



## Indiana Hospital's free Covid vaccination drive lauded

**MANGALURU** – In line with its social responsibility commitments, city's premier healthcare provider, Indiana Hospital and Heart Institute, formally rolled out a free Covid-19 vaccination drive for the residents of Dakshina Kannada district on March 19, 2021.

Inaugurating the program, Dr. K.V. Rajendra, Deputy Commissioner, Dakshina Kannada district, said, "Indiana's humane and magnanimous approach in ensuring free vaccination for the public against Covid-19 is a laudable move." He asserted that Indiana Hospital had always extended full support to the district administration in ensuring better healthcare facilities for the people of the district. The DC urged all staff members of the hospitals to get vaccinated first in order to boost

the confidence level of the general public, and also appealed to them to adopt a behaviour pattern that is appropriate in times of the dreaded pandemic.

Speaking on the occasion, Dr. Yusuf Kumble, managing director, Indiana Hospital, averred that Covid-19 had made a huge impact on the lives of people in all sectors of life, and expressed the hope that the vaccine would put an end to all kinds of anxieties that the pandemic had triggered. Debunking the myths about the purported side effects of vaccination, Dr. Yusuf said that all medicines would have some side-effect or the other. "There is nothing to fear as almost all the doctors and other healthcare workers here have themselves taken the jab. It is safe, and there is a need to create

## Indiana Hospital's free Covid vaccination drive lauded

-Cont'd from page 1

awareness about it so that people come forward and get vaccinated against Covid-19," he emphasised.

Complimenting Indiana Hospital for launching the free vaccination drive, Ustad Hafil Abdurrahman Saqafi appealed to all people to get vaccinated at the earliest. Ms. Mona, Probationary IAS officer, and Dr. Ramachandra Bairy, District Health Officer, DK, were also present on the occasion. Dr Ali Kumble, chairman of Indiana Hospital, proposed a vote of thanks.

A few days earlier, Indiana Hospital had rolled out a free Covid-19 vaccination drive for the hospital's old and existing patients. To continue serving the community further, the hospital then announced a free vaccination drive to benefit the people of Dakshina Kannada district in line with its social responsibility commitments.

Those who wish to get vaccinated should come along with one of the following ID proofs – Aadhar card, voter ID, PAN card, driving licence or passport. They are also requested to call on 7259016560, after which they will be informed about the date and time of vaccination.



**The DC asserted that Indiana Hospital had always extended full support to the district administration in ensuring better healthcare facilities for the people of the district.**

# Health check-up camp at Kolnadu-Salethur

**BANTWAL** - A free health check-up camp was organised on March 2, 2021 at Kolnadu-Salethur in Bantwal taluk of Dakshina Kannada district to spread awareness on general health and well-being. About a hundred people attended the health awareness and check-up camp held at Rajiv Gandhi Souhardha Bhavan organised under the auspices of Indiana Hospital and Heart Institute, Mangaluru and Lions Club of Vittla and Kolnadu-Salethur.

A team of medical staff comprising two doctors and four nurses offered their services at the camp.





# LIPOSUCTION: Myths & Reality

By Dr. Nikhil S. Shetty

Liposuction is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, thighs, buttocks, breasts, arms or neck. Liposuction also shapes (contours) these areas. Other names for liposuction include lipoplasty and body contouring.

Liposuction isn't typically considered an overall weight-loss method or a weight-loss alternative. If you're overweight, dieting and exercise, or bariatric procedures such as gastric bypass surgery, can help you lose more weight than liposuction. Liposuction, in fact, is used to remove fat from areas of the body that haven't responded to diet.

thinners or NSAIDs at least three weeks prior to the surgery. You may also need to get certain lab tests done before your procedure.

## Other precautions

If your procedure requires the removal of only a small amount of fat, the surgery may be carried out as a day care procedure. If a large amount of fat is to be removed — or if you plan to have other procedures done at the same time — the surgery may be done in a hospital followed by an overnight stay.



Dr. Nikhil S. Shetty



Before your liposuction procedure, the plastic surgeon may mark circles and lines on the areas of your body that have to be treated. Photographs may also be taken in order to compare the 'before' and 'after' images. The procedure may last up to several hours, depending on the extent of fat removal.

## Risks involved

As with any major surgery, liposuction too has risks, such as bleeding, or reaction to anaesthesia. The possible complications specific to liposuction include:

**Contour irregularities.** Your skin may appear bumpy, wavy or withered due to uneven removal of fat, poor skin elasticity and unusual healing.

**Fluid accumulation.** Temporary pockets of fluid (seromas) can form under the skin. This fluid may need to be drained out with a needle.

**Numbness.** You may feel a temporary or permanent numbness in the affected area. Temporary nerve irritation is also a probability.

**Infection.** Skin infections are rare, but possible

**Internal puncture.** A cannula that penetrates too deeply (in rare cases) may puncture an internal organ.

**Fat embolism.** Pieces of loosened fat may break away and become trapped in a blood vessel.

**Kidney and heart problems.**

**Lidocaine toxicity.**

The risk of complications increases if the plastic surgeon is working on larger surfaces of your body or doing multiple procedures during the same operation.

## How you prepare

Before the procedure, discuss with your plastic surgeon what to expect from the surgery. Your plastic surgeon will recommend that you stop taking certain medications such as blood

## After the procedure

Expect some pain, swelling and bruising after the procedure. Your plastic surgeon may prescribe medication to help control the pain, and antibiotics to reduce the risk of infection. After the procedure, the plastic surgeon may leave your incisions open and place temporary drains to promote fluid drainage. You usually need to wear tight garments, which help reduce swelling, for a few weeks. You may need to wait a few days before returning to work and a few weeks before resuming your normal activities — including exercise. During this period, expect some contour irregularities as the remaining fat settles into position.

## Results

After liposuction, swelling typically subsides within a few weeks. By this time, the treated area should look less bulky. Within several months, expect the treated area to have a leaner appearance. It's natural for the skin to lose some firmness with aging, but the results of liposuction are generally long lasting as long as you maintain your weight. If you gain weight after liposuction, your fat distribution pattern may change. For example, you may accumulate fat around your abdomen regardless of what areas had originally been treated.

Dr. Nikhil S. Shetty,

MBBS, MS (General Surgery), Mch (Plastic and Reconstructive Surgery)  
Visiting Consultant – Plastic & Reconstructive Surgery,  
at Indiana Hospital & Heart Institute, Mangaluru

# Skipping your breakfast? Think Again

By Dr Manjunath S. Pandit

Cardiovascular diseases (CVDs) remain the leading contributors to the burden of diseases and deaths worldwide. In 2015, there were more than 422 million cases of CVDs, resulting in over 17.9 million deaths (~31% of all global deaths). Much of CVDs are preventable – you should be physically active, not smoke, and consume only a healthy diet.

Whilst most nutritional guidelines for adults lack evidence-based recommendations related to eating habits (timing, quantity, energy content and frequency), for many decades now, breakfast has been touted as the most important meal of the day. Indeed, some have even suggested that approximately 15-30% of the daily energy intake should be consumed at breakfast. Yet, more than a quarter of adults worldwide skip this presumably most important meal of the day; this is especially true of people who work in shifts, and those with excessive working hours, as well as people who have no fondness for food such as those with depression, or with poor health literacy.

Epidemiological studies have demonstrated a higher prevalence of cardiometabolic risk factors such as obesity, high blood pressure, unfavourable lipid profiles, diabetes and metabolic syndrome among people who skip breakfast, which may ultimately contribute to increased risk of CVD.

In a study conducted at multiple European



THE SCIENCE  
OF SKIPPING  
BREAKFAST

**Some nutritional guidelines suggest that approximately 15-30 per cent of the daily energy intake should be consumed at breakfast**

centres by Musse et al, it was found that people who regularly skipped breakfast were about 21% more likely to suffer a CVD event or die from it, and 32% were more likely to die from these causes compared to people who regularly had breakfast. The same study also concluded that there was a 4-5-fold increased likelihood of death, re-infarction and post-infarction angina within 30 days after hospital discharge among patients with ST-segment elevation myocardial infarction who skipped breakfast and had late night dinner.

Omitting breakfast has also been associated with obesity, hypertension, diabetes and atrial fibrillation, and may also impair serum lipids and postprandial insulin sensitivity. Such a lifestyle has shown to have an adverse effect on arterial stiffness and carotid atheromatic burden.

The message here is that you should have healthy food at regular timings, and also think twice before skipping your breakfast.

**Dr. Manjunath S. Pandit,**

MBBS, MD, DM (cardiology),  
is an Interventional Cardiologist at  
Indiana Hospital & Heart Institute, Mangaluru.



# Women & heart care

By Dr. Yusuf Kumble



It is generally believed that women are less vulnerable to cardiovascular diseases compared to men. However, recent years have seen a steady rise in incidences of heart diseases among women, and the risk factors begin to become visible post menopause, that is around 50-55 years of age.

Women in India, by and large, are not smokers, and incidence of diabetes and hypertension are much less among them compared to men. That is the reason why females are having less heart-related diseases compared to men, though there is a steady rise in such diseases among them in recent times.

However, what is unfortunate is that heart-related diseases among women are generally neglected, they suffer more from coronary arteries' problems because of complications, and prognosis is comparatively less.

Once women get heart attack, the chances of them recovering is less; most of them succumb to heart failures or cardiac deaths, or their life-span gets cut short.

Another problem is that cardiac issues among them go unrecognised or unidentified. While men seek medical attention early, such issues among women are either neglected by their families or themselves. That is why, they do not seek medical attention in time and hence diagnosis is delayed. And by the time they are diagnosed with the disease, the functioning of their hearts would have deteriorated and many complications would have arisen. And even in cases where heart diseases have been diagnosed early enough and treatment provided, compared to males, their prognosis is bad. Even if women undergo a good bypass surgery or angioplasty/medical management, the results are not often satisfactory, especially among elderly ladies afflicted with diabetes mellitus.

So, it is important to have their blood pressure (BP) and cholesterol level checked once they cross 45 years. If a woman has a family history of heart diseases, or if she is exposed to tobacco, or is diagnosed with diabetes mellitus, hypertension, a regular check-up and regular intake of medications under doctor's advice are also highly recommended.

Women, in particular, need to be aware of the signs and symptoms of heart diseases and consult a cardiologist at the earliest. Especially those who are above 45, diabetic/hypertensive and family with history of heart disease.

## Indiana participates at Red Premiere League



A team representing Indiana Hospital & Heart Institute, Mangaluru participated in the Red Premiere League, a tennis ball cricket tournament organised by Superhits 93.5 RED FM on March 27-28, 2021 at Sahyadri Cricket Ground, Adyar, Mangaluru. The event intends to encourage sportsmanship and awareness towards physical fitness among corporate employees, who fall prey to the sedentary lifestyle that affects their health and wellbeing. The matches are held in different places in Karnataka.

# Indiana Children's Institute bags gold medal

**MANGALURU** - A 2-day conference was conducted by the Indian Academy of Paediatrics (IAP) in Mangaluru, in association with AJIMS, in the second week of March. It was attended by eminent paediatricians and paediatric surgeons from all over India.

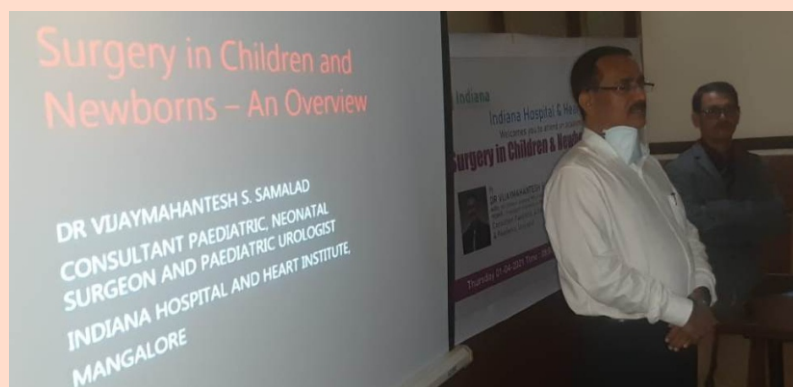
At the conference, a DNB resident from Indiana Children's Institute, Dr Jomi Jacob, won the gold medal in the research paper presentation category. The research paper titled, 'Clinical characteristics and management experience of 15 children with Paediatric Inflammatory Multisystem Syndrome (PIMS) associated with SARS-CoV-2 in a tertiary hospital in South India', was authored by Dr. Ali Kumble, chairman of Indiana, Dr. Arun Varghese, Dr. Abhishek K. Phadke and Dr Jomi Jacob.

It was a landmark study undertaken in the present scenario of global pandemic triggered by SARS Corona virus (CoV-2). It threw light on the new disease entity, Paediatric Inflammatory Multisystem Syndrome (PIMS), an inflammatory condition which seriously affects the different organ systems in the human body. The study revealed that with the standard operating protocol it was possible to attain 100% survival rate in all subjects without any short term morbidity.

Congratulations to the entire team of Indiana Children's Institute.



## CME held at Puttur



**PUTTUR** - Dr. VijayMahantesh S. Samalad, Consultant Paediatric and Neonatal Surgeon and Paediatric Urologist, Indiana Hospital explained in detail about surgery in children and newborns. At a CME held in Puttur in the first week of April and attended by doctors of that area, Dr. Vijayamahantesh's lecture was very much appreciated. Dr. Ali Kumble, chairman, Indiana Hospital and HOD, paediatrics, Indiana was also present on the occasion.



# New high-end IT servers installed at Indiana



**MANGALAURU** – Three new Dell high-end servers have been installed to enhance the performance of the hospital management system at Indiana Hospital. The installation process was carried out on 11 March 2021 at the hospital's IT department in the presence of the hospital management, HoDs and the IT Team. According to Rajesh Kumar G, senior IT manager at Indiana Hospital, "The new servers are expected to boost the server capacity and increase the level of security being provided to the stored patient data, and the updated technology of the new hospital management software."

## Changes in Cardiac care

**Dr Arun Kalyanasundaram, Director and Chief – Division of Cardiology, Promed Hospital, Chennai reflects on how cardiac care has changed post pandemic and how people are looking at their health, especially heart health, post the outbreak of COVID-19**



It is now well established that COVID-19 has cardiac manifestations. We understand at this point that it can affect the heart muscle directly, known as myocarditis, which can affect the blood supply to the heart, resulting in heart attacks. Elevated levels of cardiac biomarkers due to cardiac injury makes patients sicker and puts them at a higher risk of death. Severe COVID-19 infections are also potentially associated with cardiac arrhythmias at least in part, due to infection-related myocarditis.

Besides these acute complications, COVID-19 infection might be linked with an elevated long-term cardiac risk. Cardiac care, during the epidemic, has changed a lot since the time of

COVID. During the initial periods, many patients also suffered due to limited accessibility to healthcare due to lockdowns and a general fear of COVID-19 itself. While it is important to realise that cardiac patients are at higher risk of complications from COVID, it is equally important to realise that cardiac patients need continued care, both on a scheduled basis and emergent. A lot of care has shifted to the virtual world in the post-COVID era. Patients, and in particular cardiac patients ought to maintain a healthy lifestyle i.e. eat healthy, quit smoking, restrict alcohol intake, get adequate sleep and keep physically active. Physical activity should be strongly encouraged either in a home setting or outdoor areas with social space and will also improve well-being. Social networking should be encouraged in person if it is safe, or at least virtually. Patients are highly encouraged to continue their medication for cardiac disease, and to have follow up virtually. They should seek medical help immediately if experiencing symptoms such as chest pain and not neglect symptoms. Cardiac follow-up needs to be continued and advice of a cardiologist should be sought promptly in case of deterioration of the heart condition.

# DEPARTMENTS AT INDIANA HOSPITAL

## INHOUSE DOCTORS 24X7

### DEPARTMENT OF CARDIOLOGY

**DR. YUSUF A KUMBLE**  
MBBS, MD, DM (Cardiology - AIIMS), (DNB Cardio),  
FSCAI, FESC, FACC (USA)  
Chief Interventional Cardiologist,  
Managing Director - IHHI Ltd.

**DR. ABDUL MANSOOR**  
MBBS, MD, DM (CARDIOLOGY), MRCP, AFESC  
Consultant Interventional Cardiologist & HOD

**DR. MANJUNATH S. PANDIT**  
MBBS, MD, DM (Cardiology)  
Consultant Interventional Cardiologist

**DR. PRACHI SHARMA**  
MBBS, MD (GOLD MEDALIST), DNB, DM CARDIOLOGY (GOLD MEDALIST)  
Consultant Interventional Cardiologist

### DEPARTMENT OF CARDIOTHORACIC & VASCULAR SURGERY

**DR. SIDDHARTH V.T.**  
MBBS, MS (GEN SURG), MCh (CVTS)  
Consultant Adult & Paediatric Cardiothoracic Surgeon

### DEPARTMENT OF CARDIAC ANAESTHESIA

**DR. K. MADHAN**  
MBBS, MD, FCCM, DM (Cardiac Anaesthesia)  
Consultant Cardiac Anaesthesiologist

### DEPARTMENT OF INTERNAL MEDICINE AND CRITICAL CARE

**DR. ADITHYA BHARADWAJ**  
MBBS, DNB (MED), MRCP (U.K.), MRCP (LON) IFCCM  
Consultant Physician, Diabetologist & Intensivist

**DR. MOHAMMED SHA ALAM M.B**  
MBBS, MD (GENERAL MEDICINE)  
Consultant - General Medicine

### DEPARTMENT OF PAEDIATRICS

**Prof. DR. ALI KUMBLE**  
MBBS, MD (PAEDIATRICS)  
Sr. Consultant & HOD (PAEDIATRICS), Chairman - IHHI Ltd.

**DR. ABHISHEK K. PHADKE**  
MBBS, DNB (PAEDIATRICS), FIAP (NEONATOLOGY)  
Consultant Neonatologist

**DR. ARUN VARGHESE**  
MBBS, MD (PAEDIATRICS) FPCC (PAEDIATRIC CRITICAL CARE)  
Consultant - Paediatric Intensivist

### DEPARTMENT OF PAEDIATRIC SURGERY, PAEDIATRIC UROLOGY & PAEDIATRIC CARDIAC SURGERY

**Prof. DR. KOCHIKAR GANESH PAI**  
MBBS, MS, Mch (Paediatric Surgery), FICS, FICA (USA), FIAMS, FISPU  
Senior Paediatric Surgeon & Paediatric Urologist

**DR. VIJAYMAHANTESH S. SAMALAD**  
MBBS, MS, Mch (Paediatric Surgery), PGIMER - Chandigarh  
FELLOW IN PAEDIATRIC UROLOGY  
Consultant Paediatric and Neonatal Surgeon and Paediatric Urologist

**DR. SIDDHARTH V.T.**  
MBBS, MS (GEN SURG), MCh (CVTS)  
Consultant Adult & Paediatric Cardiothoracic Surgeon

### DEPARTMENT OF RHEUMATOLOGY

**DR. ARIFA HALEEMA SIDDIQUI**  
MBBS, DNB (General Medicine) MRCP (Rheumatology) UK  
Consultant Rheumatologist

### DEPARTMENT OF ENT

**DR. PALLAVI PAVITHRAN**  
MBBS, MS (ENT), DNB (ENT)  
Consultant ENT Surgeon

### DEPARTMENT OF EMERGENCY MEDICINE

**DR. SALFI P. K.**  
MBBS, MD (EMERGENCY MEDICINE), FICM  
Consultant Emergency Medicine

**DR. K. ASHOK KUMAR**  
MBBS, MEM (GWU-USA)  
Consultant - Emergency Medicine

**DR. AJITH ALFRED SOLOMON**  
MBBS, MEM (GWU-USA)  
Consultant - Emergency Medicine

### DEPARTMENT OF PULMONARY MEDICINE

**DR. NITHIN K.T.**  
MBBS, MD (Pulmonary Medicine)  
Consultant - Pulmonary Medicine.

### DEPARTMENT OF ORTHOPAEDIC & JOINT REPLACEMENT SURGERY

**DR. NAVEEN CHANDRA ALVA**  
MBBS, MS, D'ORTHO, MS (ORTHO)  
Sr. Consultant Orthopaedic Surgeon

**DR. JALALUDEEN MV**  
MBBS, MS (ORTO), MCh (ORTHO)  
Sr. Consultant Orthopaedic Surgeon  
(Spine & Joint Replacement)

**DR. AHMED RIZWAN CM**  
MBBS, MS (ORTHO), Mch (ORTHO), D'ORTHO  
Fellow in Deformity Correction - Iizarov, (Russia)  
Baltimore (USA), NRRA (China)  
Consultant Orthopaedic Surgeon

**DR. HASHIR SAFWAN U**  
MBBS, MS (ORTHO), D'ORTHO, A.O. SPINE FELLOW  
Consultant Spine & Scoliosis Surgeon

**DR. S. SHIBLI**  
MBBS, MS (ORTHO), D'ORTHO  
Children & Young Adult Orthopaedic Surgeon

**DR. BHAGATH L. S.**  
MBBS, D'ORTHO  
Consultant Orthopaedic Surgeon

**DR. NAVANEETH S KAMATH**  
MBBS, MS (Ortho), HBNI - Orthopaedic Oncology  
(Tata Memorial Hospital, Mumbai)  
Consultant Orthopaedic Onco Surgeon

### DEPARTMENT OF DERMATOLOGY

**DR. SHUBHA DHANPRAKASH**  
MBBS, DDVL (DERMATOLOGY, VENERELOGY & LEPROSY)  
Consultant Dermatologist

### DEPARTMENT OF NEPHROLOGY

**DR. PRADEEP K.J.**  
MBBS, MD (GENERAL MEDICINE), DM (NEPHROLOGY)  
Sr. Consultant Nephrologist & Kidney Transplant Physician

### DEPARTMENT OF UROLOGY

**DR. ABHIJIT SHETTY**  
MBBS, MS (SURGERY), DNB (UROLOGY)  
Consultant Urologist & Kidney Transplant Surgeon

### DEPARTMENT OF NEUROLOGY

**DR. ZK MISRI**  
MBBS, MD (MED) DM (NEURO)  
Associate Professor & Sr. Consultant Neurologist

### DEPARTMENT OF NEURO SURGERY

**DR. ELVIS RODRIGUES**  
MBBS, MS (GENERAL SURGERY), MCh (NEURO SURGERY) NIMHANS  
Sr. Consultant Neuro Surgeon

### DEPARTMENT OF ONCOLOGY

**DR. DHARMA KUMAR K.G.**  
MBBS, MS (GENERAL SURGERY), MCh (SURGICAL ONCOLOGY)  
Tata Memorial Hospital, Mumbai  
Consultant Surgical Oncologist

### DEPARTMENT OF GYNAECOLOGY

**Prof. DR. BHAVANA SHERIGAR**  
MBBS, MD, (OBG), FICOG  
Sr. Consultant Obstetrician & Gynaecologist

### DEPARTMENT OF GENERAL SURGERY

**DR. KESHAV PRASAD Y.V**  
MBBS, MS (GEN SURG), DNB (GEN SURG), FMAS, FIAGES  
Consultant General & Laparoscopic Surgeon

### DEPARTMENT OF GASTROENTEROLOGY & HEPATOLOGY

**DR. APOORVA SRIJAYADEVA**  
MBBS, DNB (MEDICINE), DNB (MEDICAL GASTROENTEROLOGY), FCCP  
Consultant Interventional Gastroenterologist

### DEPARTMENT OF DENTISTRY

**DR. MEGHANA S KUMAR**  
BDS, MDS  
Consultant Paediatric Dentist

### DEPARTMENT OF PSYCHIATRY

**DR. SIVA SIVAKANTHA**  
MBBS, MD (PSYCHIATRY)  
Sr. Consultant Psychiatrist

### DEPARTMENT OF OPHTHALMOLOGY

**DR. SHAHIDA BANU**  
MBBS, DOMS  
Consultant Ophthalmologist

### DEPARTMENT OF ANAESTHESIOLOGY

**DR. SEEMA ALVA**  
MBBS, DA (ANASTHESIA)  
Consultant Anaesthesiologist

**DR. SHANFAR**  
MBBS, MD (ANASTHESIA)  
Consultant Anaesthesiologist

**DR. K. MADHAN**  
MBBS, MD, FCCM, DM (Cardiac Anaesthesia)  
Consultant Cardiac Anaesthesiologist

### DEPARTMENT OF RADIOLOGY

**DR. PRAVEEN ACHAR**  
MBBS, DMRD  
Senior Consultant Radiologist

**DR. SUNIL H.C.**  
MBBS, DNB (RADIO DIAGNOSIS)  
Consultant Radiologist

### DEPARTMENT OF LABORATORY

**DR. BHASKAR U A**  
MBBS, MD (MICROBIOLOGY)  
HOD & Consultant Microbiologist

**OTHER DEPARTMENTS**  
PHYSIOTHERAPY DIETARY

## VISITING CONSULTANTS

**DR. DON GREGORY MASCARENHAS**  
MBBS, MD DNB  
Consultant Pulmonologist & Allergist

**DR. SAFWAN AHMED**  
MBBS, MD, DM (NEUROLOGY) (NIMHANS)  
Consultant Neurologist

**DR. GURUNANDAN U.**  
MBBS, MS (General Surgery),  
DNB (Vascular & Endovascular Surgery)  
Consultant Vascular Surgeon

**PROF. DR. ASHFAQUE MOHAMMED**  
MBBS, DNB (General Surgery), FIAGES, FACS  
Advanced Laparoscopic Surgeon

**DR B M ZEESHAN HAMEED**  
MBBS, MS, MCh (Urology) FRLS, PGDHHM, PGDMLS  
Professor of Urology & Renal Transplant

**DR. MUSTAFA K.**  
BDS, MDS  
Consultant Maxillofacial Surgeon

**DR. NIKHIL S. SHETTY**  
MBBS, MS (GENERAL SURGERY),  
Mch (PLASTIC & RECONSTRUCTIVE SURGERY)  
Consultant Plastic & Reconstructive Surgeon

**DR. ASHRAF AHMED**  
MBBS, MS, Mch (Paediatric Surgery)  
Paediatric Surgeon

**DR. SANDEEP RAI**  
MBBS, MS, Mch (Paediatric Surgery)  
Paediatric Surgeon

**DR. PRASHANT VAIJANATH**  
MBBS, MS (PGI), MCh (CVTS - AIIMS), FACS, FCS  
Senior Consultant Cardiothoracic, Vascular & Heart Transplant Surgeon

**DR. FAZIL MOHAMMED AZEEM**  
MS (GEN SURG), FRCS (GLASG), FRCS - CTH  
Senior Consultant Cardiothoracic Surgeon

**DR. VIJAY MOHAN BUDNAR**  
MBBS, MRCS, MSC (ORTHO BIOMECHANICS), FRCS (ORTHO), CCT-UK  
Senior Consultant Orthopaedic Surgeon

**DR. MOHAMMAD SAMEERUDHEEN**  
MBBS, DNB, MS (CATARACT & REFRACTIVE SURGERIES & GLUCOMA)  
Consultant Ophthalmologist