

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



Fortis Malar Hospital, Chennai



Fortis Hospital, Kalyan



Hiranandani Hospital, Vashi, (A Fortis Network Hospital)



SL Raheja Hospital, A Fortis Associate, Mahim



Fortis Hospital, Ludhiana



Fortis Hospital, Mulund



FORTIS
celebrates
WORLD
HEART
DAY



Fortis Escorts
Heart Institute,
New Delhi

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details &
pictures...





Message from the MD & CEO

Dear Colleagues,

I would like to begin by wishing all of you a very Happy New Year! I sincerely pray and hope that the new year brings health, prosperity and happiness in abundance for you and all your loved ones.

I am very excited to connect with you through this issue of The Fortisian. We have had a very interesting journey through the year, especially the last few quarters. Thanks to your stupendous efforts, we are now witnessing an excellent buoyancy in our performance.

Our relentless focus on clinical excellence and world-class patient care is paying off rich dividends. Friends, this is really our greatest strength and we must ensure that we are known for our patient centricity, clinical acumen and compassionate care delivery.

I am also delighted to share that our growth and expansion plans are moving ahead along expected lines. We have recently launched an Oncology block at BG Road and we are looking forward to the launch of the Arcot Road facility in Chennai. A new Liver block is also going to come up in Noida, in the next fiscal. In addition, we have earmarked approx. Rs 200 Crores for refurbishing our hospitals and upgrading or purchasing new medical equipment.

Together with building a state-of-the-art infrastructure, we are concentrating on building our talent pool as well. I am proud to share that today, we have with us some of the finest doctors, nurses, technicians and paramedical personnel in the country.

In parallel, we have a laser-sharp eye on costs whilst we make all efforts to improve efficiency across all aspects of our operations.

With these initiatives, I am confident that we are on the path to sustainable long-term growth. This would not have been possible without your wholehearted commitment and hard work. I take this opportunity to thank you for your contribution in ensuring a positive patient experience.

I look forward to your continued support as we surge to greater heights in the new year.

With warm regards,

Dr. A. Raghuvanshi
MD & CEO

New Beginnings & Launches

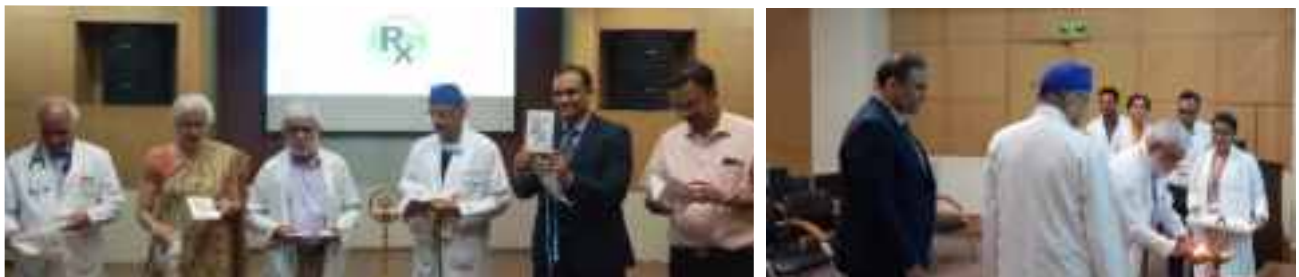
Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, all set to offer Fellowship of National Board (FNBE) in Minimal Access Surgery



(L-R): Bejoy P Mathew, Dr Navin Verma, Dr Hemanth Kumar Kasargod, Ms. Mangla Dembi, Dr Randeep Wadhawan, Dr Muneendra Gupta, Mr Raju Kumar

The Department of Minimal Access, Bariatric and GI Surgery at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, will be offering the Fellowship of National Board (FNBE) in Minimal Access Surgery from October 2019. The hospital has recently received accreditation of the National Board of FNBE in Minimal Access Surgery. Dr Randeep Wadhawan, Director & Head of the Department, said, "This would not have been possible without the support of the Facility Director, Administration, Colleagues and a dedicated team."

Fortis Escorts, New Delhi, releases Drug Formulary to aid clinicians



Glimpses of the Drug Formulary release ceremony by Dr Anil Karlekar- Executive Director, Anesthesiology & Clinical Affairs, Dr Kousar Ali Shah - Zonal Director, Dr Anita Arora - Director Medical Operations (MSOG), FEHI Clinicians & Doctors



Fortis Escorts Heart Institute (FEHI), Okhla, New Delhi, released the Drug Formulary, 7th Edition, to inform and help clinicians write appropriate prescriptions. The Formulary is listing of preferred drugs selected by a panel of physicians from related specialities and includes details such as dosage forms and drug strengths. The objective of creating a FEHI Drug Formulary is to provide a quick reference for physicians, nurses and others involved in delivering patient care.

As the universe of medications available is vast, clinicians can benefit from a document that serves as a guideline for drug product selection and drug usage. The development, maintenance and improvement of the document are evolutionary and require constant attention. The Drug Formulary has been put together in the form of a convenient pocket book that clinicians can carry with them for instant reference. It is also available in soft copy format.

Fortis Mulund launches 'National Trauma Life Support' programme to train emergency caregivers



(L-R) Faculty members Dr Kedar Toraskar, HOD-Emergency Medicine & Critical Care, Wockhardt Hospital (Mum), Dr Khusrav Bajan, HOD-Emergency Medicine & Critical Care, Hinduja Hospital (Mum), Dr Sandeep Gore, HOD-Emergency Medicine, Fortis Hospital Mulund & Course Director, NTLS, Dr Shweta Tyagi, Consultant-Emergency Medicine, HN Reliance Foundation Hospital (Mum), Dr Sameer Rathi, Consultant, Emergency Medicine, Kokilaben Dhirubhai Ambani Hospital (Mum) & Dr Nitin Jagasia, HOD-Emergency Medicine, Apollo Hospital, Navi Mumbai at the NTLS programme



Dr Sandeep Gore and the NTLS faculty members are joined by Fortis Hospital, Mulund's Dr Rahul Pandit, Director-Critical Care & Dr Hasmukh Ravat, Senior Interventional Cardiologist & HOD-Cardiology, alongside Dr Ramesh Punjani, President, Indian Medical Association (Mulund) at the lamp lighting ceremony

Fortis Hospital, Mulund, launched the 'National Trauma Life Support' programme, a training initiative aimed at doctors involved in Emergency Care and Acute Trauma Care, in association with the Society for Emergency Medicine India (SEMI). The programme was launched by Dr Sandeep Gore, HOD-Emergency Medicine, Fortis Hospital, Mulund, who is the Director of this programme, in the presence of Dr S Narayani, Zonal Director, Fortis Hospital, Mulund. Dr Ramesh Punjani, President, Indian Medical Association (Mulund) was the guest of the honour.

The programme is accredited by the Maharashtra Medical Council for three Continuing Professional Development (CPD) credit points and is endorsed by the Association of National Board Accredited Institutes (ANBAI), Association of Healthcare Providers (AHP) and SEMI. The initiative will help train doctors in the management of polytrauma patients and extend Golden Hour care.

Hiranandani Hospital, Vashi-A Fortis Network Hospital, unveils Alair System to deliver Bronchial Thermoplasty treatment - a first of its kind in Western India



L) Dr. Prashant Chhajed, HOD-Respiratory Medicine & Interventional Pulmonologist, (3rd L) Mr Sandeep Guduru, Facility Director (4th L) Dr Preyas Vaidya, Consultant Pulmonologist at the lamp lighting ceremony

Hiranandani Hospital, Vashi-A Fortis Network Hospital, has procured the state-of-the-art Alair System, used to conduct Bronchial Thermoplasty, a procedure used to treat patients of severe asthma to help open their airways. Dr Prashant Chhajed, HOD-Respiratory Medicine and Interventional Pulmonologist and Mr Sandeep Guduru, Facility Director, Hiranandani Hospital, inaugurated the system. Speaking on the occasion, Dr Chhajed said, "Majority of the patients with Asthma can control their symptoms with medications. However, some patients continue to have severe symptoms despite being on proper medications. Bronchial Thermoplasty, in such cases, will help adult patients have better control of their Asthma."

Patients with severe asthma undergo comprehensive screening, to identify and treat modifiable factors responsible for poor Asthma control. Subsequently, such patients undergo Bronchial Thermoplasty which uses radio-frequency controlled energy to shrink the bronchial muscles.

Milestones

Fortis BG Road, Bengaluru, celebrates 13th anniversary



Clinicians and staff members participating in the anniversary celebration activities

Fortis Hospital, Bannerghatta Road, Bengaluru, celebrated its 13th anniversary on July 22, 2019. As part of the anniversary celebrations, an engagement activity was conducted. A photo collage wall was later put up, displaying pictures of all the doctors, employees, patients and nursing staff, who had actively participated in the activity.

The hospital began its operations in 2006 and is proud to be associated with 3 million happy patients. Fortis BG Road has established itself as the go-to multi-speciality for superlative care in the field of Cardiology, Cardiac Surgery, Orthopaedics, Neurology, Neurosurgery, GI and Minimal Access Surgery (MAS), Urology, Robotic Surgeries, Organ Transplant and Cancer Care.

Clinical Excellence

Rare, plum-sized cyst removed from 12-year-old's heart at Fortis BG Road, Bengaluru



Hydatid cysts that were removed successfully

A team of doctors led by Dr Vivek Jawali, Chief Cardiothoracic and Vascular Surgeon, Chairman, Department of Cardiovascular Sciences, Fortis Hospitals, Bengaluru and Dr Nischal Rajendra Pandya, Paediatric Cardiac Surgeon, Fortis Hospital, Bannerghatta Road, Bengaluru, conducted a rare surgery to remove a plum-sized cluster of 160 cysts from the heart of a 12-year-old Iraqi boy. The cluster of Hydatid cysts measured 5x4 cms.

Hydatid cyst or hydatid disease is a rare parasitic infection occurring mainly in the livestock rearing areas of the world. Animals like sheep are intermediate hosts and dogs are definite hosts. Humans are an aberrant intermediate hosts. On entering humans, the parasite migrates from the gut and usually reaches the liver and the lungs. However, in this case, the infection had reached the heart and formed a cyst.

Explaining the procedure, Dr Pandya said, "Cases of intra-cardiac hydatid cysts are uncommon. In this case, the parents of the young boy had brought him with

complaints of chronic cough and fever. The CT scan from Iraq showed the presence of a globular intra-cardiac mass. On further investigation, we confirmed the presence of a plum-sized intra-cardiac cystic lesion with multiple echogenic (tissue that reflects sound waves, thus producing echo patterns that can be detected through ultrasound test) cysts within. It was a complicated surgery as there were high chances of the cysts bursting and spreading in the entire body. We made sure that the body cavities were packed with hypertonic saline (a strong sterile solution of salt water) in order to avoid contamination. The cysts were then carefully removed. The surgery took four hours and the patient withstood the procedure well."

Dr Jawali added, "There are certain diseases that do not show any signs or symptoms but require utmost precaution. Similarly, hydatid cysts are parasitic infestation which can reach a human being through the faeces of the hosts like dogs. In this case, the boy was known to have contact with sheep and dogs through which it was transmitted. People should be aware of the diseases, the modes of transmission, its hosts and the method of precaution."

Special Feature



Glimpses of World Heart Day celebration across Fortis facilities



Fortis Escorts Heart Institute, New Delhi



Fortis Hospital, Kalyan



SL Raheja Hospital, A Fortis Associate, Mahim



Hiranandani Hospital, Vashi, (A Fortis Network Hospital)



Fortis Hospital, Mulund



Fortis Hospital, Ludhiana



Fortis Malar Hospital, Chennai



Fortis Hospital, Mohali



Anatomy is the oldest scientific discipline of medicine. The first documented scientific dissections on the human body are carried out as early as the third century B.C. in Alexandria. But people believe that Indians mastered the art long before the world came to know the subject.

Events

National Nutrition Week celebrated at Fortis Hospital & Kidney Institute (FHKI), Kolkata



Game activity



Food carnival



Session on 'Fuel Good to Feel Good'



'Laugh Therapy' session



Mr Gurvinder Singh, Facility Director, FHKI and Fortis Medical Centre, Kolkata, looking at the display of posters

Fortis Hospital & Kidney Institute (FHKI), Kolkata, celebrated 'National Nutrition Week' recently to highlight the importance of nutrition for optimal health. The programme was inaugurated by Dr Shivaji Basu, Director-Urology & Mr Gurvinder Singh, Facility Director, FHKI and Fortis Medical Centre, Kolkata.

During this week-long celebration, a workshop on 'Fuel Good to Feel Good' was organized, which was attended by 3rd Year B.Sc (Nutrition) students of S.A. Jaipuria College, Kolkata, followed by a Diet Consultation Camp at the OPD counter. Special lunch was served to all the admitted patients. Mailers with diet tips were circulated. On the following days, a 'Food Carnival' was organized for the employees and a poster competition on the theme, 'Kitchen Garden' was held. It was adjudged by Dr Arup Ratan Dutta, Director-Nephrology and Mr Gurvinder Singh.

Fortis Bannerghatta Road, Bengaluru, conducts workshop on fall prevention for senior citizens



Senior citizens at the session



Senior citizens at the Physiotherapy session



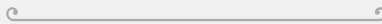
Lamp lighting ceremony at the session



Dr. Murali Charavarthy moderating the panel discussion

Fortis Hospital, Bannerghatta Road, Bengaluru, conducted a workshop on fall prevention as part of community awareness. The event was aimed at spreading awareness among senior citizens and caretakers with an aim to prepare a healthier future. Dr Chandran Jnanamuthu graced the workshop as Chief Guest whilst Dr Murali Chakravarthy designed and moderated the session. Dr Mohan K Puttaswamy, Dr Satish Satyanarayana, Dr Sheela Chakravarthy and the Fall Prevention Team from the hospital were part of the event.

The panel discussion by the doctors focused on fall prevention techniques and preventive measures. Body strength development session was conducted by physiotherapists. More than 80 participants, who benefited from the sessions were given tips on correct body balance through exercise and health instructions.



Fortis Hospital, Ludhiana, organises workshop on mechanical ventilation

The Department of Critical Care Medicine at Fortis Hospital, Ludhiana, comprising of Dr Vinay Singhal, Additional Director & HOD - Critical Care Medicine, Dr Sumeet Kumar Jhingan, Consultant - Critical Care Medicine and Dr Sushil Gupta, Senior Consultant - Pulmonology, organised a Mechanical Ventilation Workshop for doctors working in Intensive Care Units (ICUs) and Emergency. The workshop was organised as a pre-



Faculty of Mechanical Ventilation Workshop along with Dr Pinak Moudgil, Zonal Director, Fortis Ludhiana & Amritsar, and Dr Gurbir Singh, Regional Medical Director, Fortis Hospitals

conference event on the sidelines of the Punjab Critical Care Update 2019, a regional conference of Critical Care physicians. The conference was organised in association with the Punjab chapter of the Indian Society of Critical Care Medicine and the Ludhiana Society of Critical Care Medicine.

More than 100 medical professionals from North India participated in this event. ICU is now becoming a place for integration of various specialists for ensuring better outcomes of critically ill patients. The workshop aimed at sharing basic and advanced knowledge about the ever-changing technological aspects of ventilators used in critical care and their optimal utilisation for attending to critically ill patients. Stress was placed on practical aspects of using ventilators in ICUs and real-life scenarios were simulated to enable the participants to better appreciate the critical concepts and incorporate these in their daily practice.

Over 130 delegates participate in Fortis Third Annual Psychology Conference of Dept of Mental Health & Behavioural Sciences



Dr. B. Keshav Rao, Dr. Samir Parikh and Dr. Puneet Dwevedi awarding Aishwarya Srinivasan for her Best Paper



A Panel Discussion on the Psychosocial Lens

The Fortis Third Annual Psychology Conference by the Department of Mental Health and Behavioral Sciences was held from 13th to 15th September 2019, with an attendance of 130 delegates and 45 submissions of research papers finding their presence at the platform.

Being inaugurated by Air Marshall Dr. B. Keshav Rao, Medical Director, Fortis Healthcare, who highlighted the importance of recognising mental health and its role in our country. As an endeavour to encourage young researchers' efforts, Aishwarya Srinivasan from the University of Oxford, UK, was bestowed with the Bharat Panchal Award for Excellence in Psychological Research, for her submission titled "Imitate or Innovate: An exploration of cumulative cultural evolution across individualistic and collectivistic cultures".

Some of the eminent experts who addressed the delegates at the conference included Dr. Joshua K. Pritchard (Florida Institute of Technology), Prof. Mariya Jilinskaya-Pandey (Jindal School of Liberal Arts and Humanities), Dr. Fouzia A. Shaikh (Aligarh), Dr. Preeti Kapur (Delhi University), amongst others, with special segments including Expressive Arts Based Therapy to Heal Trauma.

Fortis Anandapur, Kolkata, celebrates World Breastfeeding Week



Dr. Sumita Saha-Consultant Paediatrician at Fortis Hospital Anandapur taking a training session on Breastfeeding with the nurses



Sister Doli Biswas, Chief Nursing Officer at Fortis Hospital Anandapur, handing over a gift to a mother

Fortis Hospital, Anandapur, Kolkata, celebrated World Breastfeeding Week by organising events, aimed at spreading awareness about breastfeeding among new mothers and nursing staff. Ribbon cutting by Consultant Paediatricians, Dr Sumita Saha and Dr Nicola Flynn in the presence of Sister Sathya Anand Kumar, Deputy Chief Nursing Officer marked the official opening of the event. Educational session for new mothers on the 'Importance of Breastfeeding' was conducted by neonatal care nurses. The week saw events like Continuing Nursing Education sessions by Dr Sumita Saha aimed at sharing breastfeeding techniques. A session for nurses titled, 'Positive Effects of Breastfeeding on Mother and Child,' was also held.

Fortis Hospital, Anandapur, Kolkata, celebrates Infection Surveillance Week



Lamp lighting session to launch Infection Surveillance Week at Fortis Anandapur in the presence of Mr Samir Singh-Zonal Director at Fortis Healthcare, Sister Doli Biswas-Chief Nursing Officer at Fortis Anandapur, Captain Nivedita Ganguly and Dr Sraboni Chakraborty, Head of Laboratory at Fortis Anandapur

Fortis Hospital, Anandapur, Kolkata organised a week-long programme on Infection Surveillance to share knowledge of good practices. A workshop on 'Prevention of Parent to Child Transmission of HIV (PPTCT)' was organised, which was attended by 50 participants from six multi-speciality hospitals. The workshop was conducted by Dr Suman Ganguly, Consultant of PPTCT and Mr Souvik Ghosh, Trainer from West Bengal National AIDS Control Organisation (NACO). Dignitaries from Global Fund-HIV & TB, Ms Rebecca and Mr Darawn from Geneva also graced the occasion along with Mr Samir Singh, Zonal Director at Fortis Healthcare, Dr Arindam Chakraborty, Infection Control Officer and Dr Bhaskar Narayan Chowdhury, Advisor - Infection Control. The participants received a certificate permitting them to offer basic counselling for HIV patients.

The following days saw an online spot quiz on Infection Control attended by nursing staff, an informative session on Biomedical Waste Management conducted by Infection Control Team, interactive sessions with Dr Rohit on 'Needleless Devices to Prevent Infections,' and with Dr Basab Bijoy Sarkar on 'Prevention of Catheter-Associated Infections' and finally a session on Anti-microbial Stewardship by Dr Sibabrata Banerjee, Internal Medicine Consultant. The final day had an audit on Hand Hygiene followed by an on-spot quiz for doctors, nurses, technicians and housekeeping staff with an aim to sensitise all healthcare workers about good infection prevention and control practices and their outcome.

Fortis Hospital, Noida, conducts workshop on natural birthing



Dr Mahima delivering a talk



Dr Anjana delivering a talk

Fortis Hospital, Noida organised a workshop on natural birthing recently to raise awareness among would-be parents. Dr Anjana Singh, Head, Dept of Obs & Gynecology, Fortis Hospital, Noida, and Dr Mahima Bakshi, a renowned celebrity fitness and Mother and Child Wellness Consultant, delivered talks to participants on the benefits of natural birthing. 29 couples participated in this interactive programme where Dr Anjana delivered a talk on a happy pregnancy where as Dr Mahima delivered talk on natural birthing and demonstrated exercises for a healthy delivery.

Fortis BG Road, Bengaluru, conducts awareness building activities to mark World Breastfeeding Week



Activities being conducted as part of World Breastfeeding Week

To mark World Breastfeeding Week, Fortis Hospital, Bannerghatta Road, Bengaluru, undertook a series of activities to create awareness on the need for breastfeeding in keeping with this year's theme, "Empower parents, enable breastfeeding". A session for members associated with different hospitals and nursing homes on 'infant and young child feeding' was held, apart from a special training session for rural health workers. Fortis also joined hands with Food & Nutrition Board of India and conducted a state level symposium for government officials.

Around 150 nurses were trained by Mrs Joyce Jayaseelan, Lactation Consultant at Fortis Hospital, Bannerghatta Road, on breastfeeding. Slum dwellers of neighbouring areas were also educated about the importance of breastfeeding. Dr Hariram, Director, Neonatologist and Paediatrician, Fortis Hospital, Bannerghatta Road, said, "There is lack of awareness about breastfeeding in the country. Therefore, we took up this initiative to educate new mothers on the need for exclusive breastfeeding for the first 6 months after birth along with complementary food till 2 years of breastfeeding."

Fortis Mulund holds blood donation camp, collects record 144 units



Blood donation drive underway at L&T Infotech and L&T Technology Services, Airoli

Fortis Hospital, Mulund, hosted a blood donation drive at L&T Infotech and L&T Technology Services, Airoli, as part of the World Blood donation Awareness month celebration. Organised by teams from Community Connect and Corporate-TPA, the drive helped collect 144 units of blood, breaking its own record of having collected 125 units of blood in a single camp. The importance of blood donation was also explained to the participants. Ms Rashmiprabha Mahapatra from the Community Connect Team, headed by Dr Ashutosh Pandey, and Priya Sawant from the Corporate Sales team, enabled this camp.

Over 300 professionals participate in 5th Annual International ECMO Conference, ECMOASIA'19, organised by Fortis Memorial, Gurugram



Delegates attending the ECMO conference: ECMOASIA'19

Over 300 clinicians, students and other healthcare professionals including perfusionists and nurses attended the 5th Annual International ECMO Conference, ECMOASIA'19, organised by the Department of Critical Care Medicine, Fortis Memorial Research Institute (FMRI), Gurugram. The academic content was enriched by several national and international experts in the field, who spoke on various aspects of Extra Corporeal Membrane Oxygenation (ECMO). Hands-on workshops for doctors, perfusionists and nurses were also held during the conference.

The Department of Critical Care Medicine, Fortis Memorial Research Institute, Gurugram, also announced the formal launch of its 'Mobile ECMO' programme to facilitate the delivery of ECMO therapy in distant areas.

Around 250 people attend half day-long camp organised by Fortis Noida to mark World Hepatitis Day

Fortis Hospital, Noida, conducted an awareness initiative to educate people about viral hepatitis as part of its efforts to mark World Hepatitis Day. The initiative was led by Dr Ajay Bhalla, Director and Head, Gastroenterology, Fortis Hospital, Noida. A half day-long health camp was organised, which included a free screening of Hepatitis B and C virus, administration of a dose of Hepatitis B vaccine, complimentary Fibrosan test and consultation for hepatitis positive patients with senior consultants. Around 250 people participated in the camp.



Mr. Hardeep Singh, Zonal Director, Fortis Hospital, Noida and Dr. Ajay Bhalla, Director & Head, Gastroenterology, Fortis Hospital, Noida along with his team

Dr Bhalla said, "Hepatitis hinders or stops the normal functioning of the liver, which is responsible for several critical functions of the body. Types A, B, C, D and E are the five major hepatitis viruses, of which types B and C cause chronic disease in a large number of people and are the most common causative agents of liver cirrhosis and cancer. Fibrosan can provide us with an idea of the damage to the liver up to some extent. It is imperative for health professionals and organisations to practice preventive measures which include safe blood transfusion, that is, assuring quality of all donated blood and blood components used for transfusion through screening, avoiding professional blood donors, complete vaccination and other general precautions such as maintaining personal hygiene and appropriate environmental control measures to limit transmission."

Fortis Mulund organises 'Baby's Day Out' as part of World Breastfeeding Week celebrations



New parents with (C) Dr Jesal Sheth, Senior Consultant, Paediatrician & Neonatal Intensivist, Ms Manjusha T, Manager, Mother & Child Health with (extreme right) Dr Sameer Sadawarte, Senior Consultant, Paediatrician & Neonatal Intensivist, Fortis Hospital, Mulund



Ms Lavina Lall, Head-Quality, is joined by Dr Jesal Sheth, Senior Consultant, Paediatrician & Neonatal Intensivist, Dr Sameer Sadawarte, Paediatrician & Neonatal Intensivist & Ms Manjusha T, Manager, Mother & Child Health at the lamp lighting ceremony

Fortis Hospital, Mulund, recently hosted 'Baby's Day Out' event to kick off World Breastfeeding Week celebrations. Through an interactive session, Dr Jesal Sheth, Senior Consultant, Paediatrician & Neonatal Intensivist took new parents through key aspects of parenthood, covering primary aspects of baby care – baby milestones, growth and development, nutrition and sleep patterns, among others. The event concluded with the new mamas along with their babies indulging in 'Kanga Dance' and a photo shoot. The initiative was highly appreciated by the participants, who urged the doctors to host such events frequently.

Fortis Hospital, Noida, organises workshop on Advanced Immunohematology

Fortis Hospital Noida's, Department of Transfusion Medicine organised a workshop on advanced immunohematology. Doctors and technicians from Delhi NCR participated in this training workshop on advanced immunohematological practices. This programme was organised in collaboration with Ortho-clinical Diagnostic. The guest of honour Dr Prasun Bhattacharya, Professor - Transfusion Medicine from Kolkata Medical College, graced the occasion.



The guest of honor was Dr. Prasun Bhattacharya, Professor Transfusion Medicine from Kolkata Medical College along with Dr. Seema Sinha, Head, dept of Transfusion Medicine, Fortis Hospital, Noida along with the delegates of the program

Fortis Escorts Heart Institute, New Delhi, organises breast feeding awareness programme for lactating mothers



Team Nursing giving demonstrations as part of the breast feeding awareness programme



Fortis Escorts Heart Institute, New Delhi, recently organised a breast feeding awareness programme to encourage breast feeding, as part of World Breast Feeding Week 2019. The theme for the event was 'Empower parents, enable breast feeding.' The Nursing Team educated lactating mothers regarding the correct technique of breast feeding and counselled them about the importance of breast milk for infants and the precautions needed to be taken while bottle feeding.

Give me a Break, please !



A young woman went to her doctor complaining of pain.

"Where are you hurting?" asked the doctor.

"You have to help me, I hurt all over", said the woman.

"What do you mean, all over?" asked the doctor, "be a little more specific."

The woman touched her right knee with her index finger and yelled, "Ow, that hurts." Then she touched her left cheek and again yelled, "Ouch! That hurts, too." Then she touched her right earlobe, "Ow, even THAT hurts", she cried.

The doctor checked her thoughtfully for a moment and told her his diagnosis, "You have a broken finger."

A doctor and his wife were having a big argument at breakfast.

"You aren't so good in bed either!" he shouted and stormed off to work.

By midmorning, he decided he'd better make amends and phoned home. After many rings, his wife picked up the phone.

"What took you so long to answer?"

"I was in bed."

"What were you doing in bed this late?"

"Getting a second opinion."

A man speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart!"

"Is this her first child?" the doctor queries.

"No, you idiot!" the man shouts. "This is her husband!"

A Little Extra Care

Fortis Healthcare contributes Rs 1 Crore to the Chief Minister's Relief Fund, Assam, for the flood affected

Fortis Healthcare Limited has donated a sum of Rs 1 crore to the Chief Minister's Relief Fund, Assam, to support and aid rehabilitation efforts by the State Government for flood-affected victims. A team from the healthcare group, led by Ms Jasrita Dhir, Head, Corporate Social Responsibility, Fortis Healthcare, met the Hon'ble Chief Minister of Assam, Shri Sarbanand Sonowal in New Delhi and presented a cheque to him, whilst reiterating our Company's commitment to the cause of public health.



Fortis team led by Ms Jasrita Dhir, Head CSR and Mr Tituraj Kashyap Das from Team Corporate Communications handing over the cheque to Honourable CM, Shri Sarbananda Sonowal

to him, whilst reiterating our Company's commitment to the cause of public health.

According to the Assam State Disaster Management Authority (ASDMA), severe floods have affected 10 out of 33 districts in the State and as per news reports, almost 50 lakh people have been affected. According to latest data, the total death toll has risen to 91. The most affected districts are Darrang, Barpeta, Chirang, Morigaon, Nagaon, Hojai, Jorhat and Cachar. Although with waters receding now and people are gradually returning to their homes, thousands of people are still lodged in relief camps.

Toon characters cheer up paediatric patients at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi



Blood donors receiving their appreciation cards, at the conclusion of the camp

Every week for the past three months, a group of popular toon characters have been coming to life at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, much to the delight of paediatric patients and their care givers. Donald Duck, Mickey Mouse, Doraemon and others play with the children, crack jokes and make the children forget their pain or anxiety. The 'characters' spend time with patients and their attendants in Day Care, OPD, Paediatric OPD, IPD and other areas. The activity is of therapeutic value and such activities are used all over the world to aid recovery.

Ms Mangla Dembi, Facility Director, Fortis Vasant Kunj, said, "We have been doing this weekly activity for the last three months. We are receiving very positive feedback from OPD and IPD paediatric patients and their families, which gives us an extra impetus to carry on such innovative activities."

Inspiring story



Fortis teams at Kalyan and Mulund collaborate to ensure uninterrupted care of ICU patients despite heavy rains

Teams from Fortis Hospital, Kalyan, and Fortis Hospital, Mulund, went beyond their call of duty, working round the clock, wading through waist-high waters to ensure patient evacuation and stabilisation of in-house patients. Incessant rains lashed Mumbai in the past weeks. Kalyan was impacted immensely, leading to water logging near the hospital. Power supply was impacted too. The doctors, nurses and paramedical staff worked round the clock with the help of back-up generators. However, with water levels rising, the administrators and doctors took a collective decision to shift three patients from the ICU at Fortis Kalyan to Fortis Hospital, Mulund, so that their intensive care is not impacted.

Emergency Response Team was dispatched from Fortis Mulund to help with patient evacuation at Fortis Kalyan. Fortis ambulances were made available immediately. Paralelly, boats were made available, so the patients could be moved to an elevated area and then moved into ambulances for transit. Teams from National Disaster Response Force (NDRF), Police, Traffic, Fire Dept., Kalyan Dombivli Municipal Corporation (KDMC), Life Jet Ambulance Services and JP Resort, enabled safe and rapid evacuation of these patients. With adequate medical supplies, fuel supplies and back-up generators, the medical and administrative teams continued to care for the patients admitted in the wards. All the patients, including those that were shifted, are stable and recuperating well.

Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, who liaised with the internal and external teams to ensure patient safety, said, "We would like to thank families of the patients admitted with us during the trying times; their faith in us was overwhelming. I am honoured to have worked alongside a dedicated team of doctors, nurses and administrative staff that worked round the clock to ensure that our patients were stable and comfortable. NDRF, KDMC, Traffic and Police authorities helped us immensely. Medical and administrative teams at Fortis Hospital, Mulund went beyond their call of duty to extend support, for which, I am extremely thankful. Our teams ensured patient care continues despite challenges in and around the hospital, and lived up to our values of patient centricity."

Kalyan Team:

Devendra Chandwadkar (Chief Maintenance Engineer) and his team comprising of Lokesh Karhade, Pushkar Dixit, Omprakash Chauhan

Mini John (Chief Nursing Officer) and her team comprising of Sr. Pratibha Shimpi, Sr Shermily Jose, Sr Adithya C.P, Sr Archana VS, Sr Archana Desai, Sr Sneha Raju, Sr Sonia Davis & Sr Ragini Vasave

Emergency Medicine team comprising of Dr Shashibhushan Kushwaha ER, Dr Rasika Fadale, Dr Bhagyashree Dhage & Dr Subhash Yadav

Dr Sumedh Kirdak, Intensive Care

Priti Mishra (Head-Patient Experience), Priyanka Thakur (Head-Quality), Naresh Bharadwaj (Sales & Marketing), Aakanksha Jadhav (Chief Biomedical Engineer), Kushal Srivastav (Finance) & Nitin Modhave (CSSD)

Chandrakant Gadhave (Chief Security Officer) and his team comprising of Vijay Singh, Ganesh Jagtap, Gaurav Patil, Nilesh Patil & Gayatri Parab

Housekeeping team comprising of Datta Gaikar, Nitin Wadhvinde & Subhash Sakhar

Mulund Team:

Dr Sandeep Gore (HOD-Emergency Medicine) and his team comprising of Dr Vivek Solapure, Dr Bharat Patidar, Prince George, Nurse Incharge, Faizal CI, Jerin VJ & Md. Anas

Sales team comprising of Chetan Surani & Arvind Patil

Roopesh Nimbalkar (Chief Safety Officer)

Security Officers Ashok Bhujbal & Vijay Surve

Ganesh Waghmare, Chief Maintenance Engineer

Housekeeping team comprising of Ganesh Katke, Anil Kadam, Sandip Ingale & Sudesh Vishawasrao



Patient from the ICU being shifted into the ambulance



Team from Fortis Hospital, Mulund



Team from Fortis Hospital, Kalyan



(c) Chief Guests Dr. S. Narayani, Zonal Director, Fortis Hospital, Mulund, Kalyan & Hiranadani Hospital, Vashi and Hon. Yashwant Chavan, Senior Police Inspector, Kalyan are joined by Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, at the felicitation ceremony

Awards and Accolades

Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, receives NABH Ethics Committee accreditation



(R-L): Dr Tapan Ghose, Head, Department of Clinical Research, Fortis Vasant Kunj, Dr Saumya Ahuja, Medical Superintendent, Fortis Vasant Kunj, Mr Sajad Sultan, Legal Expert, Ethics Committee, Dr Indira Baptista Gupta, Social Scientist, Ethics Committee, Mr Alok Gupta, Vice-Chairperson of the Ethics Committee, Dr Gurinder Bedi, Member Secretary, Ethics Committee, Dr Devesh Gupta, Basic Medical Scientist, Ethics Committee, Ms Namrata Misra, Lay Person, Ethics Committee, Dr Mugdha Tapdiya, Clinician, Ethics Committee, Kritie Chauhan, Ethics Committee Coordinator and Amrita Singh, Clinical Research Coordinator

Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, has received the Ethics Committee accreditation from the National Accreditation Board for Hospitals and Healthcare Providers (NABH) recently. This accreditation is a validation of the standards being followed for the functioning of the Ethics Committee at Fortis, Vasant Kunj. It was a proud moment for the Member Secretary, Dr Gurinder Bedi who has been working dedicatedly for the Ethics Committee for the past four years. The accreditation is a motivation to improve the capability of the Ethics Committee, which has now been registered to conduct ethical research of new as well as ongoing drug trials.

Fortis Mulund's Chief Fire & Safety Officer, Mr Roopesh Nimbalkar, wins prestigious awards

Mr Roopesh Nimbalkar, Chief Fire & Safety Officer, Fortis Hospital, Mulund, was honoured with two awards at the 'Safe India Hero Plus' Awards 2019, which were announced at an event in Mumbai recently. Mr Nimbalkar received the 'Best Fire Fighter & Rescuer' award for his contribution to the Kolhapur flood relief operations that helped save about 150 people and 230 cattle and strays. He also received the 'Special Achievement Award' for disaster management initiatives and efforts to enable Green Corridors across Mumbai to facilitate Heart Transplants. The awards were conferred by the past Chief Fire Officers from Mumbai, Pune and Nasik. Alongside Mr Nimbalkar, about 100 Fire & Safety Officers from across the country were honoured for their excellence in the Fire & Emergency Services



Mr Roopesh Nimbalkar, Chief Fire & Safety Officer, Fortis Hospital, Mulund, with the trophies

Fortis Hospital, Mulund, bags two prestigious international awards for Quality Improvement



Dr S Narayani, Zonal Director, Fortis Hospital, Mulund, Fortis Hospital, Kalyan and Hiranandani Hospital, Vashi receiving the awards at AHMA 2019



AHMA 2019 Best Chief Executive Officer of the year



AHMA 2019 Clinical Service Project

Fortis Hospital, Mulund, won two prestigious awards for Quality Improvement Projects at the Asian Hospital Management Awards (AHMA) 2019 hosted at Hanoi, Vietnam. The winning entries were chosen from over 500 entries from 129 hospitals, across 17 countries. Dr S Narayani, Zonal Director, Fortis Hospital, Mulund, Fortis Hospital, Kalyan and Hiranandani Hospital, Vashi received the awards for Best Hospital CEO: "Pledge to Do right"- Improving Patient Experience and another prize for Best Clinical Service Improvement: 'From outside to in - Prevention of MARS!'.



AHMA 2019 Excellence Award for CEO of the Year



AHMA 2019 Excellence Award for Clinical Service

A team comprising of Dr Narayani, Ms Archana Gupta, Regional Head-Patient Experience and Ms Lavina Lall, Unit Head-Quality, Fortis Hospital, Mulund worked on the entry for Best Hospital CEO: "Pledge to Do right"- Improving Patient Experience, while a team comprising of Ms Lavina Lall, Unit Head-Quality, Ms Minimole Varghese, Chief Nursing Officer, Ms Sherin Chandy, Pain Management Nurse & Ms Mansi Gharat, Incharge-Cardiac PICU, worked on the entry for Best Clinical Service Improvement: 'From outside to in - Prevention of MARS!'.

Fortis Hospital, Rajajinagar, Bengaluru, gets NABH accreditation

Fortis Hospital, Rajajinagar, Bengaluru, has received the coveted National Accreditation Board for Hospitals & Healthcare Providers (NABH) accreditation. The accreditation was awarded after an assessment team reviewed the hospital and observed its efforts towards continuous improvement and commitment to quality healthcare. NABH accreditation is the highest national recognition for hospitals and healthcare institutions, and is widely regarded as an endorsement of safety standards for patients and employees, proper infection control and continued improvement in quality across all aspects of healthcare delivery.



Team Rajajinagar celebrating the NABH accreditation

Dr Ashutosh Raghuvanshi releases 'Laugh & Learn with Dr Samir Parikh,' a comic series for kids



Dr Ashutosh Raghuvanshi releasing the comic series 'Laugh & Learn with Dr Samir Parikh'

The Department of Mental Health and Behavioural Sciences, Fortis Healthcare, under the aegis of the Fortis School Mental Health Programme, has launched its first book on 'Study and Exam Skills', as part of the comic series 'Laugh & Learn with Dr Samir Parikh'. The book was released by Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, recently.

The profusely illustrated book uses a delightful and engaging narration to help youngsters understand how to study, prepare for exams and manage stress during the exam time. The series has been conceptualised by Dr Samir Parikh, Director of the Department of Mental Health and Behavioural Sciences and his team members, Kamna Chibber, Divya Jain and Mimansa Singh.

01. Dr Ashutosh Raghuvanshi awards prizes to National Champions of Psych-ED 2019



Winners receiving the trophy from Dr Raghuvanshi

Maharishi International Residential School, Chennai was declared the winner of Psych-ED 2019, the National Psychology Quiz for Schools held at Fortis Memorial Research Institute, Gurgaon.

The other national finalists were The Shri Ram School, Aravali (Gurugram), Delhi Public School (Chandigarh), Seth MR Jaipuria School (Lucknow), DAV Model School (IIT Kharagpur), and Navy Children School (Mumbai).

Dr Raghuvanshi congratulated the teams and spoke encouraging words to the students, praised them for their efforts and talked about the commitment of Fortis Healthcare to work towards the well-being of future young generations in times to come. Dr B. Keshav Rao, Mr Sanjay Sinha and Dr Ritu Garg also felicitated the winning teams.

Dr Shrinivas Narayan of Fortis Hospital & Kidney Institute, Kolkata, honoured with 'Inspiring Urologist' award by Economic Times

Dr Shrinivas Narayan, Director – Urology, Fortis Hospital & Kidney Institute, Kolkata, has been honoured with the 'Inspiring Urologist' title by Economic Times, a reputed pan-India business daily. Dr Narayan is one of the 12 urologists across the country to be recognised for their inspiring work and contribution to the field of Urology. The award was presented in the presence of Ms Kiran Bedi, Governor of Puducherry.



Dr Shrinivas Narayan, Director – Urology, Fortis Hospital & Kidney Institute, Kolkata, receiving the 'Inspiring Urologist' award



The Award

Deepak Negi of Corporate Office, Gurugram, wins two Golds and a Silver at European Masters Games 2019, Italy



Deepak Negi at the European Masters Games 2019 at Torino, Italy

Deepak Negi of the Corporate Office Finance Team has made the country and Fortis proud by winning two Golds and a Silver at the European Masters Games 2019, held at Torino, Italy. Deepak won a gold medal each in long jump and in 110 meters hurdle, and claimed a silver in triple jump. With this sterling performance, he now has 23 international medals to his credit. Besides, Deepak is now ranked No. 1 in long jump as per the World Masters Games Ranking.

At the games in Italy, he broke his previous international long jump record of 5.91 meters by jumping 5.93 meters and completed the 110 meters hurdle in 19.21 seconds, claiming Gold in both the events. Deepak's 11.69 meters triple jump gave him a Silver.

Dr Trupti Rathod of Hiranandani Hospital, Vashi-A Fortis Network Hospital, honoured with prestigious Lokmat Sakhi Sanman Award

Dr Trupti Rathod, Head-Medical Services, Hiranandani Hospital, Vashi-A Fortis Network Hospital was honored with the prestigious Lokmat Sakhi Sanman Award for outstanding work in the field of Healthcare. Dr Pallavi Darade, Commissioner Food & Drug Administration, Maharashtra was the chief guest. Actress Aditi Govitrikar and author Ms Vijaya Vad graced the occasion.



Dr Trupti Rathod, Head-Medical Services, Hiranandani Hospital, Vashi-A Fortis Network Hospital holding up her Lokmat Sakhi Sanman Award, for outstanding work in the healthcare category.

More than 45 couples participate in mega antenatal workshop organised by Fortis Hospital, BG Road, Bengaluru

NEST (Dept. of Mother & Child Care at Fortis Hospital, BG Road, Bengaluru) organised a mega antenatal workshop recently. More than 45 couples attended the event and received valuable guidance. The session commenced with a discussion on 'General Concerns about Pregnancy' by Dr Gayatri Kamath, Consultant, Obstetrics and Gynaecology, Fortis BG Road. The second session was on 'Types of Deliveries & Pain Management,' which was led by Dr Anu Sridhar, Consultant, Obstetrics and Gynaecology, Fortis BG Road. The session also focused on pregnancy diet, fitness and Lamaze classes. The session was highly interactive and was appreciated by the participants. The aim of the workshop was to address concerns and build confidence of the would-be parents whilst preparing them for a positive birth experience. Antenatal classes help expecting couples to prepare for labour, birth and early parenthood.



Dr. Anu Sridhar addressing the gathering

Sorry Brother, I have noted down full history of your disease, but am unable to read my handwriting



Dear Fortisians – We are delighted to share with you a new feature, which chronicles the lives of our clinicians. We find their stories truly inspiring and we hope that you too will enjoy learning more about them.

Know our Clinicians



Dr Raja Dhar,
Director, Pulmonology,
Fortis Hospital,
Anandapur, Kolkata

I was born in Kolkata and did my schooling and Medical training from here. I was brought up in a middle class Bengali household

even though both my parents were brought up in Northern India. My dad was from Agra and did his Engineering training from Jabalpur. He was then posted to Delhi where he met my mum and thereafter got married. Hence the environment at home was very cosmopolitan and I still speak to my dad in Hindi!

I was an avid Sports enthusiast from my childhood and represented India in Junior and sub-junior Badminton. I also represented the College in Cricket. During my school and college days I used to be an avid quizzer and a debater. This still stands me in good stead when I do the National Respiratory Quiz for Post Graduate trainees at our National Conference NAPCON. I also like Public speaking and besides doing lectures and teaching in my own specialty, I also do 'Motivational lectures' for youngsters across Specialties like Management trainees, Engineering studies and in other Humanities streams.

After completing my MD, I left for the UK for further education. I did the Licensing exam (PLAB) and then started my training in Medicine, Pulmonology and Intensive Care. I completed my MRCP in the interim. Understood that to get in coveted Specialist Registrar training program I would need an extra edge over the local graduates. Hence, I did other courses like doing an MSc in Evidence Based Medicine from Teeside University.

I was lucky in getting a plum Consultant job offer from St James University Hospital in Leeds which was focused on Lung Cancer and Interventional Pulmonology.

I had however planned to come back to India after my training. I always felt I could contribute far more

meaningfully being in India rather than working in the UK long-term. In the meantime I had also got married and my wife had done a Masters in Social work. She was very unwell during her stay in the UK and these were stressful times for us. However, we also liked traveling and seeing new places and we travelled a fair bit when she was well.

I came back to India in Dec 2008 and started working in Apollo Gleneagles in Kolkata from Jan 2009. Even though I was a green horn as far as practice in India was concerned, I was well supported and built up my own practice and reputation in the next one year.

Fortis came up with a new hospital in Kolkata in 2010 and I was presented with the opportunity of building up a State-of-the-Art Respiratory Department.

I head a Department now which has the tag of 'Centre of Excellence' for Pulmonology across all Fortis hospitals in India. We have a State-of-the-Art Unit for Interventional Bronchoscopy, Airways disease and Lung function tests, Sleep disorders and Sleep studies, etc.

As the Indian Representative to the European Respiratory Society (ERS) I have managed to build bridges for the Young Indian Pulmonologists to train in Europe as a part of joint Fellowship programs with the ERS.

Time has become a challenge just now. I still miss the weekends during my stay in the UK when I had ME time and could indulge in my hobbies. Now most weekends are spent traveling around the country and teaching in various capacities. However, there is a lot of satisfaction too. Hopefully we are making a difference.

I am thankful to the Fortis family for all their support and understanding and in building up the Department of Pulmonology at Fortis Anandpur. I have miles to go before I sleep. I look up to all my seniors in various specialties who have done so much to improve healthcare in the country. I hope we can work as a team to 'make a difference'.





Dr (Brig) Pankaj Puri is the Director of Gastroenterology and Hepatology at the Fortis Escorts Liver and Digestive Diseases Institute, Okhla, New Delhi. He is an Alumnus of Armed Forces Medical College, Pune. Dr Puri completed his MD (Medicine) from Pune University and DM (Gastroenterology) from PGIMER, Chandigarh. He has done fellowship in Liver transplant at London, UK. He served in the Armed Forces for around 30 years during which he was the Head of Department, Gastroenterology and Hepatobiliary Sciences, at the Army Hospital (Research & Referral), New Delhi, where he was instrumental in development of a successful liver transplant program. He has also held the appointment of Professor and Head of Internal Medicine at Armed Forces Medical College Pune. He is currently serving as the treasurer in Governing Council for Indian National Association for study of Liver.

Dr Puri's wife is an eminent Geneticist and is the Chairperson of the Institute of Medical Genetics & Genomics at the Sir Ganga

Dr Pankaj Puri

Director,
Gastroenterology & Hepatology,
Fortis Escorts Liver & Digestive Diseases Institute (FELDI)
Fortis Escorts Hospital, New Delhi

Ram hospital in New Delhi. They have two son's studying in the USA. The elder son is doing an MBA at the Booth School of business, university of Chicago, while the younger son is pursuing a Masters in Fine Arts in Film production at Dodge College of Film and Media Arts at the Chapman University in Orange County.

Dr Puri is an avid cyclist and has taken part in many cycling challenges including Pune to Goa ride, the Thaar cycling challenge at Jaipur, the Tour of Niligiris and the Pune Triathlon. His other hobbies include reading, swimming and golf. He also runs along with two other younger gastroenterology team members of the Fortis Escorts Liver & Digestive Diseases Institute who have taken part in the recent Airtel Half Marathon.



Dr Gourdas Choudhuri

Director, Gastroenterology,
Fortis Memorial Research Institute, Gurugram

Dr Gourdas Choudhuri is a gastroenterologist, a social worker, teacher, researcher and a columnist, who has advanced the specialty of Gastroenterology in the India and made seminal contributions in creating and spreading awareness on health issues in the country, especially among school and college students.

After receiving his education and training from prestigious institutions (MBBS from JIPMER Pondicherry, MD (Medicine) and DM (Gastroenterology, 1984) both from AIIMS, New Delhi, and decided to stay back and pursue a career in academic Gastroenterology in India.

He joined the Sanjay Gandhi Postgraduate Institute of Medical Sciences in Lucknow, as a young faculty in 1987, and went on to

train overseas through two international fellowships: JICA fellowship to University of Nagoya, Japan in 1989 and the DAAD fellowship to Germany in 1991, where he subspecialized in the management of hepato-biliary and pancreatic disorders and in therapeutic endoscopy.

He pioneered several areas in Gastroenterology in the country, being the first person to start Endoscopic Ultrasound (EUS) in 1990 and Extra Corporeal Shockwave biliary Lithotripsy (ESWL) in 1994 in India.

Under his leadership of the Department (2002-2012), of Gastroenterology at Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, came to be consistently ranked amongst the top 5 in the country for 10 years (2002-2012). He

played a leadership role in developing liver and digestive health in the country as the honorary secretary (for two terms) and then president of the Indian Society of Gastroenterology.

He is a revered teacher and has over 200 scientific publications, orations and awards to his credit. He has written/edited 9 books,



and has trained over 100 gastroenterology specialists and 5 PhD scholars. In recognition of his achievements, he has been awarded and inducted as a fellow of the American College of Gastroenterology (FACG), Royal College of Physicians of Ireland (FRCPI), Royal College of Physicians of

Edinburgh (FRCP), Academy of Medical Sciences (FAMS) and Indian College of Physicians of India (FICP).

His unique contribution to society has however been in the field of health promotion in India. After a WHO fellowship in Public Health to University of Sydney in 2004, he became one of the first to initiate health promotion in schools in this country in partnership with and technical support from WHO India. He reasoned that if students could be made aware on health issues through innovative methods, they would modify their attitudes and behavior to become healthy citizen of tomorrow.

Dr Gourdas Choudhuri founded HOPE Initiative (Health Oriented Programs and Education, www.hope.org.in), a not-for-profit philanthropic organization in 2004 to create awareness on health issues among school students with the aim of preventing a large proportion of diseases and disability that are caused by lack of knowledge, unhealthy attitudes and faulty practices. HOPE focuses on 10 common health topics such as life style disorders, sanitation, road traffic accidents, substance abuse, bullying, examination stress etc amongst students using a variety of non-didactic participatory approaches, and attempts to send these messages to the student's homes too through the school-to-community approach.

Dr. Choudhuri's insistence on use of innovative and attractive methods to introduce health topics that are generally considered boring by children, has given HOPE a distinctive edge and made its programs hugely popular with students. HOPE has produced 6 documentary movies on topics such as Life style Disorders, Sanitation, Hepatitis B and Examination Stress, improvised group games on topics such as Global Warming, Mosquito related illnesses, and road traffic accidents, and published 2 illustrated books in 6 languages and several information brochures for children and their families.

Under his leadership HOPE Initiative has been cognizant of the dual threats and burden of diseases to Indian school students based on their backgrounds. While malnutrition, sanitation and vector related diseases continue to plague students and their families from socio-economically weaker and semi-rural sections, life-style disorders such as childhood obesity, substance abuse and stress are emerging as major hazards in

urban affluent schools, necessitating research and development of appropriate strategies to tackle them.

HOPE has been a big success story even in small towns of Uttar Pradesh and has touched the lives of over 5 million children of over 6000 schools across 65 districts. It has cut across socio-economic hurdles, and has been hailed as a major achievement by international experts. It has now started operations in NCR and across other states of India. The achievements of HOPE Initiative have featured as the sole example from India in an international book on "Case Studies in Global School Health Promotion" published from USA by Springer.

Dr Choudhuri has been a tireless campaigner for creating awareness on health issues in society. He has written over 600 informative and reflective articles in reputed newspapers impacting the attitude and health practices of the common man.

His research in Gastroenterology has covered several areas: tropical infections, endoscopy, biliary diseases, chronic pancreatitis and liver disorders. He has around 200 publications in national and international journals. He has edited 5 books.

Dr Choudhuri's teaching skills make him a guest faculty in almost all national conferences in gastroenterology; the list of lectures and orations testify to that. He has also been an international faculty in several prestigious international conferences and bodies. He has recently initiated a national course (twice yearly) in Gastroenterology through the national Indian Society of Gastroenterology, called the Gastroenterology Young Masters. It has received overwhelming response from trainees. He has also been inducted as a core faculty in the Train the Trainers program of the World Gastroenterology Organization, the highest international body in the field that teaches teachers across the globe on how to teach and train their trainees. He is also the founder/director of a national course, Gastroenterology Excellence Meet (GEM) for mentoring and guiding young India Gastroenterology consultants in choosing and excelling in their careers.

Dr Choudhuri's role has moved beyond that of an exemplary medical specialist-care giver in Gastroenterology, to that of a unique social worker, using his medical knowledge and skills to improve the health of the nation through school students as ambassadors of change.

On the personal front, Gourdas Choudhuri has been an ardent sportsman, having represented his school and college in hockey, cricket and volleyball. He also has a passion for writing: he has been writing a weekly column called 'Health Adda' for Hindustan Times (HT city Lucknow), for the last 11 years.



He is married to Arundhati – a musicologist of Hindustani Classical music and a teacher of economics and computers. They are blessed with daughter Jui (a postgraduate doctor, now married to Indraneil, and lives in New York), and son Deep (a lawyer, and married to Tanaya) who lives in Mumbai.

Conversation

Meet Ms Sonam Staff Nurse CTVS, ICU Fortis Escorts Hospital, Jaipur



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

I joined Fortis Escorts Hospital, Jaipur, on October 27, 2014 as a fresher nurse on Premium Floor. I was shifted to Adult CTVS ICU in January 2017.

What do you like the most about your work?

Team work and positive work environment at Fortis helped me to grow. Moreover, I feel safe and secure in the hospital and in our Staff Nurses' Hostel. I feel immense pleasure and a sense of satisfaction and happiness whenever a patient recovers and gets discharged with satisfaction.

How has Fortis helped you grow professionally?

I came to Fortis as a fresher nurse without any experience; I learnt everything at Fortis. My good work was recognised and I was given a job enhancement from ward to ICU. In ICU, I learnt all about critical care. Also, there are lot of trainings going on which help me to update my knowledge, all this gives me a sense of accomplishment. From a fresher staff nurse I grew to shift in-charge of the unit during these four years. All seniors, juniors, doctors, patients and relatives are satisfied and happy with my communication and nursing skills.

Also my name appears many times in staff nurses getting highest appreciation list by Patients and Relatives. I have got Appreciation Letter from our COO, Mr Ashish Bhatia and also from our Regional Chief Nursing Officer, Captain Neelam Deshwal.

Any memory that you would like to cherish?

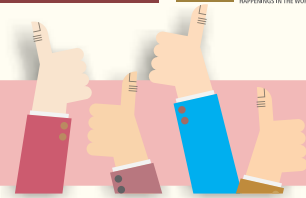
Once a German patient, a 65-year-old female, who came as a tourist in India fell from elephant and got fracture in her spine. She was operated here in our Hospital, and was restricted to bed post-operatively. She stayed on Premium Floor for one and a half month. I cared for her, with our team work she recovered and went back to Germany. She appreciated me and thanked me for all my care. I am still in touch with this very sweet patient.

One more memory which I cherish was caring the renowned Film Actress Hema Malini. I was on night duty when after a road traffic accident, Hema Malini was admitted and operated. She was assigned to me. I felt privileged. For 2 days, she stayed in our hospital. On discharge, I got lot of appreciation from her, her daughter Isha Deol and son Bobby Deol. I felt very proud to be a Fortisian.

*Did
you
know?*

While medical schools were established in Greece in the 6th Century BC, there is general consensus that the first teaching hospital with visiting physicians and scholars from Egypt, India, and Greece was founded at **Gondisapur in present day Iran in 300 AD.**

Wall of Fame



Fortis Escorts Hospital, Amritsar

I want a very well organised outfit. One of those hospitals who have lived upto the reputation of what they were conceptualised for. All doctors, Nurses & the staff are the right blend of positivity, generosity, dedication, warmth & affection that they should be. A proactive staff makes this hospital one of the best that one can look for. Prompt response and a smile on the face of all is what makes "Fortis Escorts", what it is WELL DONE! KEEP IT UP.

A lot of respect was given to us.

Thank you so much.

Appreciated by : **Pt. Colonel Vilas**
Appreciation for : **Entire team of Fortis**



Fortis Escorts Hospital, Amritsar - Appreciation letter

Fortis Hospital, Ludhiana

My wife Kamaljeet Kaur was in very serious condition when I came to Fortis hospital, Ludhiana. Dr. Gursimran Kaur and her team in OT saved my wife's life. After that she stayed in MICU for 2 days and then in MCH ward. I have no words to describe the care and selfless love received from Dr. Gursimran and staff of Fortis hospital. Nursing staff, GDA staff, Food and Beverages department all are very good. I have not seen such care in any other hospital. I thank Dr. Gursimran she is best gynecologist. I will highly recommend this hospital to everyone.

Thank you, Fortis Hospital, Ludhiana for saving my wife's life.

Appreciated by : **Kamaljeet Kaur**
Appreciation for : **Dr. Gursimran Kaur,**
Team Fortis Hospital, Ludhiana



Dr. Gursimran Kaur, Gynaecologist, Fortis Hospital, Ludhiana

Fortis Hospital, Anandapur, Kolkata

My mother was admitted to Fortis Anandapur Kolkata for pacemaker implementation and then for Angioplasty the stay was peaceful and the staff was helpful. Thanks to Dr Shuvanan Roy for the good treatment.

Specially the admission and billing staff and the nurses of female ward . Would specially like to Ms Hetal for making the admission easier and also helping me in getting the print out blood report which I have forgotten to bring along with me.

Appreciated by : **Swapna Dutta**
Appreciation for : **Dr. Shuvanan Roy, Ms. Hetal Ashar and Billing Team , Nursing Team**

Fortis JK Hospital, Udaipur

I am Mahesh Chandra Soni. From last few Months I was in severe pain of slip disc for which I took all kind of Therapy, Ayurvedic & Homeopathic Treatment but all in vain. Only way left was Surgery but for that also I went to so many Hospitals but never got satisfactory answer which caused a sense of fear in me and I got disappointed. Then someone suggested me to meet Dr Amitendu in Fortis. He increased my confidence and I agreed for Surgery. In just 4 Hours my Laproscopic Surgery was done. All staff here is Very Well Behaved.



Mr Mahesh Chandra Soni, patient, along with the Fortisians, Fortis JK Hospital, Udaipur

I Thank All the Staff including JR, Nursing Staff, Ground Staff everyone. Thank You So Much Dr Amitendu you are blessed with Impressive Personality.



Dr Amitendu Shekhar, Fortis JK Hospital, Udaipur

Appreciated by : **Mr. Mahesh Chandra Soni**
 Appreciation for : **Dr. Amitendu Shekhar**

Fortis Hospital and Kidney Institute, Kolkata

Dear Team,

My husband Ashok Sengupta is so much happy and satisfied with the services provided earlier as well as this time that cannot be explained in words. We are so much pleased with the kind of care of care and compassion specially the positivity that can be felt all around and that actually heals up mentally. Each and every staff is so polite and humble and very keen to help both patient as well as their family members. Keep up this spirit to be in this noble profession to serve mankind. God Bless You All.

Appreciated by : **Ashok Sengupta**
 Appreciation for : **Entire Fortis team**



Ashok Sengupta, Fortis Hospital and Kidney Institute, Kolkata

Did you know?

The word hospital originates from the Latin **hospes**, meaning **guest** or **stranger**. It's the root of words such as hospice, hostel, hotel, and hospitality. The word patient comes from **patior**, which is to suffer. Hence a hospital can be interpreted etymologically as a **place where strangers who suffer come to be cared for**.

Photo feature



Glimpses of Independence Day celebration across Fortis facilities



Fortis Hospital, BG Road, Bengaluru



Fortis Hospital, Mulund



Fortis Malar Hospital, Chennai



Fortis Ft. Lt. Rajan Dhall Hospital, New Delhi



SL Raheja Hospital, A Fortis Associate, Mahim



Fortis Hospital, Nagarbhavi, Bengaluru



Fortis Memorial Research Institute, Gurugram



Fortis Hospital, Mohali



Fortis Hospital, Anandapur, Kolkata



Fortis Hospital, Kalyan



Glimpses of Onam Day across Fortis facilities



Fortis Escorts Heart Institute, New Delhi



Fortis Ft. Lt. Rajan Dhall Hospital, New Delhi



Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Memorial Research Institute, Gurugram





Fortis La Femme, New Delhi



Fortis Hospital, Nagarbhavi



Fortis Hospital, Mulund



Fortis Hospital, Rajajinagar, Bengaluru



Hiranandani Hospital, Vashi, (A Fortis Network Hospital)



SL Raheja, A Fortis Associate, Mahim



Trivia

Quiz : Aug - Sept 2019



1. Which Fortis hospital has recently received accreditation of the National Board of FNBE in Minimal Access Surgery?
2. Which Fortis hospital has launched Alair System to treat asthma patients?
3. In which year Fortis BG Road, Bengaluru initiated its operations?
4. What is a full form of ECMO?
5. Which state has been supported by the Fortis Healthcare Limited for relief and rehabilitation efforts for flood-affected victims?
6. Name the first Indian woman to win gold at the Badminton World Championship 2019?
7. Which country has bestowed its highest civilian award 'Order of Zaid' upon Indian Prime Minister Narendra Modi?
8. Name the Indian classical singer after whom a minor planet (located between Mars and Jupiter) has been named?
9. Name the disease arising out of Vitamin B1 deficiency?
10. What is the normal temperature of human body (in Fahrenheit)?



Answers to last month's quiz- June 2019 - July 2019

1. Fortis Memorial Research Institute, Gurugram
2. Fortis Hospital, Noida
3. Fortis Hospital and Kidney Institute, Kolkata
4. Transcatheter Mitral Valve Replacement
5. Shri Rajnath Singh
6. 5,100 students
7. Dr. Ashok Seth
8. 14th June
9. 22nd July 2019
10. England Cricket Team

Send in your answers to corporate.communications@fortishealthcare.com by Jan 15, 2020. Do mention your full name, designation, phone number and location. The subject line of your e-mail should mention "Answers to Quiz - (Month and Year)." **Five LUCKY winners amongst the all correct entries will be selected through draw of lots. Hurry!!**



And the Winners are...



Bincy Sunil Thomas

Nurse Educator
Fortis Hospital, Mulund

Mohd. Aslam

Sr. Technical Supervisor, Health 4U
Fortis Memorial Research Institute, Gurugram

Akansha Singh

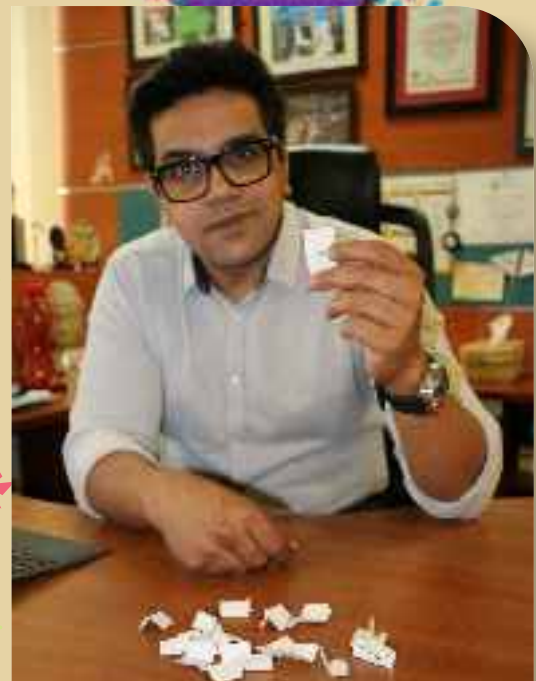
Sr. Assistant Officer, International Patient Care Services
Fortis Malar Hospital, Chennai

Arvind Bhardwaj

Sr. Supervisor, General Store
Fortis Escorts Hospital, Jaipur

Shakeel Ahmad

Team Leader, Blood Bank
Fortis La Femme, New Delhi



The Five lucky winners were picked by Mr. Ajey Maharaj, Head – Communications, Fortis Healthcare Ltd.



Split a side - Have a laugh



A 60 years man walks into a doctors office and says:

"Doctor, what's the problem with me?"

When I touch my arm, ouch! It hurts...

When I touch my leg, ouch! it hurts...

When I touch my head, ouch! It hurts...

When I touch my chest, ouch! it really hurts!"

The Doctor replies: "Your finger is broken."

Do you have a hilarious personal anecdote to share? Send a brief write-up (150-200 words) to corporate.communications@fortishealthcare.com

along with your name, designation, location and contact number by the 15th of next month.

You could win a prize if your entry is selected for publication.



Congratulations!



August 2019



Baby of Vimlesh Kumar
Tripathi - Fortis C-DOC



Baby of Jasvir Kaur
Mohali

September 2019



HAPPY
WEDDING



Aneesh S. A - Rajaji Nagar



Baby of Dr. Swati
Suryawanshi - Kalyan



Baby of Jyoti Gopinath
Shalimar Bagh



Baby of Maruthi S
Rajaji Nagar



Baby of Raji K M
Shalimar Bagh



Baby of Kapil Miglani
Shalimar Bagh