



TIMES HEALTH EXCELLENCE 2023

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HONORING THE CHAMPIONS OF WELLNESS



Suniel Shetty

Healthcare professionals and organisations are the backbone of societal well-being, tirelessly working to preserve and improve the health of individuals and communities. Times Health Excellence 2023, an initiative envisioned by the Optimal Media Solutions, a wing of the Times Group, was a poignant celebration of the dedication, resilience and transformative contributions of these heroes and establishments to the society.

Luminaries from the medical field, industry leaders and distinguished guests gathered at Sheraton Grand, Brigade Gateway on 30th November 2023, to applaud those who have demonstrated excellence, innovation and unwavering commitment to the betterment of health-

care services. An in-depth survey was conducted by an independent research agency named i3RC Insights, to arrive at the awardees of Times Health Excellence 2023 in their respective categories. Chief Guest Suniel Shetty, a renowned film personality graced the ceremony.

Keynote speaker Dr. Sharan Shivaraj Patil, Chairman and Chief Orthopaedic Surgeon, Sparsh Hospital, gripped the audience as he shared his perspective on the topic 'scale and precision in healthcare through technology'.

Times Health Excellence 2023 was sponsored by Real Estate Partner Hosachiguru, Luxury Auto Partner Marqland, Hospitality Partner Sheraton Grand.



Key Speaker; Dr. Sharan Shivaraj Patil - SPARSH Hospital
TOPIC - SCALE AND PRECISION IN HEALTHCARE THROUGH TECHNOLOGY

The guests at the ceremony were entertained by the contemporary musical tunes of violinist Dr. Aneesh Vidyashankar. Aneesh's infectious soothing music transcends age, genre, and even nationality. His music is strongly rooted in Indian traditions and classicism and is presented with a contemporary, global sound. He has toured 35+ countries, performed for crowds over 40000 people and had several illustrious personalities in his audience.



Dr. Aneesh Vidyashankar

The event was hosted by emcee Ruksana Syed. Ruksana Syed is a well-known emcee with over a decade of experience in emceeing and corporate sector. She holds a master's degree in marketing and is gifted with an impeccable voice and terrific stage presence that enchants her audience across the masses. Ruksana has achieved many feats in her career, from interviewing world-renowned business leaders, sportsmen, politicians, and A-listed celebrities to hosting numerous elite and highly reputed corporate events worldwide. She is undoubtedly one of the most sought-after emcees today.



Ruksana Syed



LIFETIME ACHIEVEMENT AWARD FOR THE CONTRIBUTION IN THE FIELD OF EDUCATION AND HEALTH SECTOR
K MUNIRAJU, Founder and Chairman, Akash Group Of Institutions



SERVICE EXCELLENCE IN ROBOTIC SPINE SURGERY
Dr. S Vidyadhara - Manipal Hospital, Old Airport Road



EXCELLENCE IN GASTROENTEROLOGY DEPARTMENT
Sagar Hospitals



SERVICE EXCELLENCE IN INFERTILITY TREATMENTS & SERVICES
Dr. Sneha Shetty - Vriksh Fertility



SERVICE EXCELLENCE IN GENERAL & LAPAROSCOPIC SURGERY
Dr. H Ravikumar



SERVICE EXCELLENCE IN AESTHETIC TREATMENTS
Dr. Ruby Ahuja Sachdev - Gleneagles Hospital, Richmond Road



SERVICE EXCELLENCE IN UROLOGY
Dr. Rajeev S Bashetty - United Hospital



EMERGING WOMEN & CHILDCARE HOSPITAL
Kinder Women's Hospital & Fertility Centre



EXCELLENCE IN ROBOTIC SURGERY
HOSMAT Hospitals



POSTHUMOUS LIFETIME ACHIEVEMENT AWARD FOR CONTRIBUTION IN EYE CARE SERVICES
Dr. Bhujanga Shetty - Narayana Nethralaya



EXCELLENCE IN MOTHER & CHILD HEALTH
Vasavi Hospitals - (A Unit of Sree Vasavi Trust)



EXCELLENCE IN DEPARTMENT OF ORTHOPAEDICS
United Hospital



EXCELLENCE IN PULMONOLOGY DEPARTMENT
Sagar Hospitals



EXCELLENCE IN SURGICAL EYE CARE
Shekar Eye Hospital



SERVICE EXCELLENCE IN NEPHROLOGY & TRANSPLANTATION
Dr. Anil Kumar BT - Gleneagles Hospital, Kengeri



SERVICE EXCELLENCE IN ORTHOPAEDICS - JOINT REPLACEMENT SURGERY
Dr. Basavaraj C M - Gleneagles Hospital, Kengeri



EXCELLENCE IN COSMETOLOGY & AESTHETIC SURGERY
Akash Hospital, A Unit of Akash Education and Development Trust



EXCELLENCE IN TERTIARY CARE HOSPITAL
Nano Hospitals



EMERGING SUPER SPECIALITY HOSPITAL
Trust-In Hospital



SERVICE EXCELLENCE IN MINIMAL ACCESS AND BARIATRIC SURGERY
Dr. Neel Shetty - Gleneagles Hospital, Kengeri



SERVICE EXCELLENCE IN WOMEN'S HEALTH CARE
Dr. Bhavana H J Reddy



EXCELLENCE IN SUPER SPECIALITY HOSPITAL
Astra Super Speciality Hospital



EXCELLENCE IN SPECIALIZED IVF CENTRES
Janisthaa Fertility and IVF Center



EXCELLENCE IN MANUFACTURING AND EXPORTS OF MEDICAL DEVICES AND SURGICAL CONSUMABLES
Manish Medi Innovation



EXCELLENCE IN ONCO-SCIENCES DEPARTMENT
Gleneagles Hospitals, Bengaluru



EXCELLENCE IN DEPARTMENT OF NEUROSCIENCES
Narayana Health City

Luxury Auto Partner

Marqland

Real Estate Partner

Hosachiguru
Own • Grow • Cherish

Hospitality Partner

SHERATON GRAND
Bangalore Hotel
at Brigade Gateway



CMYK

BRINGING INTERNATIONAL EXPERIENCE TO HEALTHCARE IN SOUTH INDIA

The Kinder Medical Group, with a focus on women and children's health, has brought its international experience to establish quality, modern healthcare in Bengaluru. The hospital group, which started its practice over two decades back in Singapore, where it is one of the largest paediatric groups, has extended its presence in Kerala, a state known for its superior healthcare indices, and has established centres in Alappuzha (Cherthala) and Kochi. It also operates in Indonesia and Sri Lanka.



Having established a strong presence in Kerala, Kinder Women's Hospital and Fertility Centre set up its newest facility at Mahadevapura, on Bengaluru's Graphite India Road in March 2022. The facility, one of the largest mother and child hospitals in the city with 130 beds, is envisaged as a trendsetter in comprehensive women's healthcare that provides affordable quality services at par with international standards, in which the group has experience.

The global quality healthcare provided to its patients in 17 departments starts with the look and feel of the facility in Bengaluru, a greenfield project. Designed in a stylish layout by a Singapore-based architect and Indonesian designer, the facility is established over 1 lakh sq ft in a nine-storey building, giving patients a more relaxed ambience, than in the usual hospital envi-



rons, with no clinical activity on the ground floor where the lobby is located. According to the hospital management, the well-designed infrastructure which enables

operational distinction is appealing to patients and healthcare staff alike.

The research wing, according to the hospital, comprises internationally reputed work in the different specialties, enabling patients to experience care with new technologies. The hospital combines the fine technology and talent with the important element to care to bring hope and confidence in its treatments with women and children.

The obstetrics department, with its crew of doctors, nurses, dieticians, yoga therapists and health educators, ensures that the journey to parenthood is memorable to the mother, and her family.

Departments
OBG, Paediatrics & NICU, Paediatric Surgery, General Surgery & more.

For more information, contact:
Kinder Women's Hospital and Fertility Centre
40F, Doddanekundi Industrial Area
Graphite India Main Road, Hoodi Village, K R Puram Hobli, Bengaluru
Contact:
Mob: 8618999833

Timely care and expert assistance

The doctors have successfully treated challenging cases, including a recent one where premature twin babies faced a rare medical condition challenge as they shared the same placenta, causing 'twin to twin transfusion'. This caused a sharing of blood and resultant complications from anaemia to low blood volume and low blood pressure.

One of the twins weighed only 780 grams and the condition demanded immediate and specialised care, which was managed efficiently by the neonatal team. The apparent medical expertise combined with advanced neonatal facilities, ensured the successful recovery of the baby.

Transforming Spaces, Creating Memories

Adarsh Park Heights, nestled in the heart of the Silicon Triangle in Bengaluru, stands tall as a symbol of contemporary luxury living. The project boasts an impressive G + 29 floors, providing residents with breathtaking panoramic views of the dynamic cityscape. Comprising a total of 1440 apartments distributed across 2 planned phases, Adarsh Park Heights exemplifies architectural quality and thoughtful design.

One of the standout features of this residential masterpiece is the emphasis on open spaces, with a remarkable 80% of the project dedicated to lush greenery and recreational areas. This commitment to providing a harmonious blend of nature and modern living sets Adarsh Park Heights apart,



creating an environment that promotes well-being and tranquillity.

The homes within Adarsh Park Heights are not only aesthetically pleasing but also adhere to Vaastu principles, ensuring that residents experience a balanced and positive living space. The incorporation of Vaastu-compliant design elements adds an extra layer of harmony to the homes, fostering positive energy flow and a sense of peace.

Adding to the allure of this residential enclave is the expansive 52,000 Sqft clubhouse, a central hub for recreational and social activities. This modern facility is designed to cater to the diverse needs and preferences of residents, offering a range of amenities that enhance the overall quality of life. Whether it's fitness, relaxation, or socializing, the clubhouse provides a space for residents to unwind and connect.

As Adarsh Park Heights unveils its second phase, the launch of Phase 2 marks another milestone in the journey of this prestigious project, inviting discerning homebuyers to



experience the epitome of modern living.

Adarsh Park Heights is more than just a residential complex; it is a testament to modern urban living that combines architectural brilliance with thoughtful amenities. With Phase 2 now open for bookings, prospective homeowners can secure their place in this vibrant community that represents the pinnacle of luxury and comfort in Bengaluru's Silicon Triangle.

Adarsh Group boasts a rich legacy of 35 years of expertise, having successfully completed 23+ projects that have brought joy to over 10,000+ families and transformed more than 19 million+ square feet.

For more information, contact: call + 91 95136 31255 or visit www.adarshdevelopers.com

Advanced reproductive techniques that make parenthood a reality

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

In Vitro Fertilization (IVF)

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



Intracytoplasmic Sperm Injection (ICSI)

ICSI is a specialised form of IVF where a single sperm is directly guided into an awaiting egg. It is effective for couples facing male infertility issues.



Pre-implantation Genetic Testing (PGT)

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

Egg Freezing and Sperm Banking

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



Donor Egg and Surrogacy Programs

Donor egg and surrogacy programs, provide viable alternatives for couples facing complex fertility challenges.



Dr Sneha Shetty

Male Infertility Management

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

Personalised Care

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

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

CELEBRATING SUCCESS

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

Trophykart was born out of real time challenge faced by their own team. It is very difficult to get the products of one's choice and that too with customization. If lucky enough, one can get it but the price will be exorbitant high.

People would have had a tough time when deciding on buying awards or gifts for achievers. Going to the packed markets, negotiating with different vendors, limited and not much liked product choices, and then finally to get the personalization on the products. This all is kind of a nightmare.

HERE IS TROPHYKART, WITH A SOLUTION

The website www.trophykart.in provides the comfort to access all types of trophies, medals, shields, awards, etc. under one umbrella, order and get them delivered at your doorstep with free personalization without having to deal with multiple vendors.

It offers a huge collection of metal, wooden, acrylic,



glass and crystal trophies, premium awards, plaques, salvers, sports specific trophies, medals and corporate gifts. They have collaborated with some of the largest manufacturers across India and China for offering the same.

Trophykart are specialists in making custom awards and medals. They can manufacture awards as per your requirements. Whatever your imagination says, if technically possible then they can do it for you.

Enjoy the unique shopping experience at the comfort of your home or office, while browsing through thousands of options to choose from with exceptional gifting concepts with free custom branding and free delivery at your doorstep.

Trophykart has a team of professional and passionate people who work 24/7 to cater to all your requirements. They ensure that the products are delivered on time with flawless quality. They provide end to end solutions with superior and sophisticated quality products which are crafted by professional craftsman to ensure that you get your products on time with highest level of service commitment.

WHY TROPHYKART?

- Wide Variety to select from
- Trophies of all prices, range starting from as low as Rs 35
- 24 x 7 customer service
- Free delivery across India with quick turnaround
- Has all the printing / customization options available
- All convenient payment mode - Debit / Credit Card, Net Banking, NEFT, Credit on PO
- Free Replacement in case of Damage in Transit
- Specialist in making custom award and medals

For more information, contact: Trophykart call +91-9945276993 or mail at order@trophykart.in Visit: www.trophykart.in

Where hope meets innovation, and dreams of parenthood come to life

Janisthaa Fertility & IVF Centre, established by Dr. Shwetha Y Baratikkae, has earned a strong reputation in the field of infertility, by helping numerous couples achieve their dream of parenthood.

Janisthaa Fertility & IVF Centre's journey is defined by a commitment towards passion for helping couples overcome the challenges of infertility. The team integrates technology and love for service in their day-to-day activities, to bring couples healthcare services that are both accessible and reliable.

The experienced IVF specialists troubleshoot the exact cause of the problem. Couples battling



IVF failure are given proper counselling, to ensure a positive state of mind. This helps some conceive

naturally or with simple medicines and treatment protocol. Further, individualised treatment protocols are suggested depending on the patient profile and problem. The strong clinical team, well experienced embryology team and IVF laboratory, play a key role.

- HIGHLIGHTS**
- Well-equipped operation theatres
 - 50 bedded fertility centre and multi-specialty hospital
 - 24 hrs emergency services / ICU/ NICU
 - Experienced doctors
 - Inhouse pharmacy

For further details, contact:
Dr. Shwetha Y Baratikkae
2, 1st Main Rd, Block 2, Thimmiah Layout, Basaveshwar Nagar, Bengaluru, Karnataka 560079
Call: 9591111407

Dr. H Ravikumar: A Maverick Healer and Visionary

Dr. H. Ravikumar, is a luminary laparoscopic surgeon. His journey took a turn towards administration when he assumed the role of medical superintendent at KC General Hospital, effortlessly blending clinical proficiency with managerial finesse.

In a kaleidoscopic career, the doctor has adorned the cap of an esteemed member of the Karnataka Public Service Commission from October 2017 to July 2023. Currently, he serves as the Honorary Medical Advisor to the Chief Minister of Karnataka, a testament to his unwavering commitment to public health.

Dr. Ravikumar established Raksha Multispecialty Hospital in 2007. Perched in Nandini Layout, Bengaluru, the hospital has become a go-to health destination for the middle class and the underprivileged, having conducted numerous surgeries till date.

His accolades, including the title of 'Best Surgeon of the State' by the



Department of Health and Family Welfare for 2015-16, and the Machidev Prashasti winner and Kuvempu Karnataka Ratna Prashasti winner, only mirror the brilliance of a man dedicated to healing. He is a man driven by an unyielding spirit to serve.

For more information, contact:
Raksha Multispecialty Hospital, Nandini Layout, Bengaluru
Contact - 080 23471004, 9980992976

PIONEERING LUXURY AUTOMOTIVE EXPERIENCES IN KARNATAKA

Marqland, an authorized retailer for Jaguar Land Rover in Karnataka, has been a key player in the automobile industry for over 83 years as part of the Kuttakaran Group. With a 42,000 sq ft showroom located on Yelahanka airport road, Marqland offers a modern and luxurious experience, aligning with its commitment to excellence.

As a certified 'Great Place To Work' organization since 2019, Marqland takes pride in its top-notch facilities and customer-centric approach. The Kuttakaran Group's recognition as the No. 1 in South India and No.2 in 'India's Top Dealers List 2023' reinforces Marqland's dedication to providing exceptional services.

In 2023, Marqland has garnered several accolades, including the Retailer Excellence Award, ET Business



Excellence Award' "Most Trusted Dealer" for Marqland Jaguar Land Rover in Bengaluru, and the Dealership Excellence Award by FADA. The Product Specialist of the Year Award and Best Customer Relationship Management of the Year further highlight Marqland's commitment to excellence in the automotive sector. With a strong legacy and a slew of recent achievements, Marqland continues to set the standard for luxury automotive experiences, solidifying its position as a trusted name in the industry.

Research Methodology

i3RC has developed a nominee assessment form and an objective analytical framework to assess the nominees for Times Health Excellence Bangalore in various categories. The assessment focuses on:

- General profile and background of the nominees
- The kind of work being done with focus on innovation and unique value propositions
- Contribution to business world/ industry and society at large

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

Assessment Framework

The assessment framework follows a multi-pronged approach and involves the fol-

lowing key steps:

- Nomination Form is filled by the nominees
- The form covers basic profile of the nominee, their work/ business profile
- Feedback Assessment
- A random survey is done amongst the general populations to take feedback about the nominees on a 10-point scale
- Sample Size: 200

Some Caveats

- The aim of the assessment is to identify the unique value proposition and contribution made by organizations/ individuals and celebrate their meaningful contributions
- The assessment focuses on the contributions made by

Note: Present survey has been exclusively conducted by an independent Research Agency named i3RC Insights Pvt. Ltd. using stated methodology for arriving at the given rankings. The publication house and its affiliates/ employees/authorized representatives/group companies are not responsible/ liable for the said rankings. Readers are advised to take an informed decision before acting upon the survey rankings.

individuals and organizations in the category they are nominated

- Only those who fill the nomination form and participate are assessed objectively to assess their eligibility for the award.

ABOUT i3RC INSIGHTS PVT. LTD

We are a Market Research, Insights & Consultancy firm having track record of conducting successful research studies over the years across wide range of industry sectors across consumers and business domain. We are a corporate member of MRSI and follow MRSI & ESOMAR code of ethics while conducting every research project.



Akash Hospital: Transforming Beauty

In an era where first impressions can make or break a situation. Looking good often translates to feeling good. In a world where longevity is increasing, the desire to maintain youth and vitality is a universal dream. Akash Hospital is a part of the beauty revolution, recognizing that every individual deserves to feel and look beautiful. The hospital addresses the evolving and demanding needs of this era, where the focus extends beyond perfect health to encompass looking and feeling good.

From a small child with dental issues or a woman



with a scar that can reduce their self-esteem, people want to be not only in perfect health but look and feel good as well. Specializing in lifestyle management and the pursuit of youthful vigor, cosmetologists and aesthetic surgeons at Akash Hospital are dedicated to transforming individuals by enhancing their beauty and elevating their self-esteem at the same time. Serving lower-middle-class to upper-class society, the hospital's unique distinction lies in being the only medical college providing a comprehensive range of services, catering to everyone from pediatric to geriatric patients.

Cosmetology treatments can have positive effects on mental health by reducing stress and anxiety levels. The act of self-care and grooming contributes to a sense of well-being. Akash Hospital understands this. They therefore, boasts of a state-of-the-art facility equipped with



Dr. Maina Bekal and Dr. Sudha Banti

advanced technology and modern infrastructure.

The hospital's commitment to quality care is reflected in its experienced cosmetologists and dentists that offer a wide range of services to address diverse aesthetic needs of their patients. They offer facial transformation services including skin rejuvenation, facial contouring, scarless face-lifts, cosmetic lasers for acne scars, pigmentation treatments and hair transplantation. Their specialized dental care unit covers both functional and aesthetic procedures such as smile designing and correction, teeth whitening, laminates, veneers, and teeth straightening, contributing to overall dental health.

The focus here at Akash Hospital extends beyond reducing scars and enhancing natural beauty to providing a million-dollar smile. It stands is engaged in transforming lives and fostering confidence through the art and science of cosmetology.

For more information, contact:
Akash Hospital, A unit of Akash Education and Development Trust
Prasannahalli Road, Devanahalli Near Kempegowda International Airport Bengaluru - 562110 Call-+91 8071 159 900
EMAIL- info@aimsrc.com

Vasavi Hospital: Your Partner in health

Improving the quality of life and fostering the well-being of people in Bengaluru since 2015 (year of establishment), Vasavi Hospital provides comprehensive healthcare, embodying a commitment to patient-centric services. Under the leadership of Srinivas Gupta, chairman of the hospital, has been striving to bridge the gap in quality healthcare.

The hospital offers a wide range of medical services including advanced diagnostics and surgical interventions. The institution's modern infrastructure along with its advanced technology, ensures that the



patients receive quality healthcare solutions suited to their individual needs.

Their patient-centric approach is evident in every aspect of its operations and they are known to go beyond the medical treatments to prioritize the emotional and psychological well-being of each patient. The commitment to fostering a comfortable and supportive environment sets it apart from the others.

Talking about the hospital, Srivatsa H.A. (Chief Executive Officer) says,

"It is an honour beyond words, for me to lead this great organization and a privilege



Dr. Ashok, Dr. Nisha Buchade, Srivatsa H A

to be a part of a remarkable team of people who are passionate about providing the best care for patients.

As a trust hospital, we feel a deep sense of pride and commitment to all those who place their trust in our care. Our primary focus is to deliver quality care that exceeds national standards in quality, safety and patient satisfaction."

Even though the bricks and mortar, the technical equipment and the system resources are the backbone of the organization. The heart and soul of this organization are the "People" who give so much of their time and their talent to help those in need overcome their individual health obstacles. It is these physicians, nurses and other care givers who each and every day blend the miracle of compassion with the marvel of technology to make a real difference in the

lives of the patients.

They are committed to earn the trust and faith you place in them and are honoured to be able to participate in your healthcare needs. While they take pride in what they have accomplished, they remain resolute in the focus to address the future healthcare needs of communities.

So, when you or your loved ones need a hospital, you can count on them! they are here when you need them."

Through health awareness programs, preventive healthcare initiatives, and medical camps, the hospital actively contributes to building a healthier society. This community-centric approach reflects Vasavi Hospital's role as a responsible healthcare institution with a broader impact.

Specialized care units within the hospital, including cardiology, orthopaedics, obstetrics, and paediatrics, are led by an experienced team of doctors. This multidisciplinary approach ensures that patients receive comprehensive and integrated care for a wide range of medical conditions, further solidifying Vasavi Hospital's position as a distinguished center of healthcare.

The hospital is committed in providing quality healthcare services to all its patients. They remain dedicated to staying at the forefront of medical innovation, expanding its range of services, and adapting to the ever-evolving needs of the community. With a focus on patient well-being and a commitment to quality, Vasavi Hospital continues to be a sort after healthcare partner for the people of Bengaluru and the adjoining areas.

For more information, contact:
Vasavi Hospitals (A unit of Shri Vasavi Trust)
Address: #15, 1st Stage, Opp. to 15E Bus Stop, 70th Cross Rd, Kumaraswamy Layout, Bengaluru,
Phone: 080 71 500 500
Email: info@vasavihospitals.com

DR. RAJEEV S BASHETTY: A RENOWNED UROLOGIST WITH A PASSION TO OUTSHINE

Dr. Rajeev S Bashetty is a renowned urologist with a distinguished career spanning over two decades. He is a master in the treatment of kidney stones without surgery, as well as laser stone surgeries and laser prostate surgeries. He has great expertise in all aspects of urology and he is respected by his peers and patients alike.

Dr. Bashetty is committed to providing his patients with the best possible care is evident in his compassionate and patient-centric approach.

He takes the time to understand each patient's individual needs and concerns, and he works with them to develop a personalized treatment plan. He is also committed to staying up to date on the latest advances in urology, so that his patients can always benefit from the most innovative and effective treatments available.

If you are looking for an experienced, skilled, and compassionate urologist in Bangalore, Dr. Rajeev S Bashetty is the right choice. He provides his patients with quality care and helps them achieve the best possible outcomes.

Dr. Bashetty is a member of several prestigious medical organizations, including the Urological Society of India, the American Urological Association, and the World Endourology Society. He is a regular



speaker at national and international conferences on Urology.

Achievements

Dr. Bashetty has several achievements to his credit, including:

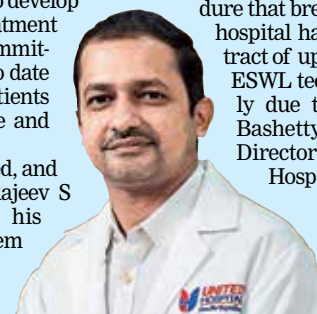
- Invited guest speaker for the third International Alliance of Urolithiasis (IAU) Webinar on SWL Management of Upper tract & Lower Ureteric Stones Under Sonographic Guidance. 27th May 2021

● Invited speaker for the debate on – IS ESWL at the 55th annual conference of the Urological Society of India-ESICON 2022 at Ahmedabad

The expert urologist treats patients with some of the latest technology, using ESWL, a non-invasive procedure that breaks stones in the urinary system. The hospital has broken down stones in the urinary tract of up to 20 mm in size in patients using the ESWL technique. This has been possible largely due to the dedicated focus of Dr. Rajeev Bashetty, Consultant Lead Urologist and Director of Clinical Excellence at United Hospital.

Dr. Bashetty's expertise in these advanced urological procedures is evident in his high success rates and his reputation for providing quality patient care is praised by many.

For more details, contact:
United Hospital
Bangalore: 080-45666666
www.unitedhospitals.com or
info@unitedhospital.in



Dr. Rajeev S Bashetty
Lead Consultant & HOD Urology
Director - Clinical Excellence
United Hospital Jayanagar, Bengaluru

SETTING THE STANDARD IN MUSCULOSKELETAL CARE

United Hospital's Orthopaedic Surgery Department prides itself on its modern facilities and sophisticated technology, ensuring patients receive some of the most advanced and effective treatments available. Led by the distinguished Dr. Chandramouli B, an experienced orthopaedic surgeon with over 28 years of expertise, the department offers a comprehensive diagnosis and treatment of a diverse range of musculoskeletal



conditions, encompassing joint replacement surgery, complex trauma management, and general orthopaedic care.

Dr. Lingaraju A P, orthopaedic consultant at United Hospital Jayanagar, is also an integral part of the orthopaedic team.

The orthopaedic surgeons at United Hospital are recognised as some of the most skilled and experienced in Bengaluru. The dedicated orthopaedic surgery suite and advanced imaging centre equipped with advanced technology and equipment, empower the department's surgeons to execute complex procedures with minimal invasiveness, leading to expedited recovery times and enhanced patient outcomes.

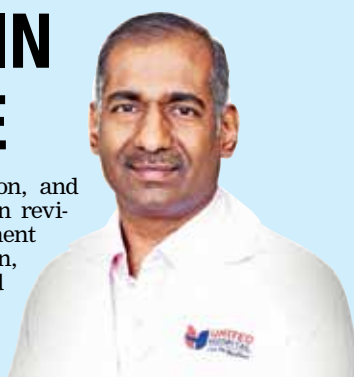
The department is equipped to conduct all kinds of joint replacement Surgeries- such as primary,

revision, rerevision, and bone reconstruction revision joint replacement surgeries. Also in, trauma care and surgery - pelvic acetabular fractures management, joint fracture reconstruction management are performed.

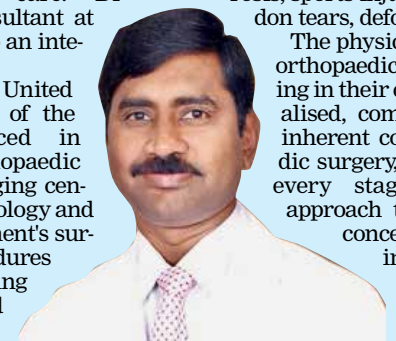
With extensive training, they adeptly address a spectrum of musculoskeletal conditions, including arthritis, osteoporosis, sports injuries, fractures, ligament tears, tendon tears, deformities, and tumours.

The physicians and staff at United Hospital's orthopaedic surgery department are unwavering in their commitment to providing individualised, compassionate care. Recognising the inherent concerns associated with orthopaedic surgery, they prioritise patient support at every stage, fostering a patient-centred approach that addresses unique needs and concerns with empathy and understanding.

For more information, contact:
United Hospitals
Call: 080-45666666
www.unitedhospitals.com or
info@unitedhospital.in



Dr. Chandramouli B,
Lead Consultant Orthopaedic Surgeon
Specialist - Joint Replacement Surgery and Trauma Surgery.



Dr. Lingaraju A P, Orthopaedic Consultant.

SAGAR HOSPITALS: NURTURING WELLNESS, EMBRACING EXCELLENCE

In the realm of healthcare, Sagar Hospitals have etched an indelible mark of quality, offering compassionate and modern medical services that truly elevate the quality of life. Under the visionary leadership of Dr. Hemachandra Sagar and Dr. Premachandra Sagar, the institution has reached new heights in promoting health, delivering quality and touching lives.

Sagar Hospitals is more than a brand; it is a testament to a legacy of unwavering commitment to patients' well-being. With modern facilities and a team of dedicated healthcare professionals, Sagar Hospitals continues to be a beacon of hope for those in need.

Ishia Multani, President of Sagar Group of Hospitals, echoes this sentiment, saying, "Our primary focus has always been on patient care and delivering quality in healthcare. We believe that a patient's journey to wellness should be accompanied by empathy, innovation, and a commitment to the high standards of medical practice."

Sagar Hospitals is renowned for its multidisciplinary approach, offering a wide range of medical services,



including but not limited to cardiology, neurology, urology, nephrology, gastroenterology, orthopaedics, and oncology. The hospital's unwavering dedication to research and innovation has propelled it to the forefront

of medical advancement, ensuring patients receive the best care possible.

The institution's compassionate staff, coupled with



Philips Azurion 7 M 12, advanced technology cardiac cathlab.

modern technology, has consistently garnered the trust of patients and their families. Sagar Hospitals is not just about treating illnesses; it's about nurturing wellness and creating a healthier, happier society.

With a legacy of quality and a vision for the future, Sagar Hospitals continues to be a beacon of hope and a symbol of quality healthcare. It's a place where health meets heart, and where commitment to quality is a way of life.

For more information, contact: call- 959191820
Jaba M Roy, GM Branding & Communication

HOSMAT Hospitals three decade of tryst with Orthopedics & Sports Medicine

HOSMAT Hospital (Hospital for Orthopaedics, Sports Medicine Arthroplasty, Accident & Trauma) has treated numerous patients till date and has a testimony of over 30 years of clinical expertise. HOSMAT Hospital with 550 beds, 28 operation theatres, and with seven orthopaedic sub specialities is one of the largest groups of Orthopaedic hospitals in India, and is well equipped. The "CUVIS Curexo", one of the third generation fully or semi-automatic robotics, with advance features is being used at HOSMAT Hospitals, for knee and hip replacement.

Dr. Thomas Chandry started the hospital in the year 1993; he spent 16 years in the USA as an Orthopaedic Surgeon in New York and Oklahoma. He gave up his very busy orthopaedic practice in Oklahoma to start HOSMAT Hospital, with American Standards. It was one of the first hospitals in India in 1993, to have two operation theatres, out of 12 exclusively for joint replacement to avoid infection.



Robotic Surgery at HOSMAT

HOSMAT Hospital is one of the few hospitals in India, which has the 3rd generation automated robotic equipment. Robotic surgery or robotic assisted surgery is a surgical procedure, for knee and hip replacement, where a surgery is performed using a robotic device. This system was evolved to try to overcome the limitations of conventional surgery. This approach reduces the number of days of stay at the hospitals, helps in tighter control of infection, at the site of the operation, better precision, and helps in the faster recovery of the patient. The robotic, arm is guided by a optically based computer controlled system and operated by the surgeon. The robotic knee surgery is a full CT based and third planned surgery. The surgeon does the surgery with the assistance of the robotic machine. In robotic surgery, there is a high level of precision and accuracy and the amount of bone surface that is trimmed is less. It also lends better bone alignment and muscle balance. Post operative recovery is also faster.



Dr. Ananya Puttaraju, Dr. Vijay Girish, Dr. Thomas Chandry
Dr. Prakash B L - Dr. Krishna Kumar M S

For more information, contact:
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NARAYANA NETHRALAYA: VISIONARY HEALING



Naina Shetty, Dr. Rohit Shetty, Suniel Shetty, Dr. Naren Shetty Namratha Shetty, Grp Capt S K Mittal VSM

Yes are the storytellers of our journey, and this is truly reflected in the work and commitment of the visionary medical practitioner; Dr. K Bhujang Shetty.

His lifelong commitment was to eliminate preventable blindness and make quality eye care accessible to all. He started as a one-man army and today his clinic has blossomed into the illustrious Narayana Nethralaya, a five-centre super specialty eye hospital. The sixth hospital is planned to be opened in 2024 in Whitefield area of Bangalore.

The hospital has a formidable leadership team. With Dr. Rohit Shetty, Chairman and Head of the Department of Cornea and Refractive Services bringing over two decades of experience as a clinical and translational scientist. Dr. Naren Shetty, Vice-Chairman and Head of the Department of Cataract and Refractive Services, blends traditional values with modern work ethics effortlessly. Group Captain S K Mittal VSM, a veteran with 34 years in the Indian Air Force, lends strategic leadership as the CEO, fostering a culture of continuous improvement.

At the core of Narayana Nethralaya, is a patient-centric philosophy encapsulated in Dr. Bhujang Shetty's principle, "Our patient lies at the centre of everything we do." This commitment has driven consistent improvement, providing the quality care at an affordable price.

The hospital's greatest strength lies in the trust its patients have bestowed upon them, coupled with the integration of advanced

technology. From the moment patients step into the institution, Narayana Nethralaya strives to empower patients and their families with information and support. Facilities include a range of services from a laboratory, pharmacy, and optical store to a dedicated paediatric unit, eye bank facility, and 24-hour emergency services. Modern operating theatres, disabled-friendly facilities, fire safety measures and an electronic medical record system form the backbone of the institution's infrastructure.

Dr. Bhujang Shetty's proudest achievement was not just the establishment of Narayana Nethralaya but the joy derived from combating diabetes and its effects on eyes. His 25-year battle with diabetes fuelled an unwavering commitment to helping others facing similar challenges.

Advanced treatments at Narayana Nethralaya encompass cataract, refractive, and glaucoma surgeries, utilizing modern technology. Initiatives, such as biomarker kits, AI in clinical research, gene therapy vector production, and human trials, have positioned Narayana Nethralaya as a leader in ophthalmic research, pushing the boundaries of medical science.

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K MUNIRAJU - A VISIONARY

It is said that circumstances can change the destiny of a person. When this man ventured into health and education with just a dream he left no stone unturned to make it a reality. Coming from humble beginnings, the story of K Muniraju is nothing short of



an inspiration. He started his journey with Akash International School in 2010. Later, in 2013, he founded Akash Super Specialty Hospital, a 950-bed healthcare centre that focuses on providing quality healthcare to the rural population of Bengaluru.

Muniraju is a visionary who truly believes in giving back to society. The hospital today provides free treatment and surgeries for poor patients including free food. He founded Akash Medical College in 2015, a premier medical college with both undergraduate



and postgraduate courses.

Between 2017 and 2021, he founded Akash Institute of Nursing, Akash Institute of Paramedic Sciences, Akash Institute of Allied Health Sciences and Akash Institute of Physiotherapy. In the year 2022, Akash Institute of Management and Science was established. Recently this year, they added another feather in the cap by adding Akash Institute of Pharmacy and Akash Institute of Engineering and Technology in its kitty.

Today, the group has 14 institutions under its umbrella spread across two campuses, housing more than 5500 students, providing employment to more than 1500 people. Muniraju's achieve-

ments in health and education are many, but perhaps his most significant contribution towards health was during the Covid crisis. When the whole world was in turmoil, Akash was the first hospital to help the government by dedicating the entire 750 beds to government patients. It was also the hospital that took care of all international patients during the initial screening and testing. Akash Hospital has treated more than 12000 patients, some of the highest number of patients of Covid in Karnataka.

Under Muniraju's leadership, Akash hospital regularly conducts health camps across villages, making quality health care accessible to the rural population. Till date they have treated more than 20,000 people through these camps.

For more information, contact:
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JOURNEYING FROM RECOGNITION, SUCCESS TO GLOBAL IMPACT WITH ADVANCED MEDICAL SOLUTIONS

In an extraordinary tale of vision and innovation, Nirmal, the pioneering force behind Manish Medi Innovation, has led the company to unparalleled growth in the global medical landscape. Bolstered by over two decades of experience, his leadership has not only steered the organisation through the intricacies of the medical industry but also established Manish Medi as a symbol of trailblazing medical solutions across urology, gastroenterology, gynecology, radiology and nephrology. The commitment to precision, accuracy and hygiene has elevated the organisation to a position of trust, resonating with patients and healthcare professionals alike.

Operating from a sprawling 50,000 sq.ft. facility with four manufacturing units, Manish Medi exports sophisticated medical devices to over 45 countries. The 'Make in India' tag resonates with international markets, showcasing the prowess of Indian innovation on a global stage.



Nirmal Kumar K. M., Managing Director
Manish Medi Innovation

Certified with ISO 13485, CE, and Indian FDA approvals, Manish Medi upholds its commitment to quality and compliance. The four dedicated International standard manufacturing facilities adhere to stringent International GMP standards, ensuring the production of approximately 250000 units per month with the utmost precision and hygiene.

Nirmal's journey and remarkable achievements from inception to this moment don't just make for a story; it is an inspiration for the entire healthcare industry. Manish Medi Innovation is not just a company; it's a triumph of vision and innovation, leaving an indelible mark on the global medical landscape.

For more details, contact:

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Gleneagles Bengaluru Achieves Guinness World Record in Grand Finale of Clean Hands Save Lives Campaign

In a historic event that reverberated through the heart of Bengaluru, Gleneagles Hospitals celebrated a resounding triumph, securing a Guinness World Records™ title for the "Most people sanitising their hands simultaneously at a single venue" during the grand finale of the Clean Hands Save Lives Campaign. With an awe-inspiring 10000+ participants joining forces at ISKCON Vaikuntha Hill on November 22, 2023, this achievement marked the pinnacle of a transformative five-month journey.



The campaign, designed to counter the decline in hand hygiene practices, became a city-wide movement that reached 55 schools and educated over 80,000 students. In collaboration with Rotary Bengaluru, Gnanakshi Club and Rotary District 3191, the initiative transcended pandemic contexts, instilling the habit of regular hand hygiene among children. This monumental moment was propelled by 21 Assembly Sessions, 100 volunteers, and the active participation of schools, teachers, students, and parents.

Distinguished guests, including Sri Sri Dr. Prakashnath Swamiji and Health and Family Welfare Minister Dinesh Gundu Rao, graced the grand finale, highlighting the collective commitment to a healthier future. Dr. Prem Kumar Nair, Group CEO of IHH Healthcare, emphasized the global message on hand hygiene, while Anurag Yadav, CEO of IHH Healthcare India, commended the campaign as a commitment to public health.

Biju Nair, Cluster COO of Gleneagles Hospitals, underscored the profound impact of Clean Hands Save Lives as a vision for a secure future. Ashwin Kumar, IPP of Rotary Bengaluru Gnanakshi Club &



Team of Clean Hands Save Lives Campaign

District 3191, spoke of the collaborative effort fostering a culture of cleanliness and empowering future generations.

As the campaign concludes, the organizers anticipate a lasting impact on public health, with Bengaluru's citizens demonstrating an unwavering commitment to a healthier tomorrow. The achievement transcends the record itself, resonating in the collective consciousness, fostering health-conscious habits within the community for years to come.

The event was supported by Savlon, AkshayaKalpa, Forum Mall and Lad Foundation.

PRECISION AND SAFETY – THE ROBOTIC REVOLUTION IN SPINE CARE

In the intricate landscape of spine care, not all neck and back pain calls for surgical intervention. Spine specialists note that only a small fraction—below one percent—of individuals with severe spine injuries and conditions may require surgery.

The Robotic Revolution in Spine Care

The advent of Robotic technology has changed the dynamics of managing spinal issues with enhanced outcomes. Robotic spine surgery is a minimally invasive technique where a robotic system guides and assists the spine surgeon, leveraging 3-D radio imaging for superior precision. Skilled specialists make it safe for children and the elderly dealing with fractures and other musculoskeletal deformities, enhancing their quality of life.

A frontrunner in providing quality

healthcare, Manipal Hospital Old Airport Road becomes the first private corporate hospital in Karnataka and South India to introduce the next-gen MazorX Robotic system, empowering spine specialists to perform complex spine surgeries with higher precision.



In a minimally invasive way Led by Dr. Vidyadhara S, Chairman & HOD — Spine Surgery Manipal Hospital, Old Airport Road, the hospital achieves unparalleled success in over 100 monthly surgeries with a 99.9 percent success rate.

The MazorX robotic system enhances precision with 3-D imaging, ensuring minimal invasiveness. This system streamlines planning and offers spine specialists 15 years of precise robotic assistance and 25 years of Stealth Navigation. Also, there's no need for fluoroscopy or pre-operative CT scans, significantly reducing radiation exposure risks. The minimally invasive nature allows early mobility with most patients walking within 4-6 hours and being discharged the next day.

For more information, contact:
Manipal Hospital, Old Airport
Road, Bengaluru
1800 203 2999



Dr. Vidyadhara S

COMPREHENSIVE WOMEN'S HEALTHCARE ACROSS AGES

Aria Women's Clinic is a unique establishment dedicated to addressing women's health from puberty to adolescence, through pregnancy to menopause, and beyond, tackling menstruation, contraception, reproductive health and more. Equipped with advanced facilities, it offers a range of services, including consultations, blood tests, ultrasound scans, gynaecological (key hole) laparoscopic surgeries, normal deliveries, and specialised care for high-risk pregnancies.

The clinic is the brainchild of Founder and Managing Director Dr. Bhavana HJ Reddy, a distinguished obstetrician and gynaecologist and laparoscopic surgeon, who has over a decade of healthcare expertise in NGOs, leading

government and private hospitals across Delhi and Karnataka.

Aria Women's Clinic believes in empowering women through knowledge and personalised care, ensuring healthcare with compassion and expertise. With a commitment to quality, Aria strives to be the preferred destination for women seeking remarkable healthcare services tailored to their unique needs. The clinic is dedicated to providing standard of care at every step.

For more information, contact:
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9090600200, 9090200600
Aria Women's Clinic, First Floor, GVR
Square,
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Bengaluru, Karnataka- 560087



Dr. Bhavana HJ Reddy,
Founder and Managing Director

Elevating Patient Care with Nano Hospitals: A Paradigm of Distinction

Nano Hospitals epitomizes a transformative shift in healthcare, prioritising patient-centric care while embracing advanced technology and compassionate practices. With a commitment to quality, Nano Hospitals is redefining healthcare standards in Bengaluru.

Empowering patients to actively engage in their healthcare journey, the hospital emphasises transparent communication and patient involvement in decision-making. Additionally, the hospital's remote consultations, virtual health monitoring and digital health records ensure healthcare accessibility beyond physical boundaries.

Nano Hospitals spares no effort in integrating nanotechnology into healthcare practices. This integration unlocks new possibilities for diagnostics, treatment, and personalized medicine. They utilise nano-scale imaging techniques and targeted drug delivery systems, enhancing precision in diagnosis and treatment.

The hospital prides itself on a team of skilled healthcare professionals. Collaborative efforts



Dr. Sailaja V and Dr. Mohan M R with
Suniel Shetty

among multidisciplinary specialists ensure personalised and comprehensive treatment plans tailored to each patient's unique needs.

Prioritizing health screenings and preventive measures, the hospital empowers individuals to maintain optimal health and well-being. Research initiatives and innovative treatments remain piv-

otal at Nano Hospitals. Embracing artificial intelligence and machine learning algorithms, the hospital leverages vast medical data for informed decision-making. They also integrate sustainability practices, incorporating green building designs and waste reduction measures.

With plans to establish new facilities and specialised centres, Nano Hospitals aims to broaden its reach. Nano Hospital's unwavering commitment to compassion, and continuous improvement remains a testament to its mission: empowering, healing, and elevating the lives of all entrusted to its care.



For More information contact:
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Near Arekere Sai Baba temple
Sir M Vishveshwaraiiah Road
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Bangalore -76 Call: 089295 00500

CLARITY BEYOND CLOUDS: SHEKAR EYE HOSPITAL

According to the World Health Organization, cataracts are the leading cause of blindness in the world, and India alone contributes 30 percent of this load. Cataracts can occur at any age but the good news is that cataract surgery is the most frequently performed surgery within the country and the world.

Today technology has taken ophthalmology segment (the branch of medicine that deals with the anatomy, physiology and diseases of the eye) to a delightful stature. Credits to institutions like Shekar Eye Hospital that have brought some of the best technology in patient care in India. The super specialty eye hospital, located in JP Nagar, Bengaluru, has sophisticated equipment and facilities

offering state-of-the-art technology to treat various eye disorders, with a focus on comprehensive eye care, cataract and refractive surgery.

Dr. Rajashekar YL, Chairman, Shekar Eye Hospital says, "earlier, after cataract surgery the patient was forced to wear the glasses for day-to-day work. Now, with revolutionary developments in the Intraocular lens (IOLs) and with technological upgrades, there is no need to wear the glasses after the cataract surgery."

He adds that since each eye has a unique



Dr. Rajashekar Y. L.

shape and size, therefore, cataract surgery can be customized to best suit the requirement of every patient. Also, the IOL selection after the scan makes the process easier and simpler.

Walk in to Shekar Eye Hospital for a painless, bloodless, bandage less cataract surgery experience. The place has competent and experienced doctors who perform countless surgeries every month, and counsel the patients about the right type of therapy, surgery or procedure required.

For more details, contact:
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Hosachiguru's Managed Farmlands: Nature-Connected Living with Urban Comforts

Discover Managed Farmlands

Hosachiguru is the pioneer in managed farmlands with over a decade of experience, handling 1300+ acres for a community of over 1000 co-farmers. With the incorporation of Regenerative Farming practices driven by Permaculture principles and ethics across all of their projects, managed farmlands by Hosachiguru are also situated conveniently within 30 to 90 minutes from Bengaluru's outskirts. Hosachiguru managed farm plots are available at prices ranging from ₹15 lakhs to ₹85 lakhs onwards, varying based on location and plot sizes.

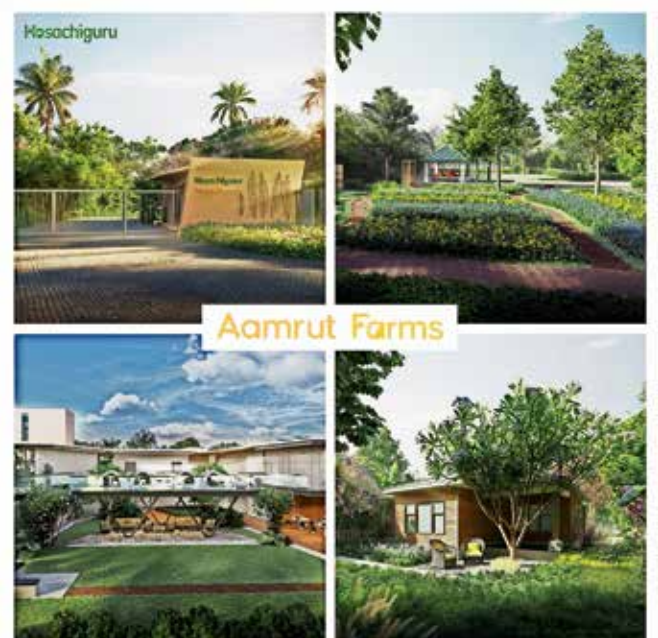
Hosachiguru, with extensive expertise in managed farmlands around Bengaluru, presents Aamrut Farms. Situated just 40 KM from Bengaluru's M.G. Road, this exclusive sanctuary seamlessly merges luxury rural living with convenient city access.

Positioned as the closest managed farmland to Bengaluru, Aamrut Farms ensures easy access from the city center and a swift



commute from Bengaluru International Airport. Nestled near Hoskote and the upcoming Ring Road, it offers a perfect fusion of city convenience and rural tranquility, reflecting a commitment to Regenerative Farming practices and community-focused development.

Tailored for harmonious living, these premium farm plots, starting at ₹85 Lakhs, offer a unique link to nature without sacrificing urban comforts. These carefully designed landscapes include fruit orchards, vegetable gardens, compost setups, a modern clubhouse, and an experience center, providing a holistic, hassle-free living



experience beyond land ownership.

Experience a nature-connected lifestyle near the city at Aamrut Farms, located in the high-growth area between the Airport and Whitefield, just 20 minutes from Hoskote Toll Plaza and 10 minutes from the Volvo Factory. Choose to own large farm plots from the limited number, with which you can grow a food forest and experience luxurious amenities such as a modern clubhouse, bonfire and campsite, gymnasium, multi-functional experience center and lots more! Act fast—these opportunities won't last! Don't miss out on gaining work-life balance, completely hassle-free, at Aamrut Farms.

Embrace tranquility while staying close to the city's vibrancy.

For more information, contact:

Hosachiguru
Call 7374-900-900 or visit www.hosachiguru.com