

DECEMBER
2025
PART-B



MONTHLY
NEWSLETTER

RG Hospitals®
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RG Urology & Laparoscopy Hospital®
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RG IN THE NEWS

We are pleased to share media coverage highlighting the remarkable achievement of RG Hospital, Chennai, where REZUM, an advanced new treatment for enlarged prostate, on a high-risk elderly patient was successfully performed.

The surgery was led by **Dr. Arun Kumar K.** (Sr. Consultant - Urology). The patient has since recovered well and was discharged in stable condition. This achievement highlights RG Hospital's expertise in advanced, minimally invasive urological procedures.

ஆர்ஜி மருத்துவமனை சாதனை

புற்றுநோய் அல்லாத புராஸ்டேட் சுரப்பி வீக்கத்தின் (BPH) காரணமாக சிறுநீர்ப்பையில் கடுமையான சிறுநீர் தக்கவைப்பு பிரச்சனையால் அவதிப்பட்ட 84 வயதான முதியவருக்கு சென்னை, ஆர்ஜி மருத்துவமனை குழுமத்தின் ஒரு அங்கமான ஆர்ஜி ஸ்டோன் யூராலஜி & லேப்ரோஸ்கோபி மருத்துவமனை ஒரு முன்னைய REZUM சிகிச்சை முறையை வெற்றிகரமாக செய்திருக்கிறது. சிறுநீர்ப்பையை மட்டும் மயக்கியல் மருந்தை வழங்கி இச்சிகிச்சை செய்யும் முறை



ஆர்ஜி மருத்துவமனை சாதனை
புற்றுநோய் அல்லாத புராஸ்டேட் சுரப்பி வீக்கத்தின் (BPH) காரணமாக சிறுநீர்ப்பையில் கடுமையான சிறுநீர் தக்கவைப்பு பிரச்சனையால் அவதிப்பட்ட 84 வயதான முதியவருக்கு சென்னை, ஆர்ஜி மருத்துவமனை குழுமத்தின் ஒரு அங்கமான ஆர்ஜி ஸ்டோன் யூராலஜி & லேப்ரோஸ்கோபி மருத்துவமனை ஒரு முன்னைய REZUM சிகிச்சை முறையை வெற்றிகரமாக செய்திருக்கிறது. சிறுநீர்ப்பையை மட்டும் மயக்கியல் மருந்தை வழங்கி இச்சிகிச்சை செய்யும் முறை

அதிக இடர்வாய்ப்புள்ள முதிய நோயாளியின் விடுவடைந்த புராஸ்டேட் சுரப்பிக்கு புதுமையான REZUM சிகிச்சை முறை வழியாக சாதனை படைத்திருக்கும் ஆர்ஜி மருத்துவமனை-சென்னை

ஆர்ஜி மருத்துவமனை சென்னைப் பரம்பலில் அமைந்துள்ள ஆர்ஜி ஸ்டோன் யூராலஜி & லேப்ரோஸ்கோபி மருத்துவமனை, இந்த புதுமையான REZUM சிகிச்சை முறையை ஆர்ஜி ஸ்டோன் யூராலஜி & லேப்ரோஸ்கோபி மருத்துவமனை, இந்த புதுமையான REZUM சிகிச்சை முறையை வெற்றிகரமாக செய்திருக்கிறது. சிறுநீர்ப்பையை மட்டும் மயக்கியல் மருந்தை வழங்கி இச்சிகிச்சை செய்யும் முறை

ஆர்ஜி மருத்துவமனை சாதனை

சுரப்பிக்கு புதுமையான REZUM சிகிச்சை - பார்வீடு கே. அருண் குமார்

சென்னை, 22 நவம்பர் 2023: ஆர்ஜி மருத்துவமனை, சென்னை, இந்த புதுமையான REZUM சிகிச்சை முறையை வெற்றிகரமாக செய்திருக்கிறது. சிறுநீர்ப்பையை மட்டும் மயக்கியல் மருந்தை வழங்கி இச்சிகிச்சை செய்யும் முறை

அதிக இடர்வாய்ப்புள்ள முதிய நோயாளியின் விடுவடைந்த புராஸ்டேட் சுரப்பிக்கு புதுமையான REZUM சிகிச்சை முறை

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முது நோயாளியின் விடுவடைந்த புராஸ்டேட் சுரப்பிக்கு புதுமையான REZUM சிகிச்சை முறை வழியாக சாதனை படைத்திருக்கும் ஆர்ஜி மருத்துவமனை-சென்னை

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RG Hospitals, Chennai, Achieves Milestone with REZUM

Newer modality treatment for enlarged prostate

சென்னை, 22 நவம்பர் 2023: ஆர்ஜி மருத்துவமனை, சென்னை, இந்த புதுமையான REZUM சிகிச்சை முறையை வெற்றிகரமாக செய்திருக்கிறது. சிறுநீர்ப்பையை மட்டும் மயக்கியல் மருந்தை வழங்கி இச்சிகிச்சை செய்யும் முறை

RG HOSPITALS, CHENNAI, ACHIEVES MILESTONE WITH REZUM NEWER MODALITY TREATMENT FOR ENLARGED PROSTATE ON HIGH-RISK ELDERLY PATIENT

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ஆர்ஜி மருத்துவமனை சாதனை

சுரப்பிக்கு புதுமையான REZUM சிகிச்சை முறை வழியாக சாதனை படைத்திருக்கும் ஆர்ஜி மருத்துவமனை-சென்னை

Rezum modality treatment for enlarged prostate on elderly patient

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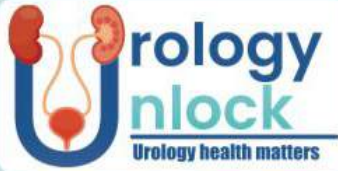
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MEDIA SPOTLIGHT

We are pleased to share that an article by **Dr. Punit Bansal** (Director & Head- Institute of Urology) at RG Hospitals, Ludhiana has been featured in Today's Times of India for his expert insights on The Unspoken Leak- India's Silent Urology Epidemic.

Times of India, Ludhiana



UROLOGY UNLOCK -

The Unspoken Leak: Addressing India's Silent Urology Epidemic

Imagine getting dressed in the morning and your first thought isn't about style, but about hiding a potential accident. Or saying "no" to a family wedding because you're unsure about bathroom access. For millions of people in India, this isn't just a worry—it's daily life.

We proudly discuss heart health and diabetes, but draw a veil over bladder control—a critical health issue disproportionately affecting women and the elderly. Many dismiss life-disrupting symptoms as 'normal,' unaware that modern medicine offers simple, effective solutions. This silence comes at a devastating cost: anxiety, depression, and social withdrawal.

Urinary incontinence isn't a "normal part of aging" or something



Dr. Punit Bansal

to "just live with." It's a medical condition, and it silently robs people of freedom and confidence. Men suffer with prostate issues, women after childbirth—but no one talks about it.

This silence keeps people isolated, anxious, and ashamed. We have to change that. It's time to start talking openly about bladder and prostate health—at home with our families and at the doctor's clinic.

The leak isn't just physical; it's a leak of confidence, joy, and community life. But it doesn't have to be this way. Breaking the taboo starts with a conversation. It's time to turn whispers into empowerment, to ask the questions, and demand accessible care. Let's not allow a silent drip to drown the vibrant dreams of our loved ones. Speak up. Seek help. Reclaim your life.

**#UrinaryIncontinence #BladderHealth
#ProstateCare #HealthAwareness**

Dr. Punit Bansal
Director Urology, RG Hospitals
Ludhiana

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Manish Singla** (Sr. Consultant - Urology) at RG Hospitals, EOK has been featured in the October 19's edition of the Hello Doctor Podcast presented by Aaj Tak Radio for his expert insights on Men's Prostate Health.

Aaj Tak Website

The screenshot shows a news article on the Aaj Tak website. The article title is "मर्दों की वो बीमारी, जिसके बारे में कोई बात नहीं करता, जानिए प्रोस्टेट कैंसर की सच्चाई : हेलो डॉक्टर". The author is अतुल तिवारी, dated 19 Oct 2025, 06:16 PM. The article discusses the symptoms and risks of prostate cancer, mentioning PSA tests and the importance of early detection. The article is accompanied by a video player showing a podcast recording session with Dr. Manish Singla and the host, Atul Tiwari. The video player shows a progress bar at 02:00 and a volume icon.

YouTube

The screenshot shows a YouTube video of a podcast recording session. The video is titled "हेलो डॉक्टर" (Hello Doctor). The host, Atul Tiwari, is on the left, and the guest, Dr. Manish Singla, is on the right. They are sitting in red chairs in a studio setting with microphones and a glass table. The background features framed artwork and a logo for Aaj Tak Radio. The video player shows a progress bar at 02:00 and a volume icon.

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Spotify

The screenshot shows the Spotify app interface. On the left is the 'Your Library' sidebar with options to create a playlist and find podcasts. The main content area displays a podcast episode from 'Hello Doctor' with a yellow and black cover. The episode title is 'मर्दों की वो बीमारी, जिसके बारे में कोई बात नहीं करता, जानिए प्रोस्टेट कैंसर की सच्चाई : हेलो डॉक्टर'. The episode is dated Oct 19, 2025 and is 28 minutes and 47 seconds long. Below the title is an 'Episode Description' section.

Episode Description

प्रोस्टेट क्या है और यह पुरुषों के शरीर में क्या भूमिका निभाता है? उम्र बढ़ने के साथ प्रोस्टेट से जुड़ी कौन-कौन सी समस्याएं आम हो जाती हैं? प्रोस्टेट बढ़ने और प्रोस्टेट कैंसर में क्या फर्क है? प्रोस्टेट की बीमारी के शुरुआती लक्षण

Apple Podcast

The screenshot shows the Apple Podcasts app interface. The left sidebar has a search bar and navigation options like Home, New, and Top Charts. The main content area displays the same podcast episode from 'Hello Doctor' with a yellow and black cover. The episode title is 'मर्दों की वो बीमारी, जिसके बारे में कोई बात नहीं करता, जानिए प्रोस्टेट कैंसर की सच्चाई : हेलो डॉक्'. The episode is dated 19/10/2025 and is 29 minutes long. Below the title is a 'Play' button and an 'Episode Description' section.

Episode Description

प्रोस्टेट क्या है और यह पुरुषों के शरीर में क्या भूमिका निभाता है? उम्र बढ़ने के साथ प्रोस्टेट से जुड़ी कौन-कौन सी समस्याएं आम हो जाती हैं? प्रोस्टेट बढ़ने और प्रोस्टेट कैंसर में क्या फर्क है? प्रोस्टेट की बीमारी के शुरुआती लक्षण कौन से हो सकते हैं? क्या बार-बार पेशाब आना, रात में कई बार उठना या पेशाब रुक-रुक कर आना प्रोस्टेट समस्या का संकेत हो सकता है क्या होता है और इसके लक्षण क्या हैं? प्रोस्टेट कैंसर कितना आम है और किस उम्र के बाद इसका खतरा बढ़ जाता है? इसके शुरुआती लक्षण क्या होते हैं और लोग उन्हें अक्सर क्यों नज़रअंदाज़ कर देते हैं? क्या प्रोस्टेट कैंसर बिना लक्षण दिखाए भी हो सकता है? प्रोस्टेट कैंसर के प्रमुख कारण या रिस्क फैक्टर क्या हैं? क्या खानपान और जीवनशैली से प्रोस्टेट कैंसर का खतरा बढ़ता या घटता है? प्रोस्टेट कैंसर का पता लगाने के लिए कौन-कौन से टेस्ट किए जाते हैं? PSA टेस्ट क्या है और इसे कब करवाना चाहिए? क्या प्रोस्टेट कैंसर पूरी तरह ठीक हो सकता है? प्रोस्टेट कैंसर का इलाज करने के बाद पुरुष की सेक्स लाइफ और यूरिन कंट्रोल पर क्या असर पड़ता है? अगर परिवार में किसी को प्रोस्टेट कैंसर हुआ हो तो बाकी पुरुष सदस्यों को किन बातों का ध्यान रखना चाहिए? पुरुषों को कितनी उम्र से प्रोस्टेट हेल्थ की नियमित जांच करवानी चाहिए? क्या नियमित एक्सरसाइज़ और संतुलित खानपान से प्रोस्टेट हेल्थ को सुरक्षित रखा जा सकता है? प्रोस्टेट कैंसर के प्रति समाज में सबसे बड़ी गलतफहमियाँ या मिथक कौन-कौन से हैं? क्या हस्तमैथुन से प्रोस्टेट पर प्रभाव पड़ता है? इन सभी सवालों के जवाब जानिए टेली डॉक्टर के इस एपिसोड में डॉ. मनीष सिंगला के साथ

MEDIA SPOTLIGHT

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JioSaavn

The screenshot shows the JioSaavn music application interface. At the top, there is a search bar and navigation options: 'Browse', 'My Music', 'Radio', and 'More'. The user's language is set to 'Hindi' and they are logged in. The search results for 'Hello Doctor' are displayed, showing 108 results. The results are organized into columns for 'Songs', 'Albums', and 'Playlists'. The following table summarizes the visible results:

Image	Song Title	Year	Artist(s)	Album	Duration
	Hello Doctor	1996	KK, Srinivas, Noel James	Abbas, Vineeth, Tabu	6:14
	Hello Doctor	1996	A.R. Rahman, Storms, Noel James, Anupama	Abbas, Vineeth, Tabu	6:19
	Hello Doctor (From "Prema Desam")	2018	KK, Srinivas, Noel James	Abbas, Vineeth, Tabu	6:14
	Hello Doctor	2019	Houndsteeth		3:55
	Hello Doctor	2024	Sonam Railhan	Abbas, Vineeth, Tabu	3:29
	Hello Doctor	2025	David Charles		4:30

At the bottom of the screen, there is a music player interface with playback controls (play/pause, previous, next) and a 'START AD' button.

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Rajinder K. Bansal** (Medical Director & Head – Institute of Neurosciences) @RG Hospitals, Ludhiana- Ferozepur Road has been featured in Only My Health – a leading digital health portal (part of the Jagran New Media Group) on the occasion of World Stroke Day, where he shared his expert insights on the importance of the **“Golden Hour”** in stroke treatment.

Only My Health

Onlymyhealth

हिन्दी

सॉर्ट वीडियोस

वीडियो

बीएमआई जांचें

SEARCH

MENU

फाइटर द बाइट माँ STRONG इमर्सिव स्वास्थ्य और वीडियोस डाइट और फिटनेस यूनिंग टिप्स परवरिश मानसिक स्वास्थ्य गभविस्था 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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आपके लिए ख़ास



क्या ब्रेन स्ट्रोक अचानक हो सकता है? डॉक्टर से जानें



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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 BW Healthcare World, a reputed health and wellness publication, for her authored article on “How Lifestyle Choices Impact Breast Cancer Risk.”

This feature highlights Dr. Gupta’s expert perspective on preventive care and the importance of lifestyle modifications in reducing breast cancer risk.

BW Healthcare World

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Home / Healthcare Service Providers / How Lifestyle Choices Impact Breast Cancer Risk

How Lifestyle Choices Impact Breast Cancer Risk

Dr. Neerja Gupta | Oct 27, 2025

[# breast cancer](#) [# women's health](#) [# prevention](#) [# obesity](#) [# physical activity](#) [# hormones](#) [# awareness](#) [# early detection](#) [# lifestyle](#) [# diet](#)

According to an Analysis by the Endocrine Society between 1999 and 2020, deaths from obesity-related breast cancer tripled, underlining the growing impact of weight on cancer outcomes



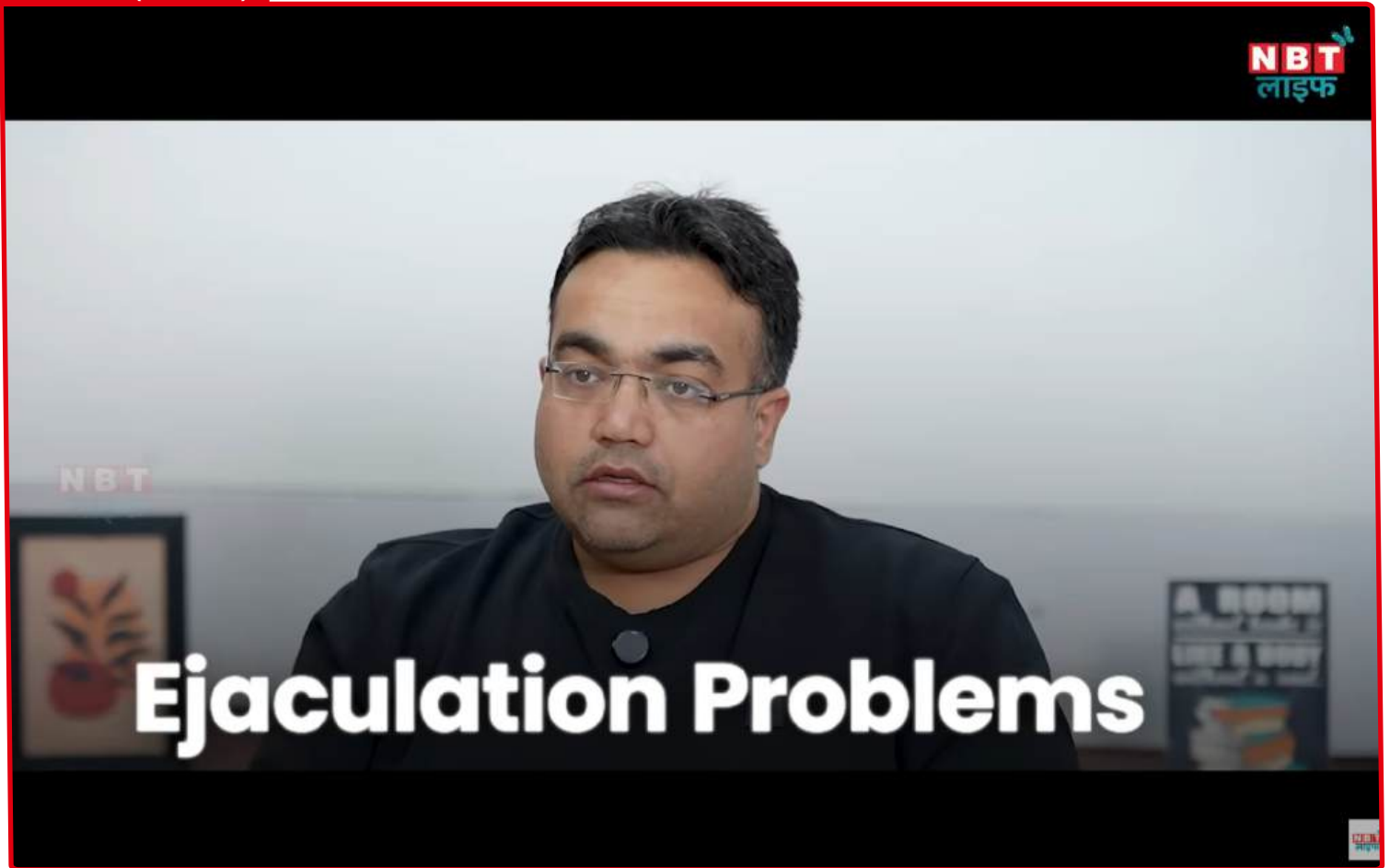
MEDIA SPOTLIGHT

We are pleased to share media coverage featuring **Dr. Ajay Aggarwal**, (Consultant - Urology, RG Hospitals, Gagan Vihar) on one of India's leading health platforms – Navbharat Times Life.

In this exclusive podcast episode, **Dr. Ajay** explains Prostate Enlargement (BPH) with a focus on early warning signs, treatment options, lifestyle modifications, and practical guidance for men aged 40+.

The episode has been officially published on NBT Life's YouTube channel, further strengthening RG Hospital's commitment to community health awareness and patient education.

YouTube (NBT Life)



MEDIA SPOTLIGHT

We are pleased to share that **Dr. Susheel Kharbanda** (Sr. Consultant – Urology, RG Hospitals, Rajouri Garden) has been featured in News18, a leading national digital news platform, for his authored article titled “Is There a Difference Between a Man and Woman's Bladder Health? Expert Shares.”

This feature highlights Dr. Kharbanda’s expert insights on gender-specific differences in bladder health, emphasizing awareness, preventive care, and timely medical intervention.

The screenshot shows the News18 website interface. At the top, there's a 'News18' logo and a 'SHOWSHA' banner. The date is 'Mon, Feb 09, 2026'. Below the navigation bar, there's a 'TRENDING' section with various topics. An advertisement banner for 'Uttar Pradesh' is visible. The main article title is 'Is There A Difference Between A Man And Woman's Bladder Health? Expert Shares'. The article is curated by Abigail Banerji and last updated on December 19, 2025. A 'Listen to this Article' button is present, along with an 'Instaread' advertisement for book summaries. On the right, there's a 'MUTUAL FUNDS' advertisement.

News18

NEWS 18 **SHOWSHA** English Edition | Mon, Feb 09, 2026 Download News18 A

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सभी जनपदों में स्थापित होने औद्योगिक क्षेत्र। ट्रेज्नाट से जुड़े औद्योगिक विकास को बढ़ावा
दिलेस और ट्रेज्नाट सृजन को मिलेगी नई गति

Is There A Difference Between A Man And Woman's Bladder Health? Expert Shares

Curated By : [Abigail Banerji](#) [News18.com](#)
Last Updated: December 19, 2025, 13:05 IST

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Bestselling book summaries in 15-minute text or audio segments. Enjoy Listening! Instaread

MUTUAL FUNDS
Mutual funds

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The differences in health-seeking behaviour in men and women, and how they access health services are affected by differences in both stigma and access

MEDIA SPOTLIGHT

We are pleased to share that **Dr. Arun Kumar K.** (Sr. Consultant - Urology, RG Hospitals, Chennai) has been featured in News9Live, a reputed national digital news platform, for his authored article titled "Explained: How Androgens Drive Erectile Dysfunction."

This feature highlights Dr. Arun's expert insights into the hormonal basis of erectile dysfunction, explaining how testosterone and other androgens influence penile health, erectile strength, and treatment response, while emphasising the importance of timely hormone evaluation and personalised therapy for optimal sexual well-being.

News9Live

news
9live

HOME LATEST INDIA ANALYSIS LIFESTYLE SPORTS ENTERTAINMENT CITIES TECH BIZ HEALTH VIDEOS

Explained: How androgens drive erectile dysfunction

Testosterone plays a key role in erections by working on several parts of penile function. It helps grow the smooth muscle cells in the spongy erectile tissue (called trabecular smooth muscle). This muscle expands to trap blood during an erection, making it firm and lasting.



Simran Arora | Published: 22 Dec 2025 10:51:AM



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WELCOME NOTE

RG Hospitals is pleased to Welcome **Dr. Ankit Grover** to Team RG as Consultant - Nephrology, at RG Hospitals, East of Kailash & Faridabad.

RG Hospitals is pleased to Welcome **Dr. Piyush Vishwakarma** to Team RG as Consultant Gastroenterology, Hepatology & Liver Transplant, at RG Hospitals, East of Kailash.



ADVANCED
NEPHROLOGY CARE
WITH EXPERTISE & COMPASSION
RG HOSPITALS WELCOMES DR. ANKIT GROVER

DR. ANKIT GROVER
CONSULTANT - NEPHROLOGY
RG HOSPITALS, EAST OF KAILASH | FARIDABAD

TO BOOK APPOINTMENT
72 0200 0200

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40 YEARS OF PATIENT CARE



ADVANCED
GASTRO CARE
WITH EXPERTISE & COMPASSION
RG HOSPITALS WELCOMES DR. PIYUSH VISHWAKARMA

DR. PIYUSH VISHWAKARMA
MBBS, MD (GEN MEDICINE), DNB (GASTROENTEROLOGY)
CONSULTANT- GASTROENTEROLOGY, HEPATOLOGY & LIVER TRANSPLANT
RG HOSPITALS, EAST OF KAILASH, NEW DELHI

TO BOOK APPOINTMENT
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RG Hospitals | RG Urology & Laparoscopy Hospital
DEHI • NODA • FARIDABAD • MUMBAI • CHENNAI • KOLKATA • GOA • LUHMANN • DEHRAJUN

40 YEARS OF PATIENT CARE

CLINICAL EXCELLENCE

RG HOSPITALS, DEHRADUN

Dr. Tushar Aggarwal

(Consultant – Gynaecology & Obstetrics)

Dr. Akshata Sutkatti

(Consultant- Anesthesia)

Presenting/Chief Complaints:

A 30-year-old female presented with lower abdominal pain and infertility.

Diagnosis:

Fibroid Uterus with Infertility.

Treatment/Procedure/Surgery:

Laparoscopic myomectomy with endobag morcellation with hysteroscopy Fertility preserving surgery.

Performed under General Anesthesia (GA) on 10/09/2025.

Operative Findings:

Uterus enlarged to approximately 24-26 weeks in size Presence with weight 1.8kg of morcellated fibroids.

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

The procedure was uneventful, and the patient's vitals remained stable throughout hospitalization.

The patient responded well to treatment and was discharged in stable and satisfactory condition.

And now is ready to conceive Within 30 days.

CLINICAL EXCELLENCE

RG HOSPITALS, EAST OF KAILASH

Successful Central Venous Angioplasty Restoring Dialysis Access in a Complex CKD-5 Patient.

Dr. Ankit Grover

(Consultant - Nephrology)

Presenting/Chief Complaints:

A male patient with CKD-5 on hemodialysis with a history of multiple access failures, with referrals and denials from many centres. On presentation, he had a blocked right femoral catheter, which was first opened with heparin, and he was continued on dialysis. However, it did not last long.

Past Medical History:

CKD-5 on regular hemodialysis

History of repeated vascular access failures

Clinical Findings & Investigations:

Right femoral catheter was initially reopened with heparin, but reoccluded CT Angiography:

- Bilateral IJV thrombosis
- Complete thrombosis of the left brachiocephalic vein
- Partial stenosis of the right brachiocephalic vein

Repeat table angiography after intervention showed a clear right brachiocephalic vein segment.

Diagnosis:

Extensive central venous thrombosis:

- Bilateral IJV thrombosis
- Complete left brachiocephalic vein thrombosis
- Partial right brachiocephalic vein stenosis

Vascular access failure in CKD-5 patient on hemodialysis

Treatment/Procedure:

Step 1 – Stabilization & Dialysis Access

Right femoral permcath insertion performed by the treating team Hemodialysis access was re-established, and the patient was stabilized on regular hemodialysis.

Step 2 – Definitive Vascular Intervention

Right brachiocephalic vein angioplasty performed Access obtained via the right basilic vein under USG guidance Stenotic segment identified under C-arm guidance 7F sheath used Balloon angioplasty of the stenotic segment was performed successfully Post-angioplasty angiography showed good flow and a clear segment.

CLINICAL EXCELLENCE

RG HOSPITALS, PITAMPURA

Laparoscopic Abdominal Wall Reconstruction (AWR) For Large Recurrent Hernia With Loss Of Domain.

Dr. Manish D. Sharma

(HOD – Minimal Access, General, Robotic & Bariatric Surgery)

Presenting / Chief Complaints:

A 60-year-old female presented with pain, infraumbilical swelling, and abdominal discomfort for one week.

Clinical Findings:

Local Examination: Large ventral hernia with tenderness

CT Hernia – Key Findings:

Multiple ventral abdominal wall defects in supraumbilical, periumbilical, and infraumbilical regions
Largest defects measuring 5.2 × 5 cm, 10 × 4 cm, and 6 × 3.5 cm

Loss of Domain: ~15%

Diagnosis:

Multiple large ventral hernias with Swiss Cheese defect pattern and Loss of Domain (~15%)

Treatment Performed:

Laparoscopic Abdominal Wall Reconstruction (AWR) was performed – A Minimally Invasive and Advanced Approach Involving.

- Extended Total Extra-Peritoneal (E-TAP) hernia repair
- Adhesiolysis
- Primary closure of multiple abdominal wall defects
- Creation of retromuscular space
- Reinforcement with retromuscular Prolene mesh
- Mesh fixation with tackers

Special Note:

This case highlights the Technical Complexity and Precision required in Repairing Large, Recurrent Ventral hernias with multiple defects and loss of domain. Laparoscopic AWR in a “Swiss Cheese” defect pattern is a highly specialised procedure that enables complete abdominal wall reconstruction through small keyhole incisions.

The Ability To Perform Full Retromuscular Reconstruction Laparoscopically:

- Restores core abdominal strength
- Achieves a tension-free, anatomically sound repair
- Reduces recurrence risk significantly compared to traditional open surgery
- Demonstrates RG Pitampura's Advanced Expertise in Complex Minimally Invasive Hernia Surgery

ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organized a Comprehensive CAPD (Continuous Ambulatory Peritoneal Dialysis) Workshop, where more than 35 attendees, including Dialysis technicians, attended the session & actively engaged in discussions and gained valuable insights.

The session, led by Dr. Suman Sethi (Director & Head - Institute of Nephrology) and the Critical Care Team aimed to enhance understanding and skills in CAPD management.



ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share that Dr. Prerna Goyal (Sr. Consultant - Physician) of RG Hospitals, Ludhiana, was invited as a National Faculty at National Consensus Meeting on Dyslipidemia in Women, Delhi, on Sunday, 9th November 2025, in association with World Heart Foundation and American Association of Cardiologists of Indian Origin.

The meeting highlighted key aspects of lipids in women from childhood to menopause, addressing the underestimation, underdiagnosis and undertreatment of cardiovascular risk.



ACADEMIC EXCELLENCE

RG HOSPITALS, CHENNAI

We are pleased to share that RG Hospitals, Chennai, in association with NCL Chennai, organized a CME Programme on Friday, 14th November 2025, where More than 50 - 60 Esteemed NCL Corporate Doctors Attended the Event.

The Keynote Speakers & Their topics were:

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

Topic: Understanding the Approach to Renal Mass

As a complimentary reciprocation to our RG Team, NLC corporate hosted visits to Mines & Thermal power projects.



ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals, Ludhiana, organised a CME Programme at Hotel Onn, Ludhiana, on Friday, 21st November 2025, where more than 45 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. Vaibhav Sood (Consultant - Urology)

Topic: Advancements In Prostate Enlargement Surgery

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

Topic: Critical Care in Nephrology



ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share a Significant Milestone in our Surgical & Clinical Journey – RG Hospitals, Model Town, Ludhiana has Successfully Completed 500 MiLEP Surgeries (Minimally Invasive Laser Enucleation of Prostate) achieved in just 1.5 years.

This accomplishment has been made possible through the expertise and dedication of Dr. Punit Bansal (Director & Head-Institute of Urology), Dr. Charan Kanwal Singh (Consultant- Urology) & The RG Ludhiana Team.

A Cake-Cutting ceremony marked this celebration of teamwork, excellence, and commitment to patient care.



ACADEMIC EXCELLENCE

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals, East Of Kailash, organised a Delhi Urology Society Monthly Meeting, on Saturday, 29th November, 2025, where an esteemed team of doctors attended the event.

The Keynote Speakers & Their topics were:

Dr. Manish Singla (Senior Consultant - Urology)

Topic I: Uncommon Bladder Mass in young adult.

Topic II: Uncommon Prostatic Mass? In young adult.

Topic III: Laparoscopic Partial Nephrectomy - points to ponder.



ACADEMIC EXCELLENCE

RG HOSPITALS, KHAR

We are pleased to share that RG Hospitals participated in the Mahim Dharavi Medical Practitioners' Association-34th Annual Medical Conference, held on 7th December 2025 at Hotel Taj Santacruz East, Mumbai.

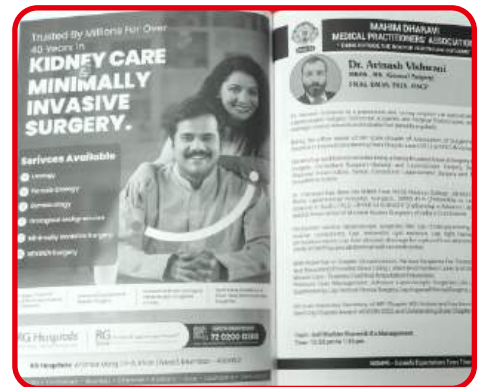
The conference witnessed the participation of around 300 doctors, making it a significant academic and professional gathering.

Key Academic Highlight:

Dr. Avinash Vishwani (Consultant - General, Laparoscopic & Minimal Access Surgery)

Topic: Gall Bladder Stones and Its Management

In addition, RG Hospital's and Dr. Avinash Vishwani's introduction and academic profile were both featured in two full-page publications in the conference souvenir, further highlighting RG Hospital's growing academic presence and contribution to medical education.



ACADEMIC EXCELLENCE

RG HOSPITALS, DEHRADUN

We are pleased to share that RG Hospitals, Dehradun, organised a Meet & Greet at Hotel MJ Residency, Dehradun on Sunday, 7th December 2025, where more than 65 esteemed doctors attended the event, along with the entire team of RG Dehradun.

The Keynote Speakers & Their topics were:

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

Topic: Lifestyle After Laparoscopic Gallbladder Removal

Dr. Bhavin Brahmbhatt (Consultant – Nephrology & Renal Transplant)

Topic: Preventing Acute Kidney Injury



ACADEMIC EXCELLENCE

RG HOSPITALS, CHENNAI

We are pleased to share that RG Hospitals, Chennai, organised a CME Programme at Hotel Crescent, Avadi, Chennai on Friday, 19th December 2025, where more than 25 esteemed doctors attended the event.

The Keynote Speakers & Their topics were:

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

Topic: Severe Oligo-Astheno-Teratozoospermia SOAT - Practical Guide for Clinicians.



ACADEMIC EXCELLENCE

RG HOSPITALS, KOLKATA

We are pleased to share a Significant Clinical Achievement at the RG Hospitals – Institute of Colorectal Sciences, Kolkata, which successfully completed 7 Laser Proctology cases within 4 hours. All patients were discharged in stable and satisfactory condition.

Notably, the youngest patient was aged 3 years and 10 months, while the oldest patient was 60 years, demonstrating the team's expertise in managing a wide age spectrum with precision and care.

This milestone was achieved under the leadership of Dr. Azhar Alam, Senior Consultant – Colorectal Surgery, Head-Institute of Colorectal Sciences, RG Hospitals, Kolkata.

Such outcomes reinforce RG Hospitals' continued focus on excellence in Advanced, Minimally Invasive Colorectal Care.

ACADEMIC EXCELLENCE

RG HOSPITALS, LUDHIANA

We are pleased to share that RG Hospitals Ludhiana, organised a CME Programme on Thursday, 25th December 2025 where More than 45 esteemed doctors attended the session.

The Keynote Speakers & Their topics were:

Dr. Rohtash Luthra (Consultant - Gen Laparoscopic & Bariatric Surgery)

Topic: Laparoscopy In Today's General Practice.

Dr. Vaibhav Sood (Consultant - Urology)

Topic: Advancements in Prostate Enlargement Surgery



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

RG Hospitals, Ludhiana partnered with The Times of India to host Happy Street at Pavillion Mall Road, celebrating community wellness with engaging activities for all age groups. As healthcare partners, RG set up three counters offering free BP & Sugar checks and consultations by our doctors and nurses.

Continuing the success, Phase-2 of the event was held today with an enthusiastic crowd of around 500 participants. TeamRG catered to nearly 60 individuals with screenings and spot consultations, and was honoured with certificates for their contribution.



COMMUNITY CONNECT

RG HOSPITALS, LUDHIANA

We are pleased to share that on the occasion of Children's Day, RG Hospitals, Ludhiana were welcomed to a Sports Meet at Nirdosh (A School for Mentally Challenged Children), Ludhiana on 14th November 2025, where more than 50 specially-abled students participated in the event & actively engaged in various sports and dance activities.

Dr. Suman Sethi (Director & Head - Institute of Nephrology) and TeamRG were warmly welcomed by the club members, teachers and children, who proudly showcased their talents and achievements.



COMMUNITY CONNECT

RG HOSPITALS, EAST OF KAILASH

We are pleased to share that RG Hospitals, East of Kailash was the official Medical Partner for the Diwali Mela organized by IBIZA TOWN Society this year.

As part of the association, the hospital provided complete medical and healthcare support during the event and also organized a Health Check-Up Camp the following day. The hospital team also showcased RG's newly added specialties including Nephrology, Dialysis, Gastroenterology, and Advanced Gynecological Care.

The Diwali Mela witnessed enthusiastic participation, with ~900+ society members attending the Mela & Camp.



RG INSTITUTE OF ADVANCED BREAST CARE

RG HOSPITALS, RAJOURI GARDEN

#SheMatters #SaveTheBreast

CLINICAL EXCELLENCE

Successful Lumpectomy With Major Duct Excision & Dual-Dye Sentinel Node Biopsy.

Dr. Neerja Gupta

(Senior Consultant – Breast Surgical Oncology)

A 64-year-old female presented with pathological nipple discharge from the left breast. MRI revealed a 4 mm suspicious nodule, warranting further evaluation and surgical management.

Diagnosis:

- Left Breast Lesion Presented as Pathological Nipple Discharge
- Final Diagnosis: 6 mm Invasive Ductal Carcinoma (IDC)
- Stage: T1bN0(sn)M0

Treatment Performed:

- Left Breast Lump Excision (Lumpectomy)
- Major Duct Excision
- Wide Excision of the Nodule
- Specimen and Duct Marker Sampling for HPE & DCIS Evaluation
- Layered Closure for Optimal Cosmesis
- Sentinel Lymph Node Biopsy (Second Sitting) using Dual Dye Technique (ICG + Blue Dye)
- Intraoperative Frozen Section – Sentinel nodes tumor-free

Postoperative Course:

- The patient had a smooth postoperative recovery
- Final histopathology revealed a 6 mm Invasive Ductal Carcinoma (IDC) with all margins free of tumor
- Staging investigations were normal
- During a second sitting, a Sentinel Lymph Node Biopsy using ICG (Indocyanine Green) + Blue Dye (Dual Sentinel Mapping) was performed
- Frozen section was negative, and the final report confirmed all nodes free of tumor This was a case of a subcentimetric tumor presenting as nipple discharge, classified as:
 - T1bN0(sn)M0
 - Breast-Conserving Surgery (BCS) + Dual Dye Sentinel Node Biopsy performed
 - Margins free

FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, EAST OF KAILASH



FESTIVAL CELEBRATION (DIWALI)

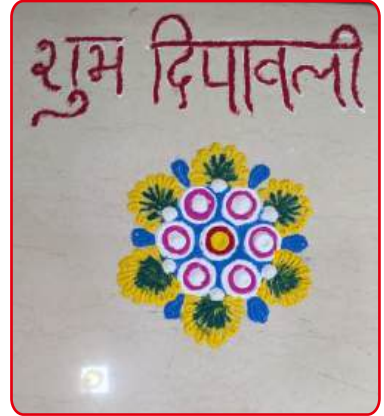
RG HOSPITALS, PITAMPURA

- **Tambola & Musical Chair** – Fun, laughter, and friendly competition.
- **Rangoli Competition** – Departments showcased creativity and festive spirit.
- **Lunch Party** – Shared smiles and togetherness over a delicious meal.



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, RG KHAR, MUMBAI



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, KOLKATA



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, RAJOURI GARDEN



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, LUDHIANA, MODEL TOWN

The day was filled with joy, festivities, and togetherness. Fun activities included:

- **Diya Decoration** competition turned tiny diyas into shiny masterpieces!
- **Patients' families** created beautiful rangoli designs, promoting creativity and emotional expression.
- **Gifts distributed** to patients spreading joys and festive cheers.
- **Team rangoli** competition brought out vibrant colors and creativity!
- **"Pauranik Gyan"** Quiz tested knowledge of Shri Ram Ji and Diwali in an engaging way!
- **Delicious lunch** brought everyone together!



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, LUDHIANA, FERROZEPUR ROAD

We are pleased to share that Diwali was celebrated with great enthusiasm at RG Ludhiana, bringing together patients, caregivers, and staff in the spirit of joy and togetherness.

The celebration featured a series of engaging activities that spread positivity, encouraged creativity, and filled the environment with festive warmth and hope.

- **Diya of Hope Lighting** – Diyas lit to spread hope and positivity.
- **Festive Message** by Dr. Suman Sethi & Team – Words that inspired joy and cheer.
- **Diya Decoration** – Creative diya designs by patients and staff.
- **Felicitation** – Participants honoured for their creativity.
- **Sweet Distribution** – Sweets shared to spread smiles.
- **Musical Performance** – A soulful song by a dialysis patient.



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, GOA



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, DEHRADUN



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, NOIDA CLINIC



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, FARIDABAD



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, GAGAN VIHAR



FESTIVAL CELEBRATION (DIWALI)

RG HOSPITALS, FARIDABAD



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, KOLKATA

We're pleased to share that International Men's Day was celebrated across all our RG Units, bringing together patients, caregivers, and team members to honour the men who inspire and strengthen our community.



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, HEAD OFFICE



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, PITAMPURA



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, DEHRADUN



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, CHENNAI



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, **NOIDA**



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, RAJOURI GARDEN



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, EAST OF KAILASH



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, KHAR



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, **GOA**



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, LUDHIANA, MODEL TOWN



CELEBRATIONS

(INTERNATIONAL MEN'S DAY)

RG HOSPITALS, GAGAN VIHAR



WORLD QUALITY MONTH

RG HOSPITALS, LUDHIANA, MODEL TOWN

We're pleased to share that World Quality Month was celebrated across all our RG Units, bringing together our teams to reinforce our commitment to excellence, patient safety, and continuous improvement in every aspect of healthcare delivery.

Celebration Highlights:

Poster Making

Quiz Competition

Prize Distribution



WORLD QUALITY MONTH

RG HOSPITALS, DEHRADUN

Celebration Highlights:

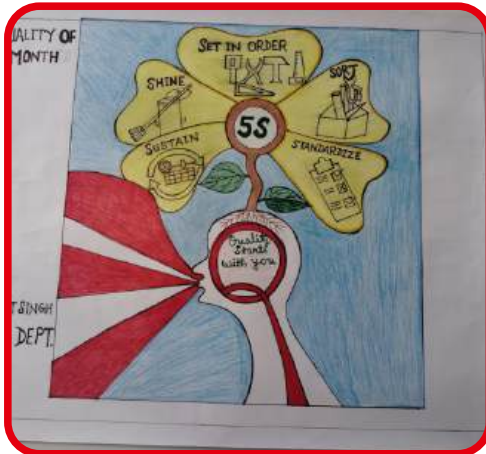
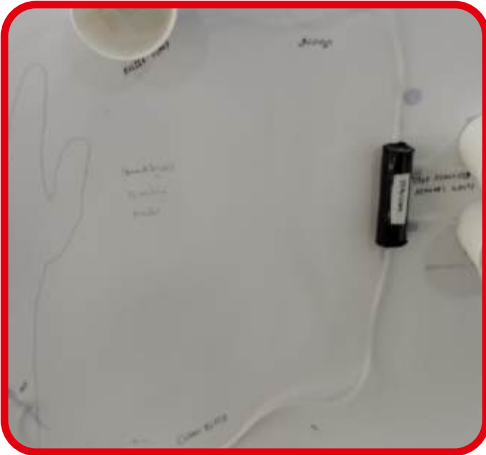
Rangoli Making Competition

Model Making Competition

Code Blue Reels

Jingles Making Competition

Quiz Competition



WORLD QUALITY MONTH

RG HOSPITALS, GAGAN VIHAR

Celebration Highlights:

Rangoli Making Competition

Poster Making Competition

Singing Competition

Quiz Competition



WORLD QUALITY MONTH

RG HOSPITALS, GOA

Celebration Highlights:

Rangoli Making Competition

Model Making Competition

Code Blue Reels

Jingles Making Competition

Quiz Competition



WORLD QUALITY MONTH

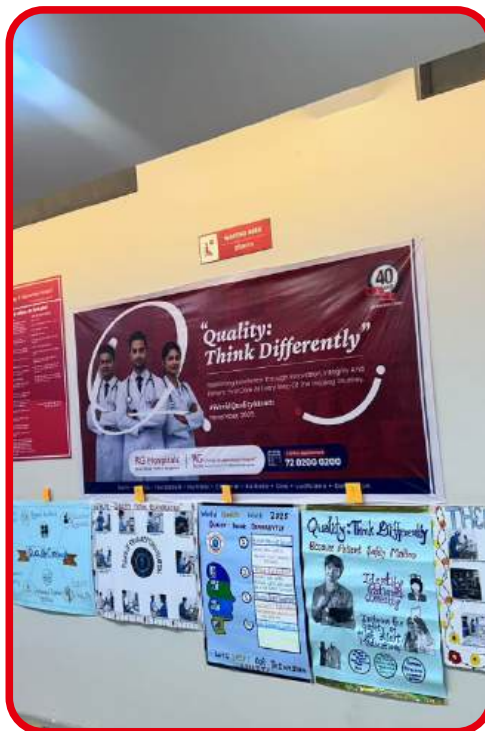
RG HOSPITALS, FARIDABAD

Celebration Highlights:

Poster Making

Quiz Competition

Rangoli Making Competition



WORLD QUALITY MONTH

RG HOSPITALS, EAST OF KAILASH

Celebration Highlights:

Poster Making Competition

Rangoli Making Competition

Quality Oath

Basic Life Support Reels

Jingles Making Competition

Quiz Competition

Quality in Healthcare Presentation



WORLD QUALITY MONTH

RG HOSPITALS, PITAMPURA

Celebration Highlights:

Quality Walls

Poster Making Competition

Quiz Competition

Jingles Making Competition

Biomedical Waste Audit



CHRISTMAS CELEBRATION

RG HOSPITALS, FEROZEPUR ROAD, LUDHIANA

The hospital sparkled with smiles, laughter, and festive cheer as RG Hospitals celebrated Christmas in the most heartwarming way. Santa spread joy by distributing sweets to patients and attendants, while doctors, nurses, staff, patients, and families came together to celebrate as one big RG family.



CHRISTMAS CELEBRATION

RG HOSPITALS, KOLKATA

The spirit of Christmas filled RG Kolkata today as Santa Claus walked through the hospital, spreading smiles, sweets, and heartfelt messages of hope to patients and staff.

Laughter, warmth, and festive joy lit up the day, reminding everyone that compassion and care are the true gifts of the season.



CHRISTMAS CELEBRATION

RG HOSPITALS, KHAR, MUMBAI

Christmas brought smiles and festive warmth to RG Khar, Mumbai as the RG family came together to celebrate the season of joy.



CHRISTMAS CELEBRATION

RG HOSPITALS, EAST OF KAILASH

Festive cheer lit up RG East of Kailash as Santa Claus spread joy, smiles, and warm wishes among patients and staff.



CHRISTMAS CELEBRATION

RG HOSPITALS, DEHRADUN

RG Dehradun welcomed Christmas with happiness and heart as Santa Claus shared sweets, smiles, and messages of hope with patients and staff.



CHRISTMAS CELEBRATION

RG HOSPITALS, PITAMPURA

RG Pitampura was wrapped in festive cheer as Christmas was celebrated with smiles, warmth, and togetherness.



CHRISTMAS CELEBRATION

RG HOSPITALS, MODEL TOWN, LUDHIANA

RG Stone Hospital, Model Town, Ludhiana celebrated Christmas with joyful cake cutting, festive snacks, and a cheerful visit from Santa Claus, spreading smiles, warmth, and holiday cheer across the hospital.



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

RG Hospitals[®]
Short Stay • Smart Surgeries

RG Urology & Laparoscopy Hospital[®]
Stone ————— Simplifying Surgeries

EI (Emotional Intelligence) Enabled Healthcare.™

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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Short Stay • Smart Surgeries

RG Stone Urology & Laparoscopy Hospital®
Simplifying Surgeries

EI (Emotional Intelligence) Enabled Healthcare.™