



# TIMES HEALTH EXCELLENCE 2021-22



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## RECOGNISING AND APPLAUDING THE EXPERTS IN HEALTH CARE

### KEY SPEAKERS



**Dr. BS Ajai Kumar**  
Founder – HCG Hospital  
Topic: Enhancing The Dynamics Of Quality Cancer Care In India



**Dr. Hrishikesh Damle**  
MD & Ceo – Atrimed Pharma & Biotech  
Topic: Plant Diet With Ancient Indian Super Foods



**Dr. B Ramesh**  
Founder - Altius Hospital  
Topic: Recent Advances In Gynaec Laparoscopy



**Dr. Jagadeesha Chandra**  
VP & Consultant Physician - Sagar Hospitals  
Topic: Health For All - A Reality or Mirage



**Dr. Swarnalatha S**  
Service Excellence in Advanced ART Treatment



**Dr. Moinuddin - Dr Moin Minimally Invasive Surgery Centre**  
Service Excellence In Bariatric And Metabolic Surgery



**Sagar Hospitals**  
Service Excellence In Emergency Medicine Department



**Dr. Ganesh Veerabhadraiah - Neurowellness**  
Service Excellence In Neuro Surgery - Brain & Spine



**Dr. Mathangi J - BGS Gleneagles Global Hospital, Bangalore**  
Service Excellence In Radiation Oncology



**Dr. Sunil Eshwar - Aikya Fertility and Research Centre**  
Service Excellence in Fertility and Gynaec Laparoscopy



**Dr. Ravindranath Reddy - BGS Gleneagles Global Hospital, Bangalore**  
Service Excellence In Cardiology



**Dr. Shilpa Muralidhar - Provitate Health Homeopathy and Aesthetic Clinic**  
Service Excellence In Homeopathic Practice / Medicine



**Dr. Sri Ganesh - Nethradhama Super Speciality Eye Hospital**  
Service Excellence in Ophthalmology



**Dr. L.N. Raju - Blue Bliss Hospital**  
Service Excellence In Urology



**Dr. Nagabhushan JS - BGS Gleneagles Global Hospital, Bangalore**  
Service Excellence In Colorectal Surgery



**Dr. Sudhindra D - Marigold Hospital**  
Service Excellence In Realtime Health & Wellness



**Dr. Adarsh Ck - BGS Gleneagles Global Hospital, Bangalore**  
Service Excellence In Advanced Endoscopy



**Dr. Vidya Bhat - Radhakrishna Multispeciality Hospital And IVF Center**  
Service Excellence In Fertility Enhancing Endoscopic Surgeries



**Dr. Narendra S - BGS Gleneagles Global Hospital, Bangalore**  
Service Excellence In Kidney Transplantation



**Dr. Sangeetha Rao - Sita Raksha Speciality Clinic**  
Service Excellence In Woman Health Care And High Risk Pregnancy Treatment



**Milann Fertility and Birthing Hospitals**  
Service Excellence In IVF Hospital Chain



**Dr. Nagaimuthu Ramachandran**  
Service Excellence In Physiotherapy



**Namma Homeopathy**  
Service Excellence In Homeopathy Hospital Chain



**maa Kavurey Hospital**  
Emerging Mother And Child Care Hospital In Bangalore



**Sagar Hospitals**  
Service Excellence In Gastroenterology And Hepatology Department



**Altius Hospital**  
Service Excellence In Gynaecology & Obstetrics



**Sparha Advanced Aesthetic Studio**  
Service Excellence In Hair Transplant Surgery



**Sagar Hospitals**  
Service Excellence In Intensive Care Department

## Milann – Spearheading quality and affordable fertility and birthing care

Milann Fertility and Birthing Hospital is one of the pioneers in the fertility industry in India with several firsts to its credit. Since its inception in 1990, Milann has been committed to make one of the best practices in fertility and birthing care accessible to all. The hospital chain has helped more than 1,00,000 couples experience the joy of parenthood.

Milann offers wide range of services under one roof which include In-vitro Fertilisation, Intra-Uterine Insemination, Intra Cytoplasmic Sperm Injection, Surrogacy, Egg Freezing, Andrology, Fresh & Frozen Embryo Transfer, Gynaecology & Endoscopy, Obstetrics & Paediatrics, Surgical Sperm Retrieval, Urology, and Andrology.

Milann also offers unique specialised clinics like Recurrent IVF Failure Clinic, Recurrent Pregnancy Loss Clinic, Gynaec Endoscopy Clinic and PCOS Clinic cater to patients' unique needs. Milann's birthing centre, provides supravaginal women and child care, handling high risk pregnancies and critical cases with exemplary obstetricians and neonatal care specialists.

With a modern NABL accredited facility lab, level 3 NICU facility, in-house foetal medicine experts, in-utero transfer facility, private suites and experts for OPD consultations, Milann effectively enhances chances for positive outcome in pregnancies and deliveries.

Milann's educational vertical recognised by the National Board of Examinations and Rajiv Gandhi University of Health Sciences offers Fellowship in Reproductive Medicine and its BACC Healthcare Fellowship program

trains clinicians and scientists. Being one of the very few institutes to offer post-doctoral fellowship programs in Reproductive Medicine and Maternal Fetal Medicine, the team has nurtured over 1000 doctors in Infertility and Maternal Fetal Medicine since inception. Milann has 5 units in Bangalore (Kumara Park, JP Nagar, Indira Nagar, Whitefield and MSR). The hospital also has its presence in Delhi, Chandigarh and Gurugram and is on the road to establishing a pan India presence besides being the center of choice for patients from all over South Asia, the Middle East and Africa.

While Milann makes rapid progress in widening its reach, the team is simultaneously committed and focused on further elevating patient experience to greater levels of satisfaction and increasing the services by introducing more specialised services, to make the brand a leading name in fertility and women & child care segments.



For more details, Visit: [www.milann.co.in](http://www.milann.co.in)  
Contact: 18001028860  
Email: [info@milann.co.in](mailto:info@milann.co.in)

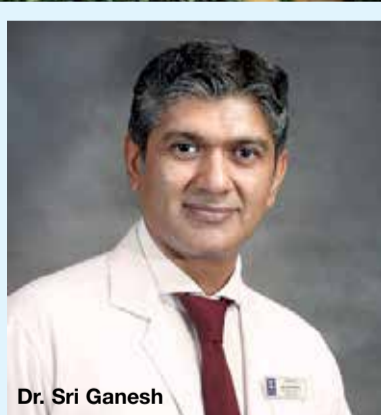


## Exceeding patient expectations with outstanding Ophthalmology service



Nethradhama super speciality eye hospital is a pioneering NABH accredited eye hospital, renowned for quality services. For over 25 years, the hospital has offered renowned eye care services to the society, specialising in cataract surgeries and refractive surgeries. With a mission to offer "Vision care par excellence" and vision to achieve "Leadership in the eye care domain", Nethradhama strives to exceed expectations of patients.

Believing in the philosophy "Sarvendriyani Nayanam Pradhanam" highlighting that the eye is the important sense organ, among all, Nethradhama offers complete ophthalmology services. Nethradhama takes pride in offering distinguished facilities to ensure good vision, thereby enhancing the productivity of the individual and paving the way for the country's development. The hospital is at the forefront of adopting newer technologies which are available globally. They offer simple, painless, sutureless, no injection, no bandage surgeries, especially in cataract and refractive surgeries. Nethradhama has been garnered an award for a Patient Friendly Hospital in the category of Excellence in Healthcare by Association of Healthcare Providers, India on 23rd



**Dr. Sri Ganesh**  
February 2015.

Nethradhama's first center in Jayangar 7th block, Bengaluru, has built up area of over 25000 sq feet and some of the best infrastructure including Lasers for cataract surgery with "catylax laser system", and "ReLex Smile PRO" for refractive surgery which helps the people get rid of contact lenses and spectacles. Nethradhama also has branches in Rajajinagar and Indiranagar in Bengaluru, Mysuru, Mangalore and Davnagere.

For more information contact Phone- 080-26088000 Website: [www.nethradhama.org](http://www.nethradhama.org)

## Are your vegetables truly yours? 'No' says Plant Science

Cassia Tora leaves, Purple yam and Lakoocha were some of the ancient foods which helped our ancestors live long and healthy lives. Today, these ancient Indian vegetables which possess medicinal value apart from nutritional benefits are being replaced by vegetables of overseas origin.

As you are aware of the high glycemic index of rice and people moving towards millets, you will be surprised to know that boiled potatoes, carrots, beetroot and many other common vegetables are of a high glycemic index. They also have higher oil-absorbing ability, less fibre and bioactive secondary metabolites. Some studies suggest that a change in diet can change the gut microbiome, which plays a crucial role in immunity, inflammation, metabolism and mental health.

Earlier days, man used to forage the forests to pick up leaves, berries and roots rich in plant secondary metabolites for their natural health benefits. This is the reason why animals in the forest do not need hospitals. As you would agree, with a scarcity of such precious herbs coupled

with our inability to go back to forests, Atrimed Plant Science- Plant Diet brings the forest back to you.

Atrimed holds one of the world's largest library of plant secondary metabolites and has researched ancient vegetables extensively for their health benefits to aid different functions and structures of our body. Our diets contained herbs that possessed the ability to control/improve a variety of ailments such as diabetes, cholesterol, circulation, mental health, strengthen the bone and joint, keep immunity under equilibrium, help in low-grade chronic inflammation and also to help women and the elderly in their health needs.

These precious and wonder ingredients are collected and formulated to develop safe and effective products for the maintenance of these disorders.

These health supplements indeed are the simplest and the best way to return to your roots and reap the benefits of an ancient diet. They are available on leading E-commerce platforms and [www.plant-science.shop](http://www.plant-science.shop)

For more details, call: 844 844 4292



## Upholding women's healthcare with ethics, experience and expertise

A family run healthcare unit, Radhakrishna Multispecialty Hospital and IVF Center is committed to compassionate treatment and cure. Under the leadership of Dr. Vidya V. Bhat, the multispecialty hospital offers specialized care for women.

Radhakrishna Multispecialty Hospital is preferred for high-risk pregnancies since it offers cutting edge infrastructure including High Risk ICU and all specialities under one roof. The team works to enhance the health and development of the child in utero, for better outcome.

Staying updated with medical advancements, they offer distinguished hysteroscopic procedures like Trans Cervical Resection of Endometrium, laparoscopic and surgical procedures for gynecological complications. "I believe in saving the uterus and avoiding unnecessary hysterectomies which could cause cardiac issues and impact quality of life in the long run," says Dr. Vidya. Going forward she is exploring cosmetic gynecology too.

For those facing infertility issues, the hospital adopts conservative management like timed intercourse and IUI. IVF is only a last resort, in severe cases. They offer fertility enhancing hysteroscopic surgeries and Sophisticated ART Techniques like

IMSI, PICSI, Microfluidics, PGT, Egg and Ovarian Tissue Cryopreservation. The NABH accredited hospital also runs recognized RGUHS Fellowship Courses and acts as a training institute for doctors.

The management conducts free medical camps every month in 20 villages across Doddaballapur and offers treatment at nominal charges. They also support to the BBMP Hospital at NR Colony.



Experience, Expertise, Ethics

For more details contact:  
**Radhakrishna Multispecialty Hospital and IVF center**  
Girinagar,  
Bengaluru,  
9663160764



Dr. Vidya V. Bhat

## OVERCOME HAIR LOSS WITH ADVANCED TECHNOLOGY!

Hair loss is a major issue for many, which triggers insecurities and low confidence levels. Sparha Advanced Aesthetic Studio offers several hair regeneration treatments, hair system and one of the most advanced hair transplant to help one regain their self-esteem with natural looking hair.

Arti Singh, Managing Director, Sparha Advanced Aesthetic Studio believes that a deep understanding of patient's expectations, diagnosing the cause of hair loss, and deciding on appropriate treatment, make all the difference. The clinic uses some of the safest and advanced FDA approved equipment to deliver a superlative outcome. Sparha Advanced Aesthetic Studio offers HT-FUE, BIO-FUE, GFC, LED and Stem cells & Advanced PRP therapy. The clinic also offers DHI Extraction (micro-FUE). In this procedure after the extraction process is finished, sapphire blades are used to open the channels in the desired angle and direction. BIO FUE procedure is not only helpful for transplanted hair but also for strengthening the existing thinning hair follicles, says Arti Singh.

Sparha offers scarless and absolutely



Hair transplant facility at Sparha



Arti Singh

natural looking results. The most advanced OT ensures patient's safety and helps professionals to deliver right results.

The advanced and trustworthy hair transplant clinic with experienced team and modern infrastructure, ensures a client centric professional experience. "At Sparha, one can be assured of commitment, delivery, after treatment-service. We customise treatment according to the client's facial features, hair density, thickness and hair color, while providing post-operative care considering the patient's lifestyle and dietary habits," says Arti Singh.

Sparha offers surgical, non surgical and Derma cosmetic procedure for hair, skin & fitness.

The clinic offers financial assistance through easy EMI schemes and interest free medical loans.

For more details contact:  
**Sparha Advanced Aesthetic Studio**  
Indiranagar, Bangalore 560038  
E-mail: enquiry@sparha.in  
Phone: 9972719303, 8088011011

**SPARHA**  
ADVANCED AESTHETIC STUDIO

## COMPREHENSIVE WOMEN'S HEALTHCARE UNDER ONE ROOF

Sita Raksha Specialty Center for Women Care, envisioned by Founder and Managing Director, Dr. Sangeetha Rao, Consultant Obstetrician and Gynaecologist with over 12 years of experience, has emerged a hub for quality women's healthcare across all age groups. "After offering services for a decade at Sita Bhateja Hospital, I established my own clinic to provide superlative women's care," she says. Putting patients before profit, the well qualified and experienced professionals ensure personalised attention and are known for their expert diagnosis.

Sita Raksha Specialty Center for Women Care addresses the healthcare needs of women from puberty and adolescence, through their pregnancy to menopause and beyond including concerns related to menstruation, contraception, reproductive disorders, hormonal and thyroid issues. The hospital also focuses on expectant mothers and offers consultation, ultrasound scans, blood tests, in addition to fetal medicine, antenatal services and childbirth preparation. The team is committed to promote natural

deliveries and painless labour.

The well-experienced team at Sita Raksha Specialty Center for Women Care has expertise in handling high-risk pregnancies and both male and female infertility, and handholds couples through various stages of pregnancy and beyond.

The hospital ensures a premium experience backed by multidisciplinary clinical expertise. Dr. Sangeetha Rao TP has attended a seminar course the Indo-German Training Course in Gynaecological Endoscopic Surgery from Kiel School of Gynaecology Endoscopy in May 2017, she is also one of the best cosmetic gynaecology surgeons in Bengaluru who deals with both surgical and non-surgical cosmetic gynaecology surgeries like

vaginal tightening, hymen reconstruction, vaginal rejuvenation, urinary incontinence etc.

For appointment contact:  
63663 54343

**Sita Raksha Specialty Clinic**  
35, #No 102, Aurelia Apartments, 1,  
Langford Rd, Nanjappa Circle,  
Bengaluru, Karnataka 560025



**SITA RAKSHA**  
Specialty Clinic  
Pursuing Care with Compassion



Dr. Sangeetha Rao

## HOLISTIC CARE FOR EFFECTIVE CURE

Provital Health Homeopathy and Aesthetic Clinic offers holistic methods of treatment that address the root cause of problems, to eliminate them as naturally as possible.

Envisioned by Dr. Shilpa, who has treated over 25,000 patients since 2009, Vital care Homeo clinic in 2009 - 2017 relaunched as Provital Health Homeopathy and Aesthetic clinic, Provital Health Homeopathy and Aesthetic Clinic offers treatment for various diseases. Having closely worked with several renowned homeopaths and a leading chain of Homeopathic corporate clinics, Dr. Shilpa has vast experience and specialises in treating all cases from common cold to cancer treatment. As speaker/educator on television and business seminars she had presented in more than 300-400 plus TV shows in reputed television channels about vari-

ous diseases and its Homeopathic approach.

**COMPREHENSIVE TREATMENT UNDER ONE ROOF**

In just 6 months Provital Health Homeopathy and Aesthetic Clinic has earned approximately 400 regular clients, treating Thyroid, Diabetes, Hypertension, different types of Arthritis, autoimmune disorders, women related issues like fibroids, PCOD and even rare congenital disorders. For those undergoing chemotherapy and radiotherapy after being diagnosed with early stages of Cancer, the clinic offers preventive medicine to control side effects of treatment.

Dr. Shilpa Muralidhar has been certified for completing her fellowship in Medical Cosmetology (FMC) from the Institute of Laser & Aesthetic Medicine in collaboration with University Medicine Greifswald, Germany in December 2020. Dr. Shilpa also offers advanced non-invasive skin and

hair treatments with modern equipment. The clinic undertakes laser treatment, PRP (Platelet Rich Plasma) treatments for skin and hair including micro needling, acne treatment, removal of acne scars and treatment for psoriasis, vitiligo, hair fall, baldness and premature greying of hair.

Provital Health Homeopathy and Aesthetic Clinic offers combination treatment with advanced cosmetology, homeopathy and reiki, ensuring effective results.

For more details, contact:

**Provital Health Homeopathy And Aesthetic Clinic**

Dr. Shilpa Muralidhar  
Bhms, Fmc, Nahi, (Msc Psychology)

Founder/Proprietor

Address: No 16, Dishan 1 Six,  
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Jayanagar 3 Rd Block,  
Bengaluru 560011

Mobile: +91 9535705088

Mail Id: provitalhealth@gmail.com

Website: www.provitalhealth.com



Dr. Shilpa Muralidhar

## Neurowellness – A one stop solution for brain and spine care



Dr. Ganesh Veerabhadraiah

Neurowellness - Brain and Spine Care, nestled in 9th block, Jayanagar, Bengaluru is one of the best neuro and endovascular care clinics in South India. Helmed by Dr. Ganesh Veerabhadraiah, a renowned Neurosurgeon, the clinic provides comprehensive and detailed consultations for patients suffering from brain, spine and endovascular related health conditions. Dr. Ganesh has been working tirelessly towards medical developments and has been instrumental in performing several complicated spine and brain surgeries, gen-

in treating patients across age groups, Dr. Ganesh is an expert in performing minimally invasive procedures and a wide range of interventional surgeries. His chief areas of medical expertise include brain and spinal disorders including aneurysms, cranial-spinal trauma, spinal tumour excision, brain tumour surgeries, spinal infection, CV junction anomalies with sub-specialities branching into interventional neuroradiology.

Neurowellness shows the way in creating awareness among the general public on the importance of preventing, diagnosing and treating various neurological, endovascular conditions. Dr. Ganesh passionately helps patients from economically poor backgrounds. He has increased awareness among people in the rural areas surrounding Kollegal, Kanakapura.

Dr. Ganesh Veerabhadraiah is available for consultations at Fortis Hospital, Cunningham Road, Bengaluru.

For more details, contact:  
**Neurowellness - Brain and Spine Care**  
(Jayanagar 9th Block)

122A, G-Floor, 26th Main,  
9th block, Jayanagar;

Opp to Ragiguddada Anjaneyaswamy Temple Arch,

Bengaluru, Karnataka 560069  
Phone: 7259669911, 7349017701



**Neurowellness**  
Brain and Spine care

eral micro-neurosurgery, vascular neurosurgery and brain bypass procedures. He expresses that the main objective of Neurowellness is to provide finest neuro (brain and spine) care to everyone. Equipped with nearly two decades of experience

## Where work and leisure blend in!



Four Seasons Hotel Bengaluru delivers a dynamic experience that reflects the city's innovative, entrepreneurial and cosmopolitan spirit.

The contemporary architecture is flanked by tranquil green spaces, as a tribute to the Garden City of yore. Every restaurant has its own al fresco patio for guests to enjoy the charming outdoor ambience. The spacious terrace adjoining the banquet hall makes events more delightful.

The Hotel's Level 21 is a bold and striking space with Far & East, a contemporary Asian Brasserie perched alongside the stylish Destination Bar, Copitas, which has ranked No. 3 on the coveted 30 Best Bars in India list. Sunday Brunches at CUR8 every weekend are awaited by local patrons and expats alike.

Wellness is highly regarded and the overall calmness of the spaces, underscored by legendary Four Seasons service, complements the hotel's high tech facilities.

Infuse Spa is an urban sanctuary to unplug and recharge. The well-appointed Salon and Fitness Centre offers beautiful pool views.

The hotel is pet friendly with dedicated services including a pet menu, which can be accessed from iPads inside the rooms.

As a nod to sustainability, Four Seasons Hotel Bengaluru is developing an on-site bottling plant, which aims to completely do away with single use plastic water bottles. This initiative upholds the company's commitment to energy conservation and one of its many enduring green measures.

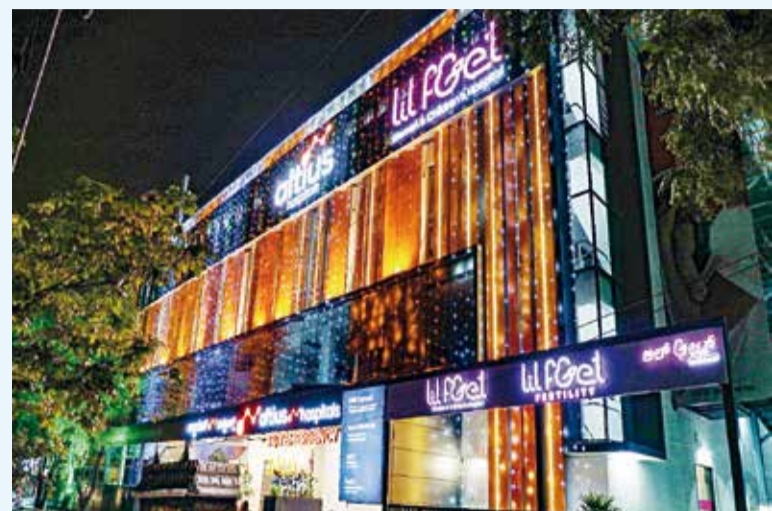
For more details, contact:  
**Four Seasons Hotel Bengaluru at Embassy ONE**  
8, Bellary Road, Ganganagar Bengaluru - 560 032  
Phone: 080 45222222



**FOUR SEASONS**  
HOTEL  
BENGALURU AT EMBASSY ONE



## Altius Multispeciality Hospital - Making quality healthcare affordable



The newly launched Altius Multispeciality Hospital at HBR Layout, provides comprehensive healthcare across various specialities including neurology, gastroenterology, orthopaedics, general and specialized surgery. Led forward by Dr. B. Ramesh, it offers a full spectrum of integrated healthcare services and a wide range of acute medical and surgical services. The hospital also has 'Lilifee' an exclusive speciality division that focuses on women and child care.



Dr. B. Ramesh

ence as everything at Altius Multispeciality is designed ergonomically with a luxurious feel, to give the hospital the ambience of a sanctuary for health and happiness. The patient-centric hospital has rooms with splendid views, a labour room that offers a comfortable and safe environment and a pleasing and comfortable waiting lounge.

With in-house diagnostics and highly equipped MICU, OT & NICU with ultra-modern interiors, modern healthcare facilities and top-notch medical technology, Altius Hospital seeks to offer

affordable cost for all sections of the society.



**For more details, contact:**  
Altius Hospitals Pvt. Ltd.  
No 511, 4th Block, 1st Stage,  
HBR Layout,  
Bengaluru - 560043  
Website:  
www.altiushospital.com  
Email: endoram2006@yahoo.in  
Ph: 8882799799

## Technology enabled assessment for male factor infertility

Infertility and problems of impaired fecundity have been a concern through ages and is also a significant clinical problem today, affecting 8-12% of couples worldwide. Males with sperm parameters below the WHO normal values are considered to have male factor infertility. It may be caused by one or a combination of issues including low sperm concentration, poor sperm motility or abnormal morphology. Other factors impacting infertility include semen volume and other seminal markers of epididymal, prostatic, and seminal vesicle function. As high as 90% of male infertility problems are related to count and there is a positive association between the abnormal semen parameters and sperm count.

Dr Swarnalatha is a gynecologist with over 2 decades of experience and is a consulting fertility specialist at Morpheus Bengaluru Fertility Center. Dr Swarnalatha highlights advancements in the field of male infertility.

Computer Assisted Sperm Analysis (CASA): It allows an objective assessment of sperm quality. The evaluation of sperm cell motility and morphology is an essential parameter in the examination of sperm quality.

Percutaneous Epididymal Sperm Aspiration (PESA): PESA is a simple procedure that involves inserting a needle into epididymis to extract fluid that



Dr. Swarnalatha

contains sperm.

Testicular Sperm Aspiration (TESA): This is one of the methods used in the treatment of infertility in men. This technique is widely recommended to men with azospermia, in which there is a lack of sperm in the ejaculate.

**For more details, write to:**  
docswarna@gmail.com

## DOES AGE IMPACT SUCCESS OF IVF TREATMENT?

Age is the single most important factor affecting a woman's fertility. While good health improves the chances of getting pregnant and having a healthy baby, it doesn't override the effects of age on a woman's fertility. Women are more fertile between 20 and 30 years. A significant drop and steep decline in fertility has been observed especially in Indian women, after they turn 35.

When it comes to IVF treatment, the woman's age is the most critical factor. It determines the success or the outcome of the treatment. To enhance success rates, the quality and quantity of the gametes (eggs and sperms) need to be improved. A personalized plan can also improve chances for a good outcome. Making proper lifestyle changes using age old alternate therapies like acupuncture, yoga and satvik are also helpful.

Women who decide to delay pregnancy, should get their ovarian reserve test done.

Oocyte Freezing should be considered by women planning to postpone

their pregnancy. Couples could also look at Embryo Freezing as an option. It is always advisable to have a yearly checkup.

When women with low ovarian reserve cross the age of 35 years, a proper treatment plan has to be made which involves pre-treatment with medicines for a period of at least six to seven weeks.

IVF stimulation protocol like, mild stimulation and pooling of embryos are very good options to improve IVF success rates.

The ovarian rejuvenation procedure has shown some benefits in women with poor ovarian reserve. However, couples need to discuss their options in detail with clinicians as this is not yet a routinely recommended procedure.

When it comes to pregnancy and parenthood, time is of essence because age naturally lowers monthly fertility odds. Don't wait for long!

**For further details and appointments contact:**  
Aikya Fertility And Research Centre  
Mobile No: 9606919299



Dr. Sunil Eshwar

## Advanced Homeo care for holistic cure



Namma Homeopathy, is a leading chain of homeopathic clinics in Karnataka and Maharashtra, established with a vision to provide advanced and superlative healthcare services and treatments across global locations.

Namma Homeopathy has over 20 clinics in India and more than 200 highly qualified homeopaths with 10 years

or more collective experience, and takes pride in having treated 2 lakh cases of chronic diseases with 90% success rate.

The chain of clinics is backed by a team of 50+ highly qualified and experienced doctors who research new medicinal formulas including Advanced Immunogenic Miasmatic 6th generation Homeopathic treatment to successfully treat incurable chronic diseases.

### NAMMA HOMEOPATHY HIGHLIGHTS

- Specialisation in Homeopathy as primary therapy
- Addressing the physical, emotional and mental well-being of every individual
- Spending quality time in research, patient interview and diagnosis
- Implementing latest findings to dispense appropriate world class treatment which is affordable and effective
- Conducting free health camps regularly among underprivileged sections of the society in Karnataka & Maharashtra

**For more information, contact:**  
Namma Homeopathy  
No. 88, 3rd floor lakshmi associates building, above RR gold palace, 2nd Main, B/W 6th & 7th Cross, Sampige Road, Malleshwaram, Bengaluru-560003.  
Contact: Dr. More Raghav Prasad-CMD, Namma Homeopathy, ph - 8792065300  
Mail Id: contact@nammavaidyashaala.com  
Website: www.nammahomeopathy.com

## Centre of Excellence for quality healthcare

Marigold Hospital was incorporated in the year 2017 as a comprehensive health provider equipped with the latest medical technology, offering affordable medical treatment with personalized care.

Marigold Hospital is a multi-speciality hospital that brings together some of the leading clinicians who provide advanced treatments in various disciplines such as General Medicine, Gynaecology, Nephrology, Oncology, Accident & Trauma care, Orthopaedic, Endocrinology, Psychiatry, Diet

Counselling, Physiotherapy, etc., to name a few.

Marigold Clinics & Diagnostics is a part of Marigold Hospital located at JP Nagar 1st phase which provides a range of diagnostic tests and assessments that are carefully curated by healthcare experts. Physical as well as Teleconsultation services are provided by a panel of experienced doctors and healthcare professionals.

**DR. UJWALA N. JAGDALE**  
A compassionate humanitarian, dedicated to bringing quality facilities within the economic and geographic reach of people best describes Dr.Ujwala

Nagaraja Rao Jagdale, Managing Director of Marigold Hospital.

The dream of making medical facilities available in India spurred her to set up Marigold Hospital in Bengaluru in 2017.

An ardent supporter of women's empowerment, Dr.Ujwala N. Jagdale is associated with many social projects targeted to uplifting the poor and needy. She also takes a keen interest in promoting welfare of senior citizens.

### DR. SUDHINDRA DISLE

A doctor with a work experience of over 22 years, completely patient centric, dedicated towards treating and healing patients and bringing quality healthcare within the economic and geographic reach of millions of patients' best describes Dr.Sudhindra Disle, Medical Director of Marigold Hospital. He is also a Managing Director at RajDisle Private Limited.

Starting his career as a Lecturer in Kolar, he has worked the ladder up and is now a visiting Professor in Medicine in a couple of medical colleges.

Dr. Sudhindra Disle consults in various hospitals and has also published vast number of papers in State, National as well as International Conferences. He has also been trained in Geriatric medicine by WHO. He is a trained Upper GI



Dr. Sudhindra D

Endoscopist. He keenly takes part in National as well as International trials and has travelled immensely attending various Diabetic and Medical conferences.

Dr.Sudhindra is actively involved in the program " Juvenile Diabetic and You" and wants to create a better future for children suffering from Diabetes and its related complications.

He is also a trustee in the RNR Memorial Foundation which is a charitable trust and is actively involved in the community out-reach services. An avid reader, he periodically updates himself on the latest trends and treatments in Endocrinology.

**For more details contact:**  
Marigold Hospitals  
#243, 3rd Main 7th Cross,  
Mico Layout BTM 2nd Stage,  
Bengaluru-560076.  
PH-9845780994, 080-46729555 / 8867721777  
E-Mail : marigoldhospitals@gmail.com / phc@marigoldhospitals.com  
Web : www.marigoldhospitals.com

## A one stop for comprehensive maternal and child care

maa Kauvery - Women & Child Care Hospital by Kauvery Hospitals, is an exclusive women and child care facility situated at Electronic City of Bengaluru. The hospital has one of the largest PICU & Level3 NICU beds in Karnataka.

Continuing the tradition of Kauvery Group of Hospitals, the maa Kauvery Hospital is committed to core philosophy which is patient first, clinical excellence, providing affordable and quality healthcare with the highest standards.

maa Kauvery has a perfect amalgamation of "Rich Clinical Experience" &

"Advanced Medical Technology" making it one of the most preferred destination for women & children's medical care in Bangalore. The hospital is also made much more safer because it is situated right next to Kauvery Hospitals, an 180 bedded Multi-speciality Hospital which extends 24/7 backup for any sorts of challenges and ensures safe treatment options for patients.



### SERVICES

#### OBSTETRICS & GYNAECOLOGY

Minimal Pain Delivery (Epidural), High-Risk Delivery with SICU backup, Preterm Delivery with Level 3 NICU backup, Endocrinology Consultations, 24x7 in-house obstetrician available, Physiotherapy services, Nutritionist Consultations, Lactation classes, General Gynaecology, Urogynaecology, Laparoscopic Procedures.

#### FETAL MEDICINE & FERTILITY

Anomaly Scan 3D/4D, Amniocentesis, Chorionic villus sampling, Ante-natal cord blood transfusion, IUI-Intrauterine Insemination, Counselling & other fertility procedure.

#### NEONATOLOGY

24 bedded Level 3 NICU, Retrieval facilities, High frequency ventilator, Bedside Echo Ultrasound & 24/7 Neonatal Emergency Care.

#### PAEDIATRICS

24/7 Emergencies, General Pediatrics, Pediatric Critical Care (High Dependency Unit Support), Respiratory / Allergy specialist, Pediatric Gastroenterology, Pediatric Endocrinology, Pediatric Neurology, Pediatric Dermatology, Pediatric ENT.

#### VALUE SERVICES

Kangaroo Care Workshops, Photo studio with complimentary stills, Baby shower service, Lamaze / Yoga sessions, Stem-cell Banking Facility, Blood Storage Unit.

**For more details, contact:**  
Ph No: 080 6801 6801  
Address: Survey No 92/1 B, Hewlett Packard Avenue, Konappana Agrahara, Electronic City, Bengaluru, Karnataka 560100

## Research Methodology

The objective of this research was to arrive at Times Health Excellence Award 2022 in their respective categories.

The survey had these modules i.e. Desk Secondary Research, Approach for sharing fact file, Factual survey (Participatory Survey) to arrive at the analysis & identify final results of top performers in different categories.

A comprehensive list of healthcare professionals/ hospitals/ clinics were generated with the help of internet, magazines and other publications.

More than 200 healthcare professionals/ hospitals/ clinics were sent the factual data questionnaire and then rigorously followed up through telephone, email and personal visits.

The study was conducted in Bengaluru for 6 weeks, starting from 2nd week of February 2022. The final score for each entity were weighted to average of Factual Score.

Based on the final score, results were drawn in respective categories.

### SOME CAVEATS/ASSUMPTIONS:

Best efforts were made to reach maximum healthcare professionals/ hospitals/ clinics in the respective categories;

If the nomination for any specific category was not received, those categories were dropped and categories with single nominations were given unanimously.

Only those business entities were considered who have submitted their participatory factual sheet

### ABOUT AVANCE INSIGHTS PVT LTD (AVANCE INSIGHTS)

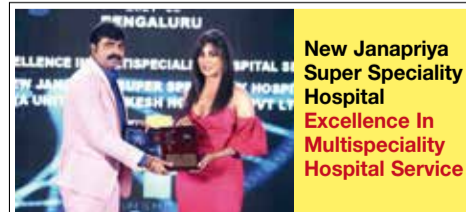
Avance Insights is a full service marketing research agency providing Research and Support Services to companies ranging from boutique research agencies to large consulting firms.

Avance has compact team of researchers they are well focused and experienced with exposure of delivering global and national MR projects.

The services are very cost effective with high quality and standards. Avance has a very wide network of operations.

Avance India is corporate member of MRSI and follow MRSI code of conduct while conducting all their research projects. For more information about the company please visit www.avance-india.in

Note: Present survey has been conducted by an independent Research Agency named Avance Insights Pvt. Ltd using stated methodology for arriving at given results



New Janapriya Super Speciality Hospital founded by Dr. Surjeet Singh and Dr. Sunil Kumar with a vision is to provide high quality healthcare with care and compassion to low and middle income group of the society. Hospital CEO, Dr Gangadhar Mallappa was felicitated at the event.



# BGS GLENEAGLES GLOBAL HOSPITAL – A HOLISTIC MULTI-ORGAN TRANSPLANT CENTER

With advances in technology, several conditions which were earlier insufferable are better managed, ensuring an improved quality of life. BGS Gleneagles Global Hospital, a quaternary care hospital located in the Kengeri suburb towards Mysuru, is one of the renowned and multi-organ transplant centers in Karnataka. The hospital has been envisioned to provide care in all specialties with special focus on care of the critically ill and multi-organ transplantation patients. BGS Gleneagles

## MODERN TRANSPLANT FACILITY

The hospital is well-equipped in terms of infrastructure as well. BGS Gleneagles Global Hospital has a dedicated transplant ICU to give the best care and treatment for transplant patients. The team of doctors reaches out to patients in neighboring districts across North Karnataka and West Bengal. They aim to spread awareness about the importance of organ donation to help meet the need of the hour. Additionally, they also offer services in rural areas and tier-2 cities where super specialty clinics are not easily available.



Global Hospital has performed over 640 renal transplants, 225 liver transplants, 19 lung transplants, 7 heart transplants, 11 combined liver and kidney transplants and 9 combined kidney pancreas transplants. The hospital houses a comprehensive team of transplant physicians, transplant surgeons, transplant anaesthetists, who are supported by a dedicated team of nurses, transplant coordinators, counselors and other staff members.

With over 450-beds, the hospital is one of the largest of its kind in Bengaluru consisting of the advanced imaging facilities and a modern Transplant ICU. The hospital caters to several key specialties including Oncology, Neurosurgery, Cardiac Sciences, Gastroenterology, Renal Sciences, HPB & Liver diseases among others. BGS Gleneagles Global Hospital is also a popular destination for medical tourism, drawing numerous patients, who are suffering from various disorders such as liver ailments, kidney failures, breast cancer, leukemia and neurological disorders amongst others, from numerous countries.

## COMMUNITY CONNECT IN CHALLENGING TIMES

The healthcare industry went through many trying and testing times with the pandemic in play. To fight the pandemic, BGS Gleneagles Global Hospital followed all government norms, subsidized the costs of tests, added COVID beds and treated more than 1000 COVID patients over the year. The hospital conducted multiple vaccination drives in the hospital, in the neighboring communities and amongst key corporates. In fact, they were one of the first hospitals to start community vaccination drives in Bengaluru.

COVID-19 impacted people in numerous ways. While COVID care was important, doctors observed many post-COVID-19 complications and saw the need to provide regular monitoring of one's health. When COVID restriction guidelines started relaxing, the hospital conducted multiple health check camps in societies and parks in the neighbourhood. The aim of these camps was to provide free basic health check up for senior citizens and other people

## Expressing gratitude to the talented Renal science team for ensuring a new lease of life for 640+ patients suffering from ESRD



Dr Naveen M N, Dr Seshagiri T V, Dr Narendra S, Dr Anil Kumar BT, Dr Rajiv E N, Dr Mohammed Farooq Ahmed, Dr Nithin J

BGS Gleneagles Global Hospital successfully performed 468 living-donor and 172 cadaver donor transplants reaching 640 transplants in total, since inception in 2009. During the COVID-19 pandemic, the team of doctors, nurses and other supporting staff members in the renal science department left no stone unturned to treat critical End

stage cases, considering saving lives and robust care as their motto. Out of all the transplants performed in the year 2021, 22 recipients and donors underwent transplant after recovering from COVID-19. BGS Gleneagles Global Hospital would like to thank the medical warriors for their commitment and dedication that helped transform many lives.

who suffered from COVID-19. BGS Gleneagles Global Hospital also conducted several BLS (Basic Life Saving) training sessions for key members of neighboring communities with an aim to train people on how to act in emergency situations.

## A COMPREHENSIVE HEALTHCARE CENTER

BGS Gleneagles Global Hospital is a multi-specialty hospital with a key focus on Gastroenterology, Cancer Care,

Neurosciences, Renal Sciences, Liver and HPB Sciences and Cardiac Sciences. The NABH and NABL accredited hospital operates approximately 100+ beds. The modern Cath Lab, 6 operation theatres, advanced imaging services (Trubeam STX and Tesla MRI) offer cutting edge emergency and critical care management while following internationally approved clinical protocols.

Over 10 years of clinical excellence has earned the hospital tie-ups with all major cashless health insurance players. BGS Gleneagles Global Hospital is a preferred

choice of numerous major corporates in the neighbourhood. The hospital also offers Video Consult services to its patients in India, Africa and SAARC nations.

BGS Gleneagles Global Hospital is a part of IHH Healthcare, one of the largest healthcare providers. With its full spectrum of integrated services, dedicated people, reach and scale, and commitment to quality and safety, IHH aspires to be the one of the most trusted healthcare services network, united by a single purpose: to touch lives and transform care.

## SAGAR HOSPITALS: SERVICE EXTRAORDINAIRE

Healthcare is extraordinarily complex, as balancing quality, cost and technology against humanity, places ever-increasing demands on healthcare providers. Dr. Chandramma D Sagar, an exceptional leader laid the foundation for Sagar Hospitals Group with Chandra Nursing Home. A pioneer in her own right, she was a stellar student and the first Indian female doctor to be bestowed a triple FRCS: FRCS (London), FRCS (Edinburgh), and FRCS (Glasgow). Recognising the needs of her own country, she returned home to pursue her practice before setting up Chandra Nursing Home in 1963.

Her sons, Dr. D Hemachandra Sagar, Chairman, Sagar Group and Dr. D Premachandra Sagar, Vice Chairman, Sagar Group, expanded her vision, establishing one of the first 250 bedded corporate, quaternary care hospitals in Bengaluru in 2002. Dr. D. Premachandra Sagar, opened the second branch of Sagar Hospital in Banashankari, in 2009, sealing the hospital's position as a trusted names in healthcare. The hospital has 415 beds, 44 speciality centres, advanced diagnostic centre and medical experts who have leveraged multi-disciplinary approaches to develop superlative healthcare solutions.

"Another 150-bed hospital is under construction in Davengere, Karnataka. The Sagar Group is actively working on investing in brownfield and greenfield hospital projects and aspires to add another 500 beds to our portfolio in the next 3 years," says Ishiq Multani.

Dr. Premachandra Sagar emphasizes on patient-centered care and efficiency in the delivery of clinical outcomes by using modern technology and techniques while exercising frugality.

Recognising the growing healthcare needs in India, The Sagar Group established the Dr. Chandramma Dayananda Sagar Institute of Medical Education



peers or reputed awarding bodies.

## HIGHLIGHTS:

- Premier medical facilities with 665 beds, 44 speciality centres, and institutes in neurology, cardiology, urology and nephrology and orthopaedics.
- Sagar Hospitals at both locations are NABH and NABL accredited
- All medical facility operations comply with clinical governance systems

- One of the pioneers in performing open-heart surgery on a HIV-positive patient, undertaking bone marrow transplant and enabling a combo device implantation
- The doctors have treated over a couple of million patients including over 100,000 international patients from over 35 countries including South East Asia, the Middle East, Europe, Africa, and the United States

Sagar Hospitals is committed to provide cost-effective quality healthcare which is consistent, innovative, and continuously enhanced by integrating expertise in traditional medicine with latest medical procedures.



For more information, contact:  
Phone : 0806955555/1860 419 2929  
Website: [www.sagarhospitals.in](http://www.sagarhospitals.in)  
Email ID: [Info@bsk@sagarhospitals.in](mailto:Info@bsk@sagarhospitals.in)

## ENHANCING QUALITY OF LIFE WITH PHYSIOTHERAPY

Moving to Bengaluru in 2004, Dr. Nagaimuthu Ramachandran's career saw its humble beginnings in a small hospital, at a time when rehabilitation and physiotherapy were not popular or familiar to the people and not many adopted it to improve their recovery.

In 2005, Dr. Nagaimuthu got an opportunity to associate with Manipal Hospital's comprehensive Physical Medical and Rehabilitation Center. Working as a rehabilitation therapist, his interest grew as explored the field of Neuro Rehabilitation, helping restore movement in individuals suffering from stroke, head injuries, cerebral palsy and spinal cord injuries. He has been a visionary in exploring new possibilities in individuals and encouraging them to participate in a meaningful



Dr. Nagaimuthu

life. Manipal Hospitals has given him the platform to enrich the lives of people, from small children to the elderly through rehabilitation.

Now a days, the addition of technology like virtual reality, assistive technologies have paved the way to enhance recovery.

Being in the rehabilitation field, Dr. Nagaimuthu learnt to deal with ups and down in the life and realise the importance of maintaining a positive state of mind. "Life starts from despair for some, but I suggest that they should never lose hope. Even the most hopeless situations were turned into miraculous moments with rehabilitation," he says.

Dr. Nagaimuthu is encouraged by Dr. K J Purushottam, Founder & Managing Director, JR Group of Companies.

For any information contact: 9448818339

## A ONE STOP DESTINATION FOR LAPAROSCOPIC GASTROINTESTINAL AND BARIATRIC SURGERIES

Dr. Moin minimally invasive centre at Coles road Frazer Town is a one stop destination for laparoscopic Gastro intestinal and bariatric surgeries. As Dr Moin is highly trained for advanced laparoscopic surgeries. From gall bladder surgeries to hernia surgeries to advanced Gastro intestinal surgeries to bariatric surgeries, most of the surgeries are scarless. It's an exclusive obesity clinic which deal with



Dr. G. Moinuddin

patients who are over weight to morbidly obese. Body mass analysis is done with a BMI machine and decides about the patient needs a lifestyle modification or a surgery. Most of the metabolic diseases gets resolved post Bariatric and metabolic surgery like diabetes, obstructive sleep apnoe, dyslipidemia, polycystic ovarian syndrome as they loose significant amount of weight post surgery in a span of 8 to 10 months. Single incision Bariatric surgery is the recent advances which he is specialized in.

For more information contact :  
Dr. G. Moinuddin-MS, FMAS, FALBS(mumbai), FBS (ahmad), FENDO, FRCLRS (korea), FALBS(belgium) 9920662598  
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