

2026 infoKEM

#129

MARCH



EDITORIAL BOARD MEMBERS 2025-2026

DR. MEENAL AGARWAL • DR. RAJESHREE GODBOLE • DR. SANAT PHATAK
DR. VIPUL CHAKURKAR • DR. SAGAR KULKARNI • DR. VISHWAJEET CHAVAN

Designed by Falguni Gokhale



Celebrating Women: Caring for Her Mind

On the occasion of International Women’s Day, KEM Hospital Pune in collaboration with Connecting Trust hosted a panel discussion, “Celebrating Women: Caring for Her Mind,” focused on the importance of mental well-being. The session highlighted the need for safe spaces for dialogue, empathy and support, while emphasizing that mental health is as important as physical health.

The discussion featured valuable insights from distinguished panelists — Shirin Wadia, CEO, KEM Hospital Pune; Dr. Mugdha Parasnis, Gynaecologist and Head of Department, KEM IVF Centre; Dr. Amit Nulkar, Psychiatrist; Adv. Gandha Sahu, Trustee, Connecting Trust, Advocate and Mediator; and Prof. Dr. Jaya Rajagopalan, Senior Academic and Psychologist. The session was thoughtfully moderated by Dr. Bobby Zachariah, CSR Manager, Eaton India Foundation and Principal Investigator, Impact of SALT Methodology on Suicide Survivors. The participation of experts, volunteers and representatives from various organizations made the session engaging and impactful, making it a meaningful Women’s Day initiative centered on awareness, dialogue and collective responsibility towards women’s mental well-being.



Saree Run: Celebrating Women, Wellness and Strength KEM Pune - Being Health Partner

On the occasion of International Women’s Day, KEM Hospital Pune had the privilege of being the Health Partner for the vibrant Saree Run, organised to celebrate womanhood, wellness and the importance of prioritizing health. The event beautifully showcased grace in a saree and strength in every stride, as participants came together with enthusiasm and energy. The run fostered a strong sense of community spirit while creating awareness about fitness and healthy living. As Health Partner, KEM Hospital Pune was proud to support an initiative that reinforced the message that when women take charge of their health, they empower not only themselves but entire communities.





Women's Day Fete 2026: A Celebration of Empowerment and Fun

To celebrate International Women's Day, KEM Hospital Pune organized **KEM Women's Day Fete 2026**, a vibrant in-house event celebrating the talent, creativity and **togetherness** of women employees. With engaging food and game stalls, the fete encouraged participation, friendly competition and team spirit. The event also provided a platform for staff to showcase their entrepreneurial skills, transforming the venue into a lively space filled with enthusiasm and festive cheer.





Free Audiometry Camp

A **Free Audiometry Camp** was organized by the **Big Ears Unit of KEM Pune** on **3rd March 2026**. The camp was held to promote awareness about hearing health and encourage early detection of hearing-related concerns.

The camp received a positive response, with participants availing free ear and hearing check-ups and evaluations conducted by experts. The initiative helped individuals assess their hearing health, seek timely guidance, and better understand the importance of preventive hearing care. As part of the camp, participants requiring further support were also guided on hearing aid solutions and rehabilitation options.



Joint Pain Screening Camp at Patas

KEM Hospital Pune, in association with Om Accident and Multispeciality Hospital, Patas, successfully conducted its Joint Pain Screening Camp in Patas, encouraging people to take a step towards pain-free mobility and better joint health. The camp received a positive response, with participants benefiting from expert consultations for joint-related concerns.

A free BMD Camp was also organized as part of the initiative, promoting awareness about bone health and early detection. The camp reflected a shared commitment to bringing specialized healthcare services closer to the community.





Bridging Science and Support: Patient Outreach Program and Spina Bifida CME

On March 21st and 22nd, 2026, KEM Hospital, Pune, became a hub for holistic care and academic exchange for patients with spina bifida. Pediatric Nephrology Service, Renal Unit in association with The Spina Bifida Association India, hosted a two-day initiative. The events successfully integrated a high-level Multispeciality Continuing Medical Education (CME) session for healthcare professionals with a deeply impactful Patient Outreach Program titled “A Life with Dignity, Beyond Spina Bifida.”

DAY 1: THE OUTREACH PROGRAM ON 21 MARCH 2026

The weekend began with a focus on our patients and their families. Recognizing that Spina Bifida is a complex condition requiring a 360-degree approach, the program brought together a diverse panel of experts to provide a “one-stop” guidance session. The program was attended by children with spina bifida and their dedicated parents and caretakers. We were particularly honored to welcome students and staff from a Divyang Kalyankari Shikshan Sanstha, a special school for differently abled children in Wanowrie, who joined patients attending the Pediatric Nephrology OPD. Dr Santosh Karmarkar, senior pediatric surgeon from Lilavati Hospital and founder trustee of Spina bifida Foundation, encouraged the children and caregivers to talk about their own experiences: problems and successes. He made a presentation of images, illustrating the journey and successes of patients with



spina bifida across India. Thereafter, each patient was evaluated by Dr Sanika Rapole (pediatric orthopedic surgeon), who addressed mobility and bracing; Dr Santosh Karmarkar, discussed surgical interventions; and our Pediatric Nephrology team emphasized the “silent” but critical importance of bladder and kidney health.

The presence of the occupational therapist from the residential School for the Differently Abled allowed for a vital exchange of ideas between hospital-based medical care and school-based functional therapy. The success of this outreach program was significantly bolstered by the tireless efforts of our OPD volunteer, Ms Carol Coelho who was instrumental in reaching out to our patients and ensuring that they reached the venue.



DAY 2: THE CME – A LIFE WITH DIGNITY, BEYOND SPINA BIFIDA ON 22ND MARCH 2026

The CME brought together residents and consultants from KEM Hospital, Pune and other institutes across Pune to discuss the latest protocols in management of patients with neural tube defects. The sessions included fascinating prospects of antenatal surgical management, post-natal neurosurgical interventions, orthopedic management and prevention of neural tube defects. A specialized focus on *early* neurogenic bladder management by Dr. Jyoti Sharma and Dr Shashank Shrotriya, highlighted the prevention of chronic kidney disease (CKD) in these children. In a unique shift from traditional medical talks, the program featured “Lived Experience Experts.” Their stories of resilience—including a standout stand-up comedy set by Ms. Sweta Mantri—reminded everyone that dignity and joy are just as important as clinical outcomes. The program was smoothly anchored by Dr Jyoti Singhal. It



concluded with a panel discussion titled “Facing the Invisible Challenges,” moderated by Dr Nivedita Pande, consultant Pediatric Nephrologist at KEMH, Pune with discussion around physiotherapy, integration into the mainstream, importance of family support and that of educational institutions, amongst other challenges faced by lived experience experts and their parents.

The success of this two-day event underscores KEM Hospital’s commitment to “Quality and Ethics in Patient Care.” By bringing together surgeons, physicians, social workers, and—most importantly—the patients themselves, we have reinforced a care model where no challenge is faced alone.

This 2-day program was conducted as a part of our center’s activities for World Kidney Day (observed globally on March 12, 2026). By focusing on the specialized needs of spina bifida patients, we aim to uphold the WKD mission of “Kidney Health for All”—ensuring that every child, regardless of their medical complexity, has access to the preventive care needed to protect their renal health for a lifetime.

Ayurveda Camp

KEM Hospital Pune successfully organised an **Ayurveda Camp**. The camp saw encouraging participation, with attendees benefiting from expert consultations and guidance on preventive and lifestyle-based care, reinforcing the importance of integrative healthcare.



KEM Clinical Meet : 7th Session

We are pleased to share that the 7th session of the ‘KEM Clinical Meet’ was successfully conducted on 26th March 2026. This initiative continues to serve as a strong platform for knowledge exchange, creating awareness about the excellent clinical work across departments, and fostering interdisciplinary collaboration. Beyond academics, it aims to strengthen best practices through shared learning and collective insights.

Abstracts of both cases presented during this session:

DEPARTMENT: BARIATRIC SURGERY

Presenters

Dr. Jayashree Todkar, Dr. Reshma Bhatane

Introduction

Bariatric Surgery is a clinically proven, evidence based, scientific treatment for significant, sustained weight loss and metabolic correction for patients suffering with obesity with or without Metabolic Syndrome. As the number of patients with Obesity and Metabolic Syndrome are rising, this treatment should be provided to all the Classes of patients as per their eligibility in our society. This is a Retrospective study of patients with morbid obesity who have undergone Bariatric and Metabolic Surgery in KEM Hospital (Tertiary Care Multidisciplinary Institute in Pune) in the time period from October 2021 till December 2025.

Aims and Objectives:

1. To study presenting complaints and associated comorbidities of Obesity patients with or without Metabolic Syndrome.
2. To study BMI category, comorbidity pre-existent status, post-operative comorbidity changes.
3. To study the outcomes of Bariatric Surgery as treatment of Obesity and comorbidity reversal in the eligible patients.



Materials and Methods

- Here is the analysis of patients undergoing Bariatric and Metabolic Surgery in the Tertiary Care Institute in a metro-city in India from October 2021 till December 2025.
- The number of patients are 303 who underwent Laparoscopic Bariatric Operation.
- Distribution of presenting complaints, co-morbidity distribution of patients and their early surgical outcomes are analyzed in this study.

Results

- Total number of 303 patients underwent this surgery, out of which 129 were males and 174 were females.
- Majority of comorbidities were Hypertension, Diabetes Mellitus, Fatigue, Fibromyalgia, Bone and Joint pains, etc.
- The distribution of comorbidities as per age and as per BMI category and their reversal are studied in this analysis.
- Here we have also analyzed the post-operative complications in the given cohort.

Conclusion

Bariatric Surgery in a multidisciplinary institutional setup is a safe and scientific tool to achieve a significant and sustained improvement in the weight management and comorbidity status of the patients suffering with Obesity with or without Metabolic Syndrome.

DEPARTMENT: RENAL UNIT

Presenter

Dr. Vikas Kashyap

Abstract

Nonsteroidal anti-inflammatory drugs (NSAIDs), widely prescribed for pain, can affect kidneys in various ways. We present a case of a 37-year-old woman with multiple NSAIDs intake over a short period for dysmenorrhea followed by the development of new-onset bilateral flank pain. Computed tomography revealed bilateral multiple renal infarcts. Renal function was normal. Investigations showed no cardiac or renal artery lesion and vasculitis work-up was negative. She was treated conservatively and further NSAID intake was avoided. Follow-up scan showed complete restoration of the blood flow in previously affected areas. Thus, microvascular ischemia secondary to NSAIDs was suspected.



Kids' Kidney Crusaders run for health



Doctors from the Paediatric Nephrology Service, Renal Unit, along with the nursing staff at KEM Hospital, Pune, joined patients living with kidney diseases to take part in the Global Women's Half Marathon as Kids' Kidney Crusaders. With participants covering distances from 3 km to 10 km, the effort went beyond running; it was a meaningful step toward raising awareness and celebrating the strength of children living with kidney diseases. What stood out most was the enthusiastic participation of the patients themselves. Children and young patients with conditions such as lupus nephritis, nephrotic syndrome and spina bifida participated with great



energy, showing that chronic illness does not define their limits. Running alongside their caregivers and healthcare providers, they reflected determination and a positive spirit. The event also emphasised the importance of regular physical activity for overall health, especially during the month of World Kidney Day. Kids' Kidney Crusaders bonded over a shared purpose to spread awareness regarding kidney diseases in children, encourage

healthier lifestyles, and recognise every small step toward better kidney health.

Retirement Function

It was held on 26th March'26



Mr. Deepaklal Parekh
(Sr. OT Technician GR-I)



Mr. Dhananjay Hirve
(Lab Technician- Vadu- GR-I)



Workshop for Teachers on Adolescent Behaviour and Management

The TDH Centre at KEM Hospital Pune organised a Workshop for Teachers on Adolescent Behaviour and Management, bringing together teachers and counselors for insightful discussions on understanding adolescent behaviour and addressing emotional and behavioural challenges.



05.01.1980 - 19.03.2026

It is with deep sorrow that we inform the untimely demise of Dr. K. Manikandan, MD, DNB, MRCOG, PDF-FM, a highly respected Fetal Medicine Specialist and Director & Lead Consultant in Fetal Therapy.

Dr. Manikandan is widely known for his expertise in fetal medicine and his dedication to advancing maternal and fetal care.

He was also an amazing friend, colleague and an even better person.

He will be deeply missed.

We request you to kindly keep him in your thoughts and prayers. Gone too soon. May his soul rest in peace.





'स्पायना बिफिडा' जागरूकतेसाठी मोफत शिबिराचे आयोजन

पुणे : के.ई.एम. रुग्णालय, पुणे आणि स्पायना बिफिडा असोसिएशन ऑफ इंडिया यांच्या सहकार्याने, स्पायना बिफिडा आजाराने त्रस्त असलेल्या मुलांच्या मदतीसाठी शनिवारी 'मो तपासणी शिबिर' हे के.ई.एम. हॉस्पिटल येथे २१ मार्च २०२६ सकाळी १० ते १ दरम्यान आयोजित करण्यात आले आहे. यामुत्रविकारतज्ञ, बालरोगतज्ञ, अस्थिरोगतज्ञ, बालरोग मुत्रपिंडविका आणि मानसोपचारतज्ञ अशी बहुशाखीय टीम सल्ला व मार्गदर्शन उपलब्ध असेल. तसेच २२ मार्च २०२६ रोजी रविवारी 'वै चर्चासत्राचे' आयोजन करण्यात आले आहे. या कार्यक्रमात बिफिडा चे व्यवस्थापन व उपचार करणारे

State health survey detects diabetes in 1 in 4 individuals

Lakhs Of Citizens Screened In Campaign

CHILDREN AT HIGHER RISK

With India ranking second globally in Type 1 Diabetes cases among under-10 population, experts stress that metabolic, disciplined healthcare remains the only way to tackle this growing epidemic

के.ई.एम हॉस्पिटल, पुणे आणि स्पायना बिफिडा असोसिएशन ऑफ इंडिया तर्फे स्पायना बिफिडा जागरूकतेसाठी मोफत वैद्यकीय शिबिराचे आयोजन

पुणे : के.ई.एम. रुग्णालय, पुणे आणि स्पायना बिफिडा असोसिएशन ऑफ इंडिया यांच्या सहकार्याने, स्पायना बिफिडा आजाराने त्रस्त असलेल्या मुलांच्या मदतीसाठी शनिवारी 'मो तपासणी शिबिर' हे के.ई.एम. हॉस्पिटल येथे २१ मार्च २०२६ सकाळी १० ते १ दरम्यान आयोजित करण्यात आले आहे. यामुत्रविकारतज्ञ, बालरोगतज्ञ, अस्थिरोगतज्ञ, बालरोग मुत्रपिंडविका आणि मानसोपचारतज्ञ अशी बहुशाखीय टीम सल्ला व मार्गदर्शन उपलब्ध असेल. तसेच २२ मार्च २०२६ रोजी रविवारी 'वै चर्चासत्राचे' आयोजन करण्यात आले आहे. या कार्यक्रमात बिफिडा चे व्यवस्थापन व उपचार करणारे

विमाननगरमध्ये प्रथमच सामूहिक गुटी उभारणीचा सोहळा उत्साहात संपन्न

विमाननगर (पुणे): विमाननगर येथील विमाननगरमध्ये प्रथमच सामूहिक गुटी उभारणीचा सोहळा उत्साहात संपन्न झाला. यावेळी विमाननगरमध्ये प्रथमच सामूहिक गुटी उभारणीचा सोहळा उत्साहात संपन्न झाला. यावेळी विमाननगरमध्ये प्रथमच सामूहिक गुटी उभारणीचा सोहळा उत्साहात संपन्न झाला.



We are pleased to share the achievement of being recognized as a RCI (Rehabilitation Council of India) registered professionals after completing a RCI certified course of PGDDRM (Post Graduate Diploma in Disability Rehabilitation Management) from SNDT UNIVERSITY

Our Psychologist Mrs. Aishwarya Bhave-Athavale and Behaviour Therapist Ms. Stuti Kumar are now RCI certified. This milestone reflects professional competence ethical practice and commitment of promoting mental health care and well being.



Congratulations to Dr. Sadanand Naik on your publication. The details are as follows:

Sadanand Naik et al . Biochimie. January 2026
High oral doses of vitamin B 12 in early pregnancy improve B 12 status of mother and child irrespective of subsequent supplementation: a longitudinal study in B 12 insufficient Indian women supplemented with either milk, vitamin pills, or placebo
Sadanand Naik , Sergey N. Fedosov , Namita Mahalle , Sharwari Narawade, Ebba Nexo, Christian W. Heegaard
<https://doi.org/10.1016/j.biochi.2026.01.014>

B 12 deficiency during pregnancy has been associated with shunted growth, neural tube defects, anemia, and neuro-cognitive disorders. The optimal prevention strategy remains to be found. Here we explore the effect of high doses of oral B 12 in early pregnancy followed by physiological doses of B 12 or placebo. The women (B 12 < 146 pmol/l) were recruited



ACHIEVEMENTS

before week 17 and divided into three groups, all primed for 14 days with oral B 12 = 5 mg/ day. Then onwards, the participants daily received 400 ml of milk (HO-B 12 = 1.6 µg; n = 31), B 12 -pills (CN-B 12 = 1.6 µg; n = 32), or placebo (n = 13) until 4 months postpartum. Blood was drawn at baseline, ½ – 6 months after baseline; on the day of delivery (including cord blood); and at 4-month postpartum (child and mother). B 12 status was assessed by measuring plasma B 12 , holotranscobalamin (holoTC), and homocysteine (Hcy). Birth parameters were recorded. Comparable changes were achieved following high dose administration of both B 12 -forms. Plasma total B 12 and holoTC increased 2–3 and 6–10 times, respectively; while total Hcy decreased ≈2-fold. No clear difference was observed during and after interventions with milk, pills and placebo (including new borns). At the end of the study 7 / 8 of mothers and 2 / 3 of babies had adequate B 12 status despite its steady downward drift. Our study demonstrates the benefit of an early-stage supplementation to pregnant women with high oral B 12 . A continuous low dose supplementation adds only minor advantages. The results may impact future strategies of ensuring a sufficient B 12 supply during pregnancy.

Star of the month



Chitra Sarase
Manager

Brand Development and Communications



Surekha Mazire - ANM



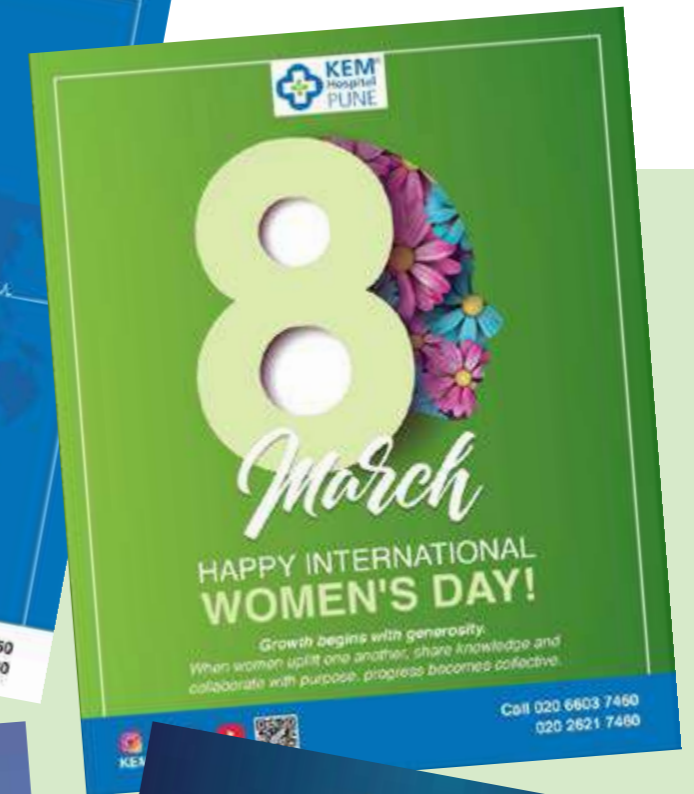
Vikas Sonavane,
Sr Manager- Industrial Relations

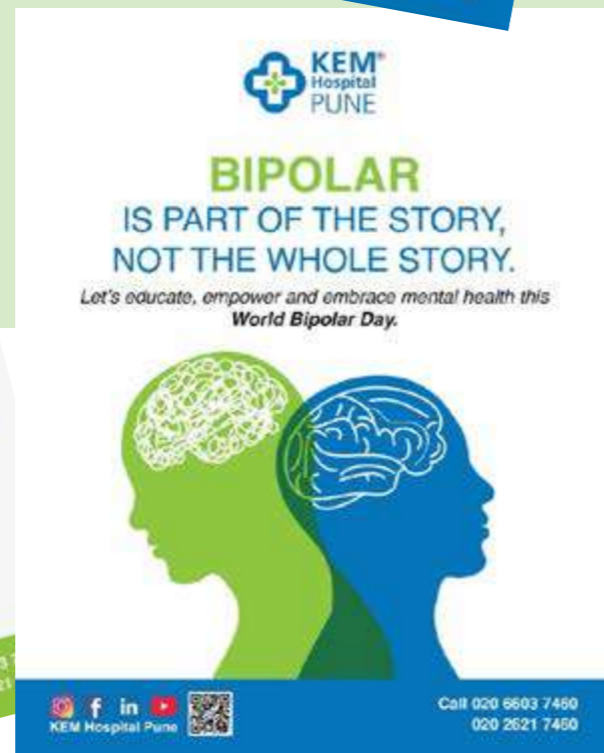
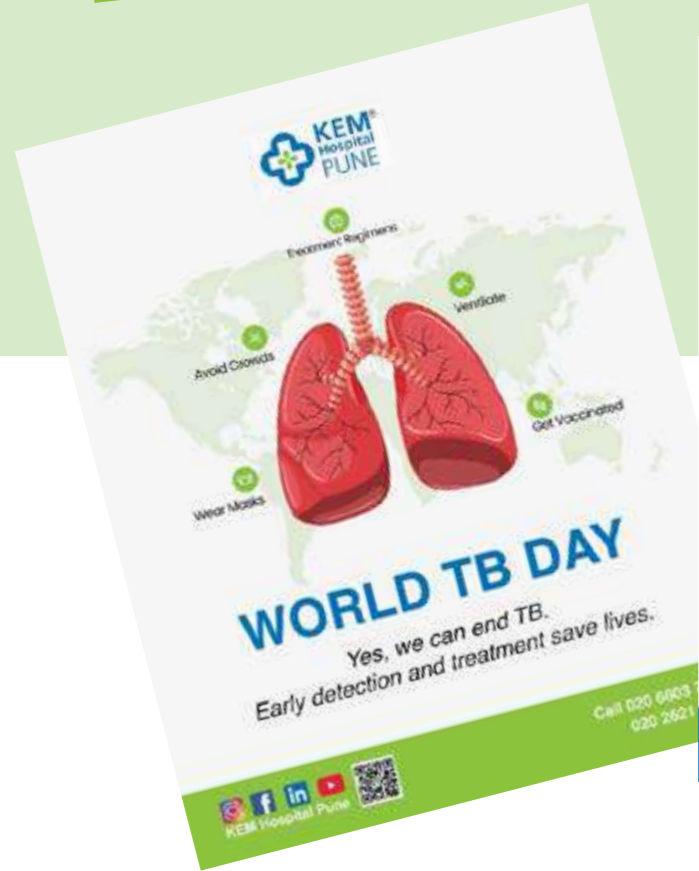
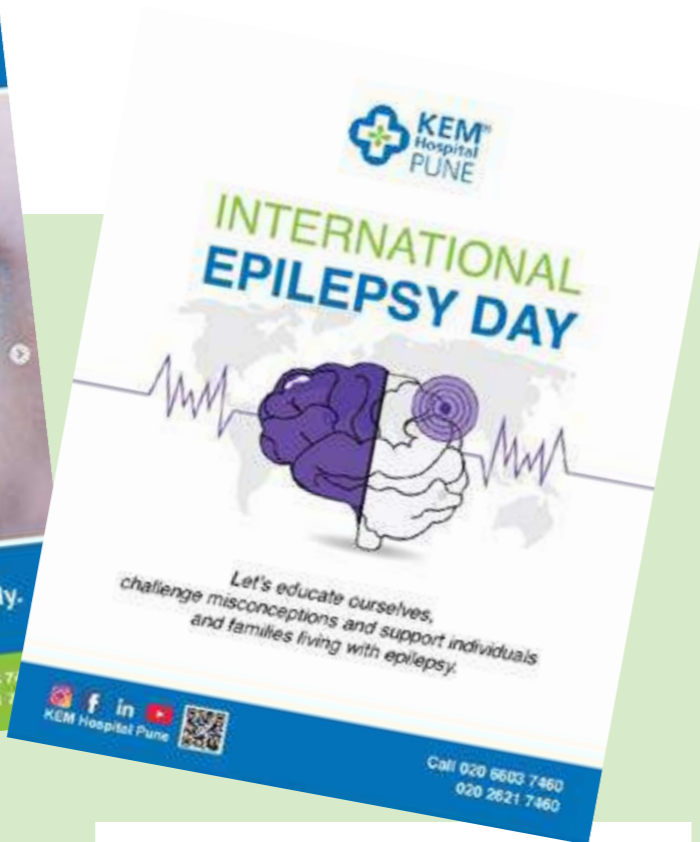


Ardeshir Baria
Team Lead – HR



HEALTHCARE AWARENESS





ALLERGY SYMPTOMS

Trouble breathing

Sneezing

Runny nose

Hives or rash

Itching

Headache

Red / watery eyes

Allergies can affect different parts of the body and show up in many ways.

Recognizing these Allergic symptoms early can help in getting the right care and avoiding things that trigger the allergy.

OPD: Visit our Allergy Clinic
 OPD No. 101, 1st Floor, BC Building, KEM Hospital, Pune
 Timing:
 For Appointments & Information: 020 6603 7460

