

Zulekha Spirit



The Voice of Zulekha Healthcare Group

July to December 2019 | Volume XXI



**TOUCHING HEARTS.
SAVING LIVES.**

DR. ZULEKHA DAUD HONOURED
BY **HIS HIGHNESS DR. SHEIKH
SULTAN BIN MUHAMMAD
AL QASIMI**

HONOURED WITH
ORGANISATION **QUALITY
EXCELLENCE AWARD 2019**

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FROM EDITORIAL DESK

Zulekha Spirit is here once again to walk you through the happenings of the group over the last six months in UAE and India. With our everyday activities engaging communities through our collaborations, we have sustained our relationships with our patrons and partners. Today, the brand takes pride in the respect from our patrons for the extra-mile we have gone in helping them realize their medical needs and educating them on key health matters. Be it the free second opinion at Zulekha Hospital facilities in UAE or the Samman loyalty program for our patrons at Alexis, we believe in providing the best possible and easily accessible facilities to our communities. Through the months many innovative activities and strategic meetings done are summarized for you here... Happy Reading!

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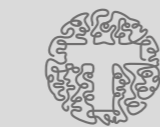
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Being in the news and ahead of the curve Zulekha Healthcare Group has achieved more than just being a healthcare provider in UAE and India. Yes, we have been privileged and responsible in spreading key health messages and creating awareness on the life-saving skill of Cardiac Pulmonary Resuscitation (CPR) among masses in public gatherings, conferences and events and encouraging individuals to be first responders. The program "Save Hearts" was a welcome initiative by embassies, schools, corporates and government bodies. Besides, mental wellbeing and patient-centric care has been our motto and we are fueling our efforts on these fronts. Stepping forward with innovative programs for our communities is our focus.



Taher Shams
Managing Director,
Zulekha Healthcare Group

KEY MEETINGS

SHRI. VIPUL VISITED ZULEKHA HOSPITAL, DUBAI

The Hospital Management hosted Shri. Vipul, Consul General of India over a facility tour at Zulekha Hospital, Dubai. Dr. Zulekha Daud, Founder and Chairperson, Mr. Taher Shams, Managing Director, and Ms. Zanubia Shams, Co-Chairperson, updated the Consul General on the recent expansion and services offered across specialities during the visit. They also discussed the community initiatives that are being carried out by the organisation for the well-being of the UAE residents.



AL JALILA FOUNDATION RESEARCH CENTRE VISIT

Dr. Abdulkareem Sultan Al Olama, CEO of Al Jalila Foundation, welcomed Dr. Zulekha Daud, Founder and Chairperson for a facility tour of their Research Centre designed to be a world-class biomedical research institute. Being UAE's first independent multi-disciplinary medical research centre, they aim to bring together leading local and international scientists to work together to discover solutions for the region's biggest health challenges: cancer, cardiovascular disease, diabetes, obesity and mental health. Jalila Foundation and Zulekha Hospital look forward to working together to provide easy access to the need for high-end paediatric and adult cardiac treatments along with other healthcare services.

UNVEILING CEREMONY OF THE INDIAN PAVILION DESIGN FOR THE 2020 EXPO

The Indian Consulate in Dubai and Embassy of India in UAE, along with the Federation of Indian Chamber of Commerce (FICCI) revealed the theme and design of the India Pavilion being constructed at the Dubai Expo 2020 site. Shri. Piyush Goyal, the visiting Indian Minister for Commerce & Industry and Railways; unveiled the design. Dr. Zulekha Daud, Founder and Chairperson, attended the ceremony along with key Indian business leaders.



WELCOMING MR. PAVAN KAPOOR, THE NEW INDIAN AMBASSADOR TO UAE

The Consulate General of India in Dubai welcomed Mr. Pavan Kapoor, the new Indian Ambassador to UAE. Dr. Zulekha Daud, Founder and Chairperson, attended the welcome ceremony and met the Ambassador and other delegates present. Pavan Kapoor has replaced Navdeep Singh Suri, who had been heading the Indian mission in UAE since 2016. Our best wishes to Pavan Kapoor for a successful tenure as the Ambassador of India in UAE.

DR. ZULEKHA DAUD MET HER EXCELLENCY NOURA BINT MOHAMMED AL KAABI

Dr. Zulekha Daud, Founder & Chairperson, along with Zanubia Shams, Co-Chairperson met Her Excellency Noura Bint Mohammed Al Kaabi, Cabinet Member and Minister of Culture and Knowledge Development. Mrs. Shams shared her insights on supporting culture and knowledge within the region and discussed multidisciplinary collaboration opportunities in healthcare. Her Excellency expressed her keen interest to understand the various health initiatives being undertaken by the group for the community and the healthcare excellence in various medical disciplines.



SEASON'S GREETINGS EXCHANGED WITH HIS HIGHNESS SHEIKH ABDULLAH BIN SALEM AL QASIMI, DEPUTY RULER OF SHARJAH

Mr. Taher Shams, Managing Director, met and exchanged seasons' greetings with His Highness Sheikh Abdullah Bin Salem Al Qasimi, Deputy Ruler of Sharjah. The Management extended their gratitude to the benevolent support and guidance of the inspiring rulers of UAE over the years.

ZULEKHA HOSPITAL MANAGEMENT MET HIS HIGHNESS SHEIKH RASHID BIN HUMAID AL-NUAIMI

Mr. Taher Shams, Managing Director, visited His Highness Sheikh Rashid bin Humaid Al-Nuaimi, the Head of Ajman Municipality and Planning Department, at his office in Ajman. The Management extended their gratitude for his support in the UAE.



MEETING WITH SHRI VIPUL, THE CONSULATE GENERAL OF INDIA

Mr. Taher Shams, Managing Director, met Shri Vipul, Consul General of India at the Indian Consulate. Mr. Shams extended his gratitude for their support and guidance and shared his insights on the group's community initiatives including 'Save Hearts'.

CAMPAIGNS



PINK IT NOW 2019

Zulekha Hospital's 'Pink It Now' breast cancer awareness campaign has been encouraging early detection and prevention of the disease for the last 8 years and has attracted over ten thousand women to attend the free screenings and consultations in its hospitals till date. This year, Dr. Zulekha Daud, Founder and Chairperson, Mr. Taher Shams, Managing Director and Ms. Zanubia

Shams, Co-chairperson launched the 8th Edition of the initiative along with Dr. Ahmed bin Kalban, CEO of the Specialised Healthcare Services Sector at the Dubai Health Authority and Dr. Pamela Munster, Professor of Medicine, UCSF.

After successfully encouraging women residents to come forward and take up the free screenings, this year the campaign aimed to further break the stigma in the minds of men who may also be affected by breast cancer.



EXCELLENCE IN CARDIAC CARE - CARDIOLOGY CONFERENCE AT ZULEKHA HOSPITAL, DUBAI

Zulekha Hospital hosted a cardiac conference themed 'Delivering Excellence in Cardiac Care' at the Dubai facility, with cardiology experts speaking on the latest trends in cardiology and the need for an equipped medical team to successfully manage high-risk emergencies. The conference was attended by H.E. Khalifa Hassan Aldrai, CEO of Dubai Corporation for Ambulance services, Dr. Abdulkareem Al Olama, CEO of Al Jalila Foundation, Dr. Ahmed Bin Kalban, CEO of the Specialised Healthcare Services Sector at DHA, dignitaries from Dubai Health Authority, Dr. Zulekha Daud, Founder and Chairperson, Ms. Zanubia Shams, Co-Chairperson and the management members. The panel was led by Dr. Fayaz Shawl, Consultant Interventional Cardiologist and speakers including

Dr. Yasser Menaissy, Consultant in Adult & Paediatric Cardiac Surgeries, Dr. Nilesh Oswal, Consultant Paediatric Cardiologist, Dr. Anil Bansal, Consultant Interventional Cardiologist, Dr. Fekry El Deeb, Consultant Interventional Cardiologist, Dr. Mohamed Ahmed Helmy, Consultant Cardiac Surgeon and Dr. Waleed Kadro, Consultant Interventional Cardiologist. The experts deliberated on the significance of ensuring patient safety and satisfaction with the best possible treatments. They also shared the spectrum of cases treated by way of device implants, paediatric and adult open-heart surgeries and minimally invasive procedures, done over the years. At the same occasion, Cardiopulmonary Resuscitation (CPR) trainers of the Dubai Corporation for Ambulance Services were honoured for their support for 'Save Hearts' - a program educating the masses on life-saving CPR skills.

AWARDS & RECOGNITION

DR. ZULEKHA DAUD HONoured BY HIS HIGHNESS DR. SHEIKH SULTAN BIN MUHAMMAD AL QASIMI

Dr. Zulekha Daud, Founder and Chairperson was honoured for her contributions to the healthcare sector of UAE by His Highness Dr. Sheikh Sultan Bin Muhammad Al Qasimi, Supreme Council Member & Ruler of Sharjah and President of the University of Sharjah during the opening ceremony of the 7th Emirati-German Congress in Medicine and Dentistry at the Medical Colleges & Health Sciences, University of Sharjah. The conference highlighted on important issues in the medical and health fields and the latest practices, technologies, devices and advanced therapeutic methods in medicine and dentistry. Mr. Taher Shams, Managing Director, attended the congress along with Dr. Zulekha Daud.

FEATURED IN THE FIRST EDITION OF THE KNIGHT FRANK DUBAI HEALTH TOURISM GUIDE

Zulekha Hospital is delighted to be featured in the first edition of the Knight Frank Dubai Health Tourism Guide 2019/2020. The guide provides insights on healthcare and wellness facilities; that form part of the Dubai Health Experience, which aims to strengthen the position of Dubai on the world map of medical tourism. Dr. Gireesh Kumar, Senior Manager of Knight Frank presented the maiden copy of the book to Dr. Zulekha Daud, Founder and Chairperson.



RECOGNISED AT THE 11TH ANNUAL SUSTAINABLE DEVELOPMENT CONGRESS

Zulekha Hospital's concept of 'SUSTAINABLE HEALING ENVIRONMENT', developed by the Engineering Department was recognised by Alleem Business Congress. The concept was presented during the 11th Annual Sustainable Development Congress. The Annual Congress welcomed around 300 to 350 delegates from various parts of the MENA region. The presentation on 'Sustainable Healing Environment' showcased the transformation of a building into a healing environment that enhances relief and recovery for the patients.



HONoured WITH ORGANISATION QUALITY EXCELLENCE AWARD 2019

Zulekha Hospital received the Organisation Quality Excellence Award 2019 - Healthcare (UAE Chapter). Supporting the vision of the most prudent leaders of the region, the World Medical Council aims to highlight, honour and celebrate path-breaking achievements of establishments with exemplary leadership driving organisational and team effectiveness through Human Capital Management, Diversity and Strategic Planning.

AWARDS & RECOGNITION

AL NOOR WOMAN OF SUBSTANCE AWARDS 2019

Ms. Zanubia Shams, Co-Chairperson was chosen by the Al Noor Training Center as a recipient of their prestigious award for the academic year 2018-2019.

Al Noor Training Center for Persons with Disabilities is a non-profit organisation, working under the patronage of His Highness Sheikh Mansoor Bin Mohammed Al Maktoum and the auspices of Ministry of Community Development Authority, since 1981. Al Noor Woman of Substance Awards 2019 was dedicated to those exceptional women who have played a major role in contributing towards the development and progress of their students. The generosity has ensured access to quality education for many of their children. Dr. Rajini Ashok, Senior Director of Quality & Specialist Internal Medicine accepted the award on behalf of Ms. Zanubia Shams.



HEART PROBLEMS?

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DUBAI | SHARJAH



COLLABORATIONS

COLLABORATION WITH DUBAI CORPORATION FOR AMBULANCE SERVICES

Zulekha Hospital extended its support to the Dubai Corporation for Ambulance Services First Responders with a brand new Chevrolet Corvette. The first responder cars are meant to reach the emergency scene first before the ambulance, to aid the accident and to save what can be saved until the ambulance arrives. Dr. Zulekha Daud, Founder and Chairperson and H.E. Khalifa Hassan Aldrai, Executive Director of Dubai Corporation Ambulance Services signed an agreement of co-operation between the two organisations to offer medical services and support to enable their healthcare initiatives in UAE.



EXCLUSIVE HEALTHCARE SERVICES EXTENDED TO ESAAD CARDHOLDERS

Zulekha Hospital signed a MoU with the Dubai Police to extend exclusive healthcare services to their Esaad Program members. Ms. Muna al-Ameri, Chairperson of Esaad Card Committee and Mr. Taher Shams, Managing Director signed the Memorandum of Understanding. Ms. Hana Taysir Sarhan, Head of Health Sector and Mr. Abdul Qader Almemari, Member of Esaad Committee were present with the Zulekha Management team for the signing ceremony.

MEMORANDUM OF UNDERSTANDING (MOU) SIGNED WITH MANZIL HOME HEALTH SERVICES

Zulekha Hospital signed a Memorandum of Understanding (MoU) with Manzil Home Health Services in UAE as a preferred home healthcare provider. The MoU was signed by Mr. Taher Shams, Managing Director and Juanita Coetzee, Chief Operating Officer of Manzil Home Health Services. Both teams will collectively provide high-quality home healthcare to patients; and support to families who need all-inclusive care at home. The extension of services to the patient's homes, aims to enhance patient care and experiences. Services offered include extended palliative and geriatric care services, well-being services, disease management and therapies for patients.



MOU SIGNED WITH U.A.Q CHARITY ASSOCIATION

Zulekha Hospital and U.A.Q Charity Association signed a Memorandum of Understanding (MoU) to support the medical needs of the underprivileged patients of our society. On behalf of U.A.Q Charity Association, Essa Ali Saeed Bolehyool, General Manager and Magdy Rady Abdul Rahman Fouda were present for the signing ceremony.

SAVE HEARTS INITIATIVE

Cardiac arrest remains the leading cause of mortality across the world. And according to a recent study, 70% of cardiac arrests happen in homes or at workplaces. Cardiopulmonary resuscitation (CPR) is the key to survival in such situations. As part of our 'Save Hearts' initiative which aims to increase the chances of survival of cardiac arrest victims, Zulekha Hospital hosted CPR awareness sessions at various corporates across UAE. The sessions educated the participants on how one can identify a cardiac arrest and be a first responder in emergencies. The employees were trained in CPR and informed about the importance of CPR as a life-saving skill. The community members expressed their sincere thanks and gratitude for the efforts in spreading awareness about cardiac emergencies; and educating the masses on how to give basic life support, in time of need.



Gurunanak Darbar Gurudwara, Dubai



Zulekha Hospital, Sharjah



Sharjah Police Headquarters



The Consulate Of Pakistan In Dubai



Burhani Mosque, Dubai



Sharjah Civil Defense

SAVE HEARTS INITIATIVE



Burhani Mosque, Sharjah



Precision Plastic Products LLC, Dubai in Association with Pravasi Bharatiya Sahayata Kendra (PBSK)



(L&T) in Association with Pravasi Bharatiya Sahayata Kendra (PBSK)

PINK IT NOW
Education. Early Detection.



A MAMMOGRAM NEVER MISSES ITS TARGET.

COMMUNITY INITIATIVES



YOUNG ARTISTS AT ZULEKHA HOSPITAL, DUBAI

Zulekha Hospital, Dubai organised 'Young Artists', a painting competition for children at the hospital auditorium. The event attracted an audience of close to 70 enthusiastic children and their cheering parents. The painting competition was organised for two age-groups 5-10 years and 11-15 years. The children exhibited great creativity and talent to draw and paint some beautiful, colourful pictures on various interesting themes.

Dr. Ramesh Kumar Ramachandran, Consultant Paediatric Critical Care and Dr. Deepu Abraham, Consultant Neonatology & Paediatric; judged the contest. As part of another community initiative 'Be Prepared', Dr. Mohammed Faheem addressed the parents on common home emergencies and appropriate immediate actions to be taken before seeking medical help, to minimise the impact. These may include suffocation, swallowing foreign material, choking, burns, etc.

BREAST CANCER AWARENESS INITIATIVE EXTENDED TO ABU DHABI

In line with this year's breast cancer awareness program 'Pink it Now'; Zulekha Hospital and Rahma Cancer Patients Care Society hosted a patients and survivors support gathering at the Emirates Centre for Strategic Studies and Research in Abu Dhabi, marking the breast cancer awareness month of October. The event was hosted to engage with survivors and patients along with their families, who were addressed by campaign ambassador Dr. Pamela Munster, Professor of Medicine from University of California, San Francisco, USA and Abdullah Salim Al Kaabi, Director-General Cancer Patient Care Society, Rahma.



HEALTH AWARENESS SESSION AT AJMAN MUNICIPALITY

As part of the CSR initiatives, Zulekha Hospital organised a health awareness session and health check-up camp at the Ajman Municipality. Complimentary tests including eye screening examination, PFT (Pulmonary function test) and blood sugar assessment were offered at the camp. The employees expressed their sincere thanks and gratitude for the efforts in improving the health and lifestyle of the community members.



CANCER SURVIVOR'S MEET

Zulekha Hospital in association with Friends of Cancer Patients hosted an exclusive Cancer Survivors Meet as part of the CSR initiative for Breast Cancer Awareness, 'Pink It Now'. The event hosted some of the strongest and bravest cancer survivors who shared their inspirational journey in overcoming cancer. Dr. Pamela Munster, Professor of Medicine, UCSF addressed the audience and stressed on the importance of early screening and prevention of cancer.



YOUNG ARTISTS, CHILDREN'S DRAWING COMPETITION AT ZULEKHA HOSPITAL, SHARJAH

Zulekha Hospital organised 'Young Artists', a drawing competition for children at Zulekha Hospital, Sharjah on Saturday 14th December 2019. The children exhibited great creativity and talent in drawing beautiful pictures on various interesting themes. The event also included informative sessions by Dr. Sirar Alali, Specialist Paediatrician and Dr. Prashant Kadam, Specialist Paediatrician on Paediatric Home Emergencies.

COMMUNITY INITIATIVES

PRESS CONFERENCE AT THE CONSULATE GENERAL OF INDIA IN DUBAI & DUBAI CORPORATION FOR AMBULANCE SERVICES

The Indian Consulate in Dubai, Dubai Corporation for Ambulance Services (DCAS) and Zulekha Hospital partnered to further the objectives of two important campaigns - 'The Fit India Movement' and 'Save Hearts'. The press conference held at the Indian Consulate in Dubai welcomed dignitaries including Shri. Vipul, Consul General of India, H.E. Khalifa Hassan Aldrai, CEO of Dubai Corporation for Ambulance Services, Ms. Zanubia Shams, Co-Chairperson, Doctors and Management members from Zulekha Hospital. On this occasion, Shri. Vipul highlighted the significance of staying healthy and preventing lifestyle diseases.

H.E. Khalifa Hassan Aldrai commended Zulekha Hospital for regularly hosting life-saving CPR awareness sessions across public gatherings and encouraged everyone to take time to learn the life-saving skill, that can make a difference.



WELLNESS INITIATIVES

JAM FITNESS ACTIVITIES AT SWISS ARABIAN PERFUMES GROUP

In our endeavour to promote a healthy lifestyle, Zulekha Hospital hosted an interactive JAM (Just a Minute) fitness activities at Swiss Arabian Perfumes Group, the first perfume manufacturer in the UAE. Swiss Arabian employees expressed their sincere thanks and gratitude to Zulekha Hospital's effort in improving the health and lifestyle of the community members.



ZULEKHA HOSPITAL HOSTS ZUMBA FOR A HEALTHY LIFESTYLE

Zulekha Hospital, Dubai hosted a brilliant fun-filled Zumba session at Al Nahda Pond Park for UAE residents. The event was planned in line with the Dubai 30X30 Fitness Challenge and the hospital's wellness program 'No More Excuses', encouraging a healthy lifestyle and prevention of lifestyle diseases. Individuals with their families and children participated with enthusiasm. Leading by example, Mr. Taher Shams, Managing Director joined the team and participants for the event. The session was led by Mr. Riaz Mohammed, a professional dance choreographer and international licensed Zumba instructor.

NO MORE EXCUSES - A REFRESHING PUBLIC YOGA SESSION

Zulekha Hospital successfully hosted another round of action-packed yoga day under the fitness and lifestyle campaign, 'No More Excuses.' The special yoga session was conducted at Al Buheira Corniche in Sharjah where renowned trainers from the Buheira Yoga Group lead the participants in the session. More than 200+ individuals and families came forward to experience the positivity, joy and peace of practicing yoga as a fitness activity. Zulekha Hospital through this campaign wishes to highlight the importance of keeping one's body; mind and soul fit which in turn helps to lead a healthy and active life.



HEALTH CHECK-UP CAMP AT SHARJAH MUNICIPALITY

A health check-up camp was conducted at the Sharjah Municipality Head Office as part of the CSR initiative. Complimentary blood pressure, blood sugar, eye screening and breath analyser tests were offered at the camp. The Sharjah Municipality employees expressed their sincere thanks and gratitude for the efforts in improving the health and lifestyle of the community members.

WELLNESS INITIATIVES

HEALTH CHECK-UP CAMP AT SHARJAH POLICE HEADQUARTERS

Zulekha Hospital hosted an awareness session and health check-up camp at the Sharjah Police Headquarters in December. The camp offered complimentary tests including eye screening examination, PFT (Pulmonary Function Test) and blood sugar assessment.



CORPORATE ENGAGEMENTS IN JULY

Throughout July, Zulekha Hospital associated with multiple institutions, spreading awareness on the well-being of life. Organisations including the Burhani Mosque in Dubai, the Pakistani Consulate in Dubai, AWRostamani, VFS Global, UNEC, L&T, Emitac Group, and SAKHI Indian Association partnered to spread awareness and empower residents in UAE with the knowledge and skills required to be able to lead a healthy lifestyle and manage emergencies effectively. The activities included CPR awareness sessions, medical checks, mental health educational talks, Right Parenting sessions in schools and Nutrition and Lifestyle Management workshops. We acknowledge and extend our gratitude to the support of these organisations and will continue to make a difference in our societies with similar events.



Emitac Group



AWRostamani



UNEC

WELLNESS INITIATIVES

CORPORATE ENGAGEMENTS IN OCTOBER

Zulekha Hospital hosted awareness talks and wellness workshops at various corporate premises, throughout October. Our specialists, educated the corporates on topics covering early detection and prevention of breast cancer, breastfeeding myths. We also conducted various mental health awareness sessions encouraging people to speak up and take the next step towards creating happy minds and also on the management and prevention of heart diseases. Over the sessions, exclusive discounted services and free screenings were offered to the patrons. The corporate engagements during October included MAF Finance, STS, Transguard, Civil Defense Dubai, Dubai Corporation for Ambulance Services, Dubai Properties, Landmark Group, Santhwanam, BCI Group, AWRostamani, ENOC, Emirates NBD Bank, Sharjah Aviation, Al Saleh Private School, Dufry Sharjah, Bee'ah, Novotel and Sharjah Charity International.



Emirates NBD Bank



Al Saleh Private School



Dufry, Sharjah



Landmark Group



MAF Finance



ENOC

WELLNESS INITIATIVES



AWRostamani



Bee'ah



Novotel



Sharjah Charity International



Sharjah Aviation

WELLNESS INITIATIVES

CORPORATE ENGAGEMENTS IN NOVEMBER

Zulekha Hospital, Dubai hosted awareness talks and wellness workshops at various corporate premises in November 2019. Our specialists including Dr. Vipin Mishra, Consultant Endocrinologist; Dr. Pranay Taori, Specialist Oncologist; Dr. Tarek Alkhouri, Specialist Oncologist; Mrs. Nafeesa Ahmed, Director of Nutrition & Lifestyle Management; Ms. Shambhavi Joshi, OP Dietitian and Dr. Soha Abdelbaky, Specialist Oncologist; educated the corporate employees on topics covering early detection and prevention of breast cancer, Happy Minds, Nutrition and Lifestyle Management, Diabetes Awareness and Prostate Cancer. Over the sessions, exclusive discounted services and free screenings were extended to the audience. The corporate engagements in November included Al Nabooda, Manipal University, RAK Bank, NOV Central, Al Shirawi Enterprises, Media One Hotel Suits, Dubai Properties, Emirates NBD Bank and Corporate Business services (CBS).



NOV Central



NOV Downhole



BLOOD DONATION DRIVE AT ZULEKHA HOSPITAL, SHARJAH

39 donors volunteered to donate blood at the blood donation camp organised by Zulekha Hospital in association with the Ministry of Health & Prevention and Sharjah Blood Transfusion and Research Center.

WELLNESS OBSERVANCE

WORLD DIABETES DAY

Zulekha Hospital, Sharjah and Dubai celebrated World Diabetes Day on 14th November 2019 to educate and spread awareness about the risks, preventions and ways to manage diabetes. The theme for this year was 'Family and Diabetes'.

Managing diabetes is all about healthy eating and lifestyle. Our team of Endocrinologists, Nutritionists and Diabetic Educators created awareness on healthy eating and living to beat diabetes. The activities included diabetes screening and education along with health promotion stands, competitions and games. The event was graced by Dr. Zulekha Daud, Chairperson, Mr. Taher Shams, Managing Director and other management team members. A support group meeting was hosted later in the evening for the patrons in Zulekha Hospital, Sharjah.



RIGHT PARENTING TALKS

Zulekha Hospital organised 'Right Parenting Guidance' sessions in various schools and educational facilities across UAE. The CSR initiative aims to improve the general public's health and lifestyle concepts through direct interactive dialogue on various community platforms.

Dr. Mandar Vishwanath Bichu, Specialist Paediatrician and Head of Right Parenting, delivered talks on various topics ranging from 'Common Parenting Errors' to First Aid education.

The audience participated actively in these interactive sessions and thanked Zulekha Hospital for the initiative. Various educational institutes also expressed their gratitude and a keen desire to continue arranging more such parenting sessions in the future.



BUDS PUBLIC SCHOOL

Topic: Basic concepts of First Aid and CPR.



INDIA CLUB, DUBAI

Topic: 'Antibiotics - Common Myths'.

RIGHT PARENTING TALKS



CNE SESSION FOR THE NURSING STAFF
Topic: 'Positive Discipline: What can we do better as parents?'



LEADERS PVT. SCHOOL, SHARJAH
Topic: Common parenting errors and their long-term negative impact on health and lifestyle.



SANTHWANAM AT ZULEKHA HOSPITAL
Topic: 'Exams - How to prepare well, and beat exam-stress?'



INDIA CLUB, DUBAI
Topic: 'Digital World - Family Strategy'

HEALTH AWARENESS TALKS

HEALTH AWARENESS SESSION FOR SAKHI

Zulekha Hospital successfully organised a health awareness talk by Dr. Shanitha Fathima, Specialist Obstetrician & Gynecologist and Dr. Deepu Abraham, Consultant Neonatologist & Paediatrician. The initiative was organised by Zulekha Hospital in association with Sakhi Indian Association, D Media & Joy Alukkas Jewellery LLC. Sakhi is an association of like-minded individuals in Kerala, India. The group supports the legal, economic and social empowerment of women and children from socially or economically disadvantaged backgrounds.



HEALTH TALK AT WSP & YOGA SESSION AT AL BAKER PHARMACEUTICALS

In an endeavour to promote a healthy lifestyle, Zulekha Hospital hosted an interactive yoga fitness session at Al Baker Pharmaceuticals in Sharjah. Additionally, a health awareness talk was delivered by Dr. Masarat Mehboob, Specialist Internal Medicine. The session conducted over webinar highlighted on Heat Stroke, its symptoms, risk factors and overview of medical management.



WORLD HEART DAY CELEBRATION WITH HIGH SCHOOL STUDENTS

On the occasion of World Heart Day, over 60 high school students and teachers of Al Resalah International School of Creative Science visited the Sharjah hospital. During the session, Dr. Mandar V. Bichu, Head of Right Parenting spoke about 'Keeping the heart healthy', explaining basics about the structure, function and common diseases of the heart and how preventive lifestyle changes can help improve and preserve cardiac health. Some of the students, who were children of determination, visited patients with heart ailments at the hospital and offered gifts, which were specially prepared for them.



HEALTHY CAREER CHOICE AT MANIPAL UNIVERSITY

Ms. Nafeesa Ahmed, Director of Nutrition & Lifestyle Management conducted a seminar on 'Healthy Career Choice' for the nutrition & dietician students of Manipal University, Dubai on November 6, 2019. Students were grateful for her guidance & benefitted from her vast experience.



SCREEN & SURVIVE
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WHAT'S IN YOUR COLON?

GET YOUR COLON SCREENED. STAY SAFE FROM CANCER.





HOSPITAL EXPERTS SAFELY REMOVE A 3.5 KG FIBROID UTERUS LAPAROSCOPICALLY

49-year-old Khalidah, was admitted to Zulekha Hospital, Sharjah with complaints of Menorrhagia and Dysmenorrhea, which is mainly heavy menstrual flow for months together. Following examination, it was found that her uterus was enlarged as much as it would at 32 weeks of pregnancy. Ultrasound and MRI scan made it clear that she had multiple fibroids, the largest being 10 cms and many others were measuring 5-6 cms which occupied the whole of her abdominal cavity.

Fibroids are a very common condition for women and can be dangerous if left untreated. They can continue to grow, both in size and number. As these tumours take over the uterus the periods become heavier and it may be accompanied by severe cramping.

Khalidah underwent surgery in Zulekha Hospital, Sharjah where Dr. Neeta Warty, Specialist Gynaecologist and Laparoscopic Surgeon assisted by Dr. Betty John, Consultant Gynaecologist, conducted a laparoscopic hysterectomy to remove the large uterus which took around 2 hours to complete.

Dr. John commented on the procedure saying, "We did Khalidah's basic blood investigations and she was found

to be anaemic which was treated before the surgery. She had also undergone multiple surgeries earlier including a caesarean section, an abdominoplasty, a laparotomy for an ovarian cyst and also an umbilical hernia repair with a mesh, which made the space around her uterus negligible and hence it was merging with the abdominal wall, which complicated the procedure. We are happy we could successfully manage all these complications well."

The patient returned home after two days, and is now healthy and recovering well. Khalidah extended her heartfelt thanks to the Zulekha Hospital's Gynaecology team saying, "The team of experts at Zulekha Hospital treated me well in time and I am feeling better now."

Dr. Warty added, "These surgeries are laparoscopic which are keyhole surgeries. So a patient goes through very little pain and trauma and can be up and about the very next day, go home the third day and does not have to suffer a lot, as opposed to having open or conventional surgery. This advanced technique is a breakthrough in healthcare and most helpful when we do these surgeries laparoscopically, especially after the patient has undergone so many conventional surgeries."



HOSPITAL EXPERTS HELP WORKER REGAIN MOBILITY AFTER 12 YEARS OF PAIN

52-year-old Philip had been repeatedly seeing doctors across multiple hospitals in UAE for his severe knee pain which got worse with his long-standing position, an essential requirement on his job as a worker in a dairy products company. Over 12 years, he had been suffering from extreme Unilateral Primary Osteoarthritis, and unable to bear the pain. Finally, he approached the orthopaedic experts at Zulekha Hospital, Dubai for a permanent solution.

Degenerative Osteoarthritis is a very painful condition that can reduce mobility and make daily tasks difficult to manage for any individual. Age and repetitive stress injuries with constant pressure on knee joints, occupational stress due to extreme fast movements, squatting, or lifting heavy weights can be some very common causes leading to this condition of the knees. Pain-relieving anti-inflammatory drugs can only help to a certain extent, beyond which surgical treatments are the only source of respite to patients.

Having known of the disease for over 10 years and fearing the surgical repercussions, Philip had avoided it for long. Specialist Orthopaedics, Dr. Rahul Shivadey and Dr. Chetan Prakash took time to explain in detail and assure Philip that his condition can be treated and needed immediate attention to remobilise him and save him from losing his mobility permanently.

Over a four hour procedure, Philip underwent a successful realignment of the knee. The surgeons removed the eroded portion of the knee and re-aligned it with a cemented total knee. Speaking of the team effort in managing the difficult procedure, Dr. Shivadey said, "We learnt that the complex dislocating deformity would not enable a complete correction and standard knee prosthesis would not give us 100% results. Within minutes

of evaluating the complexity of the deformity, we took a quick decision to use a higher grade comprehensive prosthesis for the knee replacement. This gave us variable options that allowed us to customise the knee implant to suit his original bone structure. It is a practice used as a back-up during contingencies to achieve best results." The Orthopaedic team of doctors at the Dubai Hospital, were glad to have been able to restore the patient's mobility achieving very good alignment of the knee. The prosthesis used was made from completely safe titanium alloy. Dr. Shivadey added, "The deformity was a gross deformity and the bone was dislocating. The joint line had widened over its normal span and this was the result of constant weight-bearing and pressure on the knee that led to its deformity. There had been a complete loss of cartilage between the thigh bone and the leg bone, resulting in continuous friction of the bone that could wear away the bone, and even lead to severe infections." Dr. Prakash said, "Such cases need a very clear diagnosis and planned team effort. Philip had lost hope after consulting multiple hospitals. While surgeons take up knee replacements, the complexity in this case due to the deformity required expertise to prepare for the unknown due to the high risks involved. We were confident we could manage it successfully and kept the patient well-informed on what he can expect. Our goal was to enable a full-correction of his deformity. We were happy the patient co-operated, and we could achieve this."

Philip expressed his gratefulness to the treating doctors saying, "I am very happy the pain is gone and I can walk and move again." Philip is advised to be cautious for the next four to six months, avoiding any jerks and eventually resume his normal life. The Orthopaedic Department at Zulekha Hospital, Dubai is Gold certified by SRC Center of Excellence and recognised for practising the gold standard of evidence-based surgical care.



ZULEKHA HOSPITAL SAVES THE LIFE OF AN INFANT SUFFERING FROM OESOPHAGEAL ATRESIA

Zulekha Hospital saved the life of an infant suffering from Oesophageal Atresia (EA), a rare birth defect in which the baby is born without parts of the oesophagus (the tube that connects the mouth to the stomach). Instead of forming a tube between the mouth and the stomach, the oesophagus grows in two separate segments that do not connect. A baby with this birth defect is unable to pass food from the mouth to the stomach, and sometimes faces difficulty in breathing.

Joud, born at Zulekha Hospital, Sharjah was diagnosed with the condition soon after his birth. He experienced symptoms that included frothy white bubbles in his mouth, coughing when feeding, blue colour of the skin, especially during feeding and breathing difficulty. Although it can be life-threatening in its most severe forms and could cause long-term nutritional concerns, a majority of the children fully recover if it is detected early. The best treatment is usually a surgery to reconnect the two ends of the baby's oesophagus.

Dr. Mazen Salowm, Specialist Paediatric Surgeon commented on the case saying, "On an average, the condition affects 1 in 2000 to 4000 live births with a slightly higher incidence in male than female. The right care and treatment of oesophageal atresia are highly dependent on the surgical expertise and facilities

available in the treating hospital. At Zulekha Hospital, a fully experienced dedicated team including nurses, surgeons, neonatologists and anaesthetists worked relentlessly to provide the baby with the best medical care."

Joud underwent an innovative procedure where Dr. Mazen Salowm performed 'The Foker Technique' which allows oesophageal lengthening facilitating end-to-end anastomosis in long gap oesophageal atresia. Thoracotomy was done on the third day of birth which gave the doctors access to the organs within the chest. Two small silicon tubes (0.5 cm) were fixed to each end of the oesophagus and connected to a thread that extracted through the chest wall to apply daily external traction on both oesophageal ends, trying to elongate the oesophagus by growth stimulation."

The infant was on ventilated care for six days followed by thoracotomy on the sixth day to reconnect the oesophagus.

The parents thanked the medical team profusely and added, "We are extremely thankful for the excellent support to us by the Zulekha medical team during Joud's difficult situation. The moments were very tense for us and we were assured of the best care by the doctor." Joud abstained from any liquid intake for a week. Following which a Gastrografin Swallows Test was performed and that highlighted the successful reconnection of the oesophagus. The infant gradually recovered and was discharged with his mother on oral feeding.



FIRST PRIVATE HOSPITAL IN UAE TO PERFORM PAEDIATRIC CARDIAC SURGERY

15-year-old Ms. Shahma Kareem, was brought to Zulekha Hospital, Sharjah when she complained of chest pain and shortness of breath. Due to a congenital heart defect, she had been facing this difficulty for over a year, but was never diagnosed earlier. Echocardiography revealed a hole in her heart.

An atrial septal defect or ventricular septal defect causes too much blood to pass into the lungs causing an elevation in the pulmonary artery pressure and repeated chest infections. While more complex cases lead to de-oxygenation of the blood with bluish discoloration of the lips and nails, leading to complications if left unattended; life expectancy depends on the type of lesion in the heart. Severe cases like transposition of great arteries where the positions of the pulmonary artery and the aorta are switched are fatal if untreated. Only 10% of those patients reach the age of one while patients undergoing treatment for an atrial septal defect may live up to 50 or 60 years. Dr. Yasser Menaissy, Consultant in Adult & Paediatric Cardiac Surgeries, performed a three-hour successful

open-heart surgery on her, to close her congenital heart defect. Her Echocardiography revealed that her defect was not suitable to be closed by a device through an interventional procedure thus an open-heart cardiac surgery was performed on Ms. Shahma.

Dr. Yasser Menaissy says, "There could be a hereditary factor but it's not a must for a parent with a congenital heart problem to have a child affected as well. We are glad about the positive outcome of the heart surgery after which the child resumes a 100% normal life." Shahma resumed her school and regular activities two weeks after the surgery. Post-surgery, the patients recover very well and they continue to lead their normal life. Once the heart is back to its normal state, those patients are normal people who grow up, get married and have children just like their peers.

Shahma's father, Mr. Kareem said, "I am very thankful to Dr. Yasser and the team at Zulekha Hospital, Sharjah for giving my daughter the best treatment and care. She is now performing her day to day activities with a renewed energy and is happier than before."

strength of hope



She believed in 'miracles'.
Although her world had collapsed.

She became a symbol of 'hope'.
Even when stereotypes had caged her.

On the quest of finding herself,
She picked her broken pieces.

Moulded her fate, renewed her destiny,
'Smile' being her weapon.

She chose to live a ceaseless life.
She just opened her wings of 'dream'.

Because she knew,
She was born to 'fly'...

By
Ms. Shugfta Meraj
Clinical Dietitian
Department of Nutrition & Lifestyle Management
Zulekha Hospital, Sharjah

HEALTH RESOLUTIONS FOR THE NEW YEAR!

The New Year is often a time to think about resolutions. Many of us have already set goals with a heart filled with optimism and the hope of a promising change for 2020. Try these tips on nutrition, health and lifestyle that will help improve your life for the better through 2020 and beyond!

Get Active

Work on being active for 30 to 60 minutes a day. Engage in activities you enjoy like running, speed walking, swimming, dancing, and more! Being active will keep your heart healthy, strengthen your joints and muscles and help you maintain a healthy weight.

Be Mindful

Train your body, mind and soul by learning to practise mindfulness in your daily life. Mindfulness is the energy that helps us identify moments of happiness that are already present in our lives. Mindfulness can help you manage your mental health and overall wellbeing. It can enable you to positively change the way you think and feel about your experiences (especially stressful experiences) and reduce stress.

Curb Your Stress

While stress is inevitable in our daily lives, we should aim to reduce or manage it as much as possible. A busy lifestyle can often leave little time for relaxation. Chronic stress can affect your health and contribute to the worsening or development of health conditions such as depression, heart disease and obesity. Manage stress by taking time each day to relax, meditate or spend quality time with friends. Do the things you enjoy!

Detour from your routine

As humans, we thrive on routines; we have them for almost everything: morning, weekend and bedtime routines for example. Whilst routines are good, they can sometimes become predictable. Take a detour from your daily routine. This could be a slight change such as taking a walk during your lunch break or trying a different haircut. These new changes may improve your focus, energise your mind and make you feel good!

Eat Well

The well-known saying 'You are what you eat' is the idea that to be fit and healthy you need to eat good food. The food that you eat affects your health, energy level and mood. A healthy, balanced and varied diet will provide you with the energy you require for your daily activities, it will also help maintain your health by preventing and or

reducing the risk of conditions such as diabetes, obesity and some types of cancers.

Kick the Habit - Quit Smoking

If you don't smoke, keep up the great work! If you do, don't worry – you can take steps to quit for good. Quitting smoking is not easy, but it's worth it. Talk to your doctor to see which method might work best for you. Your body will thank you!

Get Organised

This may be at work or at home. Being organised has some health benefits; these include reducing stress associated with feeling overwhelmed. Being organised can help you plan and achieve more in your day.

Get Enough Sleep

Getting enough sleep is important for people of all ages to stay in good health. Most adults need between 6 and 9 hours of sleep every night. Aim to sleep at regular times, wind down to prepare for bed by doing relaxation exercise such as light yoga stretches or having a warm bath or shower.

Drink More Water

Up to 60% of the adult human body is water; therefore it goes without saying that water is life. Drinking enough water (minimum 2 litres per day) is crucial for a healthy body and mind. Increase your intake of water by sipping in between meals, carrying a water bottle and replacing sodas and juices with water. Try fruit infused water for variety. Make getting hydrated a daily goal and use an app to track how many cups of water you drink every day

Tips to make 2020 your healthiest year yet!

- Make a to-do list everyday/weekly/fortnightly
- Categorise short-term and long-term goals
- Aim to focus on planned goals
- Strive to meet the expected goals
- Follow-up on the work not done and try to complete it

Remember 'Health is Wealth'

Wish You All a Very Happy, Healthy and Fruitful New Year!

By

Ms. Anjum Ara

Sr. Clinical Dietitian
Department of Nutrition & Lifestyle Management
Zulekha Hospital, Sharjah





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EVERYDAY WARRIORS

Alexis Multispecialty Hospital organised the third season of 'Everyday Warriors' - a cancer survivor forum to salute the survivorship. The forum is a platform for survivors and their relatives to share their inspiring stories and showcase their hidden talents. Through an open dialogue, the hospital intends to help cancer survivors overcome their fear of this dreadful disease. Families are encouraged to support and participate with the survivors in various

activities that will also give them a reassurance and build their confidence in overcoming the fears while fighting the disease. Leaving aside all the grief, warriors of all ages enthusiastically participated in various activities like dance, fashion show and singing. Cancer survivors expressed their gratitude towards the entire oncology team at Alexis Hospital including Dr. Amol Dongre, Medical Oncologist; and Dr. Puneet Seth & Dr. Chandani Hotwani from Radiation Oncology; for the encouragement.

WORKSHOPS

ECG WORKSHOP IN ASSOCIATION WITH HIMPAM

Alexis Multispeciality Hospital in association with Homeopathic Integrated Medical Practitioners Association, Maharashtra (HIMPAM), conducted a two-day ECG Workshop for the association members at Hotel Tuli Imperial, Nagpur.

The workshop was attended by 45 external and in-house physicians. The guiding faculties for the workshop were Dr. Rishi Lohiya & Dr. Shoeb Nadeem, Interventional Cardiologist at Alexis Multispeciality Hospital. The topics covered during the workshop were Normal ECG Variants, Axis, Voltage and Chamber Hypertrophy, Sinus Node Dysfunction and SVT, Conduction Disturbances, Ischemia and Infraction, Ventricular Arrhythmias, Repolarisation Abnormalities and Pacemaker ECGs.



ECG WORKSHOP FOR NIMA STUDENTS

The department of cardiology at Alexis Multispeciality Hospital conducted a basic ECG Workshop for the students of NIMA, Nagpur. The training workshop was attended by 38 students from the NIMA student forum Nagpur Branch.

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

FIRE WORKSHOP IN ASSOCIATION WITH CAHO

Consortium of Accredited Health Care Organisations (CAHO) and Chola MS Risk Services organised a unique training program at Alexis Multispeciality Hospital, Nagpur to address critical gaps in knowledge and fire protection system that hospitals face today in areas of emergency evacuation, fire prevention and awareness. This one-day training program encompassed the courses related to understanding the principles of fire, fire hazards in a hospital and risk control, active and passive fire protection systems along with training and mock drill. The training was attended by the fire safety officers and administrators of various hospitals from Nagpur city.



HEALTH CHECK-UP CAMP AT ARYODAYA HONDA

A corporate health check-up camp was conducted for the employees of Aryodaya Honda, an authorised dealer of Honda cars in Nagpur. The basic health check-up facility was availed by 125 employees during the span of the day.



ROUTINE HEALTH CHECK-UP CAMP AT RAMNA MAROTI

Alexis Multispeciality Hospital in association with Sakal NGO conducted a free health check-up camp at Ramna Maroti Mandir, Nagpur. Basic health check-up along with physician consultation was offered to 124 citizens from the vicinity.

HEALTH CHECK-UP CAMP AT INDIAN OVERSEAS BANK

As a part of on-going corporate social responsibility, Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees and customers of Indian Overseas Bank. The basic health check-up facility was availed by 78 members at Sadar branch, 56 members at Hudkeshwar branch and 140 members at Hingana branch.



HEALTH CHECK-UP CAMP AT ST. JOSEPH SCHOOL

A staff health check-up camp was organised by Alexis Multispeciality at St. Joseph CBSE School Godhani, Nagpur which concluded with routine physical assessment and physician consultation of 46 staff members.

HEALTH CHECK-UP CAMPS

CORPORATE HEALTH CHECK-UP AT BYJU'S

A corporate health check-up camp was organised for the employees of BYJU's, Nagpur. BYJU's, - The learning app is engaged in providing e-learning solution for Class 4-12, JEE/NEET TEST PREP. The basic health check-up facility was availed by 72 members along with physician consultation.



HEALTH CHECK-UP CAMP AT HDFC BANK

Alexis Multispeciality Hospital conducted a health check-up camp for the employees and customers of HDFC Bank, Shivaji Nagar & Fidvi Tower, Nagpur. Routine check-up along with physician consultation was offered to 76 members at Fidvi Tower and 72 members at Shivaji Nagar Branch.

CORPORATE HEALTH CHECK-UP CAMP AT CLICK-TO-CLOUD

As a part of on-going CSR activity, Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of Click-To-Cloud, a Cloud Infrastructure Automation & Cloud Migration Technology Company in Nagpur. The basic health check-up facility along with physician consultation was availed by 67 members.



IN-HOUSE PAEDIATRIC EVALUATION CAMP

A paid in-house paediatric evaluation camp was organised by Alexis Multispeciality Hospital. Dr. Bhaskar Gupta & Dr. Shweta Bhandarkar, Paediatrician and Neonatologists along with Dr. Amena Ahmed, Dentist and Dr. Manish Puttewar, ENT Specialist rendered their services for the camp. 30 children from the vicinity availed the services of complete Paediatric, Dental & ENT evaluation during the day.

HEALTH CHECK-UP CAMPS

CORPORATE HEALTH CHECK-UP CAMP AT PANTALOONS

Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of Pantaloons Nagpur at their Civil Lines & Empress Mall branches. The basic health check-up facility along with physician consultation was availed by 53 employees at Civil Lines and 78 employees at Empress Mall branch.



HEALTH CHECK-UP CAMP AT TCS

Alexis Multispeciality Hospital offered a three-day basic health check-up service for the night shift employees of Tata Consultancy Services, Mihan. Routine health check-up along with physician consultation was offered to 470 employees during the course of three days.

CORPORATE HEALTH CHECK-UP CAMP AT GOVERNMENT PRESS

A corporate health check-up was organised for the employees of Government Press, Nagpur. During the camp 96 members availed the facility of routine health examination along with physician consultation.



CORPORATE HEALTH CHECK-UP CAMP AT PVR CINEMAS

A basic health check-up service was conducted for the employees of PVR Cinemas, Empress Mall, Nagpur. Routine health check-up services along with physician consultation was offered to 66 employees during the course of the day.

HEALTH CHECK-UP CAMPS

CORPORATE HEALTH CHECK-UP CAMP AT JAIKA MOTORS

Alexis Multispeciality Hospital conducted a corporate health check-up for the employees of Jaika Motors an authorised Dealer for Sales, Service and Spares of Tata Passenger Cars. During the camp 77 members at Hingana and 64 members at Parsodi Branch availed the facility of routine health examination.



SCHOOL HEALTH CHECK-UP CAMP AT MOUNT LITERA ZEE SCHOOL

A 4 days school health check-up camp was organised at Mount Litera Zee School, Nagpur. Complete Anthropocentric Assessment along with Vision Test, Paediatric Evaluation and Routine Dental check-up was done for 555 students. Dr. Bhaskar Gupta, Consultant Neonatologist & Paediatrician and Dr. Shweta Bhandarkar, Associate Consultant Neonatologist & Paediatrician along with Dr. Amena Ahmed, Consultant Dentist and Regional Medical Officers rendered their services for the camp.

CORPORATE HEALTH CHECK-UP CAMP AT PERSISTENT SYSTEMS

Alexis Multispeciality Hospital offered a corporate health check-up service for the employees of Persistent Systems Limited, IT Park, Nagpur. Routine health check-up along with physician consultation was offered to 483 employees during the course of three days.



CORPORATE HEALTH CHECK-UP CAMP AT ACC CEMENT

Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of ACC Cement, Chandrapur. Dr. Jayant Kelwade, Endocrinologist rendered his services during the screening camp attended by 55 employees.

HEALTH CHECK-UP CAMPS

CORPORATE HEALTH CHECK-UP CAMP AT HOTEL CENTRE POINT

A corporate health check-up was conducted for the staff members and guests of Hotel Centre Point, Nagpur. During the camp 338 members availed the facility of routine health examination along with physician consultation.



PAEDIATRIC EVALUATION CAMP AT OAM SUNRISE KINDERGARTEN

Alexis Multispeciality Hospital organised a paediatric health evaluation camp at Oam Sunrise Kindergarten, Nagpur. Dr. Bhaskar Gupta, Neonatologist & Paediatrician; extended his services for the camp offering basic Paediatric Evaluation for 31 kids.

CORPORATE HEALTH CHECK-UP CAMP AT APOLLO MUNICH

As a part of on-going corporate social responsibility, Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of Apollo Munich, Nagpur at their corporate office. The basic health check-up facility along with physician consultation was offered to 88 members.



CORPORATE HEALTH CHECK-UP CAMP AT HOTEL TULI IMPERIAL

A corporate health check-up was conducted for the staff members of Hotel Tuli Imperial, Nagpur. During the camp 164 members availed the facility of routine health examination along with physician consultation.

HEALTH CHECK-UP CAMPS

STAFF HEALTH CHECK-UP CAMP AT VIDARBHA IRRIGATION DEVELOPMENT CORPORATION

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp at Vidarbha Irrigation Development Corporation Civil Lines, Nagpur which concluded with routine physical assessment and physician consultation of 119 staff members at their premises.



STAFF HEALTH CHECK-UP CAMP AT JOINT DIRECTOR TREASURY

A staff health check-up camp at Joint Director Treasury, Nagpur which concluded with routine physical assessment and physician consultation of 120 staff members at their premises.

PAEDIATRIC HEALTH EVALUATION AT TIME KIDS SCHOOL

Alexis Multispeciality Hospital organised School Health Check-up Camp at Time Kids School, Nagpur. Dr. Shweta Bhandarkar, Associate Consultant Neonatologist & Paediatrician rendered her services for Complete Anthropocentric Assessment along with Paediatric Evaluation for 35 kids during the day.



GYNAE CHECK-UP CAMP FOR THE MEMBERS OF TANISHKA FOUNDATION

Alexis Multispeciality Hospital organised a basic health check-up camp for the members of Tanishka Foundation at Saoner. 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. Sakshi Gaikwad, Consultant Obstetrician & Gynaecologist; rendered her services for the Camp. Random Blood Sugar, BP, BMI & Consultation by Gynaecologists was offered to 135 women.

HEALTH CHECK-UP CAMPS

HEALTH CAMP AT MAHINDRA & MAHINDRA FOUNDER'S DAY CELEBRATION

Alexis Multispeciality Hospital participated in the founders day celebrations of Mahindra & Mahindra, Hingna, Nagpur. 117 employees availed the basic health check-up service at the Alexis stall. The celebration witnessed the footfall of 5000 plus employees and their family members.



PAEDIATRIC HEALTH CHECK-UP CAMP AT DELHI PUBLIC SCHOOL

A six-day school health check-up camp was conducted at Delhi Public School, Nagpur. Complete Anthropocentric Assessment along with Vision Test, Paediatric Evaluation and Routine Dental check-up was done for 3400 students during the course of six days. Dr. Bhaskar Gupta, Consultant Neonatologist & Paediatrician and Dr. Shweta Bhandarkar, Associate Consultant Neonatologist & Paediatrician along with Dr. Amena Ahmed, Consultant Dentist and Regional Medical Officers; rendered their services for the camp.

SCHOOL HEALTH DEVELOPMENTAL PROGRAM AT PODDAR INTERNATIONAL SCHOOL

As a part of our promotional activity, Alexis Multispeciality Hospital organised a four-day School Health Developmental Program at Poddar International School, Nagpur. The Paediatrics & Neonatology Department at Alexis carried out a Complete Anthropocentric Assessment along with Paediatric Evaluation. Dr. Bhaskar Gupta & Dr. Shweta Bhandarkar, Paediatrician & Neonatologist along with the support from the entire department conducted the evaluation of 1080 kids during the course of 4 days.



BASIC HEALTH CHECK-UP CAMP AT MANKAPUR STADIUM

Alexis Multispeciality Hospital conducted a basic health check-up at Mankapur Stadium, Nagpur on the occasion of Gurunanak Jayanti. During the camp, 130 citizens availed the facility of routine health examination along with physician consultation.

HEALTH CHECK-UP CAMPS

HEALTH CHECK-UP CAMP AT DHANWATE NATIONAL COLLEGE

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp for HDFC's staff at Dhanwate National College, Nagpur on the occasion of their sports day which concluded with routine physical assessment and physician consultation of 120 staff.



HEALTH CHECK-UP CAMP AT VALETHI TECHNOLOGIES LLP.

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp at Valethi Technologies LLP, Parsodi, Nagpur which concluded with routine physical assessment and physician consultation of 40 staff members at their premises.

HEALTH CHECK-UP CAMP AT BOKHARA

A free health check-up camp was conducted at Slum Soccer, Bokhara Branch as a part of our promotional activity. During the camp 191 players availed the facility of routine health examination along with dental check-up and physician consultation.



HEALTH CHECK-UP CAMP AT SREI EQUIPMENT FINANCE LTD.

Alexis Multispeciality Hospital conducted a free health check-up for the staff members of SREI Equipment Finance Ltd., Nagpur. During the camp 45 employees availed the facility of routine health examination along with physician consultation.

HEALTH CHECK-UP CAMP AT GANESHPETH

As a part of our promotional activity, Alexis Multispeciality Hospital organised a free health check-up camp at Ganeshpeth, Nagpur. The basic health check-up facility along with physician consultation was offered to 35 members during the span of the day.



HEALTH CHECK-UP CAMP AT CENTRAL BANK OF INDIA

As a part of the on-going corporate social responsibility, Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of Central Bank of India, Nagpur at their corporate office. The basic health check-up facility along with physician consultation was offered to 46 members.

HEALTH CHECK-UP CAMP AT THE AGRICULTURE COLLEGE

Alexis Multispeciality Hospital in association with Sakal NGO conducted a free health check-up camp at Agriculture College, Nagpur for their employees. Basic health check-up along with physician consultation was offered to 205 staff members.



CORPORATE HEALTH CHECK-UP CAMP AT PVR CINEMAS

Alexis Multispeciality Hospital offered a basic health check-up service for the employees of PVR Cinemas, Eternity Mall, Nagpur. Routine health check-up services along with physician consultation was offered to 64 employees during the course of the day.

HEALTH CHECK-UP CAMPS

STAFF HEALTH CHECK-UP CAMP AT JUSTDIAL

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp at Justdial, Shatabdi Square, Nagpur which concluded with routine physical assessment and physician consultation of 46 staff members.



CORPORATE HEALTH CHECK-UP CAMP AT RELIGARE BROKING PVT. LTD.

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp at Religare Broking Pvt. Ltd., Nagpur which concluded with routine physical assessment and physician consultation of 51 members at their premises.

CORPORATE HEALTH CHECK-UP CAMP AT MICROPRO SOFTWARE SOLUTIONS

Alexis Multispeciality Hospital conducted a corporate health check-up camp for the employees of Micropro Software Solutions Private Limited, Nagpur at their corporate office. The basic health check-up facility along with physician consultation was offered to 75 members during the span of the day.



CARDIAC CAMP AT SHANTI NAGAR

Alexis Multispeciality Hospital, Nagpur organised a complimentary cardiac check-up camp for the members of Taloba-ul-Kulliyat-il-Mumenoon, Saifee Mohalla, Shanti Nagar, Nagpur. A total of 115 members were benefited with the specialist clinical services provided by Dr. Shoeb Nadeem, Interventional Cardiologist along with other clinical and non-clinical staff members of the hospital.

HEALTH CHECK-UP CAMP AT ZULEKHA COLLEGE

Alexis Multispeciality Hospital, Nagpur in association with Zulekha College organised a complimentary health check-up camp for the students and the staff members of Zulekha College of Commerce, Science & Technology, Shanti Nagar, Nagpur. The initiative was part of the CSR activity of Alexis Multispeciality Hospital, Nagpur. Total 200 students along with their teachers were benefited by this camp.



BASIC HEALTH CHECK-UP CAMP AT SHREE DATTA MANDIR SCHOOL

As part of the on-going corporate social responsibility, Alexis Multispeciality Hospital conducted a corporate health check-up camp at Shree Datta Mandir School, Butibori. The basic health check-up facility along with physician consultation was offered to 91 members during the span of the day.

HEALTH CHECK-UP CAMPS

HEALTH CHECK-UP CAMP AT DINDAYAL NAGAR

A complimentary health check-up camp was organised at Dindayal Nagar, Padole Square, Nagpur. The basic health check-up facility along with physician consultation was offered to 95 residents during the span of the day.



CORPORATE HEALTH CHECK-UP CAMP AT RELIANCE JIO

As a continued CSR activity, Alexis Multispeciality Hospital conducted a staff health check-up camp at Reliance Jio, Nagpur which concluded with routine physical assessment and physician consultation of 65 members.

CELEBRATIONS

DIWALI CELEBRATIONS

Traditions are important in organisations just as they are in families. Diwali is one such auspicious moment when everyone comes together as a family and enjoys the bond of happiness and joy. As one big family Alexis Multispeciality Hospital celebrated Diwali on 26th October. There were numerous programs organised at the Alexis auditorium for the employees including dance performances, fashion show and painting competition with exciting prizes for the winners. All the departments participated with lot of enthusiasm in this cultural fest.



THIRD ANNIVERSARY CELEBRATIONS

Alexis Multispeciality Hospital celebrated its third anniversary on 19th November. The celebration took place in the hospital premises. The entire family of Alexis Multispeciality Hospital extended their heartiest regards to all the patrons who encourage us to do better for every healthcare seeker and who also taught us about our shortcomings to allow us to improvise further. On this occasion some of the members who had outperformed their duties were recognised and rewarded by the Management. They all received a token of appreciation from the management. The recognition was to appreciate their efforts in managing a critical situation patiently and bravely. Ms. Veronica David, Nursing Supervisor, Mr. Datta Mote, Nursing Supervisor, Mr. Vinod Bahekar, Security Guard and Mr. Vivek Shahu, Security Guard were amongst the rewarded.



CHRISTMAS CELEBRATIONS

Alexis Multispeciality Hospital celebrated a fun-filled Christmas evening with plenty of activities including Christmas Carols, Secret Santa, Costumes, Games and many other surprises.

HEALTH AWARENESS TALKS

HEALTH AWARENESS SESSION AT ST. JOHN'S SCHOOL

Alexis Multispeciality Hospital organised a health awareness session for the students of St. John's Public School, Nagpur. Ms. Nidhi Varghese, Clinical Psychologist addressed the kids on 'Awareness About Tobacco and E-Cigarettes'.



HEALTH AWARENESS SESSION AT JAIKA MOTORS

A health awareness session was organised for the employees of Jaika Motors, Nagpur. Ms. Nishad Khan, Nutritionist addressed the employees on 'Nutrition and Lifestyle Management'.



HEALTH AWARENESS SESSION AT SREI, EQUIPMENT FINANCE LTD.

Alexis Multispeciality Hospital organised a health awareness session for the employees of SREI, Equipment Finance Ltd., Nagpur. Ms. Nishad Khan, Nutritionist addressed the employees on 'Nutrition and Stress Management'.



HEALTH AWARENESS SESSION AT RELIANCE JIO

A health awareness session was organised for the employees of Reliance Jio, Nagpur. Ms. Manjiri, Nutritionist addressed the employees on 'Nutrition and Lifestyle Management'.

OBSERVANCE DAYS

ENGINEERS' DAY

Engineering is important; it's also challenging and exciting. Engineers use models provided by science combined with innovative thinking to solve problems and create new designs that benefit humanity, design and build faster and safer infrastructure. On Engineers' Day, to encourage the outstanding work of the entire team, Alexis Multispeciality Hospital cherished the hard work and efforts of the Engineering & Maintenance Department as well as every engineer who contributed in the making of Alexis.



THE 3RD EDITION OF JOINT EFFORTS, AN ARTHRITIS AWARENESS INITIATIVE

Alexis Multispeciality Hospital Nagpur organised the third edition of Joint Efforts, its arthritis awareness programme in October. In line with the on-going CSR initiatives, the event was held at Alexis auditorium. Shrimati Kundatai Vijaykar, Ex-Mayor of Nagpur was the Chief Guest at the event. She emphasised on the importance of regular exercises to stay fit and independent at any age. An educational session on 'Arthritis Awareness' was also hosted where Dr. Alankar Ramteke, Joint Replacement Surgeon; enlightened the audience on preventive aspects of Arthritis and importance of early detection to help prevent the further degeneration and irreversible loss to joints. Specialist from the hospital also attended to discussions and queries about Joint Replacement Surgery and Enhanced Recovery Programs.

WORLD HEART DAY

Alexis Multispeciality Hospital celebrated World Heart Day observing the worldwide theme of 'Be a Heart Hero'. Routine health examination along with awareness lecture by Dr. Shoeb Nadeem and Dr. Rishi Lohiya, expert cardiologists and nutritional guidance by Ms. Nishat Khan was organised for the public at Japanese Garden. 220 enthusiastic health conscious people participated in the awareness lecture and health check-up.



WORLD DIABETES DAY

Alexis Multispeciality Hospital observed World Diabetes Day with an awareness session on 'Family & Diabetes' at Alexis Auditorium. The session was conducted under the guidance of Dr. Nitin Wadaskar, Dr. Nitin Shinde & Dr. Nitin Dambhare, Internal Medicine Specialists; Dr. Jayant Kelwade, Specialist Endocrinologist, Dr. Nishant Deshpande, Nephrologist, Dr. Mrunal Upasani, Ophthalmologist and Ms. Nazneen Sidhique, Nutritionist.

OBSERVANCE DAYS

NUTRITION WEEK

The Department of Nutrition & Lifestyle Management observed and celebrated the National Nutrition Week 2019 from 1st to 7th September 2019. The celebration was undertaken with an aim of reaching every household with this year's national theme 'Har ghar poshan tyohar'. Various competitions were conducted for the patient's relatives & staff members at Alexis. Ms. Renuka Mainde, Consulting Dietitian and Wellness Consultant joined us as the Chief Guest and Judge for the Cookery & Poster Competition along with Mr. Taher Shams, Managing Director.



MILESTONE



RECEIVED THE GOLD SEAL ACCREDITATION FROM THE JOINT COMMISSION INTERNATIONAL (JCI)

Alexis Multispeciality Hospital was the proud recipient of the Gold Seal Accreditation from the Joint Commission International. JCI, the world's largest healthcare accreditor, recognised the Hospital for its superior standards, commitment to quality and patient safety. JCI accreditation is considered the gold standard in global healthcare and this is a testimony to our commitment in delivering the highest standards of patient care to our patrons. Over three years of operations there have been tremendous contributions to the society by Alexis. This is

another step towards brilliance in medical care; and Alexis will continue their pursuit for quality healthcare. For any hospital to have JCI is to adhere to 1198 clinical parameters set by the Joint Commission International encompassing the clinical qualities and patient safety compliances. Alexis Multispeciality Hospital, Nagpur is one of the youngest hospitals across the world to have this accreditation achieved within the span of 32 months from inception. As of now a total of only 39 hospitals across India are JCI accredited. This is a great achievement for the entire team at Alexis Multispeciality Hospital.

SYNAPSE AND ROUND TABLE MEETS

SYNAPSE & GALA DINNER IN ASSOCIATION WITH IMA, SAGAR

On the occasion of Doctors' Day, Alexis Multispeciality Hospital, Nagpur in association with Indian Medical Association, Sagar organised a 'Synapse' on 'Interesting Cases in Infectious Diseases & Approach to Complex Fever' followed by a gala dinner. The speakers for the session were Dr. Nitin Shinde, Consultant Internal Medicine & Infectious Diseases and Dr. Nishant Deshpande, Consultant Nephrologist & Renal Transplant Physician. The CME was attended by 62 specialists from the town followed by interactive discussion and a gala dinner.



ENDOCRINOLOGY SYNAPSE

Leading to our continuous medical education journey, Alexis Multispeciality Hospital recently conducted a 'Synapse' on 'Introduction to Endocrinology'. Dr. Jayant Kelwade, Consultant Endocrinologist addressed an audience of 22 medical practitioners. The lecture was followed by an interactive discussion and dinner.

ROUND TABLE MEET & FACILITY TOUR FOR DOCTORS FROM UMRED

Alexis Multispeciality Hospital hosted 12 family physicians from Umred for a facility tour and a round table meet. The guests had an elaborate interactive discussion with Dr. Rishi Lohiya, Interventional Cardiologist about the kind of cases treated so far at Alexis which was followed by a detailed facility tour and dinner meet.



CME ON CARDIAC UPDATES

Alexis Multispeciality Hospital recently conducted a 'Synapse' on 'Updates in Cardiology' for the physicians from the city. 63 doctors attended the CME by our Cardiac Sciences Department. Dr. Shoeb Nadeem, Interventional Cardiologist spoke on 'Approach to Chest Pain' along with Dr. Rishi Lohiya, Interventional Cardiologist speaking on 'Primary Coronary Angioplasty'.

SYNAPSE AND ROUND TABLE MEETS

CME ON CARDIO & NEPHRO UPDATES

In association with the Indian Medical Association, Alexis Multispeciality Hospital organised a CME on 'Cardio & Nephro Updates' at Hotel Centre Point, Seoni. Speaker, Dr. Puneet Jandial, CVTS Surgeon, shared his views on 'Recent Advances in Cardiac Surgery'. Dr. Nishant Deshpande, Nephrologist & Renal Transplant Physician spoke on the 'Advances in Renal Transplant'. The CME was attended by 23 practicing doctors from the city.



CME IN ASSOCIATION WITH IMA BHANDARA

Alexis Multispeciality Hospital in association with Indian Medical Association, Bhandara organised a CME on Endocrinology & Radiation Therapy Updates at IMA Hall, Bhandara. Speaker, Dr. Jayant Kelwade, Specialist Endocrinologist shared recent updates on Interpretation of Thyroid Function Test along with Dr. Puneet Seth, Specialist Radiation Oncologist who spoke on Advanced Radiotherapy for Cancer Treatment. The CME was well attended by 30 IMA members from and around Bhandara.

MEDKNOW'19 - A CME IN ASSOCIATION WITH NIMA, NAGPUR

Alexis Multispeciality Hospital in association with NIMA Nagpur organised 'MedKnow19' - a Multispeciality CME. 141 practicing doctors from alternate medicine participated in the knowledge update session. Dr. Alankar Ramteke, Joint Replacement Surgeon, presented on 'Quick Recovery after Knee Replacement Surgery' along with Dr. Nitin Shinde, Infectious Disease Specialist who spoke on 'Interesting Cases in HIV' and Dr. Bodhraj Dhawan, Ophthalmologist presented on 'Presentations & Management of Diabetic Retinopathy'.



CME IN ASSOCIATION WITH IMA, WARDHA

Alexis Multispeciality Hospital in association with Indian Medical Association, Wardha organised a CME on Infectious Diseases at Wardha. Speaker, Dr. Nitin Shinde, Infectious Disease Specialist shared recent updates on Prevention, Control & Management of Infections in Hospital. An interactive panel discussion was hosted by Dr. Nitin Shinde on 'Approach to Tropical Fever & PUDS'. The CME was well attended by 48 IMA members.

SYNAPSE AND ROUND TABLE MEETS

CME IN ASSOCIATION WITH IMA, ADILABAD

Alexis Multispeciality Hospital in association with IMA Adilabad organised a 'Synapse' on 'Cardiology & Neurology' at Adilabad. 49 practicing IMA doctors participated in the knowledge update session. Dr. Shoeb Nadeem, Interventional Cardiologist presented on 'Hypertension' along with Dr. Abhishek Wankar, Neuro-Physician who spoke on 'Status Epilepticus Management'.



SYMPOSIUM AND WORKSHOP ON DECEASED ORGAN DONATION & TRANSPLANTATION

Organ Transplant Unit at Alexis Multispeciality Hospital in association with Zonal Transplant Co-ordination Centre, Nagpur, conducted a CME & Workshop on 'Deceased Organ Donation & Transplantation' at Director State Institute of Health & Family Welfare Centre, Nagpur. The faculties for the CME were Dr. Vibhawari Dani, President, ZTCC & Ex-Dean, GMCH, Dr. Viresh Gupta, Vice President, ZTCC & Nephrologist, Dr. Ravi Wankhede, SQN LDR IAF (Veteran), Hon' Secretary ZTCC, Hon' Director, Mohan Foundation, Director of Operations, Jeevan Jyoti Blood Bank & Components, Dr. Piyush Shrivastava, HOD Transplant Anaesthetist, Mrs. Veena Wathore, ZTCC Transplant Coordinator, Dr. Prakash Jain, Laparoscopic, GI and Liver Transplant Surgeon, Dr. Ajitabh Srivastava, Vice Chairman of Liver Transplant Unit at Fortis Hospital, Dr. Avinash Chaudhari, Dr. Naresh Tirpude, Dr. Tushar Gawad, Ms. Priti Jain & Ms. Mrunali Khonde.

CME IN ASSOCIATION WITH IMA, SATNA

Alexis Multispeciality Hospital in association with IMA Satna organised a 'Synapse' on 'Nephrology & Pulmonology' at Satna. 43 practicing doctors from in and around the area participated in the knowledge update session. Dr. Manoj Pethe, Pulmonologist presented on 'Respiratory Diseases' along with Dr. Nishant Deshpande, Nephrologist & Renal Transplant Physician spoke on 'Advances in Haemodialysis'.



CME IN ASSOCIATION WITH EASTERN DOCTORS ASSOCIATION, NAGPUR

In association with Eastern Doctors Association, the hospital organised a 'Synapse' on 'Expert Views on T2DM at Regenta Central, Hotel & Convention Centre. 32 practicing doctors participated in the knowledge update session. Dr. Rishi Lohiya presented on 'Empowering T2DM Management Beyond HbA1c: Heart Failure in T2DM: Place of SGLT2-inhibitors' along with Dr. Nitin Wadaskar who spoke on 'SGLT2i + Metamorf in Newly Diagnosed T2DM: A Rational Clinical Perspective'.

SYNAPSE AND ROUND TABLE MEETS

CME ON CARDIAC UPDATES

Alexis Multispeciality Hospital organised a 'Synapse' at Hotel Centre Point, Nagpur. 35 general medical practitioner from the locality participated in the session. Dr. Rishi Lohiya, Interventional Cardiologist presented on 'Updates on Triple Drug Combination in the Management of Uncontrolled Hypertension'.



CME IN ASSOCIATION WITH NIMA, YAVATMAL

Alexis Multispeciality Hospital in association with National Integrated Medical Association (NIMA), organised a 'Synapse' at Yavatmal. 50 general medical practitioners participated in the knowledge update session. Dr. Alankar Ramteke, Joint Replacement Surgeon, presented on 'Early Recovery after Joint Replacement Surgery' along with Dr. Rajvilas Anil Narkhede, Surgical Gastroenterologist, HPB & Advanced Laparoscopic Surgeon; who spoke on 'Risk Factors & Management of Gastrointestinal Cancer'.

CME ON ENDOCRINOLOGY & INFECTIOUS DISEASE

Alexis Multispeciality Hospital organised a 'Synapse' at Regenta Central, Hotel & Convention Centre, Nagpur. 57 general medical practitioners participated in the knowledge update session. Dr. Jayant Kelwade, Endocrinologist presented on 'Interpretation of Thyroid Function Test - Interesting Cases' along with Dr. Nitin Shinde, Infectious Diseases & Internal Medicine Specialist who spoke on 'Undifferentiated Fever'.



CME IN ASSOCIATION WITH IMA, BRAMHAPURI

Alexis Multispeciality Hospital in association with IMA Bramhapuri organised a 'Synapse' on 'Pulmonology' at Bramhapuri. 30 practicing doctors participated in the knowledge update session. Dr. Manoj Pethe, Pulmonologist; presented on 'Respiratory Diseases'. The lecture was followed by an interactive discussion and dinner.vv



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