

APRIL



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Designed by Falguni Gokhale



Kidneys and the Climate

A Two-Way Crisis India Cannot Ignore

It is high time that India must confront a sobering reality that is rarely discussed outside medical circles: climate change and kidney disease are tightly linked and each is making the other worse.

Rising temperatures increase dehydration which raises the risk of kidney stones, electrolyte imbalance and cause kidney injury. Air pollution and environmental toxins can damage kidneys as early as in the womb of the mother. Children suffer the most as exposure to polluted air has been linked to increased likelihood of pre-term and low birth weight babies. These children can develop hypertension as they may be born with low number of kidney filter units called nephrons.

The kidney cannot regenerate these units and a child born into a polluted environment starts a life with compromised kidney reserve. Burgeoning metropolises like Delhi, Mumbai, Pune are suffering from poor air quality, concrete avalanche and replacement of natural soil with impervious surfaces causing water logging in monsoon. This paves a path for climate related



infections like Dengue, Leptospirosis, diarrhoea related diseases which further increase kidney injury risk. Lack of greenspace is associated with limited physical activity and obesity in youth which quietly increase the long-term burden of chronic kidney disease.

THE PARADOX: THE FOOTPRINT OF KIDNEY CARE.

While we focus on treating kidney disease with lifesaving treatments like dialysis, we must keep in mind that they bear a massive environment cost. A single hemodialysis session can discard upto 500 liters of water. The dialysis unit has high electric consumption and produces vast amounts of plastic waste, much of which is diverted to infectious waste streams. Patients must travel multiple times in a week to the hospital for hemodialysis treatment and the travel adds to carbon emissions and financial burden.

THE INDIAN REALITY:

Many patients in India present late in advanced stage of kidney disease due to lack of awareness on symptoms of kidney disease coupled with cost of health care. This further makes care more intensive and costly. Some hospitals may face water shortages, power-cuts and have limited waste-management systems. Further, our kidney transplant rates remain low and patients remain on long term dialysis. This forced longevity on dialysis creates a massive carbon footprint. A patient waiting 10 years on dialysis for a kidney will generate 5,000 kg of plastic waste and consume 1.5 million liters of water.

SOLUTIONS:

India must expand kidney care access while making hospitals climate-conscious. Doctors, administrators, policymakers, and citizens all have roles to play.

THE BIGGEST SOLUTION: PREVENTION

This warrants screening for signs of early kidney disease with simpler and cheaper tests like blood test for creatinine, urine test for protein leak and blood pressure check. In children, growth failure, bony deformities and high blood pressure could be the tell-tale signs of underlying kidney disease. It is imperative to create public awareness on climate change, hydration and heat safety. Early detection of diabetes, hypertension and obesity prevention is must.

The local government can incentivize hospitals to set up effluent treatment plants for dialysis units. It can create a water credit system where hospitals that use





reclaimed water for campus greening receive a tax rebate on their municipal water tax. Other measures could be : set up recycling centers for noninfectious clean medical plastics in the hospitals; provide a subsidy for installing solar panels on the rooftops of hospitals to power dialysis and ICU units. It should be mandatory to protect the green cover of the city, provide cleaner air and safer water.

TRANSPLANT:

By transitioning a patient from dialysis to transplant, we can stop production of dialysis specific waste like dialyzers, blood lines, saline bags. We can eliminate the high electricity demand required to run the dialysis machines and water treatment plant.

A stable transplant patient may need fewer clinic visits drastically cutting the carbon footprint of transport. Promoting cadaveric organ donation is a quest for sustainability. Every donor who provides two kidneys can potentially save two lives and decommission 2 dialysis slots. It is the need of the hour that all ICU units should try to report potential brain-dead donors to a central registry and promote cadaveric organ donation.

If the planet's health fails, kidney health will suffer. Sustainable kidney care is the need of the hour.

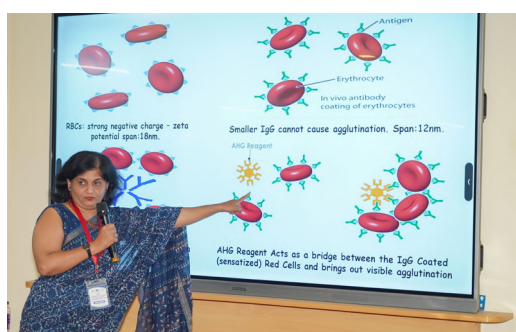


DR. NIVEDITA PANDE,
Pediatric Nephrologist, KEM Hospital, Pune



Joint Initiative of KEM Pune and ISBTI

The CME on Immunohematology in Modern Transfusion Practices, organized by KEM Hospital Pune in association with ISBTI, was successfully conducted on 4th April 2026. The event brought together experts and healthcare professionals for insightful sessions on advancements in transfusion medicine. Engaging discussions, case-based learning, and expert-led presentations enriched participants' knowledge and practical understanding. The program witnessed active participation and concluded with valuable takeaways for enhancing safe transfusion practices.





EVENTS AND ACTIVITIES



Inauguration of Allergy Clinic

KEM Hospital, Pune launched a dedicated Allergy Clinic on 22nd April 2026, in an effort towards addressing the rising prevalence of allergic disorders across all age groups. With allergies increasingly becoming a common yet often underdiagnosed health concern, the clinic aims to provide comprehensive care focused on accurate diagnosis, targeted treatment, and long-term management. The initiative is particularly relevant in urban settings, where pollution, changing lifestyles, dietary habits, and reduced exposure to the natural environment have contributed to a noticeable increase in allergy-related conditions.

The newly launched Allergy Clinic at KEM Pune is equipped to offer a full spectrum of diagnostic and treatment services. These include detailed allergy evaluation and history-taking, skin prick testing, specific blood tests, pulmonary function testing (for asthma), and allergen identification. The clinic will also provide personalized treatment plans, immunotherapy (allergy vaccines), and patient counselling to ensure sustained relief and improved quality of life. Modern equipment such as advanced skin prick testing systems, spirometry and pulmonary testing machines, modern allergy blood testing, and nebulisation and emergency management setups further strengthen its capabilities.

Dr. Bela Gandhi, paediatrician and Head of the Allergy Clinic at KEM Hospital, Pune, said, allergies are increasingly common today and often underdiagnosed or mismanaged. Many patients continue to suffer for years without identifying the exact trigger. The need for a dedicated allergy clinic arises from the importance of accurate diagnosis, targeted treatment, and long-term management. A specialized clinic helps provide comprehensive care under



EVENTS AND ACTIVITIES

one roof, improving patients' quality of life.

With proper treatment and diagnosis people coexist with allergies without much trouble, said Dr. Bela Gandhi. Common allergy related issues include allergic rhinitis (sneezing, runny nose, nasal blockage), asthma, skin allergies such as urticaria and eczema, along with food and drug allergies, have grown significantly. While on the other hand allergies on the rise include food allergies, especially in children, Chronic urticaria, Severe allergic asthma, environmental allergies due to pollution and climate changes.

Allergies affect all age groups particularly Children and young adults are commonly affected due to early exposure to environmental allergens. Urban populations show higher incidence due to pollution, lifestyle changes, and reduced natural immunity exposure.

Factors like increasing pollution, changing diets, indoor lifestyles, and reduced microbial exposure (the "hygiene hypothesis") all contribute to this rise. These conditions not only impact physical health but also affect daily living, leading to fatigue, poor sleep, reduced productivity at work or school, Recurrent infections, Breathing difficulties in severe cases and emotional stress and reduced quality of life.


KNOW YOUR HEALTH

ALLERGY






WHAT IS AN ALLERGY?
An allergy happens when your immune system overreacts to harmless things like dust, pollen, or certain foods.




COMMON TYPES

- Respiratory – Caused by pollen, dust mites, mold, pet dander
- Food – Common triggers: Milk, eggs, peanuts, tree nuts, shellfish
- Skin – Caused by Chemicals, cosmetics, metals (nickel)
- Drug – Reaction to medicines like antibiotics (e.g., penicillin)
- Insect – Bites or stings (swelling, reactions)

HOW ARE ALLERGIES DIAGNOSED?

- Medical history & symptoms
- Physical check-up
- Tests: Skin test, blood test, patch test, diet elimination

WHEN TO SEEK URGENT HELP

- Difficulty breathing
- Swelling of lips or tongue
- Sudden drop in blood pressure
- Sometimes "cold-like" symptoms without fever could be allergy, not an infection.

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



KEM Hospital Pune

केईएम हॉस्पिटल पुणे में अलर्जी क्लिनिक का उद्घाटन

पुणे : सभी आयु वर्गों में बढ़ती अलर्जी विकारों संबंधी समस्याओं को ध्यान में रखते हुए केईएम हॉस्पिटल पुणे में अलर्जी क्लिनिक शुरू किया गया है. अलर्जी एक सामान्य समस्या बनती जा रही है, लेकिन कई बार इसका सही निदान नहीं हो पाता. इस पार्श्वभूमि में, सटीक निदान, लक्षित उपचार और दीर्घकालिक व्यवस्थापन पर ध्यान केंद्रित करते हुए सर्वसमावेशक सेवाएं प्रदान करना इस क्लिनिक का उद्देश्य है.

बढ़ता प्रदूषण, बदलती जीवनशैली, खान-पान की आदतों में परिवर्तन और प्राकृतिक वातावरण के साथ घटते संपर्क के कारण, विशेष रूप से शहरी क्षेत्रों में अलर्जी से जुड़ी समस्याओं में उल्लेखनीय वृद्धि हुई है. यह उपक्रम इसी दिशा में एक महत्वपूर्ण कदम है.



प्रमुख डॉ. नीलम वैद्य, अलर्जी स्पेशलिस्ट डॉ. बेला गांधी, डॉ. कीर्ती श्रोत्रीया और डॉ. शुभांगी आव्हाड आदी मान्यवर उपस्थित थे. नए शुरू किए अलर्जी क्लिनिक में सुसज्ज और आधुनिक निदान व उपचार की सर्वसमावेशक सेवाएं उपलब्ध हैं. इसमें अलर्जी का विस्तृत मूल्यांकन (इवेल्युएशन), मरीज का वैद्यकीय इतिहास समझना, स्किन प्रिक टेस्टिंग, विशेष रक्त जांच, दमा के लिए फेफड़ों की कार्यक्षमता की जांच, अलर्जी के प्रकार का निदान इनका समावेश है. दीर्घकालिक सकारात्मक प्रभाव और बेहतर जीवनशैली सुनिश्चित करने के उद्देश्य से यह क्लिनिक व्यक्तिगत उपचार योजनाएं, इम्यूनोथेरापी (अलर्जी वैक्सिन्स) और मरीज समुपदेशन सेवाएं भी प्रदान करेगा।

है. इस क्लिनिक के उद्घाटन के दौरान केईएम हॉस्पिटल पुणे के वैद्यकीय संचालक डॉ. इक्सेस कोयानी, मुख्य कार्यकारी अधिकारी शिरीन वाडिया, मुख्य कामकाज अधिकारी डॉ. राकेश शहा, पेडियाट्रिक्स विभाग के संचालक डॉ. आशिष बावडेकर, ईएनटी व बिग ईअर्स विभाग



अधिकारी डा.रakesh शहा, पेडियाट्रिक्स विभागाचे संचालक डॉ.आशिष बावडेकर, ईएनटी व बिग ईअर्स विभागाच्या प्रमुख डॉ.नीलम वैद्य, अलर्जी स्पेशालिस्ट डॉ.बेला गांधी, डॉ.कीर्ती शोत्रीया आणि डॉ.शुभांगी आव्हाड आदी मान्यवर उपस्थित होते.

नव्याने सुरू झालेल्या अ‍ॅलर्जी क्लिनिकमध्ये सुसज्ज, आधुनिक निदान व उपचारांच्या सर्वसामावेशक सेवा उपलब्ध आहेत. त्यामध्ये अ‍ॅलर्जीचे सविस्तर मूल्यांकन (इव्हल्युएशन), रूग्णांचा वैद्यकीय इतिहास समजून घेणे, स्क्रीन प्रिंक टेस्टिंग, विशिष्ट राक्तच्या चाचण्या, दवासाठी अलर्जिक रूग्णांच्या कार्याची चाचणी



केईएम हॉस्पिटल पुणे येथे अॅलर्जी क्लिनिकचे उद्घाटन

● पुणे ●

सर्व वयानमयमे अलंकारी
दिकारस्ये वादो प्रमाणे तादाल्पय्याया
प्रमाणय्या दियेमे एव मल्लये पाल
टालन केदुप्ये सिलिपट्टे पूणे अलंकारी
लल्लिये सुक फाणया आले आहे. अलंकारी
ही एक स्याने मल्लये पाल वातली
आहे. याचे अनेक वयान दिवत होते नाही.
या चामुमेषु अलंकारी पाल, लल्लिये
उपचार आली दीर्घांतराले व्यवस्थानय्या
लल्लिये ठेवत सन समयांतराले सेवा
प्रदान करत हे लल्लियेकडे उलट
आहे. वातते प्रपुष्य, पालनशैलीतल
प्रदान अल्लय्या स्यासीयेये बरल
आणि नैसीक वातवामणीये संपुष्य
कमी होते पातलेला संस्कृ मयुळे दिशेप
सकल लल्लिये पातलेये अलंकारी संबंदित
समयांतराले लागणये वातली आहे. हा
उपचय वा एही मल्लये पाल आहे. या
लल्लियेकाले उपाचार प्रमाणे केदुप्ये
लल्लिये पूणे ये वैकीकी स्यापाक
अलंकारी कोपाजी मयुष्य काकारी
प्रमाणे लल्लिये दिवत -

आज्ञा अदी मान्यवर उस्थित होते.
नवने नूतन झालेल्या अंतर्जीव
स्तिमितमानसे सुखानुभवक दिवान व
उपचारांच्या सहसमावेशक सेवा उलथा.
अहलतमापसे अंतर्जीवने खलितर
मूल्यका (इंदुल्युकरा), रूपाचा
वैविध्य इतिहास समजून नूतन, खलित
रूपाचे, दिवित रक्ताचा वापराच्या समाजा
पुनरुत्साचा कार्यची चाचणी, अंतर्जीव
प्रकाराचे निदान इत्यादींचा प्रभाव
अहलदीक्षा सकारात्मक समावेश
आणि चालनी रक्ताची प्रेक्षणी या
हणी हे खलितक वैविध्यपूर्ण उपचार
योजना, इणुपुणेरी (अंतर्जीव वसिरेस)
आणि रुपा समुपस्थित सेवा दीक्षा
प्रदान करून प्रदान खलित करीत देरींग
सिखित, रूपाचेरी, पालनी देरींग
मानि, अनुभव अंतर्जीव सह देरींग
सुविधा, आनुवांयकलेन, आकाशरींग
वयवस्थान वरणा या देरींग
सेवे उपलब्ध

[illegible]

अनेक पूर्णपणे सख्त आहे. यासाठी सर्वप्रथम अंतर्जीवी कलेची ओळख घ्यायला, संकटसंतीही घेणे गरजेचे निमिष होते आणि धर्तातील इतकी नम्रता पाहिली की अनेक आश्चर्यच, नास्त धर्तरेवर असलेल्या अंतर्जीवी मायकाचा कसपा केवळ अंतर्जीवी शोका कमी करता येतो. निरंरींनी जीवनेतून आणि संतुलित आत्मापणूने रोमरुपिककरांनी हातात हातापाय मजत होते. ज्यांच्याकडे सातवाही इतकीच दिवत येतात, त्यांच्यातील इमनोनेरीची दीर्घकालीन आराम देत शकते, तसेच अंतर्जीव तणावाची प्रतिक्रिया पाहण्याचा केवळ अन्तर्जीव प्रभावी आणि वैयक्तिक महत्त्वपूर्ण राहण्यासाठी मदत करते. केवळ हे हिंसितले पूर्णपणे मुख्य कलेचीच अधिकारी कलेची वाढत्या महत्त्वाची आहे, असा अंतर्जीवी ही वाढती आराम संपन्न अन्तर्जीव यासाठी दिवत आणि सात्वत्युग उपचारांची आवश्यकता आहे. हे विशेष किमितीच्या माध्यमातून अन्तर्जीव रूपाचे योग्य दिवत आणि

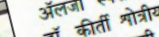
यौग्य उपचार आणि निदानामुळे
लोकाना अ‍ॅलर्जीसोबत त्रासशिवाय जगणे
शक्य होऊ शकते, असे डॉ.
सांगितले. अ‍ॅलर्जीशी संबंधी
समस्यांमध्ये अ‍ॅलर्जिक द्राय
(शिंका येणे, नाक वाहणे, न
दमा, अ‍ॅटिकरिया व एन्फेम

केईएम हॉस्पिटल पुणे येथे अॅलर्जी क्लिनिकचे उद्घाटन

उपक्रम न्या हाहीने मसाली पाऊल आहे, या क्षितिकष्य उद्यात प्रसी केईएम हॉस्पिटल पुणे येथे कीय संपाक डॉ.इमरसे कोपाजी मुख वरवकाठी अधिकारी विरेन वारि
अतिमान

सुविधा, नेमुगाधमेन, आप्नालीनी ववरसापन वेगळा या देशी येथे उपक्रम

विभागाच्या प्रमुख डॉ. नीलम वै विभागाच्या प्रमुख डॉ. बेला गो अॅलर्जी स्पेशालिस्ट डॉ. शशांग गो आणी डॉ. शशिकांत गो आदी मान्यवर उपस्थित होते.



आणि निदानामुळे अॅलर्जी सोबत त्रासाशिवाय जगणे शक्य : तज्ज्ञ

योग्य उपचार आणि सर्व वयोगटांमध्ये

पुणे : सर्व प्रमाण
अॅलर्जीच्या विकाराचे वाढते दिशेने
हाताळण्याच्या प्रयत्नांच्या
एक महत्वाचे पाऊल टाकत
होस्पिटल पुणे येथे अॅलर्जी क्लिनिक
सुरू करण्यात आले आहे. अॅलर्जी
ही एक सामान्य समस्या बनत
चालली आहे. यांचे अनेक वेळा
निदान होत नाही. या पार्श्वभूमीवर
अचूक निदान, लक्षित उपचार आणि
दीर्घकालीन व्यवस्थापनावर लक्ष
केंद्रित करून सर्वसमावेशक सेवा
प्रदान करणे हे या क्लिनिकचे उद्दिष्ट
आहे. वाढते प्रदूषण, जीवशास्त्रीतील
बदल, आहाराच्या सर्वसमीपची संपर्क
आणि नैसर्गिक वातावरणाशी संपर्क
कमी होत चाललेला संपर्क यामुळे
विशेष करून शहरी भागांमध्ये अॅलर्जी
संबंधित समस्यांमध्ये लक्षणीय वाढ

झाली आहे. हा उपक्रम त्या दृष्टीने महत्त्वाचे पाऊल आहे. याविलीकच्या उद्घाटन प्रसंगी केईएम हॉस्पिटल पुणे चे वैद्यकीय संचालक डॉ. बसुसे कोयाजी, मुख्य कार्यकारी अधिकारी शिरिण वाडिया, मुख्य कार्यकारी अधिकारी डॉ. राकेश शहा, गॅडिआन डॉ. अ. राव संचालक डॉ. अ. राव बि.

वाय जगणे शक्य : तसेच
 विभागाच्या प्रमुख डॉ. नीलम वैद्य,
 अॅलर्जी स्पेशालिस्ट डॉ. बेला गांधी,
 डॉ. कीर्ती मोत्रोत्रा आणि डॉ. शुभांगी
 आव्हाड आदी मान्यवर उपस्थित
 होते. नव्याने सुरू झालेल्या अॅलर्जी
 क्लिनिकमध्ये सुसज्ज, आधुनिक निदान
 व उपचारांच्या सर्वसाधवेशक सेवा
 उपलब्ध आहेत. त्यामध्ये अॅलर्जीचे
 सविस्तर मर्यादक, रुग्णाचा
 वैद्यकीय इतिहास समजून घेणे, स्क्रीन
 प्रिक टेस्टिंग, विशिष्ट फुफ्फुसांच्या
 चाचण्या, दवासाठी कार्याची चाचणी, अॅलर्जीच्या प्रकारचे
 निदान इत्यादींचा समावेश आहे.
 दीर्घकाळ सकात्मक प्रभाव आणि
 चांगली जीवनशैली मिळावी या
 दृष्टीने हे क्लिनिक वैयक्तिक उपचार
 आणि रुग्ण
 सहकार करेल.

केईएम में 'एलर्जी क्लिनिक' का उद्घाटन

■ पुणे, (सं.) प्रसिद्ध केईएम हॉस्पिटल में बढ़ती एलर्जी समस्याओं के समाधान के लिए एक विशेष 'एलर्जी क्लिनिक' की शुरुआत की गई है। एलर्जी बढ़ती जीवनशैली और खान-



व्यक्तिगत उपचार योजनाएं और मरीज परामर्श (एलजी वरसेन)। प्रदान की जाएगी। एलजी विशेषज्ञ डॉ. बेला गांधी ने बताया कि कई लोग सटीक कारणों की पहचान न होने के कारण वर्षों तक परेशान रहते हैं। उद्घाटन के दौरान कैप्टेन हॉस्पिटल के चिकित्सिका निदेशक डॉ. झक्सेस कोयाजी, मुख्य कार्यकारी अधिकारी शिरीनी वाडिया, मुख्य कानून अधिकारी डॉ. प्रकेश शहा और अन्य प्रमुख व्यक्ति उपस्थित थे।



Celebration of World Parkinson's Day

KEM Hospital, Pune hosted a special event to mark World Parkinson's Day on 8th April. About 100 members of the patient support group created awareness with dance and singing performances through this program with the theme "Rhythm and Routine: Living with Parkinson's Disease". Participants expressed about their daily routine, challenges faced in everyday life and simple and practical solutions to ease these difficulties, through creative performances. Patients narrated their life changing experiences after joining the support group.

Parkinson's Disease Support Group programme by BKP-PDMS is carried out through multiple centers in India. The programme is in the form of a multidisciplinary module which includes occupational and speech therapy, physiotherapy, laughter therapy, art therapy, music therapy and movement therapy along with Yoga, Meditation, consultation on diet, and lectures/awareness sessions by Doctors on other neurological disorders in old age. These activities are carried out by trained professionals from BKP – PDMS. In Pune the program is carried out through the patient support groups at KEM Hospital and Deenanath Mangeshkar Hospital

Shirin Wadia, Chief Executive Officer of KEM Hospital Pune, Dr. Rakesh Shah, Chief Operating Officer, Dr. Vishal Deshpande, Neurologist, Dr. Nikita Chhajed, Physiotherapist and coordinator of the KEM and DMH Support Group, Volunteer Sampada Padhye, Kavita



EVENTS AND ACTIVITIES



Nimbalkar from BKP-PDMS, Dr. Anjum Tadvi from the DMDS team; and members of the DMH team, along with other dignitaries, were present on the occasion .

Parkinson's is a progressive disorder that affects the nervous system and other parts of the body controlled by it. Symptoms increase with age, which mainly include tremors in the body, slowness of movement, loss of physical balance, poor posture inability to maintain balance while walking, muscle stiffness, changes in speech, etc. The impact on movement and other symptoms affect the patient's confidence and can have a mental and emotional impact. In such a situation, along with regular medication, a support group is needed! These support group programs are not only for patients but also for their caregivers.

Dr. Nikita Chhajed was compere for the event.





**पार्किन्सन्स दिनानिमित्त पुण्यातील केईएम
हॉस्पिटलमध्ये विशेष कार्यक्रम**

प्रशेष कार्यक्रम
मपोर्ट ग्रुप के माध्यम से चलाया

पार्किन्सन्स दिनानिमित्त पुण्यातील केईएम हॉस्पिटलमध्ये विशेष कार्यक्रम; रुग्णांकडून नृत्य-गायनाच्या सादरीकरणाद्वारे जनजागृती

[illegible]

गार्विन्सन्स दिनानिमित्त पुण्यातील एम हॉस्पिटलमध्ये विशेष कार्यक्रम

नेमित्त पुण्यातील
विशेष कार्यक्रम
रीकरणाद्वारे ज...

**पार्किन्सन्स दिनानिमित्त पुण्यातील केईएम
हॉस्पिटलमध्ये विशेष कार्यक्रम**

गुपुच्या सुमारे १०० सदस्यांनी नृत्य-
गानाच्या सहकारीकरणात (फ्रिक्वेंट
थेयरी) जनजाती केली.यामध्ये
पार्किन्सन आजारासह जगाच्या
लोकांचा दैनंदिन विक्रम, दैनंदिन
जीवनात येणाऱ्या अडथळी आणि या
अडथळी कमी करण्यासाठी सोपे आणि
व्यावहारिक उपाय या गोष्टींचे
सहकारीकरण करण्यात आले. याप्रसंगी
रुग्णांनी सपोर्ट ग्रुपमार्गेत जोडले
होत्यानंतरचा अनुभव य त्यानुस झालेला
जीवनातील बदलबद्दल आपले मतेमोत
व्यक्त केले.

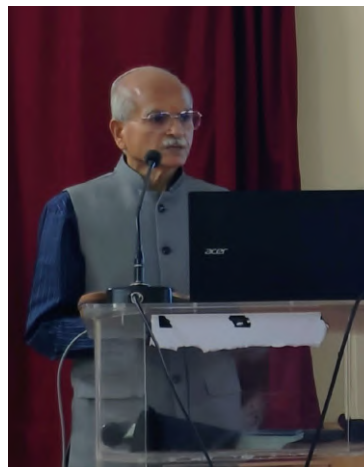
पार्किन्सन हिंदीसह सपोर्ट ग्रुप मोगम
हा वीकेपी-पीडीएमडीएसच्या
मध्यममूल भारतातील अनेक केंद्रांवर
विशालपुत्र चालविल्या जातो. हा

बहुआयामी स्वरुपातील कार्यक्रम असून
यामध्ये प्रामुख्याने ऑक्सफोर्डनगर
स्पीच थेरेपी, शारीरिक व्यायाम
(फ्रिजिजंथेरेपी), लाफ्टर थेरेपी, डान्स
आणि म्युझिक,मुक्कभट्ट
यांसारखेच योग्य पोषक आहार, योग-
प्राणायाम, जेष्ठ नागरिकांमध्ये
सामान्यतः आढळणाऱ्या इतर
नैसर्गिक आजारंहीहीत डाक्टरांनी
व्याख्याने आणि जागरूकता सम्राट्
योग्य ते मार्गदर्शन करण्यात येते. हे
उपक्रम वीकेपी- पीडीएमडीएसच्या
प्रशिक्षित व्यक्तींद्वर विनामूल्य आयोजित
केले जातात.पुण्यात हा उपक्रम केंद्र
हॉस्पिटल व दीनानाथ मंगेशकर
हॉस्पिटलच्या पोर्टे सपोर्ट गुपुच्या
माध्यमातून चालविल्या जातो.



Workshop for Parents by TDH Centre

The parent workshop on building pre-writing skills in children with writing difficulties was successfully conducted by the TDH Centre, engaging participants through interactive learning and practical insights. The session was well received, highlighting the importance of effective communication. Overall, the event witnessed active participation and positive feedback, reinforcing its value and impact.





KEM Clinical Meet

We are pleased to share that the 'KEM Clinical Meet' was successfully conducted on 30th April 2026. February 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: Blood Centre



Presenter: Dr (Col) Alok Sen, Sr. Consultant Blood Centre

1. ABSTRACT

Rational Use of Blood & Blood Components and Facilities Available at Blood Centre, KEM Hospital Pune

Introduction

Rational use of blood and blood components refers to the evidence-based, appropriate, and judicious transfusion of blood products only when clinically necessary, to treat conditions causing significant morbidity or mortality that cannot be effectively managed by alternatives. This approach minimizes risks such as transfusion reactions, infections, circulatory overload, and immunomodulation, while conserving limited blood resources.



EVENTS AND ACTIVITIES

Objectives & Aims of Transfusion Services

- Provide the safest possible blood
- Aim of Transfusion therapy
 1. Stabilizing blood volume
 2. Improve tissue oxygenation
 3. Ensure adequate haemostasis

Key Principles of Rational Use

- Transfuse the right product, in the right dose, at the right time, for the right reason.

Common Blood Components and Their Rational Indications

1. Packed Red Blood Cells (PRBCs / RBCs) Used primarily to improve oxygen delivery in symptomatic anemia or acute blood loss.
2. Fresh Frozen Plasma (FFP) / Plasma Provides clotting factors, used for coagulopathy with bleeding.
3. Platelets Used to prevent or treat bleeding due to thrombocytopenia or platelet dysfunction.
4. Cryoprecipitate Rich in fibrinogen, factor VIII, von Willebrand factor, and factor XIII.

Transfusion Practice in Surgery

- Basic guidelines
- Maximum Surgical Blood Order Schedule (MSBOS)

Facilities Available at Blood Centre KEM Hospital Pune

Department: IVF Department

Presenter: Dr. Neha Dagade

2. ABSTRACT :

Platelet-Rich Plasma (PRP) therapy, an autologous regenerative treatment rich in growth factors, has gained attention in reproductive medicine for its potential to enhance ovarian function and endometrial receptivity. PRP is increasingly explored for improving outcomes in poor ovarian responders, premature ovarian insufficiency (POI), thin endometrium, and recurrent implantation failure (RIF).

This presentation reviews the biological mechanisms of PRP, including angiogenesis, anti-inflammatory effects, and tissue repair, along with current clinical evidence from published studies on its use in assisted reproductive technology (ART).



EVENTS AND ACTIVITIES



The speaker will share real-world experience from over 50 cases of PRP application (intraovarian and/or intrauterine), highlighting observed improvements in ovarian reserve markers, endometrial thickness, response to stimulation, and reproductive outcomes, while discussing patient selection, procedural details, limitations, safety profile, and future directions.

This session aims to provide a balanced, clinically oriented overview of PRP as an emerging adjunctive tool in fertility enhancement.

Awareness Session on Organ Donation and the Role of Police

A public awareness lecture on the topic “Organ Donation and the Role of Police” was organized on April 21, 2026, at the Police Commissioner Office, Pune. The program was jointly conducted by the Zonal Transplant Coordination Centre (ZTCC) and KEM Hospital, Pune.

The session was held with the kind permission and support of the Commissioner of Police, Pune, Shri Amitesh Kumar. During the lecture, Mr. Manoj Gadekar, Senior Transplant Coordinator from KEM Hospital provided detailed guidance on the role of police in the legal procedures and Green Corridor of organ donation process.

The program received valuable support from Ms. Ketaki Pawar, Transplant Coordinator, ZTCC Pune, and Mr. Allen Thomas, Police Coordinator, KEM Hospital, whose contributions were instrumental in the successful execution of the event.



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.



Photocaption: KEM staff- Sushma Pisal



HEALTH PLUS



SPOTLIGHT

Our Health Our Future WORLD HEALTH DAY



Vartika Saxena
@timesofindia.com

Non-communicable diseases (NCDs) are major health challenges but have also increased global focus on prevention and healthier lifestyles. Growing awareness about balanced diets, regular exercise and routine check-ups is encouraging people to adopt proactive habits, while stronger public health initiatives continue promoting long-term well-being and a more health-conscious society.

In a move to strengthen public awareness on the subject, The Times of India, in association with KEM Hospital, Deccan Hardikar Hospital, and Dr Dharamadhikari Silver Lining IVF & Endoscopy Centre, organised Our Health Our Future, a panel discussion on April 9 to mark World Health Day. The initiative brought together leading healthcare experts from Pune to discuss the rising burden of non-communicable diseases and emphasised the growing importance of preventive healthcare in addressing them. Dr Amol Lunkad, who is an IVF Specialist,

moderated the session. Centred around the global theme "Together for Health, Stand with Science," the discussion underscored the alarming rise of non-communicable diseases such as diabetes, cardiovascular conditions, neurological disorders, and lifestyle-linked ailments. Experts, including Dr Dishi Khatri, Dr Minmayi Dharamadhikari, Dr Praveen B Pawal, Dr Rakesh Shah, and Dr Saurabh Giri, highlighted how these conditions are increasingly affecting

younger populations due to sedentary lifestyles, poor dietary habits, and rising stress levels. The panel noted that these diseases are often silent in their early stages but contribute significantly to long-term health complications.

THE CASE FOR PREVENTIVE HEALTHCARE

A key takeaway from the session was the urgent need to shift from curative to



Decoding health science

Our Health Our Future, a panel discussion organised by The Times of India in association with KEM Hospital, Deccan Hardikar Hospital, and Dr Dharamadhikari Silver Lining IVF & Endoscopy Centre, brought together healthcare experts to encourage awareness and proactive health choices

preventive healthcare. Dr Dishi Khatri, neurologist, Deccan Hardikar Hospital, said, "Discussions like this are important for raising awareness about neurological health. Many conditions, including stroke, can be better managed when people recognise early warning signs and seek timely medical guidance over self-treatment."

LIFESTYLE CHOICES AND LONG-TERM IMPACT

The discussion also delved into how everyday lifestyle choices shape long-term health outcomes. Dr Minmayi Dharamadhikari, senior IVF consultant at Silver Lining IVF & Endoscopy Centre, stated, "Initiatives like these are important for encouraging people to reflect on their daily habits. Conversations around diet and nutrition are essential as they influence not just individual health but long-term well-being across generations."

Adding to this, Dr Praveen B Pawal, an interventional cardiologist at Deccan Hardikar Hospital, shared, "I am glad this panel discussion was organised, as



platforms like these help bring important health conversations into the public space. Managing risk factors such as diabetes and hypertension by the age of 35 can significantly improve the chances of leading a longer and healthier life."

Together, the experts underscored how disciplined habits in early adulthood can shape healthier futures.

HEALTH BEYOND THE PHYSICAL

The panel also emphasised a holistic approach to healthcare that goes beyond physical ailments. Dr Rakesh Shah, chief operating officer, KEM Hospital, spoke about the importance of integrated care systems. He explained, "Mental health needs equal attention, and families should have access to comprehensive healthcare solutions under one roof." He also pointed towards the growing relevance of genetic awareness and personalised care, suggesting that a family-centric healthcare model can improve long-term health outcomes through continuity and

accessibility. Addressing orthopaedic health during the discussion, Dr Saurabh Giri, consultant orthopaedic surgeon at Deccan Hardikar Hospital, advised, "Avoid sudden, intense physical activity without proper conditioning. More importantly, accept when there is a problem and seek timely medical consultation. It was valuable to discuss these aspects during the panel alongside other esteemed experts."

A COLLECTIVE RESPONSIBILITY

The event concluded with a strong message that healthcare is a shared responsibility. Drawing on insights from experts across specialties, the panel highlighted the importance of prevention, early diagnosis, and informed lifestyle choices in addressing the growing burden of non-communicable diseases. As the discussion made clear, the future of healthcare lies not just in treating diseases, but in preventing them, through awareness, proactive action, and a collective commitment to well-being.

Disclaimer: BCCL does not endorse and is not responsible for the accuracy or completeness of the information contained herein. Readers should seek medical practitioner's advice before taking any decision.



Dr. Noopur Kulkarni

Junior Consultnat
Paediatric ICU

Department:

Paediatrics

OPD Timing:

Wednesday and Friday
9:00 AM to 11:00 AM



Dr. Palash Sangai

Junior Consultant
Paediatric ICU

Department:

Paediatrics



Mrs. Poornima Joshi-Kulkarni

Consultant
Speech Language Pathologist

Department:

Neurosciences



Dr. Amruta Punjabi

Clinical Psychologist

Department:

Psychiatry

OPD Timing:

Saturday 10:00 AM - 12:00 PM



Dr. Neha Killedar

Junior Consultant
Anaesthetist

Department:

Anaesthesiology



Dr. Abhishek Jain

Junior Consultant
Gastrointestinal & Hepatobiliary
Surgeon

Department:

Surgery



Dr. Kirti Shrotriya

Associate Consultant Allergy &
Immunology

Department:

Paediatrics

OPD Timing:

Wednesday – Thursday
9:00 AM - 11:00 AM



Dr. Atharva Chintawar

Junior Consultant
Nephrologist

Department:

Nephrology



Dr. Pradyumna Kulkarni

Consultant
Anaesthesiologist

Department:

Anaesthesiology



Dr. Pratibha Patel

Head of Emergency Medicine

Department:

Department: Medicine



ACHIEVEMENTS



Heartiest congratulations to Dr. Sanjay Jain on the remarkable achievement of completing a PhD in Implantology from the University of Szeged, Hungary. This prestigious accomplishment, under the esteemed guidance of Prof. Dr. Katalin Nagy, President of the Hungarian Dental Association, is truly commendable. Wishing you even greater success in your future endeavors.





ALLERGY SYMPTOMS

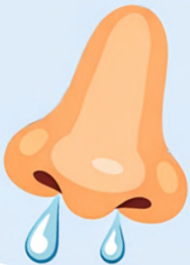
Trouble breathing



Sneezing



Runny nose



Hives or rash



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.

Itching



Headache



Red / watery eyes

OPD: Visit our Allergy Clinic

OPD No. 101, 1st Floor, BC Building, KEM Hospital, Pune

Timing:

For Appointments & Information: 020 6603 7460