



Hiranandani
Hospital

PIONEERING THE FUTURE
of Healthcare, with courage.



FEARLESS

at

20

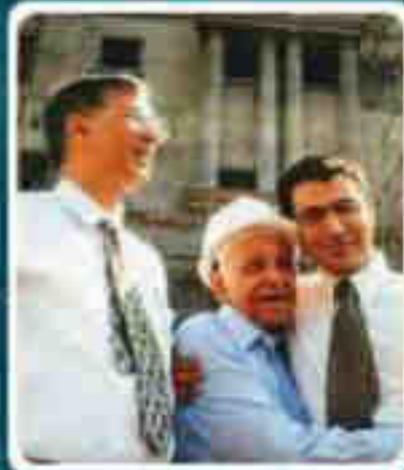
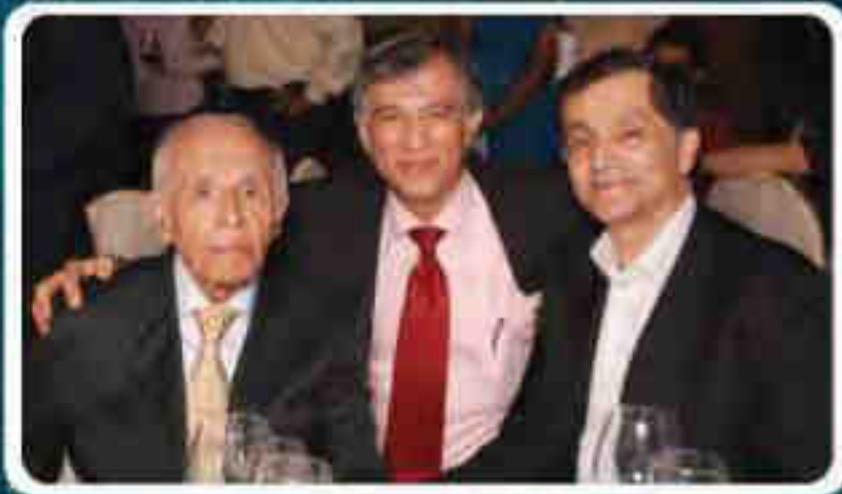
Dr L. H Hiranandani Hospital

FEBRUARY 2024

Healthy Milestones



Legacy of courage and care.





The doctor's duty is to *cure sometimes*,
to *relieve often*,
and to *comfort always*.

—Hippocrates



Table of Content

01

Messages

- a. Chief Managing Trustee,
Dr Niranjan Hiranandani — 04
- b. Managing Trustee,
Mr Surendra Hiranandani — 06
- c. Chief Executive Officer,
Dr Sunit Chatterjee — 08
- d. Editorial Note,
Dr Sunit Shetty — 10

02

Articles

- a. Liver Transplantation Program,
Dr Swapnil Sharma — 12
- b. Navigating the Waters of Acute
Ischemic Stroke:
A Comprehensive Journey of Care,
Dr Nilesh Choudhary &
Dr Sachin Asaka — 14
- c. The Sports Injuries Clinic,
Dr Aditya Sri Kadiavolan — 20
- d. HIRA RECALM – Transforming
Dimension of Metabolic Care,
Dr Vimal Panja — 24

03

Professional Achievements

(2023-24) ————— 28

04

Events

- a. 10th Hiranandani Pharmacy
Congress (HPCong) ————— 44
- b. Other Events ————— 46
- c. Public Awareness
Programmes ————— 63

05

Celebrations

- a. Festivals & Celebrations ——— 62
- b. Chairman Padma Bhushan
Dr L. H. Hiranandani's 100th
Birthday Celebrations ——— 70
- c. Annual Sports Day ——— 71
- d. 10th Anniversary
Celebration ——— 73
- e. Annual Award Ceremony
2023 ————— 76



Dr Niranjan Hiranandani

Chief Managing Trustee



I hear good reviews from the community and from those not living within our community.

This trend is very encouraging.



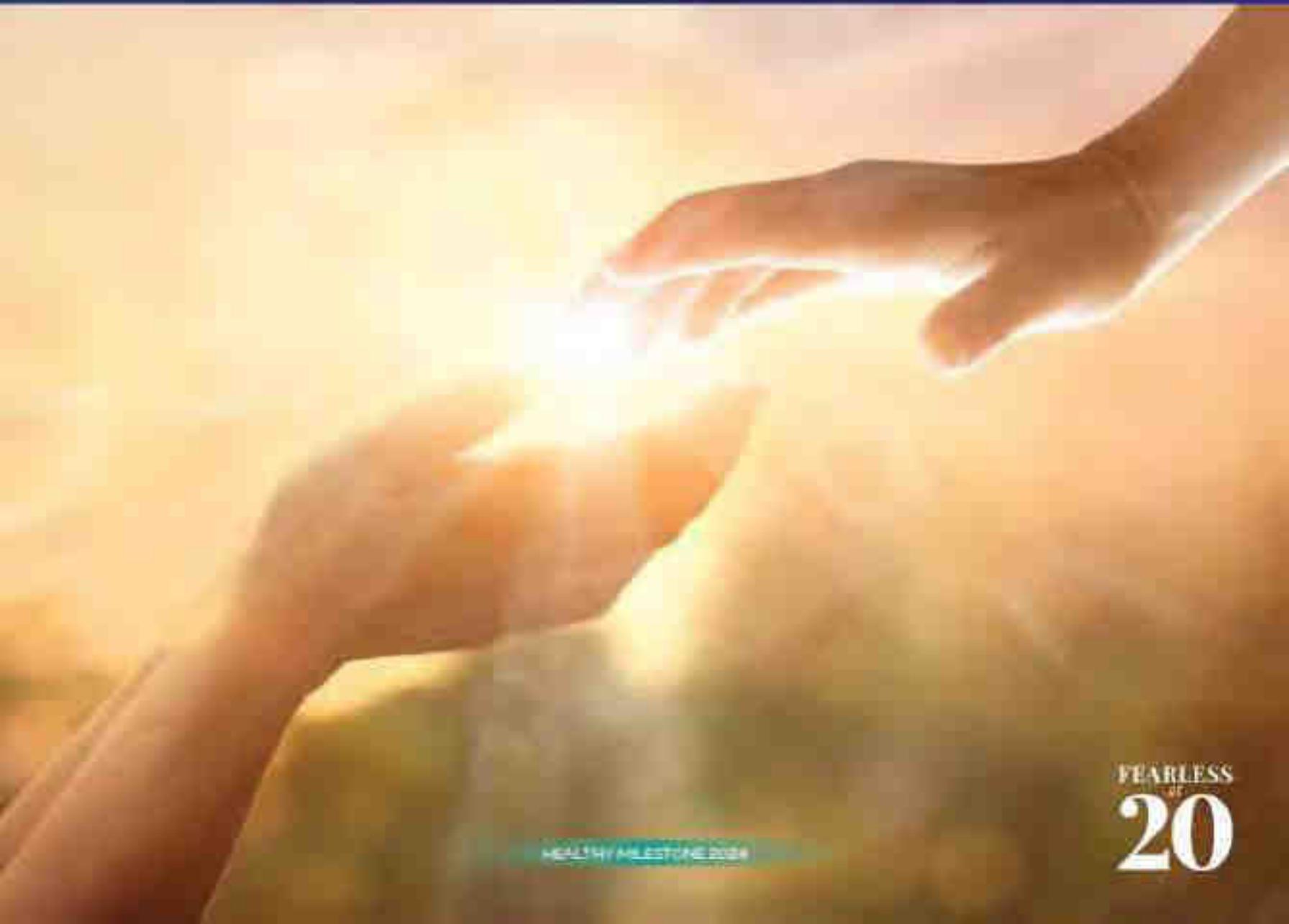
Message

from the Chief Managing Trustee

The vision that the hospital was started with has been surpassed by this excellent team from the hospital. I congratulate you. Your performance has been well received in the healthcare domain. I hear good reviews from the community and from those not living within our community. The trend is very encouraging. Everyone must commit themselves to keep the trend up. I will add a cautionary line. You have done so well that a sense of complacency may set in. Avoid that at all costs as that will then inhibit the momentum generated to propel you forward. Being stagnant is the worm that will result in a decline. Initially subtle but in time that may gain momentum. That is not desirable.

Twenty years of operational excellence is not easy to come by. Historically I recall that within the second year of commission you strove to get the ISO Certification and successfully so. We needed process evaluation and the team got the NABH in 2007. What was truly creditable, that you were the first in Mumbai and the Western region of India. That needed planning and execution. You marched on to win a number of prestigious accolades as the Ramakrishna Bajaj National Quality and also the Asia Pacific Award for Quality in healthcare excellence. In the same manner I urge you to step into the annals of healthcare as a hospital that is unique.

I wish you well. My best wishes to all of you and your families!





Mr Surendra Hiranandani

Trustee



The inspiration to start our hospital was in his honour. *He, I am sure, is overjoyed to see your success from heaven above.*



Message

from the Trustee

Twenty years and counting!! All in the blink of an eye. You are set for the next decade. Its hard to imagine that we started the initiative to be a community hospital and in that span of time you have transcended to a higher plane.

The hospital has performed remarkably in the time. You all have spread with your hard work the good name of the hospital across the length and breadth of our beloved country. What is gratifying is that our Chairman Padmabhanu Dr. L. H. Hanandani was there to see the hospital grow.

The inspiration to start our hospital was in his honour. He, I am

sure, is overjoyed to see your success from Heaven above. I am certain that he showers blessing upon all of you.

The new decade must see new initiatives start and come to the fore. The world is moving forward at a hectic pace. Our hospital also will have to match in consonance. Technology will play a key role. The future will be technology based. You must keep your self updated. The hospital too must embrace the technological advances for progress, or we will be left behind.

I congratulate you all for your performance. Keep up the tempo and good work.





Dr Sujit Chatterjee

Chief Executive Officer



It's been a collective initiative to get this far and *I feel a sense of pride that the staff achieved this unique distinction.*



Message

from the Chief Executive Officer

Twenty years is a milestone in anyone's history and the same applies to the Institution (Dr. H. H. Frankland Hospital). What started as a brick-and-mortar edifice with a mere team of 7 has metamorphosed into a hospital that has built a reputation in being excellent in service of humanity. It's been a collective initiative to get the far and few a sense of pride that the staff achieved this unique distinction. The next decade beckons. A new

generation will imbibe the culture of the two decades and take the institution to greater heights. It is important to also have self-discipline to rise to that height. An organization implodes without this discipline. Take hold of the baton, grip it firmly, never looking back but keep your eyes on the horizon and travel on the road, unfurling the flag of excellence.

May you all be blessed. Good luck team!





Dr Suvin Shetty

Chief Editor & Laboratory Director



As we move to the third decade of our operations, we commit to work fearlessly to achieve the vision of our beloved *Chairman, Padma Bhushan Dr L.H Hiranandani, to be the best in the delivery of quality healthcare.*



Editorial Note

While celebrating our 20th anniversary this month, it has been a journey with many professional achievements which have been rewarding and several challenges that we faced fearlessly. This issue showcases some of these achievements. Our transplant program stepped up with liver transplants and bone marrow transplants taking place very regularly. Transplant programs running successfully are always a testimony to the surgical resources and to support system such as anaesthesia intensive care, blood banking and infection control.

HIRANEGAIN program, a revolutionary program meant to reverse several lifestyle disorders such as obesity and diabetes by a holistic multidisciplinary approach was launched. This program helps to deal with a metabolic disorder such as metabolic syndrome in an integrated and scientific manner. The sporting arena in the last decade has seen a rise with

many taking up sports as a hobby as well as profession. The Sports Injuries Clinic caters to support this passion by dealing with the injuries as well as returning the players back to return their sports. Then there are medical conditions such as Stroke where the neurologist along with the emergency team need to work synchronously to deal with the neurological emergency limiting the damage and then plan the recovery to improve the quality of life with the neuro-rehabilitation team.

We celebrated our festival and the Chairman's 100th birthday with a lot of fervor. We organized many events including the very successful 10th Hiranandani Pharmacy Conclave (HPCoC). As we move to the third decade of our operations, we commit to work fearlessly to achieve the vision of our beloved Chairman, Padma Bhawan Dr. L.H. Hiranandani, to be the best in the delivery of quality healthcare.





Liver Transplantation Program

“

Although liver transplant surgery is supra-major surgery with many associated challenges, ***the results are good and patients can live an absolutely normal life after liver transplantation.***

Dr Swapnil Sharma
Liver Transplant & HPB Surgeon



HEALTHY MILESTONE 2024



Liver transplantation is a complex lifesaving surgery in which diseased liver is replaced with healthy liver. Most common indication for liver transplant is chronic liver disease or cirrhosis of liver. Other indications are acute liver failure, liver cancer and metabolic liver diseases. If liver transplant surgery is performed in time, the success rate of liver transplant surgery is approximately 50%.

At Dr. J. H. Hirwandi Hospital we perform all types of liver transplant surgery which includes live donor as well as cadaveric donor liver transplantation. We perform both adult as well as pediatric liver transplant surgery. Our liver transplant team does thorough evaluation of both donor and recipient before transplantation. All our recipients are optimized before transplant, then after they are taken for liver transplant surgery. Success of liver transplant surgery depends upon patient's condition before surgery and preoperative optimization.

For living donor liver transplant, blood group matching is important. With time liver transplant science has evolved and now blood group non-matching or ABO incompatible liver transplant can be performed safely. ABO incompatible transplant is one of the options when recipient needs early transplant and there is no blood group matching donor in the family. Recently we performed ABO incompatible pediatric liver transplant at the Dr. J. H. Hirwandi Hospital. Patient was suffering from Wilson's disease related chronic liver disease which is a genetic condition in which copper is deposited in vital organs like liver, eye, brain. Patient did very well after surgery and was discharged on postoperative day 12.

We also perform pediatric liver transplant surgery. Recently, we performed liver transplant of 3 years old child who was suffering from biliary atresia which is a congenital disorder in which bile duct is scarred. Patient did very well after transplant surgery and now she is living absolutely normal life.

We have a dedicated liver transplant team which includes liver transplant surgeons, hepatologist, liver transplant anesthetist, intensivist, radiologist, trained OT and ICU nurses, dietician and physiotherapist. We have well equipped OT as well as dedicated transplant ICU.

There are many challenges during a liver transplant surgery:



Most of the liver transplant recipients have coagulopathy and their platelets are low so they have bleeding tendency. We have mostly use ROTEM and TEG which can help to understand coagulopathy status during surgery. Because of modern liver parenchyma cutting techniques like CUSA, liver donor surgery is safe and can be performed with minimal blood loss.

After successful liver transplant surgery, patient lives normal life. They can resume their work in next 2 to 3 months and all other activity within next 6 months.

Although liver transplant surgery is a high major surgery with many associated challenges, liver transplant results are good and patient can live absolutely normal life after liver transplantation.



Navigating the Waters of **Acute Ischemic** **Stroke:**

*A Comprehensive
Journey of Care*



Dr Nilesh Choudhury

Consultant Neurologist



Dr Sachin Adukia

Consultant Neurologist

66

Through our collective efforts, we endeavor to stitch together *a narrative of recovery, preserving the tapestry of life for every stroke survivor and their families.*



INTRODUCTION:

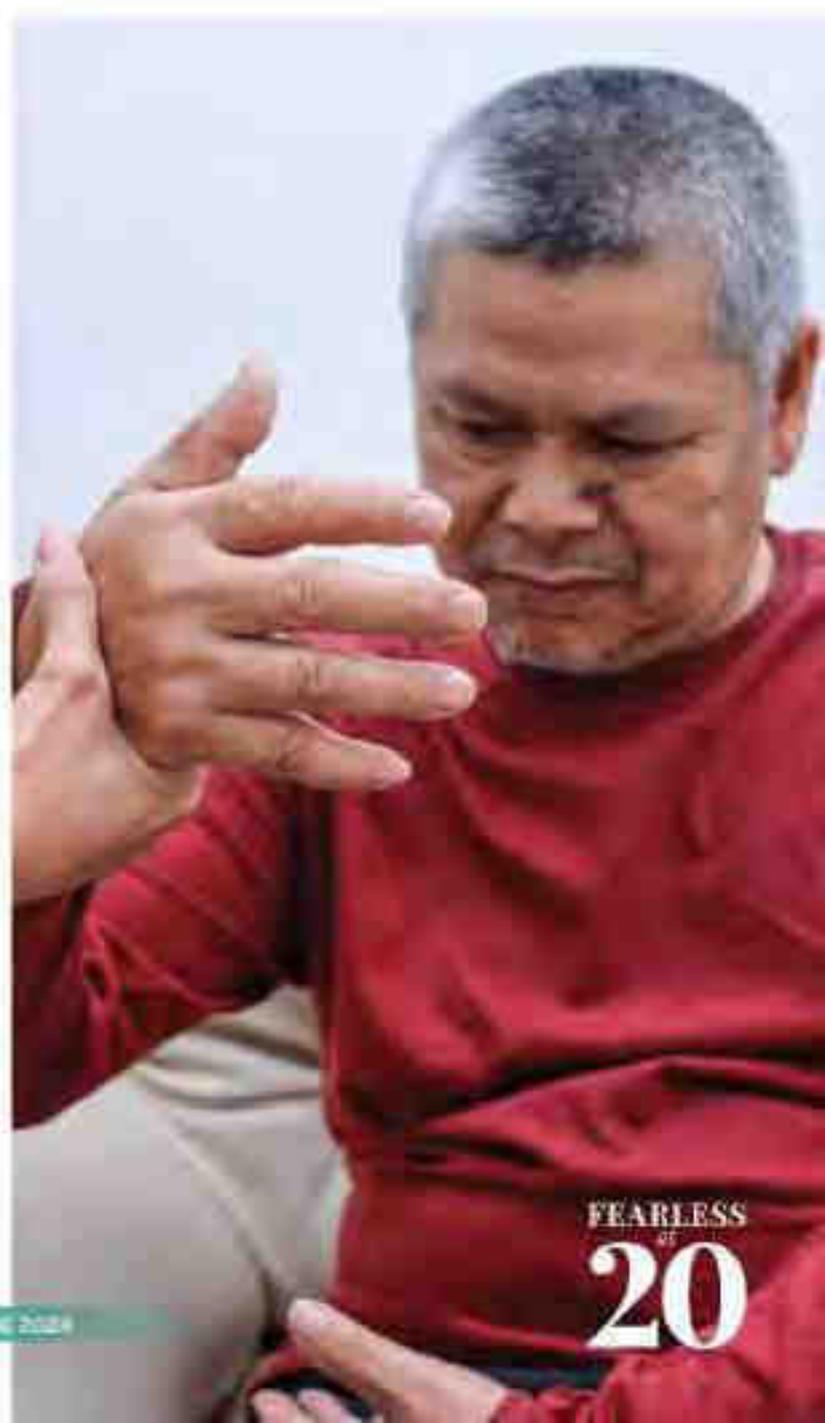
The corridors of neurology is peppered with intricate strokes, and when it comes to acute ischemic strokes stand as challenging chapters that demand rapid recognition, timely intervention, and precise care. This essay explores the multifaceted journey of a patient and their relatives, from the initial stroke recognition at home to the comprehensive care provided at Dr. L. H. Hemandani Hospital, Mumbai.

Stroke Recognition at Home: BEFAST

In the quietude of home, the first whispers of a stroke may go unnoticed. It is here that the acronym BEFAST becomes a lifeline for both patients and their relatives. Balance, Eyes, Face drooping, Arm weakness, Speech difficulty, and the importance of Time to call for help serve as crucial markers, guiding families through the initial moments of a stroke. Recognizing these symptoms promptly becomes the first stitch in preventing a larger unraveling.

The Burden of Disability:

The repercussions of an acute ischemic stroke extend beyond the immediate medical crisis, encompassing a complex web of disabilities. Loss of productivity, the substantial cost of care, and the emergence of strokes in younger populations paint a sobering picture. While often associated with the elderly, strokes can affect the young, altering lives unexpectedly. Lifestyle factors, genetics, and underlying health conditions contribute to this risk. Yes, there has been significant progress in India regarding emergency stroke services; the socio-economic impact of stroke-related disabilities remains a critical concern that underscores the need for continued awareness and innovation.



FEARLESS
OF
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Ambulance Retrieval: Bridging the Critical Gap

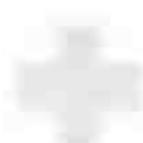
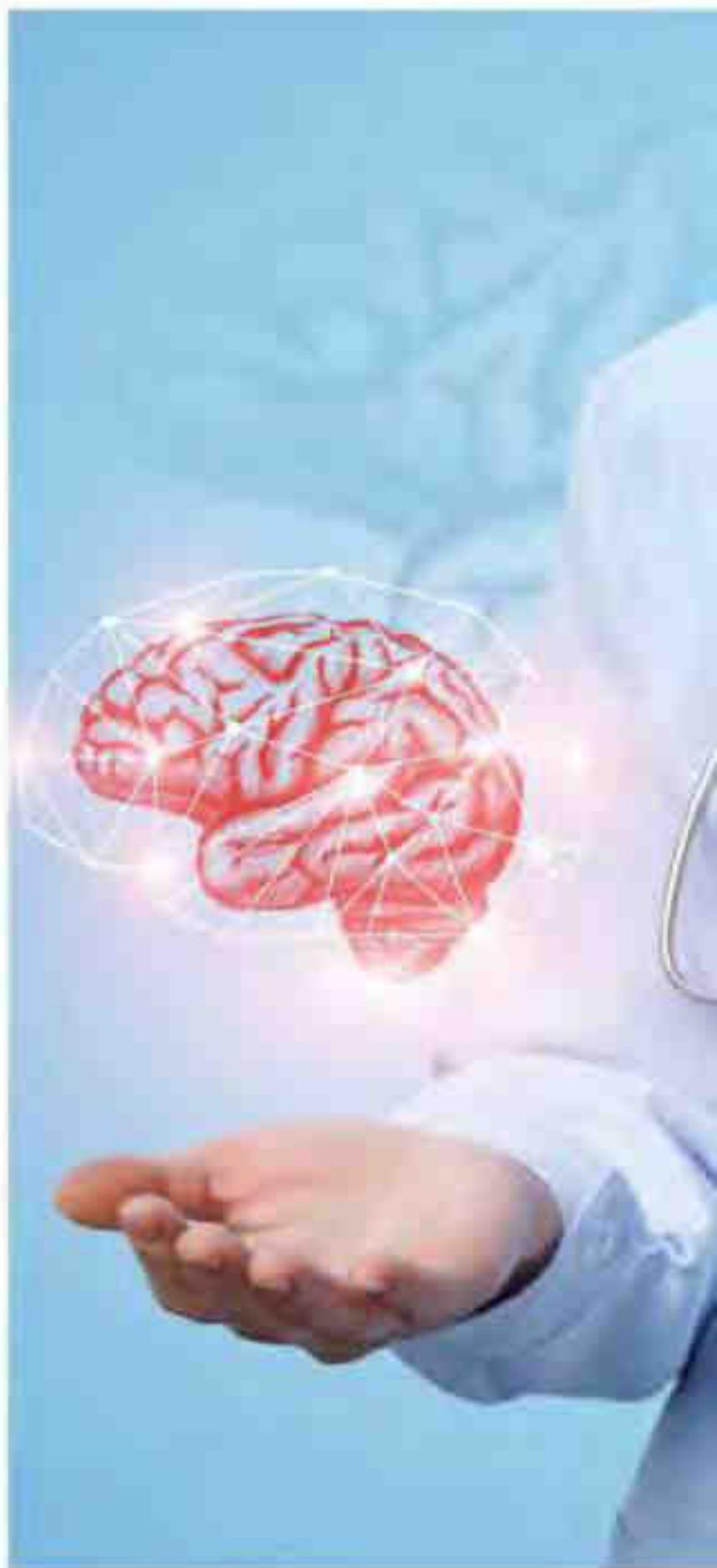
As the family grapples with the shock of a stroke, the timely arrival of ambulance retrieval services serves as a crucial bridge to specialized care. DRI, Hiranandani Hospital's commitment to 24x7 acute services ensures that the patient is swiftly transported from home to the Emergency Department, setting the stage for immediate and expert evaluation.

Emergency Triage: Expert Neurologists in Action

In the Emergency Department, the patient and their relatives encounter a team of expert neurologists engaged in rapid triage. Every moment is scrutinized, decisions made with precision, and the urgency palpable. This initial phase establishes the foundation for the subsequent stages of care, emphasizing the hospital's commitment to swift and decisive action.

Diagnostic Precision: CT/MRI by Neuroradiologists

The unfolding drama enters the diagnostic realm as neuroradiologists employ advanced imaging techniques such as CT or MRI to unravel the mysteries within the brain. These specialists decipher the type and extent of the ischemic damage, guiding the subsequent interventions with precision and offering crucial insights into the prognosis.





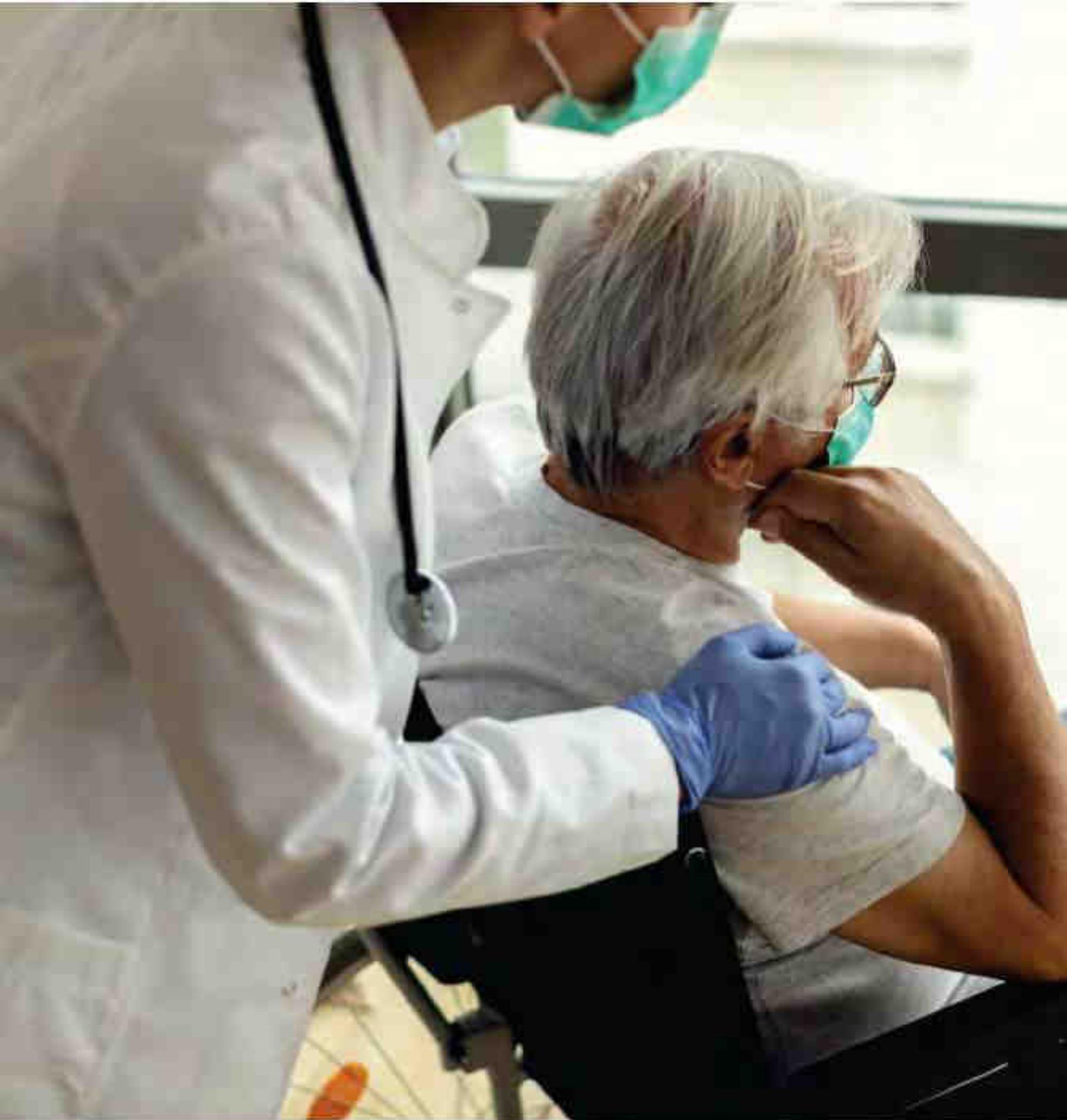
Intravenous Thrombolysis: *Navigating Indications, Safety, Benefits, and Risks*

In the delicate balance of time and treatment, intravenous thrombolysis emerges as a transformative intervention. Our neurologists meticulously navigate through indications, weighing the benefits against potential risks to offer this time-sensitive therapy. The delicate dance of safety and efficacy is orchestrated to maximize the chance of recovery.

Interventional Neuroradiology: *Pioneering Angioplasty and Thrombectomy*

For cases demanding a more hands-on approach, our interventional neuroradiologists step into the limelight. Angioplasty and thrombectomy become the tools of precision, navigating the intricate vessels of the brain to remove obstructing clots and restore blood flow. This cutting-edge intervention marks a significant stride in the journey towards recovery.





HEALTHY MILESTONE 2024





Neurosurgical Backup: *Safeguarding Against Haemorrhage*

In the unpredictable landscape of stroke, the spectre of intracranial haemorrhage is ever-present. Our neurosurgeons stand as guardians, providing a vital backup in case of haemorrhagic complications. Their expertise ensures that the safety net is in place, underpinning the hospital's commitment to addressing all facets of stroke care.

Recovery and Rehabilitation: *A Holistic Approach*

The journey doesn't culminate with acute interventions; rather, it transforms into a path of recovery and rehabilitation. Dr. L. H. Hirnandan Hospital's comprehensive approach encompasses speech and swallow therapy, neurophysiotherapy, botulinum injections for post-stroke spasticity, and tailored dietary advice. Each component is a stitch in the fabric of recovery, weaving together a narrative of hope and resilience.

Anecdote: *A Stitch in Time Saves Nine*

In the realm of acute ischaemic strokes, the timeless adage "A stitch in time saves nine" resonates profoundly. The swift recognition, immediate response, and expert interventions at Dr. L. H. Hirnandan Hospital embody this wisdom. Through our collective efforts, we endeavor to stitch together a narrative of recovery, preserving the tapestry of life for every stroke survivor and their families.





Dr Aditya Sai

*Consultant Arthroscopy,
Shoulder Surgery & Sports Injuries*

“

The Sports Injuries and Arthroscopy Clinic has actively contributed

to the field of sports medicine through ongoing research initiatives.

The Sports Injuries Clinic

The Sports Injuries Clinic at the Dr. L.H.Hiranandani Hospital has undergone a remarkable evolution over the past decade. Committed to advancing orthopedic care, the clinic has embraced cutting-edge techniques and technology to provide comprehensive solutions for athletes and individuals facing musculoskeletal challenges.





A Decade of Advancements :

Over the last ten years, the clinic has been at the forefront of advancements in sports medicine and arthroscopy. Our dedicated team of orthopaedic specialists has continuously expanded their expertise, integrating the latest research findings and treatment modalities into the clinic's offerings. From minimally invasive arthroscopic procedures to state-of-the-art rehabilitation programs, the clinic has evolved to cater to the diverse needs of patients.

Technology Integration :

The clinic's commitment to technological innovation is evident in the incorporation of advanced diagnostic tools and surgical equipment. State-of-the-art arthroscopic cameras, 3D imaging, customized repair techniques have become integral to the diagnostic and therapeutic processes, ensuring precision and efficiency in patient care.

Comprehensive Rehabilitation Programs:

Recognizing the importance of holistic care, the clinic has developed comprehensive rehabilitation programs tailored to each patient's unique needs. Collaborating with physiotherapists, sports psychologists, and nutritionists, the clinic goes beyond surgical interventions, emphasizing the importance of postoperative care and long-term recovery.

Research and Education :

The Sports Injuries and Arthroscopy Clinic has actively contributed to the field of sports medicine through ongoing research initiatives. In addition to enhancing patient care, the clinic plays a pivotal role in educating the medical community and the public through workshops, seminars, and publications, fostering a culture of continuous learning and knowledge dissemination.

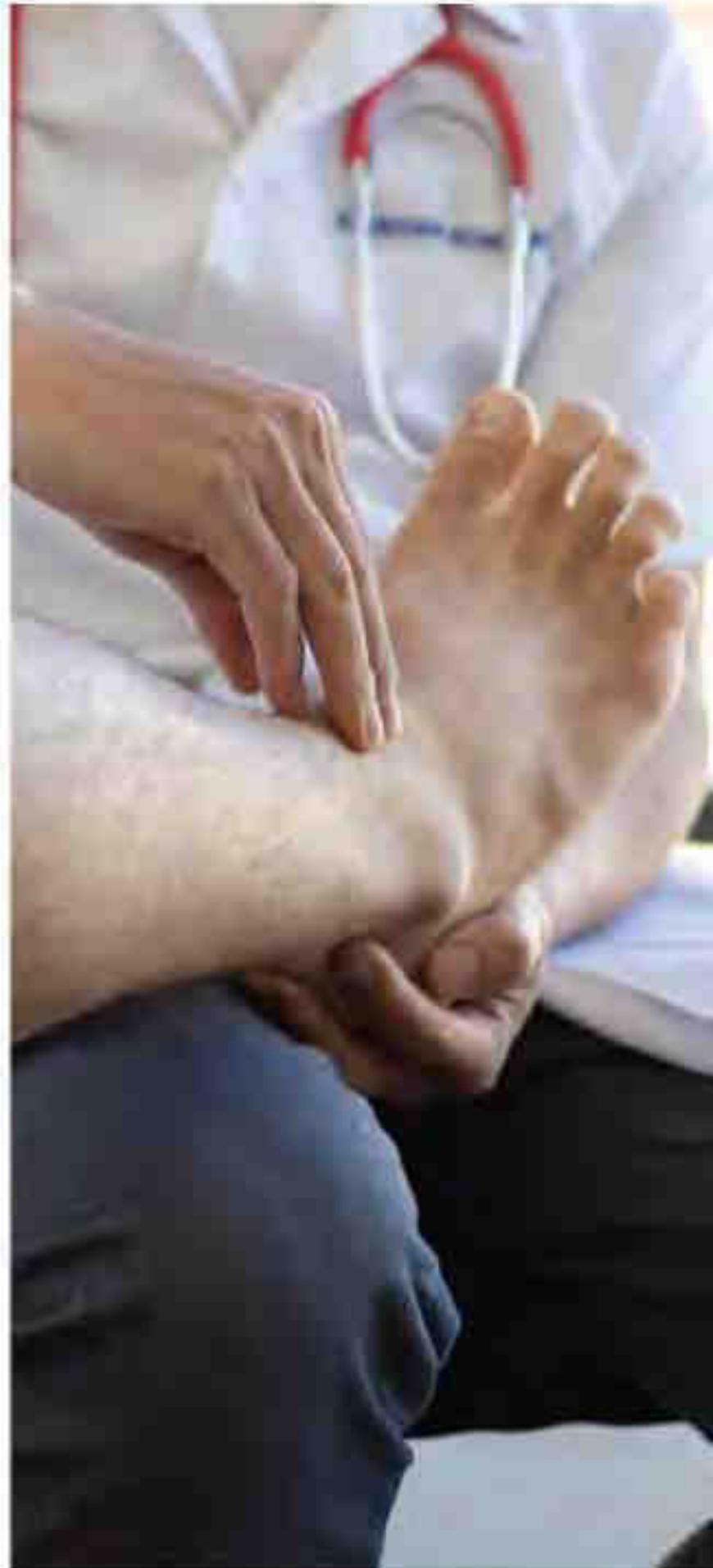
Community Outreach and Sports Partnerships :

As part of its commitment to community wellness, the hospital has forged partnerships with local sports organizations, schools, and fitness communities. Regular injury prevention workshops and athletic screening programs are conducted to promote awareness and proactive management of sports-related injuries.

Patient-Centric Approach :

Throughout its evolution, the Sports Injuries clinic has maintained a patient-centric approach, prioritizing individualized care plans and open communication. The empathetic and skilled medical staff ensures that patients are actively involved in their treatment journey, fostering a sense of trust and confidence in the clinic's services.

The Sports Injuries Clinic at the Dr. L.H. Haseendarani hospital stands as a testament to the continual evolution and commitment to excellence in orthopedic care. As it moves forward, the clinic remains dedicated to pushing the boundaries of innovation, shaping the future of sports medicine and enhancing the overall well-being of the community it serves.





Dr Aditya Sai

*With Mr Stalin,
Puneri Paltan team member*



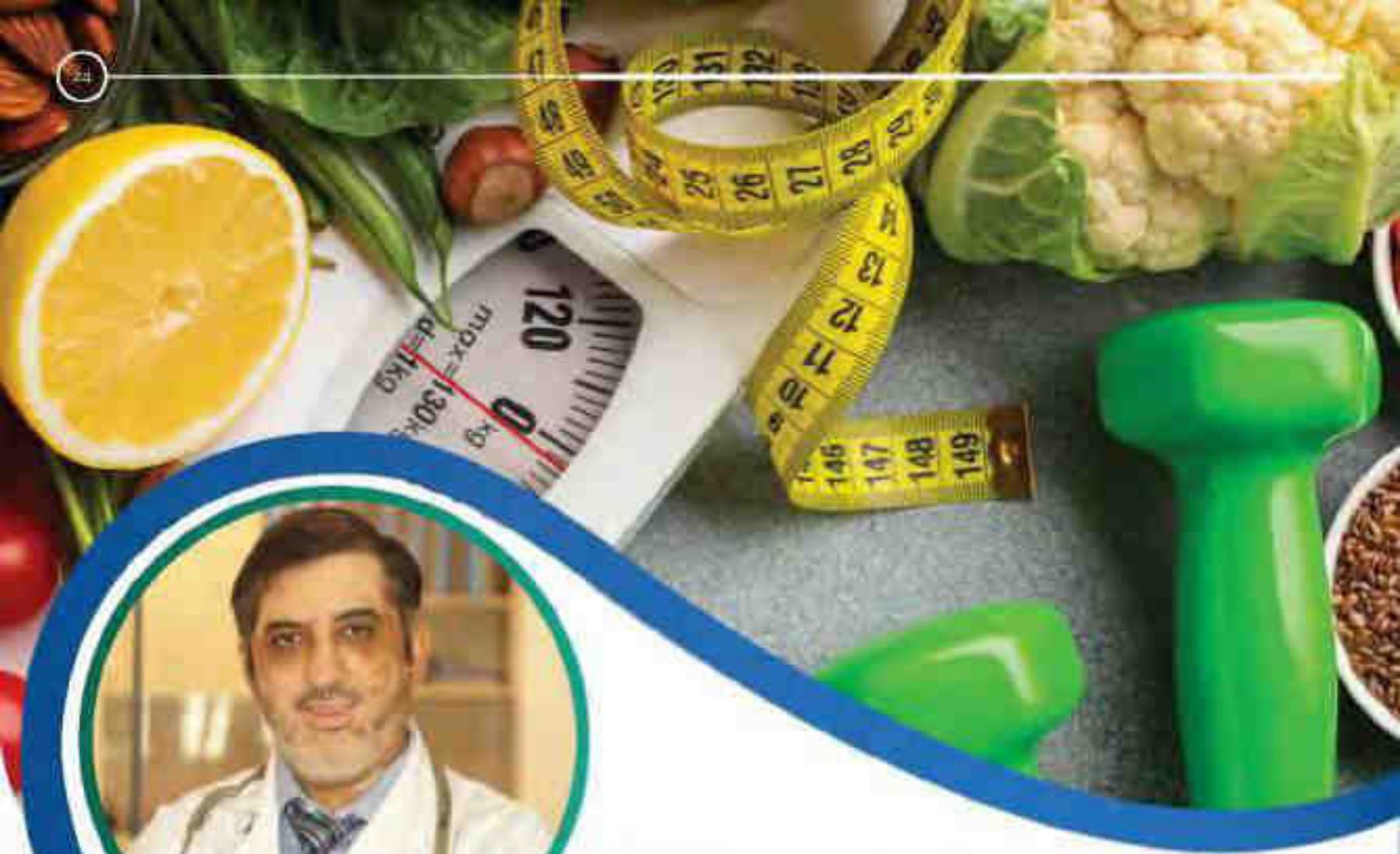
Dr Aditya Sai

*With Johnston,
footballer from Goa*



Dr Neeraj Pattnar

Sports Physio with UMumba Team



Dr Vimal Pahuja

Consulting Physician, Program Supervisor for Metabolic Clinic Diabetes and Obesity Centre of Excellence

“

Obesity stems from interplay of genes, lifestyle derangement which includes poor sleep, unhealthy diet, sedentary behaviour, poor coping

methods to manage stress, loss of muscle mass and certain medications as well.

HIRA RE:GAIN -

Transforming Dimension of Metabolic Care



Preamble

Obesity is now accepted as a disease endorsed by most health organisations, with American Medical Association taking the lead. Obesity leads to plethora of other complications and conditions which can translate into reduced quality and quantity of life.

Metabolic syndrome is a silent epidemic and central or abdominal obesity forms the major driver on which other abnormalities like increase blood pressure, high triglycerides, high blood sugars or low HDL cholesterol add on to give the syndrome its identity. The risk of cardiovascular diseases, cancers, non-alcoholic fatty liver disease (NAFLD), type-2 diabetes, hypertension, PCOS are increasing parallel with rise in prevalence of obesity.

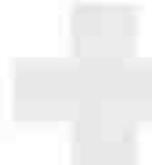
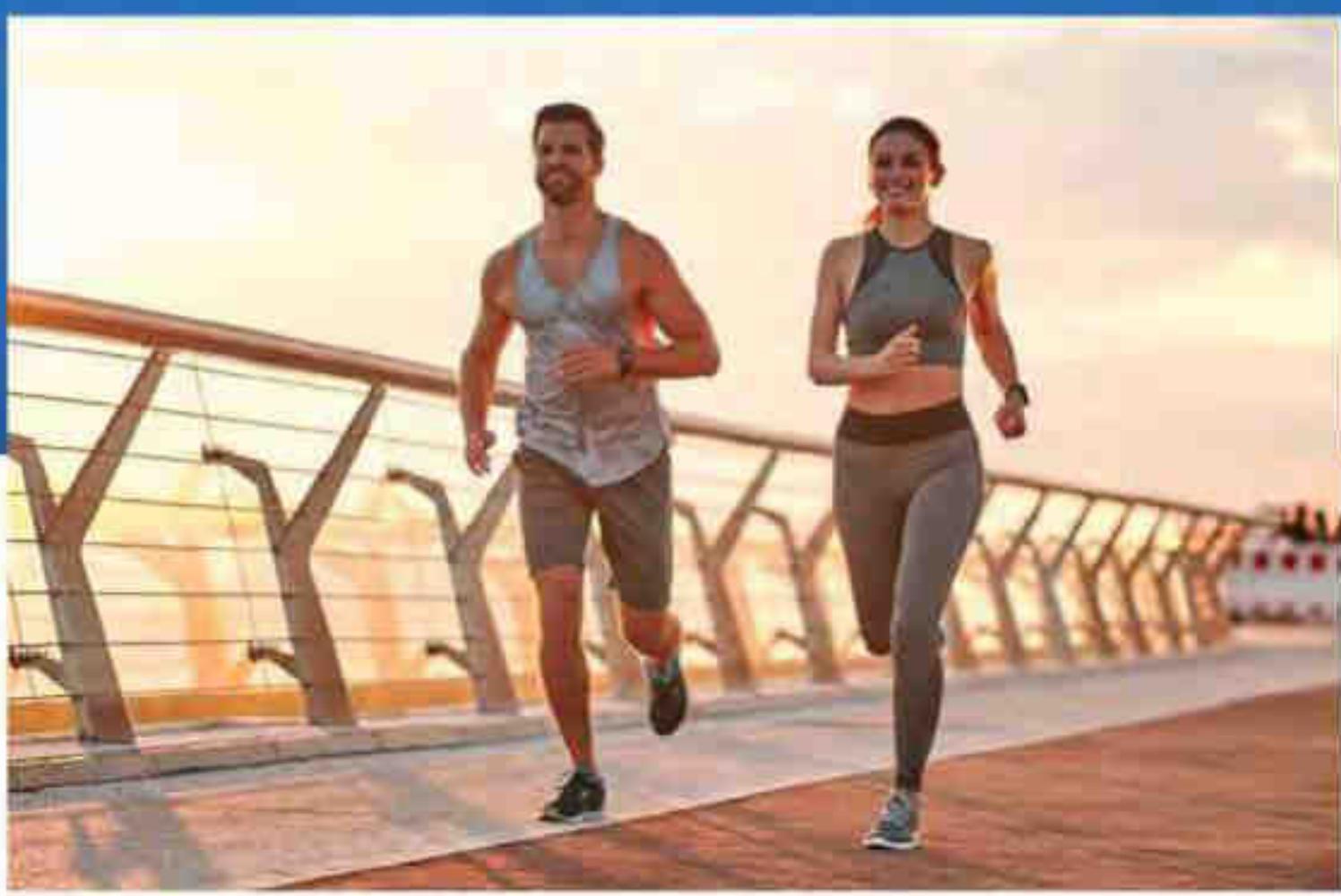
Obesity stems from interplay of genes, lifestyle derangement which includes poor sleep, unhealthy diet, sedentary

behaviour, poor coping methods to manage stress, loss of muscle mass and certain medications as well.

However, the care and the treatments offered through traditional or conventional approach fail to consider all the factors which are driving the problems of obesity and focuses on weight loss and not fostering metabolic health.

Be an app-based program utilising digital therapeutics or the novel model of providing stress free environment with stimulation does not have been able to address this problem holistically.

Also, the lack of human touch in app-based programs leads to lack of motivation in the long run and due to paucity of the time in today's fast pace world, it might not be very easy for most to apply themselves for such models of care.



HIRA RE:GAIN

Integrated, holistic and urban model of care based on evidence.

Research shows that lifestyle diseases are best managed with multidisciplinary approach. This multidisciplinary approach needs a team of experts to deliver best of the care in the particular stream which seamless coordination keeping the patient at the centre.

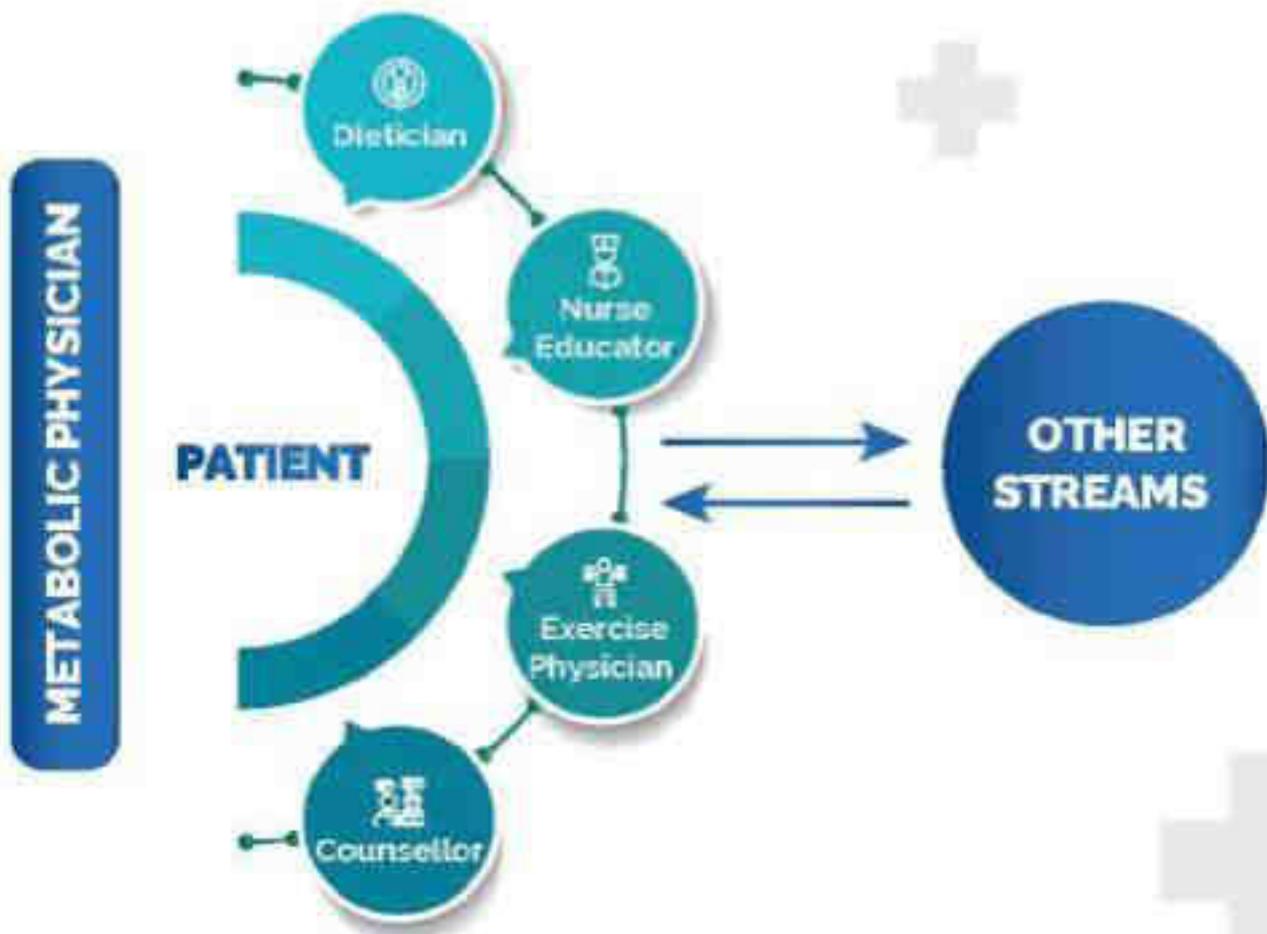
The team members in a typical multidisciplinary clinic are -



This team works closely with other streams of medicine like cardiology, endocrinology, pulmonology, and gastroenterology to curate the personalised plan for the patients.

The idea of multidisciplinary clinic at Dr. L. H. Hiraniwani Hospital was conceived in 2015 and was the first in Mumbai to cater to obesity and diabetes in such manner.

Fig 1. Multidisciplinary approach in metabolic clinic



Urban model is the model of care in which food is the epicenter of the delivery system as food is the major determinant of lifestyle in urban settings. The exotic low-calorie diet keeping taste and safety quotient intact aims to retain the food behaviour of the patient.



Fig 2. Urban model of metabolic care



Components of Metabolic Care



Diet :

A well-balanced diet ensures that while there is weight loss the body also receives optimum nutrition even though calories are restricted ensuring that you do not lose muscle mass or end up with vitamin and mineral deficiencies. The diets are personalised and calorie targets decrease over time.



Exercise :

Customised exercise plans after careful baseline assessment of physical endurance is carved out. The exercise prescription is based on FITT principle i.e. Frequency, Intensity, Time and Type of exercise.



Technology :

Continuous glucose monitoring system (CGM) is used to assess the response of cellular food for a particular individual and which may be variable for the same foods for different individuals. This helps us to curate 'glucose response' based diets which ensures a very personalised diet, leads to behaviour change and helps to reduce medications.



Ancient Techniques :

Yog, Pranayam, acupuncture and sound frequencies are also other important components to achieve healing of the mind, distress and trigger behaviour change.



Long-term follow up :

With the patients to ensure care continues by follow methods and HERA RE-DAIN App is also a vital part of the program.



Other Programs

HIRA:REGAIN is the way to lead a healthy life and not just another weight loss program. There are various programs and services which are offered:





Epilogue

HRA REGAIN is novel model of care which aims to address the lifestyle disease like obesity, diabetes and fatty liver disease under the purview of metabolic clinic with multidisciplinary approach integrating the ancient therapies with current technology and therapies fostering best health practices. This novel model in our belief is the best model suited to help vibrant patients and deliver goal-oriented outcomes with personalized and supportive and motivational touch.

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2. Bartal L, Moscatel A. Possible Mechanisms for the Effects of Sound Vibration on Human Health. *Healthcare (Basel)*. 2021.
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4. Jassy N, Van Straten A, Carotbe C, Hamer M, Rives-Lange C, Crenichow S. Association of Healthy Lifestyle Factors and Obesity-Related Diseases in Adults in the UK. *JAMA Netw Open*. 2023; May 16;6(5):e2314721.

The best way to find yourself is
to lose yourself in the service of others.

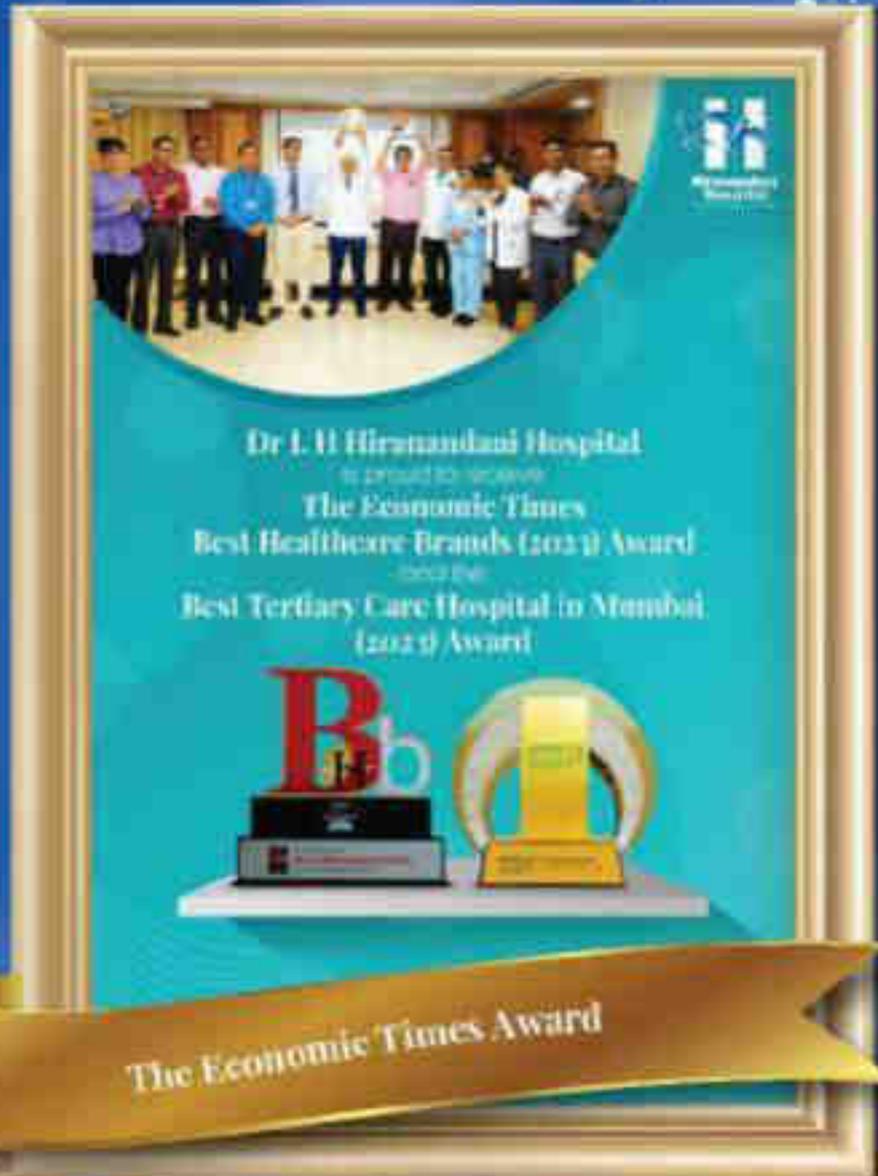
— Mahatma Gandhi



Professional Achievements *and Awards*

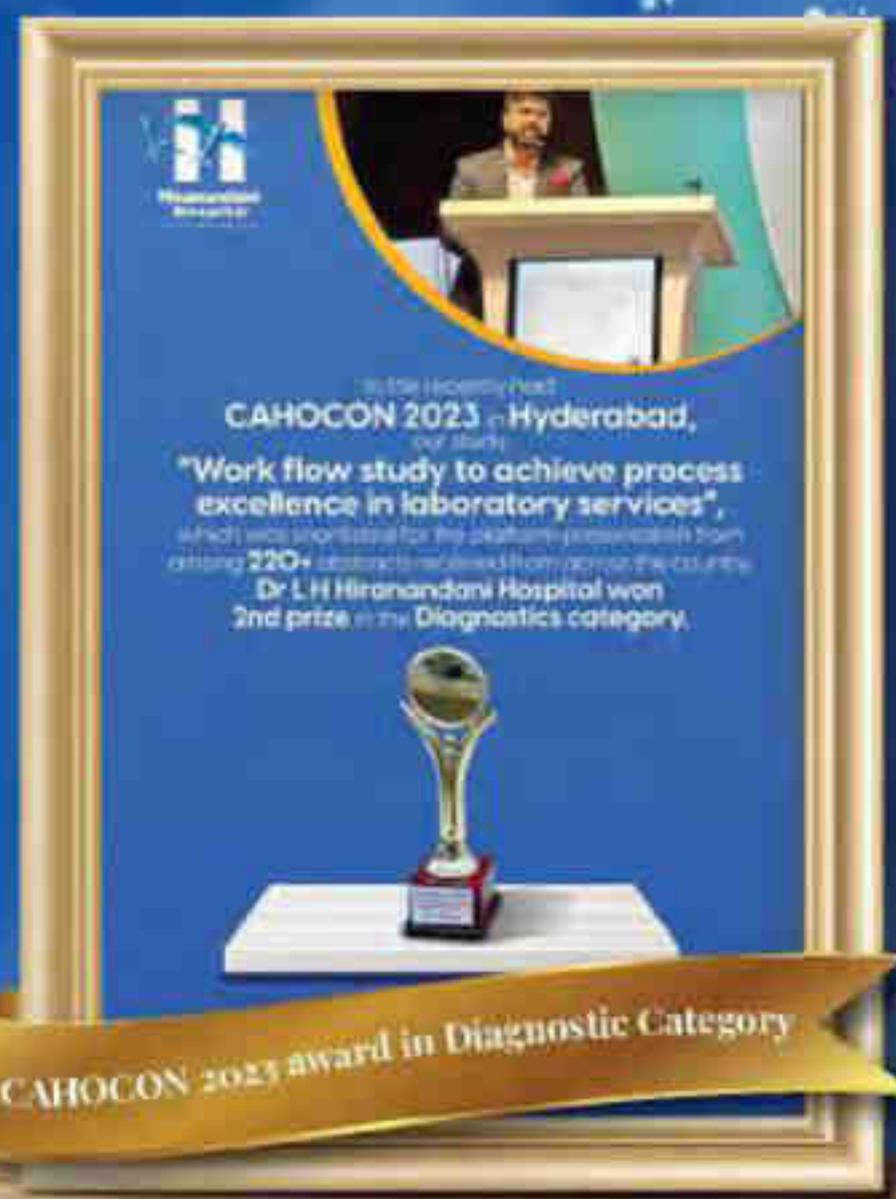


Professional Achievements *and Awards*



The Economic Times Award

Professional Achievements *and Awards*



Professional Achievements *and Awards*

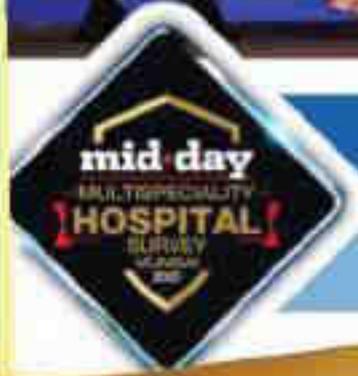
ICC
(INDIAN CHAMBER OF COMMERCE)
NATIONAL NURSING SUMMIT 2023

The Nursing Department of Dr. L. H. Hiranandani Hospital receives the ICC National Nursing Excellence Award 2023 in the Western region at the ICC National Nursing Summit 2023 organized by the Indian Nursing Council, ANS, CAHO of Kochi, Kerala on 30th May 2023.

Ms. Rita Lobo - Executive Nurse & OT In-charge, Dr. L. H. Hiranandani Hospital receives the award as Best Nurse of the Year during the event.

ICC Nursing Awards 2023

Professional Achievements *and Awards*



Dr L H Hiranandani Hospital

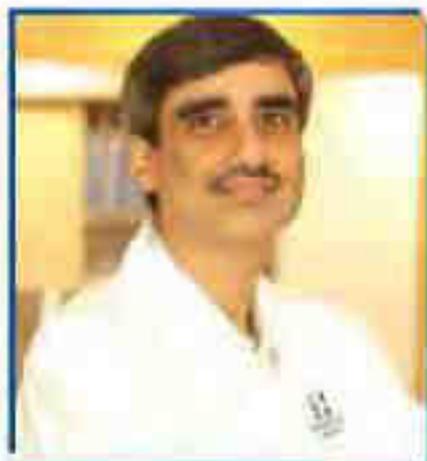
Ranked as one of the Best Multispeciality Hospital in Mumbai and in Central Suburbs



Professional Achievements *and Awards*



Professional Achievements and Awards



Dr Vinay Thapar,
Surgeon

Publication:

Thapar VS, Thapar PM, Goel R, Agarwala R, Saini PH, Hazra AM, Mahant K. IAGES Research Collaborative Group. Evaluation of 30-day morbidity and mortality of laparoscopic cholecystectomy: a multicenter prospective observational study. *Indian Association of Gastrointestinal Endoscopic Surgeons (IAGES) Study Group Endosc* 2022; Nov: 103-105 (PMID: 36357547)

Dr Praveen Kumar Dubey,
Clinical Pharmacologist

Delivered a lecture on "Role of Clinical Pharmacists in NABH & JCI Accreditation" at the Clinical Pharmacy: A rising Career in Healthcare Sector seminar by India College of Pharmacy, Pune, April 2023



Dr Greeshma Shenoy,
Cardiac Rehabilitation Therapist



- ESI Member, The Society of Cardiovascular and Pulmonary Rehabilitation - 2021 - 24.
- Presented "Stakeholders Perspective in Cardiac Rehabilitation" at the first National Conference of SOCVPR, Cardiorespiratory Physiotherapy - from glorious past towards challenging future.
- Spoke on "Quality of Life - Assessment, are you doing it?" at the post-conference workshop titled, Cardiorespiratory Rehabilitation & Quality in Cardiopulmonary Rehabilitation.

Professional Achievements *and Awards*

Dept of Nursing :

- Jincy Joseph -Sally Suresh, Soniya Joseph, A study to assess the effectiveness of antenatal lactation education on knowledge and breastfeeding among antenatal mothers. *International Journal of Current Research*, April 2023, Vol 15, Issue 04.
- Nurse Rita Lobo was awarded the Best Nurse in Nursing Excellence in Western India by the Indian Chamber of Commerce in association with C.A.N.O. 2023.
- Dr. L. H. Pravinchandra Hospital was awarded the Best Hospital in the category of Nursing Excellence in Western India by the Indian Chamber of Commerce in association with C.A.N.O. 2023.



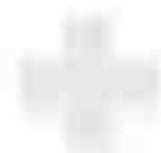
Ms. Jincy Joseph,
Nurse Educator

Faculty, Wound Care Management conducted by Smith and Nephew, 2023.

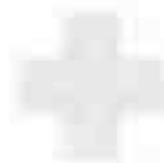


MD Najemoddin Quazi,
Diabetes Educator

- Spoke on "Nurse Led Diabetic Clinic - Expanded and Extended Role" at the Empowering Lives: Managing Diabetes Together. Organized by TATA Memorial Hospital, Mumbai.
- Awarded 2nd prize for the Scientific paper presentation at the National Nursing Conference 2023 organized by HCG.
- Awarded the Best Teacher Award - 2023 by the Global Interdisciplinary Advancement Research (GIAR) Academic Foundation, 2023.
- Editorial board of the IP, USA (Iterative International Publisher).

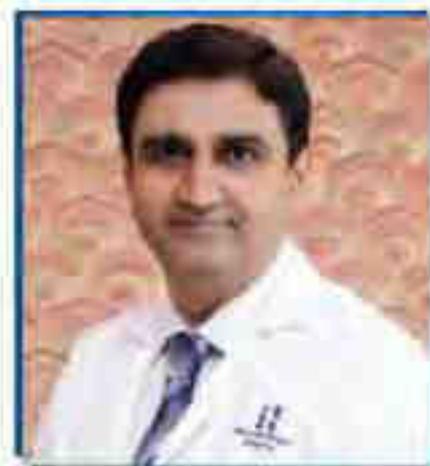


Professional Achievements and Awards



**50 Articles Strong:
Dr. Abhijit's Remarkable
Publishing Journey in
3.5 Years!**

Dr Abhijit Joshi,
Surgeon



Publications:

- Sheikh B, Haribhai R U, Joshi A S, Paradaadema heria – A Tale of two cities, Abstract, Annals of the Royal College of Surgeons of England; 2023. Ann R Coll Surg Engl; 2023; 105(5): 53–57. doi: 10.1308/000712262310149
- Vinodh M, Haribhai R U, Joshi A S, Ozoid heria – Role of Laparoscopy in detecting the Urison: A Case-write with Review of Literature. Abstract, Annals of the Royal College of Surgeons of England; 2023. Ann R Coll Surg Engl; 2023; 105(5): 53–57. doi: 10.1308/000712262310149
- Vinodh M, Haribhai R U, Joshi A S, Totallu laparoscopic Abdomino-perineal Resection followed by early post-operative Acute Small Bowel Obstruction: A Case report with Review of Literature. Abstract, Annals of the Royal College of Surgeons of England; 2023. Ann R Coll Surg Engl; 2023; 105(5): 53–57. doi: 10.1308/000712262310149
- Haribhai R U, Roshni V, Joshi A S, Blood Uperment Heria – Two contrasting ways to a common goal. Abstract, British Journal of Surgery; 2022.
- Raj M, Joshi A, Ergonomic laparoscopic surgical view of three large external hernias through just three optimally placed working ports – A case report with review of literature. Eastern J Med Sci; 2022.
- Shivam M, Joshi A, Laparoscopic Partial Cystectomy for Leiomyoma of Urinary Bladder – A case report with review of literature. International Journal of Contemporary Medicine, Surgery and Radiology; 2022;7(1):1-3
- Vinodh M, Joshi A, Laparoscopic Abdomino-perineal Resection Followed by Early Postoperative Acute Small Bowel Obstruction - A Case Report with Review of Literature. J Clin Diagn Res; 2023;17(1):P03-P07
- Haribhai R, Gathasali S, Al-Hano H, Joshi A, Dura 2g; 2023. Laparoscopic Small Bowel Resection Using the Totally Extraperitoneal Approach: A Retrospective Study and Our Experience. Cureus; 15(8): e21151. DOI:10.7755/cureus.21151
- Chawda V, Joshi A, Shetty R, Partial Neurectomy for Renal Cancer - A Phoenix Risen from the Ashes: A Case Series on Totally Laparoscopic Partial Neurectomy with review of Literature. J Clin of Diagn Res; 2023; 17(7):P01-P04. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10205718/>
- Nagula MR, Roshni V, Joshi A, Minimally Invasive Procedure for Hemorrhoids: A Retrospective Observational Study. IJLJ Anal. Rad. Surg; 2023; 1(1): 501-502
- Balaji R, Joshi AS, Laparoscopic sigmoid colectomy for diverticulae – stricture: A case report with review of literature. Indian J Case Reports; 2024
- Umang Shandilija & Abhijit S Joshi (2024). Laparoscopic Common Bile Duct Exploration for Multiple Large Common Bile Duct Stones: A Case Report with Review of Literature. South Asian Res J Med Sci; 6(3): 1-2



Professional Achievements *and Awards*



Dr Snehal Deshpande,
Paediatric Physiotherapist

- Awarded the "Great Doctor - Best Physiotherapist" by the KTH Foundation, 2023.
- Awarded the "Physio Robot Award" at the IAP, Physiocon 2023.
- **Publication:**
Dr Snehal Deshpande, Dr Tejal Chaudh, Rehabilitation using Neurodevelopmental and sensory integration therapy approaches with self-graftation (ankle/foot) - a case report, Indian Journal of Case Reports, 2023.
<http://doi.org/10.32677/ijcr.v9i7.3984>

Dr Lincy Jacob,
Blood Bank-in-Charge



- Executive Managing Committee, Federation of Bombay Blood Banks (2021-23)
- Faculty, "Bridge Thrombotic Plasma Exchange to manage NASH-related Liver Transplant Graft Rejection" at the ISOTI, TRANSCON 2023
- Faculty, "Cervical & Cervicous Antibiotic Cases with Antibiotics" at the Scientific Seminar - Federation of Bombay Blood Banks
- Faculty, "Prevalence of Alloimmunization & Transfusion Management in Pregnant women" at the OME on Current Practices in Immunohaematology
- Faculty, "Rho Cell Antibody Screening Methods and Clinical Applications" at the Advanced Immunohaematology Workshop



Dr Kashmira P. Chavan,
ENT Surgeon

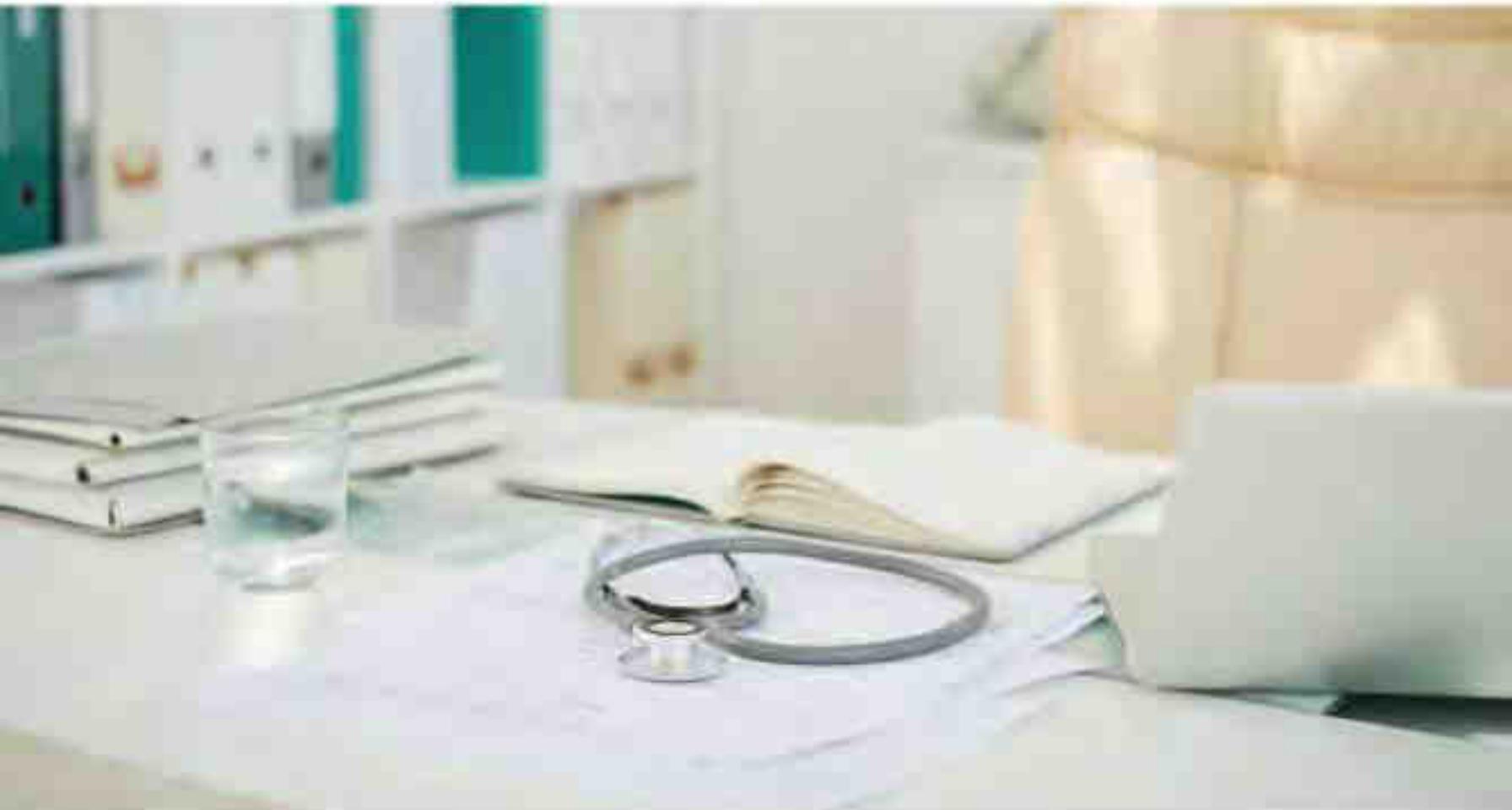
- Faculty, "Pediatric Hearing Loss" at the MAHAFEDCON 2023 (State Conference of Indian Academy of Pediatrics - Maharashtra) 2023.
- Faculty, "Pedology - new Ear Modalities" & "Hands-on Tympanal Bone Dissection" at the Cochlear Implant Workshop - conducted by P.D. Hinduja Hospital and I-Hear Foundation

Professional Achievements and Awards



Dr Suvin Shetty,
Pathologist

- Advanced CQHA Training, programme for the Healthcare Quality Assurance manager (FES/October 2023)
- Faculty "Transforming Quality: Navigating New Frontiers" at the National Healthcare Quality Conclave 2023
- Faculty, Plp-conference workshop on 'Risk Management in Healthcare', CAHQCON 2023, Hyderabad
- Awarded the 2nd place at the CAHQCON 2023 for the presentation on 'Work flow study to achieve process excellence in laboratory services'
- Faculty, Diagnose Scheme, the largest Indian MD Conference, Vaid 2023
- Faculty, 5th International Patient Safety Conference, New Delhi, 2023



Healthcare is a *celebration of life's resilience,*
with *every recovery, a triumph of hope.*

— *Anonymous*



Events

HiPCon, 10th Hiranandani Pharmacy Conclave



Events

Other Events - HIRA RE-GAIN Launch



Events

Other Events - Hand Hygiene Day



Events

Other Events - Hiranandani Pulse Carnival



Events

Other Events - International Nurses Day



Events

Other Events - The Next Move Program



Events

Other Events - World Pharmacist Day



Events

Other Events - Medical Value Travel

Talk on 'Liver Transplant -
Let's make it simple' by Dr Swapnil Sharma
in Tanzania & Ethiopia in collaboration with MOH



Ms Archana Bhalla (Senior Manager, International Marketing)
with the Honorable Deputy Prime Minister of Fiji,
Mr Viliame Gavoka



Events

Other Events - Medical Value Travel

At the Advantage Healthcare 2023
organised by FICCI



Organised the NABH Certification Training Program in association
with Foundation of Healthcare & Wellness Promotion (FHWP) India for
the medical value travel facilitators & hospitals, July 2023





Events

Public Awareness Programmes



Blood Donor Day



Events

Public Awareness Programmes

Breast Cancer Awareness Walk



Events

Public Awareness Programmes

Emergency Mockdrill Exercise





Events

Public Awareness Programmes

Sports Injury Awareness Health Talk





Events

Public Awareness Programmes



World AIDS Day



Events

Public Awareness Programmes



World AIDS Day



Events

Public Awareness Programmes



World Diabetes Day



Events

Public Awareness Programmes



World Mental Health Day





Events

Public Awareness Programmes



World Stroke Day



Festivals & Celebrations

Deepawali Celebration - Laxmi Poojan



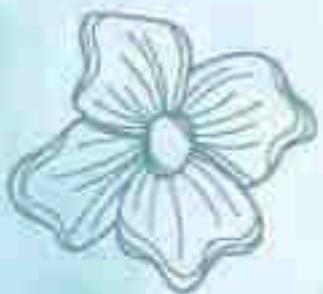
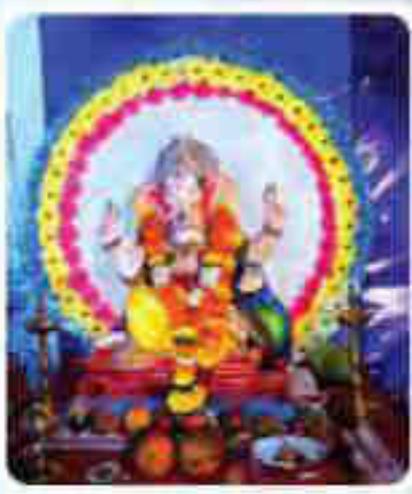
Festivals & Celebrations

Christmas Celebration



Festivals & Celebrations

Ganpati Pooja & Visarjan



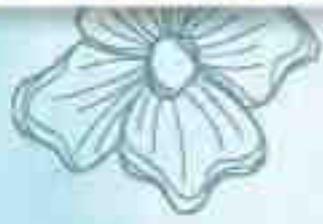
Festivals & Celebrations

Garba Dance, Navrathri Celebration



Festivals & Celebrations

Independence Day 2023



Festivals & Celebrations

Independence Day 2023



Festivals & Celebrations

Republic Day 2024



Festivals & Celebrations

Republic Day 2024



Chairman, Padma Bhushan Dr L H Hiranandani's 106th Birthday Celebration



Annual Sports Day Celebrations



Annual Sports Day Celebrations



19th Anniversary Celebration



19th Anniversary Celebration



19th Anniversary Celebration



Annual Award Ceremony, 2023

Best Department Award,
Pharmacy



Best Outsourced Department,
Think High Solutions Engineering



Annual Award Ceremony, 2023

Care Award



Dr Sameer Pradhan Memorial Award,
Dr Vinod M, DNB Trainee –
General Surgery



Annual Award Ceremony, 2023

Most Punctual Employee,
Ms. Sneha Varghese Chacko,
Executive - Nursing



Most Regular Employee,
Ms. Anagha A,
Junior Staff Nurse - Nursing

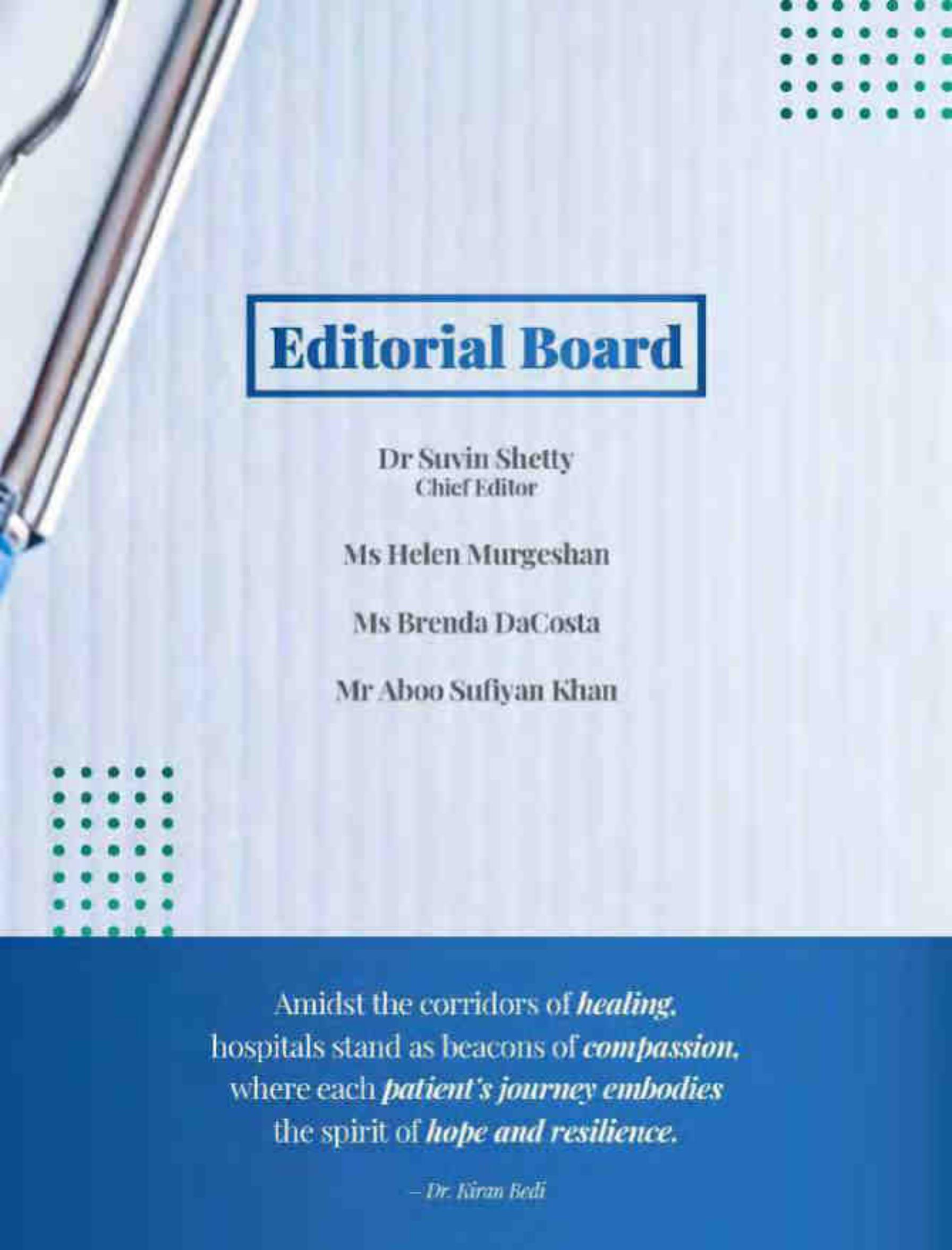


Annual Award Ceremony, 2023

Employee of the Year,
Ms. Rita Lobo, Executive - Nursing







Editorial Board

Dr Suvin Shetty
Chief Editor

Ms Helen Murgeshan

Ms Brenda DaCosta

Mr Aboo Sufiyan Khan

Amidst the corridors of *healing*,
hospitals stand as beacons of *compassion*,
where each *patient's journey embodies*
the spirit of *hope and resilience*.

– Dr. Kiran Bedi



Dr L H Hiranandani Hospital

Western India's first NASH accredited superspeciality hospital

ISO 9001:2015 CERTIFIED



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