

# THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS

## Fortis celebrates Doctor's Day



Fortis Hospital & Kidney Institute



Fortis Hospital, Mulund



SL Raheja Mahim



Fortis Escorts Heart Institute



Fortis Memorial Research Institute



Corporate Office



Fortis Hospital, Anandapur



Fortis Hospital, Bengaluru



Hiranandani Vashi



Fortis Hospital, La Femme, GK II



Fortis Hospital, Shalimar Bagh



Fortis C- DOC



Fortis Hospital, Vasant Kunj



## Group COO's Message

### **Dear Fortisians,**

It gives me great pleasure to connect with you through the latest edition of our in-house e-magazine, The Fortisian.

I would like to begin by wishing all our doctors a very happy Doctors' Day. While we celebrated the event across Fortis facilities with great enthusiasm in the month of July, I firmly believe that every day should be recognised as Doctors' Day at Fortis. Our doctors make great personal sacrifices and go to great lengths to ensure that our patients receive the best care and treatment possible. On behalf of the entire leadership team, I extend my gratitude to all our doctors once again.

Our growth and expansion journey is progressing well. Fortis Hospital, Manesar, our latest acquisition, is expected to commence operations soon. We have also been ramping up our capabilities by adding new medical programs, equipment and infrastructure at many of our hospitals to meet the growing demand for our services. Many of the recent developments have been captured in this e-magazine.

The monsoon is active all over the country now. While the rains have provided some welcome relief from the summer heat, it has brought many other challenges, especially in urban areas. One of the major challenges is the scourge of vector borne diseases. I would urge all of you to stay protected and at the same time stay prepared to deal with a surge of patients suffering from such diseases.

Thank you for your hard work and appreciate your commitment.

**Warm regards,  
Anil Vinayak  
Group COO**

## New Beginnings & Launches

### First in South Asia: Fortis Memorial, Gurugram, introduces Gamma Knife Esprit for high precision brain tumour treatment



From left-right: Mr Jan Thesleff, Ambassador of Sweden to India; Dr Rana Patir, Chairman-Neuro and Spine Surgery, FMRI, Gurugram; Mr Anil Vinayak, Group COO, Fortis Healthcare; Dr Sandeep Vaishya, Executive Director - Neurosurgery, FMRI, Gurugram; Dr Dheerendra Prasad, Chief, Gamma Knife Radiosurgery, Professor and Medical Director, Radiation Medicine at Roswell Park Cancer Institute, Mr Abhay Karandikar, Secretary - Department of Science and Technology, Govt of India



Fortis Memorial Research Institute (FMRI), Gurugram, has introduced South Asia's first Gamma Knife Esprit radiosurgery equipment for neurosurgical treatment. The launch event and Continuing Medical Education (CME) session took place on June 15, 2024, in the presence of over 500 clinicians. The lamp lighting ceremony was graced by Dr Rana Patir, Chairman - Neurosurgery, Dr Sandeep Vaishya, Executive Director - Neuro & Spine Surgery, Mr Anil Vinayak, Group COO; Dr Bishnu Panigrahi, Group Head – MSOG, Dr Ritu Garg, Chief Growth & Innovation Officer along with Mr Mahipal Bhanot, Senior VP & Business Head (FMRI, Shalimar Bagh, Vasant Kunj, Manesar & Defence Colony), Mr Yash Rawat, Facility Director, FMRI, Gurugram, Prof AK Banerji (Emeritus Director, AIIMS), Prof VS Mehta (Chairman Neurosurgery – Paras Health) & Dr BK Misra (Chairman Neurosurgery – PD Hinduja Hospital, Mumbai).

The ground breaking version of the Gamma Knife Esprit heralds a new era in the non-surgical high precision treatment of brain lesions. The Gamma Knife employs computer-guided precision to target brain tumours without actual cutting, making it an optimal choice for treating both malignant and benign tumours, including multiple brain metastases, meningiomas, acoustic tumours, pituitary adenomas & non-cancerous conditions like Trigeminal Neuralgia and AVMs.

Its precision is crucial for tumours in sensitive or hard-to-reach brain areas with sparing healthy brain tissues and allows patients to return to daily activities almost immediately.

## Continuing Medical Education



## Fortis Healthcare introduces 'Adayu Mindfulness,' launches innovative mental health app



On April 24, 2024, Fortis Healthcare announced the launch of 'Adayu Mindfulness', a dedicated vertical for comprehensive Mental Health care along with an exclusive collaboration of United We Care and Adayu - AI Powered Holistic Mental Health Solution with World's most Advanced Virtual Psychological First Aid. This collaboration leverages the power of artificial intelligence to enhance mental well-being and enables accessibility of care for individuals everywhere. The visionary initiative reaffirms Fortis Healthcare's commitment to transformative healthcare solutions and underscores its role as a trailblazer in revolutionising mental healthcare services across India.

The unique platform has an AI enabled Stella - a virtual wellness coach that can interact in over 29 languages and detect more than 40 human emotions.

Offering assessment tools and connections to trained professionals, the platform will significantly reduce wait times and geographical barrier.

United We Care's innovative AI technology will integrate seamlessly with Adayu's established network of mental health professionals. This powerful combination will offer a comprehensive approach to mental wellness, including:

- AI-powered self-assessment tools: Users can gain valuable insights into their mental health status through personalised assessments which are administered by United We Care's AI virtual wellness coach, Stella.
- Enhanced access to care: The platform will connect individuals with Fortis' trained Psychiatrists, Psychologists, Psycho-oncologists, Sports therapists, Yoga experts, Art based therapy providers and also Physiotherapists, reducing wait times and geographical barriers.
- Self-care Tools: United We Care powered by Adayu provides a range of resources from videos to audios, exercises and journals to provide holistic care with a personal touch.
- 24/7 support: Apart from the Fortis 24X7 helpline number people will now also have access to Stella's support 24X7, 365 days a year.

## Specialised Memory Clinic launched at Fortis Noida



Fortis Hospital, Noida, launched a specialised and dedicated Memory Clinic to cater to highly complex memory-related neurological disorders and memory loss issues in senior citizens. The clinic, which has a multidisciplinary team of neurologists, psychologist, physiotherapist and dieticians, is a part of the hospital's Centre for Excellence in Neurosciences.

The clinic was inaugurated on April 24, 2024, in the presence of Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad; Dr Jyoti

Bala Sharma, Director – Neurology; Dr Kapil Singhal, Director – Neurology; Dr Shanu Sharma, Medical Director, Fortis Hospital Noida; Ms Anuna Bordoloi, Clinical Psychologist – Mental Health Behaviour & Sciences, Fortis Noida and Mr Siddharth Nigam, Head – Administration, along with other senior clinicians and hospital staff.

## Fortis Hospital, Mall Road, Ludhiana, launches dedicated Thyroid Clinic on World Thyroid Day



On the occasion of World Thyroid Day, Fortis Hospital, Mall Road, Ludhiana, launched a dedicated Thyroid Clinic on May 25, 2024. The event was led by Dr Saurabh Arora, Consultant - Endocrinology. Mr Gurdarshan Singh Mangat, Centre Head, Fortis Hospital, Mall Road, Ludhiana, along with other senior clinicians and leaders, were present during the inauguration.

The comprehensive Thyroid Clinic includes a thyroid specialist, dedicated dietitian, interventional radiologist and pathologist. The multidisciplinary team aims to assist patients in effectively managing thyroid issues, with particular focus on common problems such as unexplained weight gain, feeling tired (fatigue), feeling sensitive to cold, depressed mood etc. The Clinic's approach to weight management in thyroid patients involves a dedicated diet plan, proper exercise regimen and the correct dosage of thyroid medication.

## Fortis Shalimar Bagh, New Delhi, introduces Neurosurgery ICU with 17 beds



Fortis Hospital, Shalimar Bagh, New Delhi, inaugurated a state-of-the-art Neurosurgery ICU on May 15, 2024. The specialised ICU will be catering to variety of critical neurosurgery patients managed by team of expert critical care doctors; Dr Pankaj Kumar, Director - Critical Care; and Dr Amit Gupta, Consultant & In-charge – Neurosurgery ICU. This brings in new dimension to neurosurgery department lead by eminent neurosurgeons Dr Rakesh Dua, Director & HOD, Neurosurgery and Dr Sonal Gupta, Director & HOD - Neurosurgery. This ICU is equipped with 17 neuro monitored beds and dedicated neuro trained nurses to providing the best possible critical care for neurosurgery patients.

The inauguration ceremony was graced by Mr Deepak Narang (Facility Director); Mr Mahipal Singh Bhanot (Senior Vice

President & Business Head for FMRI, FHSB, FHVK, FCI Defence Colony & Fortis Hospital Manesar), Dr Rajeev Nayar (Director - Medical Operations - FMRI, Shalimar Bagh, Vasant Kunj & Faridabad), Dr Archana Bajaj (MS) apart from Dr Rakesh Dua, Dr Sonal Gupta, Dr Pankaj Kumar, Dr Amit Gupta and the clinical team, and staff of Fortis Shalimar Bagh.

## Fortis Hospital, Richmond Road, Bengaluru introduces CT Scan and Dental services



Fortis Hospital, Richmond Road, unveiled CT Scan and Dental Suite services on May 9, 2024. The inauguration ceremony witnessed dignitaries including Dr Abraham Sebastian, Founder & Director of Mediscan, Mr Vivek Madappa, Co-founder of Mobident, Mr Akshay Oleti, Business Head at Fortis Hospitals, Bengaluru and Mr. Raghuram MD, Facility Director of Fortis Hospital, Richmond Road. This milestone reaffirms the hospital's commitment to advancing healthcare through cutting-edge technology and comprehensive services.

## Cath Recovery Unit inaugurated at Fortis Hospital, Vasant Kunj



A 4-bed Catheterisation Recovery Unit was inaugurated at Fortis Hospital, Vasant Kunj, on May 10, 2024. The inauguration ceremony was attended by senior clinicians, including Dr Tapan Ghose, Director - Cardiology, Dr Ranjan Kachru, Additional Director – Cardiology, Dr Pradeep Muley, Consultant– Interventional Radiology, Dr Gurvinder Kaur, Facility Director; Mr Avik Chauhan, Head - Administration and other staff members.

## Fortis Hospital, Gurugram, launches new Medical Room at M3M 65<sup>th</sup> Avenue, Sector 65, Gurugram



Fortis Hospital, Gurugram, announced the launch of brand-new Medical Room at M3M 65th Avenue, Sector 65, Gurugram. The medical centre was launched by Mr Yash Rawat, Facility Director – Fortis Hospital, Gurugram.

This expansion aims to provide top-notch healthcare services to the residents of Gurugram promptly, making it more convenient than ever.

Fortis Hospital, Gurugram now has 16 medical centers across Gurugram as a part of Neighborhood Connect programme.

## Fortis Hospital Mulund inaugurates Fortis Family Clinic at Oberoi Eternia, Mulund



(C) Dr Supriya Amey, Medical Director, Fortis Hospital Mulund, Ms Rinku Mavani, Business Partner Sales-Fortis Mumbai & Ms Manjusha Vinod, Head Community with the society members during inauguration

The latest Fortis Family Clinic was inaugurated on May 2, 2024, at Oberoi Eternia, a large gated community located at Mulund, with great enthusiasm. This initiative, set to take place at the society premises twice a week, offers residents convenient access to medical consultations. Initially focusing on General Medicine, the clinic will expand to include consultations in Cardiology, Orthopaedics, Spine, Urology, and Gynaecology. During their visits, patients can also conveniently undergo tests for random blood sugar, blood pressure, oxygen saturation, and ECG upon the doctor's recommendation. The clinic was inaugurated by Dr Supriya Amey, Medical Director, Fortis Hospital Mulund & Ms Rinku Mavani, Business Partner-Sales, Fortis Hospitals Mumbai.

Fortis Hospital, Mulund has made significant strides in improving healthcare accessibility and quality by inaugurating 13 Fortis Family Clinics across Bhandup, Mulund, Airoli, Thane, and Kanjurmarg. This initiative highlights Fortis' dedication to delivering comprehensive healthcare services tailored to the community's unique needs. Fortis Family Clinics are designed to provide a broad spectrum of medical services, ensuring patients receive holistic care close to home. These clinics focus on preventive care, early diagnosis, and effective treatment of various health conditions. By integrating healthcare services within the community, the team aims to enhance accessibility and convenience, thereby promoting overall well-being.

## Fortis Memorial, Gurugram, launches renovated Intensive Care Unit



A newly renovated Intensive Care Unit (ICU 6) with a capacity of 12 beds was inaugurated at Fortis Memorial Research Institute, Gurugram, on the auspicious occasion of Ram Navami on April 10, 2024. The inauguration ceremony was attended by senior clinicians, including Dr Udgeath Dhir, Senior Director - Cardiothoracic & Vascular Surgery, Dr Sanjat Chiwane, Director - Cardiology and Dr Sandeep Dewan, Senior Director & HOD - Critical Care among others. Senior leaders, including Mr Mahipal Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj and Mr Yash Rawat, Facility Director - FMRI, Gurugram were also present on the occasion.

## Renovated Day Care facility inaugurated at Fortis Escorts Hospital Faridabad



On April 26, 2024, Fortis Escorts Hospital, Faridabad, renovated its 5 bedded day care facility. The ceremony was held in the presence of Chief Guest Ms. Priya Babbar and attended by Dr Anup Gulati, Director - Urology, Dr BD Pathak, Director - General Surgery, Dr Niti Kautish, Director, Obs & Gynae, Dr Mohsin Khan, Sr Consultant - General Surgery, Dr Rehan Mohammad, Associate Consultant - Internal Medicine, Dr Kunal Bahrani, Director - Neurology, Dr Surender Kumar, Consultant - ENT, Dr Anurag Aggarwal, Consultant - Internal Medicine, Dr Tejendra Singh Chauhan, Sr. Consultant -Nephrology, Dr BN Singh, Principal Consultant - Internal Medicine, Dr Mohit Sharma, Sr. Consultant - Oncology along with Mr. Yogendra Awadhiya, Facility Director, Mr Tabish Jamshed, Head - Sales, Mrs. Ratna Rana, Chief Nursing Officer - Fortis Escorts Hospital, Faridabad and other senior clinicians and staff of the hospital.

## Fortis Hospital, Gurugram launches water plant in the facility



Fortis Hospital, Gurugram launched a Water Plant on April 17, 2024. The project aims at minimising plastic waste and promoting environmental, social, and governance (ESG) practices. The initiative was launched by Mr Mahipal Singh Bhanot, SVP & Business Head (Fortis Hospital – Gurgaon, Vasant Kunj & Shalimar Bagh) & Mr Yash Rawat, Facility Director – Gurgaon.

As part of this initiative, plastic water bottles are substituted with eco-friendly glass bottles. Within the facility, a unique system has been implemented that collects empty glass bottles, sanitizes them, fills them with purified customized water, and securely seals them. Once the bottles are used, they are returned to the system to begin the process anew. This innovative approach ensures the elimination of plastic, prevents waste disposal, and reduces carbon emissions.

## New Emergency Ward inaugurated at Fortis Hospital Vasant Kunj



Ribbon cutting

Fortis Hospital, Vasant Kunj, inaugurated a new Emergency Ward on June 7, 2024. The ceremony was graced by Mr Anil Vinayak, Group COO, Mr Mahipal Bhanot, Sr. VP & Business Head (FMRI, Vasant Kunj, Shalimar Bagh, & Defence Colony), Dr Gurvinder Kaur, Facility Director, Dr Tapan Ghose, Senior Director Cardiology, Dr Kameshwar Prasad, Director Neurology, Dr Shubham Vatsya, Director Gastroenterology, Dr Gagan Shrivastava, Additional Director Anaesthesia, Dr Manoj Sharma, Director Internal Medicine Mr Avik Chauhan, Head – Administration & Mr. Somnath Narone, Financial Controller.

The Emergency Services are led by Dr Mohammad Nadeem, Head - Emergency & Trauma. The ward now boasts of nine dedicated, fully equipped emergency beds and can deliver ICU-level care, featuring a new isolation room. Additionally, it includes a new triage counter with two triage beds for faster assessments and advanced equipment for procedures, among others.

## Fortis Memorial, Gurugram, inaugurates new Emergency Ward



A new Emergency Ward was inaugurated at Fortis Memorial Research Institute, Gurugram, on May 23, 2024 by Mr Mahipal Bhanot, Sr VP & Business Head (FMRI, Vasant Kunj, Shalimar Bagh, & Defence Colony) and Mr Yash Rawat, Facility Director, FMRI, Gurugram. The Emergency Services are led by Dr Karthik Nitin, Associate Consultant & Head - Emergency & Trauma.

The ward now has 20 dedicated, fully equipped emergency beds and is now capable of delivering ICU-level care with a new isolation room. It also features a new triage counter with three triage beds for faster assessments, and advanced equipment like ECHO, Holter monitors, an ultrasound for procedures, among others.

## International Patient Lounge inaugurated at Fortis Hospital Mulund



(L-R) Ms Renu Vij, Ms Rinku Mavani, Dr Vishal Beri, Dr Subhaprakash Sanyal (Director Haematology, Haemato-Oncology & BMT) and Mr Ratnesh Raj (Head-Intl. Sales, Fortis Hospital Mulund)

An International Patient Lounge was inaugurated at Fortis Hospital Mulund on June 6, 2024. The inauguration ceremony was attended by prominent healthcare facilitators, doctors and international patients. Their presence underscored the hospital's dedication to fostering global partnerships and collaborations aimed at advancing medical tourism and enhancing patient experience.

Dr Vishal Beri, Facility Director, Fortis Mulund, emphasised the hospital's unwavering commitment to delivering compassionate care and personalised services to patients from diverse cultural backgrounds. Ms Rinku Mavani, Business Partner-Sales, Fortis Hospitals Mumbai and Ms Renu Vij, Group Head – International Sales, Fortis Healthcare expressed that this was a significant step towards enhancing patient experience for international care seekers. The Lounge boasts facilities designed to ensure the highest standards of comfort, convenience and safety for international patients seeking treatment at Fortis Hospital Mulund.

## Fortis Noida launches Paediatric Allergies and Asthma Clinic



On the occasion of World Asthma Day 2024, a dedicated Paediatric Allergies and Asthma Clinic was launched at Fortis Hospital, Noida on May 7, 2024. The clinic caters to children who are having trouble with various allergic condition like nasal allergic, skin and food allergies including eczema treatment. It also provides individualised treatment and tests to children suffering from asthma or any kind of respiratory issues. It offers a range of test to detect allergies apart from comprehensive and specialised treatment. The clinic was inaugurated by Dr Ashutosh Kumar Sinha, Director & HOD – Paediatrics, Mr Mohit Singh, Head SBU – Noida, Greater Noida and Faridabad, Dr Shanu Sharma, Medical Director, Dr Ankit Prasad, Consultant – Paediatrics, Dr Nasir Munim, Consultant – Paediatrics and Mr Siddharth Nigam, Head – Administration along with other senior clinicians and hospital staff.

## Fortis Bannerghatta Road, Bengaluru launches dedicated Parkinson's Disease and Deep Brain Stimulation Clinic



Fortis Hospital Bannerghatta Road launched a Parkinson's Disease and Deep Brain Stimulation (DBS) Clinic, dedicated to treating various neurological disorders on April 30, 2024. The clinic was inaugurated by Dr Rajakumar Deshpande, Director – Neurosurgery, Dr Raghuram G, Additional Director – Neurosurgery and Dr Guruprasad Hosurkar, Additional Director – Neurology alongside Mr Akshay Oleti, Business Head, Fortis Hospitals, Bengaluru in the presence of patients under treatment for Parkinson's disease as well as those who have undergone Deep Brain Stimulation Therapy.

During the event, the patients benefitted from enlightening talks on Parkinson's awareness, mental well-being sessions, and yoga practices. The clinic provides patients with comprehensive evaluation and personalised treatment plans. With Deep Brain Stimulation, the clinic aims to provide long-term symptom relief thereby improving their quality of life.

## Clinical Excellence

### Doctors at Fortis Hospital Kalyan remove severely infected kidney to save life of 32-year-old



**Dr Pradeep Vyavahare**



**Dr Sandeep Patil**

A 32-year-old woman suffering from Emphysematous Pyelonephritis (EPN) along with multi-organ failure, was treated by team of doctors at Fortis Hospital, Kalyan. EPN is a serious kidney infection that is known to cause kidney loss. The patient, who underwent treatment in January 2024 under Dr Pradeep Vyavahare, Consultant - Urology and Dr Sandeep Patil, Consultant - Intensive Care, was under constant follow-up thereafter, and was declared disease-free in April 2024.

In early January, the patient had experienced abdominal aches while on a trip, which became unbearable by the time she returned home. She was brought to Fortis Kalyan on January 22, from a local hospital, with a history of pain in the lower back, pelvis and ribs along with vomiting. She was in septic shock and presented with low blood pressure, restlessness and high sugar levels. In fact, she was diagnosed with Diabetes for the first time. She underwent a CT scan, which confirmed left EPN, a severe necrotizing infection of the renal tissue, with gas in her renal vein. Due to EPN, the patient faced multiple critical health complications. It led to significant kidney damage and she was treated with a Double J stent. Subsequently, there was no urine output, and haemodialysis was done. The patient also suffered from high creatine, low platelet count, multiple organ failure and irregular heart beat.

After stabilising the patient it was noted that gases had formed in her parenchyma as well as the venous system (renal), damaging the kidney irretrievably. The kidney had to be removed in order for her to survive. Due to her existing condition, the surgery was a complex one, but it was needed to eliminate the source of Septicemia and multi-organ failure. The surgery was a success and the patient was stable within 24 hours. Post-surgery her health improved considerably; her blood pressure, creatine, platelet and sugar became normal. No dialysis was required and she was discharged within a week.

### Doctors at Fortis Anandapur conduct demanding procedure to remove deformed 60-year-old's abdominal stones



**Dr Debasis Datta, Director  
Gastroenterology**



**Dr Tuhin Mitra, Senior  
Consultant Gastroenterology**



**Dr Arnab Sarkar, Consultant  
Gastroenterology**

The Gastroenterology Team at Fortis Hospital, Anandapur, led by Dr Debasis Datta, Director - Gastroenterology and comprising of Dr Tuhin Mitra, Senior Consultant - Gastroenterology and Dr Arnab Sarkar, Consultant - Gastroenterology, conducted a rare procedure to remove a 60-year-old male patient's common bile duct (CBD) stone. The procedure was especially demanding as the

patient suffered from severe kyphoscoliosis (abnormal curvature and deformity of the spine), causing a forward-bend posture.

The patient was brought to the hospital on May 17, 2024, with severe stomach ache and jaundice. Abdominal ultrasonography (USG) revealed gallstones, and liver function test (LFT) showed elevated bilirubin levels, suggesting a biliary obstruction. Magnetic Resonance Cholangiopancreatography (MRCP) was initially planned to evaluate the common bile duct (CBD) but the procedure could not be conducted due to the patient's severe postural limitation. As his symptoms persisted, an endoscopic ultrasound (EUS) was performed, despite significant technical challenges due to his physical deformity. The endosonography scope was advanced with great difficulty into the stomach and duodenum, eventually identifying a CBD stone. An Endoscopic Retrograde Cholangiopancreatography (ERCP) was attempted to remove the CBD stone. With the aid of anaesthesia, the doctors successfully removed CBD stone.

## Extremely rare Robot-assisted Partial Nephrectomy on transplanted kidney conducted at Fortis Mohali



Dr Dharmender Aggarwal

In an extremely rare, one-of-its-kind surgery, Dr Dharmender Aggarwal, Consultant - Uro-oncology and Robotic Surgery, Fortis Hospital Mohali, performed robot-assisted Partial Nephrectomy on a transplanted kidney on April 5, 2024. Robot-assisted Partial Nephrectomy is a surgical procedure that involves removal of a part of a diseased kidney using the Da Vinci Surgical System. The challenging surgery has been performed only in a select few cases across the world. The 56-year-old patient had come to Fortis Mohali with incidental diagnosis of 3 cm upper polar tumour in the transplanted kidney. The patient had undergone a renal transplant at Fortis Mohali in 2018. The team of doctors led by Dr Aggarwal performed robot-assisted Partial Nephrectomy on a transplanted kidney. He dissected common and internal iliac artery and clamped internal iliac artery. The tumour was removed with warm ischaemia time of 10 minutes and 30 seconds. Vascularization was confirmed with the help of ICG dye. The patient was discharged after three days without any dialysis and GFR levels remained stable at pre-operative levels.

## In a rare case, Dr Arun Kochar of Fortis Mohali implants leadless pacemaker inside patient's heart



Dr Arun Kochar

Dr Arun Kochar, Additional Director - Cardiology, Fortis Hospital Mohali, has successfully implanted a Micra VR leadless pacemaker in a 73-year-old man with post-aortic valve replacement (AVR) and infected conventional pacemaker with pocket infection. The procedure was conducted on May 17, 2024. This is the second such case to have been conducted by Dr Kochar; the first was performed on an 84-year-old woman. The patient suffered from altered cardiac anatomy and small right ventricle, and the procedure was performed via a minimally invasive femoral route. The leadless technology was chosen to minimize infection risk, eliminating the need for leads and pectoral Implantable Pulse Generator (IPG). The patient was discharged in a stable condition.

## Fortis Bannerghatta Road completes 50 UROLIFT procedures; leading the way in innovative techniques in India



The Urology Team at Fortis Hospital, Bannerghatta Road, under the expert guidance of Dr Mohan Keshavamurthy, Senior Director - Urology, Uro-Oncology, Uro-Gynaecology, Andrology, Transplant and Robotic Surgery at Fortis Hospitals Bengaluru & Chairman of the Renal Sciences Specialty Council, Fortis Hospitals, India, successfully completed 50 UROLIFT procedures. This milestone positions Fortis Bannerghatta Road as the first hospital in the country to achieve the highest number of UROLIFT procedures.

The team has performed the UROLIFT procedure on patients from nine countries, including the USA, Australia, East/West Africa, the Middle East, and Europe, as well as from more than 10 states in India.

UROLIFT is an innovative endoscopic technique for treating Benign Prostatic Hypertrophy in selected patients. It preserves ejaculatory function and can be performed as a day care procedure, often under local anesthesia. The high skilled, short duration, endoscopic procedure involves using tiny implants to lift and hold enlarged prostate tissue out of the way, preventing it from blocking the urethra. Importantly, the procedure does not involve cutting, heating, or removal of prostate tissue and is safe for patients on anticoagulation therapy, including those on dual antiplatelet agents.

## Certifications & Accreditations

### Fortis Hospital Mulund achieves JCI re-accreditation - 7<sup>th</sup> time in a row



Team Fortis Hospital Mulund with the JCI assessors



HODs from Fortis Hospital Mulund & JCI assessors at the celebratory cake cutting ceremony

Fortis Hospital, Mulund, received the prestigious JCI re-accreditation for the 7<sup>th</sup> consecutive time. This remarkable achievement makes the hospital the first in West India and the third in the country to secure seven consecutive accreditations. Additionally, Fortis Hospital Mulund is the first unit within the Fortis network to earn this esteemed certification. Over the course of five days, a dedicated team of three international assessors meticulously evaluated the hospital, measuring compliance with more than 1,000 elements across 13 chapters. The results were outstanding, with Fortis Hospital Mulund achieving zero 'not mets' and only a few partial compliances. The assessors praised the team at Fortis Hospital Mulund for its integrity, innovation, and culture of quality. The principal assessor specifically commended the Facility and Safety team for their exceptional contribution and performance. The medical and nursing teams were also lauded for their exemplary patient care. The leadership and quality teams received high praise for fostering a culture of quality over the past two decades, and establishing a mature system of quality care.

## Milestones

### First-ever Deceased Donor Liver Transplant conducted at Fortis Mohali



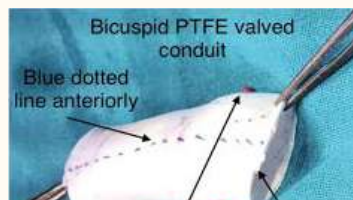
(L-R): Dr Sunil Kumar, Dr Vikramjit Singh Dhaliwal, Dr Arvind Sahni, Dr JD Wig, Dr Sahil Rally, Dr Milind Mandwar and Dr Swati Gupta

Adding another feather to its cap, the Transplant Team at Fortis Hospital Mohali performed the first-ever Deceased Donor Liver Transplant without any blood transfusion in Punjab on May 12, 2024. The patient was extubated immediately after surgery and is doing well now. The team of doctors comprising Dr JD Wig, Director - General Surgery; Dr Arvind Sahni, Director - Gastroenterology and Hepatology; Dr Milind Mandwar, Consultant - Liver and Pancreas Transplant Surgeon; and Dr Swati Gupta, Associate Consultant - Liver Anaesthetist, conducted the Deceased Donor Liver Transplant. The 64-year-old recipient was suffering from chronic liver disease. The 4th Dual Kidney Transplant (single incision) was performed on the same day by the Transplant Surgery team led by Dr Sunil Kumar, Senior Consultant - Kidney Transplant Surgeon; and Dr Sahil Rally, Attending Consultant - Kidney Transplant, Fortis Mohali.

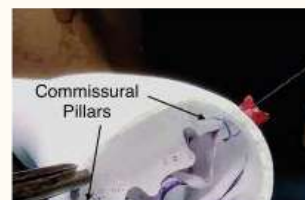
### Paediatric Cardiac Team at Fortis Hospital Mulund creates low-cost handmade bicuspid valved PTFE conduits for children with severe RVOT Stenosis



Bicuspid polytetrafluoroethylene (PTFE) valve construction technique AQ4



Bicuspid final polytetrafluoroethylene (PTFE) valved conduit



Bicuspid polytetrafluoroethylene (PTFE) valve commissural pillars



Bicuspid polytetrafluoroethylene (PTFE) valved conduit— intraop

At Fortis Hospital Mulund, the Paediatric Cardiac team led by Dr Dhananjay Malankar, Senior Consultant, Paediatric CardioThoracic Surgery tried to overcome a repetitive unique problem by using Polytetrafluoroethylene (PTFE) membrane to create hand-made conduits with valve leaflets in them. Between 2019-2024, 23 patients were operated for RVOT reconstruction using these handmade conduits.

During these surgeries, the challenge was finding the right tube graft, a conduit which anatomically and physiologically mimics the native Right Ventricular Outflow Tract (RVOT). The components of RVOT include the Pulmonary Artery and a Pulmonary Valve which are usually diseased (stenosed) in such children. Since the last couple of decades, commercially available valved grafts were used for this purpose. These are not only expensive but also unavailable at times, due to their growing demand.

In the OT, Dr Malankar would suture these conduits to reconstruct the stenosed RVOT. These 23 children were followed close to two years; the longest follow-up till date being four years. The new hand-made conduits have worked well with excellent results and the freedom from re-intervention/ re-operation has been 100%. The smallest child was 3mos old and the oldest was 13.6yr old. There were no reported deaths and all patients were discharged from the hospital within a span of 7-10 days. This data is accepted and published in the World Journal for Paediatric and Congenital Heart Surgery, March 2024 edition and emphasizes on the good outcomes with no significant valve dysfunction and no intervention.

The team that worked on creating the low-cost handmade bicuspid valved PTFE conduits are – Dr Dhananjay Malankar, Sr. Consultant - Pediatric CardioThoracic Surgery, Dr Swati Garekar, Sr. Consultant – Pediatric Cardiology, Dr Shyam Dhake, Consultant - Pediatric Cardiac Anaesthesiology, Dr Amit Mhatre, Consultant - Pediatric Cardiac Intensive Care, Dr Bharat Soni, Consultant - Pediatric CardioThoracic Surgery, Dr Dinesh Kandavel, Surgical Physician Assistant & Dr Sujit Bamne, Senior Perfusionist, Fortis Hospital Mulund.

## Community Connect

### FHKI partners with Kolkata Police to organise mental health session for traffic police personnel



Fortis Hospital and Kidney Institute (FHKI), Kolkata, joined hands with the Kolkata Traffic Police, South Eastern Division, to organise a session on mental health for the traffic personnel, with Clinical Psychologist Srishti Saha of the Department of Mental Health and Behavioural Sciences, Fortis National Mental Health Program. The event was held on April 27, 2024. The Deputy Commissioner and the Assistant Commissioner, Traffic Police, also spoke on the occasion. FHKI gifted 80 Fortis-branded umbrellas to the ACP - Traffic, for distribution among the traffic personnel.

### Fortis participates as medical partner for TCS World 10K event in Bengaluru



Fortis hospitals in Bengaluru extended medical assistance to over 27,000 runners at the TCS World 10K 2024 held on April 28, 2024. As medical partner, all the five Fortis hospitals in Bengaluru joined hands to ensure the safety of the runners.

As part of the event, Fortis had set up a medical base camp and 10 medical stations. 12 fully equipped ACLS ambulances, 2 mini ambulances, 10 medics on motor bikes with AEDs and 280 medical staff including 25 spotters were deployed. The dedicated medical professionals, including senior clinicians, nurses, paramedical and support staff took great pride in aiding the runners. Around 341 runners requiring medical care were attended to during the event.

## Fortis Amritsar hosts paediatric critical care conference



Over 40 clinicians and invited guests participated in Pedicriticon 2024, the first North Zone paediatric critical care conference of the Indian Academy of Paediatrics - Amritsar Chapter, hosted by Fortis Escorts Hospital, Amritsar. The event was held on April 26, 2024, in the hospital premises and was anchored by Dr Tarsem Singh, Senior Consultant - Neonatology, Fortis Escorts Amritsar, among other clinicians. Eminent speakers from across northern India shared their knowledge and skills, making the workshop interactive and fruitful.

## Fortis Escorts, Faridabad, hosts annual conference of Association of Neurosurgeons – North-West Zone



Fortis Escorts Faridabad hosted the 8th Annual Conference of the Association of Neurosurgeons of North-West Zone. This is the first academic neurosurgical meet in Faridabad, which brought together more than 200 top medical experts from national and international healthcare sector, who engaged in knowledge exchange sessions and shared insights on the latest developments in the field of neurosurgery for a stimulating academic experience.

There were around 46 sessions stretched over three days, where the doctors discussed on current scenario of functional neurosurgery in North India, artificial intelligence in neurosurgery, deep brain stimulation for movement disorders, minimal invasive neurosurgery, neurosurgical challenges in drug resistant epilepsy among many others.

The event was also graced by Dr Kamal Verma, Director Neurosurgery, Dr Gaurav Kesri, Consultant Neurosurgery and Dr Nitish Agarwal, Consultant Neurosurgery along with hospital staff setting a new standard for precision and care in neurosurgery within the region.

## On World No Tobacco Day 2024, Fortis Hospital Mulund honours oral cancer survivors



(C) Dr Hitesh Singhavi leading the World No Tobacco Day walkathon

Cancer specialists at Fortis Hospital Mulund celebrated World No Tobacco Day 2024, on May 31, 2024, by honouring head and neck cancer warriors at the hospital. The hospital hosted the initiative to motivate cancer patients and equip them with accurate information and tools for their recovery. As part of this effort, a check-up camp and an informative session to raise awareness about the health risks associated with tobacco consumption was organised.

The team led by Dr Hitesh Singhavi, Consultant - Head & Neck Onco Surgery, along Physiotherapists, Dieticians and Psycho-Oncologists, educated and examined more than 100 attendees. The event also promoted importance of healthy food habits, exercise routines, dental rehabilitation techniques and positive mindset for managing cancer. In addition, techniques to self-examine the mouth were demonstrated and patient concerns were addressed. The cancer survivors, their family members and the doctors then participated in a walkathon arranged by the hospital to raise awareness about the impact of tobacco consumption.

## Fortis Hospital Greater Noida builds awareness as part of World No Tobacco Day



On the occasion of World No Tobacco Day, Fortis Hospital Greater Noida participated in an event aimed at raising awareness about the dangers of tobacco use. A high-energy flash mob and a thought-provoking skit grabbed everyone's attention, highlighting the devastating impact tobacco has on both health and the environment. Dr Jagdish Chander, Director – General Surgery & Laparoscopic Surgery and Dr Rajesh Kumar Gupta, Director – Pulmonology & Critical Care, shared their expertise on the dangers of tobacco, while Dr Praween, CEO & FD, Fortis Greater Noida, delivered an inspiring speech urging everyone to embrace a healthy life free from tobacco in any form. The event concluded with a powerful message in Hindi – "Healthy Lifestyle Apnana Hamari Zimmedari, Isme Na Ho Koi Bhul Bhaari" (A healthy lifestyle is our responsibility; let's not make any mistakes!).

## Team Sales organises 'One Fortis CME' in association with FMRI, Gurugram and Fortis Noida at Mathura



Dr Rahul Bhargava being felicitated



Dr Neha Kakkar being honoured

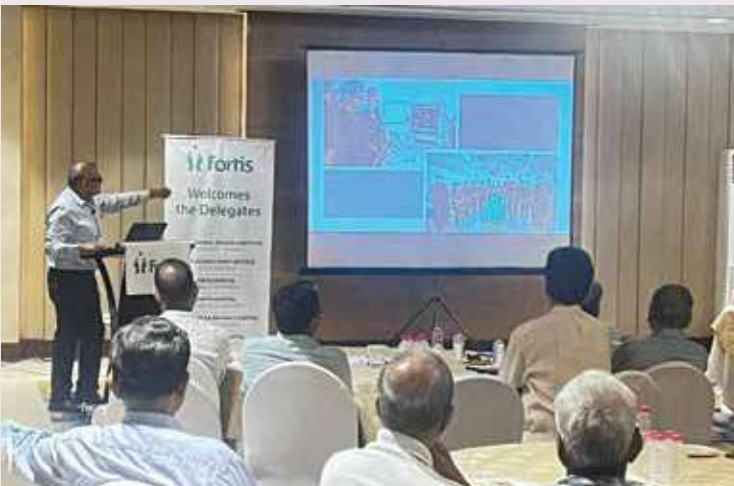


Dr Shailendra Kumar Goel receiving the felicitation

The Corporate Office Sales Team organised a 'One Fortis CME' in Mathura in association with the Indian Medical Association (IMA) on May 25, 2024. The theme of the event was Oncology.

The event was supported by senior clinicians from Fortis Memorial Research Institute, Gurugram, and Fortis Hospital, Noida. Dr Rahul Bhargava, Principal Director & Chief Haematology, Hemato-Oncology & BMT, FMRI, Gurugram delivered a lecture on 'Future of Blood Cancer-Bone Marrow Transplant.' Dr Anil Kumar Anand, Senior Director - Radiation Oncology, FMRI, Gurugram, spoke on 'Personalized Cancer Care - Radiation Oncology Perspective' and Dr Shailendra Kumar Goel, Director - Urology, Fortis Hospital, Noida, elaborated on the 'Role of Robotic Surgery in Urological Cancer.' Over 61 clinicians participated in the interactive program, which was appreciated widely.

## Team Sales organises 'One Fortis CME' in association with FMRI & FEHI at Agra



Dr Udgeath Dhir giving a talk



Dr Vishal Rastogi addressing the audience



Dr Neeraj Awasthy delivering a lecture

The Corporate Office Sales Team organised the first 'One Fortis CME' in Agra in association with the Physicians Forum of Agra on May 25, 2024. The theme of the event was 'Recent Advancements in Cardiac Sciences.'

The event was supported by senior clinicians from Fortis Memorial Research Institute, Gurugram, and Fortis Escorts Heart Institute, Okhla. Dr Udgeath Dhir, Senior Director - Cardiothoracic & Vascular Surgery, FMRI, Gurugram, delivered a lecture on 'Minimally Invasive Cardiothoracic Surgery.'

Dr Neeraj Awasthy, Director - Paediatric Cardiology, Fortis Escorts Heart Institute, Okhla, spoke about 'Recent Interventions in Congenital Heart Diseases.' Dr Vishal Rastogi, Director - Interventional Cardiology, Fortis Escorts Heart Institute, Okhla, shed light on the 'Management of Heart Failure - From Drug to Devices.' Over 50 clinicians participated in the interactive program, which was appreciated widely.



Panel of Doctors

## Team Sales organises Mega Health Camp in Moradabad



Doctors and staff members being felicitated



The Health Check-up Camp in progress

The Corporate Office Sales Team organised a 'Mega Health Camp' in Moradabad, in association with a partner on May 26, 2024.

Senior clinicians from Fortis Hospital, Noida, and Fortis Escorts Heart Institute, Okhla participated in the event along with their teams. Dr Aman Dua, Director – Orthopaedics, Fortis Escorts, Okhla; Dr Atul Mathur, Executive Director – Interventional Cardiology, Fortis Escorts, Okhla; Dr Piyush Varshney, Director – Urology, Fortis Hospital, Noida; Dr Anuja Porwal, Additional Director – Nephrology, Fortis Hospital, Noida, Dr Abhishek Shrivastava, Associate Consultant, Fortis Hospital, Noida and Dr Rahul Gupta, Director – Neurosurgery, Fortis Hospital, Noida provided consultations.

The visitors also availed of investigations such as BP, RBS, BMI and ECG apart from free consultations. A total of 213 persons were screened during the health camp and the initiative was appreciated by everyone.

## Fortis Anandapur collaborates with Fever FM and Radio Nasha



Doctors with the KKR Player

Fortis Hospital Anandapur collaborated with Fever FM and Radio Nasha, who were the Radio partners with the Kolkata Knight Riders team for the IPL 2024. As part of this collaboration, Fever FM organized the "Junior Knights" campaign in selected top schools of Kolkata. Dr Sanjay Garg, Consultant Psychiatrist, and Ms Deboshila Bose, Consultant Psychologist, participated in interactive sessions with students. A meet and greet with KKR players was attended by Dr Sanjukta Datta, Consultant and Head of the Emergency Department, Dr Kshetra Madhab Das, Consultant Physical and Rehabilitation Medicine, Dr Deb Kumar Mazumdar, Consultant Orthopaedics, and Dr Mainak Mazumdar, Senior Resident, Emergency. The campaign also included a mall activity with interactive contests and engagements.

## Students from International Business Institute, Pennsylvania Visit Fortis Memorial Research Institute, Gurugram



Fortis Memorial Research Institute (FMRI), Gurugram, hosted a group of students from the International Business Institute (IBI) at Messiah University, Pennsylvania, USA. The students participated in an informative session and an engaging Q&A, which provided them with a comprehensive overview of the healthcare industry in India.

The session was graced by Mr Mahipal Bhanot, Senior Vice President & Business Head of Fortis Hospitals in Gurgaon, Vasant Kunj, Shalimar, and FCI- Defence Colony, and Mr Yash Rawat, Facility Director of Fortis Hospital, Gurgaon. The students expressed their gratitude for the opportunity to learn from such esteemed professionals and to gain a deeper understanding of the intricacies of healthcare management.

## Fortis Anandapur organises health check-up camp on World Schizophrenia Day



Group Photo

On World Schizophrenia Day, Fortis Anandapur organised a health check-up camp at an NGO-run residential shelter dedicated to supporting the elderly. The medical team provided comprehensive health screening, including blood pressure, random blood sugar, Pulmonary Function Test (PFT), Bone Mineral Density (BMD) and consultation with Fortis doctors.

The initiative reflects Fortis Anandapur's commitment to community welfare and the continuous efforts to extend quality healthcare to those in need.

## On World Hypertension Day, Fortis Gurgaon organises unique podcast session; touches 3000+ lives across Maruti Suzuki's pan-India's branches



On World Hypertension Day, Fortis Hospital, Gurgaon organised a unique Podcast session on May 20, 2024 with Maruti Suzuki – pan India to discuss effective strategies for managing hypertension. The session emphasized how a well-structured regimen and a disciplined routine can significantly improve our lives by helping to control High Blood Pressure. The digital session was attended by staff from around 125 locations across Maruti an India including the Director of Finance and Head of Customer Service. On the panel was the Chief of Human Resources, Senior Advisor HRS, & Chief Medical Officer from Maruti.

Dr Praveen Gupta, Chief of Neurology & Principal Director at Fortis Hospital, Gurgaon and Dr Nikhil Kumar, Chief of Cardiology at Fortis Hospital, Gurgaon provided their valuable insights into how hypertension often referred to as a silent killer and can be managed through self-discipline and a structured routine.

## Fortis Hospital Mulund organises ANEI Pre-conference workshop 2024



Session in progress by Ms Minimole Varghese, Chief Nursing Officer, Fortis Hospital Mulund

Fortis Hospital Mulund in collaboration with the Association of Nurse Executives of India (ANEI) organised the ANEI 2024 Pre-conference on April 27, 2024. The conference began with the inauguration ceremony and lamp lighting by dignitaries. The welcome address was delivered by Dr Vishal Beri, Facility Director, Fortis Hospital, Mulund.

The topic of the conference was 'Evidence Based Practice in Quality Improvement'; eminent clinicians and nursing leaders led the insightful sessions as speakers. A total of 32 participants - including nurse leaders, ICNs, clinicians, Clinical Pharmacists and Quality personnel attended the conference from reputed hospitals in and around Mumbai. The participants were encouraged to initiate EBPs in respective hospitals and the ideas, tools, & techniques were deliberated upon in a detailed manner. The conference also included practical applications of the learnings using EBP tools and worksheets with one to one feedback. The workshop was well appreciated by all attendees.

## Fortis Hospital, Gurugram conducts Fortis Oncology Conclave at Amritsar



Fortis Hospital, Gurugram, along with Indian Medical Association (IMA), Amritsar, organised Fortis Oncology Conclave in Amritsar on May 12, 2024. Clinicians and teams from Fortis Memorial Research Institute, Gurugram; Fortis, Ludhiana and Fortis Amritsar joined hands to make the academic fiesta a huge success. Attended by 190+ clinicians from Amritsar City, the event drew attention towards exponential rise in cancer cases in the Punjab region. The Chief Medical Officer was the Chief Guest for the event and IPS, ADCP Amritsar was the Guest of Honour.

The highlight of the conclave was the session on recent advancements in cancer, chaired by keynote speakers from Fortis Healthcare, Dr Anil Kumar Anand, Senior Director, Radiation Oncology; Dr Vinod Raina, Chairman, Onco Sciences; Dr Rahul Bhargava, Principal Director & Chief Hematology, Hemato-Oncology & BMT; Dr Vedant Kabra, Senior Director, Surgical Oncology from Fortis Hospital, Gurugram, FMRI and Dr Ishita B Sen, Senior Director, Nuclear Medicine, Fortis Hospital, Gurugram.

Insights on topics ranging from Recent Advances in Medical Oncology, Early Diagnosis of Blood Cancer, Contemporary and Advanced Surgical Oncology, Personalized Cancer Care modalities in Radiation Oncology, Advanced Nuclear Medicine Cancer Imaging and Therapy were discussed. An engaging panel discussion on Triple Negative Breast Cancer and Non-Small Cell Lung Cancer was organised with panelists including senior clinicians from Fortis Ludhiana and Amritsar, Dr Harish Matta, Additional Director – General & Onco-Surgery; Dr Parveen Kaur, Additional Director – Radiation Oncology; Dr Davinder Paul, Senior Consultant – Medical Oncology; Dr Ravinder Singh Sidhu, Senior Consultant – Nuclear Medicine and Dr Anish Bhatia, Consultant – Surgical Oncology. Vote of Thanks was given by Dr Vishavdeep Goyal, Facility Director, Amritsar.

## Yoga Wellness Session organised by Fortis Hospital, Shalimar Bagh



A Yoga Day Wellness session hosted by Fortis Hospital, Shalimar Bagh, in collaboration with Bharatiya Yog Sansthan, on May 12, 2024. Fortis Shalimar Bagh celebrated the day dedicated to holistic health and inner peace. The event was graced by esteemed speakers including Dr Sonal Gupta, Director & HOD - Neurosurgery, Dr Rakesh Dua, Director & HOD - Neurosurgery and Dr Vivek Shrivastava, HOD - Physiotherapy at Fortis Hospital, Shalimar Bagh. The event was attended by over 200 participants and provided valuable insights into the benefits of yoga and its profound impact on overall well-being.

## Fortis Hospital, Bannerghatta Road, Bengaluru introduces Community Privilege Card



Fortis Hospital, Bannerghatta Road unveiled Community Privilege Card, aimed at enhancing the health and well-being of the community members on May 5, 2024. With the participation of over 100 individuals, including senior citizens, RWA association members, and residents, the Privilege Card was inaugurated by Dr. Vivek Jawali, Chairman – Cardiac Sciences, Fortis Hospitals, Bengaluru Dr. Rajakumar Deshpande, Director - Department of Neurosurgery, Fortis Hospital, Bannerghatta, Dr. Murali Chakravarthy, Senior Director – Department of Anaesthesia, Fortis Hospital, Bannerghatta, Dr. Narayan Hulse, Senior Director – Department of Orthopaedics, Fortis Hospital, Bannerghatta, Dr Rajpal Singh, Director – Interventional Cardiology, Fortis Hospital, Bannerghatta, Dr. Sheela Chakravarthy, Director – Internal Medicine, Fortis Hospital, Bannerghatta, Mr. Akshay Oleti, Business Head, Fortis Hospitals, Bengaluru and Mr Faraz Ahmed, Head - Sales & Marketing, Fortis Hospitals, Bengaluru.

During the interactive session, doctors emphasized the importance of preventive healthcare measures and addressed queries from the audience. Mr. Akshay elaborated on the benefits of the Privilege Card, highlighting the hospital's commitment to addressing the healthcare needs of society.

## Fortis Hospital Shalimar Bagh launches 'Safety First' campaign to raise awareness



Fortis Hospital, Shalimar Bagh, New Delhi, launched the 'Safety First' campaign on June 7, 2024. Spearheaded by Ms Girja Sharma, Chief Nursing Officer, in collaboration with an external knowledge and safety partner, this groundbreaking initiative is the first of its kind in India. The campaign aims to achieve a safer working environment for healthcare workers by raising awareness about the risks of Needle Stick Injury and Blood and Body Fluid Exposure.

The event was attended by distinguished guests, including Dr Rajeev Nayar, Director - Medical Operations and Capt Sandhya Shankar Pandey, Chief of Nursing – Fortis Healthcare Ltd along with Mr Deepak Narang, Facility Director, Dr Archana Bajaj, Medical Director, and senior clinicians. Dr Umesh Deshmukh, Senior Director & HOD – Anesthesia, provided valuable insights for doctors and nurses, enriching the campaign further.

## Fortis hospitals in Mumbai celebrate Annual Insurance & TPA Meet



(L-R) Mr Anand Chavda, Head-S&M, SL Raheja Hospital, Dr Vishal Beri, Facility Director, Fortis Hospital Mulund, Dr Kunal Punamiya, CEO-SL Raheja Hospital, Ms Meenakshi Gandhi, National Head-TPA & Insurance, Fortis Healthcare, Dr S. Narayani, Business Head-Fortis Hospitals Maharashtra, Ms Rinku Mavani, Business Partner-Sales, Fortis Hospitals Mumbai, Mr Nitin Kamaria, Facility Director, Hiranandani Hospital, Vashi and Ms Madhavi Varik, Head-S&M-Fortis Hospital Kalyan at the Insurance & TPA meet

The Annual Insurance & TPA Meet, themed "Success Through Synergies," held on June 7, 2024, was a landmark event organised by Fortis Hospital Mulund, Fortis Hospital Kalyan, SL Raheja Hospital Mahim - A Fortis Associate, and Hiranandani Hospital Vashi - A Fortis Network. The event brought together representatives from 16 insurance companies and 21 TPAs, totalling 188 invitees from Networking, Claims, and CRM departments. The program commenced with a captivating welcome video showcasing the advanced facilities of Fortis Hospitals, followed by an inspiring keynote speech by Dr S Narayani, Business Head-Fortis Hospitals, Maharashtra. The highlight of the evening was the awards ceremony, where key partners were honoured with certificates for their outstanding contributions, interspersed with engaging entertainment segments that kept the audience enthralled.

The event was exceptionally well-received, with attendees praising its seamless organization and engaging content. This event marked a significant milestone, exemplifying the synergy among Fortis Mumbai units, and celebrating the achievements of key partners. The positive feedback and the widespread social media reach underscored the event's success, enhancing Fortis Mumbai's reputation and impact.

## World Blood Donor Day observed at Fortis Escorts, Okhla



Fortis Escorts Heart Institute, Okhla observed World Blood Donor Day on June 14, 2024, where total 59 voluntary blood donations took place from staff and other volunteers. This event was inaugurated by Dr (Prof) Ashok Seth (Chairman-Fortis Escorts Heart Institute) and Dr Vikram Aggarwal (Facility Director - FEHI & C-DOC). All the HODs took part in the celebration. After the cake cutting the volunteers were felicitated with token of appreciation. This initiative was led by Dr Amit Agarwal (Head-Blood Bank Centre).

## World Blood Donor Day: 120 units of blood collected at Fortis Mohali's special camp



Fortis Hospital, Mohali, organised a Blood Donation Camp on the premises to mark World Blood Donor Day on June 14, 2024. Doctors at the facility highlighted various health benefits of voluntary blood donation. Dr Apra Kalra, Head - Blood Bank, Fortis Hospital, Mohali, spoke at length about how blood was a critical element for patients undergoing treatment for life threatening conditions, besides complex medical and surgical procedures. More than 120 units of blood were collected from the staff and other volunteers at the donation drive. All donors were felicitated with certificates and tokens of appreciation.

## Fortis Escorts Hospital, Faridabad, organises health talk, 'Chai Pe Charcha'



On June 7, 2024, Fortis Escorts Hospital Faridabad hosted its second 'Chai Pe Charcha' session, led by Dr Niti Kautish, Director - Gynaecology. The session saw enthusiastic participation from over 50 individuals, including patients, external doctors and members of the neighbourhood Resident Welfare Associations (RWAs).

'Chai Pe Charcha' is a unique initiative that encourages members of the public to engage in candid discussions regarding health issues with Fortis clinicians over a cup of tea. The initiative has received significant traction among the citizens of Faridabad.

## Fortis Mohali organises informative talk on 'Health & Hygiene' for underprivileged girls



Fortis Hospital Mohali hosted an educational session on 'Health & Hygiene' for about 25 girl inmates of Guru Asra Charitable Trust, Palsora, on May 22, 2024. Led by clinical instructors Shivani and Parveen, the session aimed to empower the underprivileged inmates with essential knowledge on maintaining their health and hygiene. The gathering was briefed on menstrual hygiene, personal hygiene, nutrition, and basic first-aid techniques such as cuts, nosebleeds, and fractures. The session was organized to equip them with the basic knowledge of living a healthy life.

## Fortis Jaipur organises Health Connect events, reaches out to over 390 citizens



Dr Neetu Ramrakhiani



Dr Sundeep Jain



Dr R K Tongia



Dr Anoop Jhurani



Panalists

Fortis Escorts Hospital, Jaipur, organised Health Connect events in association with various organisations across the city. In an event held on May 29, 2024, a panel of clinicians including Dr Jitendra Chawla, Director – General Surgery, Dr Arun Partani, Additional Director – Orthopaedics & Joint Replacement, Dr Rahul Singhal, Additional Director – Cardiology & Electrophysiology and Dr Vikas Gupta, Additional Director – Neurology delivered health talks to an audience of around 210 members.

In a similar event held on June 9, Dr R. K. Tongia, Director & Head- Cardiology, Dr Anoop Jhurani, Director- Robotic Joint Replacement, Dr Neetu Ramrakhiani, Director-Neurology and Dr Sundeep Jain, Director & Head - GI Surgery delivered health awareness talks, addressing around 180 members.

# INSPIRING STORIES

Mr Manoj M., Medical Oncology Paramedical Staff at Fortis BG Road, Bengaluru, donates granulocytes to leukemia patient



In an incredible display of Patient Centricity, Mr Manoj M., a Paramedical Staff in the Medical Oncology Department at Fortis Bannerghatta, donated granulocytes to a leukemia patient.

The patient was admitted with a low platelet count on May 17, 2024. He visits the hospital every alternate day for granulocyte transfusions, and his family is in constant search of suitable donors. During peak hours on June 3, 2024, while at work, Mr Manoj, who regularly attends to the patient, learned that the family was looking for an A+ve donor. Without hesitation, he offered to donate. Necessary tests were conducted to prepare Mr Manoj for the donation. With the encouragement of the nurse in-charge, he went ahead with the donation. The patient and his family expressed their profound gratitude for Mr Manoj's selfless act. In recognition of his generosity and dedication, Mr Manoj was later honoured with a spot award by the hospital leadership.

## Engagement

### Fortis Mohali organises three-day Resuscitation Skill seminar for nurses



Fortis Hospital Mohali organised a three-day Resuscitation Skill seminar for nurses working in critical and non-critical areas from April 4-6, 2024. A total of 301 nurses participated in the event. Ms Nikethana R, Chief Nursing Officer, along with the Nursing Education Team organised hands-on training sessions on Cardiopulmonary Resuscitation (CPR), which is crucial to keep a patient alive until medical help arrives. The seminar was organised on how to look after paediatric and adult patients and facilitate team-based care for healthcare professionals. The participants were briefed on airway, defibrillation and crash cart.

### Fortis Ludhiana organises cricket tournament for staff



Fortis Hospital, Ludhiana, organised the Fortis Premier Cricket League on April 14, 2024, at the PAU Cricket Stadium, Ludhiana. The event featured four teams: Fortis Kings, Fortis Chargers, Fortis Lions and Fortis Titans, comprising staff members from diverse departments including Doctors, Nurses, Paramedical, Non-Medical, Housekeeping, Security and F&B. Fortis Kings emerged as the tournament champions, with Fortis Titans securing the runners-up position. Dr Vishavdeep Goyal, Head SBU – Ludhiana & Amritsar, congratulated the winning and runners-up teams, commending their sportsmanship and teamwork.

## Formal Attire Grooming Week 2024 hosted at Fortis Hospital Mulund



(L-R) Ms Shalini Sharma, Ms Shraddha Joshi & Ms Priya Bendre - judges Formal Attire Grooming Week 2024

The recent Grooming Week at Fortis Hospital Mulund was more than just a celebration of style; it was a dedicated effort to raise awareness about the significance of formal attire at workplace to enhance the brand image of the organisation. With a series of events tailored to promote awareness and understanding, the team aimed to underscore the impact of presenting oneself professionally in the workplace.

The week-long initiative culminated with a spectacular fashion show, where participants proudly showcased their meticulously formal attire. This event was graced and adjudged by Ms. Shalini Sharma (Head-Quality), Ms. Priya Bendre (AGM – Corporate Communications), and Ms. Shraddha Joshi (Head – Learning & Development). Their valuable insights

added to the excitement of the occasion. External beauty skincare and haircare experts equipped the attendees with practical knowledge to enhance personal grooming habits and boost confidence – this was done with sessions focusing on hair care & styling, skincare routines and makeup. An engaging pop quiz on Corporate Grooming Standards added an element of fun and learning to the week-long celebrations. This interactive activity allowed the attendees to test their knowledge and reinforce key grooming concepts.

Mr. Satish Patil (SBU Head – Human Resources, Fortis Hospitals, Mumbai) also graced the event and expressed the significance & need for formal grooming. He highlighted the importance of maintaining professional grooming standards at workplace thereby enhancing the brand image. Through the week, the team witnessed a collective commitment to grooming excellence and professionalism, which was truly inspiring.

## Fortis Escorts Hospital, Faridabad, organises Grooming Awareness Week



Fortis Escorts Hospital, Faridabad organised Grooming Awareness Week from June 3-7, 2024. The campaign, #DressSmartLookSmart, aimed at creating awareness among staff on the importance of self grooming and presentation. A series of activities like poster competition, grooming session by external experts, webinar by Ms Sonali Ghosh, Business Partner-Learning & Development, hands-on practice with DIY Grooming Lab and Quiz Competition were organised.

Danglers and posters were placed across the unit and badges were given to the staff members. Mystery audits were done by different stakeholders to find best grooming staff in different categories like Nursing, Paramedics, Clinicians and other support staff which maintained overall enthusiasm during campaign. The campaign concluded with speech by Mr Yogendra Awadhya, Facility Director, highlighting importance of professional attire at workplace. Winners in different categories were felicitated with gifts and certificates.

## Saksham 3.0 – Batch 3 of nursing speciality (CTVS) certification programme gets underway at Fortis Escorts, Okhla



The third batch of 'Saksham - Enhancing Nursing Capabilities' training programme commenced at Fortis Escorts, Okhla, on June 5, 2024. The programme is being conducted under the guidance of Dr Z. S. Meharwal, Executive Director – Cardiothoracic & Vascular Surgery (CTVS) and other clinicians. The programme aims to upskill the nurses and enhance their understanding of nursing care of post-surgery cardiac patients whilst improving accuracy in clinical aspects. The programme was initiated by Dr Z. S. Meharwal and the outline of the programme was formulated by Mrs Minimole John, Chief of Nursing, in 2021. Two batches have already been trained successfully since then. The six- month programme is designed by the Nursing Education Team. The programme aims to improve clinical excellence, nursing excellence, service excellence and patient safety.

## Fortis Mulund celebrates academic achievements of employees' children



(R-L) Fortis Hospital Mulund's Ms Namita Satghare, Asst. HR, Ms Dolly Malvi, Asso. Trainer, Mr Satish Patil, SBU Head-HR, Dr Vaishali Solao, Director-Critical Care, Ms Shraddha Joshi, Manager - L&D, and Mr Vijendra Maske, TL-Talent Acquisition

On June 21, 2024, Fortis Hospital Mulund, hosted a heart-warming felicitation ceremony to acknowledge and celebrate the hard work and academic achievements of the children of staff members. The event emphasised the importance of academic excellence and was graced by esteemed guests, Dr Vaishali Solao, Director-Critical Care and Mr Satish Patil, SBU-Head, Human Resources. Dr Solao and Mr Patil delivered inspiring speeches, encouraging the students to continue striving for excellence in their academic and future endeavours. They highlighted the significance of dedication, perseverance, and continuous learning in achieving success.

Thereafter, the students (10th & 12th grade pass outs) were individually recognised for exceptional performance. They were awarded certificates, medals and gift hampers as tokens of appreciation for their hard work and dedication. The moment was made even more special by the presence of the students' families, whose applause and pride filled the room with warmth and joy.

## Fortis Hospitals, Bengaluru, organise Fortis Bangalore Cricket League - 5



Fortis Hospitals in Bengaluru hosted its annual cricket tournament, the Fortis Bangalore Cricket League – 5, on March 30, 2024. This year's competition featured ten teams: Nagarbhavi Lions, Fortis Yodhas, Fortis Falcon, BG Shield, Richmond Challengers Bangalore, Ghaja Kesari, Cunningham Challengers, Nagarbhavi Legends, CG Titans, and RNR Royals. The tournament saw enthusiastic participation from over 150 employees across various departments.

The final saw the Cunningham Challengers win over the RNR Royals by a narrow margin of 12 runs. Notable performances included Dr Mangesh Kamath, who was named 'Man of the Series,' and Dr Amjad Khan, who earned the title of 'Best Batsman of the Series.' Mr Madan M also stood out, securing both the 'Man of the Match' and 'Best Bowler of the Series' awards.

## Events

### National Fire Safety Week observed at FHKI, Kolkata



Fortis Hospital and Kidney Institute (FHKI), Kolkata, observed National Fire Safety Week from April 14-20, 2024. A display of fire safety and fire-fighting equipment was put up, which included evacuation chairs among others. Mr Prosenjit Paul, Fire Safety Officer, FHKI and Mr Saikat Bhattacharya, Head-Engg, FHKI shared details about the equipment and explained their use to enthusiastic hospital visitors, doctors and staff. Emergency codes were also displayed at the Ground Floor Lobby for increasing awareness about fire safety among the patients and their attendants.

### 'Fire Wall' inaugurated at Fortis Hospital, Ludhiana, Mall Road



A 'Fire Wall', which aims to drive home the message of Fire Safety among employees, was inaugurated on May 24, 2024, by Lt. Col. Sumesh Gosain, Head – Asset Protection and Fraud Prevention, in the presence of Mr Gurdarshan Singh Mangat, Facility Director, Fortis Hospital, Mall Road, Ludhiana, Mr Sonu Rana, Manager Fire & Safety, Fortis Shalimar Bagh, Mr Neeraj Tandon, Chief Engineer, Fortis Mohali, Mr Kanwaldeep Singh, Chief Security Officer, Fortis Mohali, Mr Arun Kumar, Biomedical Engineer, Fortis Mohali, Mr Ankush Kohli, Chief Security Officer, Fortis Ludhiana, Ms Alice Kurian, CNO, Fortis Ludhiana, Mr Kuldeep Rawat, Head - Quality & Patient Safety, Fortis Ludhiana, Mr Manoj Sharma, Head Biomedical Engineer, Fortis Ludhiana, Mr Ram Rohilla, Chief Engineer, Fortis Ludhiana, Mr Girish Chandel, Fire & Safety Officer, Fortis Ludhiana, and other team members from General Administration and Medical Administration.

The Security & Safety Team led by Mr Ankush Kohli, Chief Security Officer, was instrumental in creating the Fire Wall, which has been displayed prominently near the staff entry-exit gate in Basement-1 of the hospital. The Wall displays the firefighting equipment available at the hospital. The initiative aims to inspire confidence amongst the employees and staff about the availability of adequate firefighting equipment, should a need arise. It also sensitises staff to contribute towards fire safety by staying vigilant, participating in fire safety training and adhering to all safety protocols.

## Fire and Safety Wall inaugurated at Hiranandani Hospital, Vashi



HODs and support staff from Hiranandani Hospital, Vashi with the Fire Officers from Fire Brigade, Vashi



(C) Mr Nitin Kamaria (Facility Director), (R) Mr Prashant Gole (Head-Fire Brigade, Vashi), Mr. Sumedh Desai (Chief Security Officer), (L) Dr Ashutosh Pandey, Head-Administration, at inauguration of Fire wall

Hiranandani Hospital, Vashi – A Fortis Network Hospital inaugurated the Fire and Safety Wall, on April 16, 2024, a pivotal step towards ensuring the safety and well-being of employees and the staff. This inauguration was a part of the National Fire Safety Week celebrations. The inauguration was done in the presence of esteemed guests, including Mr Prashant Gole, Station Officer, Fire Brigade-Vashi, Hiranandani Hospital Vashi's Mr Nitin Kamaria, Facility Director, Dr Ashutosh Pandey, Head-Administration, Mr Sumedh Desai, Chief Security Officer, Mr Prathamesh Burande, Fire & Safety Officer, Mr Vilas Jadhav, Security Supervisor along with HODs and staff.

## Experts at Fortis Mohali discuss how millet-based diet helps control Parkinson's



To highlight the importance of diet and timing of medicine to manage Parkinson's disease, Fortis Hospital Mohali organised an awareness talk for patients suffering from Parkinson's at the facility on April 12, 2024. The event commenced with the ceremonial lamp-lighting following which doctors from the Department of Neurology discussed specialised millet-based diet therapy - 'Millti' for patients with Parkinson's disease. Dr Sudesh Prabhakar, Director -Neurology; Dr H. S. Mann, Director - Neurology; Dr Anupam Jindal, Additional Director - Neuro-surgery; and Dr Nishit Sawal, Senior Consultant - Neurology, were the keynote speakers. They explained that the absorption of L-dopa, the main drug for Parkinson's increases manifold if given via Liquid Carbidopa Ascorbic acid solution (LCAS). This is useful, especially in advanced disease, when the effect of medication decreases.

## Fortis Escorts Hospital, Faridabad, observes World Asthma Day



On May 7, 2024, on the occasion of 'World Asthma Day', Fortis Escorts Hospital, Faridabad, organised a tree plantation drive with the theme 'Let's Breathe Better'.

The event garnered participation from over 40 individuals, and 40 saplings were planted. The plantation drive was inaugurated by Inspector Savita Rani (SHO Women's Cell, NIT), Dr Ravi Shekhar Jha (Director - Pulmonology), Mr Yogendra Awadhiya (Facility Director), and other enthusiastic employees.

## Fortis Memorial, Gurugram, celebrates World Thalassemia Day



Fortis Memorial Research Institute, Gurugram, marked World Thalassemia Day on May 8, 2024, with an event on the theme 'Thalassemia Free: Together We Can,' aiming to heighten awareness about this condition. Mr Raza Murad (Veteran Film Actor), Ms Donal Bisht (Indian Television Actress), and Ms Neetha Shetty (Indian Television Actress) were the esteemed guests who extended their invaluable support. Dr Vikas Dua, Principal Director & Head, Paediatric Haematology, Haemato – Oncology & BMT & Dr Rahul Bhargava, Principal Director & Chief, Haematology, Haemato- Oncology & BMT and their dedicated team illuminated the audience on Thalassemia in children and the available treatment options, offering hope for a healthier future.

The event was graced by the presence of Mr. Mahipal Bhanot, Sr. VP & Business Head (Fortis Hospital – Gurgaon, Vasant Kunj, Shalimar Bagh & FCI – Defence Colony), Mr Bishnu Panigrahi (Group Head – MSOG), Mr Ajey Maharaj (Head – Corporate Communications) & Mr Yash Rawat (Facility Director – Fortis Hospital, Gurgaon). Let's unite in our efforts to promote Thalassemia awareness and work towards a healthier tomorrow.

## Awareness session marks World Emergency Day celebrations at Fortis Mohali



Fortis Hospital Mohali observed World Emergency Medicine Day with an awareness talk on May 27, 2024. The event aimed at raising awareness about the contribution of Emergency medical professionals.

Doctors and nursing staff from the Emergency Department participated in the event. Senior leaders including Mr Ashish Bhatia, Executive Vice President, Fortis Healthcare; Mr Abhijit Singh, Head-SBU; Dr Vikramjit Singh Dhaliwal, Medical Director; Indrajeet Singh, General Manager; Dr Harinder Sidhu, Medical Superintendent; Dr Rajan Gottra, Head - Emergency Department; Dr Kanika Bhardwaj, Attending Consultant; Dr Simerjit Singh, Senior Medical Officer and other medical staff were present on the occasion.

## 'Road to Zero-CLABSI Prevention Workshop' held at Fortis Mohali



Fortis Hospital Mohali organised a comprehensive 'Road to Zero-CLABSI prevention workshop' on May 29, 2024. This initiative was undertaken by the Nursing Education Team and Infection Control Department, Fortis Mohali. The workshop included practical sessions on central line bloodstream infection, blood culture techniques, aseptic non-touch technique (ANTT), central line maintenance bundles and vascular access device management form (VAD form) in various stations. Case studies were also presented on CLABSI prevention wherein the participants provided valuable insights and shared their experiences. The workshop was led by Ms Nikethana R, Chief of Nursing, and Dr Vikramjit Singh, Medical Director.

## Fortis Mohali conducts BLS & First-aid workshop for school bus drivers



Fortis Hospital Mohali organised a workshop on BLS & First-aid for 28 drivers employed with KBDVA School, Sector 7, Chandigarh, on June 14, 2024. Dr Arun Kumar, Director, Critical Care; and Clinical Instructors Amrit Kaur and Parveen imparted training to the drivers on how to save lives in the event of a road mishap. The workshop focused on the essential 'dos' and 'don'ts' for trauma victims, addressing key questions such as the leading causes of fatalities in road traffic accidents and how to quickly assess trauma victims. Dr Kumar also briefed the gathering on Basic Life Support (BLS), while emphasising on spine stability, log rolling, bleeding control, handling penetrating injuries and first-aid for minor injuries. Additionally, the session covered BLS for unresponsive victims, including chest compressions, preparation for smooth victim transfer to hospitals, and triaging in cases of multiple casualties. Dr Vikramjit Singh, Medical Director, also interacted with the participants.

## Special Features



### Fortis Escorts, Jaipur



Fortis Jaipur observed Hand Hygiene Awareness Week from May 1-6, 2024. On the first day of the event, Moving Trolley Campaign on every floor of hospital was organised, in which all the staff on the floor participated in the six steps of hand hygiene and gloves activity. On the second day, hand hygiene awareness for support staff including F&B, Housekeeping, Maintenance, Marketing, HR and Laundry were made aware of hand hygiene. On the third day, an Infection Control Mela (fair) was organised, focusing on HAZMET Kit, CSSD indicators, cleaning protocol, skin integrity and catheter care. On the fourth day, staff members of two prominent hotels were trained in hand hygiene. The closing ceremony included cake cutting and talks on hand hygiene organised by Dr Pankaj Anand, Additional Director – Internal Medicine. Certificates were distributed for Link Nurse at the event.

### Fortis Escorts Hospital, Amritsar



Fortis Escorts Hospital, Amritsar, celebrated World Hand Hygiene Day on May 5, 2024, with great enthusiasm. The theme this year was 'Save Lives - Clean Your Hands.' The Infection Control team and the Senior Nursing team led the initiative, revolving around an awareness

campaign focusing on the need to work collaboratively and reduce the spread of infection whilst countering antimicrobial resistance in healthcare settings. To spread public awareness, the team conducted a range of activities including hand hygiene demonstration in IPD and OPD. An inter-departmental poster and quiz competition was also organised and the top three winners were awarded by Mr Yogesh Joshi, Facility Director.

## Fortis Escorts Hospital, Faridabad



Fortis Escorts Hospital, Faridabad, enthusiastically celebrated World Hand Hygiene Day on May 5, 2024, under the theme 'Power of Hand Hygiene, Save Lives - Clean Your Hands.' Led by the Infection Control team and Senior Nursing team, the initiative focused on promoting proper hand hygiene practices crucial for preventing infections in healthcare settings.

The day saw a variety of engaging activities, including a flash mob dance, skit performances, and live demonstrations on hand hygiene at the OPD. Additionally, an interdepartmental poster competition was organized, with awards presented to the top three winners for their creative contributions.

## Fortis Hiranandani Hospital, Vashi



**Nursing staff demonstrating hand hygiene steps**

Hiranandani Hospital Vashi-A Fortis Network Hospital celebrated Hand Hygiene Day 2024 with much aplomb. The event witnessed talks by Head Infection Control & Director-Internal Medicine, Dr Farah Ingale, Infection Control Officer Dr Rekha Nair, and Chief Nursing Officer Ms Mohini Chandrashekhar. These sessions emphasised on the importance of hand hygiene and its role in infection prevention. Videos demonstrating hand hygiene practices and methodologies were telecast on all TVs across the hospital, especially patient waiting areas, to spread the message about the significance of hand hygiene. Also, at the event, hand hygiene demonstration was done by performing a dance, along with a skit that was performed by the nursing staff.

## Fortis Hospital, Noida



World Hand Hygiene Day was celebrated with great enthusiasm at Fortis Hospital, Noida, from May 6-8, 2024. The event began with a community session on 'Importance of Hand Hygiene and Rational Use of Antimicrobials,' presented by Dr Shanu Sharma - Medical Director, and Dr Ravneet Kaur - Infection Control Officer, followed by a quiz for the attendees.

Day 1 featured interactive activities at the selfie point corner. Days 2 and 3 included on-floor games, poster-making competitions and glow activities for healthcare workers in the ICU, OT, ER, wards and day care areas. Infection Control Nurses managed the three-day program under the guidance of Dr Shanu Sharma - Medical Director, Dr Ravneet Kaur-Infection Control Officer and Capt. Neelam Deshwal - Chief Nursing Officer.

## Fortis Hospital, Anandapur



Group photo depicting hand hygiene

Fortis Hospital Anandapur celebrated World Hand Hygiene Day from May 4-6, 2024, with a series of activities organised by the Hospital Infection Control Team. The event began with an opening speech by senior management and Dr Arindam Chakraborty, Head - Microbiology, followed by a cake-cutting ceremony and announcements of various events and competitions to promote hand hygiene awareness. The Infection Control and senior nursing teams spearheaded efforts to enhance staff awareness through activities such as a roadshow, a hand hygiene compliance audit using the "Glow Germ Activity," and a quiz competition. An inter-departmental model competition on basic hand hygiene guidelines and a best idea contest to improve compliance also saw enthusiastic participation. The program concluded with a prize distribution ceremony for the winners.

## Fortis Hospital, Mulund



(Second Left) Dr Hitesh Singhavi (Head and Neck OncoSurgeon) felicitating winners for dance competition



Session on significance of hand hygiene is underway in the OPD

On May 6, 2024, Fortis Hospital Mulund celebrated Hand Hygiene Day, embracing the theme of "Promoting knowledge and capacity building of health and care workers through innovative and impactful training and education, on infection prevention and control, including hand hygiene." The event commenced with enlightening sessions focused on the significance of hand hygiene within the Outpatient Department (OPD), setting the tone for an engaging day ahead. Participants eagerly showcased their creativity and dedication in a variety of competitions, including a collage-making competition, followed by a stimulating quiz competition, an inspiring reels-making competition, and a lively dance competition. As the day unfolded with enthusiasm and camaraderie, it culminated in a jubilant atmosphere during the awards ceremony, where winners were celebrated for their achievements. Additionally, special recognition was bestowed upon individuals who demonstrated unwavering commitment to maintaining hand hygiene practices, underscoring the hospital's dedication to fostering a culture of health and safety among its staff and community.

## Fortis Hospital, Shalimar Bagh



Group photo depicting hand hygiene

On the occasion of World Hand Hygiene Day on May 5, 2024, Fortis Hospital Shalimar Bagh observed the day with theme of "Promoting knowledge and capacity building of health care workers" through innovative and impactful training and education, on infection prevention and control, including hand hygiene. Emphasizes to raise awareness of the importance of hand hygiene to prevent the spread of infection. Hand hygiene activity geared up with an inspirational thought by Infection Control team. Game activities were conducted by external partners for Hand Hygiene awareness, the winning groups were rewarded.

Public awareness done by educating them about the steps of Hand Hygiene and its importance. All category of health care worker actively participated.

The complete program was led by Infection Control Team & Senior Nursing team.

## Fortis Hospital, Vasant Kunj



Fortis Vasant Kunj celebrated World Hand Hygiene Day on May 5, 2024. The theme this year was 'Power of Hand Hygiene, Save Lives – Clean Your Hands.' The initiative was led by the Infection Control Team and Nursing Admin Team, focusing on promoting proper hand hygiene practices crucial for preventing infections in healthcare settings.

The event began with variety of engaging activities, commencing with a Rangoli on hand hygiene. A selfie booth was set up and live demonstrations were done at multiple venues within the hospital premises with an 'Awareness trolley.' A hand hygiene dance was conducted for spreading awareness and health talk was delivered by Dr Chandan Hazarika, Infection Control Officer. Additionally, an inter-departmental Poster Competition was organised. The event concluded with presentation of awards to the hand hygiene star and the winners of poster competitions.

## Fortis Hospital, Greater Noida



Fortis Hospital Greater Noida celebrated Hand Hygiene Day on May 6, 2024, with unwavering commitment towards patients, and spread awareness about how to prevent infections. The theme this year was 'Power of hand hygiene.'

The event featured various awareness sessions, inspiring keynote speeches by the senior leaders. Quiz and poster making competitions were organised while the six steps of hand washing and hand rubbing were demonstrated. The event concluded with a pledge to ensure 100% compliance to safe processes and target 'Zero Infection'.

## Fortis Hospital, Kalyan



Glow germ activity is underway



Support staff undergoing training in hand hygiene

World Hand Hygiene Day was celebrated at Fortis Hospital Kalyan on May 5, 2024, with the theme 'Power of Hand Hygiene.' The initiative highlighted the essential role of hand hygiene in preventing and controlling infectious diseases. The initiative was led by Ms Chaitali Kadam, Infection Control Nurse; Ms Azra Momin, Nurse Educator and Ms Pratibha Shimpi, Infection Control Nurse. The event began with a glow germ activity, followed by hand hygiene training for the staff at Fortis Hospital Kalyan. The initiative was supported and appreciated by Mr Mohit Wankhade, Facility Director, and all HODs.

## Fortis Hospital, Mohali



To spread awareness about hand hygiene and bare below the elbow concept, Fortis Hospital Mohali celebrated World Hand Hygiene Day on May 5, 2024. The Infection Prevention and Control (IP&C) team devised innovative ways through day-long activities and awareness sessions to sensitise the healthcare workers and the public about maintaining hand hygiene. The nursing team issued challans of various denominations to the staff violating the stipulated guidelines of bare below the elbow. Several patients and their attendants in the OPD area also took active interest in the concept, which is also being propagated by the Health Ministry.

## Meet Our Clinician



**Dr Prashant Pawar**  
**Consultant-Interventional Cardiology**  
 Hiranandani Hospital Vashi-A Fortis Network Hospital

**Since how long have you been associated with Fortis?**

I've been with Hiranandani Hospital Vashi-A Fortis Network Hospital for the past two years.

**Can you tell us about your overall experience in the field of medicine, and what inspired you to become clinician?**

Growing up in a tier two city with limited healthcare facilities, I was driven by a desire to help others. The lack of skilled doctors inspired me to become a clinician. Using my knowledge and skills to improve patient health is a significant motivation for me.

**What are some rewarding aspects of being a clinician, both personally and professionally?**

Personally, I find great fulfillment in improving patients' health and well-being. Working collaboratively with colleagues to solve medical problems is also incredibly rewarding, as it allows us to provide the best possible care. Professionally, I am dedicated to continuous learning and skill development, which helps me stay at the forefront of medical advancements. Earning trust and appreciation from the

community is a significant source of motivation.

**Can you share a memorable patient story that has had a profound effect on your life and career?**

When my father had a heart attack, my wife and I managed his care. This experience inspired me to become a Cardiologist, understanding first-hand the importance of timely interventions like Primary Angioplasty.

**Has being a clinician influenced your perspective on health practices in personal life as well?**

Yes, my professional experiences shape my personal health practices by making me a health role model for patients and prioritizing self-care to manage stress.

**Can you tell us about some of your hobbies that help you rejuvenate outside your personal life?**

I enjoy exploring new places through travel. Practicing mindfulness and meditation helps me relax, while jogging and brisk walking keep me active. I also cherish spending time with loved ones, and maintaining strong relationships with family and friends.

## Meet Our Nurse



**Sr. Rikerlang Sari Shabong**  
**Nurse Educator**  
 Fortis Hospital & Kidney Institute, Kolkata

### **What inspired you to pursue your career in nursing and how it has shaped your professional and personal life?**

I would say, my biggest inspiration has been my grandmother, who used to be a nurse too. She was so passionate and till date she would narrate about her wonderful journey she had during her service. Her dedication and passion have instilled a desire to help others and pushed me towards nursing. I believe it has over the years given me a sense of fulfilment in the way I have been able to help patients heal and make a real difference in their lives. On the personal growth front, it has made me all the more compassionate towards others.

### **How do you manage a healthy work-life balance as a nurse?**

I have drawn a very clear line between work and personal life and I have been able to keep both completely separate. Also, I try to make the most of my off days by prioritising self-care.

### **What steps do you take to stay updated on the advancements and evidence-based practices in nursing**

Well, discussions with colleagues and seniors always help. I believe that being curious at new advancements, learning new

techniques wherever applicable is crucial. Apart from that I do participate, attend seminars and conferences. Also, within my role as an educator here I take up quality enhancement initiatives for which I do have to conduct a bit of research, delve deep into new updates, so that helps!

### **How has been your journey working at Fortis?**

Fortis has been great! There's great exposure and a wealth of knowledge and experience on offer here. I started my journey at Fortis as a Critical Care nurse and now I am working as a Nurse Educator. I will always remain grateful to Fortis that the higher authorities have been watchful and has seen my hunger and potential to grow professionally.

### **What qualities or attributes do you think a nurse must possess?**

Well, to speak on patient care perspective I'd say compassion, patience, calmness, empathy, integrity, take accountability and definitely a radiant smile!

While side by side, its equally important for a nurse to have a spirit to upgrade themselves professionally and must never limit themselves from learning.

## Awards & Accolades

### Fortis ESG Team wins two awards at 5<sup>th</sup> Annual ESG Summit & Awards, 2024



Mr Alok A. Kumar, Lead-ESG, receiving the award

Fortis Healthcare ESG function has been recognised with two awards at the 5th Annual ESG Summit & Awards, 2024, held in New Delhi on April 26, 2024. The awards won include 'Best ESG Initiatives to implement Energy Efficiency' and 'Best ESG Performance in Healthcare'.

Judgement process included submitting detailed case studies on the comprehensive approach taken towards achieving energy efficiency at Fortis Hospitals, step-by-step plan developed as well as on ground impact achieved. The case studies also featured details of the water saving measures, responsible bio-medical waste management practices implemented and ESG Champions' skill building initiatives undertaken at Fortis Healthcare.

This achievement reflects the organisation's commitment to environmental stewardship and building a greener future through responsible energy use, water conservation and responsible bio-medical waste management.

### Fortis Healthcare wins Supply Chain Champion 2024 recognition in the Hospitals sector



Mr Sudhakar Tiku and Ms Punita Vaidya from Corporate Office, Gurugram, receiving the award on behalf of SCM Team, Fortis Healthcare

Fortis Healthcare has been named a Supply Chain Champion 2024 in the Hospitals sector by the Institute of Supply Chain Management (ISCM). The award was presented with a special citation, at an event held in Mumbai on April 8, 2024.

The ISCM Research team analysed more than 300 firms from 22 sectors. In the Pharma sector, they analysed over a 100 listed companies. ISCM evaluated the companies for their supply chain efficiency based on information from the annual reports and publicly available sources, specifically considering the following ratios and trends to arrive at the ranking: Revenue & Revenue growth, EBITDA & EBITDA Growth, Asset Utilization, Inventory Turns and Inventory as a percentage of sales.

## Double delight for Fortis Shalimar Bagh at CAHOCON 2024



Fortis Hospital, Shalimar Bagh (FHSB) has won two awards at the CAHOCON International Quality Conclave, held at Biswa Bangla Convention Hall, Kolkata, from April 5-7, 2024. While Ms Girja Sharma, Chief of Nursing, FHSB, secured the 1<sup>st</sup> runner-up position in the video presentation (Nursing Category), Dr Archana Bajaj, Medical Superintendent, FHSB won the 2nd runner-up position in the lightning talk (Clinical Category). The awards were presented by Shri Narayan Swaroop Nigam (IAS), Principal Secretary, Government of West Bengal, in the presence of senior leaders from Consortium of Accredited Healthcare Organisations (CAHO). More than 4,000 delegates participated in the prestigious events and almost all the accredited hospitals of the country were represented.

## Fortis Mohali wins awards under two categories during Quality Month Competition - 2023



Fortis Hospital Mohali has won two awards at the Quality Month Competition – 2023, organised by the National Board of Quality Promotion (NBQP), Quality Council of India (QCI). The awards were announced on March 19, 2024. Fortis Mohali won the award under two categories - Best Quality Month Celebration Report and Best Quality Improvement Initiatives undertaken by the organisation. The recognitions underscore the hospital's dedication towards promoting quality excellence.

## Fortis Anandapur secures 2nd Runners up position at 36<sup>th</sup> CII Quality Circle State Level Convention, West Bengal



Team members at the award ceremony

Team Nursing at Fortis Anandapur Kolkata has won the 2nd Runners up position at the 36th CII (Confederation of Indian Industry) Quality Circle Convention for state-level competition in Kolkata, West Bengal. The award ceremony was held on March 29, 2024.

The team won the award for their project titled 'Strategic Approach Towards Reducing Nursing Attrition & Analysing its Correlation with Patient's Experience to Nursing Care.' The project aimed at reducing nursing attrition to enhance patient care and satisfaction. The project has successfully reduced nursing attrition from 32% in 2022-23 to 27% in 2023-24, while improving patient satisfaction from 75% in April 2023 to 89% in March 2024. Mr Ashish Mukherjee, Facility Director, motivated and encouraged the team, eventually resulting in the project's recognition and selection for the Regional Competition by CII.

## Nursing Team at Fortis Escorts, Okhla, wins laurels at ANEICON 2024



The Nursing Team at Fortis Escorts, Okhla Road, New Delhi, earned several laurels at the annual conference of the Association of Nurse Executives of India (ANEICON 2024). The event was held in Chennai on May 24-25, 2024.

Ms Ansu Thomas, Nursing Staff, secured the first place in the state-level elocution competition, showcasing her remarkable talent and dedication. Additionally, the hospital received recognition for its outstanding nurse-led research project titled 'An Educational Strategy Structured for Critical Care Nurses' and its innovative Nurse Quality Improvement Project (QIP) on 'Smart E-Rostering'. Ms Chandni, Nurse Educator, was awarded a certificate of recognition for her significant contributions to these initiatives. The event had attracted over 200 entries from hospitals across 17 states.

## Fortis Hospital, Cunningham Road, Bengaluru honoured with Best Nursing Practice in Patient Safety Award



Fortis Hospital, Cunningham Road was honoured with an award for Best Nursing Practice in Patient Safety for their innovative Nursing Operating System (NOS) Process at the 11th International Patient Safety Conference held on February 23, 2024. Ms. Jermin Roshini, Chief Nursing Officer from Fortis Cunningham, accepted the award on behalf of the entire Nursing and Management team.

## Dr Bandana Sodhi of Fortis La Femme, GK II, New Delhi, honoured with Nelson Mandela Leadership Award



Dr Bandana Sodhi, Director - Obstetrics & Gynaecology, Fortis La Femme, GK II, New Delhi, has been honoured with the Nelson Mandela Leadership Award at the Global Achievers Summit. The event was hosted at the Said Business School, University of Oxford, on May 10, 2024. The prestigious honour, recognising Dr Bandana Sodhi's outstanding commitment and exceptional dedication to her clinical work, was presented by the Lord Mayor of Oxford, Councillor Lubna Arshad and the Sheriff of Oxford. Dignitaries from various parts of the world, including UK Health officials, were also present on the occasion.

## Ms Marina Chacko of Fortis Noida wins first prize in paper presentation in 1<sup>st</sup> National Conclave organised by healthcare organisation



Ms Marina Chacko, Clinical Instructor, Fortis Hospital, Noida, has won first prize in paper presentation at the 1st National Conclave organised by a healthcare organisation. The award was presented by Dr Girdhar Gyani, Director General-AHPI (India) and Dr Randeep Singh Poonia, Director General - Healthcare Services, Health Department, Haryana. The event was held on May 3-4, 2024, and the theme of the event was 'Ignite the spark transforming nurses through innovation & collaboration.' The objective of the conference was to provide platform for nursing experts to share innovative ideas and best practices. The study focused on to investigate the incidence of phlebitis and to evaluate factors contributing to the development of phlebitis. To reduce the development of phlebitis in patients and to evaluate the current PIVC care and identify areas of improvement. The QIP was done under the guidance of Capt Neelam Deshwal, Chief Nursing Officer and Ms. Divya Gautam, Quality Head.

## Book co-authored by Dr Gourdas Choudhuri of Fortis Memorial, Gurugram, released



Fortis Hospital, Gurgaon proudly announces the release of 'Gastroenterology & Hepatology – Bench to Bedside,' co-authored by Dr Gourdas Choudhuri, Chairman - Gastroenterology. The book links recent scientific advances to the cutting-edge management of patients with GI and liver disorders.

The preface is written by Professor Eamonn Quigley, former President of the Gastroenterology Organization and the American College of Gastroenterology, who also contributed to four chapters. Published by Springer Nature, a leading international medical publisher, the book will be marketed globally, helping to establish the high academic standing of India and Fortis Hospital, Gurgaon in the global gastroenterology community.

## Dr Praveen Gupta of Fortis Memorial, Gurugram, felicitated at 13<sup>th</sup> Elets Healthcare Innovative Awards



Dr. Praveen Gupta

Dr Praveen Gupta, Principal Director & Chief – Neurology, Fortis Memorial Research Institute, Gurugram, was recognised for his excellence in the field of Neurology at the 13th edition of the prestigious Elets Healthcare Innovation Awards held in New Delhi on June 7-8, 2024.

Dr Gupta's nomination in the category of Excellence in Neurology serves as a testament to his outstanding contributions to the field. Throughout his career, Dr Gupta has consistently demonstrated a deep commitment to not only providing exceptional care to his patients, but to advancing the field of Neurology as well.

## Ms Minimole Varghese of Fortis Mulund delivers talk during scientific session at Emirates Critical Care Conference 2024



Minimole Varghese (C) with the delegates at ECCC



Sr Varghese' ECCC certificate

The 20th Emirates Critical Care Conference was hosted on May 10-12, 2024, at Dubai Festive City, UAE, in collaboration with the 6th Conference of Emirates Nursing Association Critical Care Chapter & the 19th World Federation of Critical Care Nurses (WFCCN) World Congress. Ms Minimole Varghese, Chief Nursing Officer, Fortis Hospital Mulund, who is also the current President of CCNS India & President of WFCCN- SAARC countries, was invited as a speaker for the event. Ms Varghese shared her insightful thoughts on the topic 'Clinical Alarm Safety in Critical Care Areas' for the scientific session on Day 3 of the conference, sharing the stage with other distinguished speakers from across the world. The content was well appreciated by the attending delegates. She also actively participated in discussions with international delegates, helping solve important issues related to clinical decision making. Meeting with Ms Cathleen Vollman, President WFCCN, ignited the possibility of a future collaboration with CCNS India.



## ABBY AWARDS - 2024

### Fortis' Silent Campaign gets Four Merit Mentions in Abby Awards 2024

The Silent Campaign addresses the stigma surrounding mental health illnesses and nudges those suffering from mental health issues to break their silence.

The ABBY AWARD are the Oscars of Indian ad awards to honour creative excellence in advertising.

This year, the awards had attracted 3,506 entries from 273 companies.

Fortis' Silent Campaign was shortlisted under 5 categories.

**Congratulations to  
the Mental Health & Marketing Teams!**



# Photo Feature



Fortis Hospital, Anandapur



Fortis Memorial Research Institute



Fortis Escorts Heart Institute



Fortis Hospital & Kidney Institute



SL Raheja Mahim



Hiranandani Vashi



Fortis Hospital, Vasant Kunj



Corporate Office



Fortis C-DOC



Fortis Hospital, La Femme, GK II



Fortis Hospital, Shalimar Bagh



Corporate Office



Fortis Hospital, Mulund



Fortis Hospital, Bengaluru

# Congratulations

## New Additions to the Family



Baby of Ankit Kumar Gupta-  
Corporate Office



Baby of Pardeep Gupta-Noida Unit



Baby of Chandra Mukherjee-  
Anandpur Unit



Baby of Mohd. Jeeshan-Noida Unit



Baby of Deepa Chauhan-Noida Unit



Baby of Ashkar Ali-Noida Unit



Baby of Vineeta Kushwah-  
Greater Noida



Baby of Gaurav Singh-  
FEHI Okhla Unit



Baby of Pradip Kumar Shee-  
Anandapur Unit

## Newly Weds



Sreyasi Deb, FEHI Okhla Unit



Shashikala N - Nagarbhavi Unit