



# AASHKA SPOTLIGHT

## MEDICAL HIGHLIGHTS

### 🔗 Expanding Expertise: New Faces in Care

- 1. Expanding Our General Surgery Team:** In addition to Dr. Kaushik Gajjar, we are pleased to welcome:
  - Dr. Nakul Sule, General and Laparoscopic Surgeon (M.S., F.I.A.G.E.S)
  - Dr. Ankur Patel - Surgical Gastroenterologist, Endoscopy & Laparoscopy Surgeon M.S., FMAS, FACRSI(Mumbai), FALS, DIP MAS (Coimbatore)
- 2. Pediatrics & Neonatology Department:** Led by Dr. Kamesh Patel, Pediatrician (M.D. – Pediatrics)
- 3. Orthopedic Department:** With Dr. Jaydeep Kansara, Joint Replacement & Arthroscopy Surgeon (M.S. – Orthopedics)

### 🔗 Excellence in Action

Mr. Kushal Singh, a 75-year-old patient, was recently admitted to Aashka Hospital in a critical state. Six months earlier, he had undergone a CABG in Jaipur. He recently **developed severe anemia and sepsis, along with bilateral pneumonitis**. Although he sought **treatment in Jodhpur for 5-6 days**, his condition showed **no signs of improvement**.

Following a recommendation from a family member, he was admitted to our ICU. Mr. Singh's condition had deteriorated to the point where ventilator support was initially considered necessary. Our team at Aashka Hospital conducted **thorough investigations**, provided **oxygen therapy, inotropic support, and advanced antibiotic treatment** to stabilize his condition. We also addressed his **gastrointestinal concerns** through UGI and colonoscopy procedures, as well as treated his **pulmonary needs**.

After 2-3 days, his oxygen requirements decreased, and **within eight days, he was able to breathe comfortably on room air alone**. Mr. Singh's condition continued to stabilize, and he was soon discharged, without a single day of ventilator support. **He left Aashka Hospital with a smile and shared his heartfelt blessings with our team.**



## 🕯 Healing Stories: Patient Testimonials

My experience at Aashka Multispeciality Hospital was remarkable in every way. Upon entering, I was immediately impressed by the pristine condition of the hospital. **Cleanliness is a top priority here, and it contributes greatly to the overall atmosphere of safety and comfort.**

The food service is another highlight of my stay. **Each meal was thoughtfully prepared, not only meeting nutritional requirements but also tasting fantastic.** It's clear that they care about their patients' culinary experience, which can make a significant difference during recovery.

The nursing staff at Aashka is simply outstanding. **Every nurse I encountered was not only highly skilled but also incredibly compassionate.** They went above and beyond to ensure my comfort and responded promptly to any needs I had. The night staff were equally dedicated, maintaining the same level of care and attentiveness throughout the night, which I greatly appreciated.

What truly impressed me was the **punctuality of the doctors.** Each appointment was on time, and they took the time to **discuss my treatment options thoroughly.** Their professionalism and willingness to listen to my concerns made a world of difference in my experience.

In summary, Aashka Multispeciality Hospital provides exceptional healthcare services. With a focus on quality food, immaculate cleanliness, and a dedicated team of nurses and doctors, it is a place where patients can feel valued and cared for. **I wholeheartedly recommend this hospital to anyone seeking high-quality medical care.**



Patient Name:  
Sampat Kumawat



**aashka**  
HOSPITAL



# CULTURE

## 🌀 Faces of Aashka: Employee Highlights

### Best Department



**Housekeeping**

### Employee of the Month (Para Medical)



**A Jeeva (Quality)**

### Employee of the Month (Non Medical)



**Prashant Pandya (Accounts)**

### Special Achiever



**Hitesh Revad**

### Employee of the Month (Medical)



**Nurse Jeel Dabhi**



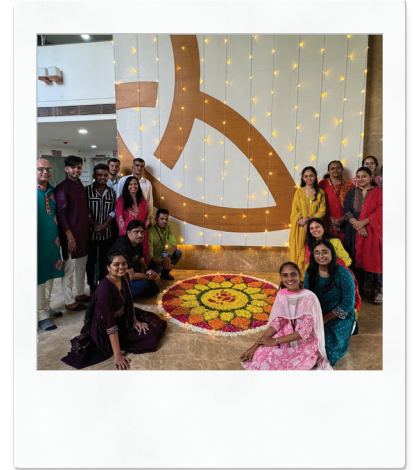
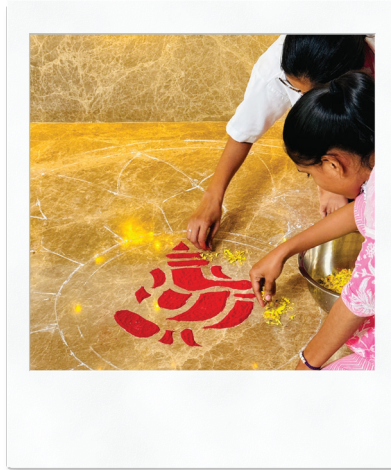


**aashka**  
HOSPITAL

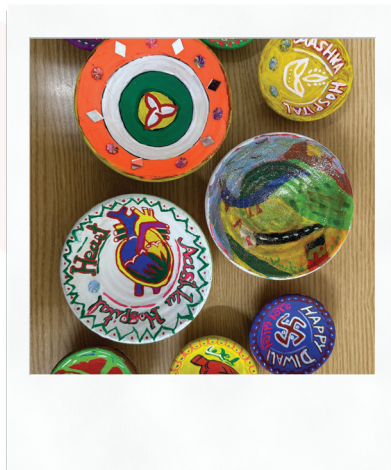
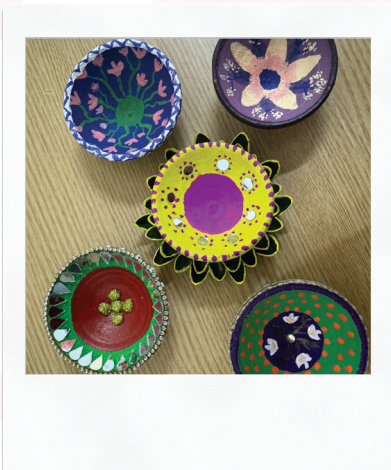


## Together in Celebration

### 1. Diwali Celebration



### 2. Department Diya Decoration Competition





## LEARN WITH US

### Internet and Screen Time in Kids: Combat Strategies by Dr. Kamesh, Pediatrician.

The internet has become an integral part of our lives, making things more accessible and efficient. However, what impact has this rise in screen time had on our children? Today, I'll discuss how excessive screen time affects kids and what we can do to manage it.

#### Why Be Concerned?

Children under five are in a critical phase of cognitive development, building language and problem-solving skills by exploring and interacting with their surroundings. **Excessive screen time interrupts this learning process.**

For school-age kids, long hours on screens can **impair reading abilities and attention span.** Among teens, excessive screen time—often up to eight hours a day—leads to **poor sleep quality and increased risks of anxiety, depression, obesity, and pre-diabetes.**

While adults understand the drawbacks of excessive screen time, children are less aware and can easily become addicted to screens, disrupting their problem-solving development.

#### Screen Time Recommendations

- **Under 2 years:** No screen time is recommended, except for brief video chats with family.
- **Ages 2 to 5:** Limit screen time to one hour of educational content per day, co-viewed by parents who explain the content.
- **School-age children:** Set consistent limits on screen time to ensure it doesn't interfere with play, school, or other key activities.

#### Practical Tips for Managing Screen Time

- **Lead by Example:** Model good screen habits by managing your own screen use.
- **Create Family Time:** Set schedules for screen activities, and turn off screens when programs end.
- **Remove Screens from Bedrooms:** Keep devices out of bedrooms to avoid excessive use at night.
- **Engage with Alternatives:** Provide toys, puzzles, and books that are more engaging than screens.

#### A Dose of Humor

Why is a doctor always calm?  
- *They have a lot of patients.*

