

AASHKA SPOTLIGHT


MAY 2025 - EDITION 8

MEDICAL HIGHLIGHTS




What's New?

1. Welcoming Dr. K. C. Mehta



Honored to welcome
Dr. K.C. Mehta
(Knee Surgeon)



35+ YEARS
OF EXPERIENCE

40,000+
ORTHOPAEDIC PROCEDURES


GLOBALLY ACCLAIMED
WITH EXPERIENCE AT LEADING
UK INSTITUTIONS LIKE
THE LONDON KNEE CLINIC

A landmark moment for Aashka and for Gandhinagar.
We are proud to welcome the global leader in
cruciate-retaining high-flex knee replacement to deliver
world-class orthopedic care, right here at our doorstep.


સરગાસણ અને રિલાયન્સ ક્રોસ રોડ વચ્ચે, ગાંધીનગર - 382421, ગુજરાત

From experience to excellence, Dr. K. C. Mehta brings 35+ years of surgical mastery to Aashka Hospital. A proud moment for Gandhinagar, as global standards in knee replacement care.

2. Welcoming Dr. Kaushik Gajjar




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A Trusted Hospital for Quality Healthcare Services at Affordable Rates

Welcoming
Dr. Kaushik Gajjar
(Laparoscopic & General Surgeon)



40+ YEARS
OF EXPERIENCE

100000+
PATIENTS TREATED

EXPERTISE IN
LAPROSCOPIC GALL BLADDER
STONE SURGERY, HERNIA,
APPENDIX, SURGERY OF PILES,
FISTULA, DIABETIC FOOT ETC.

*With over 40 years of surgical excellence,
he now joins Aashka Hospital full-time.
Together, we elevate the standards of general
and laparoscopic care.*

Between Sargasan & Reliance Cross Road, Gandhinagar - 382421, Gujarat

Dr. Kaushik Gajjar, a Laparoscopic and General Surgeon at Aashka Hospital, brings over 38 years of extensive medical expertise to his practice. With an impressive record of successfully treating more than 100,000 patients, he stands as a beacon of trust and excellence in surgical care.



Excellence in Action

A 26-year-old female patient arrived at Aashka Hospitals under critical circumstances after a traumatic fall from a second-floor height of approximately 7 to 10 feet. The fall had caused multiple injuries to her body and an alarming loss of sensation below the waist. Her case required urgent, coordinated care across emergency, orthopedic, and neurosurgical teams.





Clinical Presentation on Arrival:

- Complete motor and sensory loss in both lower limbs (paraplegia)
- No perception of touch in lower body
- Spontaneous movement in both upper limbs

After initial stabilisation in the Emergency Department, **Dr. Ravi Khetan, Neuro and Spine Surgeon**, performed neurosurgical evaluation. Preliminary investigations, including MRI of the whole spine and blood work, were promptly conducted.

Official Diagnosis by Dr. Ravi Khetan:

- D11 fracture with cord retropulsion compression

The patient was diagnosed with complete paraplegia due to a traumatic spinal injury at the D11 vertebral level, with additional wrist fracture and soft tissue injury. Given the



complexity and urgency of her condition, a decision was made for surgical intervention.

Surgical Intervention by Dr. Ravi Khetan

- Pedicle screw fixation from D9 to L1
- Spinal cord decompression
- Dural tear repair

Following surgery, the patient was managed with IV antibiotics, fluids, steroids, and supportive medications.

Gradually, she showed signs of physiological stabilization, with no fever, stable vitals, and adequate urine output. all blood reports returned

within normal limits, and there were no new complaints or complications. Soon after, the patient was discharged with oral medication and rehabilitation instructions.



Healing Stories: Patient Testimonials



Shrishti Tandoan

I recently had to be admitted to Aashka for dehydration. I was pleasantly surprised by the excellent care I received.

The staff, from the doctors to the nurses, were incredibly attentive and helpful. The doctors were well-trained and knowledgeable, taking the time to explain everything clearly. The nurses were efficient and always available to answer my questions and provide comfort.

The hospital itself was clean and well-maintained. The food was also surprisingly good, and the quality was high.

I felt very well looked after during my recovery, and the overall atmosphere was very positive and calming. I would highly recommend Aashka Hospital to anyone in need of medical care.



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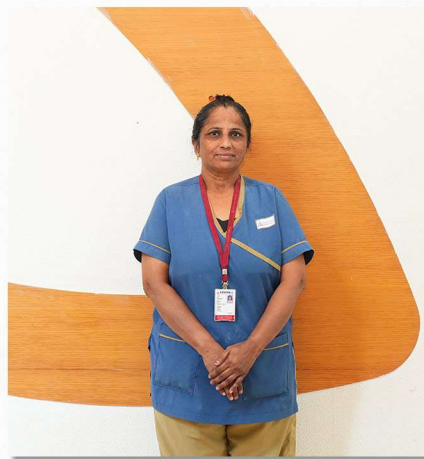
CULTURE



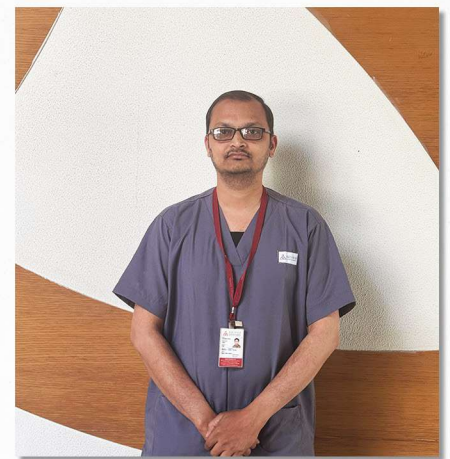
Faces of Aashka: Employee Highlights



Best Department
CSSD



**Employee of the Month
(Medical)**
*Lataben Gohil
(Nurse)*



**Employee of the Month
(Para Medical)**
*Jignesh Pandya
(Technician)*



**Employee of the Month
(Non-Medical)**
*Navin Raval
(Maintenance)*



**Employee of the Month
(New Staff)**
*Dr. Nancy
(MO)*



Together in Celebration



Nursing Day Celebration



LEARN WITH US



Doctor's Orders: Expert Tips



Health First on the Char Dham Route

by Dr. Fenil Kalariya
(Critical Care Specialist)

Before you begin your sacred journey, a few precautions can protect your health – and possibly save your life.



1. Medical Certificate is Mandatory (Especially 50+)

Char Dham is beautiful but physically demanding.

- If you're over 50, get a medical fitness certificate before the trek.

2. Altitude Sickness is Common – Know the Signs

Headache, dizziness, nausea, breathlessness?

- These are signs of AMS (Acute Mountain Sickness).
- Carry AMS medication and don't ignore symptoms.

3. The Climb is Tough – Don't Overdo It

The trail can strain your heart and lungs

- Use portable oxygen
- Take frequent breaks
- Pre-book helicopter rescue if needed

4. Weather Changes Fast – Dress Smart

You may experience sun, rain, and cold all in one day.

- Wear layers: jacket, gloves, socks
- Use sunscreen daily, regardless of the weather
- Carry extra dry gloves and socks in your daypack

5. Emergency Info Can Save Lives

Before you travel:

- Research and save the contact numbers of nearby medical camps or hospitals
- Look up emergency evacuation services
- Feed these contacts into your phone

Health is your true companion on this journey.



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Pioneering Healthcare Together

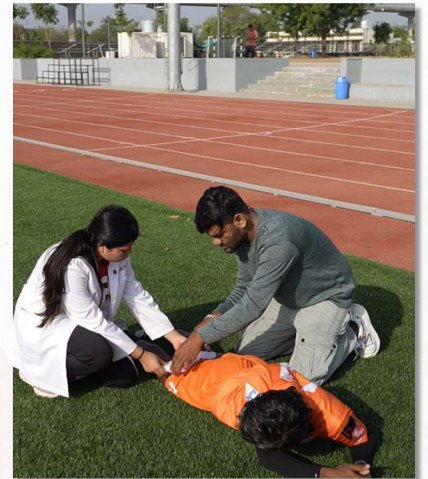
We take pride in collaborating with leading organizations across Gujarat to drive meaningful change in healthcare -

1. Pediatric Camp at Aashka Hospitals



A 360° health evaluation for children between the ages of 0 to 12 years.

2. Official Healthcare Partner to Gandhinagar Giants (Gujarat Super League 2025)



From physiotherapy sessions to orthopedic consultations, our medical team was involved in ensuring player fitness, injury management, and recovery support throughout the tournament.