

DIALOGUE

NEWSLETTER

80
ESTD. 1946



| WE ADD ETHICARE |

VOL.15 / JULY / 2026

| www.jehangirhospital.com |

| *Hands that heal, hearts that care for health that matters* |

80
ESTD. 1946



| WE ADD ETHICARE |



— | THIS IS WHAT WE-LLNESS STANDS FOR | —



J E H A N G I R

W E L L N E S S

C E N T R E S

OPDs

PREVENTIVE HEALTH CHECKS

ALTERNATIVE THERAPIES

CALL: 020 6681 8878 / 9999 / 9966

| THE MILLS

| VIMAN NAGAR

POLO ROCHE BUSINESS AVENUE, AIRPORT ROAD, OPPOSITE SYMBIOSIS LAW SCHOOL, S. N. 235, MHADA COLONY, VIMAN NAGAR, PUNE



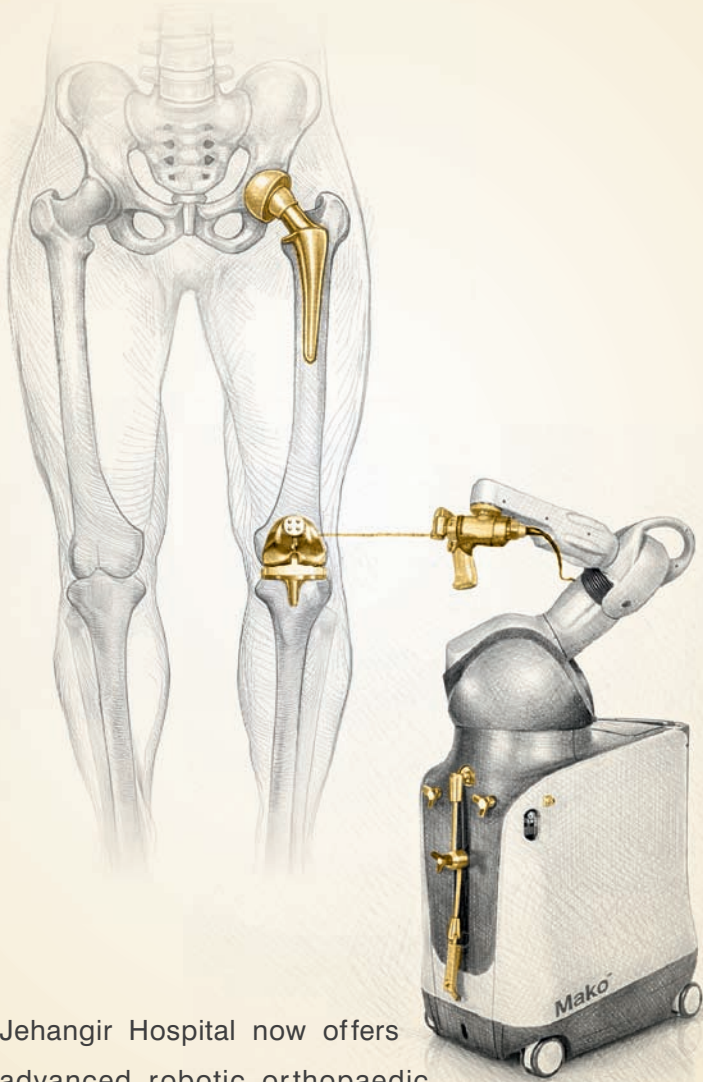
| WE ADD ETHICARE |

ADVANCED ROBOTIC ORTHOPAEDIC SURGERY PROGRAMME

KNEE REPLACEMENT

HIP REPLACEMENT

PARTIAL KNEE REPLACEMENT

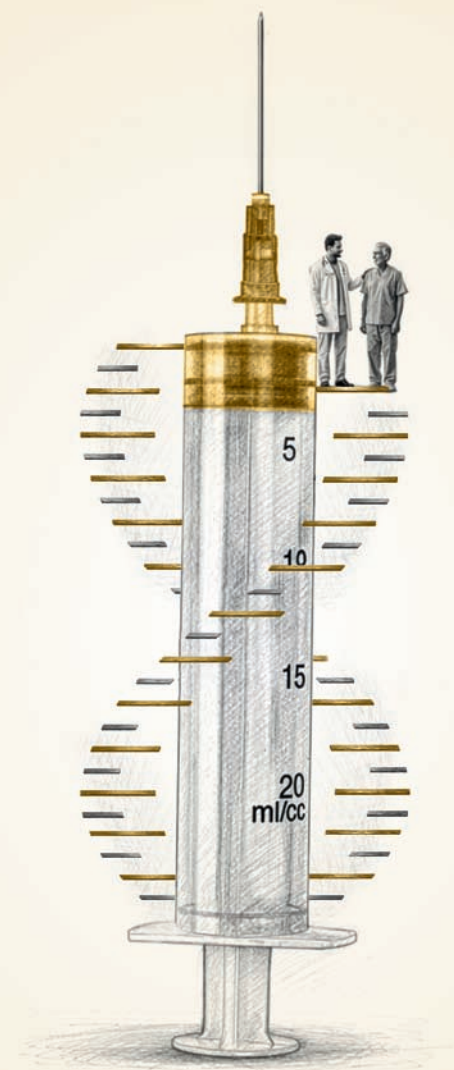


Jehangir Hospital now offers advanced robotic orthopaedic surgery for knee and hip replacement, including partial knee replacement. Using state-of-the-art robotic technology, our expert surgeons ensure precise, personalised treatment that improves outcomes, reduces recovery time and enhances joint function.

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



| WE ADD ETHICARE |



8 DECADES
OF ENDLESS ETHICARE

FROM THE CEO'S DESK

ADVANCING CARE THROUGH INNOVATION AND ACCESSIBILITY

“ Dear Patron,

At Jehangir Hospital, our commitment to delivering advanced, patient-centred healthcare continues to guide every step forward. As we build on our strong legacy of clinical excellence and compassionate care, we remain focused on strengthening specialised services, enhancing patient convenience and investing in future-ready healthcare infrastructure.

This quarter marks another important phase in our journey with the launch of the dedicated Shoulder and Sports Injury Clinic. Designed to offer specialised assessment, treatment and rehabilitation for sports-related injuries and complex shoulder conditions, the clinic brings together expert orthopaedic care, advanced diagnostics and personalised recovery programmes under one roof. With an increasing focus on mobility, fitness and active lifestyles, this initiative aims to support patients in returning to their everyday lives with confidence and improved quality of movement.

We are also pleased to introduce the UO Onco Clinic, further strengthening our oncology services and multidisciplinary approach to cancer care. The clinic has been envisioned to provide patients with

access to specialised consultations, coordinated treatment pathways and comprehensive support throughout their care journey. As cancer care continues to evolve rapidly, our focus remains on combining clinical expertise, advanced treatment protocols and compassionate support to achieve the best possible outcomes for our patients. Another significant development is the launch of the Multi-Level Car Parking facility at Jehangir Hospital. This addition has been planned to improve accessibility and convenience for patients, visitors and caregivers by addressing an important aspect of the overall hospital experience. As patient footfall continues to grow, investments in supporting infrastructure remain essential to ensuring smoother access and a more comfortable environment for everyone visiting our hospital.

These initiatives reflect our continued efforts to strengthen both clinical excellence and the patient experience across every touchpoint.

At Jehangir Hospital, we believe healthcare must continue to evolve with changing patient needs while remaining rooted in trust, ethics and compassion. As always, I extend my sincere gratitude to our doctors, nurses, healthcare professionals and support teams for their unwavering dedication. I also thank our patients and community for the trust they continue to place in us. Your confidence inspires us to keep progressing with purpose and responsibility. ”

Warm regards,

Vinod Sawantwadkar
CEO - Jehangir Hospital

NEW CLINICS & CENTRES LAUNCH

EXPERT CARE FOR EVERY MOVE YOU MAKE.

The Shoulder and Sports Injury Clinic offers specialised treatment for shoulder pain, sports injuries and joint conditions.

Now open at Jehangir Hospital.





ESTD. 1946
80th Anniversary

REGAINING MOVEMENT.
RESTORING CONFIDENCE.

JEHANGIR HOSPITAL LAUNCHES THE ADVANCED ARTHROSCOPY, SHOULDER & SPORTS INJURY CLINIC

Jehangir Hospital has strengthened its orthopaedic services with the launch of the Advanced Arthroscopy, Shoulder & Sports Injury Clinic, a dedicated centre offering comprehensive diagnosis, treatment, surgery and rehabilitation for shoulder disorders, sports injuries and complex joint conditions.

Designed for professional athletes, fitness enthusiasts and anyone seeking relief from joint pain or mobility issues, the clinic brings together advanced technology, clinical expertise and personalised rehabilitation under one roof. The focus is simple: helping patients recover faster, regain movement and return confidently to everyday life.

COMPREHENSIVE CARE FROM DIAGNOSIS TO RECOVERY

The clinic provides specialised care for a wide range of shoulder, knee and sports-related injuries. Equipped with advanced diagnostic facilities and minimally invasive arthroscopic techniques, it offers accurate diagnosis, personalised treatment

planning and seamless rehabilitation. From the first consultation through surgery and recovery, patients benefit from coordinated multidisciplinary care delivered by experienced orthopaedic surgeons and rehabilitation specialists.

EXPERT LEADERSHIP IN SPORTS MEDICINE

The clinic is led by Dr. Nilesh Kamat, Senior Orthopaedic Consultant, an expert in arthroscopy and sports injury management.

Speaking about the launch, Dr. Kamat says:

“Our aim is to provide every patient with an accurate diagnosis and an individualised treatment plan. Advanced arthroscopic techniques allow us to treat complex shoulder, knee and ligament injuries through minimally invasive procedures, resulting in less pain, faster recovery and an earlier return to normal activities.”

REHABILITATION THAT COMPLETES RECOVERY

Successful treatment extends well beyond surgery. The clinic places equal emphasis on structured rehabilitation to help patients regain strength, mobility and confidence.

Dr Radhika Patil, Head, Physiotherapy & Rehabilitation, explains:

“Recovery is a collaborative process.

We work closely with our orthopaedic surgeons to design customised rehabilitation programmes that restore strength, improve mobility and reduce the risk of future injuries. Our goal is to help every patient return safely and confidently to an active lifestyle.”

Jehangir Hospital's dedicated Physiotherapy & Rehabilitation Department supports patients throughout their recovery with evidence-based rehabilitation protocols and advanced therapeutic techniques.

A COMMITMENT TO ADVANCED ORTHOPAEDIC CARE

Commenting on the launch, Mr. Vinod Sawantwadkar, CEO, Jehangir Hospital, said:

“The launch of our Advanced Arthroscopy, Shoulder & Sports Injury Clinic reflects Jehangir Hospital's ongoing commitment to bringing world-class orthopaedic care to Pune. By combining expert specialists, advanced technology and comprehensive rehabilitation services, we are creating a holistic ecosystem that delivers outstanding clinical outcomes and an enhanced patient experience.”

COMPREHENSIVE SPECIALISED SERVICES

The clinic offers advanced treatment across multiple orthopaedic specialties, including:

ADVANCED ARTHROSCOPIC SHOULDER PROCEDURES

- Arthroscopic shoulder surgery
- Rotator cuff repair
- Glenoid labrum repair
- AC joint reduction and fixation
- Greater tuberosity fracture fixation
- Arthroscopy-assisted muscle transfer
- Long head of biceps tenotomy and tenodesis
- Patch surgery for complex rotator cuff tears

ADVANCED SHOULDER RECONSTRUCTION

- Reverse shoulder replacement
- Surgery for shoulder instability and recurrent dislocation

KNEE PRESERVATION PROCEDURES

- High tibial osteotomy
- Cartilage preservation & regeneration techniques

ADVANCED REHABILITATION SERVICES

- Sports injury & post-surgical rehabilitation
- Shoulder and knee functional training
- Return-to-sport programmes
- Pain management and movement therapy

SPORTS INJURY MANAGEMENT

- ACL reconstruction
- Meniscus repair and meniscus root repair
- Meniscus transplantation
- Multi-ligament reconstruction & revision surgery
- MCL and LCL reconstruction
- MPFL reconstruction
- Ankle ligament (ATFL/CFL) repair
- Achilles tendon repair
- Triceps tendon avulsion repair

HELPING PATIENTS RETURN TO THE LIFE THEY LOVE

Whether recovering from a sports injury, managing persistent shoulder pain or seeking advanced surgical care, patients at Jehangir Hospital now have access to a specialised centre dedicated to restoring movement, reducing pain and improving quality of life. By bringing together expert clinicians, minimally invasive surgical techniques and comprehensive rehabilitation programmes, the Advanced Arthroscopy, Shoulder & Sports Injury Clinic is set to become a leading centre for sports medicine, joint preservation and advanced orthopaedic care in Pune.



FLAVOUR OF THE SEASON



A DIETITIAN'S MONSOON IMMUNITY MEAL GUIDE



DR. RICHA SHUKLA
Head, Department
of Clinical Nutrition,
Jehangir Hospital

The monsoon season brings welcome relief from the summer heat, but it is also associated with an increased risk of infections, digestive illnesses, seasonal flu and reduced immunity. High humidity, fluctuating temperatures, increased microbial growth and food contamination can affect food safety and make the body more vulnerable to illness. Alongside proper hygiene practices, balanced nutrition plays an important role in supporting immune health during this season. The right food choices can help improve digestion, maintain energy levels and support the body's natural defence mechanisms against seasonal infections. Here is a practical monsoon immunity meal guide to help you and your family stay healthy during the rainy season.

FOODS THAT SUPPORT IMMUNITY



SEASONAL FRUITS RICH IN VITAMIN C

Vitamin C helps strengthen the immune system and supports recovery from infections.

Include fruits such as:

- Indian gooseberry (amla)
- Oranges
- Sweet lime
- Guava
- Pomegranate
- Papaya
- Apples

Ensure fruits are washed thoroughly before consumption.

WARM HOMEMADE MEALS

Freshly prepared warm meals are easier to digest and safer during the monsoon than outside or processed food.

Ideal meal options include:

- Khichadi
- Soups
- Dal and rice
- Vegetable pulao
- Multigrain rotis with cooked vegetables

Avoid stale or reheated food whenever possible.

WHY DOES IMMUNITY NEED EXTRA ATTENTION DURING THE MONSOON?

DURING THE MONSOON, THE BODY IS MORE PRONE TO:

- Viral infections
- Coughs and colds
- Food and water-borne illnesses
- Digestive disturbances
- Fatigue and low energy



This is often due to increased bacterial growth, contaminated food or water, irregular eating habits and reduced physical activity. A strong immune system acts as the body's first line of defence against these illnesses.

PROTEIN-RICH FOODS

Protein helps repair tissues and support immunity.

Healthy protein sources include:

- Lentils and pulses
- Eggs
- Paneer
- Curd
- Fish and lean chicken
- Sprouts (well cooked/steamed)

A balanced protein intake helps maintain strength and supports recovery from illness.

SPICES THAT SUPPORT IMMUNE FUNCTION

Traditional Indian spices contain compounds with antioxidant and anti-inflammatory properties.

Include moderate amounts of:

- Turmeric
- Ginger
- Garlic
- Black pepper
- Cinnamon
- Tulsi

These ingredients can be added to soups, herbal drinks and meals.

PROBIOTIC FOODS FOR GUT HEALTH

A healthy gut contributes significantly to strong immunity.

Include:

- Fresh curd
- Buttermilk
- Homemade probiotic

Avoid consuming these if they are not fresh or properly refrigerated.

FOODS RICH IN ZINC

Zinc is an important nutrient that supports normal immune function and wound healing.

Good dietary sources include:

- Pumpkin seeds
- Sesame seeds
- Lentils • Chickpeas
- Eggs • Dairy products

Including a variety of these foods can help support overall health and immunity.



**TURMERIC GINGER
IMMUNITY DRINK**

- Ingredients:**
- 1 cup warm water or milk
 - ½ teaspoon turmeric
 - A small piece of grated ginger
 - A pinch of black pepper

Benefits:
This comforting drink helps support immunity, reduce inflammation and keep the throat warm during rainy weather.

Note: Small culinary amounts of turmeric are sufficient. Excessive supplementation is not recommended unless advised by a healthcare professional.



**VEGETABLE
MOONG DAL SOUP**

- Ingredients:**
- Yellow moong dal
 - Carrot
 - Pumpkin
 - Garlic
 - Pepper & cumin

Benefits:
Light, nutritious and easy to digest, this soup provides protein, vitamins and warmth while supporting digestion.



**ROASTED
MAKHANA SNACK**



**TULSI HERBAL
TEA**

- Ingredients:**
- Fresh tulsi leaves
 - Ginger
 - Cinnamon
 - Honey (optional)

Benefits:
Helps soothe the throat, provide warmth, support immunity and relieve seasonal congestion.



MASALA KHICHADI

- Ingredients:**
- Rice
 - Moong dal
 - Turmeric
 - Cumin
 - Seasonal vegetables

Benefits:
A balanced one-pot meal that is gentle on the stomach and rich in essential nutrients.

- Ingredients:**
- Makhana
 - Ghee
 - Turmeric
 - Black pepper
- Benefits:**
A healthy evening snack rich in antioxidants and lower in unhealthy fats than fried snacks.

MONSOON FOOD SAFETY CHECKLIST



- Eat freshly cooked meals.
 - Wash fruits and vegetables thoroughly.
 - Drink clean, boiled or filtered water.
 - Include warm fluids and soups.
 - Maintain regular meal timings.
- Store food hygienically and refrigerate leftovers promptly.
 - Reheat stored food thoroughly before consumption.
 - Keep cooked food properly covered.
 - Consume moderate portions of freshly prepared meals to support digestion.



- Eat roadside food or cut fruit from outside.
- Consume excessive fried and oily food.
- Eat stale or uncovered food.
- Consume excessive sugary drinks and processed snacks.
- Eat raw leafy vegetables if hygiene is uncertain.
- Skip meals.

MONSOON NUTRITION: MYTHS VS FACTS

MYTH 1: "HOT AND SPICY FOOD CAN COMPLETELY PREVENT INFECTIONS"	MYTH 2: "YOU DO NOT NEED MUCH WATER DURING THE MONSOON."	MYTH 3: "STREET FOOD IS SAFE IF IT IS FRESHLY PREPARED."	MYTH 4: "SKIPPING MEALS HELPS IMPROVE DIGESTION."
FACT: While spices such as ginger, turmeric and pepper support immunity, no single food can completely prevent infections. Overall, good hygiene, balanced nutrition, adequate sleep and regular physical activity are equally important.	FACT: People often feel less thirsty during rainy weather, but hydration remains essential for digestion, metabolism, immunity and overall health.	FACT: During the monsoon, the risk of food contamination increases because of moisture, poor storage and unhygienic water. Even freshly prepared food may carry a risk of infection.	FACT: Skipping meals can reduce energy levels and negatively affect immunity. Smaller, balanced meals eaten at regular intervals are a healthier choice.
MYTH 5: "CURD AND BUTTERMILK SHOULD ALWAYS BE AVOIDED DURING THE MONSOON."	MYTH 6: "FRIED SNACKS ARE NECESSARY DURING RAINY WEATHER TO MAINTAIN ENERGY LEVELS."	MYTH 7: "ONLY SUPPLEMENTS CAN IMPROVE IMMUNITY."	
FACT: Fresh curd and buttermilk can support gut health and immunity when consumed hygienically and in moderation. However, stale or improperly stored dairy products should be avoided.	FACT: Excessive fried and oily foods may slow digestion and increase acidity. Healthier alternatives such as roasted makhana, soups, roasted chana and homemade snacks are better choices.	FACT: Natural immunity is best supported through balanced meals, fresh foods, exercise, adequate sleep, stress management and hydration. Supplements should only be taken if advised by a qualified healthcare professional.	

BEYOND FOOD: OTHER PILLARS OF IMMUNE HEALTH

Healthy eating should be your first line of defence during the monsoon. Monsoon wellness begins with mindful eating habits and safe food practices. Small changes to your daily meals can go a long way towards improving immunity and protecting your family from seasonal illnesses.

Good nutrition works best when combined with healthy lifestyle practices.

- Aim for 7 to 8 hours of quality sleep each night.
- Engage in regular physical activity for at least 30 minutes a day, 5 to 6 days a week.
- Manage stress through relaxation techniques, meditation or hobbies.
- Stay adequately hydrated.
- Follow proper hand hygiene and food safety practices.

At Jehangir Hospital, our Clinical Nutrition team encourages individuals to focus on balanced nutrition, food safety and hygiene while maintaining healthy lifestyle practices throughout the season. Eat fresh, eat balanced, stay active, stay hydrated and enjoy a healthy monsoon

MONSOON DOs AND DON'Ts

DO		DON'T	
	Warm up before any exercise or physical activity.		Avoid walking barefoot on wet surfaces.
	Continue your prescribed physiotherapy exercises.		Do not ignore joint pain or swelling.
	Wear anti-slip footwear with good grip.		Avoid sitting continuously for long periods.
	Keep floors at home and in the workplace dry.		Do not begin high-intensity exercise suddenly without proper preparation or guidance.
	Maintain good sitting posture while working.		Avoid lifting heavy objects if you have back or knee pain.
	Use handrails while climbing stairs if required.		Do not exercise on slippery or uneven surfaces.
	Dry yourself thoroughly after getting wet in the rain.		Avoid self-medicating for persistent pain without seeking medical advice

MONSOON HEALTH: MYTHS VS FACTS

MYTH 1: "EXERCISE SHOULD BE AVOIDED DURING THE MONSOON."	MYTH 2: "JOINT PAIN INCREASES ONLY BECAUSE OF AGEING."	MYTH 3: "REST IS THE BEST TREATMENT FOR BACK PAIN."	MYTH 4: "ONLY OLDER ADULTS NEED PHYSIOTHERAPY."
FACT: Regular exercise is important throughout the year, including during the monsoon. Safe indoor exercises and physiotherapy routines help maintain mobility, flexibility and overall fitness.	FACT: Weather changes, humidity, reduced physical activity, poor posture and muscle weakness can all contribute to joint stiffness and pain, regardless of age.	FACT: Prolonged bed rest can actually worsen stiffness and muscle weakness. Guided movement and physiotherapy exercises are often more effective in supporting recovery.	FACT: Physiotherapy benefits people of all ages, including office workers, athletes, children, post-operative patients and individuals with sedentary lifestyles.
MYTH 5: "PAIN DURING EXERCISE IS NORMAL."	FACT: Mild muscle fatigue may occur after exercise, but persistent or sharp pain should never be ignored. Using the correct technique and seeking professional guidance are essential for preventing injury.		

SMALL STEPS TOWARDS BETTER HEALTH

Staying active during the monsoon is essential, although it requires a little more planning to adapt to changing weather conditions. Regular exercise and physical activity are key components of preventive healthcare and can have a significant positive impact on your overall health and quality of life. At Jehangir Hospital, our Physiotherapy team encourages people of all ages to prioritise movement and adopt safe physical activity practices throughout the season. Remember, consistent movement is one of the simplest and most effective ways to maintain long-term health, mobility and independence.

STAY ACTIVE, STAY SAFE
AND ENJOY A HEALTHY
MONSOON SEASON.



WELLNESS & LIFESTYLE

80
ESTD. 1948
WE ADD PRIDE

**WORKPLACE WELLNESS:
STAYING HEALTHY & PRODUCTIVE
DURING THE MONSOON**



DR. PIYUSH CHAUDHARI
Consultant for Infectious
Diseases, Jehangir Hospital

The workplace, whether it's an office, a home workspace or a hybrid setting, is where most adults spend a significant part of their day. During the monsoon, seasonal changes can affect physical health, mood and overall productivity. Adopting healthy habits and creating a supportive workplace culture can help employees stay well, engaged and productive throughout the rainy season.

HOW ORGANISATIONS CAN SUPPORT WORKPLACE WELLNESS

Employers also have an important role to play in promoting employee health during the monsoon. Some simple yet effective initiatives include:

- Offering flexible working hours during periods of heavy rainfall to reduce commuting-related stress.
- Encouraging simple wellness activities such as hydration reminders, desk stretches or workplace walking challenges.
- Providing healthier snack options such as nuts, seeds, seasonal fruits and unsweetened beverages.
- Encouraging managers to check in regularly with team members and foster open conversations about well-being.
- Maintaining workplace hygiene through clean drinking water, sanitised common areas and adequate ventilation.
- Conducting awareness sessions on physical and mental well-being.
- Promoting annual influenza vaccination for eligible employees after consultation with their healthcare provider.
- Encouraging employees with fever, vomiting or diarrhoea to stay home until they are medically fit, helping reduce the spread of infection in the workplace.

UNDERSTANDING THE MONSOON CHALLENGE



The monsoon brings cooler weather and welcome relief from the summer heat, but it also presents unique health challenges. Reduced daylight may affect mood, sleep patterns and alertness in some individuals, while high humidity can contribute to fatigue and discomfort. The season also sees an increase in viral, food-borne and water-borne illnesses, which can impact attendance and workplace productivity. By encouraging healthy practices and supporting employee well-being, organisations can help reduce illness and build a healthier, more resilient workforce.

HEALTHY HABITS FOR EMPLOYEES

PHYSICAL WELL-BEING

- Start your day with a nutritious breakfast to maintain energy levels and improve concentration.
- Carry a home-cooked lunch whenever possible. Safe food choices are especially important during the monsoon when the risk of food- and water-borne illnesses increases.
- Stay well hydrated by drinking safe, clean water throughout the day. Limit excessive sugary drinks and caffeine.
- Take a short movement break every 45 to 60 minutes. Stretching, walking around the office or taking the stairs can improve circulation and reduce muscle stiffness.
- If you get caught in the rain, change into dry clothes and footwear as soon as possible to reduce discomfort and lower the risk of fungal skin infections.
- Practise good hand hygiene by washing your hands regularly with soap and water or using an alcohol-based hand sanitiser, especially before meals.
- Ensure that the drinking water available at your workplace is clean and safe.



MENTAL WELL-BEING

- Plan demanding tasks during the time of day when you feel most alert and focused.
- Step away from your workstation during lunch. Even a brief screen break can improve focus and reduce mental fatigue.
- Make the most of natural daylight by sitting near windows or keeping blinds open whenever possible.
- Avoid excessive scrolling through negative news or social media during breaks, as it can increase stress and anxiety.
- Stay connected with colleagues. Positive workplace interactions contribute to better morale and emotional well-being.

A HEALTHY WORKPLACE BENEFITS EVERYONE

Workplace wellness is built through everyday habits that support both physical and mental health. During the monsoon, simple measures such as practising good hygiene, eating safely, staying active and looking out for one another can go a long way in reducing illness and maintaining productivity. When organisations prioritise employee well-being and individuals take proactive steps to care for their health, the workplace becomes safer, healthier and better prepared to thrive throughout the season.



DR. SUNIL TOLAT
Senior Dermatologist,
Jehangir Hospital

PROTECTING
YOUR SKIN IN HUMID WEATHER

Monsoon is one of the most challenging seasons for the skin. The combination of high humidity, intermittent rain, sweat accumulation and pollution creates the perfect environment for clogged pores, breakouts, fungal infections and dullness. Yet many people make the mistake of overcorrecting by either abandoning their skincare routine entirely or using heavy products that worsen the problem. The key is adapting, not abandoning.

HOW MONSOON
AFFECTS YOUR SKIN

THE CHALLENGES:

-  **Excess sebum production:** Humidity signals the skin to produce more oil, leading to shine, clogged pores and breakouts
-  **Bacterial and fungal growth:** Warm, moist conditions accelerate the growth of skin pathogens, resulting in acne, folliculitis and fungal infections
-  **Dehydration paradox:** Humid air can reduce the skin's natural moisture balance, leaving it oily on the surface yet dehydrated underneath
-  **Dullness and uneven tone:** Pollution particles adhere to sweaty, oily skin, causing oxidative stress and pigmentation

SKIN TYPES MOST AFFECTED:

-  **Oily and combination skin:** Excess sebum and humidity cause persistent shine, enlarged pores and frequent breakouts
-  **Acne-prone skin:** Bacterial proliferation in humid conditions triggers or worsens acne flare-ups
-  **Sensitive skin:** Friction from damp clothing and high humidity can cause irritation, redness and barrier disruption
-  **All skin types:** Increased risk of fungal infections on areas such as the neck, underarms and between the toes

YOUR MONSOON
SKINCARE ROUTINE

CLEANSE, BUT GENTLY

Switch to a gentle, gel-based cleanser that removes excess oil, sweat and pollutants without stripping the skin's natural barrier. Cleanse twice daily, morning and evening. Over-washing (3 to 4 times a day) signals the skin to produce even more oil. Never skip the evening cleanse. Double cleansing at night, using an oil cleanser followed by a gel cleanser, helps remove sunscreen, pollution and the day's sebum build-up.

MOISTURISE, EVEN IF YOU ARE OILY

This is one of the most common monsoon skincare mistakes. Oily skin still needs hydration. When the skin is dehydrated, it compensates by producing more sebum. Switch to lightweight, water-based or gel moisturisers with ingredients such as hyaluronic acid, niacinamide or aloe vera. These provide hydration without clogging pores.

NEVER SKIP SUNSCREEN

UV rays penetrate clouds with ease. Even on overcast days, the monsoon sun delivers significant UV exposure. Choose a lightweight, broad-spectrum SPF 30 to 50 formula that is gel-based or fluid to avoid heaviness in humid conditions. Apply every morning and reapply every two hours if you are outdoors.

EXPERT
TIP:

Carry blotting papers during the monsoon to absorb excess oil without disturbing your sunscreen. They are a better option than repeatedly washing your face during the day or using compact powder, which may clog pores in humid conditions. Keep your routine simple. A few targeted products often perform better during the monsoon than multiple layered products.

MONSOON SKIN HEROES:

-  **SALICYLIC ACID:** Oil-soluble, penetrates pores, clears congestion and helps prevent acne. Use 2 to 3 times per week
-  **NIACINAMIDE:** Regulates sebum, minimises the appearance of pores and helps brighten dull skin
-  **LIGHTWEIGHT VITAMIN C SERUM:** Provides antioxidant protection against pollution and UV exposure while helping brighten dullness
-  **HYALURONIC ACID:** Delivers lightweight hydration by drawing moisture from the air, making it ideal for the monsoon season

BODY SKINCARE IN MONSOON:

-  Change out of wet or damp clothes immediately, as prolonged moisture can lead to fungal infections
-  Dry your skin thoroughly after bathing, especially skin folds, underarms, between the toes and behind the knees
-  Use an antifungal dusting powder on areas prone to moisture accumulation
-  Wear breathable, moisture-wicking fabrics and avoid synthetic materials that trap heat and sweat
-  Exfoliate body skin twice a week to help prevent folliculitis and clogged pores caused by sweat and humidity

80
ESTD. 1946
80th Anniversary

MENTAL WELL - BEING DURING GLOOMY WEATHER

NAVIGATING MONSOON BLUES WITH INTENTION

There is something quietly compelling about the rain, its rhythm, its fragrance and its ability to slow the world down. Yet for many people, prolonged grey skies and weeks of overcast days can bring more than a passing dip in mood. Monsoon-related mental fatigue is real. It is physiologically grounded and manageable, but it requires conscious and intentional self-care.



DR. MANISH PATIL
Department of Neurology,
Jehangir Hospital



THE NEUROSCIENCE OF GLOOMY WEATHER

Overcast skies reduce the amount of natural light reaching the brain's suprachiasmatic nucleus, the body's master biological clock. This reduction can influence the production of serotonin, often associated with mood regulation, while increasing melatonin, the hormone that promotes sleep, even during daylight hours.

The result can be a brain that feels simultaneously tired and restless, unmotivated yet unable to rest properly. Add to this disrupted routines, reduced outdoor activity and the psychological monotony of seemingly endless grey days, and the emotional impact of an extended monsoon becomes easier to understand.

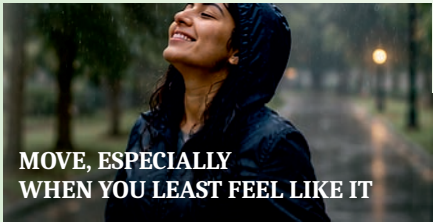
PRACTICAL STRATEGIES FOR MONSOON MENTAL WELL-BEING

Overcast skies reduce the amount of natural light reaching the brain's suprachiasmatic nucleus, the body's master biological clock. This reduction can influence the production of serotonin, often associated with mood regulation, while increasing melatonin, the hormone that promotes sleep, even during daylight hours.



**CREATE LIGHT WHERE
NATURE WITHHOLDS IT**

Open every curtain and blind as soon as you wake up. Spend time near windows while working or relaxing to maximise natural daylight. If appropriate, consider using a daylight simulation lamp (10,000 lux for 20 to 30 minutes each morning). Clinical studies have shown that consistent light therapy can help improve weather-related low mood in some individuals.



**MOVE, ESPECIALLY
WHEN YOU LEAST FEEL LIKE IT**

One of the most effective ways to combat weather-related low mood is physical activity. It doesn't have to be an intense workout. A 20-minute walk in light rain, a 15-minute yoga session or even dancing to your favourite upbeat song can stimulate the release of endorphins and help improve your mood.



**ANCHOR YOUR
DAY WITH RITUALS**

Monotonous weather can blur the sense of time and routine. Counter this by creating daily anchors, such as enjoying a morning cup of herbal tea, taking a midday walk even if it's under an umbrella, maintaining an evening journaling practice or keeping a consistent bedtime. Simple rituals provide structure when the outside world feels repetitive.



**ENGAGE YOUR SENSES
INTENTIONALLY**

Gloomy weather can reduce sensory stimulation. Counter this by engaging your senses deliberately. Light a citrus or eucalyptus candle, listen to uplifting music, prepare a comforting meal that fills your home with warm aromas or enjoy a warm bath or dry brushing routine. Purposeful sensory experiences can have a positive effect on mood and overall well-being.

DAILY MOOD MAINTENANCE

- Get 20 minutes of morning light exposure, either naturally or using a daylight lamp before screen time.
- Stay hydrated with warm water or herbal tea, as dehydration can contribute to fatigue and low mood.
- Include at least 20 minutes of physical activity in your day.
- Avoid screens for at least 45 minutes before bedtime to support better sleep.
- Make time for one meaningful conversation each day, either in person or over the phone.

WHEN THE WEATHER WINS

- Some days will feel harder than others, and that's perfectly normal.
On those days:
- Watch or read something that genuinely makes you laugh.
 - Give yourself permission to rest without guilt.
 - Cook a warm, nourishing meal and enjoy the process mindfully.
 - Write down three things you are grateful for to help shift your focus towards the positive.
 - Reach out to someone you care about, as both offering and receiving support can lift your mood.

THE BIGGER PICTURE

The monsoon is temporary. The grey skies will eventually clear, the sun will return and the season will change. Looking after your mental well-being during this time isn't about resisting the weather. It's about building habits that help you maintain emotional balance regardless of what's happening outside. The resilience you develop through these small, intentional practices can continue to support your well-being long after the clouds have passed.



ENHANCING PATIENT COMFORT: JEHANGIR HOSPITAL'S NEW MULTI-LEVEL CAR PARK BRINGS GREATER CONVENIENCE TO PATIENTS AND VISITORS

At Jehangir Hospital, healthcare extends beyond clinical excellence. Every aspect of a patient's journey, from arriving at the hospital to receiving treatment, is thoughtfully designed to ensure comfort, convenience and peace of mind.

As part of our ongoing commitment to enhancing the patient experience, Jehangir Hospital has developed a modern Multi-Level Car Park (MLCP) with the capacity to

accommodate approximately 200 vehicles. This significant infrastructure upgrade has been introduced to address one of the most common challenges faced by patients and visitors.

With dedicated parking across multiple levels, the facility helps reduce congestion around the hospital premises while ensuring smoother traffic flow during peak hours

DESIGNED WITH PATIENT CONVENIENCE IN MIND

THE NEW PARKING FACILITY OFFERS SEVERAL BENEFITS, INCLUDING:



Parking capacity for approximately 200 vehicles



Enhanced safety and security through well-planned infrastructure



Improved visitor convenience with organised parking management

Healthcare is about more than treatment. It is about creating an environment where patients feel cared for from the moment they arrive. By investing in modern infrastructure such as the Multi-Level Car Park, Jehangir Hospital continues to strengthen its commitment to delivering a seamless,

patient-centred experience. This initiative complements the hospital's ongoing efforts to upgrade its facilities, improve accessibility and ensure that every patient interaction reflects the values of care, compassion and excellence that have defined Jehangir Hospital for over **80 years**.

As Jehangir Hospital continues to evolve, investments in infrastructure remain an integral part of our vision to provide world-class healthcare supported by world-class facilities.



BECAUSE AT JEHANGIR HOSPITAL, CARE BEGINS LONG BEFORE YOU ENTER THE CONSULTATION ROOM AND CONTINUES EVERY STEP OF YOUR JOURNEY WITH US.

CENTRE OF EXCELLENCE



DR. AJIT MEHTA
Interventional Cardiologist,
Jehangir Hospital



REDEFINING HYPERTENSION CARE THROUGH INNOVATION

MOVING BEYOND DAILY DEPENDENCE ON MEDICATION

Traditional hypertension management relies heavily on lifestyle modifications and regular medication. While these approaches remain essential, maintaining long-term adherence can be challenging for many patients. Renal Denervation offers a different approach. Rather than focusing solely on managing blood pressure with medication, the procedure targets the overactive sympathetic nerves surrounding the kidneys, which play a key role in regulating blood pressure. By reducing the activity of these nerves, RDN helps lower blood pressure and support more stable cardiovascular health.

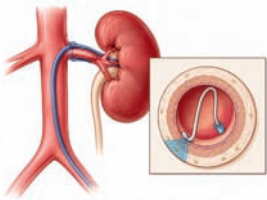
BACKED BY LONG-TERM EVIDENCE

Clinical studies, including the Symplicity HTN and SPYRAL HTN trials, have demonstrated sustained reductions in blood pressure following Renal Denervation, with benefits observed over many years of follow-up.

Technological advancements have further enhanced the procedure through:

- Radiofrequency systems that provide precise, multi-electrode treatment
- Ultrasound-based systems that deliver circumferential energy with protective cooling technology

A 60-MINUTE PROCEDURE WITH LONG-TERM BENEFITS



Renal Denervation is a catheter-based procedure that typically takes around an hour to perform. During the procedure, controlled energy is delivered to the renal nerves, reducing their overactivity and helping lower blood pressure over time.

One of the key advantages of RDN is its ability to provide more consistent, 24-hour blood pressure control, reducing the peaks and fluctuations that may contribute to long-term cardiovascular complications.

A VALUABLE ADDITION TO MODERN HYPERTENSION MANAGEMENT

Renal Denervation is not intended to replace medication for every patient. Instead, it serves as an additional treatment option that complements lifestyle modifications and pharmacological therapy.

For selected patients, RDN may help:

- Improve long-term blood pressure control
- Reduce blood pressure variability

- Potentially reduce medication burden
- Enhance overall quality of life

As cardiovascular care continues to evolve, innovative therapies such as Renal Denervation are expanding the options available for managing hypertension and helping patients move towards better, more sustainable heart health.

WHY EVEN SMALL REDUCTIONS MATTER



A 20%
reduction in major
cardiovascular events



A 20%
lower risk
of stroke



A 13% reduction
in all-cause
mortality



A 28%
reduction in the
risk of heart failure

These findings highlight the importance of achieving and maintaining optimal blood pressure control.

“Hypertension is often called the silent killer because patients can feel perfectly well even when their blood pressure is dangerously high. While medication and lifestyle modifications remain the foundation of treatment, advances such as Renal Denervation are expanding our options and offering long-term solutions for selected patients. The ultimate goal is not only to lower blood pressure, but also to reduce the risk of heart attacks, strokes and heart failure while improving quality of life.”

Dr. Ajit Mehta - Senior Interventional Cardiologist



DID YOU KNOW?

Nearly one in three adults worldwide lives with high blood pressure, and many are unaware they have it because hypertension often causes no symptoms until serious complications develop. Regular blood pressure checks remain one of the simplest and most effective ways to protect your heart and overall health.

Disclaimer: The information shared in this article is intended for educational purposes only and should not be considered medical advice. Individuals should consult a qualified healthcare professional for diagnosis and treatment recommendations tailored to their specific health needs.



GLP-1 MEDICINES: WHAT YOU NEED TO KNOW



DR. SRINIVAS AMBIKE

Nephrology,
Jehangir Hospital

When people think about kidney disease, they often associate it with changes in urination, such as increased frequency, blood in the urine or a change in colour. While these symptoms can indicate a kidney problem, the kidneys often send out other warning signs that are easy to miss.

The kidneys perform several essential functions. They filter waste from the blood, maintain the body's fluid balance, regulate blood pressure and support the production of red blood cells. When kidney function begins to decline, these processes are affected, leading to symptoms that may not immediately seem connected to kidney health.

Recognising these early warning signs can help people seek timely medical attention and prevent further damage.

SWELLING IN THE FEET, ANKLES OR FACE



The kidneys help regulate the body's fluid balance. When they are not working efficiently, excess sodium and fluid can accumulate, causing swelling, also known as oedema. Puffiness around the eyes, swollen feet or ankles, or rings and shoes feeling unusually tight may all be signs that the kidneys are struggling to remove excess fluid. While swelling can occur for many reasons, persistent or unexplained swelling warrants medical evaluation.

PERSISTENT FATIGUE AND LOW ENERGY

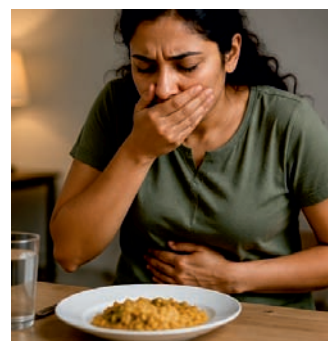


Feeling unusually tired despite getting enough rest may be more than the result of a hectic lifestyle or stress. Healthy kidneys produce erythropoietin, a hormone that

stimulates the production of red blood cells. When kidney function declines, reduced production of this hormone can lead to anaemia.

With fewer red blood cells carrying oxygen around the body, people may experience fatigue, weakness, poor concentration and low energy levels. Persistent tiredness that affects everyday life should not be ignored, particularly when accompanied by other unexplained symptoms.

LOSS OF APPETITE AND NAUSEA



A poor appetite, a metallic taste in the mouth or frequent nausea can also signal declining kidney function. As waste products accumulate in the bloodstream, they can affect the digestive system and alter the sense of taste.

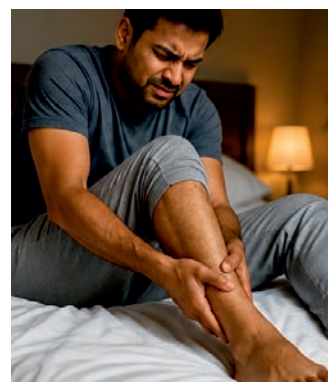
Some people may unintentionally lose weight or lose interest in foods they once enjoyed. Although these symptoms may develop gradually, they should not be overlooked if they persist.

PERSISTENT ITCHING AND DRY SKIN



Healthy kidneys help remove waste products and maintain the balance of minerals in the bloodstream. When kidney function declines, waste products can build up, leading to persistent itching and dry, irritated skin. These symptoms are often mistaken for a simple skin condition. However, itching that continues despite routine skincare or has no obvious cause may indicate an underlying health problem and should be assessed by a doctor.

MUSCLE CRAMPS AND POOR SLEEP



Kidney disease can disrupt the balance of essential minerals such as calcium, sodium and potassium. These imbalances may contribute to muscle cramps, particularly in the legs, and may also affect sleep quality. Some individuals experience difficulty falling asleep, restless sleep or frequent waking during the night. While poor sleep and muscle cramps may have many causes, recurring symptoms alongside other warning signs may point to declining kidney health.

LISTEN TO WHAT YOUR BODY IS TELLING YOU

Kidney disease is often described as a "silent" condition because noticeable symptoms may not appear until significant damage has already occurred. Paying attention to subtle warning signs beyond changes in urination can help detect problems at an earlier stage. People living with diabetes, high blood pressure, obesity or a family history of kidney disease should be particularly vigilant and undergo regular health check-ups. Early diagnosis and timely treatment can help preserve kidney function and improve long-term health outcomes. If your body is repeatedly signalling that something isn't right, don't ignore it. Listening to these early warnings could make all the difference.



CLINICAL OUTCOMES OF AUTOLOGOUS OSTEOBLAST IMPLANTATION IN PATIENTS WITH OSTEONECROSIS OF THE FEMORAL HEAD: A RETROSPECTIVE, MULTICENTER, SINGLE-ARM COHORT STUDY IN INDIA



DR. AASHISH ARBAT
Joint Replacement Surgeon,
Jehangir Hospital

INTRODUCTION

Osteonecrosis of the femoral head (ONFH) is a progressive degenerative disease of the hip characterised by microfractures of the subchondral bone and collapse of the femoral head, ultimately leading to hip dysfunction.¹ It primarily affects young and middle-aged adults. Steroid use, trauma and chronic alcohol consumption are recognised risk factors, although 20% to 30% of cases remain idiopathic.^{2, 3} The goals of treatment are to relieve pain, slow disease progression, prevent joint collapse and preserve hip function. Early-stage disease may be managed with conservative measures, including restricted weight-bearing, pharmacological therapy and non-invasive biophysical treatments.²⁻⁴ However, advanced cases often require surgery. Core decompression is the standard joint-preserving procedure for early-stage ONFH. It reduces intraosseous pressure, improves blood supply to the affected area and

promotes new bone formation.^{6, 7} However, the procedure alone may not provide sufficient structural support, with approximately 30% of patients progressing to femoral head collapse.^{8, 9} To improve outcomes, orthobiologics such as autologous cultured osteoblast cells have been combined with core decompression. Osteoblast cell therapy involves the ex vivo expansion of mesenchymal stem cells into osteoblasts before implantation. Previous studies have demonstrated improved pain relief and delayed disease progression, although evidence has largely been limited to small patient cohorts with short follow-up periods.^{10, 11} The present multicentre study evaluated the long-term clinical outcomes of osteoblast cell therapy combined with core decompression in patients with ONFH across India, focusing on pain relief, functional improvement and the need for subsequent surgical intervention.



Healthy Bone



Osteoporosis



Severe Osteoporosis

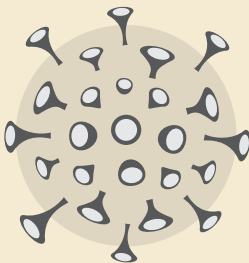
MATERIALS AND METHODS

STUDY DESIGN AND ETHICAL APPROVAL

This retrospective, multicentre, single-arm cohort study included patients who underwent osteoblast cell therapy for ONFH between April 2017 and April 2022 across 21 tertiary care centres in India. The study was conducted following the market authorisation of OSSGROW® (AALCO, autologous adult live-cultured osteoblasts, referred to as osteoblast cell therapy) by the Drugs Controller General of India, Ministry of Health and Family Welfare, Government of India, in 2017. The study adhered to Good Clinical Practice (GCP) guidelines and the Declaration of Helsinki. Ethical approval was obtained from the Regrow Biosciences Independent Ethics Committee (Registration No. ECR/309/Indt/MH/2019/RR-22).

STUDY PROCEDURE

The diagnosis and staging of ONFH were confirmed using X-rays and magnetic resonance imaging (MRI). Following osteoblast cell therapy, patients were reviewed at three, six and 12 months, and annually thereafter, to assess pain, functional outcomes and the need for additional surgery. Clinical data were collected retrospectively from patient records, including progress notes, discharge summaries and radiology reports. During the COVID-19 pandemic (early 2020 to mid-2021), follow-up assessments were conducted via telephone consultations.

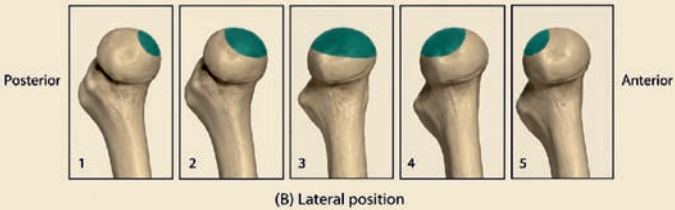


PATIENT POPULATION

The study included patients aged 18 to 52 years who were diagnosed with ONFH of multifactorial aetiology and classified as ARCO 2019 Stages I, II or IIIA.¹² Eligible patients had received osteoblast cell therapy and completed between two and seven years of follow-up. Patients were excluded if they had undergone cancer treatment within the previous two years, had an active infection or had neurological or psychiatric disorders, cardiac abnormalities, genetic disorders or haemoglobinopathies.



(A) Anteroposterior



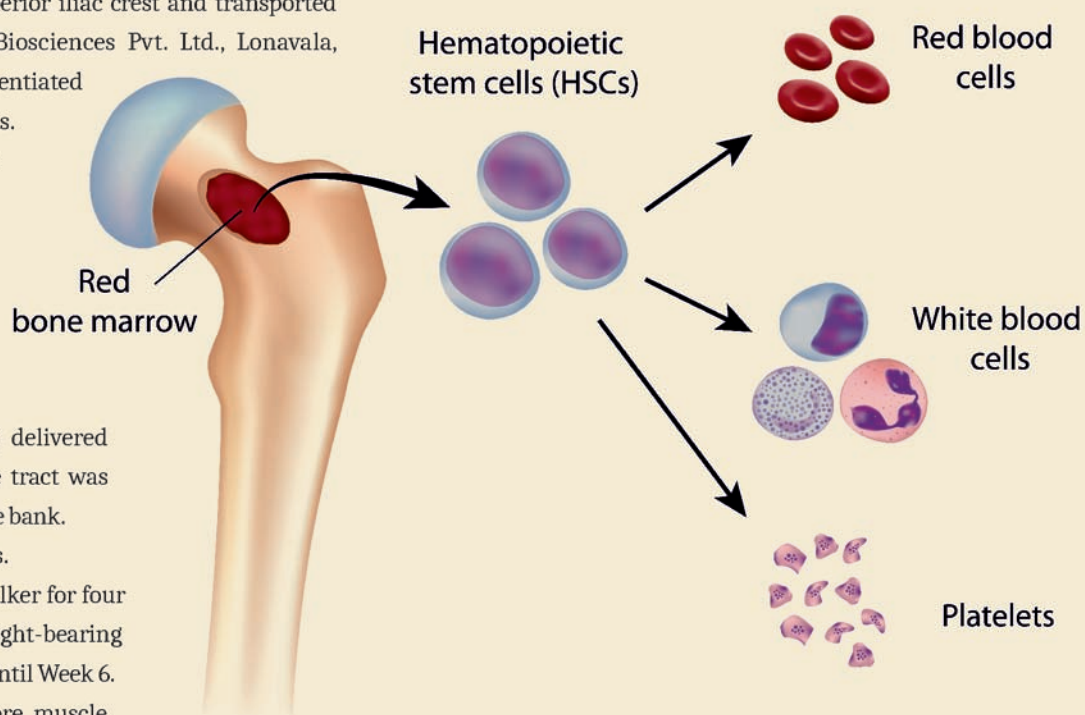
SURGICAL PROCEDURE AND REHABILITATION

Initially, 4 to 8 mL of bone marrow was aspirated from the posterior superior iliac crest and transported to a Good Manufacturing Practice (GMP)-certified facility (Regrow Biosciences Pvt. Ltd., Lonavala, Pune) for ex vivo expansion. Mesenchymal stem cells were isolated, differentiated into osteoblast lineage cells and expanded over three to four weeks.

A minimum of 48 million viable osteoblast cells were then transported back under controlled cold-chain conditions for implantation.

During the second stage, patients were positioned supine on a fracture table with the affected limb internally rotated by 15 degrees. The lesion was identified under C-arm guidance, and core decompression was performed using an 8 mm cannulated drill. Sclerotic bone was removed by curettage before implantation of 4.8×10^7 autologous cultured osteoblasts using certified fibrin glue (TISSEEL®, Baxter Healthcare Corporation, USA) delivered through an 18-gauge spinal needle via an 8 mm interference screw. The tract was subsequently sealed using cancellous allograft obtained from a certified bone bank. A standardised surgical protocol was followed across all participating centres.

Following surgery, patients were advised partial weight-bearing using a walker for four weeks. Walking with a stick was permitted from Week 6, with full weight-bearing allowed by Week 8. Patients with bilateral ONFH continued using a walker until Week 6. Passive lower-limb exercises were initiated as early as possible to restore muscle strength and hip mobility.



STUDY OUTCOMES

The primary outcomes included improvements in pain intensity, functional capacity and treatment failure.

Pain was assessed using the Visual Analogue Scale (VAS; 0 to 10, where 10 indicates the worst pain), while functional outcomes were measured using the Harris Hip Score (HHS; 0 to 100), with scores above 90 considered excellent, 80 to 90 good, 70 to 80 fair and below 70 poor.

The minimal clinically important difference (MCID) was defined as a reduction of two points for the VAS¹³ and an improvement of 10 points for the HHS.¹⁴ Treatment failure was defined as the requirement for additional surgical intervention, including total hip arthroplasty (THA), as determined by the treating surgeon. Patients who developed fractures, arthritis, femoral head collapse exceeding 2 mm or progression to ARCO Stage IIIB or IV on X-ray or MRI generally required THA.



STATISTICAL ANALYSIS

No formal sample size calculation was performed. Instead, all eligible patients treated during the study period were included.

Continuous variables were summarised using descriptive statistics, including mean, standard deviation (SD), median and interquartile range (Q1 to Q3), and analysed using Student's t-test or appropriate non-parametric tests. Categorical variables were summarised as frequencies and percentages and analysed using the chi-squared test.

A p-value below 0.05 was considered statistically significant.

Additional analyses using cluster-robust standard errors and shared-frailty models accounted for within-patient correlations. The normality of VAS and HHS scores was assessed using the Shapiro-Wilk and Kolmogorov-Smirnov tests.

Failure-free survival following THA was evaluated using Kaplan-Meier curves, while median follow-up duration was estimated using the reverse Kaplan-Meier method. Differences between disease stage and aetiology groups were compared using the log-rank test.

An adjusted Cox proportional hazards model was used to evaluate THA conversion, with hazard ratios (HRs) and 95% confidence intervals (CIs) reported. The model adjusted for age, sex, disease stage, aetiology, bilaterality, baseline HHS and VAS scores, and centre effect. All statistical analyses were performed using Python (version 3.12.12) in Google Colab.

RESULTS

BASELINE CHARACTERISTICS

A total of 347 patients (544 hips) who underwent combined osteoblast cell therapy and core decompression for ONFH were initially included in the study. Of these, 28 patients (42 hips) were lost to follow-up. Consequently, the final analysis included 319 patients (502 hips). Baseline characteristics were comparable between patients included in the analysis and those lost to follow-up. The mean age of the study population was 34.4 ± 9.2

years, and most patients were male (272 patients; 85.3%). Bilateral ONFH was present in 183 patients (57.4%). Among the treated hips, 214 (42.6%) had steroid-induced ONFH, while 188 (37.5%) were classified as idiopathic. Most hips were categorised as ARCO Stage II (226 hips; 45.0%) or Stage IIIA (215 hips; 42.8%), with 61 hips (12.2%) classified as Stage I. Patients were followed for two to seven years following osteoblast cell therapy, with a mean follow-up duration of 42.0 ± 5.2 months (approximately 3.5 years).



YOUR BODY'S QUIET WARNINGS: FIVE SIGNS OF DECLINING KIDNEY HEALTH



DR. SHREERANG GODBOLE
Senior Consultant,
Endocrinologist & Diabetologist,
Jehangir Hospital

Over the past few years, GLP-1 medicines have attracted significant attention. Originally developed to treat type 2 diabetes, these medicines are now also being used to help people manage obesity and reduce the risk of serious health problems. Unfortunately, social media and celebrity endorsements have also led to confusion and misinformation. Many people believe these medicines are simply "weight-loss injections" or a quick fix. The truth is far more complex. Let's separate the myths from the facts.



WHAT ARE GLP-1 MEDICINES?

GLP-1 stands for Glucagon-Like Peptide-1, a natural hormone produced by the intestine after we eat.

This hormone helps the body by:

- Stimulating insulin release when blood sugar rises
- Reducing the amount of sugar released by the liver
- Slowing stomach emptying, helping you feel full for longer
- Reducing appetite by acting on the brain's hunger centres

GLP-1 medicines mimic this natural hormone, helping people feel satisfied with smaller portions while improving blood sugar control.

REDUCED RISK OF HEART DISEASE

Research has shown that some GLP-1 medicines **reduce the risk of:**

- Heart attack
- Stroke
- Cardiovascular death

particularly in people living with type 2 diabetes and established heart disease.

IMPROVED BLOOD PRESSURE AND CHOLESTEROL

Weight loss often leads to improvements in blood pressure and cholesterol, reducing the overall risk of cardiovascular disease.

WHAT ARE THE BENEFITS OF GLP-1 MEDICINES?

When prescribed appropriately and combined with healthy lifestyle changes, GLP-1 medicines can provide several important health benefits.

HEALTHY WEIGHT LOSS

People generally lose between 10% and 20% of their body weight, depending on the medicine, dosage and commitment to lifestyle changes.

BETTER BLOOD SUGAR CONTROL

These medicines help lower blood sugar levels in people with type 2 diabetes while carrying a low risk of causing hypoglycaemia (low blood sugar) when used alone.

WHO SHOULD AVOID GLP-1 MEDICINES?

These medicines may not be suitable for people who:

- Are pregnant or breastfeeding
- Are trying to conceive
- Have a history of pancreatitis
- Have certain rare thyroid cancers or Multiple
- Have severe stomach emptying disorders
- Are allergic to any component of the medicine

IMPROVEMENT IN FATTY LIVER DISEASE

Many people living with obesity and fatty liver disease experience improvement as they lose weight. Better Quality of Life

Many people report:

- Improved mobility
- Better sleep
- Increased confidence
- Reduced joint pain
- More energy for everyday activities

WHO SHOULD CONSIDER GLP-1 TREATMENT?

GLP-1 medicines are not suitable for everyone. They may be recommended for people who:

- Have type 2 diabetes that is not adequately controlled
- Have obesity (BMI of 30 kg/m² or above)
- Are overweight (BMI of 27 kg/m² or above) and

also have conditions such as:

- High blood pressure
- High cholesterol
- Sleep apnoea
- Fatty liver disease
- Heart disease
- Polycystic Ovary Syndrome (PCOS)

These medicines should always be prescribed after a thorough medical assessment.

WOMEN WHO ARE TRYING TO CONCEIVE, ARE PREGNANT OR ARE BREASTFEEDING SHOULD CONSULT THEIR DOCTOR BEFORE TAKING ANY MEDICATION, INCLUDING GLP-1 MEDICINES. YOUR DOCTOR WILL CAREFULLY ASSESS WHETHER THIS TREATMENT IS SAFE FOR YOU.

Your doctor will carefully assess whether this treatment is safe for you.

ARE GLP-1 MEDICINES INJECTIONS?

Most GLP-1 medicines are given as a small injection under the skin once a week using a very fine needle.

Some GLP-1 medicines are also available as tablets, although these may not be suitable for everyone.

The injections are simple to administer and your healthcare team will teach you how to use them safely.

MYTH vs FACT

MYTH: GLP-1 MEDICINES ARE ONLY FOR CELEBRITIES WANTING TO LOSE WEIGHT.

FACT: These medicines were developed to treat type 2 diabetes and obesity, both of which are serious medical conditions that increase the risk of heart disease, stroke and many other health problems.

MYTH: THEY ARE A QUICK FIX.

FACT: No medicine can replace healthy eating and regular physical activity. GLP-1 medicines work best when combined with long-term lifestyle changes.

MYTH: ONCE I LOSE WEIGHT, I CAN STOP TREATMENT AND THE WEIGHT WILL STAY OFF.

FACT: Obesity is a long-term medical condition. If treatment is stopped without maintaining healthy habits, appetite often returns and weight regain is common. Ongoing medical follow-up is essential.

MYTH: ANYONE CAN BUY THESE MEDICINES ONLINE.

FACT: GLP-1 medicines should only be taken under medical supervision. Using them without proper assessment can be unsafe and may delay the diagnosis of underlying health conditions.



MYTH: THEY MELT AWAY FAT WITHOUT ANY EFFORT.

FACT: These medicines help reduce hunger and portion sizes, making it easier to follow a healthier lifestyle. They do not work without dietary changes and regular physical activity.

ARE THERE ANY SIDE EFFECTS?

Like all medicines, GLP-1 treatments can cause side effects.

The most common include:

- Nausea
- Vomiting
- Constipation
- Diarrhoea
- Indigestion
- Feeling full quickly

These symptoms are usually mild and improve as the body adjusts to the medicine.

Doctors usually start with a low dose and increase it gradually to minimise side effects.

CAN EVERYONE WITH OBESITY TAKE GLP-1 MEDICINES?

No. Weight gain can have many different causes, including hormonal disorders, certain medicines, thyroid disease and lifestyle factors.

Before prescribing treatment, your doctor will assess:

- Your medical history
- Current medications
- Body Mass Index (BMI)
- Blood sugar levels
- Blood pressure
- Liver and kidney function
- Overall health

Treatment should always be personalised.

WHAT LIFESTYLE CHANGES ARE STILL IMPORTANT?

Even while taking GLP-1 medicines, healthy habits remain essential. You should aim to:

- Eat a balanced, protein-rich diet
- Increase your fruit and vegetable intake
- Reduce processed and sugary foods
- Exercise regularly, including strength training
- Get adequate sleep
- Stay hydrated
- Attend regular medical follow-up appointments

The medicine is a tool, not a substitute for healthy living.

THE BOTTOM LINE

GLP-1 medicines have transformed the treatment of obesity and type 2 diabetes. When prescribed to the right patient and combined with healthy lifestyle changes, they can help achieve meaningful weight loss, improve blood sugar control and reduce the risk of serious health complications.

However, they are not miracle drugs, cosmetic treatments or one-size-fits-all solutions. They should only be started after careful medical evaluation and continued under the supervision of a qualified healthcare professional.

DOCTOR'S MESSAGE

"Obesity is a chronic medical condition, not a lack of willpower. GLP-1 medicines have opened a new chapter in the treatment of obesity and diabetes by helping patients improve their weight and overall health. The key is choosing the right treatment for the right patient, with realistic expectations and long-term lifestyle changes. Women who are planning a pregnancy, are pregnant or are breastfeeding should always seek medical advice before starting any medication. Always consult your doctor before beginning any weight-loss treatment."

Dr. Shreerang Godbole
Senior Consultant, Endocrinologist and Diabetologist



JEHANGIR HOSPITAL EXPANDS ITS CLINICAL EXCELLENCE WITH THE LAUNCH OF A DEDICATED UROLOGICAL CANCER CLINIC



DR. BALCHANDRA KASHYAPI
Lead, Urological Cancer Clinic,
Jehangir Hospital

Continuing its commitment to delivering comprehensive, patient-centred cancer care, Jehangir Hospital has further strengthened its oncology services with the launch of a Dedicated Urological Cancer Clinic. This specialised clinic marks another significant milestone in the hospital's ongoing efforts to offer advanced, multidisciplinary care for patients diagnosed with cancers of the urinary tract and the male reproductive system. The introduction of the Urological Cancer Clinic reflects Jehangir Hospital's vision of bringing specialised expertise, cutting-edge diagnostics and advanced surgical care together under one roof, ensuring patients receive timely diagnosis and personalised treatment throughout their cancer journey.



COMPREHENSIVE CARE FOR UROLOGICAL CANCERS

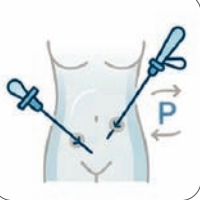
The clinic provides specialised evaluation and treatment for a wide spectrum of urological cancers, including:

-  Prostate cancer
-  Kidney (renal) cancer
-  Bladder cancer
-  Testicular cancer
-  Penile cancer
-  Ureter and renal pelvis cancers
-  Adrenal tumours

Patients benefit from seamless coordination between urologists, medical oncologists, radiation oncologists, radiologists, pathologists and rehabilitation specialists, enabling comprehensive and individualised care.

ADVANCED DIAGNOSIS AND PERSONALISED TREATMENT

The Urological Cancer Clinic offers state-of-the-art diagnostic services, including advanced imaging, endoscopic evaluation, PSA screening, image-guided biopsies and specialised laboratory investigations. Based on each patient's diagnosis and stage of disease, customised treatment plans may include:

	Minimally invasive surgery		Complex urological cancer surgery		Chemotherapy
	Hormonal therapy		Targeted therapy		Immunotherapy

The multidisciplinary tumour board ensures that every complex case is reviewed collaboratively, allowing patients to receive evidence-based treatment aligned with global standards of care. The addition of the Urological Cancer Clinic further expands Jehangir Hospital's comprehensive oncology programme and reinforces its commitment to providing specialised care across every cancer discipline. By integrating advanced technology with clinical expertise, the hospital continues to strengthen its capabilities in managing complex cancers while ensuring patients receive compassionate, personalised treatment close to home.

COMMENTING ON THE LAUNCH OF THE CLINIC,
DR BALCHANDRA KASHYAPI, LEAD, UROLOGICAL CANCER CLINIC, JEHANGIR HOSPITAL, SAID:

"The launch of the Urological Cancer Clinic represents an important step in strengthening our cancer care programme. Urological cancers often require highly specialised evaluation and treatment, and our objective is to provide patients with comprehensive care through early diagnosis, advanced surgical techniques, multidisciplinary decision-making and personalised treatment plans. By bringing these services together under one dedicated clinic, we aim to improve clinical outcomes while ensuring every patient receives compassionate care throughout their treatment journey." With the introduction of the Urological Cancer Clinic, Jehangir Hospital continues to invest in specialised centres of excellence that combine medical expertise, technological innovation and a patient-first philosophy. This latest addition reflects the hospital's unwavering commitment to expanding access to world-class cancer care and delivering better outcomes for every patient entrusted to its care.



| WE ADD ETHICARE |



DON'T JUST
GET WELL,
STAY WELL.



OPDs

PREVENTIVE HEALTH CHECKS

ALTERNATIVE THERAPIES

CALL: 020 6681 8878 / 9999 / 9966

THE MILLS

VIMAN NAGAR

POLOOROCHE BUSINESS AVENUE, AIRPORT ROAD, OPPOSITE SYMBIOSIS LAW SCHOOL, S. N. 235, MHADA COLONY, VIMAN NAGAR, PUNE

ASK THE DOCTOR



UNDERSTANDING MENOPAUSE:
EVERYTHING EVERY WOMAN
SHOULD KNOW



DR. JYOTI UNNI
Senior Consultant Gynaecologist
& Menopause Consultant,
Jehangir Hospital

Menopause is a natural stage in every woman's life, yet many women are unsure what to expect or when to seek medical advice. While it marks the end of the reproductive years, it does not mark the end of an active, healthy or fulfilling life.

Dr. Jyoti Unni answers some of the most common questions about menopause and explains how the right lifestyle choices and appropriate medical care can help women navigate this transition with greater confidence.

WHAT IS MENOPAUSE?

Menopause occurs when a woman's menstrual periods stop permanently because the ovaries gradually stop releasing eggs and produce lower levels of the hormones oestrogen and progesterone. A woman is considered to have reached menopause when she has not had a menstrual period for 12 consecutive months, provided there is no other medical cause.

Most women experience menopause between the ages of 45 and 55 years, with the average age in India being approximately 47 years.

SOME WOMEN EXPERIENCE:

- Early menopause, before the age of 45
 - Premature menopause, before the age of 40
- Women experiencing early or premature menopause should seek medical advice, as timely treatment may help protect their long-term health.
- Before menopause, women enter a transitional phase known as perimenopause, which may last between two and ten years. During this time, hormone levels fluctuate, menstrual cycles become irregular and symptoms often begin to appear.

WHY DO MENOPAUSAL SYMPTOMS OCCUR?

As levels of oestrogen and progesterone decline, many parts of the body are affected, including the brain, bones, heart, muscles, skin, bladder and vagina.

These hormonal changes can lead to a wide range of physical, emotional and cognitive symptoms. Although menopause is a natural part of ageing, women should never feel they simply have to live with troublesome symptoms. Effective treatments are available.

WHAT ARE THE COMMON SYMPTOMS?

Every woman's experience of menopause is different. While some experience only mild symptoms, others may find that menopause affects their sleep, work, relationships and overall quality of life

 Hot flushes	 Night sweats	 Irregular periods before they stop	 Difficulty sleeping	 Mood swings, anxiety or irritability
 Brain fog, forgetfulness & difficulty concentrating	 Tiredness and low energy	 Vaginal dryness or discomfort during intercourse	 Reduced sexual desire	 Frequent urinary infections
 Urinary urgency or leakage	 Joint and muscle aches	 Dry skin and thinning hair	 Weight gain, particularly around the abdomen	 Occasional palpitations

Hot flushes may last from a few seconds to several minutes and, for some women, may continue for several years after menopause.

CAN MENOPAUSE AFFECT LONG-TERM HEALTH?

Yes. Lower oestrogen levels can increase the risk of several long-term health conditions.

Bone Health

After menopause, bone loss accelerates, increasing the risk of osteoporosis, a condition that makes bones weaker and more prone to fractures.

Heart Health

The risk of the following gradually increases after menopause:

- High blood pressure
- High cholesterol
- Heart disease
- Stroke

This makes regular health screening especially important.

Bladder and Vaginal Health

Many women experience:

- Vaginal dryness
- Burning or itching
- Pain during intercourse
- Frequent urinary infections
- Bladder leakage

Unlike hot flushes, these symptoms often worsen over time if left untreated.

Weight and Metabolism

Hormonal changes may contribute to:

- Weight gain around the abdomen
- Reduced muscle mass
- A slower metabolism

These changes may increase the risk of type 2 diabetes and other metabolic disorders.

Emotional Wellbeing

Some women experience:

- Anxiety
- Low mood or depression
- Poor sleep
- Reduced confidence

Women with a previous history of depression may be particularly vulnerable during menopause.

HOW CAN WOMEN MANAGE MENOPAUSE NATURALLY?

Healthy lifestyle habits can significantly improve menopausal symptoms.

I recommend:

Eating a balanced diet rich in calcium, protein, fruit and vegetables		
Ensuring adequate vitamin D intake		
Exercising regularly, including strength and balance training		
Maintaining a healthy weight		
Getting seven to eight hours of quality sleep each night		
Practising yoga, meditation or other relaxation techniques		
Stopping smoking	Limiting alcohol intake	Drinking plenty of water

Even small lifestyle changes can make a meaningful difference.

ARE TREATMENTS AVAILABLE?

Dr. Jyothi Unni: Absolutely. Women should not have to suffer unnecessarily. Hormone Replacement Therapy (HRT)

HRT remains the most effective treatment for:

Hot flushes	Night sweats	Sleep disturbances	Vaginal dryness
Preventing bone loss			

It is available in several forms, including tablets, gels, sprays and vaginal preparations.

Non-Hormonal Treatments

Women who cannot take hormones, or who choose not to use HRT, may benefit from prescription medicines that help reduce hot flushes, mood changes and sleep disturbances.

Vaginal Oestrogen

For women experiencing vaginal dryness or urinary symptoms, low-dose vaginal oestrogen provides excellent symptom relief with minimal absorption into the bloodstream.

IS HRT SAFE?

Yes, for many women. Current evidence shows that HRT is generally safe for healthy women who begin treatment before the age of 60 or within ten years of menopause.

Treatment is always individualised after considering:

Treatment is always individualised after considering:



Age



Symptoms



Medical history



Family history



Breast cancer risk



Heart health



Previous blood clots

Regular follow-up appointments help ensure that treatment remains safe and effective.

WHAT HEALTH CHECKS ARE RECOMMENDED AFTER MENOPAUSE?

Regular preventive health checks become increasingly important after menopause.

Your doctor may recommend:

	Blood pressure monitoring
	Pelvic examination
	Blood glucose testing
	Cholesterol testing
	Thyroid function or vitamin D tests, where appropriate
	Breast examination and mammography
	Cervical screening (Pap smear/HPV test)
	Ultrasonography
	Bone density (DEXA) scan

WHEN SHOULD YOU SEE A DOCTOR?

Seek medical advice if you experience:

- Severe hot flushes affecting your daily life
- Persistent sleep problems
- Anxiety or depression
- Pain during intercourse
- Frequent urinary infections
- Bleeding after menopause
- Menopause before the age of 45
- Broken bones or loss of height
- Concerns about osteoporosis or heart disease

Early diagnosis and treatment can significantly improve your quality of life.

CASE STUDY



THINKING BEYOND THE OBVIOUS



EARLY DIAGNOSIS OF NEONATAL HSV-1 ENCEPHALITIS

DR. SAGAR LAD
Senior Paediatrician and
Neo-Natal intensivist,
Jehangir Hospital

CO-AUTHORS:
Dr. Divya Sirsikar
Dr. Akanksha Kulkarni
Dr. Mohini More

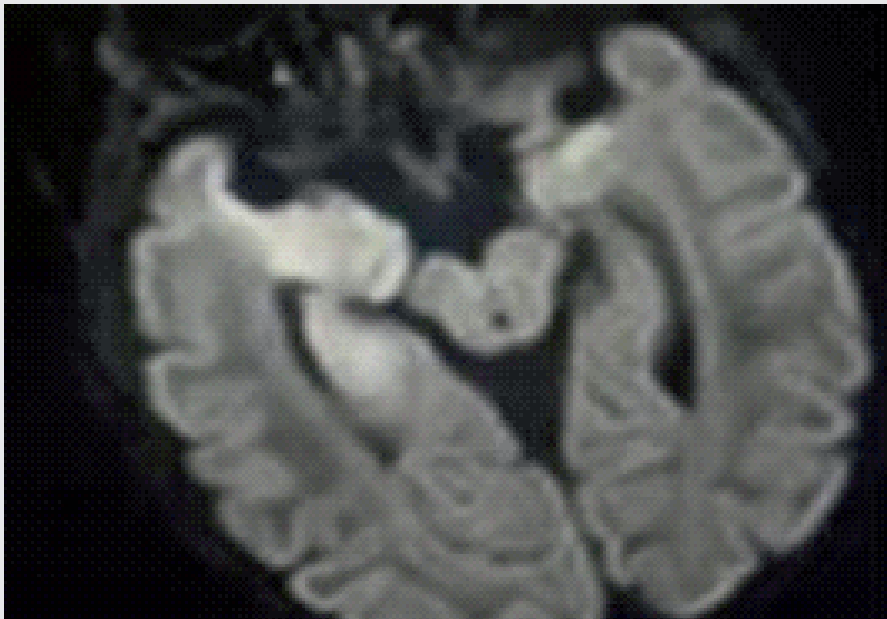


Neonatal sepsis remains one of the most common causes of fever and lethargy in newborns. However, clinicians must remain vigilant for less common yet potentially devastating infections that can mimic sepsis. Herpes simplex virus (HSV) encephalitis is one such condition where

early recognition and prompt antiviral therapy can be lifesaving. We recently managed a 22-day-old term male neonate who presented with fever, lethargy, poor feeding and jaundice. He was born by elective caesarean section to a healthy primigravida mother with

no history of genital or oral herpetic lesions, making the diagnosis particularly challenging. Initial laboratory investigations, including a haemogram and inflammatory markers, did not strongly support bacterial sepsis. Cerebrospinal

fluid (CSF) analysis revealed elevated protein, low glucose and marked pleocytosis with lymphocytic predominance, raising suspicion of viral meningoencephalitis. A multiplex CSF BioFire panel confirmed Herpes Simplex Virus type 1 (HSV-1) infection.



Despite early antiviral therapy, the infant subsequently developed abnormal jerky movements, encephalopathy and facial vesicular lesions. Magnetic resonance imaging (MRI) of the brain demonstrated characteristic involvement of the bilateral temporal lobes, hippocampus and right basifrontal region, findings consistent with herpes simplex encephalitis.

The neonate received prompt intravenous acyclovir along with supportive intensive care, antiepileptic therapy and management of raised intracranial pressure. Serial CSF examinations showed marked improvement, while repeat MRI demonstrated complete resolution of the previously noted diffusion abnormalities. The infant recovered well, resumed breastfeeding and was discharged in a neurologically stable condition.

WHY THIS CASE MATTERS

Although neonatal HSV infection is uncommon, delayed diagnosis can lead to severe neurological injury or death. Clinical manifestations are often non-specific in the early stages and may closely resemble neonatal sepsis. Importantly, the maternal history may be entirely unremarkable, as demonstrated in this case.

This case reinforces several important clinical messages:

- Maintain a high index of suspicion for HSV encephalitis in any neonate presenting with fever, lethargy, seizures, poor feeding or unexplained encephalopathy.
- Do not rely solely on the maternal history, as neonatal HSV infection can occur even in infants born to asymptomatic mothers.
- Early CSF molecular testing and neuroimaging can significantly aid diagnosis.
- Timely initiation of intravenous acyclovir remains the cornerstone of management and can substantially improve neurological outcomes.

Early suspicion truly saves brains and lives.

80

ESTD. 1946

AGAINST ALL ODDS: EMERGENCY BRAIN SURGERY SAVES A FIVE-YEAR-OLD STROKE PATIENT



A RARE PAEDIATRIC STROKE SUCCESSFULLY MANAGED THROUGH TIMELY MULTIDISCIPLINARY CARE

DR. SAGAR LAD

Senior Paediatrician and Neo-Natal intensivist, Jehangir Hospital

CO-AUTHORS:

Dr. Nandan Yardi

Consultant Paediatric Neurologist

Dr. Prashant Khandelwal

Consultant Neurosurgeon

Dr. Vibha Bafna

Consultant Paediatric Haematologist

Dr. Rajendra Chavan

Consultant Radiologist

Dr. Mohini More

Dr. Akanksha Kulkarni

Dr. Divya Sirsikar

A five-year-old boy was brought to Jehangir Hospital after seven days of fever, abdominal pain, sore throat, generalised weakness and increasing drowsiness. While his symptoms initially suggested a severe infectious illness, his rapidly worsening neurological condition prompted the clinical team to investigate further, revealing a far more serious medical emergency. Urgent MRI brain and MR angiography identified extensive posterior circulation infarcts involving the left cerebellar hemisphere, right thalamus and bilateral temporal regions. The child had developed severe cerebral oedema, obstructive hydrocephalus and impending tonsillar herniation, a life-threatening condition requiring immediate intervention. Further CT angiography confirmed an exceptionally rare diagnosis of left vertebral artery dissection with thrombus, an uncommon cause of arterial ischaemic stroke in children. Recognising the urgency of the situation, Dr Sagar Lad, Senior Paediatric Intensivist and Neonatologist, initiated immediate neurocritical care. As the child's Glasgow Coma Scale continued to decline, Dr Prashant Khandelwal, Consultant Neurosurgeon, performed an emergency decompressive craniotomy with duroplasty and external ventricular drainage (EVD) to relieve the dangerously elevated pressure within the brain. The child was then managed in the intensive care unit with mechanical ventilation, hyperosmolar therapy, anticoagulation, antibiotics and continuous neurological monitoring. Serial neuroimaging showed a gradual reduction in brain swelling along with resolution of hydrocephalus. A comprehensive diagnostic evaluation was carried out with the expertise of Dr Nandan Yardi, Consultant Paediatric Neurologist, Dr Vibha Bafna, Consultant Paediatric Haematologist and Dr Rajendra Chavan, Consultant Radiologist, to assess possible infectious, inflammatory and thrombotic causes contributing to the stroke. Following intensive multidisciplinary treatment and structured rehabilitation, the child made an extraordinary recovery. He regained full consciousness, recovered without significant neurological deficits, resumed a normal diet and was discharged home in a stable condition with planned neurological follow-up.

WHY THIS CASE MATTERS

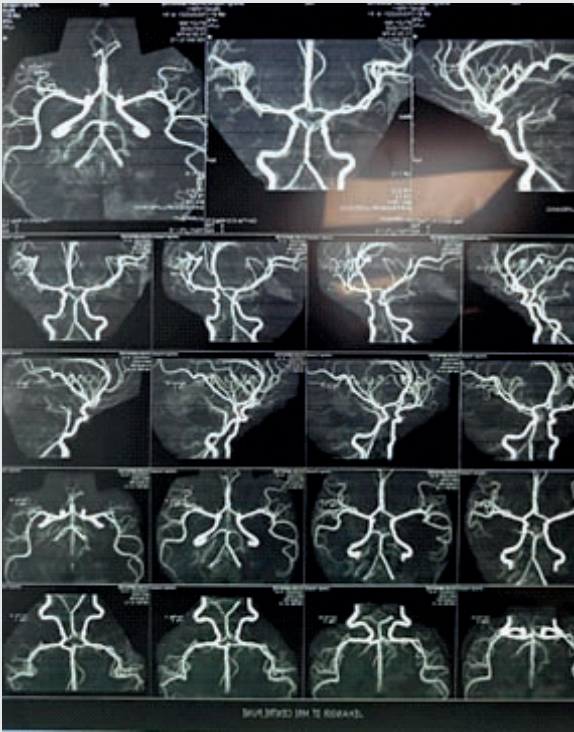
Paediatric arterial ischaemic stroke is rare and often presents with vague or non-specific symptoms, making early diagnosis particularly challenging. This case highlights the importance of maintaining a high index of suspicion in children with unexplained neurological deterioration. It also demonstrates the value of seamless collaboration across paediatrics, neurology, neurosurgery, radiology, haematology and critical care. Prompt neuroimaging, rapid clinical decision-making and timely neurosurgical intervention played a pivotal role in preventing permanent neurological damage and achieving an excellent outcome.

“Stroke in children is uncommon and its symptoms can easily mimic other illnesses. Early recognition, rapid imaging and timely intervention are critical because every minute can influence neurological recovery. This case demonstrates how coordinated multidisciplinary care can change the course of a child's life.”

Dr. Sagar Lad -
Senior Paediatric Intensivist and Neonatologist

A TEAM EFFORT THAT SAVED A LIFE

“Managing complex paediatric emergencies requires seamless collaboration across multiple specialties. This remarkable recovery reflects not only timely surgery and critical care but also the strength of a multidisciplinary team working towards a shared goal of giving a child the best possible chance at a healthy future.”





ROBOTIC TOTAL HIP ARTHROPLASTY RESTORES MOBILITY IN A PATIENT WITH CONGENITAL HIP DYSPLASIA



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

Senior Consultant and American Board (ABPS)-Certified Robotic Joint Replacement Surgeon

For over 50 years, a 56-year-old woman lived with the challenges of congenital hip dysplasia, a condition in which the hip joint does not develop normally from birth. What began as a childhood condition gradually progressed into severe pain, restricted mobility and significant disability. By the time she sought treatment, her condition had become extremely complex. The femoral head, the ball-like structure that forms the hip joint, had been completely destroyed, leaving her with virtually no movement in the affected hip. She had also been living with a leg length discrepancy of nearly 2.5 to 3 cm, resulting in a pronounced limp. Over the years, this imbalance placed considerable stress on her spine and posture, eventually leading to persistent back problems. She was referred for orthopaedic evaluation after her spine specialist identified the underlying hip deformity as the root cause of her symptoms.



A COMPLEX CASE REQUIRING PRECISION

Given the severity of the deformity and the long-standing nature of the condition, a conventional joint replacement posed several challenges. The distorted anatomy increased the risk of complications, including nerve injury, and demanded meticulous surgical planning. After a detailed evaluation, the patient underwent robotic total hip arthroplasty performed by Dr. Suresh Patil. Robotic technology enabled highly precise planning and placement of the hip components, which proved critical in restoring the patient's anatomy and achieving optimal alignment.

A REMARKABLE TRANSFORMATION

The surgery successfully restored the patient's leg length, bringing it in line with the opposite limb and significantly improving her posture and gait. Most importantly, the procedure gave her something she had not experienced in more than five decades: the freedom to move without debilitating pain. Today, she has returned to her daily activities with renewed confidence and mobility, enjoying a quality of life that once seemed out of reach.

EXPERT INSIGHT

"Congenital hip dysplasia can lead to severe disability if left untreated. In complex cases such as this, robotic-assisted joint replacement offers exceptional precision, enabling us to address deformities that were once considered extremely challenging. The greatest reward is seeing patients regain their independence and return to activities they have been deprived of for years."

Dr. Suresh Patil
Senior Consultant and American Board (ABPS)-
Certified Robotic Joint Replacement Surgeon

Caption for X-rays: Pre and post-operative X-rays demonstrating correction of severe congenital hip dysplasia and restoration of hip alignment following robotic total hip arthroplasty.



HEALTHCARE PERSPECTIVES



CHALLENGES IN HEALTHCARE HR:
INSIGHTS FROM THE FRONTLINE



MR. DEVENDRA M. GAIDHANI
Senior GM & Head,
Human Resources,
Jehangir Hospital

The healthcare industry is one of the most dynamic and demanding sectors in the world. While hospitals are recognised for clinical excellence and patient care, the true strength of every healthcare institution lies in its people. Managing human resources in healthcare today is both challenging and rewarding, particularly in an environment shaped by evolving patient expectations, rapid technological advancement, workforce shortages and increasing emotional demands on caregivers. At Jehangir Hospital, Human Resources is viewed not simply as an administrative function but as a strategic partner in building a resilient, compassionate and future-ready workforce.



TALENT ACQUISITION IN A COMPETITIVE LANDSCAPE

One of the greatest challenges facing healthcare HR today is attracting and retaining skilled professionals. Demand for experienced doctors, nurses, allied healthcare professionals and paramedical staff continues to grow, while the available talent pool remains limited.

Recruitment challenges extend beyond clinical roles. Many vital hospital functions, including patient administration, billing, insurance coordination, customer service and government healthcare billing, rely largely on organisation-specific training rather than formal educational pathways. This creates a gap between workforce readiness and industry requirements.

Similarly, specialised fields such as radiology, perfusion technology, cardiology, neurology and technical support continue to experience talent shortages due to limited awareness of these career opportunities and a relatively small pool of trained professionals.

Today's healthcare professionals seek more than employment. They value purpose, professional growth, work-life balance, continuous learning and emotional wellbeing. Organisations that communicate a strong culture, credible leadership and meaningful employee experience are better positioned to attract and retain quality talent.

Healthcare delivery is also highly people-intensive, making it essential to balance talent acquisition, employee retention and manpower costs within sustainable financial frameworks.

RECRUITING BEYOND QUALIFICATIONS

Successful recruitment extends far beyond assessing qualifications and experience. While technical competence is essential, hospitals must identify professionals who align with the organisation's culture, values and patient-centric approach.

KEY QUALITIES INCLUDE:

	Compassion and a patient-first mindset		Strong clinical competence and commitment to continuous learning
	Effective communication and empathy		Emotional resilience under pressure
	Teamwork and multidisciplinary collaboration		Professional ethics and accountability
	Commitment to patient safety and quality standards		Adaptability and willingness to embrace change

The right hire is someone who not only performs well but also strengthens the culture and values of the organisation.

SUPPORTING EMPLOYEE WELL-BEING

Healthcare is emotionally demanding. Long working hours, emergency situations, patient loss and high-pressure decision-making can significantly affect the mental wellbeing of healthcare professionals.

Following the pandemic, employee wellbeing has become a strategic priority. Hospitals must actively invest in wellness programmes, counselling services, employee engagement initiatives and supportive workplace practices.

The pandemic also disrupted education and clinical exposure for many early-career professionals. Structured onboarding, mentoring and ongoing development programmes are therefore essential to bridge knowledge and competency gaps.

Healthcare professionals who feel supported, recognised and psychologically safe are more likely to remain engaged, productive and committed to their organisation.

BALANCING TECHNOLOGY WITH COMPASSION

CREATING A CULTURE OF CONTINUOUS LEARNING

Healthcare is undergoing rapid digital transformation through AI-assisted diagnostics, electronic health records and telemedicine. While technology continues to improve efficiency and clinical outcomes, successful adoption requires continuous training and effective change management.

Equally important is ensuring that empathy, compassion and human connection remain at the heart of patient care.

Medical science evolves constantly, making lifelong learning essential. HR teams play a vital role in creating structured learning opportunities through Continuing Medical Education (CME) programmes, workshops, certifications, leadership development and cross-functional training. Future healthcare professionals must combine clinical expertise with digital capability, collaboration, adaptability and emotional intelligence. Developing future leaders through succession planning and structured leadership programmes also strengthens organisational resilience while reducing reliance on external recruitment.



	MON	TUE	WED	THU	FRI	SAT	SUN
DOCTORS							
NURSES							
ALLIED HEALTH							
SUPPORT STAFF							

WORKFORCE PLANNING IN A 24/7 ENVIRONMENT

- 

Healthcare operations require round-the-clock staffing, making workforce planning uniquely complex. Seasonal disease outbreaks, emergencies and sudden increases in patient volumes demand agility, careful planning and data-driven decision-making.
- 

Healthcare workforce planning is further influenced by demographic trends and workforce mobility. Many nursing professionals working across India relocate from other states, often requiring extended leave to support family commitments. Career interruptions related to marriage, relocation and childcare also influence workforce continuity.
- 

Additionally, increasing global demand for skilled nurses presents ongoing retention challenges, as experienced professionals pursue international career opportunities.
- 

Hospitals must also recruit professionals who meet evolving expectations for communication, service excellence and patient experience while managing rising manpower costs and maintaining operational efficiency.

BUILDING AN INCLUSIVE, PURPOSE-DRIVEN WORKPLACE

Hospitals bring together professionals from diverse backgrounds, disciplines and generations.

Today's workforce increasingly comprises younger professionals seeking meaningful work, accelerated learning, regular feedback and career progression. Healthcare organisations must adapt to these changing expectations while maintaining the professionalism, discipline and patient-centred culture essential to quality care.

Creating an inclusive workplace where employees feel respected, valued and connected to the organisation's purpose enables stronger collaboration, higher engagement and ultimately better patient outcomes.

LOOKING AHEAD

The future of healthcare HR will be shaped by empathy, adaptability, innovation and people-centred leadership. Human Resources is no longer limited to recruitment and policy administration. It is about building resilient teams capable of delivering excellence in an increasingly complex healthcare environment.

Healthcare organisations must continue addressing talent shortages, workforce mobility, changing employee expectations and rising manpower costs while investing in learning, wellbeing and leadership development.

At Jehangir Hospital, we remain committed to fostering a workplace culture built on compassion, collaboration, excellence and continuous growth. Because exceptional healthcare always begins with exceptional people.

80

ESTD. 1946

ETHICAL MARKETING: WHERE INTENTION MEETS SERVICE



MR. PRASHANT PANDEY
Yoga Teacher,
Jehangir Hospital

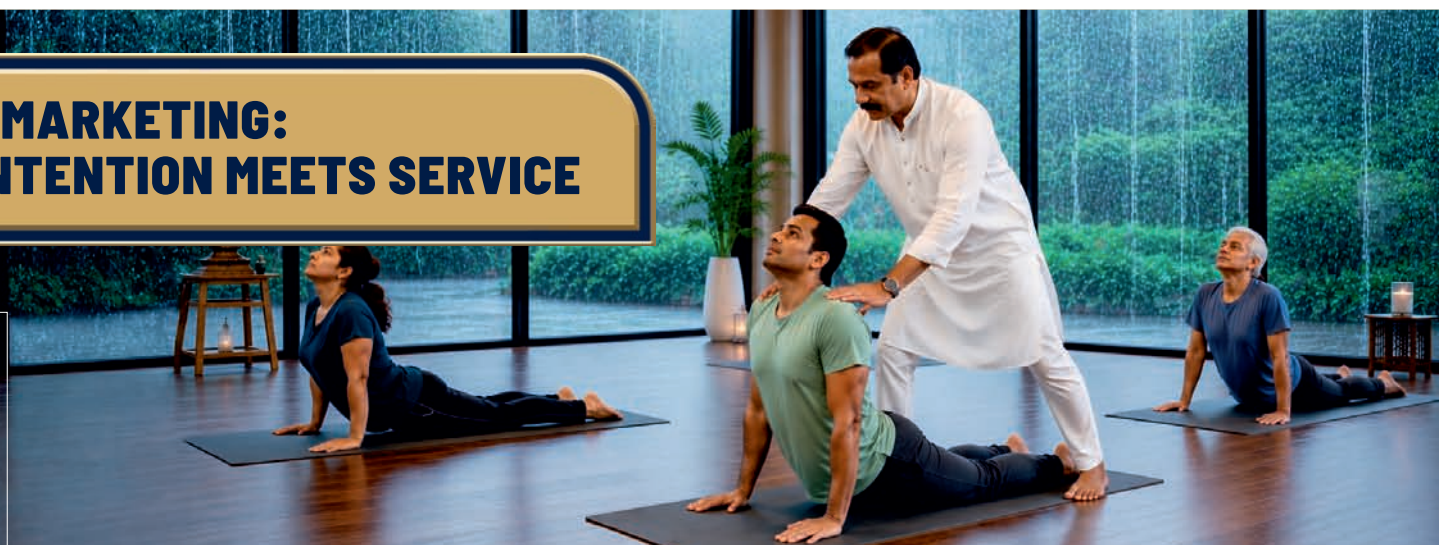
ETHICAL MARKETING

I chose to write about this topic because I believe the phrase Ethical Marketing has the potential to decondition our minds.

In Yoga, the deconditioning of the mind is an important process. It enables us to move beyond our accumulated impressions and see things with greater clarity and objectivity.

Today, many of us associate the word marketing with greed, materialism, manipulation and the relentless pursuit of profit. This perception is understandable. We often come across situations where marketing is used primarily to influence people for commercial gain.

However, that is not the complete picture. Over the years, I have met individuals whose understanding of marketing was very different. Their perspectives helped me realise that marketing is defined not merely by the techniques it uses, but by the intention behind them. In this article, I would like to share two experiences that profoundly shaped my understanding of what I now call **Ethical Marketing**.



THE 1st EXPERIENCE

Several years ago, I had the opportunity to conduct yoga sessions for a renowned marketing and sales professional who had been admitted to the CCU at Jehangir Hospital due to health issues.

At the end of one session, I asked him, "If you had to summarise your entire marketing experience in just one sentence, what would it be?"

Without a moment's hesitation, he replied, "For me, marketing and sales are no longer about selling my product to my clients. They are about helping my clients make the right decision." His answer left a lasting impression on me. In a single sentence, he completely changed the way I looked at marketing.

It was no longer about persuasion. It was about guidance. It was no longer about

selling. It was about helping people make informed decisions.



THE 2nd EXPERIENCE

The second experience came through the Chairman of Jehangir Hospital, Mr. Jehangir H.C. Jehangir,

who first introduced me to the expression Ethical Marketing. One day, during his yoga session, he shared an incident from

1999 that eventually became the foundation of his vision.

While travelling by train from Mumbai to Pune, he happened to be seated next to a doctor. As the conversation progressed, he learned that the doctor worked at Jehangir Hospital in Pune and was returning from Mumbai after performing

three surgeries there. The doctor then mentioned something that immediately caught his attention.

All three patients on whom he had operated were from Pune. In other words, the doctor was from Pune, the patients were from Pune and yet the hospital was in Mumbai.

This simple observation led the Chairman to reflect:

"If Jehangir Hospital in Pune already has excellent infrastructure, a clean environment, advanced facilities and highly competent doctors, why should people travel all the way to Mumbai for surgery? Doing so only leads to unnecessary expenditure of time and money, apart from the inconvenience and hardship faced by patients and their families."

Although Jehangir Hospital already had a marketing department, the Chairman knew that many of his colleagues, given the hospital's identity as a charitable trust, were hesitant to view marketing as appropriate in such an institution. However, he was absolutely clear about both his vision and his intention. The very next day, he presented a marketing proposal to the trustees and other senior members of the hospital. He explained that informing people that they could receive the same quality of treatment, or even better, at

Jehangir Hospital in Pune was not an act of commercial promotion. It was an act of helping people make informed healthcare decisions. If patients could avoid unnecessary travel, expense and hardship while receiving excellent healthcare closer to home, then communicating this information was a service to society. According to the Chairman, this is what Ethical Marketing truly means. He went on to introduce this philosophy at Jehangir Hospital, where marketing was viewed not as a means of promoting the hospital but as a way of genuinely informing and guiding people towards better healthcare decisions.

This initiative not only benefited countless people but also transformed the perspective of his colleagues. Over time, this vision became the foundation of Jehangir Hospital's motto, 'We Add Care', which later evolved into 'We Add Ethicare'.

A DIFFERENT PERSPECTIVE

The term Ethical Marketing immediately resonated with me because it offered an entirely new perspective on a word that is often misunderstood. When the intention is simply to increase sales, marketing can easily become manipulation. But when the intention is to educate, guide and genuinely help people make better decisions, marketing becomes an act of service.

That, to me, is the true meaning of Ethical Marketing. With the Chairman's permission, I decided to write this article so that this perspective could be shared with others. Perhaps the greatest lesson these experiences taught me is that the true value of any action lies not merely in the action itself, but in the intention behind it. When the intention is to serve, guide and genuinely benefit others, even marketing becomes an expression of ethics.

CONTINUOUS MEDICAL EDUCATION PROGRAMME

GHC AT CROWNE PLAZA



GHC CAMP WITH ECG AT AARETE TECHNOLOGIES LTD, BANER



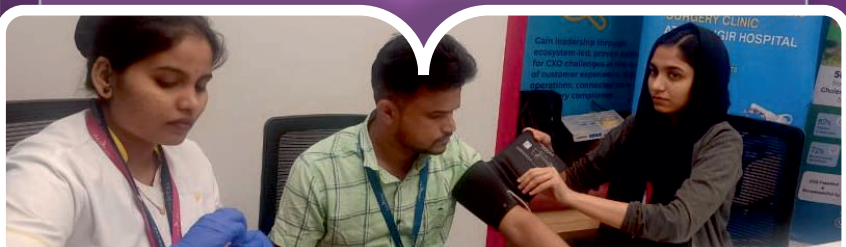
POS EVENT



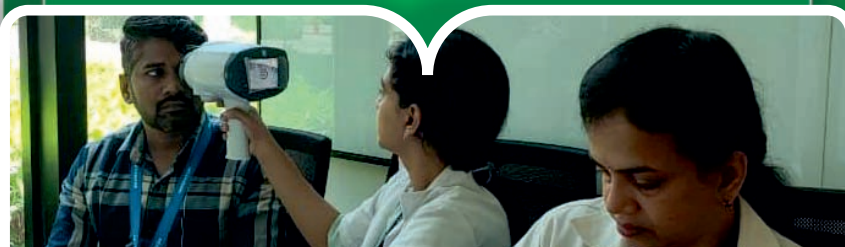
EYE CHECKUP, ORTHO AND BMD CAMP AT RELIANCE JIO, KOTHRUD



GHC CAMP AT MAVERIC SYSTEM



EYE CHECKUP CAMP AT HEXAWARE TECHNOLOGIES, HINJAWADI



RTM FOR CGHS DOCTORS WITH DR. YOGESH KULKARNI & DR. SANJAY PATIL



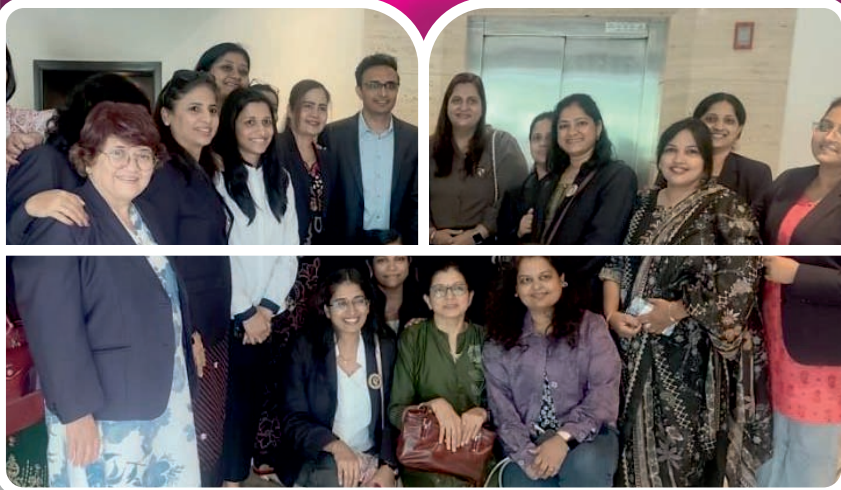
RTM WITH DR. MANISH PATIL AT HOTEL RHYTHM, PIMPLE SAUDAGAR



GHC AT PITNEY BOWS, KHARADI



RTM AT HOTEL SHANTAI WITH FEMALE PRACTITIONER



GHC AT VIMAN NAGAR WELLNESS CENTRE



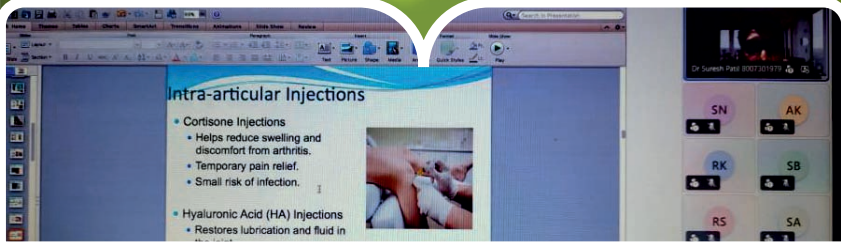
RTM AT AIRPORT ROAD, YERWADA, VIMANNAGAR



GHC AT BALSADAN OF SINDHUTAI SAPKAL, SASWAD



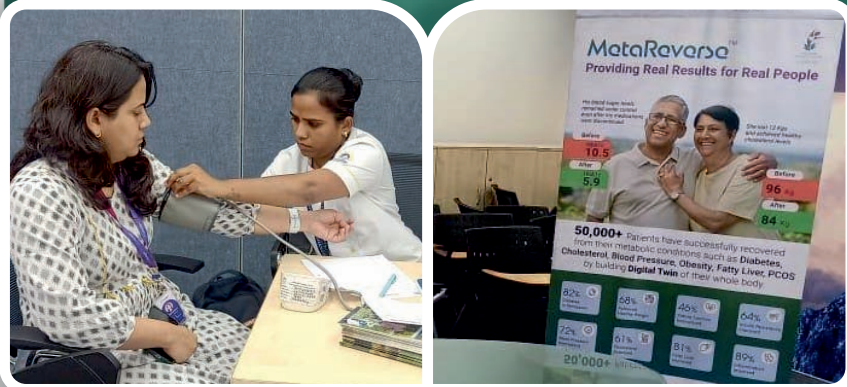
ONLINE WEBINAR CONDUCTED FOR RELIANCE JIO EMPLOYEES



GHC AT BEGHAOU CONSULTING



GHC AT NEXDIGM CORP & SKP GROUP, BANER



RTM FOR AUNDH, PHULE NAGAR CGHS DOCTORS



HEALTH TALK ON DIET & WEIGHT LOSS AT K DRIVE, PUNE STATION



HEALTH TALK ON HEALTHY DIET & NUTRITION AT RESERVE BANK OF INDIA, SHIVAJINAGAR



GHC AT RAHEJA VISTA PREMIER, MOHAMADWADI



GHC & OPHTHAL AT DATAMATIC COMPANY, MUNDHWA



GHC AT VIMAN NAGAR JOGGERS PARK



YOGA SESSION AT VANDERLANDE, KHARADI BY DR. PRASHANT PANDEY



GHC, OPHTHAL & ECG AT L&L



GENERAL HEALTH CHECKUP AT CENTIRO, BANER



YOGA SESSION FOR WOMEN AT BRITISH PETROLEUM, KHARADI



MEET OUR NEW CONSULTANT AT JEHANGIR HOSPITAL

WELCOMING OUR CHIEF OPERATING OFFICER



MR. RAJENDRA KALE
Chief Operating Officer (COO),
Jehangir Hospital

We are delighted to welcome Mr. Rajendra Kale as the Chief Operating Officer (COO) of Jehangir Hospital, effective 25 June 2026.

Mr. Kale holds an MBA in Operations Management (Project & Maintenance Management) and a B.Tech. in Mechanical Engineering (C.Eng., A.M.I.Mech.E. (India)). With over 32 years of experience in Hospital Operations, Facility Management and Property Management, Mr. Kale brings extensive expertise in leading large-scale operational functions across the healthcare, retail and commercial sectors.

His distinguished career includes leadership roles at Phoenix Marketcity, Barclays, Amanora Town Centre Mall and Jehangir Hospital. He also served in the Indian Navy for 16 years as a Technical Manager and Head of Department. Mr. Kale has extensive experience in managing multi-site operations, engineering services, facility expansion projects, digital transformation initiatives, fit-outs and vendor management.

As Chief Operating Officer, he will oversee several key

operational functions, including Wellness Centres, Financial Counselling, the Call Centre, Guest Relations, OPD and IPD Billing, Information Technology, Housekeeping, Security, Food & Beverage Services, Linen and Laundry Services, Ambulance and Vehicle Management, Biomedical Waste Management, Fire & Safety, Estate & Hygiene, and MOD Services.

He will work closely with the CEO and the senior leadership team to drive strategic initiatives, operational excellence and continuous improvement across the organisation. We are confident that Mr. Kale's leadership and extensive experience will further strengthen Jehangir Hospital's commitment to delivering excellence in healthcare.

Mr. Kale will report to the Chief Executive Officer.

On the personal front, he is married to Ms. Kanchan Kale and has two daughters, Ms. Swarali Kale and Ms. Krishnali Kale. Please join us in extending a warm welcome to Mr. Rajendra Kale and wishing him every success in his new role at Jehangir Hospital.



NOTE FROM THE MEDICAL DIRECTOR

“

A vigorous monsoon has finally embraced Pune, bringing abundant rainfall to the Bhima River basin and replenishing the lakes that sustain Pune, Pimpri-Chinchwad and the surrounding rural areas. While the season brings welcome relief, it also increases the risk of dengue, viral respiratory infections, road traffic accidents and other monsoon-related illnesses. Coronavirus infections have also seen a rise. These seasonal challenges require Jehangir Hospital to remain prepared and responsive, ensuring that expert care is available whenever it is needed.

Our Accident & Emergency Department is fully staffed and equipped to manage a wide range of medical emergencies, including insect, animal and reptile bites, crush injuries, sports injuries, heart attacks, strokes and road traffic accidents. Round-the-clock emergency services, emergency cardiac and neurological interventions, fully equipped operating theatres, intensive care units and advanced diagnostic facilities enable us to deliver comprehensive emergency care at all times.

Our robotic joint replacement programme for hip and knee surgery has now entered its eighth month. Today, Jehangir Hospital is proud to be among Pune's leading centres for robotic arthroplasty, offering the full spectrum of robotic knee and hip replacement procedures. We are also preparing to introduce robotic shoulder and spine surgery as soon as the technology becomes available. Before the end of the year, we plan to inaugurate our robotic soft tissue surgery suite, bringing the precision and faster recovery associated with robotic surgery to patients undergoing urology, oncology, gynaecology and general surgery procedures, with plans to expand into cardiac surgery in the future.

DR. COL. SATYAJIT S. GILL

Medical Director, Jehangir Hospital

We are also strengthening our surgical capabilities through the introduction of cutting-edge technologies. Neurosurgery will be enhanced with a high-definition exoscope imaging system and advanced neurosurgical endoscopes, while the Department of Otorhinolaryngology will be equipped with modern high-definition intraoperative microscopes. Our laboratory services are also undergoing a significant transformation. The laboratory is being relocated to a single, integrated facility in the basement below the Radiology Department, bringing together advanced equipment and streamlined workflows to improve efficiency. We are also upgrading our biochemistry services with the installation of the Cobas Pro analyser, replacing the Cobas Pure system. With two to three times greater throughput, the new analyser will significantly reduce testing turnaround times once fully operational.

Research and academic excellence continue to be key priorities. The Scientific Advisory Committee has successfully completed three quarterly meetings, while our growing Research Cell has supported several departments in presenting their work to the global scientific community. To date, the team has facilitated three papers presented at national conferences, seven publications in internationally indexed medical journals, two papers accepted for publication and twelve manuscripts currently under peer review, representing a total of 21 research papers published, accepted or under review.

Across every department, we remain committed to continuously enhancing patient care, expanding our clinical capabilities and upholding our guiding principle of "Patient First."

”



DOs

Eat warm, home-cooked & light food



Stay active with indoor exercises



Drink warm beverages like herbal tea, soups & kadha



Stay hydrated with clean & boiled water



Keep immunity strong with fruits, nuts & proper sleep



MONSOON TRIVIA

DON'Ts

Avoid street food & oily, spicy items



Don't drink unclean or stale water



Avoid getting wet in the rain



Don't skip a bath or personal hygiene



Avoid sleeping during the day



CROSSWORD

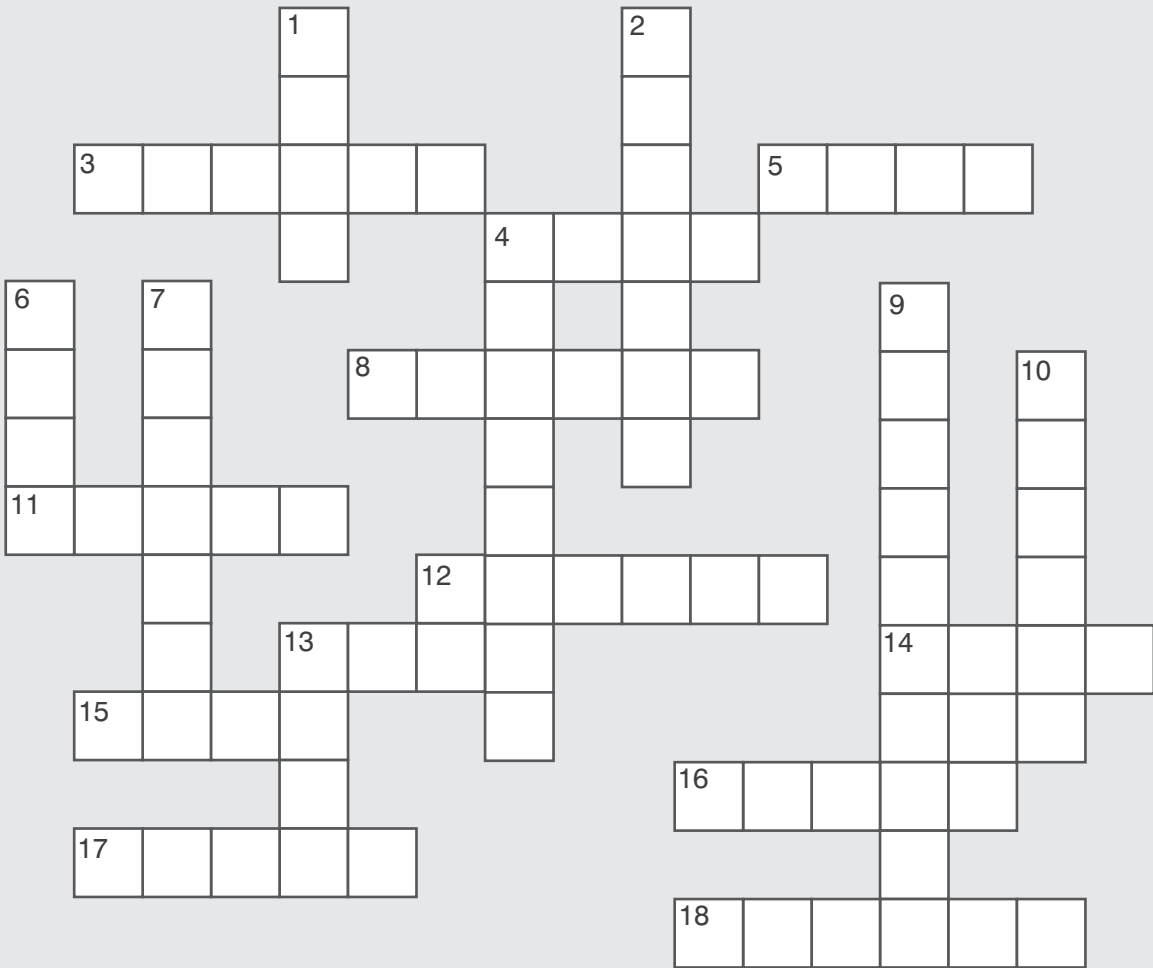
VOL. 15

ACROSS

- 3. Colourful arc seen after rain. (7)
- 5. You carry this to stay dry. (8)
- 8. Small insects that appear after rain. (7)
- 11. Footwear perfect for puddles. (5)
- 12. Water drops collected on leaves or grass. (6)
- 13. Earthy smell after the first rain. (7)
- 14. A safe place during a thunderstorm. (5)
- 15. Waterlogging on roads and streets. (8)
- 16. Warm drink we enjoy on a rainy day. (4)
- 17. A short, heavy fall of rain. (6)
- 18. The season we all associate with rain. (8)

DOWN

- 1. Bright flash before thunder. (9)
- 2. Constant, gentle rain. (8)
- 4. Sound made by thunder. (5)
- 6. Small drops of rain. (8)
- 7. Something you wear to stay dry in rain. (7)
- 9. White, fluffy masses in the sky. (5)
- 10. Water flowing in the streets after heavy rain. (6)
- 12. Fun activity of jumping in water puddles. (7)
- 14. Green growth that comes after rain. (5)
- 15. A paper boat's best place to sail. (5)



SUDOKU VOL. 13

5		3			7			
6			1	9	5			
	9	8						6
8				6				3
4				8				1
7				2				6
	6					2	8	
		4	4	1	9			5
				8				7

2 early bird winners of this issue can get SILVER WELLNESS PACKAGES each.

Please scan or send a photograph of your answer and email your entries to aarti.irani@jehangirhospital.com

CREDITS

Mr. Vinod Sawantwadkar
Editor-in-Chief

Mrs. Aarti Irani
Editor

Dr. Col. Satyajit S. Gill
Medical Editor

FOR ANY CORPORATE TIE-UPS, PLEASE CALL +91 98814 75003