

TIMES HEALTH EXCELLENCE 2024

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SHINING A SPOTLIGHT ON KARNATAKA'S MEDICAL TRAILBLAZERS



Sonu Sood

Healthcare stands as the cornerstone of a thriving society, with doctors, medical professionals, and health establishments institutions playing pivotal roles in enhancing lives and well-being. Recognising their exceptional contributions inspires innovation, fosters excellence, and drives progress in the field, ensuring high-quality care for all.

On December 6, 2024, The Times Health Excellence 2024 unfolded at the opulent JW Marriott Hotel on Vittal Mallaya Road, Bengaluru. Hosted by Optimal Media Solutions, a division of The Times of India, this prestigious event honoured 31 outstanding individuals and organisations in

Karnataka's healthcare sector for their exceptional service, innovation, and impact.

Adding glamour and inspiration to the event was the celebrated actor and philanthropist Sonu Sood, who presented awards to the distinguished achievers. His humanitarian work resonated deeply with the honourees, who have dedicated their careers to transforming lives through healthcare.

The vibrant RJ Tuhin took charge as the Master of Ceremonies, infusing the evening with energy and excitement. His dynamic presence brought life to the event. Entertainment reached its peak with a mesmerising performance by Arrows Dance Company. Established in 2005, this leading South Indian troupe enthralled the audience with a blend of contemporary, hip-hop, and Bollywood dance styles, delivering an unforgettable experience.

The evening also featured insights from esteemed healthcare leaders, including Dr. Kishore K S of Sagar Hospitals, Dr. Shafiq AM of Trilife Hospital,

and Dr. Ashwin K R of Aster CMI Hospital. Their expertise shed light on critical issues in healthcare and provided a vision for its future.

Ensuring the credibility of the awards, Avance Insights Pvt Ltd, an independent research agency, conducted a meticulous evaluation process. Through secondary research and factual surveys, the honourees were recognised for upholding the highest standards of excellence in their fields.

Supported by key partners—JW Marriott Bengaluru as Hospitality Partner, Ultra as the Good Times Partner, and SDU Winery as the Celebrations Partner—the event exuded sophistication and vibrancy.

Times Health Excellence 2024 was more than a celebration; it was a testament to the unwavering dedication of healthcare professionals shaping Karnataka's healthcare landscape and inspiring a healthier future for all.



Dr. Kishore K S - Sagar Hospitals
TOPIC - ARE YOU MINDFUL?



Dr. Shafiq A M - Co Founder MD and CEO, Trilife Hospital
TOPIC - WHY A DOCTOR-CEO MUST PRIORITIZE LEADERSHIP OVER PRACTICE?



Dr. Ashwin K R - Aster CMI Hospital
TOPIC - INNOVATIONS SHAPING THE FUTURE OF CANCER SURGERY

RJ TUHIN: NOT JUST A PRETTY VOICE

The event was hosted by RJ Tuhin (lovingly known as Tuttur Tuttur Tuhin by the entire city), enthralled everyone with his baritone and captivating voice.

A multi-faceted radio jockey, mimicry artist, podcaster, actor, Emcee and a storyteller with radio experience of over 17 years.

From leading award-winning shows in Delhi, Mumbai and Dubai, and Singapore to being the voice of Bengaluru, Tuhin entertained Bengaluru city with his show KA935 every evening for 7 years.

A master mimic, Tuhin can impersonate over 50 personalities, from Amitabh Bachchan to Hollywood stars, adding a fun twist to his shows. He is now a full time Emcee, actor, podcaster, providing podcast solution to brands.



Tuhinanshu Chaturvedi (RJ Tuhin)

WINNERS AT TIMES HEALTH EXCELLENCE 2024

Winners

Indiana Hospital & Heart Institute Ltd

Bharath Hospital & Institute Of Oncology, Mysuru

Shekar Eye Hospital

Dr. Amritha Prabha

Aster CMI Hospital

Dr. Rajeev Bashetty-United Hospital

P.D. Hinduja Sindhi Hospital

Sagar Hospitals

Synbiopro Nutraceutix (OPC) Pvt Ltd

Akash Superspecialty Hospital - A Unit Of Akash Institute Of Medical Sciences And Research Centre, Bengaluru

Dr. Naveen M A - Gleneagles Hospitals, Bengaluru

Dr. Nandini M Hadalagi - Nandini Women's Clinic

Kshemavana

Sagar Hospitals

Dr. Mahesh M.N - Sathya Sai Orthopaedic & Multispecialty Hospital

Archish Fertility & IVF Clinic

Dr. Yusuf A. Kumble - Indiana Hospital & Heart Institute Ltd

Dr. Faridha Khanum Abbasi

Vasavi Hospitals (A Unit Of Sree Vasavi Trust)

Aster CMI Hospital

Dr. Chandramouli B - United Hospital

Dr. Ravindranath Reddy D R - Gleneagles BGS Hospital, Kengeri, Bengaluru

Bangalore Gastro Centre Hospital

Akash Superspecialty Hospital - A Unit Of Akash Institute Of Medical Science And Research Centre, Bengaluru

Asian Institute Of Scoliosis

Dr. S C Veerendra Kumar

Dr. Sneha Shetty - Vriksh Fertility

Dr. Sunil G Kini

Trilife Hospital

Adyant Ayurveda

Dr. C. Ravi Kumar Reddy - Anjani Pain Management Center

Categories

Excellence In Multispecialty Hospital - Dakshina Kannada

Excellence In Onco Patient Care

Excellence In Ophthalmology

Service Excellence In Surgical Oncology

Excellence In Department Of Heart Failure Treatments And Heart Transplantation Procedures

Service Excellence In Urology Surgery

Excellence In Comprehensive Medical Care

Excellence In Department Of Neurology

Excellence In Nutraceuticals

Excellence In Super Speciality Hospital

Service Excellence In Minimal Access Brain And Spine Surgery

Emerging Obstetrician

Excellence In Wellness & Holistic Healing - Yoga & Naturopathy

Excellence In Department Of Neuro Surgery

Service Excellence In Joint Replacement And Spine Surgery

Excellence In Infertility Care

Pioneer In Cardiology

Service Excellence In Ayurveda

Excellence In Robotics Surgery

Excellence In Neurosciences

Service Excellence In Orthopaedic Surgery

Service Excellence In Interventional Cardiology

Excellence In Gastroenterology

Excellence In Mother & Child Health

Service Excellence In Scoliosis, Structural Rehabilitation & Research. (Chiro Bio Physics & Bio Mechanics)

Service Excellence In Dental Implantology

Service Excellence In Advanced ART Treatment

Service Excellence In Robotic Orthopaedic Surgery

Excellence In Multispecialty Hospital

Excellence In Panchakarma Treatments

Service Excellence In Pain Management

BLENDING STYLES AND INSPIRING AUDIENCES: ARROWS DANCE COMPANY

Arrows Dance Company, founded in 2005 in Kochi by choreographer Sajith, stands as a premier force in South India's dance industry. Known for its distinctive style, the group specialises in contemporary, hip-hop, Bollywood, and acrobatics, creating captivating performances. From gracing top TV channels to winning national competitions and choreographing celebrity shows, Arrows has left an indelible mark. They also provide professional dance coaching and fitness programs, blending creativity and energy to inspire audiences.



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DR. FARIDHA KHANUM ABBASI



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SERVICE EXCELLENCE IN INTERVENTIONAL CARDIOLOGY
DR. RAVINDRANATH REDDY D R, GLENEAGLES BGS HOSPITAL, KENGERI BENGALURU



EXCELLENCE IN GASTROENTEROLOGY
BANGALORE GASTRO CENTRE HOSPITAL



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DR. AMRITHA PRABHA



EMERGING OBSTETRICIAN
DR. NANDINI M HADALAGI - NANDINI WOMEN'S CLINIC



SERVICE EXCELLENCE IN PAIN MANAGEMENT
DR. C. RAVI KUMAR REDDY, ANJANI PAIN MANAGEMENT CENTER

SAGAR HOSPITALS: A LEGACY OF QUALITY AND COMMITMENT TO HEALTHCARE

In the bustling city of Bengaluru, where tradition meets modernity, stands a beacon of hope and healing— Sagar Hospitals. The story of Sagar Hospitals is one of passion, perseverance, and an unwavering commitment to excellence. This institution, founded on the principles of comprehensive care and advanced medical treatment, has grown into one of India's most esteemed healthcare providers.

We envisioned a place where every patient receives the highest quality of care, where every practitioner strives for excellence, and where innovation in medicine is an everyday pursuit.

Dr. Premachandra Sagar,
Vice Chairman, Sagar Group



The inception of Sagar Hospitals traces back to the vision of Dr. Chandramma Sagar, one of the pioneers whose illustrious career and relentless spirit laid the foundation for what would become a legacy in healthcare. Sagar's accomplishments were not just milestones but harbingers of the extraordinary path that lay ahead for Sagar Hospitals.

The nurturing hands of Dr. D. Hemachandra Sagar and Dr. D. Premachandra Sagar further cultivated this seedling into a towering tree. In 2002, the first corporate branch of Sagar Hospitals in Jayanagar, Bengaluru, opened its doors. This facility, with 250 beds, quickly became synonymous with cutting-edge medical care and compassionate service. It wasn't merely a hospital; it was a sanctuary where patients found solace and healing.

In 2009, the expansion continued with the establishment of Sagar Hospital in Banashankari. This 415-bed multi-specialty tertiary care hospital, equipped with state-of-the-art diagnostic centres and 44 specialty departments, epitomises the group's dedication to delivering superior healthcare solutions. Here, the convergence of advanced technology and human touch crafts a unique patient experience that is both effective and empathetic.

The ethos of Sagar Hospitals is rooted



in an unwavering pursuit of excellence. The hospitals are not just treatment centres; they are institutions of learning and innovation. The establishment of the Dr. Chandramma Dayananda Sagar Institute of Medical Education and Research (CDSIMER) in 2019 is a testament to this commitment. Located in the Greater Bengaluru Area and affiliated with



Dayananda Sagar University, CDSIMER is a sanctuary of knowledge, where future doctors are nurtured and trained to become the torchbearers of medical excellence.

With a provision of modern 1300 bed facility, CDSIMER is poised to revolutionise medical education and patient care. This visionary project embodies the group's dedication to fostering medical talent and providing topnotch healthcare services. Sagar Hospitals has always aspired to be a forefront of medical advancements, particularly excelling in cardiac sciences and neurosciences. Renowned for its exemplary cardiac department, Sagar Hospitals has advanced procedures such as minimally invasive heart surgeries and complex valve replacements. The hospital's cardiac unit is equipped with state-of-the-art technology and led by a team of world-class cardiologists, ensuring the highest success rates in cardiac care.

In the realm of neurosciences, Sagar Hospitals has set new benchmarks with its cutting-edge treatments and interventions. The neuroscience department boasts specialised programs for stroke management, neurosurgical procedures, and comprehensive epilepsy care. With a multidisciplinary team of neurologists, neurosurgeons, and rehabilitation specialists, Sagar Hospitals has become one of the leading institutions for treating complex neurological disorders, enhancing patient outcomes and quality of life.

Sagar Hospitals' reputation extends far beyond the borders of India. The institution has treated over 2.4 million patients, including more than 100,000 international patients from over 35 countries. This global trust is a reflection of the hospital's unwavering commitment and its ability to provide world-class healthcare.

The accolades bestowed upon Sagar Hospitals stand as a testament to its unparalleled service and excellence. Over the years, Sagar Hospitals has garnered continuous recognition from prestigious institutions and bodies such as the Times Business Awards, Times Health Survey, and other leading magazines. These accolades affirm the hospital's esteemed position as one of the leader in the healthcare sector.

The soul of Sagar Hospitals lies in its compassionate care. The dedicated team of board-certified clinicians, renowned specialists, and compassionate nurses ensures that every patient receives personalised and empathetic care. The hospital's approach integrates traditional medical practices with the latest technological advancements, providing a holistic healing experience. As Sagar Hospitals continues to grow, its vision remains steadfast: to serve society with cost-effective, high-quality healthcare.

I am proud to say that at Sagar Hospitals, we don't just treat diseases; we care for the human spirit. Our commitment to excellence goes beyond medical treatment to embody a holistic approach to healthcare.

Ishiq Multani,
President, Sagar Group of Hospitals

Sagar Hospitals stands as a paragon of compassionate care. Its journey, from humble beginnings to becoming a healthcare giant, is a testament to the power of visionary leadership and unwavering dedication. As the institution continues to innovate and expand, it remains a beacon of hope and healing, committed to providing exceptional healthcare services to every patient who walks through its doors.

For further details visit:
<https://www.sagarhospitals.in/>
Or call - 9591991820

Dr Rajeev S Bashetty, a Lifesaver in Urological Care

For many dealing with the pain and frustration of kidney stones and prostate issues, Dr Rajeev S Bashetty has been very helpful. With over 20 years of experience, the urologist has brought relief to countless patients by aspiring to pioneer on-invasive treatments that eliminate the need for traditional surgeries. Known for his expertise in advanced laser surgeries like RIRS for Kidney Stones and HoLEP for prostate, Dr Bashetty has helped reshape the way urological conditions are treated, by offering pain-free and effective solutions that transform lives.

At United Hospital in Bengaluru, where he serves as Consultant Urologist and Director of Clinical Excellence, Dr Bashetty has introduced modern ESWL technology. This non-invasive procedure allows patients to be treated for urinary stones as large as 20 mm without surgery, offering them a less painful and more efficient option. Thanks to his leadership, United Hospital has become a trusted destination for advanced urological care.

The doctor's impact is not just limited

to patient care. In 2021, he was invited to speak at the International Alliance of Urolithiasis (IAU) webinar, where he shared insights on managing urinary tract stones using sonographic guidance. A year later, he was again in the spotlight at the 55th Annual Conference of the Urological Society of India (USICON), presenting on ESWL and sparking important discussions in the field. These opportunities reflect his deep knowledge and recognition as one of the global leaders in Urology. Dr Bashetty is also a member of several organisations including the Urological Society of India and the American Urological Association, which further solidify his standing in the Urology community.

What truly sets him apart is his patient-centric approach. He takes the time to listen and understand each person's concerns, tailoring treatment

plans to ensure the best possible outcome. His dedication to staying updated on the latest medical advancements means that his patients always receive the most effective and modern care.



Dr Chandramouli B restoring more than just joints

For Dr Chandramouli B, orthopaedics isn't just about fixing bones, it's about restoring lives. With over 28 years of experience, the renowned surgeon has become a cornerstone of Bengaluru's medical community, transforming the way patients experience recovery. As the head of the Orthopaedic surgery department at United Hospital, he's known for his exceptional skill in joint replacements, trauma care and complex surgeries. But what truly sets him apart is his willingness to help people regain what they thought they'd lost forever - mobility, independence and confidence.

In an era where healthcare often feels impersonal, he makes it his mission to connect with each patient on a deeper level, ensuring they're not just another case. He takes time to understand their concerns, their lifestyle and their goals, tailoring each treatment plan to fit their unique needs. His patients don't just heal, they thrive. Known for his innovative use of the

minimally invasive procedures, which offer faster recovery time and fewer complications. His team at United Hospital is equipped with the latest technology, enabling him to perform intricate surgeries with pinpoint accuracy. Even with advanced tools at his disposal, it's his personal approach that has made him a trusted name in orthopaedics.

Dr Chandramouli has a holistic approach to recovery. Beyond the surgical precision, he believes in the power of emotional and psychological healing, understanding that physical recovery is only part of the journey. By taking care of patients at every step, from diagnosis to recovery, he's raised the bar in orthopaedics, earning respect from colleagues and gratitude from his patients.

His work is helping people live better and fuller lives. For Dr Chandramouli, each successful surgery is more than just a job well done, it's a life changed.

For more information, contact United Hospitals call +91 70223 16664. www.unitedhospitals.com



Trilife Hospital's Vision: Empowering Health through Advanced Technology and Responsible Leadership



In Bengaluru's vibrant healthcare landscape, Trilife Hospital, one of the premier multi-specialty facility, stands among the frontrunners of healthcare innovation. Known for its commitment to "responsible wellbeing, Trilife Hospital remains a beacon of innovation and care. Its focus on advanced technology, multi-specialty expertise, and community engagement reinforces its position as one of the trusted partner in health and wellness. With a vision centered on holistic and responsible healthcare, Trilife continues



ues to transform lives and uplift community health. In his keynote address at Times Health Excellence 2024, Dr. Shafiq AM, Co-Founder, MD and CEO of Trilife Hospital, emphasized the importance of doctors leading hospitals. He explained that non-medical professionals often lack the insight into the ground realities of healthcare, which can hinder operational efficiency. Doctors, he emphasised, are better equipped to empathize with patients and focus on more than



just profits and losses, ensuring a patient-first approach. He further emphasized the significance of adopting a humane approach in managing and leading an organization.

This leadership philosophy underpins Trilife's success and commitment to advancing medical science, improving patient care, and promoting overall well-being through an innovative and compassionate approach to healthcare. Trilife Hospital has been founded on this philosophy and combines state-of-the-art facilities, advanced medical technologies, and a team of dedicated professionals, to offer an unparalleled blend of innovation and compassion across various specialties, catering to the diverse needs of its patients.

The hospital's Orthopaedic & Robotic Centre epitomizes quality, utilizing cutting-edge robotic-assisted technology to redefine orthopaedic care. With over 8,000 successful robotic knee replacement surgeries, Trilife sets new standards in precision and patient recovery. The centre offers comprehensive treatments, including joint replacements, sports medicine, fracture management, paediatric orthopaedics, and tailored rehabilitation plans. Advanced procedures such as arthroscopy, ligament reconstruction, spinal fusion, and minimally invasive spine surgeries ensure optimal outcomes. A team of internationally acclaimed orthopaedic surgeons, equipped with modern diagnostic and surgical tools, drives the department's success, making it one of the leader in orthopaedic innovation.

Trilife Hospital's multi-specialty expertise extends across cardiology, neurology, gastroenterology, oncology, and more. From diagnosing intricate neurological conditions to offering cutting-edge cancer treatments, the hospital is equipped to address a broad spectrum of medical needs. Advanced diagnostic tools, minimally invasive procedures, and personalized care ensure that patients receive world-class treatment. The cardiology department, for example, provides a comprehensive range of services, including interventional cardiology, cardiac surgery, and heart failure management, all aimed at offering holistic cardiovascular care.

What truly sets Trilife Hospital apart is its unwavering commitment to community health. Through regular health camps, awareness programs, and preventive health check-ups, the hospital actively promotes wellness beyond its walls. These initiatives aim to educate the public about early detection and preventive care, fostering a culture of proactive health management. Trilife's outreach programs reach underserved communities, providing essential healthcare services and resources. By focusing on preventive health measures, Trilife helps reduce the burden of chronic diseases and enhances community well-being. Combining medical expertise with a personalized touch, Trilife delivers exceptional clinical outcomes and an elevated patient experience.

For more details, contact:
Trilife Hospital
Address: #216, 7th Main, 80 Feet Road, 1st Block, HRBR Layout, Kalyan Nagar, Bengaluru - 560043,
Email: reachus@trilife.in
Phone: 1800 420 2222



Mysuru’s Robotic Surgery Centre Transforms Cancer Treatment

Bharath Hospital and Institute of Oncology (BHIO) in Mysore has taken a major step in transforming cancer treatment with the introduction of robotic surgery at their centre. This cutting-edge technology aims to address a critical need in healthcare - safer, more precise and less invasive surgeries for patients. Traditional cancer surgeries often involve large incisions that leads to longer recovery time and greater risks of complications. However, robotic surgery allows the surgeons to perform complex procedures with greater accuracy, minimal incisions and quicker recovery times, which ensures better outcomes for patients.



The vision behind this advancement is Dr Ajai Kumar, chairman of BHIO and one of the pioneers in cancer care in the city. With over 35 years of experience, Dr Kumar has been dedicated to improving healthcare in the region. His leadership has brought advanced technologies, like robotic surgery to Mysuru, setting the hospital apart as a hub for innovative cancer treatment. Robotic surgery is being

used for a wide range of surgeries to offer enhanced precision and quicker recovery times across various medical specialties.

Under the expert guidance of Dr Vijay Kumar and Dr Raxith Sringeri R, the robotic surgery program here is designed to provide affordable and world-class treatment to patients from all walks of life even those from the underprivileged communities. The hospital will also soon introduce bone marrow transplants, further enhancing the range of advanced treatments available.

By integrating robotic surgery into its offerings, Bharath Hospital is not only improving the quality of cancer treatment but also making it more accessible to the people of the region. This achievement marks a new era in healthcare, where advanced technology, expertise, and compassionate care come together to change the lives of cancer patients for the better.

For more details contact- Bharath Hospital & Institute of Oncology, (a unit of Sada Sharada Tumor & Research Institute)
438, Outer Ring Road, Hebbal, Mysuru-570017.
Call: 0821-2300600/9538886679.
Emergency Contact Number: 0821-2300600/0821-2300606
Email: care@bhio.org, admin@bhio.org



Dr B S AjaiKumar, Executive Chairman HCG, Bharath Hospital and Institute of Oncology

Dr. Amritha Prabha: Expertise in Surgical Oncology and Community Service



Dr. Amritha Prabha

Dr. Amritha Prabha is a highly accomplished surgical oncologist with expertise in oncological and reconstructive surgeries. She serves as an Associate Professor and Consultant Surgical Oncologist at Vydehi Institute of Medical Sciences, Whitefield and Vydehi Super Speciality Hospital in Bengaluru. With 20 years of over-all medical experience, including 9 years as a specialist in surgical oncology, Dr. Amritha has honed her skills in managing complex cases such as head and neck cancer, breast cancer, colorectal cancer, gynaecological cancers, and sarcomas. Her work extends beyond clinical practice to research and academia, where she has contributed extensively

through publications in reputed journals. Topics such as maxillectomies, colorectal malignancies, reconstructive techniques, and oncological wound care reflect her commitment to advancing knowledge in the field. Additionally, she actively participates in ground-breaking research as a principal and co-investigator, focusing on innovative surgical techniques and novel therapies. Her outstanding contributions to the field of Surgical Oncology have earned her numerous awards and recognitions.

Beyond her medical expertise, Dr. Amritha is passionate about helping others. She provides free medical care to underserved communities in rural Kerala and Karnataka, showcasing her dedication to making healthcare accessible for all. Her work combines knowledge, care, and innovation, making her an inspiring figure in cancer care and treatment.

For more details, contact: amrithavrs@hotmail.com/ Department of Oncology-call:080-4906 9020

RESEARCH METHODOLOGY

The objective of this research was to conduct a survey, research the probable's nominations and recommend the final list of recipients for the coveted Times Health Excellence 2024. Karnataka & Kerala using robust methodology.

The survey had these modules, i.e. Desk Secondary Research, Approach for sharing fact file, Factual survey (Participatory Survey) to arrive at the analysis & identify the results of top performers in different categories.

A comprehensive list of healthcare professionals/ hospitals/ clinics from the Healthcare Sector and certain affiliates businesses was generated with the help of the internet, social media, print -magazines, and other publications.

The healthcare professionals/ hospitals/ clinics from the Healthcare Sector, Supports and Individuals were sent the factual data questionnaire and then followed up through telephone, email, and personal visits.

The final score for each entity was weighted to a Factual Score. Based on the final score, results were drawn in respective categories.

In addition, feedback of each nominee was assessed through multiple tools such as social media profile scan and customers/ colleague's feedback. All data was objectively analyzed to assess the eligibility and suitability of the nominee for the award.

The study was conducted from the 3rd week of October 2024. The final score for each entity was weighted to an average Factual Score. Based on the final score, results were drawn in respective categories

SOME CAVEATS/ASSUMPTIONS:
● Best efforts were made to reach the

About Avance Insights Pvt Ltd (Avance Insights)

Avance is a new age strategic research and consulting firm founded by Industry experts from diverse academic and Industry background. Avance leverages advanced technologies to provide actionable insights to power client's businesses in real-time. Avance has an eco-system where clients' interests are aligned with the best-in-class tailored made solutions.

Avance has executed assignments spanning large scale surveys in Healthcare, Agriculture, Livelihood, Education, Water and Sanitation, Rural Development Sector, Financial Inclusion, Air Pollution, Climate Change, FMCG, IT & ITes, Automobile, Retail, Fashion, Food & Beverages,

maximum healthcare professionals/ hospitals/ clinics certain affiliates in the respective categories.

- If the nomination for any specific category was not received, those categories were dropped and categories with single nominations were given unanimously.
- Only those entities were considered who have submitted their participatory factual sheet

Tourism etc.

The team behind the company's success is a mix of experts, experienced Industry veterans and dynamic young professionals which makes a perfect combination of knowledge, experience, and cutting-edge technology.

Avance has PAN INDIA Network and covered entire part of country successfully.

Avance Insights is a corporate member of MRSI and follows the MRSI code of conduct while conducting all its research projects. For more information about the company please visit www.avance-india.in.

Note: Present survey has been conducted by an independent Research Agency named Avance Insights Pvt, a full-service market research agency providing Research and Support Services to companies ranging from boutique research agencies to large consulting firms.

CELEBRATE SUCCESS

Trophykart one of the first exclusive online store which provides end-to end solutions for all your awards and gifting requirements. The website showcases a wide range of products in all varieties in awards, medals and corporate gifts items (T shirts, bags (backpack / laptop / sling), pens, table organizers, utilities, gadgets, tech products & Home appliance, etc).



SO HERE IS TROPHYKART, WITH THE SOLUTION

The website www.trophykart.in provides the comfort to access all types of trophies, medals, shields, awards, etc. under one umbrella, order and get them delivered at your doorstep

with free personalization without having to deal with multiple vendors.

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Why waking up early could be the key to self-care and growth

Waking up early can be attributed to better productivity and wellness. It allows the time and space for self-care, planning, and healthy routines, which are vital for overall growth. Early risers tend to have fewer stress situations, better clarity in thought, and discipline, higher personal growth, balance, and space for reflection and creativity in their physical and mental aspects.

Here's how it can become a basis for self-care and personal development:

SERVES TO CREATE TIME FOR SELF-CARE

Early mornings represent that time of day when everything is quiet and, thereby distraction-free. Quiet hours are used to inculcate healthy habits like meditation, yoga, journaling, or skin-care routines, thus boosting mental clarity and physical well-being with a calm, positive tone set for the rest of the day.

ENHANCES MENTAL CLARITY

A peaceful morning reduces stress since one is able to plan and prioritize in great time, avoiding the mess that comes when one starts late. This peaceful morning allows clear thinking, in which better decision-making is taken and sets the intentional tone to have a day ahead which will be balanced and productive enough.

PRODUCTIVITY INCREASE

Early start of tasks means fewer distractions and a fresh, alert mind to work, thereby improving concentration. Early risers take a proactive approach because they feel in control of their schedules and stay ahead of demands instead of scrambling to catch up later in the day.

DEVELOPS DISCIPLINE

Wake up early and practice self-discipline to promote healthy work, fitness, and personal goals. It generates self-



PROMOTES HEALTHY HABITS

One becomes an early riser while retaining healthy sleeping patterns, vital to one's mental and physical well-being. It could even use its time for the most suitable breakfast time both to charge the body as well as the mind fully towards having an optimistic start into one's daily routine and proceeding forward maintaining balance to maintain healthy-day practices and habits.

ASSIGNS SPACE FOR SELF-ENHANCEMENT

Waking up early provides time for personal growth through activities like reading, learning new skills, and reflecting on your goals. The quiet morning hours also foster creativity and problem-solving, offering a calm space to think clearly and develop innovative ideas, enhancing overall growth and productivity.

ATTUNEMENT TO NATURE

It is established that morning light controls the circadian rhythm and lifts your mood by increasing serotonin levels. Fresh air from an open window or a morning walk will invigorate your body and mind to bring in the peace and freshness to begin the day with renewed energy and positivity. Morning sunlight also has a healing impact on the body.

respect for the commitment made to one's self, raises the self-confidence level, and solidifies commitment to personal care and growth, hence serving as the foundation for success in life.

A spoonful of yogurt in winter can have these amazing benefits



While many assume yogurt to be a summer dish, it is not. The thermogenic effect in the food generates heat within the body during digestion making it beneficial in winter as it helps you to stay warm and comfortable even in cold temperatures. The proteins and carbohydrates in yogurt also provide sustained energy, keeping the body warm and active in chilly conditions.

SKINCARE AND HEALTHCARE

Yogurt also contains amino acids that lift your spirits and help with skin hydration, regeneration, and anti-aging. The Vitamin B complex in it helps support skin hydration and apart from just consumption, yogurt is widely used in the cosmetic industry as well.

Yogurt also has the benefit of the bacteria that relieve bloating caused by indigestion and regulate metabolism. Yogurt plays a key role in weight management by reducing the temptation to snack. Yogurt is a probiotic that is rich in calcium and protein and serves as a nutritional powerhouse to the human body in winter season and raises immunity against many diseases and infections. Being a probiotic, it is also a healthy addiction for your gut health. An important component of a balanced diet, it increases antibodies in the body to fight diseases.



YOGURT - A WINTER DELICACY

Yogurt is part of the dairy product and it helps in aiding digestion and maintaining gut health because of the microorganisms present in it. Especially during winter when humans become more susceptible to the common cold and flu, it helps in boosting immunity and fulfills the calcium intake of the body in the absence of Vitamin D.

Yogurt with its richness in calcium and protein also helps strengthen bones and reduces the risk of Osteoporosis which is common to happen in bones during cold weather.

THE DIFFERENCE BETWEEN PLAIN AND GREEK YOGURT

The yogurt which is rich in protein undergoes a process of straining and this is the only distinction between plain yogurt and Greek yogurt. The straining removes whey and results in a thicker structure which has higher protein content when compared. Greek yogurt is also creamier and has an added taste compared to plain yogurt.

HOW TO CONSUME YOGURT IN WINTER?

Though yogurt tastes best when consumed cold, it is better to avoid eating it chill and consume it at room temperature. Yogurt tastes bland as there are no natural flavors to it and to make it more interesting it can be combined with seasonal fruits, nuts, and berries.

Healing Beyond Boundaries at Gleneagles BGS Hospital

Good healthcare is a fundamental right but accessing it can be a challenge for many. Gleneagles BGS Hospital in Kengeri, Bengaluru, is working to change that narrative. As part of IHH Healthcare, one of the world's leading healthcare providers, this hospital is dedicated to offering advanced medical solutions that truly make a difference in people's lives.

Renowned for its expertise in multi-organ transplants, the hospital has set a benchmark in Karnataka by completing over 50 ABO-incompatible transplants. This accomplishment opens doors for patients who might otherwise face limited options. With 450+ beds, high-end equipment, modern operation theatres, and advanced diagnostics like TrueBeam STX and MRI, Gleneagles BGS Hospital provide exceptional services across specialties, including Multiorgan Transplants, Cardiology, Neurosciences, Oncology, Orthopaedics, Urology, and Paediatric Craniofacial Surgery, Gastroenterology, GI



surgery, pulmonology and critical care etc. Gleneagles BGS Hospital's contributions to healthcare have been monumental. This year, they earned multiple accolades, including honors for quality control and nursing excellence. Its recognition as one of the leader in healthcare delivery further underscores its impact on the medical community.

Beyond treatments, the hospital recently celebrated its 150th in-house organ donation milestone. This achievement highlights the

At Gleneagles BGS Hospital, our unwavering focus on clinical excellence, advanced outcomes, and comprehensive multi-specialty services under one roof ensures that we deliver world-class care. With a talented clinical team and cutting-edge infrastructure, we are committed to transforming lives and redefining healthcare standards.

Dr Jatinder Arora,
Cluster COO, Gleneagles Bengaluru



selflessness of donor families and the commitment of the medical team. Each organ donation represents renewed hope for patients and their families, demonstrating how healthcare can transform lives.

Gleneagles BGS Hospital stands as one of the trusted name in reliability, that offers compassionate care paired with advanced medical expertise. By bridging gaps in accessibility and delivering results that matter, they continue to set new standards in the state's healthcare landscape.

For more information, visit:
<https://www.gleneagleshospitals.co.in/gleneagles-hospital-kengeri-bengaluru>

Nurturing the Future through Mother and Child Care

Mother and child care are the foundation upon which strong and thriving communities are built. The bond between a mother and her child forms the very heart of society, and ensuring their health and well-being is essential for shaping the future. At Akash Hospital, this deep understanding drives every aspect of their care, making sure that women and children receive the attention, expertise and compassion they truly deserve.

From providing comprehensive maternal support during every stage of pregnancy to offering advanced paediatric care, Akash Hospital has established



itself as a sought-after name for families seeking exceptional and compassionate healthcare. The hospital's state-of-the-art smart NICU ensures that even the most vulnerable newborns, those born prematurely or critically ill, receive the highest standard of

care, giving them the best possible chance for a healthy and happy future.

The hospital's approach is centred around a mother's well-being, ensuring a smooth birthing journey and offering personalised guidance and support throughout. The team of experienced doctors and specialists is committed to making the entire experience as stress-free and safe as possible. For newborns, the hospital provides specialised care, addressing the

unique health needs of each infant, from the moment they are born until they reach early childhood.

As children grow, Akash Hospital continues to provide expert paediatric services to support them through each stage of development, empowering families with the knowledge and care needed to ensure healthy growth. With steadfast dedication, the hospital has become one of the preferred institution for families, ensuring the health of mothers and children, who are the pillars of a strong and thriving society.

For more information contact:
Akash Superspecialty Hospital
Prasannahalli Road,
Devanahalli, Near
International Airport,
Bengaluru - 562 110
1800-425-1111/080-2444442
info@akashhospital.com
akashhospitas.com



K Muniraju, Founder & Chairman and M Pushpa, Chairperson

Advanced Reproductive Techniques That Make Parenthood A Reality

For couples struggling with infertility, there are several advanced innovative solutions that can help overcome challenges on their unique path to parenthood.

IN VITRO FERTILIZATION (IVF)

In IVF the egg is fertilised with sperm outside the body and the embryo is delicately placed inside the uterus. Vriksh Fertility has an advanced IVF facility.

INTRACYTOPLASMIC SPERM INJECTION (ICSI)

ICSI is a specialised form of IVF, where a single sperm is directly guided into an awaiting egg. It is effective for couples facing male infertility issues. Vriksh Fertility has ensured numerous heartwarming success stories through ICSI.

PRE-IMPLANTATION GENETIC TESTING (PGT)

PGT enables careful screening of embryos for genetic abnormalities before implantation, significantly reducing the risk of certain genetic conditions.

EGG FREEZING AND SPERM BANKING

For those navigating uncertainty or planning a family at a later stage, egg freezing and sperm banking are offered as fertility preservation options at Vriksh Fertility.

DONOR EGG AND SURROGACY PROGRAMS

Donor egg and surrogacy pro-

grams, provide viable alternatives for couples facing complex fertility challenges.

MALE INFERTILITY MANAGEMENT

Men diagnosed with "zero sperm count" can benefit from Testicular Sperm Aspiration (TESA), Percutaneous Epididymal Sperm Aspiration (PESA), and Microdissection TESE (Micro TESE), which retrieve sperm directly from the testicles or epididymis. The experienced team ensures that these procedures are performed with the utmost care and precision, providing couples tailored solutions for male-factor infertility.

PERSONALISED CARE

Beyond medical procedures, Vriksh Fertility is committed to offer emotional and psychological support to couples. The team provides personalised care, ensuring that each couple feels not just informed but empowered throughout the process.

For more details contact:

Dr. Sneha Shetty
Clinical Director & Chief Fertility Specialist
Vriksh Fertility
29/A, 1st Floor, 27th Main Rd, next to Police Station, Phase 3, 1st Sector, HSR Layout, Bengaluru, Karnataka 560102
Call: 8797 08 08 08
Website: www.vrikshfertility.com



ENHANCING LIVES THROUGH EXPERT GASTRO CARE



Bangalore Gastro Centre (BGC) Hospitals, led by Chief Gastroenterologist Dr Yogananda Reddy has unwavering commitment to providing high-quality digestive health care services. By focusing exclusively on digestive health, BGC has established itself as Karnataka's most trusted and top-rated digestive health institute. The hospital has implemented all 7 days outpatient gastroenterology services for patients to access essential Gastroenterology care, demonstrating BGC's commitment to patient convenience and accessibility. BGC's impact extends beyond its hospital walls through its Free Rural Outreach Digestive Health Programme, entirely self-funded, brings essential digestive health services to underserved



communities across Karnataka. The hospital provides health tips on their dedicated YouTube channels in English and Kannada helping the community manage digestive health issues through lifestyle and diet.

For more details contact:

Bangalore Gastro Centre Hospitals
650, 13th Cross Rd, 1st Sector, HSR Layout, Bengaluru 560102
Call: 080-4688-8888,
WhatsApp: 9663715077
Website: www.bangaloregastrocentre.com



Vasavi Hospitals Enhances Joint Replacement with Robotics

In the world of healthcare, technology is constantly reshaping the way surgeries are performed. Robotic-assisted surgery is one such advancement that's making a significant impact, offering patients safer, more precise and minimally invasive procedures. Vasavi Hospitals, Bengaluru is endeavouring to lead this revolution in joint replacement surgery with the Mako Stryker Robot, a breakthrough tool that promises better outcomes for patients undergoing knee and hip replacements.

Traditional joint replacement surgeries often involve large incisions, longer recovery periods and higher chances of complications. The Mako system, however, dramatically changes this dynamic. Using advanced robotics, it guides surgeons through the entire process with unparalleled precision. Before surgery, the robot generates a detailed 3D image of the joint, allowing the surgical team to plan the procedure with exceptional accuracy. This preoperative imaging ensures that the implant is placed perfectly, reducing the chances of misalignment and improving long-term results.

During the surgery, the Mako robot's



arm assists the surgeon by providing real-time feedback, ensuring greater accuracy throughout the procedure. This approach results in smaller incisions, less damage to surrounding tissues and ultimately, faster recovery times.

Compared to traditional methods, patients experience less pain, minimal bleeding and a reduced hospital stay. Robotic-assisted surgery not only improves safety but also enhances the joint's function, allowing patients to return to their daily activities sooner.

"At Vasavi Hospitals, we believe in pushing the boundaries of medical innovation. With the Mako Stryker Robot, we are not just performing surgeries, we are enhancing the overall patient experience, offering less pain, quicker recovery and personalised care, all through the power of robotics," says Srivatsan Chakravarthy, CEO, Vasavi Hospitals.

With robotic surgery gaining popularity, joint replacement surgery has evolved to provide quicker recovery times, less discomfort and improved outcomes. For those suffering from joint pain, this advanced robotic-assisted surgery may be the solution they have been waiting for.

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080 71 500 500 / 504
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Dr Veerendrakumar beautifying Smiles in 48 Hours

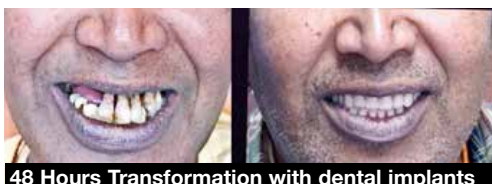
Imagine shyly walking into a dental clinic with missing teeth and leaving 48 hours later with a full, functional and confident smile. Thanks to the work of Dr Veerendrakumar SC, this dream is now a reality. With over three decades of experience as an implantologist, Dr Veerendrakumar has redefined dental care through immediate functional loading technology, enabling patients to achieve fixed teeth in record time. This revolutionary approach has transformed implant dentistry into a faster, more efficient and results-driven solution.

FROM GAPS TO GRINS IN JUST TWO DAYS

The 'Implants with Fixed Teeth in 48 Hours' concept is a breakthrough in modern dental science. Unlike traditional methods that demand months of preparation, including bone grafts and sinus lifts, his method eliminates these steps entirely. Using Swiss-made Monoimplants, also known as Cortico Basal Implants, this process is both swift and minimally invasive.

On the first day, these single-piece implants are anchored directly into the patient's jawbone using a pinhole surgical technique. By the second day, the patient walks out flaunting a complete set of fixed teeth. These implants are secured in the cortical bone, a dense layer that provides strong support, making additional procedures redundant.

This innovative technique helps eliminate long waiting periods and complex procedures, offering patients an immediate and life-changing transformation. It allows the patients to resume their regular activities like eating, speaking and smiling without the prolonged recovery periods usually associated with traditional implants.



48 Hours Transformation with dental implants



Smile and confidence

No teeth

With dental implants

REIMAGINING DENTAL CARE

Dr Veerendrakumar's Dental Surgery Centre is a testament to how technology and expertise can redefine patient experiences. Located in Bengaluru, the centre boasts of modern technology to deliver precise and effective treatments.

Their advanced equipment, such as Cone Beam Computed Tomography (CBCT) for detailed imaging and CAD/CAM systems for precision-designed prosthetics, ensure quality care.

Intraoral scanners and 3D printing technology allow the rapid creation of custom teeth that are tailored to each patient's needs. Their advanced tools like dental lasers and microscopic endodontics not only enhances precision but also reduces patient discomfort. With six treatment rooms and a dedicated team of 30 professionals, the centre is well-equipped to handle complex cases, while maintaining a patient-focused approach.

The secret to this rapid transformation lies in the use of Monoimplants. Dr Veerendrakumar explains that unlike traditional multi-component implants, these single-piece systems are specifically designed for immediate functional loading and by anchoring securely into the cortical bone, Monoimplants ensure exceptional stability even in

patients with severe bone loss.

The procedure's minimally invasive nature significantly reduces pain, bleeding and recovery time. "Patients no longer need to endure months of discomfort or multiple visits. Instead, they can regain their confidence and quality of life almost immediately," he adds.

ASPIRING TO PIONEER NEW ERA IN DENTISTRY

Dr Veerendrakumar's approach is focused on enhancing patient outcomes. Traditional implants often involve lengthy processes, creating barriers for individuals with busy schedules or specific health concerns. The '48 Hours to Fixed Teeth' solution addresses these challenges, providing a streamlined, effective alternative. "Beyond the technical advantages, this method restores more than just teeth. For many patients, it offers a renewed sense of confidence and normalcy. Eating, speaking, and smiling become effortless again, underscoring the profound impact that dental health has on overall well-being," he asserts.

Dr Veerendrakumar's work is reshaping perceptions of what dental care can achieve. By leveraging the latest advancements in technology and surgical techniques, he has created a process that is as patient-friendly as it is effective. This approach underscores a broader commitment to making new-age dental solutions accessible to all.

The Dental Surgery Centre stands out not only for its state-of-the-art facilities but also for its emphasis on compassionate care. Patients are guided through every step of their journey, ensuring a seamless and reassuring experience.

This offers hope for those who thought dental implants were out of reach. Whether due to time constraints, fear of complex surgeries or severe bone loss, the barriers that once existed have been removed. Dr Veerendrakumar's vision has brought the future of dentistry to the present, enabling patients to regain their smiles and their lives in just two days.

For anyone seeking a modern, efficient and transformative approach to dental care, the '48 Hours to Fixed Teeth' concept is more than just an option, it promises to be a game-changer.

For more details, contact:
Dental Surgery Centre
No. 302, V.K. Plaza 100 Feet Ring Road, 7th Block, near Devegowda Petrol Pump, 4th Phase, Banashankari 3rd Stage, Bengaluru 560085



Dr. Mahesh MN: Transforming Lives at Sathya Sai Orthopaedic & Multispeciality Hospital

Dr. Mahesh MN, a renowned orthopaedic surgeon, has been one of the trailblazer in healthcare, combining care, compassion, and cost-effective treatments to deliver exceptional patient outcomes. Specializing in joint replacement and spine surgery, Dr. Mahesh has performed over 25,000 successful surgeries with his team in a distinguished career spanning 19 years.

Coming from a middle-class background, Dr. Mahesh deeply understands the challenges faced by the common man in accessing and affording



Dr. Mahesh MN



quality healthcare. This empathy led to the launch of the "People for People" initiative through his Sathya Sai Charitable trust, which offers joint replacement surgeries starting at just ₹1 lakh to support economically weaker sections.

Dr. Mahesh journey began in 2005 with a small clinic in KR Puram.

Through relentless dedication and vision, he transformed it into the 100-bedded Sathya Sai Orthopaedic & Multispeciality Hospital in 2015. Today, the hospital is one of the trusted names in Advanced Orthopaedics surgeries equipped with cutting-edge technology such as a 64-slice CT scanner for precise diagnostics and Modular Operating theatre complex for safe & infection free surgeries, offering round-the-clock accident and emergency services.

Dr. Mahesh's excellence has also garnered Certificate of Excellence in the category of "Joint Replacements and Spine Surgery" at the Times Health Excellence Survey & Awards Bangalore 2024, event conducted by OMS (a Division of Times Internet Limited), based on research by Avance Insights. He continues to inspire with his dedication in providing affordable, high-quality care and transforming lives.

Dr. Mahesh's ultimate dream is to make world-class knee, spine and sports injury surgeries accessible to the weaker sections of society through his schemes.

For more details, contact:
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20/2, Old Madras Rd, next to RTO, Banashankari Layout, Bhattarahalli, Hosabasavanapura, Krishnarajapuram, Bengaluru 560049
info@sathyasaihospital.com

Kshemavana: A Sanctuary for Holistic Wellness

Kshemavana is a haven for those seeking natural, holistic and sustainable healing. Conceived by some of the pioneers in naturopathy and yogic sciences, it serves as a catalyst for transformative lifestyle changes. Spread across 23 acres of lush, reforested land teeming with native flora, Kshemavana offers a serene environment for deep retreats into nature. It provides individualised paths to health and well-being that helps guests rejuvenate in harmony with nature.

This sanctuary integrates naturopathy, yoga and medicine-free care to restore the body, mind and spirit to their natural balance. Guests can unwind in thoughtfully designed cottages, suites and rooms that inspire luxurious rest, while therapeutic spaces cater to specific wellness needs. Kshemavana's approach revolves around five interconnected pillars, mind-body medicine, sleep medicine, nutritional medicine, energy medicine and gut health. Each



Kshemavana
FIND WELLNESS WITHIN

aspect is crafted to address core areas of well-being, ensuring a comprehensive healing experience.

Mind-body medicine fosters a profound connection between emotions and physical health, promoting overall harmony. Sleep medicine emphasises restful sleep as a cornerstone of vitality, while nutritional medicine highlights the relationship between diet and optimal wellness. Energy medicine focuses on balancing the body's subtle energies through healing techniques, and gut health is prioritized for its essential role

in immunity and overall functionality.

To complement these principles, Kshemavana offers a diverse range of therapies. These include hydrotherapy, mud therapy, dietary and nutritional guidance, yoga and meditation, herbal remedies, acupuncture as well as lifestyle adjustments. Each therapy is personalised, ensuring guests receive care that aligns with their unique needs.

At Kshemavana, the journey toward wellness transcends the traditional doctor-patient relationship. Emphasising a lasting sadhaka-sahayaka bond, it nurtures guests long after they leave. With its tranquil surroundings and holistic practices, Kshemavana provides not merely a retreat but a transformative experience, guiding individuals toward lasting health, peace and harmony.

For more information contact:
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Mail: reservation@kshemavana.com

P.D. Hinduja Sindhi Hospital: Aspiring to lead healthcare with care, competence, and compassion

P.D. Hinduja Sindhi Hospital (PDHSH), with its 62-year legacy of excellence, is celebrated for its exceptional healthcare services, certified by NABH and Green OT. Embracing a philosophy of care, competence, and compassion, this multi-specialty hospital, equipped with state-of-the-art technology, provides 24/7 specialty services, demonstrating an unwavering commitment to the community.

The hospital recently introduced a cutting-edge chemotherapy unit and extensively renovated the mother and child birth suite, labor room, NICU, Paediatric OPD, and executive rooms. The new chemotherapy unit, designed for patient comfort, underscores PDHSH's dedication to affordable and high-quality cancer care, staffed by compassionate professionals.

Additionally, the hospital in association with the Mental Health Action Trust (MHAT) offers comprehensive support and therapy sessions, prioritizing mental well-being. The upgraded birthing unit and NICU significantly enhance maternal and neonatal care, equipped with advanced medical technology to ensure top-notch care.

The executive rooms have also been upgraded to provide luxurious and comfortable accommodations, creating a home-like environment that positively impacts patient well-being and recovery. These enhancements reflect PDHSH's commitment to patient-centered care, consistently upgrading and expanding services to meet evolving patient needs.



PDHSH's steadfast dedication to specialized care, staff support, and patient comfort solidifies its status as one of the leading healthcare institutions. The hospital continues to uphold its mission of delivering exceptional healthcare services to the community, maintaining the highest standards of care. The hospital management is governed by its President, Dr. Sanjay Bajaj, along with the office bearers, CEO Emmanuel Krishnan, and Medical Director, Dr. Sheila Peter.

For more details, contact:
P.D. Hinduja Sindhi Hospital
Address: 15/2, 12th Cross Rd, Sampangi Rama Nagar, Bengaluru, Karnataka 560027, Phone: 080 4903 0303

Dr Nandini, Among the Champion for Women's Health and Well-being

Women face unique healthcare challenges, from navigating high-risk pregnancies to overcoming infertility and dealing with complex gynaecological issues. Dr Nandini Malleshappa Hadalagi has dedicated her life to addressing these concerns with expertise, compassion and a relentless drive to improve women's health. As the founder of Nandini's Women Clinic, she has created a sanctuary where women can access advanced care tailored to their individual needs, empowering them to lead healthier and more fulfilling lives.

Since opening her clinic in November 2020, Dr Nandini has transformed it into a sought-after name in women's healthcare, offering a wide range of services including adolescent gynaecology, infertility treatments and laparoscopic procedures. Her

patient-centric approach and commitment to accessibility have made modern medical solutions available to women from all walks of life.

Her years of teaching experience as a professor and guide have helped shape the next generation of medical professionals. Nandini's Women Clinic has served more than 10,000 patients and achieved commendable success rates in infertility treatments. She has performed more than 10,000 surgeries including caesarean sections and advanced gynaecological procedures.

Beyond her clinical practice, her outreach initiatives have brought vital health education to young mothers and underserved communities, amplifying her impact. This recent recognition as an Emerging Obstetrician at Times Health excellence 2024, and event organised by Optimal media solutions, a Times internet



Dr. Nandini M Hadalagi



Limited company and the research carried by Avance Insights Pvt Ltd. underscores Dr Nandini's dedication to advancing women's healthcare. Her innovative approach and deep compassion continue to transform lives, making her a beacon of hope for countless women.

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Nagasandra banglore 73
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Mobile : 7975697629

Aster Neurosciences: Precision Care for Complex Minds and Spines

When neurological issues arise, they can disrupt every aspect of life. From debilitating migraines to complex spinal deformities or sudden strokes, these conditions demand expert care and innovative solutions. At Aster CMI Hospital, Hebbal, the Global Centre of Excellence in Neurosciences is where modern science meets human compassion, offering solutions that bring relief and hope to patients and their families.

The centre brings together an exceptional team of neurologists, neurosurgeons, neuropsychologists, neuro-intensivists and rehabilitation therapists. Their combined expertise ensures holistic care for conditions ranging from movement disorders and epilepsy to dementia and paediatric brain tumours. Dr Ravi Gopal Varma, director of the centre and lead consultant in neurosurgery, says, "Our goal is not just treating diseases but improving lives through advanced care and compassion."

Subspecialties include functional neurosurgery for managing move-



We combine innovation with empathy, ensuring every patient receives the best possible care."

Dr Ravi Gopal Varma

ment disorders, pain and spasticity, as well as minimally invasive spinal surgeries and advanced skull base procedures. For emergencies like acute strokes and trauma, the centre's

round-the-clock team is equipped to act swiftly and effectively. Peripheral nerve issues, such as carpal tunnel syndrome and brachial plexus injuries, are addressed with precision, offering patients relief and restored functionality.

State-of-the-art technology is central to the centre's success. Advanced tools like neuro-navigation, intra-operative MRI, neuro-sonology and transcranial Doppler enable precise diagnosis and safer surgeries. These technologies provide real-time feedback, helping surgeons minimise the risks and optimise outcomes.

Paediatric neurosurgical care is another pillar here that addresses rare conditions like craniostomosis and split cord malformations. Whether the concern is a common headache or a complex neural disorder, the centre's approach is comprehensive and patient-focused.

Aster Neurosciences is dedicated to reducing hospital stays, minimising pain and ensuring patients return to their lives with renewed hope.

Heart Failure: A silent battle with hope on the horizon

Heart failure is a condition that affects millions worldwide. It does not mean the heart has stopped working. Instead, it means the heart cannot pump blood as well as it should. This can lead to fatigue, breathlessness, and swelling in the legs or feet. At Aster Hospital, Hebbal, experts are tackling this silent epidemic with advanced care and compassionate support.

Dr. Nagamalesh U M, lead consultant, Cardiology and Interventional Cardiology and director of the heart failure, transplant and MCS program, Aster Hospital, explains, "It is a silent epidemic. Early diagnosis and care can greatly improve life expectancy and quality of life." Common causes include high blood pressure, coronary artery disease and diabetes. Over time, these conditions weaken the heart muscle.

Symptoms of heart failure are often subtle at first. People may feel unusually tired or have difficulty breathing. Swelling in the ankles or sudden weight gain might occur. Many ignore these signs, which delays proper treatment.

Doctors at Aster CMI use precise



Managing heart failure takes teamwork between patients and their doctors. Small steps can make a big difference."

Prof. Dr. Nagamalesh U M

tests like echocardiograms, cardiac MRI, cardiopulmonary exercise tests and heart biopsy. Treatment often starts with lifestyle changes. A low-sodium diet and regular light exercise can help. In advanced cases, devices or surgeries, such as heart transplants,

may be necessary.

Patients must follow their treatment plan closely to avoid complications. Aster CMI is also among a front runner in medical innovation. Aster CMI introduced recently heart failure rehab to improve functional status and to improve quality of life among these patients.

Heart failure is a serious condition but not a hopeless one. With Aster CMI Bengaluru's expertise and cutting-edge treatments, many can still lead meaningful lives. He reminds us, "A diagnosis of heart failure is not the end. It's a call to act, adapt and persevere." Awareness and early intervention are the keys to living well with heart failure.

Aster CMI HOSPITAL
We'll Treat You Well

For more information contact
Aster CMI hospital
No. 43/2, New Airport Road, NH 44, Sahakar Nagar, Hebbal Bengaluru - 560092,
customer care.aster@asterhospital.in
080-4342-0100

Laser Eye Surgery: A Clear Path to Better Vision

For years, blurry and hazy vision has quietly disrupted the daily lives of many, whether it's struggling to read street signs or simply feeling the constant need for glasses or contact lenses. But thanks to advancements in laser eye surgery, there's a permanent solution that can restore clarity to our vision. Dr. YL Rajashekar, medical director and founder of Shekar Eye Hospital in Bengaluru, offers expert insights into who can benefit from this transformative procedure.



Laser eye surgery, such as LASIK, is primarily designed for individuals who suffer from refractive vision problems, including nearsightedness (myopia), farsightedness (hyperopia) and astigmatism. It can significantly reduce and in many cases eliminate, the need for corrective lenses, allowing patients to experience clear vision without the daily hassle of glasses or contact lenses. Dr. Rajashekar explains, "Laser surgery is an excellent



choice for individuals who want to reduce their dependence on corrective lenses and improve their vision without the hassle of glasses or contacts."

The procedure is most effective for those who are above 18 years of age having stable refractive error. Depending on

One of the most significant benefits of laser surgery is the improved quality of life. Patients no longer need to rely on corrective lenses."

Dr. Rajashekar



complications and resulting in highly predictable outcomes.

Laser eye surgery offers a safe, effective and life-changing solution for those with refractive vision problems. However, it's crucial to consult with a skilled ophthalmologist to determine whether you are a suitable candidate for the procedure.

Robot assisted Joint Replacement Surgery

Robotic joint replacement surgery uses robotic technology to assist in a joint replacement. However, it's more accurate to call this procedure "robot assisted."

During a robot-assisted joint replacement surgery, data regarding the morphology of the joint and the tension of the patient's ligaments is provided to the robotic program through real-time assessment, and the surgeon plans implant positioning accordingly to yield a well-balanced joint. The robot then shows the surgeon where to perform the cuts to better execute the desired plan, and allows for more accuracy and personalization of implant placement.

Before a joint knee replacement surgery, specialized CT scans are done that create a 3-D image of the involved joint, bone structure, and surrounding tissues. This detailed picture helps surgeon plan every step of your surgery. Cuts can be made with precision to the millimeter, picking the right implant size and positioning.

A robotic joint replacement is similar to a traditional joint replacement.



Dr. Sunil G Kini

Surgeon replaces the damaged tissue and replaces it with an artificial joint. The difference is that it's done with assistance from a robotic arm, which allows for greater precision. In more complex cases, a robotic-assisted joint replacement offers a better balance in the soft tissues and better aligns the joint. Robots also have 'haptic technol-

gy' that ensures that the operating tool remains within bony boundary ensuring that there is no inadvertent damage to vital structures in the vicinity.

Robotics offer advantages in certain cases like preexisting deformities around operative joint, complex degenerative cases and hardware from previous surgeries.

Advantages of robotic surgery are less post surgery pain, lesser requirement of pain medications, early mobilization, early return to work. Patients report that they have feel of a more natural knee after robotics. Longevity of the implant is also expected to increase owing to the greater accuracy and accurate implant positioning with this technology.

As of today they perform total knee replacements, partial knee replacements and total hip replacements using robotics. Soon, robotic technology to perform redo/revision joint replacements and other joint replacements such as the shoulder would be available too.

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