

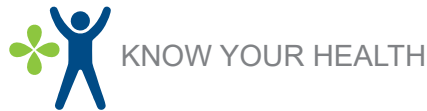
MAY



EDITORIAL BOARD MEMBERS 2025-2026

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Designed by Falguni Gokhale



Do you often wake up sneezing?



IT COULD BE DUST MITES!

As monsoon rains bring cool relief, the rising humidity creates the ideal environment for an invisible indoor allergen - house dust mites.

If you or your family wake up with morning sneezing, a runny nose, coughing, or itchy skin during the rainy season, don't just blame the outdoor weather. The real culprit is often hiding right inside your mattresses, pillows, sofas, and curtains.

WHAT ARE HOUSE DUST MITES?

Dust mites are microscopic creatures that live in our homes and feed on the tiny bits of dead skin we shed daily. They thrive in warm, damp spaces. The mites themselves aren't the problem- the microscopic waste particles they leave behind are what trigger allergic reactions.

Breathing in these particles can lead to:

- **Nose & Eye Allergies:** Continuous morning sneezing, watery eyes, and a blocked or runny nose.
- **Asthma:** Wheezing, dry coughing, and chest tightness.
- **Skin Allergies (Eczema):** Red, dry, and itchy skin patches.

Note: If you have these symptoms without a fever, it is an allergy- not a common cold!



5 SIMPLE WAYS TO CONTROL DUST MITES AT HOME

1. **Air Out Your Bedding:**

Uncover mattresses and pillows every morning to let moisture escape before remaking the bed.

2. **Dry Clothes Properly:**

Avoid hanging wet laundry inside bedrooms. Dry clothes outdoors whenever possible. If drying them indoors, keep windows open to reduce humidity.

3. **Mind Your Fabrics:**

Avoid woolen clothes if possible; if you do wear or use woolens, wash them regularly to prevent dust buildup.

4. **Wipe with Damp Cloths:**

Dry dusting scatters allergens into the air. Always use a damp cloth to trap dust from furniture and blinds.

5. **Hot Water Washing:**

Wash bedsheets and pillowcases in hot water (at least 60°C) every week to kill mites effectively.

6. **Vacuum Regularly:**

Use a HEPA-filter vacuum cleaner on mattresses, carpets, and soft furnishings to trap fine allergen particles.



TAKE CONTROL OF YOUR HEALTH

While medicines provide temporary relief, controlling dust mites at home tackles the root cause. If daily sneezing or coughing is disrupting your life, consult an allergy specialist for an accurate diagnosis and a long-term care plan.



DR. BELA GANDHI

Allergy Specialist, KEM Hospital, Pune



EVENTS AND ACTIVITIES

Celebrating the Beautiful Journey of Motherhood at KEM Hospital IVF Centre

Motherhood begins long before a baby arrives—it starts with hope, courage, and unwavering faith.

This Mother's Day, the KEM Hospital IVF Centre celebrated the incredible women on their journey to parenthood with an afternoon dedicated to joy, relaxation, and togetherness.

From engaging fun games that brought smiles and laughter to a calming sound healing session that offered a moment of peace and rejuvenation, every activity was thoughtfully curated to make our patients feel cherished and supported. The celebration created a warm space where emotions were shared, friendships blossomed, and beautiful memories were made.

A heartfelt appreciation goes to our dedicated IVF team, whose commitment extends far beyond clinical care. Their compassion, empathy, and constant encouragement make every patient's fertility journey a little lighter and a lot more hopeful. It is this personal touch that truly defines the care at KEM Hospital.

Because every dream of becoming a mother deserves to be celebrated.





EVENTS AND ACTIVITIES





Wilson's Disease Annual Patient Meeting

KEM Hospital, Pune recently hosted the Wilson's Disease Patient Annual Meeting, bringing together patients, caregivers, and healthcare professionals for a meaningful and engaging session. The meeting featured insightful talks by clinical experts, offering guidance on disease management, treatment advancements, and lifestyle considerations. These sessions provided attendees with practical knowledge while addressing common concerns faced by patients and families. Beyond the expert discussions, the event created a supportive space for sharing experiences, building connections, and strengthening the sense of community among those affected by Wilson's Disease.

At KEM Pune, care goes beyond clinical treatment. Initiatives like these reflect the hospital's commitment to fostering awareness, empathy, and continued support through community and connection.





9th Banoo Coyaji Oration Highlights Community-Centred Public Health

KEM Hospital Research Centre and KEM Hospital, Pune were privileged to host the 9th Banoo Coyaji Oration at Poona Club Hall, Pune, bringing together thought leaders and healthcare professionals for an insightful evening.

The oration was delivered by Dr. Soumya Swaminathan, FRS, Chairperson of the M.S. Swaminathan Research Foundation, former Chief Scientist at the World Health Organization, and former Director General of the Indian Council of Medical Research.

In her address on “Community, Climate and Care: Reviving People-Centred Public Health Systems,” Dr. Swaminathan shed light on the growing intersection of climate change and public health. She emphasized the urgent need for climate-responsive healthcare systems and reinforced the importance of placing communities and healthcare workers at the heart of public health strategies. A key highlight of the session was her introduction of the concept of “bio-happiness” — a holistic approach linking human well-being with biodiversity conservation, sustainable livelihoods, nutrition, and inclusive development.

Instituted in memory of Dr. Banoo Coyaji’s pioneering contributions to community and rural healthcare in India, the Banoo Coyaji Oration continues to serve as a meaningful platform for dialogue on the evolving landscape of public health.



EVENTS AND ACTIVITIES



केईएम हॉस्पिटल रिसर्च सेंटर और केईएम हॉस्पिटल पुणे द्वारा ९वें डॉ. बानू कोयाजी स्मृती व्याख्यान का आयोजन

पुणे - केईएम हॉस्पिटल पुणे द्वारा रिसर्च सेंटर और केईएम हॉस्पिटल पुणे के आयोजन के अंतर्गत डॉ. बानू कोयाजी स्मृती व्याख्यान का आयोजन किया गया। इस दौरान डॉ. सुम्या स्वामिनाथन ने 'COMMUNITY, CLIMATE AND CARE' विषय पर व्याख्यान दिया।

डॉ. सुम्या स्वामिनाथन ने कहा कि 'COMMUNITY, CLIMATE AND CARE' एक ऐसा विषय है जो हमारे जीवन के हर पहलू से जुड़ा हुआ है। हमें इसे समझना और इसे अपने जीवन में लागू करना है।

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पुणे : केईएम हॉस्पिटल पुणे रिसर्च सेंटर आणि केईएम हॉस्पिटल पुणे यांच्या संयुक्त आयोजनात डॉ. सुम्या स्वामिनाथन यांनी 'COMMUNITY, CLIMATE AND CARE' या विषयावर व्याख्यान दिले।

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लोककेंद्रित आरोग्यव्यवस्थेची गरज

स्वामिनाथन : डॉ. बानू कोयाजी स्मृती व्याख्यान

पुणे, ता. २२ : 'हवामान बदलामुळे मानवी आरोग्यावर होणारे विपरीत परिणाम' या विषयावर डॉ. सुम्या स्वामिनाथन यांनी व्याख्यान दिले।

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Developmental Assessment Scale for Indian Infants (DASII) Workshop

The 16th workshop for DASII was held on 27th May to 30th May 2026. We have been holding this workshop for 16 consecutive years because we are the only Centre that teaches this test for assessing the motor and mental development of children up to 2 ½ years.

The workshop was attended by Neonatologists, Pediatricians, Psychologists and Ph.D. research fellows. This year it was really gratifying to see a young crowd interested in Child development especially the Ph.D. fellows from various Developmental Centres. Many came from taluka places, showing the increasing interest in Developmental Pediatrics

Sudha Chaudhari
Consultant Pediatrician





KEM Clinical Meet

We are pleased to share that the 'KEM Clinical Meet' was successfully conducted on 28th May 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.

Abstract of the case presented during this session:

CASE SUMMARY: BABY X

Baby X, now 2 years old, was a full-term baby brought to Government Medical College at about day 10 of life with complete mutilation of genital region. He was resuscitated and treated for his injuries in the NICU there. As his general condition improved, his genital wound healed with secondary intention.

The salient findings from his evaluation - laboratory and clinical, over the past months, conducted in a staged manner are as below-

A. Genetic tests:

1. Karyotype-46 XY
2. Fish for SRY gene- detected
3. Whole exome sequencing:
 - i) ZFPM2 (+)-Autosomal Dominant/Heterozygous mutation-On Exon 8- OMIM phenotype46, XY Sex Reversal 9

B. Radiology:

1. USG Abdomen, pelvis and inguinal region
 - i) Absent Mullerian duct structures and ovaries.
 - ii) Rest abdominal USG-normal
 - iii) No gonads located in the inguinal region or abdomen

C. Biochemical/ Endocrine evaluation

1. HPG evaluation at mini-puberty; around 2.5 months age showed - Very low testosterone, significantly raised LH, FSH and undetectable AMH levels-suggesting absence or very poor testicular function (both Sertoli cell and Leydig cell)
2. 17OHP, SE, RFT, BP -Normal

D. Pediatric Surgical evaluation:

1. Genitoscopy: normal male urethra. Vas deference seen



2. Laparoscopy: No gonads located, no mullerian duct structures

E. Present clinical evaluation:

1. On genital examination; there is no phallus, scrotum.

The genital wound is healthy and healed completely with secondary intention. There is a hole (urethra) through which he passes urine freely.

2. There is no clinical evidence supporting adrenal gland involvement, other pituitary hormone involvement.

3. His weight gain and weight for height are satisfactory.

Linear growth is expected to align with his genetic potential by 2-2.5 years.

4. Presently his vitals are stable, development normal. He is active and thriving well.

F. Multidisciplinary team involvement:

For his medical concerns he has been under the care of a pediatrician, pediatric endocrinologist, pediatric surgeon, pediatric geneticist, and a dietitian-in his care center and in a tertiary care center.

G. Gender of rearing:

Considering the complete absence of penis, scrotum, and gonads (testes) as also the absence of a uterus ovaries or vagina we suggest the following:

1. If the best-case scenario of his being raised in foster care or being adopted by a caring parent conversant with the complexity of this condition is available to him and soon, we recommend that he be assigned the 'Other' gender as is considered legal in case of people with Intersex Disorders (children with differences of sex development). A gender-neutral upbringing within this assigned gender will be more sensitive spacious and compassionate and hold space for the child's evolving gender identity and expression growing up till such time as they can articulate it for themselves following which the child's preferred gender of identity may be assigned to them.
2. It should be noted that based on our current medical and surgical understanding, should the child choose male gender identity, reconstructing a phallus (at a later stage) cosmetically and functionally will be more challenging. On the other hand, if the baby chooses female gender of identity giving a female gender appropriate phenotype at an appropriate stage including a neo vagina will be more amenable medically and surgically.
3. However, should he be living in a common care facility where the care givers around him may not have the understanding of the complexities of his condition or the vocabulary for executing this recommendation (especially true for regions and languages where different pronouns are used for boys and girls)- we recommend that he be raised as a girl child and be assigned the female gender in consultation and approval of such legal counsel as mandated to take this decision. He will require a change of name and shifting



EVENTS AND ACTIVITIES

to the female wing when such a time arrives.

Further clarification for the premise for this recommendation:

- Even as we recommend that the child be raised as a girl child in this situation, due to the aforementioned reasons, we recognise that prenatal testosterone imprinting on the baby's brain may affect the child's development of gender identity as the child is growing up (though, if there was any degree of gonadal dysgenesis as is known in the context of his genetic report, this prenatal testosterone imprinting would have been less / minimum)
- In addition, the post-natal phase of mini puberty and testosterone exposure on his developing brain in early infancy was definitely not present as the gonads were absent, presumably decreasing this possibility.
- Nevertheless, keeping all the above in mind, and even otherwise, to closely and compassionately observe the child to look for any gender dysphoria, as the child is growing up and support the child accordingly, including the help of a psychologist to help the child navigate through the challenges they face with skill and compassion. We trust that the child in such a case will have care givers who will offer them care, dignity, safety and sound medical guidance through these years.
- At around the age of normal onset of puberty, to again solicit their gender identity and preference. And proceed accordingly based on the information gleaned at that stage.

4. Care as needed of the urinary outflow tract. At present it seems normal.

5. His care over the years regardless of where he grows up, either in a common care facility, in foster care, or in an adoptive parents home, to involve a multidisciplinary team including a paediatrician for all his routine pediatric care, a pediatric endocrinologist, a pediatric surgeon, a child psychologist and counsellor for navigating the complexities of the child's history and especially as the child grows up, to help meet the challenges on their path mentally and emotionally. To solicit support of social workers, and as needed, legal counsel for his wellbeing and safety.

DR ARUNDHATEE KHARE

Consultant Pediatric Endocrinologist,
KEM Hospital, Pune

DR SHASHANK SHROTRIYA

Head – Dept of Pediatric Surgery
KEM Hospital, Pune

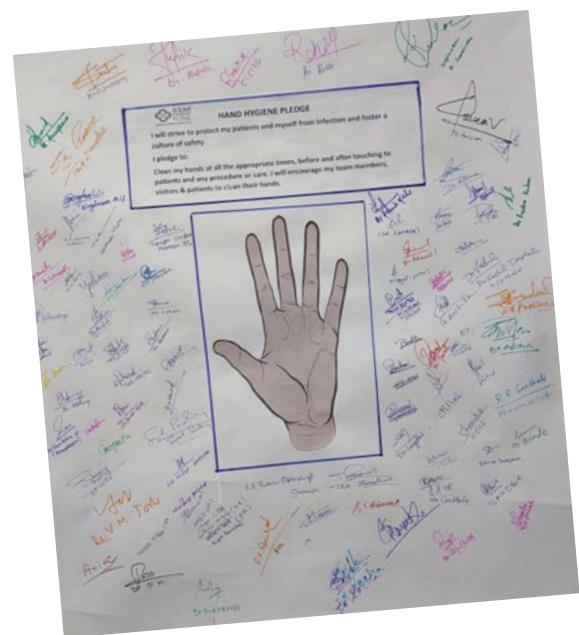


Celebration of World Hygiene Day

KEM Hospital, Pune marked World Hand Hygiene Day with a meaningful initiative reinforcing the importance of safety in healthcare.

The occasion brought together healthcare professionals and staff, who collectively took a pledge towards infection prevention, patient safety, and strengthening a culture of care. The activity served as a reminder that even the simplest practices, like hand hygiene, play a critical role in protecting lives.

At KEM Pune, safety begins with every clean hand. Because in healthcare, every touch carries responsibility—and every step towards hygiene is a step towards better patient outcomes.





Biochemistry Room Inauguration





Nurses Week & International Nurses Day 2026

The Nursing Department, KEM Hospital, Pune, celebrated Nurses Week 2026 from 4th to 12th May under the theme “Our Nurses. Our Future. Empowered Nurses Save Lives.”

The week featured engaging clinical, creative, and cultural activities, including a quiz on IV drip calculations, hand hygiene pledge, poster competition on medication safety, Best from Waste, dance, singing, and musical chair competitions.

The celebrations culminated in a special International Nurses Day ceremony on 12th May, featuring the Nurse’s Oath, Florence Nightingale tribute, theme presentation, mime act, and award distribution recognizing excellence, creativity, and teamwork.

The celebrations highlighted the dedication, compassion, creativity, and resilience of our nursing team while reinforcing the vital role of nurses in patient safety, quality care, and healthcare excellence.

A heartfelt thank you to all our nurses, hospital leadership, HODs, judges, volunteers, and support teams for making the celebration a memorable success.



EVENTS AND ACTIVITIES



OT
• Suresh Ratho
• Manisha Bhoi
• Sadhana Gan



NICU
Kusum Gawari
Shradha Gaikwad



NICU
• Takhashila Ghongade
• Saily Rale



PMW
Shep Panchaphula
Reshma Visarkar



KEM, School of Nursing
• Akshada Zende
• Shruti Wagh
• Pratiksha Khandge

IV NURSE COMPETITION



• Simran Bhosale (Renal Unit)
• Swati Gunjal (PSW)



OT
• Suresh Rathod
• Manisha Bhoirkar
• Sadhana Gangale



LAMP LIGHTING
TRIBUTE TO FLORENCE NIGHTINGALE, SYMBOLIZING THE DEDICATION, KINDNESS, COMPASSION, AND "PROMISE TO CARE" FOR THE SICK.



THEME FOR THE YEAR 2026

"OUR NURSES. OUR FUTURE. EMPOWERED NURSES SAVE LIVES"

This theme highlights that empowering nurses with the right resources, education, and decision-making authority leads to improved patient care and life-saving outcomes



Department of Pathology and Pediatrics for the recent publication!

Kiruthiga KG, Patel K, Bavdekar A, Kulkarni P, Pradhan A.

Isolated Hepatic Cryptococcosis in an Immunocompetent Child: A Rare Cause of Granulomatous Hepatitis with Cholestasis. *Pediatric and Developmental Pathology*. 2026;0(0).
doi:10.1177/10935266261441713



A Rare Fungal Infection in an Unexpected Place Isolated Hepatic Cryptococcosis in an Immunocompetent Child

A rare cause of granulomatous hepatitis with cholestasis

RARE
CASE.
REAL
INSIGHTS.

What is cryptococcosis?



Cryptococcosis is an infection caused by the yeast-like fungus *Cryptococcus* (most often *Cryptococcus neoformans*).

What makes this case unusual?



The child had a normal immune system (immunocompetent).



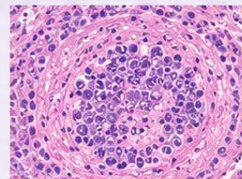
The infection was apparently confined to the liver (no lung or brain involvement).



Cryptococcosis usually occurs in immunocompromised patients and more commonly affects the lungs or central nervous system, especially in children.



Inside the Liver: Granulomas and Yeast



Granulomatous hepatitis
Organized clusters of immune cells (granulomas) form in response to the infection.



Mucicarmine stain
Highlights the capsule of *Cryptococcus*, confirming the diagnosis.

How did the child present?



Fever



Enlarged liver (hepatomegaly)



Cholestatic liver dysfunction (e.g., jaundice)

What is cholestasis?



Cholestasis means bile is not flowing normally through the liver, which can lead to a buildup of bilirubin and cause jaundice (yellowing of the skin and eyes).

Why it matters



This case shows that even in healthy children, uncommon infections like *Cryptococcus* can cause liver disease. Recognizing this rare possibility can help ensure accurate diagnosis and treatment.

The bigger picture



The well-formed granulomas suggest the child's immune system mounted an effective response, containing the fungus within the liver.



CURIOUS CASES.
BRIGHTER TOMORROWS.

RARE CASES CAN LEAD TO BIGGER UNDERSTANDING.

Pediatric and Developmental Pathology. 2026.
doi:10.1177/10935266261441713



HEALTHCARE AWARENESS

Asthma is manageable
With the right diagnosis and consistent care

Take control of your breathing

Call 020 6603 7460 | 020 2621 7460

KEM Hospital PUNE

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)

Constant fatigue is not normal
When rest is not enough
It needs attention

Listen to your body

Call 020 6603 7460 | 020 2621 7460

KEM Hospital PUNE

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)

YOUR FIRST DOCTOR
YOUR CONSTANT SUPPORT

KEM Hospital PUNE

We asked our team to describe their mother in **one word**.

A day in the life of a **KEM Nurse**

KEM Hospital PUNE

KNOW YOUR HEALTH

Hypertension
The silent risk

KEM Hospital PUNE



MENSTRUAL HYGIENE DAY

Menstrual hygiene is essential, not optional
Awareness, Access, Dignity
For every woman.

Call 020 6603 7460 | 020 2621 7460



A PLEDGE FOR SAFER HEALING

This World Hand Hygiene Day,
our team reaffirmed a simple but powerful commitment:
clean hands, safer patients, safer care.

Call 020 6603 7460 | 020 2621 7460



YOUR GUT CONTROLS MORE THAN YOU THINK

From digestion to overall health,
it plays a bigger role than you realise
Take care of your gut. Take care of your health

Call 020 6603 7460 | 020 2621 7460



Not all conditions are visible.
MULTIPLE SCLEROSIS
Needs awareness and support

Look beyond the obvious.

Call 020 6603 7460 | 020 2621 7460



HEALTHCARE AWARENESS

INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH

A woman's health deserves attention at every stage. From care to awareness, Every step matters. Prioritise your health.

Call 020 6603 7460 | 020 2621 7460

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)

MENTAL HEALTH NEEDS UNDERSTANDING, NOT JUDGEMENT

Schizophrenia is a condition That needs care and support Awareness leads to acceptance

Call 020 6603 7460 | 020 2621 7460

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)

Hidden No More

Thalassaemia needs early awareness, timely diagnosis and lifelong care. **Beyond Care**

Call 020 6603 7460 | 020 2621 7460

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)

FUEL YOUR THYROID, FUEL YOUR LIFE

Balanced nutrition is the key to healthy thyroid function. Include iodine, selenium, zinc, iron, and vitamin D for optimal energy and hormone balance.

Call 020 6603 7460 | 020 2621 7460

QR code and social media icons (Instagram, Facebook, LinkedIn, YouTube)





LITTLE MINDS
feel big emotions



Mental health matters
Listen. Support. Care Early



Call 020 6603 7460 | 020 2621 7460





**WORLD
NO TOBACCO DAY**



"Just one" is never just one, every use adds up.
Affecting your lungs, heart, and overall health

Choose to stop. Choose better health.



Call 020 6603 7460 | 020 2621 7460





**WORLD
EMERGENCY
MEDICINE DAY**



In Critical Moments, Every Second Matters
Emergency Care, When It Matters the Most.
Ready. Responsive. Reliable.



Call 020 6603 7460 | 020 2621 7460



ALLERGY SYMPTOMS

Trouble breathing



Sneezing



Runny nose



Hives or rash



Itching



Headache



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.



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