



# Healthy relationships are always built on trust.

Life is beautiful when you never give up hope and continue to keep faith in someone who cares for you. At Zulekha Hospitals, we value the trust you place in us and make sure every treatment plan we prescribe is founded on your happiness. Our team of doctors, nurses and other paramedical staff work in tandem to make the best care available to you, anytime. Bolstered by advanced medical facilities and numerous accolades for quality, our commitment to providing high-quality care continues through the past 52 years. Reach out to us in your time of need and we will take care because your health matters to us.

## IT'S THE SMALL PIECE THAT MAKES THE BIG PICTURE

ZULEKHA HEALTHCARE GROUP EXPANDS ITS CARE TO NAGPUR, INDIA



“ Exciting things are happening at Zulekha Healthcare Group. From steady technological advancements to the launch of Alexis Multispeciality Hospital in India, the Group continues its excellence in extending high quality care to the local community both in UAE and India. Our history spans over 52 years and we continue to strengthen our centers of excellence to better serve everyone towards the road of healing and wellness. I'm proud of many recognitions and awards bestowed upon our hardworking healthcare family. We will remain committed to our mission and constantly evaluate our operations to ensure future viability and long-term sustainability. ”

**Mr. Taher Shams**  
Managing Director, Zulekha Healthcare Group



**Zulekha Hospital**  
Your Health Matters



**NO**  
**MORE**  
**EXCUSES**

**PROVE LAZINESS WRONG**

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## FROM EDITORIAL DESK

We are happy to share this edition of Zulekha Spirit, a combination of news and updates from Zulekha Hospital facilities in UAE and Alexis Multispeciality Hospital in India. It is heartening to witness the number of lives we touch each day. We have gone an extra mile to educate our communities, influence their thoughts positively and instigate productive action through multiple initiatives. Various print and digital communication platforms highlight our offerings and actions as a healthcare provider in the interest of all communities. We believe, through interactions and dialogue, we add meaning to life, define what was, what is and what will be. Here's another opportunity. Let's connect!



**ALEXIS MULTISPECIALITY  
HOSPITAL IS NOW OPEN  
IN NAGPUR!**

After much hard work and team efforts, the most awaited Indian project was completed last year. Dr. Zulekha Daud, Mr. Taher Shams, Mrs. Zanubia Shams, Dr. Adil Daud and Dr. Pamela Munster inaugurated Alexis Multispeciality Hospital, Nagpur in November 2016 along with Shri. Nitin Gadkari, Minister for Road Transport and Highways and Shipping, Government of India. Delegates from healthcare sectors across UAE, Africa and India came together to launch the operations of the hospital. The project brings international quality healthcare to central India. With state-of-the-art equipment and infrastructure, supported by global expertise, Alexis Multispeciality Hospital is now open to serve the local communities and support the most complex medical procedures.



**NEW WING  
INAUGURATED AT  
ZULEKHA HOSPITAL  
SHARJAH**

Zulekha Hospital officially inaugurated its new wing in the Sharjah facility in September 2016. The ceremony was graced by Prof. Dr. Robert S Warren, Professor Department of Surgery, Chief of Surgical Oncology at the University of California, San Francisco. He was greeted and accompanied by Dr. Zulekha Daud, Founder and Chairperson of Zulekha Healthcare Group. Prof. Dr. Warren toured the new facilities alongside dignitaries including Mr. Taher Shams, Managing Director and Mrs. Zanubia Shams, Co-Chairperson of Zulekha Hospital as well as Dr. Adil Daud, Professor from UCSF. The new wing offers an additional 31 inpatient rooms, and is supported with a wide range of services provided throughout the hospital. The expansion brings a total of 150 beds available at Zulekha Hospital Sharjah, spread across 240,000 sq. ft.

EVENTS



WATCH YOUR BACK COLORECTAL CANCER CAMPAIGN

Zulekha Hospital launched a new health awareness campaign to challenge the taboos surrounding colorectal (colon) cancer and to help save lives across the UAE. In association with the Ministry of Health (MOH), Zulekha Hospital developed the 'Watch Your Back' campaign to stress the importance of regular checks for early detection and for spreading awareness to the wider public about the screening process that can eliminate the disease. The event was graced by Dr. Abdalla Al Naqbi, the Director of Pharmacy Department, MOH, campaign ambassadors - Dr. Adil Daud Professor, Hematology-Oncology, Director- Melanoma Program University of California, Francisco, USA and Dr. Robert S Warren, Professor Department of Surgery, Chief of Surgical Oncology, UCSF, USA.

EVENTS



UAE-INDIA ECONOMIC FORUM

Mr. Taher Shams, Managing Director accompanied by Mrs. Zanubia Shams, Co-Chairperson met Shri. Nitin Gadkari, Minister for Road Transport and Highways Shipping, Government of India and HE Dr. Abdullah bin Mohammed Belhaif Al Nuaimi, Cabinet Member and Minister of Infrastructure Development at the UAE-India Economic Forum in Dubai. They shared the Alexis Hospital project updates with the leaders.

PINK IT NOW BREAST CANCER CAMPAIGN

Zulekha Hospital launched yet another Pink It Now - Breast cancer awareness campaign consecutively for the fifth year. The campaign was launched by Her Excellency Sheikha Lubna bint Khalid bin Sultan Al Qasimi, Minister of State for Tolerance and Founding Board Member of Friends for Cancer Patients (FoCP). The campaign aimed at advocating early detection and reduction of deaths from cancer across the UAE. The 'Pink It Now' launch ceremony featured the presence of esteemed guests, including Dr. Pamela Munster, renowned cancer expert from the University of California in San Francisco, USA and the campaign's Chief Ambassador, Mr. Martin Kelly, Deputy Principal Officer, US Consulate General Dubai; Mrs. Neeta Bhushan, DCM, Embassy of India, Ms. Sue Nigoghossian from Ford Middle East & North Africa and Dr. Sawsan Al Madhi, Director General of FoCP and Head of Pink Caravan's Medical and Awareness Committee.



ARAB INTERNATIONAL WOMEN'S FORUM IN LONDON, UK

Mrs. Zanubia Shams, Co-Chairperson, Zulekha Healthcare Group participated in a seminar themed "Partnership for Innovation in Entrepreneurship", organised in collaboration with the Arab International Women's Forum in London, UK. The forum attracted over 200 British businesswomen from a wide range of sectors and presented a great opportunity for networking and exchange of best practices and experiences.



UAE NATIONAL DAY CELEBRATION

The UAE National Day celebrations began with the national theme décor in Dubai and Sharjah. There were various activities and gifts given out to the little visitors at the facility. The activities were conducted in association with representatives from the Social Service Department (Women Protection Center) in Sharjah.



HEALTHCARE HIGHLIGHTS

"ZULEKHA HOSPITAL RIGHTLY DIAGNOSED MY PROBLEM AND HELPED ME" - ZULEKHA HOSPITAL PATIENT

Dr. Mohamad Mohamad Sultan Aljanabi, Consultant General and Bariatric Surgeon with Mr. Jasim Mohammed, patient diagnosed with a five centimetre tumour.

Lasting for three-and-a-half-hours, and conducted by a team of two surgeons and nurses, the surgery involved doctors making precise incisions in Mohammed's abdomen to insert minuscule tools and remove the affected tissue. Only 10 days after the procedure, Mohammed returned to work.

The patient said: "I have been in pain for a very long time. I visited several doctors and they gave me medications for many possible gastric ailments, but the pain would not subside. So I made an appointment at Zulekha Hospital, and this is when the doctors discovered a huge tumour in my abdomen."



"I AM GRATEFUL TO THE ENTIRE TEAM FOR THEIR SUPPORT AND THANKS TO THEM I AM FINALLY BACK IN GOOD HEALTH." - ZULEKHA HOSPITAL PATIENT

A team of surgeons at Zulekha Hospital, Sharjah successfully removed an enlarged 18cm gallbladder from the abdomen of a UAE resident who had suffered from acute stomach pain for more than a year. The surgery involved doctors making one large incision to remove the swollen gallbladder and several stones, with the largest one measuring 6cm in diameter.

The patient said: "I had visited many hospitals and did not get any relief for my pain until I consulted Dr. Mohammad at Zulekha Hospital who immediately advised me to undergo a surgery for the gallstones. I am grateful to the entire team for their support, much thanks to them as I'm finally back in good health."



HEALTHCARE HIGHLIGHTS

"I AM EXTREMELY THANKFUL TO DR. MUFIQUE AND THE ENTIRE TEAM FOR THE SUCCESSFUL SURGERY WHICH GAVE A SECOND LIFE TO MY BABY." - ZULEKHA HOSPITAL PATIENT

Paediatric experts at Zulekha Hospital, Sharjah had performed a successful surgery on a one-day old baby who was born without an anal opening. During a routine postnatal check, the baby boy was diagnosed with imperforate anus, a life-threatening birth defect that usually requires at least one surgical intervention. Lasting 90 minutes, the operation was performed with the help of two paediatric anaesthetists with preoperative and postoperative care given by a team of expert neonatologists.

The infant's father, a Yemeni national living in Sharjah who wished to remain anonymous, said: "I am extremely thankful to Dr. Mufique and the entire team for the successful surgery which gave a second life to my baby."The baby boy, whose digestive track has been functioning normally since the surgery, was able to go home with his parents after further checkups.



"TIMELY DIAGNOSIS SAVED MY LIFE. THANK YOU ZULEKHA HOSPITAL" - ZULEKHA HOSPITAL PATIENT

Dr. Khaldoon Abo Dakka, Specialist Thoracic Surgeon along with an abled team of experts successfully carried out a Video Assisted Thoracoscopic Surgery (VATS) on a 39 year old Indian patient. The diagnosis revealed Pneumonia with Parapneumonic Pleural Effusion. With the right diagnosis done, the patient was treated effectively despite the complications and high risks.



**AWARDS & RECOGNITION**

**ZULEKHA HOSPITAL  
HONOURED WITH THE  
PRESTIGIOUS ARABIA CSR  
AWARD (ACSRA) 2016**

Zulekha Hospital was honored with the prestigious Arabia CSR Award (ACSRA) 2016. The Arabia CSR Awards is the Arab region's premiere CSR and Sustainability accolade. It boasts the most rigorous and comprehensive criteria which has been designed to integrate the inherent principles and frameworks of the Global Compact, Global Reporting Initiative (GRI) and EFQM Excellence Model.



**AWARDS & RECOGNITION**



**ZULEKHA HOSPITAL  
ACCREDITED AS CENTRE  
OF EXCELLENCE FOR  
BARIATRIC & METABOLIC  
SURGERY IN UAE BY IFSO  
EUROPEAN CHAPTER**

Zulekha Hospital is now officially accredited as Center of Excellence for Bariatric and Metabolic Surgery in UAE by IFSO European Chapter. Congratulations to Dr. Hussam Altrabulsi, Specialist Bariatric and General Surgeon for being recognised as IFSO endorsed Center of Excellence Surgeon.



**DR. ZULEKHA DAUD  
AWARDED AS  
INSPIRATIONAL LEADER AT  
GULF INDIAN EXCELLENCE  
AWARDS BY NDTV**

Dr. Zulekha Daud, Founder and Chairperson of Zulekha Healthcare Group was awarded as 'Inspirational Leader' at Gulf Indian Excellence Awards by NDTV. Several of the UAE's most prominent Indian business people were also honoured at the NDTV Gulf Indian Excellence Awards held in Dubai in December 2016.

**DR. ZULEKHA DAUD  
AWARDED GCC'S  
INSPIRING WOMAN  
LEADER IN THE UAE**

Dr. Zulekha Daud, Founder and Chairperson of Zulekha Healthcare Group was awarded as GCC's Inspiring Woman Leader in the UAE. This award was presented for her diligent endeavors in initiating and establishing a healthcare sector in the region.



**AWARDS & RECOGNITION**



**ZULEKHA HOSPITAL  
BECOME THE FIRST IN THE  
MIDDLE EAST TO EARN  
PLATINUM CERTIFICATION  
IN GLOBAL LEED EBOM  
SYSTEM**

Zulekha Hospital, Sharjah is the first hospital in the Middle East to be certified at Platinum level under the U.S. Green Building Council's Leadership in Energy and Environmental Design for Existing Buildings: Operations & Maintenance (LEED EBOM) rating system, awarded for the design, construction, operation and maintenance of green buildings.

**KEY MEETINGS**



**DR. ZULEKHA DAUD MEETS  
GOVERNMENT DELEGATES  
FROM INDIA AND UAE**

Over a meeting of senior officials representing the India and UAE governments, Dr. Zulekha Daud interacted with Shri. MJ Akbar, Hon'ble Minister of State for Foreign Affairs, Government of India. The business leaders forum was hosted in October 2016 at Hotel Oberoi by Sharjah Chamber of Commerce & Industry and India Trade and Exhibition Centre, to get an insight into India-UAE relations and to promote Trade & Investment between the two countries.

**ZULEKHA HOSPITAL  
PHARMACISTS MEETS  
HE DR. AMIN HUSSAIN AL  
AMIRI**

On the occasion of International World Pharmacist Day, a team of pharmacists from Zulekha Hospitals had the opportunity to meet and greet His Excellency Dr. Amin Hussain Al Amiri, Assistant Undersecretary for Medical Practice and License Sector in UAE Ministry of Health and the Chairman of the UAE Supreme National Blood Transfusion Committee at Radisson Sharjah in September 2016.



**DR. ZULEKHA DAUD  
HONOURED FOR OUTSTANDING  
CONTRIBUTIONS TO THE  
HEALTHCARE SECTOR  
IN THE UAE**

Indian Association, Sharjah honoured Dr. Zulekha Daud, Chairperson of Zulekha Healthcare Group for her outstanding contributions to the healthcare sector in the UAE.



**SOUTH INDIAN ACTRESS  
MEERA JASMINE VISITED  
ZULEKHA HOSPITAL**

Renown South Indian Actress Ms. Meera Jasmine visited Zulekha Hospital, Sharjah to consult Dr. Biju Pankappilly, Specialist Orthopaedic Surgeon in July 2016.



**KEY MEETINGS**

**ZULEKHA HOSPITAL'S  
ADMIN & MARKETING  
TEAM MEETS BRIGADIER  
SAIF AL ZARI AL SHAMSI**

Zulekha Hospital's Marketing team along with the Administration team met and expressed their gratitude and thankfulness to the Sharjah Police. The team had an opportunity to meet and greet Brigadier Saif Al Zari Al Shamsi, General Commander in Chief of Sharjah Police at the Sharjah Police Headquarters. The meeting aimed at strengthening a fruitful relationship in the upcoming years.



**KEY MEETINGS**

**ZULEKHA HOSPITAL  
MEETS  
SHRI. T P SEETHARAM,  
AMBASSADOR OF INDIA  
TO UAE**

Zulekha Hospital management team extended their heartfelt gratitude to Shri. T P Seetharam, Ambassador of India to the UAE who is retiring after 36 years of an illustrious diplomatic service towards ensuring the strengthened bonds between the two nations, India and UAE.



**DR. ZULEKHA DAUD AND  
MR. TAHER SHAMS MEETS  
ENG. SALAH BUTTI BIN  
BUTTI ALMHEIRI**

Dr. Zulekha Daud, Chairperson and Mr. Taher Shams, Managing Director visited Eng. Salah Butti Bin Butti Almheiri, Chairman and Member of the Executive Council, Directorate of Town Planning and Survey, Government of Sharjah in October 2016 to acknowledge the support and belief bestowed by the Sharjah Government on Zulekha Hospital which enabled the provision of sustainable healthcare to the UAE communities. Dr. Daud and Mr. Shams took pride in also sharing the honour of being certified at Platinum level under the U.S. Green Building Council's Leadership in Energy and Environmental Design for Existing Buildings: Operations and Maintenance rating, awarded for design, construction, operations and maintenance. Being the first healthcare organisation in the Middle East to receive this certification outside USA is a milestone for Sharjah and the UAE.



**ZULEKHA HOSPITAL  
MANAGEMENT MET  
LATE LT. GENERAL KHAMIS  
MUTAR KHAMIS AL MUZAINAH**

Zulekha Hospital management met late LT. General Khamis Mutar Khamis Al Muzainah – Commissioner, Dubai Police in an effort to strengthen the corporate relations in August 2016.





EXHIBITION

MEDIC AND MED LAB EAST AFRICA EXHIBITION

Zulekha Hospital participated in Medic and Med Lab East Africa Exhibition held in Nairobi, Kenya from September 27-29, 2016



EXHIBITION

MEDIC AND MED LAB WEST AFRICA EXHIBITION

Zulekha Hospital participated in Medic and Med Lab West Africa Exhibition held in Lagos, Nigeria from October 12-14, 2016.



INTERNATIONAL MEDICAL TRAVEL EXHIBITION AND CONFERENCE (IMTEC)

Zulekha Hospital participated in the International Medical Travel Exhibition and Conference (IMTEC) held in Dubai from October 09-10, 2016.



HEALTH RECRUITMENT & TRAINING FAIR

Zulekha Hospital participated in Health Recruitment & Training Fair held at Abu Dhabi from October 22-24, 2016.



**A mother is born with every baby**

Meet our Specialist Gynaecologists today.

CANCER AWARENESS DRIVES



Breast Cancer Awareness Session at the New Sharjah Chamber of Commerce and Industry



Breast Cancer Awareness Talk at Al Bustan Centre and Residence



Breast Cancer Awareness Talk at Hotel Yassat Gloria



Breast Cancer Awareness Talk at Lampell



Breast Cancer Awareness Talk at Beauty Connection Spa



Breast Cancer Awareness Talk at Oxford School



Breast Cancer Awareness Talk at Petrofac



Breast Cancer Awareness Talk at University of Modern Sciences



Breast Cancer Awareness Talk at Sharjah Ladies Club



Breast Cancer Awareness Talk at Bee'ah Office



Breast Cancer Awareness Talk at Emrill



Breast Cancer Awareness Talk at Ramada Hotel and Suites Ajman

**MEDICAL CHECKUP CAMPS**



Cardiac Checkup Camp at Transguard Group offices



Cardiac Checkup Camp at Laing O'Rourke Offices, Deira and Jebel Ali



Health Checkup Camp at Dubai Police



Flu Vaccination at Saipem Offices



Cardiac Checkup Camp at Saipem offices, BM Towers and Port Khalid



Cardiac Checkup Camp and Health Talk at AW Rostamani Head Office

**GENERAL HEALTH AWARENESS DRIVES**



Health Awareness Talk at Serco Middle East



Diabetes Awareness Talk at Al Shirawi



World Heart Day Activity Health Talk at Corporate Companies



Cardiac Checkup Camp at Arcelor Mittal Offices



Eye Checkup camp at Mammut Hamriyah Free Zone

## CHARITABLE WORKS



A CHARITABLE DONATION  
TO SYRIAN WAR RELIEF  
EFFORTS THROUGH  
EMIRATES RED CRESCENT  
SOCIETY

The Nursing Department of Zulekha Hospital have made a charitable donation to Syrian War Relief Efforts through Emirates Red Crescent Society. The donation includes uniforms, scrub suits and medical supplies for the Syrian refugees.

ZULEKHA HOSPITAL  
CONTINUES TO EXTEND  
THEIR SUPPORT TO  
PATIENTS FRIENDS  
COMMITTEE



Zulekha Hospital continues to extend their support to Patients Friends Committee in providing treatments and medical services to the needy. Mr. Mohammed Abdulla Jodhar, CEO and Mr. Rashid Demas, General Manager from the organisation acknowledged the contributions and expressed their gratitude to Zulekha Hospital management.

# FASTEST DIAGNOSIS. SPEEDY RECOVERY.

The world's fastest and most advanced  
MRI and CT technologies now in Nagpur.

Introducing the 3T  
Magnetom Skyra MRI



Introducing Somatom Definition Edge  
128 Slice Acquisition Premium CT



  
**ALEXIS**  
PARTNERS IN GOOD HEALTH

Mankapur Square, Koradi Road, Nagpur – 440 030  
Maharashtra, India, Tel.: +91 712 712 0000

## EVENTS



## ALEXIS MULTISPECIALITY HOSPITAL CELEBRATED WORLD PHARMACY DAY

Alexis Multispeciality Hospital, in association with NDCDA and Maharashtra State Pharmacy Council celebrated World Pharmacy Day at Gandhibagh, Nagpur. More than 1000 pharmacists took part in the rally marking the celebration. Addressing the audience were chief guest Mr. Pramod Yeole - Pro-Vice-chancellor of RTM, Nagpur, Mr. Mohan Kekatpure - Joint Commissioner - Food and Drug Administration, Drug Inspector Mr. Ballal, Mr. Anil Nawandar - Secretary of MSCDA, Mr. Mohan Abhyankar - President of NDCDA, Mr. Dayashankar Tiwari - Member of Ruling Party and Mr. Suraj Tripathi - Director of Operations, Alexis Multispeciality Hospital. The inaugural function was followed by a pharmacy oath and awareness march.

## ALEXIS HOSPITAL CONDUCTED THE CLEAN AND GREEN DRIVE IN NAGPUR

Alexis Hospital's Clean and Green Drive received a tremendous response with many volunteers coming forward to join the Alexis team in cleaning up the surrounding area. This initiative of Alexis Multispeciality Hospital was in line with Government of India's Swachh Bharat Abhiyan and organised in association with Nagpur Municipal Corporation, Rotary Club of Nagpur Elite, Radio Mirchi 98.3 FM and various NGOs. Alexis team and other volunteers cleaned the Mankapur surrounding area which was being used by residents as garbage dumping grounds. Further, after the cleaning and spraying disinfectants, the team sends a strong message out to all to take care of their own spaces, breathe clean air and remain healthy. Dignitaries present on the occasion were Shri. Mahesh Dhamecha - Asst. Commissioner of Nagpur Municipal Corporation - Mangalwari Zone; Smt. Pragati Patil - Local Corporator of Mankapur Area; Smt. Sangeeta Girhe, Corporator, Mankapur; Shri. Patil, Health Officer, Mangalwari Zone; Shri. Prashant Pimpalwar - Past President of Rotary Club of Nagpur Elite, Smt. Seema Tiwari - Secretary of Rotary Club of Nagpur Elite and Shri. Abishek Khanna, Group Head, Radio Mirchi.

## EXHIBITION

### OMAN HEALTH - EXHIBITION & CONFERENCE

Alexis Multispeciality Hospital participated in Oman Health - Exhibition & Conference, which is an international annual event that highlights the continued development of the healthcare sector in Oman. It targets all aspects of the health and wellness industry, opening doors for health products, services, facilities, and opportunities for new developments, trends, trade and investment. HE Mr. Indra Mani Pandey, Ambassador of India, Sultanate of Oman; Sheikh Farooq Al Adhawai and Dr. Haeari from World Health Organization, and Mr. Rakesh Kapoor, Assistant Director, Federation of Indian Export Organisations visited the stall at the expo and enquired of the services in and around the region.



**MEDICAL CHECKUP CAMPS**



Alexis Multispeciality Hospital Eye Screening and Awareness Programme for Maharashtra Police



Alexis Multispeciality Hospital conducted a free Bone Mineral Density checkup camp



Blood donation camp conducted at Alexis Multispeciality Hospital



Breast Cancer Awareness Talk at Alexis Hospital on the importance of 'Self Check' and how to remain watchful of unwanted signs and symptoms which might lead to Cancer.



Blood Transfusion Practices Session at Alexis Multispeciality Hospital

**KEY MEETINGS**



**MRS. ZANUBIA SHAMS MEETS MR. SUMEET AGARWAL, DIRECTOR OF DAINIK BHASKAR GROUP**

Mr. Sumeet Agarwal, Director – Dainik Bhaskar Group with Mrs. Zaubia Shams and Mr. Suraj Tripathi.

**MRS. ZANUBIA SHAMS MEETS MR. VIJAY DARDA, CHAIRMAN OF LOKMAT MEDIA**

Mr. Vijay Darda, Chairman of Lokmat Media Limited with Mrs. Zaubia Shams and Mr. Suraj Tripathi.



**MRS. ZANUBIA SHAMS MEETS MR. NIMISH MAHESHWARI, DIRECTOR OF NAVA BHARAT**

Mr. Nimish Maheshwari, Managing Director - NavaBharat, Mr. Anil Bajpai, Director Operations - NavaBharat with Mrs. Zaubia Shams and Mr. Suraj Tripathi.

KEY MEETINGS

MRS. ZANUBIA SHAMS MEETS MR. PRAVIN DATKE, MAYOR OF NAGPUR CITY

Mr. Pravin Datke, Mayor of Nagpur City with Mrs. Zanubia Shams and Mr. Suraj Tripathi.



KEY MEETINGS

SMT. SMARTANA PATIL VISITS ALEXIS MULTISPECIALITY HOSPITAL

Smt. Smartana Patil - Hon'ble Deputy Commissioner of Police - Traffic, Nagpur City visited Alexis Multispeciality Hospital. She met Dr. Jatinder Arora - Director of Administration and praised the quality standards of Alexis Hospital. She was impressed with the International Quality Healthcare Facility being made available for the citizens of Central India. She interacted with Dr. Abhay Pande - Interventional Cardiologist and Dr. Rajni Gupta - Obstetrician & Gynaecologist.



MRS. ZANUBIA SHAMS MEETS MR. SAMEER MEGHE, MLA OF HINGNA CONSTITUENCY

Mr. Sameer Meghe, MLA – Hingna constituency with Mrs. Zanubia Shams and Mr. Suraj Tripathi.



MRS. ZANUBIA SHAMS MEETS MR. DEVENDRA FADNAVIS, HON'BLE CHIEF MINISTER OF MAHARASHTRA

Mr. Devendra Fadnavis, Hon'ble Chief Minister of Maharashtra and Mr. Sudhakar Deshmukh, MLA – West Nagpur with Mrs. Zanubia Shams and Mr. Suraj Tripathi.



MRS. ZANUBIA SHAMS MEETS MR. CHANDRASHEKHAR BAWANKULE & MR. SUDHAKAR DESHMUKH

Mr. Chandrashekhhar Bawankule, Cabinet Minister of Energy & New and Renewable Energy, Minister of State Excise, Maharashtra State & Guardian Minister of Nagpur and Mr. Sudhakar Deshmukh, MLA - West Nagpur with Mrs. Zanubia Shams and Mr. Suraj Tripathi.





MORE HAPPINESS  
LESS PAIN



Dr. Dhananjay Sanjekar

Labour Analgesia: An Overview

"The delivery of the infant into the arms of a conscious and pain-free mother is one of the most exciting and rewarding moments in medicine"

Introduction:

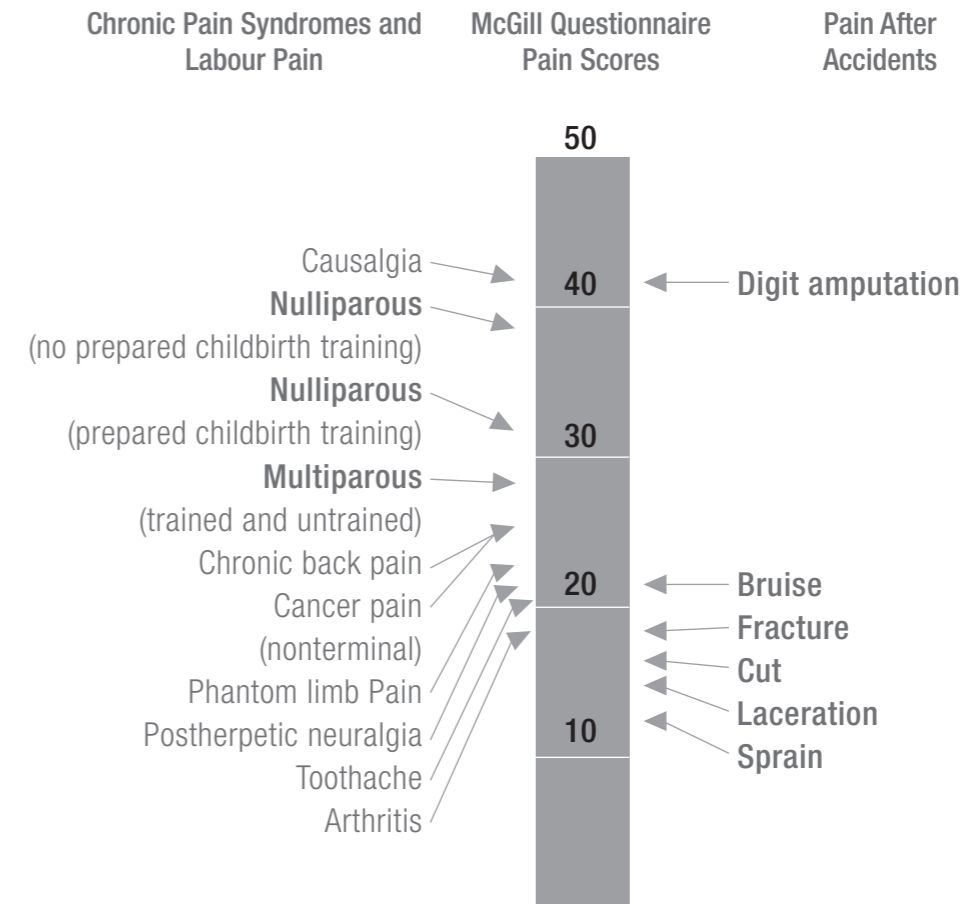
Pain relief in labour, today, is attracting more clinical and scientific interest. Improved postoperative pain relief probably came from the medical profession, considering pain as the fifth vital sign. Increasing knowledge of the physiology and pharmacology of pain, and the development of obstetric anaesthesia as a subspecialty has

increased the quality of labour pain relief and the availability of effective analgesia for parturients.

Does labouring lady actually need the pain relief?

No doubt labour results in severe pain and often results in a physiologic response that may harm the mother and the fetus. Melzack in 1971 had clearly demonstrated that only the pain of causalgia or digit amputation exceeds that of Labour as shown in the figure below.

McGILLS PAIN RATING INDEX



Pain during parturition varies greatly among women. The parity status, fear, anxiety, expectation, socio-cultural factors, induction of labour with prostaglandins and degrees of changes with the progress of labour, all influence the labour pain. Regional Analgesia is currently the gold standard of practice for pain control in obstetrics, and it's unlikely that this will change soon. The search for improvements in the quality and safety of epidurals and spinal in obstetrics deserves closest attention. Epidural analgesia has been combined with subarachnoid narcotics to ease the pain of labour. Regional Analgesia has become one of the leading techniques on obstetric floors in the present day practice.

Advantages:

With Epidural Analgesia, the distress is reduced. Also, it brings down the high blood pressure that many women have during pregnancy.

Complications:

Some known complications caused by Epidural Pain Relief are inadequate pain relief, shivering, itching, low blood pressure, occasional headache, rare patchy areas of pain, numbness, etc.

Effects on baby:

There are no side effects on baby. The pain relief act only on nerves and not on mother or baby.

Contractions:

With Epidural Analgesia, the labor contractions remain normal but without much pain. The contractions will become more coordinated, which speeds up the delivery.

Delivery:

Most often, delivery is normal, but sometimes; individuals may require assistance or instrumentation, unless caused by some other factors.

How to go about:

Speak to your doctor, contact anaesthetist to understand more details and clarify your doubts

Not recommended:

Epidural pain relief is not recommended when the patients have bleeding disorders, infection on back, allergy to medicines used and some of the pregnancy related diseases

Finally, the take home message is, 'Do not deny Analgesia if there requested by the labouring female'.





THE  
FUNDAMENTALS  
OF SELF-LOVE

So, the other day, I was texting one of my old friends who used to be very popular back in college. He was a Guitarist and I took some lessons after class. While discussing our future goals, he always mentioned his dreams of becoming a pro and pursuing his passion for strings; and I believed that he would. Few days ago, when we spoke after a long time, and I asked if he has done anything about his dream, he couldn't answer. They say, no answer is also an answer. This time, he meant "NO". It was hard to believe. He got so busy with the work and daily routine that he gave up on his passion.

"When was the last time you played Guitar?" "I asked him.

His answer was; "I don't remember, Man!"

This is the real agony. I guess, we all do this. We get busy with the things which might or might not make us happy and we forget who we really are. The moment we realise our true self, we know how to take care of ourselves. We know what makes us happy. When we genuinely and actively try to make ourselves happy, there begins the "Self-love". Self-love is not about being self-obsessed, but accepting and appreciating ourselves the way we are and not comparing ourselves with anyone else. It is very important. It leads to self-discovery, which ultimately leads to a better "You". A better Physical, Mental and Spiritual You!

I think there are certain things we could do to begin our unending journey of Self-love:

**KNOW YOURSELF FIRST:** Who you are? What do you want? Do you really want to keep living a life which makes you unhappy, unsatisfied and non-motivated? What colour do you like? What is your favourite perfume? You like latte or cappuccino? There are millions of questions which we might not even think. The real question is, how are we supposed to heal ourselves unless we know the disease? First things first, know yourself. In and out. There shouldn't be a single corner of your mind, body or soul which remains untrodden.

**KNOW YOUR CALLING:** I personally feel that this is the key to the whole puzzle. The great Sufi mystic Rumi says, "Everyone has been made for some particular work, and the desire for that work has been put in every heart". I swear by Rumi's words. That one thing whose desire has been put within the deepest layers of our heart, is our 'Calling'. As we know it, we know what our journey is going to be all about.

**SELF-CARE:** It requires a lot of efforts to stay healthy in mind, body and soul. One must have a routine/regimen to cleanse the system every day. Indulging oneself into healthy activities is important along with proper nutrition and enough sleep. Go get a manicure or spa. It is okay. Wear some perfume or try a new haircut. Who set the boundaries after all? Every act of self-care is beautiful.

**SELF-MOTIVATION:** Now, many people tell me, "I try to motivate myself but it doesn't last longer". Well, nor does a bath. That's why we need to shower daily. Motivation could be very volatile at times. We must know what makes us excited and happy no matter what.

Keeping the soul uplifted and high is the prime motto.

**SELF-PROTECTION:** People get hurt all the time. Someone is using someone, then abusing and misusing. Emotion turmoil. Psychological chaos. Wrong people bring all sorts of pain and misery in our life. One must know who must stay and let the rest leave immediately. There is no time to waste and there is nothing mean in deciding who is good enough for us.

**SELF-FORGIVENESS:** I think it is one of the most important ritual. We all make mistakes, major or minor. Few mistakes might get us real hard on ourselves. I have had friends who punished themselves so harsh. Well, it's not supposed to be so. Go easy and gentle on yourself. It's okay to make mistakes, the secret lies within by not repeating them.

**GRATITUDE:** We know and accept that life itself is a blessing.

We might not realise but there are millions of reasons to be grateful of. When we become grateful for the life and everything which surrounds it, appears the 'True Happiness'.

I can go on and on but the first step is to begin. It might sound like a long journey but I think it's worth it.



**Afreen J. Khan**  
Executive - Marketing Department



A WORLD WITHOUT  
GLASSES

After years of using glasses and contact lenses for near sightedness, one day I decided to part with them. With a palpating heart, I entered the LASIK theatre of the ophthalmology department of Zulekha Hospital, Sharjah, but was soon put at ease by the ever smiling and cordial nursing staff, technicians and doctors.

The state-of-the-art equipment and the hi-tech theatre were indeed impressive. The procedure was a matter of a few minutes where I did not feel any pain or discomfort. Post-operation, I was put on antibiotic eye drops and was instructed to wear eye shades so as to protect them from dust and glare.

Needless to say, to see the world without glasses gives the most elated feeling. I am overwhelmed with gratitude and applause for

the ophthalmology team for the impeccable work they are doing in Zulekha Hospital at such an affordable cost. And what did I take home after the LASIK procedure a heart full of happiness and steps full of confidence.



**Dr. Namita Pawar**  
Specialist Obstetrician and Gynecologist



THE KEY TO  
SUCCESS IS  
ENTHUSIASM

The English word 'enthusiasm' derived from the Greek word 'en-Theo's' means 'connecting with God's enthusiasm is a powerful gift of God'. We achieve nothing without enthusiasm; without it we degrade not only ourselves but also our institutions where we work. The progress of your personality and institution depends upon your attitude and creativity. Mediocrity spoils career, life and bright future. Here are some tips to enhance your enthusiasm and creativity.

Enhance the horizon of your mind; knowledge transforms your weakness into power. Think deeply after reading a good book. By reading we know the truth and it will set us free. This truth should be utilised in our daily professional life. Learn to play many roles, to be whatever the moment requires.

EMBRACING AND ACCEPTING VIEWS - Knowledge may come from anyone, anywhere and anything. Do not neglect knowledge even if it is small and worthless in your sight. It may be useful in your career at a later stage. Because knowledge intensifies enthusiasm.

FOCUS YOUR MIND - The human mind is very powerful, more than our imagination. It controls the whole body making impossible things possible. Our mind is the best asset or biggest enemy.

If you focus on your negative thoughts, your self-limiting beliefs will prevent you from reaching your greatest potentiality. A distracted mind contributes nothing, but creates only chaos.

RECREATE YOURSELF - Do not accept the roles that society foists on you. Recreate yourself by forging a new identity. Be the master of your own image rather than letting others define it for you. Your power will be enhanced and your character will seem larger than life.



Lawrence TA  
Security Guard



# STUCK AT WORK?

**MEET SPECIALISTS  
ON FRIDAYS.**

**Key Departments. All Fridays.**