



Pushpanjali Medical Centre

The Pushpanjali connect

Quarterly Newsletter of Pushpanjali Medical Centre

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Pushpanjali
Medical Centre

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FROM THE EDITOR'S DESK

Years, as is their wont, must pass, and so has 2023. Soon we'll be writing 2024 on our prescriptions. But before we leap into the leap year, let us reminisce over the events of the last six months. After hosting a highly successful Pushpanjali Medicon 2023 in July 23, we decided to continue our academic sessions in the form of a Pushpanjali Study Circle. Dr. Ankit Bhatia (Pulmonologist) will tell you more about it in this edition of 'The Pushpanjali Connect'. Dr. Sumer Sharma has shared an interesting case presented by him at one such session. It highlights the importance of a good pathologist and the availability of diagnostic modalities and techniques. We thus take the opportunity to focus on our laboratory, which does tremendous work under our pathologist Dr. Renu Aggarwal, who is known just as much for her keen sense of humour as for her astute diagnostic skills!



Dr. Anita Jain
Senior Consultant
Obs & Gynae

Pushpanjali Medical Centre has a very busy Anaesthesia and Critical care department. All kinds of surgeries are performed here because of the support provided by a team of highly skilled anaesthesiologists. In this issue we will introduce you to Dr. Rajesh Dhall, Head of the Department of Anaesthesia and Critical care. His calm demeanour, dedication, and encouraging attitude have endeared him to surgeons, physicians and critical care specialists alike. In a one-on-one interview, he has recounted his extremely interesting, and sometimes nerve-racking, PMC journey.

The meaning of Physiotherapy, for most of us, is a set of exercises which have to be done to hasten recovery after orthopaedic procedures and other surgeries, but for Dr. Majid Khan, (Sr. Consultant Physiotherapist), prescribed exercises and fitness are a passion about which you will read in these pages. You will also find handy dietary tips for a healthy gut.

We take this opportunity to applaud Dr. Vinay Aggarwal for his commitment towards the betterment of healthcare professionals. In his charismatic style, he has always led from the front, whether it be "Chalo Rajghat", to protest against violence or a visit to IMA Banaras to share his thoughts on Healthcare and the next decade. In acknowledgement of his dedicated services to IMA, the prestigious 'IMA Dr. AKN Sinha National Award' was conferred upon him. We congratulate him for this honour.

There has been much to celebrate this year. PMC is in the process of renovation and we celebrate the renewal of every section with its own inauguration to keep the PMC family informed of the goings-on. Besides this, the PMC Family has celebrated all festivals, Doctors Day, Nurses Day, 2nd anniversary of femme nest, and our most eagerly awaited quarterly kitty parties. There have also been camps and award functions. You will enjoy all this and much more as you skim through the pages of our magazine.

So, happy reading and best wishes for a fulfilling new year.

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Dr. Pabitra Sahu



Dr. Sumer Sharma

Pushpanjali Laboratory



Dr. Renu Aggarwal
Consultant, Pathology

PMC-Maxlab is a comprehensive and complete solution for diagnosing a wide range of disease states. Our lab is blessed with two powerful administrations; one is the hospital management, under the eminent leadership of Dr Vinay Agarwal, and the other is the Max lab headed by the Lab director, Dr Poonam Das. PMC LAB is run by me, Dr Renu Aggarwal (Pathologist), under the supervision of these two leaders. At PMC Lab we are at the forefront of diagnostic technology and emergency services. The lab caters to all patients however complex or rare may be the case. Our Motto says it all: 'Correct diagnosis is half the battle won'.

Services Provided:

The lab is equipped with fully automated technology and infrastructure to achieve the highest level of excellence. The lab provides testing facilities in the following fields.

- Biochemistry
- Haematology
- Immunology
- Hormones
- Serology
- Microbiology
- Histopathology & Cytopathology
- Clinical Pathology, Molecular Biology

What makes our Lab Superior to other existing labs:

- Our standardized processes, protocols and clinical interaction ensure stringent quality
- PMC lab runs strict internal quality control on a daily basis and participates in external proficiency testing programmes.
- Max Quality Assurance Program(MQAP) is a central lab initiative which has participants from within and outside max labs.
- Interlab comparison (ILC) - All labs under max lab participate in ILC program with other accredited labs.
- Regular training of the lab staff, who are the back-bone of our lab
- Besides all this, PMC lab runs vaccination programs for its employees and organises celebrations and parties to ensure a healthy and happy environment for the staff.

Sharing one interesting case with you all

This case was related to prostatic surgery. We received a prostate biopsy specimen for histopathology. The clinical diagnosis was Prostatic carcinoma with invasion. Radiology report was also correlating with the clinical diagnosis. The surgeon wanted a histopathology report before deciding on major surgery including orchidectomy. My histopathology findings were just opposite, it was a benign lesion- Benign prostatic hyperplasia. It was very difficult for the surgeons to accept this diagnosis so I asked them to give me another biopsy sample. They complied, and did another biopsy and I repeated the histopathology process on the fresh sample. It was again BPH. So orchidectomy was not done. To everyone's relief, the final HPE report was also Benign Prostatic Hyperplasia. This is how a good lab and good interdepartmental communication can benefit both the patient and the doctors.

Apart from looking into the microscope, let me take the privilege of showcasing my hobby of Jingle writing

**PMC lab is the name of trust Quality is it's crust
It works day and night, Helping patients in their fight**

PUSHPANJALI STUDY CIRCLE



Dr. Ankit Bhatia
Consultant
Pulmonology

Under the patronage and blessings of Dr. Vinay Aggarwal, Dr. Parkash Gera, and Dr. Ashok Grover, we successfully launched the "Pushpanjali Study Circle", a monthly CME activity from 6th Sept, 2023. The inaugural case discussion was nothing short of a resounding success, with active participation of consultants and engaging fruitful discussions. Dr. Sumer Sharma deserves special thanks for delivering the first presentation, setting a high standard for our future sessions. We are thrilled to announce that these enriching gatherings will now take place on the first Wednesday of every month. As we embark on this educational journey, we invite more valuable suggestions and enthusiastic volunteers for future presentations. Together, we aim to foster an environment of learning and growth within the Pushpanjali Study Circle.

Thank you once again for your support and dedication to our shared pursuit of knowledge and excellence.



A CASE WITH A DIFFERENCE

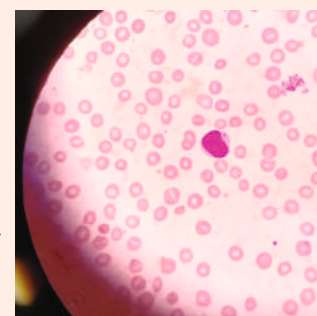
An interesting case of fever



Dr. Sumer Sharma
Consultant
Internal Medicine

A 33 year old male came to us with the complaints of fever and weight loss since last 2 months and cough with yellow sputum since last 2 weeks prior to presentation. There was also history of 2 units PRBC transfusion about a month ago and also of being on some iv antibiotic regime. No records were available. He had a CBC report prior to this treatment- Haemoglobin 8.4, TLC 18900 (N70, L22, M6, E2), Platelet count 42,000. On examination, apart from fever and Pallor, there were no other signs. After sending routine investigations and relevant cultures, he was started on broad spectrum antibiotics. Relevant investigations: LDH more than 1000, Ferritin more than 7000, USG s/o Splenic abscesses (2). CBC- Hb 7.81, MCV 103, TLC 12510, N40, L22, M10, E0, B0, Platelet Count-40000/mm³. Peripheral smear showed Metamyelocyte 1, Myelocytes 8, Atypical Cells 19 and Auer rods.

Auer rods (or Auer bodies) are large, crystalline cytoplasmic inclusion bodies sometimes observed in myeloid blast cells during acute myeloid leukemia, acute promyelocytic leukemia, high-grade myelodysplastic syndromes and myeloproliferative disorders. Composed of fused lysosomes and rich in lysosomal enzymes, Auer rods are azurophilic and can resemble needles, commas, diamonds, rectangles, corkscrews, or (rarely) granules. Thus by keen observation of our pathologist Dr Renu Aggarwal, the diagnosis was narrowed down to a haematological malignancy ?AML



MY PMC JOURNEY

For this issue of the 'Connect,' I have done a one-on-one interview with Dr. Rajesh Dhall, the invisible face behind most surgeries at PMC, our extremely competent but exceedingly modest, HOD Department of Anesthesia and Critical Care.

Dr. Dhall is an alumnus of Maulana Azad Medical College, Delhi. He completed MD Anesthesia in 1987 and Senior Residency in 1990. Having an academic bend of mind, he decided to apply for FRCA and migrate to the West. But destiny had decreed otherwise.

Dr. Anita Jain: What brought you into private practice?

Dr. Rajesh Dhall: Destiny.

I was born and raised in Delhi but had never been to East Delhi.

One fine day I went to East Delhi, Vivek Vihar to be precise, to collect some notes from a friend for my forthcoming FRCA exam. On the way, to my surprise, I found my friend and senior, Dr. Deepak Pande, standing in front of a beautiful building named Pushpanjali Medical Centre (PMC), looking rather pensive. After exchanging pleasantries he told me that there was an urgent need for an anesthesiologist in PMC and tried to persuade me to join. I refused because I had not thought of private practice but he argued that I needed a source of income. So very reluctantly I agreed but only for six months after which I would leave for the UK to take my PLAB exam. 33 years have passed and I am still here!

AJ: But what about your dream of settling in Europe?

RD: It fizzled out. I was very happy in PMC. The jump in income from the meagre salary of a senior Resident in those days to Rs. 30,000 in my first month of practice filled me with elation. Soon my elder son, Rishabh was born. When he was six months old I went to the UK and cleared PLAB on the first attempt but during those 15 days, I was so homesick and missed my son so much that I gave up the idea of FRCA. Instead I began to concentrate on private practice and joined two more hospitals – Sanjeevan Hospital in Darya Ganj and Sahi Hospital in Jangpura.

AJ: Didn't you find it difficult to commute?

RD: Not initially because I was living on MAMC campus and all attachments were equidistant from there. But, over time, all three hospitals became very busy and I had to choose one. I chose PMC and shifted my residence to East Delhi.

AJ: What made you choose PMC?

RD: There were many reasons of which the foremost was the robust support system provided by Dr. Vinay Aggarwal and his team of physicians. However dire the situation, I never felt alone. Dr. Vinay or Dr. Gera would leave their work and stand by me till the patient was out of danger. Second was the infrastructure of the OT. At a time, when anesthesiologists were expected to bring their own portable anesthesia machines, PMC had a well-equipped OT complete with an anesthesia workstation and OT technician! Third was job satisfaction: Right from the beginning I got to work with the best surgeons like Dr. Jalali and Dr. R K Jain who performed very complicated surgeries including thoracotomies. It was almost like being in a medical college again.



Dr. Rajesh Dhall

Soon Dr. Jhamb began to do laparoscopic surgery. We even held a live laparoscopy workshop at PMC as early as 1993 under the leadership of Dr. Sharda Jain. Another feature, which is perhaps unique to PMC, was the bonding between consultants right from the start, with Dr. Vinay assuming the role of the head of the family. The monthly Pushpanjali kitty brought our children together and added to the sense of belonging.

AJ: Being an anesthesiologist, you must have faced many challenging situations. Can you narrate a few?

RD: The list is unending but let me try. In 1997, a patient who was the sister of a senior gynecologist and had undergone hysterectomy, collapsed in the bathroom on the second post-op day. There was no lift in PMC at that time so we carried her up the stairs to the ICU in our arms, and put her on a ventilator. All our physicians rushed to help; a diagnosis of massive pulmonary embolism was made and streptokinase was given. We were able to save her only because of the amazing teamwork at PMC. In another instance, I had to do Autologous Blood Transfusion. In 2004 a man was brought to our ER, bleeding profusely from multiple stab wounds on his thorax and abdomen. He was in hypovolemic shock and needed blood urgently but AB negative blood was not available. He was not in a condition to be shifted to a tertiary care centre so, after resuscitation, as a life-saving measure, Dr. Jhamb and Dr. C.M. Goel operated upon him in the PMC OT while I transfused him with the blood oozing from his massive hemothorax using a chest tube as a last-ditch effort. He also survived.

AJ: I think you have enjoyed your time in PMC. Tell me something which you don't like about PMC.

RD: I miss the introspection meetings which we used to have in past years.

AJ: What would you suggest for the future?

RD: PMC has come a long way already. Dr Vinay is very progressive so PMC has progressed. But I would be pleased if we could resume our introspection meetings. Also, our ICU needs new equipment like Central nursing stations and monitors.

AJ: Have you ever regretted leaving academia?

RD: I have not left academia. Though I spend most of my time in PMC, I am also a recognized Postgraduate Teacher and Academic head at another Hospital where I am a Supervisor and Guide for DNB Anesthesiology. Fifteen students have already cleared DNB Anesthesia under my guidance.

AJ: Amazing! After all this, I wonder if you have any hobbies.

RD: I am passionate about music and an ardent admirer of Mohd. Rafi. Every year, on 31st July, I make time to attend his anniversary celebrations, organized by the Rafi Foundation, at Siri Fort Auditorium.

AJ: How would you describe yourself in one line?

RD: Very sincere and affectionate with a family-first ideology.

AJ: Thank you, Sir, for giving me so much time. Dr Dhall's wife, Mrs. Anjana Dhall, is the current Principal, College of Nursing, GTB Hospital, DU. She is also the President of the Delhi Nursing Council. They have two sons, both of whom are in management positions. The elder one, Rishabh is with Flipcart in Bangalore after doing MBA from IIM Ahmedabad. He has recently got married. The younger one, Shivam completed MBA from IIM Kozhikode and is now with Axis Bank in Mumbai. We wish the whole family much happiness, health and success.

PMC FAMILY KITTY - SEPTEMBER 2023



Dr. Anita Aggarwal
Senior Consultant
Obs & Gynae

On the delightful day of 3rd September 2023, I, Dr Anita Aggarwal, Dr Ankit Bhatia Dr Rini Goyal, Dr Narendra Saini, Dr L D Sota and Mr Sudhir Singhal hosted our Pushpanjali Family Kitty. As an incharge of brigade it was my first.... And what an unforgettable experience it turned out to be.... A big thanks to Dr Vinay Aggarwal for giving me this opportunity and responsibility

As the sun dipped, our cozy venue transformed into a lively space. The excitement was palpable —everyone radiantly dressed with sparkle in eyes and overflowing enthusiasm —doctors turned into fashion icons and took center stage for a glamorous ramp walk. The air was charged with energy and masti as they confidently showcased their style, elegance and grace. The heart of the night was the Twisted Tambola, a playful variation of the classic game that had everyone on the edge of their seats, hoping for the elusive numbers to align in their favor. The rounds were peppered with cheers and giggles, creating an atmosphere of pure delight.

Amidst the games and mingling, we were serenaded by the melodious notes of flute and exceptional musical performances. The air was filled with symphonious tunes and mesmerizing songs - sung by the doctors themselves - showcasing their diverse talents. And, of course, what's a celebration without some grooving and moving? Our gathering saw some vivacious dances -bringing an extra dose of energy and fun. Besides games, talents, dances, and delectable food, we had an array of exciting prizes for the lucky winners and also have a special participation gift for each and every guest.

A small token to thank them for decorating our get-together and turning it into an amazing and unforgettable event

As the moon graced the sky, we gathered to express our heartfelt gratitude. Each guest left with a sense of joy and a promise to reunite for more laughter and cherished moments.

Hosting this kitty party was a mosaic of joy, love, and newfound memories. The fusion of creativity, shared talents, and the warmth of friendship made this experience absolutely magical.



PMC FAMILY KITTY - DECEMBER 2023



Dr. Sangeeta Goel
Senior Consultant
Obs & Gynae

Embracing the charm of winter afternoon our family kitty was held on 10th December in the lush green lawns of Hindon Air Force Golf Course. The Hosts were Dr VK Monga, Dr Swaraj Garg, Dr Sangeeta Goel, Dr Mukesh Koshal, Dr Dipti Nabh and Dr Shubham Garg. It was an unforgettable blend of warmth, fun and elegance. Laughter echoed in the magical atmosphere fostering camaraderie. Air was filled with melodious songs sung by our own members. And lo! every body dancing and tapping their feet to the rhythm bringing vibrancy and excitement. This outdoor winter afternoon party wove together the beauty of the season with joy of shared moments creating a unique and memorable celebration.



FAREWELL

Raj Singh Retirement

Mr. Raj Singh, Security Supervisor, has demonstrated 14 years of sincere and efficient service in his role, contributing significantly to the organization's security and well-being.



Farewell - Sister Afsana



ACHIEVEMENTS & AWARDS

IMA Dr A K N Sinha National Award

I am really humbled to be a recipient of Dr A K N Sinha national award at CC meeting of IMA in Thiruvanthapuram from the Chief minister of Kerala Sh Pinarayi Vijayan This award is significant as it is named after the veteran leader of Indian medical profession. I owe it to all the members of IMA.



Dr. Vinay Aggarwal
Chairman & Managing Director
Pushpanjali Medical Centre



Navathi Oration - IMA Trivandrum Branch

Honoured to have been invited to deliver Prestigious Navathi Oration on the topic - 'Medical Profession on Crossroads- Way forward' on Friday 24th November at hotel Residency Trivandrum by IMA Trivandrum Branch. More than 250 members attended the event. I dedicated the oration to a dear elder brother, my mentor and simple but dedicated visionary leader, Late Dr V C V Pillai past National President IMA - a astute and V well respected NP. Presence of tall leaders of IMA Kerala Dr A Martanda Pillai, Dr R V Asokan President Elect IMA Dr Sreejith NKumar Convenor Action Committee, Dr Vijayakrishnan President IMA Trivandrum, Dr alex Franklin, Dr S S Lall any many senior leaders of Kerala State and Trivandrum Branch gave lot of respect and Prestige to the Oration. Wonderful attendance, well organised program and the hospitality was superb My coverage of a V vast and sensitive iopic was appreciated by one and all Thanks to IMA Trivandrum for bestowing the honour to me. Kudos to the organisers.....



IMA Banaras Visit

During my personal trip to Varanasi with my batchmates to celebrate our Golden Jubilee of passing graduation from Maulana Azad Medical College, got an opportunity to visit IMA BANARAS BRANCH. Yesterday at 9.30am in the branch office met V senior past presidents along with some other senior members, interacted with them on various issues faced by the profession, the role of unity among branch members. Also shared with them my thought process on Healthcare and next Decade Nicely organised meeting Thanks to Dr Ashok Rai, Dr OP Tiwari, Dr Sanjay Rai, Dr Rahul Chandra, Dr Sehgal, Dr Pande, Dr Kartikeya, Dr Arvind Singh, Dr AK Rai, Dr Anand, Dr Madhu and all members present for making it lively.....



Chalo Rajghat - The massive show by Doctors and Health care workers on Sunday 29th Oct, 2023



Dr. Vinay Aggarwal
Chairman & Managing Director
Pushpanjali Medical Centre

More than 10000 doctors took out a massive procession in Delhi marching from Maulana Azad Medical College to Rajghat. Police placed heavy barricades and prevented the rally from proceeding towards Rajghat. Doctors protested strongly and sat on road for more than an hour. More than 100 ambulances were also part of a mile long procession. Every branch of DMA, all nursing homes also participated. Indian Dental Association and its members were present in full strength. Residents Doctors Association of Delhi Hospitals were also part of procession. Doctors protested against the unfair treatment by authorities and repeated violence against health care workers. Unprecedented rally culminated at Shaheedi Park. Procession was led by DMA president Dr Ashwini Dalmiya myself as Chairman, Chief Coordinator Dr Arun Gupta , Convenor Dr Girish Tyagi Secretary Dr Bedi, Dr Anil Sharma, Dr Atul Arora, Dr Bhandari President Elect and many other senior medical activists. Kudos to all participants This is the Beginning.....



मौलाना आजाद मेडिकल कॉलेज से राजघाट तक दिल्ली मेडिकल एसोसिएशन ने निकाला विशाल शांति मार्च

वैद्य अर्जुन मंगलदास
पुई दिल्ली। दिल्ली मेडिकल एसोसिएशन के आह्वान पर दिल्ली के डॉक्टरों ने शहीद पार्क में एक होकर मौलाना आजाद मेडिकल कॉलेज में लेकर राजघाट तक शहीद पार्क से निकालने शुरू करके एकता की ज्वार लहर दौड़ा, इसके बाद शहीद पार्क पर एक होकर डॉक्टरों ने अपनी सम्पन्न निर्यात और कक्षा कि हमारी यह शान्तिपूर्ण शहीद पार्क के खिलाफ नई होकर अर्जुन मंगलदास को सार्वजनिक है धिकायता प्रमाण प्रयोग प्रमाण के धरने के लिए बचक बचक ने सेवा करता है लेकिन फिर तरीके से उनका उपयोग हो रहा है यह एक सही बात नहीं है और धिकायता के जवाब में क्या कि करने को तो डॉक्टरों को समझ में भावना का दर्जा दिया जाना है लेकिन प्रशासनिक तत्त्व पर उसके साथ ही भेदभाव हो रहा है वह अपने में विनाशक है प्रतिक्रिया में किसी सम्पन्न का सम्मान नहीं होता डॉक्टर को कार्य भी राहत नहीं दी जा रही है उसके बाद उनका उल्टा बदलना किना जाना है जो कि अपने में एक बेहद माता पस्तु है - दिल्ली मेडिकल एसोसिएशन द्वारा जारी आह्वान यह मार्च मुझे मौलाना आजाद मेडिकल कॉलेज में शुरू हुआ जहाँ डॉक्टरों का जवाब देकर बन रहा था कि हमने मुझे हमने बाड़ी तादत में डॉक्टर एक हो संभोगे इसकी लोगों को उम्मीद नहीं थी लेकिन डॉक्टरों ने आज तक की दिखते हुए यह साक्षर किना कि हम तक एक है में, मौलाना आजाद मेडिकल कॉलेज में शुरू होकर अपने राजघाट मार्च शुरू किया। यह अर्जुन मंगलदास शहीद पार्क में संचर हुआ, दिल्ली मेडिकल एसोसिएशन ने कक्षा यह मार्च शुरुआत में मुबारक लगे और मोटर गाड़ी के बारे में धिकायता करने के उद्देश्य से विशाल मार्च को प्रेरक किया। (10) अधिक एम्बुलेंस भी एक मोल लगे जुलूस का हिस्सा थी, दिल्ली डॉक्टरों को जलक शरणा और सभी रसिना होल में भाग लिया। डॉक्टरों डॉक्टर एसोसिएशन और उसके सदस्य पूरी ताकत में मौजूद थे, और दिल्ली मेडिकल के डॉक्टरों डॉक्टरों एसोसिएशन भी जुलूस में शामिल हुए। जुलूस का नेतृत्व डॉक्टर अश्विनी दाल्मिया, अश्वक डॉ. निरम अकाल, मुनन सम्पन्नक डॉ. अरुण गुप्ता, सोमेश्वर डॉ. निरंजन शर्मा, डॉ. अरुण बेदी माननीय में किया। पिछे में अन्य ऑर्गेनाइज्ड डॉक्टरों के साथ साथ मौजूद। डॉक्टरों ने अधिकारियों द्वारा अनुचित व्यवहार और स्वास्थ्य कर्मियों के खिलाफ बत-बत होने वाली गिरफ्तार का विरोध किया। सभी राजघाट मार्च के दौरान अर्जुन मंगलदास भी इस प्रकाश में। स्वास्थ्य कर्मियों को हिसा से मुक्त के लिए एक कोशिश अधिनियम का अधिनियम। नर्सिंग होम पंजीकरण के लिए आवश्यक अधिनियम मुद्रा मानक का कार्यान्वयन। नर्सिंग होम को सम्बंधित क्षेत्र के लिए मुक्त कर कारकों का सम्पूर्णतन (निकाय) प्रक्रियाओं के लिए कार्य क्रियारण में मुभा। वित्त केन्द्र प्रवर्धन को स्थान और बांधकाम को मानना। गर्भधारण पूर्व और प्रसव पूर्व निदान तकनीक (प्रेसोपेडिक्टो) अधिनियम में सम्मिलन। नृवीन-पक्ष प्रशासनिक (टीआर) और बीमा कवरेज द्वारा धनकारों मुक्त निर्धारण में कमीती। तुल्यधिकाय धिकायता को अनुमतिन करने वाले विचारों पर रोका। स्वास्थ्य कर्मियों को डिजिटल मार्केटिंग पर प्रतिबंध लगाना।



Inauguration of X-Ray Department with New Advanced Machine

We have installed the Radiography Allengers MARS 40, an advanced machine capable of precise knee alignment and effective spine stitches, enhancing our capabilities in orthopedic care.



Femmenest - 2nd Anniversary on 14th October 2023



Kudos to Team PMC

On October 16, 2023, Dr. Bimlesh Yadav, CDMO Shahdara, appreciated Pushpanjali Medical Centre for consistently providing timely and accurate reports on the HMIS portal, demonstrating commendable efficiency.



Dr. Karun Jain - Senior Consultant Orthopaedics



Delivered a Guest Lecture and Chaired a session at AIIMS, Delhi on 21st December 2023

Dr. Atul Jain - Senior Consultant Orthopaedics



Did Advance Arthroscopic training in Meniscal transplant, Knee ligament surgeries, Rotator cuff surgeries, Recurrent dislocation shoulder and many sports injuries from doyne of sports injury Prof. Monlau & Prof. Kohler from Spain in October 2023.

DIETICIAN TIPS FOR A HEALTHIER GUT



Ms. Linta George
Dietician

- Focus on your micro biome – Eat prebiotics / probiotics (whole grains, banana, greens, onion, curd or yogurt)
- Aim for 4+ servings of vegetables per day (cooked/ raw) – fibre rich diet.
- Drink lots of water, but not too much with meals (30 minutes before the meal or 30 minutes after the meal)
- Slow down and CHEW.
- Limit artificial sugars like packed or canned juices and cold drinks
- Work on dally pooping.
- Eat a diverse range of foods.
- Manage stress levels.
- Identify and limit food allergies.



I AM PASSIONATE ABOUT

Adopting a Fit Lifestyle

Dr. MD Majid Khan (PT)

Founder of Körperkraft
Consultant Physiotherapist

PG in Exercise Medicine THERA-BAND Trainer (USA)

I was introduced to exercise when I was in class 4-5 through my elder brother. But it was only in class 12, when I joined a gym and met my trainer Mr. Vasudev, that my life changed. Mr. Vasudev, with his exceptional knowledge, transformed my life and set me on the path of FITNESS. I went on to become a physiotherapist and since then I have been constantly exploring my strength and enhancing my skills. In my opinion prescribed exercise are the future medicine.

Finding comfort in the steady pounding of your heart while working out is a priceless diversion in a world where distractions abound. Fitness is a passion that changes lives, not just a routine. Moving, sweating, and pushing boundaries are the first steps on the path to becoming a stronger, healthier version of yourself.

A passion for fitness is a commitment to one's general well-being rather than just building the ideal body. Frequent physical activity has a major positive impact on mental and emotional balance in addition to improving physical health. The rush of setting a new personal record or finishing a difficult workout is proof of the human spirit's tenacity.

Fitness goes beyond aesthetic appeal; it's a lifetime journey of self-discovery. It develops self-control, resiliency, and a feeling of accomplishment. Every drop of perspiration proves one's perseverance, and every ache in the muscle signifies progress. The path to fitness is an ongoing evolution, with benchmarks that transcend scale numbers.

A common commitment to living one's best life unites groups formed by a contagious passion for fitness. Put on your sneakers, feel the heat, and allow your desire for physical fitness to lead you to a life filled with power, energy, and long-lasting well-being.



SOCIAL ACTIVITIES

Coffee with Chairman

Dr. Vinay Aggarwal had a very fruitful meeting over a cup of coffee with Dr. Nishesh Jain today on 30th Sept, 2023, emphasizing key topics such as Emergency Care, ER-to-admissions conversions, meticulous patient audits for higher management referrals, ICU patient retention, enhanced admissions within the Medicine Department & augmentation of diagnostic services. Pushpanjali MEDICON 24 on 04th August 2024 was also discussed. The meeting concluded on a positive note, reaffirming our dedication to delivering latest, ethical & qualitative healthcare to Pushpanjali Medical Centre patients.



Camps

15th Aug, 2023 Camp
at Pushpanjali Medical Centre



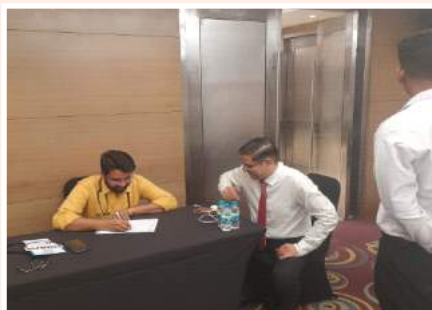
19th Aug, 2023 Camp at
Star Health, Krishna Nagar



21st Aug, 2023
Camp at PNB, Krishna Nagar



28th Aug, 2023
Camp at Park Plaza



17th Sept, 2023 Camp
at Pushpanjali Community Hall



26th & 27th Sept, 2023
Vaccination Camp at BSES



15th Dec, 2023 Typhoid Vaccination
Camp at Leela Hotel



CELEBRATIONS

Diwali Celebration



Dr. Manish Singh
Medical Director

Diwali function was celebrated on 04th November 2023 at Pushpanjali Community Hall with fanfare. The event was attended by all the consultants and staff of Pushpanjali Medical Centre. It started with a welcome speech, followed by a motivational prayer song and a dance performance by the reception staff. Both performances were elegant, exuding poise, grace and energy. Dr. Gaurav Aggarwal, Director, M M Healthcare Limited, articulated his vision for the future growth of Pushpanjali Medical Centre and femme nest in 2024, laying the foundation for an exciting journey ahead.

The atmosphere was filled with enthusiasm as everyone danced and rocked the floor. The function was marked by numerous fun moments and thoroughly enjoyed by all.



Femmenest - Diwali Puja



Independence Day



Raksha Bandhan (with Sadhvi Rithambaraji)



Onam Celebration



Christmas Day



BIRTHDAY CELEBRATION

Dr. Parkash Gera, Sr. Consultant - Internal Medicine



Dr. Gaurav Aggarwal, Director - M M Healthcare Ltd.



Dr. Manish Singh, Medical Director



Ms. Lalitha, Chief Administrator

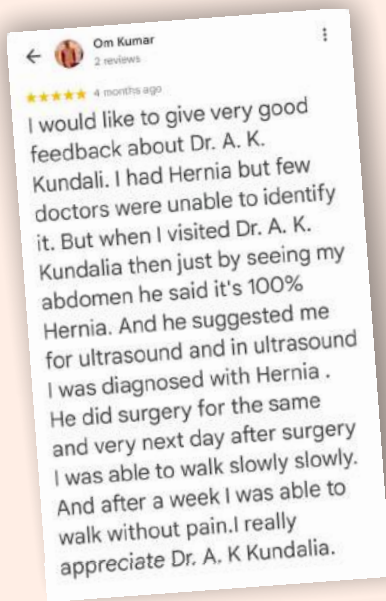
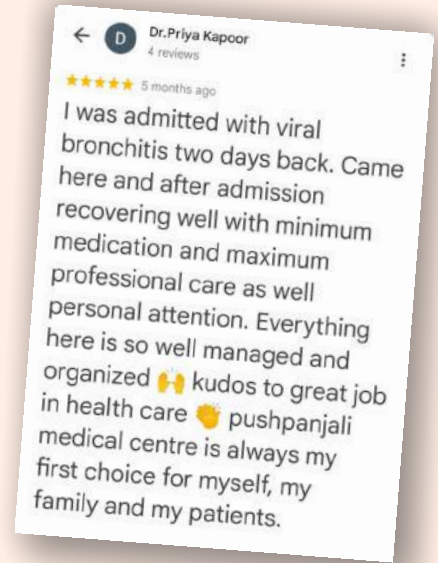


Staff Members - Birthday



Ms. Padmani (Ward Incharge) Mr. Deepak (Sr. Account Executive), Mr. Nifin (Sr. Account Executive), Mr. Mohit (Endoscopy Technician),

WORDS OF APPRECIATION





Pushpanjali
Medical Centre

List of Consultant

Services

MEDICAL DIRECTOR

Dr. Manish Kumar

INTERNAL MEDICINE

Dr. Parkash Gera
Dr. Sumer Sharma
Dr. Nishesh Jain
Dr. S P Singh
Dr. Ankit Tyagi

INTERNAL MEDICINE & CHEST SPECIALIST

Dr. Ashok Grover

PULMONOLOGY

Dr. Ankit Bhatia

PHYSICIAN & NON INVASIVE

CARDIOLOGIST
Dr. Mukesh Ajmera

CHILD SPECIALIST

Dr. Deepak Pande
Dr. Vineet Jain
Dr. Karan Bagga
Dr. Gaurav Bhardwaj
Dr. Mohit Aggarwal
Dr. R K Nabh
Dr. Deepak Sarin

ANAESTHETIST

Dr. Rajesh Dhall
Dr. Swaraj Garg
Dr. Rakesh Atray

PAEDIATRIC SURGEON

Dr. Pritesh Maheshwari

CARDIOLOGIST

Dr. A Sampath Kumar
Dr. Waseem Farooqui

PLASTIC SURGERY

Dr. Manoj Bansal

SKIN SPECIALIST

Dr. Saumya Shama
Dr. Saurabh Jindal

GYNAE LAPAROSCOPIC SURGEON & INFERTILITY

Dr. Sowjanya Aggarwal

OBS & GYNAE

Dr. Sangeeta Goel
Dr. Anita Jain
Dr. Anita Aggarwal
Dr. Puja Prasad
Dr. Ragini Gupta
Dr. Rakhi Rawat
Dr. Rekha Sarin
Dr. Dipti Nabh
Dr. Chander Lata
Dr. Vibha Chauhan
Dr. Reena Mehra

GASTROENTEROLOGIST

Dr. Neeraj Jain
Dr. Pabitra Sahu

EAR, NOSE & THROAT

Dr. Atul Jain
Dr. Rahul Aggarwal
Dr. Sneha Tyagi

URO-SURGEON

Dr. C M Goel

EYE SPECIALIST

Dr. L D Sota

RADIOLOGIST

Dr. Mukesh Koshal
Dr. Hridesh Sant
Dr. Varun Goyal

ONCOLOGY

Dr. Sandeep Aggarwal

GI SURGERY

Dr. Subhashish Das

PSYCHIATRIST

Dr. Deepika Verma

CLINICAL PSYCHOLOGIST

Ms. Megha Sarin

GENERAL & LAPAROSCOPIC SURGEON

Dr. Yogesh Jhamb
Dr. A K Kundalia
Dr. Manju Govil
Dr. Gautam Jain
Dr. Parveen Jain

ORTHOPAEDIC SURGEON

Dr. Karun Jain
Dr. Atul Jain
Dr. Manoj Goel
Dr. Arpit Sekhri
Dr. M M Aggarwal

NEUROLOGIST

Dr. B K Gupta

NEURO SURGEON

Dr. Manish Vaish

NEPHROLOGIST

Dr. Neeru P Aggarwal
Dr. Manisha Dassi

VASCULAR SURGEON

Dr. Santosh Kumar Tiwari

HOMOEOPATHIC PHYSICIAN

Dr. Shantanu Chaudhry

DENTIST

Dr. Sneha Jodhani

HIV AND INFECTIOUS DISEASE SPECIALIST

Dr. Ruby Bansal

PHYSIOTHERAPY

Dr. Majid Khan
Dr. Mehreen Khan

MAX LAB

Dr. Renu Aggarwal

DIETICIAN

Ms. Linta George

24X7 EMERGENCY

24X7 AMBULANCE SERVICE

MODULAR OT'S

FULLY EQUIPPED ICU

DIAGNOSTIC

- Bronchoscopy
- Endoscopy
- Ultrasound
- Fibroscan
- Digital X-Ray
- 2D ECHO
- ECG
- PFT
- Color Doppler
- TMT
- Holter

EMPANELLED WITH ALL MAJOR

INSURANCE COMPANIES & TPAS

CREDIT FACILITY

CGHS,

DGEHS, BSES, DDA,

DELHI POLICE &

AIRPORTS AUTHORITY

OF INDIA, MCD, DELHI

JAL BOARD, DAK

PMC Helpline: 011-43075600

Emergency: 011-43075657

A-14 & 15, Pushpanjali, Vikas Marg Extn., Delhi - 110092

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