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# AASHKA SPOTLIGHT (March 25')

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## MEDICAL HIGHLIGHTS

### ❖ Pioneering Healthcare Together

We take pride in collaborating with leading organizations across Gujarat to drive meaningful change in healthcare. We are excited to share it with you

1. **Gujarat Healthpreneurs by Sandesh News** – Honoring healthcare changemakers in Gujarat and leading discussions on AI's role in healthcare alongside Hon. Health Minister Shri Rushikesh Patel.
2. **Senior Citizen Council Health Check-up with AU Small Finance Bank** – Partnering with young minds with ageless spirits who proved that commitment to community health has no age limit.

### ❖ Excellence in Action

Living with pain is never easy, and for a patient from Mozambique, it had become unbearable. She suffered from severe lower back pain, radiating leg pain, and weakness while walking, along with pain in her right hip joint. Simple movements had become a daily struggle.

Determined to find the right treatment, she and her family explored hospitals in South Africa, Malawi, and Brazil. Brazil was their first choice due to easier communication. However, through a trusted reference, they decided to come to Aashka Hospital, Gandhinagar, India. There was initial hesitation—would language be a barrier? Would they receive the care they needed? But their search for the best medical care gave them confidence to move forward.

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Soon after, she was admitted under **Consultant Neurosurgeon Dr. Ravi Khetan**. After a detailed evaluation, including an MRI scan, she was diagnosed with **L3-L4 and L4-L5 nerve root compression and Right Avascular Necrosis (AVN) of the hip joint**. Her treatment plan was strategically structured, prioritizing spine surgery first, followed by orthopedic surgery to ensure optimal recovery.

The procedure—**L4-L5 fixation, decompression, and bilateral nerve root for aminotomy**—was performed successfully. **Within two days, she was stable**, recovering well, and free from major complaints.

A week later, she was re-admitted for Right Total Hip Replacement under **Consultant Orthopaedic Surgeon Dr. Jaydeep Kansara**. This surgery was essential for her to regain mobility without pain. Her recovery was carefully managed **through daily blood investigations, medication, post-operative care, and most importantly physiotherapy**. This entire treatment was carried out while simultaneously managing her infectious diseases, which presented its own set of challenges.

Before leaving, she expressed her **gratitude with a heartfelt letter of appreciation and a special token of thanks for the hospital staff**. She personally acknowledged **Dr. Dipesh Fataniya (Critical Care Intensivist), Dr. Ravi Khetan (Neuro & Spine Surgeon), Dr. Jaydeep Kansara (Orthopedic Surgeon), Dr. Sanket Mankad (Infectious Disease Specialist), and Dr. Shivani Goswami (Physiotherapist)** and the entire medical and paramedical team for their dedicated care.

**Her journey from pain to healing, doubt to trust, and struggle to recovery is a testament to the power of expert medical care and compassionate treatment.**



## ↗ Healing Stories: Patient Testimonials

Patient Name  
**Afsar Hayat Ansari**

We had to rush my niece to the emergency room at this hospital. Thankfully, the staff there were **incredibly professional and diligent**. They immediately took charge, got us settled in, and promptly called the doctor to examine her.

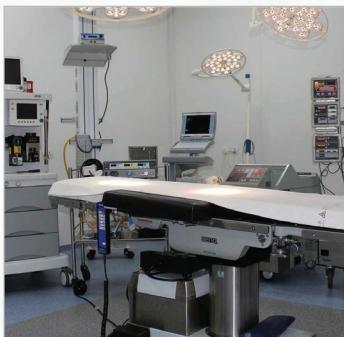
**The doctor was very polite and reassuring** and prescribed the necessary medication. The entire experience, despite the urgency, was very relieving at the end.

The hospital itself was clean and well-maintained, which was a huge comfort during a stressful time. It's **definitely one of the top-notch hospitals in Gandhinagar**.

# CULTURE

# Faces of Aashka: Employee Highlights

## Best Department



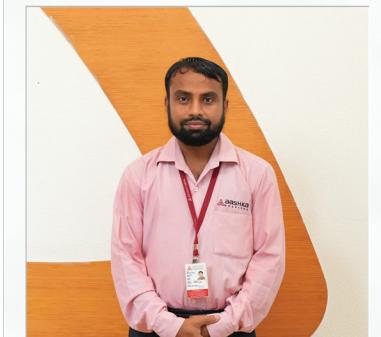
## OT Department

## Employee of the Month ( Medical)



## Jasoda Damor (Nursing)

## Employee of the Month (Non Medical)



Shah MD Kabirul Islam  
(Café Coordinator & IT Trainee)

# Together in Celebration

## Women's Day



## LEARN WITH US

### DOCTOR'S ORDERS: EXPERT TIPS

#### Seasonal Slump? Three Doctor-Approved Hacks to Stay Fresh – By Dr. Dipesh Fataniya

Some people welcome the transition from winter to summer, but for many, **seasonal shifts bring sluggishness, fatigue, and a general dip in energy levels**. While you cannot control the weather, you can take proactive steps to keep your health in check and feel your best.

HERE ARE THREE SIMPLE YET EFFECTIVE WAYS TO STAY FRESH:

##### **1. Turn Meetings into Walks**

Try walking meetings—**even 30 minutes a day can help you squeeze in a quick workout**. A brisk walk improves blood circulation, releases endorphins (your body's natural energy boosters), and adds much-needed physical activity to your routine. Walking also helps regulate your circadian rhythm, making it easier for your body to adapt to seasonal changes.

##### **2. Add a Dash of Lemon to Your Water**

Something as simple as **adding a few lemon slices to your water bottle** can work wonders for your body. Lemons are rich in vitamin C, which strengthens your immune system, combats seasonal sluggishness, and helps your body adjust to temperature changes. Plus, staying hydrated supports digestion and keeps your skin fresh.



### **3. Set a Sleep Schedule—And Stick to It**

The change in daylight hours and temperature fluctuations can throw off your internal clock. **A fixed bedtime and using phone reminders to wind down** ensures your body gets the rest it needs.

**Small tweaks to your routine today can make a big difference in how you feel tomorrow—start now!**

#### **Prescribed Wisdom**

“Take care of your body. It is the only place you have to live.” – **Jim Rohn**

