

**COMPASSIONATE CARE.  
CONVENIENT LOCATIONS.**



**SHARJAH**

**DUBAI**

**AL NASSERYA**  
**Zulekha Hospital, Sharjah**  
Zulekha Hospital Sharjah Pharmacy  
Alexis Zulekha Pharmacy

**AL KHAN**  
Zulekha Medical Centre  
Alexis Zulekha Pharmacy  
Zulekha Medical Examination Centre  
for Residency  
Zulekha Smart Medical Fitness Centre

**MUWEILAH**  
Alexis Pharmacy

**AL QUSAIS**  
Zulekha Medical Centre  
Alexis Pharmacy

**AL NAHDA 2**  
**Zulekha Hospital, Dubai**  
Zulekha Hospital Dubai Pharmacy

# Zulekha ALEXIS Spirit

January to December 2023 | Volume XXII

The Voice of Zulekha Healthcare Group

**RESPONDING  
WITH COMPASSION.  
HEALING WITH  
INNOVATION.**



*Emergency and Critical Care Services*






  
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## FROM THE EDITOR'S DESK:

It gives us immense pleasure to share our business updates from both UAE and India facilities in this edition of our 2023 annual newsletter. The past twelve months have been extraordinarily rewarding with definite growth and strategic alignments within our community, accolades and recognition for our brand, success stories and testimonials from our clinicians and patrons, new services with launch of Zulekha Medical Centre, Zulekha Medical Examination Centre for Residency and Zulekha Smart Medical Fitness Centre at The Gate, Al Khan, and more. We are seen as one among the best healthcare groups in UAE and India. Patrons experiencing our international quality services are spreading the word of praise. We ensure every experience we deliver at every touchpoint is one to cherish. Flip through the pages to know more of our happenings at Zulekha Healthcare Group! //

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**Taher Shams**

Managing Director, Zulekha Healthcare Group

As a pioneer in healthcare, Zulekha Healthcare Group stands strong through the last 6 decades in the UAE. Our infrastructure, process-driven multidisciplinary teams and auxiliary workforce complement each other to deliver quality and compassionate care to every patron visiting us. Creating experiences that matter has been our motto and we do so with innovative concepts, placing our patients first. Our sincere gratitude to our patrons, government organisations, our corporate and community partners for trusting us in taking care of the health and wellbeing of the people in the region. We will always give our best to create life-changing moments for our patrons.



## MEET & GREET



### DR. ZULEKHA DAUD ATTENDED THE UNVEILING OF THE BUST OF MAHATMA GANDHI BY H.E. SHEIKH NAHYAN BIN MUBARAK AL NAHYAN, UAE

Founder and Chairperson, Dr. Zulekha Daud attended the unveiling ceremony of the bust of Mahatma Gandhi by His Excellency Sheikh Nahyan Bin Mubarak Al Nahyan, UAE Minister of Tolerance and Coexistence, at the Consulate General of India, Dubai. The event marked the assassination of the Indian revolutionary leader Mahatma Gandhi also known as the 'Father of the Nation'. Mr. Sunjay Sudhir current Indian Ambassador to the United Arab Emirates, Dr. Aman Puri, Consul General of India in Dubai, delegates from the Indian and other government authorities were also present at the occasion. //

### MR. TAHER SHAMS EXTENDED HIS BEST WISHES TO H.H. DR. SHEIKH SULTAN BIN MOHAMMED AL QASIMI ON THE OCCASION OF RAMADAN

During the holy month of Ramadan, Managing Director, Mr. Taher Shams extended his best wishes to His Highness Dr. Sheikh Sultan Bin Mohammed Al Qasimi, Supreme Council Member and Ruler of Sharjah. Mr. Shams thanked His Highness for His benevolence towards the communities and encouragement to have a progressive mindset. His Highness Sheikh Sultan Bin Mohammed Al Qasimi accepted blessings and best wishes from Sheikhs, senior officials and citizens at Al Badi Palace in Sharjah. //



### MEET AND GREET WITH MAJOR GENERAL SAIF AL ZARI AL SHAMSI, COMMANDER-IN-CHIEF OF SHARJAH POLICE

The Managing Director of Zulekha Hospital, Mr. Taher Shams visited Major General Saif Al Zari Al Shamsi, Commander-in-Chief of Sharjah Police, at the Sharjah Police Headquarters. He took this opportunity to appreciate the efforts of the Sharjah Police in consistently providing a high level of safety and security for people and assets in the UAE; and their effective response to all possible emergencies in the interests of our communities. //

## ACCOMPLISHMENT



### ZULEKHA HOSPITAL BECOMES THE FIRST PRIVATE ENTITY IN UAE TO LAUNCH 'AFRAHOUM' A 'GIVING BACK' DONATION INITIATIVE IN ASSOCIATION WITH BEIT AL KHAIR SOCIETY IN DUBAI



We are pleased to be the first private hospital to be permitted by the Islamic Affairs & Charitable Activities Department to launch our own smart donation initiative – **Afrahoum** in association with Beit Al Khair Society in Dubai, aimed at providing essential medical treatment to those in need. The program name signifies 'Gifting Happiness'. Mr. Haitham Sultan Al Alawi, Section Head Finance at Beit Al Khair and Mr. Zoab Noman, Vice President, Zulekha Healthcare Group; launched the initiative in Dubai. Our mission is to come together as a community and make a real difference. By contributing to this initiative, you're not just donating money – you're giving the gift of hope, healing and life itself. Remember, everyone deserves a chance at good

health and happiness. 'Afrahoum' embodies our commitment to not only provide top-tier medical care but also foster a sense of social responsibility and community empowerment to help those in urgent need of medical aid. Every individual regardless of ethnicity or race or nation deserves a second chance when things are suddenly changed by a medical emergency. 'Afrahoum' is our promise to make high quality healthcare accessible to every individual in our community. We are committed to improve the quality of life and confidence of the individuals in need by being here for them. We are proud to have this privilege and responsibility as a healthcare provider. //





## CAMPAIGNS



### 10<sup>TH</sup> EDITION OF CERVICAL CANCER SCREENING AND AWARENESS CAMPAIGN - 'CHANCE TO CHANGE'

Last year, Zulekha Hospital launched its cervical cancer awareness campaign, **Chance to Change**, on 3<sup>rd</sup> of June 2023. The campaign aimed to raise awareness about the early detection and prevention of the disease among women in the UAE. Zulekha Healthcare Group has been striving to raise awareness about cervical cancer with regular screenings and vaccination programs over the last nine years. When the campaign was first launched in 2014, it proved highly effective with 282 women attending the free screening program, and this has grown rapidly to 7000 attendees taking up the screening over the last few years at both the hospitals. Once again the campaign was open for a month and allowed access to free screening and gynaecology consultations for women at our hospital facilities in Dubai and Sharjah. //

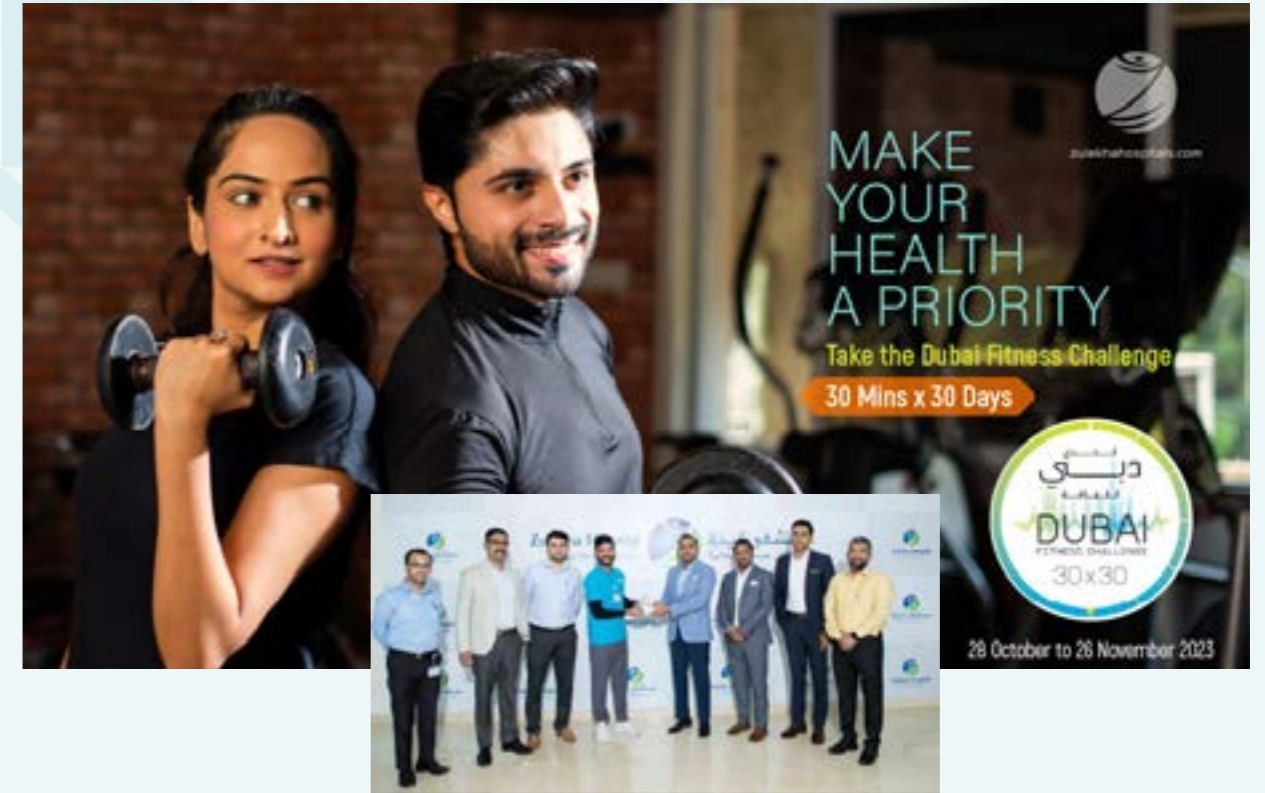


### 'PINK IT NOW' PACES UP THE COMMITMENT TO FIGHT AGAINST THE MOST LETHAL CANCER IN WOMEN

The PIN event at Pullman Deira City Centre, Dubai on Friday, 6<sup>th</sup> October, 2023 sped up the fight against Breast Cancer. Zulekha Healthcare Group has been at the forefront of raising awareness about the world's most life-threatening cancer for women in the region since the past 16 years. The panel of specialists, our event partners, the chief guests, survivors and all the attendees joined us in raising awareness about breast cancer and promoting regular check-ups and screenings across the UAE. //



## CAMPAIGNS



### COMMITTED TO THE COMMUNITY'S WELL BEING, ZULEKHA HOSPITAL SETS BENCHMARKS IN GOOD HEALTH

Zulekha Hospital participated in the Dubai Fitness Challenge along with the entire nation during the month of October for a 30-day intense focus on physical fitness through the staff enrolling for this enthusiastic and healthy campaign! The process to participate via Core Direction was shared and the massive participation itself showed the spirit of everyone 'to get moving and make your health a priority'. At the end of thirty days the application revealed the winners with **Grand Prize winner Mr. Tharindu Chathuranga Senevirathna** (inset pic) who won an iPhone 15 followed very closely by 1<sup>st</sup> runner up - Mr. Oppo Mia (Pharmacy), 2<sup>nd</sup> runner up - Mr. Ramesh Tamamg (House Keeping) and the 3<sup>rd</sup> runner up - Mr. Prasanth Gaddam (House Keeping) all gathering maximum points on the App leaderboard. //



### AN IMPORTANT REMINDER THAT EVEN MEN NEED TO TAKE CARE AND BE TAKEN CARE OF LIKE ALL OF US

The month-long campaign carried an important message to remind men to **'Prioritize their well-being'** with our exclusive men's wellness package, thoughtfully designed with preventive care and comprehensive screenings tailored to men's unique needs. The second important reminder for men was to 'Take charge of their health' while asking everyone to join us in the journey towards better health. //



## AWARDS & ACCOLADES



### NEWSWEEK RANKS ZULEKHA HOSPITAL AMONG TOP HOSPITALS IN UAE

Zulekha Hospital, Dubai and Sharjah have been ranked as the top hospitals in the UAE, for the second consecutive year in the 2023 'World's Best Hospitals' list compiled by Newsweek and global data firm Statista. The report was compiled based on critical factors, including hospital quality metrics, patient experience and recommendations from reputed medical professionals. The report also evaluated hospitals based on the patient-reported outcome measures (PROMs) implementation survey. //



## AWARDS & ACCOLADES



### ZULEKHA HOSPITAL HONOURED WITH SHARJAH EXCELLENCE AWARD

Zulekha Hospital was honoured with the Sharjah Excellence Award at Sharjah Economic Excellence Network (SEEN) Awards by the Sharjah Chamber of Commerce and Industry. Founder & Chairperson, Dr. Zulekha Daud and Co-Chairperson, Ms. Zanubia Shams received the award from His Highness Sheikh Abdullah bin Salem bin Sultan Al Qasimi, Deputy Ruler of Sharjah in a glittering evening event held on Wednesday, 1<sup>st</sup> March 2023. //



### FRIENDS OF CANCER PATIENTS IN SHARJAH AWARDS ZULEKHA HOSPITAL

Friends of Cancer Patients (FOCP) in Sharjah recognized Zulekha Hospital as a primary medical partner supporting the free screenings and awareness workshops by clinicians throughout their Pink Caravan breast cancer awareness drive. Founder and Chairperson, Dr. Zulekha Daud was invited as a chief guest at the closing ceremony of the campaign at the 'House of Wisdom' on 24<sup>th</sup> November 2023. Her Excellency Sawsan Al-Fahoum Jafar, Chairman of Board of Directors & Founding Member of FOCP acknowledged the gracious presence of Dr. Zulekha Daud on the occasion and the support being extended to patients over the years by the hospital. //

### MS. ZANUBIA SHAMS LISTED AMONG THE FORBES TOP HEALTHCARE LEADERS FOR 2023 IN THE MIDDLE EAST

Co-Chairperson, Ms. Zanubia Shams was listed among the Forbes Top Healthcare Leaders for 2023 in the Middle East. The list of the Middle East's Top 100 Healthcare Leaders features the region's most influential healthcare leaders across pharmaceuticals, medical facilities, technology, medical equipment and healthcare investment; all playing an influential role within MENA region's healthcare ecosystem in 11 countries was released on Wednesday, 1<sup>st</sup> March 2023. //



### ZULEKHA HOSPITAL BESTOWED BEST BUSINESS INTELLIGENCE INITIATIVE AWARD AT THE FUTURE DATA SUMMIT 2023

Zulekha Hospital received the Best Business Intelligence Initiative award at the Future Data Summit 2023. The event hosted at The Address Marina was a grand event with 200+ Data professionals attending. QNA Marcom organised the Future Data Summit and Awards 2023 in partnership with the Cybersecurity Council, UAE e& enterprise. //



### ZULEKHA HOSPITAL RECOGNISED AS ONE AMONGST SEVEN TOP CARE GIVERS IN THE WORLD

Zulekha Hospital was awarded the 'Recognition of Achievement Award' for 2021 from the UNIVANTS of Healthcare Excellence Program for the Clinical Care Initiative focusing on optimising the care, safety and wellness of patients. The Zulekha Hospital team is honoured to be recognised as one of the seven teams that were awarded for 2021, worldwide. //



## COLLABORATIONS



### ZULEKHA HOSPITAL MOU WITH DUBAI PHARMACY COLLEGE

Furthering our effort to promote and support healthcare education Zulekha Hospital, Dubai signed a MoU with Dubai Pharmacy College to facilitate internships and on-the-job-training for pharmacy students of the college. **Professor Dr. Saeed Ahmed Khan**, Dean of Dubai Pharmacy College visited us for the signing ceremony with Managing Director Mr. Taher Shams. We wish the students the very best in their learning experience. //



### ZULEKHA HOSPITAL'S MOU WITH AL SONDOS CENTRE OF REHABILITATION

Zulekha Hospital has signed a MoU with Al Sondos Centre of Rehabilitation for People of Determination to extend our services for assessments and medical needs of the children at the centre, and special packages for staff and families of children in the Centre. //



### ZULEKHA HOSPITAL JOINED HANDS WITH MUMZWORLD TO CELEBRATE UAE MOTHER'S DAY

Zulekha Hospital joined hands with Mumzworld to celebrate UAE Mother's Day with a beautiful gathering of mothers and their little ones at Rove Hotel, Healthcare City, Dubai. The fun event included a panel discussion by experts from Zulekha Hospital and influencers **speaking on mother and child care**. The discussions spread awareness about the important aspects of a healthy lifestyle for new mothers just after childbirth, their family's support and postpartum mental well-being. //



### ZULEKHA HEALTHCARE GROUP PARTICIPATED IN ARAB HEALTH - DUBAI'S GLOBAL HEALTH SUMMIT

Zulekha Healthcare Group participated in Arab Health in association with DXH, Dubai Medical Tourism. DXH promoted our health packages on their digital platforms. //



### ZULEKHA HOSPITAL COLLABORATES WITH THE CONSULATE OF REPUBLIC OF BURUNDI

Zulekha Hospital has collaborated with the Consulate of the Republic of Burundi, offering healthcare services to Burundians residing in the UAE or visiting for medical tourism. **Consul General His Excellency Honourable Ildephonse Ntawunkunda** and Director of Administration for Zulekha Hospital - Dubai, Dr. Arafat Faisal signed the Memorandum of Understanding (MoU) at Zulekha Hospital, Dubai. //



### ZULEKHA HOSPITAL PARTNERS WITH DUBAI INSURANCE COMPANY

Zulekha Hospital has partnered with Dubai Insurance Company to **extend premium healthcare services** to all its members. With this collaboration, we look forward to reinforcing the longstanding relationship we have cultivated with Dubai Insurance Company throughout the years. //

## COLLABORATIONS

### DUBAI WOMEN'S RUN ANNOUNCED ZULEKHA HOSPITAL AS OFFICIAL MEDICAL PARTNER

Zulekha Hospital was proud to be the Medical Partner of the 10<sup>th</sup> Edition of the **Dubai Women's Run**. Co-Chairperson, Ms. Zanubia Shams and Race Chairman, Dr. Harmeeek Singh signed an MoU marking the collaboration. In line with our objective of ensuring a healthy and happy lifestyle for the community, we participated in Dubai Women's Run and organised a series of events throughout the year. //



### FRIENDS OF CANCER PATIENTS (FOCP) AND ZULEKHA HOSPITAL FORMALIZE A MEMORANDUM OF UNDERSTANDING

In a notable collaboration, the Sharjah-based civil society, Friends of Cancer Patients (FOCP), and Zulekha Hospital have formalised a Memorandum of Understanding (MoU) aimed at enhancing healthcare accessibility for FOCP's beneficiary patients. This partnership seeks to streamline and optimize the medical journey of these patients, ensuring they receive top-tier medical treatments with substantial financial relief at Zulekha Hospital branches in Sharjah and Dubai. **FOCP Director Ms. Aisha Al-Mulla** signed the partnership along with Zulekha Healthcare Group's Co-Chairperson, Ms. Zanubia Shams. //



### ZULEKHA PARTNERS THE FIRST EVER ALL WOMEN'S RALLY IN THE UAE

Marking the Emirati Women's Day in August, Zulekha Hospital was delighted to partner with **Abaya Rally** - UAE's first all-women's drive celebrating women's empowerment and achievement hosted on 26<sup>th</sup> August at Dubai Autodrome. The event celebrated women's strength, courage, and empowerment! //





## CELEBRATIONS



### A SWEET CELEBRATION ON COMPLETING 59 YEARS OF DELIVERING COMPASSIONATE CARE IN THE UAE

As we commemorate our 59 years of delivering compassionate care, we look back on the milestones; celebrate the lives touched, and the unwavering commitment to better health. Join us in celebrating our past, embracing our present, and envisioning a future where every life thrives in our care. //



### ZULEKHA HOSPITAL'S FAMILY IFTAR

During the Holy month of Ramadan, which brings the spirit of togetherness and reflection, **Zulekha Hospital in Dubai and Sharjah** organized a special gathering to celebrate the breaking of the fast with its dedicated staff members. The staff iftar get-together proved to be a memorable event, brimming with camaraderie, delicious food, joyful moments and a strong sense of community. //



Zulekha Hospital, Dubai



Zulekha Hospital, Sharjah

### NURSES DAY CELEBRATIONS

Zulekha Hospital celebrated International Nurses Day by recognising the selfless efforts of our nurses and appreciating the love and care they provide to every patient at every opportunity. The International Nurses Day celebrations took place at Zulekha Hospital, Dubai and Sharjah in collaboration with Malabar Gold & Diamonds, Mebo, Chocodate and Dabur. The day was brimming with fun, laughter, and heartfelt appreciation for our incredible healthcare heroes. //



### IFTAR MEALS ON THE GO!

Ramadan also known as the 'month of giving', encourages generosity and kindness, especially to those in need. Keeping up with the traditions, Zulekha Healthcare Group in association with the Sharjah Police distributed healthy iftar meal boxes to community members at Jamal Abdul Nasser Street near Buhairah Corniche during the holy month. //

## COMMUNITY INITIATIVES



### ZULEKHA HOSPITAL HOSTS IFTAR FOR THE UAE SPECIAL OLYMPICS TEAM

Zulekha Hospital honoured the **True Heroes and Stars of the Special Olympics of UAE** in a beautiful Iftar celebration on Saturday, 8<sup>th</sup> April 2023. These exceptional individuals inspire us in their unique ways and give us the strength to step forward and defy the odds. Cheering their spirits, we extended our best wishes to these stars representing UAE at the Special Olympics in Berlin, Germany. //



### DUBAI SPORTS COUNCIL ENDORSES ZULEKHA HEALTHCARE GROUP'S WELLBEING INITIATIVE - TAKE CARE

Zulekha Healthcare Group announced their collaboration with the Dubai Sports Council (DSC), reaffirming the need for individuals to maintain a healthy lifestyle and stay fit with different sports. This is also in line with the objectives of the Government of UAE in harnessing a healthy lifestyle for residents. The Group also launched its **health and well-being initiative for the year - 'Take Care'** at this occasion. //

### SUPPORTING COMMUNITY SPORTS AND FITNESS INITIATIVES WITH DUBAI SPORTS COUNCIL

As a preferred medical partner, Zulekha Hospital supported community sports events in association with Dubai Sports Council through the year. In line with our community fitness campaign 'Take Care' we supported various events like **Indoor Summer Run at City Centre Mirdif Mall, Women's Football** and Padel Tournaments at World Trade Center Dubai, Silicon Central Family Run and Inter Department Football



Tournament 2023 at Dubai Sports World. Over 300 participants registered for these events including adults and children. Our mascot Dr. Zee was present to cheer the participants. We supported the Government Games that happened at the World Trade Center with first aid services and general health checks for participants. The two-day event had various sports activities including cricket, football, basketball, badminton and tennis. //



## COMMUNITY INITIATIVES



### ZULEKHA MEDICAL CENTRE AT AL KHAN ORGANIZED A VIBRANT PAINTING COMPETITION FOR KIDS

The Zulekha Medical Centre in The Gate, Al Khan organized a vibrant Painting Competition for kids, adding a delightful splash of colours to the community. The event showcased the creativity of young artists while fostering a joyful atmosphere where families came together to celebrate their children's artistic talents. The walls echoed with laughter and creativity as the young participants and their families made the event a truly colourful and heartwarming experience. The categories of the contest included 3-5 years, 6-9 years, and 10-13 years. The first place winners were awarded dinner vouchers from Novotel for a family of four while the second and third place winners took away exciting gifts. //



### ZULEKHA HOSPITAL HIGHLIGHTS IMPORTANCE OF CARDIAC CARE ALONGSIDE DUBAI CORPORATION FOR AMBULANCE SERVICES (DCAS)

On the occasion the frontline staffs from Dubai Corporation for Ambulance Services (DCAS) were honored for their commitment as first responders. The recent UAE National Health Survey identified CVDs as a significant health burden in the UAE, with physical inactivity, hypertension, obesity, and tobacco use being the top risk factors for CVD-related death. Zulekha Hospital advocates prevention of these diseases that are major causes of CVDs through early detection checks and lifestyle awareness drives through the year. //

### INTERNATIONAL INFECTION PREVENTION WEEK AT ZULEKHA HOSPITAL - DUBAI AND SHARJAH

Infection Preventionists (IPs) across the world strive to maintain the safety of hospital environments in order to ensure the well-being of patients. To salute and celebrate the hard work of our IPs, Zulekha Hospital organised various activities and competitions on the occasion of International Infection Prevention Week 2023. Here's a glimpse of the informative and cheerful events held at both our hospitals. //



Zulekha Hospital, Dubai



### ZULEKHA HOSPITAL SHARJAH ORGANIZED A HEARTWARMING GATHERING FOR PREMATURE BABIES AND THEIR FAMILIES

To mark World Premature Day, Zulekha Hospital Sharjah organized a heartwarming gathering for premature babies and their families, offering a space to share their unique journeys. Dr. Walid, Consultant Neonatology and the treating doctor for these children, actively engaged with the families and the children. This gathering fostered a supportive environment where families could connect, share experiences, and find comfort in each other's stories while receiving guidance from medical professionals. Zulekha Hospital wishes all of these children and families a happy and healthy future. //



### ZULEKHA HOSPITAL PARTNERED WITH RTA TO CREATE AWARENESS ON MANDATORY USE OF CAR SEATS

Zulekha Hospital partnered with RTA to create awareness on mandatory use of car seats for infants. On the occasion of the UAE National Day, babies born on this significant day were gifted car seats and gift vouchers. The campaign engages and recognizes the guardians and parents on child safety from day one. Families expressed their heartfelt gratitude to RTA and Zulekha Hospital for this kind gesture to ensure that their little one rides safely. //



Zulekha Hospital, Sharjah

## COMMUNITY INITIATIVES



### WORLD NO TOBACCO DAY

The World No Tobacco Day Awareness Activity was held at Zulekha Hospital, Dubai & Sharjah on 31<sup>st</sup> May 2023. Patrons were offered free pulmonary function tests to raise awareness about the importance of lung health. It was inspiring to witness individuals taking charge of their well-being, showing their commitment and determination to choose health over tobacco consumption. //



### ZULEKHA HOSPITAL PARTNERED WITH DUBAI SPORTS COUNCIL FOR DP WORLD RUN

Zulekha Hospital partnered with the Dubai Sports Council for the DP World Run. The hospital extended crucial first-aid support and basic medical checks for all runners at the event. //



### DENTAL CHECK-UP AT BURHANI MASJID, SHARJAH

Zulekha Hospital conducted a dental check-up camp at the Burhani Masjid in Sharjah. It was well attended by children and adults who took advantage of dental checks and advices shared by the Dental professionals from Zulekha Hospital. //



### ZULEKHA HOSPITAL ORGANISED A YOGA EVENT

Zulekha Hospital organized a yoga event in line with our wellness campaign 'Take Care' at Buhairah Corniche on 26<sup>th</sup> February 2023. Renowned yoga instructor, Mr. Augustine Joseph, led the extremely fun and rejuvenating session with over 200 participants. //



### PERIPHERAL NEUROPATHY AWARENESS WEEK

Zulekha Hospital partnered with P&G Health in May to conduct a week-long awareness program on peripheral neuropathy, with the primary objective of educating the public about this neurological disorder. As part of the program, our hospitals in Dubai and Sharjah offered free health check-ups while raising awareness about the importance of early detection and proper management of peripheral neuropathy. //



### ZULEKHA HOSPITAL PARTNERED WITH DUBAI SPORTS COUNCIL FOR AL QUDRA CYCLING

Zulekha Hospital partnered with the Dubai Sports Council as its official Healthcare Partner for Al Qudra Cycling in Dubai. The hospital extended crucial first-aid support and conducted medical checks for all participants during the event. //



### HAQ-AL-LEILA CELEBRATIONS WITH THE SHARJAH CITY FOR HUMANITARIAN

Zulekha Hospital celebrated Haq-al-Leila along with members of the Sharjah City for Humanitarian Services, as well as differently-abled children and their families by gifting them and hosting a medical check-up for the audience. The celebrations took place just before Ramadan, as it is a custom to give away gifts to children, spreading the joy and spirit of the holy month. //



## CORPORATE CHECK-UP & MEDICAL CAMPS



Encouraging regular health checks Zulekha Hospital and Medical Centre carried out medical camps in public areas, including Sharjah Cooperative, Zawaya Walk, and DP World Head Quarters, Mirdiff City Center, Nesto at the Arab Mall, Al Naboodah, Sondos Center, DP World, Dubai Women's Run at Dubai Festival City, Dubai Festival City at Silicon Central, Sharjah Aviation, Ajman Police Sports Club, Zawaya Walk, Kimera Group, Al Shola American School Ajman, AC Neilsen, Abaya Rally event in Dubai, Dubai Sports World at World Trade Center, Dubai Autodrome, Maryam Island Sharjah, Dubai Sports Council Tournaments, Burhani Masjid Sharjah and The Bloomington Academy in Ajman.

Educating communities on a healthy lifestyle, Zulekha Hospital organized multiple awareness sessions covering topics such as breast, prostate and cervical cancer, mental wellness, work-life balance, injuries & rehabilitation, smoking cessation, ergonomics, cardiac health, etc. for organizations including Air Product, SERCO, Mercer Marsh Benefits, Gulf News, Al Fardan, SGS Group, Brazilian Food Company BRF, DIRE (Dubai International Real Estate), ADNIC Group, EMERSON Group, INTERLINK Group, Hager Group, ABB Group, TBD Group, Del Monte Foods, Srilankan Community in Dubai (SAHANA), Al Naboodah Group, Network International Group, Yuvakalashathy



## CORPORATE CHECK-UP & MEDICAL CAMPS



UAE, DSV Global Transport and Logistics Company at Jebel Ali, Al Shirawi Contracting, Crescent Group of Companies across UAE, Kormor, Erbil, Sulaymaniyah, and Baghdad, Al Shola American School Ajman, Skyline University College, Al Ghaad Pvt School, Sharjah Asset Management, Sharaf Group, Kimera Group, LEO Club, Westford University, Sharjah Aviation Services, Dubai Pharmacy College for Girls, Leaders Private School, Accor group, Omnicom Media Group, 28FortyFour, Al Sondos Center, Michelin, Al Nakheel, AC Neilsen Group, Al Ahli Bank, DSV Global Transport, Malayali Mums Middle East (MMME), Fine Hygienic Holding, Al Nakheel - Abu Dhabi, DP World and Al Bataeh Municipality Sharjah and Logistics Company.

Zulekha Hospital, Sharjah, hosted four blood donation camps in association with the Sharjah Blood Transfusion & Research Centre with over 50 donors donating blood in every camp.

Zulekha Hospital, Sharjah conducted a Blood Donation Camp at Maryam Island, Al Khan, Sharjah in association with Sharjah Blood Transfusion & Research Centre.

In commemoration of World Diabetes Day, Zulekha Hospital in Dubai and Sharjah arranged a series of impactful initiatives, offering complimentary blood sugar screenings and informative workshops centered on nutrition and lifestyle and diabetes management. Founder and Chairperson, Dr. Zulekha Daud joined the team for the workshops. This initiative aimed to raise awareness on diabetes and promote healthy lifestyles within the community. Zulekha Hospital Dubai organized a hospital tour for the Students of American International School Dubai. This started with the presentation on the hospital operations and specialties, followed by session on Adolescent Mental Awareness by Dr. Raga Sandhya, Specialist Psychiatrist. //



## WELLNESS TALKS

Over the last year, Zulekha Hospital has successfully conducted online webinars and onsite seminars for different corporates like Oxford School, Sukoon Insurance, Green Coast, Al Fardan Exchange, Dubai Holding, Electra Solution Group, BMW, Al Fahim Group, Al Naboodah, GEC Media Group, Eyewa Group, Ford Middle East, Desert Group, Atlas Copco, ADNIC Group, Emerson Group, Engineering Office, Omeir Bin Youssef Travels, Beamtrail, Coya - Dubai, 6th Street, People of Determination Care & Rehabilitation Centre, Gargash Insurance Broker, Veolia, Al Masaood Group, SGS Group, Danube - Abu Dhabi Media (GOVT), Beeah Camp Sajja, Electra Group, Henkel, Medpharma, Serco Group and Inayah TPA.



The sessions were led by the following doctors: Dr. Fathima Zehar, Dr. Bharadwaj Ponnada, Dr. Soman Nair, Dr. Ahmed Hakeem Hafiz, Dr. Apsia Ruhi, Dr. Roshan Koshi, Dr. Nora Sharafi, Dr. Anwar Sami, Dr. Ahamed Javid, Dr. Ramkumar Sundaraperumal, Ms. Mubasira Siddiqa, Ms. Sona Prakash, Ms. Elizabeth Mathew and Ms. Sunantha. //



## SYNAPSES

Zulekha Healthcare Group conducted various Synapses - our CME/Continuing Medical Education programs over the past year. Some of these include the General Surgery CME at Hotel Pullman, City Centre, Deira; General Surgery & Surgical Sub-Speciality CME at Hotel Holiday International, Sharjah; Orthopaedic & Rheumatology CME at Pullman Hotel, Dubai; Gynaecology & Oncology CME at Hotel Pullman, Dubai; Cardiology CME at Sheraton, Sharjah and these CMEs were attended by the community doctors from Sharjah, Dubai and Ajman. //



## PODCASTS

**THE PODCASTERS OF 2023**

It's been a most welcome addition for our Zulekha Hospital's podcasts from the time our Doctors signed up to send out their special advise for the larger benefit of the community.

Please scan the QR Code to listen to any of these Podcasts uploaded on our soundcloud channel at your convenience. //

مؤسسة دبي لخدمات الإسعاف  
DUBAI CORPORATION FOR AMBULANCE SERVICES

**WHEN YOUR HEART NEEDS ATTENTION  
WE PUT THE BEST MINDS TO WORK.**





**44-YEAR-OLD ENGINEER RECOVERED FROM A LIFE THREATENING SEVERE ACUTE PANCREATITIS**

Santosh a 44-year-old Indian working as an engineer in UAE had been suffering from severe abdominal pain for over six weeks. He was treated for severe acute pancreatitis by Specialist Gastroenterologist, Dr. Shareej at Zulekha Hospital, Dubai.

A few days later he experienced pain again with fever, nausea and vomiting. Investigations were carried out and a CT scan revealed an infected walled-off necrosis (dead tissue due to lack of blood supply) which resulted from the previous acute pancreatitis, along with a left-sided pleural effusion (abnormal collection of fluid between the thin layers of tissue lining the lung and the wall of the chest cavity). The cyst measured 14.6x10.2x8.6cm. He also had symptoms that indicated sepsis which could lead to life-threatening complications, if unattended.

Dr. Fathelrahman Mohammed, Consultant General Surgery at the hospital, recommended a minimal invasive drainage procedure under ultrasound guidance, assisted by Dr. Anurag Ayachit, Specialist Radiologist. His infection continued to progress and this emergency now required a multidisciplinary team of clinicians including general surgeons, gastroenterologist, radiologist, intensivists, anaesthetists, a clinical dietitian and nursing staff to help save him.

Without wasting any time, a set of minimal invasive surgeries was carried out by Dr. Fathelrahman along with Dr. Saajan Ignatius Pius, Specialist General Surgeon and Dr. Ajay Patekar, Consultant Anaesthesiologist using advanced medical techniques. Santosh had to undergo multiple procedures, including a laparoscopic cystogastrostomy, laparoscopic pancreatic necrosectomy, laparoscopic drainage of collection (abscesses) and intercostal tube insertion for pleural effusion.

These procedures facilitated the drainage of fluid collection directly into the stomach to prevent fistula formation. The necrotic dead tissue was successfully removed, and the encysted pus collection drained, relieving the lung collapse.

Dr. Fathelrahman said, "The acute pancreatitis may have happened due to presence of high lipids in the blood. People should be watchful as acute pancreatitis can happen as a result of high lipids. Avoiding alcohol, fatty meals and checking for gallstones can be helpful. In situations such as these, where the individual develops severe attacks with complication, they must choose the right hospital with multidisciplinary care for treatment."

Acknowledging the life-saving care at the hospital Santosh said, "Their expertise and careful efforts in the intensive care unit led to the successful removal of the necrotic dead tissue and my life has been saved. I am extremely thankful to all the doctors and nursing staff at the hospital."

Santosh recovered within nine days and was discharged with guidance on managing his health more effectively. //



**54-YEAR-OLD WITH REPEATED CARDIAC ARRESTS SAVED WITH URGENT MEDICAL INTERVENTION**

A 54-year-old resident, Adithyan, was rushed to Zulekha Hospital with heart attack and cardiac arrest. He was immediately attended to and successfully treated by Specialist Interventional Cardiologist, Dr. Jayachandran Thejus at the hospital's Cath Lab along with our experienced nursing teams. When the patient was brought to the hospital, he was immediately given highly-effective cardiopulmonary resuscitation with chest compressions and shocks by the emergency room doctors and nurses. The patient continued to be in cardiac arrest and was urgently transferred to the catheterization laboratory with ongoing resuscitative efforts.

Coronary angiography was done and it revealed total block of a main blood vessel supplying the heart. The block was removed by coronary angioplasty with stenting. The patient was stabilized and there was no further recurrence of the cardiac arrest.

This case emphasizes the importance of seeking immediate medical attention in the event of a heart attack. Dr. Jayachandran commented: "Approximately 1/3rd to 1/4th of heart attack patients develop cardiac arrests." When experiencing chest discomfort that indicates a heart attack, it is critical to seek medical attention and reach the nearest hospital without delay. This instance demonstrates that even in the case of cardiac arrest, with timely intervention and treatment, patients can usually be saved."

Adithyan was discharged in stable condition and has since returned to his daily routine on the job and his personal life. He has been advised to take care with regular medication, exercises and a healthy diet.

Doctors highlight that heart diseases are increasing in younger adults. Lack of exercise, unhealthy food, stress and under treatment of predisposing conditions like diabetes, high blood pressure or high cholesterol are the leading causes. Maintaining a disciplined schedule for sleep and food intake is essential and must not be compromised by any individual. //



**MEDICAL MIRACLE SAVES UNCONSCIOUS EXPAT**

An acute stroke was resuscitated based solely on clinical diagnosis without any supportive imaging evidence. Real-time decision-making is key to saving lives in Neurology treatments. Sajid Mulla, a young Dubai resident who arrived at the emergency room in



an unconscious state after experiencing dizziness at home, was miraculously resuscitated within 30 minutes of his arrival by Dr. Shyam Babu Chandran, Consultant Neurologist and Movement Disorder Specialist at Zulekha Hospital, Dubai. The doctor made a critical decision to proceed urgently with thrombolysis, relying on subtle clinical findings despite no evidence from all investigations, including CT and MRI Brain, after obtaining consent from the family.

Dr. Shyam commented, "Though Thrombolysis is a regular procedure, this is a rare case in many years where a patient came to us in an unconscious state and was treated based on clinical suspicion alone in this emergency. As a result, he was thrombolysed with IV rt-PA. Despite no supportive evidence, Sajid was brought back to life, and a clinical follow-up showed minimal deficits. The CT Brain revealed changes on the right side of the brain, which further validated the medical decision taken by the clinical team."

Doctors advise individuals always to rush to the emergency room in case of any symptoms and undergo a medical examination to avoid fatal consequences. Sajid would have been left with permanent damage to the brain if this decision hadn't been taken promptly, as there was no investigation supporting it at that crucial time. Strokes can recur, and it is essential to exercise and monitor diabetes, lipids, and high blood pressure.

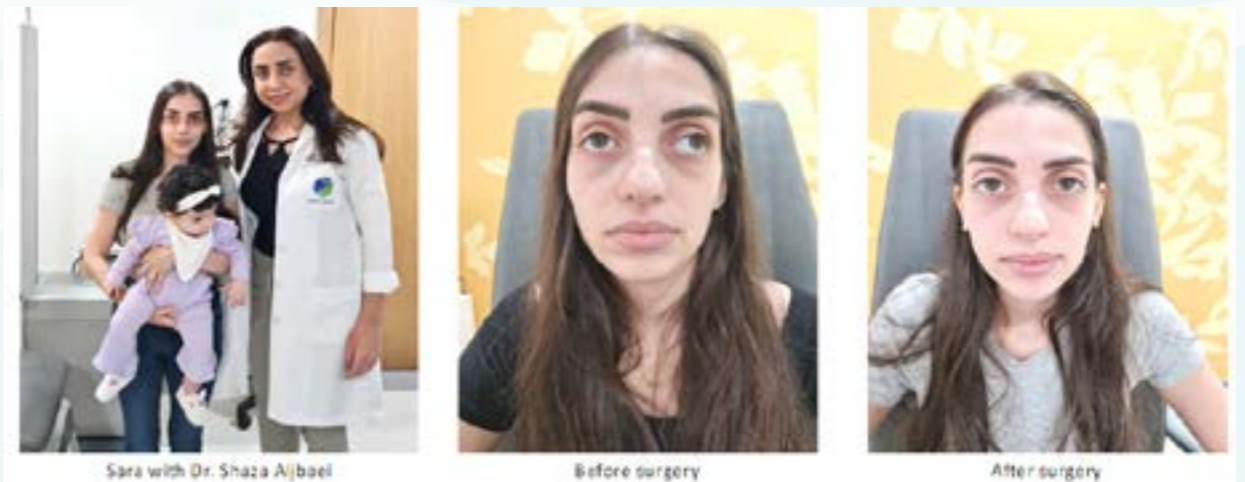
Sajid recovered well and underwent a few weeks of physiotherapy to regain muscle strength in his left arm. Expressing gratitude to the doctor, he said, "I have no previous diseases and always considered myself fit and fine. When this happened, we panicked and rushed to the hospital. I was lucky to be revived by an experienced medical team who knew what had to be done."

The successful management of this rare medical case is a testament to the medical expertise of the clinical team, who made a critical decision to save a life. Zulekha Hospital is known for accepting and successfully treating high-risk cases from many other healthcare facilities in the UAE. Thanks to the multidisciplinary teams and advanced infrastructure at the hospital, they provide quality critical care for their patrons. //



**26-WEEKS PRETERM BABY BORN AT ZULEKHA HOSPITAL, DUBAI HAS A MIRACULOUS SURVIVAL AND LEADS A HEALTHY LIFE**

A 22-year old Ugandan resident of UAE had an emergency delivery at Zulekha Hospital, Dubai due to severe eclampsia (hypertension in pregnancy) with blood pressure of 240/110 mmHg. Her baby boy, born prematurely at 26 weeks had a miraculous survival against all odds, and returned home after two months of stay at the NICU unit of the hospital. He weighed 550 gm at birth, which was very small for gestational age. He now weighs 2.1 kg and this has been possible with round-the-clock vigilance and care of the NICU team. Overwhelmed with joy the mother said, "I never thought I would ever enjoy this beautiful moment. My joy at holding my own little baby boy in my arms is indescribable." //



**SUCCESSFUL EXOTROPIA CORRECTION PROCEDURE HELPS YOUNG WOMAN REGAIN CONFIDENCE.**

Sara consulted Dr. Shaza Aljbaei, an Ophthalmology Specialist at Zulekha Hospital, Dubai last April. After a complete eye examination she was advised to go for the strabismus surgery for the left eye. Dr. Shaza says, "The angle of deviation was large, nearly 40 prism diopters. Her surgery was done under general anaesthesia, on the external rectus muscles of the left eye, and she was discharged from the hospital the same day."

Sara is extremely happy with the outcome of her surgery. Her vision is completely corrected, and she can use both eyes together now. The procedure was a life-changing one for her as that ended her suffering for more than six years. The positive cosmetic change to her life has helped her regain her confidence now and she is living a happier and healthy life. //



## CRITICAL CARE - SUCCESS STORIES



### SUCCESSFUL TONGUE RECONSTRUCTION SURGERY BY TEAM OF DOCTORS AT ZULEKHA HOSPITAL

Mr. Zaid Hussain was experiencing a lot of pain in the left side of the tongue while chewing food and visited Zulekha Hospital to consult Dr. Keerthi Ravi, Consultant Surgical Oncologist. It had been 4 months since the pain began, and Mr. Zaid was advised to take a biopsy and an MRI. The biopsy report revealed it was cancer. Dr. Keerthi explained to Zaid the steps of treatment and surgery and how the reconstruction of the radial femoral flap was being done. The procedure was a left Hemiglossectomy, followed by neck dissection. This reconstruction surgery was done by Dr. Surendra Kumar Chawla, Consultant Plastic Surgery. The reconstruction of the tongue was done with tissues from the arm, to resume the normal function of the tongue. Mr. Zaid stated that he was very nervous about the surgery, but both doctors made him comfortable and painless with minimal discomfort. //



### HEAVY SMOKER REGAINS VOICE AFTER MULTIPLE SURGERIES FOR CANCER

Julius Gomez was a heavy smoker for many years. He noticed voice changes, loss of his voice and was experiencing breathing difficulty over few months and consulted Dr. Sameh Aboamer Consultant - Surgical Oncology in Zulekha Hospital, Sharjah. Based on the clinical investigations, a laryngoscopy was done, that revealed an advanced tumour in his larynx and vocal cords with paralysed, fixed vocal cords.

Julius says, "I was all the time confident of the medical team's judgment and decisions, and hoped to be cured fully to regain my normal life. I had the confidence that the team at Zulekha Hospital was working for my best." //



### FIGHTING CANCER SUCCESSFULLY

Ms Juana Eborra came to UAE for her treatment on her son's advice. She met Dr. Roshan Koshy, a Specialist in Oncology, and began her treatment at Zulekha Hospital Sharjah, taking 6 chemotherapy sessions. After a few weeks, her condition has improved and she is now fit to fly back. Ms. Juana is extremely grateful for the services and support from Zulekha Hospital in her healing journey. //

## STAFF CONTRIBUTION



### CODE BLUE Dr. Hammad Ahmed Bhatti

Code Blue, Code Blue, Code Blue...  
A voice in the corridors transforms every one's hue.

Team members rush from the near and far,  
To save any one's life, they are always at war.

Thrilled in their coveted masks, scrubs and gowns,  
No one has ever seen on their foreheads any frowns.

It needs skilled hands, as intubation is a special art,  
The code blue team is ever ready with their crash cart.

As soon as the flat line looks curved on the monitor,  
They feel to have defeated death like a conqueror.

I wonder and ponder - about their relation with the patient,  
Being human with empathy for them, is that only sufficient?

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## ANNUAL EVENTS



### WORLD BLOOD DONOR DAY

On the occasion of World Blood Donor Day, Alexis Multispeciality Hospital, in association with Life Line Blood Bank, Nagpur, organised a Blood Donation Camp at Alexis Hospital. A total of 90 brave volunteers donated blood and contributed to the noble cause. //



### ALEXIS SPORTS CARNIVAL

Alexis Multispeciality Hospital conducted a sports carnival, an incredible event that brought together our clinical and non-clinical staff, senior doctors and the management team for a day filled with fun and sportsmanship.

Under the esteemed presence of Mr. Taher Shams, Managing Director of Alexis Multispeciality Hospital, and the esteemed Indian Cricket Player, Umesh Yadav, the cricket tournament kicked off with great fervour and enthusiasm. It was a moment of pride to witness the players showcasing their skills on the field, exemplifying the importance of teamwork and dedication.

The spirit of healthy competition continued with various sports activities such as badminton, chess, table tennis, and carrom. The energy and passion displayed by our participants were truly commendable, making every game a thrilling experience for everyone involved.

We were honoured to have Mr. Zoab Nomani, Vice President of Alexis Multispeciality Hospital, inaugurate the carrom tournament, adding encouragement to the event. His presence inspired the players to give their best and enjoy the friendly matches.

To recognize and appreciate the outstanding performances, an award show was held, where our players were acknowledged for their remarkable skills and sportsmanship. Dr. Tushar Gawad, Director of Administration, and Dr. Nilesh Agrawal, Deputy Director of Administration, took the stage to present the well-deserved awards. It was a proud moment for us to celebrate the achievements of our talented team members.

The entire event was impeccably organised and monitored by the HR team, ensuring that every participant and spectator had an unforgettable experience. The carnival brought together colleagues from different departments, fostering a sense of camaraderie and unity within our hospital community. //



## ANNUAL EVENTS



### ALEXIS ACHIEVERS RUN

On the occasion of 7<sup>th</sup> Anniversary, Alexis Multispeciality Hospital in partnership with 94.3 MY FM conducted a marathon event in the name of 'Alexis Achievers Run' witnessing over 1200 participants running for their health in the categories of 7Km, 5Km and 2Km. The post-race festivities included an award ceremony, with medals and certificates presented to the top runners in different categories. //



### ALEXIS DIWALI CELEBRATION FOR STAFF

Alexis Multispeciality Hospital organised a 4-day Diwali Fest for all the Clinical and non-Clinical Staff.

Diwali Celebration 2023 Day 1: Here are the glimpse from Alexis Rewards and Recognition where employees were recognized for their yearlong efforts and dedication.

Diwali Celebration 2023 Day 2: Here's some glimpse from 'Alexis Kids Fashion Show' where all the innocent minds were dressed and glammed up for the show.

Diwali Celebration 2023 Day 3: Here's a glimpse from 'Alexis Food Fest' where all the employees showed their cooking skills and presented with delicious recipes.

Diwali Celebration 2023 Day 4: Here are some glimpse from 'Alexis Fashion Show' where all the employees showed their talent and creativity and were dressed up for the show. Also children from 'Vatsalya Foundation' were invited where they showcased their singing and dancing skills and left everyone amazed.

Diwali Celebration 2023: Transforming workplace into Canvases. Here are some snapshots of 'Alexis Work Place Decoration Competition' where the staff decorated their places and made them beautiful with their unique ideas and creativity. //



### ART FOR HEART - SEASON 3

Every Child is an Artist – Picasso Alexis Multispeciality Hospital organized 'Art For Heart Season 3: Collage Competition' for the students from 1st standard to 8<sup>th</sup> standard at the hospital premises where around 90 students participated from various schools. Along with it Tattoo artist and nail artist were also invited for fun engagement with kids. //





## HEALTH AWARENESS EVENTS



### AWARENESS AT RAMDEOBABA ENGINEERING COLLEGE

Alexis Multispeciality Hospital hosted an awareness session on Organ Donation and Transplantation at the prestigious Ramdeobaba Engineering College. Leading the session was renowned Dr. Vishal Ramteke, a distinguished Nephrologist and Renal Transplant Physician. With his expertise and passion for saving lives, Dr. Ramteke enlightened the students on the urgent need for organ donation. A total of 40 students participated in the session. //



### MATERNAL CARE WEBINAR AT RELIANCE STORE

Alexis Multispeciality Hospital conducted a webinar for Reliance Store's female staff on the occasion of Women's Day. The session was led by Dr. Rashmi Shinde, Obstetrician & Gynaecologist who spoke on 'Maternal Care', attended by over 250 employees. //



### WORLD HEALTH DAY - ADANI POWER PLANT, TIRODA

On the occasion of World Health Day, Alexis Multispeciality Hospital conducted an awareness session for the employees of Adani Power Plant, Tiroda. Dr. Rahul Arora, Haematologist and Bone Marrow Transplant Physician delivered the talk on cancer awareness and recent treatment modalities. 76 employees joined us for this interactive session. //



### HAPPY HOUR EVENT AT RELIANCE JIO

Alexis Multispeciality Hospital organised a 'Happy Hour' event at the Reliance Jio Office, in continuation of World Health Day celebrations. Ms. Shruti Fulsunge, a dietitian from Alexis Multispeciality Hospital, hosted the 'Guess the Food Game' & Quiz Competition, which was both fun and informative for all those who participated. Through these games, we aimed to create awareness among the employees about the benefits of nutrition and the importance of making healthy food choices. In addition to this, we also held a range of other games that were enjoyed by everyone, including Jigsaw Puzzle, Balance the Balloon and Tic Tac Toe. A total of 60 employees were part of this fun-filled event at the Reliance Jio office. //



### NUTRITION AWARENESS SESSION AT RELIANCE FOUNDATION SCHOOL

Alexis Multispeciality Hospital had an interactive Nutrition Awareness session at Reliance Foundation School, Mouda on 14<sup>th</sup> July 2023 for 8<sup>th</sup> and 9<sup>th</sup> Standard students. Mr. Chittaranjan Yadav, Senior Clinical Dietitian at Alexis delivered an insightful session for the students during this session. //



### SESSION ON GOOD & BAD TOUCH AT BASE SCHOOL, KORADI SCHOOL, NAGPUR

You are the owner of your body, protect and respect it! Alexis Multispeciality Hospital organised an awareness session on Good Touch and Bad Touch for the students of Base School, Koradi on 7<sup>th</sup> October 2023 where Dr. Sakshi Bansal, Obstetrician & Gynaecologist educated children and made them understand the difference between touch types at the school premises. //

## HEALTH AWARENESS EVENTS



### HEALTH SESSION AT RELIANCE JIO OFFICE

Alexis Multispeciality Hospital conducted a webinar for the female staff members of Reliance Jio Office on the occasion of Mother's Day. The session was led by Dr. Sakshi Bansal, Obstetrician & Gynaecologist; who spoke on 'Maternal Care - Antenatal and Postnatal'. A total of 128 employees attended the webinar. //



### MENTAL HEALTH AWARENESS SESSION AT RELIANCE FOUNDATION SCHOOL

Alexis Multispeciality Hospital conducted yet another session on Mental Health Awareness at Reliance Foundation School on the same day for the students of 9<sup>th</sup>-12<sup>th</sup> std. This Session was led by Ms. Rashida Amreliwala, Clinical Psychologist at Alexis Hospital who delivered insights about mental health challenges and how to manage peer pressure for the students. //



### NURSING STAFF PERFORMED ORGAN DONATION SKIT TO SPREAD AWARENESS

Nursing Staff of Alexis Hospital performed a Skit on 2<sup>nd</sup> August 2023 to spread awareness and to educate people and spread the message of how organ donation saves more than one life. //



### SESSION ON ORAL HYGIENE AT BHAVAN'S SCHOOL IN ASHTI, NAGPUR

Alexis Multispeciality Hospital conducted a session on oral hygiene for 3<sup>rd</sup> standard students of Bhavan's Bhagwandas Purohit Vidya Mandir, Ashti, Nagpur, where Dr. Shradha Agrawal, Consultant - Dental Surgery at Alexis Hospital shared the valuable insights on the oral hygiene at the school premises. //



### AWARENESS SESSION ON BACK PAIN, OFFICE ERGONOMICS & JOINT REPLACEMENT AT JINDAL STEEL

Alexis Multispeciality Hospital organised an awareness session at Jindal Steels, Kalmeshwar; where Dr. Manoj Pahukar, Senior Consultant Orthopaedics & Joint Replacement Surgeon shared the insights on Back pain, Office Ergonomics & Joint Replacement with around 100JSW dignitaries. Along with the awareness session, RJ Aamod from 94.3 My FM helped with fun filled engagement and promotion of our upcoming Alexis Achievers Run. //



### AWARENESS SESSION ON INTIMATE HYGIENE AND LOWER BACK PAIN AT HOTEL TULI IMPERIAL

Alexis Multispeciality Hospital organized two awareness sessions on Intimate Hygiene and Cervical Cancer Clinic by Dr. Sakshi Bansal, Obstetrician & Gynaecologist and on Lower Back Pain by Dr. Nikhil Dongre, Neurologist at Alexis Hospital for the employees of Hotel Tuli Imperial, Ramdaspath, Nagpur. //



### SESSION ON INTIMATE HYGIENE IN ZULEKHA COLLEGE

Alexis Multispeciality Hospital organised an awareness session on 11<sup>th</sup> Sept. 2023 about Intimate Hygiene for the girl students by Dr. Sakshi Bansal, Obstetrician and Gynaecologist at Alexis Hospital where she shared the importance of Intimate Hygiene and how to take care of yourself. //



## COLLABORATIONS



### TRAFFIC REWARDS

Alexis Multispeciality Hospital is one of the incentive partners of Traffic Rewards, an initiative by the Government of India to reward good traffic behaviour. We were recognised by Shri. Nitin Gadkari Sir, the Minister of Road Transport and Highways of India. //

### FIRST AID SUPPORT FOR INDIAN AUDIT AND ACCOUNTS DEPARTMENT, NAGPUR

Alexis Multispeciality Hospital was the healthcare partner of the Indian Audit and Accounts Department, Nagpur, for the Intra-Regional Badminton Sports event. From 27<sup>th</sup> to 30<sup>th</sup> January, the hospital's nursing staff were present at the tournament venue with a fully-equipped first aid kit to provide immediate medical assistance and emergency support to any injured player. //



### HEALTHCARE PARTNER FOR THE INTRA REGIONAL CRICKET TOURNAMENT

Alexis Multispeciality Hospital was the healthcare partner for the Intra Regional Cricket Tournament organised by the Principal Account General (A&G) Office, Nagpur. We provided first aid and physiotherapy support during the tournament held at Dr. Babasaheb Ambedkar College Sports Academy. Additionally, our hospital received an invitation from the Indian Audit & Accounts Department on the 29<sup>th</sup> of March, 2023. //



### DIWALI PAHAT BY NAVABHARAT

Alexis Multispeciality Hospital was the Branding Partner of a musical event named 'Diwali Pahat' organised by Navabharat. //



## HEALTH CHECK-UP CAMPS



### HEALTH CHECK-UP CAMP AT TCS

Alexis Multispeciality Hospital conducted a basic health check-up and offered physician consultations exclusively for TCS employees. Our expert medical team was available on the premises for three consecutive days, from 31<sup>st</sup> Jan to 2<sup>nd</sup> Feb. A total of 580 employees took advantage of the basic health check-up and physician consultations. //



### GYNAEC HEALTH CHECK-UP CAMP AT SHUMS HIGH SCHOOL AND MEHMOODA JUNIOR COLLEGE

Alexis Multispeciality Hospital organised Gynaec health check-up camp for the students of Shums Girls High School and Mehmooda Junior College, Nagpur at the school premises. Dr. Krishna Deepti, Obstetrician & Gynaecologist and Dr. Monali Upase examined 148 girls during the camp for gynaec evaluation. //



### FIRST AID TRAINING AT JABALPUR

Alexis Hospital conducted a First Aid Training by Dr. Kaustubh Chautpalliwar, Life Support Instructor at Alexis Hospital for paramedic staff of cardiology at Jabalpur where total of 14 doctors attended the training. //



### HEALTH CHECK-UP CAMP AT ZULEKHA COLLEGE

Alexis Multispeciality Hospital organised a health check-up camp for the students of Zulekha College. Dr. Snehiata Sontakke examined 115 students at the college premises during the camp for the health check-up. //



### HEALTH CHECK-UP CAMP AT ST. VINCENT PALLOTTI SCHOOL

"Among the most sacred gifts you can give your child is the gift of health". Alexis Multispeciality Hospital organised a 2-day health check-up camp for the 9<sup>th</sup> and 10<sup>th</sup> Standard Students of St. Vincent Pallotti School, Koradi, Nagpur where in routine check-up was done for nearly 420 students at the school premises. //



### HEALTH CHECK-UP CAMP AT ST. FRANCIS DE SALES CATHEDRAL CHURCH

Alexis Multispeciality Hospital organised Free health check-up camp at St. Francis De Sales Cathedral, Sadar Nagpur, where Dr. Nikhil Dongre - Neurologist, Dr. Krishna Deepti - Obstetrician and Gynaecologist examined around 110 dignitaries. //



### FIRST AID TRAINING AT LITTLE MILLENIUM SCHOOL

Alexis Multispeciality Hospital conducted First Aid Training Program for the teachers and staff of Little Millenium Preschool, Friends Colony, Nagpur where Dr. Kaustubh Chautpalliwar, Life Support Instructor trained and shared the basic precautionary methods to use during an emergency. //



### HEALTH CHECK-UP CAMP AT HOTEL TULI IMPERIAL

Alexis Multispeciality Hospital organised Free General Health Check-up Camp for the employees of Hotel Tuli Imperial, Ramdaspath, Nagpur. Dr. Alfiya Amreen Khan rendered her services during the camp to around 220 staff members at the hotel premises. //



## HEALTH CHECK-UP CAMPS



### HEALTH CHECK-UP CAMP AT S. B. JAIN INSTITUTE OF TECHNOLOGY

Alexis Multispeciality Hospital, Nagpur conducted a free health check-up camp for the faculty members of SB Jain Institute of Technology, Nagpur. A total of 80 members availed the benefits of the basic health check-ups along with consultations by Dr. Sehba Asim, our Internal Medicine Specialist. //



### HEALTH CHECK-UP CAMP AT HERITAGE INTERNATIONAL SCHOOL

Alexis Multispeciality Hospital conducted a basic paediatric health check-up camp at Heritage International School for students from Nursery to 9<sup>th</sup> standard. Complete anthropometric assessment along with vision tests, paediatric evaluations and routine dental check-ups, were conducted for 394 students over 2 days. Dr. Kaustubh Bahatkar, Paediatrician along with Dr. Pooja Shirsat, Dentist and Dr. Gladstone Nathaniel, Medical Officer offered dental and paediatric examinations at the camp. //



### DENTAL SCREENING CAMP AT RELIANCE JIO

Alexis Multispeciality Hospital conducted a free dental screening camp for the employees of Reliance Jio at their office premises. Along with the dental examination, we distributed co-branded coupons to the camp beneficiaries from Reliance Industries. Dr. Pooja Shirsat, Dentist at Alexis Hospital, attended to a total of 50 employees at the screening camp. //



### BLOOD DONATION CAMP AT BAJAJ FINSERV

In association with Life Line Blood Bank, Alexis Multispeciality Hospital organised a blood donation camp for the employees of Bajaj Finserv. Around 80 employees selflessly participated in the noble act and donated their blood. Their dedication and generosity will truly make a difference in the lives of those in need. By coming together as a community, we demonstrated the power of compassion and unity. Together, we can create a positive impact and save lives. //



### DENTAL SCREENING CAMP AT INDUSIND BANK

Alexis Multispeciality Hospital conducted a series of free dental screening camps for the customers and employees of Indusind Bank. Over the three-day camp, Dr. Pooja Shirsat, Dental Surgeon provided dental examinations to a total of 101 individuals, ensuring their oral health and well-being. //



### HEALTH CHECK-UP CAMP AT AMLA COMMERCE

Alexis Multispeciality Hospital organised a health awareness session on 'General Women's Health Issues' led by Dr. Sakshi Bansal, Gynaecologist at Amla Commerce, Nagpur. The event also included a basic health check-up camp and physician consultation. The awareness session was attended by 50 female employees and the health check-up camp was availed by 156 employees. //

## HEALTH CHECK-UP CAMPS



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

Alexis Multispeciality Hospital organised a paid Health Check-up Camp at Raj Nagar, Nagpur where around 50 dignitaries availed the services. //



### HEALTH CHECK-UP CAMP AT MAR THOMA SYRIAN CHURCH

Alexis Multispeciality Hospital organized an awareness session on Cardiac and Orthopaedic problems by Dr. Shoeb Nadeem, Interventional Cardiologist and Dr. Shivraj Suryawanshi, Spine & Orthopaedic Surgeon along with Orthopaedic Consultation and Health Check-up Camp at Mar Thoma Syrian Church, Rameshwari, Nagpur where around 50 dignitaries availed the services. //



### SERVED AS A SUPPORTING PARTNER AT A HEALTH CHECK-UP CAMP ORGANISED BY ONGC

Alexis Multispeciality Hospital served a supporting partner in health check-up camp organised by ONGC at Dikshabhoomi where our team examined ONGC staff for two days. //



### DIETITIAN CONSULTATION AT RELIANCE JIO OFFICE

Alexis Multispeciality Hospital organised free dietitian consultation for employees of Reliance Jio where our Clinical Dietitian Mr. Chittaranjan Yadav consulted them on their diet and eating habits to maintain a healthy and good lifestyle. //



### HEALTH CHECK-UP CAMP AT ANKUR SEEDS

Alexis Multispeciality Hospital organised a General Health Check-up Camp for the employees of Ankur Seeds Pvt. Ltd., Kalmeshwar where Dr. Krishna Deepti, Obstetrician & Gynaecologist and Dr. Gladstone Nathaniel examined around 120 dignitaries. //



### FIRST AID TRAINING AT BHAVAN'S SCHOOL

Alexis Multispeciality Hospital conducted First Aid Training Program for the teachers and staff of Bhagwandas Purohit Vidya Mandir, Ashti, Nagpur where Dr. Kaustubh Chautpalliwar, Life Support Instructor at Alexis Hospital trained and shared the basic precautionary methods to use during an emergency at the school premises. //



## WORKSHOPS



### ALEXIS INTER-PROFESSIONAL TRAUMA SYMPOSIUM

The Emergency & Trauma Care Department at Alexis Hospital, in partnership with the Association of Medical Faculties, Nagpur hosted the first edition of the Alexis Inter-Professional Trauma Symposium to discuss the current and advanced trauma management protocols across various specialities. This platform aimed to bring together various specialists who handle cases of trauma and emergency care under one roof.

The Inter-Professional Trauma Symposium commenced with hands-on advanced skill stations, expert discussions and educational sessions focused on intricate aspects of managing multiple injury patients in

complex trauma scenarios.

Dr. Girish Narayan, Professor in the Department of Emergency Medicine at St. John's Medical College & Hospital, Bangalore along with eminent local faculties shared their views and expertise during the session. The symposium featured ATLS (Advanced Trauma Life Support) Synopsis, skill stations, and case-based panel discussions to facilitate knowledge dissemination. Specialists and postgraduates working in trauma and emergency care attended the symposium to enhance their practical skills and understanding of trauma management. The response to IPTS was overwhelming, with a total of 120 registered delegates participating in the symposium. //



### HANDS-ON TRAINING ON ABLATION AND BIOPSY FOR POST GRADUATE DIAGNOSTIC RADIOLOGY RESIDENTS

Alexis Multispeciality Hospital organized Hands-on Microwave Ablation and Image Guided Biopsy Workshop for the Post Graduate Diagnostic Radiology Residents where in Dr. Mohammad Zuber, Consultant Endovascular Surgeon and Interventional Radiologist provided hands-on training on phantoms. The ablation workshop has been endorsed by Becton & Dickinson India Pvt Ltd, CCMA - ECO (Chinese Society) & ISVIR (Indian Society for Vascular & Interventional Radiology). //



### ADVANCED COURSE IN INFECTION PREVENTION & CONTROL

Alexis Multispeciality Hospital in association with Vidarbha Association of Medical Microbiologists, hosted an Advanced Course in Infection Prevention & Control at the hospital premises. A total of 48 delegates, including doctors, microbiologists, and infection control nurses from various hospitals in Vidarbha, attended the power-packed 3-day session. The course encompassed a wide range of activities, such as lectures, panel discussions, debates, journal presentations, workshops and case discussions, led by eminent and dynamic speakers.

The primary aim of the course was to provide the attendees with advanced insights and updated guidelines on Infection Prevention & Control Practices. Dr. Tushar Gawad, the Program Chairman & Secretary, along with Dr. Nitin Shinde, intends to continue this flagship course as an annual event to support and enhance Infection Prevention & Control practices in the region. //



### PG MASTERCLASSES SHINING THE SPOTLIGHT ON DIABETES MELLITUS

Alexis Multispeciality Hospital recently organised a series of PG Masterclasses, shining the spotlight on Diabetes Mellitus. These sessions focused on the latest advancements and knowledge surrounding this prevalent condition. We were privileged to have renowned doctors as speakers for this event, including Dr. Dipti Chand, Dr. Rajashree Khot, Dr. Himanshu Patil, Dr. Sunil Ambulkar, Dr. Jayant Kelwade, and Dr. Rahul Hiwanj. Their expertise and insights enriched the sessions and fostered an environment of knowledge sharing.

The masterclasses were designed to facilitate both learning and interaction, allowing attending doctors to expand their understanding of Diabetes Mellitus and explore recent developments in the field. It provided a platform for intellectual growth and professional networking. We are proud to share that a total of 40 doctors actively participated in these insightful sessions, making it a vibrant and engaging experience for all. //



## OBSERVANCE DAY CELEBRATIONS



### DIALYSIS CONNECT AT AYUSHMAN HOSPITAL

Alexis Multispeciality Hospital organised 'Dialysis Connect', a patient engagement event at Ayushman Hospital, Balaghat. A total of 35 patients attended the event and received valuable insights on dialysis and kidney diseases from our experts, Dr. Vishal Ramteke, Nephrologist & Renal Transplant Physician; Dr. Pratik Parma, ENT Surgeon; Mr. Chitranjan Yadav, Nutritionist and Dr. B. M. Sharnagat, Physician at Ayushman Hospital, Balaghat. //



### ORGAN DONATION AWARENESS DURING AMBEDKAR JAYANTI CELEBRATIONS

Alexis Multispeciality Hospital partnered with the Godhani community for their annual Ambedkar Jayanti celebrations to raise awareness about organ donation. Dr. Nishant Deshpande, a Renal Transplant Physician, addressed the crowd of 950 people on the need for organs, encouraging organ donations and transplantation. //



### WORLD HAND HYGIENE DAY

Promoting World Hand Hygiene Day and reinforcing our commitment to maintaining high standards of hygiene in our hospital, Dr. Nitin Shinde, an Infectious Disease Specialist, shared valuable information with the staff members on the importance of hand hygiene, which is critical in preventing the spread of infections. The nursing staff members performed a mop dance, highlighting the steps and process of hand hygiene for public education. Additionally, a quiz competition on hand hygiene was hosted for the internal staff members. The celebration concluded with a cake-cutting ceremony, reiterating our commitment to maintaining high standards of hygiene at Alexis Hospital and pledging to continue practicing proper hygiene. //



### INTERNATIONAL NURSES DAY CELEBRATIONS

Alexis Multispeciality Hospital observed International Nurses Day over a week-long celebration. Our nurses participated in poster competitions, quiz competitions and cuisine competitions, showcasing their talents and diversity. The week culminated in a grand nursing day celebration with dancing, singing, poetry and a pageant competition. We are honoured to have such exceptional nurses on our team. //



### WORLD NO TOBACCO DAY AT RELIANCE JIO OFFICE

On the occasion of World No Tobacco Day, Alexis Multispeciality Hospital conducted an interactive session for the employees of the Reliance Jio Office. Dr. Rahul Arora, Haematologist, shed light on the hazards of tobacco use and emphasised on the detrimental impact of tobacco overuse on human life. A total of 20 employees participated, showing their commitment to promote a tobacco-free world. //



### WORLD NO TOBACCO DAY AT ASHOK LEYLAND

On the occasion of World No Tobacco Day, Alexis Multispeciality Hospital conducted an informative session for the employees of Ashok Leyland, Bhandara. Dr. Chandani Hotwani, Radiation Oncologist at Alexis Multispeciality Hospital, shared insights and discussed the hazards of tobacco usage and its detrimental impact on human life. Eighty-three dedicated employees actively participated in the discussion and pledged to stop the use of tobacco. //



## OBSERVANCE DAY CELEBRATIONS



### ALEXIS MULTISPECIALITY HOSPITAL ORGANISED CME IN ASSOCIATION WITH IMA SEONI ON DOCTORS' DAY

On the Occasion of Doctors' Day, we organised a CME in association with IMA Seoni where Dr. Shoeb Nadeem and Dr. Junaid Sheikh were present and a total of 23 doctors attend the conference. //



### AWARENESS SESSION ON IMPORTANCE OF BREASTFEEDING AT ALEXIS HOSPITAL

On the occasion of World Breastfeeding Week, Alexis Multispeciality Hospital hosted a session with Dr. Pankhuri Multani, Lactation consultant shared her insights on the Importance of Breastfeeding along with hands on training for the nurses on the overall breastfeeding technique and assistance for the new moms. //



### HEALTH CHECK-UP CAMP AT PUNJAB NATIONAL BANK

On the occasion of National Senior Citizens Day, Alexis Multispeciality Hospital in association with Chola MS organised a Health Checkup Camp at PNB house in recognition of the contributions made by the elderly to society. Senior beneficiaries of PNB availed the facility of the routine health checkup at the bank premises. //



### PROMOTING ORGAN DONATION ON THE OCCASION OF WORLD ORGAN DONATION DAY

Alexis Multispeciality Hospital hosted an awareness session on Organ Donation for the members of Rotary Club, of Ishanya Nagpur where Dr. Rajvilas Narkhede (Liver Transplant Surgeon) and Dr. Vishal Ramteke (Renal Transplant Physician) shared insights on the importance and the need of Organ Donation in the present scenario, encouraging people to step forward to pledge their organs and gifting more lives. On the occasion, Ishanya Health Express 360 degree, a comprehensive health checkup package curated specifically for the Rotary Club Members was also inaugurated by the hands of Mr Vineet Mohanta, Charter President, of Rotary Club of Ishanya and other key members of the club. //



### LINEN DONATION ACTIVITY

On the occasion of Onam, Alexis Multispeciality Hospital held Linen Donation activity wherein around 900 uniforms and 30 blankets were donated to Lion's Club, Nagpur which will be further distributed amongst the needy. //



### HEALTH CHECK-UP CAMP AT BASE SCHOOL

On the occasion of Teacher's Day, Alexis Multispeciality Hospital organised a Gynaec Health Check-up Camp for the teachers and staff of Base School, Nagpur at the school premises. Dr. Krishna Deepti, Obstetrician & Gynaecologist examined women staff during this health check-up camp. //

## OBSERVANCE DAY CELEBRATIONS



### HAPPY HOUR AT RELIANCE JIO OFFICE

In the view of making heart happy, Alexis Multispeciality Hospital organized a 'Happy Hour' event for the employees of Reliance Jio Office, Sadar, Nagpur. This Happy Hour was filled with fun games and witnessed joyful participation of employees creating a nostalgia from childhood. //



### INFECTION CONTROL WEEK AT ALEXIS HOSPITAL

The Infection Control team at Alexis Multispeciality Hospital observed Infection Control Week 2023.

Numerous competition were organised like Elocution competition, Quiz contest, Best from Waste Competition, Best infection control link staff award along with an Awareness Rally and Dance.

On Day 1, Elocution Competition, Quiz Competition and Best from Waste Competition was organised where the Clinical Staff participated with great enthusiasm.

On Day 2, the infection control team and nursing staff started with a rally in hospital premises educating and spreading awareness about infection control. Afterwards, it was celebrated with Dances & Skits followed by Rewards & Recognition and Award distribution ceremony for the winners of the competition. //



### IN-HOUSE ACTIVITY TO SPREAD AWARENESS ABOUT STROKE

On the occasion of World Stroke Day, Alexis Hospital in association with Boehringer Ingelheim conducted a 3-day in-house activity to spread awareness and educate people about Stroke through VR. //



### CME ON LIVER TRANSPLANT AND BMT IN ASSOCIATION WITH IMA NARSINGHPUR

Alexis Multispeciality Hospital organised a highly informative CME session on Liver Transplant & BMT (Bone Marrow Transplant) in association with IMA Narsinghpur! This enlightening session featured esteemed speakers, Dr. Rajvilas Narkhede, Gastroenterologist, HPB & Advanced Laparoscopic Surgeon; Dr. Amit Gulhane, Gastroenterologist and Transplant Hepatologist and Dr. Rahul Arora, Haematologist and Bone Marrow Transplant Physician who shared their expertise and valuable insights in these specialised fields. Total of 13 doctors actively participated in this CME session. //



### CME SESSION IN ASSOCIATION WITH MODERN AYUS DOCTOR

Alexis Multispeciality Hospital, in association with the Modern Ayus Doctor Association, Jabalpur, organised a highly informative CME session. This enlightening session featured two esteemed speakers: Dr. Mohd. Shoeb Nadeem, Interventional Cardiologist who shared insights on the advancements in cardiology and Dr. Rajvilas Narkhede, Gastroenterologist and HPB & Advanced Laparoscopic Surgeon who provided valuable insights on GI Cancer. A total of 32 doctors actively participated in this knowledge-packed CME session. //



# MEDIA HIGHLIGHTS



**PROMINENT EDITORIALS**  
Spanning some exceptional progress of the past year here are some of the major events covered by local newspapers highlighting the prominence of Alexis Hospital's important contribution to the society. //

## NAVBHARAT AND NAVRASHTRA EDITORIAL

Navbharat and Navrashtra Newspapers covered the views of our doctors on various health issues through newspaper articles.



# CELEBRATIONS



## WOMEN'S DAY CELEBRATIONS AT ALEXIS MULTISPECIALTY HOSPITAL

In line with the International Women's Day celebrations, Alexis Multispecialty Hospital conducted a get-together and an awareness session for the members of SPRA Ladies Club (Raj Nagar), Nagpur. Gynaecologists, Dr. Sakshi Bansal and Dr. Krishna Deepti Mogli, led an open discussion on Intimate Hygiene, Vaginitis and HPV & Cervical Cancer. The session was followed by group engagement activities and a cake-cutting ceremony. A total of 41 ladies participated in the celebration. //



## MOTHERS' DAY AT ALEXIS MULTISPECIALTY HOSPITAL

Alexis Multispecialty Hospital celebrated Mother's Day by honouring the new mothers at the hospital. The event included a cake-cutting ceremony and a token of gratitude to appreciate these mothers. It also provided an opportunity for new mothers to share their experiences with Dr. Rajni Gupta, a senior Gynaecologist and Obstetrician at the hospital. It was a heart-warming celebration of motherhood and the dedication of healthcare professionals who support and care for mothers and their babies. //

## HOUSEKEEPING DAY CELEBRATION

Alexis Hospital celebrated Housekeeping Day for our housekeeping staff, to appreciate and celebrate our heroes who work continuously at the back to help run any organisation. They make sure our hospital remains clean and are always ready to help with a smile on their face. This celebration included solo, group dance and skits performed by housekeeping staff and showed their talent. This was followed by cake-cutting ceremony. //



## ALEXIS MULTISPECIALTY HOSPITAL CELEBRATED DOCTORS' DAY

Every day, these extraordinary individuals go above and beyond to help us through the challenges of ailments with a gentle touch and a heart full of empathy. They stand tall in the face of adversity, embracing sleepless nights and endless hours, so that we may find solace and hope in the midst of darkness. On the occasion of Doctors' day, Alexis Hospital celebrated the doctors where they engaged in games, danced, sang and enjoyed the evening bash. //



## ALEXIS MULTISPECIALTY HOSPITAL CELEBRATES ENTHRALLING 7TH ANNIVERSARY

As Alexis turned seven, the day was celebrated by each and every staff members of Alexis Hospital which included cake cutting, engagement by RJ from RED FM and followed by lunch. All Doctors and HODs attended this celebration. //



## ALEXIS UPDATES



### CME ON LIVER AND KIDNEY TRANSPLANT IN ASSOCIATION WITH IMA WARUD

Alexis Multispeciality Hospital organised a highly informative CME session on Liver and Kidney Transplants in association with IMA Warud. The session featured esteemed speakers, Dr. Rajvilas Narkhede, Gastroenterologist and HPB & Advanced Laparoscopic Surgeon and Dr. Nishant Deshpande, Nephrologist and Renal Transplant Physician, who shared their extensive knowledge and expertise in this specialised field. We were thrilled to have 27 doctors in attendance, who actively participated in this enriching CME session. //



### CME IN ASSOCIATION WITH IMA AKOLA

Alexis Multispeciality Hospital organised a highly informative CME session at IMA, Akola where Dr. Nitin Shinde and Dr. Rajvilas Narkhede were present and 54 doctors attended this CME. //



### PARTICIPATION IN 65<sup>TH</sup> ANNUAL STATE CONFERENCE

Alexis Multispeciality Hospital participated in 65<sup>th</sup> Annual State Conference organized by Indian Medical Association, Katni (MP) where around 350 doctors attended the conference. Dr. Rajvilas Narkhede, Surgical Gastroenterologist & Dr. Vishal Ramteke, Nephrologist and Transplant Physician at Alexis Hospital were the speakers and shared their insights on Liver & Kidney Transplant at the conference. //



### CME ON THE NEW FACE OF TOTAL KNEE REPLACEMENT AND REHABILITATION

Alexis Multispeciality Hospital in association with the Indian Association of Physiotherapists, organised a CME on 'The New Face of Total Knee Replacement and Rehabilitation.' A total of 71 physiotherapists participated in the knowledge update session. The guest faculty for the event was renowned Physiotherapist, Dr. Rahul Chaudhary from the Hope Clinic, Akola. The speakers for the session were Joint Replacement & Arthroscopy Surgeon, Dr. Manoj Pahukar and Orthopaedic Specialist, Dr. Aniruddha Sonegaonkar. //



### INAUGURATION OF SNACK AND BEVERAGE CART IN ASSOCIATION WITH SODEXO

The all new Sodexo Beverage and Snack cart is now available at Alexis Garden for all the patients and staff. This snack cart aims to provide fresh and hygienic food throughout the day at pocket-friendly prices. //



### CME ON GI CANCERS & HAEMATOLOGICAL PROBLEMS

Alexis Multispeciality Hospital organised a highly informative CME session on GI Cancers and Haematological Problems in association with IMA Chandrapur. This enlightening session featured esteemed speakers, Dr. Rajvilas Narkhede (Gastroenterologist, HPB & Advanced Laparoscopic Surgeon) and Dr. Rahul Arora (Haematology and Bone Marrow Transplant Physician) who shared their expertise and valuable insights in these specialized fields. The knowledge they imparted was invaluable for medical professionals seeking to enhance their understanding. We extend our sincere appreciation to the 48 doctors who actively participated in this engaging CME session. Their commitment to continuous learning and professional development is truly commendable. //

## ALEXIS UPDATES



### ALEXIS HOSPITAL CONDUCTED A ZUMBA SESSION

Alexis Hospital conducted an energetic Zumba Session for all the female employees of Alexis Hospital. It was an employee engagement activity to ensure that while taking care of others, they too take care of themselves. //



### TAMBOLA ACTIVITY FOR THE EMPLOYEES OF ALEXIS HOSPITAL

Alexis Hospital conducted a Tambola Activity in association with MY FM 94.3 where RJ Amod engaged the employees and staff members of Alexis Hospital and made them play Tambola. He simultaneously conducted a registration drive for Alexis Achievers Run Marathon. //

## ALEXIS ACHIEVEMENTS



### ALEXIS HOSPITAL WON 'THE BEST MULTISPECIALITY HOSPITAL IN NAGPUR' AWARD 2023 YET AGAIN!

Alexis Multispeciality Hospital has been awarded with the Best Multispeciality Hospital in Nagpur for four times in a row by **The Week-Hansa Research Best Hospitals Survey 2023**. This award acknowledges our seven years of exceptional healthcare practices, providing impactful solutions and making a significant difference in the lives of countless healthcare seekers in Nagpur and across central India. We thank you for your support and patronage. //



### LAUNCH OF PODCAST SERIES 'HEALING TALES' WITH RED FM

Alexis Hospital launched its podcast series 'Healing Tales' in which we record healthcare professionals' insights. These podcasts began with our Co-chairperson, Ms. Zanubia Shams and her podcast was followed by consultants on various topics. These are available nationwide on all audio platforms like **Spotify, Amazon Music, Apple Music**, etc. //





### HIPeC SURGERY - A SAVIOUR FOR OVARIAN CANCERS!

A 47-year-old lady presented with complaints of early satiety and weight loss. The most common causes of early satiety include gastroesophageal reflux disease, commonly known as GERD and peptic ulcers. In some cases, a more serious problem, such as stomach cancer, could also be a factor. Upon evaluation by Dr. Krupal Khobragade, Onco-Surgeon at Alexis Hospital, it was found that she had a lump in her lower abdomen, and her CT scan revealed bilateral ovarian masses with deposits in the peritoneum and omentum (the peritoneum is the serous membrane lining the cavity of the abdomen and covering the abdominal organs, while the omentum plays a key role in immune regulation and tissue regeneration).

Her tumour markers were also elevated, and her staging laparoscopy indicated ovarian cancer spread to the peritoneum and omentum, along with some free fluid in the pelvis. Her biopsy confirmed ovarian cancer. All the investigations suggested stage III ovarian cancer. The treating doctors organised an internal tumour board meeting to discuss and plan the best course of action. They decided to proceed with neoadjuvant chemotherapy. She then received four cycles of neoadjuvant chemotherapy under the supervision of Dr. Mukesh Bang, Medical Oncologist.

She was treated with the most technically demanding and advanced treatment: cytoreductive surgery with heated intraperitoneal chemotherapy. This surgery has the best outcomes for patients with ovarian cancer. Multiple procedures were performed in the initial stage to remove the tumours spread in her abdominal area. This was followed by a HIPeC procedure in which a few tubes were inserted into the peritoneal cavity, and heated chemotherapy was administered in the abdomen for one and a half hours. During this procedure, the patient's kidney and liver functions were carefully monitored. The lady tolerated the procedure very well, and post-operation, she did not require any further support. Even after such complex surgery, she recovered gradually in the ward itself with the dedicated support of the well-trained nursing staff.

She started a planned diet three days after her procedure and was discharged on the tenth day in stable condition. She will be following up as planned. //



### WATERMELON-SIZED RARE FIBROID OF 5 KG SUCCESSFULLY REMOVED AT ALEXIS HOSPITAL

A 42-year-old woman walked into Alexis Hospital, appearing to be pregnant, with complaints of significant discomfort and pressure in the lower abdominal area. Upon examination by Dr. Rajni Gupta, Obstetrician and Gynaecologist at Alexis Hospital, a large abdominal mass was discovered, almost the size of a mid-sized watermelon, resembling a full-term pregnancy. An MRI scan revealed a rare and highly vascular massive broad ligament fibroid.

A broad ligament fibroid is a benign smooth muscle tumour that originates from the hormone-sensitive smooth muscle of the broad ligament, or secondarily from the uterine smooth muscle. This layer of tissue connects the sides of the uterus to the walls and floor of the pelvis, covering the uterus, ovaries and fallopian tubes, while also connecting nerves and blood vessels to these organs.

Dr. Rajni advised her to undergo surgery, which initially scared her. The doctor provided counselling and with meticulous planning and thorough preparation, the operation was performed. A massive five-kilogram fibroid measuring 25 x 20 cm was successfully removed. Due to its vascularity and the high-risk of massive bleeding and injury to nearby structures, the fibroid's adherence and technical difficulty made its removal challenging. The patient experienced a smooth recovery and was discharged on the third day after the surgery.

Dr. Rajni Gupta states, "Although uterine fibroids are common tumours of the uterus, these broad ligament fibroids of such massive size constitute less than 1% of overall cases and are very rarely found."

During her discharge, the patient shared, "I was surprised to learn that my case was rare and yet was treated easily at Alexis. I will forever be thankful to Dr. Rajni Gupta for her continued support and the quality care provided by the multidisciplinary team. The doctor's knowledge of the latest methods of treatment at this prestigious Alexis Hospital has truly saved me." //



### BONE TUMOUR ABLATION SURGERY SUCCESSFULLY PERFORMED FOR THE FIRST TIME IN INDIA AT ALEXIS HOSPITAL

A 46-year-old man consulted the Interventional Radiologist at Alexis Hospital due to a history of left knee pain for the past three months. He was evaluated by Dr. Mohammad Zuber, Interventional Radiologist at Alexis Hospital, who recommended an MRI scan. The knee scan reports revealed the presence of a benign tumour in the knee bone. Subsequently, he underwent a CT-guided biopsy for further histopathological evaluation, which confirmed the presence of a benign bone tumour—a giant cell tumour of the knee bone. Based on these findings, Dr. Zuber recommended surgery. However, the patient was apprehensive about an extended hospital stay and post-surgery pain. After receiving education and counselling from Dr. Zuber about minimally invasive image-guided procedures (MILPs), the patient readily agreed with confidence.

A giant cell tumour, also known as osteoclastoma, is a benign bone tumour that exhibits local aggressiveness. It is commonly observed in adults aged 20 to 30 years. The standard treatment typically involves surgical resection or curettage, often accompanied by local adjuvants such as phenol or bone cement.

Dr. Zuber devised a plan for Percutaneous Image-Guided Microwave Ablation of the bone tumour, combined with Zoledronic acid-infused polymethylmethacrylate (PMMA) cementoplasty. This procedure is a recent advancement in interventional radiology, characterized by its minimally invasive nature, reduced pain, shorter hospital stays and decreased complication rates. Notably, there are no post-surgery incisions or scars and the outcomes closely resemble those of traditional surgery. The procedure was conducted under local anaesthesia. Microwave ablation employs thermal energy to treat the tumour, with minimal chances of recurrence. Zoledronic acid-infused PMMA cement facilitates bone formation within the tumour cavity. The entire procedure took less than 40 minutes, and the patient was able to walk shortly after the procedure. He was discharged the following day and could walk without pain.

Subsequent follow-up care was overseen by Senior Consultant Medical Oncologist, Dr. Amol Dongre in conjunction with a team of Radiologists, including Dr. Niraj Kanchankar, Dr. Shahab Sharif, Dr. Meghna Ganvir, and Dr. Nikhil Landge.

Dr. Zuber remarked, "The patient has been treated with the most technically demanding and advanced technique. Additionally, this minimally invasive procedure, a first in India, contributes to rapid recovery and shorter hospital stays. The results of this procedure are similar to those of traditional surgery." //



### POST-DELIVERY COMPLICATIONS SUCCESSFULLY TREATED AT ALEXIS HOSPITAL

In an emergency, a 29-year-old female patient arrived at Alexis Hospital with septic shock and disseminated intravascular coagulopathy, a rare and serious condition that disrupts blood flow and can lead to uncontrollable bleeding. She had undergone a caesarean delivery at another private hospital four days before being admitted to Alexis Hospital. On admission, she presented with a high-grade fever, low blood pressure (shock), respiratory distress and experienced one convulsion just prior to arriving at Alexis Hospital. Dr. Nitin Wadaskar, a Consultant Physician, admitted her to the ICU, where she was immediately intubated and put on a life support system. A team of doctors, including Dr. Sanjay Kriplani, Intensivist and Dr. Sakshi Bansal, Gynaecologist closely monitored her case. A CT scan of her abdomen revealed gross Hemoperitoneum, a condition where blood accumulates in the peritoneal cavity. She was already on life-supporting medications and devices, and her condition necessitated multiple blood products to control her internal bleeding and maintain her blood pressure. Her risks were further escalated due to acute kidney shutdown, for which she received continuous renal support from Dr. Nishant Deshpande, Nephrologist & Renal Transplant Physician and Dr. Vishal Ramteke, Nephrologist at Alexis Hospital.

After three days of intense treatment and critical care efforts, when her blood pressure stabilised, Dr. Mohammad Zuber, Interventional Radiologist decided to perform CT-guided embolisation of the bleeding vessels to halt her bleeding. Following this, Dr. Mohammad Yunus, General and Laparoscopic Surgeon and Dr. Sakshi Bansal, Gynaecologist removed 325 grams of clots through laparotomy, along with 2.3 liters of blood from her abdomen. Post-laparotomy, her blood pressure, heart rate, and respiration became stable, and her kidney function began to improve. She was discharged in remarkable condition after 23 days of hospitalization.

Dr. Nitin Wadaskar, Consultant Physician stated that the patient was in a critical stage with septic shock, coagulation abnormalities and was on ventilator support. Timely and coordinated management, along with a collaborative team effort, played a crucial role in the patient's survival. The support and belief of the patient's relatives were also contributing factors to her recovery.

Dr. Sakshi Bansal, Gynaecologist shared, "Though she was in shock and her case was among the most challenging to handle, we at Alexis Hospital were able to save her due to our multidisciplinary approach and support from our colleagues. As the saying goes, if a mother is saved, the entire family is saved. She was a mother of two children, and her case was a near-miss maternal mortality."

Throughout her treatment, the patient received a total of 34 units of blood products, including 8 cryoprecipitates, 8 fresh frozen plasma units, 13 packed red blood cells, 3 single donor platelets and 2 random donor platelets. //