

AASHKA SPOTLIGHT

MEDICAL HIGHLIGHTS

1A: Expanding Expertise: New Faces in Care

We are delighted to welcome **Dr. Fenil Kalariya**, Associate Consultant Intensivist & ICU Registrar (MBBS, E. MD, CT/IDCCM), to the Aashka Hospital Family.

1B: Excellence in Action

A 38-year-old man from Himmatnagar suffered a **severe crush injury** to his right hand while working on a conveyor belt machine. Referred to Aashka Hospital, he was promptly assessed by **Dr. Jaydeep Kansara (Orthopaedic Surgeon)** and **Dr. Sohil Shah (Plastic Surgeon)**. **Heavy bleeding and an absent radial pulse** led to an urgent CT Angio, revealing extensive vascular damage that risked amputation.

The surgical team, including anesthetists and OT staff, swiftly prepared for a **complex vascular surgery, which began at 1:00 AM and concluded at 8:00 AM**. Remarkably, within hours post-surgery, pulsation returned to the patient's arm, signaling hope. After a few days of intensive ICU care and close monitoring, the patient recovered well, eventually **shifting to a room with strong pulsation and no fever**.

Today, he smiles with immense gratitude, thanking **Dr. Sohil Shah, Dr. Jaydeep Kansara, and the entire Aashka Hospital team for saving his arm** and making him whole again.

1C: Healing Stories: Patient Testimonials

Patient Name: Snehal Patel

Review + Photo: My sister was admitted to Aashka Hospital for TKR treatment, and her surgery went very well. We received very nice services from all the nursing, doctor and attendant staff...I want to recommend Aashka Hospital to all.

Also the food quality and hygiene is very excellent ...and cleanliness is also very well maintained. Thanks a lot Aashka Hospital for all your efforts and exceptional care.



CULTURE

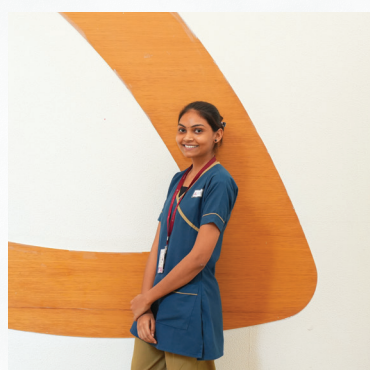
2A: Faces of Aashka: Employee Highlights

Best Department



Canteen

**Employee of the Month
(Medical)**



Shilpa Rana, (Nursing)

**Employee of the Month
(Medical)**



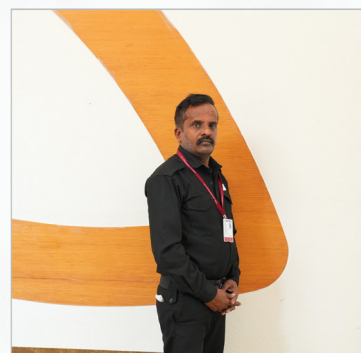
Mrugesh Mevada (Attendant)

**Employee of the Month
(Para Medical)**



Khushboo Parmar (Dietician)

**Employee of the Month
(Non Medical)**



Sunil Singh Chavda (Security)

Special Achiever



Pankaj Revad (Maintenance)



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3A: Doctor's Orders: Expert Tips

Winter Challenges for Bone & Joint Health By Dr. Jaydeep Kansara, MS (Orthopedics)

Common Challenges:

Stiffness & Injury Risk: Cold weather stiffens joints and muscles, reducing flexibility.

Worsening Pain: Conditions like osteoarthritis, gout, and rheumatoid arthritis flare up due to:

- 🌀 Muscle spasms
- 🌀 Reduced blood circulation
- 🌀 Atmospheric pressure drop
- 🌀 Increased pain sensitivity
- 🌀 Low vitamin D from limited sunlight

Back Pain

Slips & Falls: Increased risk of fractures and soft tissue injuries.

Prevention Tips:


- 🌀 **Wear warm clothing** and maintain indoor warmth.
- 🌀 **Stay active** with stretching, yoga, walking, or aerobics.
- 🌀 **Maintain a healthy weight;** avoid junk food.
- 🌀 Sit with proper posture.
- 🌀 **Diet:** Include calcium-rich foods, green veggies, dairy, and vitamin K and magnesium-rich options.
- 🌀 Get **adequate sunlight** exposure.
- 🌀 **Stay hydrated** with water, herbal teas, or hydrating beverages.
- 🌀 **Warm up before outdoor activities** or exercise to prevent injuries.
- 🌀 **Wear footwear with good grip** to avoid slips.

If you experience any joint or bone issues, consult your doctor promptly.




3B: Health News


LOCAL NEWS: Amit Shah Announces 100-Seat Medical College and 425-Bed Hospital for Mansa

-  During his visit to Mansa, Union Home Minister Amit Shah announced a new 100-seat medical college and laid the foundation for a 425-bed government hospital in Gandhinagar district. (Source: Economic Times, HealthWorld)

NATIONAL NEWS: India to Open First Jan Aushadhi Kendra in Guyana, Announces PM Modi

-  Prime Minister Narendra Modi revealed plans to establish the first Jan Aushadhi Kendra in Guyana, promoting affordable medicines globally. (Source: eHealth)

GLOBAL NEWS: French Surgeon Performs 12,000-Km Remote Surgery with Chinese Robot

-  A French surgeon set a record by performing the longest remote surgery, operating on a patient in Morocco from Shanghai using advanced Chinese robotic technology. (Source: Times of India)