





HEALTH SHOTS

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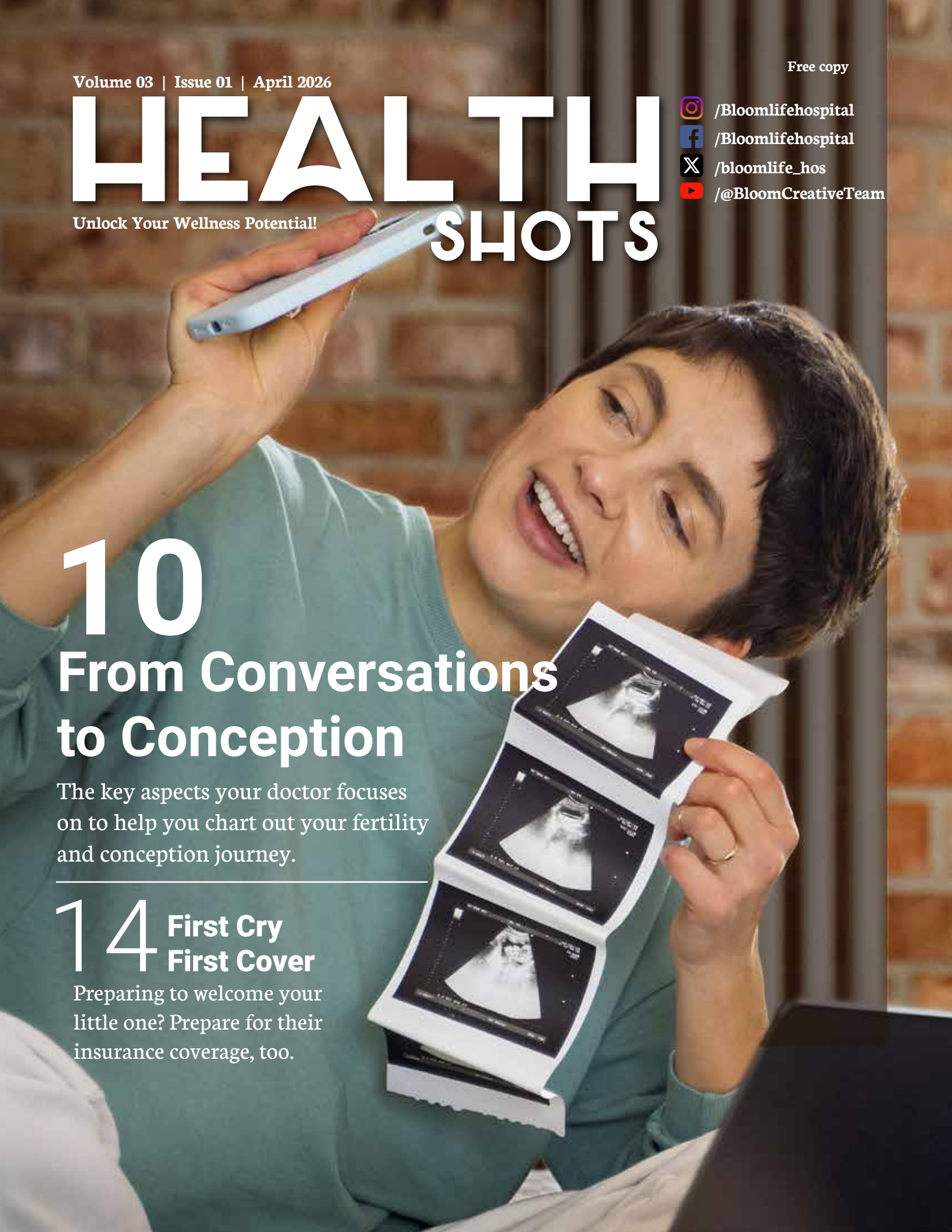
Unlock Your Wellness Potential!

10 From Conversations to Conception

The key aspects your doctor focuses on to help you chart out your fertility and conception journey.

14 First Cry First Cover

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Editor's Note

Dear Readers,

One of the most beautiful things about India is that we don't have just one New Year. We have a range—from each region, with its own traditions, its own rituals, its own way of welcoming what's to come. This month, we have Tamil New Year and Vishu, celebrated with colour, prayer, and food, with each aspect deep-rooted not just in tradition but in meaning as well.

A dish central to Tamil New Year celebrations is *maanga pachadi*, made with raw mango and jaggery, tending towards sweet than sour, but on this day prepared with some extras—neem flowers, dried red chillies, and a touch of salt. The result is a single dish that holds all tastes at once—sweet, sour, bitter, spicy, salty. It is a subtle reminder that the year ahead will bring experiences of every kind—and to find a way to relish them all.

But how does one relish difficulty? How does one find grace in repeated disappointment?

These questions bring to mind a couple I saw in my clinic. They had been through several failed IVF cycles. Each time, they had to find the strength to bear the disappointment of not getting pregnant, and to decide whether to try again. After we reviewed their case together, they spoke quietly between themselves. Then the wife looked up and said, “We would like to try one more time, Doctor. We have been dreaming of having a child for a long time. If it doesn't work, we will take a call on what to do next.”



Her husband held her hand while she spoke.

Their quiet, steady hope moved me deeply. We proceeded, and life—in its own beautiful way—made their dream come true. They did get pregnant, and I was privileged to witness their immense joy when they held their baby.

But even had the outcome been different, I believe they would have met it with the unshaken faith. Because they had already found their answer: *Try once more, and trust that the next step will show itself when the time comes.*

As we prepare to welcome this new year, let us embrace all that comes our way—the sweetness and the sorrow, the ease and the effort, the certainty and the unknown. Let us remember that meaning is not found only in outcomes, but in the quiet resilience we carry within us.

Even if life does not unfold exactly as we hoped, may we trust that it is truly unfolding as it must—and that, in time, we will find our way to understanding, acceptance, and gratitude.

Wishing you a year that holds every flavour—and the strength to savour them all. Happy New Year! ♦

Dr. Kavitha Gautham

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The Flu and You

Easy to dismiss, easier to ignore—but seasonal influenza or the flu is far from harmless. Beneath its familiar symptoms lies a highly contagious virus capable of triggering serious complications, especially among vulnerable groups. The question isn't whether the flu will arrive—it's whether we are prepared to face it.



Dr. Aiswarya M. Nair

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With the changing months comes a familiar yet often underestimated health concern—the seasonal influenza virus, commonly known as the flu. While many associate it with mild symptoms such as a low-grade fever or a runny nose, influenza exists on a broad spectrum that can range from minor discomfort to serious, even life-threatening complications such as pneumonia if left untreated. This risk is particularly pronounced among vulnerable groups, including young children, the elderly, and individuals with compromised immune systems. Although medications are available to treat the flu, preventive measures remain the most effective way to safeguard one's health and limit the spread of infection.

The Role of Vaccination in Prevention

Vaccination remains the cornerstone of influenza prevention. The flu virus evolves continuously, which can reduce the effectiveness of both natural immunity and existing treatments over time. Annual influenza vaccination (taken around July to August) helps strengthen the body's defence against the most current strains in circulation. This is especially important for individuals with underlying health conditions such as cardiac disease, diabetes, obesity, autoimmune disorders, or cancer. While the vaccine may not completely eliminate the risk of infection, it significantly reduces the severity of illness, prevents the worsening of existing conditions, and lowers the likelihood of hospitalisation. Research also highlights its benefits for pregnant individuals, showing reduced risk of influenza in both mothers and infants under six months of age. In addition, widespread vaccination helps reduce the burden on healthcare systems during peak flu seasons.

Why Even 'Healthy' Individuals Need the Flu Shot

A common misconception is that flu shots are only necessary for those at high risk. This is because the virus can be transmitted by individuals who may not show obvious symptoms, making it easier for infections to spread unknowingly. Regular vaccination, therefore, becomes essential—not only as personal protection but also as a means of safeguarding those around us.

Timing and Consistency Are Key

Healthcare providers typically recommend receiving the flu vaccine a few weeks before peak flu months, around July. Since outbreaks tend to rise during August and September, timely vaccination beforehand ensures optimal protection. Delaying or skipping annual vaccinations can reduce their effectiveness, particularly as the virus continues to evolve. This is also an important consideration for those travelling to regions experiencing early outbreaks, as vaccination can help minimise the risk of infection.

Prioritising preventive care is one of the most effective ways to protect long-term health. More importantly, it contributes to the well-being of the broader community by reducing transmission and easing the strain on healthcare systems. ♦



PART 2

NICU to Normal

The Care, Checks and Milestones That Matter for Premies

When a premature baby finally goes home, many parents believe the hardest phase is over. But for doctors, the months that follow are just as important, as they tend to focus on key development markers. The goal is simple: ensure that by the end of the first year, the baby is well on the way to catching up with their peers.

Bringing a premature baby home is a huge milestone. After weeks in the NICU, parents often feel they have crossed the toughest part of the journey. But in many ways, the most important phase is just beginning. The months that follow discharge are when doctors closely track how a preterm baby's body and brain continue to develop outside the womb. Vision, hearing, muscle strength, and early developmental skills all need careful monitoring, because identifying potential concerns early can make a life-changing difference.

The good news is that with timely screenings, early stimulation, and consistent follow-ups, most premature babies can catch up remarkably well with their peers. This stage of care is less about worrying—and more about giving these little ones the best possible support to thrive.



Dr. D. Balakumaran
Head of Paediatrics &
Neonatology
BloomLife Hospital Pvt. Ltd.



Eye Screening: Why It Matters

Premature babies are at risk of a condition called retinopathy of prematurity (ROP), which affects the development of the retina.

To detect this early, an eye examination is usually performed around 21 days after birth, particularly for babies:

- Born before 34 weeks
- With a prolonged NICU stay
- Who required intensive respiratory support

If the retina is still immature, follow-up exams may be required every two weeks until development is complete. Even after this stage, premature babies may have a higher risk of refractive errors, astigmatism or vision problems later in childhood. Because of this, eye check-ups are usually recommended at 9 months to 1 year of age, and then periodically until about five years of age.

Hearing Checks: Going Beyond Basic Screening

All newborns undergo an initial hearing screening called OAE (Otoacoustic Emissions). However, premature babies usually require an additional test known as BERA (Brainstem Evoked Response Audiometry). This test is typically performed at around 2 to 3 months of age and provides a more detailed assessment of the baby's hearing pathways. Ensuring normal hearing is essential for healthy speech and language development.

Monitoring Developmental Milestones

Developmental monitoring is one of the most important aspects of post-discharge care.

Doctors observe several key indicators, including:

- Muscle tone
- Fine motor skills
- Eye contact and facial responses
- Movement patterns
- Social interaction

Because premature babies may have spent extended time in the NICU, some may develop muscle stiffness or delays in certain motor skills.

This is where developmental pediatricians and therapists play an important role.

The Role of Early Developmental Assessments

Premature babies are often evaluated by a developmental specialist at 3 months, 6 months, 9 months and 12 months. If doctors notice early signs of delay, they may recommend early stimulation programs, physiotherapy, or targeted exercises. The purpose of these programs is not only to treat problems but also to prevent them from becoming more significant.

Research consistently shows that the earlier developmental concerns are identified, the better the chances of correcting them. Babies who undergo regular developmental monitoring and early stimulation programs often have a higher likelihood of catching up with their peers. With the right support, many premature babies grow up to lead completely normal and healthy lives.

The 'Real' Message for Parents

Parents play a crucial role in ensuring follow-ups are not missed. Sometimes families move cities or assume that routine pediatric visits are sufficient. However, premature babies benefit from specialized monitoring during the first year. By staying informed and maintaining regular appointments, parents can ensure that any potential concerns are addressed early.

Premature babies may arrive earlier than expected, but their story does not end with an early birth. With advances in neonatal care, structured follow-ups, and growing awareness among parents, the outlook for preterm babies today is brighter than ever. Regular screenings, developmental assessments, and early stimulation programs ensure that any potential challenges are identified and addressed at the earliest stage.

For many families, the first year becomes a journey of remarkable progress—watching a tiny baby gain strength, reach milestones, and slowly catch up with the world around them. With attentive care, informed parenting, and the guidance of healthcare professionals, most premature babies go on to grow, learn, and live just like any other child. And that is the real message parents should take home: a premature start does not define a child's future—it simply marks the beginning of a journey that, with the right support, can lead to a strong and healthy life. ♦



Comfort Confidence Care

A New Mother's Guide to Balance

The first days after childbirth are often described in terms of the baby—tiny fingers, sleepless nights, and the overwhelming rush of love. But hidden within this life-changing moment is another story, quieter yet equally powerful: a woman learning to recognize herself again.



Dr. Swarna Ganesan

Consultant – Holistic Birthing
BloomLife Hospital Pvt. Ltd.

The postpartum period unfolds as a quiet yet profound transformation—one that reshapes a woman physically, emotionally, and psychologically. Yet, within this deeply intimate phase, many mothers also feel an equally strong pull toward reclaiming a sense of self—of feeling like themselves again. In the earliest days after childbirth, muscles recover, hormones recalibrate, and sleep becomes fragmented. At its core, postpartum self-care is not about transformation, but restoration. Rest, nourishment, hydration, and emotional reassurance form the bedrock of this phase. This is where simple rituals gain importance: A warm bath that soothes sore muscles, breathable clothing that doesn't restrict movement, or a brief moment spent tending to one's skin or hair. These acts can create a sense of calm and normalcy, reduce stress and gently elevate one's mood.

Rediscovering Identity Through Gentle Grooming

For many mothers, grooming is not about vanity but familiarity. In recent years, postpartum makeup and photoshoots have emerged as meaningful expressions of this sentiment. Light make-up, simple hairstyling, and comfortable yet flattering clothing can help mothers feel refreshed. These moments of preparation are less about perfection and more about presence—about feeling seen, by oneself and by others. Photographs taken during this phase capture not just

the newborn's earliest days, but also the mother's transition—her strength, vulnerability, and evolving confidence.

Where Caution Matters: Safety and Realistic Expectations

Yet, as with all aspects of postpartum life, balance is essential. Certain makeup products, particularly those with strong fragrances or harsh chemicals, may irritate a newborn's delicate skin—especially during close contact while breastfeeding. Similarly, long or physically demanding photoshoots scheduled too soon after delivery can contribute to fatigue, potentially interfering with recovery. Clothing choices also matter. Tight, structured outfits can make breastfeeding uncomfortable, adding unnecessary stress. Most importantly, the growing emphasis on looking “put together” soon after childbirth can sometimes create unrealistic expectations, leaving some mothers feeling inadequate.

Nurturing the Mother, Supporting the Journey

Ultimately, postpartum self-care is not separate from motherhood—it is an integral part of it. It is a gentle reminder that amidst the demands of nurturing new life, the mother, too, deserves attention, compassion, and care. And sometimes, it begins with something as simple as looking in the mirror and recognizing—not just a new mother—but a whole, evolving self. ♦



Empowered First Pregnancy



Dr. Jeeshia P.
Consultant – Obstetrics & Gynaecology
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The journey of a first pregnancy is filled with unknowns—but it doesn't have to be overwhelming. With the right information, delivered thoughtfully and at the right pace, expectant parents can move forward with confidence.

A couple's first pregnancy is often described as being a 'magical' experience—but for many, it is as much a time of nervousness as it is of joy as they grapple with a constant stream of questions: Is the baby developing normally? Am I doing everything right? What should I be watching out for?

At this point the consulting obstetrician aims to provide enough guidance to empower, but not so that it overwhelms. Their goal is to replace fear with clarity, and confusion with confidence. To do this effectively, doctors focus on a few essential pillars that help expectant parents navigate pregnancy with reassurance and awareness.

Understanding Your Baby's Growth

One of the most important conversations centres around the baby's growth and development. While embryology is a vast and complex field, expectant parents are guided through key milestones that signal healthy progress.

These include early detection of the foetal heartbeat, timeline of organ development, and the stage at which the baby begins to gain weight steadily. Parents are also educated on when they can expect to feel their baby's movements and how to monitor them. Equally important is understanding

the role of growth scans—when they are scheduled, how they are performed, and what they reveal about the baby's health.

Mapping the Pregnancy Journey

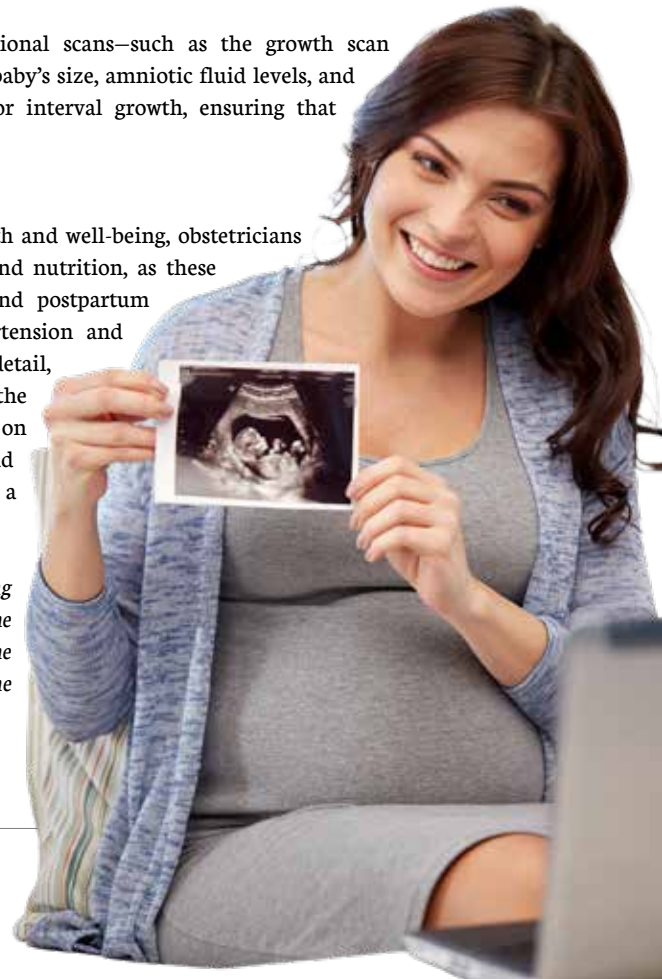
Medical tests and imaging form the backbone of modern prenatal care. These investigations not only track the baby's development but also provide critical insights into the mother's health. One of the earliest and most significant screenings is the NT (Nuchal Translucency) scan, typically performed between 10 and 13 weeks of gestation. This scan helps assess the risk of chromosomal conditions such as Down syndrome and Trisomy 18, while also offering a glimpse into the baby's structural development.

As the pregnancy progresses, additional scans—such as the growth scan around 28 weeks—help evaluate the baby's size, amniotic fluid levels, and blood flow. Follow-up scans monitor interval growth, ensuring that development remains on track.

The Mother's Health

When it comes to the mother's health and well-being, obstetricians place strong emphasis on lifestyle and nutrition, as these directly influence the pregnancy and postpartum recovery. Conditions such as hypertension and gestational diabetes are discussed in detail, along with their potential impact on the baby. Expectant mothers are guided on dietary choices, physical activity, and routine care practices that support a healthy pregnancy. ♦

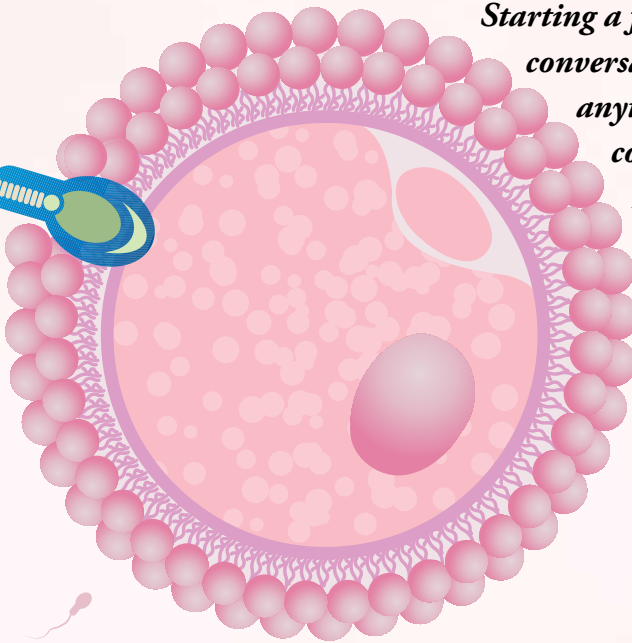
What are some warning signs expecting parents should look out for, what are some questions parents frequently bring to the table, and what is the one question everyone should focus on? Coming up in Part 2.



From Conversations to Conception

Mapping Your Fertility Journey

Starting a family often begins with a simple conversation—but what comes next can feel anything but simple. For some couples, conception happens naturally and effortlessly. For others, months or even years. The key is not to wait passively, but to take intentional steps along with your fertility specialist to create a clear roadmap.



Dr. Kavitha Gautham

Senior Consultant – Reproductive Medicine & High Risk Obstetrics
BloomLife Hospital Pvt. Ltd.

For many couples, the decision to start a family may come about due to several reasons—a conversation, a shared readiness, or even a sense that the time feels right.

What follows, however, is not always predictable.

While some couples conceive easily and with no major setbacks, others may find themselves waiting, wondering, and becoming increasingly worried as they search for solutions to this elusive next step in life.

This is where we as fertility specialists believe in creating a roadmap of sorts, one that will take us through a series of tests, from pre-pregnancy planning to detailed evaluation, which will give us the necessary information to help find a suitable direction for the couple we are working with.

Pre-Pregnancy Planning and Initial Tests

The pre-pregnancy planning process often begins not with tests, but with an open, honest conversation with your doctor. Sharing everything about your past health history, and as well your family's history, can help start drawing up a clearer picture of how to approach your fertility and pregnancy journey.

A detailed health history can reveal more than one might expect. For men, childhood illnesses such as mumps—especially when complicated by orchitis—can have a lasting impact on sperm production. Past injuries or surgeries involving the groin or reproductive organs may also play a role. For women, menstrual patterns, previous surgeries, and underlying conditions affecting the uterus or ovaries offer important clues about reproductive health.

Baseline Tests

From this foundation, a set of baseline tests helps build a clearer picture. These include checks for:

- General health markers such as haemoglobin levels
- Blood sugar levels
- Thyroid function

While these tests may seem routine, they are essential. Subtle imbalances—like an underactive thyroid or unmanaged blood sugar—can quietly affect both fertility and early pregnancy.

Understanding Hormonal Balance

Fertility is deeply influenced by hormonal balance, particularly in women. This is why one of the most important tests in this stage is the Anti-Müllerian Hormone (AMH) test. It provides insight into ovarian reserve—the number of eggs remaining—and helps set realistic expectations around fertility. Other hormones, including FSH, LH, and prolactin, further clarify how regularly and effectively ovulation is occurring.

In men, hormonal testing may be recommended when there are concerns about sperm production, though it is usually guided by initial findings.

Carrier Screening

Another important, yet sometimes overlooked, aspect of pre-pregnancy planning is genetic carrier screening. These tests identify whether either partner carries genes for inherited conditions or genetic disorders. While carriers are typically healthy, identifying these risks early allows couples to make informed decisions and plan ahead if needed.

If Conception Takes Longer...

For some couples, even with careful preparation, conception may take longer than expected.

Medically, this is usually defined as trying for several months to a year without success (depending on age). At this point, the focus shifts from preparation to understanding why conception hasn't occurred.

The evaluation becomes more targeted.

For women, a pelvic ultrasound helps assess the uterus and ovaries, identifying conditions such as fibroids, cysts, or polycystic ovaries. Ovulation tracking may also be recommended to confirm that eggs are being released regularly.

For men, a semen analysis is a key test—simple in process, but rich in information. It evaluates sperm count, movement, and structure, all of which are essential for fertilisation.

Looking Deeper Before Choosing The Treatment Protocol

If initial findings suggest underlying concerns—or if conception continues to be delayed—more advanced testing may be advised.

For women, this may include checking whether the fallopian tubes are open through procedures like HSG, or closely examining the uterine cavity through hysteroscopy. Ovulation may be tracked more precisely through follicular monitoring.

For men, advanced sperm tests—such as DNA fragmentation analysis—can provide deeper insight into sperm quality beyond standard parameters.

These investigations are not done routinely for everyone, but rather step-by-step, based on individual need.

Finding the Right Direction

It is important for us to understand that the purpose of fertility testing is not simply to generate reports—it is to guide decisions.

A blocked fallopian tube may indicate the need for IVF rather than simpler treatments. A hormonal imbalance may be corrected before any intervention is considered. Male factor concerns may significantly shape the treatment approach.

Without this clarity, couples may spend months navigating uncertainty. With it, they move forward with intention.

Yes, fertility issues are not always straightforward, and they are not always accompanied by easy solutions—but they are increasingly manageable with the right approach. With a greater sense of clarity and understanding in an otherwise uncertain journey, couples can now make the most important shift of all—not waiting for answers, but choosing to begin with them. ♦



Part 1

The ‘Little Things’ Adding Inches to Your Waistline

Most people aren't unhealthy because of big mistakes—they're unhealthy because of small, repeated habits that felt harmless until they weren't. The biggest change doesn't come from doing more, it comes from finally noticing what's always been there, starting with awareness and making a few better choices each day.

Shweta R.

Clinical Dietitian – BloomLife Hospital Pvt. Ltd.

Every morning, Meena started her day the same way: A hot cup of tea that had two spoons of sugar, and a couple of biscuits on the side. Then, by 11:30 a.m., when she was at work, another cup of tea, and sometimes a small snack. Lunch mostly bought from outside. Dinner was “proper home food”. She never questioned it. After all, she wasn't careless, she wasn't overeating, she was just living normally—until a routine health check whispered that maybe her ‘normal’ wasn't as harmless as it felt. When she saw signs of rising cholesterol and insulin resistance, and noticeable weight gain, those casual, everyday choices were talking back.

Then, her doctor said something that stuck: “It's not the obvious junk. It's the everyday extras you stopped noticing.”

Like Meena, most of us have had that “wake-up” call when we realise that the sugar in the tea, hidden oil in “just a small snack” and other such choices suddenly become the red flags that we missed out on. However, before you get on to panic mode about how to make a switch, here is the good news: *You don't have to give up everything you love; you just have to notice it and make a few smart, simple shifts.* We show you how, starting with these 10 simple steps you can take..

1. Stop Drinking Your Calories

Sugary drinks sneak in calories that don't fill you up but pile on quickly, so start by cutting down sugar in your tea or coffee gradually, replace soft drinks with water, buttermilk, or coconut water, and notice how easy this is to do and how much of a difference it makes—because sometimes the first step is the most powerful.

2. Read Labels Like You Mean It

Sugar hides behind fancy names like glucose, fructose, corn syrup, and even “low-fat” products often have extra sugar added to compensate, so check the first three ingredients—if sugar is there, it's not as healthy as it looks, and once you start noticing it, shopping becomes less about brand names and more about real choices.

3. Eat Your Fruits, Don't Drink Them

Juices, even fresh ones, spike your sugar quickly, but whole fruits have fiber that slows absorption, so trade that glass of juice for an apple, a pear, or a handful of berries, and suddenly your sweet cravings feel satisfied without the sugar rush, and your body thanks you. ♦

(Look out for the rest of the article in the next issue.)





Not Just DATA

The Case for Patient Registration

Anita Krishnaswamy

CEO, BloomLife Hospital Pvt. Ltd.

When walking into a hospital, many patients wonder: Why all the paperwork—can't I just see a doctor once without being recorded? It feels unnecessary, even intrusive. But that small act of registration isn't bureaucracy—it's the foundation of how modern medicine keeps you safe, cared for and healthy.

Why do hospitals insist on patients registering themselves? Can't we see a doctor just once without sharing our details to a database?

At first glance, this question seems near surprising. Yet, it's perhaps understandable that in an era of data breaches and privacy concerns, even a hospital registration form might prompt suspicion. So, let's look at this more closely.

At its core, registration exists because you are the same person throughout your life. The child treated for juvenile diabetes, the young adult who visits years later, the woman who comes in during pregnancy—these are not disconnected events. They are chapters in a single, continuous medical story. A doctor seeing you for the first time without access to your history is working in the dark. Your past investigations, treatments, and

vitals—something as routine as your BMI over years—can be the difference between a swift, accurate diagnosis and a missed one. Rising life expectancy is, in no small part, a consequence of our ability to trace a patient's condition over time.

The registration fee—as little as ₹100—is not a revenue stream. So, it rules out any business motive behind the registration process. The hospital is not asking for your bank details or financial information; it is asking for your name, address, and basic health vitals. That is the extent of it. So, I would appeal to readers to see this simple yet important process as a part of your health journey.

On the question of privacy: Patient records in a hospital are confidential, accessed only by the treating doctor or specialist when clinically necessary. If you are

concerned about receiving promotional communication, you can opt out—it's as straightforward as that.

What is perhaps worth examining here is the deep-seated instinct to view every institutional process with suspicion. Seeking clarity is entirely your right. But there is a difference between informed questioning and reflexive distrust. Medicine is built on the relationship between patient and doctor—and that relationship requires a foundation of good faith. If a patient walks in already distrusting the institution caring for them, no amount of clinical skill or dedication can bridge that gap.

Simply put, registration is not data theft or surveillance. It is continuity of care. And continuity of care, quite simply, saves lives. ♦

First Cry, First Cover

The first 72 hours after a baby is born are a blur of emotions—joy, exhaustion, awe. But when it comes to newborn insurance, what you do—or don't do—in those first few days matters more than you think.

Dr. Rija Prathab

Manager – Billing & Insurance
BloomLife Hospital Pvt. Ltd.

The arrival of a newborn is often described as one of life's most beautiful moments—a moment when joy, anxiety, and responsibility quietly intertwine. Between sleepless nights and first cries, there's also a practical reality that many parents must navigate: Ensuring their baby is medically and financially protected from day one. Newborn insurance, often tucked within maternity coverage, plays a crucial role in that protection.

What's Covered in Those First Precious Days

In most health insurance policies, newborn care begins under the umbrella of maternity benefits. These benefits are designed to take care of routine, expected medical needs immediately after birth.

- Well-baby checkups
- Vaccinations
- Initial newborn screenings
- Basic diagnostic tests

These are the essentials—since they are anticipated expenses, they are usually included within the maternity limit specified in the policy.

When Care Goes Beyond Routine

Not every birth follows a given pattern. Some newborns may require additional medical attention and care that extends beyond routine checkups, including treatments like:

- Phototherapy (commonly used for neonatal jaundice)
- NICU (Neonatal Intensive Care Unit) admission
- Other specialized medical interventions

They are generally covered under the broader sum insured of the policy, rather than just the maternity limit. However, this



coverage depends on the specific terms and conditions outlined by the insurer. This distinction is critical. While routine care falls within maternity benefits, more intensive treatments tap into the overall insurance coverage—providing a wider financial cushion during unexpected situations.

The 48-72 Hour Window

One of the most overlooked yet vital aspects of newborn insurance is timely communication with the insurance provider. Most insurers require parents to inform them about the birth within 48 to 72 hours. This step directly impacts how smoothly a claim is processed.

Failing to notify the insurer within this window can lead to:

- Delays in claim approval
- Additional documentation requests
- In some cases, partial or denied claims

Adding Your Baby to the Policy

After intimation comes the next crucial step: Formally enrolling the newborn into the insurance policy. This can usually be done in one of two ways:

- Adding the baby under the mother's policy (often labeled as "baby of [mother's name]")
- Enrolling the newborn as an individual member, depending on the policy structure

Each insurer may have slightly different processes, but the goal remains the same—ensuring the baby is officially recognised under the policy for coverage. ♦

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- ◆ **ENT**
- ◆ **Gastroenterology**
- ◆ **Anaesthesiology**
- ◆ **Laparoscopic Surgery**
- ◆ **Neurology & Surgery**
- ◆ **Oncology (Medical & Surgical)**
- ◆ **Pulmonology**
- ◆ **AYUSH Wellness**
- ◆ **Dentistry**
- ◆ **Dermatology**
- ◆ **Endocrinology**
- ◆ **Radiology**
- ◆ **Physiotherapy**



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