



**Pushpanjali**  
Medical Centre



**Souvenir**

# Pushpanjali MEDICON 2024

National Conference on  
Empowering Healthcare Excellence

Sunday, 4th August 2024  
The Leela Ambience Convention Hotel, Delhi

Organised by  
Pushpanjali Medical Centre  
(A Unit of M. M. Healthcare Ltd.)





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## From the Editor's Desk

Hello friends,

Greetings from Pushpanjali Medical Centre.

We feel honoured to host you at the Pushpanjali Medicon 2024 on Sunday, 4th August 2024 at the Leela Ambience Convention Hotel, Delhi. This year, the theme of our conference is, "Empowering Healthcare Excellence." Excellence in healthcare is a never-ending quest, for which, one must continually hone one's skills and keep abreast of the latest advances in one's field. This can be achieved only through connection, communication, and collaboration with seniors and colleagues of the medical fraternity. Pushpanjali Medicon 2024 is an attempt to provide a platform to meet the doyens of different specialties who have gracefully consented to join us from various parts of the country. We are grateful to them for giving us so much time and sharing their experience.



**Dr. Anita Jain**  
Senior Consultant  
Obs & Gynae

The plenary sessions will offer learning opportunities on a wide array of topics, while the panel discussions, guest lectures, and orations will provide a panoramic view of the practice of medicine. The full scientific program can be found on the center page of this souvenir.

PMC has been abuzz with activity in a run-up to the conference. We have conducted three multispeciality online quiz competitions and two hands-on, pre-conference workshops, viz., a BLS-ACLS Course (Abridged) and an ECG Workshop. The response to each was amazing.

Much as we would like to extol the forthcoming conference, let us not forget to acknowledge our host, our beloved Pushpanjali Medical Centre. Notwithstanding its size, it has always been at the helm of advancements in healthcare. Whether it be a LIVE Gynae laparoscopy workshop in 1994, Pushpanjali publications in 1998, regular CMEs, or a National conference in 2024, our esteemed CMD, Dr. Vinay Aggarwal, has made everything possible through his passion for achieving the best. Pushpanjali Medical Centre is popular among patients for its high standard of healthcare and is acknowledged by the medical fraternity for its ongoing academic activities. What started as a 10-bed nursing home, is today a 55-bed multispeciality centre and is gearing up to become a 70-100 bed superspeciality hospital.

We thank you for joining us on our journey and hope you will enjoy the conference.

## Editorial Board



Dr. Deepak Pande



Dr. Anita Jain



Dr. Renu Aggarwal

# Message



## Pushpanjali the blue rose

Roses come in several colours. One can hardly come across a blue one. Pushpanjali is a blue rose. Its rarity symbolises the man behind it; rather his effort behind it.

Belonging to a humble middle class family background Dr Vinay Aggarwal is a man ahead of his times. He is an inspiration to all the Family doctors. Starting his career in 1980s as a General Practitioner and going round in a scooter he was anything but just another rookie doctor. Today this giant is a by name in all corners of the country. Blending entrepreneurship with professional leadership in a way they became inseparable he implemented every thing he learnt in public life to his institution.

From a practice to a well oiled Hospital his transition was so smooth and effortless. Pushpanjali is a lifetime dream. To establish a neighbourhood hospital friendly and sustainable in Delhi was a giant leap. As if this was not adequate risk in life he perhaps went on to a leap of stratospheric dimension in the next decade. Today a quarternary hospital stands witness to what he is capable of.

Pushpanjali lives on to tell his story. Like a Tajmahal in Delhi this institution is a delight to the students of HR management. Every brick is a story of blood and sweat. Yet his institution is known for the friendly management of the staff. His staff hold on to him till they retire. This institution is a model of service to the society and a blue rose amongst hospitals.

Pushpanjali will transcend time. It is destined to serve the people beyond generations. I a mere passerby in time salute the audacity and courage that symbolises its legacy. We fold our hands in reverence to this edifice called Pushpanjali.

I wish the Pushpanjali family well. May thy tribe flourish.

**Dr. R V Asokan**  
National President  
Indian Medical Association

# CMD's Address



Change is the only constant in life. Embracing this principle, Pushpanjali Medical Center has continuously evolved and improved itself.

In the past two years, we have established a new diagnostic unit, centralized air conditioning in key areas such as the OPD, reception, corridors, and IPD workstations, and introduced a specialized Infertility and Gyne-Obs unit, the Femmenest. These upgrades not only provide advanced facilities but also enhance visitor comfort.

Pushpanjali Medical Center continues to celebrate life through family gatherings and festive socials. Our monthly scientific meetings have reached their first anniversary, and this year's Pushpanjali Medicon has grown into a prestigious National Conference, offering valuable insights to the medical community.

These achievements are a testament to the dedicated efforts of the organizing committee of Pushpanjali Medicon 2024, led by Dr. BK Gupta. I am deeply grateful to my team of consultants, staff, friends, and well-wishers for their unwavering support, which has made the past year a milestone in our journey. I look forward to continuing this journey together.

With Best Wishes

## **Dr. Vinay Aggarwal**

Chairman & Managing Director - Pushpanjali Medical Centre  
Past National President, Indian Medical Association  
Recipient of Dr. B.C. Roy National Award  
Recipient of IMA Dr. AKN Sinha National Award



Dr. Vinay Aggarwal  
Chief Patron



Dr. Parkash Gera  
Patron



Dr. Bipin Kumar Gupta  
Organising Chairman



Dr. Ashok Grover  
Organising Co-Chairperson



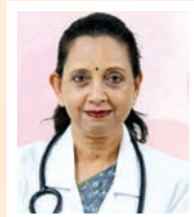
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Organising Co-Chairperson



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Dr. Anita Aggarwal  
Organising Co-Chairperson



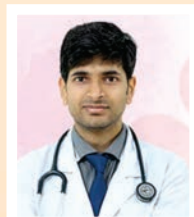
Dr. Manish Kumar  
Executive Secretary



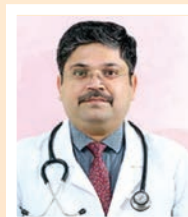
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Dr. Ankit Bhatia  
Jt. Organising Secretary



Dr. Sumer Sharma  
Jt. Organising Secretary



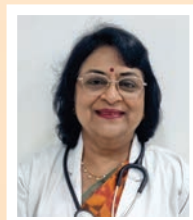
Dr. Karun Jain  
Jt. Organising Secretary



Mr. Gaurav Grover  
Jt. Organising Secretary



Dr. Deepak Pande  
Souvenir Committee



Dr. Anita Jain  
Souvenir Committee



Dr. Renu Aggarwal  
Souvenir Committee

## From the Organising Chairman's Desk



I am delighted to share my immense pleasure and happiness for being a part of the organising team for yet another academic feast from Pushpanjali Medical Centre, the "PUSHPANJALI MEDICON 2024", a multispecialty conference themed "Empowering Healthcare Excellence" being held on Sunday, 04th August 2024 at Leela Ambience Convention Hotel.

In pursuance of our aspirations to add National perspective through connection, communication and collaboration of medical fraternity, we are fortunate to have learned faculty of stalwarts from all across the nation to share their wisdom and expertise in their respective field. Adding a new dimension to our well organised conference, the pre-conference highlight has been three Multispecialty online "Quiz Competitions" for successive three months. The proud winners of these Quiz competitions will be awarded on the day of the conference.

Two workshops: First on ECG by Dr Anand Kumar Pandey and second BLS-ACLS abridged by Dr. Rakesh Kumar are being held on preceding two Sundays 21st & 28th July from 09:00Am to 05:00Pm at Fortune Park, East Delhi.

Dr. Shekhar Agarwal oration will be delivered by Dr. Mathew Varghese on "The Classic, the Modern and the Ethical in Care of the Disabled: My Journey in Social Orthopaedics", and Dr J K Jain Oration will be delivered by Dr. Vijay Agarwal on "Are we doing enough to keep our patients safe?"

"Navigating the new frontiers: AI and Technology Transformation in Clinic Practice" will be the topic of Dr. M. M. Aggarwal Memorial lecture to be delivered by Dr. Garima Aggarwal in fond memory of her beloved grandfather Dr. M. M. Aggarwal, a legend for all of us associated with Pushpanjali Medical Centre.

The common day-to-day problems like "Headache and Dizziness in clinical practice, followed by panel discussion on "Suicide prevention" are highlights of Neuro psychiatry session. Nephrology session will give insight on renal involvement in neoplasia, pregnancy related acute kidney injury, and renal transplantation.

Guest lectures on topics like "Fatty Liver Disease", "Sex has no expiry date", Navigating new criminal laws and its impact on medical professionals, limiting liability, nuances and perspective from law point of view will be delivered by stalwarts in their respective field with a lot to learn for everyone.

Recent advances like Leadless pacemaker, Heart failure-From drugs to device therapy, in Cardiology; Management of extra pulmonary tuberculosis, Biologics in asthma in Pulmonology, Individualised diabetic management, Management of diabetes and iron deficiency anaemia in Medicine; Treatment of acute severe ulcerative colitis in this era of biological and small molecule in gastroenterology will be dealt by a faculty of star academicians.

The session of orthopaedics unfolds "Robotic Knee Replacement", Paediatric orthopaedics, Role of GFC augmentation in rotator cuff injuries, while oncology colleagues will have panel discussion on breast cancer management and role of immune check point inhibitors in common cancers. A novel approach in planning parenthood, Insights into pre-pregnancy counselling, Fetal Medicine, and its advances will be discussed in Gynaecology session. Role of Syndromic Testing Bio fire panel and special session on Senior Care & Antara, a holistic platform for Senior living, are other highlights of this conference.

My gratitude and thanks to the members of the organising committee including office staff and other associates for their unstinted support and delegates, for their proactive participation in our conference, setting a high benchmark with a thoughtful and meticulously crafted academic bonanza.

**Dr. Bipin Kumar Gupta**  
Organising Chairman  
Pushpanjali Medicon 2024

## Advisors

Dr. Garima Aggarwal  
Dr. Atul Jain (ENT)  
Dr. Manoj Goel  
Dr. Mukesh Ajmera

Dr. Narender Saini  
Dr. Rajesh Dhall  
Dr. Swati Jami  
Dr. Anand Kumar Pandey

Mr. Sudhir K. Singhal  
Dr. V. K. Monga  
Dr. Vineet Jain

## Scientific Committee

Dr. Sowjanya Aggarwal  
Dr. A. K. Kundalia  
Dr. Ajay Kumar Gupta  
Dr. Anil Motta  
Dr. Amitesh Aggarwal  
Dr. Atul Jain (Ortho)  
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Dr. Ashok Sharma  
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Dr. Pritesh Maheshwari  
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Dr. Ravinder Makkar  
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Dr. Waseem Farooqui  
Dr. Sandeep Aggarwal

## Organising Committee Members

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Dr. Aditi Bhutani  
Dr. Ankit Tyagi  
Dr. Ajay Lekhi  
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## Co-Chairpersons' Message

It has been a wonderful assignment bestowed upon me by Chief patron Dr. Vinay Aggarwal and Organizing Chairman Dr. B. K. Gupta to draw the scientific programme of the conference. The task has been unique as the conference has faculty from many parts of India and is a multi specialty event, we had to request stalwarts in their respective fields to honor us by their gracious presence and experience sharing. Everyone who we requested to participate, obliged us by agreeing for knowledge sharing. Here below is a synopsis of what we have packaged for you for the Pushpanjali Medicon 2024.

We announced the event to our esteemed delegates with three Multispecialty online "Quiz Competitions" for successive three months.

Two workshops: First BLS-ACLS abridged by Dr. Rakesh Kumar are being held on 21st July 2024, and second on ECG by Dr Anand Kumar Pandey on 28th July 2024 at Fortune Park, East Delhi.

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I am indebted to Dr. Vinay Aggarwal and other members of the organising committee including office staff, other associates for their unstinted support and delegates for their proactive participation in our conference. We are looking forward to celebrating a memorable scientific event with all our distinguished faculty, Guests and delegates.



Dr. Ashok Grover  
Organising Co-Chairperson



Dr. Neeru P. Aggarwal  
Organising Co-Chairperson



Dr. Neeraj Jain  
Organising Co-Chairperson



Dr. Yogesh Jhamb  
Organising Co-Chairperson



Dr. Anita Aggarwal  
Organising Co-Chairperson

# Management Committee

## Board of Directors



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## Management



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General Manager  
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Chief Administrator



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Ms. Shweta Gupta  
Manager Internal  
Operations



Mr. Manoj Choudhary  
Facility Manager



Mr. Parveen Singh  
Executive Assistant

# Message from the Organizing Secretaries



Dear Delegates,

It is with immense pleasure that We welcome you all to the Pushpanjali Medicon 2024, an academic feast designed for healthcare professionals. This year's conference promises an enriching experience with a meticulously crafted scientific program that spans across two halls, each hosting a variety of insightful sessions.



Our scientific program, is accredited by the Delhi Medical Council for 7.5 hrs , is set to feature a diverse array of topics presented by esteemed speakers who are leaders in their respective fields.

The organising team has been putting in a lot of effort to ensure the success of the conference, their dedication and hardwork are commendable.

The pre-conference activities were a great success, the health walk on 30th June was a roaring success. The 3 Mega Quiz's competitions on 24th April, 18th May & 30th June had good attendance and each quiz had 5 winners. This was followed by a BLS-ACLS workshop on 21st July and ECG workshop on 28th July. Such elaborate activities were the fore runners of the conference. A big thank you to all the instructors and the delegates, to make these events possible.

The extensive scientific agenda Includes many topic one interesting topic is on Suicide prevention discussing the relevance of stress management in day-to-day life. Among the key attractions, we are honored to host orations and guest lectures by the renowned names in their field: Dr. Jumani talking loud on Sex has no expiry Dr. Shiv Sarin deep diving and opening the pandora box on fatty liver disease, M. M. Aggarwal Memorial lecture by Dr. Garima Aggarwal Calling on Future to discuss AI and technology transformation in clinical practice, Dr. Shekhar Agarwal Memorial oration done by Dr. Matthew Varghese, an eminent Orthopaedician sharing his journey and role in social orthopaedics. Dr. J. K.Jain Memorial oration done by Dr. Vijay Agarwal sharing his knowledge and expertise in patient care on the topic: Are we doing enough to keep our patients safe.

No conference is complete without discussing the medical ethics in our practice. The speakers all from national fame will discuss the criminal laws, consumer forum and the liability that the healthcare professional faces from the law point of you Their expertise and insights will undoubtedly be a highlight of the conference. In addition to the scientific sessions, we have arranged a dynamic trade area where you can explore the latest advancements and technologies in healthcare. This will be an excellent opportunity to network with industry experts and discover new tools that can transform your practice. We are deeply grateful for your participation and are committed to ensuring that your experience at Pushpanjali Medicon 2024 is both productive and enjoyable.

Thank you for joining us in this journey of learning and growth. We look forward to your active participation and the engaging discussions that will undoubtedly arise.

Warm regards,

**Dr. Manish Kumar**  
Executive Secretary  
Pushpanjali Medicon 2024

**Dr. Nishesh Jain**  
Organising Secretary  
Pushpanjali Medicon 2024

## Quiz Winners

### First Quiz, 20th April 2024



**Dr Lakshika**



**Dr Ankita Gupta**



**Dr Divya Darpan**



**Dr. Purneetha Singh**



**Dr S K Poddar**



### Second Quiz, 18th May 2024



**Dr. Alena Ivan Theodore**



**Dr. Divya darpan**



**Dr. Ayush Jasrotia**



**Dr. N M Hrudai Nag**



**Dr. Yukti bhardwaj**



### Third Quiz, 30th June 2024



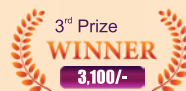
**Dr. Anita Rajorhia**



**Dr. Sarthak Bhardwaj**



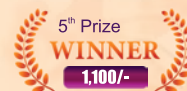
**Dr. ATUL VERMA**



**Dr. Shimpy Gupta**



**Dr. Aman Bansal**



🌟 **Congratulations Winners** 🌟

## Pre-Conference BLS-ACLS Workshop

We are thrilled to announce the mega success of the BLS-ACLS Pre-conference Workshop held at Fortune ITC Hotel Delhi on 21 July 2024 under the leadership of our patron, Dr. Vinay Aggarwal. It was attended by almost 125 delegates. The enthusiasm and participation of delegates was evident as they did hands-on procedures at various steps.

It was heartening to see so many delegates, practising under one roof. The need and the essence of this kind of workshops makes you understand the way to act in case of Medical emergency, which is inevitable at any point of time. This achievement would not have been possible without the dedication and expertise of our esteemed instructors of LSA. Professor Dr. Rakesh Kumar, Dr. Shakti Dutt Sharma, Dr. Sunil Kumar, Dr. Anil Mishra and Dr. Neeraj Gupta Kumar along with the skilled team of Anaesthetists.

The meticulous efforts of our excellent organising team under the able leadership Dr. B K Gupta, organising chairman for "Pushpanjali Medicon 2024, Dr Nishesh Jain organising secretary, Dr. Rajesh Dhall, Head, anaesthesia and critical care department, Pushpanjali medical Centre are commendable. Heartfelt thank you to IMA EDB office bearers Dr. Radha Jain, Dr. Preeti Gaur, Dr. Mamta Thakur, Dr. Nilu Ghandhi, Dr. Neelam Lekhi, Dr Shama Batra & Dr. Deepa Gupta and kind support of Dr Ajay Lekhi, Dr Piyush Jain, Dr. Kumar Ghandhi & everyone involved for making this event a resounding success!



## Pre-Conference ECG Workshop

On July 28th, Pushpanjali Medicon 2024 hosted a highly successful ECG workshop as part of its pre-conference activities. The event saw enthusiastic participation from over 130 delegates, eager to deepen their knowledge and skills in electrocardiography.

The workshop was spearheaded by Course Director Dr. Anand Kumar Pandey. The other distinguished faculty members were Dr. Anand Kumar Pandey, Dr. Ashwini Mehta, Dr. Amitabh Yaduvanshi, Dr. Viveka Kumar, Dr. Vivek Chaturvedi, Dr. Amit Malik, & Dr. Santosh Aggawal who shared their extensive expertise with us.

We extend our heartfelt thanks to IMA-EDB team Dr. Radha Jain, Dr. Ajay Lekhi, Dr. Piyush Jain, Dr. Deepa Gupta, and Dr. Mamta Thakur, for their immense support and impeccable arrangements.

Special thanks to Dr. Vinay Aggarwal, our esteemed patron, and Dr. Ashok Grover, head of the scientific committee, for their invaluable contributions and guidance.

The curriculum was comprehensive, covering a wide range of essential topics in ECG interpretation. The interactive sessions were complemented by a quiz, which added an engaging and competitive edge to the learning process. We are deeply grateful to the faculty for their dedication and to the delegates for their active participation. This workshop has set a high standard for the forthcoming sessions of Pushpanjali Medicon 2024.



# Pushpanjali Medical Centre

*a milestone in a quest for excellence....*

*Pushpanjali Medical Centre, the brainchild of Dr. Vinay Aggarwal, was born out of a deep commitment to his patients.*

*It was the decade of the 1980s.....*

*Dr. Vinay Aggarwal was immersed in his roaring family practice in Krishna Nagar in East Delhi.*

*Fame and fortune were smiling upon him.*

*He had achieved much in a short while.*

*But he was not content...*



Dr. Vinay Aggarwal's First Clinic & Lab

**Dr. Anita Jain (AJ): What was the cause of your discontent?**

**Dr. Vinay Aggarwal (VA):** In those days East Delhi did not have a tertiary care hospital. Patients who needed more than Level 1 or 2 care had to be shifted to other parts of Delhi like St. Stephen's Hospital, LNJP or Willingdon Hospital in Central Delhi, Tirath Ram Shah Hospital in North-East Delhi or Sir Ganga Ram Hospital in West Delhi. The roads were not good and the means of transport were few and expensive. Altogether, it was a very frustrating experience for patients and their relatives. They would ask for alternatives nearer home, but none existed. I would feel helpless.

**AJ: What did you do?**

**VA:** I began to voice my concern to my friends and colleagues. They had all felt a similar need but even the well-established ones were unwilling to take the risk of opening a big hospital. My clinical practice had introduced me to many influential and affluent people, some as patients and others as attendants of patients. Whenever I would discuss this problem with them, they would encourage me to open such a setup on my own. Many of them offered to help financially as well. From this arose my decision to build a well-equipped multispeciality nursing home in East Delhi and I pooled all my resources for the same.

**AJ: How did you choose the locality for your nursing home?**

**VA:** This was not difficult. The older parts of East Delhi like Shahdara and Krishna Nagar were saturated with small health facilities. Land development was taking place along Vikas Marg Extension. Large plots had been allotted to PSUs like Indian Railways, Indian Revenue Service, and Comptroller and Auditor General to make housing societies. A large increase in population was expected which would require healthcare facilities. I therefore opted to build my nursing home in this area. A little searching by my dear friend Mr. BB Aggarwal of Aggarwal Associates led me to

plot no A-14, Pushpanjali, an IRS housing society. With his advisory and financial help, I was able to buy it. Aggarwal Associates extended all possible support for construction and liaison with all related agencies.

**AJ: How long did it take to build PMC?**

**VA:** It took about five years. I bought the land in 1985 and we formally inaugurated PMC in December 1989, The OPD started in December 1989 and we admitted our first patient on 10.01.1990. All this while, my good friends, Dr. Parkash Gera, Dr. K S Charak, Dr. Deepak Pande, Dr. Rakesh Sahni, Dr. Sharda Jain, and Dr. V. K. Garg (Ortho) stood by me to guide, support and help.

**AJ: What was the layout of PMC at that time?**

**VA:** There were 3 levels – Basement, Ground floor, and First floor. The Basement housed the OPD Chambers, Laboratory and X-ray chambers, the Accounts section, and the waiting area for patients. At the front of the Ground floor were my Office and the main Reception while at the rear were the Operation Theatre and Labour Room. There were ten beds on the First floor.



Pushpanjali Medical Centre (1989)

**AJ: How many consultants did you start with?**

**VA:** We started with 6 consultants, Dr. Parkash Gera, Dr. Deepak Pande, Dr. K S Charak, Dr. Rakesh Sahni, Dr. Sharda Jain, and Dr. Rashmi Chaudhary. Some of them are still with us.

**AJ: What response did you get? How long did it take PMC to become busy?**

**VA:** PMC did well from the beginning. The bed occupancy was usually 90-100%. Between 1990 and 1996 we conducted about 40-50 deliveries each month.



Pushpanjali Medical Centre (1994)

**AJ: How did you manage such a large patient load with only 10 beds?**

**VA:** Initially I tried to increase the bed strength by shifting all the offices to rented premises. Then I built two more floors to make it a 25-bed unit and shifted my residence to the top floor for better administration. In 1996 I bought the plot (A -15) adjacent to PMC with financial help from my consultants. By 2002 the new PMC had 50 beds.



Pushpanjali Medical Centre (2002)



**AJ: Did A-15 have additional beds only?**

**VA:** No. After acquiring A-15, we redesigned the hospital so that the new PMC could offer many more facilities, such as

- An Intensive Care Unit (ICU)
- Two state-of-the-art Modular Operation Theatres with the latest anesthesia machines. There was even a C-arm in one OT.
- A spacious Labour Room
- A Nursery
- A Respiratory lab
- A well-equipped Ophthalmology Unit
- A well-equipped ENT setup
- A Dental Chamber
- An ultrasound chamber with TMT and Echocardiography
- A well-equipped Laboratory offering a wide array of tests
- A Physiotherapy Unit
- Private Chambers for OPD Consultations and
- A canteen



Emergency



ICU



OT



Pre Labour Room



Nursery



General Ward



ECHO Room



Single Room

**AJ: To what do you attribute the success of PMC?**

**VA:** To its doctor-friendly policies, constant upgradation and patient-sensitive approach.

The first policy at PMC is to give utmost respect to Consultants. In those days (the 1970s and 1980s), and in some places even today, it was the policy to admit all patients under the nursing-home owner's care and to call specialists for one visit to give their opinion. But I went against the tide. At PMC I ensured that all patients were admitted directly under specialists. This gave the consultants a feeling of ownership of their patients and Pushpanjali Medical Centre. Automatically, all consultants worked for the betterment of PMC. Such a centre was bound to thrive.

My second endeavor was to cultivate good interpersonal relationships between consultants. I encouraged the consultants to drop into my office for a cup of tea whenever they came for their OPD or rounds. In this way, they met frequently and came to know each other. After sometime, I extended this interpersonal relationship between consultants to their families through monthly family kitties. Our children have grown up together, and we have stood by each other through good and bad times. We have become a family which we fondly call 'The Pushpanjali Family'.

Another PMC policy is to include paramedical staff in combined activities like celebration of festivals, outings, and camps. The staff also feels like a part of the extended Pushpanjali family. All these efforts have produced a cohesiveness between us.



Diwali Celebration



Onam Celebration



Christmas Celebration



Diwali Celebration



Consultants' Family Kitty at Pataudi Farms



Annual Get-together, Oberoi Maidens 2005



Cultural Program 2009



Childrens of the Pushpanjali Family

### AJ: How did you make the general community aware of PMC?

VA: We have always tried to engage with the community around us through Baby shows, school health camps, general health check-up camps, health check-up camps for senior citizens, walkathons, etc.



Baby Show



Blood Donation Camp, 2002



Health Check-up camp at Police lines

We have organized mega events like our Annual Art competition, 'PUSHPANJALI IN COLOUR', in which the chief guest was the veteran actor AnupamKher, and the judges were none other than artists from Lalit Kala Academy, Ms. Anju Kaushik, Mr. Satish Sharma, and Ms. Shruti Chandra Gupta.



Painting Competition for School Children 2005



Road Safety Workshop



PMC Walk for Health



Musical Evening 2002



Cancer Detection Camp 2002

In the early years, we conducted free annual checkup camps in Baheri, near Dhamsingh nagar, in Uttarakhand. Taking inspiration from us, doctors from nearby towns set up nursing homes in Baheri, and now they are self sufficient

Launch of Vande Mataram Scheme, 2004 by Late Smt. Sushma Swaraj

Our credibility in the community has always been so high that in 2009, the Central Government launched its ambitious VANDE MATRAM scheme from Pushpanjali Medical Centre, under the guidance of the then Health minister, the Late Mrs. Sushma Swaraj. People look upon PMC as an efficient and trustworthy healthcare facility.



Hon'ble Mrs. Sushma Swaraj  
(Minister for Health & Family Welfare)  
to Launch

**वन्दे मातरम्**  
A National Programme for Providing Free, Safe Motherhood Services

at  
**PUSHPANJALI MEDICAL CENTRE**  
HEART & TRAUMA HOSPITAL

on 9th Feb, 2004 at 8:30 a.m.

<p><b>Objectives of the Scheme</b></p> <ul style="list-style-type: none"> <li>To bring about the change in health seeking behaviors of and for expectant and new mothers and to create awareness in the family and community the need for safe motherhood.</li> <li>To involve and utilize the vast resources and specialist trained workforce available in the private sector and the private sector infrastructure for providing obstetrics care on the 9th of every month.</li> </ul>	<p><b>Operational Modalities</b></p> <ul style="list-style-type: none"> <li>The antenatal cases making use of the Vande Mataram Scheme will be given a Vande Mataram enrollment card.</li> <li>IFA Tablet for distribution to pregnant women.</li> <li>Contraceptives for free distribution including IUD.</li> </ul>
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A-15, Pushpanjali, Vikas Marg Extn., Delhi - 110 092  
Ph: 22371818, 22371817, 9811050403

**AJ:** What measures did you take to establish a good reputation for PMC in medical circles?

**VA:** PMC has always encouraged interaction with doctors in ethical ways.

Very early in our journey, we started doing academic activities like CMEs. In 1993, under the guidance of Dr.Sharda Jain, we organized a LIVE LAPAROSCOPY WORKSHOP for gynecologists in our 10-bedded PMC itself! This brought us into the limelight as a centre that does extraordinary work.



Live Gynae Laparoscopy Workshop, 1994

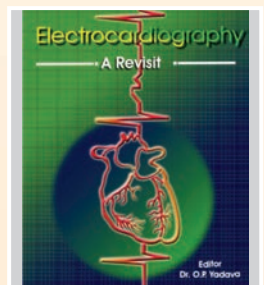
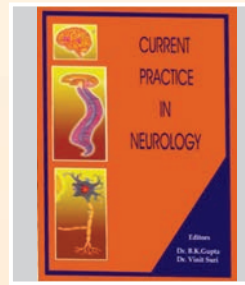
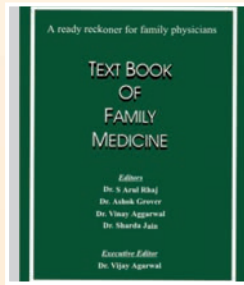


Inauguration of DOT Centre at PMC



BLS Workshop

Another unique accomplishment of PMC is Pushpanjali Publications, our own publication house under the banner of which we publish Medical handbooks written by our own consultants. For a small nursing home, to publish books is truly amazing. Some of our books like "Manual of medical emergencies" became so popular that we had to keep updating them by bringing out newer editions. Besides this we publish a quarterly newsletter, 'The Pushpanjali Connect' through which we inform our readers of the new developments and achievements of PMC and the Pushpanjali family.



### Books From Pushpanjali Publications

To this day, PMC is known for regularly conducting Conferences, CMEs, Symposia, Brainstorming sessions, and Workshops to which all doctors are invited. We have conducted two annual conferences called 'Pushpanjali Medicon' in the past two years.

### Pushpanjali Medicon 2022



## Pushpanjali Medicon 2023



Last year, we started a monthly PMC Study Circle which has become very popular among doctors of East Delhi. At each of these meetings, one or two consultants, present interesting cases managed by them.

Pushpanjali Medical Centre  
Cordially invites you for the  
**"Pushpanjali Study Circle"**  
Monthly Clinical Meet  
on 6th September 2023  
Time: 4.00 pm  
at Board Room, C-52, Anand Vihar, Delhi

Program Schedule	
Patronage	Dr. Vinay Aggarwal Chairman & Managing Director Pushpanjali Medical Centre Dr. Parkash Gera Sr. Consultant, Internal Medicine Dr. Ashok Grover Sr. Consultant, Internal Medicine
Coordinator	Dr. Ankit Bhatia Consultant, Pulmonology
Case Presentation	An Interesting Case of Fever Dr. Sumar Sharma Consultant, Internal Medicine

CME followed by refreshments



**An Unusual Case of Pneumonia**  
by Dr. Ankit Bhatia  
Consultant, Pulmonology



**Current Update and Future Plans for 2024**  
by Dr. Gaurav Aggarwal  
Director, M M Healthcare Ltd.



**Legitimate Documentation and Ethics**  
by Dr. Girish Tyagi  
Registrar, Delhi Medical Council



**Ethics in Clinical Practice**  
by Dr. Arun Gupta  
President, Delhi Medical Council



**Clinical Dilemma - A Challenging Case Effectively Managed by Team Pushpanjali**  
by Dr. Vinay Aggarwal  
Chairman & Managing Director  
Pushpanjali Medical Centre



by Dr. Vineet Jain  
Sr. Consultant Pediatrics



**Orthobiologics is Orthopaedics: A new Arrow is the Quiver**  
by Dr. Karun Jain  
Sr. Consultant, Orthopaedics & Joint Replacement



**Overview of Global Healthcare Accreditation Ecosystem**  
by Dr. Atul Mahan Kochhar  
CEO - National Accreditation Board for Hospitals & Healthcare Providers (NABH)

**AJ:** You have mentioned 'updating PMC constantly'. Tell me more about that.

**VA:** I do not allow complacency to enter PMC because it breeds stagnation. Being an itinerant traveler, I visit different medical establishments frequently. If I see something interesting or useful, I try to incorporate it into PMC. Initially, like in other nursing homes of that time, post-op patients were carried up the stairs, to their rooms, on stretchers. We were the first nursing home in East Delhi to install an elevator, as far back as 1993. This required the sacrifice of our Accounts Room in the basement, a portion of the reception on the ground floor, and one room on the second floor. Those were early days and extra money was not easy to procure, but I shifted the accounts section to rented premises and proceeded with the elevator. This addition brought much comfort to the patients and orderlies. Simultaneously PMC became more popular for providing good facilities at reasonable rates.

We were also among the first nursing homes to offer dialysis to patients with chronic kidney disease. Setting up a Dialysis ward was challenging but we did it in 2007.

Similarly, as the need arose, we set up a Pulmonary lab and a TMT + echocardiography lab. Besides, we keep renovating our existing structure and facilities. In the past year, we have made major changes to our reception, ER, USG room, waiting areas, nursing counters, and all rooms. We have added an outpatient endoscopy room and a High Dependency Unit / Surgical ICU to PMC.



Dialysis Ward 2007

On the social front, we are always aware of the needs of the community. During the deadly Covid 19 pandemic, we were among the first private centres to offer our services to the public at large.



PMC Logo



Reception



Nurse Station



Single Room



HDU



Digital X-ray



Endoscopy & Bronchoscopy Room



ECHO Room

On the academic front also PMC is always upgrading itself. The COVID-19 pandemic had brought about a lull in scientific activities, but now that it is over, we are wooing the muse again. In 2022 we organized a conference, 'Pushpanjali Medicon' for the doctors of East Delhi. It received so much acclaim that in 2023, we were forced to make it a state conference. This year, on popular demand, we are organizing 'PUSHPANJALI MEDICON 2024' as a national conference!

**AJ: Amazing! This proves that the vision of its leader and not the size of an organization, determines its worth.**

**AJ: Have you ever tried to open a branch of PMC?**

**VA: No. But we did open a multispeciality clinic in Ramprastha under the name of 'Pushpanjali**

Family Clinic' and a Diagnostic centre called 'ClinicalDiagnostic Centre", in Hargovind Enclave. I introduced the 'Cooperative Corporate in Healthcare' concept in 2008 with Pushpanjali Crosslay Hospital, a 300-bed super specialty Hospital in Vaishali, Ghaziabad. In 2015 we disinvested with Max Healthcare and it is now called Max Superspecialty Hospital, Vaishali.



Pushpanjali Family Clinic



Clinical Diagnostic Centre



Pushpanjali Crosslay Hospital

**AJ:** Tell me about what additional services you are planning to offer in the near future.

**VA:** In 2021, we started a new venture, Femme nest, under the able guidance of Dr. Sowjanya Aggarwal. It is presently being operated from rented premises but will shortly include plot no. A-16 adjacent to our hospital. It will be dedicated to all aspects of women's health including state-of-the-art IVF facilities with about 20 extra beds.



## femmenest Hospital

*Excellence in Women's Healthcare*



**AJ:** That will be wonderful. Have you made any other plans?

**VA:** Yes. We are in the process of finalizing the purchase of another adjacent plot (A-17). It will add to our bed strength and provide space for diagnostic and other facilities. Besides, we have taken a commercial place in Dehradun to develop another unit of femme nest.

**AJ:** Congratulations on your myriad achievements. The journey of Pushpanjali Medical Centre from a 10-bed nursing home to a 50-bed multispeciality Health Centre has been amazing. As the future unfolds, there will be much more to celebrate for the patients and doctors of East Delhi.

We wish you all the best for the future.





# ACCREDITATION

Pushpanjali Medical Centre has proudly maintained NABH accreditation since 2015, a testament to its long-standing commitment to delivering high-quality healthcare services. This prestigious recognition from the National Accreditation Board for Hospitals & Healthcare Providers underscores the hospital's dedication to patient safety, clinical excellence, and continuous improvement. Since achieving this accreditation, Pushpanjali Medical Centre has consistently demonstrated adherence to the highest standards in healthcare, ensuring exceptional patient care and satisfaction.



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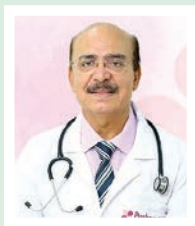
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A-14-15, Pushpanjali, Vikas Marg Extn. Delhi-110092**

**Contact No. +91-11-49401679, 8287415589**

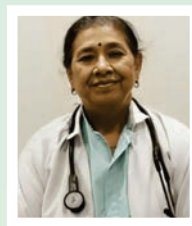
**E-mail: giridharchemists@gmail.com**

## *Department of Anaesthesiology*

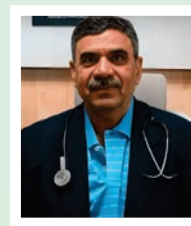
Department of Anaesthesiology is managed by 3 Senior Consultant Anaesthetists of proven track record who are associated with this hospital since inception. The Anaesthesia services are available round the clock. Besides managing the Operation Theatre they also supervise Critical Care in the ICU, Post Operative Care and Pain Management. Pre Anaesthesia Check up is done as a routine for optimization of patient prior to taking them for surgery. The Anaesthesiologists have special interest in managing High Risk cases with Co morbidities in all surgical specialties including Minimal Invasive surgeries, Day Care Surgeries, Thoracic surgery, Trauma, Joint replacements etc. In Obs Gynae, painless deliveries by Epidural is available with excellent results. State of Art Modular OTs exists at PMC with High end Anaesthesia workstations, Multi Para monitors , Patient warmers & other gadgets to ensure safety. The ICU is also very well equipped with High end Ventilators and other gadgets and have excellent patient outcome in all specialties of Medicine and Surgery.



**Dr. Rajesh Dhall**  
MBBS, MD



**Dr. Swaraj Garg**  
MBBS, MD



**Dr. Rakesh Atrey**  
MBBS, MD, DA

NephroPlus is a leading dialysis network that provides world-class and high-quality dialysis services for kidney patients in India.

NephroPlus operates 295 dialysis centres in 178 cities across India, Nepal, Uzbekistan and Philippines and is known for its quality focus and patient centricity.

The company was established 12-years back with a vision to enable people on dialysis across the world to lead long, happy, and productive lives. Driven by a patient-centric approach where each patient is treated as a 'guest', NephroPlus encourages individuals on dialysis to lead lives as close to normal as possible.

The company treats 20,000+ patients per month and has performed 80+ lakh treatments with a focus on making quality dialysis accessible and affordable for all and a commitment to high-quality, patient-centric care that fosters superior clinical outcomes.



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#### Holiday Dialysis

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### NephroPlus Benefits



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write to us at [contactus@nephroplus.com](mailto:contactus@nephroplus.com) or call on our toll-free number 1800 120 001 001



## *Department of Dentistry, Oral Medicine, and Surgery*

The dental department at Pushpanjali Medical Centre offers a unique approach to dentistry through holistic oral care provided by a dedicated team of multidisciplinary specialists. Patient-centred care is the driving force behind the department, where we strive to harness the best of modern technology to complement exceptional clinical skills while creating a soothing and assuring environment for our patients.

Our key objective is to educate patients on achieving good oral health by focusing on in-depth analyses and diagnosis of their oral environment and prescribing the best preventive measures. This approach aims to reduce the need for clinical procedures. The department offers a one-stop solution through a team of multidisciplinary specialists selected for their expertise and skills to provide holistic oral care. These exceptional clinical skills are enhanced by modern technology to provide the highest standard of care for discerning patients.

Patient-centred care is another pillar of our department. We strive to create a comfortable and reassuring environment for our patients, transforming one of life's more dreaded activities—visiting the dentist—into a positive experience. Our Oral Care Team shares a common vision: dedication to service, empathy, and the all-important gentle touch. We pride ourselves on managing the dental needs of patients of all ages, including the chronically ill, elderly, very young, and patients with special needs.

### **Services Provided:**

The current dental department was established in 2019, equipped with modern equipment and a skilled team providing the utmost support and care related to dentistry and dental hygiene.

Dr. Sneha Jodhani Jain is the principal dentist at Pushpanjali, with 13 years of experience primarily performing surgical and single-visit endodontics. The dental department includes its own CAD-CAM unit, providing high-quality dental prostheses.

### **Team:**

- Oral and Maxillofacial Surgeon
- Orthodontist (Braces)
- Pediatric Dentist



**Dr. Sneha Jodhani Jain**  
BDS



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## *Department of Dermatology*

At Pushpanjali Medical Centre our Dermatology, Venereology, and Leprosy Department is dedicated to providing comprehensive care for all skin-related conditions. Our team of experienced dermatologists and specialists is committed to offering the highest quality of medical care using state-of-the-art techniques and treatments.

### **Our Expertise**

1. Skin Cancer Screening and Treatment: Early detection and management of skin cancers using advanced diagnostic tools and treatment methods.
2. Psoriasis and Eczema Management: Personalized treatment plans to manage chronic skin conditions effectively.
3. Acne and Rosacea Treatment: Comprehensive care for common skin conditions to improve skin health and appearance.
4. Cosmetic Dermatology: Procedures including chemical peels, micro-needling, and anti-aging treatments to enhance skin aesthetics.
5. Sexually Transmitted Infections (STIs) Diagnosis and Treatment: Expert care for the prevention, diagnosis, and treatment of STIs. Counseling and Education Providing patients with the knowledge and resources to prevent and manage STIs effectively.
6. Leprosy Diagnosis and Treatment : comprehensive treatment plans for managing leprosy.
7. Various Hair disorders
8. Procedures Offered Skin Biopsies, Acne surgeries vitiligo surgeries, nail surgery, chemical peeling, dermaplanning, electrocautery, botox, fillers, threads, microneedling, PRP , mesotherapy

We are committed to providing patient-centered care with compassion and expertise. Our team stays abreast of the latest advancements in dermatology and venereology to ensure our patients receive the most effective and up-to-date treatments.



**Dr. Somya Sharma**  
MBBS, MD, DNB

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## Department of Gastroenterology

Department of Gastroenterology & Hepatology aims to provide state-of-the-art Diagnostic and Therapeutic services for patients of Digestive, Liver and Pancreato-Biliary Diseases.

The Department offers specialized care for patients with Liver Diseases, namely Cirrhosis, Chronic Liver Disease, Acute Liver Failure, Fatty liver, Hepatitis B, Hepatitis C infection etc. The department also offers comprehensive care for patients with Alcohol related Liver problems in collaboration with Department of Psychiatry to help the patients for de-addiction.

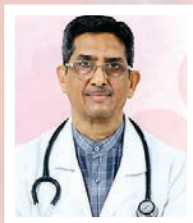
Facilities for endoscopy are available in the hospital.

Patients diagnosed with Gastrointestinal cancers are managed through Stenting and thus providing relief to obstruction and reducing jaundice.

### SERVICES

The department offers the following specialised surgical services:

- Diagnostic Upper GI Endoscopy, Colonoscopy and ERCPs.
- Therapeutic procedures like:
  - Band ligation for varices
  - Management of Acute Upper GI bleed
  - Glue injection for bleeding gastric varices.
  - Polypectomy
  - PEG tube placement for feeding in patients with neurological disorders and those with chronic debilitated states.
  - Endoscopic placement of feeding tubes.
  - Esophageal, Colonic and Biliary stenting for patients with cancers of the GI tract.
  - Esophageal dilatation for patients with corrosive strictures.
  - Pneumatic dilatation for Achlasia cardia.
  - Foreign body removal
  - ERCP and CBD stone removal
  - Sclerotherapy for ulcer
  - Diagnosis of H Pylori infection.
  - Ultrasound guided liver biopsies for diagnosis of liver diseases.
  - Screening for hepatitis B and C
  -



**Dr. Neeraj Jain**  
MBBS , MRCP



**Dr. Pabitra Sahu**  
MBBS, MD, DM

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## Department of General & Laparoscopic Surgery

Pushpanjali medical centre has been providing high quality patient care in East Delhi since 1989. The department is run by a dedicated team of surgeons for round the clock patient care. The Department of Surgery at Pushpanjali medical centre is committed to attracting and nurturing the talents of residents and young surgeons; and providing outstanding surgical care through our multiple subspecialities in the department of surgery.

We have modern modular Operation Theatre with high end Endovision system and laparoscopic instruments which enables surgeons to perform high end minimal access surgery.

The subdivisions in the department are as follows (to provide efficient services to our patient)

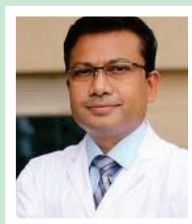
- **Minimal Access Surgery:** Laparoscopic cholecystectomy, Hernia surgery, laparoscopic appendicectomy, Laparoscopic CBD Exploration etc.
- **Gastrointestinal surgery:** Surgery on esophagus, stomach, intestines, Hepatobiliary and colorectal surgery.
- **Coloproctology:** Our team is committed to provide state of the art laser surgery for anal fistula and Bleeding haemorrhoid (piles), anal fissure and pilonidal sinus.
- **Trauma Surgery:** Our dedicated team of specialists provide care of abdomen trauma (Blunt and penetrating), Intestinal injury, and solid organ injury (Liver and spleen).
- **Thoracic Surgery:** A multidisciplinary team of physician and surgeon provide the care for variety of thoracic pathologies that includes – Esophageal Cancer surgery, Lung Cancer surgery, Thymectomy for Myasthenia-Gravis, Thymoma Surgery, Mediastinal Tumour Surgery & Surgery for Sequelae of Pulmonary & Pleural Tuberculosis. We also provide treatment of Rib fractures with hemothorax and penetrating chest trauma.
- **Genitourinary Surgery:** Surgery for testicular tumour, hydrocele, torsion of testis and phimosis surgery.
- **Endocrine Surgery:** Surgery on thyroid pathology (cancer & benign), Parathyroid adenoma, Adrenal gland tumour and Breast surgery for cancer and fibroadenoma.
- **Vascular Surgery:** Laser surgery of varicose veins, AV fistula creation, Surgical care of cellulitis, ulcer and gangrene of foot and legs.
- **Urology:** Surgery for kidney and urinary tract stone, Prostate enlargement, Urinary bladder pathology and Urethral stricture.



**Dr. Yogesh Jhamb**  
MBBS, MS



**Dr. Manju Govil**  
MBBS, MS



**Dr. Roman Dutta**  
MBBS, MS



**Dr. A K Kundalia**  
MBBS, MS



**Dr. Naveen Jain**  
MBBS, MS

*With Best Wishes From*  
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**Chairman**

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## Department of Homœopathy

Treatment for all types of acute and chronic case can be done. Acute diseases. Fever, dengue, chikungunya, malaria, epidemic fevers, puo, acute allergies, diarrhea and vomiting. With advance methods such as Im scale, acute disease can be very effectively and quickly cured. Today's homoeopathy is fast, effective and delivers cure without any unwanted aggravations to the patient. It is gentle and very effective.

### Chronic Diseases:

- Skin: Psoriasis, vitiligo, allergic dermatitis, eczema, fungal infections, wart, lichen, pimples, warts.
- Child: Food allergies (wheat allergy, milk allergy), pneumonia, asthma, autism, behavioral problems.
- Female: PCOD, fibroids, irregular menstruation, menopausal problems, gestational problems.
- Male: Hydrocele, prostate enlargement, erectile dysfunction, pme
- Respiratory Problems: Asthma, bronchitis, allergic bronchitis, copd. Children who are dependent on nebulisations, inhalers and pumps can be made free of it with regular treatment.
- Blood Disorders: Anemias, thrombocytopenia, itp, aplastic anemias, blood cancers. thalassemia patients who are dependent on blood transfusion can be benefited by reducing need of transfusion.
- Lifestyle Disorders: Diabetes, hypertension, thyroid dysfunction
- Kidney Disease: Renal stones, chronic kidney diseases, nephrotic syndrome, crf patient dependent on dialysis can be managed by reducing the need of dialysis by medicine.
- Gastric Disorders: Gerd, fatty liver, ulcerative colitis, crohn's disease.
- Incurable Cases: Cancers, kidney failures, rejected cases from other systems of medicines can be managed with homeopathy.
- Terminal Cases: Can be given a quality of life with minimum suffering with homeopathy.
- Homoeopathy In Pregnancy: It is totally a safe option to overcome the complications during pregnancy and delivery. It ensures good health and proper development of the mother and child both.
- Homoeopathy in Pre & Post surgery management: Dr. Shantanu has expertise of helping patients in hospitals in minor, major and dental surgeries by providing homoeopathic medicines instead of painkillers, antibiotics specially for sensitive, old patients and people allergic to allopathic drugs. Easy and quick healing of sutures, post surgery adhesions, c-section sutures is very effectively dealt with homeopathy.



**Dr. Shantanu Choudhry**  
BHSD

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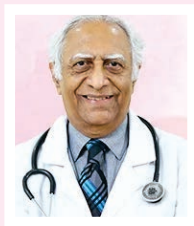
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## *Department of Internal Medicine*

The Department of Internal Medicine provides consultation, diagnosis, and treatment of various diseases. The department also provides expert management of complicated multi-organ medical disorders in critical care settings. It comprises very senior and experienced consultants who conduct daily OPD clinics in the hospital. The department is backed by a well-equipped intensive care unit. Infectious diseases, chronic diseases, lifestyle diseases especially diabetes, hypertension, thyroid problems, obesity, and other metabolic problems, as well as common infections, such as viral fever, dengue, malaria typhoid fever, and tuberculosis are treated by our team of qualified and experienced physicians.

Our physicians also provide continued care for patients with chronic diseases and multi-system involvement. Geriatric patients are given special attention and appropriate medical care.



**Dr. P C Gera**  
MBBS, MD



**Dr. Ashok Grover**  
MBBS, MD



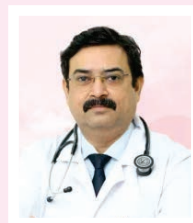
**Dr. Mukesh Ajmera**  
MBBS, MD



**Dr. Nishesh Jain**  
MBBS, MD



**Dr. Sumer Sharma**  
MBBS, MD



**Dr. Manish Singh**  
MBBS



**Dr. Purneetha Singh**  
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- Immunology
- Hormones, Serology, Microbiology
- Histopathology & Cytopathology
- Clinical pathology, Molecular biology



**Dr. Renu Aggarwal**  
MBBS, MD

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## Department of Nephrology

The Department of Nephrology is headed by Dr. Neeru P Aggarwal and Dr. Manisha Dassi, Consultant Nephrologists. In addition, the nephrology team also includes Dr. Sumit Sharma, Associate Consultant, who is involved in dialysis care and procedures related to dialysis access. The Department comprises 8 dialysis machines and is managed round the clock by senior technicians. The Department is backed by an eight-bed ICU for patients who need critical care. The dialysis unit is run by Nephroplus. Nephroplus is India's largest dialysis center network. Each Nephroplus center is a one-stop shop for all the needs of a dialysis guest.

### The Department takes care of patients with

- Acute Renal Failure
- Chronic Renal Failure
- Hypertensive and Diabetic Kidney Diseases
- Obstructive Kidney Diseases
- Immunologically mediated Kidney Diseases

### The Nephrology Department also provides

- Dialysis services for patients in the ICU, for
- Dialysis patients undergoing cardiac, orthopedic or other procedures
- Continuous Ambulatory Peritoneal Dialysis (CAPD) facilities
- Diagnosis and treatment of primary kidney diseases
- Renal Biopsy is done using ultrasound guidance
- Outpatient consultancy services are available
- Consultancy for general nephrology care for diabetes, hypertension and those with immune kidney diseases
- Pre-dialysis and pre-transplant care

### Procedures

The unit performs Dialysis access establishment procedures, including AV Fistula, AV Graft, Permacath, Temporary femoral, subclavian or jugular catheters and percutaneous CAPD catheter insertion for patients requiring various types of dialysis.



**Dr. Neeru P Aggarwal**  
MBBS, MD, DNB



**Dr. Manisha Dassi**  
MBBS, MD, DNB



**Dr. Sumit Sharma**  
MBBS



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“Let’s Build Wellness Rather Than Treating Diseases” Overall goal of the dietary service is to provide nourishing and appetizing meals to all patients and personnel as efficiently and economically as possible. At Pushpanjali Medical Centre we place our belief that in addition to clinical/medical procedures a proper diet therapy also plays a vital role in the betterment of patient’s health. Our experienced Dieticians designate diet to be an integral component of patient care. Prompt nutritional intervention is essential to boost patient’s immunity and take control over the disease along with reduction in the recovery period.

### **Lifestyle and Wellness Advisory:**

- Weight Loss
- Diabetes Management
- Immunity Booster
- Pediatric Nutrition
- Digestive Disorders
- Bone and teeth Health
- Maternal Nutrition Counseling
- Diet Management in Anemia
- Diet Plan for Cardiac Patients
- Chronic Fatigue Syndrome
- Food Allergy and Intolerance
- Menu Design and Nutritional Analysis



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Dietician

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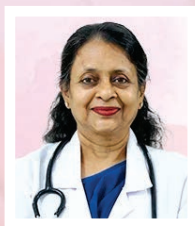
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## Department of Obstetrics and Gynaecology

The Obstetrics and Gynaecology department at Pushpanjali Medical Centre provides comprehensive care to women across all the stages of life including puberty, fertility, pregnancy and menopause. Patient-centred care is offered by a qualified team of specialists coupled with compassionate and caring staff. The department offers maternity care including prenatal, antenatal, natal and postnatal care, childbirth education classes, lactation support and postpartum care. Other facilities provided are routine gynaecological care, family planning, contraception counselling, infertility and menopause management. We adhere to rigorous quality and safety standards including protocols for infection control in labour room and operation theatres. Ensuring clear communication, confidentiality, informed decision making and providing a supportive environment is integral to the department.

### Services

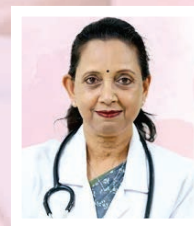
- Antenatal, Perinatal and Postnatal Care
- High risk pregnancy care
- Painless delivery
- MTP Services (upto 24 weeks)
- USG guided procedures
- Recurrent abortion clinic
- Contraception counselling
- Gynaecological cancer screening
- Colposcopy
- Adolescent gynaecology
- Menstrual disorders
- Gynaecological surgeries (Hysterectomy, myomectomy, ovariectomy, cystectomy)
- Menopause clinic
- Endoscopic procedures (Laparoscopy and Hysteroscopy)



**Dr. Sangeeta Goel**  
MBBS, MD



**Dr. Anita Jain**  
MBBS, MS



**Dr. Anita Aggarwal**  
MBBS, MD



**Dr. Rekha Sarin**  
MBBS, DNB



**Dr. Pooja Prasad**  
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## *Department of Gynae Laparoscopy & Hysteroscopy*

In the realm of women's health, the Department of Minimal Access Gynecological Surgery is setting new standards with its groundbreaking techniques and compassionate care. Minimal access surgery, often referred to as laparoscopic surgery, represents a significant leap forward in gynecological treatment, offering patients a range of benefits over traditional open surgery.

This advanced approach utilizes small incisions and specialized instruments to perform surgeries with remarkable precision. By minimizing the size of the incisions, patients experience less postoperative pain, reduced risk of infection, and quicker recovery times. Scarring is minimal, and many patients are able to resume their daily activities within days rather than weeks.

The department specializes in addressing a variety of gynecological issues, including endometriosis, uterine fibroids, and ovarian cysts. These conditions, which often require surgical intervention, can now be managed with enhanced accuracy and fewer complications.

Additionally, minimal access techniques are increasingly used in fertility treatments. By integrating laparoscopic methods with advanced reproductive technologies, the department can effectively diagnose and treat underlying issues that may affect conception, offering hope to those struggling with infertility.

Overall, the Department of Minimal Access Gynecological Surgery is at the forefront of transforming women's health care, combining innovation with a patient-centered approach to deliver exceptional results.



**Dr. Sowjanya Aggarwal**  
MBBS, MS  
Gynae Laparoscopic Surgeon & Infertility Specialist

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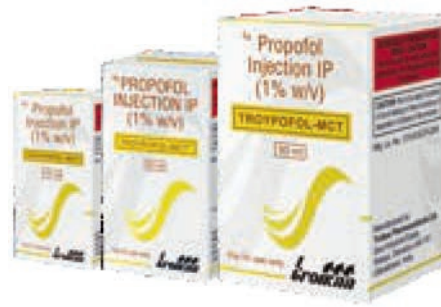
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## Orations

### Dr. J K Jain Memorial Oration

**Topic :** Are we doing enough to keep Our Patients Safe?

**Speaker:** Dr. Vijay Agarwal

President of Consortium of Accredited Healthcare Organization (CAHO)

President Society For Child Development

Former Advisor to Global Association of Physicians of Indian Origin (GAPIO)



### Dr. Shekhar Agarwal Memorial Oration

**Topic :** The Classic, the Modern and the Ethical in Care of the Disabled: My Journey in Social Orthopaedics

**Speaker:** Dr. Mathew Varghese

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### Dr. M M Aggarwal Memorial Lecture

**Topic :** Navigating the New Frontier:  
AI and Technology Transformations in Clinical Practice

**Speaker:** Dr. Garima Aggarwal

MBBS, MD (Medicine), DM (Nephrology)

Nephrologist and Renal Transplant Physician,

Manipal Hospitals, Bengaluru, India





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Hall A

**Session 1 Nephrology**  
 Coordinator: Dr. Manisha Dassi

Time	Topic	Speakers	Chairpersons
09:00 AM to 09:20 AM	Renal Involvement in Neoplasia	Dr. Sourabh Sharma	Dr. Gopal Sharma Dr. L K Jha Dr. Ashok Kumar Dr. Vikas Goswami Dr. Vimal Dassi
09:20 AM to 09:40 AM	Pregnancy Related Acute Kidney Injury	Dr. Anurag Gupta	Dr. Rini Goel Dr. Chander Lata Dr. Deepa Gupta Dr. Prajit Majumdar Dr. Tushar Gupta Dr. Shitij Bali
Time	Topic	Moderator	Panelists
09:40 AM to 10:00 AM	<b>Panel Discussion :</b> Renal Transplantation : Expanding Donor Pool	Dr. Manisha Dassi	Dr. Neeru P Aggarwal Dr. Yashpal Bundela Dr. Amitabh Gautam Dr. Pankaj Gaur Dr. Girish Tyagi Dr. Prashant Vashisht Dr. Manish Gupta

**Session 2 Neurology**  
 Coordinator: Dr. B K Gupta

Time	Topic	Speakers	Chairpersons
10:00 AM to 10:20 AM	Case Based Approach and Management of Headache	Dr. Debashish Chowdhury	Dr. Amit Batra Dr. Neeraj Govil Dr. Sahil Gupta Dr. Rahul Jain
10:20 AM to 10:40 AM	Unfolding the Puzzle of Dizziness	Dr. Atri Chatterjee	Dr. K S Anand Dr. Ashwin Panda Dr. Anirudh Lochan Dr. Man Mohan Aggarwal Dr. Rahul Aggarwal

**Session 3 Psychiatry**  
 Coordinator: Dr. Druhin Grover

Time	Topic	Moderators	Panelists
10:40 AM to 11:00 AM	Panel Discussion on: Suicide Prevention	Dr. Damini Grover Dr. Abhinav Monga	Dr. Shekhar Seshadri Dr. Rajesh Sagar Ms. Gagandeep Kaur Sethi

**Session 4 Internal Medicine**  
**Coordinator: Dr. Ashok Grover**

Time	Topic	Speakers	Chairpersons
11:00 AM to 11:20 AM	Individualised Diabetes Management: Significance of Degludec and its Coformulation in Tailored Therapy	Dr. Rakesh Kumar Prasad	Dr. S K Bakshi Dr. Rajiv Gupta Dr. Ajay Kumar Ajmani Dr. Nidhi Sahai Dr. Rajiv Bansal
11:20 AM to 11:40 AM	Addressing the Syndemic of Diabesity with Oral GLPIRAS: Potential and Promise	Dr. S K Wangnoo	Dr. Ashish Saini Dr. Naresh Dang Dr. Vivek Bindal Dr. Anil Motta Dr. Swathi Jami

**Guest Lecture | Coordinator: Dr. Ashok Grover**

11:40 AM to 12:05 PM	Why Everyone Should Be Concerned About Fatty Liver Disease	Dr. S K Sarin	Dr. Anil Aggarwal Dr. Neeraj Jain Dr. RPS Makkar Dr. Mandhir Kumar Dr. Lalit
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**Session 5 Gastroenterology**  
**Moderator: Dr. Ashok Grover**

Time	Topic	Speaker	Chairpersons
12:05 PM to 12:25 PM	The Navel- Single Solution to all Health Issues	Dr. Neeraj Jain	Dr. S K Sarin Dr. V K Upadhyaya Dr. Karun Jain Dr. Nishesh Jain Dr. Pooja Garg Dr. M K Saxena

**Session 6 Cardiology**  
**Moderator: Dr. Anand Kumar Pandey**

Time	Topic	Speaker	Chairpersons
12:25 PM to 12:45 PM	Micra - Leadless Pacemaker - A Game Changing Therapy	Dr. Viveka Kumar	Dr. Sandeep Singh Dr. Sajal Gupta Dr. Amrendra Pandey Dr. Gaurav Minocha
Time	Topic	Moderator	Chairpersons
12:45PM to 01:25 PM	<b>Panel Discussion :</b> Heart Failure from Drugs to Device Therapy	Dr. Anand Kumar Pandey	Dr. Viveka Kumar Dr. Sandeep Singh Dr. Sajal Gutpa Dr. Amrendra Pandey

**01:25 PM to 02:00 PM - Lunch Break**

**Dr. M M Aggarwal Memorial Lecture**  
**Coordinator: Dr. B K Gupta**

Time	Topic	Speaker	Chairpersons
02:00 PM to 02:30 PM	Navigating the New Frontier: AI and Technology Transformations in Clinical Practice	Dr. Garima Aggarwal	Mr. Anil Aggarwal IPS Dr. Gaurav Aggarwal Dr. Neeru P Aggarwal Dr. Vinant Bhargava Dr. Dinesh Khullar Dr. Aditi Bhutani

## Felicitation of Quiz Winners

**Guest Lecture**  
**Coordinator: Dr. Sumer Sharma**

Time	Topic	Speaker	Chairpersons
02:30 PM to 03:00 PM	Sex has no expiry Date	Dr. Deepak Jumani	Dr. V K Wadia Dr. Rajeev Sood Dr. Ajay Kumar Dr. Nitin Sinha Dr. Vandana Garg

**Session 7 Communicable Diseases**  
**Coordinator: Dr. Nishesh Jain**

Time	Topic	Speaker	Chairpersons
03:00 PM to 03:20 PM	Emerging Trends and Challenges in the Prevention and Treatment of Sexually Transmitted Infections	Dr. Ruby Bansal	Dr. V K Upadhyaya Dr. B B Rewari Dr. Radha Jain Dr. Shobini Rajan Dr. Paras Gangwal Dr. Narender Saini

**Session 8 Pulmonology**  
**Coordinator: Dr. Ankit Bhatia**

Time	Topic	Speaker	Chairpersons
03:20 PM to 03:40 PM	Recent Updates in management of Extra-Pulmonary Tuberculosis	Dr. Surya Kant	Dr. Kamal Chopra Dr. Ashok Grover Dr. Sumer Sharma Dr. Nitesh Tayal

Time	Topic	Moderator	Penalists
03:40 PM to 04:00 PM	<b>Panel Discussion :</b> Biologics in Asthma	Dr. Arjun Khanna	Dr. Saurabh Pahuja Dr. Rajesh Kumar Gupta Dr. Ankit Parakh Dr. Mrinal Sircar Dr. Ambrish Joshi

**Session 9 Hematology**  
**Coordinator: Dr. Purneetha Singh**

Time	Topic	Speaker	Chairpersons
04:00 PM to 04:20 PM	Iron Deficiency Anemia - Update on Evaluation and Management	Dr. Esha Kaul	Dr. Manju Puri Dr. Pankaj Choudhary Dr. Neeru P Aggarwal Dr. Pravas Chandra Mishra

**Session 10 Nephrology**  
**Coordinator: Dr. Manisha Dassi**

Time	Topic	Speaker	Chairpersons
04:20 PM to 04:40 PM	Risk of PPIs in Kidney Patients	Dr. R K Sharma	Dr. Kush Ohri Dr. Subhashish Mazumdar Dr. Dilip Bhalla Dr. Ajay Kumar Gupta

**Session 11 Gastroenterology**  
**Coordinator: Dr. Sumer Sharma**

Time	Topic	Moderator	Panelists
04:40 PM to 05:20 PM	<b>Panel Discussion :</b> Optimizing the Treatment of Acute Severe Ulcerative Colitis in this era of biologics and small molecule	Dr. Pabitra Sahu	Dr. Neeraj Jain Dr. Naresh Agarwal Dr. Subhashish Mazumdar Dr. Mahendra Singh Rajput Dr. Peeyush Kumar



## Hall B

### Session 1 Max Lab Coordinator: Dr. Nishesh Jain

Time	Topic	Speaker	Chairpersons
09:00 AM to 09:20 AM	Syndromic Testing- Biofire Panels	Dr. Saloni Sehgal	Dr. Viveka Kumar Dr. Ankit Bhatia Dr. Malika Grover Dr. Anita Nangia Dr. Narinder Saini

### Session 2 Obs & Gynae Coordinator: Dr. Ragini Gupta

Time	Topic	Moderators	Panelists
09:20 AM to 09:55 AM	<b>Panel Discussion :</b> Planning Parenthood Insights into Pre Pregnancy Counselling	Dr. Anita Aggarwal Dr. Sangeeta Goel	Dr. Ila Gupta Dr. Kiran Chandna Dr. Sushma Dikhit Dr. Rakhi Rawat Dr. Apoorva Reddy Dr. Neelu Gandhi Dr. Deepti Nabh Dr. Mamta Thakur

Time	Topic	Speakers	Chairpersons
09:55 AM to 10:15 AM	Breaking Through Barriers: Effective Strategies for Managing Impacted Fetal Head in Cesarean Sections	Dr. Manju Puri	Dr. Sangeeta Goel Dr. Anita Jain Dr. Shama Batra Dr. Anita Sharma Dr. Kumar Gandhi Dr. Ritu Arya
10:15 AM to 11:00 AM	Newer Modalities in the treatment of Endometriosis	Dr. Jay Mehta	Dr. Anjana Singh Dr. Nisha Kapoor Dr. Rajshree Jain Dr. Somna Goyal Dr. Preeti Gaur
11:00 AM to 11:10 AM	Introduction of Femmenest	Dr. Sowjanya Aggarwal	Dr. Vinay Aggarwal Dr. Parkash Gera

### Session 3 Radiology Coordinator: Dr. Puja Prasad

Time	Topic	Speaker	Chairpersons
11:10 AM to 11:30 AM	Fetal Medicine & It's Advances	Dr. Samanta D Gupta	Dr. Krishna Gopal Dr. Anita Sharma Dr. Bhavya Rathore Dr. Apoorva Reddy Dr. Rita Bakshi Dr. Neelam Lekhi

**Session 4 Orthopaedics**  
**Coordinator: Dr. Karun Jain**

Time	Topic	Speakers	Chairpersons
11:30 AM to 11:50 AM	Artisan Leap with Technology : Robotic Knee Replacement	Dr. Anil Arora	Dr. Shekhar Srivastav Dr. Anil Tayal Dr. Manoj Goel Dr. Deepak Batra Dr. Nitin Sharma Dr. Sanjay Yadav
11:50 AM to 12:10 PM	The effect of GFC augmentation of arthroscopic repair of Rotator Cuff injuries in athletes.. A Clinical Study.	Dr. Jujhar Singh	Dr. Man Mohan Aggarwal Dr. Atul Jain Dr. Karun Jain Dr. Hemant Gupta Dr. Arpit Sekhri
12:10 PM to 12:30 PM	They are Not Small Adults: Recognising the Importance of Time and Technique and Care in Paediatric Orthopaedics	Dr. Ravi Chauhan	Dr. Amit Kansal Dr. R K Nabh Dr. Piyush Jain Dr. UP Singh Dr. L Tomar Dr. Puneet Bedi

**Dr. Shekhar Agarwal Memorial Oration**  
**Coordinator: Dr. Deepak Pande**

Time	Topic	Speakers	Chairpersons
12:30 PM to 01:00 PM	The Classic, the Modern and the Ethical in Care of the Disabled: My Journey in Social Orthopaedics	Dr. Mathew Varghese	Dr. Shekhar Seshadri Dr. Deepak Pande Dr. Ashok Grover Dr. Rajiv Jain Dr. B K Mehta Dr. Puneet Bedi
01:00 PM to 01:10 PM		Ms. Suvarna Raj	

**Felicitation of Quiz Winners**

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**01:25 PM to 02:00 PM - Lunch Break**

**Session 5 Oncology**  
**Coordinator: Dr. Sandeep Aggarwal**

Time	Topic	Speaker	Chairpersons
02:00 PM to 02:20 PM	Immune check point inhibitors in common cancers - a paradigm shift	Dr. Shyam Aggarwal	Dr. Gopal Sharma Dr. Sandeep Aggarwal
Time	Topic	Moderator	Panelists
02:20 PM to 02:40 PM	<b>Panel Discussion :</b> What is New in Breast Cancer Management	Dr. Rakesh Koul	Dr. Shikha Haldar Dr. Tripti Saxena Dr. Bimlesh Thakur Dr. Deepika Gupta Dr. Khare Dr. Sunayana Misra Dr. Aditya Sarin Dr. AP Dubey Dr. Shubham Garg

**Session 5 Oncology**  
**Coordinator: Dr. Sandeep Aggarwal**

Time	Topic	Speaker	Chairpersons
02:40 PM to 03:00 PM	Target Therapy for Breast Cancer	Dr. Gopal Sharma	Dr. Sameer Khatri Dr. Manju Govil Dr. Gagan Saini Dr. Rajinder Saggi

**Dr. J K Jain Memorial Oration**  
**Coordinator: Dr. Vinay Aggarwal**

Time	Topic	Speaker	Chairpersons
03:00 PM to 03:30 PM	Are we doing enough to keep our patients safe?	Dr. Vijay Aggarwal	Dr. A K Aggarwal Dr. Sandeep Budhiraja Dr. Alex Thomas Dr. Atul Kochar

**Felicitation of Quiz Winners**

**Session 6 Dozee**  
**Coordinator: Dr. Vijay Aggarwal**

Time	Topic	Speaker	Chairpersons
03:30 PM to 03:50 PM	Remote Patient Monitoring: Decoding Early Signs of Patient Health Deterioration	Mr. Gaurav Parchani	Dr. Vijay Aggarwal Dr. Alex Thomas Dr. V K Monga Dr. Ajay Lekhi Dr. Sushil Vimal Dr. Ajay Kumar Gupta

**Session 7 Senior Living**  
**Coordinator: Ms. Saumya Saxena**

Time	Topic	Speaker	Chairpersons
03:50 PM to 04:00 PM	Introduction about Max Estates	Mr. Rishi Raj	
Time	Topic	Talk	Chairpersons
04:00 PM to 04:20 PM	Buildings as custodian of well-being in cities	Ms. Saumya Saxena Mr. Gaurav Shorey	

**Session 8 Medical Ethics**  
**Coordinator: Dr. Alex Thomas**

Time	Topic	Speaker	Chairpersons
04:20 PM to 04:40 PM	Navigating New Criminal Laws & its Impact on Medical Professionals	Dr. Sanyam Khetrapal	Dr. Alex Thomas Dr. Girish Tyagi Dr. Arun Gupta Dr. Achal Gulati Dr. D R Rai Dr. Ashwini Dalmiya
04:40 PM to 05:00 PM	Exploring possibility of removing doctors from the ambit of the Consumer Forum	Dr. S M Kantikar	
05:00 PM to 05:20 PM	Limiting Liability- Nuances & Perspectives from Law Point of View	Dr. Prof. O V Nandimath	



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\*Promoter has got the project land Plot No. GH-07, Sector No. 06, Aditya World City, Integrated Township, Shahpur Bamheta, Pargana Dansna by way of Sale Deed executed between M/s AU Real Estate Services Pvt. Ltd. and M/s Agarwal Associates Promoters Limited and Agarwal Associates Promoters Consortium Limited on 20.02.2024 confirming upon it right to construct and book the developed units for sale to prospective buyers. The promoter however shall have the right to execute the registered sale deed in favour of the buyers of the Project only after the payment of all the pending installments along with the interest amount, if any. The due date for payment of last installments to M/s Agarwal Associates Promoters Limited and Agarwal Associates Promoters Consortium Limited by the Promoter is March 2028. The promoter shall pay the balance installments within the permissible time prior to declare date of completion of the project so that it can honor its commitments to the prospective allottees in the project." Project's details are available on website of UPRERA , Regn No UPRERAPR|448904/04/2024 (www.up-rera.in) (1 sq.mtr. = 10.764 sq. ft.) \*Terms & Conditions Apply.

## Guest Lectures

### Topic: Sex Has No Expiry Date



#### Prof Deepak K. Jumani

- Hon. Asst Prof at Sir JJ Group of Hospitals & Grant Govt Medical College & Mumbai Police Hospital
- Fellow of Regenerative Clinical Medicine
- Diplomate American Board Certified Clinical Sexologist
- Fellow of American College of Sexology
- AASECT Certified Sex Therapist
- Course Director & Mentor: Fellowship in Clinical Sexology, (MUHS)
- Co Chairman: IMA's Initiative for Sexual Health (IISH)
- Cyber Crime Intervention Officer (Govt of India)
- Author: of Best Seller "Sex has no Expiry Date"

### Topic: Why Everyone Should Be Concerned About Fatty Liver Disease



#### Dr. Shiv Kumar Sarin

- Director, ILBS and President, National Academy of Medical Sciences MBBS, DM - Hepatology, MD - General Medicine, DM - Gastroenterology  
Director, ILBS and President, National Academy of Medical Sciences

### Topic: Newer Modalities in the Treatment of Endometriosis



#### Dr. Jay Mehta

- Director, Shree IVF Clinic, Mumbai



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## *Department of Ophthalmology*

At Pushpanjali Medical Centre, we provide complete and comprehensive eye care ranging from routine eye check-up to the treatment of all eye disorders like cataract, glaucoma, and squint. We believe that everyone deserves to see the world clearly.

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## Department of Orthopaedics

Pushpanjali Hospital has a team of verified and trusted orthopaedic doctors with decades of experience in the field of orthopaedics. We have a dedicated team of doctors and staff, who ensure the best treatment and personalised care to patients. We have well equipped, full -fledged diagnostic labs and operation theatres with state of the art technology and latest instruments to deliver world-class orthopaedic treatment.

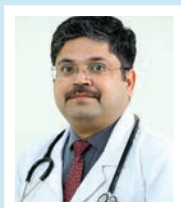
### Areas of expertise:

- We provide quality services in Orthopaedics, Joint Replacement, Trauma, Arthroscopy and Spine Surgery.
- The Total Knee Replacement, Arthroscopy, Unicompartamental/ partial knee replacement and Partial hip replacement & Trauma surgeries town.

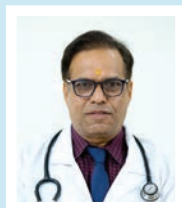
### Treatment includes:

- Bone fractures & complex trauma
- Arthritis and joint replacement
- Orthobiologics and sports injuries
- Soft tissue (muscle, tendon, and ligament) injuries
- Joint pain from arthritis
- Back & Neck pain
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**Dr. Karun Jain**  
MBBS, MS



**Dr. Manoj Goel**  
MBBS, MS



**Dr. Atul Jain**  
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## *Department of Otorhinolaryngology ('ENT)*

The Department of ENT is a facility providing comprehensive patient care for all Ear, Nose, Throat, Head and Neck disorders. The specialty of ENT Head and Neck Surgery caters to a wide range of diseases like loss of hearing, ear infections, ear discharge, giddiness, balance and disorders of equilibrium, headache, allergies and infections of nose and sinuses, nasal bleeding, snoring and sleep disorders, voice problems, speech disorders in children, long standing coughs and infections of the air passages.

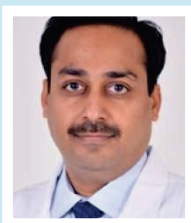
### **ENT Services**

Endoscopic surgery for tracheal stenosis and tracheobronchial tumours - Advances in endoscopic technology have enabled endoscopic surgical correction of disorders of the trachea (wind-pipe) like narrowing, tumours, collapse of trachea and improving the breathing and quality of life of such patients.

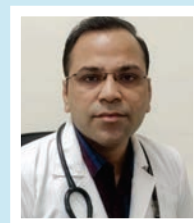
- Laser facilitates make possible accurate and well-defined cutting of the tissues and therefore early recovery with minimal hospital stay and morbidity.
- Advanced endoscopic skull base and eye surgeries - Areas in the vicinity of the nose like the eye and the base of the brain are now accessible using endoscopic scarless techniques through the nose to offer effective surgical solutions to diseases in these areas.
- Surgery for snoring and sleep disorders - Effective correction of the narrowed segments and lax tissues of the nose and throat using LASER techniques enables rectification of snoring and a peaceful sleep for the partner as well.



**Dr. Atul Jain**  
MBBS, MS



**Dr. Rahul Aggarwal**  
MBBS, MS



**Dr. Sudhir Sharma**  
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## *Department of Paediatrics & Paediatric Surgery*

Pushpanjali Medical Centre's Department of Paediatrics boasts a team of highly experienced specialists including Dr. Deepak Pande and Dr. Vineet Jain, each with over 30 years of expertise, alongside the young and dynamic Dr. Karan Bagga. The department offers round-the-clock emergency care for children, ensuring immediate attention during child emergencies. Additionally, all newborn deliveries receive personalized care from a pediatrician to ensure a safe beginning.

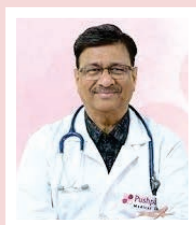
Regular pediatric outpatient departments operate six days a week, providing consultations, vaccinations, and growth and developmental monitoring through well-baby clinics. The hospital's 4-bedded Newborn Nursery is equipped with advanced open incubator systems, phototherapy equipment, infant warmers, syringe pumps, and multi-para monitors, catering to both normal and late preterm babies. The facility offers various categories of rooms for hospitalizations, supported by a senior and trained nursing staff specializing in newborn and pediatric care.

For surgical needs in pediatrics, Dr. Pritesh Maheshwari, a certified and experienced pediatric surgeon, oversees treatments.

Choosing Pushpanjali Medical Centre ensures that your child receives comprehensive and safe healthcare services under the guidance of seasoned specialists and advanced medical equipment.



**Dr. Deepak Pande**  
MBBS, MD



**Dr. Vineet Jain**  
MBBS, MD



**Dr. Karan Bagga**  
MBBS, MD



**Dr. Pritesh Maheshwari**  
MBBS, MS



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- Compound fracture leg bones
- Scar revisions
- Rejuvenation surgeries etc, etc.



**Dr. Manoj Bansal**  
MBBS, MS, MCH



## Dr. Vineet Jain

MD (Pediatrics) AIIMS

Child Specialist & Neonatologist

9810121098

## Dr. Anita Jain

MS (Obs & Gyn )

Obstetrician & Gynaecologist

9810262229



**Appointment:**  
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### Pushpanjali Medical Centre

A-15, Pushpanjali, Vikas Marg, Delhi

**Timing:**

10:00am to 12:30pm (Monday to Saturday)

**Ph.: 43075600 (Extn. 1503)**

### Residence cum Clinic

C-189, Surya Nagar, Ghaziabad  
(Opp. Vivek Vihar)

**Timing:**

6:30pm to 8:30pm (Monday to Saturday)

**Ph.: 0120-2640397**



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4:00pm to 6:00pm (Friday)

**Ph.: 0120-417300**

### Pushpanjali Medical Centre

A-15, Pushpanjali, Vikas Marg, Delhi

**Timing:**

1:00pm to 2:00pm (Monday to Saturday)

**Ph.: 43075600 (Extn. 1503)**

### Residence cum Clinic

C-189, Surya Nagar, Ghaziabad  
(Opp. Vivek Vihar)

**Timing:**

11:00pm to 1:00pm | 7:00pm to 8:30pm  
(Monday to Saturday)

**Ph.: 0120-2640397**

**SUNDAY CLOSED**



## *Department of Psychiatry & Psychotherapy*

Health experts report a significant rise in mental health issues worldwide. The COVID-19 pandemic escalated these issues due to prolonged periods of Isolation. Disrupted routines and heightened family stress contribute to mental health disorders. Pushpanjali Medical Centre has a competent team of Psychiatrists and Psychologists who ensure safe, confidential, and non-judgmental treatment.

### **Our Services:**

- Depression
- Anxiety Disorders
- OCD ( Obsessive Compulsive Disorder)
- Insomnia
- Schizophrenia
- Bipolar Disorder
- Dementia
- PTSD
- ADHD and other behavioral problems in Children
- Eating Disorders
- Psychotherapy: BT, CBT, DBT
- IQ Testing
- Family Therapy

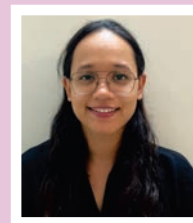
Mental health issues are of high priority. The team of psychiatrists and psychologists at Pushpanjali Medical Centre is adept at handling all such issues with sensitivity and confidentiality.



**Dr. Deepika Verma**  
MBBS, MD



**Dr. Megha Sarin,**  
M Phil, Psychologist



**Dr. Prabhani Bindra**  
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## Department of Pulmonology

Lungs are vital for oxygenating our blood and expelling carbon dioxide. It's crucial to address symptoms like cough and wheezing early, as they can indicate lung disease. Paying attention to these signs and seeking timely medical advice can lead to early diagnosis and treatment, preventing conditions from becoming severe or life-threatening.

### Facilities:

Our Department of Pulmonology excels in diagnostics, treatment, innovation, and education. Key facilities include:

- Bronchoscopy Suite: Fully equipped for diagnostic and therapeutic procedures.
- Pulmonary Function Laboratory: Comprehensive testing for respiratory issues.
- Specialized OPD: Focused care for severe asthma and interstitial lung disease (ILD).

### Treatments:

We offer comprehensive respiratory care, handling conditions such as:

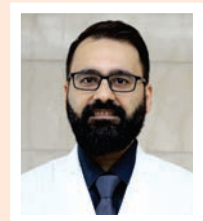
- Pneumonia
- Asthma
- Tuberculosis
- Emphysema
- Pulmonary Hypertension
- Acute Respiratory Distress Syndrome (ARDS)
- Chronic Obstructive Pulmonary Disease (COPD)
- Interstitial Lung Disease (ILD)
- Lung Cancer

### Procedures:

Our pulmonologists are proficient in numerous procedures, including:

- Bronchoscopy
- Bronchoalveolar lavage
- Lung biopsy
- Bronchial washings
- Foreign body removal

We are dedicated to providing the highest quality of care for all respiratory conditions, ensuring our patients receive the best possible outcomes.



**Dr. Ankit Bhatia**  
MBBS, MD, DM

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## *Department of Physiotherapy*

Pushpanjali Hospital has the best Physiotherapy services that are second to none. Pushpanjali hospital has a team of dedicated, skilled and experienced physiotherapists, who are practicing from 25 years.

### **Our physiotherapy services are :-**

- Orthopaedic physiotherapy for every bone, joint disorders
- Sports injury physiotherapy
- Postoperative physiotherapy
- Neurological physiotherapy
- Paediatric physiotherapy
- Physiotherapy for old aged groups.
- TKR / THR Rehabilitation
- Chest Physiotherapy for all cardio-respiratory conditions
- Burns rehabilitation
- Rehabilitation for reconstructive surgeries
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- Posture training for nursing mothers



**Dr. MD Majid Khan**  
PT



**Dr. Mehreen Khan**  
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## *Department of Radiology*

Pushpanjali Medical Centre boasts of a fairly well equipped Department of Imaging. It has a team of highly skillful Radiologists & cardiologists. The support staff is well trained and competent.

### **Equipment:**

We have a very high end latest state of art USG machine, V 7 from Samsung which was acquired a few months ago keeping in mind the fast charging technology. This machine is loaded with all the features which are required for the current imaging needs. We also have a latest Allenger DR machine for conventional radiology.

### **Services offered:**

- All routine and special X rays.
- Radiology procedures like Barium studies, IVP, RGU, MCU, HSG etc.
- All routine US studies.
- All gynaecology and obstetrics US.
- Fetal echocardiography.
- Adult echocardiography including Street echo.
- Guided procedures like abscess aspiration, pig tail insertion, guided biopsy, D & C, PCN & FNAC.



**Dr. Hridesh Sant**  
MBBS, MD



**Dr. Mukesh Kumar Koshal**  
MBBS, MD



**Dr. Varun Goel**  
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MD, Molecular Imaging



Dr. YPS Rana  
Director Urology-BLK-MAX

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Dr. Vineet Jain  
Paediatrician, PMC



Dr. Mukesh Rampal  
Dermatologist

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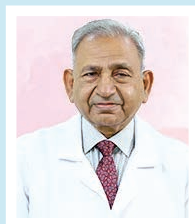
## *Department of Urology*

Pushpanjali Medical Centre has a renowned team of urologists capable of handling critical and complex urological cases. Urology focuses on male and female genito-urinary tract. So, along with the kidney, a urologist also treats diseases of the urinary bladder, urethra, and reproductive organs of males and females.

### **Our areas of expertise are:**

- Kidney stones
- Bladder infections
- Bladder tumors
- Bladder control issues
- Erectile dysfunction
- Enlarged prostate

At Pushpanjali Medical Centre, a dedicated team of doctors ensures seamless care and guidance to the patient at all times.



**Dr. C M Goel**  
MBBS, MS



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## Reflection on the Success of Pushpanjali Study Circle



**Dr. Ankit Bhatia**  
Consultant  
Pulmonology



**Dr. Manish Singh**  
Medical Director

Dear All,

In September 2023, we embarked on a journey with the inception of Pushpanjali Study Circle, a series of monthly clinical meets designed to foster collaboration and discussion among clinicians. Initially, we started with a small gathering of 13-14 participants, but we have since grown into a robust assembly of over 50 attendees. Our sessions have expanded from hosting just 2 lectures to featuring more than 4 lectures each meeting. This growth underscores the increasing interest and value perceived by our peers. Now, our meetings are regularly attended by a diverse group of doctors and physicians from various fields, further enriching our discussions and learning experiences.

The array of unique cases and captivating presentations showcased during our meetings have left a lasting impression on all attendees. The lively discussions and debates that ensued became legendary, creating an atmosphere of intellectual stimulation and camaraderie. This forum has truly become a beacon of knowledge sharing and professional growth.

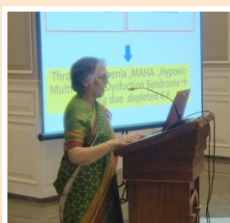


We are deeply grateful for the unwavering support and guidance provided by Dr. Vinay Aggarwal, Dr. PC Gera, and Dr. Ashok Grover. Their patronage has been instrumental in elevating the quality and impact of our gatherings, shaping Pushpanjali Study Circle into the vibrant platform it is today.

As we reflect on our accomplishments, let's strive to maintain this momentum. We encourage all consultants to actively participate in future meetings, contributing to an environment that continually enriches our collective understanding. Your valuable insights and experiences are the driving force behind the success of our initiative.



**Acute Stroke Management**  
by Dr. Sahil Gupta  
Consultant, Neurology,  
Kailash Deepak Hospital



**Two near miss Cases of DIC: Saved with prompt Diagnosis & Team work**  
by Dr. Sharda Jain  
Sr. Consultant, Obstetrics & Gynaecology



**A difficult diagnosis of very common disease - Genito Urinary Tuberculosis (2 Cases)**  
by Dr. C M Goel  
Senior Consultant, Urology



**An Interesting Case Lower Limb Weakness**  
by Dr. B K Gupta  
Sr. Consultant, Neurology



**Common Tumour at an Uncommon Site**  
by Dr. Sangeeta Goel  
Sr. Consultant, Obs & Gynae

We extend our heartfelt gratitude to each one of you for your valuable contributions, which have played a pivotal role in making Pushpanjali Study Circle a thriving platform for learning and collaboration. Let's continue to build on this foundation, fostering a community of continuous learning and professional excellence.

Thank you once again for your dedication and enthusiasm.



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# HEALTH WALK



**Dr Radha Jain**  
President, IMA EDB

We express our Deepest Gratitude and Heartfelt Thanks to Each & Everyone of YOU for Making HEALTH WALK on DOCTORS DAY a resounding Success. Your Enthusiastic Participation & Support Truly Exemplify the Spirit of our Medical Profession. This Grand Event was attended by more than 3000 Doctors, Paramedics and Students of Delhi.

It is our Privilege to Extend our Heartfelt Thanks to our Esteemed Chief Guest Dr Anil Kumar J Nayakji , Hon Secretary General IMA HQ,, Sh Harsh Malhotraji MOS Corporate Affairs & Road Transport, Govt. of India. We Extend Our Sincere Thanks to our Honorary Guest of Honour..... Dr Raj Bhushan Choudhry Ji, MOS ministry of Jal Shakti, Govt of India, Dr Shakuntala Srivastav, CMO Projects NDMC.

Heartiest Congratulations to our mentor visionary Dr Vinay Aggarwal sir for involving each and everyone in HEALTH WALK Our Sincere thanks to Dr Girish Tyagi, President Elect DMA and Dr Ashwini Dalmia, Imm Past President DMA for their coordination for this Health Walk. We Extend our Sincere and Special to Gratitude to Dr Ajay Lekhi and Dr Piyush Jain for Organising and Execution of Each and Every step of this Grand Successful and Memorable Historical Event of Medical Fraternity of DELHI. Also Special Thanks to Dr Neelam Lekhi For Great Coordination Work for the Event.



We extend our Special Thanks to All the Members of Organising Team, Dr Mamta Thakur, Dr Nilu Gandhi, Dr Preeti Gaur, Dr Sushil Vimal, Dr Sanjay Yadav, Dr Shama Batra, Dr Deepa Gupta, Dr Deepak Batra, Dr Manish Singh (PMC), Dr Chhavi Gupta, Dr Kirti Nirmal Who Worked tirelessly to make this Program a Grand Success. We express our Sincere Thanks to Dr Alok Bhadari, President DMA, Dr Prakash Lalchandani, Hon Secretary DMA, Dr Satish Lamba, Fin Secretary DMA, All the Presidents and Secretaries of all the 12 Branches of DMA, all the Past Presidents & Secretaries of DMA and all 12 branches of DMA for Their Unconditional and Enthusiastic Support to make this Health walk a Great Success.

We are Thankful to all our associate partners of the Event.... Senior & Junior Resident Doctors Wing, Medical Students, DPML, Dadhichi Deh Dan Samiti, Little Flower School, Bal Bharti School, Delhi ISAR for their contribution to make this program a great Success.

We are Thankful to all our Event Sponsors, Pushpanjali Medicon 2024, Max Estates, Tata 1 mg, Silver Arrow Mercedes, BMR Reality, WDWA, FDC, Rejuva Healthcare etc for extending all the help for Smooth Running of the Show. Once again, Thank You for your Participation, your Support and your Unwavering dedication to our to our Shared Mission.

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## *A Note on Suicidality*



### **Dr. Shekhar Seshadri**

Former Director (NIMHANS),  
Senior Professor and Head, Dept. of Child & Adolescent Psychiatry  
Advisor SAMVAD A National Initiative & Integrated Resource for Child Protection  
Mental Health, & Psychosocial Care GOI

Edwin S. Shneidman says in his book, *Suicide as Psychache: A Clinical Approach to Self-Destructive Behavior*, “Each suicidal drama occurs in the mind of a unique individual.”. Several words stand out in the sentence above. Psychache or psychological pain describes a state of mind in conflict and turmoil. Drama is indeed what plays out here. Drama often accompanies major life changes and transitions. Unique is the universe and emotional circumstance of each individual who contemplates suicide. It is in the dynamic interplay between provoking circumstances and the narrative that unfolds thereafter that the true nature of emotional pain can be understood and resolved.

This calls for an expanded phenomenological view of the range of suicidality. There is a difference between the following internal positions –

*I am in a difficult situation*

*My difficult situation is intolerable*

*I cannot carry on like this*

*I do not wish to live*

*I wish to die*

*I wish to kill myself*

There are a myriad other interstitial inner voices within and between these positions. Two predominant ones that come for Aaron Becks work on hopelessness (Hopelessness is an emotion characterized by a lack of hope, optimism, and passion; an individual who feels hopeless may often have no expectation of future improvement or success) –

*My problem cannot be solved*

*There is no one to help me*

Given the current attention on the predicament of the ‘Kota’ situation, it would be critical from a public mental health perspective to re-examine young suicides using the

hopelessness paradigm. This entails looking at immediate, intermediate and distal causes of suicidality. So young people travel from different parts of the country, to stay unsupervised possibly in paying guest accommodation, carrying with them the 'tyranny of expectations' – their family's and their own. This is a distal context, where it is imperative not to reduce personhood of children to fulfilling expectations. Then follows the grind, the intermediate context, with the attendant pressure, criticality, competitiveness and consequent insecurities. Here is where intervention is required to 'conscientize' (critical consciousness) coaching centres and shift the focus from the pressures that come to bear on youth to a more empathic understanding and response to their aspirations. The immediate context is the hopelessness that stems from experiences of failure or apparent failure. This is where supportive counselling/referral networks will come into play to provide the re-assurance that help is available and problems can be solved.



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## *Immune check point inhibitors in common cancers - a paradigm shift*



**Dr. Shyam Aggarwal**  
HOD, Medical Oncology  
Sir Ganga Ram Hospital

Immune check point inhibitors (ICPIs) have become the fifth pillar of cancer treatment in the world, the other four being surgery, radiotherapy, chemotherapy and targeted therapy. Mechanism of action of ICPIs is to boost the patient's own immune cells by applying brakes on check points (PD1 and PDL1 - programmed death ligand) present on cytotoxic T lymphocytes and tumor cells. These drugs are available in the form of a simple injection and can be given intravenously in half to one hour either alone or in combination with other drugs including chemotherapy and targeted medicines. Five such formulations- pembrolizumab, nivolumab, atezolizumab, avelumab and durvalumab, are readily available and several are in pipeline.

ICPIs are used in a variety of common cancers that exhibit high mutation burden in advanced stages. These cancers include oral, cervical, uterus, lung, kidney, urinary bladder, gall bladder, esophagus, gastric, colorectum, HCC, melanoma, TNBC, hodgkins and primary mediastinal & NK/T cell lymphoma. MSI high and TMB high are tumor agnostic indications and thus these tests must be performed in all solid cancers as the response rates can be as high as 80%. ICPIs have moved up the ladder and have the approval for their use in neoadjuvant and adjuvant setting in early stages as well like in TNBC, rectum and lung cancer. The use of these drugs have brought a revolution in the management of these cancers. The biomarker, though not perfect, commonly used to select these ICPIs is the presence of PDL1 or CPS . In contrast to chemotherapy and targeted drugs, there is a difference in the outcome of patients where these drugs demonstrate positive result. 20% to 30% patients who show initial response to ICPIs can become long term survivors and can be cured for life. Major research is ongoing to improve upon these existing results.

ICPIs are quite safe in 95% of the patients, however any organ of the body can be affected and side effects if occur, are managed with steroids. Hypothyroid is common and can be treated with thyroid supplements. Life threatening side effects including hypophysitis, hepatitis, colitis, pneumonitis, myocarditis have been reported in less than 5% cases. Uncontrolled Autoimmune disorders like SLE, rheumatoid arthritis, sjogrens, ulcerative colitis are relative contraindications. Patients who are organ transplant recipients are absolute contraindications due to risk of rejection of donor organ. A new concept of pseudo progression and hyper progression after administering ICPIs has emerged and is a matter of concern for patients and physicians.



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## *Sex has no Expiry Date*



**Prof Dr Deepak K Jumani**  
Senior Sexual Health Physician &  
Counsellor at Sir JJ Group of Hospitals  
& Grant Govt Medical College, Mumbai

Sex is our normal and natural function & Sex is not a secret but sacred. Humanity today is going through a sexual health tsunami due to lack of education, ignorance, and unawareness. Studies have shown that 50 % of adult men suffer from Erectile Dysfunction and 62 % of women across the globe are not satisfied with their sex lives.

In Males Erectile Dysfunction can be due to psycho, vascular, neuro, hormonal, iatrogenic and genetic causes. Etiopathology of this is mainly endothelial dysfunction associated with mitochondrial dysfunction leading to emotional dysfunction. Also, Erectile Dysfunction is a subclinical cardiovascular disease.

Nitric Oxide is the main chemical signalling molecule which drives the whole erectogenic process and deficiency of Nitric Oxide occurs due to aging and due to all non-communicable diseases, smoking, sedentary lifestyle, bad oral hygiene, lack of sleep etc.

PDE5 inhibitors are effective but do not correct the etiopathology of Erectile dysfunction. Nutraceuticals like L Arginine and Fenugreek are a boon. Activating Sirtuins, Autophagy, Hormesis and inhibiting mTOR are a great saviour and boon to almost cure this sexual dysfunction.

Women having sexual dysfunction are tight lipped though things are changing today. Optimum life style measures, giving a U turn to Metabolic imbalance, having a regular rhythm and frequency of sexual acts, having realistic expectations and personalized medication with a positive attitude and mindset can go in a long way to improve their sexual functions.

Lastly today with the advances in the understanding of etiopathology of sexual dysfunctions, whatever is less in our body can be replenished and whatever is more in our bodies can be reduced and a normal milieu can be attained. Having done so all men and women can rekindle the sparkle of their life and Sex really has no Expiry date.

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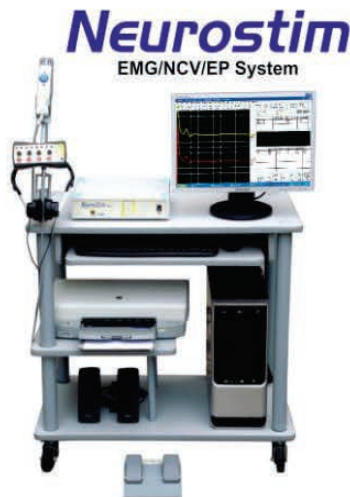
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## *Emerging Trends and Challenges in Managing and Preventing Sexually Transmitted Infections*



**Dr. Ruby Bansal**  
Senior Consultant  
Preventive Health &  
Infectious Diseases

The landscape of sexually transmitted infections (STIs) is continuously evolving, presenting both opportunities and challenges for healthcare professionals worldwide. Recent advancements in diagnostic technologies, such as point-of-care and multiplex testing, have revolutionized the detection of STIs, enabling rapid and accurate diagnosis. These innovations facilitate timely treatment and reduce transmission rates, significantly impacting public health outcomes.

Common STI includes chlamydia, gonorrhoea, syphilis, herpes HIV, Hepatitis B, Hepatitis C

Pre-exposure prophylaxis (PrEP) has emerged as a powerful tool in the prevention of HIV, Hepatitis B demonstrating remarkable efficacy in reducing infection rates among high-risk populations. Its wider adoption is a critical component in the fight against HIV/AIDS and Hepatitis. Currently there is rise in syphilis infections also the reason of all this may be multiple sex partners, anal sex and different sex practices

However, challenges persist. The rise of antimicrobial resistance, particularly in infections like gonorrhoea, complicates treatment protocols and necessitates the continuous development of new antibiotics. Additionally, disparities in healthcare access, especially in underserved communities, impede effective STI prevention and treatment. Persistent stigma and insufficient sexual education further exacerbate these issues, underscoring the need for comprehensive public health campaigns and education initiatives.

Newly recognized infections, such as Zika virus and monkeypox, add to the complexity of STI prevention and management. Although primarily transmitted through mosquitoes, Zika can also be spread sexually, posing significant risks, especially for pregnant women due to its association with severe birth defects. Similarly, monkeypox, a viral infection with symptoms resembling smallpox, has shown potential for sexual transmission, further complicating the STI landscape.

Addressing these emerging trends and challenges requires a concerted effort from healthcare providers, researchers, and policymakers. By leveraging technological advancements, expanding access to care, and enhancing public awareness, we can make significant strides in managing and preventing STIs, ultimately improving health outcomes for individuals and communities worldwide.

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## *Recent Advances in Management of Extrapulmonary Tuberculosis*



### **Dr. Surya Kant**

Professor & Head Department of Respiratory  
Medicine, King George's Medical University, UP,  
Lucknow Honorary Professor IMA, IMA-CGP and IMA-AMS

Extrapulmonary tuberculosis (EPTB), a manifestation of *Mycobacterium tuberculosis* infection outside the lungs, remains a significant public health concern worldwide. Recent updates in the management of EPTB emphasize early diagnosis, effective treatment regimens, and innovative approaches to address the complexities of this condition.

Early and accurate diagnosis of EPTB is crucial, as it often presents with non-specific symptoms that can mimic other diseases, leading to diagnostic delays. Recent advancements in diagnostic tools, such as nucleic acid amplification tests (NAATs) like Xpert MTB/RIF and Xpert MTB/RIF Ultra, have improved the sensitivity and specificity of EPTB detection. These tests are particularly beneficial for diagnosing TB in difficult-to-access sites such as lymph nodes, pleura, and the central nervous system. Advancements in imaging techniques, including magnetic resonance imaging (MRI) and computed tomography (CT) scans, have enhanced the visualization of EPTB lesions, aiding in more accurate diagnosis and treatment planning.

The standard treatment regimen for EPTB generally follows the same principles as pulmonary TB, comprising a two-month intensive phase with isoniazid, rifampicin, pyrazinamide, and ethambutol, followed by a continuation phase of isoniazid rifampicin and Ethambutol for four to seven months, depending on the site of infection and the patient's response to therapy. Recent guidelines have highlighted the importance of tailoring treatment duration based on the site of EPTB; for instance, TB meningitis, CNS Tuberculoma, Spinal and bone and joint TB may require extended treatment durations of up to 12 months to prevent relapse and complications. In addition to the conventional anti-TB drugs, there has been an increasing focus on the use of newer agents such as bedaquiline and delamanid for drug-resistant EPTB. These agents have shown promise in improving outcomes for patients with multidrug-resistant (MDR) and extensively drug-resistant (XDR) TB, who often have limited treatment options.

The management of EPTB also encompasses addressing the complications and sequelae associated with the disease. For example, corticosteroids are recommended as an adjunct

therapy for TB meningitis, Tubercular Pericarditis and pleural TB to reduce inflammation . Surgical interventions may be necessary for cases involving spinal TB with neurological deficits or abscess formation.

Programs focusing on early detection, contact tracing, and treatment adherence have been instrumental in reducing the burden of TB. The World Health Organization (WHO) has emphasized the need for strengthening health systems to ensure comprehensive care for TB patients, including those with EPTB. Moreover, ongoing research into novel diagnostic methods, treatment regimens, and vaccines continues to be a priority in the global fight against TB.

In conclusion, recent updates in the management of extrapulmonary tuberculosis underscore the importance of early diagnosis, individualized treatment regimens, and addressing the complexities associated with the disease. Advances in diagnostic technologies, the introduction of newer anti-TB agents, and comprehensive public health strategies have collectively contributed to improved outcomes for patients with EPTB.



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## Biologics in Asthma



**Dr. Arjun Khanna**  
Head, Pulmonary Services,  
Amrita Hospital and school  
of Medicine, Faridabad

Biological therapy is reserved for patients with true severe asthma. Most patients referred to a tertiary care centre for the assessment of severe asthma are actually 'difficult to control asthma' which can be managed by optimization of bronchodilator therapy and addressing co-morbidities.

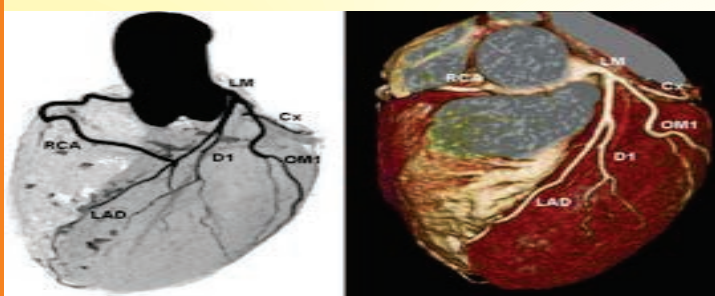
Starting biological therapy is preceded by pheno-endotyping the patient for the best biologic. Anti IgE and Anti IL5 therapy are both available in India. Omalizumab which is anti IgE is best suited for atopic asthma, while anti IL5 therapy is for severe eosinophilic asthma. There is data over several decades now that these therapies are safe and effective. India is finally opening up to biologics and this is a promising therapy for many Indian patients with severe asthma.

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## Exploring Possibility of Removing Doctors From the CPA



**Dr. S.M. Kantikar**  
Member, National Consumer  
Disputes Redressal Commission

The very purpose and object of the CP Act 1986 as re-enacted in 2019 was to provide protection to the consumers from unfair trade practices and unethical business practices. However, there was 'not a whisper' and the Legislature never intended to include either the Professions or the services rendered by the Professionals (advocates/doctors) within the purview of the said Act of 1986/2019.

Recently, on 14 May 2024 Hon'ble Supreme Court in the case Bar of Indian Lawyers Vs D.K.Gandhi ruled that advocates cannot be held liable under the Consumer Protection Act, 1986/2019, for deficiency in service. It also indicated that ' IMA Vs V.P. Shantha' , 1995 judgment which held medical professionals accountable under the Act may need to be revisited and considered by a larger bench. The bench referred the matter to Hon'ble the Chief Justice of India for His Lordship's consideration.

The bench in D.K.Gandhi's judgment observed the 'sui generis' nature of legal profession as a valid ground for excluding it from the CPA . The Latin meaning of 'sui generis' is 'of its own kind.' In fact nearly every profession is sui generis i.e unique in nature and cannot be compared with any other profession including medical profession.

The remedy provided under the CPA is inexpensive and summary in nature, but it opened a floodgate of medical negligence litigation. Consequently, the object of providing timely and effective settlement of such consumer complaints was frustrated for the last three decades. Due to such inordinate delay, prolonged litigation the Complainant gets inadequate compensation or dismissal of Complaint. Similarly the hanging sword of Damocles on doctors for years led to frustration or defensive practices; consequently results in to disservice to the society.

In my view, the medical professionals be kept outside the preview of CPA. However, it shall not be construed as the aggrieved (Patient) become remediless. It should be borne in mind that no professional enjoys immunity from being sued or from being held liable for professional misconduct or other misdeeds causing injuries to their customers/clients either legal or monetary nature.

Thus, for speedy and effective justice in the medical negligence litigations we need exclusive adjudicating tribunals having judges and medical experts at State and National level.

Let us hopeful for revisit of IMA Vs V.P. Shantha' judgment , which Hon'ble the Chief Justice of India for His Lordship's consideration



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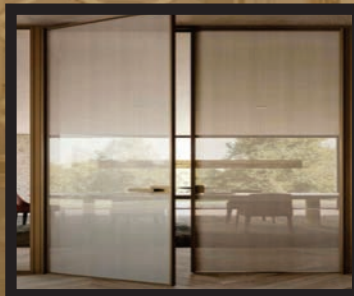
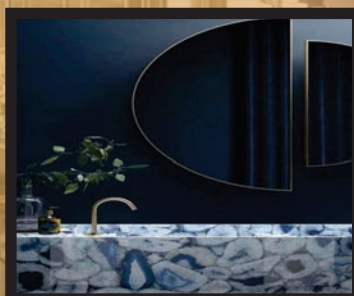
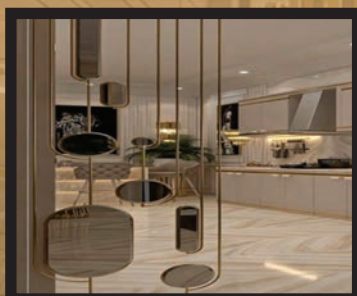
  
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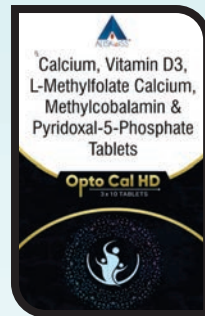
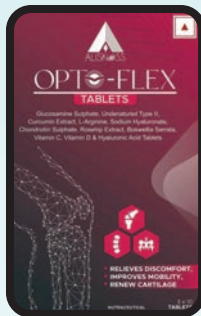
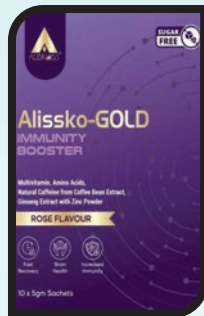
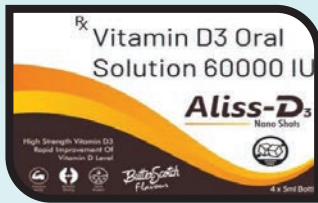
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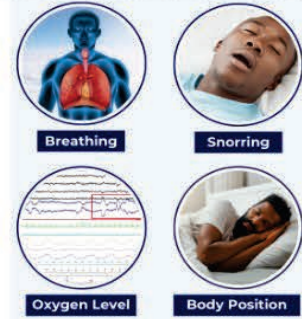
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- Snoring
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- Heart Rate
- Brain Activities
- Muscle Activities
- Sleep Quality
- Body Position

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- Heart Rate
- Brain Activities
- Muscle Activities
- Quality of Sleep
- Body Position
- PAP Titration



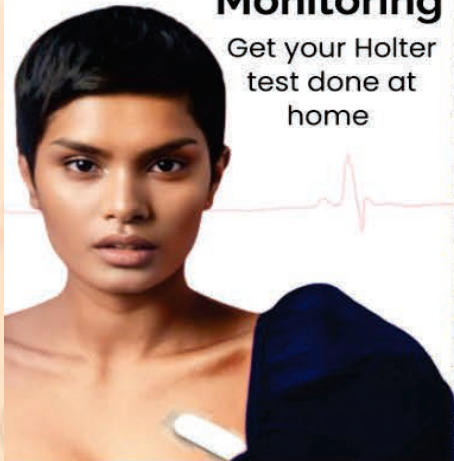
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”

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6 reviews  
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★★★★★  
We were admitted under Dr Ajmera under a critical condition of my Dad diabetes 546 ..  
With in no time team puspanjali emergency unit took condition under control ..and was admitted Room No Nursing station sister Miss Sadna pal/ pooja/ Ritu .were very cordial and cooperative with every need and treatment ..like medicine insulin bp

**Rahul Pal**  
2 reviews  
a week ago  
★★★★★  
Parul is giving very fast and good service to as she give a hand to birth certificate...glv good service... pushpanjali medicine centre.

**Muskan Bhardwaj**  
1 review  
★★★★★  
Big Thanx to Dr. Ankit Bhatia / Dr. Ayesha for saving my mother's life ..My mother on arrival of hospital almost collapsed but was effectively resuscitated & brought out of ventilator ..we received a big Diwali gift in this form...pushpanjali Hospital 's staff. All staff are so kind and cooperative. We are so happy with all of them.  
Helpful (2) Not helpful  
  
1 of 1

**Ajay**  
1 review  
a month ago  
★★★★★  
I hope this message finds you well. I wanted to take a moment to express my deepest gratitude for the exceptional care I received during recent treatment of my sister delivery to Pushpanjali Medical Centre. From the moment I arrived, I was met with professionalism, compassion, and dedication from every member of your staff.  
The level of expertise exhibited by the medical team, combined with their genuine concern for my well-being, truly made a difference in my recovery journey. Their attention to detail and willingness to address my concerns eased my anxieties and allowed me to focus on healing.  
Moreover, the support staff went above and beyond to ensure my comfort and convenience during my stay. From the cleanliness of the facilities to the promptness of the services provided, every aspect of my experience exceeded my expectations.  
I am incredibly grateful for the outstanding care I received at Pushpanjali Medical Centre, and I cannot thank you enough for your commitment to excellence in healthcare. Please convey my appreciation to everyone involved in my care.  
With sincere gratitude,  
Ajay

**Piyush Kapoor**  
4 reviews  
6 months ago  
★★★★★  
I had a wonderful experience at Pushpanjali Hospital where my son was delivered. The hospital maintains high standards of hygiene, and the staff were incredibly supportive. The overall cleanliness of the hospital and the quality of our room were impressive. Thank you for providing such a positive environment during this important time. Specially Thank all Sister for Guidance.

**Harman Kaur**  
5 reviews  
3 months ago  
★★★★★  
I recently had to admit my baby to this hospital. I loved the staff and the doctors here. I was surprised at the cleanliness they were maintaining in and around the room. Nursing staff was very polite and quick. I highly recommend this hospital. Harman(USA)

**Maria Dass**  
1 review  
5 months ago  
★★★★★  
Very good medical care and service provided and warm hospitality given to patient and family. Thank you so much team - sis Sadhanapal and sis divya and also miss Sweta and miss Moni for the lovely assistance in the whole process. And especially big thanks to doctor Manoj Bansal for his expertise.

**Palak Naruka**  
1 review  
6 months ago  
★★★★★  
I was born here and now at 23 i was admitted to this hospital and was taken care very well by everyone. Nice staff & hospitality. Within 3 days i am feeling better, Thanks everyone



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