

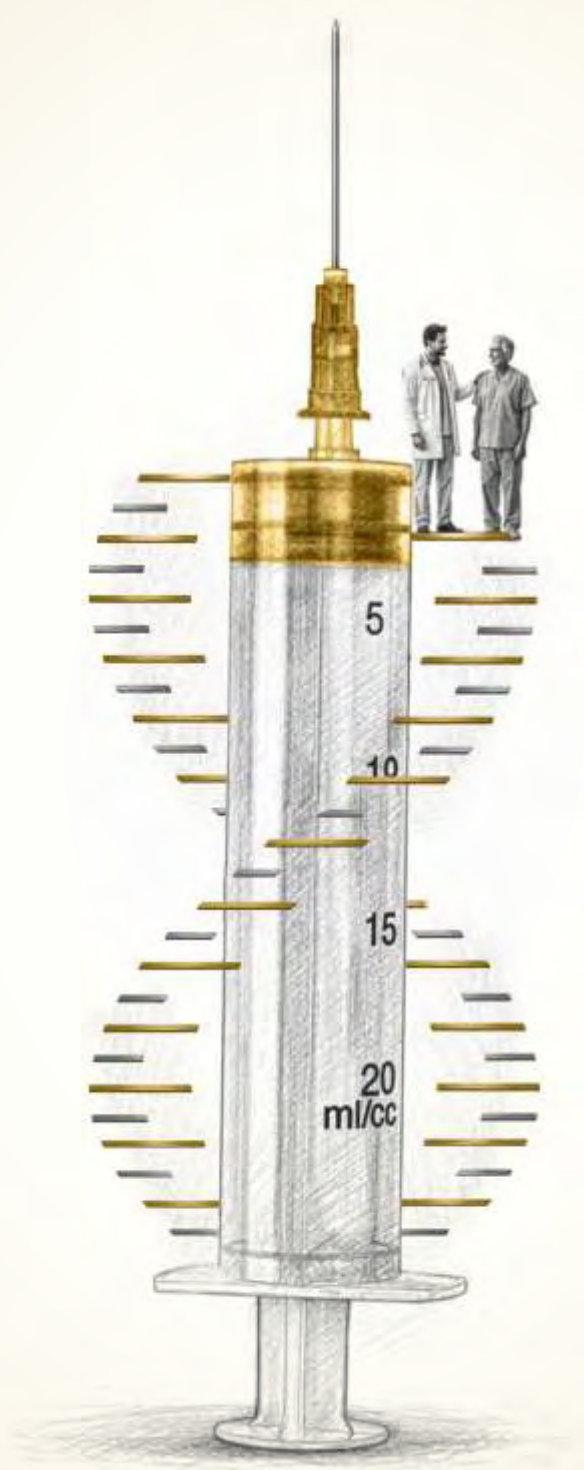
DIALOGUE

NEWSLETTER

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www.jehangirhospital.com

Hands that heal, hearts that care for health that matters



8 DECADES OF ENDLESS ETHICARE



FROM THE CEO'S DESK

80 Years
of Jehangir Hospital:
Honouring Our Legacy
and Advancing Our Future

Dear Patron,

As Jehangir Hospital marks 80 years of dedicated service, this milestone offers a moment for reflection and renewed purpose.

For eight decades, Jehangir Hospital has stood as a trusted name in healthcare, built on a strong foundation of compassion, ethics, clinical excellence and patient-first care. Over the years, it has evolved into a respected quaternary care super-speciality hospital, serving generations with commitment and integrity. This journey is a celebration of our past and a reaffirmation of our responsibility towards the future.

We believe that progress must be meaningful. Our continued investments in clinical capabilities, patient services, advanced technology and robust systems are focused on delivering better outcomes with greater safety, precision and compassion. A key milestone is the launch of the 2nd Jehangir Wellness Centre at Poloroche Business Avenue, Airport Road, opposite Symbiosis Law School, Viman Nagar. The Jehangir Wellness Centre, Viman Nagar, is gaining momentum as a trusted destination for preventive healthcare, catering to individuals as well as corporate health check-up needs. The centre offers a comprehensive range of services, including preventive health check-ups, diagnostic services, home sample collection and evening OPDs with specialist consultations in Cardiology, Gynaecology, Paediatrics, Ophthal, Dental and Internal Medicine. It also provides allied therapies such as Zentangle, Bowen therapy and chakra healing, supporting a holistic approach to wellbeing. Designed for individuals, families and corporates, the centre brings together health check-up packages, evidence-based allied therapies and expert medical consultations under one roof. It reflects our commitment to preventive and holistic healthcare by supporting early detection of health risks and encouraging healthier lifestyles.

Another significant step forward is the introduction of the orthopaedic robotic surgery programme, supported by the globally recognised Stryker MAKO system for hip and knee replacements. This advancement strengthens precision-led surgical care, enabling enhanced accuracy, improved pre-operative planning and better clinical outcomes in joint replacement procedures. In addition, we are strengthening our orthopaedic services with the introduction of a dedicated Shoulder and Sports Injury Clinic, further enhancing our ability to deliver specialised care and making our orthopaedic programme more robust and comprehensive. Building on this foundation, Jehangir Hospital is expanding its robotic capabilities with the introduction of a comprehensive surgical (soft tissue) robotic programme. This will extend the benefits of robotic-assisted, minimally invasive surgery across key specialities such as general surgery, urology, gynaecology and oncology, enhancing precision, reducing recovery time and improving overall patient outcomes. Our neuroscience programme is also poised for a significant leap forward, with an expanded scope supported by the introduction of advanced equipment and cutting-edge technology. Together, these developments will create a highly integrated and future-ready surgical ecosystem, positioning Jehangir Hospital among the leading healthcare institutions in the country. These developments reflect our continued effort to remain rooted in our legacy while preparing for the future. As we celebrate 80 years, we remain focused on delivering outstanding clinical care, expanding access to advanced treatment, strengthening preventive healthcare and upholding the values that define us. I extend my sincere gratitude to our doctors, nurses, staff and support teams. Most importantly, I thank our patients, donors and community for their trust, which inspires us to keep improving and serving with purpose.

Jehangir Hospital at 80 marks the beginning of our next chapter of excellence.

Vinod Sawantwadkar
CEO - Jehangir Hospital



FROM THE CHAIRMAN'S DESK

Celebrating 80 Years of Jehangir Hospital

Dear Patron,

As we mark 80 years of Jehangir Hospital, I do so with immense pride, gratitude and humility, reflecting on the remarkable journey of an institution that has become an integral part of Pune's healthcare legacy. What began on 6th February 1946 as a modest nursing home, rooted in compassion and community service, has evolved over eight decades into one of the region's most respected healthcare institutions. From its very inception, Jehangir Hospital was founded on a simple yet profound belief that every patient, irrespective of background, deserves care delivered with dignity, empathy and clinical excellence. That belief continues to guide us today.

Over the years, Jehangir Hospital has grown into a quaternary care super-speciality hospital, offering 35+ specialities and 12+ Centres of Excellence, supported by advanced infrastructure and state-of-the-art technology. From modern labour rooms, two advanced cath labs, an endoscopy unit and IVF services, to the MAKO-assisted orthopaedic robotic programme, every step reflects our commitment to delivering world-class healthcare while remaining rooted in our founding values. Our journey has been one of constant evolution, driven by medical progress, strengthened by visionary clinicians, trustees and staff, and inspired by the trust of generations of patients and families. We have expanded not only in scale and capability, but also in purpose as a centre for advanced treatment, a hub for medical education and research, and a hospital where ethical care remains central to everything we do. At Jehangir Hospital, we have always upheld the ethos of patient first and ethics first. This philosophy has shaped our identity across generations. Over time, it found expression in our evolution from "We Add Care" to "We Add Ethicare". This change reflects our belief that care must always be guided by ethics, compassion, integrity and responsibility. Ethicare is not a statement. It is the essence of Jehangir Hospital. It represents our commitment to combining compassion with competence, technology with humanity and innovation with integrity. As we celebrate this milestone, I extend my sincere gratitude to our consultants, doctors, nurses, support staff, management teams, trustees and partners. Most importantly, I thank our patients and the community for the trust they have placed in us over the last eight decades. While we honour our past, we look to the future with renewed purpose. The healthcare needs of tomorrow will demand greater innovation, agility and compassion, and Jehangir Hospital remains committed to leading this journey.

As we step into our 80th year, we do so with pride in our heritage, confidence in our capabilities and a deep sense of responsibility towards every life that entrusts itself to our care. Jehangir Hospital at 80 is a legacy of compassion, excellence and trust, strengthened over time and guided by the principles of patient first and ethics first.



Jehangir H. C. Jehangir
Chairman, Jehangir Hospital



JEHANGIR
HOSPITAL

We Add Care

WE ADD CARE TO WE ADD ETHICARE

**A LEGACY OF 80 YEARS,
BORN ON 6TH FEBRUARY 1946**



THE STORY OF JEHANGIR HOSPITAL

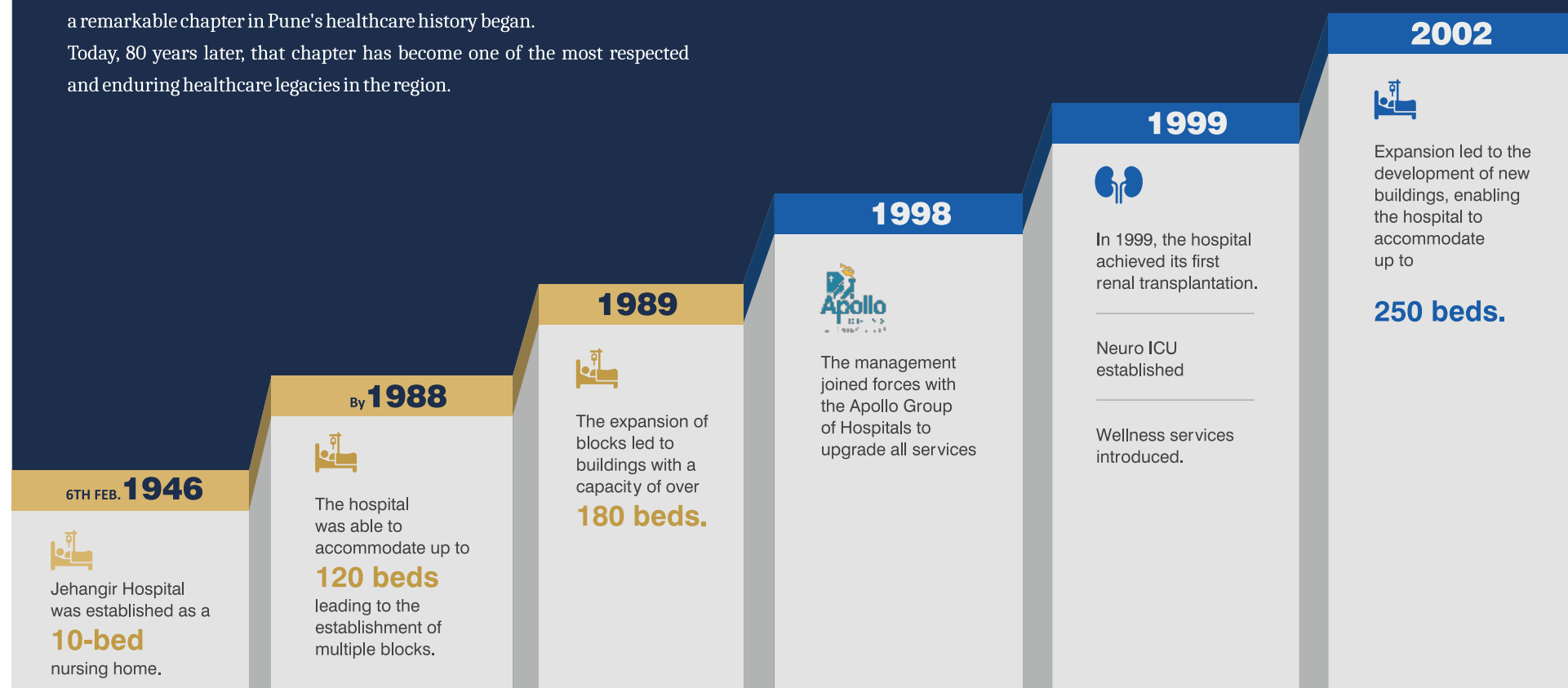


JEHANGIR
HOSPITAL

We Add Care

On 6th February 1946, in a city standing quietly on the brink of change, a remarkable chapter in Pune's healthcare history began.

Today, 80 years later, that chapter has become one of the most respected and enduring healthcare legacies in the region.



The city was still known as Poona. The Cantonment was expanding, Main Street today's MG Road was thriving, and a new, aspirational society was beginning to emerge. Yet despite this growth, healthcare options remained limited. For patients who required hospitalisation, the choices were few, largely confined to Sassoon General Hospital and the Cantonment Hospital. There was a clear and growing need that was not merely medical, but deeply human. People were seeking something more personal, more reassuring, more compassionate.

They wanted care that extended beyond treatment alone. It was at this pivotal moment that Dr Coyaji, one of Poona's most respected physicians, recognised what the city lacked. Renowned for his exceptional clinical acumen, compassion, empathy and one of the largest general practices in the city, he was deeply trusted by his patients. Yet, despite his standing and reach, he faced a significant limitation, he had no indoor facilities where he could admit and care for those who needed continued treatment. Determined to

change that, Dr Coyaji approached the Jehangir family, a family already known for its extraordinary philanthropy and profound sense of social responsibility. What he proposed was simple in concept, yet monumental in impact: a place where patients could receive indoor medical care in an environment defined by dignity, compassion and personal attention. The Jehangir family responded with remarkable generosity. Their gracious home, set within a sprawling campus and accompanied by a smaller bungalow, was entrusted to a trust and opened to the community. From this singular act of benevolence was born what would become Jehangir Hospital then a nursing home, but one founded on ideals far greater than its physical form.

From the very beginning, the institution stood for something rare and powerful, care without distinction. Whether rich or poor, privileged or modest, every patient would be treated with the same respect, the same concern, and the same clinical sincerity. This principle became the soul of the

institution and remains its defining ethos to this day.

In those early years, Medicine was the principal discipline, but Dr Coyaji understood that true patient care demanded a broader clinical base. He brought in Dr Banoobai Coyaji as the Gynaecologist and Dr Kabraji as the Surgeon, laying the foundations of what would one day become a multi-speciality institution.

What began on that February day in 1946 as a humane response to a city's need soon became something far more enduring a place of trust. As the years passed, the institution weathered loss and change. Following the passing of Dr Coyaji, the mantle was carried forward by an equally legendary practitioner, Dr. H.V. Sardesai, along with a committed team Dr Deshpande in Medicine, Dr Edibam in Surgery, and Dr Dhala in Gynaecology. Together, they preserved not only the hospital's clinical standards, but also its spirit. But the world of medicine was changing rapidly. Poona had become Pune, and the city was growing. Patients

expected more. Medical science was advancing. Boardroom conversations increasingly centred on the need for speciality services, better diagnostics, stronger nursing systems, improved facilities, and more modern inpatient care. The trustees recognised that the institution could no longer remain merely a nursing home. It had to evolve.

This next phase of transformation was driven by the vision of the current Chairman, Jehangir H. C. Jehangir, who recognised that if the institution was to remain relevant and meaningful, it had to modernise with courage and clarity. Through a carefully structured plan, the nursing home was transformed into a full fledged, high technology hospital.

This was not simply expansion. It was reinvention. As the hospital grew, it became increasingly clear that infrastructure alone would not define its future. To become a truly comprehensive institution, it needed visionary consultants, structured departments, academic depth, full time resident doctors, and round the clock clinical support.

At the time, opportunities for postgraduate training in Pune were limited, largely concentrated in institutions such as Sassoon and KEM Hospitals. Jehangir aspired to create a stronger academic culture, but entry into that world was not easy. Then, as so often happens in the journey of great institutions, a chance encounter changed everything.

Through the good offices of the visionary Medical Director of Jehangir Hospital, Dr Erach Bharucha, Jehangir met Dr Patangrao Kadam, who was then establishing the Bharati Vidyapeeth Medical College. He was looking for a hospital where students could undertake their clinical training. A visionary MOU

was forged one that proved transformative for both institutions.

Clinical teaching began at Jehangir Hospital, while the medical college provided classroom teaching faculties in Medicine, Surgery, and Obstetrics & Gynaecology. This partnership changed the rhythm of the hospital. The arrival of residents, lecturers, and young medical minds brought fresh energy and deepened the institution's academic culture. Senior consultants became mentors. Special clinical rooms were created. Patient care became more structured, more rigorous,

and more responsive. The presence of resident doctors and lecturers strengthened care 24 hours a day, seven days a week. Many of those early students, now respected consultants in their own right, still remember Jehangir Hospital as the place where they first truly encountered the living practice of medicine. But Jehangir Hospital's growth did not end with care and teaching. It also became a place where knowledge was created. Beyond clinical services,

Jehangir Hospital emerged as a centre for medical research and education. The ISO-certified Jehangir Clinical Research and Development Centre (JCDC) gained global recognition for its capabilities in clinical research, participating in national and international studies that helped shape evidence-based practice. The Hirabai Cowasji Jehangir Research Institute



(HCJMRI) focused on general medical research. A significant area of HCJMRI's work is in paediatric health, undertaking research aimed at improving outcomes for children through deeper understanding of diseases, treatments, and preventive strategies. Sweetlings, its initiative for under served Type 1 diabetic children has become an internationally recognised programme. Growth accelerated over the years. A modest 4-bedded ICU, initially established to meet essential critical care needs, gradually expanded into a far larger and more sophisticated service supported by expert intensivists. Core specialities such as Paediatrics, ENT, and Ophthalmology were established. A new ward was created. Functionally planned OPDs improved patient flow. Sophisticated imaging facilities strengthened diagnostics. The institution that had begun as a compassionate nursing home was steadily becoming a true multi

speciality hospital. Then came another defining moment in its evolution. At a crucial stage in its journey, the Chairman met the Reddy family of Apollo Hospitals, who were seeking collaboration with a hospital that demonstrated both promise and integrity.

Jehangir, with its strong legacy and clear growth potential, was a natural fit.

For the trustees, this represented an opportunity of enormous significance.

The association with Apollo Hospitals was a wonderful collaboration which opened the door to a major upgradation project, bringing with it the promise of professional hospital management. It marked the beginning of a more structured and professionally managed chapter in Jehangir's story.

Yet this transformation was undertaken with great sensitivity. The project architect from Apollo understood that Jehangir was not simply a hospital it was an institution

shaped by decades of trust, tradition, and change. Modernisation, therefore, had to be bold, but careful. Essential changes were introduced thoughtfully. Policies were reviewed and reworked over months. Systems were strengthened. Governance became more formalised.

Quality standards became more rigorous. At the same time, Jehangir expanded its consultant base, carefully selecting new OPD specialists in areas where patient demand was rising.

Emergency and trauma care also saw significant strengthening. Night duties and emergency services were reinforced, with a strong focus on accident care. A fleet of well equipped ambulances, linked to critical care support and backed by specialist emergency expertise under the legendary Dr. Fiyaz Pasha, brought a new level of readiness and responsiveness to the hospital.

As the hospital continued to evolve,

Neurosciences emerged as a major area of focus. A dedicated ICU for neurological emergencies and acute neuro management was established, equipped to manage complex neurocritical cases and supported by expert ICU consultants.

By now, the institution had travelled far from its modest beginnings.

It had grown from a small nursing home into a super speciality tertiary care hospital one shaped by clinical excellence, strengthened by academics, elevated by research, modernised through professional management, and driven always by the desire to serve better.

Today, as Jehangir Hospital marks 80 years of service, it stands as a quaternary care super speciality hospital offering more than 35 medical and surgical specialities and over 12 Centres of Excellence under the watch of its dynamic CEO, Vinod Sawantwadkar.



The hospital is equipped with state of the art medical technology and advanced clinical infrastructure, including ultra modern labour rooms designed for comprehensive maternal care, two advanced cath labs for complex cardiac and neuro interventions, a state of the art endoscopy unit, specialised IVF services, and the top end MAKO assisted orthopaedic robotic programme for precision driven joint replacement surgery. Together, these capabilities reflect Jehangir Hospital's continued commitment to delivering world-class healthcare while remaining rooted in its founding values of compassion, ethics and patient-centred care.

Its academic foundation grew stronger with time. Jehangir Hospital has been accredited by the National Board of Examinations (NBE) since 2005 to conduct Diplomate of National Board (DNB) programmes across multiple specialities, reflecting its strong academic environment and extensive clinical exposure. The hospital currently offers about 100 DNB seats across 13 specialities. Since 2013, it has also been recognised by the Maharashtra University of Health Sciences (MUHS) for Fellowship programmes, further strengthening its standing as a leading teaching and training institution. In addition, the hospital conducts the IDCCM course in association with national critical care bodies, contributing to the development of highly skilled intensivists and critical care specialists.

Through these academic and training initiatives, Jehangir Hospital remains

deeply committed to capacity building, clinical excellence, and continuous professional development.

And yet, through every phase of expansion, one thing never changed and never will the founding principle of ethical care.

The same spirit that guided the Jehangir family when they first opened their home to the community continues to guide the hospital decades later.

In time, this enduring philosophy found a name that captured its essence perfectly:



ETHICARE

More than a concept, Ethicare became the hospital's living promise that every patient would receive care grounded in ethics, empathy, dignity, and clinical responsibility.

As healthcare itself evolved beyond treatment alone, Jehangir expanded its vision once again with the creation of the Jehangir Wellness Centre an important step towards preventive healthcare, early diagnosis, executive health programmes, allied therapies and a more holistic understanding of wellbeing.

Because Jehangir had come to understand something fundamental. Healthcare is not only about healing illness. It is also about preserving health. Hence the slogan **"Don't just get well. Stay well."**

Launched in 2023, the first Jehangir Wellness Centre began as a pioneering initiative dedicated to preventive health checks and lifestyle management.

What started as a 1,000 sq. ft. unit has since

grown into a state-of-the-art 7,000 sq. ft. centre at The Mills (Raja Bahadur Mills, Pune). Designed with a patient-centric approach, it offers comprehensive health checks, lifestyle assessments, and holistic wellness programmes tailored for individuals across all age groups.

The centre stands as a sanctuary for those who value proactive care of their health and wellbeing.

Its philosophy is rooted in the belief that good health is not merely the absence of disease, but the complete physical, mental and social wellbeing of the individual. This is reflected in a predictive and preventive model of care advanced diagnostics help detect health risks early, while natural healing practices and lifestyle counselling support sustainable, healthy living.

In an age increasingly shaped by stress, sedentary habits and lifestyle related disease, the Jehangir Wellness Centre empowers individuals and families to take charge of their Health blending medical

to the second one in Viman Nagar recently. As Jehangir Hospital continues to grow, plans are underway to expand the reach of its wellness services through additional centres, further strengthening its mission to promote preventive health and holistic wellbeing not only in Pune, but across the surrounding region. Today, as Jehangir Hospital marks 80 years of service, it continues to stand as one of Pune's most respected healthcare institutions.

With a legacy spanning eight decades, the hospital cares for over 15,000 inpatients and more than 200,000 outpatients every year. **This trust is sustained by a team of over 300 consultants and 1,500 dedicated support staff, all united by a shared mission:** to be a beacon of hope and health for those in need.

It stands today not merely because of the scale of its services or the sophistication of its technology, but because of the values that have shaped it since 6th February 1946. It is the story of a hospital that grew because it listened.

That changed because it cared. That modernised because it believed patients deserved better.

And that never allowed progress to come at the cost of principle.

From a home opened in service...

to a hospital built on trust...

to a centre of excellence guided by

ETHICARE

As Jehangir Hospital enters its 80th year, it remains, above all else, a legacy of compassion in action.





FLAVOUR OF THE SEASON



**SUMMER WELLNESS SPECIAL:
EAT FRESH, STAY COOL, STAY HEALTHY**

Summer is more than a season. It brings a shift in how our bodies function. As temperatures rise, digestion slows, hydration levels drop faster and energy dips become more frequent. The key to staying healthy is not eating less, it is eating smart.

This edition brings together a thoughtfully curated mix of cooling recipes, nutrient-rich meals and current health trends to help you stay refreshed, energised and balanced throughout the season.



WATERMELON FETA AND MINT SALAD



Why it stands out:
Combines hydration and mineral balance. Watermelon replenishes lost fluids while feta provides essential salts, making it an ideal post-sun meal.

- INGREDIENTS:**

 - 2 cups chilled watermelon cubes
 - ½ cup feta cheese, crumbled
 - Fresh mint leaves
 - 1 tsp olive oil
 - Juice of ½ lime
 - Pinch of black pepper
- NUTRITIONAL VALUE (PER SERVING, APPROX):**

 - Calories: 150 kcal
 - Protein: 4 to 5 g
 - Carbohydrates: 18 g
 - Key nutrients: Vitamin C, calcium, potassium

PREPARATION:
Gently toss all ingredients and refrigerate for 15 minutes before serving. Pro tip: Add soaked chia seeds for added hydration and omega-3 fatty acids.

BENEFITS:
Replenishes fluids, supports muscle function and helps prevent dehydration-related fatigue.



QUINOA PROTEIN POWER BOWL



Why it is trending:
Plant-based protein and gut health support

- INGREDIENTS:**

 - 1 cup cooked quinoa
 - Roasted chickpeas
 - Cucumber and cherry tomatoes
 - Purple cabbage
 - Lemon tahini dressing
- NUTRITIONAL VALUE:**

 - Calories: 320 kcal
 - Protein: 10 to 12 g
 - Carbohydrates: 40 g
 - Fibre: 6 to 8 g
 - Key nutrients: Iron, magnesium, B vitamins

PREPARATION:
Layer ingredients instead of mixing for a structured grain bowl presentation.

BENEFITS:
Supports sustained energy release and aids muscle repair.



SPROUTS CHAAT



WHY IT WORKS:
Sprouts are rich in enzymes that support digestion, especially in summer.

- INGREDIENTS:**

 - Lightly steamed moong sprouts
 - Onion, tomato and coriander
 - Lemon juice
 - Roasted cumin and chaat masala

UPGRADE IDEA:

Add pomegranate seeds for a touch of sweetness and antioxidants.
- NUTRITIONAL VALUE:**

 - Calories: 180 kcal
 - Protein: 12 to 14 g
 - Fibre: 5 to 6 g
 - Key nutrients: Vitamin C, enzymes, antioxidants

BENEFITS:

Improves digestion & supports immunity.

SUMMER DRINKS - KAIRI PANHA (AAM PANNA)



A traditional summer drink known for its cooling properties.

WHY IT IS EFFECTIVE:
Helps prevent heat-related discomfort, restores electrolytes and supports digestion.

- INGREDIENTS:**

 - Boiled raw mango pulp
 - Jaggery
 - Roasted cumin powder
 - Black salt
 - Mint leaves

SERVING TIP:

Serve chilled with crushed ice and mint garnish.
- NUTRITIONAL VALUE (PER GLASS):**

 - Calories: 120 kcal
 - Electrolytes: High
 - Vitamin C: Rich

BENEFITS:

 - Helps prevent heat stress
 - Restores lost salts
 - Supports digestion

MATCHA ICED TEA



Why it is popular:
A clean energy drink rich in antioxidants and a lighter alternative to coffee.

- INGREDIENTS (1 - Glass):**

 - 1 tsp matcha green tea powder
 - 1 cup cold water
 - 1 to 2 tsp honey or maple syrup, optional
 - Ice cubes • Mint leaves, optional
 - Lemon slices, optional

METHOD:

 - Whisk matcha powder with 2 to 3 tablespoons of warm water until smooth
 - Add cold water and mix well
 - Pour over a glass filled with ice
 - Add sweetener if desired
 - Garnish with mint or lemon
- PRO TIPS:**

 - Sift matcha before whisking to avoid lumps
 - Use a bamboo whisk if available
 - Shake in a jar if a whisk is not available

NUTRITIONAL VALUE:

 - Calories: 30 to 50 kcal
 - Antioxidants: High
 - Caffeine: 35 to 40 mg

BENEFITS:

 - Enhances focus • Aids hydration
 - Supports metabolism

COCONUT MINT COOLER



WHY IT IS IDEAL FOR SUMMER:
A light drink with natural electrolytes that helps maintain hydration.

- INGREDIENTS (1 to 2 servings):**

 - 1 cup fresh coconut water
 - 2 to 3 tbsp tender coconut malai, optional
 - 8 to 10 mint leaves
 - 1 tsp lemon juice
 - 1 to 2 tsp honey, optional
 - Ice cubes
 - Pinch of black salt, optional

METHOD:

 1. Blend coconut water, mint, lemon juice and honey
2. Add malai and pulse lightly
 3. Pour over ice
 4. Add black salt if desired

NUTRITIONAL VALUE:

 - Calories: 60 kcal
 - Potassium: High
 - Natural electrolytes

BENEFITS:

Provides instant hydration and helps reduce fatigue.



WATERMELON BASIL REFRESHER



INGREDIENTS:

- 3 cups watermelon cubes
- 8 to 10 basil leaves
- 1 to 2 tbsp lime juice
- 1 to 2 tsp honey or sugar, optional
- ½ cup cold water or coconut water
- Ice cubes

INSTRUCTIONS:

- Blend watermelon, basil, lime juice and water

- Strain if a smoother texture is preferred
- Add sweetener if needed
- Serve over ice
- Garnish with basil or watermelon

NUTRITIONAL VALUE:

- Calories: 70 kcal
- Vitamins A and C: High

BENEFITS: Supports hydration and has anti-inflammatory properties.

SMART SMOOTHIES -
BANANA PEANUT BUTTER SMOOTHIE



INGREDIENTS:

- 1 ripe banana
- 1 tbsp peanut butter
- 1 cup milk
- ½ tsp vanilla extract, optional
- 1 to 2 tsp honey or dates, optional
- Ice cubes

INSTRUCTIONS:

1. Blend all ingredients until smooth

2. Adjust consistency as needed
3. Serve immediately

NUTRITIONAL VALUE

- Calories: 280 kcal
- Protein: 8 to 10 g
- Healthy fats: 10 to 12 g

BENEFITS:

Keeps you full and energised, suitable for busy mornings.

BERRY YOGHURT SMOOTHIE



INGREDIENTS:

- 1 cup mixed berries
- ½ cup yoghurt
- ½ cup milk
- 1 to 2 tsp honey or maple syrup, optional
- Ice cubes

INSTRUCTIONS:

1. Blend all ingredients until smooth

2. Adjust consistency
3. Serve chilled

NUTRITIONAL VALUE:

- Calories: 180 kcal
- Protein: 6 to 8 g
- Antioxidants: High

BENEFITS:

Supports gut health and immunity.

MANGO OATS SMOOTHIE



INGREDIENTS:

- 1 cup ripe mango
- 2 tbsp oats
- 1 cup milk
- ½ cup yoghurt, optional
- Sweetener, optional
- Ice cubes

INSTRUCTIONS:

1. Soak oats briefly for a smoother texture
2. Blend all ingredients

3. Adjust consistency
4. Serve chilled

NUTRITIONAL VALUE:

- Calories: 250 kcal
- Protein: 6 g
- Fibre: 4 g

BENEFITS:

Acts as a balanced meal option and helps maintain steady energy levels.

80

SUMMER EXERCISES

As temperatures rise, it becomes increasingly tempting to slow down and avoid physical activity. However, maintaining a consistent exercise routine during the summer months is not just beneficial it's essential for overall health and well-being. With the right approach, summer can actually be one of the best seasons to stay active and rejuvenated.

WHY SUMMER EXERCISE IS IMPORTANT

During summer, the body naturally tends to become more lethargic due to heat and dehydration. Regular exercise helps counter this by:

BOOSTING ENERGY LEVELS:
Physical activity improves blood circulation and oxygen flow, helping you feel more active despite the heat.

ENHANCING MOOD:
Exercise releases endorphins, which reduce stress and improve mental well-being.

SUPPORTING WEIGHT MANAGEMENT:
With seasonal indulgences like cold desserts and beverages, staying active helps maintain balance.

IMPROVING HYDRATION AWARENESS:
Exercising in summer makes you more conscious of your water intake, promoting healthier habits.

STRENGTHENING IMMUNITY:
A consistent routine supports the immune system, helping your body adapt to seasonal changes.

BEST EXERCISES FOR SUMMER

Not all workouts are ideal for hot weather. The key is to choose activities that are effective yet safe and sustainable.

INDOOR WORKOUTS
When the heat becomes too intense, indoor exercises like strength training, pilates, or home workouts are excellent alternatives. Air-conditioned environments help maintain consistency without risking heat exhaustion.

WALKING OR LIGHT JOGGING
Early morning or evening walks are one of the safest and most refreshing ways to stay active. They are low-impact, improve cardiovascular health and are easy to maintain daily.

SWIMMING
A perfect summer workout, swimming keeps the body cool while offering a full-body exercise. It improves endurance, flexibility and muscle strength without overheating the body.

YOGA
Yoga is ideal for summer as it focuses on controlled breathing, flexibility and relaxation. It helps regulate body temperature and reduces stress, making it a holistic choice.

STRETCHING AND MOBILITY EXERCISES
Summer is a great time to focus on flexibility. Light stretching improves posture, reduces muscle stiffness and prevents injuries.

CYCLING
Cycling during cooler parts of the day is a great way to build stamina and strengthen leg muscles while enjoying the outdoors.

TIPS FOR SAFE SUMMER WORKOUTS

To make the most of your exercise routine during summer, keep these precautions in mind:

- **Stay hydrated:** Drink water before, during, and after workouts.
- **Choose the right time:** Avoid peak heat hours (12 PM to 4 PM).
- **Wear breathable clothing:** Light, loose fabrics help regulate body temperature.
- **Listen to your body:** Take breaks and avoid overexertion.
- **Eat light:** Opt for nutritious, easy-to-digest meals.

Exercising in summer doesn't have to be exhausting or uncomfortable. With mindful choices and a balanced routine, it can be energizing, refreshing and highly rewarding. The key is consistency, hydration and selecting the right kind of activities that align with the season.

Stay active, stay hydrated and make this summer a season of health and vitality.

Hands that heal, hearts that care for health that matters

CENTRE OF EXCELLENCE



FUNCTIONAL ALIGNMENT IN MAKO-ASSISTED TOTAL KNEE AND HIP ARTHROPLASTY

INTRODUCTION

Total knee arthroplasty (TKA) and total hip arthroplasty (THA) are among the most successful procedures in modern orthopaedics. They offer significant pain relief and functional improvement for patients with end-stage arthritis.

Despite high success rates, a notable number of patients report dissatisfaction following joint replacement, particularly after TKA. One of the key factors influencing outcomes is implant alignment.

Traditional alignment approaches, especially mechanical alignment, do not fully account for individual anatomical variation. This has led to the emergence of functional alignment, a patient-specific approach that aims to restore natural joint movement.

The integration of robotic assistance, particularly MAKO, has made it possible to apply functional alignment more accurately in both knee and hip arthroplasty.

ROLE OF MAKO ROBOTIC ASSISTANCE

MAKO robotic technology plays a crucial role in enabling functional alignment. Using preoperative CT scans, the system creates a three-dimensional model of the patient's anatomy. This allows surgeons to plan implant positioning, assess alignment and evaluate soft-tissue balance before surgery.

During the procedure, the robotic arm provides real-time guidance and haptic feedback. This ensures precise bone preparation within predefined limits.

Such accuracy is essential, as even small adjustments can influence ligament balance and joint movement. The system also allows intraoperative changes, supporting a truly personalised approach.



DR. AASHISH ARBAT
Joint Replacement Surgeon,
Jehangir Hospital



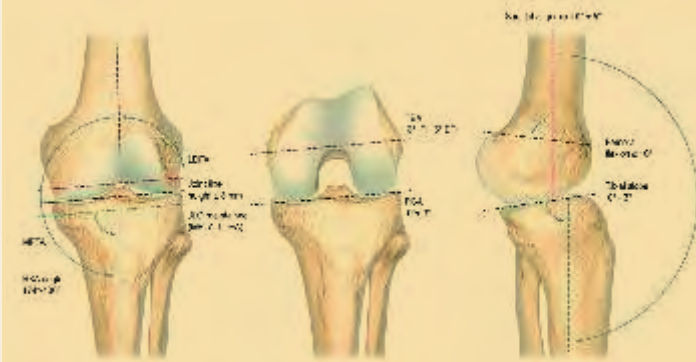
EVOLUTION OF ALIGNMENT CONCEPTS IN ARTHROPLASTY



Mechanical alignment has long been the gold standard in TKA. This method positions components perpendicular to the mechanical axes of the femur and tibia, creating a neutral hip-knee-ankle (HKA) angle. While this helps distribute load evenly and supports implant longevity, it does not consider natural variations in alignment. Many individuals have a natural varus or valgus alignment. Forcing neutrality in such cases often requires extensive soft-tissue release, which can affect ligament balance and functional outcomes. Kinematic alignment was introduced to address this by restoring the pre-arthritic joint line and natural limb alignment. While it showed promising early results, concerns arose about implant positioning beyond accepted safety limits. Functional alignment offers a balanced approach. It combines the stability of mechanical alignment with the personalisation of kinematic alignment.

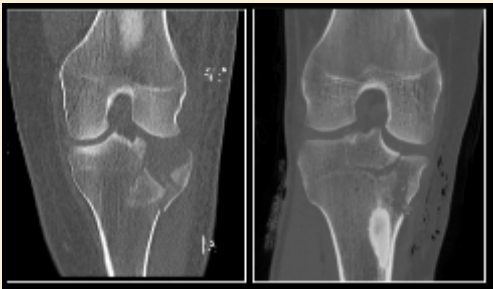
PRINCIPLES OF FUNCTIONAL ALIGNMENT

Functional alignment focuses on restoring joint orientation within a safe and reproducible range while respecting the patient's natural anatomy and soft tissue balance.



- KEY PRINCIPLES INCLUDE:**
- Patient-specific alignment based on pre-arthritic anatomy
 - Minimal soft-tissue release to preserve ligament function
 - Balanced load distribution across the full range of motion
 - Alignment within defined safety limits to support implant longevity

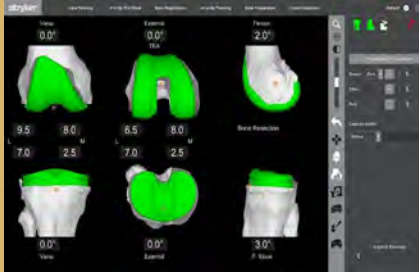
Achieving this level of precision consistently is difficult with conventional techniques alone.



FUNCTIONAL ALIGNMENT IN MAKO-ASSISTED TOTAL KNEE ARTHROPLASTY

In TKA, functional alignment aims to create balanced flexion and extension gaps while maintaining the joint line close to the patient's natural position. MAKO-assisted TKA allows fine adjustments in component positioning across multiple planes. This helps achieve soft-tissue balance without extensive releases.

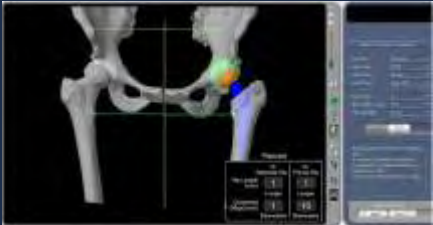
- CLINICAL STUDIES SHOW:
- Improved accuracy in component placement
 - Fewer alignment outliers
 - Better early functional outcomes



Patients often report more natural knee movement and smoother recovery. At the same time, alignment remains within safe limits.

FUNCTIONAL ALIGNMENT IN MAKO-ASSISTED TOTAL HIP ARTHROPLASTY

In THA, functional alignment focuses on restoring key aspects of hip biomechanics such as leg length, offset and combined anteversion. Traditional methods rely on fixed positioning guidelines, which may not suit all patients due to differences in pelvic tilt and spinal mobility. MAKO-assisted THA allows patient specific implant positioning based on functional pelvic alignment. Planning considers both standing and sitting postures.



- THIS APPROACH HELPS REDUCE:
- Impingement
 - Instability
 - Risk of dislocation
- It is especially beneficial for patients with abnormal spinopelvic movement.

CLINICAL OUTCOMES AND EVIDENCE

Current evidence supports the benefits of combining functional alignment with robotic assistance. Studies comparing MAKO-assisted

PROCEDURES WITH CONVENTIONAL TECHNIQUES REPORT:

- Greater surgical accuracy
- Reduced variability
- Improved early outcomes

Patient satisfaction, especially after TKA, is often higher. This is linked to more natural joint mechanics and reduced soft-tissue disruption. While long-term data is still developing, current findings indicate that implant longevity remains reliable when alignment stays within safe limits.

CHALLENGES AND LIMITATIONS

- DESPITE ITS ADVANTAGES, THIS APPROACH HAS CERTAIN CHALLENGES:
- Requirement of preoperative CT imaging, which increases cost and radiation exposure
 - Learning curve associated with robotic systems

- Need for strong clinical understanding to ensure appropriate alignment decisions
- Cost-effectiveness is still being studied, although improved outcomes may offset initial costs over time.

FUTURE DIRECTIONS

Advancements in robotic technology are expected to further refine functional alignment.

FUTURE DEVELOPMENTS MAY INCLUDE:

- Integration of artificial intelligence
- Real-time motion analysis
- More personalised surgical planning

Expansion into revision surgeries and complex cases is another area of growth.

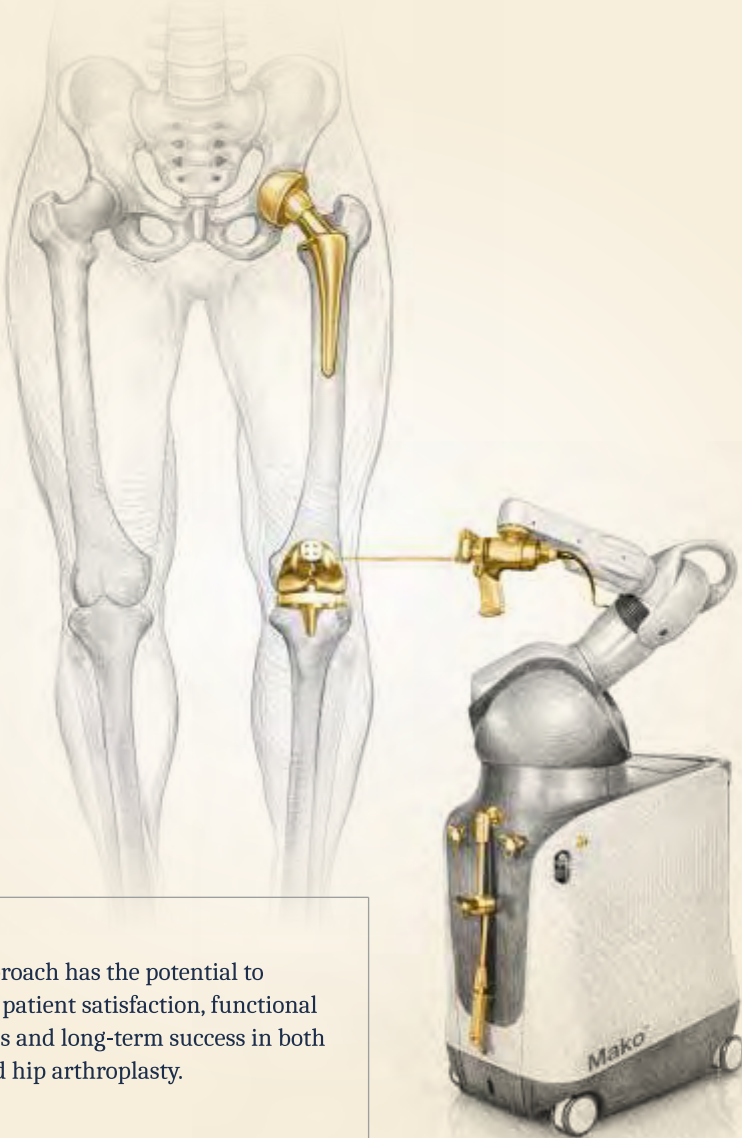


CONCLUSION

Functional alignment represents a shift towards more personalised joint replacement.

With the support of MAKO robotic technology, surgeons can plan and execute procedures with greater precision while respecting each patient's anatomy.

This approach has the potential to improve patient satisfaction, functional outcomes and long-term success in both knee and hip arthroplasty.

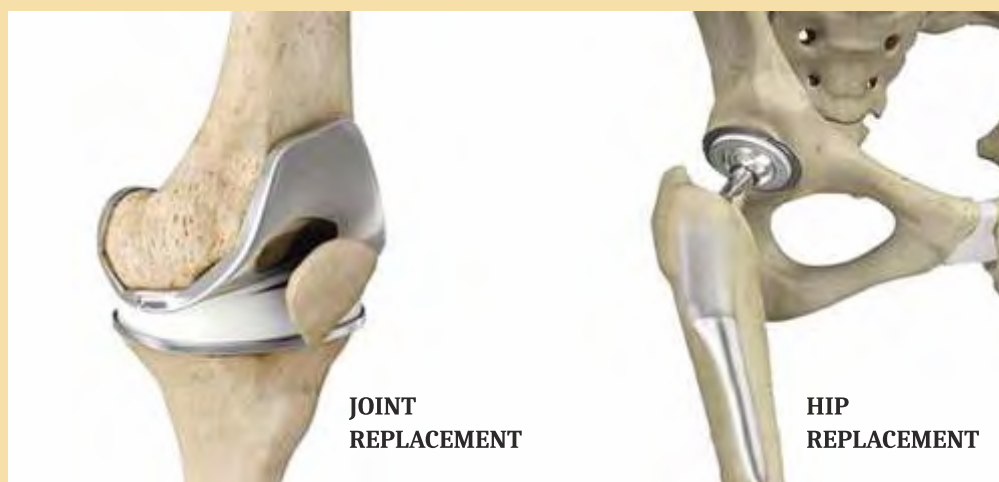


80 ALL YOU NEED TO KNOW ABOUT KNEE AND HIP REPLACEMENT

Knee and hip pain can quietly take over a person's life.

What often begins as occasional discomfort while walking, climbing stairs or getting up from a chair can gradually progress to constant pain, stiffness and reduced mobility. Many people begin avoiding activities they once enjoyed. Simple daily tasks become difficult. Sleep may be disturbed and independence may feel limited. For many patients, especially those living with advanced arthritis or severe joint damage, knee and hip replacement surgery can offer a significant improvement in quality of life.

Despite being among the most successful procedures in modern orthopaedics, these surgeries are still surrounded by anxiety and hesitation. Many people delay treatment because they are fearful of surgery, concerned about pain or unsure whether it is the right time. The most important point to understand is that joint replacement is about restoring movement, relieving pain and helping patients return to a better quality of life.



DR. RAHUL DAMLE

Consultant in the
Department of Orthopaedics,
Jehangir Hospital.

WHEN SHOULD A PATIENT CONSIDER SURGERY?

There is no fixed age for joint replacement, and the decision is not based on age alone.

A patient may need to consider surgery when:

- Pain becomes persistent and severe.
- Walking becomes difficult.
- Climbing stairs is painful.
- Sleep is disturbed due to joint pain.
- Stiffness affects daily activities.
- Medicines and physiotherapy no longer help.
- Quality of life is significantly reduced.

In simple terms, the right time is when the joint begins to limit daily life.

IS JOINT REPLACEMENT A MAJOR SURGERY?

Yes, it is a major procedure. However, it is also well-established, safe and highly successful when performed by an experienced orthopaedic team in an appropriate hospital setting.

Advances in surgical techniques, anaesthesia, pain management and rehabilitation have made these procedures far more refined and patient-friendly than before.

Many patients are able to begin walking within a day of surgery, supported by structured recovery protocols.

WILL THE SURGERY BE PAINFUL?

This is a common concern. While some discomfort is expected after surgery, pain management has improved significantly. Post-operative discomfort is carefully managed through:

- Modern anaesthesia techniques.
- Pain relief medications.
- Regional blocks where appropriate.
- Physiotherapy support.
- Guided rehabilitation.

Most patients find that temporary post-operative discomfort is manageable and very different from the long-term pain experienced before surgery.

WHAT IS KNEE OR HIP REPLACEMENT SURGERY?

Knee and hip replacement are surgical procedures performed when the natural joint has become severely damaged and is no longer functioning effectively.

In a knee replacement, the worn-out surfaces of the joint are removed and replaced with specially designed implants made of metal and medical-grade plastic. In a hip replacement, the damaged ball-and-socket joint is replaced with artificial components designed to restore smoother movement and reduce pain.

These procedures are recommended when non-surgical treatments no longer provide adequate relief.

WHY DO PATIENTS NEED JOINT REPLACEMENT?

The most common reason is osteoarthritis, a condition in which the protective cartilage within the joint gradually wears away. As this cushioning reduces, the bones begin to rub against each other, leading to pain, swelling, stiffness and difficulty in movement.

Other causes include: • Rheumatoid arthritis. • Injury-related joint damage. • Joint deformity. • Long-term wear and tear. • Fractures involving the joint. • Avascular necrosis, especially in the hip.

Many patients initially manage symptoms with medicines, physiotherapy, lifestyle changes, injections or activity modification. When these measures stop providing relief, surgery may become the most effective option.

WHAT HAPPENS DURING THE SURGERY?

During the procedure, the damaged portions of the joint are removed and replaced with artificial implants designed to restore smooth movement.

The goals of surgery include:

- Relieving pain.
- Improving alignment.
- Restoring mobility.
- Improving stability.
- Supporting return to daily activities.

HOW SOON CAN A PATIENT WALK AFTER SURGERY?

In most cases, patients are encouraged to begin movement early, often on the same day or the following day, depending on their condition and the surgeon's advice.

Early mobilisation is important because it:

- Improves circulation.
- Reduces stiffness.
- Builds confidence.
- Supports recovery.
- Lowers the risk of complications such as blood clots.

Patients are guided by physiotherapists and the care team to ensure safe movement.

HOW LONG DOES RECOVERY TAKE?

Recovery varies between individuals.

Progress depends on factors such as:

- Age.
- General health.
- Muscle strength before surgery.
- Severity of joint damage.
- Commitment to physiotherapy.
- Presence of other medical conditions.

In general:

- The first few weeks focus on pain control, wound healing and walking.
- Over the following weeks to months, strength and mobility improve gradually.
- Continued rehabilitation supports long-term recovery.

Surgery is only one part of the process. Rehabilitation plays an equally important role.

WILL THE ARTIFICIAL JOINT LAST FOR MANY YEARS?

Modern knee and hip implants are designed to be durable and long-lasting.

With proper surgical technique, healthy body weight, regular follow-up and appropriate activity levels, many joint replacements can function effectively for many years.

CAN OLDER PATIENTS UNDERGO JOINT REPLACEMENT?

Yes.

Age alone is not a limiting factor. What matters more is:

- Overall medical fitness.
- Heart and lung health.
- Bone quality.
- Mobility goals.
- Severity of pain and disability.

Many older patients experience significant improvement in mobility and independence after surgery.

WHAT SHOULD PATIENTS REMEMBER?

Knee and hip replacement are procedures that can restore mobility, independence and quality of life.

Patients should not delay seeking medical advice due to fear or misconceptions. The right decision can only be made after proper consultation, clinical evaluation and imaging.

Modern joint replacement involves:

- Accurate diagnosis.
- Careful planning.
- Advanced surgical techniques.
- Effective pain management.
- Early rehabilitation.
- Long-term recovery support.

Living with constant joint pain can affect mobility, sleep, confidence and independence. However, it does not have to be accepted as a permanent part of ageing.

For the right patient at the right time, knee and hip replacement can be life-changing.

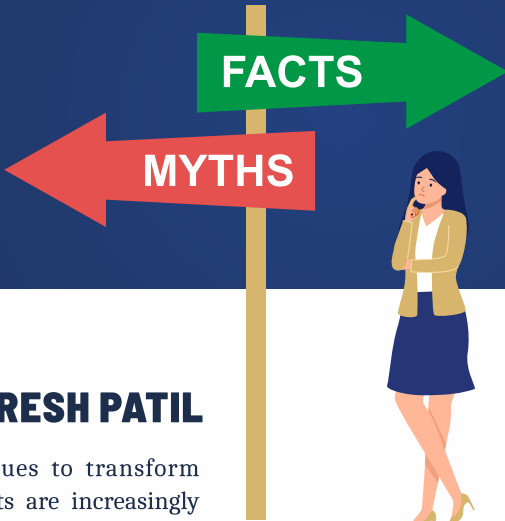
With timely treatment, expert care and dedicated rehabilitation, patients can return to a more active and comfortable life.

At its core, joint replacement aims to help patients move better, live better and regain the quality of life they value.

80 UNDERSTANDING ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY: MYTHS VS FACTS



DR. SURESH PATIL
OPD Consultant in the
Department of Orthopaedics,
Jehangir Hospital.



A Q&A WITH DR SURESH PATIL

As robotic technology continues to transform orthopaedic care, many patients are increasingly curious about what robotic assisted joint replacement surgery really involves. While the technology has brought a new level of precision to orthopaedic procedures, it is often misunderstood. To help patients separate fact from fiction, Dr Suresh Patil addresses some of the most common questions and misconceptions surrounding robotic-assisted orthopaedic surgery.

DR PATIL, ONE OF THE MOST COMMON CONCERNS PATIENTS HAVE IS: DOES THE ROBOT PERFORM THE SURGERY ON ITS OWN?

Dr Suresh Patil: This is perhaps the biggest myth surrounding robotic-assisted surgery, and the answer is no.

The robot does not perform the surgery independently. The entire procedure is carried out by the orthopaedic surgeon, who remains in complete control throughout. The robotic system is an advanced tool that helps the surgeon plan the procedure more accurately and execute it with greater precision.

It provides real-time information, helps with alignment and implant positioning and works within boundaries set by the surgeon. In simple terms, the robot assists, but the surgeon leads every step.

DOES ROBOTIC-ASSISTED SURGERY MAKE THE PROCEDURE COMPLETELY RISK-FREE?

Dr Suresh Patil: No surgery is ever completely risk-free, and it is important for patients to have realistic expectations.

Robotic assistance can improve precision and control, but it does not remove the general risks associated with any orthopaedic procedure.

These may still include:

- Infection
- Bleeding
- Stiffness
- Blood clots
- Pain
- Delayed recovery
- Implant-related complications

What robotic technology does is help us perform the surgery in a more refined and controlled manner. Outcomes still depend on good surgical judgement, proper rehabilitation and the patient's overall health.

SOME PATIENTS BELIEVE ROBOTIC SURGERY IS JUST A MARKETING TERM. DOES IT OFFER ANY REAL CLINICAL BENEFIT?

Dr Suresh Patil: Robotic-assisted orthopaedic surgery is far more than a technological trend. It offers genuine clinical advantages, particularly in precision and personalisation.

Every patient's anatomy is different. Robotic technology allows us to create a patient-specific surgical plan before the procedure and then execute that plan with a high degree of accuracy during surgery.

This can support:

- More precise implant placement
- Improved joint alignment
- Better balancing of the joint
- Preservation of healthy bone and soft tissue where appropriate

The goal is to improve the quality and consistency of the surgery, which can contribute to better functional outcomes for the patient.

DOES ROBOTIC SURGERY MEAN FASTER RECOVERY FOR EVERYONE?

Dr Suresh Patil: Not necessarily.

This is another common misconception. Some patients may experience a smoother recovery, but recovery is never identical for everyone.

It depends on many factors, including:

- The patient's age
- Overall health and fitness
- Severity of joint damage
- Muscle strength before surgery
- Adherence to physiotherapy
- The presence of other medical conditions

Robotic-assisted surgery may support a more precise procedure, but rehabilitation remains essential. Recovery is a partnership between the surgical team and the patient.

IS ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY SAFE?

Dr Suresh Patil: Yes, when used appropriately and performed by trained specialists, robotic-assisted orthopaedic surgery is a safe and advanced surgical option. It is important to understand that this is an established technology that is used globally in joint replacement surgery, particularly for knee and hip replacements.

However, like any advanced technology, its success depends on:

- Proper patient selection
- Surgeon expertise
- Careful planning
- A strong clinical support team

When these elements come together, robotic-assisted surgery can be a highly effective option for suitable patients.

IS ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY ONLY SUITABLE FOR YOUNGER PATIENTS?

Dr Suresh Patil: No, not at all. Suitability is determined by the patient's clinical condition, not simply by age. Many older patients can also be excellent candidates for robotic-assisted joint replacement, provided they are medically fit and the procedure is appropriate for their condition.

When we assess a patient, we consider:

- The severity of arthritis or joint damage
- Bone quality
- Mobility goals
- Overall medical fitness
- Lifestyle expectations

Age alone does not decide whether a patient can benefit from robotic-assisted surgery.

CAN ROBOTIC TECHNOLOGY REPLACE THE EXPERIENCE OF A SKILLED ORTHOPAEDIC SURGEON?

Dr Suresh Patil: Absolutely not. Technology can enhance surgery, but it cannot replace the judgement, experience and decision-making of an expert surgeon. Robotic systems are most effective when used by surgeons who are highly trained and experienced in joint replacement procedures.

The success of robotic-assisted surgery depends on:

- The surgeon's expertise
- Correct planning
- Intra-operative decision-making
- Post-operative rehabilitation
- Multidisciplinary care

The robot is a powerful tool, but human expertise remains the most important factor.

SHOULD EVERY PATIENT REQUIRING JOINT REPLACEMENT OPT FOR ROBOTIC-ASSISTED SURGERY?

Dr Suresh Patil: Not necessarily. Robotic-assisted surgery can be an excellent option for many patients, but it is not automatically the right choice for everyone. The best treatment is always the one that is most appropriate for the individual patient.

That decision depends on:

- The diagnosis
- The extent of joint degeneration
- Anatomical considerations
- Patient expectations
- Overall health
- The surgeon's recommendation

In some cases, conventional joint replacement techniques may still be highly effective. What matters most is choosing the right treatment pathway for the patient.

WHAT IS THE MOST IMPORTANT MESSAGE YOU WOULD LIKE PATIENTS TO TAKE AWAY ABOUT ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY?

Dr Suresh Patil: The most important thing patients should understand is that robotic-assisted surgery is not about replacing surgeons, it is about enhancing precision.

It allows us to plan better, operate with greater accuracy and tailor the procedure more closely to each patient's anatomy. However, excellent outcomes depend on a combination of:

- Advanced technology
- Experienced surgical expertise
- Strong hospital support systems
- Committed rehabilitation
- Active patient participation

When all of these come together, robotic-assisted orthopaedic surgery offers a highly advanced and patient-centred approach to joint replacement care.

FINAL WORD

Robotic-assisted orthopaedic surgery represents an important advancement in modern joint replacement care. By improving planning, precision and personalisation, it offers patients access to a more refined surgical approach while keeping the surgeon firmly in control.

At Jehangir Hospital, our MAKO-assisted orthopaedic robotic programme reflects our continued commitment to combining innovation, expertise and patient-first care.

As we celebrate 155+ successful orthopaedic robotic surgeries, we remain focused on what matters most: delivering better mobility, better outcomes and an improved quality of life for our patients.



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ORTHOPAEDIC ROBOTIC SURGERIES

JEHANGIR HOSPITAL CELEBRATES

200+

SUCCESSFUL ORTHOPAEDIC ROBOTIC SURGERIES

A MILESTONE IN PRECISION, INNOVATION AND PATIENT-CENTRED CARE

Jehangir Hospital proudly celebrates a significant milestone in its journey of clinical excellence with the achievement of 200+ successful orthopaedic robotic surgeries under its advanced MAKO-assisted orthopaedic robotic programme for knee and hip replacements.

This landmark accomplishment reflects the hospital's unwavering commitment to bringing world-class technology, precision-led surgical care and improved patient outcomes to the people of Pune and beyond. As Jehangir Hospital marks 80 years of trusted healthcare, this milestone stands as a example of how the institution continues to honour its legacy while embracing the future of medicine

ADVANCING ORTHOPAEDIC CARE THROUGH ROBOTIC PRECISION

The introduction of the MAKO-assisted orthopaedic robotic programme at Jehangir Hospital marked a transformative step in the field of orthopaedics. Designed to support highly precise and personalised joint replacement procedures, MAKO technology has redefined how orthopaedic surgeries are planned and performed.

Robotic-assisted surgery enables surgeons to create a patient-specific surgical plan based on detailed pre-operative imaging. This allows enhanced accuracy in implant positioning, improved alignment, better preservation of healthy bone and tissue and a more refined surgical approach tailored to each patient. The result is greater precision, improved functional outcomes, enhanced patient confidence and a smoother recovery experience.

Achieving 200+ successful robotic orthopaedic surgeries is therefore not merely a number. It reflects consistent clinical excellence, advanced surgical expertise and the trust patients place in Jehangir Hospital for high-quality orthopaedic care.

EXCELLENCE IN CONVENTIONAL JOINT REPLACEMENT

Alongside its advanced robotic programme, Jehangir Hospital continues to deliver strong outcomes in conventional knee and hip replacement surgeries.

These surgeries are carried out by experienced orthopaedic surgeons using well-established, evidence-based techniques supported by modern operation theatres, advanced anaesthesia protocols and comprehensive rehabilitation programmes.

At Jehangir Hospital, the approach is always individualised, ensuring that each patient receives the most appropriate surgical pathway, whether robotic-assisted or conventional, based on clinical condition, lifestyle needs and overall health.

This dual strength across robotic and conventional orthopaedics reinforces the hospital's position as a centre of excellence, offering a complete spectrum of joint replacement solutions under one roof.



A MILESTONE WORTH CELEBRATING

This achievement was recently celebrated as an important institutional milestone, bringing together clinicians, leadership and teams who have contributed to the success of the robotic orthopaedic programme.

The celebration recognised the growing adoption of robotic-assisted surgery at Jehangir Hospital, along with the dedication of orthopaedic surgeons, anaesthesia teams, nursing staff, operation theatre personnel, rehabilitation specialists and support teams whose coordinated efforts make such outcomes possible.



Every successful robotic surgery represents far more than a procedure. It represents a patient regaining mobility, returning to daily life with greater confidence and benefiting from a treatment pathway built around safety, precision and personalised care. For patients, the success of the orthopaedic robotic programme offers reassurance that they have access to advanced joint replacement solutions.



KEY BENEFITS OF ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY

ROBOTIC-ASSISTED ORTHOPAEDIC SURGERY OFFERS SEVERAL IMPORTANT BENEFITS, INCLUDING:	
Greater surgical precision and accuracy	Potential for less tissue trauma
Personalised surgical planning based on individual anatomy	Enhanced functional recovery
Improved implant positioning and alignment	Greater confidence in long-term outcomes
	A more patient-centric approach to joint replacement

The introduction of the MAKO-assisted orthopaedic robotic programme at Jehangir Hospital marked a transformative step in the field of orthopaedics. Designed to support highly precise and personalised joint replacement procedures, MAKO technology has redefined how orthopaedic surgeries are planned and performed. Robotic-assisted surgery enables surgeons to create a patient-specific surgical plan based on detailed pre-operative imaging. This allows for enhanced accuracy in implant positioning, improved alignment, better preservation of healthy bone and tissue, and a more refined surgical approach tailored to each patient.

The result is greater precision, improved functional outcomes, enhanced patient confidence, and a smoother recovery experience. Achieving 200+ successful robotic orthopaedic surgeries is therefore not merely a number. It reflects consistent clinical excellence, advanced surgical expertise, and the trust patients place in Jehangir Hospital for high-quality orthopaedic care.

- A promise to innovate.

A promise to heal.

A promise to continue delivering care where precision meets compassion.

Congratulations

Our consultants for
successfully completing
200+ surgeries



DR. AASHISH ARBAT
Joint Replacement Surgeon,
Jehangir Hospital



DR. RAHUL DAMLE
Consultant in the Department
of Orthopaedics, Jehangir Hospital.



DR. SURESH PATIL
Consultant in the Department
of Orthopaedics, Jehangir Hospital.



DR. YOGESH JAIN
Orthopaedic Surgeon,
Jehangir Hospital



DR. ANSHU SACHDEV
Certified Robotic Hip and
Knee Surgeon, Jehangir Hospital.



DR. KUNAL BANSAL
Orthopaedic Surgeon,
Jehangir Hospital.

CELEBRATING



ADVANCED ROBOTIC ORTHOPAEDIC SURGERY PROGRAMME

KNEE REPLACEMENT**HIP REPLACEMENT****PARTIAL KNEE REPLACEMENT**

Jehangir Hospital now offers advanced robotic orthopaedic surgery for knee and hip replacement, including partial knee replacement. Using state-of-the-art robotic technology, our expert surgeons ensure precise, personalised treatment that improves outcomes, reduces recovery time and enhances joint function.

To book an appointment, call:  **020-6681 8876**

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ALL YOU NEED TO KNOW ABOUT PROSTATE HEALTH, PROSTATE CANCER AND URO-ONCOLOGY

A Q&A WITH

DR. BHALCHANDRA KASHYAPI

As men grow older, concerns related to urinary health and prostate conditions become increasingly common. Yet, many remain unaware of the importance of timely evaluation, regular screening and early diagnosis.

To help readers better understand the subject, Dr Bhalchandra Kashyapi answers some of the most frequently asked questions about prostate health, prostate cancer and the role of uro-oncology.



DR. BHALCHANDRA KASHYAPI
Senior Consultant Urologist,
Uro-Oncologist & Andrologist,
Jehangir Hospital.



WHAT IS THE PROSTATE AND WHY IS IT IMPORTANT?

The prostate is a small gland found only in men. It is located just below the bladder and surrounds the urethra, the tube that carries urine out of the body. Its main role is to produce a fluid that forms part of semen.

Although small, the prostate can have a significant impact on a man's health and quality of life. As men age, the prostate often enlarges naturally, which can lead to urinary symptoms. In some cases, it may also develop inflammation, infection or cancer.

This is why prostate health should not be ignored, especially after the age of 45 to 50.

WHAT SYMPTOMS SHOULD MEN WATCH OUT FOR?

Men should not ignore the following symptoms:

- Frequent urination, especially at night
- Difficulty starting urination
- Weak or interrupted urine stream
- A feeling that the bladder is not emptying completely
- Urgency to pass urine
- Burning or discomfort while urinating
- Blood in the urine or semen
- Pain in the lower back, hips or pelvis
- Erectile difficulties in some cases

It is important to remember that early prostate cancer often causes no symptoms. This is why screening and regular check-ups are essential, particularly for men over 50 or those with a family history.

WHAT ARE THE MOST COMMON PROSTATE PROBLEMS MEN FACE?

There are three common conditions that affect the prostate:

- 1. Benign Prostatic Hyperplasia (BPH):** This is a non-cancerous enlargement of the prostate and is extremely common in older men. It can cause difficulty in passing urine, a weak stream, urgency, frequent urination and waking up several times at night.
- 2. Prostatitis:** This refers to inflammation or infection of the prostate. It may affect younger or middle-aged men and can cause pain, burning during urination, pelvic discomfort or fever in acute cases.
- 3. Prostate cancer:** This is one of the most common cancers in men. It develops when cells in the prostate begin to grow abnormally. In many cases, it is slow-growing, but some forms can be aggressive and require timely treatment.

WHO IS AT HIGHER RISK OF DEVELOPING PROSTATE CANCER?

Certain factors increase the risk:

- Age, particularly after 50 years
- Family history of prostate cancer
- A father or brother diagnosed with prostate cancer
- Certain genetic predispositions
- Obesity and a sedentary lifestyle
- Poor overall metabolic health

Men with a family history should be especially proactive and may need earlier screening.

WHAT EXACTLY IS PROSTATE CANCER AND IS IT DANGEROUS?

Prostate cancer occurs when cells in the prostate gland grow abnormally and form a tumour. It is one of the most common cancers affecting men worldwide.

The encouraging aspect is that many prostate cancers are detected early and can be treated successfully. Some grow slowly and may require only close monitoring, while others can be more aggressive and need surgery, radiation or systemic treatment.

It is not always dangerous. This is an important point for patients to understand.

Prostate cancers can be:

- Low-risk and slow-growing
- Intermediate-risk
- High-risk and more aggressive

In selected patients with low-risk disease, active surveillance may be recommended. This involves closely monitoring the cancer with regular PSA tests, scans and, in some cases, repeat biopsies instead of immediate treatment.

However, some prostate cancers can spread to lymph nodes or bones if left untreated. This is why expert evaluation is essential.

WHAT IS A PROSTATE BIOPSY? IS IT PAINFUL OR RISKY?

A prostate biopsy is a procedure in which small tissue samples are taken from the prostate for laboratory examination.

Today, biopsies are more targeted and often guided by MRI. The procedure may cause temporary discomfort, mild bleeding in urine or semen and, rarely, infection.

Patients are counselled beforehand and precautions are taken to minimise risks. The key benefit of a biopsy is that it provides a definitive diagnosis.



WHAT IS PSA AND WHY IS IT IMPORTANT?

PSA stands for Prostate-Specific Antigen. It is a blood test used to assess prostate health.

A raised PSA may be seen in:

- Prostate enlargement (BPH)
- Prostatitis or infection
- Urinary retention
- Recent instrumentation
- Prostate cancer in some cases

It is important to understand that a high PSA does not automatically indicate cancer.

PSA is a useful screening and monitoring tool, but it must always be interpreted in context, along with age, symptoms, clinical examination, MRI findings and, where necessary, biopsy results.

WHAT TESTS ARE USED TO DIAGNOSE PROSTATE CANCER?

If prostate cancer is suspected, evaluation may include:

- 1. PSA blood test:** Often the first step.
- 2. Digital Rectal Examination (DRE):** A clinical examination to assess the size, shape and any irregularities in the prostate.
- 3. MRI of the prostate:** A multiparametric MRI helps identify suspicious areas and guides biopsy decisions.
- 4. Prostate biopsy:** This is the definitive diagnostic test, where small tissue samples are examined under a microscope.
- 5. Staging scans:** Used to determine whether the cancer is localised or has spread.

WHAT IS URO-ONCOLOGY AND HOW IS IT RELATED TO PROSTATE CANCER?

Uro-oncology is the specialised field that deals with cancers of the urinary tract and male reproductive organs.

This includes cancers of the:

- Prostate • Kidney • Bladder
- Testis • Penis
- Ureters and related organs

Prostate cancer care falls under this speciality.

A uro-oncologist focuses on treating cancer while also preserving:

- Urinary control
- Sexual function where possible
- Organ function • Quality of life
- Long-term surveillance

WHAT ARE THE TREATMENT OPTIONS FOR PROSTATE CANCER?

Treatment depends on the stage and aggressiveness of the disease.

1. Active surveillance

Used for selected low-risk cases with careful monitoring.

2. Surgery

Radical prostatectomy involves removal of the prostate and, in some cases, nearby lymph nodes.

3. Robotic surgery

A minimally invasive approach that may improve precision and recovery in selected patients.

4. Radiation therapy

Used as a primary treatment or alongside other therapies.

5. Hormonal therapy

Reduces the effect of testosterone in advanced or high-risk cases.

6. Chemotherapy and advanced therapies

Used in metastatic or treatment-resistant disease.

AT WHAT AGE SHOULD MEN START GETTING THEIR PROSTATE CHECKED?

In general:

- Men with no family history should begin discussing screening from around 50 years of age
- Men with a family history or higher risk should consider evaluation from 45 years, or earlier depending on individual circumstances

Screening decisions should be personalised. Not every individual requires the same tests at the same age, but early awareness is important.

CAN LIFESTYLE MAKE A DIFFERENCE IN PROSTATE HEALTH?

Yes.

While not all prostate conditions can be prevented, men can support better prostate health by:

- Maintaining a healthy weight • Staying physically active
- Eating a balanced diet rich in fruits and vegetables
- Reducing processed and fatty foods
- Staying well hydrated • Avoiding smoking
- Limiting excessive alcohol intake
- Managing diabetes and blood pressure
- Not ignoring urinary symptoms
- Going for regular health checks after 45 to 50 years

Preventive awareness plays a key role in long-term health.



CLOSING NOTE

Prostate health is an essential part of men's overall wellbeing, especially with age. From benign enlargement and urinary symptoms to prostate cancer and advanced uro-oncology care, early diagnosis and the right treatment can significantly improve outcomes. With advancements in screening, imaging, robotic surgery and personalised treatment, patients today have access to safer, more precise and more effective care than ever before.

CASE STUDIES



RESTORING MOBILITY AND HOPE THROUGH ROBOTIC-ASSISTED KNEE REPLACEMENT

Life can take unexpected turns, often challenging us in ways we never imagined. The following cases highlight the resilience of patients battling severe disability and the transformative role of advanced medical care in restoring both mobility and confidence.

Two women, aged 40 and 43, came to Jehangir Hospital in Pune after struggling with severe knee pain for many years. They were suffering from arthritis caused by rheumatoid disease. They had already visited many doctors and tried different treatments, but nothing helped them feel better. One of the patients even travelled from Mumbai to Pune to find a better solution.



Everyday life had become a struggle. Walking even a few steps was an ordeal marked by intense pain. Their knees had developed visible deformities, and routine activities such as climbing stairs, standing for extended periods, or even managing basic household tasks had become nearly impossible.

What made their situation even more distressing was the contrast between their age and their physical state. At a time when they should have been leading active, independent lives, they found themselves dependent on walking aids and support from others. Both patients had begun to accept the possibility that they might have to live the rest of their lives with this disability, carrying a sense of hopelessness that had gradually taken over.



They consulted Dr Suresh Patil, a robotic orthopaedic joint replacement surgeon at Jehangir Hospital, with over 15 years of experience and American Board certification. Upon thorough clinical evaluation and imaging, it was evident that both patients were suffering from advanced joint destruction due to rheumatoid arthritis. Conservative treatment options had already been exhausted, and the severity of their condition left little room for non-surgical management. Understanding the physical toll the disease had taken, Dr Patil recommended robotic-assisted bilateral total knee replacement as the most effective course of action.

For the patients, the recommendation came with a mix of hope and hesitation. Like many others, they had concerns about robotic surgery, often misunderstood as a fully automated process. Dr Patil took the time to explain that the robotic system is not a replacement for the surgeon but rather a highly precise tool that assists in achieving optimal alignment, balance and accuracy during the procedure. This clarity helped build trust and

confidence, allowing the patients to make an informed decision.



The surgeries were performed successfully using robotic assistance, ensuring a high degree of precision, which is particularly crucial in complex cases such as those involving rheumatoid arthritis.

With guided rehabilitation and physiotherapy, both patients began to experience significant improvements. The pain that had once dominated their lives began to fade. Movements that were once impossible became achievable,



DR. SURESH PATIL
OPD Consultant in the
Department of Orthopaedics,
Jehangir Hospital.

and they regained their ability to walk independently. As their physical strength returned, so did their confidence. Daily activities were no longer burdensome, and the simple act of walking without support became a powerful symbol of their recovery. Their sleep improved, their energy levels increased, and most importantly, their outlook on life changed. What once felt like a permanent limitation had been replaced with a renewed sense of freedom. Reflecting on these cases, Dr Suresh Patil said, "Treating such patients is both challenging and deeply rewarding. Witnessing individuals lose their independence at a young age due to debilitating conditions is difficult, but being able to restore their mobility and quality of life brings immense professional and personal satisfaction." He emphasised that many patients arrive after having lost hope, often told to adapt to their condition rather than overcome it.

Dr Patil added, "These cases stand as a reminder that, with the right expertise and timely intervention, even severe disabilities can be reversed. Today, both patients are leading comfortable, independent lives. They are able to walk without assistance, perform their daily activities with ease and engage with life in a way that once seemed unattainable. Their journey is not just a medical success story but a testament to resilience, trust and the power of advanced surgical care." These cases also highlight an important message for the broader community. While robotic-assisted surgery continues to evolve, misconceptions and fear still surround it. Understanding that the technology is designed to enhance the surgeon's precision, not replace human expertise, is key to building confidence among patients considering such procedures.

EVENTS THAT HAPPENED

CELEBRATING **80** YEARS OF HEALING LIVES TOGETHER

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FOUNDER'S DAY CELEBRATION

We were delighted to celebrate Founder's Day at Jehangir Hospital with great enthusiasm. The occasion was marked by inspiring words from our CEO and respected leaders, followed by lamp lighting and heartfelt congratulations to all.

The celebration continued with vibrant performances, engaging games and trophy distribution ceremony, bringing everyone together in a spirit of unity and appreciation.







JEHANGIR WELLNESS CENTRE

NOW SERVING WELLNESS IN TWO CORNERS OF THE CITY



Jehangir Wellness Centre now has a new home in **Viman Nagar** along with **The Mills**. Visit the centre that suits your schedule with trusted care throughout.



FOR APPOINTMENT, CALL: 020 6681 8878 / 9999 / 9966

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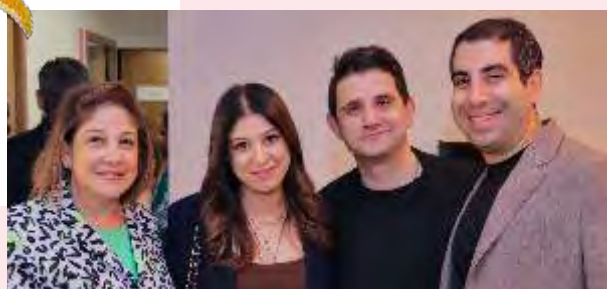
NEW LAUNCHES



JEHANGIR WELLNESS CENTRE EXPANDS ITS FOOTPRINT IN PUNE WITH SECOND CENTRE AT VIMAN NAGAR



Jehangir Wellness Centre, Pune's premium holistic wellness destination, has expanded its footprint with the launch of a second centre at Viman Nagar, complementing its first facility at Raja Bahadur Mills. This important milestone underscores the Centre's commitment to making integrated, preventive wellness care more accessible to individuals, families and corporates across the city.



Built on the enduring ethos of "Don't just be well. Stay well.", Jehangir Wellness Centre has charted a distinctive and purposeful journey in preventive and holistic healthcare. The Centre seamlessly integrates comprehensive, medically guided health check-ups with a carefully curated range of allied therapies, addressing the three core pillars of wellness, physical, emotional and mental well-being, within a structured and evidence-based framework. Since its transition from the main hospital premises to Raja Bahadur Mills, the centre has witnessed an exceptional response from both the community and corporate organisations.



Operating six days a week and often extending services to seven, the facility today caters to guests across the city. These guests are not individuals seeking treatment for illness, but proactive, health-conscious people who believe in staying well and actively invest in their long-term well-being through regular preventive health checks and holistic therapeutic interventions. A unit of Jehangir Hospital, the Wellness Centre was conceptualised with the vision of bringing wellness to the doorstep of Pune's residents, combining clinical expertise with lifestyle-based interventions. The expansion to Viman Nagar is a natural progression of this philosophy, enabling the Centre to reach a wider and more diverse cross-section of the city while continuing to uphold the same standards of quality, care and clinical governance.

Commenting on the expansion, Mr Vinod Sawantwadkar, Chief Executive Officer, Jehangir Hospital, said:

“At Jehangir Wellness Centre, we do not refer to those who walk through our doors as patients. They are our guests, individuals who believe in staying well rather than waiting to fall ill. Our guests choose to take charge of their health through regular preventive health checks and allied therapies such as Zentangle, Bach flower therapy, Twin Health, yoga, pranayama, dance therapy and more. This expansion reflects our commitment to empowering people to prioritise their physical health as well as their emotional and mental well-being. We urge everyone to make a conscious, lifelong commitment to holistic wellness.”



The newly launched Jehangir Wellness Centre at Viman Nagar further enhances the scope of services by introducing evening speciality OPDs, in addition to preventive health check-ups and an expanded suite of allied therapies. Thoughtfully designed to align with modern urban lifestyles and work schedules, the new centre offers greater convenience while maintaining high standards of medical oversight and wellness expertise.

With two centres now operational and several more planned in the near future, Jehangir Wellness Centre continues to strengthen its role as a trusted partner in preventive healthcare, encouraging Pune's citizens to embrace a proactive, balanced and sustainable approach to health and holistic well-being.



BODY, MIND AND SOUL.
CHOOSE **WELLNESS** FOR COMPLETE WELL-BEING.

DON'T JUST GET WELL, **STAY WELL.**

#DontJustGetWellStayWell

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OPHTHALMOLOGY	CLINICAL NUTRITION
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OPD	
INTERNAL MEDICINE	PAEDIATRICS
MENTAL HEALTH	CARDIOLOGY
GYNAECOLOGY	ENT

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ULTRASONOGRAPHY	

ALLIED THERAPIES	
ZENTANGLE	PAEDIATRICIAN
BOWEN THERAPY	PHYSIOTHERAPY
CRANIOSACRAL THERAPY	BACH FLOWER THERAPY / HOMEOTHERAPY

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WHY PREVENTIVE HEALTH CHECKS AND HOLISTIC WELLNESS MATTER MORE THAN EVER

In today's fast-paced world, health often slips to the bottom of the priority list.

A persistent headache is dismissed as stress. Constant tiredness is blamed on a hectic routine. Weight gain is seen as part of ageing. A nagging pain is ignored because there never seems to be enough time to address it. Between professional demands, family responsibilities and the pressures of everyday life, personal wellbeing is often neglected until something feels seriously wrong.

But true health is not simply the absence of illness.

It is about feeling balanced, energised and well, physically, mentally and emotionally. It is about nurturing the mind, body and soul, and understanding that wellbeing is a state of harmony.

This is why conversations around preventive health and holistic wellness matter more than ever.



THE RISE OF LIFESTYLE-RELATED ILLNESSES MODERN LIFESTYLES HAVE CHANGED SIGNIFICANTLY.

Long working hours, screen-heavy routines, lack of physical activity, processed foods, irregular meals, inadequate sleep and constant stress have all contributed to a rise in lifestyle-related illnesses. These habits may seem manageable day to day, but over time they can affect nearly every system in the body.

Preventive health is no longer optional. It is becoming essential.

A ROUTINE HEALTH CHECK CAN HELP ANSWER IMPORTANT QUESTIONS:

- Is your blood pressure within a healthy range?
- Are your blood sugar levels normal?
- Is your heart health at risk?
- Are your liver and kidney functions healthy?
- Are you deficient in essential vitamins or nutrients?
- Could your fatigue be linked to a hormonal imbalance?
- Are there early signs that require medical attention?

HEALTH SHOULD NOT BEGIN ONLY WHEN ILLNESS APPEARS

For many people, healthcare begins only after symptoms appear. However, modern medicine shows that several serious conditions can develop silently, often without clear warning signs in the early stages.

CONDITIONS SUCH AS:

- High blood pressure
- Diabetes
- High cholesterol
- Heart disease
- Thyroid disorders
- Liver and kidney problems
- Vitamin deficiencies
- Hormonal imbalances
- Obesity-related complications
- Certain cancers

By the time noticeable symptoms appear, these conditions may have already progressed.

Preventive healthcare shifts the focus from reacting to illness to protecting health before problems become serious.

WHY PREVENTIVE HEALTH CHECKS MATTER

A preventive health check is not just a set of medical tests. It is a proactive way to understand what is happening inside the body, even when everything feels normal.

These checks help identify risk factors, detect silent conditions and highlight early warning signs that may otherwise go unnoticed. When detected early, many conditions can be treated more effectively and managed better.

THE BENEFITS OF REGULAR PREVENTIVE HEALTH CHECKS INCLUDE:

- Early detection of silent conditions such as hypertension, diabetes and cholesterol disorders
- Timely diagnosis before symptoms become severe
- Better management of lifestyle-related health concerns
- Reduced risk of long-term complications through early intervention
- Greater awareness of one's personal health status
- Personalised advice based on age, family history and risk factors
- Better long-term health outcomes and improved quality of life
- Peace of mind and confidence in one's wellbeing

PREVENTIVE HEALTH CHECKS ARE ESPECIALLY IMPORTANT FOR PEOPLE WHO:

- Are above the age of 30 or 40
- Have a family history of diabetes, heart disease, cancer or thyroid disorders
- Lead a sedentary lifestyle
- Are overweight or obese
- Smoke or consume alcohol regularly
- Live with high stress levels
- Experience poor sleep or chronic fatigue
- Have existing health concerns that require monitoring

A preventive health check is one of the most valuable investments a person can make in their future health.

LOOKING BEYOND TESTS: THE MEANING OF HOLISTIC WELLNESS

While preventive health checks are important, true wellness goes beyond test results. A person may have acceptable reports and still feel exhausted, anxious or out of balance. At the same time, stress, poor sleep and emotional strain can begin to affect the body in subtle ways. Holistic wellness recognises that health is interconnected. The body affects the mind. The mind affects the body. Emotional wellbeing influences energy, immunity and resilience. Physical discomfort can impact mood and mental clarity. Lifestyle choices shape both short-term vitality and long-term health.

TO FEEL TRULY WELL, THREE ASPECTS NEED EQUAL ATTENTION:

1. THE BODY
Through regular movement, balanced nutrition, restorative sleep, preventive health checks and timely medical care.
2. THE MIND
Through stress management, emotional balance, mental clarity, relaxation and adequate rest.
3. THE SOUL
Through calm, self-awareness, inner balance and practices that create a sense of peace and connection.

This approach is increasingly relevant in a world where many people feel physically present but mentally drained.



WHY COMPLEMENTARY THERAPIES ARE GAINING IMPORTANCE

As awareness around holistic wellbeing grows, more people are turning to complementary therapies as part of their overall health journey. These therapies are not meant to replace medical treatment. They are used alongside conventional care to support relaxation, improve comfort, reduce stress and promote balance.

THEY CAN BE HELPFUL FOR INDIVIDUALS EXPERIENCING:

- Stress and anxiety
- Fatigue and burnout
- Muscular tension & stiffness
- Poor posture from long hours of sitting
- Sleep disturbances
- Digestive discomfort
- Emotional overwhelm
- General aches and pains
- The need for relaxation & restoration

One of the biggest benefits of these therapies is that they encourage people to slow down and reconnect with their bodies.

THE ROLE OF RESTORATIVE THERAPIES IN BETTER LIVING

Complementary therapies such as bodywork, relaxation-based therapies and therapeutic touch can support overall wellbeing.

THEY MAY HELP WITH:

Reducing physical tension	Supporting recovery and rejuvenation
Encouraging better relaxation	Promoting better sleep and calmness
Improving body awareness	Enhancing the overall sense of balance and wellbeing
Easing stress-related discomfort	

While diagnostics help identify what is happening inside the body, restorative therapies help improve how people feel in their daily lives. Together, preventive healthcare and holistic therapies create a more complete approach to better living.

WELLNESS IS A DAILY PRACTICE, NOT AN EMERGENCY RESPONSE

One of the biggest misconceptions about health is that it becomes important only when symptoms appear. In reality, good health is built gradually through everyday choices made over time.

Going for regular health checks	Making time for movement and rest	
Listening to the body instead of ignoring warning signs	Eating with awareness	
Managing stress before it becomes overwhelming	Improving sleep habits	
Seeking support when feeling physically or emotionally out of balance		
Practising habits that restore calm and energy		

Wellness is a long-term commitment.

It is about maintaining resilience, preserving energy and building the strength needed to live fully.

A MORE BALANCED APPROACH TO HEALTH

In a world that often celebrates busyness, taking care of one's health is one of the most meaningful forms of self-care. Preventive health checks provide clarity about what is happening within the body. Holistic wellness helps people understand how they truly feel. Complementary therapies support balance, recovery and overall wellbeing. Together, they create a more thoughtful approach to health, one that focuses on living with greater energy, clarity and peace of mind. Centres such as Jehangir Wellness Centre are helping make this approach more accessible by bringing together preventive healthcare, holistic wellness and complementary therapies, supporting individuals in caring for their mind, body and soul while building healthier habits for the future.

80

ACHIEVING THE NABH DIGITAL HEALTH GOLD MATURITY STANDARD



Reaching the **Gold Maturity level** under the National Accreditation Board for Hospitals & Healthcare Providers (NABH) Digital Health Standards is a defining milestone for any healthcare institution. It reflects a transition from basic digitization to a deeply embedded, technology-enabled care ecosystem—one where digital systems actively support clinical excellence, patient safety, and operational efficiency.

WHAT GOLD MATURITY TRULY REPRESENTS

At the Gold level, digital infrastructure evolves into a **strategic enabler of care**, not just a data repository. This transformation is evident in several key areas:

- **Seamless Interoperability:** Patient data flows securely and accurately across departments, giving clinicians a unified, real-time view of the patient journey and enabling more informed decisions.
- **Enhanced Patient Safety:** Intelligent systems provide automated alerts for drug interactions, enable real-time monitoring of critical vitals, and standardise clinical pathways—minimizing the risk of human error.
- **Data-Driven Decision-Making:** Advanced analytics empower leadership teams to identify inefficiencies, track clinical outcomes, and optimise resources with clarity and precision.

WHY THIS MILESTONE MATTERS

Achieving Gold Maturity is more than recognition, it is a reflection of a hospital's commitment to modern, patient-centric care.

1. **Trust and Credibility:** It reinforces confidence among patients and stakeholders by demonstrating adherence to the highest national standards in digital infrastructure and data security.
2. **Clinical Precision:** Streamlined workflows accelerate the “door-to-treatment” process, ensuring timely interventions without delays caused by manual processes or fragmented communication.
3. **Future-Readiness:** A robust digital foundation enables seamless adoption of emerging innovations such as AI-assisted diagnostics, predictive analytics, and remote patient monitoring.



THE JOURNEY FORWARD

While Gold certification marks a significant achievement, it is best viewed as a launchpad for continuous progress.

- **Raising the Bar:** Digital excellence is not static. As technologies evolve, so must our practices. Sustaining Gold status requires ongoing evaluation, refinement, and innovation in how we deliver care.

- **The Power of Teamwork:** This accomplishment is the result of collective dedication—clinicians ensuring accurate data capture, nursing teams driving patient-centric workflows, IT professionals maintaining resilient systems, and quality teams upholding compliance standards.
- **Total Engagement:** True digital transformation happens when every team member embraces technology as an integral part of their role. When human expertise and digital capabilities align, the impact on patient outcomes is profound.

Gold Maturity is not just a milestone, it is a reflection of what we stand for today and a foundation for what we aspire to achieve tomorrow. Our continued collaboration and commitment will define how far we go from here.



MEDICAL RESEARCH INSTITUTE

HIRABAI COWASJI JEHANGIR MEDICAL RESEARCH INSTITUTE (HCJMRI) AND BAJAJ FINSERV CSR INAUGURATE PUNE'S FIRST COMPREHENSIVE CENTRE OF EXCELLENCE FOR TYPE 1 DIABETES

Equipped with world-class infrastructure and a team of medical experts, the centre is set to provide comprehensive care for the diabetes needs of children at scale.



Pune, India – Hirabai Cowasji Jehangir Medical Research Institute (HCJMRI) and Bajaj Finserv CSR today launched the Sweetlings – Centre of Excellence for Type 1 Diabetes, a condition that is usually diagnosed in childhood or early adulthood. Located at the Sohrab Hall premises opposite Jehangir Hospital in Pune, this specialised facility is designed to bridge a critical gap in paediatric care by providing a high-quality environment for the holistic management of the condition.

Type 1 diabetes in children is an autoimmune disorder in which the body is unable to produce insulin, making daily insulin support essential for survival. The number of children affected is steadily rising in India. In the Pune and PCMC region alone, over 20,000 children and young adults under the age of 20 are estimated to be living with this condition.



For the past sixteen years, HCJMRI's 'Sweetlings' programme at Jehangir Hospital has been providing treatment to children with type 1 diabetes, but has operated only once a week due to limited infrastructure. Despite these constraints, the programme has supported over 800 underprivileged children. However, infrastructure limitations led to staffing challenges, making it increasingly difficult for the clinic to meet growing demand.

CSR Support by



The newly established Sweetlings Centre of Excellence aims to address this gap. Supported by Bajaj Finserv under its CSR initiative, the upgraded facility includes dedicated consultation rooms, improved medical equipment and enhanced administrative systems, enabling it to serve a larger number of children, including both underprivileged and self-paying patients. It will now operate six days a week, significantly expanding access to care.

Designed as a more child-friendly environment, the centre will continue to provide comprehensive care in a more structured and expanded manner across multiple days. This includes medical consultations, insulin support and nutritional counselling. A multidisciplinary team of endocrinologists, dietitians and psychologists will further strengthen support through a 24-hour helpline and regular school outreach, ensuring children receive continuous and holistic care.

Commenting on the expansion, Ms Shefali Bajaj, Chairperson, CSR Steering Committee, Bajaj Finserv, said:

“While type 1 diabetes among children is on the rise, access to consistent and comprehensive care remains limited. Through Bajaj Finserv's ongoing work with HCJMRI, we identified key gaps that were preventing more underprivileged children from accessing treatment. To address this, the Sweetlings Centre of Excellence has been established, where the treatment of underprivileged children will be supported by the company under this initiative. It is also a significant step towards strengthening child health infrastructure in Pune.”



Mr Jehangir H. C. Jehangir, Chairman, HCJMRI and Jehangir Hospital, Pune, said:

“The Sweetlings Centre of Excellence reflects our commitment to comprehensive and compassionate care for children with type 1 diabetes. It builds on Jehangir Hospital's ethos of ethical and patient-centred care, bringing together expertise and support under one roof to improve the lives of children and their families.”



Dr Anuradha Khadilkar, Deputy Director and Consultant Paediatrician at Hirabai Cowasji Jehangir Medical Research Institute, Jehangir Hospital, Pune, said:

“Type 1 diabetes in children is not just a medical condition. It affects every part of a child's daily life, from school and play to emotions and family routines. At Sweetlings, our aim is to provide truly holistic care, combining medical treatment, education, emotional support and practical guidance, so that children and their families can live with confidence every day.”



MEDICAL RESEARCH INSTITUTE

This collaboration highlights the expertise of HCJMRI, which has a long history of socially responsible research and healthcare initiatives for vulnerable populations in urban slums and rural areas such as Ranjangaon. For Bajaj Finserv, the project reflects a strong focus on advancing healthcare infrastructure in Pune as part of its broader CSR vision for child health.

ABOUT BAJAJ FINSERV

CSR Support by



Bajaj Finserv Limited (BFS) is an unregistered Core Investment Company (CIC) under the RBI Regulations, 2020 and serves as the holding company for the various financial services businesses under the Bajaj Group. Its vision is to be a diversified financial services group with a pan-India presence, offering life-cycle financial solutions to its customers.

These include:

Asset acquisition and lifestyle enhancement through financing
Asset protection through general insurance
Family protection through life and health insurance
Healthcare solutions for individuals and employers
Savings and wealth management through life insurance and mutual funds
Retirement planning and annuities

Through these businesses, BFS serves millions of customers and aims to be a lifecycle partner in achieving their financial goals.

FINANCE AND INSURANCE BUSINESSES

BFS participates in the financing business through its 51.32% holding in Bajaj Finance Limited (BFL) and in life, general and health insurance through its 74%* holding in two unlisted subsidiaries, Bajaj General Insurance Limited and Bajaj Life Insurance Limited.

BFL holds an 86.70% stake in Bajaj Housing Finance Limited (BHFL), a fast-growing enterprise engaged in housing finance and development.

EMERGING BUSINESSES

Bajaj Finserv Health Limited (BFHL), a wholly owned subsidiary of BFS, is a health-tech venture that provides platforms for customers to manage their healthcare needs across wellness, OPD and IPD services.

Vidal Health Insurance TPA Private Limited, a registered Third-Party Administrator, is a wholly owned step-down subsidiary of BFHL.

BFS holds an 80.10% stake in Bajaj Finserv Direct Limited (BFSD), with the remaining

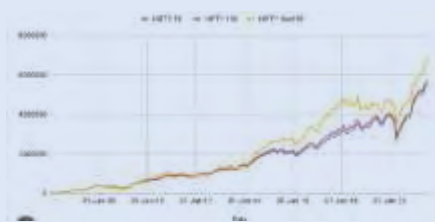
19.90% held by BFL. BFSD operates a digital marketplace offering financial services products including loans, insurance, mutual funds, investments, payments and e-commerce. It also runs a Technology Services division focused on digital-first solutions for BFSI businesses.

Bajaj Finserv Asset Management Limited, a wholly owned subsidiary of BFS, operates in the mutual fund business and focuses on a strategy driven by information, quantitative and behavioural insights along with the use of technology.

Bajaj Financial Securities Limited, a wholly owned subsidiary of Bajaj Finance Limited, is a stockbroker offering a full suite of investment products and services through a digital platform.

Bajaj Alternate Investment Management Limited, a wholly owned subsidiary of BFS, focuses on expanding exposure to alternate investments including early-stage equity and real estate-focused AIFs.

Both BFS and BFL are included in the benchmark BSE Sensex and Nifty 50 indices of large-cap stocks. The results of these subsidiaries are reflected in the consolidated results of the company.



As required by regulation, BFS has adopted Indian Accounting Standards (Ind AS). Insurance companies are not covered under Ind AS and prepare financials under applicable Indian GAAP for consolidation purposes.



MEDICAL RESEARCH INSTITUTE ABOUT HCJMRI



The Hirabai Cowasji Jehangir Medical Research Institute (HCJMRI), founded in 1995, is a sister concern of Jehangir Hospital in Pune. The institute focuses on research and the enhancement of healthcare services, particularly for children with chronic conditions.

HCJMRI operates across public health and nutrition, serving individuals of all ages, with a focus on vulnerable populations. In line with this mission, it initiated a programme for the holistic care of children and young people with type 1 diabetes.

The programme, 'Sweetlings', established in 2010, provides comprehensive support to children and adolescents with type 1 diabetes, including medication management, counselling, home and school visits, skill development and education.



 LAUNCH OF SWEETLINGS



80

BEYOND CONTROL: JEHANGIR HOSPITAL TRIUMPHS AT CAHO iCOMPLY 2025



Jehangir Hospital has achieved a significant milestone in patient safety by being recognised as a West Zone Winner in the prestigious iCOMPLY Program, organised by the Consortium of Accredited Healthcare Organisations (CAHO). This recognition, awarded during CAHOCON 2026 in Chennai, underscores the hospital’s unwavering commitment to clinical excellence and its proactive shift from basic infection management to a robust culture of prevention.

THE iCOMPLY INITIATIVE: A BENCHMARK FOR SAFETY

The iCOMPLY program is a pioneering audit initiative designed to evaluate and elevate Infection Prevention and Control (IPC) and Antimicrobial Stewardship Programs (AMSP). Through structured physical audits, validated checklists and expert feedback, the program empowers healthcare institutions to benchmark their performance against national and international standards.

DRIVING THE CHANGE: A MULTIDISCIPLINARY TRIUMPH

The success of the program at Jehangir Hospital was driven by a dedicated core team, led by Dr Piyush and Dr Priya. Their vision was executed in close collaboration with the hospital’s Clinical Pharmacologists, ensuring that antimicrobial usage is both evidence-based and judicious. A critical catalyst in this journey was the Quality Department, which initiated and supported the project from inception. By integrating quality frameworks with clinical practices, the hospital successfully streamlined protocols that directly impact patient outcomes and safety.

KEY BENEFITS OF THE iCOMPLY PROGRAM

Participation in the iCOMPLY audit has provided Jehangir Hospital with several strategic advantages:

- Validated Excellence:** Achievement of high compliance scores, certifying the hospital’s protocols for the next two years
- Actionable Insights:** Identification of specific gaps in IPC and AMSP through rigorous peer-led audits
- Standardisation:** Alignment of internal practices with the latest global safety frameworks
- Safety Culture:** A measurable reduction in the risk of healthcare-associated infections and combating antimicrobial resistance



THE WAY AHEAD: FROM CONTROL TO PREVENTION

The focus at Jehangir Hospital has officially evolved. The objective is no longer merely “Infection Control”, a reactive approach to outbreaks, but Infection Prevention and AMSP. The road ahead involves the full involvement of every Consultant, ensuring that stewardship and prevention are not just administrative goals but are practised daily at the bedside.

By fostering a collaborative environment where every clinician is a stakeholder in patient safety, Jehangir Hospital continues to lead the way in high-quality, safe healthcare in the West Zone. “Excellence is not an act, but a habit.” With the iCOMPLY recognition, Jehangir Hospital reaffirms its commitment to putting patient safety first.



Clinical Pharmacy

Drug Bulletin

brought to you by the
Dept of Clinical Pharmacology



MICAFUNGIN

DRUG CLASSES: Antifungal



MECHANISM OF ACTION (MOA)

Micafungin inhibits the synthesis of beta-1,3-D-glucan, an essential component of fungal cell walls that is not present in mammalian cells. It does this by inhibiting beta-1,3-D-glucan synthase.

FDA-APPROVED USES

- Candidemia
- Oesophageal candidiasis
- Oesophageal candidiasis in HIV infection
- Invasive candidiasis
- Invasive candidiasis in haematopoietic stem cell transplantation; prophylaxis
- Invasive candidiasis with peritonitis or abscess

NON-FDA USES

- Invasive aspergillosis
- Invasive aspergillosis in high-risk patients; prophylaxis
- Candidal endocarditis
- Chronic disseminated candidiasis
- Empirical antifungal therapy for suspected candidiasis in non-neutropenic patients
- Fungal arthritis due to Candida species
- Invasive fungal infection; prophylaxis
- Oropharyngeal candidiasis
- Fungal peritonitis associated with peritoneal dialysis
- Chronic pulmonary aspergillosis (cavitary or necrotising)

GENERAL DOSAGE INFORMATION

- Invasive Aspergillosis**
- 100 to 150 mg IV once daily for at least 6 to 12 weeks
- Invasive Aspergillosis (High-Risk Patients; Prophylaxis)**
- 50 to 100 mg IV once daily (guideline dosage)

- (<50 kg) 1 mg/kg IV once daily (off-label dosage)
 - (≥50 kg) 50 mg IV once daily (off-label dosage)
- Candidal Endocarditis**
- 150 mg IV once daily
 - Then switch to fluconazole (400 to 800 mg) (6 to 12 mg/kg)
- Candidemia and Invasive Candidiasis**
- Includes acute disseminated candidiasis, Candida peritonitis and abscesses
- 100 mg IV once daily as an infusion over 1 hour
 - Mean duration: 15 days (range: 10 to 47 days)
- Oesophageal Candidiasis**
- 150 mg/day IV infusion for 10 to 30days
- Prophylaxis of Candida Infections in HSCT Recipients**
- 50 mg/day IV infusion for 6 to 51 days (mean: 19 days)
- Invasive Fungal Infection; Prophylaxis**
- (<50 kg) 1 mg/kg IV once daily (off-label dosage)
 - (≥50 kg) 50 mg IV once daily (off-label dosage)
 - Duration: Continue until one of the following occurs:
 - 5 days after neutrophils exceed 500/mm³
 - Development of fungal infection
 - Unacceptable toxicity or death
 - More than 42 days post-transplantation
- Oropharyngeal Candidiasis**
- (Fluconazole-refractory) 100 mg/day IV for up to 28 days
- Fungal Peritonitis (Peritoneal Dialysis-Associated)**
- 100 mg IV once daily
- Chronic Pulmonary Aspergillosis**
- 100 to 150 mg IV once daily

PAEDIATRIC DOSING

- Age ≥4 Months**
- Indicated for candidemia, acute disseminated candidiasis, Candida peritonitis and abscesses, oesophageal candidiasis, and prophylaxis in HSCT recipients
- **Candidemia and related infections:**
2 mg/kg IV once daily (maximum 100 mg/day)
 - **Oesophageal candidiasis:**
≤30 kg: 3 mg/kg IV once daily
30 kg: 2.5 mg/kg IV once daily (maximum 150 mg/day)
 - **Prophylaxis:**
1 mg/kg IV once daily (maximum 50 mg/day) Age <4 Months
 - 4 mg/kg IV once daily

ADVERSE EFFECTS

- Common**
- Endocrine/metabolic: Acidosis (paediatric, 20%), hypokalaemia (paediatric, 25%)
 - Gastrointestinal: Diarrhoea, nausea, vomiting
 - Haematologic: Thrombocytopenia
 - Neurologic: Headache
 - Respiratory: Reduced oxygen saturation
 - Other: Fever, sepsis
- Serious**
- Cardiovascular: Atrial fibrillation
 - Haematologic: Anaemia, haemolysis, intravascular haemolysis
 - Hepatic: Hepatitis, liver failure
 - Immunologic: Anaphylaxis, hypersensitivity reactions
 - Renal: Acute renal failure, renal impairment

CAUTIONS

- Not for IV bolus. Always administer as a controlled IV infusion over at least 1 hour.
- Efficacy against fungi other than Candida species has not been established.

DOSE ADJUSTMENTS

- **Renal impairment:**
No dose adjustment required
- **Hepatic impairment:**
No dose adjustment required

PHARMACOKINETICS

- Absorption**
- Tmax (IV, premature infants): 1.2 hours
 - Tmax (IV, paediatric): 0.84 to 2.01 hours
 - Tmax (IV, adult lung transplant patients): 4 hours
- Distribution**
- Volume of distribution (adults): 0.39 L/kg
 - Protein binding (albumin): >99%
- Metabolism**
- Hepatic metabolism to catechol and methoxy forms
- Elimination Half-Life**
- Adults: 10.7 to 17.2 hours
 - Premature neonates: 5.5 to 11 hours
 - Paediatric patients: varies by age and weight
- Excretion**
- Faeces: 71% • Urine: <1%
 - Bile: approximately 40%
 - Dialysable: No

REFERENCE

Micromedex Index | Medscape | DrugBank



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FROM THE MEDICAL DIRECTOR'S DESK

Jehangir Hospital – The Oak of Pune's Healthcare – Rooted and Resilient

Jehangir Hospital completed its 80th year of medical service to Pune on 6 February 2026. Founded with the vision of providing safe obstetric care and a humane environment for the sick, it has grown into a trusted, generational institution.

Over the course of eight decades since its inception, Jehangir Hospital has steadily transitioned into a professionally organised quaternary healthcare facility. It is now advancing towards precision medicine with image-guided planning and robotic surgical accuracy. In interventional cardiology and interventional neurology, the state-of-the-art catheterisation suite is equipped with advanced intravascular imaging capabilities, providing precise guidance to consultants during procedures such as stenting, coiling and ballooning. The modernisation of facilities is supported by continuous upgrades in processes aligned with current standards of healthcare management and patient safety. Jehangir Hospital has achieved and maintained accreditations from the National Accreditation Board for Hospitals and Healthcare Providers (NABH) and the National Accreditation Board for Testing and Calibration Laboratories (NABL). It has also received specialised accreditations, including NABH Digital Health Accreditation (Gold), NABH Nursing Excellence and NABH Blood Bank accreditation. In addition, certifications from the Consortium of Accredited Healthcare Organisations (CAHO) have been secured for the endoscopy unit, Central Sterile Services Department (CSSD), operation theatre nursing and the antimicrobial stewardship programme.

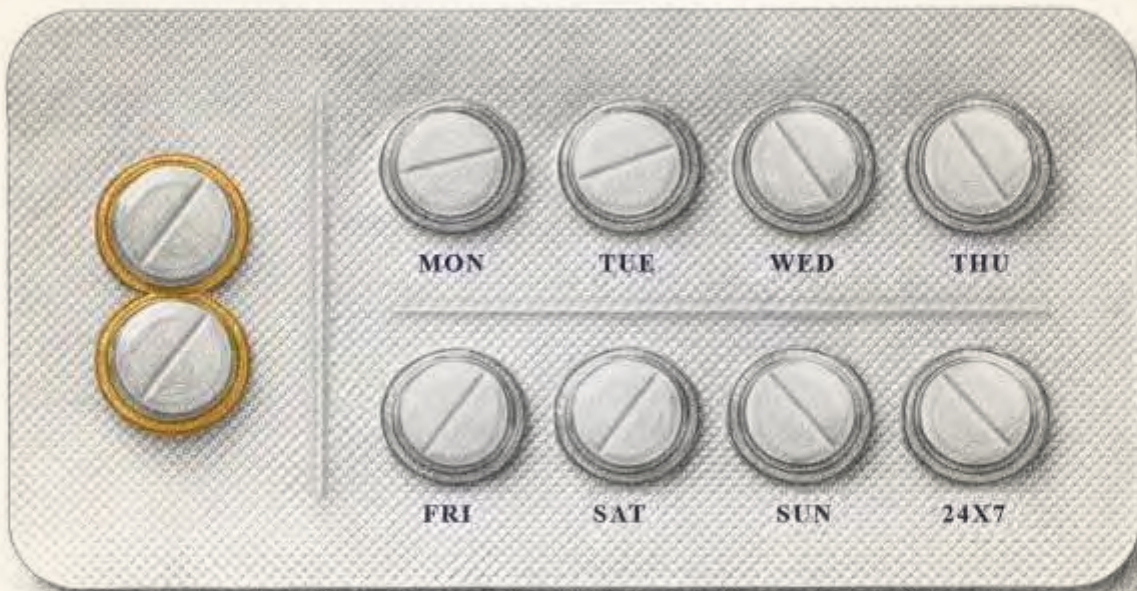
The final year of the eighth decade marked a phase of renewal, with a strong focus on upgrading core healthcare facilities and strengthening process accreditations to enhance patient safety, including digital infrastructure. The year also saw the establishment of a research committee to encourage medical and healthcare-related research and publications.

In keeping with its vision of caring for the health of Pune's citizens, the Jehangir Wellness Centre is evolving into a dedicated wellness brand. It aims to build an expansive network across the city, offering comprehensive medical consultations complemented by therapies and allied medical services in a calm and contemporary environment. All core medical departments, including the laboratory, blood centre, ICUs, operation theatres, CSSD, catheterisation suite and Accident and Emergency (A&E), along with departments responsible for clinical governance such as Quality Systems and Clinical Pharmacology, continue to maintain high operational efficiency.

Over eight decades, the hospital has seen a manifold increase in the volume, scope and spectrum of its services, as well as the number of patients it serves. It has consistently stayed ahead of the curve by anticipating patient needs and providing care in a safe and comfortable environment. As Jehangir Hospital enters its ninth decade, it does so with confidence in its team of skilled consultants and dedicated healthcare professionals, all committed to delivering the highest standards of patient care. The hospital remains focused on continuously improving safety and care, while striving to achieve excellence in every aspect of medical service.



DR. COL. SATYAJIT S. GILL
Medical Director, Jehangir Hospital



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