



*Message*  
from the  
Managing Director

*Greetings*  
to all our readers  
from  
Indiana Hospital

Indiana Hospital is grateful for the positive response to our maiden newsletter, Indiana Pulse. The first issue of the newsletter, with its quality content and impressive layout, did help us in disseminating information about what was happening in our hospital, our achievements, announcements, etc. We express our heartfelt thanks to all our readers for the positive feedback. Our hospital shall continue to strive to provide the best of services in patient care as well as in pioneering treatment. This is the age of medical value travel (MVT), popularly known as medical tourism. Keeping pace with the time, Indiana Hospital has been tapping this area for quite some time now. True to our history, Indiana's healthcare remains one of the best in India. Our medical and healthcare services are as good as any in the world, and in some cases, even better. Accredited by international institutions, we offer quality treatment at an affordable fee. Indiana looks forward to serving our overseas patients with the care they deserve. This is the cover story of this edition of the newsletter which is now in your hands. Plus, the issue is packed with all our regular features. Happy Reading!

**Dr. Yusuf A. Kumble**  
Managing Director, Indiana Hospital  
& Heart Institute

## In the forefront of MEDICAL TOURISM

**Mangaluru:** A healthy combination of state-of-the-art facilities, highly trained doctors and affordable treatment have made India a popular Medical Value Travel (Medical Tourism) destination, attracting a large number of foreign patients every year. Medical tourism is projected to earn India an estimated US \$8 billion by next year. The value of Indian medical tourism industry is currently pegged at US \$4 billion, which is around 18 percent of the US \$40-60 billion global medical tourism market, and is believed to be growing at a rate of 15 percent.

### Mangaluru on international medical tourism map

Mangaluru, strategically located on India's picturesque west coast in the state of Karnataka, has found a prominent place on the international medical tourism map with more and more patients from the GCC and African countries coming here for treatment. The city has an eminent history in healthcare, being the hub of medical education with six prominent medical colleges to boast of. The hospitals in the city have advanced facilities and skilled doctors, and are affordable; the city also has a vast range of accommodation options. Moreover, the Mangalore International Airport has easy and direct connectivity to all GCC countries and connected flights to other countries via Bangalore, Mumbai, Chennai and New Delhi airports, making Mangaluru an ideal destination for medical value travellers.

### Indiana Hospital advantage

On the vanguard in MVT in Mangaluru is Indiana Hospital which has been attracting a stream of patients, especially from the GCC countries, Kenya, Bangladesh, etc. The hospital has around 35 departments with top-notch facilities, and is now offering single-window

clearance and assistance as per requests from international patients and their families.

On Medical Value Travel, Dr. Yusuf A. Kumble, managing director, Indiana Hospital, said: "We had been to Kenya, Oman and Bangladesh to initiate talks with the stakeholders in those countries, and there has been reasonable progress. We intend to further intensify our efforts in this direction. However, there are some issues which need to be sorted out as we are required to follow government regulations on organ transplants. Last month we had a few patients from Kenya, Oman and the UAE who have now gone back to their respective countries after successful treatment. He added, "In the most of the places in GCC and African countries we visited, hospitals were lacking in cardiac electrophysical lab and OCT facility. Indiana hospital is equipped with both these facilities. As of now, we have a tie-up with Badr Al Sama chain of hospitals in Oman and we are exploring similar collaborations with other GCC and African countries."

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**ROAD TO RECOVERY:** Moosa Al Balushi, a medical value travel patient from Oman, convalescing after surgery at Indiana

# ‘Leveraging technology is the key to improving healthcare’

## Interview with **Dr. Yusuf A. Kumble**

(Continued from the previous issue)

### On technology in healthcare, milestones and new goals

**Indiana Pulse:** Rapid advances in the domain of medicines offer hospitals a great opportunity to leverage technology. In terms of medical equipment and technology, where does Indiana stand?

**Dr. Yusuf A. Kumble:** As is evident, technology has a significant role in the advancements in treating patients. At Indiana we have always striven to acquire the latest technology. Since MIO is our sister concern, we are the first hospital to acquire PET scan in Mangaluru. We also have the Link facility for cancer, MRI facility and OCT technology in cardiology. We are one of first hospitals to have set up an electrophysiology laboratory in cardiology. Also, Indiana is the only hospital routinely using Rota application in cardiology. These are the high-end technology we have been using in cardiology and for other diagnostics. So, it can be safely said we believe in leveraging technology to improve healthcare.

**Indiana Pulse:** Having been in healthcare field for nearly a decade, Indiana must have had many achievements to its credits, which are the key ones?

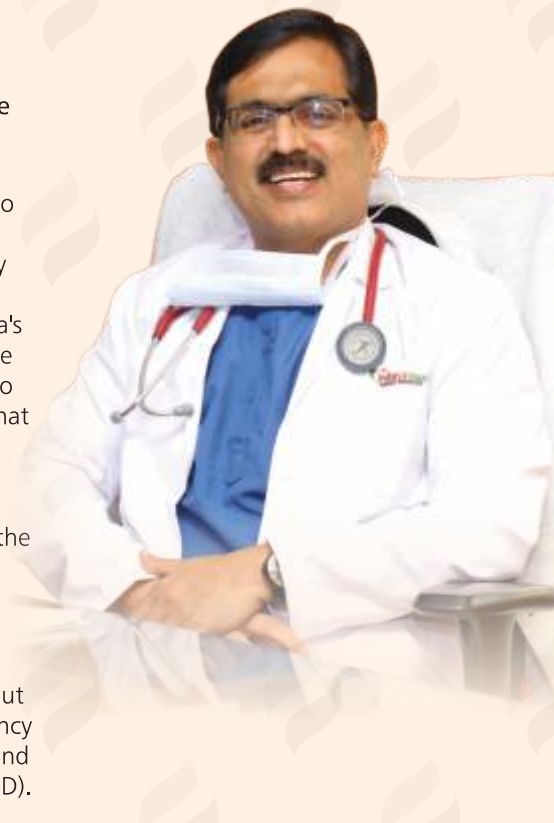
**Dr. Yusuf A. Kumble:** We have saved many patients with heart problems who would have had to undergo bypass surgery or some other major surgery by conducting angioplasty using OCT technology. That is a milestone. Indiana's of course, has another achievement: we were able to save the life of a baby who weighed only 400 grams, something that would not have been possible in most hospitals in India. He was in ICU for 6 months, but survived. This year's major milestone for Indiana was performing the first cadaver kidney transplant in Mangaluru.

Indiana also has an emergency department. Normally, most hospitals have accidents and casualty sections, but we have created a full-fledged emergency department, manned by trained staff and headed by a highly qualified doctor (MD).

This year's major milestone for Indiana was performing the first cadaver kidney transplant in Mangaluru

**Indiana Pulse:** What are your new goals and expansion plans?

**Dr. Yusuf A. Kumble:** We have established branches in Shivamogga and Hassan, and are planning one in Kasargod. In addition to this, we are adding two more floors to the hospital in Mangaluru whereby it will have an additional 175 beds. Our expansion plans include acquiring some smaller hospitals based on the hub-and-spoke models. In the coming months, we will be focusing more on the Cancer Department. There are many such plans that will be rolled out in due course of time.



## In the forefront of **MEDICAL TOURISM**

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Kenyan gets kidney transplant

For the first time in Dakshina Kannada and Udupi districts the Indiana Hospital and Heart Institute

successfully performed a kidney transplant for an international patient few months ago. Francis John Musembi, 58, a Medical Value Travel patient from Kenya, who was suffering from chronic renal failure, was the beneficiary of the procedure after his brother, Patrick, donated a kidney. The recipient is now healthy and out of haemodialysis.

**Omani undergoes Pancreatic Splenectomy surgery**

For Mohammed Moosa Al Balushi, a medical value travel patient from Sultanate of Oman who successfully underwent Distal Pancreatic Splenectomy surgery for Pancreatic tail adenocarcinoma, Indiana was a blessing. He said, "I had a very comfortable stay at Indiana Hospital, Mangaluru and its services are on par with International standards. I would certainly recommend the hospital to others in Muscat for treatments." Indiana offers personalised medical value travel packages for patients at affordable rates. Indiana MVT planner offers patients and their family members services like help in obtaining medical visa, preparing documents, airport pick-up and drop, treatment by in-house specialists; making arrangements for accommodation, sightseeing, local transportation and shopping.



Successful : Kenyan National Musembi got a kidney transplant done

## The Indiana Advantage...

- Total health care solutions
- Top notch facilities
- Competent specialists
- Exclusive international desk
- Facilitates travel arrangements
- Coordination with service providers
- Interpreters for International patients
- Accommodation arrangements for patient's party
- Wi-Fi-enabled suites



## Columbia Asia ties up with Indiana to set up Outreach OPD to treat Parkinson's



**Mangaluru:** Bengaluru-based Columbia Asia Referral Hospital and Indiana Hospital, Mangaluru have signed an MoU to establish an outreach OPD (outpatient department) on deep brain stimulation (DBS) for tackling Parkinson's disease, at Indiana Hospital, Mangaluru. The collaboration was announced recently at a press conference held in Hotel Ocean Pearl, Mangaluru.

Dr. Guruprasad Hosurkar, Consultant, Neurology, Columbia Asia Referral Hospital, said the outreach OPD would function once a month at Indiana Hospital. DBS is a procedure by which neurostimulator is implanted in the brain

to induce electrical impulses to specific parts of the brain through implanted electrodes.

Dr. Elvis Rodrigues, Consultant Neuro Surgeon, Indiana Hospital, said that medical therapies could bring considerable relief to those afflicted with Parkinson's.

Dr. Ananth N. Rao, general manager, Columbia Asia, asserted that the tie-up was aimed at delivering exceptional service and to foster stronger relationships with patients. Nagarjun K.G., Manager, Corporate Business, Indiana Hospital, presented a brief profile of the hospital.

## ANNOUNCEMENT

### Dr. Fazil Mohammed Azeem joins Indiana

Dr. Fazil Mohammed Azeem, a cardio thoracic surgeon, recently joined Indiana Hospital as a Senior Consultant, adding to the list of already well qualified and



experienced cardiology Team in Indiana. Dr. Fazil Azeem, MS (Gen Surgery), FRCS (Glasgow-UK), FRCS CTh (London), who has more than 15 years of experience, is trained to perform all forms of adult cardiovascular and thoracic procedures and surgeries. Before taking up the assignment at Indiana, Dr. Fazil Azeem served as a consultant surgeon at the Royal Brompton Hospital, London; as senior consultant and chief cardiothoracic surgeon at KIMS, Thiruvananthapuram (Kerala) and Sree Mookambika Heart Institute, Kulasekharam (Tamil Nadu).

## New cardiac anaesthetist for Indiana

Indiana Hospital announced the addition of Dr. K. Madhan to its cardiology team. Dr. K. Madhan is the new Consultant – Cardiac Anaesthesia.



After obtaining MD (Anaesthesia) from PESIMSR, Kuppam, Andhra Pradesh; Fellowship in Critical Care Medicine (FCCM) from Apollo Hospital; and DM (Cardiac Anaesthesia) from Amrita Institute of Medical Sciences, Kochi, he spent several years to gain experience in two hospitals before being appointed as Consultant – Cardiac Anaesthesia in Indiana.

Dr. K. Madhan is specialised in anaesthesia for congenital heart diseases, paediatric/neonates invasive lines, transesophageal echocardiography, anaesthesia for adult cardiac surgery, and thoracic anaesthesia.



**REACHING OUT:** Indiana Hospital launched Pulse, a bi-monthly Newsletter, with its September-October edition.



**BRAND VISIBILITY:** New hoardings about Indiana Hospital were installed at Railway Station in Payyannur, a Taluk headquarters in Kannur district, Kerala. One such hoarding is seen here.

# Indiana Observes World Heart Day



**Mangaluru:** Awareness campaign inside the hospital, distribution of information material, speeches and free cardiac check up marked the World Heart Day (September 29) observed by Indiana Hospital and Heart Institute.

Speakers at the formal function held at the foyer of the Indiana hospital echoed in unison that a healthy lifestyle is the essence of prevention of heart diseases. Speaking at the World Heart Day celebrations Dr. Abdul Mansoor, Consultant Interventional Cardiologist & HOD, at Indiana Hospital said, "It is time to observe this day to take care of our heart and the hearts of all those people whom we love."

Dr. Ali Kumble, chairman, Indiana; Dr. Jenu James Chakola, consultant cardiologist; Clevita, dietician; Venkatesh Kumpala, HOD, physiotherapy also spoke on the occasion highlighting about the need to adopt a healthy lifestyle. Umesh Gowda, senior manager, department of marketing, compered the programme.

Hundreds of patients benefited from the free cardiac check up which spanned over three days.

## Workshop on basic life support skills held



**UPPALA:** A one day training class on first aid, basic life support and stroke care was organised at the Metro Hall here on October 2. Organised under the aegis of Indiana hospital's Emergency Department, in association with Uppala Cancer Care Foundation, the participants were taught skills that will help them save the lives of people who are in need of urgent medical attention. The class was conducted by Dr. Salfi, head of Indiana Emergency Department, Dr. Shamna Minaz and Dr. Mansheeda.

## Talk delivered



**EXPERT SPEAK:** Dr. Yusuf A. Kumble, managing director, Indiana Hospital delivered a talk at the Mega Health Expo 2019 at St Agnes School, Mangaluru. The expo was organised by Star Health and Allied Insurance Co. Ltd.



## Indiana supports Swachh Campaign

**CLEANLINESS DRIVE:** The Ramakrishna Mission, Mangaluru, on September 29 helped shopkeepers dispose the waste generated in the Central Market. Indiana Hospital volunteers also took part in the cleaning exercise to mark the end of the five-year Swachh Mangaluru campaign of the Mission. Besides the Central Market area, the cleanliness drive was held in 104 places.



## HOSP MANAGEMENT URGES PEOPLE NOT TO TRUST FAKE MESSAGES

**Mangaluru:** Nursing homes and hospital management association urged the public not to believe any false propaganda against any hospital on social media.

A new mafia has emerged that extorts money from doctors and hospitals. Their modus operandi is quite simple – they will call doctors from some unknown number and demand money threatening to defame their organisation if the mafia's demands are not met. Indiana Hospital and Heart Institute, Mangaluru has filed a complaint with the city Cyber Crime Police Station against this nefarious activity.

Addressing media here on October 15, managing director of Indiana Hospital and executive committee member of the Nursing homes and hospital management association, Dr. Yusuf Kumble said, "New mafia of extorting money from doctors and hospitals has emerged, they also target patients who are in distress to make easy money, we urge public against being lured by such mafias. Indiana hospital and heart institute has also filed a complaint with cybercrime police against this nefarious activity.

"I had received an anonymous internet



call from a person, who was conversing in Malayalam. First, the caller claimed himself as one of the relatives of the patient who wants help. After 15 days, I received a call asking for Rs one lakh. They threatened to defame me and the hospital on social media if I do not give the money. I refused to pay. Soon after that, I noticed defamatory, offensive Whatsapp message about me and Indiana hospital being circulated. I urge the public not to believe fake

messages about Indiana hospital, which they may come across on social media. Indiana hospital believes in maintaining the highest level of transparency. The quality of our treatments is well known." He added, "Even in the name of helping the patients some collect funds and extort money. If anyone wants to help the poor patients in paying their hospital bills, transfer the bill amount to the patient's bank account or pay it directly to the hospital."

## New COO for Indiana



Welcome : Dr. Shuhaib Kader, new CDU being greeted by Indiana Management.

**Mangaluru:** Dr. Shuhaib Kader, MBBS, MEM, joined Indiana Hospital as Chief Operating Officer (COO) from October 14. His rich experience in the healthcare segment will stand him in good stead as he assumes the mantle of COO at Indiana. Dr. Shuhaib was earlier with Starcare Hospital, Kozhikode Private Ltd. (a unit of STARCARE Group, UK) as COO, and 8 years of sterling performance there in healthcare management that included envisioning and carrying out projects, planning corporate strategy and business development; introducing innovative paths in medical services, operations and quality maintenance, and patient experience helped maintain an attractive P & L. His exposure to medical knowledge as an Administrator & Chief Intensivist at Leo Metro Cardiac Centre, Wayanad, and Almas Hospital, Kottakkal would serve him well in managing our hospital.

# Mangaluru's Indiana Hospital is Centre of Excellence for Kidney Transplant

**Mangaluru:** The primary work of the kidneys is to purify the blood of wastes such as creatinine, urea and other toxic substances. At any point in time, one-fifth of the total blood in the body is filtered by the kidneys. When there is kidney failure, also known as end-stage renal disease (ESRD), the patient either need dialysis or a kidney transplant in order to survive.



SPECIALIST:  
Dr. Abijit Shetty



SPECIALIST:  
Dr. Pradeep K. J.

## Indiana's Nephrology & Urology department

Headed by two renowned specialists, Dr. Pradeep K. J., Consultant Nephrologist and Dr. Abijit Shetty, Consultant Urologist, this department offers a 24-hour, full spectrum of services and caters to patients with kidney diseases and is adequately supported with a full-fledged unit. It is aptly supported by urology services with a host of surgeries done on the kidney, ureter and bladder. Facilities offered encompass evaluation and treatments of various kidney diseases; Kidney transplantation - both living and cadaver; 24 hour haemodialysis for both chronic and acute kidney failure; acute peritoneal dialysis; kidney biopsy; renal transplantation, CAPD and paediatric nephrology.

A kidney transplant is a surgical procedure that's performed to treat ESRD. Kidney transplant is considered the best treatment option for people encountering kidney failure because it enhances the chances of living a longer, healthier life. Having a kidney transplant can be a life-changing opportunity. A kidney transplant can free you from a long-term dependence on a dialysis machine and the strict schedule that goes with it. This can allow you to live a more active life. However, kidney transplants aren't suitable for everyone.

During a kidney transplant, your surgeon will take a donated kidney and place it in your body. Even though you're born with two kidneys, you can lead a healthy life with only one functioning kidney. Kidney donors may be either living or deceased. Because the body can function perfectly well with just one healthy kidney, a family member with two healthy kidneys may choose to donate one of them to you. If your family member's blood and tissues match your blood and tissues, you can schedule a planned donation.

Deceased donors are also called cadaver donors. These are people who have died, usually as the result of an accident rather than a disease. Either the donor or their family has chosen to donate their organs and tissues. Cadaver organ is a good alternative if you don't have a family member or friend who's willing or able to donate a kidney.

**Criteria for kidney transplant eligibility**  
Kidney transplantation can be done from a healthy person whose blood group is same as the blood group of patient. After kidney transplantation, the body of a patient will always try to reject the transplanted kidney. There are Anti-rejection medications to avoid this situation. The patient will have to consume these supporting medicines lifelong. Nevertheless, with the advancement of new bio-medical technology and medicines, tremendous changes in the kidney transplantation segment are seen. Now it is possible for a 'second life' easily using these facilities. And in case the

transplanted kidney failed on the way, there is an opportunity to replace the kidney once again.

### Indiana credited with Region's first kidney transplant

For the first time in Dakshina Kannada and Udupi districts the Indiana Hospital and Heart Institute successfully performed a kidney transplant for an international patient few months ago. Francis John Musembi, 58, from Kenya, who was suffering from End Stage Kidney Disease, was the beneficiary of the procedure after his brother, Patrick, donated a kidney. The recipient is now healthy and out of haemodialysis.

## Registration for Transplant

All potential recipients must register themselves under 'JEEVASARTHAKATHE'. Only based on the registration waiting list, organs will be allocated by the state authority. The Government of India passed the Transplantation of Human Organ Act (THOA) in 1994, and it has been adopted by the Government of Karnataka. The Act legalises transplantation of organs from the braindead deceased. Jeevasarthakathe has been constituted to make rules and regulations and to facilitate deceased donor transplantation activities in the State of Karnataka.

### Requirements for registration

Patient's identification proof, including date and year of birth, treatment details including dialysis reports of at least 2 months, recent blood reports along with the duly signed application form, should be submitted through the online portal 'JEEVASARTHAKATHE' website by the hospital transplant coordinator.

Contact:

<http://www.jeevasarthakathe.karnataka.gov.in/Website/English/Home.aspx>

For registration and any clarification, contact:

The Transplant Coordinator, Indiana Hospital, Mangaluru, Ph: 0824 - 2880880



December 1 is World AIDS Day. It is one of the global public health campaigns undertaken by the World Health Organization (WHO) and supported by other stakeholders to create awareness about the disease HIV/AIDS.

# It is time to unite in the fight against HIV



Conceived in August 1987 by two public information officers, James W. Bunn, and Thomas Netter, for the Global Programme on AIDS at the World Health Organisation in Geneva, Switzerland, the first World AIDS Day was celebrated on 1st December 1988. Since then World AIDS Day continues to be observed every year on 1st December.

### HIV & AIDS

HIV is the acronym for human immunodeficiency virus, and responsible for the slow degeneration of the immune system. It makes the victim more prone to infections, which ultimately can be fatal. AIDS stands for Acquired Immune Deficiency Syndrome. It is the terminal stage of the HIV infection.

Sexual contact through vaginal and anal penetration is the primary source of transmission of the viral infection. The use of contaminated syringes and other equipment for injections also leads to transmission of the virus into the blood stream.

### India and State scenario

A 2018 Report released this year

said that almost 37 million people around the world are suffering from this deadly disease and the sad part is we haven't found a cure for such a lethal disease. The total number of people living with HIV (PLHIV) in India is estimated at 21.40 lakhs in 2017. Karnataka has the third highest number of HIV/AIDS patients in the country, a report released by the National AIDS Control Organisation shows. Maharashtra, at 3.3 lakh, had the



highest number followed by Andhra Pradesh (2.7 lakh) and Karnataka (2.47 lakh).

National AIDS Control Organisation is a division of the Ministry of Health and Family Welfare that provides leadership to HIV/AIDS control programme in India through 35 HIV/AIDS Prevention and Control Societies.

Though the HIV/AIDS control initiative in Karnataka, involving the government and non-government sectors, was yielding fruits but it slowed down and needs to be revived with all the zeal and commitment.

We may be winning the fight against HIV, but we are losing the fight against ignorance. It's an opportunity for people worldwide to unite in the fight against HIV and to show support for people living with HIV, and to bring an awareness of the disease.

**'Many people suffering from AIDS and not killed by the disease itself are killed by the stigma surrounding everybody who has HIV and AIDS'**

**Nelson Mandela**

Former President, South Africa



### Ready Reckoner

The National AIDS Control Organisation is the nodal agency in the Government of India that deals with every aspect of HIV and AIDS

<http://naco.gov.in/> NACO helpline: 1097  
Dakshina Kannada District Aids Prevention and Control Officer: 0824-2441710/9448501601

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Published by Marketing Department at Indiana Hospital & Heart Institute Ltd., Mangaluru for private circulation.

Designed by Brand Mango, Mangaluru and printed at Digantha Mudrana Ltd., Mangaluru

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