

# CARE BANJARA TIMES

ISSUE 01  
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Exclusive Updates | Inspiring Stories | Healthcare Innovations



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## Message from the Zonal COO

# A New Dawn at CARE Hospitals, Banjara Hills

**Dear Team, Partners, and Well-Wishers,**

As we approach the much-anticipated relaunch of CARE Hospitals, Banjara Hills in April-May 2025, I am filled with pride and purpose. CARE Hospitals, Banjara Hills has long been a symbol of trust and excellence in healthcare, and this new chapter is our opportunity to elevate its legacy to even greater heights.

This transformation is not just about infrastructure or technology—it is about creating an **ecosystem of healing** that touches every individual who walks through our doors. From the vibrant murals and art that breathe positivity into our spaces to the soothing melodies of flute and piano artists welcoming the day and closing the evenings, we are reimagining what it means to heal. Every detail reflects our commitment to making **CARE Hospitals, Banjara Hills a sanctuary of comfort, care, and connection.**

**To our exceptional team:**

This is your moment to shine. Your dedication, compassion, and teamwork have been the foundation of our success, and together, we will set new benchmarks for excellence in healthcare.



**Biju Nair**

Zonal COO, CARE Hospitals

**To our partners and community:**

Thank you for being an integral part of this journey. Your trust and collaboration inspire us to aim higher and dream bigger. Together, we will redefine what iconic healthcare means for the future.

As we count down to this **new dawn**, let us embrace this moment of renewal with optimism and determination. The relaunch of CARE Hospitals, Banjara Hills is not just about a building; it is about the people, values, and vision that make it truly iconic.



## Dr. P C Gupta Honoured with the Times Health Excellence 'Hall of Fame' Award

We are delighted to congratulate Dr. P C Gupta, Clinical Director and HOD, Vascular and Endovascular Surgery & Vascular IR, CARE Hospitals, Banjara Hills, on receiving the prestigious **Times Health Excellence 'Hall of Fame' Award**. The honour was presented by Shri Jishnu Dev Varma, Honourable Governor of Telangana, in recognition of his exceptional contributions to vascular surgery.

Dr. Gupta's dedication to advancing vascular and endovascular treatments has set new benchmarks in patient care. This well-deserved recognition is a testament to his expertise, leadership, and commitment to healthcare excellence.

Thank you, Dr. Gupta, for your inspiring service!

## CARE Hospitals, Banjara Hills Ranked 3rd Best Multispecialty Hospital

We are proud to announce that CARE Hospitals, Banjara Hills has been ranked as the **3rd Best Multispecialty Hospital in THE WEEK-Hansa Research Best Hospitals Survey 2024**.

This achievement reflects our commitment to excellence in patient care, innovation, and medical expertise. We extend our heartfelt gratitude to our patients, partners, and dedicated team for their trust and support in helping us set new benchmarks every day.

Thank you for being part of our journey towards healthcare excellence!



## Committed to Excellence: CARE Hospitals Achieves 'Great Place to Work'

We are delighted to share that CARE Hospitals has been officially certified as a **Great Place to Work!**

This recognition highlights our dedication to creating a supportive, inclusive, and high-performing workplace. Being among the select healthcare institutions to receive this certification reflects the hard work, passion, and commitment of our entire team.

A special thank you to our consultants, doctors, and CARE Givers—your expertise and dedication drive our success and enable us to provide exceptional patient care.

This achievement motivates us to keep innovating, growing, and making a meaningful impact in healthcare. Let's celebrate together and continue striving for excellence!



## A Triumph of Teamwork and Technology: A Case Study from CARE Hospitals, Banjara Hills

When a 68 year old woman with multiple medical comorbidities, arrived at CARE Hospitals, Banjara Hills, her condition was precarious. She was suffering from Rheumatoid Arthritis, Interstitial Lung Disease, Collagen Vascular Disease, Diabetes, and experienced an Acute Myocardial Infarction (Heart Attack). Her complex coronary anatomy—including left-dominant circulation, a critical Left Main Coronary Artery Blockage, and Left Ventricular Systolic Dysfunction (Heart Failure)—made her case exceptionally challenging.

### The Challenge

Her condition required immediate attention. However, her high-risk clinical profile meant that traditional Coronary Artery Bypass Surgery (CABG) was not a viable option. The acute nature of her heart attack, combined with her overall fragility, necessitated an innovative and multidisciplinary approach.

### The Solution

A team of specialists from Cardiology, Cardiac Critical Care, Nephrology, and Internal Medicine collaborated to design a personalised treatment plan. After extensive discussions and with her family's consent, the team decided on a high-risk Percutaneous Coronary Intervention (PCI) with stent placement. This procedure was performed under the

guidance of Intravascular Ultrasound (IVUS) to address her complex coronary anatomy and ensure optimal stent deployment.

To support her heart during the procedure, an Intra-Aortic Balloon Pump (IABP) was initiated. Additionally, the Impella Smart Assist—a state-of-the-art mechanical circulatory support device—was employed to maintain her blood pressure and cardiac output. Inserted via the femoral artery under local anaesthesia, the Impella device provided critical support during the PCI and for several days post-procedure.

### The Outcome

Following the successful PCI, She spent 5–7 days in the Intensive Coronary Care Unit (ICCU) under close monitoring and treatment. Once her condition stabilised, the Impella device was safely removed. She demonstrated significant improvement in her heart failure symptoms and was discharged in stable condition after making a remarkable recovery.



**Dr Surya Prakasa Rao V**  
Clinical Director & Head of Cardiology

### The Takeaway

This case highlights the importance of advanced mechanical circulatory support devices, such as the Impella SmartAssist, in managing Acute Myocardial Infarction, Complex PCI, and Heart Failure in high-risk patients. It also underscores the power of a multidisciplinary approach in delivering life-saving care.

Her recovery is a testament to the expertise, collaboration, and cutting-edge technology available at CARE Hospitals, Banjara Hills. Her story serves as an inspiration for patients and a reminder of what is possible with compassionate, innovative healthcare.





## Managing a High-Risk Pregnancy with Fibroid, Rh-Negative, and Polyhydramnios Complications at CARE Hospitals, Banjara Hills

A 32-year-old gravida 2, para 1, with a history of previous normal vaginal delivery, presented at 36 weeks + 2 days of gestation at CARE Hospitals, Banjara Hills with a High-Risk Pregnancy complicated by a large fibroid, Rh-negative status, and polyhydramnios.

### Antenatal Management

The first scan at 12 weeks + 2 days revealed an intramural fibroid measuring  $9.4 \times 8.2$  cm. Regular antenatal monitoring and TIFFA scans confirmed the fibroid's persistence, with an increase in size to  $9.8 \times 10.6$  cm by 23 weeks + 6 days.

Further serial antenatal assessments, including a uterine artery doppler scan, were performed, showing normal blood flow. At 29 weeks + 1 day, a growth scan revealed polyhydramnios (AFI 21.9 cm), adding another layer of complexity to the case.

Given the Rh-negative status, Indirect Coombs Tests (ICT) were conducted to monitor sensitization. Fortunately, the test remained negative, indicating the patient was not at immediate risk.

By 34 weeks + 4 days, a third-trimester scan showed an AFI of 21.2 cm, with normal fetal growth, without any complications associated with polyhydramnios. With continued meticulous antenatal care, the pregnancy progressed without further complications.

### Delivery and Intrapartum Management

At 36+ weeks, the patient was admitted to CARE Hospitals,

Banjara Hills for planned delivery. To enhance fetal lung maturity, betamethasone was administered. An elective Lower Segment Caesarean Section (LSCS) was performed under spinal anaesthesia on 23rd January at 8:43 AM, resulting in the birth of a healthy female baby weighing 2.675 kg.

During surgery, a large intramural anterior fibroid ( $10 \times 10$  cm) in the lower uterine segment was encountered. Due to its size and location, an inverted T-incision was required to facilitate delivery.

### Intraoperative challenges included:

- Cord around the neck, which was successfully released.
- Risk of Postpartum Haemorrhage (PPH), which was proactively managed.
- Significant blood loss, controlled with careful surgical techniques.

A myomectomy was performed, and the excised fibroid was sent for Histopathological Examination (HPE). The myoma bed was sutured with barbed sutures (V-lock) to enhance healing and prevent uterine dehiscence.

### Postpartum Recovery and Outcome

Postoperatively, the patient remained stable, with minimal blood loss and no signs of PPH. Anti-D immunoglobulin was administered after confirming the baby's Rh-positive status to prevent sensitization in future pregnancies.

The mother was encouraged to



**Dr Manjula Anagani**

Clinical Director and Head of  
CARE Vatsalya  
Women & Child Institute

initiate breastfeeding, and postpartum vitals remained stable. She was discharged in a healthy condition, with follow-up advised for continued monitoring.

### Takeaways

This case highlights the importance of structured antenatal care, timely decisions, and expert surgical intervention in managing high-risk pregnancies. CS myomectomy, once avoided due to the risk of heavy bleeding, is now safely possible with advanced techniques and better surgical support. With challenges like Rh-negative status, a large fibroid, and polyhydramnios, the risks were high, but the dedicated team at CARE Hospitals, Banjara Hills, ensured a safe and successful outcome.

Expert management at CARE Hospitals, Banjara Hills plays a crucial role in handling such complex pregnancies, improving both maternal and fetal outcomes.

## From Crisis to Recovery: A Multi-Disciplinary Success Story

### The Challenge

An 18-year-old young man, arrived at our hospital in critical condition after suffering a gunshot wound that caused severe injuries to his urinary bladder and rectum. A previous surgical attempt at another facility had failed, leaving him with a Vesico-Cutaneous Fistula and a large abdominal defect. His condition was precarious, and the extent of tissue damage made standard repair challenging. Given the complexity of his case, our team had to determine whether a high-risk, staged reconstructive approach was feasible.

### The Solution

A multi-disciplinary team of urologists, plastic surgeons, and gastro surgeons worked together to develop a structured plan for his recovery.

### Bladder Repair & Fistula Closure

- A low midline incision was made to access the damaged bladder.
- The vesico-cutaneous fistula was carefully dissected, and adhesions were released.
- The bladder defect (5×5 cm) was repaired in three layers over a Suprapubic

Catheter (SPC) and Percutaneous Nephrostomy (PCN) to ensure effective urinary drainage.

### Soft Tissue Reconstruction & Skin Grafting

- Given the extensive tissue loss, a 20×10 cm pedicled Anterolateral Thigh (ALT) flap was harvested and tunneled to cover the abdominal defect.
- A Split-Thickness Skin Graft (SSG) was applied to the raw areas to support healing.
- Multiple drains were placed to prevent fluid accumulation and reduce the risk of infection.

### The Outcome

Post-surgery, the patient required intensive monitoring and rehabilitation. His progress was remarkable—he went from being in a wheelchair to walking independently. His strength has significantly improved, and he now requires only one minor procedure to complete his treatment.

### The Takeaway

This case underscores the importance of teamwork, innovation, and perseverance in managing severe trauma cases. By combining urological, reconstructive, and



**Dr P Vamsi Krishna**

Sr. Consultant & Head of Department  
Renal Transplant, Urology

gastrointestinal expertise, our team was able to restore function and quality of life to a patient who had nearly lost hope.

This story is one of resilience, expert care, and the power of a well-coordinated medical team—a reminder that even the most challenging injuries can be successfully treated with the right approach.

## Successful Surgical Intervention in a Neonate with Congenital Heart Disease

The team at CARE Hospitals, Banjara Hills recently treated a 20-hour-old male infant diagnosed with a Critical Congenital Heart Defect—Dextro-Transposition of the Great Arteries (d-TGA) with an intact ventricular septum and a functionally restrictive PDA.

### Clinical Presentation & Initial Stabilization

The infant, born at term via normal vaginal delivery with a birth weight of 2.9 kg, developed Acute Respiratory Distress and severe desaturation (SpO<sub>2</sub> 40-45%) soon after birth. Initially managed with nasal CPAP, his condition deteriorated, requiring intubation, mechanical ventilation, and IV adrenaline infusion due to persistent hypoxemia and hemodynamic instability (BP 52/30 mmHg).

A detailed cardiac assessment confirmed d-TGA, necessitating urgent transfer to CARE Hospitals, Banjara Hills' Paediatric Cardiac Unit. To ensure safe transport, a Prostaglandin infusion was initiated to maintain ductal patency and support pulmonary circulation.

### Definitive Surgical Management

Upon arrival, echocardiography confirmed the diagnosis, and given the infant's critical condition, surgical intervention was prioritised. On the fourth day of life, the baby underwent a successful Arterial Switch Procedure, restoring normal

circulatory anatomy. The surgery involved precise dissection, great artery transposition, and cardiopulmonary bypass, following standard intraoperative protocols.

### Post-Operative Recovery & Outcome

Post-surgery, the neonate was closely monitored in the Paediatric Cardiac ICU, with a focus on hemodynamic stabilization, respiratory support, and infection prevention. He was successfully extubated within 48 hours, transitioned to enteral nutrition, and showed steady clinical improvement. By the time of discharge, he was in a stable condition, with an excellent prognosis.

### Key Takeaways

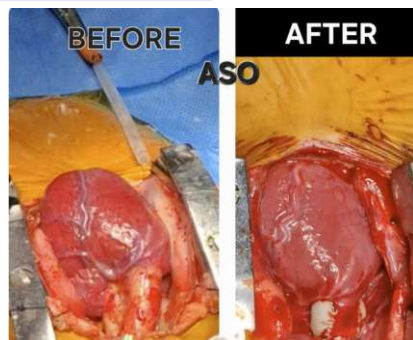
This case highlights the life-saving impact of timely diagnosis, interdisciplinary collaboration, and advanced neonatal cardiac surgery. The proactive use of Prostaglandin infusion, combined with expert surgical care at a tertiary centre like CARE Hospitals, Banjara Hills ensured optimal outcomes for this critically ill infant.



**Dr Tapan Kumar Dash**

Clinical Director & Head of Department  
Paediatric Cardiothoracic Surgery

At CARE Hospitals, Banjara Hills we remain committed to providing specialised, cutting-edge care for congenital heart diseases, reinforcing our dedication to improving neonatal and paediatric cardiac outcomes.





## Brought Dead: A Medico-Legal Conundrum?

Brought Dead (BD), Brought In Dead (BID) and Dead On Arrival (DOA), connote the same thing. Our experience in this regard largely reflects on very complex medico-legal issue. As the applicable legal framework has several grey shades, the inherent complexity assumes critical significance in day to day operations to be handled by several hospitals in this country.

**The entire gamut of Brought Dead Patients entail multiple queries, dilemmas and concerns, often devoid of any clear cut solutions:**

**To my mind, experientially speaking, following are the concerns:**

- (a) Whether, Brought Dead Patient warrants to be registered as medico-legal case? If so why?
- (b) If such case is registered as MLC, whether post-mortem is mandatory? Towards this end, whether the family members of

the deceased have any kind of say in seeking 'no post mortem for the deceased's body?;

(c) Whether every Brought Dead Patient must be registered as an MLC? Are there any exceptions to this? If so, is there any law with regard to the same?;

(d) Assuming, if every Brought Dead Patient is registered as an MLC, are there any practical challenges faced by the Hospital, Doctors, Police Authorities or the relatives of the deceased? If so, what are they?;

(e) What happens if the Brought Dead Patient is a Foreigner or an International Patient? If so, as per practice or precedents what are the formalities to be complied with?;

(f) What are the concerns about Death Certificate to be issued in this regard?

The legal framework is sketchy not addressing the above in specifics, the question is what



**Prof. (Dr.) S.V. Joga Rao**

M.L. M.Phil., Ph.D., Advocate and Healthcare Consultant,  
Legalexcel Attorneys, Bengaluru,  
Formerly Professor  
of Law, NLSIU, Bangalore.  
Max-Plank Fellowship, MPI, Germany

needs to be done in order to protect the interests of all stakeholders, more particularly the Hospital and Doctors.

Dr Rao proposes to substantially address the above concerns in the forthcoming issues of this News Letter.



# Empowering Nurses: A Key to Efficient Healthcare

## A Tale of Two Systems

Working in a busy vascular unit in the UK, I experienced firsthand the power of an empowered nursing workforce. My clinics were always fully booked, with a constant stream of patients needing care. Yet, the system functioned smoothly—not just because of me, but because of the specialized nurses who worked alongside me. I relied heavily on two key professionals: a tissue viability nurse and a leg ulcer nurse specialist. They managed parallel clinics, handling ulcer evaluations, dressings, and prevention strategies. Their expertise ensured that patients received timely, high-quality care, often without needing my direct intervention. The system was efficient, and the impact was clear—better outcomes for both patients and doctors. But when I look at India's healthcare system, I see a stark contrast.

## The Untapped Potential of Indian Nurses

Indian nurses are highly skilled, hardworking, and deeply committed. Yet, they often lack the autonomy to apply their full expertise. Their role is usually restricted to following instructions rather than taking charge of patient care in areas where they excel.

This reminds me of Hanuman from Hindu mythology. Not in appearance, of course! But in the way Hanuman, despite his immense strength, needed Jambavan—the wise bear—to remind him of his true power. Similarly, Indian nurses have

immense untapped potential, but they often don't realize the full extent of their abilities.

Just as Jambavan helped Hanuman recognize his strengths, we, as doctors and healthcare leaders, must play a role in empowering nurses—encouraging them, providing them with opportunities, and fostering an environment where they can take ownership of patient care.

## The Path Forward

This series of articles will explore how we can support and empower nurses, enabling them to take on leadership roles and contribute more effectively to healthcare. Our goal is to create a system where nurses are not just assisting but leading in areas where their expertise is invaluable.



**Dr Parivalavan Rajavelu**

MS, DNB, FRCS  
Consultant Surgeon,  
Founder - SkillsforMed

"Because when nurses are empowered, patients receive better care, doctors can work more efficiently, and the entire healthcare system thrives."



## A Journey of Trust: My Sister-in-Law's Hysterectomy Experience

When my sister-in-law needed a hysterectomy, she was naturally anxious. Choosing the right gynaecologist was crucial—not just for medical expertise but for emotional reassurance. After consulting several doctors, she chose one for her kindness, compassion, and honesty.

From the first consultation, this doctor stood out. She patiently explained the procedure, addressing concerns with honesty—balancing optimism with reality instead of making exaggerated promises. On surgery day, the doctor's calm presence was reassuring. She spoke to my sister-in-law beforehand and remained warm and supportive throughout recovery, encouraging open communication and addressing concerns.

This experience reaffirmed that great healthcare is not just about treatment but also trust, empathy, and clear communication. In a world where clinical detachment is common, this doctor reminded us that the right words, delivered with kindness, can be as healing as any treatment. This incident reinforced several key aspects of effective communication in healthcare, particularly in emotionally sensitive situations like a hysterectomy. Here are my takeaways:

### 1. The Power of Empathy in Patient Communication

The gynaecologist's warmth and compassion helped alleviate patient's anxiety. Empathy goes beyond clinical conversations—it reassures patients, making them feel

understood and cared for.

Healthcare professionals who actively listen and acknowledge patient fears build deeper trust.

### 2. Honest Yet Reassuring Communication is Crucial

What stood out was the doctor's ability to be realistic without being pessimistic. She did not overpromise a painless recovery or guarantee a perfect outcome. Instead, she provided a balanced perspective, explaining the risks and benefits in a way that instilled confidence rather than fear. This approach is essential in maintaining credibility.

### 3. The Role of Non-Verbal Communication

Beyond words, the doctor's demeanor played a significant role in calming the patient. A reassuring tone, gentle gestures, and maintaining eye contact all contributed to making her feel secure. Non-verbal cues can often communicate more than spoken words, helping patients feel genuinely supported.

### 4. Pre-Surgery Communication Sets the Tone

The doctor's conversation with the patient just before the surgery was a crucial moment. A few calming words at the right time can significantly ease a patient's emotional distress. This highlights the importance of pre-procedure counseling to address last-minute fears.

### 5. Post-Operative Support Matters Just as Much

Many doctors focus on pre-surgery explanations, but ongoing support is equally important. The gynecologist's availability for post-operative discussions and willingness to



**Dr Indu Arneja**

Founder-Director of the Indian Institute of Healthcare Communication

address concerns showed true patient-centered care. Follow-up communication reassures patients that they are not alone in their recovery.

### 6. Trust is Built Through Clear and Patient-Friendly Explanations

Medical jargon can overwhelm patients. The doctor simplified complex medical information, making it easy to understand. This ability to translate medical details into everyday language helps patients make informed decisions and reduces uncertainty.

### 7. Communication is a Healing Tool

Beyond medical interventions, communication itself acts as a therapeutic tool. A kind word, a reassuring smile, or simply taking time to listen can positively impact a patient's emotional well-being and recovery.

This experience underscored that great healthcare is not just about medical expertise—it is about how doctors communicate and connect with their patients. Compassion, honesty, and clarity are the pillars of effective patient communication.

## The Healing Power of Laughter: A Prescription for Recovery

In the world of healing—whether in hospitals, workplaces, or everyday interactions—laughter often plays an invisible yet powerful role. Once seen as a mere distraction, humour is now recognised as a therapeutic tool, capable of transforming stressful environments into spaces of connection, resilience, and renewal. Research confirms what we instinctively know: laughter reduces stress hormones, strengthens the immune system, and enhances emotional well-being. But beyond its physiological benefits, it also creates psychological safety—the kind that allows people to feel seen, understood, and at ease, even in the most challenging moments.

Having transitioned from anthropology to full-time medical clowning, I have witnessed how humour breaks barriers. A tense hospital ward softens as a burst of laughter echoes down the hallway. An exhausted caregiver finds a moment of relief in a lighthearted exchange. A patient, lost in the burden of illness, rediscovers joy—even if just for a moment.

The lesson is universal: in any high-pressure environment, humor can be an antidote to fatigue, a bridge to human connection, and a tool for strengthening resilience. It doesn't diminish the seriousness of a situation; instead, it adds perspective,

fuels optimism, and creates space for healing. Whether in healthcare, workplaces, or daily life, embracing laughter isn't about being less professional—it's about being more human. And sometimes, the most profound transformation begins with something as simple as a smile.

I am happy that CARE Hospitals, Banjara Hills is fostering a healing workplace by introducing Medical Clowning to its employees.

This initiative empowers employees to learn and practice this noble art beyond work, bringing joy to society.



**Sheetal Agarwal**  
Founder of Clownsetors





## Expanding CARE, Elevating Health - Meet our new Experts

We are delighted to welcome four distinguished specialists to CARE Hospitals, Banjara Hills. With their vast expertise and dedication to excellence, they will further strengthen our commitment to delivering world-class healthcare.



### Dr Kiran Lingutla

Clinical Director & Sr. Consultant - Orthopaedic Spine Surgeon

With over 22 years of experience, Dr. Kiran specializes in minimally invasive spine surgery, spinal trauma, deformity correction, and complex revision procedures. His precision, innovative techniques, and patient-centered approach ensure comprehensive and evidence-based spine care.

### Dr Kiran Kumar Varma K

Associate Clinical Director, HOD & Sr. Consultant - Emergency Medicine

With over 17 years of experience, Dr. Konduru is an expert in trauma care, critical care, and life-saving interventions. His leadership in emergency medicine and commitment to enhancing emergency protocols ensure the highest standards of acute patient care.



### Dr Narasaraju Kavalipati

Sr. Consultant Cardiology & Director Interventional Cardiology

A skilled interventional cardiologist with 24 years of experience, Dr. Kavalipati specializes in complex coronary interventions and structural heart procedures. His expertise in advanced cardiac care, along with a patient-first approach, ensures personalized treatment and long-term heart health.

### Dr Devanand Degulmadi

Sr. Consultant - Orthopaedic Spine Surgeon

A Gold Medalist in MS Orthopaedics, Dr. Degulmadi has over 21 years of expertise in minimally invasive spine surgery and scoliosis correction. Trained through international fellowships, his patient-focused approach and refined techniques ensure world-class spine care.



We are proud to have these esteemed doctors join our team and look forward to the significant impact they will make in providing exceptional healthcare.



## CARE Hospitals, Banjara Hills: A New Look, A Renewed Promise

As we step into 2025, CARE Hospitals, Banjara Hills unveils a striking new façade, representing our dedication to cutting-edge healthcare and compassionate service.



### A Modern Identity:

The redesigned exterior reflects our evolution—blending innovation with a patient-first approach, ensuring that our presence remains a beacon of trust and excellence.

### A Tricolour Tribute:

On Republic Day, the hospital glows in saffron, white, and green, symbolizing our commitment to the nation's health and unity in care.



### A Cancer Awareness Initiative:

Illuminated in lavender, our façade stands in solidarity with cancer fighters, raising awareness and advocating for early detection and support.

More than just a makeover, this transformation reflects our dedication to innovation, compassion, and world-class care, reinforcing our role as a beacon of hope and healing.

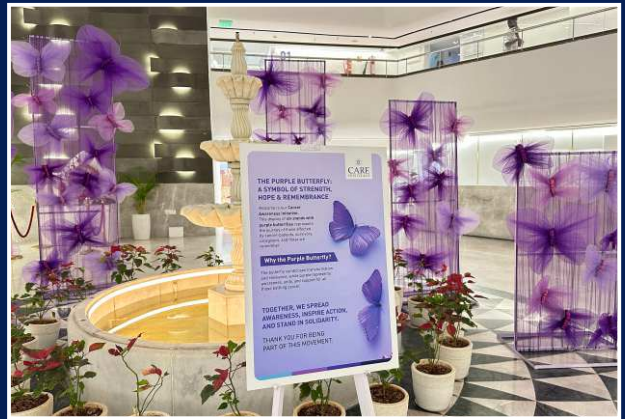
**CARE Hospitals, Banjara Hills – Where Every Light Tells a Story of Healing.**

## Reinvigorated Atrium Displays

### The Purple Butterfly: A Symbol of Strength & Hope

At CARE Hospitals, Banjara Hills, compassion is at the heart of everything we do. Our Purple Butterfly Initiative is a tribute to cancer patients, survivors, caregivers, and those we remember. The Purple Butterfly Installation stands as a symbol of transformation, unity, and resilience—reminding us that healing goes beyond treatment.

More than just an artwork, this initiative represents a movement of solidarity, hope, and unwavering support. Together, we continue to make a difference—one act of care at a time.



## CARE SAMVAAD – Conversations That Heal

We are proud to launch CARE SAMVAAD, our exclusive podcast series designed to engage, inform, and inspire. Hosted by Mirchi Hemant, this initiative brings together our expert clinicians to share invaluable medical insights with the community.

Our first three episodes feature:

- Dr. Sudha Sinha & Dr. Vikrant on cancer awareness and prevention
- Dr. Tapan Kumar Dash on congenital heart disease in children
- Dr. P. Vamsi Krishna on urological health and robotic surgery

A heartfelt thank you to our senior consultants for their wisdom and support in making this initiative a success. Stay tuned for more insightful conversations!



[Click here for full video](#)



[Click here for full video](#)



Stay tuned  
for a new episode of



[Click here for full video](#)





## Ushering in a New Era at CARE Hospitals, Banjara Hills

We are thrilled to announce the inauguration of Street One Café, the International Lounge, and Manthana – The Learning Center at CARE Hospitals, Banjara Hills. These new spaces embody our commitment to fostering connection, comfort, and continuous learning alongside clinical excellence.



**Street One Café** – A hub for collaboration, conversation, and rejuvenation



**International Lounge** – A reflection of our world-class patient care and hospitality



**Manthana – The Learning Center** – A space dedicated to knowledge exchange and innovation in healthcare



The event was graced by our esteemed leaders, Mr. Varun Khanna, Group Managing Director, Quality Care India Limited and Mr. Jasdeep Singh, Group CEO, CARE Hospitals alongside our senior clinicians. Together, we look forward to a future driven by transformation, teamwork, and compassionate care!

## Reinvigorated CARE Hospitals, Banjara Hills

CARE Hospitals, Banjara Hills, Hyderabad, hosted the "Reinvigorated CARE Banjara" event, where 8 specialists shared advancements with 70 attending doctors, reaffirming its excellence in delivering premier healthcare services.





## Supporting Education, Empowering Futures

We are proud to share that the Educational Benevolent Fund for 2023-24 has been successfully disbursed, benefiting over 60 employees at CARE Hospitals, Banjara Hills. This initiative reflects our commitment to supporting our employees and their families by easing the financial burden of education. Through this fund, we aim to empower the next generation, ensuring that children receive the education they deserve.



By investing in learning, we are not just shaping futures—we are strengthening communities. At CARE Hospitals, Banjara Hills we believe that when we support education, we empower lives. Congratulations to all the beneficiaries, and we wish their children success in their academic

## Celebrating Life: Making Every Moment Special at CARE Hospitals, Banjara Hills

At CARE Hospitals, Banjara Hills, we believe in adding warmth and joy to every patient's journey. Our birthday celebrations bring smiles to patients by making their special day memorable with a cake-cutting moment and heartfelt wishes from our team. These small yet meaningful gestures uplift spirits and create a comforting environment during their hospital stay. Welcoming a newborn is a cherished milestone, and we strive to make it even more special. Our newborn gift kits, thoughtfully curated with essential baby care items, provide support and reassurance to new parents as they embark on their journey. At CARE Hospitals, Banjara Hills every patient is family, and we take pride in celebrating life's precious moments with care and compassion.



# ABOUT CARE HOSPITALS

CARE Hospitals, one of India's leading healthcare providers, is committed to delivering world-class medical services across a range of specialties. With a strong focus on patient centered care, innovation, and community health initiatives, CARE Hospitals continues to play a pivotal role in advancing healthcare standards in India. CARE Hospitals Group operates 17 healthcare facilities serving 7 cities across 6 states in India. The network has its presence in Hyderabad, Bhubaneswar, Vishakhapatnam, Raipur, Nagpur, Indore & Aurangabad. A regional leader in South and Central India and counted among the top 5 pan-Indian hospital chains, CARE Hospitals delivers comprehensive care in over 30 clinical specialties, with over 3000+ beds.

## TESTIMONIALS

### Malladi Subrahmanyam

CARE Hospitals is the best hospital I have visited so far. The Doctors are very sympathetic towards the patients, hear their problems with considerable patience. They give best available treatment to the patients. I have left the hospital with full satisfaction.

### Venkat Mudiraj

Excellent hospitality, neatness, house keeping, environment and infrastructure Flute and Piano playing.

### Ramaswamy Dharmapuri

All services are excellent Nursing care is good Doctor service is good Adminstration and discharge process is good All departments are given good services including lab, housekeeping and diagnostics I am very much thankful to you the care hospitals.

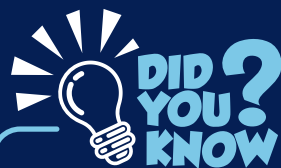
## AWARDS



## ACCREDITATIONS



## ACHIEVEMENTS



The human brain has more synapses than there are stars in the Milky Way—about 100 trillion!  
No wonder it takes a lifetime to master medicine.  
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