

# MEDICAL BUZZ

RNI No. RAJBIL/2017/73666

बुधवार, 15 अप्रैल, 2026

अंक : 9

वर्ष : 09

पृष्ठ: 08

मूल्य: 600/- वार्षिक (मसिक)

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## Decentralising Excellence: A Vision to Transform Healthcare Across India

**I**n modern Indian healthcare, infrastructure can be built with capital, but true transformation demands conviction, clarity of purpose and sustained leadership. Mr. Sridhar Peddireddy's journey stands as a compelling example of this philosophy in action. It is not merely about expanding hospitals or increasing bed capacity; it is about fundamentally reshaping how healthcare is delivered, accessed and experienced—especially across regions that have historically remained underserved and overlooked.

With decades of leadership across oncology and multi-speciality healthcare systems, Mr. Sridhar recognised early in his career a deep structural imbalance within India's healthcare ecosystem. Advanced medical technologies, specialised oncology services and integrated treatment pathways were largely concentrated in metropolitan centres. Meanwhile, patients from Tier-2 and Tier-3 cities were compelled to travel long distances, often at great financial and emotional cost, facing delayed diagnoses and fragmented care journeys. This gap was not just logistical—it was systemic, and it demanded a long-term, scalable solution.

His response to this challenge was not incremental—it was transformational. The mission became clear: decentralise excellence and bring advanced healthcare closer to where patients live. Under his leadership, Renova Group of Hospitals has steadily evolved into a strategically structured healthcare network of 11 branches, designed not merely for expansion but for impact. Each centre is built on a carefully aligned framework of advanced clinical capabilities, robust digital integration and a deeply embedded patient-centric institutional culture.

The expansion strategy has been deliberate and insight-driven, extending beyond Hyderabad into



**Sridhar Peddireddy**  
Founder & Managing Director  
Renova Group of Hospitals

empowers departmental autonomy and nurtures leadership within leadership, he has cultivated an environment where excellence becomes a sustained standard rather than an occasional outcome.

A defining aspect of his vision has been the strategic prioritisation of oncology as a core institutional focus. Cancer care requires not just advanced technology but coordination across multiple specialties, timely decision-making and continuous patient support. By strengthening multidisciplinary tumour boards, integrating end-to-end cancer care pathways and investing in cutting-edge treat-

social domain through the Sri Dharani Foundation. The foundation actively supports community-driven initiatives focused on women's education, social welfare and environmental sustainability. This extension of healthcare philosophy into societal development reflects a holistic understanding of wellbeing—where health is intrinsically linked to education, awareness and environment.

Looking ahead, the vision remains firmly anchored in expansion with purpose. The goal is not just to grow in scale but to elevate standards, empower teams and build institutions that function as life-long healthcare partners for the



**Mr. Sridhar's leadership has also gained international recognition, including acknowledgement at the International Peace Conclave in the United States, among several other accolades. While such recognitions underscore his contribution to global healthcare leadership, they serve a larger purpose—bringing attention to the evolving landscape of Indian healthcare and its potential to set new benchmarks in accessibility and quality. For him, these honours are not endpoints but platforms that amplify a broader mission.**

emerging healthcare markets such as Alwar and Jaipur. These regions, while rapidly developing, have long required access to high-quality, specialised medical care. By establishing a strong presence in such locations, Renova is not only expanding its footprint but also redefining the healthcare landscape—creating centres of excellence that reduce dependency on metropolitan migration and enable timely, localised care.

However, infrastructure alone does not define transformation. Mr. Sridhar's most significant contribution lies in reshaping organisational mindset. He has consistently emphasised that hospitals are not mere physical entities but living ecosystems of trust, collaboration and accountability. Through a leadership philosophy that encourages innovation,

ment platforms, he has ensured that patients receive comprehensive and cohesive care under one system. This approach significantly enhances clinical outcomes while also improving patient confidence and continuity of care.

Equally important is the emphasis on digital transformation as an enabler of scale and efficiency. From integrated hospital information systems to data-driven clinical decision support, the adoption of technology has played a critical role in streamlining operations and enhancing patient experience. This forward-looking integration ensures that healthcare delivery remains consistent, transparent and adaptable to future demands.

Beyond institutional leadership, his commitment extends into the

communities they serve. By continuously investing in people, processes and technology, Mr. Sridhar is shaping a healthcare model that is resilient, inclusive and future-ready.

Through strategic foresight, disciplined execution and an unwavering commitment to impact, Mr. Sridhar Peddireddy continues to redefine what healthcare leadership can achieve. His work represents a shift from reactive care to proactive systems, from centralised excellence to distributed access and from transactional healthcare to enduring patient relationships. In doing so, he is not only expanding a network of hospitals but building a legacy of accessible, ethical and transformative healthcare for generations to come.

## The Diagnostic Eye: Why Observation Still Matters Most

Observation means the ability to notice minute and significant details. It is the most important part of physical examination next to a detailed history. Observation can be planned or spontaneous. In medical education, inspection is the first part of physical examination. Observation skill develops through repeated mindful practice that makes us see beyond what two eyes can see, as if with a third eye.

A mere look at the patient can alert us about something going wrong. A change in a patient's behavior can give us the first clue. For example, a patient having fever for a day, who looks confused and talks irrelevantly, gives suspicion of encephalitis. This is due to poor oxygenation of the brain cortex, and timely oxygen therapy can save the patient. Similarly, a patient of post-operative appendicitis on day three, afebrile with a soft abdomen but looking lethargic, raises the possibility of septic shock.

Similarly, observing breathing can give many clues. Gurgling sounds in the throat indicate an obstructed airway. Hissing nasal sounds indicate nasal

obstruction. Inspiratory stridor indicates upper airway obstruction. Fast respiratory rate and tachycardia indicate impending respiratory failure. Deep and rapid breathing suggests acidosis. Sudden excessive sweating may suggest myocardial infarction or hypoglycaemia.

One should also note the way the patient walks into the consultation chamber—his look, gait, way of sitting, behavior, way of talking, speech, swelling over the body, pigmentation of skin, hair loss, color of skin, etc., are important for first-line diagnosis.

Most of the signs of neurological diseases are just observed and do not require even physical examination. Facial palsy, TIA, and stroke can be suspected by just having a look at the patient. Similarly, memory can be judged by simple questions. Abnormal movements of ataxia, tremors of Parkinsonism, and angles of the mouth or wrinkles of the face can be diagnostic of facial palsy. Hysterical and epileptic seizures can also be easily observed for clear diagnosis of disease.

Observation of ptosis for third nerve

palsy is equally important. Macrocephaly or microcephaly are also useful diagnostic observations. Rib abnormalities can help in diagnosing rickets.

A comfortable patient with severe anaemia and abdominal distension indicates nutritional anaemia with B12 or folic acid deficiency. Anaemia with jaundice can indicate hemolytic anaemia. Anaemia with apparent lymphadenopathy is diagnostic of leukemia or Hodgkin's disease. The style of respiratory distress in COPD is very typical. The speech of the patient also signals the diagnosis of myxoedema. A distended abdomen with prominent abdominal wall veins is diagnostic of chronic liver disease or portal hypertension. Clay-colored stool and itching are indicators of obstructive jaundice. Short stature, pallor, and edema indicate chronic kidney disease. Breathlessness on mild exertion indicates cardiac disease.

In almost all systems of the body—neurology, pulmonology, cardiology, nephrology, dermatology, gastroenterology, or others, clinical observation by the clinician plays a great role



**Dr. Paras Jain.**  
Patron  
Medical Buzz

in diagnosis and management of disease.

Many patients say that doctors give diagnosis just by looking at the patient. This is true if the physician observes the patient very intelligently. The power of observation helps in many ways in the overall management of the patient. One good clinician can tell the prognosis of a patient just by looking at them and through observation skills. In spite of all investigations and research, the power of observation should be given its proper place in the healthcare system.

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## Relief from Facial Pain: Understanding Radiofrequency Ablation for Trigeminal Neuralgia

**I**magine experiencing sudden, severe, electric shock-like pain on one side of your face—triggered by something as simple as brushing your teeth, eating, or even a gentle breeze. This is the reality for people suffering from Trigeminal Neuralgia, one of the most painful conditions known in medicine.

### What is Trigeminal Neuralgia?

Trigeminal neuralgia is a chronic pain condition affecting the trigeminal nerve, which carries sensation from your face to your brain. Even mild stimulation—like washing your face—can trigger intense pain episodes that last seconds to minutes but may recur frequently.

### Why Does It Happen?

The most common cause is compression of the nerve by a nearby blood vessel. Other causes may include:

- Aging-related changes
- Multiple sclerosis
- Tumors (rare)

### When Medicines Are Not Enough

Most patients are initially treated with medications like carbamazepine. While effective early on, some patients:

- Stop responding over time
- Experience side effects such as drowsiness or dizziness

This is where advanced procedures like Radiofrequency Ablation come into play.

### What is Radiofrequency Ablation (RFA)?

Radiofrequency ablation is a minimally invasive procedure that uses heat generated by radio waves to target and deactivate specific pain fibers of the trigeminal nerve.

Think of it as “switching off” the pain



signals before they reach the brain.

How is the Procedure Done?

- Performed under local anesthesia with mild sedation
- A thin needle is inserted through the cheek under imaging guidance
- The exact nerve location is identified
- Controlled heat is applied to block pain signals

The entire procedure usually takes 30–60 minutes, and patients often go home the same day.

### Benefits of RFA

- Immediate or rapid pain relief
- Minimally invasive (no major surgery)
- Short recovery time
- Can be repeated if pain recurs
- Many patients experience dramatic improvement in quality of life.

Are There Any Risks?

Like any procedure, RFA has some potential side effects:

- Mild facial numbness (common and often expected)
- Rarely, weakness of chewing muscles
- Very rarely, complications like infection

However, when performed by experi-



**Dr Dayaram**  
MD (Anaesthesia), FIPM, EDAC  
HEAD Critical care , Anaesthesia and  
Pain Medicine  
S.N, super speciality hospital,  
Sri Ganganagar

enced specialists, it is considered safe and effective.

### Who Should Consider RFA?

RFA is ideal for patients who:

- Have severe trigeminal neuralgia
- Do not respond to medications
- Are not suitable candidates for major surgery

### Life After the Procedure

Most patients can:

- Resume normal activities within a day
- Reduce or stop pain medications
- Enjoy long-term relief

Regular follow-up ensures sustained benefit.

### Final Word

Living with trigeminal neuralgia can be physically and emotionally exhausting. But modern treatments like radiofrequency ablation offer hope—turning unbearable pain into manageable or even pain-free living. If you or a loved one is suffering from facial pain, consult a pain specialist. Early intervention can make a life-changing difference.

*“The article is in accordance to personal Opinion of our esteemed writers.”*




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## Health Nova 2026: A Gathering of Healers, A Celebration of Care



**O**n 29th March 2026, the beautiful city of Jaipur played host to an inspiring gathering of healthcare professionals at Health Nova 2026, the 8th Annual Conference organized by Medical Buzz. Held at the elegant Hotel Royal Orchid Jaipur, the event brought together a vibrant community of doctors, healthcare leaders, and medical innovators from across the region. Guided by the belief that “great achievements are born from great collaborations” Health Nova 2026 was not just a conference—it was a heartfelt coming together of minds dedicated to the noble profession of healing. The atmos-

phere was filled with warmth, camaraderie, and a shared vision to advance healthcare practices.

The conference was graced by the esteemed Chief Guest, Dr. R. K. Madhok, whose presence added immense value and inspiration to the event. Joining him as Special Guest was Dr. M. P. Sharma. The success of Health Nova 2026 was made possible under the guidance and support of its respected patrons, Dr. Brijesh Gaur and Dr. Paras Jain. Their vision and commitment to strengthening the medical community were evident throughout the event.

The conference featured engaging discussions, expert talks, and knowledge-sharing sessions that focused on advancing clinical practices, improving patient care, and addressing modern challenges in healthcare. The interactive nature of the sessions encouraged dialogue, learning, and collaboration among participants. One of the most memorable moments of the conference was the felicitation ceremony, where Dr. Alaka Rao was honoured with the prestigious Doctor of the Year Award. Her remarkable contributions to the medical field and dedication to patient care were celebrated with great admiration and pride.





With participation from healthcare professionals across Rajasthan and neighboring regions, Health Nova 2026 served as a powerful networking platform. It provided an opportunity for attendees to connect, collaborate, and build lasting professional relationships in a welcoming and positive environment.

Over the years, Medical Buzz has proudly organized a series of impactful conferences including Heal the Healers (2018, Jaipur), Save the Saviour (2019, Bikaner), Hail the Heroes (2022, Sriganganagar), Buzz Medicon (2022, Sriganganagar), Health of Healers (2023, Hanumangarh), Medical Buzz Con 2024, Beyond the White Coat, and Medical Buzz Synergy Conclave 2025.

As the 8th edition of its annual conference series, Health Nova 2026 further strengthens this legacy of bringing together the medical fraternity under one roof to share, learn, and grow collectively.

Health Nova 2026 was a true celebration of dedication, knowledge, and unity in healthcare. With inspiring leadership, engaging discussions, and heartfelt recognition of excellence, the conference left a lasting impression on all who attended.



## Major Neuro-Endoscopy Summit Sees Global Participation Despite Challenges

In a remarkable confluence of knowledge, skill, and global collaboration, the 12th Annual Conference of the Neuro Endoscopic Society of India was held from March 26–28 in Jaipur, bringing together nearly 400 neurosurgeons from India and across the world.

Led by Dr. K.K. Bansal, Honorary Treasurer of the Society and Senior Consultant at Narayana Hospital Jaipur, the conference stood as a testament to the growing spirit of innovation and unity in the field of neuro-endoscopy. A Guinness World Record holder, Dr. Bansal ensured the event was not only academically enriching but also warmly collaborative.

Despite global uncertainties, the conference witnessed enthusiastic participation from over 20 international faculty members representing countries such as the United States, Brazil, Japan, and Germany. Their presence added immense value, with live discussions and demonstrations of advanced techniques shaping meaningful exchanges of ideas.

A standout moment was the cadaver workshop conducted



at the Anatomy Department of SMS Medical College, where around 60 young neurosurgeons gained hands-on experience in endoscopic brain and spine surgery—an opportunity that blended learning with inspiration for

the next generation. The main sessions, hosted at Hotel Royal Orchid, became a vibrant platform for sharing research, experiences, and future possibilities. Eminent experts from institutions like AIIMS Delhi, PGI

Chandigarh, and NIMHANS Bangalore enriched the discussions with their insights. A highlight of the academic program was the presidential oration by Dr. Sarath Chandra, who spoke about the evolving future of neuro-

surgery and the transformative role of minimally invasive techniques.

Reflecting the spirit of perseverance and excellence, Dr. Bansal shared an inspiring thought:

“When you are ready to bend your own rules or your body to pass through narrow & thorny corridors of life, you can achieve your targets.”

As the conference concluded, heartfelt gratitude was extended to all participants, faculty, and organizers. Beyond scientific exchange, the event fostered a sense of community, mentorship, and shared purpose—further strengthening India’s role in advancing neuro-endoscopy on the global stage.

### मेडिकल बज्ज का सफर जारी है ... (उदयपुर)



## ECLIPSE 3.0: The Ultimate Fusion of Sports, Culture and Spirit

**E**CLIPSE 3.0, the annual cultural and sports fest of Government Medical College, Hanumangarh, unfolded from 23rd to 31st March as a vibrant celebration of talent, unity, and youthful energy. Over nine memorable days, the cam-

pus came alive with competitions, performances, and moments of togetherness.

The fest began with a grand inauguration on 23rd March. A high-energy flash mob with synchronized dance and human pyramids set the tone, while dhol beats, a dramatic banner drop, and fireworks created an electrifying atmosphere. The evening continued with a lively carnival featuring games, food stalls, photo-booths, and unique attractions like secret letter delivery, ending with the release of glowing lanterns.

The following days showcased a balance of athletic excellence and creative expression. Sports events like badminton, table tennis, volleyball, and chess witnessed impressive performances, reflecting determination and teamwork. Creative competitions such as plate and box painting highlighted artistic flair, while fun races—including lemon spoon and sack races—added joy and participation.

Cultural activities brought the stage alive with dance, music, and expression. From graceful Bollywood and classical performances to soulful singing, students displayed remarkable talent. Unique events like anonymous love letter writing added emotional depth and excitement, fostering connections across batches.

On 28th March, “Chocolate Hour,” hosted by Principal Dr. Kirti Shekhawat, stood out as a heartwarming activity where students expressed emotions through symbolic chocolates. This was followed by a thrilling treasure hunt that tested wit, coordination, and endurance.

The grand cultural day on 29th March featured Ganesh Vandana, prize distribution, and a Bollywood-themed night where students portrayed iconic characters, creating a cinematic experience on campus. Sponsors were felicitated, and gratitude was extended to the Principal for her constant support.

The energy continued on 30th March with themed walks like Spiritual and Rebel, along with a vibrant Haryanvi dance and a lively performance by the band Filmy Fusion.

The fest concluded on 31st March with a memorable finale, including prom night and an electrifying DJ session that carried on till dawn.

ECLIPSE 3.0 was more than just a fest—it was a celebration of unity, talent, and shared experiences. It brought students, faculty, and staff together, creating lasting memories and setting the stage for an even bigger celebration next year.



## MediClub Muse Strikes the Right Chord with "The First Note" in Udaipur

Udaipur, April 11, 2026:

In a refreshing blend of talent, togetherness, and celebration, MediClub Muse hosted its much-anticipated musical evening, "The First Note," bringing the medical fraternity together for a vibrant and memorable experience. The event witnessed enthusiastic participation from doctors and their families, with over 20 doctors taking to the stage to showcase their musical talents. More than 70 attendees gathered to enjoy an evening filled with melody, passion, and a strong sense of community bonding. From soulful karaoke renditions to energetic live orchestra performances, the evening transformed into an immersive musical journey. The platform allowed doc-



tors to step beyond their clinical roles and express their artistic side, highlighting the multifaceted personalities within the fraternity.

A key highlight of the evening was the felicitation of Dr. Anand Gupta on his election as President Elect of IMA Rajasthan. He was hon-



oured by MediClub along with his team, marking a proud and celebratory moment for the community. Sharing his vision, MediClub Founder Dr. Upavan Pandya spoke about expanding the initiative into new chapters such as MediClub Rise and MediClub Seva. These upcoming platforms aim to support doctors in pursuing personal passions, achieving growth, and contributing meaningfully to society. Adding to the significance of the event, Dr. Umesh Swarnkar emphasized the

importance of such initiatives in uncovering hidden talents while strengthening interpersonal connections among medical professionals. The event was thoughtfully curated by Dr. Sunita Acharya, with seamless anchoring by Dr. Kamlesh Bhatt and Dr. Nidhi, ensuring a lively and engaging atmosphere throughout the evening. The celebration concluded with a delightful dinner, offering attendees an opportunity to connect, share experiences, and cherish the success of the event. With initiatives like "The First Note," MediClub continues to inspire doctors to explore life beyond medicine—fostering creativity, connection, and community spirit.



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