



For circulation to members

DMA NEWS BULLETIN

FORTNIGHTLY

An official organ of

DELHI MEDICAL ASSOCIATION

DELHI STATE BRANCH of IMA

20

PAGES

VOLUME 57

ISSUE-01

President

Dr. Girish Tyagi

M: 9868116491

Hony. State Secretary

Dr. Satish Lamba

M: 9810425906

Hony. Finance Secretary

Dr. A S Popli

M: 9212017366

Hony. Associate Editor

Dr. Manjusha Goel

M: 9811301945

25th April, 2025 | Email: delhimedicalassociation@gmail.com | Web: www.delhimedicalassociation.com | Price Rs. 5.00

DMA House, Medical Association Road, Daryaganj, New Delhi-110002 | Tel: 41707375, 23271726

MASSH

MINIMAL ACCESS SMART SURGERY HOSPITAL

Super Speciality Hospital

A Legacy of Healing, A Future of Excellence

MASSH GROUP OF HOSPITALS



MASSH | SOUTH DELHI

B-18, Chirag Enclave, Nehru Place,
New Delhi - 110048



MASSH-MANAS | NOIDA

A-93, Sector 34, Noida, Uttar
Pradesh - 201307



MASSH-PROLIFE | LUDHIANA

Village Gill, Malerkotla Road,
Ludhiana, Punjab - 141116

Hanish Bansal

Executive Director

☎ +91 99109 55443

✉ hanish@massh.in



Glimpses of Annual General Body Meeting and Installation of New Team held on 31 st March 2025 at DMA Hall Darayganj, New Delhi



Glimpse of Sundarkand Path held on 1st April 2025 at DMA House

Delhi Medical Association organized a Sundarkand Path for the first time on 1st April 2025 at DMA Hall, Daryaganj, New Delhi, from 6:00 PM onwards. The path was performed by Shri Raghunath Ji Sundarkand Sankirtan Mandali, with singers Ms. Himanshi Tomar and Mr. Puneet Rana.

Members and guests attended the event and took blessings of the Almighty. Eminent personalities, including Mahant Naval Kishore Das MLA Krishna Nagar - Shri Dr. Anil Goyal, MLA Tri Nagar - Shri Tilak Ram Gupta, MLA Modal Town - Shri Ashok Goel and MLA Timarpur - Shri Surya Prakash Khatri.





पहलगाम में मारे गये सभी शहीदों को
समस्त डीएमए परिवार की ओर से भावभीनी



श्रद्धांजलि



Dr Manjusha Goel
Associate Editor DMA

To all seniors and dear friends

Greetings from DMA.

We are extremely happy to present first edition of DMA Bulletin 2025-2026. I extend my heartfelt gratitude to entire senior leadership and office bearers of DMA for entrusting me for the role of Associate Editor DMA. A very thoughtful decision of involving more lady doctors in DMA working shows the modern progressive DMA. Most of times our members have very high hopes from DMA. But association strength is its members. We can be heard and we should be heard. Shout out so high that we cannot be ignored. **Padharo Jee DMA Mai.**

Very beautiful heritage building, full of all amenity. Learning, enjoying and having food together is like revisiting our college days. We are hopeful for more members homecoming and participation in difficult time of medical fraternity. We have to help ourselves by making the organisation stronger.

उम्र थका नहीं सकती,
ठोकरें गिरा नहीं सकती,
अगर जिद हो जीतने की तो
हार भी हरा नहीं सकती

PLEASE NOTE AND BLOCK THE DATE FOR DMA FUTURE ACTIVITIES

Workshop on Capacity Building on Salt and Health in association on with Kidney Network Support

27th April 2025 | 9.00am- 1.00pm

Guest of Honour- Dr. Atul Goel, Dr. Rajeev Sood and Dr. V.K. Paul,

Mothers Day

10th May 2025 | 6.00 PM onwards

DMA House Daryaganj, New Delhi

Chairperson - Dr. Neelam Lekhi

World No Tobacco Day- 31st May 2025 (IMA DNZ and Rohini Branch)

Walk / Run | 6:00am – 7:00am

Japanese Park, Rohini, Delhi (subject to venue availability)

Free Cancer Awareness and Screening Camp including Tobacco Cessation Clinic- 10:00am – 02:00pm (DMA House)

Continuing Medical Education (CME) 08:00pm onwards (DMA House)

World Environment Day

5th June 2025 | 7.00am onwards

Yamuna Khardar Area, Kartar Nagar, Delhi.

Branches to continue program for 15 days

Chairman: Dr. Ashwini Dalmiya

Fathers Day

15th June 2025

DMA House, Daryaganj

Chairman - Dr. Rajeev Sood,

World Yoga Day

21st June 2025

Week long program with branches starting from 21 Jun 2025.

Chairmen: Dr MK Taneja, Dr Girish Tiwari

**SAVE DMA OFFICIAL WHATSAPP NUMBER FOR
INFORMATION AND COMMUNICATION**

9560097694

OBITUARY

DMA regrets to inform the sad and sudden demise of **Dr. Debashish Bhattacharya (SDB Branch).**

We pray almighty to give peace to the departed souls and give courage to the bereaved family to bear this irreparable loss.

President
Dr. Girish Tyagi

Hony. State Secretary
Dr. Satish Lamba

Hony. Finance Secretary
Dr. A S Popli



Dr. Satish Lamba

Hony. State Secretary, DMA

I am extremely thankful to Dr. Girish Tyagi, President DMA as well as all of you who have reposed faith in me and have elected me unanimously as State Secretary of the prestigious Delhi Medical Association. While I am extremely conscious of the great responsibility as well as the great expectations from the profession.

I assure all the members that our team will work with commitment to the cause of the medical fraternity and the society at large. It will be our endeavour to restore glorious traditions of this prestigious organization as has been done by our stalwarts in the past.

I believe, as a medical professional each one of us is the leader of the community and carries a strength to influence the mind of the people living in the society, somehow the time has come when we have to prove the strength of the profession as an opinion leader.

This year we have started with Sundarkand Path and took the blessing of God. Eminent dignitaries like , MLA Krishna Nagar Dr. Anil Goyal, MLA Tri Nagar, Tilak Ram Gupta, MLA Modal Town, Ashok Goel and MLA Timarpur Surya Prakash Khatri were also present and were seeking the blessing of God

also to congratulate the Team DMA for wonderful year ahead

DMA Celebrated WHO Day with IAP Delhi and DGF North and had a panel discussion on WHO Theme Healthy beginning Hopeful Futures on 6th April 2025 at DMA. Dr. Alka Singh Gurjar, National Secretary , BJP graced the occasion as Chief Guest. Followed by an Awareness cum Sensitization Session on Medico-Legal Challenges Faced by Doctors in relation to the POCSO Act, 2012 and the POSH Act, 2013 on 16th April 2025 by Hon'ble Sh. Harjeet Singh Jaspal, Learned District Judge, who addressed the gathering as the Guest Speaker.

Some of the future events are as follow -

- **Mother's Day on 10th May 2025**
- **World No Tobacco Day on 31st May 2025**
- **World Environment Day on 5th June 2025**
- **World Yoga Day 21st June 2025.**
- **Fathers Day- 15th June 2025**

Once again, I assure you of my sincere dedication and commitment to fulfilling my duties and look forward to working alongside each of you in the service of our profession and our society.

EXTRA ORDINARY GENERAL BODY MEETING NOTICE

Extra ordinary general body meeting of Delhi Medical Association will be held on **Thursday 29th May 2025 at 2:30 pm** at DMA House, Daryaganj, New Delhi. You are requested to kindly make it convenient to attend the same.

Meeting shall be Preceded by Lunch at 1:30 PM

AGENDA:

- 1) To receive and confirm the minutes of Annual General Body Meeting held on 31st March, 2025.
- 2) To adopt the audited accounts for the preceding financial year i.e. w.e.f. **1.4.24 to 31.3.25** (to be presented by the Hony. Finance Secretary).
- 3) To appoint Auditor for the year 2025-26.
- 4) To appoint an Hony. Legal Advisor for the year 2025-26.
- 5) To approve the budget for the ensuing financial year 2025-2026 (to be presented by the Hony. State Secretary).

Dr. Satish Lamba

Hony. State Secretary, DMA



CENTRAL Diagnostics Dwarka



BETTER IMAGING
BETTER DECISIONS



Dr Alok Varshney

MD, DNB (Radiodiagnosis)

Senior Consultant Radiologist



4-D ULTRASOUND



FETAL ECHO



DIGITAL X-RAY



COLOR DOPPLER



ECHOCARDIOGRAPHY



ALL LAB TESTS



102, PANKAJ PLAZA, SECTOR 12 MARKET, PLOT NO. 13, DWARKA, NEW DELHI 110075

PHONE : 011-45607393, 011-40112929, 9811115689

EMAIL : centraldiagnostics@gmail.com

Website: www.centraldiagnostics.co.in



Centre For Fetal Medicine At Dr. Rajeev's Ultrasound Lab

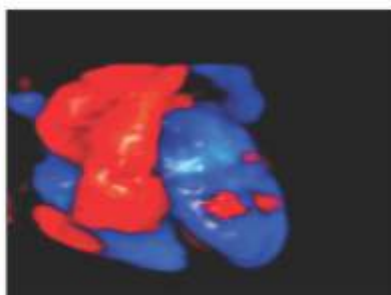
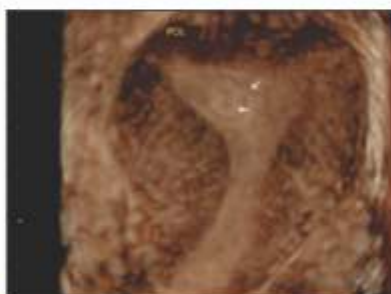
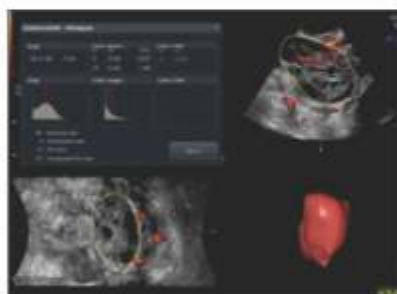
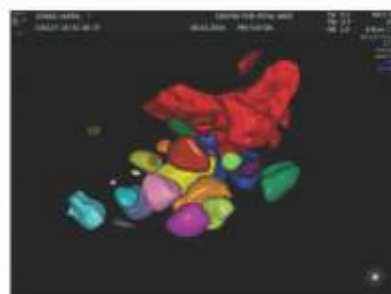
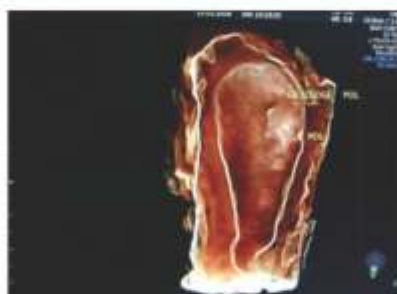
centre for excellence in 3D-4D ultrasound & colour doppler

B-15, Ground & First Floor, Shankar Garden, **Opp. Metro Pillar No. 609**, Vikas Puri, New Delhi-110 018
Tel.: 011-45515754, 45630884, 8285108079/65 E-mail: dr_rajeevchoudhary@yahoo.com Website: rajeevultrasound.com



AN ISO 9001:2008 Certified Lab

- Voluson E8, Radiance World's Most Advanced 4D Doppler System
- S8 Logiq for Liver Elastography & Musculoskeletal USG (Shoulder, Wrist etc)
- Breast Elastography



VOLUSON E8 4D LIVE FETOSCOPIC VIEW

Thanks for your support and encouragement



Dr. S. Bajaj Choudhary
M.D., DGO

Consultant Fetal Medicine
Trainer NT Scans, Fetal Echocardiography,
Doppler, Fetal Medicines Foundation India



Dr. Rajeev Choudhary
M.D., (Radiodiagnosis), DMRD

Consultant Radiologist
Joint Secretary Society Of Fetal Medicine India

Ultrasound Timings:

Week Days:

8 am - 9 pm

Sunday:

8 am - 2 pm



CRONUS MULTI SPECIALITY HOSPITAL (A UNIT OF YOGMAYA MULTI SPECIALITY HOSPITAL)

When it comes to choosing a hospital one thing is clear: quality counts. With more than two decades of tradition, excellence and quality in providing medical care in a comfortable and convenient environment, we bring peace of mind for thousands of patients we care about every day with the help of our doctors, specialists and nurses.

Cronus multispeciality Hospital has been one of the leading healthcare provider in the area of Chattarpur. With many years of experience, the hospital has made a recognizable name within and beyond the vicinity. From the very inception of the Hospital in Chattarpur, our experts have catered to the needs of the patients in the most outstanding manner.

As a healthcare organization, we aspire to be the hospital of choice and be recognized for having the most satisfied patients, the best possible clinical outcomes, and the best physicians, specialists and employees.



Now we are 50 bedded

FACILITIES:

- * 24X7 EMERGENCY
- * 24X7 LABORATORY
- * 24X7 PHARMACY
- * 24X7 AMBULANCE SERVICE
- * ADMISSIONS
- * ICU
- * OPERATION THEATRE
- * LAPROSCOPIC SURGERIES
- * TMT
- * DELIVERIES
- * X-RAY
- * USG
- * PFT
- * ECHO
- * ECG
- * PHYSIOTHERAPY
- * NUTRITION & DIETETICS
- * BLOOD BANK

 Yogmaya
Multispeciality Hospital

SPECIALITIES:

- * INTERNAL MEDICINE
- * OBSTETRICS & GYNAECOLOGY
- * GENERAL SURGERY
- * ORTHOPEDICS
- * PULMONOLOGY & CHEST MEDICINE
- * ENT * PSYCHIATRY
- * GASTROENTEROLOGY
- * UROLOGY * NEUROLOGY
- * NEPHROLOGY * DENTAL
- * DERMATOLOGY & COSMETOLOGY
- * GI, MINIMAL ACCESS SURGERIES
- * OPHTHALMOLOGY



Founder Members & Chairman

Dr. Chetan Gupta
(MBBS, MD)

Dr. Ranjana Gupta
(MBBS, DGO)

Add : D-91A, Main 100Ft. Road, Chattarpur, New Delhi-110074

M : (+91) 98217 66226, (+91) 9821866447

E : cronushospitals@gmail.com | W : www.cronushospitals.com





Why is Family Physician a more appropriate health care provider in our beleaguered health system for economical health care for all sections of the society?

By : Dr. Naresh Chawla
DNB (Family Medicine), MAMS, FIAMS

Family Medicine: A Lifeline for India's Healthcare System

India, a nation of over 1.4 billion people, faces a formidable challenge in providing accessible, affordable, and quality healthcare to all its citizens. With stark disparities between urban and rural health infrastructure, a skewed doctor-to-population ratio, and an overburdened tertiary care system, the need for a revolutionary shift in healthcare delivery is undeniable. In this context, Family Medicine emerges as a beacon of hope—a comprehensive, accessible, and cost-effective solution uniquely suited to the Indian healthcare scenario.

Why Family Medicine is Ideal for India

Family Medicine is a specialty that provides continuous and comprehensive health care for individuals and families across all ages, genders, diseases, and parts of the body. It integrates biological, clinical, and behavioral sciences to provide a holistic approach to patient care. In developing countries like India, the model of Family Medicine is not just an option; it is a necessity.

- **Accessibility and Continuity of Care** : Most rural and semi-urban areas in India lack access to specialist care. A well-trained Family Physician can serve as the first point of contact for medical concerns, bridging the gap between the community and the healthcare system. Unlike specialists who treat specific ailments, Family Physicians manage a wide range of health conditions and provide continuity of care, which is vital for chronic disease management, preventive care, and early diagnosis.
- **Affordability and Cost-Effectiveness** : India's healthcare spending is among the lowest in the world in terms of GDP percentage. The out-of-pocket expenses for patients are alarmingly high. Family Physicians offer an economical alternative to the expensive specialist-driven model. By addressing most health issues at the primary level, they significantly reduce the need for costly referrals and investigations.
- **Holistic and Preventive Approach** : Family Medicine emphasizes preventive care and health education, which are crucial in a country grappling with both communicable and non-communicable diseases. From immunizations to nutrition counseling and lifestyle management, Family Physicians play a vital role in preventing diseases before they require advanced treatment.
- **Cultural and Community Relevance** : Family Physicians often serve in their own communities and understand the local language, customs, and health beliefs. This cultural competence fosters trust and encourages people to seek timely medical care, thereby improving health outcomes.

The Family Physician: Pillar of a Strengthened Healthcare System

India's beleaguered healthcare system suffers from overcrowded tertiary hospitals, uneven distribution of medical professionals, and a lack of coordination among healthcare services. The Family Physician model offers a pragmatic solution.

- **Decentralized Healthcare Delivery** : With a strong base of Family Physicians embedded in primary health centers, community clinics, and even private practice, the system becomes less dependent on tertiary institutions. This decentralization helps to decongest hospitals and makes health services more accessible.
- **Efficient Resource Utilization** : Family Physicians can handle up to 80%

of common health issues, allowing specialists to focus on complex cases. This optimal use of human resources enhances the efficiency of the entire system.

- **Integrated Care and Referrals** : As gatekeepers of the health system, Family Physicians ensure that patients receive appropriate and timely referrals. They coordinate care across different levels, reducing redundancy and improving patient outcomes.

Strategy for Healthcare for All

To achieve Health for All, India must adopt a multipronged strategy, with Family Medicine at its core:

- **Strengthening Primary Health Infrastructure** : Upgrade primary health centers with trained Family Physicians, adequate medicines, and basic diagnostic tools. Encourage community participation and integrate traditional knowledge with modern medicine where applicable.
- **Medical Education Reform** : Introduce and expand Family Medicine training in medical colleges. Make it a mandatory subject in undergraduate and postgraduate curricula. Encourage young doctors to choose Family Medicine through incentives, recognition, and career pathways.
- **Public-Private Partnerships** : Collaborate with private practitioners, NGOs, and philanthropic institutions to expand the reach of Family Physicians, especially in remote areas.
- **Technology Integration** : Leverage telemedicine, mobile health units, and digital health records to extend the reach of Family Physicians. These tools can bridge the urban-rural divide and facilitate real-time consultations, especially in underserved regions.

State-of-the-Art Technology for the Poorest

One of the most remarkable aspects of modern medicine is the potential to democratize advanced healthcare technologies. Through innovations like point-of-care testing, portable imaging devices, and AI-driven diagnostics, even the most marginalized communities can access state-of-the-art care. Family Physicians, equipped with these tools, can offer frontline services that were once only available in specialized centers.

Furthermore, mobile health platforms and community-based screening programs can identify high-risk individuals for diseases such as cancer, diabetes, and hypertension. By catching these diseases early, Family Physicians can initiate timely interventions and save lives.

Inclusive Healthcare for All Segments

An effective healthcare system must cater to the unique needs of children, women, the elderly, and the disabled. Family Physicians, trained to treat patients across the lifespan, are best suited for this inclusive model. They provide antenatal care, child immunization, geriatric counseling, mental health support, and disability management—all under one roof.

Conclusion

India's health crisis demands bold, innovative, and sustainable solutions. Family Medicine is not a luxury but a foundational necessity for building a resilient, equitable healthcare system. By empowering Family Physicians and integrating them into the national health strategy, India can realize the dream of Healthcare for All—a system where even the poorest of the poor have access to modern, compassionate, and cost-effective medical care.



Sir Ganga Ram Hospital

"HEALTHY BEGINNINGS, HOPEFUL FUTURES"

Ensuring Maternal & Newborn Well-being at Sir Ganga Ram Hospital

This World Health Day 2025, Sir Ganga Ram Hospital reaffirms its commitment to enhancing the health and survival of mothers and newborns. We understand the profound importance of these precious moments and strive to provide comprehensive, world-class care, ensuring every beginning is healthy and every future is filled with hope.

Sir Ganga Ram Hospital, Department of Neonatology stands as a beacon of excellence, evolving alongside India's advancements in new born care. With a rich history dating back to the 1970s, we are proud to be one of the first Level IIIB accredited units in Northern India, equipped with cutting-edge technology and unparalleled medical expertise.

Our State-of-the-Art Unit:

- Extensive Capacity
- Advanced Technology
- Optimal Environment
- Expert Team
- Dedicated Nursing
- Lactation Support

Our State-of-the-Art Unit:

- Mechanical Ventilation & High-Frequency Ventilators
- Surfactant Delivery & Inhaled Nitric Oxide
- Parenteral Nutrition & Intravascular Lines
- Phototherapy & Exchange Transfusion
- Bedside Echocardiography & Neuroimaging
- Cerebral Function Monitoring & Eye Examination
- Universal Hearing Screening & Genetic Counselling
- Lactational Support & Developmental Supportive Care
- Fetal Medicine

Allied Paediatric Super-Specialties Under One Roof

- Neonatal Surgery & Cardiac Sciences
- Paediatric Neurosurgery, Nephrology, Neurology, Endocrinology, Haematology & Oncology, and Gastroenterology.
- iNICU
- Providing advanced procedures like PEG tube insertion, bedside bronchoscopies, bedside tracheostomies, bedside dialysis, and VSG shunts.



Dr. (Prof.) D.S. Rana
Chairman
Sir Ganga Ram Trust Society

"We are not content to rest on our laurels. We are constantly looking for new ways to improve our services & expand our reach."



Dr. Ajay Swaroop
Chairman
Board of Management

"Patient-Centric Care and Cutting-Edge Research The Sir Ganga Ram Hospital Promise."

Choose Sir Ganga Ram Hospital for a healthy beginning and a hopeful future. Contact us today to learn more about our comprehensive maternal and new born care services.



Cerebellum Academy

An Institute for the Students, by the Teachers

Trusted Name for NEET PG, INI CET, & FMG Exam Preparation with **Proven Results**

Best-Selling Programs

Online Programs

- Mission NEET PG/INI CET 3.0
- Mission 200+ FMGE June 2025 & Beyond
- BTR Online by Dr. Zainab Vora
- Exam & Discussion

All Prof Packs (First to final)

Pharmacology Pack by Dr. Gobind Rai Garg

Offline Programs

- BTR Offline by Dr. Zainab Vora
- BTR Bootcamp
- Champions Batch at Hyderabad

Cerebellum Power-Packed Notes

Mission Workbooks: 21-Book Set Covering all 19 Subjects

Quick Revision Notes: 5-Book Set for Rapid Recall of High-Yield Topics

Main Notes: 17-Book Set Curated by India's Top Faculties

BTR Books: 2 Annotated & 2 Unannotated Workbooks

Trusted by Toppers. Designed by India's Top Medical Educators



Scan the QR Code
To Download the App

Follow Us   

For More Details Visit Our Website
@ www.cerebellumacademy.com

Contact No: +91-9560200184



eConceptual

The Learning Never Ends

No. 1 Platform for MS/MD/DNB/DO Residents

Specialized Residency Branches



Learn from Legends

At eConceptual, you learn from the legendary faculty who have mentored thousands of residents across India. Their teaching methodology is trusted, clinically focused & designed to simplify even the most complex concepts

Online Courses

- Foot & Ankle Trauma Course
- Orthopedic Oncology Course
- Sports Injury-Knee & Shoulder Course
- Knee Arthroplasty Course
- Basic Science Course
- Foot and Ankle Pathology Course
- Viva & Practical Exam Training

What We Offer

- Live Sessions
- Pre-Recorded Video Lectures
- In-App Notes
- Q Banks & MCQs
- Clinical cases & Discussions
- Viva & Practical Exam Training
- Online Courses
- Offline Courses

Offline Courses

- CO PG Course
- CO Trauma Foundation Course
- CO Trauma Pinnacle Course
- CORA-CO Robotic Arthroplasty Course
- DNB OSCE Course
- CO Hand Microsurgical Skills Course
- CRISP - Conceptual Radiology Imaging Skills Program

Exclusive Study Material

Our books are exclusively created for you. Each set is thoughtfully designed to match the real needs of residents and NEET SS aspirants.

We Prepare You for NEET SS/ FNB Exams

- Q Bank with 2600+ MCQs covering entire syllabus for SS Exams
- MCQ Discussion Videos Explaining All 2600 MCQs
- FNB/ NEET SS Recall MCQ Discussion Series
- Special Mock Tests Before Exam

We Prepare You to Excel in MS/DNB Theory & Practical Exams

- Solved MS/DNB Theory
- 150+ OSCE Stations for DNB Practicals
- Theory & Viva discussions
- Mock OSCE Tests



Dr. Apurv Mehra
Founder of eConceptual

For More Details Visit Our Website
@ www.econceptual.com

Follow Us   

Scan the QR Code
To Download the App





Vision For All

AN ISO 9001:2015
Certified Eye Centre for
Quality Eye Care Services

Ultra Modern facilities available for
Eye Investigations.

Treatment & Operations

Dr. A.P.J. Abdul Kalam
Former President
of India

**Felicitating
Dr. R.V. Singh**
M.B.B.S., M.S.
Sr. Eye Surgeon



WHY CHOOSE US ?

- Expertise And Experience
- State Of The Art Facilities
- Commitment To Excellence
- Comprehensive Eye Care
- Personalized Patient Care

सरकार द्वारा मान्यता प्राप्त

PANELS

CGHS, DGEHS, NDMC, RBI, DJB, DELHI UNIVERSITY, RITES
TPDDL, DVB, BSES, DDA, AIR INDIA, DTC, CCI, HLL, ICHR
TRAI, IPGLL, PPCL, SAI, FCI, DELHI TRANSCO LTD. &
MAJOR MEDICLAIMS / TPAS

At

R.V.S. EYE CENTRE

BFH-09, Monday Market Road, Shalimar Bagh, Delhi-88

011-49868193, 9891067652, 9811671606, 8076849243



Preserving Fertility in the Face of Time:

Understanding Age-Related Fertility Decline and Modern Solutions

By Dr. Niti Vijay

IVF Specialist | Director – The Clinics

Associated with Aveya Fertility, Phoenix Hospitals, and Apollo Hospitals

9560978713;drniti2004@gmail.com

For many women, the ideal time to start a family doesn't always align with their biological clock. As age advances, particularly beyond 30, fertility begins to decline, and after 35, this decline becomes more significant. This is primarily due to the reduced number and quality of eggs in the ovaries, which can impact natural conception and success with assisted reproductive techniques.

Why Does Fertility Decline with Age?

Every woman is born with a finite number of eggs. With age:

- Egg quantity reduces (Ovarian Reserve) -AMH values help confirm ovarian reserve
- Egg quality deteriorates, increasing the risk of chromosomal abnormalities—exposure to environmental pollution, food, lifestyle, etc.
- Cycle regularity may change, affecting ovulation, stress-induced, or other underlying causes.

By the early 40s, the chances of natural conception drop drastically, and the risk of miscarriage increases, including babies with Down syndrome.

Hope with Fertility Preservation: Egg and Embryo Freezing

Advances in reproductive sciences have empowered women to take control of their biological clock by preserving their fertility through egg or embryo freezing. Is this ethical?

Egg Freezing (Oocyte Cryopreservation-vitrification)

This option is ideal for:

- Women undergoing medical treatments (like chemotherapy) that may affect fertility
- Women who wish to delay motherhood for

career, education, or personal reasons

The process involves stimulating the ovaries, retrieving mature eggs, and freezing them using vitrification (a rapid freezing method that ensures higher survival rates).

Embryo Freezing

Suitable for:

- Couples ready to fertilise eggs with sperm before delaying pregnancy
- Women undergoing IVF/ICSI who wish to preserve sound quality embryos for future use

Embryos are vitrified at the blastocyst stage, allowing high success rates when warmed and transferred later.

When Should You Consider It?

- Before undergoing any fertility-impacting medical treatments
- If you're not ready for parenthood now but wish to keep the option open

A Personalised Approach

At The Clinics, we provide a compassionate, evidence-based approach tailored to each woman's unique reproductive goals. As an IVF specialist associated with leading institutions like Aveya Fertility, Phoenix Hospitals, and Apollo Hospitals, I believe in empowering women with choices and the science to support them.

You decide your fertility journey. Take control of your timeline by preserving your fertility.

The clinic offers several fertility preservation options. To discuss these options, contact the Clinic today.



Pushpanjali
Medical Centre



femme nest
Centre for IVF & Gynaecology



**Consultants in all specialties are invited to
Join on a regular, visiting, or courtesy basis.**

For inquiries, please contact us at 9810364529

**Vacancy for SR / JR
in Medicine, General Surgery,
Obstetrics & Gynaecology and Paediatric**



A-14, 15, 16, Pushpanjali, Vikas Marg Extn., Delhi-110092



Info@pushpanjalimedicalcentre.co.in



www.pushpanjalimedicalcentre.co.in

SANJEEVAN HOSPITAL

(A CENTRE FOR AFFORDABLE, ACCESSIBLE, QUALITY CARDIAC CARE)

INTERVENTIONAL CARDIOLOGIST

DR MANAV AGGARWAL
(MBBS, MD, DM (CARDIOLOGY))

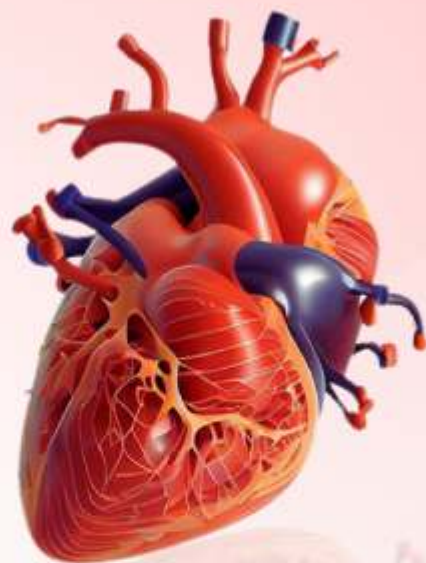
DR PARVEEN SINGH
(MBBS, MD, DM (CARDIOLOGY))

CARDIAC SURGERY

DR SUDHIR KUMAR SHAHI
(MBBS, MCh.)

CLINICAL CARDIOLOGY

DR PREM AGGARWAL
(MBBS, MD, DNB (MED), DNB (CARD))



COMPLETE CARDIAC EVALUATION

- ECG
- X-RAY
- 2D ECHOCARDIOGRAPHY
- HOLTER
- TMT
- CT CORONARY ANGIO

CARDIAC THERAPEUTICS

- ICU
- CCU
- INVASIVE ANGIOPLASTY
- ELECTROPHYSIOLOGY
- PACMEKAR

**ON ALL PANELS, INSURANCES INCLUDING AYUSHMAN
24X7, EMERGENCY CHEST PAIN CLINIC
CONTACT: 011-45770000/9289105977**

KALRA HOSPITAL **SRCNC PVT. LTD.**

Delivering Quality Healthcare with Compassion



FOR THE FIRST TIME IN DELHI
24x7 Availability of Advanced Diagnostic and
Emergency Services

Kalra Hospital brings state-of-the-art healthcare to Kirti Nagar with round-the-clock **24x7** access to:

- **Cath Lab** – Immediate cardiac intervention and care
- **MRI** – High-definition magnetic imaging for accurate diagnosis
- **Laboratory** – Full-service pathology and testing with timely reports
- **CT Scan** – Advanced imaging services available 24 hours a day
- **CTVS (Cardiothoracic and Vascular Surgery)** - Emergency and elective surgeries for complex heart, lung, and vascular conditions — now operational 24x7 by a specialized team of experienced CTVS surgeons.

Why Choose Kalra Hospital Kirti Nagar?

- Modern infrastructure and cutting-edge technology
- Highly qualified doctors and diagnostic professionals
- Prompt emergency care and accurate reporting
- Convenient central location in West Delhi
- Patient-first approach with affordable pricing

Now serving patients 24x7 – because your health can't wait.
Visit us for trusted, timely, and comprehensive medical care.

Location: Kalra Hospital SRCNC Pvt. Ltd., Kirti Nagar, New Delhi

Phone: 011-45005600, 45005700 (60 Lines)

Website: www.kalrahospitals.org



Dr. V.K. Monga
Chairman, DMA- NHF



Dr. Vivek Sama
Hony. Secretary, DMA- NHF

AYUSHMAN BHARAT IN DELHI: IMPLICATIONS FOR NURSING HOMES AND SMALL HOSPITALS

The implementation of the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in Delhi marks a turning point in public healthcare delivery, particularly for economically vulnerable populations. With over 60 lakh residents now eligible for cashless treatment under the scheme, the policy is expected to significantly improve access to essential secondary and tertiary healthcare services across the capital.

For Delhi's network of small hospitals and nursing homes—typically privately owned facilities with fewer than 50 beds—Ayushman presents both an opportunity and a challenge. These institutions have long served as the backbone of neighborhood healthcare, and Ayushman may help improve their bed occupancy and patient volume, especially in specialties like general surgery, orthopedics, and dialysis.

However, serious concerns remain regarding the financial feasibility of participating in the scheme. The reimbursement rates under Ayushman are often lower than the cost of providing quality care in Delhi, where rentals, salaries, consumables, and utilities are significantly more expensive than in Tier 2 or rural areas. Many nursing homes fear they may be forced to operate at a loss if they take on high-cost procedures under current package rates.

Administrative hurdles are another major concern. Smaller hospitals typically do not have the in-house manpower to manage complex documentation, upload claim data in real-time, and respond to audit queries. Payment delays—ranging from weeks to several months—can severely strain the cash flow of these establishments, most of which operate on limited working capital.

Additionally, there is rising anxiety about misuse of the scheme. There have been reports across India of individuals with ineligible incomes managing to obtain Ayushman cards through forged documents. Such abuse not only undermines the intent of the program but also floods the system with claims, overwhelming small hospitals and diverting resources away from truly needy patients.

To make Ayushman Bharat sustainable for small and mid-sized hospitals in Delhi, the government must consider a differentiated approach. This includes state-specific rate adjustments, simplified documentation norms, faster processing and payment cycles, and real-time fraud detection tools such as Aadhaar-linked verification and geo-tagging of hospital visits.

Delhi's small hospitals are ideally positioned to deliver accessible, community-based care under Ayushman. But unless their participation is made financially viable and administratively manageable, many may be forced to opt out of the program—weakening its potential to drive true universal health coverage.

WHO DAY CELEBRATIONS

On the occasion of **World Health Day**, Delhi Medical Association along with IAP Delhi, DGF, North is organized a seminar cum panel discussion on **Sunday, 13th April 2025** at DMA House, Daryaganj on the WHO theme “**Healthy Beginning Hopeful Futures**”.

Dr. Alka Singh Gurjar, National Secretary, BJP graced the occasion as Chief Guest and said that Hon’ble Prime Minister has a vision that every woman & child of this country should be healthy and full of opportunities only then our country will progress. For the same Govt. of India has organized a number of special programme dedicated to better health of the women and health Childhood.

“The programme was graced by eminent dignitaries like **Dr. Anil Goyal** (MLA, Krishna Nagar), **Dr. Rajiv Sood** (Vice Chancellor, BFUHS) & **Dr. D.S. Rana** (Chairman, Trustee Board, Sir Ganga Ram Hospital),

Dr. Pankaj Garg President, IAP spoke on NMR mortality along with **Dr. Achla Batra**, Chairperson IHCP division Still Birth society India on Tracing the strides :India’s Fight Against Maternal Mortality” Panel discussion on logistic solutions was conducted by **Dr Shakuntla Kumar** President Delhi Gynae Forum North with eminent panelists such as Dr Sushil Vimal, Health Commissioner Maternal Health, Ministry, Ms. Kiran, Nursing Officer, LNJP, Dr Jyotsna Suri, Professor, Unit Head & In Charge, Critical Care Obstetrics, VMMC & Safdarjung Hospital, Delhi.



Glimpses of Awareness cum Sensitization Session on Medico-Legal Challenges Faced by Doctors in relation to the POCSO Act, 2012 and the POSH Act, 2013 on 16 th April 2025 at DMA House Daryaganj, New Delhi

Delhi Medical Association endeavours towards empowering doctors with legal knowledge and ensuring ethical medical care in alignment with the law, a session was held at DMA House, Daryaganj, New Delhi, and was graced by **Hon’ble Sh. Harjeet Singh Jaspal**, Learned District Judge, who addressed the gathering as the Guest Speaker. Justice Harjeet Singh Jaspal provided an in-depth overview of key issues related to the **POCSO Act, 2012, and the POSH Act, 2013** on 16th April 2025 at DMA House, Daryaganj.

The programme aimed to enhance awareness among the medical fraternity about legal obligations and challenges associated with the Protection of Children from Sexual Offences (POCSO) Act and the Prevention of Sexual Harassment (POSH) Act, ensuring informed and lawful medical practice. **Dr. Ajay Lekhi, Co.ordinator**





Apollo Revolutionises Brain Tumor Treatment with South Asia's First ZAP-X Center



Introducing ZAP-X Gyroscopic Radiosurgery, a quick & non-invasive approach for treating brain tumors and other neurological conditions. This cutting-edge therapy shows remarkable clinical success in managing diverse intracranial conditions, including Benign Intracranial Tumors, Brain Metastases, Arteriovenous Malformations (Cerebral AVM), Trigeminal Neuralgia, and certain Recurrent High-Grade Gliomas.

**Non-Invasive
Approach**

**Quick Treatment
& Short Stay**

**Reduced Radiation
Exposure**

**Pain-Free
Experience**

Experience the revolutionary technology of ZAP-X at Apollo Hospitals

 **+91 9958732266**

Indraprastha Apollo Hospitals
Sarita Vihar, Mathura Road, New Delhi - 110002
Email: infodelhi@apollohospitals.com