



JASLOK HOSPITAL  
A lifetime of care

January 2026

# PULSE

BY JASLOK HOSPITAL



Launch of Bangladesh Information Centre



Infection Control Week Celebration



Times Excellence in Healthcare Award



IMA CME



Indianoil WNC Navy Half Marathon



JPL Corporate Friendly Cricket



## OUR MISSION

- To make Jaslok Hospital the most respected medical institution of India.
- Providing the highest quality patient care.
- Nurturing and delivering clinical excellence and research.
- Doing charity to humanity irrespective of caste, race or denominations.



## OUR VISION

To be the hospital of choice for patients, physicians and employees by providing state-of-the-art medical care with compassion and dignity.



## LIFETIME OF CARE

A lifetime of care is as much about our 50 years history as it is about the next 50 and many more years. At its core it is the power of providing the highest quality patient care delivered through well-trained team, cutting-edge technology, research, all with a human touch. To summarise, it is a lifelong commitment from each and every 'Jaslokian' hence a Jaslokian's work is never finished.

W

S

L

K

E



## **EXECUTIVE SUMMARY**

### **MEDICAL ACHIEVEMENTS**

Exceptional Cases

Scientific Programs - CMEs

### **QUALITY MANAGEMENT SYSTEM**

### **HEALTH AWARENESS PROGRAMS**

Corporate Activities

Community Activities

Mega Events

### **JASLOK IN NEWS**

# JASLOK HOSPITAL'S PAEDIATRIC EMERGENCY CARE REMARKABLY SAVES LIFE OF 4 YEAR 4-YEAR-OLD CHILD WITH SEVERE TRAUMATIC BRAIN INJURIES

## Generally, Any Child Who Has Suffered Grade 3 Diffuse Axonal Injuries Ends Up Vegetative/ Paralyzed For Life, But The Multidisciplinary Approach Aided To The Child's Normal Life

In a remarkable case of coordinated emergency response and specialized care, a critically injured 4-year-old Vaibhav Mishra was brought to the Emergency Department at Jaslok Hospital after sustaining a high-impact pedestrian injury. The patient, believed to be a minor, was found unconscious and alone by police personnel, having been struck by a four-wheeler while attempting to cross the road.

Upon arrival, Vaibhav exhibited a severely depressed level of consciousness (Glasgow Coma Scale score of E1V1M1, which means unconscious and no response to deep pain, signs of head trauma, and multiple external bruises. The Accident & Emergency team, including Dr. Sachna Shetty and Dr. Sunil Jain at Jaslok Hospital, promptly initiated the paediatric trauma protocol with spinal stabilization, airway management through endotracheal intubation, and fluid resuscitation to stabilize the patient.

Early Imaging and Diagnosis, emergency imaging revealed critical injuries, including intracranial haemorrhage and diffuse cerebral edema with multiple contusions in both lungs. Additional injuries included fractures to the clavicle, mandible, and first rib, along with a right-sided pneumothorax, all of which were identified through CT scans of the brain, spine, thorax, and abdomen. It was suspected to be a Diffused Axonal Injury and was later confirmed by MRI Brain reports.

Multispecialty Management a comprehensive management plan was initiated with the involvement of the Paediatric Trauma care, Paediatric Neurology & Neurosurgery, Paediatric Orthopaedic, and Paediatric Intensive Care teams. The child was started on IV fluids, IV antibiotics, anticonvulsants, hypertonic saline for intracranial pressure management, and sedative analgesia. MRI findings later confirmed the diagnosis of Grade 3 DAI. Surgical Intervention & Recovery Orthopaedic intervention was required for the fractured clavicle, which was surgically repaired without complications. Over the next few days, Vaibhav showed encouraging signs of neurological improvement, including spontaneous eye opening and limb movement. He was successfully extubated and weaned off oxygen support.

**Dr. Sachna Shetty, Consultant – Accident & Emergency, at Jaslok Hospital & Research Centre** said, “Vaibhav was brought in a deeply unconscious state with signs suggesting potential airway compromise. Our priority was to secure the airway and stabilize the patient hemodynamically. Early diagnosis through trauma imaging played a pivotal role in guiding further interventions and preventing secondary complications.”

**Dr. Shehla Kazi, Consultant – Paediatrics, at Jaslok Hospital & Research Centre** shared, “Vaibhav's condition was critical. He was immediately started on IV fluids, IV antibiotics, anticonvulsants, medication for intracranial pressure management, and sedative analgesia. MRI findings later confirmed the diagnosis of Grade 3 DAI, hence timely Paediatric trauma care, Neuroprotective interventions and supportive care helped stabilize neurological functions. Holistic approach in the form of Physiotherapy, Speech Therapy and Occupational therapy by expert Dr. Shehnaz Shaikh was started early on and continued Neurorehabilitation under the expert care of Dr. Anaita Udwadia Hegde, Paediatric Neurologist at Jaslok Hospital & Research Centre, and close paediatric monitoring were key to the recovery journey.”

## Exceptional Cases

Dr. Abhijeet Savadekar, Consultant – Orthopaedics and Shoulder Surgeon at Jaslok Hospital & Research Centre added, “Vaibhav had a severely displaced clavicle fracture with suspected brachial plexus injury due to high velocity trauma. Fractured Clavicle end was exposed through the skin with possible ligament and Brachial plexus injury. Surgery was carefully performed by Dr Kiran Ladkat, Consultant Orthopaedics and Hand and Brachial plexus surgeon and myself with the guidance of Dr. Rujuta Mehta, Paediatric Orthopaedic Surgeon at Jaslok Hospital. Given the polytrauma context, it was important to ensure timely intervention while coordinating with the Neurology and Paediatric teams to prevent any delays in recovery and to get the best possible functional outcome. The surgery was supported by the Dr. Anuraj Jain, Consultant Anaesthesiology at Jaslok Hospital.”

Ruby Mishra, Vaibhav’s mother expressed her heartfelt gratitude for saving her child and said “I couldn’t believe in any other hospital and doctors after seeing the way my child was managed when he was brought in critical condition with no hope of survival.”

The patient was discharged in a hemodynamically stable state, showing gradual but promising neurological recovery. The family was provided detailed education on feeding, medication, home care, and warning signs requiring medical attention. Ongoing physiotherapy and speech therapy have been advised to ensure long-term rehabilitation.



Dr. Kiran Kadkat, Dr. Sunil Jain, Dr. Sachna Shetty, Mrs. Ruby Mishra (Mother of patient), Master Vaibhav Mishra, Dr. Shehla Kazi, Dr. Abhijeet Savardekar, Dr. Anurag Jain



# JASLOK HOSPITAL SAVES HIGH-RISK PATIENT AFTER LIFE-THREATENING POST-OPERATIVE COMPLICATIONS

Jaslok Hospital and Research Centre has successfully treated a 49-year-old woman, Mrs. Rekha Mehta (name changed), who developed severe, life-threatening complications following bariatric surgery. Referred in a critical condition, her case was managed through a timely, coordinated decision by Jaslok's multidisciplinary team to perform a high-risk corrective surgery. In today's times, the importance of such hospitals has grown immensely, as patients often face multiple complex problems that demand immediate and combined expertise.

In February 2025, the patient underwent bariatric surgery in Ahmedabad. Three months later, she developed severe complications and was admitted to two different hospitals in Navi Mumbai for emergency care, where she underwent emergency laparotomy (abdominal surgery to open and examine the abdomen) for a perforated gastro-jejunosomy ulcer (a hole at the stomach–small intestine connection). Her recovery was further complicated by acute kidney injury (sudden kidney failure) and a cardiac arrest (heart stopped beating).

Despite aggressive treatment, her condition worsened with gastric leaks (stomach contents leaking out), wound dehiscence (surgical wound reopening), and respiratory distress (difficulty in breathing). In desperation, her family contacted **Dr. Sanjay Borude** for help. Recognising the gravity of her condition, **Dr. Borude** advised an urgent transfer to Jaslok.

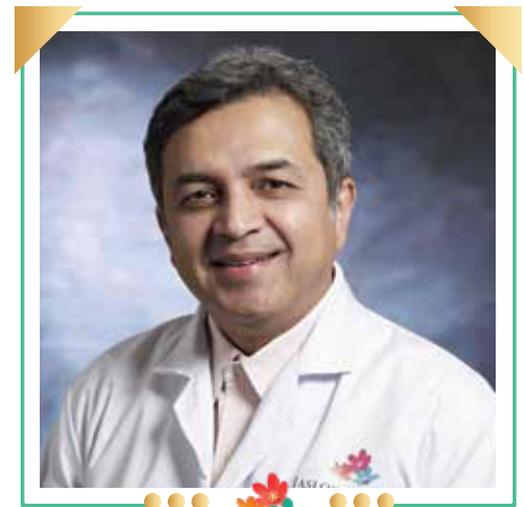
By the time she arrived in May 2025, the patient required BIPAP (non-invasive breathing support), high-flow nasal cannula (oxygen delivery system), and intensive monitoring. A multidisciplinary team led by **Dr. Pinak Pandya**, Chief Intensivist, stabilised her with targeted antibiotics, thyroid management, nutrition support, and wound care.

Once her condition improved, surgery was performed under the leadership of **Dr. Sanjay Borude**, supported by **Dr. Rahul Borude** and **Dr. Jaydeep Palep**, with anaesthesia care by **Dr. Prerna Gomes**, Additional Director Anaesthesiology.

Intra-operatively, the team found a plastered abdomen with adhesions (organs stuck together), pus pockets (infection collection), and a gastric perforation (hole in stomach). Under Dr. Borude's direction, the perforation was meticulously repaired, reinforced with omentum (natural fat covering of the abdomen), and drains were placed for recovery.

Post-operatively, she required advanced care including imaging (CT scans, X-rays), endoscopic procedures (camera-based internal checks), fistula clipping (closing abnormal passages), and pleural effusion drainage (removing fluid around lungs). Persistent infections, including Candida auris (drug-resistant fungal infection), were treated with guidance from **Dr. Pankaj Dhawan**, Consultant Gastroenterology, and **Dr. Mala Kaneria**, Consultant Infectious Diseases. Blood transfusions, albumin therapy (protein supplementation), and cardiology input for arrhythmias (irregular heartbeats) were provided until she stabilised and resumed oral intake. The patient was admitted for 64 days, battling between life and death, before finally recovering.

**Dr. Sanjay Borude**, Bariatric Surgeon, Jaslok Hospital and Research Centre, "When I first examined the patient, her abdomen was in a very critical state, with severe infection, adhesions, and pus collections around the operated area. Each step of the surgery was high-risk and required precise judgment to clean the infection and repair the gastric perforation safely. We reinforced the weak area and closed it carefully in layers to avoid further leaks. Seeing her gradually stabilise and regain strength has been very rewarding. I'm especially thankful to **Dr. Rahul Borude** and **Dr. Jaydeep Palep** for their invaluable support throughout the procedure."



Dr. Sanjay Borude,  
Bariatric Surgeon

## Exceptional Cases

**Dr. Pinank Pandya**, Chief Intensivist, Jaslok Hospital and Research Centre, "This case was extremely complex from the outset, as the patient was already in critical condition with multiple organ complications. Our primary focus was to stabilise her respiratory and hemodynamic status while coordinating with various specialties to manage infections, nutrition, and wound care. The success of this case lies in seamless teamwork, rapid decision-making, and continuous monitoring, which ultimately enabled us to bring the patient back from a life-threatening situation."

**Dr. Milind Khadke**, Chief Medical Officer, Jaslok Hospital and Research Centre, "This was one of the most challenging post-bariatric cases we have encountered in recent years. The patient arrived with life-threatening leaks, widely gaping surgical wound, and persistent infections, requiring immediate, coordinated intervention. Every decision, from stabilising critical complications to guiding her through post-operative recovery, demanded vigilance, precision, and seamless teamwork across multiple specialties. Successfully navigating this case demonstrates Jaslok Hospital's expertise in managing rare, high-risk emergencies with structured, multidisciplinary care tailored to each patient's needs."

**Mr. Manoj Mehta** (Name Changed), Patient's husband, "When we lost hope, we called **Dr. Sanjay Borude** and he guided us through the whole journey. I had lost hope of seeing her alive, but the doctors, nurses, and everyone at Jaslok worked like one robust team. They not only brought my wife back to life but also cared for her like one big family. I really thank Dr. Borude for saving my wife."



# JASLOK HOSPITAL DOCTORS SUCCESSFULLY REMOVE LED BULB FROM CHILD'S LUNG AFTER THREE-MONTH MYSTERY

In a rare and extraordinary medical case, doctors at **Jaslok Hospital & Research Centre** successfully removed a **metal LED bulb** lodged in the lung of a **3.5-year-old** child, putting an end to a **three-month-long struggle** with persistent cough and respiratory distress. The child, Rahul (name changed for privacy), had been suffering from what was initially diagnosed as **pneumonia** and was treated with multiple courses of antibiotics. Despite extensive care, his symptoms persisted, prompting advanced investigations, including a **CT scan**, which revealed a metallic foreign body lodged deep in the **left bronchus**.

Following unsuccessful attempts at flexible bronchoscopy in Kolhapur, the child was referred to **Jaslok Hospital**, where a **rigid bronchoscopy** revealed the embedded foreign object and a severely narrowed bronchus. A **mini thoracotomy** (4cm cut) was then performed by **Dr. Vimesh Rajput** and **Dr. Divya Prabhat**, successfully removing the object – an **LED bulb** from a toy car – and restoring the child's lung function. The surgery was well-supported by Dr Anurag Jain, Consultant Anesthesiology.

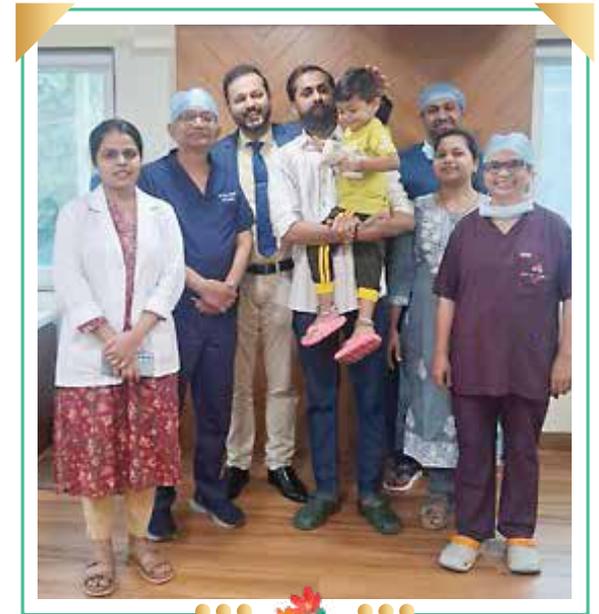
Speaking about the case, **Dr. Vimesh Rajput**, Thoracic Surgeon at Jaslok Hospital, said, "This was one of the rarest cases we've encountered. The LED bulb had become embedded in the lung tissue, and conventional methods failed to retrieve it. Through a carefully planned mini thoracotomy, we were able to safely remove the foreign body and restore the child's breathing."

**Dr. Divya Prabhat**, ENT Surgeon, added, "Unexplained and persistent respiratory symptoms in children should never be overlooked. Cases like these often-mimic pneumonia or other common conditions, leading to delays in diagnosis. Early detection through advanced imaging can significantly improve outcomes and prevent complications."

Emphasizing the importance of awareness, **Dr. Milind Khadke**, Chief Medical Officer, said, "Foreign body aspiration in children is more common than most parents realize. Timely medical attention and specialist intervention are crucial in preventing long-term damage to the lungs. This case is a reminder for parents and healthcare providers to be alert when children present with chronic, unexplained respiratory problems. Also, a request to all parents to be extra careful about the condition and type of toys your children are playing with"

Expressing his gratitude, **Avinash Kadam**, father of the child, said, "Words cannot express how relieved we feel. For three long months, we were living in constant fear, not knowing what was wrong with our son. Thanks to the incredible team at Jaslok Hospital, Aarav is now breathing freely and smiling again. This hospital has given our child a new life, and we will remain forever grateful."

This case highlights the importance of **early diagnosis, advanced imaging, and specialist intervention** in managing complex paediatric respiratory cases. Jaslok Hospital continues to uphold its **reputation for excellence in patient care and advanced surgical expertise**, ensuring successful outcomes even in the most challenging cases.



Dr. Divya Prabhat, Dr. Vimesh Rajput,  
Mr. Avinash Kadam (Patient's Father),  
Master Aarav Kadam (Patient), Dr. Anurag Jain

# LIFE-CHANGING SURGERY AT JASLOK HOSPITAL HELPS WOMAN OVERCOME HYPERHIDROSIS AFFECTING 2-5% OF INDIANS, RESTORES CONFIDENCE AND DIGNITY

Jaslok Hospital & Research Centre has successfully treated a young ex-airhostess suffering from **palmar hyperhidrosis**, a medical condition characterized by excessive sweating of the hands, through **Bilateral Thoracoscopic Sympathectomy (VATS)**—a safe, minimally invasive, day-care surgical procedure with immediate results.

Hyperhidrosis is estimated to affect **2-5% of the population in India**, yet remains significantly underreported, as many individuals do not recognize it as a medical condition and continue to suffer silently. The disorder can severely impact daily functioning, emotional well-being, and professional life if left untreated.

The patient had been experiencing symptoms since adolescence and had sought multiple medical opinions over the years with no lasting relief. The condition eventually forced her to step away from her profession and affected her mental health and self-confidence.

The patient underwent **Bilateral Thoracoscopic Sympathectomy (VATS)**, performed by Dr. Vimesh Rajput, Consultant – Thoracic Surgery. Anaesthesia was expertly managed by Dr. Savi Kapila, Consultant – Anaesthesiology, a one-hour surgical procedure that interrupts the sympathetic nerves responsible for excessive sweating of the hands.

“Hyperhidrosis is not a minor inconvenience – it is a disabling medical condition that can push patients into social isolation, anxiety, and even depression,” said **Dr. Vimesh Rajput, Thoracic Surgeon at Jaslok Hospital**. “What makes the situation unfortunate is that a definitive, safe solution exists, yet awareness remains extremely low.”

Emphasising the effectiveness of the procedure, he added:

“This is a minimally invasive, day-care surgery. Patients walk in with a problem that has affected them for years and walk out the same day with immediate relief. The results are predictable, lasting, and often life-changing.”

Dr. Rajput also highlighted the importance of early consultation and intervention:

“Many patients dismiss excessive sweating as something they must live with. Over time, it impacts confidence, social interactions, and mental health. Early diagnosis and timely surgical treatment can completely restore dignity and quality of life.”

Post-procedure, the patient experienced **instant and complete resolution** of symptoms, allowing her to resume normal daily activities without fear, embarrassment, or discomfort.

Speaking about the case Dr. Milind Khadke, Chief Medical Officer at Jaslok Hospital & Research Centre said “Correct diagnosis of hyperhidrosis is vital. With minimally invasive, short-stay procedures like VATS sympathectomy, patients can achieve immediate relief and restored confidence. Greater awareness is needed so individuals recognise this condition as treatable and seek timely medical intervention. Jaslok Hospital's clinical excellence ensures comprehensive management of all kinds of diseases with world-class care.”



Dr. Vimesh Rajput,  
Thoracic Surgeon

# JASLOK HOSPITAL USES ROBOTIC TECHNOLOGY TO TREAT SEVERE MULTI-ORGAN ENDOMETRIOSIS IN 35-YEAR-OLD INTERNATIONAL PATIENT

- MRI revealed multi-organ involvement, including a non-functioning right kidney, bladder wall infiltration, bowel and vaginal disease, and dense adhesions from prior surgery.
- Robotic technology enabled precise nerve-sparing dissection through distorted anatomy, maintaining minimal blood loss and stability during the 12-hour procedure.

The multidisciplinary endometriosis team at Jaslok Hospital, one of the world's leading international referral centres and the foremost tertiary referral centre for endometriosis in Asia, recently treated a 35 year old woman who travelled from the Democratic Republic of Congo for definitive care. Advanced robotic technology guided the 12 hour procedure, enabling precise navigation through scarred and delicate anatomical structures.

The patient had been struggling for years with infertility and severe pelvic pain that affected nearly every part of her daily life. She also suffered from major bladder and bowel difficulties, along with intense nerve related symptoms such as shooting leg pain and pelvic nerve pain. Advanced MRI scans revealed one of the most aggressive forms of deep endometriosis, completely engulfing the right side of her pelvis. The disease had wrapped around and blocked her right ureter – the tube that drains urine from the kidney – causing severe swelling and damage. By the time she arrived for treatment, her right kidney was functioning at only 8%.

The imaging also showed that the disease had infiltrated the bladder wall, surrounded the vagina and rectum, and was accompanied by a severely enlarged, adenomyotic uterus and a large pelvic mass. To make the case even more challenging, she had dense internal scarring from a previous open surgery in Africa that had to be abandoned because the disease was too extensive to operate on.

Given the extensive multi organ involvement, the case demanded coordinated planning and closely synchronised work across three speciality teams. All teams operated through a single minimally invasive robotic approach without any need for conversion to open surgery.

The **urology team led by Dr. Malav Modi, Consultant Urology**, addressed the chronically obstructed and non functional kidney through a right nephrectomy. They then removed the infiltrated section of the bladder through a partial cystectomy and reconstructed the bladder wall.

The gynaecology team led by **Dr. Abhishek Mangeshikar, Consultant Gynaecology & Endometriosis Specialist**, supported by **Dr. Tanvi Desai** meticulously removed disease that had spread deep across the pelvis, clearing areas around vital structures like the bladder, vagina, and pelvic walls. They also freed nerves that had been trapped and treated an enlarged uterus affected by adenomyosis, along with related ovarian and fallopian tube problems.



Dr. Malav Modi,  
Consultant Urology



Dr. Abhishek Mangeshikar,  
Consultant Gynaecology &  
Endometriosis Specialist

## Exceptional Cases

The **colorectal team led by Dr. Chintamani Godbole, Consultant Gastrointestinal Surgery**, addressed the bowel involvement. They performed a segmental resection—removing the diseased portion of the intestine—and then skillfully reconnected it internally to restore normal function. Thanks to the team's vast experience in managing endometriosis, this complex abdominal surgery was completed without the need for a diverting stoma, a major achievement that spared the patient from an external bag and ensured a smoother recovery.

Throughout the surgery, the robotic platform allowed precise dissection through distorted and scarred anatomical planes, supported enhanced 3D visualisation for nerve sparing work and reduced surgeon fatigue during the lengthy procedure. It also enabled all three teams to operate within the same field with smooth continuity while keeping blood loss to a minimum.

Supporting this complex procedure was **Dr. Prerna Gomes, Director Anaesthesiology**, who ensured safe anaesthetic management throughout the 12 hour surgery.

Speaking about the case, **Dr. Abhishek Mangeshikar, Consultant Gynaecology & Endometriosis Specialist, at Jaslok Hospital & Research Centre** said, "Advanced endometriosis often spreads silently across multiple pelvic structures, creating challenges that demand careful planning. In this case, dense adhesions and involvement of critical nerves made each step highly delicate and required precise execution. Choosing a robotic platform gave us the control to navigate these complexities safely while working closely with urology and colorectal teams. Seeing the patient recover and regain function so effectively reinforces the importance of expertise, technology, and seamless multidisciplinary collaboration."

**Dr. Milind Khadke, Chief Medical Officer, Jaslok Hospital and Research Centre**, added, "This patient travelled across continents seeking definitive care, reflecting the trust placed in our expertise. Her condition was rare and profoundly impactful, requiring careful anticipation of every challenge. The coordinated efforts of our multidisciplinary teams, supported by advanced robotic technology, ensured each aspect of her complex condition was managed thoughtfully, allowing her to begin recovery safely. Seeing the early signs of improvement reinforces how precision and team work can transform even the most formidable cases."

**Josephine Chantal (name changed), expressed her gratitude saying** "Years of infertility and relentless pain had stolen my hope. Travelling to Jaslok Hospital gave me a second chance. After the robotic surgery, my pain has eased, my strength is returning, and I finally see the possibility of motherhood again."

The patient is recovering well, with a significant reduction in pelvic pain and neuropathic symptoms, while her postoperative parameters remain stable. Further improvement in bladder and bowel function is expected as healing continues.

This successful outcome underscores Jaslok Hospital's leadership in advanced endometriosis care and its expertise in robotic surgery, supported by one of the largest multidisciplinary robotic endometriosis programmes worldwide. The hospital continues to attract complex cases from Asia, the Middle East, Africa, Europe, and the Americas, demonstrating how precision technology and seamless collaboration across specialities make such outcomes possible.



Dr. Chintamani Godbole,  
Consultant Gastrointestinal Surgery



Dr. Prerna Gomes,  
Director Anaesthesiology

## Scientific Programs - CMEs

Jaslok Hospital, a 53-year institution with international-standard clinical excellence, launched a cardiac surgery camp at JKCI hospital, Tanzania! Benefiting patients worldwide, this initiative offers pre-surgical assessments, reducing unnecessary travel. Patients can access expert opinions and treatment locally, saving time and costs. Hands-on training for local doctors was conducted, sharing our expertise and latest advancements in cardiac care.



Adult Cardiac Surgical Camp Tanzania

RTM of Dr. Aabha Nagral & Pravin Agrawal With Nashik Surgical Society And Gastroenterology Society - November 2025

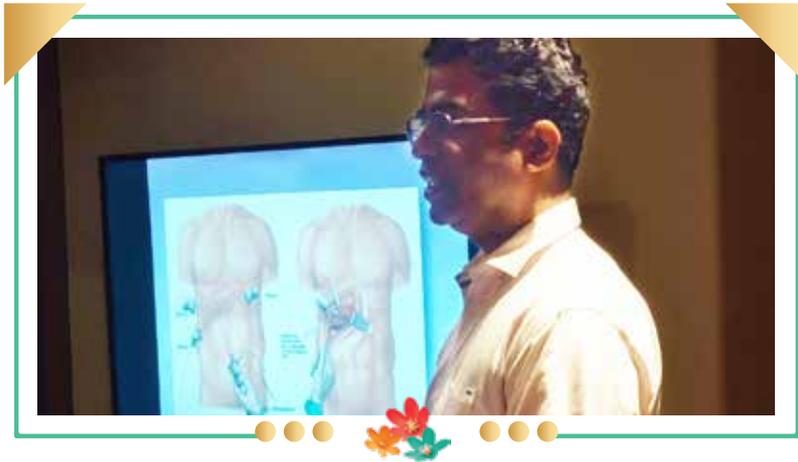


IMA Mumbai - Annual CME:  
Dr. Ameet Pispati, Dr. Shailesh Raina, Dr. Jaydeep Palep, Dr. Abhishek Mangeshkar - October 2025



# Scientific Programs - CMEs

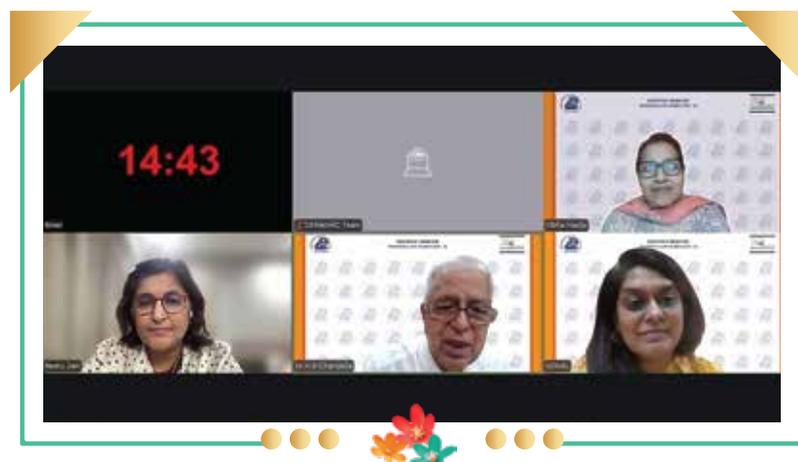
RTM of Dr. Upendra Bhalerao, Dr. Vivek Shetty, Dr. Prajesh Bhuta - October 2025



RTM of Dr. Vishnu Agrawal with Byculla, Parel, Lalbhag GPs - December 2025



Dr. HB Chandalia, Dr. Ritu Jain, Dr. Vyankatesh Shivane on life style masterclass - November 2025

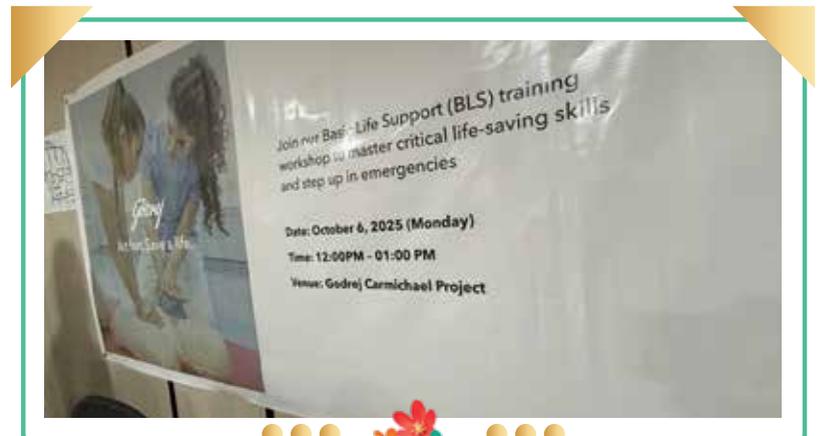


# Health Awareness Programs

## CORPORATE ACTIVITIES



Medimeet - BARC



CPR Training Session - Gorgej Properties



Health Talk - Bank of Baroda

# Health Awareness Programs

## CORPORATE ACTIVITIES



Health Talk - NPCIL



Health Camp - Jindal SAW



JPL Corporate Friendly Cricket

# Health Awareness Programs

## CORPORATE ACTIVITIES



Health Camp - PIEM Hotels Ltd.



# Health Awareness Programs

## COMMUNITY ACTIVITIES



CPR Training at Campion School, Fort



CPR Training at The Cathedral and John Conno Infant School, Malbar Hill



Health Talk - Gujarati Gaurav Foundation at Jaslok Hospital

# Health Awareness Programs

## COMMUNITY ACTIVITIES



Health Talk - Rotary Club Mumbai at Taj Hotel



Health Check up - Palm Springs Society at Cuffe Parade



Health Check up - The Orient Club at Girgaon

# Health Awareness Programs

## COMMUNITY ACTIVITIES



Health Check up - Raheja Acropolis at Chembur



Health Check up - Hinduja College at Charni Road



## Mega Events

### Infection Control Week Celebration



### Launch of Jaslok Information Centre at Bangladesh



### WNC Indianoil Navy Half Marathon 2025



**mint**

Home Latest News Markets News Premium

**Managing blood sugar levels can be challenging, especially for people with diabetes. Food labels often contain complicated terms and numerous numbers, which can be confusing rather than helpful. Along with medications and lifestyle modifications, a balanced diet is for maintaining stable blood sugar levels.**

In addition to the more common forms of diabetes (type 1 or type 2), in about 1-2% of cases, diabetes is due to a genetic disorder (Adobe Stock)

Ask About Stocks

**msn**

**Nutritionist shares 7 'whole foods' for blood sugar control and diabetes care: From cereals to pulses**

Story by Tavishi Dogra • 5d

**M**anaging blood sugar levels can be challenging, especially for people with diabetes. Food labels often contain complicated terms and numerous numbers, which can be confusing rather than helpful. Along with medications and lifestyle modifications, a balanced diet is for maintaining stable blood sugar levels.

**zee news**

4 वर्षीय वैभव मिश्रा रस्ता ओलंघट असताना भरधाव वेगाने जाणाऱ्या एका चार चाकी वाहनाने त्याला जोरदार धडक दिली. जसलोक हॉस्पिटल जवळ झालेल्या या अपघातात वैभव गंभीरपणे जखमी झाला होता. पोलीसांना तो रस्त्यावर

**NDTV**

**मुंबई: Mumbai Trending News** : मुंबईतून एक आनंदाची बातमी समोर आली आहे. रस्ता ओलंघट असताना वैभव मिश्रा (4) या चिमूकल्याला एका भरधाव वेगाने जाणाऱ्या चारचाकी वाहनाने जोरदार धडक दिली होती. या अपघातात वैभव गंभीर जखमी झाला होता. वैभव पूर्णपणे रक्तबंबाळ झाला होता आणि त्यानंतर तो बेशुद्ध झाला. या अपघाताची माहिती मिळताच पोलीस घटनास्थळी पोहोचले आणि त्यांनी जखमी वैभवला तातडीने जसलोक रुग्णालयात उपचारासाठी दाखल केले.

**Mid Day**

A 4-year-old boy, Vaibhav Mishra, was rushed to Jaslok Hospital after a high-impact road accident left him unconscious with severe traumatic brain injuries, including Grade 3 Diffuse Axonal Injury—an injury that often leads to lifelong paralysis or vegetative state. The emergency, neurology, orthopaedic and paediatric teams coordinated rapid airway management, imaging, neurosupportive care and surgery for a fractured clavicle. Against all odds, Vaibhav gradually regained neurological functions and was discharged in stable condition. His recovery continues through physiotherapy, speech therapy and rehabilitation support.

**नवराष्ट्र**

**Jaslok Hospital : मेंदूची गंभीर दुखापत झालेल्या ४ वर्षीय चिमुरड्याला मिळाले जीवनदान**

रस्ता अपघातात भरधाव वेगाने जाणाऱ्या एका चार चाकी वाहनाने त्याला जोरदार धडक दिली. या अल्पवयीन मुलाला ग्रेड ३ डिफ्यूज अॅक्सोनल इंज्युरीमुळे कायमस्वरूपी व्हेजिटेटिव्ह पक्षाघात होण्याचा धोका निर्माण झाला होता.

**NBT**

**आपके ऑफिस में भी हैं खतरनाक केमिकल्स, Dr. की चेतावनी-हो सकता है Pancreatic cancer, 6 काम बचाएंगे जान**

ऑफिस में केमिकल एक्सपोजर बहुत अधिक नहीं होता, लेकिन यह आम और लगातार होता है। पैनक्रियाटिक कैंसर से इसका संबंध हल्का है, फिर भी यह इतना महत्वपूर्ण है कि हम अपने ऑफिस की हवा और आदतों पर ध्यान दें।

Author: उस्मान खान  
Updated: 21 Nov 2025, 10:39 am | नवभारतटाइम्स.कॉम

**NBT**

**आपके ऑफिस में भी हैं खतरनाक केमिकल्स, Dr. की चेतावनी-हो सकता है Pancreatic cancer, 6 काम बचाएंगे जान**

ऑफिस में केमिकल एक्सपोजर बहुत अधिक नहीं होता, लेकिन यह आम और लगातार होता है। पैनक्रियाटिक कैंसर से इसका संबंध हल्का है, फिर भी यह इतना महत्वपूर्ण है कि हम अपने ऑफिस की हवा और आदतों पर ध्यान दें।

Author: उस्मान खान  
Updated: 21 Nov 2025, 10:39 am | नवभारतटाइम्स.कॉम

**TIMES ENTERTAINMENT**

**Why Mumbai's winters bring more ER emergencies: Doctor's first-hand account**

Mumbai's winter sees a surge in critical emergencies. Respiratory failures, heart attacks, strokes, poisoning, and trauma cases demand immediate action. The ...Read More

**mid-day**

**Mumbai doctors give new lease of life to woman suffering from excessive sweating**

Updated on: 15 December 2025 09:51 AM IST | Mumbai mid-day online correspondent |



**businessline.** COMPANIES / MARKETS / PORTFOLIO / OPINION / ECO

DATA FOCUS

## Kerala leads the rise in cancer cases, records 54% jump in nine years

States that reported the highest absolute number of cancer cases in 2024 are among India's largest and most economically significant

By Yashwanth Chavhan  
Updated - December 12, 2025 at 10:58 AM

**msn** Mid-Day

## Mumbai doctors give new lease of life to woman suffering from excessive sweating

Story by mid-day online correspondent • 2w

Mumbai: Doctors in Mumbai have successfully treated a young ex-airhostess suffering from palmar hyperhidrosis, a medical condition characterised by excessive sweating of the hands, through Bilateral

**APN NEWS**

## Life-Changing Surgery at Jaslok Hospital Helps Woman Overcome Hyperhidrosis Affecting 2-5% of Indians, Restores Confidence and Dignity

by NS — December 13, 2025

Mumbai: Jaslok Hospital & Research Centre has successfully treated a young ex-airhostess suffering from palmar hyperhidrosis, a medical condition characterised by excessive sweating of the hands,

**Health Dialogues** ...Let's Talk About Health

## Excessive Hand Sweating Ruins Careers? Mumbai Hospital Offers Permanent Fix

Written by Staff Writer | 15 Dec 2025 12:08 PM

Mumbai, India: Jaslok Hospital & Research Centre has successfully treated a young ex-airhostess suffering from palmar

**THE TIMES OF INDIA**

## Woman's deep endometriosis needed 3 surgeons, 1 robotic arm & 12-hour op

Non-invasive treatment

Mumbai: Due to endometriosis, a painful condition that affects 1 in 10 women, a Congolese woman underwent a 12-hour surgery performed by surgeons from three different specialities using a robotic arm in a city hospital.

**msn** The Times of India

## Woman's deep endometriosis needed 3 surgeons, 1 robotic arm & 12-hour op

2w

Mumbai: Due to endometriosis, a painful condition that affects 1 in 10 women, a Congolese woman underwent a 12-hour surgery performed by surgeons from three different specialities using a robotic arm in a city hospital.

**The Indian Express**

## Fitness coach says, 'I'm 48 and won't be joining the lift heavy trend anytime soon' — here's why

With proper technique, gradual progression and attention to overall well-being, heavy lifting can remain both safe and highly beneficial for women across generations.

**TIMES NOW**

## Heart Attacks in Indians Explained: 5 Risks Even With Normal Cholesterol Levels

Authoried by: Ashima Sharda Mahindra  
Updated Dec 21, 2025, 08:00 IST

Indians face heart attacks even with normal cholesterol due to a unique lipid pattern, low HDL, high triglycerides, insulin resistance, elevated lipoprotein(a), early plaque formation, and lifestyle risks like stress, poor diet, and inactivity. Experts warn that Western cholesterol cut-offs often underestimate cardiac risk in Indians, making early screening and broader risk assessment essential.

**msn** Times Now

## Heart attacks in Indians explained: 5 risks even with normal cholesterol levels

Story by Times Now Digital • 1w

Heart diseases are India's leading killer, causing over a quarter of all deaths, with ischemic heart disease and stroke dominating, affecting younger people, and showing higher prevalence in urban areas and wealthier classes. According to doctors, many people, including youngsters, suffer heart attacks despite having "normal" cholesterol levels on routine blood reports. While this paradox highlights important gaps in how cardiovascular risk is assessed

**Hindustan Times**

## The Link Between Alcohol and Breast Cancer: What Science

Home E-Paper Lifestyle Trending Entertainment

Heart. Cutting down or even better, cutting out alcohol is a simple, decisive step that can reduce your risk and protect your future," Dr Jeyhan B. Dhabhar, Medical Oncologist and Hemato-oncologist at Jaslok Hospital and Research Centre, tells Health Shots.

**NEWS 18** **SHOWSHA**

TRENDING: Pregnancy Tips | Best Romantic Destinations | Top Wir

## Men Can Get Breast Cancer Too: Understanding Male Breast Cancer

Curated By : Swati Chaturvedi | News18.com  
Last Updated: October 10, 2025, 13:18 IST

Regular self-examination, awareness of family history, maintaining a healthy weight, and prompt medical attention for any unusual breast changes are vital.



**ET THE ECONOMIC TIMES**

Today's News Quick Reads E-Paper Stock Recos Stream

**PHARMACEUTICALS**

**Eli Lilly's obesity drug Mounjaro's India sales hit a sweet spot within six months of launch**

**NEWS18 मराठी** Choose City

TRENDING: देवेंद्र फडणवीस | टीम इंडिया | आजचे राशिभविष्य | नोव्हेंबर

**Breast Cancer: ब्रेस्ट कॅन्सर रुग्णांना मोठा दिलासा, पहिल्यांदाच पार पडली यशस्वीरित्या व्रणरहित शस्त्रक्रिया**

Published by: Sachin S

Last Updated: October 14, 2025 9:50 PM IST

भारतात अशा प्रकारची ही केवळ दुसरी आणि जसलोकमधील पहिली "स्कारलेस" मास्टेक्टमी असून, ती २७ वर्षीय अविवाहित महिलेवर यशस्वीरित्या करण्यात आली.

**Jaslok Hospital Performs India's Second & Western India's First Scarless Endoscopic Mastectomy with Immediate Reconstruction in Young Breast Cancer Patient**

October 15, 2025 Mansi Praharaj 0

Mumbai, 15th October 2025: In a groundbreaking advancement in breast cancer treatment, Jaslok Hospital and Research Centre in Mumbai has successfully performed

**BBC NEWS हिन्दी**

होम पेज भारत बिहार विधानसभा चुनाव विदेश

**क्या हेलमेट पहनने से बाल झड़ते हैं? बालों की देखभाल के ये तरीके जानने हैं ज़रूरी**

GETTY IMAGES

सर्वां शरीरों का यह सही होता है कि हेलमेट पहनने से उनके बाल झड़ने लगे।

**NEWS18 SHOWSHA**

TRENDING: Pregnancy Tips | Best Romantic Destinations | Top Wir

**Men Can Get Breast Cancer Too: Understanding Male Breast Cancer**

Curated By : Swati Chaturvedi News18.com

Last Updated: October 10, 2025, 13:18 IST

Regular self-examination, awareness of family history, maintaining a healthy weight, and prompt medical attention for any unusual breast changes are vital.

**mid-day** Today's E-paper

search here.. Search

Latest News Mumbai News Entertainment Cele

Trending Bigg Boss 19 US News Mid-Day Gold

Lifestyle Health & Fitness

Mumbai: Woman suffering from breast cancer finds hope with life-changing surgery

**mid-day** SUBSCRIBE

search here..

Mumbai News Entertainment Celebrity Life Sports Lifestyle Pho

Trending Bigg Boss 19 US News Mid-Day Gold Bollywood Ne

Breaking News r supply to be disrupted in parts of Thane on Novem:

Stay Updated Anytime, Anywhere SUBSCRIBE TO MID-DAY E-PAPER NOW! Subscribe Now

Home > Lifestyle News > Health And Fitness News > Article > Diwali

**Diwali 2025: Mumbai doctors highlight the alarming effects of noise pollution from firecrackers**

Updated on: 19 October 2025 10:01 PM IST | Mumbai Nascimento Pinto | nascimento.pinto@mid-day.com

**NBT नवभारत टाइम्स** By THE TIMES OF INDIA

हेल्थ लाइफस्टाइल भारत राज्य बिहार चुनाव धर्म

Hindi News / Lifestyle / Health / Doctor Mukul Roy To Start Cancer Treatment With

**7 लक्षण दिखने के 90 दिन के भीतर चले जाएं डॉक्टर पास, शुरू होते ही खत्म होगा कैंसर, फायदे की गारंटी**

कैंसर का इलाज प्रभावशाली और कम खर्चोले तरीके से किया जा सकता है। लेकिन इसके लिए आपको इस बीमारी को जल्दी पकड़ना होता है। डॉक्टर मुकुल ने कैंसर के 7 शुरुआती लक्षणों के बारे में जानकारी दी है, जिन्हें इनोअर नहीं करना चाहिए।

Authoried By: सुरेंद्र अग्रवाल

Updated: 18 Oct 2025, 12:27 pm | नवभारतटाइम्स.कॉम

**Jaslok Hospital Performs India's Second & Western India's First Scarless Endoscopic Mastectomy with Immediate Reconstruction in Young Breast Cancer Patient**

Endoscopic mastectomy uses a small 3-4 cm incision placed on the patient's chest wall, ensuring better sensory preservation and superior cosmetic results, without compromising cancer clearance.

The patient experienced minimal post-operative discomfort with a rapid recovery, being discharged just one day after surgery, reflecting the procedure's safety and effectiveness.

**JASLOK HOSPITAL** A lifetime of care

patient's with sensory inguhts the procedure's safety, precision, and recovery benefits. Immediate reconstruction allowed for a more natural breast contour, ensuring the patient's quality of life remained high. "Choosing Jaslok was one of the best decisions I ever made. The care and attention I received here was exceptional. I feel confident about my future and grateful for the team's expertise. I can't wait to see how I can adapt life to this new chapter. Thank you to the entire Jaslok team for their dedication, expertise, and compassion. I will forever be grateful for the care and support I received here. The staff's attention to detail and the hospital's commitment to excellence, reliability, and patient care are truly remarkable. I will continue to support Jaslok and its mission to provide the best possible care for all patients. The Jaslok team's dedication to excellence, reliability, and patient care are truly remarkable. I will continue to support Jaslok and its mission to provide the best possible care for all patients. The Jaslok team's dedication to excellence, reliability, and patient care are truly remarkable. I will continue to support Jaslok and its mission to provide the best possible care for all patients.



JASLOK HOSPITAL  
A lifetime of care

# Namaste Jaslok Privileged To Help You



## Quick Access to Expert Care



OPD Appointments &  
Investigations: **99301 92000**  
8 AM to 8 PM (Mon to Sun)



OPD Enquiry: **(022) 6657 3200**  
8 AM to 8 PM (Mon to Fri) & 8 AM to 5 PM (Sat)



Home Care Services:  
**73 0190 0190**  
8 AM to 8 PM (Mon to Sun)



Boardline Numbers:  
**(022) 6657 3333 / 4017 3333**



Estimates: **88797 97914**  
8 AM to 8 PM (Mon to Fri) & 8 AM to 5 PM (Sat)



Patient Helpline Number:  
**99201 66688**  
8 AM to 8 PM (Mon to Sun)



**DIAL**

Emergency & Ambulance Services

**080 623 44444**

