

infoKEM 2024

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2024 SEPTEMBER





IN LOVING MEMORY

Dr. Anand Pandit
(23.03.1942 -20.09.2024)



May the roots of this tree grow strong and deep,
just like his love for every soul he touched.

His spirit and his contribution
will remain in
our hearts forever.



We are deeply saddened by the loss of Dr. Anand Pandit whose visionary leadership and unwavering dedication have left an enduring legacy in paediatric care at KEM Hospital, Pune. Under his guidance, the paediatric department grew into a cornerstone institution for child care in India, inspiring countless students to pursue research and education in this vital field. Dr. Pandit's passion for mother and child care mirrored that of Dr. Banoo Coyaji, creating a seamless collaboration between exceptional obstetrics and paediatric care at KEM Pune. His forward-thinking vision transformed the neonatal care unit from its modest beginnings into a state-of-the-art facility, setting new standards for child health not only in Maharashtra but across India. His contribution went beyond the hospital, with initiatives like the Terre Des Hommes Rehabilitation Centre for differently abled children and advancements in gastroenterology and hepatic care. Dr. Pandit's legacy of compassion, innovation, and excellence has touched countless lives and will continue to inspire future generations. Our deepest condolences go out to Dr. Pandit's family, friends, and colleagues. His significant contributions to paediatric care and his unwavering dedication to the well-being of mothers and children will always be remembered.



Dr. K. J. Coyaji

20th September 2024 was a sad day for the KEM community for on that day it lost a stalwart who was held in great esteem and affection by all those whose lives he touched – Dr. Anand Pandit.

For me personally, it was the end an association across many facets of almost 50 years with ANP, as we all knew him.

Having done hard labour as a paediatric house officer, I learnt long ago that good paediatricians are a breed of a totally different order from us adult physicians. They are endowed with almost supernatural powers of divination and understanding. It would be quite presumptuous for me to speak about KEM Paediatrics, clinical and academic which has become almost synonymous with him. A few of the taller landmarks however can't escape coming to mind – such as the studies on Indian Childhood Cirrhosis, the pioneering establishment of the TDH Centre & Neonatal ICU, the long-term studies on cohorts, and foetal origins of adult disease, not to mention the extensive work on vaccines. These signal achievements belong not just to ANP and his team. They go beyond - over the years they have enhanced greatly the repute of the hospital as a significant centre of humane care, supported firmly by science.

On a personal note, we had been colleagues for many decades. Memory takes one back to many episodes, not least the fun expeditions to do CMEs in Goa and elsewhere –



organised by another great stalwart Dr.Vasant Pai. I look back on an association marked by cordiality, friendship, much learning on my side and of course a great deal of irreverent fun!

Statira and I were fortunate to have Anand as our Paediatrician – right from the time he was around during the birth of our child to hold the hand of the anxious father. It was an association marked by great empathy with parents as well as child, and absolute trust. Later the child - now the General Administrator of the KEM - was encouraged by the doctor to have direct personal consultations on the phone. Hence his name in our household as Dial-a-Doc.

Many fine doctors are distinguished in their profession and pass-through institutions but are remembered largely by their contemporaries. There are those however who leave a different and enduring mark on their institutions. Anand Pandit is one such. He will be always remembered as one of the small select band of builders who have brought the KEM to the organism it is today.

Dr. Farrokh Wadia

A Tribute to Anand

Thank you for giving me the chance to pay tribute to Anand Pandit, for whom I have the greatest respect and admiration, and who was a true friend. I first met him when I was an elective medical student at the KEM in 1975, and later had the good fortune to work with him for 30 years on research into the early life origins of diseases like type 2 diabetes and heart disease. Anand knew how to get things done and achieved so much, leaving a legacy of thousand of families helped, hundreds of young paediatricians expertly trained, and a thriving department of paediatrics with specialist centres for liver disease, neuro-disabilty, and newborn and intensive care, all now led by a brilliant new generation that he had nurtured.

Alongside these clinical achievements his lively and open mind was able to encompass some spectacular research, notably uncovering a major preventable cause of Indian Childhood Cirrhosis, and creating the first evidence from India in the field of DOHaD (developmental origins of health and adult disease).

He was the dynamic founding President of Sneha, a network of researchers all over India, which has made India a leader in DOHaD research. I admire Anand for who he was and how he lived; he was unafraid, authoritative, visionary, and a canny judge of people and politics.



True to his name, I never saw him downhearted or pessimistic, and his sense of fun was ever-present and irrepressible.

Personally, I treasured his advice at several key decision points in my career, as someone who would tell me exactly what he thought, not necessarily what I wanted to hear. I will miss that friendship enormously. My thoughts and prayers go to Poornima, Preeti, Chetan and Aarti, to Premlatha, and to all his colleagues at the KEM, for their sad loss of this unforgettable man and leader.

Dr. Caroline Fall

We are deeply saddened by the loss of Dr. Pandit, a pillar of KEM Hospital and KEM Hospital Research Centre (KEMHRC). For over a century, KEM Hospital has stood as a beacon of care, compassion, and medical expertise, and Dr. Pandit's unwavering dedication was a fundamental force in upholding this legacy.

Dr. Pandit's commitment to paediatric care and his tireless service in advancing the hospital's Mission, Vision, and Values have left an indelible mark on all of us. His contributions to maternal and child health research, especially in areas such as the management of diarrhoea, Indian childhood cirrhosis, chronic liver disorders, and the developmental origins of adult disease, have not only enriched KEMHRC but have also gained international recognition. His leadership, his ability to draw upon his vast experience, and his dedication to making fair and balanced decisions have guided us all. Dr. Pandit's open-door approach, his punctuality, and his willingness to embrace different perspectives have been a source of immense support and inspiration.

We are grateful for his invaluable contributions and the legacy of excellence he has left behind.

Our heartfelt condolences go out to his family, colleagues, and all those whose lives he touched. May his soul rest in peace, and may his legacy continue to guide and inspire us.

Dr. Laila Garda

ANP was known as many things, an amazingly skilled and astute paediatrician, a wonderful teacher, a mentor, a gentle doctor, but for me he was and will always be my "Anand kaka". He was waiting outside the labour room when I was born 46 years ago at KEM and was my doctor until he forcibly ejected me from his clinic long after I was eligible to be there as a patient. Aren't you worried about being the oldest patient here? "No", was my answer.



He never spoke down to his patients and he interacted with them directly - not through their parents - something I believe all doctors should do. One felt better just walking into his consulting room - another test of a truly good physician.

He will be sorely missed by us, his colleagues and friends, but most of all I feel by the countless children he treated and lives he was involved in saving.

Shirin Wadia

It's the end of an ERA.

Dr. Anand Pandit who was like a colossus, building & binding the Department of Paediatrics at KEM Hospital, Pune, for the last 50 years, IS NO MORE. He was a true visionary, who started the Department in 1973 with only 4 beds & transformed it into a large, modern complete multifaceted children's centre with NICU, PICU, Rehabilitation Centre, Research Wing & many super specialties. Many collaborators & donors had no hesitation whatsoever, in funding his large projects because Dr. Pandit could revoke their trust completely with his integrity & transparency,



He was an astute clinician & a brilliant researcher but his real Forte was teaching. He has trained generations of students - giving them invaluable lessons not just in Paediatrics but in many aspects of life itself. He had a special connect with almost each student most of whom recall their connect in a most loving manner (as recounted in the many Gurupurnima programs held annually in his honour)

He revelled in the success of colleagues & students, urging & encouraging them all the time. In his own words he recently said ' I feel completely fulfilled to see my students, who are my pride, doing so well' This ' fulfilled ' man must be close to 'Moksh' where the soul completely submerges into the Almighty forever. But if the Almighty has plans for his 'Rebirth', let us all pray that he is given an opportunity to continue all the wonderful works he has done.

Dr. Sheila Bhave



‘THE COMPLETE MAN’

It was around 3.30am in Albuquerque, USA where I was enjoying my vacation. I happened to check my texts and was stunned to read a text on the KEM Pediatrics group regarding an acute event that Dr Anand Pandit suffered and got hospitalized. The human mind favors optimism and I prayed and believed that this will pass and Dr Pandit will recoup and recover. Sadly, the updates were disturbing and finally the reality struck. We were going to lose him forever. I kept thinking and reliving those billions of memories, conversations, discussions and events spanned over four decades. Our last meeting was in August where we spoke for more than an hour at a NICU event. He was full of humor, smiles and vigor.



I am the fortunate one amongst the alumni to have Dr Pandit's mentorship for the longest period extending for more than 39 years. As always happens in life, the best things in our lives happen by accident and such destiny is perhaps God's design.

I acquired the MD Pediatrics seat after MBBS from B.J. Medical college and was allotted to KEM Hospital and not to Sassoon Hospital as I had desired. I started my Residency program at KEM but I was reluctant. I tried hard to make a shift to Sassoon and even explored legal options. I made this clear to Dr Pandit and he promised me that if I don't find the KEM Department 'worthwhile', he would transfer me by mutual discussion with Dr Mridula Phadke (HOD, Pediatrics at Sassoon). 'I can offer you everything in Pediatrics, except Genetics. Work hard and sincerely for a few weeks and then let me know' he said. The journey that

started 39 years ago still continues till date. It has been academic, transforming, inspirational and philosophical. Professional life is just not academics but needs to be holistically multi-dimensional to be meaningful to self and the world around you.



I was promoted to the post of Chief Resident (CR) just 9 months in to the program. This gave me more than 2 years of close proximity to Dr Pandit. It gave



me an opportunity to observe his treatments, counseling and administrative skills. The teachings were broad-based and not bookish. Intuition, out-of-the box thinking and unique treatments were very useful as resources like internet and online journals were unknown at that time. He treated the poor and rich patients alike and I have never seen him overcharging a rich patient. He looked after us and entertained us in expensive restaurants which were beyond the reach of residents earning a thousand rupees a month!. It is rare to see someone who enjoys all luxuries and simplicity equally! We were specially encouraged to participate and present in National Conferences as well as organizing major events. These skills have helped us to be good orators and organisers at all academic platforms.

I went for overseas training to Australia and my return to India was certain all through my 2 years. The only reason to come back was to be Consultant in KEM and be with Dr Pandit. One I took over the Neonatology unit, I was given a free hand. Funds were raised and handed over. The NICU underwent major upgradation in 1998 and again in 2005. The batsman in me had a good 'coach' and a 'batting wicket'. Last 27 years as a Consultant I have been relentlessly pursuing the path of Neonatology laid down by Dr Pandit and extending the services to reach every deserving baby.

I must mention a few of his words of wisdom which became my mantras forever:

1. Whenever the industry approaches you, ask them 'What can I do for you?'. Never ask them what they can do for you.
2. Look for strengths in every colleague and subordinate. Ignore their weaknesses.
3. Whenever I commented on any unpleasant experience of a person or situation he said 'You are not a judge'. Lesson in being balanced, non-judgemental and focused.
4. 'If a single baby is unable to get your services due to unaffordability, you have lost your place in heaven'. These words ring in my ears every time I am confronted with a financially challenged patient.
5. Donors offer funds only on the basis of trust and transparency.

Finally, the love, admiration and respect for my wonderful teacher grows as I get older and understand similar situations which I face as a senior professional and administrator. The great qualities imbibed from Dr Pandit s have come a long way in guiding me all these years.

One meets many great personalities in life, but it rare to find 'The Complete Man' A promise and tribute to my mentor 'The Department created by you will be taken to newer heights with the principles and foundations of honesty, compassion and philanthropy to serve every needy child in society'. The values which Dr Pandit stood for are now within us. He will live on and bless us in every good venture that we undertake for the well being of society.

My respect, love and gratitude to my teacher, mentor, friend and light of my life :
the legend Dr Anand Pandit :

Dr. Umesh Vaidya



My Guru and Mentor

I remember seeing Pandit Sir way back in 1995 when I joined as a locum resident in Paediatrics at KEM Hospital; with his apron, a stethoscope around his neck, and around 15-20 residents around him. The Chief resident was presenting the history and findings and Sir examined the child and gave the final diagnosis without any investigations. Such was the Clinical excellence, a quality rarely seen today. I remember his first teachings “All viral infections are generalized while bacterial infections are localized”. I took up Paediatrics and this was only because of Pandit Sir. He was an inspiration to One and All.

Astute Clinician:

The way he felt the liver and diagnosed ICC or Wilson’s disease just by palpation was amazing. The Neonatologist in him would observe a baby and predict accurately which respiratory distress would settle or not, which baby would have a seizure in a neonatal encephalopathy, Neonatal hypotonia: Is it peripheral or central in etiology? As an observant and astute clinician, he would always tell us not to make a syndromic and rare diagnosis, but a working diagnosis, and treat the baby. He said, “Diseases have not read books so one needs to have a pragmatic approach to treat the baby with a simple approach”. The Developmental Paediatrician in him could see a child with Cerebral palsy from a physiologist’s perspective explaining the localization of the lesion in the brain. He would auscultate and say that this baby has dilated cardiomyopathy, which was proven later by echocardiography. Bronchial breathing and lobar pneumonia were made to look so easy. The soft spleen of Enteric fever and firm spleen of malaria were made so different on palpation; which he taught us over the years. He always taught us to think of common problems first and not rare diagnoses as these are rarely correct.

Teacher of Teachers:

Pandit Sir has taught a generation of students and some of them are teachers who are passing the legacy which Sir has taught us. His rounds and bedside teaching were phenomenal. The Teacher in him taught us not only clinical medicine but also empathy, care for poor patients and most importantly to be a good human being.

Visionary Leader:

Pandit Sir truly was ahead of his time. He would exactly know the future of Paediatrics and he would guide all his students. He was always updated and would read every single day. He started the NICU in KEM Hospital, the first of its kind in Western Maharashtra and then he realized that there was a need for follow-up, hence he started a centre for children with special needs (TDH) first of its kind in India when there was none and we realized that it has made a difference to the outcomes. He would always motivate the students, and the faculty in the department to take up new projects and he would support them. Sir was truly the PUNDIT of Paediatrics.

Researcher:

The researcher in him explained ICC and the Developmental origins of fetal disease. Sir would always tell us he was interested in longitudinal follow-up. Sir had excellent collaborative research with international agencies and researchers to study novel ideas such as the fetal origins of adult diseases.



Administrator:

Pandit served as Director of the Department of Paediatrics and he would always motivate all of us to take up newer ideas and progress. He had an excellent ability to collect donations, which he always used to upgrade the systems. This has helped us all to be sensitive towards society and I remember his words... "What can I do for you and not what you can do for me!!".

The Guidance and help Sir has offered to me personally has been phenomenal. We are grateful to God for giving us a Guru and Mentor like Sir. We will always remain grateful to Pandit Sir all the help, guidance, and teaching over the years. Today Sir is not with us physically, but he remains with us through his teachings and his legacy will be followed for years.

Thank you.

Dr. Sandeep Kadam

A Tribute to Dr. Anand Pandit

Dr. Pandit and I worked together for almost 50 years. When I first started in KEMH, our ward was a small room with 8 patients in the old building. If there was an overflow, we put them in the open quadrangle. If it rained, we had to rush them inside. A couple of years later, we moved to the new building. Then we started the PICU, courtesy Mukul Madhav Foundation. The Neonatal Unit consisted of six 'so called incubators' in one corner of the Obstetric ward. We had bulbs on pulleys, so if the pre-term baby got cold, we pulled the bulb down. Then Dr. Pandit's patient, Mohan Dayal, gave a munificent donation, and we moved to a new NICU. We now have a 50 bed state-of-the-art NICU.

In 1978, we started the TDH Rehabilitation Centre for differently abled children. The concept was that if such a child enters through our door; every facility for treatment should be available under one roof. This was the first such centre in India and Paediatricians from all over the country came to visit it. His famous sentence was "माझी झोळी कायमची उघडी असते" (my begging bowl is always open). Such was the charisma of this man; people readily gave him huge donations. He collaborated with a U.S. agency called FUNEN and the TDH building along with the labour room flower was built.

He was an astute clinician and an excellent teacher. He always kept his cool, even when a resident made a major blunder. He had a spiritual side to him, he read and admired Vivekanand's teachings.

I will miss you, my friend.

Dr. Sudha Chaudhari



Dr. Anand Pandit has been my Guru & mentor since 1987 when I joined as a resident, then research officer, consultant and recently as Director Paediatrics. Under his tutelage, I not only developed my clinical skills, and updated my clinical knowledge, but learnt so much more. I learnt communication skills, how to do research, how to develop and nurture a team, how to relate with sponsors/funders, how not to let adversity affect you but to keep on going, how not to think only short-term but plan for the future. His absence has created a void which will be very difficult to fill. We all miss him tremendously but his legacy lives on in the values he has instilled in us.

Dr. Ashish Bavdekar

With the sudden exit of Pandit sir all the pediatric fraternity of Pune have lost the last of the stalwarts, a colossal figure in Indian Pediatrics. He was not only a fine diagnostician but also a great visionary who created and built the Dept of Pediatrics which has NICU, PICU and TDH. His aim was to develop all the super specialities under one roof to cater the needs of the children. He built the dept. such that it can survive, thrive and progress even when he is not around. He did that with professional expertise, impeccable integrity, passion and humility. It is truly an end of an ERA

Dr. Suhas Jog

Dr. Pandit sir was an astute teacher, mentor, researcher, and an overall exceptional human being. I consider myself incredibly fortunate to have met him during my post-graduation as my PG teacher. He was like a guiding star (PARAS) that turns everything it touches into gold. My life transformed into gold because of his blessings, teachings, and guidance. Thanks to his confidence in me and his suggestions, I had the opportunity to pursue a superspecialty fellowship in Australia. His bedside teaching resembled that of Dronacharya's, enabling swift diagnoses even in complex cases.

His passing feels like an irreplaceable loss, and we will miss him dearly. However, we will continue to uphold his legacy of teaching and nurturing nature. He was a beacon of light, guiding all his students. Thank you, sir, for everything.

Dr. Sagar Lad

Dr Anand Pandit is no more. What does that mean? An astute clinician is no more. An excellent orator, a teacher to the core is no more. Empathy (across all strata of society) personified is no more. The real guru, who mentored thousands of disciples, is no more.



We will miss you sir in every act of us as a pediatrician. You taught us the art and science of pediatrics. Your contribution in our lives is immeasurable. We can't say you are no more. But rather you will be there forever in the lives of lakhs of children and thousands of students across the globe.

Rest in peace sir. You have really toiled hard for the development of pediatrics in India.

Dr. Rajendra Kulkarni

The Guru...Sir looked tired during our Gurupurnima function in December 2023, last year. But as always, he was happy and energetic in the presence of his disciples. What a rare and wonderful Guru disciple relationship!!!!



The mere sight and interaction with Sir at the yearly Gurupurnima programme used to make us delighted and boost our energy until next year. On the other hand sir too, meeting his students used to feel proud and happy about their achievements.

Beyond the formal teacher-student relationship, Sir was always the guardian of his disciples. He was like a lighthouse, a mentor that guided intimately as a father. His selflessness, kindness, and generosity inspired us to become better doctors and better humans.

Sir, you will be deeply missed, but your teachings and legacy will continue to inspire us and will always keep you immortal in our minds and acts.

Dr. Bhushan Deo

Today, we honour the legacy of Dr. Anand Pandit, an exceptional paediatrician and mentor whose contributions to Paediatrics and countless lives will never be forgotten. He wasn't just a healer, but a mender of hearts, deeply caring for both his young patients and his students. His wisdom, humility, and compassion inspired us all, and his teachings in both medicine and life have shaped who we are today.

I will forever miss his guidance and blessings, especially during Diwali time, when I used to visit him every year, but I pledge to uphold his values and practice Paediatrics in the way he taught us. Dr. Pandit's legacy of dedication, love, and compassion will live on for generations. Rest in peace, Sir.

Dr. Darshan Mulchandani



सर गेल्यानंतर पोरकेपणाची भावना निर्माण झाली. केवळ सरांच्या मुळेच माझे करीयर घडले आणि मला नवीन ओळख मिळाली गेली ४२ वर्षे मी इथे काम करत आहे. हे माझे दुसरे घर आहे असेच मी समजते. सर नेहमी म्हणत असत कि मी कुटूंब प्रमुख आहे आणि तुम्ही सगळे माझे कुटूंबच आहात. कोणाशीही माझी ओळख करून देताना सर नेहमी सांगत की ही आमची ' मदर तेरेसा ' आहे. पुढच्या जन्मीही सरांचा सहवास आणि मार्गदर्शन मिळावं ही

ईश्वरणी प्रार्थना.
भारती पाटील

Dr. Anand Pandit Sir was our guru, our mentor. He has saved innumerable lives of children and shaped and moulded hundreds of pediatricians who are now keeping his torch of knowledge alive in India and abroad. He shall live on in our hearts and continue to be our guiding light forever.

Dr. Archana Kadam

डॉ आनंद पंडित हे एक अष्टपैलू व्यक्तिमत्व होते. Early intervention बदल गेल्या 10 वर्षांत खूप काम झाले पण हे काम सरांनी 46 वर्षांपूर्वी TDH च्या माध्यमातून सुरु केले यातून त्यांची दूरदृष्टी दिसून येते. डिपार्टमेंट च्या कॉरिडोर मधून येताना जाताना रोज दिसणारे सर आता दिसणार नाहीत. काही छान केलं किंवा कशात यश मिळालं किंवा काही अडचणी असल्या तर हक्काने त्यांच्या कडेच जात असू आम्ही. आता नमस्कार करण्यास ती व्यक्तीच नाही. मागच्या वर्षी बेस्ट डिपार्टमेंट अवॉर्ड मिळालं तेव्हा ते सरांना दाखवायला आम्ही गेलो होतो; इतकी life time अवॉर्ड मिळालेले सर ती ट्रॉफी पाहून मात्र किती खुश झाले होते. या वर्षी पण अवॉर्ड मिळालय पण सर आपल्यात नाहीत आज. पण एकच समाधान आहे की आम्ही सगळे डॉ पंडितांची टीम असेच ओळखले जाऊ नेहमी. त्यांनी आखून दिलेल्या मार्गावर पुढे पुढे वाटचाल करू हिच खरी श्रद्धांजली असेल. मला तर वाटत की स्वर्गात धन्वंतरी बरोबर पेशंट बद्दल काहीतरी महत्वाची चर्चा करण्यात सर आता मग्न असतील. किंग ऑफ pediatrics ही त्यांच्या छोट्या पेशंट्स नी त्यांना दिलेली पदवी खरंच सार्थ आहे.



अमृता भालेराव

Dr. Pandit Sir was a name in the town who conquered field of Paediatrics for 5 decades. This consistency requires dedication, commitment, wisdom, vision and leadership. From his astute clinical acumen to various researches done under his guidance has touched the lives of many. The Department of Paediatrics in KEM reached to the top under his leadership and the four pillars, Dr. Sudha Choudhari , Dr. Ashish Bavdekar, Dr. Umesh Vaidya and Dr.



Madhu otiv, who took this to further heights needed a vision. Hats off to him and a heartfelt salaam with a bowed head. Love you sir always....

Dr. Preeti Kulkarni

I did my PICU Fellowship from KEMH in 2017. During that time i had a privilege to learn from sir. Sir's aura and presence was unmatched. We used to hear - " Sir ke khali check karne par hamara bachha thik ho jata hai " we literally have seen that. Probably i was the last person sir has interviewed for consultant post . I still remember when i joined , Dr Madhu Otiv madam introduced me to sir and sir quoted , ' Madhu, Known devil is better than unknown".

We are still struggling to accept the fact that our father figure is not with us.

Dr. Bhagyashree Parmar Pandya

ज्यांच्या जगण्याला जीवन असं यथार्थाने म्हणता येईल, अशा मोजक्या लोकांपैकी डॉ. आनंद पंडीत सरांचे व्यक्तिमत्त्व होतं. *वैद्यकीय सेवेचा प्रदीर्घ अनुभव आणि अद्वितीय कार्यकुशलता याने हजारो आयुष्यांना सावरणारे पंडीत सर एखाद्या स्थितप्रज्ञ योग्याप्रमाणे अखेरपर्यंत कार्यरत होते. *अचूक व योग्य मार्गदर्शन, बोलण्यातील आर्जव आणि सर्वात महत्वाचे म्हणजे रुग्णांना आलेला गुण यामुळे डॉक्टरांकडे सुरुवातीला पेशंट म्हणून आलेले आणि आता आजोबा - आजी झालेले आपल्या नातवंडांना घेऊन येताना, त्यांची सिरांविषयी असलेली कृतज्ञता , आदर आणि श्रद्धा पदोपदी जाणवत असे. * सरांशी बोलताना नेहेमी त्यांची विशेष मुलं आणि त्यांच्या पालकांविषयी असणारी संवेदनशीलता ठळकपणे जाणवत असे. रुग्णांशी, त्यांच्या कुटुंबीयांशी बोलताना त्यांच्या संघर्षाची, आव्हानांची जाणीव ठेवून कसे काम करावे हा दृष्टिकोन मी सरांकडून शिकले. दैनंदिन कामातील व्यावहारिक गोष्टींचा गुंता अलगद सोडवून, रुग्णसेवा हा मूळ गाभा कसा केंद्रीभूत राहिल हे सरांनी अनेक प्रसंगांतून सहजपणे दाखवून दिले. *सरांचे गुण हे त्यांच्या कार्यक्षेत्रापुरते मर्यादित नसून ते अखिल मानवतेच्या हितासाठी आवश्यक अशा

सदाचार, निती, परोपकार, सेवा, व्रतनिष्ठा इ. गुणांनी संपन्न होते. *सरांचे कार्य, विचार यांच्या भक्कम अधिष्ठानावर उभारलेले TDH चे कार्य आज आणि भविष्यात देखील उत्तम पद्धतीने करण्याचा आम्ही सर्व टीम कसोशीने प्रयत्न करू.. आणि तीच आमच्याकडून त्यांना खऱ्या अर्थाने आदरांजली असेल. पंडीत सर आज प्रत्यक्षात नसले तरी त्यांचे पुण्यस्मरण आम्हा सर्वांसाठी सतत प्रेरणादायी असेल.



ऋचा मुळे



प्रसिद्ध बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे निधन

ज्ञो.दि. संध्या :

केईएम हॉस्पिटल, पुणे येथील प्रख्यात बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे २० सप्टेंबर रोजी हृदयविकाराने निधन झाले. ते ८२ वर्षीय होते. त्यांचा पत्नीबाबत ३६०० रुपयांपर्यंतचे वैद्यकीय खर्च कळवण्यात आले. त्यांचा पत्नीबाबत डॉ. आनंद पंडित यांचे पत्नी यांनी याबाबतची माहिती देण्यात आली आहे. डॉ. आनंद पंडित यांचे पत्नी यांनी याबाबतची माहिती देण्यात आली आहे.

अधिक काळ बालरोग विभागात आणि कोव्हीडमध्ये मोठे योगदान दिले आहे. त्यांचे निधन झाले आहे. त्यांचे निधन झाले आहे. त्यांचे निधन झाले आहे.

Renowned paediatrician Dr Pandit passes away

EXPRESS NEWS SERVICE PUNE, SEPTEMBER 21

RENOWNED PEDIATRICIAN at KEM Hospital, Dr Anand Pandit, passed away on Friday. He was 82 years old and is survived by his wife, two daughters and a son. Dr Anand Pandit's contributions to paediatrics, ranging from research to accurate diagnosis of developmental conditions to introducing new medicines for premature babies, span over four decades.



Dr Anand Pandit

He played a key role in establishing the department of paediatrics at KEM Hospital, Pune in 1977, which was one of the most reputed units in the country. He worked closely with Dr. Pankaj Banerjee, who transformed the facility into a fully developed tertiary care facility with limited beds to help children with limited resources. One of the most path-breaking initiatives in which he played a crucial role was the establishment of the TDH Rehabilitation Centre, the first of its kind in Pune, which is devoted to providing diagnosis and therapeutic services for all kinds of developmental and behavioural needs of children under one roof, with an interdisciplinary team approach.

प्रसिद्ध बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे निधन

पुणे : केईएम हॉस्पिटल, पुणे येथील प्रख्यात बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे बुधवार रोजी हृदयविकाराने निधन झाले. ते ८२ वर्षीय होते. त्यांचा पत्नीबाबत ३६०० रुपयांपर्यंतचे वैद्यकीय खर्च कळवण्यात आले. त्यांचा पत्नीबाबत डॉ. आनंद पंडित यांचे पत्नी यांनी याबाबतची माहिती देण्यात आली आहे.



डॉ. आनंद पंडित यांचे निधन

डॉ. आनंद पंडित यांचे निधन झाले आहे. त्यांचे निधन झाले आहे. त्यांचे निधन झाले आहे.

डॉ. आनंद पंडित यांचे निधन



पुणे : केईएम हॉस्पिटल, पुणे येथील प्रख्यात बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे निधन झाले आहे.

डॉ. आनंद पंडित यांचे निधन झाले आहे. त्यांचे निधन झाले आहे. त्यांचे निधन झाले आहे.

डॉ. आनंद पंडित यांचे निधन



पुणे : ज्येष्ठ बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे बुधवार रोजी निधन झाले आहे.

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प्रसिद्ध बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे निधन



पुणे : ज्येष्ठ बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे बुधवार रोजी निधन झाले आहे.

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Senior paediatrician Dr Anand Pandit passes away at 82

Shelby Thevar@timesofindia.com

Pune: A renowned paediatrician at the city's KEM Hospital, Dr Anand Pandit, passed away on Friday morning due to an acute cardiac event. He was 82 years old. Dr Pandit is survived by his wife, two daughters and a son.



Dr Pandit practised for 5 decades

He had been an active paediatrician for over five decades and saved the lives of thousands of children. Dr Pandit's contributions to paediatrics range from research to accurate diagnosis of paediatric conditions to enhancing outcomes for premature babies and other high-risk neonates over the course of his decades-long practice. He played a key role in establishing the

प्रसिद्ध बालरोगतज्ज्ञ डॉ. आनंद पंडित यांचे निधन

तब्बल पाच दशकांत अधिक काळ बालरोग विभागात, संशोधनाद्वारे मोठे योगदान दिले. सन १९७७ मध्ये आणि वर्तमानपर्यंत समस्त लहान मुलांसाठी निदान करणाऱ्या केईएम हॉस्पिटल 'टीडीएच रिहबिलिटेशन सेंटर' स्थापना करण्यात डॉ. पंडित यांचा मोठा वाटा होता.



डॉ. आनंद पंडित यांचे निधन

डॉ. आनंद पंडित यांचे निधन झाले आहे. त्यांचे निधन झाले आहे. त्यांचे निधन झाले आहे.

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Inauguration of state-of-the-art Bone Marrow Transplant and Cellular Therapy Unit

We at KEM Hospital Pune inaugurated our state-of-the-art Bone Marrow Transplant (BMT) and Cellular Therapy Unit specially for paediatric patients. The Unit will cater to both malignant as well as non-malignant disorders and allogeneic as well as autologous transplants.

Dr. Kannan Subramanian, Consultant Haematologist at KEM Hospital, Pune and Head of the Unit, said that while the unit is specially for paediatric patients, it is also completely equipped to treat adults.

The Unit will serve patients with leukaemia, lymphoma, myeloma, thalassemia, aplastic anaemia, primary immunodeficiency disorders, etc.

All processes related to BMT– from stem cell harvest, storage, to infusion will be undertaken under one roof. The facility is strongly supported by multi-specialty back up and critical care. Dr. Kannan added that the Unit with cutting-edge technology, experts including haematologists, oncologists and trained nurses and staff will ensure specialised care, a multidisciplinary approach to overall health and wellbeing while tackling blood related disorders.



Along with an established Haematology Department, the new unit reflects our ability to diagnose and treat all blood related disorders.

Dr. Farrokh Wadia, Trustee of the hospital and Director - Renal Unit said that the launch of BMT Unit is an important milestone for our hospital and reflects our efforts to offer end to end services with advanced technologies and multidisciplinary support at affordable rates.

BMT is a specialised and critical procedure that includes healthy bone marrow cells or stem cells replacing damaged bone marrow. It provides a ray of hope for restoring the body's ability to produce healthy blood cells which is crucial for our immune function and overall health.





Managing Orthopaedic Issues in Elders Promoting Bone Health

As we age, our bones naturally lose density and become more fragile, increasing the risk of orthopaedic problems like fractures, joint pain, and osteoporosis. These conditions can significantly affect physical health, daily activities, and overall quality of life. Therefore, prioritizing bone health is essential for preventing and managing these issues in older adults. Here are some of the things we can do to maintain good bone health:

1. Eat a Balanced Diet :

A diet rich in calcium, vitamin D, and protein is vital for strong bones. Calcium supports bone density, while vitamin D enhances calcium absorption. Protein is crucial for maintaining muscle mass, which supports bone health. Since our ability to absorb nutrients diminishes with age, it's important to incorporate calcium-rich foods like dairy, leafy greens, and fortified cereals.

2. Stay Active:

Regular physical activity is essential not only for maintaining a healthy weight but also for promoting bone health. Engaging in weight-bearing exercises—like walking, jogging, dancing, and strength training—can strengthen bones and help prevent osteoporosis. Consulting a doctor or physical therapist can help tailor an exercise routine that accommodates an elder's abilities.

3. Avoid Unhealthy Habits:

Smoking and excessive alcohol consumption are linked to higher risks of osteoporosis and



fractures. These habits can weaken bones and hinder healing after injuries.

4. Avoid Joint Injuries:

Previous joint injuries increase the risk of developing osteoarthritis later in life. Avoiding injuries is an important step in osteoarthritis prevention. Here are some ways to minimize joint injury risk:

- **Protective gear:** Wear appropriate safety gear during sports or physical activities, such as knee pads or braces, to safeguard your joints.
- **Warm-up and cool-down:** Before engaging in physical activity, always warm up properly to prepare your joints for movement. After exercise, cooling down can prevent stiffness and muscle tightness.
- **Listen to your body:** If you experience joint pain or discomfort during activity, rest and allow the joint to recover to prevent further damage.

5. Be Mindful of Medications:

It's crucial to discuss any new medications with a doctor and understand their potential effects on bone health.

6. Implement Home Safety Measures:

Simple adjustments at home can prevent falls and fractures. Installing grab bars in bathrooms and stairways, using non-slip mats, and keeping living spaces clutter-free can significantly reduce fall risk. Ensuring adequate lighting and wearing appropriate footwear are also important.

7. Seek Medical Attention for Joint Pain:

Many older adults may dismiss joint pain as a normal part of aging, but it can indicate underlying orthopaedic issues. Seeking medical advice for persistent pain is important, as early diagnosis and treatment can prevent further complications and improve quality of life.

8. Schedule Regular Check-Ups:

As we age, the risk of conditions like osteoporosis increases. Regular check-ups and bone density screenings, as recommended by healthcare providers, can help detect issues early and facilitate effective management.

9. Stay Socially Engaged:

Maintaining social connections can enhance mental well-being, reduce stress, and improve overall health. Engaging in social activities can also encourage physical activity and foster habits that promote bone health.

By following these preventive measures, you can significantly lower your risk of osteoarthritis and maintain a more active, pain-free lifestyle. If you're concerned about your joint health early consultation with a specialist can help.

Dr. Devendra Vartak
Consultant Orthopaedics



Genetics CME and workshop for practising obstetricians

Department of Medical Genetics, KEM organised a Genetics CME and workshop for practising obstetricians on 29th September, 2024. About 70 delegates all over Pune and surrounding areas attended the program. The various lectures in programme consisted of basics of genetics [chromosomes and genes], prenatal invasive testing [amniocentesis and CVS] and genetic testing protocols used in scenarios like IVF, prenatal invasive testing. The workshops focussed on maternal serum screening tests for aneuploidies [dual marker, quadruple marker and NIPT] and genetic techniques like karyotype, microarray and next generation sequencing. The interactive workshop mainly emphasised on when to order these tests, basic interpretations and follow up protocols. Interestingly, the workshop was also attended by a few biotechnology students, who learnt about clinical side of genetic techniques making it a complete blend of science and clinics.





Workshop for teachers on handling challenging behaviour of students in the classroom set up

On September 30, 2024, TDH-Morris Child Development Centre conducted a programme titled “Management of Behavior Problems in Classroom Settings for Ages 3 to 10 Years” for teachers and special educators from Marathi medium schools. The primary purpose of this workshop was to raise awareness among primary teachers about various behavioral symptoms in children and their underlying causes. This initiative aimed to equip educators with essential information and strategies to address the diverse needs of their students.

Dr. Sharmila Patil, a developmental paediatrician, discussed different behavioural symptoms seen in children and the clinical management of behavioural issues. She provided an overview of conditions such as ADHD, speech delays, emotional difficulties, developmental delays, and other deficiencies. Dr. Patil emphasised the importance of ruling out medical and physiological causes behind behavioural disturbances and explained the role of medication for conditions like ADHD.

Dr. Ujjwal Nene, a clinical psychologist, spoke about social communication delays and their various causes. She discussed the consequences of these delays on academic progress, socialisation, and emotional well-being. Dr. Nene highlighted different strategies, emphasising the importance of early intervention in addressing social communication issues.

Following Dr. Nene, Mrs. Bindu Patni, also a clinical psychologist, introduced the critical issue of learning disabilities faced by school children. She explained the symptoms of reading, writing, and math disabilities and their impact on a child’s academic performance. Mrs. Patni discussed effective classroom management strategies for these children and underscored the importance of remedial coaching as an effective way to support learners with disabilities. Mrs. Amruta Bhalerao, another clinical psychologist, addressed ADHD and its management in detail. She elaborated on the symptoms, special needs of these children, and effective classroom handling techniques. She also discussed the importance of drug support and therapeutic interventions for ADHD.

The final speaker, Mrs. Madhavi Deshpande, clinical psychologist, covered various behavioral difficulties not addressed by the previous speakers, including shyness, school phobia, fearfulness, stealing, sleep disturbances, and eating disorders. She emphasised the importance of different therapies like play therapy, behaviour therapy, group therapy for treating different behaviour problems.

More than hundred teachers from various schools across Pune eagerly participated in the programme, seeking to enhance their understanding of child development and effective strategies for addressing behavioural problems. The session concluded with an interactive Q&A, which proved invaluable for clarifying participants’ doubts. Feedback has been overwhelmingly positive, with many teachers reporting increased confidence in managing



EVENTS AND ACTIVITIES

challenging situations and a deeper understanding of their students' emotional needs. Teachers expressed gratitude for the opportunity to learn from experts in child psychology and the importance of early detection and timely intervention.

The event was well-organised by Mrs. Richa Mulay, a social worker, along with experts from the psychology department and the developmental paediatrician at TDH-Morris Centre. The front desk team and other staff ensured the smooth execution of the event.





EVENTS AND ACTIVITIES

Ganpati festival at the Parkinson's Disease Support Group

At the BK Parekh-Parkinson's Disease and Movement Disorder Society (BKP-PDMDS) Support Group at KEM Hospital, Pune, a special session was held to celebrate the Ganpati festival. This weekly group, which meets every Wednesday morning at KEMH, started the event with warm-up exercises designed to improve fine motor movement and dexterity.

After this, each patient and caregiver was guided to create their own Ganpati statues using dough (atta). The activity not only sparked creativity but also provided an excellent workout for hand and finger strength. Some participants added personal touches like modaks and special crowns to their Ganpati idols, making each statue unique.

Once the creations were complete, everyone gathered for a joint aarti of their handmade idols. Modaks were distributed as prasada, adding to the festive spirit.

The event was filled with joy and a sense of togetherness- as patients, caregivers, and therapists bonded through the celebration. It was a heartwarming morning that strengthened the bonds of friendship and camaraderie within the group.





EVENTS AND ACTIVITIES



“Celebrating New Beginnings: A Special Gift to parents at KEM!” an HR initiative

At KEM, we believe in celebrating the milestones that shape our lives. As a token of our appreciation and support, we are thrilled to present our amazing new parents with a special gift. This initiative is our way of honouring the incredible journey of our employees and sharing with them the happiness as they begin a new journey with their little bundle of joy.

Retirement Function on 16th September 2024



Mr. Parshuram Kadam
(Jr. Store. Asst)



Mr. Sanjay More
(HK Staff).



Smt. Vijaya Solanki
(HK Staff)



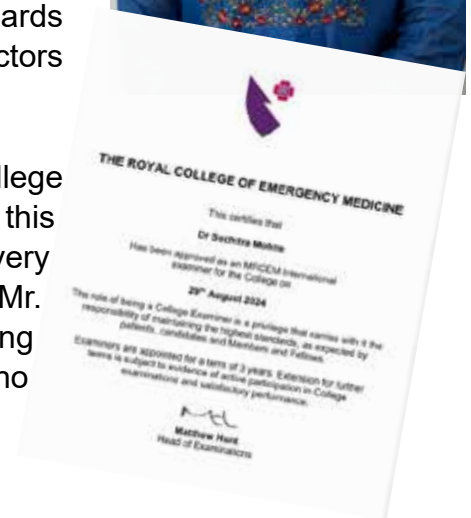
ACHIEVEMENTS



Dr. Suchitra Mohite Jadhav, who has been approved as an international examiner for the prestigious Royal College of Emergency Medicine London (RCEM).

Examiners of RCEM play a vital role in upholding high standards of emergency medicine practices by assessing trainee doctors through rigorous examination.

Dr. Mohite, herself is awarded membership of Royal College by examination and she is amongst few doctors who gets this honour to become international examiner to RCEM every year. She gives credit of her success to her late father Mr. Sureshchandra Mohite, who has always been her guiding source. She feels indebted to her family and mentors who believed in her to achieve academic excellence.



Dr. Abhijit Benare, Consultant - Paediatric Surgery on receiving the fellowship from the International College of Robotic Surgeons.





ACHIEVEMENTS



Dr. Pratibha Kukreja Pandit, Consultant in Paediatric Dentistry, for representing India at the International Association of Disability and Oral Health (iADH 2024) conference in Seoul today.

The event was attended by over 600 delegates from around the world.



TEAM KEM



DR. KUSUMIKA KANAK

DNB (Dermatology, Venereology & Leprology) has joined us as an Associate Consultant Dermatologist.


OPD Timing:

Every Tuesday, 11:30 AM - 01:30 PM



HEALTHCARE AWARENESS

As responsible and aware citizens, we should help end malnutrition, which still affects many people in our country.



KEM Hospital PUNE
NATIONAL NUTRITION WEEK 1st TO 7th SEPTEMBER

Spinal cord injuries are one of the most common causes of disability. Some causes of spinal cord injuries include:

- Road traffic crashes
- Falls
- Gunshot and Knife wounds
- Assault
- Industrial accidents
- Sports injuries
- Spinal fractures
- Dislocation of a vertebrae
- Spinal cord compression



KEM Hospital PUNE
Call 020 6603 7460 020 2621 7460

Enjoy a healthy future with a healthy diet



KEM Hospital PUNE
NATIONAL NUTRITION WEEK 1st TO 7th SEPTEMBER

Memories fade, but the fight against Alzheimer's remains strong.



KEM Hospital PUNE
Call 020 6603 7460 020 2621 7460



HEALTHCARE AWARENESS

