & RECOGNITION

### DR. ZULEKHA DAUD RECEIVED THE PRAVASI BHARTIYA SAMMAN AWARD



Dr. Zulekha Daud, Founder & Chairperson of Zulekha Healthcare Group received India's topmost honour for overseas Indians, 'Pravasi Bhartiya Samman Award'. The award is conferred on individuals who have made significant contributions to philanthropic and

charitable work and for prominence in one's field which has enhanced India's prestige in the country of residence. The award was presented to Dr. Daud by the Hon'ble President of India, Shri Ram Nath Kovind on 23rd January 2019.

**CONSULATE GENERAL  
OF INDIA HONOURED  
DR. ZULEKHA DAUD  
ON RECEIVING THE  
PRAVASI BHARATIYA  
SAMMAN AWARD AT  
THE GRAND REPUBLIC  
DAY CELEBRATION**



The Consulate General of India honoured Dr. Zulekha Daud, for being awarded the Pravasi Bharatiya Samman award. The

felicitation took place at a gala dinner and celebration of India's Republic Day in Dubai.



**DR. ZULEKHA DAUD  
FELICITATED BY  
SHRI NAVDEEP  
SINGH SURI AND  
SHRI VIPUL ON  
RECEIVING THE  
PRAVASI  
BHARATIYA  
SAMMAN AWARD**

Shri Navdeep Singh Suri, Indian Ambassador in UAE and Shri Vipul, Indian Consul General, felicitated Dr. Zulekha Daud for being honoured with the Pravasi Bharatiya Samman

at the PBD Convention. The felicitation took place at the grand Republic Day Celebrations of India, in UAE.

**IBPC DUBAI  
HONOURED  
DR. ZULEKHA DAUD  
ON RECEIVING THE  
PRAVASI  
BHARATIYA  
SAMMAN AWARD  
2019**



IBPC Dubai and valuable members of the organisation showed their appreciation and admiration for Founder and Chairperson,

Dr. Zulekha Daud on receiving the Pravasi Bharatiya Samman Award 2019.

## ZULEKHA HOSPITAL HONOURED WITH THE DUBAI CHAMBER CSR ADVANCED LABEL FOR THE 2018 CYCLE



Zulekha Hospital was honoured with the Dubai Chamber CSR Advanced Label for the 2018 cycle. Zulekha Hospital expressed its gratitude to the Dubai Chamber of Commerce

and Industry for continuously recognising the hospital's sustainable operations and community initiatives.



Zulekha Hospital was awarded as a Superbrand by Superbrands Middle East. The title was conferred on the brand after a voting process across that took place UAE; and valuation of the brand's contributions to the

region. To be voted as a Superbrand is a powerful endorsement and is evidence for existing and potential patrons, media, suppliers, investors and employees of each brand's exceptional status.

## ZULEKHA HOSPITAL AWARDED AS A 'SUPERBRAND' BY SUPERBRANDS MIDDLE EAST

## COLLABORATIONS

### ZULEKHA HOSPITAL AND EMIRATES NATIONAL OIL COMPANY (ENOC) SIGNED AN MOU



Zulekha Hospital and Emirates National Oil Company (ENOC) have signed a Memorandum of Understanding (MoU) formalizing the extension of customised medical services to their patrons. ENOC Group Chief Executive Officer, H.E. Saif Humaid Al Falasi and Dr. Zulekha Daud,

Founder and Chairperson of Zulekha Healthcare Group signed the MoU. The organisations have collaborated with an intention to advocate a healthy lifestyle through regular awareness sessions conducted for ENOC's staff and patrons along with various community initiatives in the UAE.

## THE UNIVERSITY OF SHARJAH PARTNERED WITH ZULEKHA HOSPITAL, SHARJAH



The University of Sharjah partnered with Zulekha Hospital, Sharjah to foster medical excellence in UAE. Zulekha Hospital is the

first private hospital who has been authorised by the Ministry of Health and Prevention to train and mentor medical students.



## ZULEKHA HOSPITAL SIGNS MOU WITH AL SHARQ HOSPITAL, FUJAIRAH

Zulekha Hospital signed a Memorandum of Understanding (MoU) with Al Sharq Hospital, Fujairah with the aim of extending tertiary care medical services to support needy people from Fujairah & the Eastern Coast

region. The signing ceremony was led by Dr. Ramesh Raju, Senior Director - Administration, Zulekha Hospital, Sharjah and Mr. Wagdi Zayed, Deputy CEO, Al Sharq Healthcare Group.

## ZULEKHA HOSPITAL SIGNED AN MOU WITH SAUD BIN RASHID AL MUALLA CHARITABLE AND HUMANITARIAN EST.



Zulekha Hospital and Saud Bin Rashid Al Mualla Charitable and Humanitarian Est. in UAQ signed a Memorandum of Understanding (MoU) to support the medical needs of underprivileged patients of the society.

The MoU was signed by Mr. Rashid Hamad Salem Al Hamar, Member of the Board and Director-General and Dr. Ramesh Raju, Senior Director - Administration.

# COMMUNITY INITIATIVES

## IFTAR FOR CHILDREN OF DETERMINATION



Zulekha Hospital hosted an Iftar for Children of Determination along with their families and mentors at Le Meridien Hotel Dubai and Conference Centre. The Hospital worked closely with schools including Special Needs

Foundation, Al Noor Training Centre, Child Early Intervention Medical Centre and Manzil Centre to identify and honour these individuals.



## ZULEKHA HOSPITAL GRANTS WISHES OF CHILDREN WITH LIFE-THREATENING MEDICAL CONDITIONS

Zulekha Hospital worked together with Make a Wish Foundation UAE to grant the wishes of children with life-threatening medical conditions. The Hospital fulfilled five-year-old

Sumu's wish by gifting her an iPad. Dr. Zulekha Daud was joined by His Excellency Humaid Al Qatami, Hani al-Zubaidi and dignitaries from the hospital at this occasion.

## 'YOUNG ARTISTS' AT ZULEKHA HOSPITAL, SHARJAH



Zulekha Hospital organised 'Young Artists', a drawing competition for children at Zulekha Hospital, Sharjah. Ms. Zanubia Shams, Co-chairperson of Zulekha Healthcare Group

felicitated the winners of the competition. The event also included informative sessions for parents.



## IFTAR DINNER FOR ZULEKHA KNIGHTS

Zulekha Hospital hosted a joyous Iftar dinner for Zulekha Knights and their families to celebrate good health in the spirit of Ramadan. Cancer survivors and their

supporting family members came together with Zulekha Hospital staff and treating doctors to share their inspiring stories and experiences.

## 'YOUNG ARTISTS' PAINTING COMPETITION AT ZULEKHA HOSPITAL, DUBAI



Zulekha Hospital, Dubai organised 'Young Artists', a painting competition for children at its new auditorium on 6th April 2019. The event attracted over 100 enthusiastic children and their cheering parents.

Dr. Mandar V. Bichu, Head of Right Parenting; judged the winners of the competition and he also addressed the parents on the common problems in modern parenting.



## 'HANDS-ONLY CPR TRAINING' SESSION.

Zulekha Hospital successfully conducted an exclusive 'Hands-Only CPR Training' session. The awareness session encouraged people to

learn how to act when they encounter a cardiac arrest victim and save lives.



## EXCLUSIVE CANCER SURVIVORS MEET

Zulekha Hospital organised an exclusive Cancer Survivors Meet on March 5th as part of its CSR initiatives. The event hosted some

of the strongest and bravest cancer survivors who shared their inspirational journey in overcoming cancer.

## BARIATRIC SUPPORT GROUP GET-TOGETHER



Zulekha Hospital organised a Bariatric Support Group get-together on 25th January. The event served as a platform for individuals

to engage, learn and share their experiences with obesity and regain a healthy lifestyle.



## LASIK SUPPORT GROUP GET-TOGETHER

Zulekha Hospital organised a Lasik Support Group get-together at Radisson Blu, Sharjah on 21st February 2019. The event was a platform for individuals to engage, learn and share experiences with others who wished to undergo the procedure or those who had already undergone vision correction

procedures and regained a healthy and happy lifestyle. Experts from Ophthalmology Department, Dr. Arif A. Adenwala, Dr. Kapil Anant Das, Dr. Radwan Sawas and Dr. Rajeev Kumar shared their valuable inputs on Lasik Eye Surgery.



## BASIC LIFE SUPPORT TRAINING AT EMAAR PROPERTIES

Zulekha Hospital successfully conducted basic life support training at EMAAR Properties, Downtown, Dubai as part of the Dubai Heart Safe City Project, an initiative

that aims to increase the survival rate of sudden cardiac arrest in Dubai. The project was carried out in association with Dubai Police.

## DIABETES MANAGEMENT SUPPORT GROUP PROGRAM



Zulekha Hospital, Sharjah hosted a Diabetes Management Support Group Program on 7th February. The event was a platform for individuals to engage, learn and share ways

to manage diabetes. We highlighted the significance of such support groups in helping individuals manage their lifestyle.



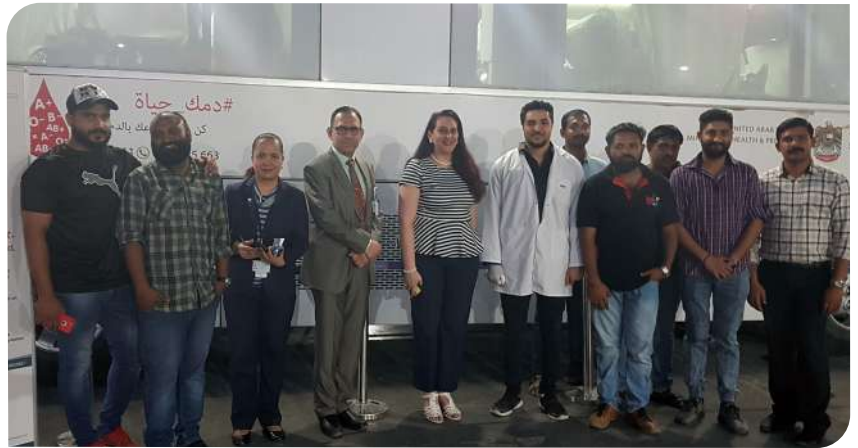
## BLOOD DONATION CAMP BY ZULEKHA HOSPITAL, DUBAI

Zulekha Hospital, Dubai conducted a successful blood donation camp on 28th February with over 40 volunteers at its

conference hall. The initiative was organised in association with the Dubai Blood Donation Centre.



## BLOOD DONATION CAMP IN ASSOCIATION WITH UNIQUE FRIENDS OF KERALA



Zulekha Hospital successfully organised a blood donation campaign on Thursday 30th May, with the help of 56 volunteers. The initiative was organised by Zulekha Hospital

in association with Unique Friends of Kerala - UFK and Sharjah Blood Transfusion and Research Centre - Ministry of Health & Prevention.

## WELLNESS INITIATIVES



## POWER-PACKED ZUMBA SESSION

Zulekha Hospital successfully hosted a power-packed fitness activity with a fabulous Zumba session on 22nd February. The event was held at the Al Nahda Pond Park in Dubai. International licensed Zumba instructor,

Mr. Riaz Mohammed led the participants with fun and lively dance activities. The activity was part of the Hospital's on-going campaign 'No More Excuses' that encouraged a healthy lifestyle among UAE residents.





**FRIDAY CLINIC**  
KEY DEPARTMENTS  
ALL FRIDAYS

# NO TIME FOR HEALTH?

Meet specialists even on Fridays.

## 'MAKE YOUR OWN SANDWICH' COMPETITION



The Nutrition and Lifestyle Department at Zulekha Hospital organised a healthy and nutritious competition called 'Make your own sandwich'. The competition was a unique

opportunity for employees to utilise their knowledge of nutrition to prepare healthy sandwiches!



## ALEXIS FOOTBALL KNOCKOUT (AFK)

Zulekha Hospital organised Alexis Football Knockout (AFK) tournament in Dubai. 18 corporate teams of 7-a-side participated

in the tournament. Zulekha Hospital congratulates the Green Oasis team on winning and all teams on a successful game.

## 'BOOSTING YOUR NUTRITION' INITIATIVE



The Nutrition & Lifestyle Management Department at Zulekha Hospital Dubai launched its yearly Nutrition Wellness Program entitled 'Boosting Your Nutrition'. The program was targeted at Zulekha

Hospital employees as a wellness intervention to help the employees stay healthy and make smarter food choices to boost their productivity.

# JAM FITNESS SESSIONS

This year, Zulekha Hospital launched its 'No More Excuses' Initiative with 'JAM' (Just A Minute Challenges). JAM brought in fitness and fun to workspaces across various

corporate offices in UAE. The sessions challenged employees to participate in 1-minute games as a fitness check; in a fun-filled environment. The sessions also

included health awareness talks by experts on various health care topics.



January: Road Show in association with Flowers FM at LULU Hyper Market, Al Qusias - Dubai



February: Federal Electricity and Water Authority



February: Emirates Gas



February: Emitac



March: Ducab



March: Dubizzle



March: Emrill



March - Serco-Group



April - Khaleej Times



April: Sharjah Police



April: GAC



April: Real Estate



April: Dubai Duty Free



April: Sharjah Economic Development



April: SKM Air Conditioning LLC



April: IBIS, Al Barsha



April: Novotel Dubai, Al Barsha



April: Lamprell – Port Khalid, Sharjah

# RIGHT PARENTING SESSIONS

Zulekha Hospital organised special 'Right Parenting Sessions' across various schools and educational centres in UAE. Dr. Mandar

V. Bichu, Head of Right Parenting addressed parents on the various issues and challenges of modern-day parenting.



## BUDS PUBLIC SCHOOL

Dr. Mandar V. Bichu, addressed an audience of more than 100 Class X and XII students and their parents on 'Exam Stress - How to beat it?'



## SHARJAH PARENTS COUNCIL AND SHARJAH EDUCATION COUNCIL

Dr. Mandar V. Bichu, spoke about the changing social scenario and resultant complex modern urban parenting issues.



## ARABIC FAMILIES

Dr. Sirar Alali, Specialist Paediatrician, conceptualized and conducted the session on Healthy Nutrition.



## AL ANSAR INTERNATIONAL SCHOOL

Dr. Mandar V. Bichu, raised awareness about the common parenting mistakes in disciplining their children.



## INDIAN EXCELLENT SCHOOL

Dr. Mandar V. Bichu, delivered a guidance session on Digital World and Cyber Safety for more than 200 teenager students from Classes IX to XII.



## RIGHT PARENTING CNE SESSION AT ZULEKHA HOSPITAL, DUBAI

Zulekha Hospital organised a special CNE session on 30th April for its nursing and para-medical staff at its Dubai facility.



**'DIGITAL MEDIA - FAMILY STRATEGIES' AT ZULEKHA HOSPITAL**

Dr. Mandar V. Bichu, discussed the various perspectives about the growing use of internet, mobiles and digital gadgets; and its impact on individual and family health.



**AL ANSAR INTERNATIONAL SCHOOL**

Dr. Mandar V. Bichu, addressed a well-attended audience of parents and teachers about the potential dangers of the gadget and digital media exposure.



**RIGHT PARENTING CNE SESSION AT ZULEKHA HOSPITAL, DUBAI**

At the CNE (Continuing Nursing Education) session conducted on March 12th, Dr. Mandar V. Bichu, delivered a talk on inculcating positive discipline in children.

**WELLNESS OBSERVANCE** 



**WORLD NURSES DAY - DUBAI & SHARJAH**

Zulekha Hospital celebrated 'World Nurses Day' in April 2019 at both their facilities. The celebrations commemorated the contribution of nurses who selflessly serve in reinstating lives. It was a fun-filled gathering where the

hospital appreciated and expressed thanks to all the nurses for their contributions in keeping the society healthy and happy.



## EARTH HOUR - DUBAI & SHARJAH

The teams at Zulekha Hospital, Dubai and Sharjah observed Earth Hour on 31st March

at 8:30 pm in solidarity with the global efforts to secure nature and our home.

## NUTRITION AND HYDRATION WEEK - DUBAI & SHARJAH



The Nutrition and Lifestyle Management teams at Zulekha Hospital, Sharjah and Dubai organised an informative session to learn about maintaining a nutritious and healthy

lifestyle. The event proudly supported the World Nutrition and Hydration week from March 11th to 17th.

# EXHIBITIONS & CAREER FAIR



## ARAB HEALTH EXHIBITION 2019

Zulekha Hospital participated in the Arab Health Exhibition 2019. On Day 1, Zulekha Hospital and Okadoc announced their collaboration to further enhance patient experiences. Arab Health is one of the largest

gatherings of healthcare companies, technology, products and services in the MENA region. This year the event welcomed 4,250+ exhibiting companies and 55,000 attendees from 159 countries.

# MEDICAL CHECK-UP CAMP

## HEALTH CAMP AT ST. MARY'S CHURCH, SHARJAH



As part of the ongoing CSR activities, Zulekha Hospital organised a special Health Camp at St. Mary's Church in Sharjah on 8th March 2019. The event was attended by over 300 people from all age groups.

The health camp featured a free screening of blood pressure, blood sugar and ECG for adults, which was availed by a large number of attendees.



## TOUGH MUDDER EVENT

Zulekha Hospital, Dubai was a Medical partner at the Tough Mudder event held on 12 April 2019. Tough Mudder is an

endurance event series in which participants attempt 10–12 mile-long obstacle courses that test mental and physical strength.

## FITNESS AND HEALTH CHECK-UP AT RTA HEADOFFICE, SHARJAH



Zulekha Hospital conducted a health check-up including sugar, BP, BMI, eye screening and spirometry alongside JAM (Just a Minute) fitness activities at RTA Head

office in Sharjah. RTA employees interacted with Mr. Sathyanarayana Sajja, Physiotherapist who delivered a talk on Flexibility Training and Posture Correction.





## HEALTH CHECK-UP CAMP AT AL MAHATTA PARK

Zulekha Hospital in association with Sharjah Health Authority conducted a health check-up camp for the labourers on account of

International Workers' Day. The camp offerings included BP, BMI and sugar checks.

## HEALTH AWARENESS TALKS



### HEALTH AWARENESS SESSION AT THE FEDERAL ELECTRICITY AND WATER AUTHORITY IN AL DHAID

Zulekha Hospital visited the Federal Electricity and Water Authority in Al Dhaid to spread awareness on the importance of maintaining a healthy lifestyle. Ms. Michelle Buari, Deputy Director - Nutrition & Lifestyle Management & Ms. Melok Abdulaziz, Nutrition Counsellor addressed the audience and spoke about Healthy Eating in the Work Place followed by Mr. Sathyanarayana Sajja speaking about Ergonomics.



### HEALTH AWARENESS SESSION AT EMIRATES GAS IN DUBAI

Zulekha Hospital hosted a health awareness session at Emirates Gas in Dubai for its employees, in line with the 'No More Excuses' initiative. Dr. Rajesh Kumar, Specialist Neurosurgery educated the employees of Emirates Gas on spinal injuries, causes, treatments and precautions. The interactive presentation was followed by a yoga session.



### PHYSIOTHERAPY HEALTH AWARENESS SESSION AT UNITED AVIATION SERVICES

Zulekha Hospital, Dubai arranged a physiotherapy health awareness session at United Aviation Services on 29th January. Ms. Malini Subramaniam, HOD - Physiotherapy Department addressed the audience and spoke about 'Better Posture-Better Work'.



### CANCER AWARENESS SEMINAR AT RAS AL KHAIMAH

Zulekha Hospital participated in the Cancer Awareness Seminar at Ras Al Khaimah on 1st February. Dr. Pranay Taori, Specialist Medical Oncologist, Zulekha Hospital, Dubai addressed the audience on different types of cancers, their precautions and the benefits of regular check-ups.



### HEALTH AWARENESS SEMINAR AT BHIMA JEWELLERS

Zulekha Hospital, Sharjah organised a health awareness seminar on 5th February for the employees of Bhima Jewellers. Dr. Mandar V. Bichu, Head of Right Parenting along with Dr. Amani Osman Hassan Ibrahim, Specialist Psychiatrist addressed the audience on various health issues.



### HEALTH AWARENESS SESSION JRAY MCDERMOTT

Zulekha Hospital, Dubai arranged a health awareness session at Jray McDermott on 26th February 2019. The hospital arranged a hand washing booth and various health awareness activities for their employees.



### HEALTH AWARENESS TALK FOR DUBAI METRO EMPLOYEES

Zulekha Hospital conducted a Zumba Session & Health Awareness talk by Ms. Shambhavi Prasad Joshi, Nutrition Counsellor; for Dubai Metro Employees, at their Rashidiya Head office, Dubai.



### HEALTH AWARENESS TALK AT DAMAC CORPORATE OFFICE

Zulekha Hospital conducted a health awareness session at the Damac Corporate Office. Ms. Farah Aboul Hosn, Dy. Director - Nutrition & Lifestyle Management - Zulekha Hospital Dubai & Ms. Sirin Takieddine - Nutrition & Lifestyle Management addressed the audience and shared insights on the importance of a healthy diet with an interactive nutrition quiz.



### INTERACTIVE WORKSHOP ON ERGONOMICS AT J.RAY MCDERMOTT & EMRILL SERVICES

Ms. Malini Subramaniam, Head of Department, Physiotherapy; conducted an interactive workshop on ergonomics at J.Ray McDermott & Emrill Services.



**HEALTH TALK FOR EMPLOYEES OF DUBIZZLE**

Ms. Farah Hosn, Dy. Director - Nutrition & Lifestyle Management conducted a health talk with live polling session for employee of Dubizzle.



**INTERACTIVE WORKSHOP ON BACK PAIN AT IBIS HOTEL**

Dr. Rajesh Kumar - Specialist Neurosurgeon conducted an interactive workshop on back pain - Cause & Symptom at Hotel Ibis, Al Barsha.



**WELLNESS PROGRAM FOR EMPLOYEES OF MASHREQ BANK**

Zulekha Hospital organised a Wellness Program for employees of Mashreq Bank with a 3-day Medical Camp and nutritionist counselling.



**INTERACTIVE WORKSHOP ON BACK PAIN AT DUBAI DUTY FREE CORPORATE OFFICE**

Dr. Rajesh Kumar - Specialist Neurosurgery conducted an interactive workshop on back pain – cause & symptom & Ms. Shahin Mulla – Physiotherapist, trained and demonstrated the correct postures to the participants at Dubai Duty Free Corporate Office.



**FITNESS AND CERVICAL CANCER AWARENESS SESSION AT IFFCO, SHARJAH**

Zulekha Hospital successfully extended health educational activities under its 'No More Excuses' initiative at IFFCO. Dr. Kranti Deepak Jadhav, Specialist Gynaecologist addressed the audience and spoke on Cervical Cancer Prevention and Screening followed by Ramadan Nutrition talk by Ms. Mubasira Siddiq Sameera, Clinical Dietitian and Nutrition Counsellor. Importance of a healthy diet with an interactive nutrition quiz.



**HEALTH AWARENESS TALK AT EROS GROUP**

Zulekha Hospital conducted an awareness session at Eros Corporate Office for their employees. Ms. Farah About Hosn, Dy. Director, Nutrition & Lifestyle Management, Zulekha Hospital Dubai & Ms. Shambhavi Prasad Joshi, Nutrition & Lifestyle Management addressed the audience and shared their insights on the importance of a healthy diet with an interactive nutrition quiz.



### HEALTH AWARENESS TALK IN ASSOCIATION WITH EKATA INDIAN ASSOCIATION

Zulekha Hospital successfully organised a health awareness talk by Dr. Asha Anand, Specialist Obstetrics & Gynaecologist and Ms. Saleena Kappil, Clinical Dietitian. The initiative was organised by Zulekha Hospital in association with Ekata Indian Association.



### HEALTH AWARENESS SESSION FOR TAPAS ASSOCIATION

Zulekha Hospital organised a health awareness talk by Dr. Shanitha Fathima, Specialist Obstetrics & Gynaecologist, Dr. Vipin Mishra, Consultant Endocrinologist & Basic Life Support Session by Mr. Aiman Hamza in June at Zulekha Hospital Dubai Auditorium. The initiative was organised by Zulekha Hospital in association with TAPAS Indian Association.

# ZULEKHA MEDICAL JOURNAL

## HIGH-RISK CARDIAC PROCEDURE SAVES THE LIFE OF A PREGNANT MOTHER OF THREE



Sheena Joseph a pregnant mother of three children was facing breathing difficulties as a result of an unusual form of heart disease, Rheumatic Valvular Mitral Stenosis. She was referred to Zulekha Hospital and underwent a high risk, invasive heart procedure required to save her life. The patient had suffered from Rheumatic fever as a child. This fever resulted in the increasingly uncommon condition, Rheumatic Valvular Mitral Stenosis, which caused the valves to

narrow and obstructed the blood flow from the lungs to the body, making the patient tired and short of breath, among other issues. 39 year old Sheena, was 30 weeks pregnant (third trimester) at the time; which further complicated the problem. Dr. Anil Bansal, Consultant Interventional Cardiologist commented: "During the third trimester there is an increase of blood volume which can compromise the vital lung capacity. This must be treated before pregnancy or at the

most in the second trimester. However, in this case, the patient was referred to us at a very late stage." The patient was taken for a Balloon Mitral Valvotomy as this successfully opened the narrowed valve to improve the function of the heart and enable her immediate relief. Sheena has now been removed from all medicines previously taken for heart problems and only needs to return for a yearly Echocardiogram



## ADVANCED THYROID SURGERY PERFORMED IN THE UAE FOR THE FIRST TIME BY ZULEKHA HOSPITAL

Janet Atawe was referred to Zulekha Hospital with a tumour on her thyroid. The patient's thyroid was removed using an advanced minimally invasive surgical technique which was performed for the first time in the UAE. The Transoral Endoscopic Thyroidectomy (TOET) is one of the least invasive medical procedures and was introduced a couple of years ago to remove the thyroid without causing any scarring to the neck. Dr. Fadi Alnehlou, Specialist Surgical Oncologist said: "This kind of surgery needs specific caution, experience, infrastructure, anaesthesia, appropriate equipment and preparation from the team. We are pleased to be the first team in the UAE to perform this procedure."

The patient had thyroid nodules of about 2cm and the investigation before the surgery showed that the cells were in fact, follicular tumours and it was necessary for the thyroid to be removed. The procedure took three hours and was completed through the mouth.

"I would like to thank Zulekha Hospital for the excellent service and for taking such good care of me. I was very anxious to undergo the procedure at the beginning but after reassurance from the medical team, I felt confident in their capable hands. I am now much better as my throat healed very quickly," said Janet.

Dr. Fadi Alnehlou, Specialist Surgical Oncologist added: "We are one of the few facilities in the UAE able to handle oncology cases – we have all of the equipment for this procedure which includes the laparoscopic and endoscopic sets, the machines capable of recognising the nerve intraoperative, intraoperative specimen frozen analysis, along with other innovative machines. We are proud to have the infrastructure and an expert team keen to gather and successfully carry out the most innovative operations."

The patient's recovery took about a week and Janet was able to return to her normal life.

## PATIENT WITH A RARE GASTRIC CONDITION SAVED BY ZULEKHA HOSPITAL



Zulekha Hospital successfully operated on a 27 year-old, Fatimah who suffered from Superior Mesenteric Artery Syndrome (SMAS) which is a rare gastrointestinal tract disease that causes chronic pain, vomiting, full-body weakness and weight loss. Fatimah underwent MRI, CT and X-ray scans and has previously been diagnosed for years with IBS (Irritable Bowel Syndrome). However, recently at Zulekha Hospital Fatimah discovered that her actual condition had been overlooked due to its rarity. This uncommon illness can cause patients to suffer from rapid weight loss,

constant vomiting and an inability to ingest solid food. "When I started being tested for gastric conditions five years ago, my results were negative, yet my condition remained the same. I also discovered that my gallbladder was infected and had one polyp and so a cholecystectomy was performed. After the cholecystectomy my symptoms worsened. Gradually, I started losing weight and eventually I had difficulty breathing and eating, so I came to Zulekha Hospital and met Dr. Nazim Alrifai, who sent me for a CT Scan of my abdominal vessels and it was through

these tests that he discovered my real problem" said Fatimah.

Dr. Nazim Alrifai, Specialist General, Laparoscopic and Bariatric Surgeon said: "Once the pre-anaesthesia check-up was conducted, we made sure that the patient's severe malnutrition would not interfere with the procedure. The surgery was performed to create a link between two sections of the intestines - the duodenum and jejunum which then bypassed the pressure of the artery. The patient is now making a full recovery and is able to go back to enjoying her normal life."



## ZULEKHA HOSPITAL, DUBAI PERFORMED AN EMERGENCY OPEN HEART SURGERY ON A 38-YEAR-OLD MAN

Zulekha Hospital saved the life of 38-year-old Alexander Baligad after experiencing severe pain in his chest and numbness in his left arm. Following a coronary angiogram examination, a severe coronary disease in the left main artery and 95% blockage of right artery, and a total block of the left anterior descending artery causing Coronary Artery Stenosis was revealed. There were also signs of Severe Ischemia in the left anterior descending artery, which meant the artery was completely blocked and was critical for the patient to receive a prompt cardiac surgery.

Dr. Mohamed Ahmed Helmy commented: "Due to an ongoing heart condition, the patient was taking Aspirin and Plavix which is used to thin the blood and which makes surgery more complicated due to the higher possibility of bleeding. However, due to the

urgent nature of Alexander's condition, it was decided to go ahead and perform a cardiac procedure to save his life within an hour of his arrival at the hospital."

A fully experienced dedicated team of staff from nurses to cardiac anaesthetists, intensive care doctors and a cardiac surgery team were available to provide the patient with the best medical care and practice.

Dr. Helmy performed an open heart surgery and three bypass grafts to create blood flow to the heart again. The surgery went smoothly and took around five hours to complete. The patient was in intensive care for 48 hours following the surgery and after two days was able to walk around. The patient was discharged on the seventh day and now is instructed to walk 30 minutes daily in order to avoid occurrence of the severe disease.

Baligad commented: "I was very tired while travelling between work and home every day and was experiencing pain in my left arm and chest for over two months. After consulting in multiple hospitals, I was relieved when Zulekha Hospital accepted to treat my condition. The team gave me the confidence and assurance that the blockage can be removed and I can regain a comfortable life without pain."

"Heart surgery at such a young age can be attributed to a number of factors including family history, genetics or living an unhealthy lifestyle. As you cannot change family history, it is important to make a conscious effort to change unhealthy lifestyle habits by increasing physical activity and eating healthily," continued Dr. Helmy.

## ZULEKHA HOSPITAL SAVES PATIENT'S VISION WITH ORBITAL TUMOUR SURGERY



40-year-old Asim Jamil, was admitted to Zulekha Hospital, Dubai with a bulging left eye causing him pain and redness. Following a CT scan it was clear that Asim had an orbital tumour causing Exophthalmos which was located just inside the bone of the eye orbit. Asim underwent surgery in Zulekha Hospital, Dubai where Dr. Mohamed Ramadan Mahmoud, Consultant Ophthalmology assisted by Clinical Staff

Mohamed Faysal, conducted a land orbital tumour excision under local anaesthesia which took around 60 minutes to complete. Once extracted, the tumour was sent to the histopathology for investigation and found to be benign. These tumours are congenital with no specific causes during one's lifetime. Dr. Mohamed Ramadan Mahmoud commented: "It is a rare condition and it is the first time that we have treated this in

Zulekha Hospital. It was easily carried out under local anaesthesia and did not expose the patient to any complications causing a negative impact to the vision of the patient. Had the tumour been left untreated, this could impact the patient's vision with its growth."

The patient is now healthy and recovering well and he returned to work after 48 hours of the procedure.



## EMIRATI PATIENT THANKS DOCTORS AT ZULEKHA HOSPITAL FOR SAVING HER LIMB

Zulekha Hospital restored the normal walk of 44-year-old, Emirati Najia Hassan when she presented herself at the hospital with severe ulcers on her leg. The ulcers had not been healing for over three months and Najia was unable to straighten her leg and became wheelchair-bound for over a month.

Dr. Anil Bansal, Consultant Interventional Cardiologist at Zulekha Hospital, Dubai

carried out tests to source the problem and it was discovered that the patient had diabetes along with three stents in arteries in her leg from a previous surgery at another hospital in UAE. The tests also showed that the arteries had re-blocked along with an additional artery which was also 95% blocked.

Dr. Bansal commented: "The severe ulcers on the patient's leg are caused by diabetes

and the lack of blood supply prevented the sores from healing. We opened up the artery using a balloon stent to allow the blood supply to pass through the leg properly and to heal the ulcers."

A skin graft was also added to the area with the ulcers to aid the healing and the patient is now doing well and able to walk around.

# 24X7 PAEDIATRIC EMERGENCY CARE, AVAILABLE 365 DAYS-A-YEAR. JUST LIKE A PARENT.

**Key Treatments** Asthma · Coma · Fever  
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**Zulekha Hospital**  
Your Health Matters

# ARTICLES



P A R E N T I N G :

## AN ART WHICH FELL APART

You pushed him away.  
Now why do you say?  
He slams the door,  
And doesn't need you any more.  
Did you teach him gratitude?  
So why complain that he is rude?  
His presence was a trouble.  
So you pushed him in this bubble.  
Did he ever feel your own?  
He spent less time with you,  
more with his smartphone.  
You thought he was getting smart.  
But look, he grew apart!  
He immersed everything he saw on screen.  
Would this happen, if in your control had he been?  
Now his behaviour is alarming.  
Look back at your upbringing.  
This is a result of your negligence.  
It was easier to build a child, than now, repair an adult.  
You moulded this clay.  
So now, why do you say?

---

**Saher Adenwala**, Executive - Finance



# T R U S T A DIETITIAN

Health is much more than the absence of disease. With the growing emphasis on the important role diet plays in supporting health and preventing diseases, Dietitians have an opportunity to positively impact and affect change. More often than not, the term 'Dietitian' and 'Nutritionist' are often used interchangeably. Although these two professions are undeniably related, they maintain distinct differences. Registered or licensed Dietitians (RDs) are the only qualified health professionals that assess, diagnose and treat diet and nutrition related problems. Uniquely, dietitians use the most up-to-date scientific research on nutrition, health and disease, which they translate into practical and concise guidance which enables nutrition to be an effective therapy for patients.

Dietitians unlike Nutritionists are the only nutrition professionals that can work in a clinical or hospital setting. Dietitians work within an ethical code which requires accountability. This accountability ensures that they always work to the highest standard. They also work closely with doctors and may develop expertise in a particular medical domain.

Furthermore, the title 'Dietitian' is protected which means that it can only be used by those appropriately trained professionals who have met the minimum academic and professional requirements to qualify for the credential 'RD'. To excel, Dietitians must be in tune with the medical world (diseases, medicines, treatment). The expertise, training and credentials that back a registered Dietitian are vital for promoting positive lifestyle choices.

On comparison, the nutritionist profession is much less protected under the law. Nutritionists typically do not have the required level of professional training or work experience and therefore, should not be involved in the diagnosis and treatment of any diseases.

Nutritionists often work in the areas of food science, community development, research projects and Fast Moving Consumer Good Companies (FMCG). Their work relates to research aspects. It could be in the field, desk or laboratory. Moreover, in some cases people with an interest in nutrition or who sell nutritional supplements may call themselves nutritionists. However, unless someone is a licensed nutritionist, the title nutritionist unlike dietitian, does not necessarily signify any education or training in nutrition or any qualifications to counsel people on nutrition.

'It can therefore be said that 'A dietitian is also a nutritionist, but a nutritionist is not a dietitian'.

Dietitians Provide:

- Evidence based Nutritional Counselling
- Tailor-made diet plan
- Nutritional advice to prevent diseases, support and maintain good health
- Education through health awareness activities
- Therapeutic diet counselling as a member of a multi-disciplinary team in an healthcare setting

The expertise, training and credentials that back a licensed dietitian are vital for promoting positive lifestyle choices as they can put you on a path to lowering weight, eating healthy and reducing your risk of chronic diseases.

What are the top 10 reasons to consult a dietitian?

- You have diabetes, cardiovascular problems or high blood pressure
- You are considering having or have had bariatric surgery
- You suffer from digestive problems
- You're pregnant or considering pregnancy
- You need guidance for breastfeeding, introducing complementary foods and weaning your baby
- Your children are picky eaters, underweight or obese
- You need to gain, lose weight or maintain a healthy weight
- You're caring for an elderly individual
- You want to improve your performance at the gym

**Department of Nutrition &  
Lifestyle Management**



# TECHNOLOGY. EXPERTISE. ACCESSIBILITY.

THE THREE IMPORTANT THINGS TO CONSIDER  
WHILE DECIDING ON LIVER TRANSPLANTATION.



Alexis Multispeciality Hospital is one of the leading liver care facilities in central India, having a proven track record of successful liver transplants. Backed by highly experienced surgeons, paramedical staff, and latest diagnostic technologies, Alexis helps you access world-class liver care without any delay.

# ANNUAL EVENTS

## CLINICAL SESSION ON RECENT UPDATES IN DIAGNOSIS & MANAGEMENT OF COLORECTAL CANCER



Alexis Multispeciality Hospital in association with Indian Medical Association, Nagpur hosted Dr. Adil Daud, (Prof. Hematology – Oncology, Director – Melanoma Program, University of California, San Francisco, USA) & Dr. Robert S. Warren, (Chief – Surgical Oncology, University of California, San Francisco, USA) for the second symposium on Colorectal Cancer at Hotel Centre Point. While Dr. Adil Daud spoke on the medical management perspective of recent advances in Diagnosis & Management of Colorectal

Cancer, Dr. Robert S. Warren took to the surgical management perspective. Dr. Prashant Rahate was the chief guest of the event and was felicitated by Dr. Robert Warren & Dr. Ashish Disawal. Dr. Anand Pathak moderated a case based panel discussion on the Diagnosis, Evaluation and Management of Colorectal Cancer. Dr. Adil Daud, Dr. Amol Dongre, Dr. Robert Warren, Dr. Suraj Agrawal, Dr. Abhiram Paranjape, Dr. Chandani Hotwani, Dr. Mahesh Deshmukh and Dr. Niraj Kanchankar shared their insights on the case as panel members.



Alexis Multispeciality Hospital successfully wrapped up another blood donation campaign, with 210 volunteers collectively donating 74 litres of blood during the donation camp at the auditorium. The initiative was organised by Alexis

Multispeciality Hospital in association with Life Line Blood Bank. Through a series of CSR campaigns the objective was giving back to the community, encouraging members of the public to come forward and make a difference in people's lives.

## BLOOD DONATION DRIVE

# MILESTONES

## WASTE WATER ULTRAFILTRATION & REVERSE OSMOSIS PLANT INAUGURATION



The Waste Water Ultrafiltration & Reverse Osmosis Plant was inaugurated by our MD, Mr. Taher Shams, Dr. Jatinder Arora, Director of Administration and Mr. Suraj Tripathi, Director of Operations. The plant has been

installed to reuse the waste waters like STP water, RO Reject Water, etc. Till date the entire waste water was drained out. Now it is treated and recycled for use; helping the hospital save 1,00,000 litres of water daily.



## WORKSHOPS



## 73RD NATIONAL CONFERENCE OF TUBERCULOSIS AND CHEST DISEASES

The Department of Pulmonology at Alexis Multispeciality Hospital headed by Dr. Manoj Pethe, Pulmonologist; hosted a workshop on Advanced Pulmonary Function Test at Alexis Auditorium under the banner of 73rd National Conference of Tuberculosis & Chest Diseases. The guest of honour, Dr. Sundeep Salvi, Director, Chest Research Foundation, Pune delivered lectures on 'The Beauty & Power of

Breath – Measuring Lung Function' and 'Impulse Oscillometry & Forced Oscillation Technique' along with Dr. Sneha Limaye, Dr. Neerja Shastri and Dr. Nainesh Patel; speaking on interesting topics from Spirometry, Body Plethysmography, Role of DLCO & 6 min walk test along with case based discussions.



## BASIC & ADVANCED ECG WORKSHOP

Alexis Multispeciality Hospital conducted a basic ECG Workshop for the general practitioners at Hotel Tuli Imperial, Nagpur. The workshop was attended by 68 external and in-house physicians from the town.

The guiding faculties for the workshop were Dr. Rishi Lohiya & Dr. Shoeb Nadeem, Interventional Cardiologist at Alexis Multispeciality Hospital.

## LIVER SURGERY & TRANSPLANTATION SYMPOSIUM



The Association of Surgeons, Nagpur and Liver Transplant Unit at Alexis Multispeciality Hospital conducted a symposium on Liver Surgery and Transplantation Symposium at Hotel Centre Point, Nagpur.

The symposium was attended by 49 specialists. Dr. Rajasekhar Perumalla, Director - Hepatobiliary & Transplant Surgery; presented on Liver Surgery Insights along with Dr. Ajitabh Srivastava, Vice Chairman - Liver Transplant Unit who spoke on Laparoscopic Liver Surgery. Other presenters for the symposium were Dr. Amit Gulhane

and Dr. Niraj Kanchankar. An interactive panel discussion on HCC – Management Options was moderated by Dr. Amol Dongre. Panellists for the discussion were Dr. Prakash Jain, Dr. Ajitabh Shrivastava, Dr. Amit Gulhane, Dr. Abhijit Deshmukh, Dr. Rajesh Mundada, Dr. Abhiram Paranjpe, Dr. Rahul Saxena. Dr. Raju Wilkinson, President ASN along with Dr. Rajiv Sunarkar, Secretary-ASN, Dr. Prashant Rahate, Dr. Sushil Lohiya, Dr. Mohmaad Jameel, Dr. Prashant Bhandarkar, Dr. Shahab Mohammed Sharif were the chairpersons for the sessions.

# SYNAPSE & ROUND TABLE MEETS



## SURGICAL OPERATIONS FOR LIVER DISEASE & ALCOHOLIC LIVER DISEASE

Alexis Multispeciality Hospital in association with Indian Medical Association, Katol organised a 'SYNAPSE' on 'Surgical Operations for Liver Disease & Alcoholic Liver

Disease'. Dr. Prakash Jain and Dr. Sagar Patil shared their knowledge on Alcoholic Liver Disease.

## ONCOLOGY CME ON WORLD CANCER DAY



On the occasion of World Cancer Day, Alexis Multispeciality Hospital in Association with Government Ayurved College Alumni Association & Lions Club, Nagpur conducted a SYNAPSE on 'Onco Updates'. Dr. Suraj Agrawal shared the updates on 'Advances in

Onco Surgery' while Dr. Chandani Hotwani spoke on the Role of Radiotherapy in Oncology along with Dr. Shanu Jain who spoke on Advance Techniques in Radiation Therapy.



## MANAGEMENT OF INFECTIOUS LIVER CIRRHOSIS PATIENTS

Alexis Multispeciality Hospital, Nagpur in association with Indian Medical Association, Bramhapuri organised a 'SYNAPSE' program on 'Management of Infectious Liver Cirrhosis

Patients'. Dr. Amit Gulhane, Gastroenterologist, guided on Alcoholic Liver Disease which was attended by 19 doctors.



## RECENT UPDATES IN UROLOGY & SURGICAL ONCOLOGY

Alexis Multispeciality Hospital in Association with Amravati Surgeons Association (ASA), PDMMC Surgery Department & Maharashtra Association of Surgeons of India conducted a 'SYNAPSE' program on 'Recent Updates in

Urology & Surgical Oncology'. Dr. Juned Shaikh presented on 'Current role of laser in urology' and Dr. Suraj Agrawal spoke on 'Evaluation and Management of Rectal Cancer - Surgical Perspective'.

## ROUND TABLE MEET IN ASSOCIATION WITH DOCTORS ASSOCIATION, KALMESHWAR



Alexis Multispeciality Hospital in association with Doctors Association, Kalmeshwar organised a round table meet on Infectious Diseases. Dr. Nitin Shinde, Internal Medicine & Infectious Disease Specialist presented and

discussed on the 'Management and Approach to be used in Treating Various Types of Fevers'. Fifteen physicians attended and participated in the discussion.



## CARDIOLOGY UPDATES

Alexis Multispeciality Hospital organised a 'SYNAPSE' on 'Cardiology Updates' in association with Indian Medical Association, Betul. Dr. Puneet Jandial, Cardio Vascular & Thoracic Surgeon presented on 'Recent

Trends in Cardiac Surgery' and Dr. Rishi Lohiya, Interventional Cardiologist spoke on 'Hypertension - Approach & Management' which was attended by 20 doctors.



## NEPHROLOGY & NEUROLOGY UPDATES

Alexis Multispecialty Hospital conducted a 'SYNAPSE' on 'Nephro & Neuro Updates' in association with Indian Medical Association, Rewa. Dr. Nishant Deshpande, Nephrologist & Renal Transplant Physician shared his views

on 'Advances in Haemodialysis' and Dr. Abhishek Wankar, Neuro Physician spoke on 'Status Epilepticus Management'. The session was attended by 25 physicians and specialists.

## INFECTIOUS DISEASE & GASTROENTEROLOGY UPDATES



Alexis Multispecialty Hospital organised a 'SYNAPSE' program on 'Infectious Disease & Gastroenterology Updates' in association with Indian Medical Association, Yavatmal. Dr. Nitin Shinde, Consultant Internal Medicine & Infectious Diseases spoke on 'Approach to

Pyrexia of Unknown Origin' along with Dr. Sagar Patil, Consultant Gastroenterologist who spoke on 'Alcoholic Liver Diseases'. The session was attended by 34 medical practitioners.



## JOINT REPLACEMENT & LIVER TRANSPLANTATION

Alexis Multispecialty Hospital, Nagpur in Association with Indian Medical Association, Narsingpur Branch conducted a 'SYNAPSE'—Our Continuing Medical Education program on 'Joint Replacement & Liver Transplantation' at Amar Residency,

Narsingpur. Dr. Alankar Ramteke, Consultant-Joint Replacement Surgery presented on 'Joints Replacement – Enhanced Recovery' along with Dr. Amit Gulhane, Consultant – Gastroenterology who spoke on 'Alcoholic Liver Diseases'.



## MEDI UPDATE: CME SESSIONS

Alexis Multispeciality Hospital believes in sharing awareness about clinical updates in the various fields and disciplines of medicine as well as surgery along with the latest technical advances that are available in the market, offering a wide range of treatment options to all the patients. Leading this continuous education journey, Alexis Multispeciality Hospital in association with

Indian Medical Association, Nagpur and Medical Students Nagpur along with Association of Otolaryngologists of India partnered up for weekly CME series encompassing Cardiology, Diabetology, ENT, Liver Transplant, Oncology, Urology & Nephrology along with Endocrinology & Joint Replacement Surgery sessions.



## CME 1: GASTROENTEROLOGY & LIVER UPDATES

Dr. Prakash Jain, Laparoscopic, GI and Liver Transplant Surgeon; delivered lecture on 'Selecting the right patient for liver transplant' along with Dr. Amit Gulhane, Gastroenterologist & Hepatologist who spoke

on 'Management of Infections in Liver Patient'. The CME was attended by 43 practitioners including Dr. Ashish Disawal, President - IMA Nagpur and Dr. Dinesh Agrawal, Hon. Secretary – IMA, Nagpur.

## CME 2: ENT UPDATES



Dr. Manish Puttewar, ENT & Head Neck Surgeon delivered a lecture on 'Management of Sudden Sensorineural Hearing Loss' at the

CME. The CME was attended by 89 practitioners including key members from the associations who availed 1 MMC credit point.



## CME 3: UROLOGY & NEPHROLOGY UPDATES

Dr. Juned Shaikh, Urologist delivered a lecture on 'Holmium Lasers for Management of Kidney Stones & BPH' along with Dr. Nishant Deshpande who spoke on

'Creatinine – Choosing the Right Medication'. The CME was attended by 67 practitioners including key members from the associations who availed 1 MMC credit point.

## CME 4: ONCOLOGY UPDATES



Dr. Puneet Seth, Radiation Oncologist delivered lecture on 'Stretotactic Radio Surgery' along with Dr. Suraj Agrawal, Onco Surgeon who spoke on 'Advances in

Management of Breast Onco Surgeries'. The CME was attended by 69 practitioners including key members from the associations who availed 1 MMC credit point.



## CME 5: CARDIOLOGY UPDATES

Dr. Puneet Jandial, Cardio Vascular & Thoracic Surgeon delivered lecture on 'Recent Advances in CABG' along with Dr. Rishi Lohiya, Interventional Cardiologist

who spoke on 'Dyslipidemia – How to Approach'. The CME was attended by 53 practitioners including key members from the associations who availed 1 MMC credit point.

# HEALTH AWARENESS TALKS



## OBESITY AWARENESS SESSION AT L&T CEMENT

Alexis Multispeciality Hospital conducted a Health Awareness Session at L&T Cement, Nagpur. Dr. Jayant Kelwade, Endocrinologist addressed 35 employees on Obesity Management & Precautions.



## CERVICAL CANCER AWARENESS SESSION AT ST. JOSEPH HIGH SCHOOL

Alexis Multispeciality Hospital organised a health awareness session for the staff of St. Joseph High School, Godhani. Dr. Rajni Gupta, Consultant - Obstetrics & Gynaecologist was the guest speaker who shared and educated 172 staff members on Cervical Cancer - Early detection, prevention & treatment.



## HEALTH AWARENESS SESSION AT TANISHKA FOUNDATION

Alexis Multispeciality Hospital organised a health awareness session for the members of Tanishka Foundation at Katol. The Tanishka Foundation is a Global peer to peer women's network focused on ensuring the dignity of women at the individual, household and community level. Dr. Rashmi Shinde, Consultant - Obstetrics & Gynaecologist was the guest speaker. She shared her views on Cervical Cancer - Prevention, early detection & treatment.



## CERVICAL CANCER AWARENESS SESSION FOR FEDERATION OF SENIOR CITIZENS ORGANIZATIONS OF MAHARASHTRA (FESCOM)

Alexis Multispeciality Hospital organised a health awareness session for senior citizens of Federation of Senior Citizens Organizations of Maharashtra (FESCOM).



## DIET & NUTRITION HEALTH AWARENESS SESSION AT POWER GRID CORPORATION OF INDIA

Alexis Multispeciality Hospital organised a health awareness session on 'Diet & Nutrition' for the employees of Power Grid Corporation of India. 30 employees attended the interactive session on general myths and facts about nutrition and healthy lifestyle.

# HEALTH CHECK-UP CAMPS



## **BASIC HEALTH CHECK-UP CAMP AT SEMINARY HILLS, NAGPUR**

Alexis Multispeciality Hospital organised a health check-up camp at Seminary Hills, Nagpur. 101 people availed the basic health check-up services along with physician consultation during the course of the day.



## **IN-HOUSE OPHTHALMOLOGY CAMP**

Alexis Multispeciality Hospital organised an in-house paid Ophthalmology Camp. The camp was attended by 40 members who underwent routine eye check-up and availed consultation by Dr. Mrunal Upasani, Associate Consultant - Ophthalmology.



## **IN-HOUSE UROLOGY CAMP**

Alexis Multispeciality Hospital organised an in-house paid Urology Camp. Along with basic vitals, consultation by Dr. Juned Sheikh, Endocrinologist was also offered to the attendees. Total of 36 patients availed the benefits of the camp.



## **CORPORATE HEALTH CHECKUP CAMP AT AXIS BANK**

Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees and customers of Axis Bank, Byramji Town, Nagpur. The basic health check-up facility was availed by 60 members during the span of the day.



## **CARDIAC HEALTH CHECKUP CAMP AT MULTAI AGRASEN BHAWAN**

Alexis Multispeciality Hospital organised a cardiac health check-up camp at Multai Agrasen Bhawan for the community members of Agrasen Samaj. Basic cardiac health check-up was availed by 80 members at the camp along with a consultation with Dr. Rishi Lohiya, Interventional Cardiologist.



## **HEALTH CHECK-UP CAMP AT MAHARASHTRA SPORTS EVENT**

Alexis Multispeciality Hospital organised a 3-day basic health check-up camp at the recent Maharashtra Sports Event at Police Line, Takli. Basic health check-up along with a consultation with medical officer was offered to 130 participants.



### INHOUSE DIABETIC CAMP

Alexis Multispeciality Hospital organised an in-house paid diabetic camp. Along with basic vitals; consultation with Dr. Jayant Kelwade, Endocrinologist, was offered to the attendees. Total of 56 patients availed the benefits of the camp.



### HEALTH CHECK-UP DRIVE FOR EMPLOYEES OF HOTEL CENTRE POINT

Alexis Multispeciality Hospital organised a two day health check-up Drive for the employees of Hotel Centre Point, Nagpur. A total of 63 employees availed the basic health check-up.



### CORPORATE HEALTH CHECK-UP CAMP AT SVC CO-OPERATIVE BANK

Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees and customers of SVC Co-operative Bank, Nagpur. The basic health check-up facility was availed by 61 members during the span of the day.



### HEALTH CHECK-UP CAMP AT GH RAISONI COLLEGE

Alexis Multispeciality Hospital organised a health check-up activity for 130 staff members of Raisoni College. Basic health check-up services along with physician consultation was offered during the course of the day.



### BRAIN & SPINE CHECK-UP CAMP AT PARATWADA

Alexis Multispeciality Hospital organised a paid Brain & Spine check-up camp at Paratwada. 112 people from the locality with symptoms like head & spine pain, numbness in few body parts; past brain injuries, brain & spine tumours, etc. availed consultations from the Brain & Spine Surgeon, Dr. Hussain Bhati.



### HEALTH CHECK-UP CAMP AT VAN BHOJAN

Alexis Multispeciality Hospital organised a free health check-up Camp in association with Marwadi Samaj, Nagpur. Routine health check-up along with physician consultation was offered to 168 community members present during the community garden picnic activity.



**BASIC HEALTH CHECK-UP CAMP FOR THE MEMBERS OF TANISHKA FOUNDATION**

Alexis Multispeciality Hospital organised a health awareness session and basic health check-up camp for the members of Tanishka Foundation at Katol. Dr. Rashmi Shinde, Consultant - Obstetrics & Gynaecologist was the guest speaker sharing views on Cervical Cancer - Prevention, early detection & treatment. Random blood sugar, BP, BMI & consultation by physician was offered to thirty ladies from the group.



**STAFF HEALTH CHECK-UP CAMP**

Alexis Multispeciality Hospital conducted a health check-up camp for the staff of Ramdeobaba College, Nagpur. Routine check-up along with physician consultation was offered to 195 members. Dr. Sakshi Gaikwad, Obstetrician & Gynaecologist rendered consultation during the camp.



**CARDIAC CAMP AT AMRAVATI**

Alexis Multispeciality Hospital organised a paid cardiac camp at Amravati. Thirty seven people from the town availed the health check-up and ECG facility along with consultation by Dr. Shoeb Nadeem, Interventional Cardiologist.



**HEALTH CHECK-UP CAMP AT TCS, MIHAN**

Alexis Multispeciality Hospital offered a basic health check-up service for the employees of Tata Consultancy Services, Mihan. Routine health check-up along with physician consultation was offered to 1211 employees during the course of five days.



**HEALTH CHECK-UP CAMP AT HDFC BANK, RAMTEK**

Alexis Multispeciality Hospital conducted a health check-up camp for the employees & customers of HDFC Bank, Ramtek. Routine check-up along with physician consultation was offered to 76 members.



**HEALTH CHECK-UP CAMP AT MRR SOFT, MIHAN**

Alexis Multispeciality Hospital organised an employee health check-up camp at MRR Soft, Mihan, Nagpur. Basic health check-up services along with physician consultation was offered to 106 employees from the organisation.



**HEALTH CHECK-UP CAMP AT PRIYADARSHANI COLLEGE**

Alexis Multispeciality Hospital organised a health check-up camp for the employees and students of Priyadarshani College, Nagpur. Basic health check-up services along with physician consultation was offered to 273 staff and students of the college.



**PAEDIATRIC EVALUATION CAMP AT MECOSABAGH HIGH SCHOOL**

Alexis Multispeciality Hospital organised a Paediatric Evaluation health check-up camp for students of Mecosabagh High School, Mecosabagh Christian Colony, Nagpur. Dr. Bhaskar Gupta, Neonatologist & Paediatrician; extended his services for the camp offering basic paediatric evaluation to 81 children.



**IN-HOUSE ENT CAMP**

Alexis Multispeciality Hospital organised an in-house paid ENT camp. The camp was attended by 24 members who underwent routine check-up and availed consultation by specialist, Dr. Manish Puttewar, Consultant - ENT, Head & Neck Surgery.



**HEALTH CHECK-UP CAMP AT DHARAMPETH MAHILA MULTISTATE CO-OPERATIVE SOCIETY**

On the occasion of the silver jubilee anniversary of 'The Dharampeth Mahila Multistate Co-operative Society', Alexis Multispeciality Hospital organised a free health check-up camp for the women staff members. 152 ladies availed the facility of basic vital examination along with a consultation by medical officers.



**HEALTH CHECKUP CAMP AT SAUSAR**

Alexis Multispeciality Hospital organised a free multispeciality health check-up camp at Sausar for the residents; in association with Shri. Ram Janmotsav Samiti, Sausar. Routine health check-up along with a physician and super specialist consultation was offered to 349 residents of Sausar.



**BASIC HEALTH CHECK-UP CAMP AT ADASA VRUDHA ASHRAM, ADASA, NAGPUR**

Alexis Multispeciality Hospital organised a health check-up camp for 53 members of Adasa Vrudha Ashram, Adasa, Nagpur. Basic health check-up services along with physician consultation was offered during the course of the day.



**CORPORATE HEALTH CHECK-UP AT ASHOK LEYLAND**

Alexis Multispeciality Hospital offered a basic health check-up service for the employees of Ashok Leyland, Nagpur. Routine health check-up along with physician consultation was offered to 92 employees during the course of day.



**HEALTH CHECK-UP CAMP AT CHANDRAMANI NAGAR, NAGPUR**

Alexis Multispeciality Hospital organised a health check-up camp for 100 colony members of Chandramani Nagar, Nagpur. Basic health check-up services along with physician consultation was offered during the course of the day.



**HEALTH CHECK-UP CAMP FOR POLICE OFFICERS & THEIR FAMILY MEMBERS**

Alexis Multispeciality Hospital in association with Janta Raja Pratishtan organised a free health check-up camp for the serving and retired police officers and their family members. Routine health check-up along with physician consultation was offered to 174 people during the one day camp.



**HEALTH CHECKUP CAMP WITH SAKAL NGO**

Alexis Multispeciality Hospital in association with Sakal NGO conducted a two-day free health check-up camp at Sai Mandir, Ayodhya Nagar, Nagpur and Gajanan Mahraj Mandir, Nagpur. Basic health check-up along with physician consultation was offered to 251 citizens from the vicinity. Encouraging awareness on women's health, Dr. Sakshi Gaikwad, Obstetrician & Gynaecologist offered consultation.



**HEALTH CHECK-UP CAMP AT PRIYADARSHANI COLLEGE, NAGPUR**

Alexis Multispeciality Hospital organised a health check-up camp for the employees & Students of Priyadarshani College, Nagpur. Basic Health check-up services along with physician consultation was offered to 174 staff and students.



**CORPORATE HEALTH CHECK-UP AT THYSSENKRUPP ELEVATOR**

Alexis Multispeciality Hospital organised an employee health check-up camp at Thyssenkrupp Elevator Pvt. Ltd., Nagpur. Basic Health check-up services along with physician consultation was offered to 23 employees from the organisation.





### HEALTH CHECK-UP CAMP AT FRIENDS COLONY

Alexis Multispeciality Hospital organised a free health check-up camp for the colony members of Sambodhi Buddha Vihar, Nagpur. Routine health check-up along with physician consultation was offered to 125 members.



### MULTISPECIALITY CAMP INDRABHAVAN

In association with the Jain Samaj, Nagpur, Alexis Multispeciality Hospital organised a multispeciality camp. Dr. Aniruddha Sonegaonkar, Orthopaedic, Dr. Jayant Kelwade, Endocrinologist, Dr. Manish Puttewar, ENT & Head-Neck Surgeon, Dr. Sagar Patil, Gastroenterologist, Dr. Sakshi Gaikwad, Obstetrician & Gynaecologist and Dr. Shweta Bhandarkar, Paediatrician & Neonatologist at Alexis offered their services to 85 community members.



### HEALTH CHECK-UP CAMP AT RAJ NAGAR GARDEN

Alexis Multispeciality Hospital organised a free health check-up camp at Raj Nagar community garden, Nagpur. Basic health check-up services along with physician consultation was offered to 69 members during the course of the day.



### HEALTH CHECK-UP AT ITC LTD

Alexis Multispeciality Hospital organised an employee health check-up camp at ITC Ltd., Nagpur. Basic Health check-up services along with physician consultation was offered to 73 employees.



### HEALTH CHECK-UP CAMP AT AMBUJA CEMENTS LTD

Alexis Multispeciality Hospital organised an employee health check-up camp at the corporate office of Ambuja Cements Ltd., Nagpur. Basic Health check-up services along with physician consultation was offered. Dr. Gitesh Sawatkar, Dermatologist rendered his services to 66 employees from the organisation.



### CORPORATE HEALTH CHECK-UP AT BMW MUNICH MOTORS

Alexis Multispeciality Hospital organised an employee health check-up camp at BMW Munich Motors. Basic health check-up services along with physician consultation was offered to 40 employees from the organisation.



### HEALTH CHECK-UP AT KENTWOOD COMMUNITY CHURCH

Alexis Multispeciality Hospital organised a free health check-up camp at Kentwood Community Church, Civil Lines, Nagpur. 140 community members availed the basic health check-up services along with physician consultation, during the course of the day.



### HEALTH CHECK-UP DRIVE AT PERSISTENT SYSTEM PVT LTD

Alexis Multispeciality Hospital organised a 3-day employee health check-up Drive at Persistent System Pvt. Ltd., Nagpur. Basic health check-up services along with physician consultation was offered to 468 employees during the span of three days.



### HEALTH CHECK-UP AT JUBLIENT FOODWORKS LTD

Alexis Multispeciality Hospital organised an employee health check-up camp at Jubliant Foodworks Ltd. 72 employees from the various branches of the organisation, availed the basic health check-up services along with physician consultations.



### HEALTH CHECK-UP CAMP AT LABOUR WELFARE BHAWAN

Alexis Multispeciality Hospital organised a health check-up camp at Labour Welfare Bhawan, Nagpur. Basic Health check-up services along with Physician Consultation was offered to 72 employees from the organisation.



### HEALTH CHECK-UP AT AXIS BANK

Alexis Multispeciality Hospital organised employee health check-up Drive at Axis Bank, Nagpur. Basic health check-up services along with physician consultation was offered to 105 employees from the organisation.



### CORPORATE HEALTH CHECK-UP AT ZIM LABORATORIES

Alexis Multispeciality Hospital organised an employee health check-up camp at ZIM Laboratories. Basic health check-up services along with physician consultation was offered to 173 employees from the organisation.

# WORLD-CLASS HEALTHCARE CERTIFIED BY THE WORLD'S MOST PRESTIGIOUS SEAL OF APPROVAL



CENTRAL INDIA'S  
FIRST AND ONLY  
JCI APPROVED HOSPITAL



Apr 22, 2018 – Apr 21, 2021

Alexis Multispeciality Hospital is proud to announce that we are the first and only hospital in Central India to receive the prestigious JCI seal of approval. This accreditation stands testimony to our commitment towards patient safety and continuous quality improvement. JCI is a benchmark for quality healthcare across the globe.

Organisations who have earned the JCI seal of Approval ensure:

The highest degree of patient safety | Unsurpassed healthcare quality | Exceptional patient outcome | Treatments and practices of an international standard



## EVENTS



## NAGPUR MAHA MARATHON BY LOKMAT GROUP

Alexis Multispeciality Hospital extended its services as the Healthcare Partner for the Maha Marathon organised by Lokmat Group on 3rd February 2019. A total of 9762 enthusiastic runners participated in the marathon. Alexis offered a basic health check-up service for the athletes. Dr. Rishi Lohiya, Interventional Cardiologist along with

Mahimankanni Singh, Physiotherapist and Manjiri Lokhande, Dietician delivered awareness lectures for the runners on the occasion. 54 Physiotherapists along with 4 RMO, 10 Nurses took care of the athletes. 4 medical stations were catered by the hospital at different paths with 4 ambulance services.

# CELEBRATIONS



## ALEXIS CRICKET LEAGUE 2019

Alexis Multispeciality Hospital organised 'The Cricket League' for the staff.

The tournament was a grand success and received huge participation from the employees.

## WORLD NURSES DAY CELEBRATION



Alexis Multispeciality Hospital celebrated World Nurses Day observing the theme 'The Balance of Mind, Body & Spirit'.

Nurses were recognised for their selfless efforts and the love and care they show to the patients.

# OBSERVANCE DAY



## INTERNATIONAL YOGA DAY

Alexis Multispeciality Hospital in association with Janardhanswami Yogabhyasi Mandal, Nagpur organised an exclusive Yoga Session

for the staff members. 27 people from different age groups participated in the enthusiastic session.

# GET BACK TO YOUR OLD SELF

INTRODUCING **LIVER TRANSPLANT PROGRAM**

Alexis Multispeciality Hospital is one of the leading liver care facilities in central India, having a proven track record of successful liver transplants. Backed by highly experienced surgeons, paramedical staff, and latest diagnostic technologies, Alexis helps you access world-class liver care without any delay.

# DISCOVER THE ULTIMATE HEALTHCARE EXPERIENCE



Medical science keeps evolving at a rapid pace, allowing clinicians to provide innovative diagnostic and therapeutic solutions. At Zulekha Hospital, we attempt to deliver compassionate healthcare engagements leveraging agile, world-class medical technology. Bolstered by state-of-the-art facilities and a team of experienced professionals, we strive to continue our legacy of excellence in healthcare.



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