

# THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



Gurugram

Walkathon Special

Fortis takes another huge stride in building Organ Donation Awareness with #MoretoGive Walkathon 2018



New Delhi



Faridabad



Noida



Amritsar



Mohali



Ludhiana



Jaipur



Kolkata



Bengaluru



Chennai



Mumbai

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## Message from the CEO

### *My dear fellow Fortisians,*

It is wonderful to connect with all of you once again. I take this opportunity to share my greetings and warm wishes for the festive season, with each one of you.

As you are aware, a lot has been happening in our organisation. We have had a marathon round of visits to various facilities where we held face to face discussions with our new partners, IHH. These meetings were truly rewarding as we got to know your perspective and hopefully, we were able to answer your queries and shed some light on the way forward.

In spite of all the rapid changes, we have not lost sight of our priorities. As you know, we have been crusading for the past several years to raise awareness across the country about Organ Donations. Our efforts have started bearing fruit with more and more people coming forward for donations and pledges. Our clinicians, as always, have been doing us proud by scaling the heights of medical excellence and establishing Fortis as a champion in the Organ Donation space.

We organised a multi-city 'More to Give' Walkathon on November 25 to further raise awareness about Organ Donations. The mega annual event received overwhelming support with more than 16,251 persons from all walks of life participating in the Walkathon. The Marketing Team did a splendid job and deserves a great round of applause for planning and executing the event with splendid precision.

Before I conclude, I would like to emphasise that it is now time for all of us to direct all our efforts towards re-energising the organisation. The new Board and the Management Team are very confident of a bright future and believe that all of us together have the potential to make a positive change.

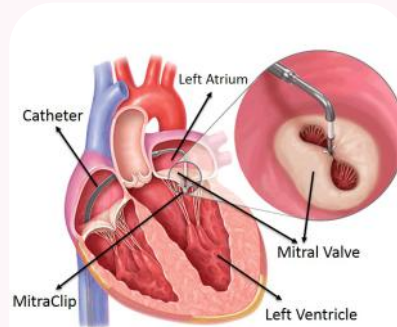
Thank you for all that you have been doing. I am counting on your continued support in the future as well.

Best,  
Bhavdeep

## New Beginnings & Launches

### First in India: Heart valve repair without open heart surgery performed at Fortis Escorts Heart Institute

For the first time in India, a team of doctors led by Dr Ashok Seth successfully performed the catheter-based procedure of MitraClip to repair a leaking heart valve without surgery in a 69-years old patient who was suffering from repeated heart failure and in whom open heart surgery was not possible. The patient had undergone bypass surgery 13 years ago and more recently his heart was getting enlarged due to a severely leaking valve, leading to breathlessness and heart failure. Till now, open heart surgery with repair or replacement of the valve was the only possible treatment for such patients in India. However, the procedure is considered high risk and may not be beneficial.



MitraClip

Dr Ashok Seth, Chairman  
Fortis Escorts Heart Institute

Dr Ashok Seth, Chairman, Fortis Escorts Heart Institute, said, "The MitraClip is a novel catheter based non-surgical repair of the mitral valve inside the heart and is performed in the Cath Lab like angioplasty. Special catheters are inserted through the large vein in the groin and the catheter is passed from the right chamber of the heart to the left chamber of the heart by puncturing the partition called interatrial septum. Then under echocardiography and X-ray guidance a clip is put on the leaking mitral valve to decrease the leak which improves the condition of patient. The patient is normally ready to be discharged in 24-48 hours' time."

### First in India: Trained visually impaired women to help detect breast cancer at Fortis Ft. Lt. Rajan Dhall Hospital, New Delhi

Team of Medical Tactile Examiners with Fortis CEO- Mr Bhavdeep Singh,  
COO- Col. H. S. Chehal and other HODs

Fortis Ft. Lt. Rajan Dhall Hospital has become the first hospital in India to join hands with the National Association for Blind (NAB) to introduce a unique initiative at its centre where visually impaired women, trained as Medical Tactile Examiners (MTEs), carry out breast screening for early detection of cancer.

The unique initiative is a brainchild of Discovering Hands, Germany, which trains visually impaired women to use their highly developed tactile sense to identify the minutest abnormalities in the breasts. NAB, in collaboration with Discovering Hands, has launched the nine month long training programme in India.

Did you  
know?

India's organ donation rate has increased from 0.5 in 2015 to 0.86 in 2018.

## Fortis CG Road, Bengaluru, launches course in Critical Care nursing

Fortis Hospital, CG Road, Bengaluru, recently launched a one-year certification course in critical care nursing. Affiliated with ISCCM, the course, Indian Diploma in Critical Care Nursing (IDCCN), aims to impart quality education and expertise in the field of critical care nursing and introduce standardisation in patient care.



The leadership and the faculty along with the nursing candidates

The course has been launched under the leadership of Dr Nagaraj Aithala, Course Director & Senior Intensivist, along with Dr Harish Ambekar, Senior Intensivist; Dr T. A. Patil, Head-Anaesthesia; Dr Taranath V. Kamath, Intensivist; Ms Jermin Roshini, Chief Nursing Officer and Ms Feba Alex, Course Coordinator and Nurse Educator. Four staff nurses from intensive care unit have enrolled for the course. The hospital also has a diploma course in critical care medicine (IDCCM) which was launched in 2016 under the guidance of Dr Nagaraj.

## Fortis Hospital, CG Road, Bengaluru, launches specialised shoulder clinic

A specialised shoulder clinic was recently launched at Fortis Hospital, CG Road, Bengaluru. Offering expertise in diagnosis, treatment, and research of all kinds of injuries and conditions affecting the shoulder and elbow, the clinic is poised to become an advanced treatment centre for sports injuries.



Dr Chirag Thonse -Orthopaedic Surgeon & Specialist in Arthroscopy demonstrating therapy at the launch of Fortis Shoulder Clinic

The clinic was inaugurated by Dr Chirag Thonse, Orthopaedic Surgeon & Specialist in Arthroscopy, Sports Injuries, and Joint Replacement Surgeries, Fortis Hospitals, CG Road, along with Dr Priya Sreedharan, Facility Director, in the presence of over 200 sports trainers and coaches from various sports academies and fitness clubs in the region.

## Fortis Nagarbhavi, Bengaluru, gets a new Neonatal ICU



The NICU being inaugurated

A Neonatal Intensive Care Unit (NICU) was recently operationalised at Fortis Nagarbhavi, Bengaluru. The comprehensive facility was inaugurated by Mr Raj Gore, RCOO-SW, Dr Manish Mattoo, ZD, Fortis Hospital, Mr Anand Angadi, Facility Director, Fortis Hospital, Nagarbhavi, Dr Chandrika Anand, Consultant – Obstetrics and Gynaecology, Dr Preeth Shetty, Consultant - Paediatrics and Dr Kushal, Consultant Neonatologist. The launch event was attended by eminent doctors, medical professionals and South & West regional team members. The five-bed Level II NICU is equipped with high-end facilities. The NICU team comprises of renowned neonatologists, specialised nurses and a multidisciplinary team of support specialists.

## Fortis BG Road, Bengaluru, launches first of its kind echocardiography training centre



Inauguration of ELITE by Dr Vivek Jawali



Dr Vivek Jawali, Dr Murali Chakhavarthy, Dr Satish along with the Philips team

Fortis Hospital, BG Road, Bengaluru, in collaboration with Philips India, launched an echocardiography training centre, focused to help doctors learn more about echocardiography. The centre is headed by Dr Satish Govind, Chief of Non-Invasive Cardiology, Fortis Hospitals, Bengaluru. After ECG, ultrasound-based echocardiography is the second most widely preferred test for investigating heart diseases. Echocardiography, as an easily available and affordable test, needs to be better utilized in various patient scenarios.

## Fortis Hospital, BG Road, Bengaluru, launches 'Ambassador Programme'



Lamp Lighting at the launch event



Launch ceremony

As part of its community relations initiative, Fortis Hospital, BG Road, Bengaluru, recently launched an 'Ambassador Programme' for the community leaders from various charitable and local community groups. The programme invites the leaders to join hands with Fortis and to work together for the betterment of the society.

50 community leaders from notable local groups such as Beautiful Bengur, Lions Club, Rotary Club, Mahila Shakti Sanga, Suraksha Bharath, Lake Rehabilitation, Resident Welfare Societies (RWAs), and Senior Citizen Associations joined the programme. The new ambassadors were presented with a special privilege card at the launch event in the presence of the Guest of Honour Mr Ramesh KN, ACP-BG & EC Zone, Bengaluru.



Community leaders at the event

## Fortis Hospital, Mohali, becomes first hospital in tri-city to install organic community composter



(L-R): Wg Cdr G.B.S. Kang, Medical Director, Fortis Mohali, Mr Ashish Bhatia, RCOO-N&E, Fortis Healthcare, Mr Abhijit Singh, Zonal Director, Fortis Mohali, and Fortisians at the inauguration

In line with the 'Swachh Bharat Abhiyan', Fortis Hospital, Mohali, has installed an award winning, innovative, and environment friendly organic community composter at the hospital. The composter can treat any wet waste, such as kitchen waste and leftovers, at source and turn it into compost. The equipment does not require power supply.

The composter- AAGA, has been installed in association with the Chandigarh Daily Dump. Fortis Hospital, Mohali, is the first hospital in tri-city to install the organic community composter. Mr Ashish Bhatia, RCOO, N&E, inaugurated the composter in the presence of Mr Abhijit Singh, Zonal Director, and Wing Commander (Dr) GBS Kang, Medical Director, Fortis Hospital, Mohali.

## Hiranandani Hospital, Vashi – A Fortis Network Hospital, launches Heart Failure Clinic



(L-R) Dr Chandrashekhar Tulsigiri, Director-Dept. of Intensive Care Medicine, Dr Bhaskar Semitha, Consultant Cardiothoracic & Vascular Surgeon, Dr Brajesh Kumar Kunwar, Interventional Cardiologist, (center) Hon. Ganesh Naik, Ex. Guardian Minister, Thane Dist., alongside Dr Sameer Kulkarni, Facility Director & Nitin Kamaria, Head-Sales & Marketing



Past and current cardiac patients come together for cake cutting, during the launch of Heart Failure Clinic at Hiranandani Hospital, Vashi

On the occasion of the World Heart Day 2018, Hiranandani Hospital, Vashi- A Fortis Network Hospital, launched a Heart Failure Clinic for providing specialist care to heart failure patients.

The clinic was inaugurated by Shri Ganesh Naik, Ex Guardian Minister, Thane District, in the presence of over 70 past heart failure patients and their relatives. The clinic is spearheaded by Dr Brajesh Kumar Kunwar, Interventional Cardiologist; Dr Chandrashekhar Tulsigiri, Director-Department of Intensive Care Medicine; and Dr Bhaskar Semitha, Consultant Cardiothoracic & Vascular Surgeon, Hiranandani Hospital, Vashi- A Fortis Network Hospital.

## Fortis Hospital, BG Road, launches Fortis Academy of Medical Education (FAME)



Doctors giving hands-on training to the participants



Dr Devender Naik giving a demonstration

As part of a continuing medical education initiative for skill enhancement and development, Fortis Hospital, BG Road, Bengaluru, recently launched Fortis Academy of Medical Education (FAME). A brainchild of the Medical Team and supported by the Marketing Team, FAME aims to impart quality training to medical professionals through workshops and seminars.

Its first workshop on 'Advanced Emergency Life Support' was attended by 31 delegates from different hospitals in Bengaluru. The session was led by several senior consultants including Dr Murali Chakravarthy, Dr Kumar Swamy, Dr Devender Naik and Dr Jayaprakash.

## Clinical Excellence

### Large metallic piece removed from the heart of a 32-yr-old man at Fortis Hospital, Noida

A team of doctors at Fortis Hospital, Noida, led by Dr Vaibhav Mishra, Additional Director and Head, Cardio Thoracic & Vascular Surgery, Fortis Hospital, Noida, recently performed a lifesaving surgery, wherein they surgically removed a large metallic machine fragment from the heart of a 32-year-old male. The patient worked in a factory where his job entailed the use of a high-speed drilling and cutting machine. In an unfortunate accident, a large metallic fragment measuring 4 centimetres broke off and penetrated his left chest like a projectile, puncturing the heart. The piece lodged itself in his left ventricle and also damaged his lungs. This led to extensive loss of blood and collection of blood around the heart and lungs. Fortunately, the metal had missed his main coronary artery by just few millimetres, because of which he survived.



(L-R): Dr Mehar Kumar Bedi, Medical Director, Fortis Hospital, Noida, the patient, Dr Vaibhav Mishra, Additional Director and Head, Cardio Thoracic & Vascular Surgery, Fortis Hospital, Noida, and Dr Pinak Moudgil, Zonal Director, Fortis Hospital

The patient was immediately taken to five of the nearest medical centres. None of these hospitals were willing to operate when they realised the complexity of the case. He was subsequently referred to Fortis Hospital, Noida. By the time he was brought to the hospital, he had lost a lot of blood. As time was running out, an emergency surgery was planned. The metallic fragment was removed from the heart and the ventricle was repaired.

## Young accident victim's severed fingers restored after 6-hour long surgery at Fortis Ludhiana

A team led by Dr Nitin Sethi, Senior Consultant and Plastic Surgeon, Fortis Hospital, Ludhiana, treated a young patient aged 18 years who met with an industrial accident, leading to amputation off our fingers of the right hand. He was taken to a nearby hospital immediately, but was later shifted to Fortis Hospital, Ludhiana, as very few centres have the capability to treat such conditions. By the time the patient was brought to the hospital, it was well beyond the golden period of six hours for re-implant.



Dr Nitin Sethi, Senior Consultant and Plastic Surgeon, Fortis Hospital, Ludhiana



Post-surgery view of the patient's fingers

The patient was immediately taken up for multiple digital re-implant procedure. His middle and ring fingers were re-implanted after surgery lasting 6 hours. After the procedure of re-implant was done, both of his middle and ring fingers were well vascularised and the patient is doing well.

## Boy from Iraq with rare bone cancer gets a fresh lease of life at Fortis Hospital, Mulund

An 8-year-old boy from Iraq who was suffering from a rare bone cancer, Ewing's Sarcoma, recently got a fresh lease of life at Fortis Hospital, Mulund. Refusing to have their child undergo an amputation to treat the deadly disease in his tibia (shinbone), his parents had flown him to India and had sought further advise and treatment at Fortis Hospital, Mulund.

He was admitted under the care of Dr Haresh Manglani, Consultant, Orthopaedic Onco-Surgeon, and Dr Rupal Chheda, Consultant, Radiation

Oncologist. The doctors, after careful assessment of his condition, decided to proceed with Radical Resection, Extracorporeal Radiation Therapy, and Re-implantation to treat the cancer. The lengthy and complex procedure involves removal of the affected bone from the body followed by a high-grade radiation treatment to the bone to rid it of cancer. The treated bone is then re-implanted in the body with the help of metallic implants.



(L-R) Dr Haresh Manglani, Consultant, Orthopaedic Onco-surgeon, the patient, Dr Rupal Chheda, Consultant, Radiation Oncologist, along with the young patient's mother



# Special Feature

## #MoretoGive Walkathon 2018

The initiative saw participation from 16000 individuals across 12 locations and helped garner 20000 pledges.



Fortis Memorial Research Institute, Gurugram



Fortis Memorial Research Institute, Gurugram



Fortis Memorial Research Institute, Gurugram



Fortis Memorial Research Institute, Gurugram



Fortis Hospital, Noida



Fortis Hospital, Noida



Fortis Hospital, Noida



Fortis Hospital, Noida



Fortis Escorts Heart Institute, New Delhi



Fortis Escorts Heart Institute, New Delhi



Fortis Escorts Heart Institute, New Delhi



Fortis Escorts Heart Institute, New Delhi



Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Faridabad



Fortis Hospital, Ludhiana



Fortis Hospital, Ludhiana



Fortis Hospital, Mohali



Fortis Hospital, Mohali



Fortis Hospital, Mohali



Fortis Hospital, Mohali



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Jaipur



Fortis Escorts Hospital, Jaipur



Fortis Escorts Hospital, Jaipur



Fortis Malar Hospital, Chennai



Fortis Malar Hospital, Chennai



Fortis Hospitals, Kolkata



Fortis Hospitals, Kolkata



Fortis Hospitals, Bengaluru



Fortis Hospitals, Bengaluru



Fortis Hospitals, Bengaluru



Fortis Hospitals, Mumbai



Fortis Hospitals, Mumbai



Fortis Hospitals, Mumbai

Did you know?

According to GLOBOCAN (WHO), in 2012, an estimated 70,218 women died in India due to breast cancer, more than any other country in the world.

# Special Feature

World Heart Day was celebrated across the Fortis network. Glimpses:



Fortis Escorts Heart Institute, New Delhi



Fortis Escorts Heart Institute, New Delhi



Fortis Hospital, Noida





Fortis Hospital, CG Road, Bengaluru



SL Raheja Hospital, Mahim, Mumbai (A Fortis Associate Hospital)



Fortis Hospital, Kalyan



Hiranandani Fortis Hospital, Vashi, Navi Mumbai,  
(A Fortis Network Hospital)



Fortis Hospital, Mulund, Mumbai



Fortis Hospital, Anandapur, Kolkata



Fortis Hospital, BG Road, Bengaluru

## Events

### Fortis Hospital, CG Road, conducts Hepatitis awareness drive



Commissioner of Police, Bengaluru, Mr T. Suneel Kumar, getting his Hepatitis vaccine shot



Police officers registering themselves for the Hepatitis vaccination at the Police Commissioner's office, Bengaluru

In support of the Government's National Viral Hepatitis Control Programme, Fortis Hospital, CG Road, Bengaluru, recently conducted an awareness drive in the city. The drive, which aimed to expand the coverage of adult hepatitis vaccination, was organised in association with the Bengaluru police, where the hospital provided 3 hepatitis vaccination shots to 100 policemen.

Dr Sreenivasa D, Consultant Gastroenterologist & Hepatologist, Fortis Hospitals, Cunningham Road, said, "Hepatitis is known to be a silent killer with Hepatitis B being highly contagious. India has a very high prevalence of viral hepatitis but unfortunately the country suffers from extremely low awareness about the disease and its vaccination. Hepatitis can lead to serious liver diseases like cirrhosis and cancer. Our aim is to enhance the awareness and to reach out to more adults with vaccination so that they can stay healthy."

### Fortis Ludhiana conducts health check-up for 4,500 Ludhiana police personnel



Mr Vivan Singh Gill, Facility Director, Fortis Hospital, Ludhiana, and Mr A. P. Singh, Admin Head, with the officers at the health check-up camp

Fortis Hospital, Ludhiana, recently organised a free health check-up camp for Ludhiana police. 4500 policemen and women underwent a comprehensive evaluation and were checked for blood sugar, lipid profile, liver function test, renal function test, ECG, and other essential parameters. As part of the initiative, their family members were also offered special discounts for health check-ups at the hospital.

The camp, which aims to create awareness about good health amongst the police personnel, intends to cover all police officers within a span of one month.

## Fortis Escorts Hospital, Faridabad, organises workshop to promote natural birthing



During cake cutting ceremony



The eminent doctors at the program

Fortis Escorts Hospital, Faridabad organised a workshop to create awareness about the benefits of natural birthing under medical supervision unless there are strong medical reasons necessitating clinical intervention.

The workshop saw Dr Indu Taneja, Head of Department, Obstetrics and Gynaecology, Fortis Escorts Hospital, Faridabad, along with other senior doctors, including Dr Anita Soni, Dr Vini Kapoor, Dr Niti Kautish, Dr Meenakshi Gupta and Dr Mahima Bakshi. Interacting with expectant parents Dr Taneja said, "Several studies have shown that women who have had normal deliveries recover faster. A natural birth also helps in increasing the production of proteins in the baby's brain that helps brain development and function. It also gives the new born better immunity to combat several health complications."

## SL Raheja Hospital - A Fortis Associate, launches community ambassador programme



Health benefit cards were distributed by the dignitaries and Dr Bipin Chevale, Zonal Director, SL Raheja Hospital-A Fortis Associate

As part of an endeavour to expand community engagement and relations, SL Raheja Hospital, Mahim - A Fortis Associate, recently launched a community ambassador programme. Under the initiative, the hospital provided health benefit cards to several prominent members and heads of the various community groups and associations in Mumbai. The card extends primary and tertiary care benefits to the designated members and their families.

The recipients included heads of Association of Hotel Restaurants(AHAR), Jain International Organisation, Rajsthani Jain Samaj(Dharavi), Marathi Film Industry, Jain Social Group, Bunt Sangh, Gujrati Samaj, Catholic Society of India, Gujrati Samaj and Guru Babajivan Singhji Memorial Medical Trust(GTB).



(Center) Dr Bipin Chevale, Zonal Director & (extreme right) Purvik Mehta, Head-Community Connect, SL Raheja Hospital-A Fortis Associate with the heads of different Samajs

## Fortis Shalimar Bagh organises patient support group meet on World Plastic and Reconstructive Surgery Day



Mr Mahipal Singh Bhanot, Facility Director addressing the Patients of Courgae



Mrs Delhi NCR, 2018 honouring a patient



Mr Mahipal Singh Bhanot, Facility Director, Mrs Delhi NCR, 2018 and team of doctors at the meet



Mr Mahipal Singh Bhanot, Facility Director honouring a patient

On the occasion of World Plastic and Reconstructive Surgery Day, Fortis Hospital, Shalimar Bagh, New Delhi, organised a patient support group meet to honour their courage as well as to enable them to draw support and inspiration for each other's stories and their fights against odds in the face of adversity.

The meet, titled 'Patients of Courage', saw several patients from varied backgrounds share their experiences both pre and post surgery. The meet concluded with a presentation on plastic surgery and related procedures by Dr Richie Gupta, Director, Plastic and Reconstructive Surgery, Fortis Hospital, Shalimar Bagh.

## Fortis Hospital, Mohali, conducts workshop on 6th Edition of Joint Commission International (JCI) Accreditation Standards for hospitals



The Leadership Team along with the participants of training, held at Fortis Hospital, Mohali

A 2-day training workshop on 6th edition of Joint Commission International (JCI) Accreditation Standards for Hospitals was recently organised by Fortis Hospital, Mohali. The JCI Standards define the performance expectations, structures, and functions that must be in place for a hospital to be accredited by JCI.

The workshop on its 6th edition update and tracer methodology, which provide the basis for accreditation of hospitals throughout the world, was conducted by Dr Shweta Prabhakar, Regional Quality Head, N&E, along with Captain Neelam Deshwal, Regional Chief Nursing Officer, N&E. The workshop was inaugurated by Mr Ashish Bhatia, Regional Chief Operating Officer, N&E and Dr Gurbir Singh, Regional Medical Director, N&E.

## Fortis Escorts Hospital, Faridabad, organises health awareness drive for local community



Glimpses from the event

A health awareness drive comprising health check up, yoga session, health talks, blood donation, and other activities such as dance performances, was recently organised by Fortis Escorts Hospital, Faridabad for the local community in a newly developed residential area of Faridabad.

The event, called 'Raahgiri', was organised by the hospital in association with Haryana Police, Municipal Corporation of Faridabad, Faridabad Traffic Police, and Faridabad Administration. Fortis Escorts was the medical partner for the event and it conducted 120 health check ups during the event.

## Quality training for nurses from neighbour hood nursing homes held at Fortis Rajajinagar, Bengaluru



Dr Manish Mattoo, Zonal Director, inaugurating the event



Ms Komala Naik, Zonal Quality Head, conducting a session

Fortis Hospital, Rajajinagar, recently organised a day-long certificate programme, 'Quality Conclave,' for nurses from nursing homes in the neighborhood. The programme was attended by 15 nurses. The event was inaugurated by Dr Manish Mattoo, Zonal Director, Dr Thejaswini Parthasarathy, Facility Director and Ms Komala Naik, Zonal Quality Head.

This was an effort to impart knowledge and inculcate quality awareness amongst the participants. The programme focused on the importance of Quality and Infection Control practices among other pertinent subjects and included practical sessions. The programme was highly appreciated by all the participants.

## Fortis Shalimar Bagh, New Delhi, organises workshop on 'Prevention and Management of Heart Failure' for nurses



Cardiology certified Nurses with Team

An exclusive workshop on 'Prevention and Management of Heart Failure' was recently organised by Fortis Hospital, Shalimar Bagh, for a group of 25 nurses accredited by the European CME-CPD Academy. Aimed at imparting education on international best practices in nursing care of patients with heart failures. The interactive workshop comprised of several modules, learning activities, clinical scenarios and also cardiac exercises which made it a comprehensive learning experience.

The programme was mentored by Mrs Girja Sharma, Chief of Nursing. Dr Manish Gunjan, Associate Director, Cardiology Department, delivered the welcome address and congratulated the nursing department for their invaluable contribution and expertise in patient care. Ms Deepa Vats, Nursing Educator, interacted with the participants and introduced the highly engaging programme.



Dr Manish delivering welcome speech and encouraging nurses

## As part of World Heart Day, Fortis Hospitals in Bengaluru screen 500 policemen; spread awareness

As part of World Heart Day celebrations, Fortis Hospitals in Bengaluru conducted a series of events to educate people on the importance of keeping the heart healthy. The three-day event started with cardiac screening for 500 policemen at Fortis Hospital, Cunningham Road, followed by activities and games promoting healthy heart at various apartments, and "Take the Stairs" initiative at corporate offices.

Dr Prabhakar Koregal, Consultant Interventional Cardiologist, Fortis Hospitals, Bengaluru, said, "Cardiovascular diseases have become a leading cause of mortality in India. I come across patients who develop cardiovascular diseases due to their unhealthy lifestyle. Huge stress in their daily lives has put their hearts in danger. It is important to say no to unhealthy lifestyle whilst undertaking adequate physical activities regularly to prevent heart ailments. With these initiatives, we want to educate people on the importance of staying fit, eating well and leading a stress-free life to keep their heart healthy in the long run."



Policemen undergoing screening tests

## Unique network-wide workshops for nurses' well-being commence with first event at Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj



Dr Samir Parikh with the leadership team and the participants at Fortis Vasant Kunj

A unique initiative directed at the well-being of nurses by the Mental Health and Behavioral Sciences Team, under the leadership of Dr Samir Parikh, commenced at Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, (FHVK). This is a first of its kind of initiative for nurses – the backbone of healthcare and will be run across the Fortis network in phases. This initiative aims at assisting nurses discuss and interact about their stress through a problem-solving approach and recreational activities. More than 25 employees from FHVK nursing and unit leadership team participated in the programme.

## Fortis Hospital, Kalyan, organises awareness drive on organ donation



(From R – 3rd & 2nd) Dr Supriya Amey, Facility Director & Rajesh Shukla, Head-Sales & Marketing, Fortis Hospital, Kalyan and members of Rotary Club of Dombivli showing their Organ Donation pledge cards

A month long awareness drive on organ donation was recently organised by Fortis Hospital, Kalyan. The drive aimed to increase awareness about the plight of thousands of patients with end-stage organ failure in India awaiting a transplant. The team at Fortis Hospital, Kalyan, held awareness camps at several locations in the city at community centres, peripheral hospitals, offices and clubs. It garnered over 180 pledges from the community.

Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, said, "A single organ donor can save and enrich upto 8 patients. We are grateful to those who have pledged their organs in support of this noble cause. We are confident that we will be able to join hands with more such socially responsible citizens and help the community."

## Fortis Hospital, Anandapur, Kolkata organises a specialised Heart Failure Workshop for Nursing Staff



Dr Shuvanan Ray addressing the attendees at the workshop



Sister Doli Biswas, Chief Nursing Officer, addressing the workshop

Fortis Hospital, Anandapur, Kolkata, recently organised a specialised workshop on Heart Failure to enrich the knowledge of the nursing staff. The event took off with a lamp lighting session attended by Dr Shuvanan Ray, Chief Interventional Cardiologist, Dr Sanjay Singh, Head - Department of Anesthesiology, Mr Samir Singh, Zonal Director, Sister Doli Biswas, Chief Nursing Officer and Sister Sathya Anand Kumar, Deputy Chief Nursing Officer.

Dr Shuvanan Ray delivered the inaugural speech stressing on the significance of having a know-how about Heart Failure and its management for nurses. Dr Sanjay Singh delivered a talk on "When we have Heart Failure Clinical Specialist Doctor, then why not Specialist Nurse?" The programme was attended by 24 participants.

## Fortis Hospital, BG Road, Bengaluru, organises 'Quality Conclave' for nurses



Quality team with the participants

On the occasion of World Quality Month, Fortis Hospital, BG Road, Bengaluru, organised a 'Quality Conclave' for nurses. Aimed at 'creating an ecosystem for world class quality in India', the conclave was attended by more than 60 nurses from 17 hospitals and nursing homes in the city. The conclave was inaugurated by Dr Murali Chakravarthy, Dr Padma kumar, Dr Sudha Menon, Dr Manish Matoo, and Dr Vasundhra Atre, along with other vertical heads at the hospital.

The conclave saw several eminent speakers discuss the challenges and successful strategies for an effective ecosystem to meet the stringent quality targets for meeting the healthcare needs. It covered topics such as importance of quality and patient safety in the healthcare industry, international patient safety goals, medication safety, infection prevention and control, amongst other patient safety and care requirements. The conclave was appreciated by all the participants for its content and for promoting capability building and knowledge towards quality.

Sister Latha, Chief Nursing officer  
with Quality Head- Ms Rekha

## Dr Nalini Bansal at SRL Ltd, Fortis Escorts Heart Institute, New Delhi, organises SRL Medtalk - Gastrointestinal and Hepatopathology Workshop 2018



(L-R) Vijay Kumar Section Technical Coordinator, Dr Shaloo Kapoor Chief Pathologist, Dr Richa Joshi Lab Head Faridabad, Dr Nalini Bansal Sr Histopathologist, Dr Jasbir Singh Sr istopathologist, Dr Anu Gupta Lab Head, Mr Lalit kathait Buisness Head , Dr Abha Sabhikhi Technical Head SRL CoE and SRL Fortis Labs Mr Sachin Shah Cluster Head, Dr Jyoti Chakraverty Lab Head, Shalimar Bagh

Fortis Escorts Heart Institute (FEHI), New Delhi, in association with SRL Diagnostics, recently organised a workshop on 'Gastrointestinal and Hepatopathology'. Held under the aegis of SRL Medtalks, an initiative to exchange knowledge and spread awareness about Histopathology, the workshop was accredited by the Delhi Medical Council.

The workshop was attended by 54 registered delegates including 36 practicing pathologists from various hospitals across India. It included live slide viewing on microscopes as well as case discussions. It was appreciated by all the participants and proved to be an invaluable platform for students as well as practicing pathologists.



Training session during workshop



## Fortis CG Road, Bengaluru, organises walk to create awareness about arthritis and osteoporosis

On the occasion of World Arthritis Day and World Osteoporosis Day, Fortis Hospital, CG Road, Bengaluru, organised a walkathon to create awareness about the importance of healthy bones and joints to prevent arthritis and osteoporosis. The walk also aimed to promote an active lifestyle amongst the people and its long-term health benefits.

Over 150 participants joined the 2 km walk, organised in association with Sankey Tank Club. It was flagged off by Dr Ashwath

Narayan, MLA, Malleswaram. Dr Jayateerth Kulkarni, Consultant, Orthopaedic Surgery, Fortis Hospital, CG Road, said, "Arthritis affects nearly 180 million people in India. We urge everyone to adapt an active lifestyle and to undertake physical activity such as walking on a daily basis to keep their joints and bones healthy and to reduce their risk of developing arthritis as they grow older. We are confident that such initiatives will go a long way in creating awareness about arthritis and osteoporosis and keep our fellow citizens active and healthy."



Volunteers during the walkathon at Sanket Tank park

## Fortis Hospital, Noida, organises awareness walk on World Stroke Day



Dr Rahul Gupta, Additional Director, Dept of Neuro Surgery and Dr Dina J Shah, Director, Dept of Emergency Medicine, Fortis Hospital, Noida while giving a small brief about Stroke



Participants getting ready for the Walkathon



The Walkathon in progress

On the occasion of the World Stroke Day, Fortis Hospital, Noida, organised an awareness walkathon for stroke survivors and other participants. Attended by over 180 people, the walkathon was highly appreciated and supported by the local community.

Over 6.5 million deaths every year are reported worldwide due to stroke and the drive was aimed to create awareness about the contributing causes and the importance of timely treatment to prevent major disability amongst stroke patients.

## Fortis Escorts Hospital, Faridabad, organises marathon in honour of police martyrs



Glimpses of the event

A mini marathon was recently organised by Fortis Escorts Hospital, Faridabad, in association with the Faridabad police, to pay tribute to the martyrs of Faridabad Police Department who lost their lives while protecting the citizens. Family members of 9 martyrs were honoured during the event. The marathon was flagged off by Shri Amitabh Dhillon, Commissioner of Police. Over 7000 people attended the event.

The marathon was followed by a local community event- Rahgiri, which was organised by the Faridabad administration. The event comprised of activities such as Zumba dance, nukkadnatak, cycling, yoga, drawing competition, and other engagement activities.

## Fortis Hospital, Shalimar Bagh, organises skill development workshop for OT Nurses and Technicians

A skill development workshop for Operation Theater nurses and technicians was recently organised at Fortis Hospital, Shalimar Bagh. The workshop aimed to enhance their skills and capabilities in set protocols related to operation theatre and to help build a better connect between the patients and clinicians.

The day long workshop was led by Dr Umesh Deshmukh, Director, Anaesthesia & OT, along with the OT team comprising Ms Girja Sharma, CON; Mr Vivek – OT Manager; Ms Vaidehi Patel, OT Supervisor; Mr Sujith, OT Incharge; and Ms Neetu, OT Coordinator.



The entire operation theater team at the Event

## Fortis Escorts Heart Institute, Okhla, New Delhi, organises Walkathon to create awareness on World Heart Day



Group photograph of all the Guests of Honour, Doctors and Senior Officials from FEHI



Walkathon Flag Off by Ms. N. Kunjarani Devi  
(Arjuna Awardee – Weightlifting, Asian Game Medalist)



Participants during Zumba Session

Fortis Escorts Heart Institute, Okhla, organized a Walkathon on to mark World Heart Day. The event witnessed the enthusiastic participation nearly 600 individuals, including senior clinicians and staff members from our hospital along with the residents of South Delhi, children from various schools, members of Delhi Medical Association, senior officials from various corporates and PSUs. The walkathon began and ended at the hospital; covering a distance of 3 kilometers. The walkathon commenced at 7.00am and ended by 8.30am. It was followed by Zumba and fun games.

The event was flagged off by Shri Zafar Iqbal (Padma Shri Awardee, Arjuna Awardee, Former Captain - National Hockey Team), Ms. N. Kunjarani Devi (Arjuna Awardee – Weightlifting, Asian Game Medalist), Shri Paramjeet Singh (Arjuna Awardee – Athlete, Asian Games Medallist Olympian), Col. Harinder Chahel (Regional COO – Delhi/NCR), Dr Kousar Ali Shah (Zonal Director, Fortis Escorts Heart Institute) and senior clinicians from cardiology department of FEHI.

Did you know?

India needs 10,00,000 corneas, 2,20,000 kidneys, 50,000 hearts, 30,000 livers and 20,000 lungs for transplants.

## On Children's Day, Fortis helps kids find their 'Spirit Animal' through art

Managing the emotional well being of children is just as important as looking after their physical health. On the occasion of Children's Day, the Art Therapy Program of the Department of Mental Health and Behavioural Sciences, under the aegis of Dr Samir Parikh, carried out 'Find Your Spirit Animal', an interactive session for children to relate to their favourite animal and help them focus on their inner strengths. Over 700 children participated in the event, which was held at multiple units across India.

Presented here with are glimpses from the sessions.



Fortis Memorial Research Institute  
Gurugram



Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Flt Lt Rajan Dhall Hospital  
Vasant Kunj, New Delhi



Fortis Hospital, Noida

### Fortis Memorial Research Institute, Gurugram

The event involved children from various departments of the IPD and OPD, along with some of their parents. Mothers and daughters joined in the card-making activities and the patients in the day care unit were also visited personally. Team nursing, doctors from the gynecology and rheumatology department, HR and other staff members also joined in the activities!

### Fortis Hospital, Shalimar Bagh, New Delhi

The event brought together patients and their families, to create a colourful corner, as they all identified their Animal Spirit by associating our characteristics with a particular animal representation!

### Fortis Flt. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi

Together with the children and teenagers, their parents also joined in describing their children's personality traits using animals. Ms. ManglaDembi (FD), Dr. Sonali Vats (MS), Dr. VivekNangia (Director Pulmonology), Dr. Mitu (Oncology), Dr. M S Paul (Gastroenterology), Dr. GurinderBedi (Orthopedics), Seema Singh (HOD Nutritionist) along with the Patient Welfare team, Assistant MS, and other members of the administration participated actively.

### Fortis Hospital, Noida

The event engaged every child and adult visiting the hospital, as well as children admitted in the IPD between the ages of 2 to 18. Hospital staff including HR, doctors, nurses and the front desk also participated in drawing their spirit animals!

### Fortis Escorts Hospital, Faridabad

The activities involved all the children waiting in the OPD as well as those admitted in the hospital. Children and parents alike were left with a big smile on their faces and took home their masterpieces with them. Even the administrative and OPD staff joined in the spirit of Children's Day!

### Fortis Escorts Hospital, JAIPUR

The OPD was buzzing with butterflies and children, as well as lots of parents and staff, who took home handmade cards with qualities that described their children! Dr. Sharad (Pediatric Neurologist) and Dr. Anshika also participated in the fun, and gift were distributed to the children towards the end of the event.



Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Amritsar

Hiranandani Hospital, Vashi,  
Navi Mumbai  
(A Fortis Network Hospital)

Fortis Hospital, Mulund, Mumbai



Fortis Hospital, BG Road, Bengaluru



Fortis Hospital, CG Road, Bengaluru

## MUMBAI

### Hiranandani Hospital, Vashi, Navi Mumbai – A Fortis Network Hospital

The kids enjoyed the card making activity with the balloons, and staff came forth in big numbers as well. Our HR team, the MS, and our psychiatrist found their spirit animals! Additionally, there were 25 children from Konkan Apartments and Gulmohar Apartments, Koparkairne.

### SL Raheja Hospital, Mahim - A Fortis Associate

The Children's Day celebration at S. L. Raheja Fortis Hospital saw the participation of all its IPD children along with their parents. Children from OPD also took part in it. Nurses spent some time being creative in wishing their children through cards!

### Fortis Hospital, Mulund

The children's day at Fortis Mulund was conducted with children in the IPD. Doctors from paediatrics, cardiology, anesthesiology and patient welfare participated in the event. A cake was cut and gifts were distributed among the children.

## BANGALORE

### Fortis Hospital, BG Road

Fortis Hospital, BG Road Children's day celebration saw kids and parents participating in drawing and card making with balloons and colours within the OPD area first. Celebration was later taken to the IPD section where international families joined in with a lot of enthusiasm. The HR and nursing team also participated with a lot of excitement!

### Fortis Hospital, CG Road

The event was conducted by our Counselling Psychologist at Sheshadripuram High School with 160 students of classes 5th to 7th.



Fortis Hospital &amp; Kidney Institute, Kolkata



Fortis Malar Hospital, Chennai



Fortis Hospital, Ludhiana

## CHENNAI

The event involved all the children visiting the hospital and the card making activities evolved as more and more adults began to bring out their inner child! Staff also joined in, including the DMS, heads of quality, patient welfare officer, making cards for their grandchildren and children.

## KOLKATA

'Find Your Spirit Animal' was celebrated with the children admitted in the IPD along with their parents and families. The IPD was full of butterflies, fish, lions and octopuses, and even the clinical staff joined in!

## Fortis Hospital, Ludhiana

At Fortis Hospital, Ludhiana, art, drawing and card making activities took place in the OPD and IPD area for children, parents, families and staff members. Consultants also participated in the fun and wrote beautiful comments for the children! A special initiative was also conducted, attended by blind children.

## Fortis Hospital, Mohali

The OPD was colourful and children enthusiastically joined in the card making activity!

SL Raheja Hospital, Mahim -  
A Fortis Associate

Fortis Hospital, Mohali

# Inspiring Stories

## Timely action of Dr Avi Kumar of Fortis Escorts, Okhla Road, gives road accident victim a new lease of life

A 33-year-old road accident victim lying by the roadside for over eight hours received a new lease of life, thanks to Dr Avi Kumar, Consultant Pulmonology, Fortis Escorts, Okhla Road, New Delhi.

On August 21, 2018, Dr Kumar was driving past the Nehru Place flyover in South Delhi, when he spotted a road accident victim lying in a pool of blood. He was surrounded by many passers by, who were busy clicking photos or making videos. Enquiries revealed that the victim was lying helplessly for almost eight hours. Dr Kumar lost no time and immediately took him to Fortis Escorts. On arrival at the hospital, the victim suffered seizures. However, the clinicians and nurses took exceptional care of the patient while securing all the lifelines. All necessary medical assistance was provided and the victim's life was saved.

Dr Avi Kumar Consultant  
Pulmonology- FEHI

## Conversation

**Meet Dr Nagaraj Aithal, Consultant, Intensivist at Fortis Hospital, Cunningham Road, Bangalore, who is a singer also.**



### What inspired you to take up singing?

During my childhood I used to listen to songs from radio which influenced me to take up signing. I started practicing though I was shy to perform in front of the public. During my post-graduation days some of my best friends noticed my singing and prevailed upon me to perform on stage. Since then I have never looked back.



### What type of events have you performed at? Tell us something about your journey with music.

I have performed mostly in class/batch get-together functions. I tried singing whenever there was an opportunity, particularly at family functions. I have participated in some competitions also, though I could not do well. After joining Fortis, I have been singing quite regularly at various events.

### When do you practice and how do you make time to follow your passion?

As I am an Intensivist and heading the critical care department, it's quite hectic and stressful job where I hardly get any time to focus on music and singing. But I ensure that I listen to the music and try some different tunes whenever there is free time available, whether while travelling or at home. I feel music is a big stress buster.

### Have you received any professional training or are you self-taught?

I'm a self-taught and never received any training. I have learnt by myself by humming and experimenting.



### Tell us something about your family. Do they follow the same passion for music?

I have a son who is also interested in music. Seeing his interest, I have put him for training in music and playing keyboard. My wife is very supportive and has always encouraged me to sing and follow my passion.



Did you know?

Breast cancer is the most common cancer in women all over India and accounts for 25% to 31% of all cancers in women in Indian cities.

## Conversation

### Meet Arun Unikrishnan, ACON, Fortis Hospital, Shalimar Bagh, New Delhi



#### When did you join Fortis and has your experience been?

I joined this prestigious hospital 8 years ago in January 2010. Over the years, I feel that my knowledge has grown significantly.

#### What do you like the most about your work?

I like the nursing profession because nurses are the custodians of patients' trust. Nurses are with patients at a time when they need them the most.

Nurses are teachers, advocates, care givers, critical thinkers and innovators. Nurses dedicate their lives for the benefit of the sick and ailing.

#### How has Fortis helped you grow professionally?

When I joined this hospital, I was just a nurse but now when I look back and see then I realized that I have achieved so much being Fortisian. My career has grown from being a nurse to ACON.

Fortis gave me the skills of leadership and instilled the confidence to be myself and stand in front of the group with my head held high. I feel privileged to be with Fortis.



## Wall of Fame

### Region: Delhi NCR

#### Fortis Memorial Research Institute, Gurugram

I would like to extend my sincere gratitude to you and your staff for the care and support. The care and support you all have given my husband during my husband's treatment in ICU4 is really commendable. The best thing which touched us the most was that my husband was never ever left unattended even at midnight.

I will never forget the willingness to help with smiling faces of your wonderful staff. Just to name a few Sonia, Rishu, Sheela, Nidhi, Ankita, Lizi, Gloria and Mubeena. Mahvir, Nikhil and Amit's performance in their work and selfless help has truly taught me a new lesson in life. Dr Rahul Miglani's (Neuro Team) constant support and time to time guidance gave us moral support.

God Bless Him! Today me and my husband are leaving for Amritsar and all that we have gathered from here is your love and good wishes.

PS: Dr Om Prakash, words are very little to describe the help that you have given. We want to humbly thank you for all your efforts.

Appreciated by : Mrs Neena Vasan, wife of Mr Prem Vasan

Appreciated for : Dr Om Prakash, Sonia, Rishu, Sheela, Nidhi, Ankita, Lizi, Gloria and Mubeena (NURSING)  
 Dr Rahul Miglani (Neuro Team), Mahvir, Nikhil and Amit



### Fortis Memorial Research Institute, Gurugram

My late twin sister Monika Bakshi was a patient of Dr Vinod Raina. She and I have been visiting the hospital since her cancer relapsed till she passed away. It has been a year since she passed on but I never got an opportunity to appreciate someone who was there by her with love, care and serious professional attention. Sister Animol Thomas. She is a star. With her caring, nurturing love and professional panache, she stood by my sister till the end.

With nursing supervisors as her, Fortis will continue to create relationships. We love her devotion towards her work and patients and I must say – she is an asset to have for a hospital of this repute.

We wish Sister Animol Thomas all the best. I am sure my sister too wants to thank her from wherever she is.

Appreciated by : **Ms Sonika Bakshi**

Appreciated for : **Nursing Staff – Animol Thomas**

### Fortis Hospital, Noida

Hi Team,

I Ashish Mathur, husband of Patient Shweta Mathur UHID: 668884 had treatment under Dr. Jyoti Bala Sharma; like to share my experience with Fortis. My wife was suffering from serious back pain and have no idea whether to consult a orthopedics or neurologist. Tested many hospitals but awful experience. Your Patient Care services staff Mrs Ankita Yadav took my case and with her sound medical background knowledge helped me to identified where I need to consult. She quickly asked and sorted out our queries with patience and smile on her face despite of heavy workload. I'm touched by her gesture and really appreciate her zeal and attitude towards patient care.

I'm writing this mail because dedication towards work and maintaining good relationship with customer adds value to an organization and I did not find this anywhere but found in Fortis by your staff Ankita ma'am. Wishing you all the best and keep doing the good work. Highly contented. Thanks.

Best Regards,

Appreciated by : **Ashish Mathur, husband of patient Shweta Mathur UHID: 668884, Mob No. 9717089306**

Appreciated for : **Ms Ankita Yadav (PCS)**



Ms. Ankita Yadav (PCS)  
Fortis Hospital, Noida

### Fortis Escorts Heart Institute, New Delhi

ICRR III Nursing Team

I thank all the nurses who work day and night, to make patients comfortable and relaxed.

ALWAYS SMILING & HAPPY FACES. NEVER SAY NO, ALSO VERY CLEAN, HYGIENIC AND KNOWLEDGABLE, VERY EFFICIENT AND HARD WORKING. ALWAYS MAKE SURE THE PATIENTS HAVE THEIR MEALS AND MEDICINES. SUPERB DEDICATION TOWARDS PROFESSION.

Thank you! Cath recovery III team.

GOD BLESS YOU ALL!!

Appreciated by : **Mr Atul Sawhney, CRR III-10**

Appreciation for : **CRR III Nursing Team**



Mr Parminder and all PHC team, Fortis Hospital, Noida

### Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi

My husband Mr. Pawan Kapoor was admitted in Fortis Vasant Kunj for a surgery under Dr Randeep Wadhawan. Needless to say, Dr Wadhawan is one of a best surgeon for GI and Bariatric Surgery. His team was very much involved with the patient and explained everything in detail. The team also allays any fears that a patient may have and clarifies doubts and queries. What came as a double bonus was the staff that not only extended moral support in abundance to the patient and attendant, but also ensured all services were delivered in nothing short of perfection. F&B staff, the nutritionist, housekeeping staff, nursing staff, Deepika and Ms Ankita from Patient Experience, were all very good. This not only put us at complete ease but also made us feel cared for. What more does a patient or attendant look for from any healthcare unit for treatment. Kudos to everyone for such good service delivery.

Last but not the least, a special mention to the Facility Director, Ms Mangla Dembi, for ensuring this is a continued process under her leadership without any lapses. A perfect example of utmost professionalism. A Special thank you to everyone who has taken care of my husband. Keep the good work on!!!!

Appreciated by : **Mr Pawan Kapoor, UHID 468793**

Appreciated for : **Dr RandeepWadhawan, FD Ms Mangla Dembi, Nursing Staff, FnB staff, HK Staff, Nutritionist, PEH Deepika and PRO Ankita**

### Fortis Escorts Heart Institute, New Delhi

“JO Gulshan ko Mehka de Mahan hai”

Jo Rote ko Hasa de wo Insaan nahi Bhagwan hai”

With these lines, I entered this esteemed hospital as a patient. From the time I got admitted in this hospital every doctor, nurse and the staff were courteous and supportive.

Dr. Nishith Chandra and Dr. Ranjan Modi were like a God to me. Along with them Sister Ruby, Bhavna, Aadira, Anjana, Anju, Vaneeta, Tina, Jivina, Mary, Purnima and lot more whose names I cannot remember played important role in me getting out of my condition. My heartiest thanks and salute to everyone whose great efforts gave me new life.

Appreciated by : **Mr Rajkumar**

Appreciated for : **Dr Nishith Chandra and Nursing Staff**



Dr Nishith Chandra,  
Fortis Escorts Heart  
Institute, New Delhi



Mr Rajkumar, patient at Fortis Escorts  
Heart Institute, New Delhi

### Region: North & East

### Fortis JK Hospital, Udaipur

My father, Mr Magan Singh's, treatment is going in Fortis JK Hospital under Dr Sandeep Bhatnagar from last two years and I am very satisfied.

All facilities are there in this hospital. Everyone treat us like a family member, we never felt that we are in hospital.

Doctors, Nursing staff, Housekeeping everyone are well-mannered. Apart from the treatment, medications everything is Good.

I am happy that I brought my father to right place. Thank you,

Appreciated by: **Patient's son**

Appreciated for: **Dr Sandeep Bhatnagar**



Dr Sandeep Bhatnagar,  
Fortis JK Hospital, Udaipur



Mr Magan Singh, Fortis JK Hospital, Udaipur

### Fortis Hospital, Mohali

My name is Priscilla Jaramba from Zimbabwe. I had a double Valve replacement under Dr T.S Mahant and his team. These guys are excellent. I don't know how to thank them. I feel so much better 15days post my operation. Thumbs up to SICU staff and the lady who took care of us during our stay Kiran, she is a star. Housekeeping staff very good. I will refer anyone anytime to this superb hospital that has hard working and dedicated staff.

Thank you, Fortis team.

Appreciated by: **Priscilla Jaramba**

Appreciated for: **Dr T S Mahant and his team**



Patient Nandlal Goswami & Dr Manish Kulshrestha and sister, Fortis JK Hospital, Udaipur

### Fortis Escorts Hospital, Jaipur

I was admitted with a Tumor and now I am leaving without a Tumor...for me it is a journey that I will never forget" This note is to immensely appreciate and recognize outstanding services of staff of Fortis Hospital for their patient centricity and excellent services.

My sincere gratitude to Dr Hemant Bhartiya, Dr Vivek, Dr Anil, Dr Sankalp, who all performed the surgery successfully. I am very thankful to nursing staff including Ms Kaushalya, Ms Sanju, Ms Soni, Ms Vijayshri, Mr Piyush and GDA staff Mr Anil for their cooperation and support. I am thankful to all the team that I am cured due to the utmost care and compassion given by the staff.

Appreciated by : **Miss Priya Sharma, UID: 001706367, NGW-08**

Appreciated for : **Dr Hemant Bhartiya, Dr Vivek, Dr Anil, Dr Sankalp, Ms Kaushalya, Mr Piyush, Ms Sanju, Ms Soni, Ms Vijay Shri and GDA staff Mr Anil**

### Fortis Escorts Hospital, Jaipur

A very Special thanks to the all the nursing staff of Neuro Medical Unit for their relentless support and care, giving the patient a new life. The patient is very delighted to all the nursing staff including nursing Incharge Ms Nutan, Ms Geetanjali, Mr Rajendra, Mr Chetan, Ms Komal.

and wishing for their bright future and great success. These nursing staff do the excellent work. Thanks to All!

Appreciated by : **Ms Abhishek Rawat, UID- 001737212, NOW-12**

Appreciated for : **Dr Shabbar, Dr Mumtaaz, Ms Soni, Ms Gayatri, Ms Meena, Ms Manju, Ms Asha, Dietician and housekeeping staff**

### Fortis Escorts Hospital, Amritsar

Well For Fortis Escorts Hospital.....

We were very resolved of our decision to admit our father here, who was to undergo a minor operation for her blockage in urinary bladder and going through whole of the process. We are obliged to thank Dr Sagar Sabharwal and his all staff for taking into considerations. Just with our first medical case with Fortis. We feel very invigorative about our future appointments.

Thank you, Fortis Escorts Hospital.

Son of Fortunate patient of yours...

Appreciated by : **Patient Gian Chand's son**

Appreciated for : **Dr Sagar Sabharwal**



Fortis Escorts Hospital, Amritsar

## Region: South & West

### Fortis Hospital, Mulund, Mumbai

I would like to appreciate security employee, Mr Shyamsunder Nirgun from Fortis Hospital, Mulund. He used an amazing polite way of explaining procedure how to keep calm and cool but also alert during operation of my family member. Please give pat on his back and appreciate to the highest level. Good Job and keep it up!!

Appreciated by : **Prasad Navalgund**

Appreciation for : **Shyamsunder Nirgun (Security)**



Shyamsunder Nirgun (Security)

### Fortis Malar Hospital, Chennai

My father Mr Raghavan was admitted to the hospital recently due to severe breathing problem and breathlessness. We cannot thank the hospital enough for their wonderful care and support extended to bring my father alive! Special thanks to Dr Sanjeev Agarwal, cardiologist.

He has been his patient for the last 5 years and because of the immediate treatment given by the team of doctors including Dr Sivakumar, my father fought throughout the tough situation and was able to get back to home from the ventilator and ICU.

Also special thanks to all the support staff, Lavanya Pro, Dr Arthi, Vaishnavi, Vipin and all others. Last but not the least, it was my parents wedding anniversary on the day of their discharge. They surprised my father with a cake and that the first time i could see my dad's smile after 12 days at the hospital! Thank you, team for giving my father back!

Appreciated by : **Mr KVS Raghavan, patient's son**

Appreciation for : **Dr Sanjeev Agarwal, Dr Sivakumar, PRO – Lavanya, Dr Arthi, Vaishnavi, Vipin**



### Fortis Hospital, Kalyan, Mumbai

I am very grateful to Ms Priti for her guidance and support throughout our stay. Just a day before I was completely shattered after knowing my father's condition also at the same time as recently my sister got married and I am new to the job so my family is running short of funds to complete the entire course of treatment and hence took the decision to switch to another hospital. As I stay at Delhi, I was unaware about any other set up where I could shift my father to but thankfully there are people like Ms Priti and Dr Swati who not only provided a solution but helped & guided us in selecting right hospital for further treatment. During this Ms Priti was by our side, helped us in smooth transition also provided us moral support".

Thank you Priti Madam for helping me, now my father is better. Special thanks to Dr Swati and You for giving positive response always. I will never forget you and Dr Swati. Thank you once again."

Appreciated by : **Mr Vijesh Prabhu**

Appreciation for : **Priti Mishra and Dr Swati S Suryawanshi**

## Fortis Hospital, Anandapur

### HEART TRANSPLANT PATIENT FEEDBACK

Mr Dutta says I have been suffering from 2009 from cardiac myopathy and the ejection factor started reducing & reduced to 18%. I had also got ICD implantation done at a govt hospital, but did not work out well. Then I had made up my mind for heart transplant. The kidney and heart were correlated....I was very critical when I got admitted and got the transplant. Got admitted with high sugar. Insulin, potassium infusion was started. I have got admitted thrice in Fortis before I received the heart from a young donor.

The care and compassion were received all through in Fortis, I got treatment of international standards. All the support staff, nursing, even the doctor saw me at everyone hour. I admit I would not have got better services than this anywhere else. I have got a new life for Fortis....I am elated to the seventh heaven. I will definitely promote the organ donation cause to all my known circle of family and friends. I could even meet Mr Dilchand, the 1st heart transplant patient and could develop a relationship with him, this is all because of Team Fortis!!

Appreciated by : **Mr Samiran Dutta**

Appreciation for : **SICU Nursing Team & Dr Mandana & Dr TRC**



## Fortis Hospital, CG Road, Bengaluru

I have never taken time to write a Thank you note to any hospital and never to a corporate one. This time, I decided to note some very positive comments on my recent experience at your hospital. Right at the onset, I must Thank your Ambassador, Sr Geetu who convinced me to come to your hospital once again. She told me if anybody has to do your TKR then do not see beyond Dr Chirag Thonse, I am indeed very Thankful to Sr Geetu as Dr Chirag is one of the few doctors I would blindly trust. He made me so comfortable at once I believed this is the doctor whom I will trust. I have been to big corporate hospitals in Bangalore and Pune but none as genuine as your hospital. I am a very complicated patient having almost every illness and was glad that my HIV test was negative. I marveled at the professional approach your doctors took. They sent me to be screened by your cardiac, diabetic and pulmology dept. Every doctor so kind and wonderful definitely not like the relay race you expect when you visit a corporate hospital who will send you from dept to dept even if you do not need it. I must inform you that I failed twice at spinal anesthesia in two major corporate hospitals in Bangalore and when I came to your hospital your fabulous anesthetists assured me that they will succeed, in giving me Spinal despite of my two failures. They kept their words. Here I would like to Thank Dr Patil, Dr Praveen, Dr Santosh, Dr Suma, Dr Sreeram, Dr Dutta, Dr Prashanth, Dr Satish and Dr Vasanth. Believe me you have the most awesome team of doctors. They all knew I was a complicated case and were present during the Operation. I will only sing praises of your hospital. The post-operative care was unbelievable. I must also Thank Dr Sudharshan (Pulmo), Dr Sayed, Diabetologist and Dr Jorgi (Dr Chirag's Asst.) I do hope you maintain such a great team of Doctors.

My experience began by meeting your front office team who made me feel welcome, your nurses on the second floor were extremely professional and kind too. Special mention must be made of Dhania, Steffi, Joselin, and ofcourse Sr Geetu. Every nurse was really good. An organization is known by its employees and you must be proud of the team you have. The food is delicious and I must Thank Mr Noel who sent me good food in consultation of your very knowledgeable dietician Ms Sana. Your PR Ms Manjula was so refreshing and helpful many times. The Housekeeping staff were very obliging.

Concluding finally, I must rate your hospital very high in my opinion and wish that you will always maintain this very good quality of service. Thanking you,

Your patient forever,

Appreciated by : **Jude Alexander Fernandes**

Appreciation for : **Sr Geetu, Dr Chirag Thonse, Dr Patil, Dr Praveen, Dr Santosh, Dr Suma, Dr Sreeram, Dutta, Dr Prashanth, Dr Satish and Dr Vasanth, Dr Sudharshan (Pulmo), Dr Sayed Diabetologist and Dr Jorgi (Dr Chirag's Asst.) Sr Dhania, Sr Steffi, Sr Joselin, Sr Geetu (nurses at 2nd floor) Mr Noel, PRO – Ms Manjula**

## Fortis Hospital, Mulund

Over the years, my family has been coming to Wockhardt /Fortis hospital, for an OPD, investigation and admission needs. The doctors are excellent to name a few- Dr Arun Behl, Dr Sachin Bhosale, Dr Mahajan and more recently Dr Harin Vyas. Cut to the present, after due diligence zeroed in and Dr Atul Ganatra, a Gynecologist par excellence and very ethical. In spite of his busy schedule he and his whole team took time to ensure all my queries, give me choices and date of operation fixed, the admission process started.

I was in for a pleasant surprise. I was amazed at how quickly and smoothly everything moved. Your system/process/procedure in all departments, starting with OPD, Facilities, hospitalization and discharge were being followed by professionally and officially by all teams. Teamwork was evident at all levels including Nursing, OT, Housekeeping catering and that too of a very high order. These were engaged employees. They also brought forth the human touch-empathy, compassion and caring.

I came to Fortis hospital for healing and I healed. Yes, I will always cherish the experience of my stay at the hospital- totally professional and proficient, yet laced with empathy, caring, compassion. A winning combination. My husband and I thank you all and wish to compliment the management and all concerned at their patient centric work ethics. I wish everybody of all level well in sustaining this high level of service to the sick, suffering. I would like to mention a few individual who went extra mile to make the experience so enriching. They include the following

- Sunny who facilitated interaction with TPA
- Ms Bindu Thomas, the executives at TPA desk
- The nurses in the signature ward were wonderful, particularly sister Junee. Libby, Grace, Blessy and 2 of the OT Technician.
- I wish to include two physiotherapist Apoorva and Namrata, the Dietician Minal and the catering person Mangesh and thanks to many others whose name I don't remember.

Appreciated by : **Shilpashree S**

Appreciation for : **Dr Atul Ganatra, Ms Bindu Thomas (Admission & TPA Head), Sunny (TPA), Sr Junee, Libby, Blessy (Nursing) OT Technicians, Apoorva & Namrata (Physio therapists), Minal (Dietician), Mangesh (Catering)**

## Fortis Hospital, BG Road, Bengaluru

First of all, I would like to appreciate and humbly thankful to Ms Deepa. When I entered at Fortis Hospital and enquired about an ENT doctor in the reception, but we came to know that he was leaving for the day. Reception mentioned that you can't meet the doctor today. Immediately, we went to the feedback office to escalate. There Ms. Deepa, she made me sit and she was very respectfully her gesture of active listening very impressed and I told that I want to consult to ENT doctor. She called immediately to the ENT OPD but the doctor was about to leave since the schedule was finished and move from the hospital. Ms. Deepa requested reception to make wait for doctor ten minutes bcz my husband was parking the car it may take ten minutes.

Finally, Ms Deepa requested doctor to wait and she took us to ENT OPD and she introduced to Reception Ms Pushpa Mala and she was very humble, and registration is done. She finished her work very fast and she took us to the doctor. This was my first visit to the Fortis Hospital my husband (Mr Durga Prasad .9901818441) was suffering from snoring past three months we have shown many doctors around Bangalore. One of my colleagues suggested me to visit a Fortis hospital and you can find a solution. Previous doctors suggested for surgery and no doctors were given any clear information about the surgery but Dr Athira explained to me very well about the process and the condition. Dr Athria suggested speaking with the patient undergone the surgery about the same condition.

My husband and I were so comfortable after doctor's explanation and she was very good and I thank her very much. Doctor prescribed the medication and my husband is doing good well and shortly we are planning to meet the doctor again. Ms Deepa, Dr Athira, and Ms Pushpamala very best and most caring people I have ever encountered -Ms Deepa very knowledgeable and respectful. I would highly recommend it to family & friends.

Appreciated by : **Patient's wife**

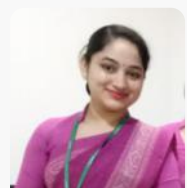
Appreciation for : **Ms. Deepa, Dr. Athira and Ms. Pushpamala**



Dr Athira, Fortis Hospital, Bengaluru



Pushpamala, Fortis Hospital, Bengaluru



Deepa, Fortis Hospital, Bengaluru

## A Little Extra Care

**SEWA Volunteers across Fortis under the aegis of Fortis CSR Foundation provide medical-aid & relief to nearly 3000 beneficiaries**



Team 1 with Jabir Ahemmed (BG Road), Sherin Abraham John (BG Road), Dr Shera Fatima T S (BG Road), Samantha (CG Road), Maria Ajish C (CG Road) Nikhil A B (BG Road), Dr Satish P (CG Road), Keshav Koparde (CG Road)



Team 2 with Mr. Ramesh Chennithala, Opposition leader of Kerala-Dilip Kumar (CG Road), Dr Yadhu Krishnan T P (Mulund), Jesvin George (BG Road), Binjo A A (BG Road), Dr Divya H (Mulund), A. Chitra (Support Office), Robin Jose (BG Road), Manoj C Paulose (Nagarbhavi), Dr Shaarang Sachdev (FEHI), Dr Subrata Gorai (FEHI), Dr Muzzafar Kabir Khan (S L Raheja), Ranagappa S (Rajajinagar) Abhiram Giri (Rajajinagar)



Kainagiri health camp



Session on infection control for nursing and para-clinical staff at Mavelikara Taluq Hospital



Appreciation letter and certificate given to the SEWA team members from the DMO's office at Allapuzha in Kerala



Food & Nutrition awareness to children- OPD area - Harippad Taluq Hospital

- 1919 patients availed treatment
- 210 children were educated on the importance of hand hygiene
- 600 beneficiaries trained on maintaining personal hygiene
- 45 nursing and para-clinical staff were trained on infection control

After being ravaged by the worst floods seen in over a century, Kerala was combating an outbreak of communicable diseases and viral infections. Besides the threat of water-borne diseases (cholera and hepatitis) and vector-borne diseases (malaria, dengue and chikungunya), the victims also suffered from a paucity of safe drinking water which led to an outbreak of diarrhoea, typhoid, and leptospirosis in the affected areas.

In this backdrop, Fortis CSR Foundation, under its Project SEWA initiative, sent two batches of SEWA team for medical relief operation to address the immediate health needs of the people. The team comprising 7 doctors, 8 nurses, 2 administrators, 1 counsellor and 3 housekeeping staff, provided relief to a total of 2774 beneficiaries in the Wayanad and Alappuzha districts of Kerala.



Casualty at Mavelikara Hospital



Session on infection control for nursing and para-clinical staff at Mavelikara Taluq Hospital



Relief material Fortis collection point sent to Uday Foundation

The initiative was supported by Mr Puneet Kumar, Additional Resident Commissioner, Kerala House, New Delhi, who along with his team and with the help of the District Medical Officers of Wayanad and Alappuzha districts, planned the route map for the medical relief operation.

During the relief operation, Project SEWA reached out to the affected people in various health camps and relief centres in Kerala and treatment in the provided outpatient departments and casualties of the taluq hospitals. The most common medical problems included upper respiratory tract infection, lower respiratory tract infection, skin infection, Diabetes Mellitus, hypertension, and viral fever.

The team also provided treatment for dog bites, rat bites, and acute febrile illness. It provided safe drinking water to the patients and attendants. As part of the operation, the team educated over 210 children on the importance of hand hygiene as well as extended training to over 600 beneficiaries on maintaining personal hygiene. 45 nursing and para-clinical staff were also trained on infection control.

Out of the 2774 lives touched, 1919 people availed treatment and 855 underwent awareness sessions. Project SEWA, through its NGO Partner Uday Foundation, sent tons of relief material to people affected by the calamity.

Speaking about the initiative, Dr Priya Shreedharan, Facility Director, Fortis CG Road, Bengaluru, said, "As a healthcare service delivery organization, it is our responsibility to reach out to those in need during a natural disaster such as the Kerala floods. We undertook relief operations under Project SEWA to ensure that the affected people have immediate access to medical support and treatment. We also provided guidance and counselling services to the displaced people to help alleviate any fear and shock that they had experienced due to the tragedy. We are both humbled and grateful that our SEWA team was able to reach out to so many people with aid during this terrible tragedy."

In Wayanad district, a team of eight members carried out the relief operations from August 27 to September 1. The areas covered were Kallumottamkunnu, St Colony, Cheriya Kollu, Kalluvettumthazha, Kalor Anganwadi, Pozhuthana PHC, Peringoda Anganwadi, Kuttiamval colony, Peringettukunnu & Arikalam, Arunamala Tribal Camp and Mepadi. In Alappuzha, a team of 13 members worked from September 17 to September 23 in Mavelikkara Taluq Hospital, Harippad Taluq Hospital, Court Junction Area, Karikadu Camp, and Kainakari Camp.



## Awards & Accolades

### Fortis Healthcare's social initiative, 'Umeed-Dhadkan' wins recognition at FICCI Healthcare Excellence Awards 2018



Ms Chitra A., Programme Director and Mr Varun Khanna, Chief Commercial Officer, Fortis Healthcare, receiving the award

Fortis Healthcare has won the prestigious FICCI Healthcare Excellence Awards 2018 in the Social Initiative category for the 'Umeed- Dhadkan' programme. The award was received by Ms Chitra A., Programme Director, at an event held in New Delhi on August 30, 2018. Shri Anil Baijal, Lieutenant Governor – Delhi was the Chief Guest at the event while Ms Anupriya Patel, Union Minister of State, Ministry of Health and Family Welfare and Ms Tina Ambani, Chairperson, Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Mumbai, were the Guests of Honour.

### Fortis Escorts Hospital, Faridabad, receives prestigious 'Pharmacie de Qualite' certification



The being received by Mr Hardeep Singh, Facility Director, Mr Rajeev Kapur, Unit Administration Head, Ms Shilpa, Senior Supervisor - Purchase and Ms Ratna Rana, Unit Head Nursing, along with members of pharmacy and purchase teams

Fortis Escorts Hospital, Faridabad, has been awarded the prestigious "Pharmacie-de-Qualite" certification for excellence in Pharmacy. The centre has been able to score 91% (Overall PDQ Evaluation Score-Gold Grading). The certification is based on the World Health Organization's definition of good pharmacy practice and International Federation of Pharmacist. The certification programme, which is considered the Gold standard in Pharmacy excellence, has been introduced in India by Abbott in association with Bureau Veritas S.A - a global testing, inspection and certification services provider.

## SL Raheja Hospital, Mahim - A Fortis Associate, receives Green OT certification



(L-R): Team of Infection Control Nurses along with Sr Pratibha & Sr Archana (Nursing In-charge - OT), Sr Sunita Dsouza (Chief of Nursing), Rupal Desai (Head-Supply Chain Management), Dr Shanthy Radhakrishnan (Medical Superintendent), Dr Bipin Chevale (Zonal Director), Dr Shubha Hodalkar (Anesthetist), Dr Anannya Joshi (Head- Quality), Dr Aruna Dangle (Medical Coordinator-OT), and members of Medical Services Dept., OT nurses and technicians, holding up the Green OT certificate

SL Raheja Hospital, Mahim-A Fortis Associate recently received 'Green OT' certification from Bureau Veritas, with a performance score of 97%. The Green OT certification project under which the hospital was certified is the first 'Make in India' certification protocol developed by Bureau Veritas in conjunction with Abbott India and multi-hospital stakeholders. 'Green' from an OT perspective covers parameters such as air flows, OT set up, anesthesia machines, types of volatile agents used, filling systems adopted and scavenging systems, among others. 'Green' connotes cleaner techniques using modern technology and processes with a sensitive approach to environment. As a part of the process Bureau Veritas conducted independent assessments and audits of the hospital that focused on prevention of surgical site infections, safe anesthesia, safe surgical teams and equipment apart from measurement and quality assurance mechanism. The process concludes with a 'Green Score' that is rewarded to the certified hospital, meeting the requisite quality and safety standards.



Green OT certificate received by SL Raheja Hospital, Mahim-A Fortis Associate

## Dr Sabyasachi Bal of Fortis Vasant Kunj joins the editorial board of American Journal of Internal Medicine

Dr Sabyasachi Bal, Head of Department & Director, Thoracic Surgery, Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi has been appointed to the editorial board of the prestigious American Journal of Internal Medicine.

Dr Bal was invited by the Board in view of his academic background and rich experience in the field of thoracic surgeries. Dr Bal has pioneered several path breaking surgeries in India and is also a member of numerous renowned committees across the globe. Dr Bal had also recently authored a research paper on energy devices and laparoscopic surgery which garnered a keen interest amongst several researchers and academia from across the world.



Dr Sabyasachi Bal, Head of Department & Director, Thoracic Surgery, Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi

## Two Fortis hospitals win second prize at CII 19th National Awards for Excellence in Energy Management

Fortis Hospital Mohali and Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj have won the second prize at the CII 19th National Awards for Excellence in Energy Management in the Building Category.

The hospitals won the prestigious honours after overcoming stiff competition posed by large Five-star Hotels, Hospitals, IT Organisations, Airports, Malls, Large Banking Sector Units and Railway Stations across the country. The Fortis team was headed by Mr Ravi Adlakha, Head - Engineering, and comprised Mr Neeraj Tandon (Mohali) and Mr Subhash Jha (Vasant Kunj). The Fortis delegation underwent scrutiny, interviews and selective group discussions for a total of over 72 hours.



Mr Ravi Adlakha (centre) with Mr Neeraj Tandon (left) and Mr Subhash Jha (right)

## Deepak Negi and Ajey Maharaj of Support Office, Gurugram, win Gold medals at Asia Pacific Masters Games 2018



Deepak Negi celebrating his win



Ajey Maharaj after winning the matches

Deepak Negi of the Support Office Finance Team and Ajey Maharaj, Head – Corporate Communications, have done Fortis and the country proud by winning top honours at the Asia Pacific Masters Games 2018 held in Penang, Malaysia.

Deepak's 5.91-meter jump, his personal best at any international championship, fetched him a Gold medal in the Long Jump event. He also won a silver in Triple Jump (11.53 meters) and a Bronze as part of 4x100 meters relay race team. He has been selected for the International Gold Masters Games at Nara, Japan, and Pan Pacific Master Games at Gold Coast, Australia, scheduled for October and November, 2018.

Ajey was part of the India master's Basket Ball team. The team won a Gold medal in the 45+ years age group. Ajey also represented the 40+ age group India master's team which won the Bronze medal in their category.



Ajey and Deepak at the Opening Ceremony

Did you know?

October is the National Breast Cancer Awareness Month. The 'Pink Ribbon' campaign was started in 1991 to raise awareness about breast cancer.

## Dr Vikas Maurya of Fortis Shalimar Bagh wins 'Torch Bearer' award for work on curbing air pollution

Dr Vikas Maurya, Senior Consultant & Head of Department, Pulmonology and Sleep Disorder, Fortis Hospital, Shalimar Bagh, recently won the 'Torch Bearer' award for his illustrious contributions in the field of curbing air pollution. Nominations for the award were invited from hospitals and clinics in Delhi NCR and a panel of eminent doctors selected Dr Maurya as the First Awardee

The award was presented to Dr Maurya by Dr Randeep Guleria, Pulmonologist and Head-Department of Pulmonology and Sleep Disorder, All India Institute of Medical Sciences (AIIMS), at the recently held Allergy conclave in the Capital.



Dr Vikas Maurya, Sr. Consultant & HOD, Department of Pulmonology & Sleep Disorder receiving the award

## Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, felicitated for excellence in organ donation in NCR



Team FHVK with the recognition certificate

Fortis Ft.Lt. Rajan Dhall Hospital, Vasant Kunj, was recently felicitated by Dr Shroff's Charity Eye Hospital (SCEH) & Eye Bank for its distinctive achievement in the field of eye donation. The hospital was recognised for its illustrious work in promoting the cause of organ donation and for leading the drive with the highest number of organ donations in the National Capital Region (NCR) over the last two years. The hospital had the distinction of carrying out 5 organ donations in the past two year. The hospital was presented with the recognition during an 'eye donation fortnight' programme which it had organised to further promote the cause.

Fortis Healthcare is committed to the cause of organ donation and so far 205 eye donations have happened at 13 Fortis hospitals across the country.

## Dr Pradeep Moonot of SL Raheja Hospital, Mahim - A Fortis Associate receives prestigious Travelling Fellowship Award 2018 from American Orthopaedic Foot and Ankle Society

Dr Pradeep Moonot, Orthopaedic Surgeon, SL Raheja Hospital, Mahim - A Fortis Associate, was recently awarded the 'Travelling Fellowship Award 2018' by the American Orthopaedic Foot and Ankle Society (AOFAS). Aimed at fostering professional relationships and to encourage new thinking and research on clinical care topics, the fellowship is awarded to early-career AOFAS members.

Under the programme, the members get a unique learning opportunity to travel to multiple hospitals and clinics in different cities and to interact and learn new surgical techniques from accomplished host surgeons. The travelling fellows are also able to present their own research to other surgeons.



Dr Pradeep Moonot, Orthopaedic Surgeon, Specialist in Knee, Foot and Ankle Surgery, SL Raheja Hospital, Mahim - A Fortis Associate holding his Travelling Fellowship Award 2018'

## Fortis Healthcare's MORETOGIVE ad film wins a Bronze at Indian Content Marketing Awards



A still from the award ceremony



The trophy

Continuing its winning streak, Fortis Healthcare's MORETOGIVE ad film won a Bronze at the Indian Content Marketing Awards (ICMA) in the Best Digital Branded Content – Video Category. The award was presented to Dr Rahul Pandit, Director-Intensive Care, Fortis Mulund; Dr Siddhi Rane, Manager - Brand & Marketing (West) and Ankit Chhabra, Sr. Manager - Digital Marketing, Support Office, at a glittering ceremony.

The winners were selected from over 200 nominations through a rigorous process by a Grand Jury-a panel of 20 Brand Heads - headed by well-known film director, R. Balki. The ICMA awards aim to promote and recognise talent, expertise and hard work that lead to breakthrough ideas and concepts to create exceptional brand stories.

## Fortis Anandapur wins 2nd prize for safety initiatives at the Infusion Nursing Society (INS) conference

Fortis Hospitals, Anandapur, won the 2nd prize for its initiative 'Subhchintak'- a comprehensive healthcare worker safety project' at the recently held Infusion Nursing Society (INS) conference. The runner up prize was awarded to Sister Banrishisha Basaiawmoit from the hospital who made the project presentation at the conference to a panel of nursing leaders from across the country.

The project was appreciated by everyone for its significance in promoting the safety of healthcare workers. The project was developed over a period of six months with the joint efforts of the Nursing Educator, Infection Control team, Nursing Supervisor, and other nursing in-charges at the hospital.



Sister Banrishisha Basaiawmoit receives the 2nd prize at the National Conference of INS

## Dr Rahul Bhargava wins prestigious MedAchievers Healthcare Icon award



Dr Rahul Bhargava (Centre) receiving the award from Australian Cricketer, Michael Kasprowicz (Right)

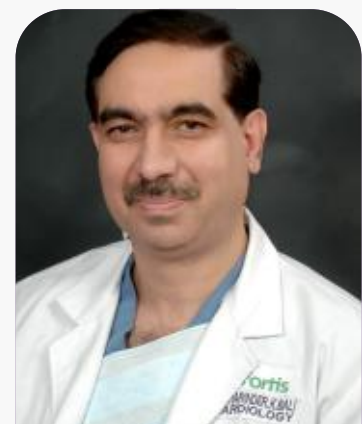
Dr Rahul Bhargava, Director, Clinical Haematology and Bone Marrow Transplant, Fortis Memorial Research Institute, Gurugram and Fortis Hospital, Shalimar Bagh, New Delhi, recently won the MedAchievers Healthcare Icon Award for his illustrious contribution to the field of Haematology through the management of blood borne disorders and stem cell transplant. The award was presented to Dr Bhargava by Michael Kasprowicz, former Australian cricket player and Director, Australian Cricket Board as well as Australia-India Council, in a glittering ceremony in New Delhi.

Awarded to leaders, change makers, and influencers impacting the healthcare industry, its previous recipients include several eminent national and international leaders of the healthcare industry including Shri Amitabh Bachchan, Actor, for his contribution to the Polio eradication campaign as an influencer.

## Two cases of Dr HK Bali, from Fortis Mohali, were presented at Transcatheter Cardiovascular Therapeutics (TCT) Conference, USA

The prestigious Transcatheter Cardiovascular Therapeutics (TCT), the world's largest and most important educational meeting specialising in interventional cardiovascular medicine, had selected two cases and a case-series abstract of Dr HK Bali, Director, Cardiology, Fortis Hospital, Mohali, for its recent conference held in San Diego, USA.

Dr Bali's studies on two coronary aneurysm cases and an abstract on the specific impact of kidney diseases on coronary outcomes in diabetic patient(s) were presented during the conference.



Dr HK Bali, Director, Cardiology, Fortis Hospital Mohali

## Article by team of doctors at Fortis Hospital, Mulund, published in Endocrinology and Metabolism International Journal

An article by a team of doctors at Fortis Hospital, Mulund, comprising Mrs Zankhana Shetty M Sc, Certified Diabetes Educator; Dr P. S. Lamba, MD, DM Endocrinologist; Dr Sudhindra Kulkarni, MD, DM Endocrinologist, and Dr Sweta Budyal, MD, DM Endocrinologist, was recently published in the Endocrinology and Metabolism International Journal.

The article on 'Screening of Lipohypertrophy (LH) in Type 1 and 2 diabetes patients and factors influencing this condition' focused on Lipohypertrophy, a chronic complication of diabetes mellitus, which is caused by frequent use of insulin injections. The article covered aspects of proper education and counselling on insulin injection techniques, shorter needle length, avoiding re-use, and proper insulin injection site rotation to prevent its occurrence in diabetes patients.



(L-R): Dr Sudhindra Kulkarni (MD, DM Endocrinologist), Mrs Zankhana Shetty Msc, Certified Diabetes Educator and Dr Sweta Budyal (MD, DM Endocrinologist) from Fortis Hospital, Mulund, the core team behind the article

## Deepak Negi of Support Office, Gurugram, picks up medals at Nara, Japan and Gold Coast, Australia



Deepak Negi at the Pan Pacific Masters Games, Gold Coast Australia

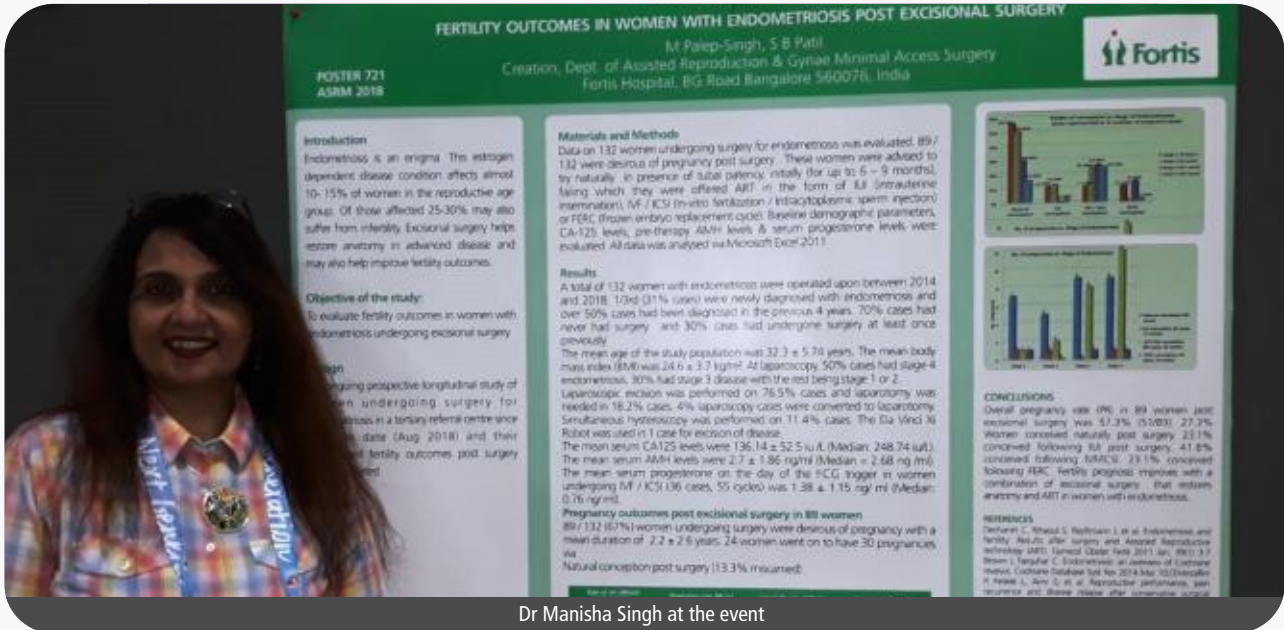


Deepak at the 2018 International Masters Games, Nara, Japan

Continuing his winning streak, Deepak Negi of the Finance Team at Support Office, Gurugram, has recently won a Bronze medal in High Jump at the 2018 International Masters Games, Nara, Japan. He has also won two Gold medals (Triple Jump and 110 mts Hurdles) and two Bronze medals (High Jump and Long Jump) at the Pan Pacific Masters Games, Gold Coast Australia.

Deepak is scheduled to participate in the Thailand Masters Athletics Championship in March 2019 and the European Masters Games at Torino, Italy, in July 2019.

## Dr Manisha Singh of Fortis BG Road presents posters at 2018 ASRM Scientific Conference and Expo, USA



Dr Manisha Singh at the event

Dr Manisha Singh, Consultant, Gynaecology, Reproductive Medicine and Robotic Surgery, Fortis Hospital, BG Road, Bengaluru, presented two posters on studies related to fertility at the recently held 2018 American Society of Reproductive Medicine (ASRM) Scientific Conference and Expo in Colorado, USA.

The first study was on evaluation of fertility outcomes in women with endometriosis post excision surgery and the second study related to the evaluation of prevalence of diabetes & GDM in the infertile population of India and its subsequent impact on pregnancy.

## Dr Sameer Shrivastava, Fortis Escorts Heart Institute, New Delhi, appointed President of Indian Academy of Echocardiography (IAE)



Dr Sameer Shrivastava (extreme right), Director & Head - Department of Non-Invasive Cardiology, FEHI, honoured by IAE



Dr Sameer Shrivastava addressing the participants during the conference

Dr Sameer Shrivastava, Director & Head - Department of Non-Invasive Cardiology, Fortis Escorts Heart Institute, New Delhi, has been appointed as the President of the Indian Academy of Echocardiography (IAE). The announcement was made at the 23rd Annual Conference of the academy, held in Chennai recently.

The Indian Academy of Echocardiography is the largest Cardiac Imaging Society in India. It is committed to excellence in the field of cardiovascular ultrasound through training, education, research, innovation, advocacy and standardization. Fortis Healthcare takes this opportunity to congratulate Dr Shrivastava on this great moment.



# Photo feature

## Swachh Bharat



Fortis Hospital, Noida



Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Hospital, Nagarbhavi, Bengaluru



Fortis Hospital, CG Road, Bengaluru



Fortis Hospital, BG Road, Bengaluru

# Trivia

## Quiz : Sept.-Nov. 2018



1. Which Fortis facility has launched a specialised shoulder clinic?
2. Name the first hospital in India to introduce visually impaired women as Medical Tactile Examiners for Breast Cancer?
3. What was the size of the large metallic piece that was removed from the heart of a patient at Fortis Noida?
4. For how many hours was the patient helped by Dr Avi Kumar lying on the road without any medical assistance?
5. When is World Arthritis Day celebrated?
6. Which Fortis hospital organised a patient support group meet on World Plastic and Reconstructive Surgery Day?
7. To how many patients did the Fortis SEWA team provide healthcare treatment in Kerala?
8. Name the Fortis initiative that has won the prestigious FICCI Healthcare Excellence Awards 2018 in the Social Initiative category.
9. Dr Sabyasachi Bal of Fortis Vasant Kunj has joined the editorial board of which prestigious international publication?
10. What recognition has Fortis Healthcare's MORETOGIVE ad film won at the Indian Content Marketing Awards?



### Answers to last month's quiz- June-Aug-2018

1. 13 years old
2. Dr Atul Limaye
3. Chronic Total Occlusion Percutaneous Coronary Intervention(CTO PCI) programme
4. 15 golds
5. Indonesia
6. Fortis Shalimar Bagh
7. More than 90
8. More than 80
9. 5 years
10. Robust Business Process Management practices

Send in your answers to [supportoffice.communications@fortishealthcare.com](mailto:supportoffice.communications@fortishealthcare.com) by December 31, 2018. Do mention your full name, designation, phone number and location. The subject line of your e-mail should mention "Answers to Quiz - (Month and Year)." **Five LUCKY winners amongst the all correct entries will be selected through draw of lots. Hurry!!**





# ...and the WINNERS are...

**Dr Tania Lodh**

Medical Superintendent,  
Fortis Hospital and Kidney Institute, Kolkata

**Amanpreet**

Nursing Supervisor, Fortis Hospital, Ludhiana

**Rehana Tabassum**

Assistant Supervisor, Blood Storage Unit,  
Fortis Hospital, Nagarbhavi, Bengaluru

**Montoo Garg**

Business Analyst,  
Regional Office—North & East, Mohali

**Priyanka Tripathi**

Clinical Research Coordinator,  
Fortis Escorts Hospital, Faridabad

*Lucky Draw*

The five lucky winners were picked by  
Mr Akshay Tiwari, AVP - Finance,  
Fortis Healthcare Ltd.

## Split a side - Have a laugh



A doctor told his patient that if he ran 8 kms a day for 100 days, he would lose 34 kilos. After 100 days, the patient called the doctor to report he had lost weight, but he had a problem.



Doctor : 'What is the problem?'

Patient : 'I am 800 kms from home.'

Courtesy : <http://www.wowfunnyjokes.com/funny-doctor-patient-jokes/>



Do you have a hilarious personal anecdote to share? Send a brief write-up (150-200 words) to [supportoffice.communications@fortishealthcare.com](mailto:supportoffice.communications@fortishealthcare.com) along with your name, designation, location and contact number by the 15th of next month. You could win a prize if your entry is selected for publication.



# Congratulations!



Jayakrishnan T R  
Shalimar Bagh



Apu Das  
FHKI



Lakshmi M  
La Femme, Bangalore



Baby of Pallavi Patil  
Mulund



Baby of SHILPA SHARMA  
Faridabad



Baby of Harpreet Kaur  
Mohali



Baby of Geethapriya  
Malar



Baby of Manisha Rawat  
Faridabad



Baby of Gurjinder Singh  
Shalimar Bagh



Baby of BHAGYAMMA D B  
Rajaji Nagar



Baby of Poonam  
Mohali