

CARE CHRONICLE

Monthly Newsletter by ShardaCare - Healthcity

Redefining
the Future of
Surgical Excellence
with da Vinci Xi





Dear Readers,

As we present the third edition of Care Chronicle, I am proud to see it growing into a platform that reflects our collective achievements, innovation and commitment to patient care. This edition showcases inspiring clinical milestones, community initiatives and collaborative efforts that continue to shape our journey of excellence.

RISHABH GUPTA

Managing Director

ShardaCare – Healthcity & Sharda Hospital

Dear Readers,

Behind every success featured in this edition are dedicated teams working tirelessly to make a difference in patients' lives. Care Chronicle celebrates these efforts, highlighting the compassion, expertise and community impact that define ShardaCare - Healthcity and inspire us to keep raising the standard of care every day.

DR KOUSAR SHAH

Group Chief Executive Officer

ShardaCare – Healthcity & Sharda Hospital



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THE HEALING HANDS

da Vinci[®] Xi
SURGICAL SYSTEM

Robotic Surgery at ShardaCare - Healthcity

ShardaCare - Healthcity continues to strengthen its commitment to innovation and clinical excellence with the introduction of the da Vinci Xi Robotic Surgical System, one of the world's most advanced robotic-assisted surgical platforms.

This technological advancement represents a significant step forward in enhancing precision, safety and patient outcomes across a wide range of complex surgical procedures.

The da Vinci Xi system combines the expertise of skilled surgeons with advanced robotic technology, offering enhanced 3D visualisation, superior dexterity and greater precision during surgery. This enables surgeons to perform intricate procedures with improved accuracy while minimising trauma to surrounding tissues.

At ShardaCare - Healthcity, robotic-assisted surgery will support several key specialities, including Surgical Oncology, Urology, Gynaecology, General Surgery and other complex surgical disciplines. The technology will enable the management of a broad spectrum of conditions, ranging from cancer surgeries and urological procedures to complex gynaecological and abdominal operations.

For patients, robotic-assisted surgery is associated with several potential benefits, including smaller incisions, reduced blood loss, less post-operative pain, lower risk of complications, shorter hospital stays and faster recovery. By combining minimally invasive techniques with advanced surgical precision, the platform is designed to enhance both clinical outcomes and

patient experience.

The integration of robotic surgery further reinforces ShardaCare - Healthcity's vision of bringing world-class healthcare and advanced medical technology closer to patients. Backed by a multidisciplinary team of experienced surgeons, anaesthetists, nursing professionals and surgical technologists, this initiative marks another important milestone in the hospital's journey towards delivering next-generation surgical care.



THE HEALING HANDS

Rare Six-Hour Surgery Treats Breast Cancer and Two Silent Heart Conditions



Doctors at ShardaCare - Healthcity successfully performed a rare six-hour surgery on a 65-year-old woman, simultaneously treating early-stage breast cancer, severe aortic valve stenosis and critical coronary artery disease.

The patient, Mrs. Iyer, was initially being evaluated for breast cancer surgery when routine pre-operative assessment revealed an abnormal heart sound. Further investigations uncovered two serious but previously undiagnosed cardiac conditions, a severely narrowed aortic valve and a 90% blockage in the Left Anterior Descending (LAD) artery, despite the patient having no significant cardiac symptoms.

A multidisciplinary team comprising specialists from Surgical Oncology, Cardiology, Cardiac Anaesthesia and Cardiothoracic & Vascular Surgery (CTVS) developed a comprehensive treatment plan. The patient subsequently underwent a Modified Radical Mastectomy (MRM), Aortic Valve Replacement (AVR) and Coronary Artery Bypass Grafting (CABG) during a single operative session.

The surgery was completed successfully and the patient recovered well, highlighting the importance of early diagnosis, multidisciplinary care and comprehensive pre-operative evaluation.

Dr. Akhil Kumar Rustagi, Senior Director & HOD, Department of Cardiothoracic & Vascular Surgery, said:

"This was a highly complex procedure requiring seamless multidisciplinary collaboration. By treating the patient's critical cardiac condition alongside breast cancer in a single surgery, we prevented a potentially fatal cardiac event while ensuring there was no delay in her cancer treatment."

Dr. Hemkant Verma, Senior Consultant & Unit Head – Surgical Oncology, said:

"Our priority was to treat the patient's breast cancer at the earliest without compromising safety. Comprehensive pre-operative assessment identified serious cardiac abnormalities, enabling our multidisciplinary team to plan a single surgery that addressed both conditions and ensured timely, patient-centric care."

THE HEALING HANDS

First in Delhi NCR: ShardaCare - Healthcity Successfully Implements Advanced TMLI

ShardaCare - Healthcity has achieved a significant milestone in cancer care with the successful implementation of Total Marrow and Lymphoid Irradiation (TMLI), one of the most advanced radiation therapy techniques used as part of Bone Marrow Transplantation (BMT) for patients with blood cancers such as leukaemia and other haematological malignancies.

With this achievement, ShardaCare - Healthcity becomes the first centre in Delhi NCR and among a select few hospitals in India offering this highly specialised treatment. Unlike conventional Total Body Irradiation (TBI), TMLI precisely targets the bone marrow and lymphoid tissues while minimising radiation exposure to critical organs such as the lungs, heart, liver, kidneys and gastrointestinal tract. This targeted approach helps reduce treatment-related side effects, improves treatment tolerance and enhances overall patient safety during the transplant process.

The successful implementation of TMLI reflects the seamless collaboration between the Departments of Radiation Oncology and Haematology & Bone Marrow Transplantation, supported by dedicated nursing and allied healthcare teams. This multidisciplinary approach reinforces ShardaCare - Healthcity's leadership in advanced cancer treatment and bone marrow transplantation, delivering world-class, precision-driven care to patients.

By offering this cutting-edge technology closer to home, the hospital is enabling patients to access world-class transplant conditioning without the need to travel to distant centres. The achievement also underscores ShardaCare - Healthcity's commitment to bringing the latest innovations in oncology to patients through precision-driven, evidence-based and patient-centric treatment approaches.



One of our key goals for Cancer Patients is to make their journey safer and more manageable. Advanced radiation techniques now allow us to tailor treatment with far greater accuracy than was possible in the past. This enables us to focus on areas requiring treatment while preserving normal tissues, ultimately improving the overall treatment experience for patients. The adoption of TMLI reflects our commitment to integrating cutting-edge technology with clinical expertise to deliver more personalised and effective cancer care.



Dr. Anil Thakwani

Director & Head

Department of Radiation Oncology

THE HEALING HANDS



Large cervical fibroids are relatively not common and can be particularly challenging to treat because of their location and rich blood supply. In this case, the patient had been struggling with severe symptoms for nearly two years without adequate relief.

Through careful evaluation, advanced imaging and meticulous surgical planning, we were able to remove the fibroid using a scarless, minimally invasive approach. Such techniques not only help reduce surgical trauma and recovery time but also significantly improve patient comfort and outcomes.



Dr. Ruchi Srivastava

Director

Department of Obstetrics & Gynaecology

Scarless Surgery Ends Two Years of Heavy Bleeding for 29-Year-Old Woman

After suffering from heavy menstrual bleeding for nearly two years and finding no relief despite consulting multiple doctors and undergoing several investigations, a 29-year-old nulligravida from Gorakhpur successfully underwent a scarless fibroid removal procedure at ShardaCare - Healthcity.

Under the care of Dr. Ruchi Srivastava, Director - Obstetrics & Gynaecology, detailed evaluation revealed a rare and highly vascular 7 x 6 cm cervical fibroid located at the mouth of the cervix. The fibroid's size, location and extensive blood supply made it a complex surgical challenge with a high risk of bleeding due to a thick feeding vessel extending towards the posterior fundal wall.

Following meticulous planning and advanced imaging assessment, the medical team successfully removed the fibroid through an incision-free, scarless procedure - Hysteroscopy, avoiding any external abdominal cuts. The patient recovered well and experienced significant relief from her longstanding symptoms. During her follow-up with Dr. Ruchi, it was observed that her periods became regular with normal flow.

The case highlights ShardaCare - Healthcity's expertise in managing complex gynaecological conditions through advanced minimally invasive surgical techniques, ensuring faster recovery, reduced discomfort and improved patient outcomes.



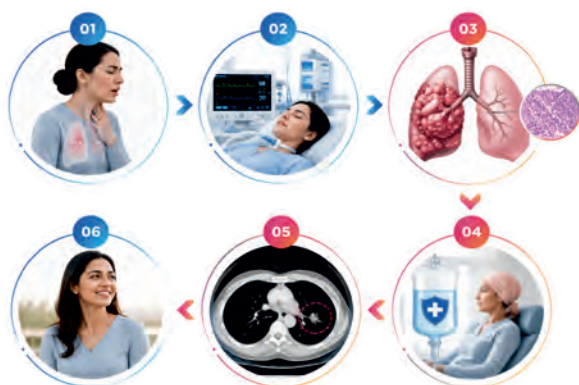
THE HEALING HANDS

Emergency ICU Care and Timely Chemotherapy Help 36-Year-Old Woman Beat a Rare Aggressive Tumour

A 36-year-old woman with a history of breast cancer surgery in 2021 was successfully treated at ShardaCare - Healthcity after presenting with severe breathlessness caused by a large tumour involving her right lung and airway. Her condition had become critical, leading to stridor and significant breathing difficulties, requiring an emergency tracheostomy and admission to the Intensive Care Unit (ICU).

Under the care of Dr. Anindya Mukherjee, a biopsy revealed an aggressive recurrent phyllodes tumour with sarcomatous transformation. Despite her critical condition, the oncology team initiated chemotherapy while she was still in the ICU. The patient subsequently completed six cycles of chemotherapy and demonstrated an exceptional response, with more than a 90% reduction in tumour size.

The treatment not only relieved her breathing difficulties but also restored her functional status and quality of life. The case highlights ShardaCare - Healthcity's expertise in managing complex oncology emergencies and its ability to stabilise critically ill patients and make them fit for life-saving cancer treatment through advanced multidisciplinary care.



This was a highly challenging case because the patient was admitted in a critical condition with severe breathlessness caused by a tumour involving the lung and airway. Rather than waiting for her condition to improve, our team focused on stabilising her and initiating cancer treatment at the earliest possible stage. Despite being critically ill, she responded exceptionally well to chemotherapy, achieving more than a 90% tumour reduction. Cases like these highlight the importance of a multidisciplinary approach and the ability to deliver advanced cancer care even in emergency situations.



Dr. Anindya Mukherjee

Senior Consultant
Department of Medical Oncology

MOMENTS OF EXCELLENCE

Strengthening Industry-Academia-Healthcare Collaboration Through Strategic Partnership



MoU Signed to Foster Industry, Academia and Healthcare Collaboration

ShardaCare - Healthcity, Sharda Hospital, Sharda University and the Industry Institute Knowledge Exchange Centre (IIKEC) have signed a Memorandum of Understanding (MoU) with the Industrial Entrepreneurs Association (IEA), Greater Noida, marking a significant step towards fostering stronger collaboration between industry, academia and healthcare.

Under this partnership, ShardaCare - Healthcity and Sharda Hospital will extend a range of healthcare services, facilities and exclusive benefits to IEA members, promoting preventive healthcare, employee well-being and access to quality medical care. The collaboration will also facilitate knowledge exchange, industry interactions, collaborative initiatives and mutual growth opportunities among stakeholders.

This strategic alliance reflects a shared commitment to building a healthier, more connected and innovation-driven ecosystem that benefits industry professionals, academia and the wider community while strengthening the bridge between healthcare excellence and industry engagement.





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SHARDACARE IN MOTION

Dr. A.P.J. Abdul Kalam Health Awards 2026

Award Recipients

ShardaCare - Healthcity proudly congratulates our distinguished doctors on being honoured with the Dr. A.P.J. Abdul Kalam Health Awards 2026 in recognition of their outstanding contributions to healthcare and clinical excellence.



Dr. Chirag Tandon

Director, Internal Medicine



Excellence in Internal Medicine

Dr. Anil Thakwani

Director & Head, Radiation Oncology



Service Excellence in Radiation Oncology



Dr. Pushkar Chawla

Director & Unit Head, Orthopaedics



Excellence in Orthopaedics & Joint Care

Dr. Akhil Kumar Rustagi

Senior Director & HOD, CTVS



Excellence in Cardiothoracic & Vascular Surgery



Dr. Saifa M Latheef

Associate Professor & Clinical HOD,
Emergency Medicine



Excellence in Emergency Medicine

Dr. Abhijeet Singh

Associate Director & Unit Head,
Pulmonology



Excellence in Respiratory Medicine
& Critical Care



SHARDACARE IN MOTION

NATIONAL DOCTOR'S DAY

Celebrating Our Real Heroes



ShardaCare - Healthcity celebrated National Doctors' Day 2026 with a vibrant Bollywood-themed evening, honouring the dedication and contributions of its medical fraternity.

The celebrations commenced with a special cake-cutting ceremony, followed by an evening filled with fun, music, entertainment and togetherness. Bringing together doctors from across specialities, the event served as a heartfelt tribute to their unwavering commitment, compassion and tireless efforts in transforming countless lives every day.

SHARDACARE IN MOTION

International Yoga Day 2026: Promoting Wellness Through Community Outreach

As part of its commitment to preventive healthcare and holistic well-being, ShardaCare - Healthcity celebrated International Yoga Day 2026 through a series of wellness initiatives



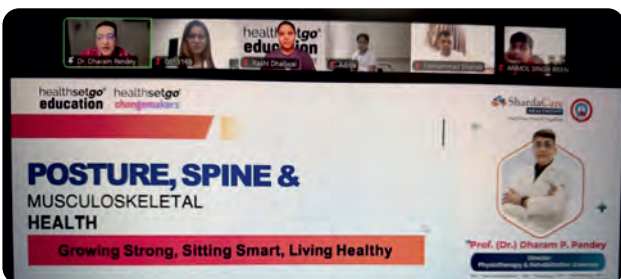
Chair Yoga Session at YesMadam, Noida

A special Chair Yoga Workshop was conducted for employees at YesMadam, Sector 63, Noida, focusing on posture correction, flexibility, stress reduction and workplace wellness. Participants were introduced to simple yoga practices that can be easily incorporated into daily work routines.



Corporate Wellness Session at VKC Nuts Pvt. Ltd.

ShardaCare - Healthcity also organised a Chair Yoga and Workplace Wellness Session at VKC Nuts Pvt. Ltd., Sector 68, Noida. Employees actively participated in guided exercises aimed at improving mobility, reducing work-related fatigue and promoting overall physical well-being.



Virtual Webinar for School Students

To extend the message of wellness to younger audiences, Dr. Dharam P. Pandey and team conducted a nationwide virtual session through HealthSetGo (HSG) on Posture, Spine & Musculoskeletal Health, educating students on healthy sitting habits, physical activity and spinal health.



Preventive Health Check-up Camp

Alongside the yoga activities, ShardaCare - Healthcity organised a Health Check-up Camp, offering basic health screenings, blood pressure monitoring and expert medical guidance. The initiative reinforced the importance of preventive healthcare and regular health assessments for long-term well-being.

Together, these initiatives reflected ShardaCare - Healthcity's continued commitment to building healthier communities through awareness, wellness and preventive care.

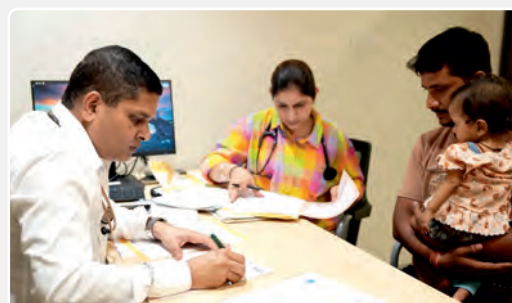
SHARDACARE IN MOTION

Mega Free HLA Testing Camp Brings Hope for Children with Thalassaemia

ShardaCare - Healthcity, in association with Bal Ayush Foundation and supported by DATRI Stem Cell Donor Registry, organised a Thalassaemia Awareness Programme, Free HLA Typing Camp and Stem Cell Donor Registration Drive. The initiative aimed to raise awareness about Thalassaemia and educate families about Bone Marrow Transplantation (BMT), the only potentially curative treatment for many children living with the disorder.

The camp offered free HLA typing for Thalassaemia patients and their family members to help identify suitable stem cell donors. Simultaneously, voluntary stem cell donor registrations were conducted through a simple buccal swab process, helping strengthen India's stem cell donor registry and improve the chances of finding life-saving matches for patients with Thalassaemia, blood cancers and other serious blood disorders.

The programme highlighted the importance of early diagnosis, donor matching and community participation, bringing renewed hope to families seeking a transfusion-free future for their children.



ShardaCare - Healthcity Strengthens 30th Pre UP State Shooting Championship 2026 as Official Medical Partner



Reinforcing its commitment to sports healthcare and athlete well-being, ShardaCare - Healthcity partnered with Prometheus School as the official healthcare partner for the 30th Pre UP State Shooting Championship 2026, organised in association with the UP State Rifle Association (UPSRA) in Noida. The prestigious championship brought together more than 2,000 shooters, coaches and officials from across Uttar Pradesh.

To ensure comprehensive medical preparedness throughout the event, ShardaCare - Healthcity deployed a dedicated team of doctors, emergency physicians, nurses and paramedics. A fully equipped on-site medical unit, ambulance services, first-aid facilities and emergency response support were made available to manage any medical contingencies and sports-related health concerns.

The collaboration highlights ShardaCare - Healthcity's growing role in sports medicine and event healthcare management, reflecting its commitment to delivering reliable, responsive and patient-centric medical support beyond hospital settings while promoting a safe environment for athletes to perform at their best.

THE PRESS GALLERY



Scan here to read more

Dr. Anil Thakwani

Director & Head, Radiation Oncology

Publication – BW Healthcare World

Dr. Anil Thakwani highlights that while Artificial Intelligence is transforming healthcare through faster diagnosis, improved efficiency and data-driven decision-making, it cannot replace the clinical judgement, empathy and experience of medical professionals. AI should be viewed as a powerful support tool that enhances patient care, enabling doctors to make more informed and timely decisions while maintaining the human touch that remains central to healthcare.



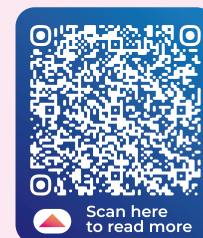
Dr. Shitij Goel

Senior Consultant, Dermatology

Publication – The Daily Jagran

Dr. Shitij Goel highlights how increased humidity during the monsoon season can make hair more prone to frizz, scalp infections and breakage.

He advises avoiding common mistakes such as tying up wet hair, excessive shampooing, using too many styling products and neglecting scalp hygiene, while emphasising proper cleansing, conditioning and a consistent hair care routine to maintain healthy hair during humid weather.



Scan here to read more



Scan here to read more

Dr. Chirag Tandon

Director, Internal Medicine

Publication – NDTV

Dr. Chirag Tandon explains that while doctors dedicate their lives to caring for others, they often overlook their own health due to demanding schedules, long working hours and professional responsibilities. He emphasises the importance of regular health check-ups, stress management, adequate rest and a healthy work-life balance, noting that physicians must prioritise their own well-being to continue delivering the highest standard of care to their patients.



THE PRESS GALLERY

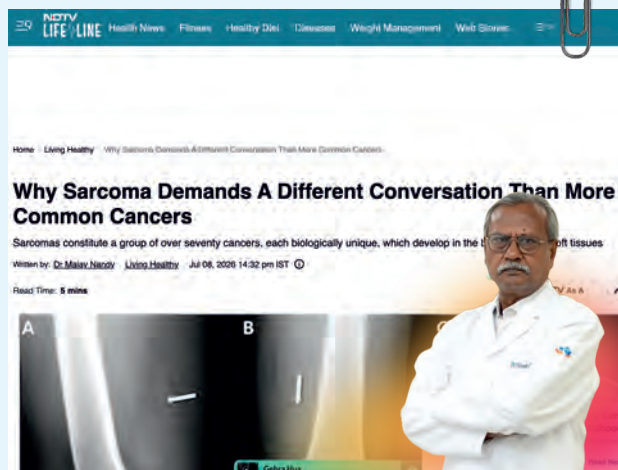


Dr. Malay Nandy

Senior Director & Head, Medical Oncology

Publication – NDTV

Dr. Malay Nandy explains that sarcoma is a rare form of cancer that requires a different clinical approach compared to more common cancers. Because it can develop in bones, muscles, fat, blood vessels and other connective tissues, timely diagnosis and treatment by a specialised multidisciplinary team are crucial. He emphasises that greater awareness and early intervention can significantly improve treatment outcomes and quality of life for sarcoma patients.

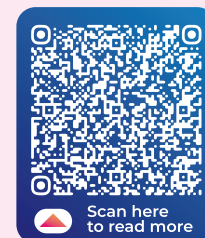


Dr. Ruchir Tandon

Senior Consultant, Medical Oncology

Publication – Hindustan Times

Dr. Ruchir Tandon explains that while genetics play a role in cancer development, everyday lifestyle choices can significantly influence an individual's overall cancer risk. He emphasises that habits such as maintaining a balanced diet, staying physically active, avoiding tobacco, limiting alcohol consumption, managing stress and undergoing regular health screenings can help reduce the risk of several cancers. He further highlights that the window for preventive action is often much wider than people realise, making early lifestyle interventions an important component of long-term health.

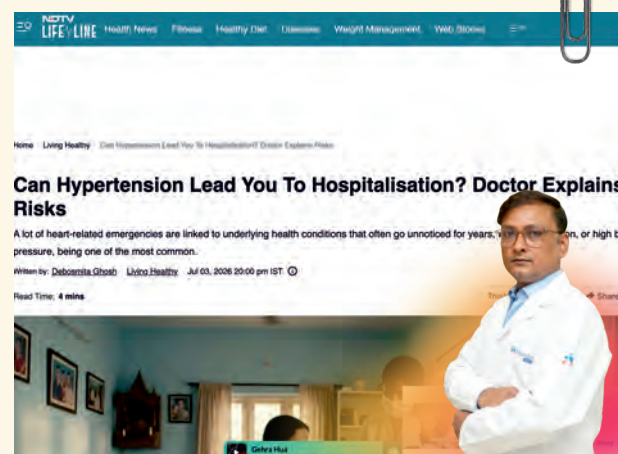


Dr. Praveen Raman Mishra

Associate Consultant, Cardiology

Publication – NDTV

Dr. Praveen Raman Mishra explains that hypertension is often a silent condition that may not show noticeable symptoms until serious complications develop. Uncontrolled high blood pressure can significantly increase the risk of heart disease, stroke, kidney damage and emergency hospitalisation. He emphasises that regular health check-ups, timely diagnosis, adherence to treatment and healthy lifestyle habits are essential for keeping blood pressure under control and preventing potentially life-threatening complications.



THE PRESS GALLERY



Scan here to read more

Dr. Tanmoy Roy

Senior Consultant, Plastic & Reconstructive Surgery

Publication – Times Now Navbharat

Dr. Tanmoy Roy explains that the first 30 minutes after a burn injury are critical in determining recovery and long-term outcomes. He advises immediately cooling the affected area under clean running water, avoiding home remedies such as toothpaste, butter or ice and seeking timely medical attention for severe burns. Early and appropriate first aid can significantly reduce tissue damage, lower the risk of infection, minimise scarring and improve overall healing outcomes.



Dr. Tanu Gupta

Senior Consultant, Dental Sciences

Publication – NDTV

Dr. Tanu Gupta explains that toothpaste plays a vital role in maintaining oral hygiene and preventing common dental problems such as cavities, gum disease and tooth sensitivity. She highlights the importance of understanding ingredients like fluoride, desensitising agents and antibacterial compounds, as different formulations are designed to address specific oral health needs. Choosing the right toothpaste and following proper oral hygiene practices can contribute significantly to long-term dental and overall health.



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Dr. Atampreet Singh

Senior Director & Head, Neurology

Publication – India Today

Dr. Atampreet Singh explains that dementia affects far more than memory; it impacts emotions, relationships and the daily lives of both patients and caregivers. He highlights that early recognition of symptoms, compassionate caregiving and greater awareness can help families better understand the condition and provide meaningful support while preserving the dignity and quality of life of those living with dementia.





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