

CARE CHRONICLE

Monthly Newsletter by ShardaCare - Healthcity

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Dear Readers,

Behind every achievement at ShardaCare - Healthcity lies the dedication, teamwork and commitment of our people. This newsletter is a reflection of those collective efforts, bringing forward stories of clinical excellence, impactful initiatives, patient journeys and organisational milestones. The growing participation and support from various teams continue to make this platform more meaningful, inspiring and representative.

MR RISHABH GUPTA

Managing Director

ShardaCare - Healthcity & Sharda Hospital

Dear Readers,

Care Chronicle has steadily evolved into a platform that reflects the dedication, achievements and compassionate care delivered across ShardaCare - Healthcity. The consistent participation and contribution from various departments have played a vital role in making the newsletter more engaging and representative of the exceptional work happening every day.

DR KOUSAR SHAH

Group Chief Executive Officer

ShardaCare - Healthcity & Sharda Hospital



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THE HEALING HANDS

Institute of Orthopaedic & Spine at ShardaCare - Healthcity Successfully Performs Complex Multi-Stage Pelvic Reconstruction

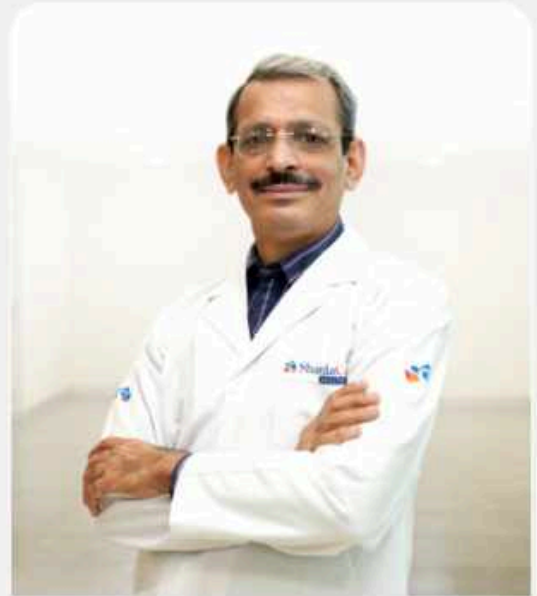
The Institute of Orthopaedic & Spine at ShardaCare - Healthcity successfully treated a young patient who sustained severe pelvic trauma following a high-impact road traffic accident. The patient was brought to the Emergency Department in critical condition with unstable pelvic fractures and extensive soft tissue injuries, requiring immediate multidisciplinary trauma care and advanced orthopaedic intervention.

Detailed clinical assessment and CT pelvis imaging revealed a complex pelvic ring disruption involving both sacroiliac joints along with a severe perineal injury. Such injuries are considered highly critical because they carry a significant risk of internal bleeding, organ damage, prolonged immobility and permanent disability if not treated promptly.

Considering the unstable nature of the fractures and the patient's critical condition, the orthopaedic trauma team planned an emergency damage control surgical approach. The first-stage surgery involved stabilisation of both sacroiliac joints using closed reduction internal fixation (CRIF) with cannulated cancellous screw fixation, along with external fixator application to stabilise the pelvic ring. Simultaneously, surgical repair of the associated soft tissue injury was also performed.

Once the patient achieved hemodynamic stability, a second-stage definitive pelvic reconstruction surgery was carried out successfully. During this procedure, the external fixator was removed and advanced internal fixation using symphyseal plating and inner pelvic ring plating was performed to restore pelvic alignment and stability.

Following surgery, the patient remained clinically stable and was started on a structured rehabilitation program under physiotherapy supervision, including passive joint mobilisation exercises, assisted bedside sitting, ankle-toe pump exercises and gradual mobility training.



In this case, timely multidisciplinary intervention, advanced orthopaedic stabilisation and structured rehabilitation played a crucial role in helping the patient move towards recovery. Such high-impact injuries can be life-threatening if not managed promptly and our focus remained on ensuring the best possible functional outcome for the patient.

Dr. Pushkar Chawla

Director & Unit Head
Department of Orthopaedics

THE HEALING HANDS

Remarkable Recovery - Tanzanian Woman Finds Relief from Thyroid Nodule at ShardaCare - Healthcity

A 62-year-old woman from Tanzania has successfully undergone advanced treatment for a thyroid nodule at ShardaCare - Healthcity in Greater Noida. After suffering from pain and difficulty swallowing for several months, she has now fully recovered and returned home in good health.

The patient, Caroline, had been experiencing swelling on the right side of her neck for nearly 8 to 10 months. Initially, she ignored the condition, believing it to be a minor issue. However, the swelling gradually increased in size and later developed into a large thyroid nodule. As the condition worsened, she began facing dysphagia or difficulty swallowing, along with a constant feeling of heaviness in her throat. Eating solid food became increasingly difficult, affecting her daily routine and overall quality of life.

Seeking specialised medical care, Caroline visited ShardaCare - Healthcity, where she was examined by Dr. Hemkant Verma. After a detailed evaluation, Dr. Verma diagnosed a large, non-cancerous nodule in the right lobe of her thyroid gland. The nodule had enlarged significantly and was pressing against her food pipe, leading to severe swallowing difficulties.

To treat the condition, Dr. Verma and his team performed an advanced minimally invasive procedure called Endoscopic Thyroidectomy, also known as "Invisible Scar Surgery." The modern technique allowed the doctors to remove the thyroid nodule without leaving a visible scar on the neck.

The surgery was successful and Caroline recovered quickly with minimal discomfort. She later expressed gratitude to the medical team for helping her regain her health and confidence.



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deserves not just
treatment,
but compassionate
care backed by trust,
precision and
innovation. At
ShardaCare -
Healthcity,
our commitment is
to heal with
excellence and
humanity.*

Dr. Hemkant Verma
Senior Consultant & Unit Head
Department of Surgical Oncology

THE HEALING HANDS



Early diagnosis and intervention are critical in preventing irreversible kidney damage. Our focus was to ensure the patient's long-term safety, recovery, and quality of life through precise and compassionate care.



Dr. Tarun Singh
Senior Consultant
Department of Urology

Advanced Urological Surgery at ShardaCare - Healthcity Prevents Serious Kidney Complications in a Young Patient

A 24-year-old woman successfully underwent advanced urological treatment at ShardaCare - Healthcity after a hidden kidney condition led to severe complications.

The patient had been experiencing intermittent abdominal discomfort for several months but remained unaware of the underlying medical problem. As her symptoms gradually worsened, she developed persistent pain on the left side of the abdomen, fever, and reduced urine output, prompting her to seek medical attention.

After detailed clinical and radiological evaluation, Dr. Tarun Singh and the urology team diagnosed her with Pelvi-Ureteric Junction (PUJ) obstruction, a condition in which blockage at the junction connecting the kidney to the ureter prevents normal urine flow. Over time, the obstruction caused severe hydronephrosis, leading to swelling and irreversible damage to the left kidney, which had completely lost its function.

Considering the severity of the condition, the medical team planned a Laparoscopic Simple Nephrectomy to remove the non-functioning kidney and prevent further complications such as recurring infections, severe pain and possible sepsis. The surgery was carefully performed under general anesthesia despite the presence of internal adhesions, making the procedure technically challenging.

Following surgery, the patient showed steady recovery and responded well to treatment. She was discharged in stable condition with proper follow-up advice and guidance for long-term care. A significant aspect of this case was that the entire treatment was provided under the Ayushman Bharat scheme, ensuring access to advanced surgical care without financial burden.

THE HEALING HANDS

Five-Hour Complex Surgery Saves Patient's Hand at ShardaCare - Healthcity

Doctors at ShardaCare - Healthcity successfully saved the hand of a patient who had suffered a severe traumatic injury that nearly resulted in amputation. The case highlights the hospital's advanced trauma care, microsurgical expertise and multidisciplinary approach in handling highly critical limb-saving procedures.

The patient arrived at the hospital with a serious injury to the left hand. Due to the severity of the trauma, the bones were exposed, tendons were completely cut and blood circulation to the hand had stopped. The complexity of the injury suggested a likely amputation at various institutes where the patient has consulted.

At ShardaCare - Healthcity, the case was immediately evaluated by a specialised team led by Senior Consultant in Plastic and Cosmetic Surgery. After detailed assessment, the doctor decided to attempt an advanced limb salvage procedure to restore the structure and function of the hand.

The complex surgery lasted nearly five hours and involved reconstruction of multiple damaged structures. The surgical team stabilised the fractured bones using wires, screws and implants. Through microsurgical techniques, the severed tendons, muscles, and blood vessels were carefully repaired and reconnected to restore blood flow and preserve hand function. Following the surgery, the patient showed encouraging recovery and restoration of circulation in the affected hand. Doctors confirmed that timely intervention and advanced microsurgical reconstruction played a crucial role in preventing permanent disability.



In severe trauma injuries, precise reconstruction are critical. Our goal was not only to save the hand but also to restore its functionality and improve the patient's quality of life through coordinated surgical expertise and rehabilitation.



Dr. Tanmoy Roy

Senior Consultant

Department of Plastic & Reconstructive Surgery



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THE HEALING HANDS



Cases involving facial venous malformations are not just medically complex, they deeply impact a patient's confidence, vision and everyday life. Our aim was to deliver a safe and precise surgical outcome while preserving the delicate structures around the eye. Seeing the patient regain normal vision, facial balance and self-confidence was truly rewarding for our entire team.



Dr. Jagdish Chander
Senior Director
Department of General Surgery

A Surgical Milestone - Successfully treated Rare Venous Malformation in a Young Man from Agra at ShardaCare - Healthcity

A 24-year-old man from Agra suffering from a rare facial venous malformation successfully underwent complex corrective surgery at ShardaCare - Healthcity under the leadership of Dr. Jagdish Chander. The patient had been living with progressive swelling over the right side of his face involving the forehead, eyebrow, and upper eyelid since birth. Over the years, the condition caused drooping of the eyelid, blurred vision, double vision and difficulty focusing on objects, forcing him to frequently close one eye for clear vision.

Apart from physical discomfort, the visible deformity caused severe emotional distress and social isolation. The surgery was a challenge because of the high risk of excessive bleeding and possible vision loss.

Detailed clinical and radiological evaluation confirmed the diagnosis of venous malformation, a rare congenital vascular anomaly caused by abnormally formed venous channels. The patient had previously undergone treatment elsewhere, which made the current surgery more intricate because of existing tissue changes and inflammation.

Dr. Jagdish Chander and his team planned a highly specialised redo surgery involving meticulous dissection of fragile vascular channels while preserving the delicate eyelid muscles and vision-related structures. The procedure was completed successfully with complete excision of the malformation.

Following surgery, the patient showed remarkable recovery with restored eyelid function, improved facial symmetry and resolution of visual symptoms.

MOMENTS OF EXCELLENCE

ShardaCare - Healthcity Launched Specialised OPD Services in Meerut



Dr. Anindya Mukherjee | Dr. Atampreet Singh | Dr. Kunal Raj Gandhi | Dr. Anil Thakwani | Dr. Pushkar Chawla | Dr. Akhil Kumar Rustagi | Dr. Kuldeep Bansal

ShardaCare - Healthcity has taken another significant step toward strengthening regional healthcare accessibility with the launch of specialised Outpatient Department (OPD) services at Bhagya Shree Hospital, Meerut. This expansion aims to bring advanced multi-speciality medical expertise closer to patients in Meerut and surrounding regions, ensuring access to quality healthcare without the need to travel to metropolitan cities for specialised consultations and treatment planning.

The newly launched OPD services are providing expert consultations across multiple super-speciality departments including Nephrology, Orthopaedics, Cardiology, Neurology, Radiation Oncology and Medical Oncology.

The initiative is led by renowned specialists from ShardaCare - Healthcity, including Dr. Atampreet Singh, Dr. Anindya Mukherjee, Dr. Kunal Raj Gandhi, Dr. Anil Thakwani, Dr. Pushkar Chawla, Dr. Kuldeep Bansal and Dr. Akhil Kumar Rustagi, who are visiting Meerut regularly to provide comprehensive clinical care, timely diagnosis and follow-up support.

The expansion reflects ShardaCare - Healthcity's broader vision of bridging the gap between primary healthcare

services and advanced tertiary medical care. Through this initiative, patients will benefit from direct access to experienced specialists, advanced treatment guidance, and streamlined referrals for complex medical procedures whenever required.

The OPD services in Meerut is playing a vital role in promoting early diagnosis and timely intervention, particularly in chronic and critical health conditions where delayed treatment can significantly impact patient outcomes. By offering specialised consultations closer to home, the initiative will improve patient convenience, reduce travel-related stress and expenses and support continuity of care through regular follow-ups and coordinated treatment planning.

The launch of these services also highlights ShardaCare - Healthcity's continued commitment to strengthening healthcare infrastructure beyond urban centres and enhancing regional healthcare delivery through collaborative clinical outreach programmes. With a patient-centric approach and focus on accessibility, affordability and clinical excellence, the initiative marks an important milestone in expanding advanced healthcare services to communities across Western Uttar Pradesh.

SHARDACARE IN MOTION

International Nurses Day 2026 Celebrated with Enthusiasm at ShardaCare - Healthcity



ShardaCare - Healthcity, Sharda Hospital, and SMSR celebrated International Nurses Day 2026 with great enthusiasm and pride, honoring the dedication and invaluable contribution of nurses in delivering compassionate healthcare. The celebration featured ceremonial lamp lighting, inspiring addresses, cultural performances, musical presentations and engaging activities reflecting teamwork, creativity and the spirit of caregiving.

Appreciation ceremonies were also organised to recognise the efforts and achievements of nursing staff and students. The active participation of healthcare professionals, faculty members, students and leadership teams made the occasion truly memorable and served as a heartfelt tribute to the nursing community and their continued commitment to patient care excellence.

ShardaCare - Healthcity Organises Corporate Meet with Sikandrabad Industrial Welfare Society

ShardaCare - Healthcity, in collaboration with the Sikandrabad Industrial Welfare Society, organized a corporate wellness and healthcare awareness session attended by over 80 industry representatives, including Managing Directors, HR Heads and Administrative Leaders.

The session featured expert talks by Dr. Anil Thakwani, Dr. Abhijeet Singh and Dr. Rohit Punga, who shared valuable insights on preventive healthcare, employee well-being and the importance of early diagnosis and timely medical intervention. The interactive discussions highlighted strategies for building healthier workplaces and improving workforce productivity through proactive health management. The initiative served as an effective platform for industry leaders to engage with healthcare experts and explore ways to strengthen employee wellness programmes. Through such outreach initiatives, ShardaCare - Healthcity continues to reinforce its commitment to promoting preventive healthcare, corporate wellness and community well-being.



SHARDACARE IN MOTION

ShardaCare - Healthcity Organises Menstrual Hygiene Awareness Session for Students



On the occasion of Menstrual Hygiene Day, ShardaCare - Healthcity organised an interactive awareness session at Shriram Millennium School, Noida Sector 135, to promote menstrual health awareness and encourage open conversations among young students. Conducted by Dr. Lipi Sharma, the session focused on menstrual hygiene practices, awareness and breaking social taboos associated with menstruation.



The programme was specially designed for students of Classes 6 to 8 and witnessed participation from over 100 students. Interactive Q&A sessions and engaging activities encouraged both boys and girls to participate actively, helping create a more informed, supportive and stigma-free environment around menstrual health and adolescent well-being.

Women's Health Awareness Talk for Female Advocates was conducted at ShardaCare - Healthcity

ShardaCare - Healthcity organised a special health awareness session for female advocates from different parts of Greater Noida, focusing on preventive healthcare, emergency response awareness and elderly care. The session aimed to educate women about prioritising their own health while also equipping them with essential life-saving knowledge and caregiving guidance.

The talks were led by Dr. Lipi Sharma, Dr. Saifa M. Lateef and Dr. Vijay Kumar, who shared valuable insights on women's wellness, handling emergency situations such as CPR and caring for ageing parents. The interactive session encouraged awareness, preparedness and proactive healthcare practices, reflecting ShardaCare - Healthcity's continued commitment towards community health education and women empowerment initiatives.



SHARDACARE IN MOTION

“You Did It” Appreciation Initiative at ShardaCare - Healthcity



ShardaCare - Healthcity organised the “You Did It” appreciation initiative to recognise the dedication, hard work and commitment demonstrated by employees in their respective roles. As part of the initiative, staff members were acknowledged through “On the Spot Appreciation Cards” as a token of recognition for their sincere efforts, teamwork, and patient-first approach in daily responsibilities.

The initiative aimed to foster a culture of appreciation, motivation and encouragement across the organization while celebrating the valuable contribution of employees towards operational excellence and quality patient care. The programme served as a meaningful gesture of recognition and inspiration, reinforcing the importance of acknowledging everyday efforts and achievements within the ShardaCare family.



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SHARDACARE IN MOTION

World Thalassemia Day Awareness & Celebration Initiatives

ShardaCare - Healthcity Conducts Thalassemia Awareness & Screening Drive in Bareilly

As part of the outreach activities in Bareilly, a week-long awareness and screening programme was conducted in collaboration with the IMA Blood Centre and Thalassemia Children Welfare Society, Bareilly. The initiative witnessed large-scale participation, with 223 thalassemia children screened, over 162 HLA samples collected for Bone Marrow Transplant donor selection, and more than 75 HPLC samples collected to identify thalassemia carriers. An awareness rally from IMA Bhawan to Chauraha was also organised to spread awareness about thalassemia prevention, screening and timely treatment. The programme further included an informative health talk by Dr. Pawan Kumar Singh focusing on community awareness and preventive healthcare. Distinguished dignitaries, including the District Court Chief Justice and MLA Bareilly, were also present during the event.



ShardaCare - Healthcity Celebrates Courage & Hope on World Thalassemia Day

In another initiative marking the occasion, ShardaCare - Healthcity organised a special World Thalassemia Day Celebration. The event honoured children who have bravely overcome thalassemia and celebrated their strength and resilience through felicitation ceremonies, painting activities, live music performances and interactive sessions. The programme created a joyful and encouraging environment for children and families while reinforcing the importance of awareness, emotional support and advanced treatment facilities in the fight against thalassemia.



THE PRESS GALLERY



Dr. Niraj Kumar
Senior Consultant, General
Medicine

Publication – The HealthSite

Dr. Niraj shared his expert insights on the growing challenge of dengue prevention and the innovative use of specially developed laboratory mosquitoes to help reduce dengue transmission. He highlighted how scientific advancements and vector-control strategies can play a significant role in lowering mosquito populations and minimising the spread of dengue in high-risk areas. He also emphasised the importance of public awareness, preventive measures, and community participation in controlling mosquito-borne diseases effectively.



विषय

यंग ऐज में महिलाओं के लिए 'साइलेंट किलर' बन रहा Ovarian Cancer, ये जांच बता देंगे आपको ये बीमारी है या नहीं

World Ovarian Cancer Day 2026: अगर बीमारी के जल्दी पता चलने से और भी अधिक लोगों को इससे निपटने में मदद मिलेगी, और इससे निपटने के लिए डॉक्टरों को भी मदद मिलेगी।

Alkay Sharma
Updated: May 16, 2026, 12:40 PM IST



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

Publication – DNA Hindi

Dr. Hemkant Verma shared insights on the rising concern of ovarian cancer among young women and stressed the importance of early detection and awareness. He explained that ovarian cancer is often called a "silent killer" because its symptoms are vague and commonly ignored until advanced stages. He urged women to seek timely medical consultation, undergo regular check-ups and stay alert to warning signs such as persistent bloating, abdominal pain, fatigue and changes in appetite to improve treatment outcomes.



Dr. Kunal Raj Gandhi
Director, Nephrology

Publication – The Times of India

Dr. Kunal Raj Gandhi shared his insights on hantavirus infections, highlighting that mild initial symptoms can quickly progress to serious kidney and organ complications if not treated on time. He emphasised the importance of early diagnosis, timely medical intervention and preventive hygiene practices to reduce the risk of severe health complications.



THE PRESS GALLERY



Dr. Anindya Mukherjee
Senior Consultant, Medical oncology

Publication – Dainik Jagran (Print)

Dr. Anindya Mukherjee shared his expert insights in Dainik Jagran on ovarian cancer awareness, highlighting that ovarian cancer is often referred to as a "silent killer" due to its subtle and easily overlooked early symptoms. He emphasised the importance of timely diagnosis, regular health check-ups, and increased awareness about warning signs such as persistent bloating, abdominal pain, fatigue and appetite changes to improve treatment outcomes and survival rates among women.

Dr. Akhil Kumar Rustagi
Senior Director & HOD,
Cardiothoracic & Vascular Surgery

Publication – Dainik Jagran (Print)

Dr. Akhil Kumar Rustagi shared his expert insights in Dainik Jagran on the growing incidence of hypertension among young adults due to excessive screen time, online activity, stress, lack of sleep and sedentary lifestyles. He highlighted that prolonged digital exposure and disturbed sleep cycles are increasingly affecting heart health and contributing to high blood pressure at an early age. He also emphasised the importance of maintaining a healthy lifestyle through regular exercise, adequate sleep, stress management and reduced screen dependency to protect long-term cardiovascular health.



ओवेरियन कैंसर है 'साइलेंट किलर', शुरुआती उपचार है बेहद कारगर

ओवेरियन कैंसर डे आज

अनूप कुमार सिंह • जयपुर

नई दिल्ली: महिलाओं का पेट फूलना, गैस, जल्दी पेट भर जाना, भूख कम लगना, लगातार थकान या पॉरिबड्स दर्द को नजरअंदाज करना भारी पड़ सकता है, क्योंकि यह ओवेरियन (अंडाशय) कैंसर के आरंभिक लक्षण हो सकते हैं। अधिकतर महिलाएं इन्हें सामान्य समस्या समझकर नजरअंदाज कर देती हैं, यही वजह है कि देश में बढ़ी संख्या में महिलाओं में यह कैंसर एडवेंस स्टेज में पकड़ में आता है।

इंद्रप्रस्थ अरोगी अस्पताल के मुख्य कार्यकारी अधिकारी एवं कर्नलिकल हेड डॉ. हरित चतुर्वेदी ने बताया कि ओवेरियन कैंसर को 'साइलेंट किलर' इसलिए कहा जाता है, क्योंकि इसके आरंभिक संकेत बेहद सामान्य दिखते हैं। महिलाओं को लगातार बने रहने वाले पेट संबंधी लक्षणों को हल्के में नहीं लेना चाहिए और समय रहते जांच कराने चाहिए। विशेषज्ञों का कहना है कि बदलती जीवनशैली, मोटापा, हार्मोनल असंतुलन, तनाव और नियमित स्वास्थ्य जांच की कमी इसके बढ़ते मामलों की बढ़ी वजह बन रही है। उनके अनुसार भारत में हर साल ओवेरियन कैंसर के लगभग 47 हजार नए मामले सामने आते हैं, जबकि दिल्ली में 2200 महिलाएं हर वर्ष इससे प्रभावित होती



डा. अनिंद मुखर्जी



डा. हरित चतुर्वेदी

शारदा केयर हेल्थसिटी के सीनियर कंसल्टेंट मेडिकल ऑफ़िसर: डा. अनिंद मुखर्जी ने बताया कि शुरुआती स्तर पर पहचान न होना इस बीमारी की सबसे बड़ी चुनौती है। पेट दर्द, गैस, सूजन या भूख कम लगने जैसे लक्षण अक्सर सामान्य पाचन समस्या या पॉरिबड्स से जोड़ दिए जाते हैं, जिससे मरीज देर से अस्पताल पहुंचते हैं। उन्होंने महिलाओं से अपील की कि यदि पेट फूलना, लगातार दर्द, जल्दी पेट भरना या असामान्य थकान जैसे लक्षण लंबे समय तक बने रहें तो तुरंत विशेषज्ञ से सलाह लें।

क्या होता है ओवेरियन कैंसर: यह महिलाओं के अंडाशय में होने वाली गंभीर बीमारी है। अंडाशय शरीर में अंडाणु बनाने का अंग है, जब यहां की कोशिकाएं तंत्रिका से तेजी से बढ़ने लगती हैं तो यह कैंसर बन जाता है। पारिवारिक मोटापा वजलों से बढ़ती है, जबकि दिल्ली में 2200 महिलाएं हर वर्ष इससे प्रभावित होती

युवाओं में बढ़ते स्क्रीन टाइम व आनलाइन ज्यादा समय बिताने से हाई बीपी के मामलों में वृद्धि

अनूप कुमार सिंह • जयपुर

नई दिल्ली: मोबाइल फोन, इंटरनेट सोशल मीडिया प्लेटफॉर्म और डिजिटल स्क्रीन पर लगातार बढ़ता समय युवाओं के स्वास्थ्य पर गंभीर असर डाल रहा है। स्वास्थ्य विशेषज्ञों के अनुसार देर रात तक आनलाइन सक्रिय रहना, कम नींद, तनाव और निर्यात जीवनशैली युवाओं में हाइपरटेंशन यानी हाई ब्लड प्रेशर के मामलों को तेजी से बढ़ा रही है। विश्व हाइपरटेंशन डे पर विशेषज्ञों ने चेतावनी दी कि यदि युवाओं ने समय

रहते अपनी जीवनशैली नहीं बदली तो अपने खाले कर्तों में हाई ब्लड प्रेशर, स्ट्रोक और अन्य हृदय रोगों के मामलों तेजी से बढ़ रहे हैं। भारतीय आयुर्विज्ञान अनुसंधान परिषद (आईसीएमएआर) और राष्ट्रीय स्वास्थ्य अभियंत्रण के अनुसार इस समय भारत में 18 करोड़ से अधिक लोग हाइपरटेंशन से प्रभावित हैं। इसमें शहरी युवाओं में स्थिति अधिक गंभीर है। पाया गया है कि 18 से 35 वर्ष आयु वर्ग के लगभग 15 से 20 प्रतिशत युवा भी हाइपरटेंशन या हाई बीपी से ग्रसित हैं। दिल्ली में लगभग



प्रतीकचित्र

हर तीन में से एक व्यक्ति यानी करीब एक करोड़ लोगों का बीपी अधिक पाया गया।

इंद्रप्रस्थ अरोगी अस्पताल के चरित्र न्यूरोलॉजिस्ट डा. पुष्पेंद्र नाथ रंजन के अनुसार देर रात तक फोन इस्तेमाल करने से स्लीप साइकल बिगड़ती है, बढ़ता स्क्रीन टाइम अब केवल आंखों को थकान तक सीमित नहीं है, बल्कि यह हृदय और मस्तिष्क दोनों को प्रभावित कर रहा है। शारदा केयर के डा. अश्विन कुमार स्वतंत्रता का कहना है कि डिजिटल लाइफस्टाइल में बढ़ता स्क्रीन टाइम और कम नींद युवाओं के ब्लड प्रेशर पर सीधा असर डाल रही है। लगातार तनाव और नींद की कमी

हाइपरटेंशन का कारण बनती है। पोस्टोपरेटिव हाइपरटेंशन रोग विशेषज्ञ डा. अश्विन कुमार ने बताया कि देर रात तक फोन का उपयोग करने से शरीर में कोर्टिसोल का उत्पादन प्रभावित होता है, जो ब्लड प्रेशर को बढ़ाता है। उन्होंने युवाओं से अपील की कि वे अपने दिन के लिए एक संतुलित दिनचर्या बनाएं, जिसमें पर्याप्त नींद, नियमित व्यायाम और स्क्रीन टाइम को सीमित करने शामिल हो।

THE PRESS GALLERY



Dr. Harish Verma
Director & Unit Head, Respiratory
& Sleep Medicine

**Publication – BW Healthcare
World**

Dr. Harish Verma shared his expert insights on the hidden symptoms and triggers of asthma, highlighting that persistent cough, breathlessness, chest tightness and wheezing are often ignored in the early stages. He emphasised that pollution, allergies, stress, smoking and changing lifestyles are major triggers for asthma attacks, and stressed the importance of timely diagnosis, trigger management and regular treatment to prevent severe respiratory complications.



Dr. Chirag Tandon
Director, Internal medicine

Publication – Hindustan Times

Dr. Chirag Tandon shared his insights on the importance of positive morning habits and mental wellness, highlighting how gratitude, mindfulness, stress management and a disciplined routine can significantly improve emotional and overall health. He emphasised that simple lifestyle practices such as adequate sleep, meditation, positivity and helping others can contribute to a healthier and more balanced life.



Dr. Pushkar Chawla
Director & Unit Head,
Orthopaedic & Spine

**Publication – BW Healthcare
world**

Dr. Pushkar Chawla highlighted that recurrent neck pain may not always be muscular and can indicate cervical spine degeneration. He stressed that poor posture, excessive screen time, sedentary habits and age-related wear and tear are key causes, making early diagnosis, posture correction, physiotherapy and timely treatment important to prevent long-term complications.





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