

DECEMBER
2025
PART-A



MONTHLY
NEWSLETTER

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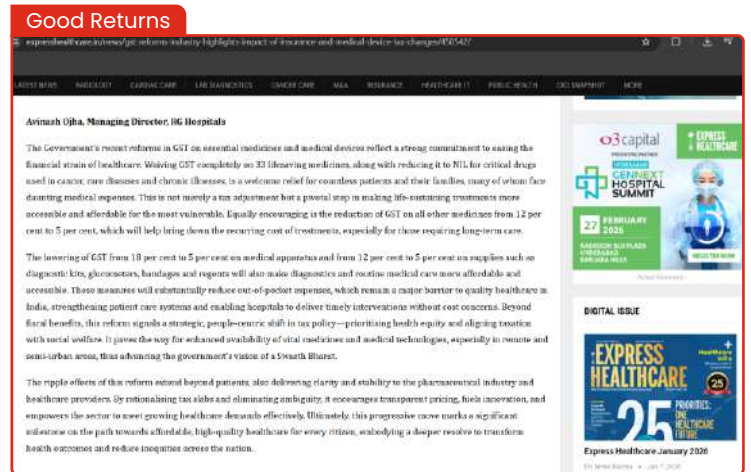
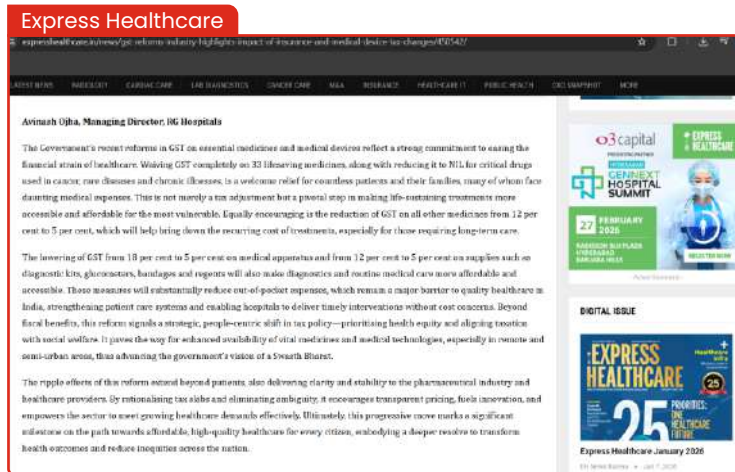
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RG IN THE NEWS

We are pleased to share that **Mr. Avinash Ojha Managing Director & CEO** at RG Hospitals has been featured in various news outlets for his expert insights on The Recent GST Cuts & How It Can Help Deliver Affordable Healthcare.

Here Are A Few:



RG IN THE NEWS

We are pleased to share media coverage highlighting the remarkable achievement of RG Hospital, Dehradun, where a Laparoscopic Myomectomy to remove 17 fibroids weighing 2.8kg from a 28-year-old woman was successfully performed.

The surgery was led by **Dr. Tushar Agarwal** (Consultant - Laparoscopic Gynaecology & Obstetrics) and **Dr. Akshata Sutkatti** (Consultant - Anaesthesia & Critical Care). The patient has since recovered well and was discharged in stable condition. This achievement highlights RG Hospitals' expertise in advanced minimally invasive gynaecological surgery and its commitment to women's reproductive health.

Day Night Khabar



राज्य राष्ट्रीय अंतरराष्ट्रीय मनोरंजन खेल राजनीति क्राइम आज फोकस में धर्म स्वास्थ्य सबसे अच्छी खबर ई-पेपर

Edition 

आरजी हॉस्पिटल में बड़ी सफलता, 28 वर्षीय महिला के गर्भाशय से निकाले गए 17 फाइब्रॉइड

Day Night Khabar October 25, 2025 6:30 pm No Comments

समाचार सुनने के लिए यहां क्लिक करें

Listen to this

एंडोबैग मॉर्सेलेशन तकनीक से हुई जटिल लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी, महिला अब स्वस्थ

देहरादून 25 अक्टूबर। देहरादून के आरजी हॉस्पिटल ने एक और बड़ी चिकित्सकीय उपलब्धि हासिल की है। यहां 28 वर्षीय महिला के गर्भाशय से 2.8 किलोग्राम वजन के 17 फाइब्रॉइड को एंडोबैग मॉर्सेलेशन तकनीक के जरिये सफलतापूर्वक हटाया गया। यह जटिल लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी थी, जिसे डॉक्टरों की टीम ने बखूबी अंजाम दिया।

महिला लंबे समय से पेट दर्द और अत्यधिक मासिक रक्तस्राव से पीड़ित थीं। फाइब्रॉइड की अधिकता के कारण उनके रोजमर्रा के कार्य बाधित हो रहे थे और भविष्य में बांझपन (इन्फर्टिलिटी) की संभावना भी बढ़ गई थी। ऐसे में तत्काल सर्जरी आवश्यक थी।

सर्जरी का नेतृत्व गायनेकोलॉजी कंसल्टेंट डॉ. तुषार अग्रवाल ने किया, जबकि एनेस्थीसिया और क्रिटिकल केयर की जिम्मेदारी डॉ. अक्षता सुतकट्टी ने संभाली। दोनों विशेषज्ञों के निर्देशन में यह ऑपरेशन सामान्य एनेस्थीसिया के तहत किया गया।

और पढ़ें



Arihant Samachar



होम राज्य देश विदेश हेल्थ बिज़नेस OTHER CONTACT Dehradun 20 °

Home / उत्तराखण्ड / आरजी हॉस्पिटल, देहरादून ने 28 साल की महिला का सफलतापूर्वक लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी के जरिए एंडोबैग मॉर्सेलेशन तकनीक से 2.8 किलो वजन के 17 गर्भाशय फाइब्रॉइड निकाले

उत्तराखण्ड हेल्थ

आरजी हॉस्पिटल, देहरादून ने 28 साल की महिला का सफलतापूर्वक लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी के जरिए एंडोबैग मॉर्सेलेशन तकनीक से 2.8 किलो वजन के 17 गर्भाशय फाइब्रॉइड निकाले

admin October 25, 2025

1,794 2 minutes read



देहरादून 25 अक्टूबर। एक बड़ी उपलब्धि हासिल करते हुए देहरादून स्थित आरजी हॉस्पिटल में एक 28 वर्षीय महिला में एंडोबैग मॉर्सेलेशन से कॉम्प्लेक्स लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी सफलतापूर्वक की गई। सर्जरी के दौरान मेडिकल टीम ने 2.8 किलोग्राम



RG IN THE NEWS

DevBhoomi LIVE

Home उत्तराखण्ड, देहरादून

मेडिकल माइलस्टोन: 28 वर्षीय महिला के गर्भाशय से एंडोबैग मॉर्सेलेशन तकनीक से निकाले गए 2.8 किलो वजन के 17 फाइब्रॉइड”



RECENT LIVE UPCOMING

Match 4, ICC Men's T20 World Cup 2026
AFG vs NZ
16/0(3.3) 0/0(0)
Afghanistan won the toss and elected to bat.

Match 3, ICC Men's T20 World Cup 2026
IND vs USA
161/9(20.0) 132/8(20.0)
India win by 29 runs

Match 2, ICC Men's T20 World Cup 2026
WI vs SCO
182/5(20.0) 147/10(18.5)

CRICTIMES EMBED

The Top Ten News

उत्तराखण्ड देश विदेश शिक्षा स्वास्थ्य मनोरंजन स्पोर्ट्स साइंस क्राइम सूचना एवं प्रौद्योगिकी



उत्तराखण्ड देहरादून स्वास्थ्य

आरजी हॉस्पिटल, देहरादून ने 28 साल की महिला का सफलतापूर्वक लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी के जरिए एंडोबैग मॉर्सेलेशन तकनीक से 2.8 किलो वजन के 17 गर्भाशय फाइब्रॉइड निकाले

Search

Recent Posts

देहरादून हत्याकांड प्रकरण में एसपी मुख्यालय ने किया घटनास्थल का निरीक्षण

विभागीय मंत्री गणेश जोशी ने कृषि एवं उद्यान योजनाओं की प्रगति की समीक्षा, नेचुरल फॉर्मिंग और मिलेट्स मिशन पर विशेष जोर

जिलाधिकारी के निर्देशन में भिक्षावृत्ति के विरुद्ध कार्रवाई; दो बालकों का रेस्क्यू

डीजीपी उत्तराखण्ड की अपराध और कानून व्यवस्था पर हार्ड-लेवल समीक्षा बैठक

पति की दुर्घटना में मृत्यु के बाद शांति के लिए प्रशासन बना सहारा

RG IN THE NEWS

Political Trust

राष्ट्रीय राज्य राजनीति मनोरंजन पर्यटन कारोबार हमारी संस्कृति स्वास्थ्य फोटो गैलरी विडियो

आरजी हॉस्पिटल, देहरादून ने 28 साल की महिला का सफलतापूर्वक लेप्रोस्कोपिक म्योमेक्टॉमी सर्जरी के जरिए एंडोबैग मॉसेलेशन तकनीक से 2.8 किलो वजन के 17 गर्भाशय फाइब्रॉइड निकाले

उत्तराखण्ड राष्ट्रीय स्वास्थ्य Political Trust October 25, 2025 0 77

1 minute read



विज्ञापन

CHACHA BHATIJA
MEAT WALA
99611 52045

हमारे यहाँ शावे, पार्टी, व अन्य शुभ अवसरों के लिए आर्डर बुकिंग की जाती है।

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दिल्ली
कृषि क्षेत्र की संपूर्ण सुरक्षा,
किसान हित सर्वोपरि:...

February 8, 2026

RG IN THE NEWS

We are pleased to share media coverage highlighting a significant milestone for RG Hospitals, as we have officially signed an agreement to acquire Four Intuitive Da Vinci Xi Robotic Surgery Systems, which will be installed across various RG units.

This achievement marks a major step forward in strengthening RG Hospitals' leadership in NexGen, precision-driven robotic surgery, enhancing patient outcomes, and expanding access to advanced minimally invasive care.

The announcement has been covered by leading healthcare media platforms.

The Healthy Indian Project



MedGate Today



Health Dialogues



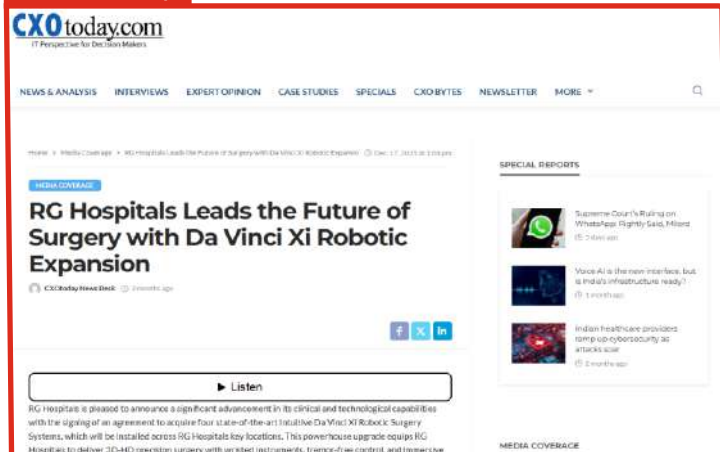
Medicircle



Pharma Click



CXO Today



MEDIA SPOTLIGHT

We are pleased to share that **Dr. Pankaj Gupta** (Sr. Consultant- General, Laparoscopic, Bariatric & Robotic Surgery) at RG Hospitals, EOK has been featured in The Hindustan Times for his expert insights on 5 Key Roles Of Fibre For Digestion And Overall Health.

The Hindustan Times

The screenshot shows the top portion of a news article on the Hindustan Times website. The article title is "Surgeon explains 5 key roles of fibre for digestion and overall health: Bowel regularity to blood sugar control". The byline is "By Tapatrisa Das". The article is dated "Published on: Sep 15, 2025 12:25 PM IST". The main image shows a person's hands holding a bowl of fresh fruits. The website header includes navigation links like Home, E-Paper, India News, World News, and various partner logos such as StockGro, SBI, YUGEN, VIT, and BAYER DAXA. A sidebar on the right features a "Term Deposits" advertisement and a "TOP NEWS" section with a headline about the "Budget 2026: Reform Express takes Kartavya path".

We are pleased to share that **Dr. Richa Arora Miglani** (Head - Minimally Invasive Gynaecology & Robotic Surgery) at RG Hospitals, Pitampura has been featured in BW Healthcare World a leading healthcare knowledge and media platform for her expert insights on The Hidden Burden Of Fibroids.

The screenshot displays an article on the BW Healthcare World platform. The article title is "The Hidden Burden Of Fibroids" and the author is "Dr. Richa Arora Miglani, Guest Author, Head of Minimally Invasive Gynaecology & Robotic Surgery at RG Hospitals". The article text discusses treatment options for fibroids, noting that they range from watchful waiting to minimally invasive methods like uterine artery embolisation or laparoscopic removal. It also mentions that fibroids can affect fertility but rarely cause severe complications. The article is categorized under "Healthcare Providers" and "Technology". A sidebar on the right contains a "Newsletter" section with several featured articles, including "Now Advanced Intra Valve Surgery Is Transforming Outcomes In High...", "Common Myths About Benign Prostatic Enlargement", "Nobel Prize In Medicine 2025 Announced; Meet The Scientists", and "Social Media Influencers Shape Indian Health Trends Across All...".

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Richa Arora Miglani** (Head - Minimally Invasive Gynaecology & Robotic Surgery) at RG Hospitals, Pitampura has been featured in BW Healthcare World a leading healthcare knowledge & media platform for her expert insights on The Hidden Burden Of Fibroids.

BW Healthcare World

Home / Healthcare Service Providers / The Hidden Burden Of Fibroids: Millions Of Women, Few Conversations

The Hidden Burden Of Fibroids: Millions Of Women, Few Conversations

Dr. Richa Arora Miglani | Sep 09, 2025

uterine fibroids # women's health # menstrual health # infertility # fibroid symptoms # fibroid treatment # reproductive health # gynecology # women wellness

Uterine fibroids, though common, remain under-discussed, creating a hidden health burden that affects women's wellbeing, fertility, and quality of life



FEATURED POPULAR

- Healthcare Service P... | Dec 29, 2025
"Apollo Hospitals Is Not Just About Curing Patients, It's Abou..."
- Healthcare Service P... | Dec 29, 2025
Bold Moves, Bigger Impact: Apollo's Growth Story
- Healthcare Service P... | Nov 03, 2025
Towards A Cleaner Future: Bringing Renewable Energy And...
- Healthcare Service Pr... | Oct 29, 2025
Why The Future Of Medicine Delivery Lies In Empowering...
- Healthcare Service Pr... | Oct 29, 2025
How Technology Can Transform Stroke Care In India
- Healthcare Service Pr... | Jul 30, 2025
One Baby At A Time: Why Single Embryo Transfer Is The Safer IV...

BLUE STAR

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MEDIA SPOTLIGHT

We are pleased to share that an article by **Dr. Manish Singla** (Sr. Consultant- Urology) at RG Hospitals, East Of Kailash has been featured in Today's Nav Bharat Times for his expert insights on BPH and What Men Should Know.

Nav Bharat Times

फ्लॉट मात्र
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जिस्ट्री हाथोहाथ

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FREE ENTRY

मुख्य विशेषताएं
दुनिया की सबसे बड़ा अंतरराष्ट्रीय हवाई अड्डा
ए में केन्द्र आंतरिक सड़क मार्ग
ए घोलेरा - अहमदाबाद एक्सप्रेसवे

प्रोस्टेट वृद्धि (बीपीएच): पुरुषों को क्या पता होना चाहिए

बि कान प्रोस्टेटिक हाइपरप्लासिया (बीपीएच), जिसे आमतौर पर प्रोस्टेट वृद्धि के रूप में जाना जाता है, उम्र बढ़ने के साथ पुरुषों को प्रभावित करने वाली सबसे आम स्वास्थ्य समस्याओं में से एक है। यह स्थिति तब होती है जब प्रोस्टेट ग्रंथि का आकार बढ़ा हो जाता है और यह मूत्रमार्ग पर दबाव डालने लगती है, जिससे मूत्र नबंधों कठिनाइयों और मूत्राशय की समस्याएं होती हैं।

सबसे जल्द ध्यान देने योग्य लक्षणों में से एक है गैर-रत में बार-बार पेशाब करने के लिए जागना; इसमें न केवल नींद में खलल पड़ता है, बल्कि लंबे समय में समग्र स्वास्थ्य को भी नुकसान पहुंच सकता है। डॉ. मनीष सिंगला बताते हैं, 'प्रोस्टेट पुरुष प्रजनन तंत्र में एक छोटी लेकिन महत्वपूर्ण ग्रंथि है, जो लगभग एक अखरोट के आकार की होती है।' चूंकि यह ग्रंथि मूत्रमार्ग को घेर राती है, इसलिए इसके आकार में थोड़ी सी भी बढ़ोतरी पेशाब को तीव्र इच्छा, बार-बार पेशाब आना, कमजोर मूत्र प्रवाह या पेशाब करते समय अनुविधा जैसे लक्षण पैदा कर सकती है।

प्रोस्टेट का बढ़ना मुख्यतः उम्र से संबंधित है। हालांकि बीपीएच जानलेवा नहीं है, लेकिन इसे नजरअंदाज करने से मूत्राशय में रुकावट और रूढ़ के क्षतिग्रस्त होने सहित गंभीर जटिलताएं हो सकती हैं।

निदान में आमतौर पर प्रोस्टेट की शारीरिक जांच, डिजिटल रेक्टल परीक्षा (डीआरई) कहा जाता है, के साथ-साथ प्रोस्टेट-स्पेसिफिक एंटीजन (पीएसए) रक्त परीक्षण भी शामिल होता है। हालांकि उच्च पीएसए कभी-कभी कैंसर का संकेत हो सकता है, लेकिन यह बीपीएच के कारण भी बढ़ सकता है।

उपचार के विकल्पों में दवाओं और जीवनशैली में बदलाव से लेकर गंभीर मामलों में शल्य चिकित्सा प्रक्रियाएं शामिल हैं। लेजर सर्जरी जैसे आधुनिक तरीके मूत्रमार्ग पर दबाव डालने वाले बड़े हुए प्रोस्टेट ऊतकों को हटाने देते हैं, जिससे जटिलताएं कम होती हैं और मरीज को जल्द मिलते हैं।

जागरूकता, शीघ्र निदान और उचित उपचार से, प्रमुख बीपीएच को प्रभावी ढंग से प्रबंधित कर सकते हैं और स्वस्थ, सक्रिय जीवन जी सकते हैं।

डिस्कलैमर: इस लेख में दिए गए विचार, सुझाव और फिर पूरी तरह से एक्सपर्ट की जिम्मेदारी है।

इमरा

फिल्म

इ मराना बाजारों और जल्द ही बाजारों में आने वाले हैं। इनमें से इस टैलर रिलीज हुआ है। इन शानदार कैमियो नजर आ रहे हैं। इनके अलावा और भी बहुत सारे फिल्में आने वाले हैं।



डॉ. मनीष सिंगला
वरिष्ठ सहायक
यूरोलॉजिस्ट, आरजी हॉस्पिटल
यूरोलॉजी एंड लोप्रोस्टोपी
हॉस्पिटल, ईस्ट ऑफ
कैलाश, नई दिल्ली

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Piyush Vishwakarma** (Consultant- Gastroenterology, Hepatology & Liver Transplant) at RG Hospitals, East Of Kailash has been featured in the 4th November's edition of the The Times Of India for his expert insights on 7 Easy Lifestyle Tweaks for a Healthier Liver.

The Times Of India

Onlymyhealth

हिन्दी

शॉर्ट वीडियोस

वीडियो

वीएनआई जांचें

SEARCH

MENU

फाइटर द बाइट मॉ STRONG इमर्सिव स्वास्थ्य और बीमारियां डाइट और फिटनेस गूनिंग टिप्स परवरिश मानसिक स्वास्थ्य गर्भावस्था बच्चों के नाम मेंटल हेल्थ स्कोर

Golden Hour For Stroke: स्ट्रोक के बाद पहले 4 घंटे ही क्यों होते हैं सबसे जरूरी? जानें डॉक्टर से

स्ट्रोक के बाद पहले 4 घंटे को 'Golden Hour' कहा जाता है क्योंकि इस समय में इलाज मिलने पर दिमाग को स्थायी नुकसान से बचाया जा सकता है।



Written By: [Anurag Gupta](#) published on Oct 29, 2025 18:43 IST

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क्या ब्रेन स्ट्रोक अचानक हो सकता है? डॉक्टर से जानें



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MEDIA SPOTLIGHT

We are pleased to share that **Dr. Ashok Mittal** (Medical Director & Head Minimal Access Surgery) at RG Hospitals, East Of Kailash was invited as a guest panelist on TIACon 2025 for his expert insights on Fighting Misinformation & Strengthening Patient Trust.

Interview

HEALTHCARE

4 min read •

Combating Misinformation to Restore Trust in Healthcare



TIW • November 7, 2025 •



In an era marked by information overload and digital noise, the relationship between doctors and patients faces an unprecedented test. The erosion of trust, fuelled by misinformation, fragmented communication, and misplaced expectations, has become a silent crisis within healthcare. In this insightful conversation, our expert unpacks the roots of this "trust deficit," exploring how empathy, transparency, and informed dialogue can rebuild confidence between caregivers and patients. From the rise of AI-generated content to the ethical boundaries of policy control, the discussion delves deep into how society, governance, and individuals must share responsibility to restore credibility and clarity in healthcare communication. [📍 Medical Facilities & Services](#)

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Ashok Mittal** (Medical Director & Head Minimal Access Surgery) at RG Hospitals, East Of Kailash was invited as a guest panelist on TIACon 2025 for his expert insights on Fighting Misinformation & Strengthening Patient Trust.

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As healthcare moves deeper into the digital age, misinformation is spreading faster than medical facts often confusing patients and affecting timely treatment.

At TIACon 2025, our Medical Director, Dr. Ashok Mittal, joined an eminent panel of experts to discuss how healthcare institutions can build public trust through transparent, credible, and patient-centric communication.

During the session, he highlighted:

- How misinformation influences consent, surgical decisions and patient anxiety
- Why hospitals must actively guide people toward verified, evidence-based information
- The need for medical teams to communicate with clarity, consistency, and empathy
- Using digital platforms not just for outreach, but for public health education
- Setting up structured processes to respond to false or misleading health content

A valuable conversation and an important step toward a healthier, better-informed India, where trusted information reaches the public before misinformation does.

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[#TIACon2025](#) [#HealthcareCommunication](#) [#FightMisinformation](#) [#TrustedHealthcare](#)
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MEDIA SPOTLIGHT

We are pleased to share media coverage highlighting a significant clinical milestone at RG Hospitals, Ludhiana, where two complex Malleable Penile Implant surgeries were successfully performed, further strengthening the hospital's leadership in advanced urological care.

The surgeries were led by **Dr. Punit Bansal** (Director & Head – Institute of Urology). These cases underscore RG Hospitals Ludhiana's expertise in managing complex erectile dysfunction through precision-driven surgical planning, advanced implant technology, and patient-centric care.

121 News Onlines



(Move to ...)

Friday, 12 December 2025

ED Awareness: Specialists Urge Men Not to Ignore Symptoms; Two Rare Surgeries Completed in Ludhiana



By 121 News

Ludhiana, Dec. 12, 2025:- RG Hospitals - Ludhiana has once again demonstrated its leadership in advanced urological treatments by successfully performing two intricate penile implant surgeries for patients struggling with severe erectile dysfunction (ED), reinforcing its position as a premier center for complex urological care.

In the first case, a 43-year-old NRI patient with persistent erectile dysfunction despite normal penile Doppler imaging and no evidence of vasculogenic impotence underwent a Malleable Penile Implant Surgery. His condition had remained unresponsive to medical therapies, prompting the multidisciplinary team led by Dr. Punit Bansal, Director & Head of the Institute of Urology. The procedure was carefully planned and executed under general anesthesia, resulting in the successful implantation of a Malleable Penile Prosthesis with a hinge.

MEDIA SPOTLIGHT

Punjab De Lehar

ਇਰੇਕਟਾਇਲ ਡਿਸਫੰਕਸ਼ਨ: ਸ਼ਰਮ ਨਹੀਂ, ਸਮੇਂ 'ਤੇ ਇਲਾਜ ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ : ਡਾ. ਪੁਨੀਤ ਬੰਸਲ



By Ranjeet Singh Dhaliwal Punjab De Lehar News - Friday, December 12, 2025



ਇਰੇਕਟਾਇਲ ਡਿਸਫੰਕਸ਼ਨ: ਸ਼ਰਮ ਨਹੀਂ, ਸਮੇਂ 'ਤੇ ਇਲਾਜ ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ : ਡਾ. ਪੁਨੀਤ ਬੰਸਲ
ਲੱਛਣ ਲੁਕਾਓ ਨਾ, ਯੂਰੋਲੋਜਿਸਟ ਨਾਲ ਸਲਾਹ ਜੀਵਨ ਬਦਲ ਸਕਦੀ ਹੈ : ਡਾ. ਪੁਨੀਤ ਬੰਸਲ
ਲੁਧਿਆਣਾ ਵਿੱਚ ਦੇ ਜਟਿਲ ਪੈਨਾਈਲ ਇੰਪਲਾਂਟ ਸਰਜਰੀਆਂ ਸਫਲ, ਸਿਹਤ ਜਾਰਗੂਕਤਾ 'ਤੇ ਜ਼ੋਰ
ਲੁਧਿਆਣਾ 12 ਦਸੰਬਰ (ਵਿਜੇ ਭੈਮਬਰੀ) : ਲੁਧਿਆਣਾ ਸ਼ਹਿਰ ਵਿੱਚ ਇਰੇਕਟਾਇਲ ਡਿਸਫੰਕਸ਼ਨ ਨਾਲ ਪੀੜਤ
ਦੇ ਮਰਦਾਂ 'ਤੇ ਪੈਨਾਈਲ ਇੰਪਲਾਂਟ ਦੀਆਂ ਜਟਿਲ ਸਰਜਰੀਆਂ ਸਫਲਤਾਪੂਰਵਕ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ। ਦੋਵੇਂ
ਕੇਸ ਉਹ ਸਨ ਜਿੱਥੇ ਦਵਾਈਆਂ ਅਤੇ ਹੋਰ ਥੈਰੇਪੀ ਨਾਲ ਸੁਧਾਰ ਨਾ ਹੋਣ ਕਾਰਨ ਸਰਜਰੀ ਹੀ ਇਕੋ ਵਿਕਲਪ ਸੀ।

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BREAKING NEWS/FLASH NEWS HIMACHAL NEWS PUNJAB/HARYANA/CHANDIGARH

Successful Penile Implant Surgeries Highlight Severe ED Awareness in Ludhiana



By crazynewsindia Published December 12, 2025

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MEDIA SPOTLIGHT

We are pleased to share that **Dr. Neerja Gupta** (Sr. Consultant – Breast Surgical Oncology, RG Hospitals, New Delhi) has been featured in News9Live, a reputed national digital news platform, for her authored article titled “Breast Cancer Surgery: Oncologist’s Guide to Prepare for Chemo, Stress and More.”

This feature highlights Dr. Gupta’s expert guidance on preparing patients for breast cancer surgery, addressing aspects such as chemotherapy readiness, stress management, and holistic care during the treatment journey.

News9Live

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HEALTH NEWS

Breast cancer surgery: Oncologist’s guide to prepare for chemo, stress and more

Breast cancer surgery is usually of three main types. One is breast-conserving surgery (also called lumpectomy), where the surgeon removes the cancer and a small rim of normal tissue around it, but keeps most of the breast. The other is a mastectomy, where the entire breast is removed.

Simran Arora | Published: 19 Dec 2025 10:41:AM



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MEDIA SPOTLIGHT

We are pleased to share that **Dr. Manish D. Sharma** (HOD – Minimal Access, General, Robotic & Bariatric- Surgery) has been featured in BW Healthcare World a reputed national digital news platform, for his authored article titled “RG Hospitals Pitampura Successfully Performs Laparoscopic Abdominal Wall Reconstruction for Large Recurrent Hernia.”

This feature highlights Dr. Manish Sharma’s expertise in advanced minimally invasive surgery and RG Hospitals Pitampura’s leadership in managing challenging abdominal wall cases with precision and innovation.

BW Healthcare World

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Home / Healthcare Service Providers / RG Hospitals Pitampura Performs Complex Laparoscopic Abdominal Wall Reconstruction For Large Recurrent Hernias

RG Hospitals Pitampura Performs Complex Laparoscopic Abdominal Wall Reconstruction For Large Recurrent Hernias

BW Online Bureau | Dec 30, 2025

#RG Hospitals Pitampura #laparoscopic hernia repair #abdominal wall reconstruction india

Minimally invasive abdominal wall reconstruction restores function in rare, high-complexity hernia case



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MEDIA SPOTLIGHT

We are pleased to share that **Dr. Manish D. Sharma** (HOD - Minimal Access, General, Robotic & Bariatric- Surgery) has been featured in BW Healthcare World a reputed national digital news platform, for his authored article titled "RG Hospitals Pitampura Successfully Performs Laparoscopic Abdominal Wall Reconstruction for Large Recurrent Hernia."

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Complex Laparoscopic Abdominal Wall Reconstruction for Large Recurrent Hernia



Written by Kanchan Chaurasiya | 29 Dec 2025 3:30 PM



CLINICAL EXCELLENCE

COMPREHENSIVE KIDNEY CARE SETUPS- RG HOSPITALS FEROZEPUR ROAD, LUDHIANA

We are pleased to share that the first Kidney Transplant patient at RG Hospitals Ferozpur Road, Ludhiana has been successfully operated and discharged. This marks an important milestone for RG Ludhiana Team which has already set up the Cadaveric Transplant program jointly with IORTA Tamil Nadu.

We heartily congratulate **Dr. Suman Sethi - Director & Head (Nephrology)** for her vision, hard work and relentless efforts in building the department and program from scratch, along with our Urology Team - Dr. Punit Bansal (Director & Head) and Dr. Vaibhav Sood, ably supported by the Anaesthesia & Critical Care Team - **Dr. Amit Kaur, Dr. Vipul Bansal and Dr. Yugam** alongside the 24x7 duties performed by **Dr. Vinay Garg.**

The entire team at RG Ludhiana Unit including the OT, KTU, Nephrology and Nursing Team members who made this happen, deserve appreciation and accolades.

We thank **Dr. Rajinder Bansal**- Medical Director RG Hospitals Ludhiana and Mr. AS Siddhu for your leadership and support throughout.

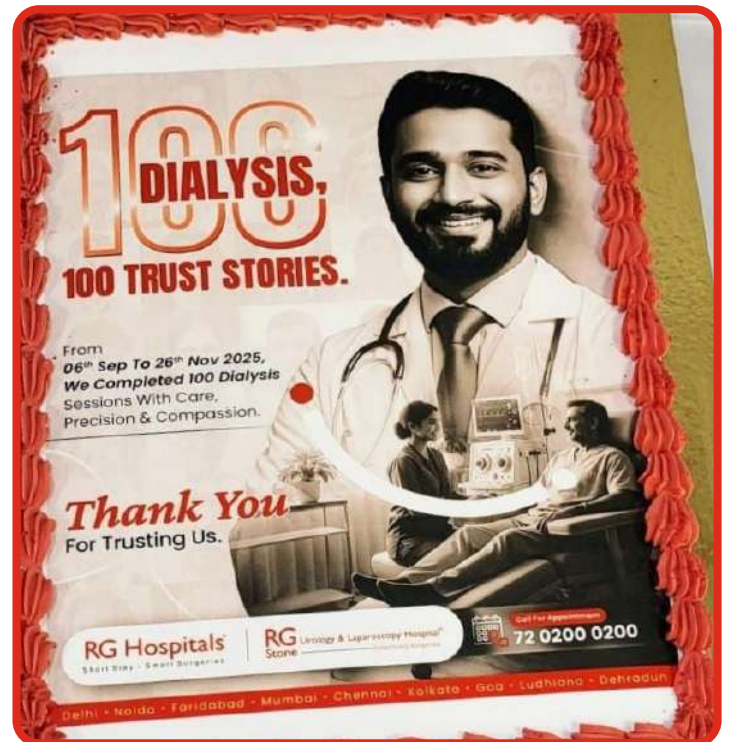


CLINICAL EXCELLENCE

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals, East Of Kailash, has successfully completed 100 Dialysis Procedures.

This milestone was achieved under the expert guidance of Dr. Ankit Grover (Consultant – Nephrology & Renal Transplant), whose dedication strengthens our renal care services and reflects our commitment to quality healthcare and patient trust.



CLINICAL EXCELLENCE

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals, East of Kailash is now equipped with an ALS (Advanced Life Support) Ambulance & HDF (Hemodiafiltration) 5008S Dialysis Machine.



CLINICAL EXCELLENCE

RG HOSPITALS, LUDHIANA

Two Successful Malleable Penile Implant Surgeries

We are pleased to share 2 successful Malleable Penile Implant Surgeries performed at RG Hospitals, Ludhiana, further strengthening our expertise in advanced andrology and reconstructive urology.

Case 1-Rigicon Malleable Penile Implant

A 43-year-old NRI patient presented with persistent inability to perform sexual activity despite a normal penile colour Doppler and no evidence of vasculogenic impotence. He was diagnosed with Erectile Dysfunction and, after multiple trials of medical therapy, opted for a penile prosthesis.

The team led by **Dr. Punit Bansal, Director & Head – Institute of Urology & Dr. Yugam, Sr. Consultant – Anaesthesia** planned and successfully implanted a Rigicon Malleable Penile Prosthesis with hinge under general anaesthesia. The patient had an excellent postoperative recovery. The catheter was removed on Post-operative Day 2, and he was discharged in a stable and satisfactory condition.

Case 2-TUBE Malleable Penile Prosthesis

A 42-year-old patient with a history of priapism—managed earlier with a distal corporo-cavernosal shunt—returned with complaints of inability to perform sexual intercourse. He was diagnosed with Erectile Dysfunction and planned for a penile prosthesis.

Under the care of **Dr. Punit Bansal, Director & Head – Institute of Urology & Dr. Yugam, Sr. Consultant – Anaesthesia**, a TUBE Malleable Penile Implant with hinge was implanted under general anaesthesia. The patient recovered well, the catheter was removed on Post-operative Day 3, & he was discharged in a stable and satisfactory condition.

About The Implants

Both prostheses used are International-standard malleable penile implants that are widely used globally.

Features include:

- Silver twisted wire core ensuring axial rigidity and optimal malleability.
- PTFE-covered core for enhanced security and durability.
- Biocompatible silicone outer layer offering comfort and stability.
- High axial rigidity (>1500 g load) associated with higher patient satisfaction.
- Soft distal end reducing the risk of irritation or erosion.
- Customizable length with radiopaque rear-tip extenders for precise anatomical fit.

These two successful cases reinforce RG Ludhiana's commitment to advanced urological care, precision planning, & delivering globally benchmarked surgical outcomes for patients with complex erectile dysfunction.

CLINICAL EXCELLENCE

RG HOSPITALS, PITAMPURA

Dr. Richa Arora Miglani

(Head – Minimally Invasive Gynaecology & Robotic Surgery)

Presenting/Chief Complaints:

A 32-year-old unmarried female presented to the emergency department with complaints of severe abdominal pain & nausea for 2 days, which progressively increased in intensity.

Clinical Findings & Investigations:

On admission, the patient exhibited dyspnoea, tachycardia, and severe abdominal tenderness. Imaging and diagnostic evaluation revealed ruptured bilateral ovarian endometriotic (chocolate) cysts with haemoperitoneum and hemorrhagic shock.

Diagnosis:

Ruptured Bilateral Ovarian Endometriotic Cysts with Haemoperitoneum & Hemorrhagic Shock.

Treatment/Procedure/Surgery:

The patient was resuscitated and taken for emergency laparoscopy under general anesthesia. Intraoperatively, a ruptured right ovarian endometriotic cyst (15 × 12 cm) and a left ovarian endometriotic cyst (6 × 5 cm) were identified along with dense omental and bowel adhesions completely obliterating the pouch of Douglas. Approximately 1.5 L of hemoperitoneum and endometriotic deposits extending up to the liver surface were noted. Laparoscopic excision of bilateral chocolate cysts, peritoneal lavage, adhesiolysis, and right ovarian reconstruction were successfully performed. Both ovaries were preserved to maintain future fertility potential.

Operative Findings:

Large ruptured right ovarian cyst and smaller left ovarian cyst with dense adhesions and significant hemoperitoneum (~1.5 L). Endometriotic deposits extended up to the liver surface.

Course of Hospitalization & Condition at Discharge:

The postoperative period was uneventful. The patient recovered well and was discharged in satisfactory condition.

Special Note:

A rare and complex case of ruptured bilateral endometriotic cysts managed successfully through advanced laparoscopic surgery, preserving the patient's fertility and marking another milestone in RG Pitampura's excellence in minimally invasive gynecologic care.

CLINICAL EXCELLENCE

RG HOSPITALS, CHENNAI

Dr. Arun Kumar K.

(Senior Consultant – Urology)

Presenting/Chief Complaints:

An 84-year-old male presented with acute urinary retention for 2 weeks.

Past Medical History:

Known case of Diabetes Mellitus and Coronary Artery Disease, on regular blood thinners. The patient was also on medication for prostate enlargement.

Clinical Findings & Investigations:

Ultrasound revealed a 40-gram prostate. Due to cardiac issues, the patient was unable to lie down flat for conventional procedures.

Diagnosis:

Benign Prostatic Hyperplasia (BPH) with Acute Urinary Retention.

Treatment/Procedure/Surgery:

Rezum Therapy – a minimally invasive, novel steam ablation procedure for prostate tissue reduction. Performed under local anesthesia with no blood loss.

Operative Findings:

Enlarged prostate (40 grams) successfully treated using steam ablation technique.

Course of hospitalization & condition of the patient at the time of discharge:

The procedure was uneventful. The patient's vitals remained stable throughout hospitalization. He was discharged in stable condition with satisfactory urine flow

Special Note:

This marks a new milestone in RG Hospital's history as the first-ever Rezum procedure performed successfully at the institution.

ACADEMIC EXCELLENCE

RG HOSPITALS, KOLKATA

We are pleased to share that RG Hospitals, Kolkata, organised a CME Programme at Princeton Club, Kolkata, on Saturday, 13th September 2025, where more than 40 esteemed doctors attended the event.

The Keynote Speakers & Their topics were:

Dr. Amitava Mukherjee (Sr. Consultant - Urology)

Topic: Advanced Laser Treatment In Urology

Dr. Debasish Deb (Sr. Consultant - General & Laparoscopic Surgery)

Topic: Laser Treatment In Anorectal Conditions



ACADEMIC EXCELLENCE

RG HOSPITALS, CHENNAI

We are pleased to share that Dr. Arun Kumar K. (Sr. Consultant - Urology), RG Hospitals, Chennai, recently attended the 30th Annual Conference of the Tamil Nadu & Pondicherry Association of Urologists (TAPASUCON - Pondicherry 2025), where he delivered a talk on "The Medical Management of Erectile Dysfunction."

The Keynote Speakers & Their topics were:

Dr. Arun Kumar K. (Sr. Consultant - Urology)

Topic: The Medical Management of Erectile Dysfunction



ACADEMIC EXCELLENCE

RG LUDHIANA, FEROZEPUR ROAD

We are pleased to share that RG Hospitals, Ludhiana, in association with IMA Macchiwara, organized a CME Programme on Friday, 26th September 2025, where More than 40 Esteemed Doctors Attended the Event.

The Keynote Speakers & Their topics were:

Dr. Suman Sethi (Director & Head – Institute of Nephrology)

Topic: RG NexGen – What's New in Nephrology?

Dr. Rohtash Luthra (Consultant – General Laparoscopic & Bariatric Surgery)

Topic: Laparoscopy in Today's Surgical Practice

Dr. Vipul Bansal (Associate Consultant – Anaesthesia & Critical Care)

Topic: Critical Care in Nephrology



ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share that Dr. Prerna Goyal (Sr. Consultant - Physician) has authored two chapters in the book "Women and Heart Diseases", Published under the aegis of WINCARS (Women In Cardiology And Related Sciences).

"Gestational Diabetes – Sweet Nothings" reviews current definitions, diagnostic criteria, and long-term cardiac implications for both mother and child.

"Non-Traditional Cardiovascular Risk Factors in Women" highlights important yet often overlooked cardiovascular risk factors unique to women.

1
CHAPTER

Nontraditional Risk Factors for Coronary Artery Disease in Women

Shibba Takkar Chhabra, Prerna Goyal, Shubham Garg, Anika Goyal

ABSTRACT

Cardiovascular (CV) preventive health care has come a long way after decades of research in knowing the various pathophysiological risk factors and subsequent incorporation into different risk scoring calculators, but sex-specific CV risk stratification has remained underrecognized for a long time. As cardiovascular diseases (CVDs) still remain the leading cause of mortality and morbidity in women, a large body of scientific data has unveiled sex-specific risk factors and sexual dimorphism in response to well-known common risk factors. These risk factors can be divided into traditional and nontraditional risk factors, which can further be grouped into women-specific and women-predominant risk factors. Apart from this, there are some novel and emerging risk factors that can close the existing treatment gaps in CVDs in the women's population. The present review will delve into nontraditional CV risk factors in detail pertinent to the women population and also provide a comprehensive overview of various risk scoring models. The knowledge of these risk factors is critical in fostering preventive and therapeutic strategic plans and bringing gender equity in health care.

■ INTRODUCTION

For decades, global studies have implicated cardiovascular diseases (CVDs), particularly coronary artery disease (CAD), as the leading cause of morbidity and mortality for both men and women. In parallel with the rise in obesity and diabetes, and the prevalence of CVDs among Indians has reached epidemic proportions. The reported annual death rate from CAD is quite high in women and is responsible for one in three deaths in women, regardless of color or ethnicity. The global INTERHEART research, involving more than 52,000 individuals suffering from myocardial infarction (MI), has reported that women typically present with CAD a decade later than men, primarily in the postmenopausal age group.¹ However, women's syndrome, are specifically seen in the female population. Understanding the key gender-specific differences in various risk factors, anatomy, and pathophysiology of CAD is crucial for directing appropriate preventive strategies at an early stage. The manuscript will delve into women-specific CV risk factors in detail, focusing especially on nontraditional or emerging factors that are unique to the women's population because of their distinctive biological and reproductive traits.² Numerous pathways involving disruptions in the autonomic, hypothalamic-pituitary, and inflammatory balances have shown these factors to culminate in a prothrombotic or proatherogenic state. The recent 2019 American College of Cardiology/American Heart Association (ACC/AHA) guidelines and 2020 ACC guidelines on primary prevention of CVD in women

13
CHAPTER

Gestational Diabetes: Sweet Nothings

Prerna Goyal, Shibba Takkar Chhabra, Mohanjeet Kaur, Kanwar Arora

ABSTRACT


The chapter provides a comprehensive review of gestational diabetes mellitus (GDM) and underscores its implications beyond pregnancy in a woman's life. GDM perpetuates due to alterations in glucose metabolism and insulin sensitivity in pregnant mothers. Despite lacking a single universal diagnostic criterion across the nations, GDM-associated perinatal and long-term metabolic complications remain the same globally. Future risk of diabetes mellitus, heart diseases, metabolic syndrome, malignancies, and alterations in renal functions in both mothers and their offspring is a major concern and instigates a follow-up action plan for the rest of life. Besides this, GDM plays an instrumental role in initiating the intergenerational cycle of chronic cardiometabolic diseases. Epigenetic alterations in amalgamation with environmental influences are the recent additions to our current understanding of GDM-related consequences. Future healthcare models can acknowledge and close the research gaps in identification of various phenotypic variants of GDM, biomarkers for early detection of high-risk GDM mothers, impact of drug treatment on long-term outcomes, and most importantly unifying the diagnostic criteria worldwide.

■ INTRODUCTION

The first historical evidence of hyperglycemia in pregnancy (HIP) was given by a German researcher Bennetitz in the year 1824.¹ Since then, extensive transformations in its nomenclature and diagnostic criteria perplexed the healthcare providers until the most widely well-accepted, and simplified definition surfaced in 1985 at the Second International Workshop-Conference on Gestational Diabetes, which defined HIP as "carbohydrate intolerance leading to hyperglycemia of variable severity with onset or first recognition during pregnancy". HIP stands different from pregestational diabetes, which means presence of any form of diabetes before the onset of conception. HIP is further subclassified into two distinct categories. The heterogeneity in screening and diagnostic criteria used, difference in population cohorts, and differences in their inherent risk to develop GDM.² Nevertheless, it accounts for nearly 90% of all hyperglycemic occurrences during pregnancy, between 24 and 28 weeks of pregnancy till delivery.³ Prevalence of GDM has skyrocketed in the last decade affecting nearly one in every six pregnant women in unison, with rising maternal obesity, maternal age, and sedentary lifestyle.⁴

■ PATHOPHYSIOLOGY

Pregnancy is a state in which there is a physiological change in insulin sensitivity and secretion secondary to effect of placental hormones, human placental lactogen,




Women In Cardiology And Related Sciences
Inspire, enlighten, excel

Women and Heart Diseases

Editors
Sarita Rao
Jyotsna Maddury

Foreword
Alaide Chieffo

Preface
Mamas A Mamas



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<p>Lalitha N MD DM FESC Consultant Cardiologist Department of Cardiology Dr Ismail Medical Center and New Medical Center Dubai, UAE</p>	<p>Poonam Velagapudi MD MS FACC FSCAI Assistant Professor Department of Medicine University of Nebraska Medical Center Omaha, Nebraska, United States</p>	<p>Roshan Rao MD DM FACC FESC FSCAI Senior Interventional Cardiologist and Head Department of Cardiology Apollo Hospital's Indore, Madhya Pradesh, India</p>
<p>Madhur Verma MD Associate Professor Department of Community Medicine All India Institute of Medical Sciences Bathinda, Punjab, India</p>	<p>Prerna Goyal MD (Medicine) Associate Medical Superintendent and Senior Consultant Physician Department of Medicine RG Stone and Super Speciality Hospital Ludhiana, Punjab, India</p>	<p>Ruby Satpathy MD FACC FSCAI Interventional Cardiologist Director, Structural Heart Program Baptist Medical Center Jacksonville, Florida, USA</p>
<p>Mira Govindarajan MD (Medicine) Cardiologist and Physician Department of Non-invasive Cardiology Apollo Hospitals, Aarthi Scans and Labs Chennai, Tamil Nadu, India</p>	<p>Priya Palimkar MD DM Director Cath Lab Department of Cardiology Sahyadri Hospital, Nagar Road Pune, Maharashtra, India</p>	<p>Ruchi Gupta DM (Cardiology) Consultant Cardiologist Department of Cardiology SR Kalia Hospital Jaipur, Rajasthan, India</p>
<p>Mirvat Alasnag MD Consultant Cardiologist/Director of Research and Catheterization Laboratory Department of Cardiac Center King Fahd Armed Forces Hospital Jeddah, Saudi Arabia</p>	<p>Rajeshwari Nayak DNB (Medicine) DNB (Cardiology) Fellowship In Echo/Heart Failure (Australia) FRCP (Glasgow) FESC FCSI FSCAI Adjunct Professor AHERF Senior Interventional Cardiologist Academic Coordinator Department of Cardiology Apollo Hospitals Chennai, Tamil Nadu, India</p>	<p>Saeko Takahashi MD FACC Vice-President Department of Cardiology Shonan Oiso Hospital Oiso, Japan</p>
<p>Mohanjeet Kaur MD (Medicine)</p>	<p>Rajiv Kumar Gupta MS MCh Professor and Head Department of Cardiovascular</p>	<p>Sahil Garg DM (Nephrology) Consultant Nephrologist and Transplant Physician Department of Nephrology AMRITHARA, my Hospital Jind, Haryana, India</p>

COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Ludhiana, conducted a Health Camp at Gurudwara Singh Sabha, BRS Nagar, Ludhiana.

30+ Devotees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

In a vibrant celebration of community spirit and wellness, RG Hospitals Ludhiana partnered with The Times of India to host Happy Street at the Pavillion Mall Road, Ludhiana. The event drew enthusiastic participation from people of all ages, who engaged in a range of fun activities like dancing, life-size snake and ladder, pickle ball, rope skipping, and badminton.

As healthcare partners, RG Hospitals set up three counters, offering free consultations, guidance, and services like BP and sugar checks. A dedicated team of doctors and nurses catered to the attendees, promoting health and fitness in the community.



COMMUNITY CONNECT

RG HOSPITALS, NOIDA

We are pleased to share that RG Noida, conducted a Health Camp at Haldiram Corporate Office, Noida on 3rd October 2025, Friday.

80+ Employees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, GAGAN VIHAR

We are pleased to share that RG Gagan Vihar, conducted a Health Camp at Kanungo Apartment, Patparganj on 5th October 2025, Sunday.

55+ Residents availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Health Talk at GHG Khalsa College, Sadhar on 6th October 2025, where more than 55 faculty and students attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Suman Sethi (Director & Head - Institute of Nephrology)

Topic: Know Your Kidneys: Awareness on Health & Donation



COMMUNITY CONNECT

RG HOSPITALS, DEHRADUN

We are pleased to share that RG Dehradun, conducted a Health Camp in association with Indian Red Cross Society, Uttarakhand at Tehri Garhwal, Uttarakhand on 5th October 2025, Sunday.

200+ Residents availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, NOIDA

We are pleased to share that RG Noida, conducted a Health Camp at Honda Cars Limited, Greater Noida on 16th October 2025.

70+ Employees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, KOLKATA

We are pleased to share that RG Kolkata, conducted a Health Camp at Reliance Industries Limited, Kolkata on 14th November 2025.

105+ Attendees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, DEHRADUN

We are pleased to share that RG Dehradun conducted a Health Camp at Shree Maa Care Foundation NGO, Raipur Dehradun on 16th November 2025.

90+ attendees availed the services provided at the Health Check-Up Camp.

The Keynote Speakers were:

Dr. Sashiraj Singh (Consultant- Urology, Andrology & Renal Transplant)

Dr. Ajay Kumar Gupta (Consultant- General & Advanced Laparoscopic Surgery)

Dr. Vandana Aggarwal (Consultant- Obstetrics & Gynaecology)



COMMUNITY CONNECT

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG EOK branch conducted a Health Camp at the Gurudwara Lajpat Nagar-3 Senior Citizen Forum on 16th November 2025.

75+ Attendees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, Ferozepur Road, organized a Health Talk & Health Camp at Rockman Industries Limited on 6th December 2025, where more than 50 employees attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Prerna Goyal (Senior Consultant - Physician)

Topic: Health Checkup: Your Path to Wellness

Dr. Vaibhav Sood (Consultant - Urology)

Topic: Prevention Of Kidney Stones

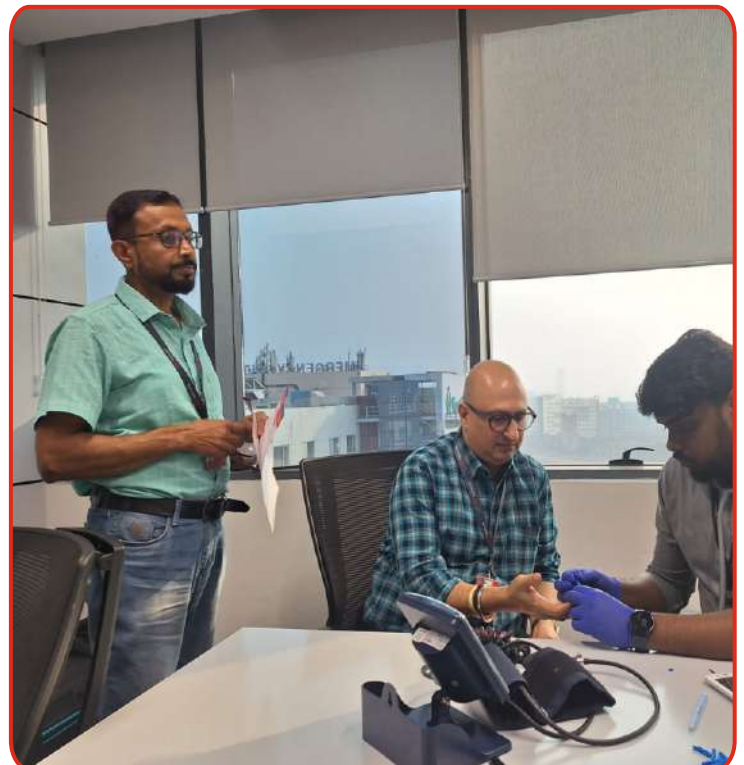
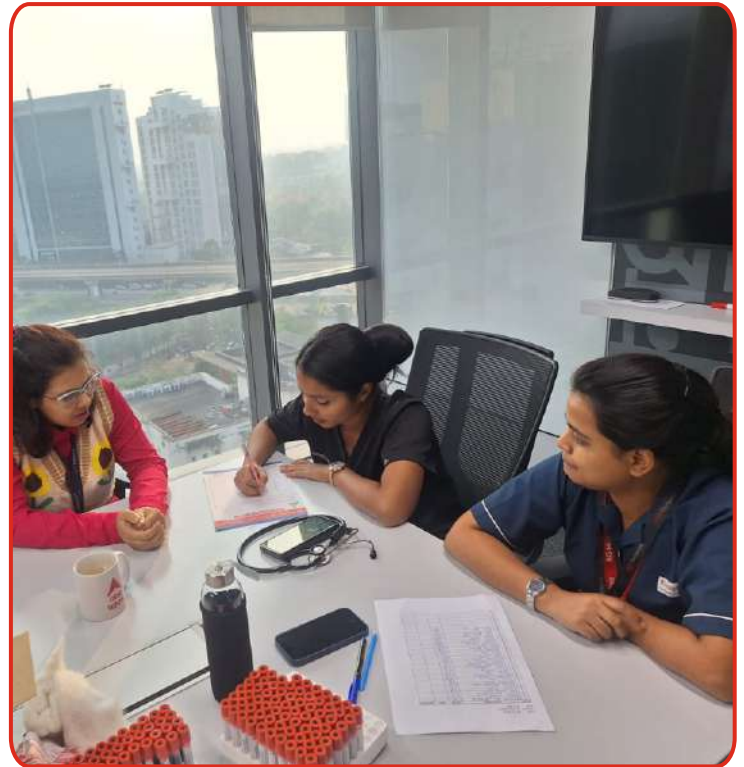


COMMUNITY CONNECT

RG HOSPITALS, KOLKATA

We are pleased to share that RG Kolkata conducted a Health Camp at ABP News Kolkata on 26th November 2025.

45 attendees availed the services provided at the Health Check-Up Camp.



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Health Talk & Health Camp at Vardhman Spinning & Gen Mills and Textiles Ltd on 12th December 2025, where more than 50 female employees attended the session & actively engaged in discussions and gained valuable insights.

Additionally, 160+ employees availed the services provided at the Health Check-up Camp.

The Keynote Speakers & Their topics were:

Dr. Perna Goyal (Senior Consultant - Physician)

Topic: Women's health across lifespan



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Health Talk at Dr. Ranjit International School, Ludhiana on 22nd November 2025, where more than 200 students and faculty attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Suman Sethi (Director & Head - Institute of Nephrology)

Topic: Ways To Maintain Healthy Kidneys



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Workshop on First Aid & CPR Training for the members of an NGO SNEH organisation on 2nd December 2025, where more than 30 members attended the session & gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Prerna Goyal (Sr. Consultant - Physician)

Topic: Basic Life Support (BLS)



COMMUNITY CONNECT

RG HOSPITALS, DEHRADUN

We are pleased to share that RG Hospitals, Dehradun, organized a Health Talk at Niva Bupa, Regional Office on 5th December 2025, where more than 35 employees attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Ajay Kumar Gupta (Consultant – General & Advanced Laparoscopic Surgery)

Topic: Myths vs Facts About Gallbladder Stones



COMMUNITY CONNECT

RG HOSPITALS, PITAMPURA

We are pleased to share that RG Hospitals, Pitampura, organized a Health Talk at Sarvodaya Vidyalaya, Sec-18, Rohini on 29th November 2025. Conducted under the guidance of Dr. Richa Arora Miglani (Head - Minimally Invasive Gynaecology & Robotic Surgery), more than 300 students and faculty members attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Alankrita Pandey (Associate Consultant - Gynaecology)

Topic: Importance of HPV Vaccination for Women's Health

Dr. Geetanjali Taneja (Associate Consultant - Gynaecology)

Topic: Menstrual Hygiene and Healthy Practices



COMMUNITY CONNECT

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals organised a Health Check-up Camp at Sitaram Bazar, Old Delhi, on 7th December 2025.

More than 140 patients visited the camp and availed of the health check-up services provided.

Special Moment:

Former Member of Parliament Shri Jai Prakash Agarwal also visited the camp and appreciated RG Hospitals for its dedication to these meaningful social services.



COMMUNITY CONNECT

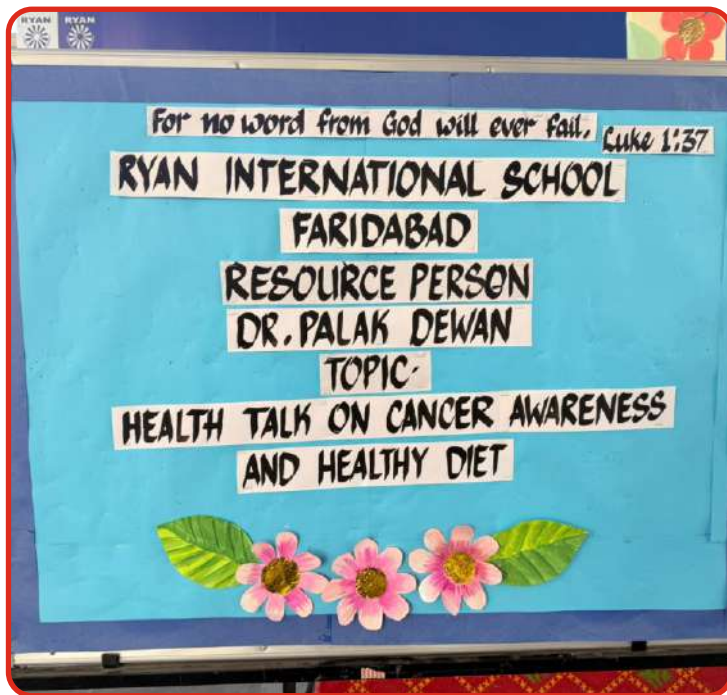
RG HOSPITALS, FARIDABAD

We are pleased to share that RG Hospitals, Faridabad, organized a Health Talk at Ryan International School, Faridabad on 16th December 2025, where **more than 250 students and faculty members** attended the session & actively engaged in discussions and gained valuable insights.

The Keynote Speakers & Their topics were:

Dr. Palak Dewaan (Consultant - Gynaecology)

Topic: Cancer Awareness and Healthy Diet



COMMUNITY CONNECT

RG HOSPITALS, KOLKATA

We are pleased to share that RG Hospitals organised a Health Check-Up Camp at Teoco Software Pvt Ltd, Kolkata on 11th December 2025.

More than 110 patients visited the camp and availed of the health check-up services provided.



COMMUNITY CONNECT

RG HOSPITALS, PITAMPURA

We are pleased to share that RG Hospitals organised a Free Health Check-Up Camp at Winter Carnival, Bal Bharati Public School, Pitampura on 21st December 2025.

More than 450 parents and teachers visited the camp and availed of the health check-up services provided.

The camp was led by **Dr. Richa Miglani** (Head - Minimally Invasive Gynaecology & Robotic Surgery), **Dr. Alankrita Pandey** (Associate Consultant - Gynaecology) and Dr. Geetanjali Taneja.



COMMUNITY CONNECT

RG HOSPITALS, PITAMPURA

We are pleased to share that RG Hospitals organised a Free Health Check-Up Camp at Winter Carnival, Bal Bharati Public School, Pitampura on 21st December 2025.

The Keynote Speakers were:

Dr. Richa Miglani (Head - Minimally Invasive Gynaecology & Robotic Surgery)

Dr. Alankrita Pandey (Associate Consultant - Gynaecology)

Dr. Geetanjali Taneja

More than 450 parents and teachers visited the camp and availed of the health check-up services provided.



COMMUNITY CONNECT

We are pleased to share that RG Hospitals successfully conducted a CODE Blue Mock Drill Reel Competition & Surgical Site Infection Case Presentation across all RG Hospital branches.

This initiative aimed to enhance emergency preparedness, clinical skills, and patient safety standards through active participation and healthy competition.

CODE Blue Mock Drill Winners:

1st-RG Model Town, Ludhiana

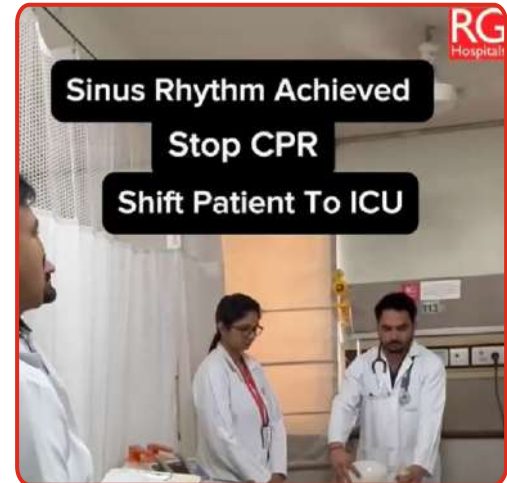
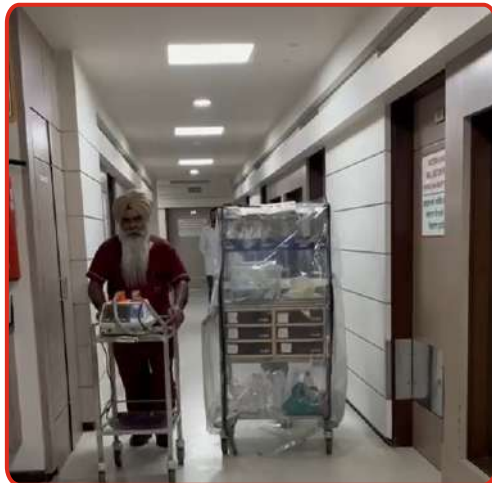
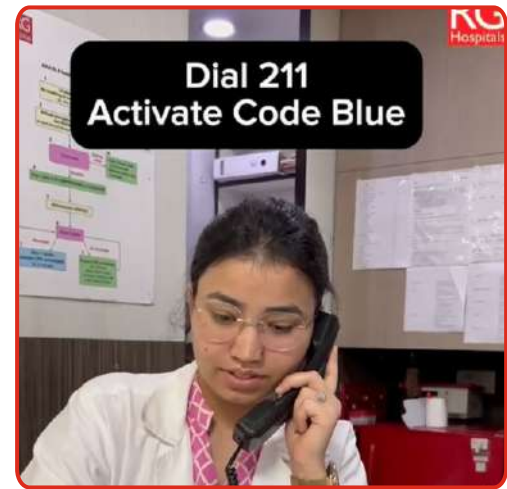
2nd-RG Rajouri Garden

3rd-RG Goa

SSI Case Presentation Winners:

Ms. Megha Jain (ICN at RG Model Town, Ludhiana)

Ms. Hansi Bhandari (ICN at RG Faridabad)



**Fill CPR Data
Collection Form**

Cardiac Arrest Data Collection Form

Patient Name (First Name, Last Name) *A.B.C.*

Age/ Sex *42/ male*

IPD / Number *25/00022*

Date of Arrest (DDMMYYYY) *5/11/2022*

Cardiac arrest determined by *Dr. Raghav Dhillon*

Cause of arrest *Myocardial Ischemia*

Event recording initiated *simultaneously* by Code Blue team *5/11/22* at *1:30pm* by *Dr. R.*

Resuscitation attempted by EMS

Location of arrest *ICU, 113, 1st floor, Dr. Raghav* Out of Hospital In Hospital

Witnessed? *Not witnessed* *Witnessed* If witnessed, time of arrest (hh:mm)

Air entry checked? Yes No

Initial rhythm *1/1/20*

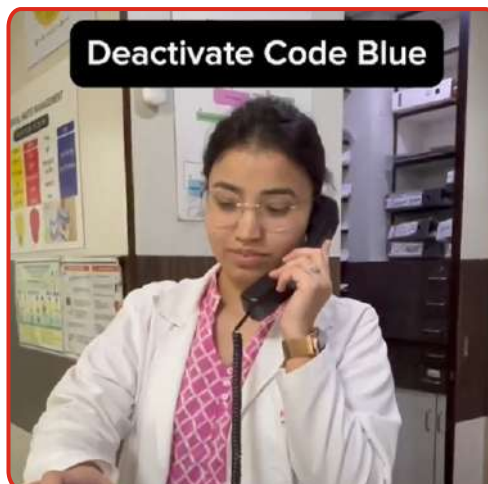
Chest compressions done by *Neelima Jain & Lakshmeet Kaur*

Defibrillation attempt done by *Dr. Lakshmeet Kaur*

Intubation done by

Ventilation done by

DRUGS



COMMUNITY CONNECT

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals, East of Kailash in association with the Sarita Vihar Senior Citizen Welfare Council, conducted a Health Talk at DDA Community Hall. **90+ RWA Members attended the Health Talk.**

The Keynote Speakers & Their topics were:

Dr. Piyush Vishwakarma (Consultant – Gastroenterology, Hepatology & Liver Transplant)

Topic: Fatty Liver

Dr. Jaya Kumar Agarwal (Senior Consultant – Gynaecology)

Topic: Women's Health



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Health Talk at Sarabha Ladies Club on 16th October 2025, where **250 + club members attended the session** & actively engaged in discussions and gained valuable insights

The Keynote Speakers & Their topics were:

Dr. Suman Sethi (Director & Head - Institute of Nephrology)

Topic: How to keep your Kidneys Healthy & the Importance of Organ Donation.



RG INSTITUTE OF GASTRO SCIENCES

RG HOSPITALS, DEHRADUN

We are pleased to announce the launch of **RG Institute of Gastro Sciences** at RG Hospitals - East of Kailash, New Delhi. First procedure was performed yesterday following the customary puja. The Unit at RG EOK is equipped with state-of-the-art facilities, including the 190 Series Olympus Suite for high-precision endoscopic procedures, ERCP, Liver screening including Fibroscan and a new day care wing. A fully functional ICU with 24x7 intensive care coverage, CT Scan and ACLS ready ambulance will be operational by the end of the month.

This addition will expand our current portfolio of General and Gastro Surgeries into Comprehensive GI Care.

The initiative is led by **Dr. Piyush Vishwakarma** an alumnus of prestigious institutions including AIG Hyderabad, Hinduja Hospital and Apollo Hospitals. His expertise and experience will further strengthen our commitment to providing Comprehensive Gastroenterology, Liver and HPB Care Services.



#SheMattersInitiative

Pleased to launch the campaign series on All-round Women Wellness featuring celebrated actress Neena Gupta, under the aegis of RG Hospitals' #SheMatters initiative.

Here is the first one:

EVERY WOMAN HAS A STORY.

BUT SOME STORIES REMAIN UNHEARD,
ESPECIALLY THE ONES ABOUT HER OWN HEALTH.

In our society, women juggle countless roles – caregivers, professionals, nurturers, dreamers. Yet, when it comes to their own well-being, silence often takes over.

Through **#SheMatters**, RG Hospitals celebrated actress Neena Gupta come together to break that silence and spark a much-needed conversation around female urology awareness, conditions that are common, yet rarely discussed. At RG Hospitals, we believe women's health isn't just a department, it's a commitment. Because when she feels heard, understood, and cared for healing truly begins.

Let's start the conversation.

Because when She Matters, everything else falls into place.

**#SheMatters #RGHospitals #WomenHealth
#NeenaGupta #FemaleUrologyAwareness
#HealthcareWithHeart
#WomensWellness #EmpowerHer**

Because
#SheMatters



RG INSTITUTE OF WOMEN'S HEALTH

#SheMatters #NeenaGupta

We are pleased to share the Launch of our Dedicated Instagram page –
RG Hospitals | Women's Health @rgwomenshealth created to amplify awareness around women's health, wellness, and specialized care across RG Hospitals.

We request everyone to please follow the page and actively share it within your personal and professional networks to help us build strong initial momentum and reach the right audiences.

Your support will go a long way in amplifying this initiative.



Silent Maat Raho,
Apni Sehat Ki Awaaz Bano.

At *RG Women's Health*, Screenings, PCOS Management, Fertility Support & Specialist Consultations Are Under One Trusted Roof.

Because
#SheMatters

RG Hospitals | RG Gynecology & Laparoscopy Hospitals
72 0200 0200

Delhi • Noida • Faridabad • Mumbai • Chennai • Kolkata • Goa • Ludhiana • Dehradun

Apni Baat, Apni Sehat.

Providing Expert Care Through Every Phase Of A Women's Life With *Compassion, Trust & Expertise.*

Because
#SheMatters

RG Hospitals | RG Gynecology & Laparoscopy Hospitals
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Delhi • Noida • Faridabad • Mumbai • Chennai • Kolkata • Goa • Ludhiana • Dehradun

When We Listen, She Heals.

Compassionate Care For Every Phase Of A Woman's Life.

Because
#SheMatters

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Because
#SheMatters

RG INSTITUTE OF ADVANCED BREAST CARE

#SheMatters #NeenaGupta

We are pleased to share an awareness video featuring our Brand Ambassador **Neena Gupta**, where she highlights that Breast Pain, Nipple Discharge, or the Presence of Lumps may indicate Breast Disease. She emphasizes the importance of early detection, regular self-examination, and timely consultation with the experts at RG Hospitals – the key to safeguarding your health.

Lloads Of Stigma Around Women's Health?

You're Not Alone.

Follow **RG Women's Health** For Honest Conversations, Expert Advice & A Safe Space.

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Because Women's Health Deserves More Than Hush Talk.

Follow **RG Women's Health** For Trusted Guidance, Real Talk & Support For Every Stage Of A Woman's Life.

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Curious About Your Body?

Confused By Misleading Info?

Follow **RG Women's Health** Trusted Women's Health Guidance From Specialists You Can Rely On.

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FESTIVAL CELEBRATION (DURGA PUJA)

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that Chittaranjan Park Kali Mandir Society, New Delhi is celebrating Golden Jubilee of Durga Ustav this year and RG Hospitals, East of Kailash is the medical partner responsible for the medical and health care needs during the five day event. RG Hospitals, EOK also displayed its newly added Specialities Nephrology, Dialysis, Gastroenterology, advanced Gynecological care etc. The event was attended by Lacs of devotees.

We are excited to share that Honorable **Prime Minister Shri Narendra Modi** graced the event today and we are pleased to mark our presence on this prestigious occasion.



Durga Utsav 2025

RG HOSPITALS PARTNERS WITH
CHITTARANJAN PARK KALI MANDIR SOCIETY
AS THE OFFICIAL HEALTH PARTNER.

SERVICES INCLUDED:

- HEALTH CHECK-UP
- DOCTOR CONSULTATION
- FIRST AID SERVICES
- EMERGENCY MEDICAL TRANSPORT SUPPORT

SEPTEMBER TO OCTOBER

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OUR CENTRES



DELHI - EAST OF KAILASH

F-12, East of Kailash,
New Delhi-110065
Ph.: 011-71056000
Helpline: +91-72 0200 0200

DELHI - RAJOURI GARDEN

B-1, Vishal Enclave, Opp. Police
Station, Rajouri Garden,
New Delhi-110027
Ph.: 011-71058000
Helpline: +91-72 0200 0200

DELHI - GAGAN VIHAR

18, Gagan Vihar Main,
New Delhi-110092
Ph.: +91-9953008009
Helpline: +91-72 0200 0200

DELHI - PITAMPURA

194-195, Deepali Chowk,
Pitampura, New Delhi-110034
Ph.: 011-71057000
Helpline: +91-72 0200 0200

DELHI - MODEL TOWN - ORC

B-12, Derawal Nagar,
Model Town II, New Delhi-110009
Ph.: 011-42430300
Helpline: +91-72 0200 0200

DELHI - JANAKPURI - ORC

92A, Major P. Srikumar Marg,
Block C2B, Janakpuri-110058
Ph.: 011-49865868
Helpline: +91-72 0200 0200

NOIDA - ORC

D-82A, D-Block, Sector-26,
Maharaja Agrasen Marg,
Noida-201301
Ph.: 8595923938
Helpline: +91-72 0200 0200

FARIDABAD

A-6, Nehru Ground, Neelam
Bata Road, N.I.T Faridabad-121001
Ph.: 0129-4184000
Helpline: +91-72 0200 0200

LUDHIANA-MODEL TOWN

510-L, Model Town,
Ludhiana-141002
Ph.: 0161-4618585
Helpline: +91-972 0200 0200

LUDHIANA - FERROZPUR ROAD

Opposite Grand Walk Mall,
Main Ferozpur Road,
Ludhiana, Punjab-141012
Ph.: 0161-5130000
Helpline: +91-72 0200 0200

DEHRADUN

8, Convent Rd, Near SBI Main
Branch, Race Course, Dehradun,
Uttarakhand-248001
Ph.: 0135-3520555
Helpline: +91-72 0200 0200

MUMBAI - KHAR

Ahimsa Marg, 14-A Road,
Khar (West),
Mumbai-400052
Ph.: 022-61463500
Helpline: +91-72 0200 0200

MUMBAI - MULUND

C/O Hira Mongi Navneet Hospital,
Valiji Ladha Road, Mulund (West),
Mumbai-400080
Ph.: 022-25675012/14
Helpline: +91-72 0200 0200

GOA

CVC Centre, Plot No. 217-218,
PDA Colony, Alto
Porvorim, Bardez, Goa-403521
Helpline: +91-72 0200 0200

GOA-ORC

19/111/6, shop No.10, Ground floor
Marao Kenny Complex, Caranzalem
Goa - 403002
Helpline - +91-72 0200 0200

KOLKATA

33, Orbit Heights, Gariahat
Road South, Opp. Jodhpur
Park, Kolkata 700031
Ph.: 033-40271000
Helpline: +91-72 0200 0200

KOLKATA-ORC

44A, S P Mukherjee Road, Beside
Bhowanipore Police Station,
Kolkata, West Bengal-700026
Ph.: 033-24550045
Helpline: +91-72 0200 0200

CHENNAI

391- 392, Anna Salai, Saidapet,
Near Saidapet Metro Station,
Chennai-600015
Ph.: 044-43993600
Helpline: +91-72 0200 0200

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OUR SPECIALITIES



Urology

- Urinary / Kidney Stone
- Enlarged Prostate (BPH)
- Ureteric Stricture
- Urethral Stricture
- Erectile Dysfunction
- Male Infertility
- Male Sterilization

Gynaecology

- Uterine Fibroids
- Uterus Prolapse
- Ovarian Cysts
- Endometriosis
- Ectopic Pregnancy
- Female Infertility
- Sterilization
- Cosmetic Gynaecology

Gynaecology Malignancies

- Uterine Cancer
- Cervical Cancer
- Ovarian Cancer

Urological Malignancies

- Kidney Cancer
- Prostate Cancer
- Urinary Bladder Cancer

Bariatric Surgery

- Obesity/Metabolic Syndrome
- Uncontrolled Diabetes

Robotic & NexGen Surgery

- General Procedures
- Urology Procedures
- Gynaecology Procedures
- Colorectal & Upper GI Procedures
- Bariatric Procedures
- RAMS™
(Robot Assisted Metabolic Surgery)
- NanoSlim MiPS
(Minimally Invasive Prostate Surgery)

Minimally Invasive Surgery

- Gallbladder Stone
- Hernia Repair
- Appendicitis
- Piles, Fissures & Fistula
- Breast Health

Female Urology

- Female Urinary Incontinence
- Vesico Vaginal Fistula
- Overactive Bladder
- Post Delivery Urinary Problems
- Interstitial Cystitis
- Voiding Difficulty
- Urinary Tract Infections
- Painful Bladder Syndrome
- Neurogenic Bladder
- Female Sexual Dysfunction

Other Departments

- Gastroenterology
- Nephrology
- Dialysis
- Internal Medicine
- Intensive Care Unit (ICU)
- Emergency Services

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