



TIMES HEALTH EXCELLENCE 2022

Powered By **Bangalore Times**

Circulated with The Times of India, Bengaluru

Tuesday, 10 January, 2023

An Advertorial, Health Promotional Feature
An Optimal Media Solutions Initiative, A division of Times Internet Limited

RED CARPET ROLLS OUT FOR THE HEROES OF HEALTHCARE

Healthcare professionals and hospitals are at the heart of providing quality healthcare services. Times Health Excellence 2022, conceptualized by Optimal Media Solutions, a division of Times Internet Limited, a Times Group company, seeks to recognize and celebrate healthcare providers, for their considerable contribution towards making the world a better place, by saving many from disease, illness and even death.

Eminent medical professionals stepped into the limelight at JW Marriott Hotel, Vittal Mallya Road, on 28th December 2022. Bollywood actress and Chief Guest, Mrunal Thakur graced the spectacular occasion to appreciate the efforts of the professionals, and felicitate them with awards.

An exclusive in-depth survey was conducted by an independent research agency named i3rc Insights Pvt Ltd to arrive at the winners of the Times Health Excellence Bengaluru 2022 across various categories. These individuals have worked tirelessly, to put their patients first and provide the right treatment at all times and in all situations. The recognised hospitals have constantly upgraded technology to be on par with international standards and firmly uphold world class quality services, while performing complex surgeries. For the first time, Times Health Excellence also acted as a platform to recognise renowned doctors from Kerala.

Times Health Excellence 2022 was also a wonderful occasion for eminent healthcare professionals namely Dr. Sudarshan Ballal, Chairman, Manipal Enterprises Pvt Ltd, Dr. Thomas Chandy, Chairman & MD, Hosmat Super Specialty Hospital, Dr. Durga Prasad Reddy, Head of Cardiac Sciences, Vydehi Institute Of Medical Sciences & Research Centre and Prof. Dr. Sharan Srinivasan, Stereotactic and Functional Neurosurgeon, Founder & CMD, PRS Neurosciences And Mechatronics Research Institute Pvt Ltd to share knowledge.

Radio Mirchi took pride in associating with Times Health Excellence 2022 as Radio Partner. The event was hosted by MC Shabbeer. Ace violinist Dr. Aneesh Vidyashankar's enthralled the audience with his performance.

Optimal Media Solutions has constantly

KEY SPEAKERS



Dr Sudarshan Ballal - Chairman
Manipal Enterprises Pvt Ltd

Topic: Future of healthcare -Role of innovation and technology



Dr Thomas Chandy, Chairman & MD
Hosmat Super Specialty Hospital

Topic: Role of experience and innovations in the medical sciences



Prof. Dr. Sharan Srinivasan - CMD
PRS Neurosciences and Mechatronics Research Institute Pvt. Ltd.

Topic: Functional neurosciences - The last frontier



Dr Durga Prasad Reddy - Head of Cardiac Sciences,
Vydehi Institute of Medical Sciences & Research Centre

Topic: Conduct of cardiac transplant

strived to increase health awareness in the society through several health surveys that highlight lifestyle, critical care, fertility and

multispeciality hospitals nationally; the results of which have been widely accepted by Times readers across the country.

MC SHABBEER - WORDS DO COUNT

"Words do count and it is important to measure them, before deploying them," says MC Shabbeer, a professional anchor with more than 20 years of experience, hosting events.

The Times Education Excellence and the Times Health Excellence was hosted by MC Shabbeer: "Never underestimate the importance of being cheerful on stage. When a host is cheerful and normal, it makes interaction easy. The audience and the celebrity on stage open up to you. Make your words counts. Most



amateur anchors miss out on making an impact because they say too much. Whatever you say, make sure it resonates with the audience and helps to enhance the value of the event, says MC Shabbeer.

MC Shabbeer is also a writer and his upcoming book is titled as, Djinn & Kings - The curse of the Zoa. "It is my magnum opus and I have given it my all, this tragic and beautiful story is inspired by all the great epics and set against a rich tapestry of magical creatures and mythical beings from the orient. The book is about the resurrection of the fallen city of the djinn called Afra-Zum. Djinn & Kings explores various facets like the importance of living with different communities, the evils of ghettoization, the myth that love is exalted and how greater crimes have been committed in the name of love than hatred and how even the proverbial minnow can create an impact in a world of whales," says MC Shabbeer. He is also a patent-holding team building professional and a TEDx speaker.



Mrunal Thakur



Dr Aneesh Vidyashankar is popularly known as the 'walking violinist' for his unique ability to walk and play the violin. He enthralled the crowd at the Times Health Excellence 2022 and Mrunal Thakur was all in praise of his music and unique presentation.

RADIO PARTNER



DR NATRAJ H M
SERVICE EXCELLENCE IN ORTHOPAEDIC SURGERY



BGS GLENEAGLES GLOBAL HOSPITAL KENGERI, BENGALURU
EXCELLENCE IN MULTI - ORGAN TRANSPLANT CARE DEPARTMENT



DR SRINIVAS V K
SERVICE EXCELLENCE IN CARDIOLOGY



GLENEAGLES GLOBAL HOSPITALS RICHMOND ROAD, BENGALURU
EMERGING SHORT- STAY SURGICAL CENTER



DR. VISHWANATH BL
SERVICE EXCELLENCE IN DIABETIC & PREVENTIVE HEALTHCARE



DR DURGA PRASAD REDDY
SERVICE EXCELLENCE IN CARDIOVASCULAR THORACIC SURGERY



DR PRAVEEN BHIMASEEN JOSHI
SERVICE EXCELLENCE IN ANDROLOGY AND MEN'S HEALTH



DR. PARTHASARATHI DUTTA ROY
SERVICE EXCELLENCE IN DERMATOLOGY & COSMETOLOGY



BGS GLENEAGLES GLOBAL HOSPITAL KENGERI, BENGALURU
EXCELLENCE IN EMERGENCY & POLYTRAUMA DEPARTMENT



DR RAJESH VOLULABHARANAM
SERVICE EXCELLENCE IN PHYSIOTHERAPY



SAGAR HOSPITALS
EXCELLENCE IN DEPARTMENT OF CARDIOLOGY



SAGAR HOSPITALS
EXCELLENCE IN MULTISPECIALITY HOSPITAL SERVICES



DR TRIVENI MP
SERVICE EXCELLENCE IN GYNAECOLOGY AND OBSTETRICS



DR UTKARSHAS ESTHETIC CENTER
DENTAL-SKIN- HAIR - BODY
EXCELLENCE IN FACIAL AESTHETICS AND MAXILLOFACIAL SURGERY



DR SANJAY PARUCHURI
SERVICE EXCELLENCE IN UROLOGY



SRI LAKSHMI SUPER SPECIALITY HOSPITAL
EXCELLENCE IN NEPHRO UROLOGY LASER CENTRE



SRI SHANKARA CANCER HOSPITAL AND RESEARCH CENTRE
EXCELLENCE IN ONCOLOGY



LIFECARE MEDICALS
EXCELLENCE IN PHARMACY CHAIN



NAMMA HOMEOPATHY
EXCELLENCE IN HOMEOPATHY TREATMENT



TRUSTWELL HOSPITALS
EMERGING MULTISPECIALITY HOSPITAL



VASAVI HOSPITALS (A UNIT OF SREE VASAVI TRUST)
EXCELLENCE IN NEUROSCIENCES



YOGIFI
EMERGING BRAND IN LIFESTYLE DISEASE MANAGEMENT



DR DEEPAK GOPAL REDDY
SERVICE EXCELLENCE IN GENERAL SURGERY



DR MANOJITH SS
SERVICE EXCELLENCE IN GASTROENTEROLOGY AND HEPATOLOGY

Medication Backed by a Noble Cause

When it comes to medication, we all want to have a safe and secured treatment by the best doctors but on the flip side we tend to be scared by the bills. Isn't that true in most of the cases? In such situations we really dream about a doctor and a hospital providing the best services backed by latest machines at affordable rates. You would be surprised to know that there is one such hospital in the rural part of Bengaluru providing affordable medical services to all.

Abhay Vashishtha Hospital is a leading hospital located on Tumkur Highway offering medications to almost all nearby villages in and around and have treated many patients. The founder Dr. Manojith SS who specialises as a Surgical Gastroenterologist aims at enabling quality medical facilities to all strata of society. Through his hospital, he has been treating many patients suffering from gastro problems, including all types of gastrointestinal diseases and GI Cancer. The treatments



are backed by the latest equipment which helps them to do advanced laparoscopic surgeries. These advanced techniques help patients to recover rapidly and help them to get back to their routines early.

For more details, contact:
Abhaya Vashishtha Hospital
Madanayakanahalli, Bengaluru North Taluk,
Bengaluru- 562162
Contact: 9742915708/7676473405/080 2952299
Mail ID: abhayavashishtha.bng@gmail.com
Website: <http://www.abhayavashishtha.com>

Namma Homeopathy clinic gains popularity due to its effective treatment

Namma Homeopathy is an advanced and one amongst the leading Homeopathic chain of clinics in Karnataka and Maharashtra with a vision of proving to be one of the best Health care services and treatment in the field of Homeopathy in global locations.

Namma Homeopathy was established in the year 2017. Today, the homeopathy clinic stands tall with a total of 21 branches across Karnataka and Maharashtra and numerous experienced and qualified doctors who have treated acute and chronic diseases.

The Homeopathy centre has 11 branches across Karnataka (Malleshwaram, Jayanagar, Mysore, Hassan, Davangere, Hubbli, Shimoga, Gulbarga, Hospete, Udipi, Belgaum) and 10 Branches in Maharashtra (Mumbai - Dadar, Thane, Solapur, Pune, Kolhapur, Aurangabad, Nashik, Nagpur, Nanded, Akola).

Dr. More Raghu Prasad, chairman and managing director of Namma Homeopathy, is a dedicated practitioner of Homeopathy for more than 15 years. He is the founder of Namma Homeopathy.

At Namma, what comes first is an inclusive approach. The name namma means 'ours' and it has been coined to align with the belief that the responsibility of creating a healthy society is ours. Namma Homeopathy have a team of qualified and talented doctors in the research department at Bengaluru researching new medicines and formulas for treating incurable diseases through Immunogenic miasmatic 6th generation homeopathic treatment. After a lot of research on new diseases, viruses, bacteria, pandemics, and present lifestyle conditions, Namma Homeopathy research team developed this treatment method and it has treated chronic diseases and incurable conditions like Infertility, diabetes, thyroid disorders, pcod, allergies, asthma, psoriasis, vitiligo, back pain, varicose veins, hair loss, joint pains, gastritis, piles, migraine, anxiety, depression and sexual problems at their



Dr Manjunath and Dr Vishwas receiving award from Mrunal Thakur

clinics with their new treatment formula.
For more details, contact:
Namma Homeopathy
Address: No. 88, 2nd floor Lakshmi Associates building, Above RR Gold Palace, 2nd Main, B/W 6th & 7th Cross, Sampige Road, Malleshwaram, Bengaluru-560003.
Contact: 9620240240
Website: www.nammahomeopathy.com
Social Media Links:
Facebook: <https://www.facebook.com/NammaHomeopathyOfficial>
Instagram: https://www.instagram.com/nammahomeopathy_official
YouTube: <https://www.youtube.com/@NammaHomeopathyOfficial>
Twitter: <https://twitter.com/nmvaidyashaala>

Treating your movements with kindness

“A doctor saves life, a physiotherapist makes that life worth living”, physiotherapist helps in restoring movement and function which makes it one of the most important branches of medical science.



Dr Rajesh Volulabharanam

Going through physio sessions could be tiring and there is always a need to get one of the best doctors to treat you. This is something that has been resolved by Lakshya Hospital in Bengaluru. They have numerous well-trained physiotherapists in and around the city headed by well-acclaimed physiotherapist Dr. Rajesh.

Dr. Rajesh Volulabharanam has been associated with many hospitals throughout his career and has been providing in-patients, ICU, homecare and OPD services. The best part about the hospital is that it provides round-the-clock physiotherapy services unlike its competitors. It has also come up with a mobility solution for the patients which gives them pick and drop service from their home on request basis. They understand the pain of their patients and have developed a team of in-house doctors of all types to save the patient from any kind of commutation stress. This helps them to become popular and to be counted among one of the best physiotherapy hospitals in Bengaluru.



For more details, call:
9071001234

Comprehensive aesthetic solutions under one roof

Dr. Parthasarathi's Asian Hair & Skin Hospitals was established by Founder and Chief Dermatologist Dr. Parthasarathi Dutta Roy, to offer genuine, result oriented and cost-effective Dermatology, Cosmetology and Trichology treatments.

From a single clinic in 2014 at Magrath Road, Bengaluru, the chain today has presence in several prominent locations across the city and plans to expand further to other cities of India.

In addition to addressing dermatological concerns like Psoriasis, Eczema, Fungal infections, Skin allergies etc., cosmetic treatments like chemical peels, microdermabrasions, dermarollers, different type of lasers etc. are offered. Advanced hair treatments like stem cell therapies, meso-therapies, PRP and FUE & FUT hair transplants are undertaken.

Dr. Parthasarathi is the recipient of many Prestigious awards. Two among these are Rose of Paracelsus at France and Honorary professor of the academic union, Oxford, UK.

For more information contact:
Dr. Parthasarathi's Asian Hair & Skin Hospitals
5 & 6, Sadath Court, Magrath Road, Opp Garuda Mall, Bengaluru - 560025, call:080 2559 9552



Dr. Partha Sarathi Dutta Roy

One of the pioneers in Robotic Surgeries

Having a healthy body and during a normal day we never realize how many joints we have in our body which helps us to lead a normal life. On the contrary when these joints start aching or go through any kind of issues, life really comes to a stop. In such a situation we need an experienced doctor who can give a proper diagnosis and do the best treatment. Dr. Natraj HM is one such doctor who is a renowned Shoulder Orthroscopy, Kneescopy Surgeon And A Robotic Knee Replacement Surgeon.

Dr. Natraj HM is currently heading the Department of Orthopaedics at Belenus Champion Hospital. His specialization is knee and shoulder surgeries like Joint replacement and Arthroscopic surgeries. He is one of the pioneers of computer navigated and robotic surgeries in India and is popular to have done some of the most unique surgeries on a national level.



Dr Natraj HM

A smart yoga mat which helps achieve health and fitness goals

Today health has embraced the wider dimension of wellness and people are consciously making choices towards a healthy and fulfilling life. YogiFi is a pioneering brand, offering smart yoga mats with built-in activity tracker, posture corrector and personal motivator, to help individuals practice yoga more effectively, anywhere and anytime. YogiFi was awarded 'Emerging Brand in Lifestyle Disease Management' at Times Healthcare Excellence 2022.

The key USP of this made-in-India product is the real-time posture feedback that helps users correct their form and check their progress on daily basis. The YogiFi mat works with a companion app on iOS



tion and impact at the national and international level. Most recently, the brand won recognition from Department of Science and Technology and the Ministry of AYUSH as the top start-up revolutionizing yoga in the digital era.

Muralidhar Somisetty, Founder, YogiFi, says, "Our vision is to integrate yoga as a daily habit into everyone's daily lifestyle through the YogiFi smart mat, and deliver effective yoga therapy sessions for lifestyle diseases such as diabetes and obesity. Further, we empower yoga trainers, therapists and lifestyle coaches to remotely monitor and motivate their therapy clients."



To know more visit: yogifi.co.in

thousands of options to choose from with exceptional gifting concepts with free custom branding and free delivery at your doorstep.

Trophykart has a team of professional and passionate people who work 24/7 to cater to all your requirements. They ensure that the products are delivered on time with flawless quality. They provide end to end solutions with superior and sophisticated quality products which are crafted by professional craftsmen to ensure that you get your products on time with highest level of service commitment.

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of trophies, medals, shields, awards, etc. under one umbrella, order and get them delivered at your doorstep with free personalization without having to deal with multiple vendors.

It offers a huge collection of metal, wooden, acrylic, glass and crystal trophies, premium awards, plaques, salvers, sports specific trophies, medals & corporate gifts. They have collaborated with the largest manufacturers across India and China for offering the same.

Trophykart are specialists in making custom awards and medals. They can manufacture awards as per your requirements. Whatever your imagination says, if technically possible then they can do it for you.

Enjoy the unique shopping experience at the comfort of your home or office, while browsing through

Celebrate success

TrophyKart one of the first exclusive online store which provides end-to-end solutions for all your awards and gifting requirements. The website showcases a wide range of products in all varieties in awards, medals and corporate gifts items (T-shirts, bags (backpack / laptop / sling), pens, table organizers, utilities, gadgets, tech products & Home appliance, etc).

Trophykart was born out of real time challenge faced by their own team. It is very difficult to get the products of our choice and that too with customization. If lucky enough, we can get it but the price will be exorbitant high.

All of us would have had a tough time when we decided to buy awards or gifts for our achievers. Going to the packed markets, negotiate with the different vendors, limited and not much liked product choices, and then finally to get the personalization on the products. This all is kind of a nightmare.

SO HERE IS TROPHYKART, WITH THE SOLUTION

The website www.trophykart.in provides the comfort to access all types

Aesthetic treatments to ensure you look your beautiful best!

Dr. Utkarshas Esthetic Centre for dental - skin - hair - body treatments is a renowned centre in Bengaluru which offers various procedures like dental implants, root canal treatments, smile designing, dental surgery, facial rejuvenation, anti-aging, botulinum toxins, fillers, PRP, acne and scar reduction, chemical peels, hair regrowth therapies, hair transplant, body fat contouring and skin tightening. The clinic has earned a huge client base across India and abroad.

Dr. Utkarshas Esthetic centre has adopted a philosophy of minimalistic intervention and intervention only if necessary. Integrity and trust are the two main pillars on which the



Dr Utkarsha Lokesh
MDS, DNB, FAM



Dr Pallavi Sarji Utkarsha
MBBS, MD, DNB, DPD (CARDIFF) MNAMS



centre is built.

The centre boasts of leading hair transplant experts in their panel, who have completed more than 4000 hair transplants. The centre has qualified, skilled dentists, hair transplant specialists, facio maxillary surgeons, aesthetic physicians, Laser and other experts who assure effective and scientific treatment solutions.

Dr. Utkarshas Esthetic Centre is the dream and brainchild of Dr. Utkarsha Lokesh and Dr. Pallavi Sarji Utkarsh, who are trained extensively in India and overseas in the field of aesthetics and cosmetology and have received several awards and degrees to their credit.

The centre is fully equipped with state of the art digital scanning for dental impressions, X-ray & soft tissue LASERS for the dental unit along with US FDA Approved lasers, EXILIS and many more latest technology for skin hair and body.

For more information contact:
Dr. Utkarshas Esthetic Centre, Dental-Skin-Hair-Body,
298, between 16 and 17 cross, Sampige road Malleshwaram, Bangalore-03
(next to Nalli silks).
call: 08023312323.
www.drutkarshaaesthetics.com.



Event Speakers (L-R) Prof. Dr. Sharan Srinivasan, Dr. Sudarshan Ballal, Dr. Durga Prasad Reddy and Dr. Thomas Chandy

Setting a new benchmark in Neurology

The department of Neurosciences at Vasavi Hospital caters to a wide range of neurological disorders from vascular surgery to spine surgery and movement disorders to epilepsy. Vasavi Hospital is equipped with some of the best technology including 3T MRI and 128 slice CT scanner, which helps in accurate diagnosis of various neurological and neuro-surgical conditions. The operation theatre is highly advanced and upto date with a neuronavigation system, to help reach and resect tumors accurately, along with an advanced microscope, CUSA, Neuromonitoring and Intraoperative ultrasound, all of which help to give the best possible outcomes for patients undergoing surgeries. This



Armamentarium ensures safe and effective Transnasal endoscopic skull base surgery as well. The cathlab is equipped to handle Endovascular procedures including coiling and embolization for Aneurysms and other vascular malformations. Advanced spine surgeries like fully Endoscopic Discectomies are routinely done. Navigation guided minimally invasive spine surgery significantly improves outcomes and reduces post operative pain and the duration to recovery among patients.

Backed by a passionate Neurologist, Dr. Gurucharan Adoor and Neurosurgeon Dr. Pratham Bysani, no



stone is left unturned in achieving superlative results.

The Vasavi Hospital's patient centric approach strives to uphold excellence in neurological and neurosurgical care and ensure patient satisfaction.

Vasavi Hospital combines expertise, technology and affordability to provide unmatched patient experience.

For more information contact:

Vasavi Hospital
Phone: 080 71 500 500
Email: info@vasavihospitals.com
Address: #15, 1st Stage, 70th Cross Rd, Kumaraswamy Layout, Bengaluru - 560078



Dr. Pratham R. Bysani



Dr. Gurucharan Adoor

Enhancing Healthcare to Alleviate the Society



Healthcare, as we all know is one of the basic necessities of any living being. When it comes to healthcare it is not just about making it available to all but it is more of creating a compassionate and supportive environment for the patients. Manipal Hospitals is one such brand which is renowned in the healthcare sector for its experienced medical professionals, quality and affordable healthcare. Being a part of the distin-

guished Manipal Education and Medical Group (MEMG), the Manipal Hospitals continuously aim to serve humanity. To do so they have kept highly intellectual people in their management who have been connected to the group for decades together.



Dr. Sudarshan Ballal, the chairman of Manipal hospitals is an acclaimed person who has a huge set of awards in his name. Starting from being the best outgoing student of the Kasturba Medical College with many gold medals in MBBS to being conferred the fellowship of the Royal College of Physicians, London for his contribution in medicine, this man has seen it all. Apart from leading Manipal Hospitals, he is also the chairman of Stempeutics Research Pvt. Ltd. and has been nominated as a board member of Management in Manipal Academy of Higher Education. Under his leadership, the hospital has grown to become the second largest chain of hospitals in India.

For more details, log on:

Website -
<https://www.manipalhospitals.com/>
Call - 1800 102 4647

HOSMAT LAUNCHES CUTTING EDGE ROBOTIC SURGERY UNIT

HOSMAT (Hospital for Orthopaedic, Sports Medicine, Arthritis & Accident - Trauma) Hospitals recently inaugurated a sophisticated and ingenious 3rd generation robotic surgery unit, in their Magrath Road Hospital, which is said to

be the 2nd hospital in Karnataka to have this latest automated robotic system.

After the advent of robotic technology in abdominal and pelvic surgeries, robotic surgery in joint replacement has come of age with its accurate precision technique. The 3rd generation CUVIS Robotic unit at HOSMAT

Hospitals, has been used across the world, including India, over the last 2 years. The robotic unit enables orthopedic surgeons to provide high degree of precision, with very minimal removal of bone. The post-operative recovery is very smooth with much less pain and enhanced bending of the knee as compared to traditional knee replacement.

Knee replacement, also called Knee Arthroplasty, is a surgical procedure to



(L-R) Dr. Prasad Antapur, Dr. Krishna Kumar MS, Dr. Sandeep M (Group COO), Dr. Ananya Puttaraju

resurface a knee damaged by arthritis of the knee bones. Both the knee bone surfaces of the knee are replaced by very strong plastic called high density polyethylene, which are the knee cap bone and upper end of leg bone, while the thigh bone is lined by a special metal called cobalt chrome which is nonmagnetic (MRI safe).

For more information contact:

HOSMAT Hospital
45, Magrath Rd, Richmond Town, Bengaluru, Karnataka 560025
info@hosmathospitals.com
080-25593796, 9108450310



Dr. Thomas Chandy
Chairman and Managing Director
Hosmat Hospitals

Managed by people who understand the pulse of their patients



Artists Impression

Trustwell Hospitals is a 250 bedded multi-super specialty hospital located in the heart of Bengaluru, on JC Road. It is a unique venture where the people who understand the needs of a patient are also the ones running it. Trustwell is a place where clinical experts in their chosen fields who have been constantly delivering quality medical care

over several decades have come together to put up some of the best possible hospital infrastructure and industry practices to run such a place.

It is a brainchild of some of the best doctors in the country who collectively decided to create a healthcare environment which is safe, secure and is backed by the latest medtech to enhance the quality of

healthcare. Since their inception, Trustwell Hospitals have been following their core values of patient centricity, integrity, ethical practice, teamwork and most importantly compassion towards the patients.

Their clinical services include Neurosciences, Orthopaedics, Cardiac Sciences, Pulmonology, Urology, ENT, Head and Neck Surgery, Surgical and Medical Gastroenterology, and Emergency Department. Trustwell Hospitals is an authorized Center for Multiorgan Transplantation and provide quality care to patients who need transplant services (liver, kidney) due to renal and liver failure. It is equipped with a state-of-the-art facility and an experienced team of doctors who perform complex liver and kidney surgeries.

As the founding doctors of this hospital come from different specializations, they are believed to

form a huge amalgamation of knowledge, experience and latest medtech.

According to a few former patients, the best part about the hospital is that it is being managed by people who believe in taking care of their patients. The core values blended with experience and a noble intent tend to make this one of the best hospitals

in Bengaluru.

For more details, contact:

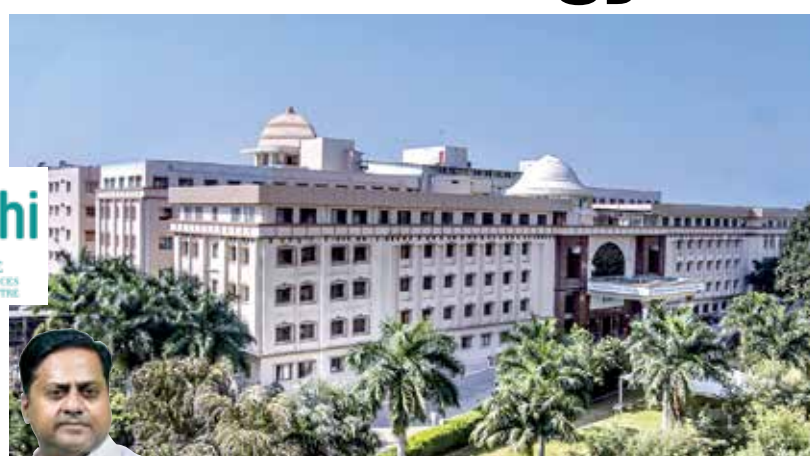
Trustwell Hospitals
080-4566777
Website - www.trustwellhospitals.com



Churning out few of the best Treatments in Cardiology

Vydehi Hospitals is one of the best hospitals in Bengaluru and is known to provide various range of medical services. They work on the vision of providing prime healthcare with state-of-art technology and services in order to create a healthy society. Such a noble vision has pushed them to have the best team to take this vision forward. One such integral addition to their team is Dr. Durga Prasad Reddy B.

A seasoned Cardiovascular Thoracic Surgeon with a medical journey of more than two decades, he has performed numerous cardiac surgeries and has been able to gain a huge reputation for heart transplantations. All through his years of service at Vydehi, he has operated on number of hearts and gifted new life to the patients. He has also treated 50 Down Syndrome children with congenital heart disease from West Africa to enhance his reputation on a global scale. Dr. Durga Prasad has also performed a complex congenital heart surgery for a least weight (1.8kg) baby which is a remarkable



Dr. Durga Prasad,
Cardiothoracic Surgeon

feat in the history of medical science. Dr. Durga Prasad as a person believes in early detection and preventive care, and has conducted numerous screening camps at both National and International level.

As an innovator Dr. Durga Prasad has come up with some concomitant procedures for coronary artery and peripheral artery that reduces the recovery time of a patient and thus reduces their financial burden. His contributions to the society and medical science has been recognized by multiple renowned organizations.

For more details, contact:

Phone - 080-4125 9032; Email- info@vimsmail.com

Ensuring that a dependable hand touches your heart



Cardiological treatment has been one of the major health concerns in the world for a quite a long time now. It is difficult to find doctors who are experienced and dependable for any kind of situation. It is really surprising that Vydehi hospital on the contrary is known for its remarkable Cardiology Department which has a huge pool of happy patients to back this reputation. Cardiologists like Dr. Srinivas VK, the Head Of Interventional Cardiology at Vydehi have helped them enhance this reputation. He is known for adult Interventional Cardiology, Primary Angioplasty, Complex Coronary



Intervention,
Pacemaker & ICD
implant, Peripheral



VK Srinivas
Cardiology VSH

Intervention, and Heart failure treatment.

Through his experience of more than three decades, Dr. Srinivas VK has performed thousands of Cardiac Catheterizations and Angioplasties. He is one of the few doctors to be trained in CTO techniques from Japan and further shares the same knowledge to his students as a Professor of Cardiology at Vydehi Institute of Medical Sciences and Research Centre. As a Cardiologist, he has been deeply involved in treating a huge variety of cardiac ailments in the southern part of India. The philanthropist in him has also pushed him to conduct a lot of screening camps throughout India to identify and treat cardiac patients from lower socio-economic layers of the society. He has been awarded by multiple renowned organizations for his service to the society and in the field of cardiology.

For more details, contact:

Vydehi Superspeciality Hospital
Phone-080 2227 7979
Email- enquiry@vsshospital.com

Bringing out some of the best treatments for Urology



In today's unhealthy and stressful lifestyle backed by improper food habits there are lot of medical issues that we are going through. Urologic diseases are one such set of medical problems that have become a common problem for majority of the people. These are on a higher level related to the filtering and carrying of urine out of the body and have been affecting men, women and children of all ages. The Urology department of Vydehi Hospitals has a good reputation among it's former patients.

Vydehi Hospitals has been well-

acclaimed for it's holistic services and for having a great team of experienced doctors.

Dr. Sanjay Paruchuri is one such reputed urologist in Vydehi today. He is very passionate about the field of Urology and believes in providing one of the best urological care to the society. He is known for having a successful Renal

Transplant Program, apart from uro oncology treatments, complex Genito urinary reconstruction, Pediatric urology and laser surgeries. He is also the head of department for Urology at Vydehi Institute for Medical Sciences and Research Centre (VIMS&RC) where his efforts towards building the career of students have proven to be remarkable.

For more details, contact:

Vydehi Hospitals
Phone - 080-4125 9032
Email- info@vimsmail.com



Dr. Sanjay
Paruchuri

Paving the way to good health



The story behind the leading pharmacy chain, Lifecare Medicals is indeed an inspirational one. Leading from the front, Veeman Kumar, Managing Director, overcame several challenges to achieve victory.

Completing his graduation at Chennaiapna First Grade College in 2000, Veemankumar's enterprising spirit drove him to take up a part time job during his holidays at a medical shop in Sampagiraman Nagar. His interest ensured he soon started working there full time. Moving to Bengaluru, he worked at the renowned Cash Pharmacy, in Richmond Circle from 2001 to 2005.

In November 2005, Kumar began his entrepreneurial jour-



Veemankumar, MD

ney by establishing a small shop in Devchikkannahalli near Begur, which did business of Rs. 5000 to 6000 per day. Between 2018 -2020 Veeman Kumar went on to establish a wide network of 45 shops across Bengaluru South. Three more stores are in the pipeline. The management team comprising Nanjagowda, Vijesh, Kumara B C, Jaikumar and

Dr. Rajesh has played a key role in the growth of the pharmacy chain.

Today, Lifecare Medicals is highly sought after by its clientele for offering a comprehensive range of Ayurvedic medicines, cosmetics, Allopathy medicines and Veterinary needs. Extending across a minimum of 1000 sq.ft., the stores offer free home delivery within a 5 to 10 km radius, with no minimum order. The company did a gross turnover of INR 100 crores in the FY 2021-22. With many new investors coming into the fray, Lifecare Medicals is poised to soon have a network of 100 shops.

For more details, contact:

9731990063

Comprehensive care for transformative cure



BGS Gleneagles Global Hospital, a part of IHH Healthcare, one of the world's largest healthcare providers, is devoted to providing quality services and transforming care. Backed by a dedicated team, unparalleled reach and scale, as well as a commitment to safety and quality standards; the hospital strives towards becoming an internationally trusted network for all healthcare needs. BGS Gleneagles Global Hospital, Kengeri, is a leading

BGS Gleneagles Global Hospital
Kengeri, Bengaluru

(Kidney Stones/Laparoscopy). A modern Cath Lab and advanced imaging services (Trubeam STX and Tesla MRI) offer cutting-edge emergency and critical care management following internationally approved clinical protocols. **For further information, visit the website:** <https://bgs-gleneagles-global-hospital-bengaluru.com/>

and pioneering centre in multi-organ transplant care across Karnataka. It has been acknowledged as one of the leading centre by volume for liver and kidney transplants and was the first to reach the 1000 transplants milestone in Karnataka. BGS Gleneagles Global Hospital, Kengeri, is NABH and NABL accredited hospitals in Bengaluru, with expertise in multi-disciplinary tertiary specialties.

The hospital has 450+ beds, 6 operation theatres and an extensive range of services encompassing Liver Transplant Surgery, Kidney Transplant Surgery, Cardiology & Cardiac Surgery, Paediatric Craniofacial Surgery, Neurosciences including Neurology & Stroke Care Centre, Oncology (Medical & Surgical), Orthopaedics (Joint Replacement/ Spine surgery) and Urology (Kidney Stones/Laparoscopy). A modern Cath Lab and advanced imaging services (Trubeam STX and Tesla MRI) offer cutting-edge emergency and critical care management following internationally approved clinical protocols.

For further information, visit the website: <https://bgs-gleneagles-global-hospital-bengaluru.com/>

Breaking the taboo of Erectile Dysfunction

Erectile Dysfunction, a widespread condition affecting more than 55% of men sadly is a merely discussed topic. Just to give a

brief overview, it is a condition where the male is unable to attain a firm erection during sexual activity. According to a few reports, it is preva-



Dr. Praveen Joshi



lent in all sections of society as there are many factors contributing to this condition. It is interesting to know that psychogenic erectile dysfunction accounts for about 40% of the cases. The next most affecting factors are believed to originate from a huge list of physical causes including diabetes, heart disease, high cholesterol and obesity.

People suffering from this condition are usually observed to be hesitant in expressing their issues. Such people fall prey to abusive treatment which has a huge set of chronic side effects scarring them for life. It is exciting to know that these issues can be easily resolved through authorized treatment centres like the Joshi's Andrology and Urology Centre. Based out of Bengaluru, they are experienced in solving such issues and have the most secure form of treatment available for their patients. They ensure the distinguished diagnosis of the patients to help them get some of the best solutions.

For more information contact:
Joshi's Andrology & Urology Centre
42070577 / 8197371247
Block-A, Sri Krishna complex,
Opposite Ganesha Temple 776,
1st and 2nd floor, Sahakar Nagar,
Bengaluru- 560092,
Karnataka

Revolutionising treatment with laser technology



Kaggadasapura



K R Puram



K R Puram



Koramangala

Laser technology is one of the most revolutionary addition to the field of meditech. It offers a optimal level of flexibility, sustainability, productivity and precision. The patients are comfortable as there is reduced blood loss and speedy recovery which reduces the hospital stay. This has enabled the hospitals and doctors to deliver better and faster care. With all the technology intact, we still need the best doctors to help us have a safe and secured surgery.



Dr. Sambashiva

Sri Lakshmi Super Speciality Hospital is a 50 bedded advanced hospital with ICU beds and dialysis beds. They have modern infrastructure and



Dr. Sambashiva and team from Sri Lakshmi Hospital receiving award from Mrunal Thakur

technology including 100W Holmium Laser, CT Scan etc. Holmium Lasers help remove kidney stones of any size and prostate easily without side effects. Uterus, Gall Bladder, Appendix, Tumor and Cancer surgeries, ENT operations, Cosmetic laser surgeries and other surgeries are also conducted using this technology. 100W Holmium Laser is one of the best treatment for the people having Cardiac pacemaker and Asthma. It is one of the treatments in Urology. Apart from having one of the best infrastructures, they also tend to provide the treatment at one of the most affordable rates just to ensure that more people can avail their medical services.

For more details, contact:
Sri Lakshmi Super Speciality Hospital
Nephro-Urology, Dialysis, Laproscopic, plastic surgery And Hitech laser center

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www.instagram.com/lakshmihospital
www.facebook.com/sreelakshmihospital
www.twitter.com/hospitalsri

Overcoming neurological disabilities with functional neurosciences

After the news of the awake surgery on a patient playing the guitar went viral in July 2017, Dr. Sharan Srinivasan is popularly known as the "guitar surgeon". Since 2011, PRS Neurosciences, has been helping neurologically disabled patients suffering from brain injuries (stroke, head injury), movement disorders (like Parkinson's, focal hand and other dystonias, tremors and spasticity) and spine/ spinal cord injuries, regain lost functional independence and live their best possible 'normal' lives, with a combination of affordable neuro modulation surgeries (stereotactic neurosurgery) and advanced neuro rehabilitation services. Early, comprehensive, multi-disciplinary treatments can enhance outcomes.

"As a functional neurosurgeon, the biggest struggle for me and my team is to make the world understand the difference between 'physiotherapy' and organised and comprehensive, multi-disciplinary neuro rehabilitation. The global 'patent-pending', dedicated software 'neuro logix', which has 'Progress & Prognosis Prediction' and 'Function-



The world famous Awake Guitar Surgery - done July 2017

restoring' tools, helps us achieve these objectives. We offer services to 'ICU on-ventilator patients' till they are integrated back into their community. We have also integrated ayurveda and yoga," explains Dr. Sharan Srinivasan.

A PIONEERING FUNCTIONAL NEUROSCIENCE WEBSERIES "BHEJA (UN)FRY"

Subscribe to the YouTube channel (PRSNeurosciences) to see a 3-part documentary 'Rebooting the brain' and the upcoming webseries Bheja (UN)Fry.

For more details, contact:
Prof. Dr. Sharan Srinivasan
Stereotactic & Functional Neurosurgeon
CMD, PRS Neurosciences & Mechatronics Research Institute (PNMRI)
www.prsneurosciences.com
helpline: +91-8884022088



Prof. Dr. Sharan Srinivasan

Providing safe and secure surgeries since its inception

Childbirth, a lifetime experience for every woman transforms them completely and marks the beginning of a new chapter of their life. In current times wherein everyone goes through a lot of mental stress and have unhealthy food, it really affects the process of childbirth among women. These issues need to be resolved with utmost care and needs to be addressed by renowned doctors in the safest environments.

Talking about doctors and safe environments, there are only a few hospitals that provide standard medication and Noble Multispecialty Hospitals is one such hospital. Founded by Dr. Triveni MP with a vision to serve the community, it tends to take care of patients in the best possible way. They specialize in high-risk pregnancy care and deliveries, laparoscopic surgeries and infertility treatments. They offer a full spectrum of integrated healthcare services catering to both affordable and unaffordable segment of population. The founder herself being a specialist in the department of Obstetrics and Gynaecology has done numerous surgeries within the first year of the hospital's formation. This sheer passion of serving the humanity through quality treatment techniques. Dr. Triveni received the award for Excellence In



Dr. Triveni from Noble Multispecialty Hospital receiving award from Mrunal Thakur



NOBLE
MULTISPECIALTY HOSPITALS
Gynaecology, Obstetrics, Dermatology, Ophthalmology, ENT, etc.

Gynaecology and Obstetrics at the Times Health Excellence 2022, event conducted by OMS (a Division of Times Internet Limited), based on a research by i3RC Insights Pvt. Ltd.

For more details, contact:
Noble Multispecialty Hospitals
Doddakamanahalli, Bannerghatta Road, Bengaluru- 560076
Contact: 9900203763 / 6360650592
Mail ID: mailnoblehospitals@gmail.com



Sagar Hospitals - Inspiration ahead



Kumaraswamy Layout Branch



Jayanagar Branch

"The people who are on the frontline every day in the hospitals are the good people you can find. For them, challenges are what makes life interesting and overcoming them makes life meaningful."

— Ishika Multani, President, Sagar Group of Hospitals

Sagar Hospitals Group, Bengaluru, is a well established, household name that has been providing tertiary and quaternary care to patients in and around Bengaluru, since 2002. The two hospitals are comfortably located in the heart of South Bengaluru, and are equipped with the latest and most advanced biomedical infrastructure in all the tertiary care departments including Cardiology, Urology, Nephrology, Neurology,



Orthopaedics, Gastroenterology, Oncology etc. It is however important to note that these super-specialty departments are strongly backed by Department of General Medicine, Department of General Surgery, Department of Anaesthesia, advanced ICUs and a well-manned Department of Emergency in addition to several other support departments.

As a tribute to one of the founders, Dr. Chandramma D Sagar, Sagar Group has also established a Medical College, Dr.

Chandramma Dayananda Sagar Institute of Medical Education and Research (CDSIMER), with an attached state-of-the-art 1300-bedded hospital that promises to train the next generation of healthcare providers with quality education in addition to carrying out cutting-edge research. "The Indian healthcare industry is undergoing a dynamic change to keep up with the growing healthcare demand of our population. Not only do we need more hospitals in the country, we need many more qualified healthcare professionals both in Medicine and Allied Health Sciences", says Dr. D Premachandra Sagar, Vice Chairman, Sagar Group.

Ishika Multani says, "Sagar Hospitals will benefit immensely from the latest group business strategy. The hospitals promise to serve its community and the people by adopting global standards and evidence based ethical practice".

For more details, contact:
Sagar Hospitals Group
Ph - 9591991820
Website - <https://www.sagarhospitals.in/>

Research Methodology

i3RC has developed a nominee assessment form and an objective analytical framework to assess the nominees for Times Health Excellence Bangalore in various categories. The assessment focuses on:

- General profile and background of the nominees
- The kind of work being done with focus on innovation and unique value propositions
- Contribution to business world/ industry and society at large

In addition, feedback of each nominee was assessed through multiple tools such as social media profile scan and customers/ colleagues or public feedback. All data was objectively analyzed to assess eligibility and suitability of the nominee for the award.

ASSESSMENT FRAMEWORK

The assessment framework follows a multi-pronged approach and involves the following key steps:

- Nomination Form is filled by the nominees
- The form covers basic profile of the nominee, their work/ business profile
- Feedback Assessment
- A random survey is done amongst the general populations to take feedback about the nominees on a 10-point scale
- Sample Size: 200

ABOUT I3RC INSIGHTS PVT. LTD.

We are a Market Research, Insights & Consultancy firm having track record of conducting successful research studies over the years across wide range of industry sectors across consumers and business domain.

i3RC team is a good mix of dynamic young and experienced professionals with cumulative team experience of over 100 years. The team comes from diverse backgrounds to handle projects in multiple industry sectors and types of research studies. There are professionals with background in Economics, Statistics, Analytics, Engineering and Management.

In order to bring objectivity to business and excellence awards, we have developed a methodology to objectively assess and document meaningful contributions of individuals and organizations which make them eligible for various awards. We as an organization are quality focused and committed to providing excellent service to our clients through innovation and judicious use of technology. We are a corporate member of MRSI and follow MRSI & ESOMA code of ethics while conducting every research project.



Note: Present survey has been exclusively conducted by an independent Research Agency named i3RC Insights Pvt. Ltd. (i3RC) using stated methodology for arriving at given rankings. The publication house and its affiliates/employees/authorized representatives/group companies are not responsible/liable for the above rankings. Readers are advised to take an informed decision before acting upon the survey rankings.