



### **Our Values**

#### CARING

Every NHS Health Care staff member touches the lives of the patients and families in our care. We treat those we serve and each other with kindness and compassion and strive to better understand and respond to the needs of a diverse community.

#### SAFETY

Patients and families have placed their lives and health in our hands. At NHS Health Care our first priority - and the rule of medicine - is to protect them from harm. We believe that maintaining the highest safety standards is critical to delivering high-quality care and that a safe workplace protects us all.

#### **EXCELLENCE**

At NHS, only the best will do. We work as a team to bring experience, advanced technology and best practices in providing the highest - quality care for our patients and families. We devote ourselves to continuous improvement, excellence, professionalism and innovation in our work.

#### INTEGRITY

Our actions tell the world what NHS is and what we stand for.We act ethically and responsibly in everything we do and hold ourselves accountable for our behaviour. We bring respect, openness and honesty to our encounters with patients, families and coworkers and support the well-being of the communities we serve.

#### **OUR FOUNDERS**



Dr. Naveen Chitkara



Dr. Sandeep Goel



Dr. Shubhang Aggarwal



Dr. Vibha Chitkara



**Dr. Shelly Goel** 



Dr. Rinku Aggarwal

Jalandhar is known for its doctors and nursing homes. With asia's maximum number of hospitals, over the last few years, it has seen a surge in number of super specialists and foreign trained doctors practicing here. We are a group of forward thinking professionals, with established practices of almost 15 years each. With an aim to provide quality medical services in tertiary level care, we decided to join hands and create a new world class setup. NHS Hospital (Nasa & Hub Superspeciality) is located in the heart of the city's green area.

With a green patch of 100 feet in the front, services spread over six levels, a 100 car parking, the hospital boasts of many firsts in the area. With focus on Emergency services and Critical care, this 125 bed multispeciality setup offers state-of-art diagnostics and super speciality medical and surgical services under one roof. Well planned flow of patient and attendant traffic, ensures smooth and fast turn around, making out patient visit comfortable. Well-lit and ventilated rooms with all doors being handicap accessible, target to make patient stay very comfortable.

Cutting edge technology in communication with an optical fibre backbone, State of art glass wall theatres and central plant for producing medical grade oxygen, PACS and other medical facilities are at par with international level. Strategically placed cafes, waiting areas, public toilets and attendant lounges makes it a first in the hospitals of the area. Going ahead of the national norms for patient safety, fire safety, energy conservation and waste management and pollution control, we targeted to be the second hospital in the country to be a platinum grade green building.

NHS Hospital is the first professionally managed private super-speciality hospital of this scale in Doaba Region of Punjab, with an aim to raise the bar high in serving the population locally, from neighbouring states and a large NRI/ travelling community.





## Dr. Naveen Chitkara

M.Ch. Neurosurgery Spine and Brain Surgeon

NHS Hospital provides best-in-class advanced neurosurgical services. This Institute brings together expert doctors and surgeons, state-of-the-art technology, cutting-edge treatment options and superior patient-focused care to deliver the best healthcare experience.

#### **BRAINAND SPINE SURGERY**

Surgery of the brain, spinal cord, skull and the bony spinal column, is a highly advanced superspecialty which requires specialized training.

#### MINIMAL INVASIVE SPINE SURGERY

Modern minimally invasive surgery (MIS) techniques allow spine surgeons to achieve the same goals of open surgery while minimize the collateral damage associated with the open approaches. Using MIS techniques, surgeons are able to avoid extensive muscle dissection. Reducing tissue injuries ensures decreased blood loss & postoperative pain, short hospital stay and expedited recovery.

#### LASER SPINE SURGERY

The laser spine surgery procedure takes about an hour total, and requires only one small incision. The laser creates a super high energy made out of light, or photons, that's concentrated in the tip of a pen-like tool.

#### STITCHLESS SPINE SURGERY

This surgery is performed for disc problems, not relieved with physiotherapy and medicine. Symptoms could be pain from back to foot. Endoscopic spine surgery, guided by a needle under X-ray, followed by pure endoscopic visualisation, eliminating the need for any stitches.



#### **EDUCATION & TRAINING**

- MBBS, MS (Medical College, Rohtak)
- M.Ch Neurosurgery (SMS Jaipur)
- Medical School, Georgia, USA (Neuro Interventions)
- FHU, Japan (Neuro Interventions)
- NUH, Singapore (Neuro Sonology)

#### MEMBERSHIP & REGISTRATION

- Member of Quality Council of India
- Member of Technical Committee, NARH

#### **ACHIEVEMENTS**

- 650 + Prestigious Awards
- More than 6500 successful surgeries
- 48 International and National Publications
- Asian Editor, "Neurological Science", published from USA
- Editor, Oncosure
- Past Associate Editor, Neurology, India
- Recipient of DL Shah Quality Award 2014 and 2015



**Dr. Sudhir Sood** 

M.B.B.S. DNB Neurosurgery Brain & Spine Surgeon





## Dr. Sandeep Goel

D.M. (Neurology) Neurologist

Neurology Medicine deals with **Stroke**, **Epilepsy**, **Headache**, **Dementia**, **Movement Disorders**, **Various Muscle**, **Nerve**, **Spinal Cord Disorders**.

NHS Hospital is a complete all under one roof for all neurology problems.

A state-of-art 24x7 **STROKE ICU** manages all kinds of stroke patients & has excellent dedicated staff, with 16 years experience.

Our advanced **CTAngio** & **I.5T MRI** facility which is in the triage itself ensure that in acute stroke no time is wasted in shifting the patient enabling us to clock the door to needle time to just 10 minutes.

For thrombolysis **our 3D Neuro Cath Lab** takes patients for acute Intra-Arterial Thrombolysis & excellent results of coiling of aneurysms.

Rehab Unit gives marvelous facilities of rehabilitation to all stroke patients.

Headache Workup / Treatment in this facility is excellent with huge experience of Dr. Sandeep Goel managing these patients since last 16 years.

Epilepsy Unit is created with ability of **VIDEO TELEMETRY EEG**, & other imaging EEG machine & availability of high end 1.5T MRI with epilepsy protocol.

**Botox Therapy** for Spasticity is being practised with wonderful results. Botox is also given for various movement disorders like Blepharospasm, Cervical Dystonia & other Dystonias.

**Dementia** treatment is augmented with the availability of Neuropsychology Department.

**Parkinsons Disease** & various neuro degenerative disorders are treated with excellent & caring approach

NCS / EMG / VEP / BAER facility is also available



#### **Education and Training**

- MBBS
  - (Dayanand Medical College and Hospital, Ldh.)
- MD (Medicine)
- DM (Neurology)
- Interventional Neurology
- Headache

## Memberships & Registrations

- American Academy of Neurology
- Indian Academy of Neurology

#### Area of Expertise

- Interventional Neurology
- Headache
- Thrombolysis



Dr. Debabrata Datta

M.D., DM Neurology Specialist in Headache disorders





## Dr. Shubhang Aggarwal

M.Ch. Orthopaedics. (U.K.)
Orthopaedic & Joint Replacement Surgeon

Department of Orthopaedics has definitely established itself as one of the most quality conscious orthopaedic departments in the country.

With comprehensive Orthopaedic Care under one roof, the team performs advanced surgeries with consistently excellent results.

#### **ROBOTIC JOINT REPLACEMENT**

With the revolutionary Robotic Technology we at NHS Ortho Robotics offers state of art robotic knee & hip replacement surgery, with advantages of

- Faster Recovery Less Pain
- Less Bleeding
   No cutting of bone
- Walk in 3 hours

#### SHOULDER, HIP & KNEE REPLACEMENTS

- Minimally invasive tissue preserving techniques
- Patient controlled analgesia for painless recovery
- Dedicated Musculoskeletal rehab Unit
- · Latest implants lasting 30-40 years

#### **SPORTS INJURIES & REHABILITATION**

- Arthroscopic ligament reconstruction and repair
- Arthroscopic chondroplasty & REGROW cartilage surgery
- Arthroscopic meniscal repair (SAVE THE MENISCUS)
- Dedicated sports rehab unit
- Radio frequency co-ablation (TOPAZ) for elbow & heel
- Cartigram (State of art MRI for Cartilage mapping)

#### **SCOLIOSIS & SPINE SURGERY**

- · Corrective surgery for spine deformities.
- · Surgery for Lumbar Disc and Canal Stenosis
- Nerve stimulators / SSEP Available

#### ADVANCETRAUMA RECONSTRUCTION

- Pelvis fixation
   Acetabulum fixation
- Complex high velocity injuries

## PAEDIATRIC ORTHOPAEDICS

- Cerebral palsy / DDH /
- Club foot surgeryFree polio surgery
- Dedicated neuro-muscular rehab
- In-House Orthotics and Prosthetics

## Clinical Attachments & Fellowships

- Registrar, Bombay Hospital, Mumbai
- M.Ch. Orthopaedics (UK) Ninewells Hospital, Dundee, Scotland
- Hip Resurfacing, Nuffield Hospital, Birmingham, UK
- Computer Assisted Surgery, Southampton General Hospital, Southampton
- Computer Assisted Joint Training, Melbourne, Australia
- Intelligent Knee Surgery Training, Singapore
- Uncemented Knee Replacement, France
- Revision Knee Replacement, Gold Coast, Australia
- Revision knee Replacement, Lindenlohe, Germany
- Shoulder Replacement Surgery, Lindenlohe, Germany
- Hip & Knee Preservation Surgery, Hospital For Special Surgery, New York, USA
- · Robotic knee replacement surgery, USA



Dr. Pratik Lakhani

M.S. (Orth)
Consultant Paediatric Orthopaedic
& Deformity Correction Surgeon





## **CARDIAC SCIENCES**



**Dr. Anwar Khan**M.D., DNB Cardiology
Interventional Cardiologist



Dr. Kamaldeep Bansal M.D., DM Cardiology Interventional Cardiologist





Department of Cardiac Science at NHS Hospital , Jalandhar is run in alliance with EMC group of Hospitals, Amritsar who have 17 years of experience in managing Cardio and CardioVascular Surgeries.



DEPARTMENT OF CARDIOLOGY

Conscientious, experienced and patient focused Interventional Cardioloigst, dedicated to providing quality care in ameticulous, cost effective and personal manner. Expertly skilled, analytical and results driven in cath lab settings, diagnosis and treatment of cardiac, peripheral vasculardiseases and heart failure. He has performed over 500 Angioplasties and 300+ pacemakers/ ICDs. Believes in serving each patient as an individual, willing to spend the necessary time to find the correct diagnosis to be able to provide the best care possible.

#### Skill highlights:

- Coronary angiography
- Percutaneous coronary intervention
- Temporary and permanent pacemaker insertion
- ICD and CRT-D/P Insertion
- Peripheral interventions
- Structural intervention (BMV,BPV,BAV)
- Device closure (ASD,VSD,PDA)





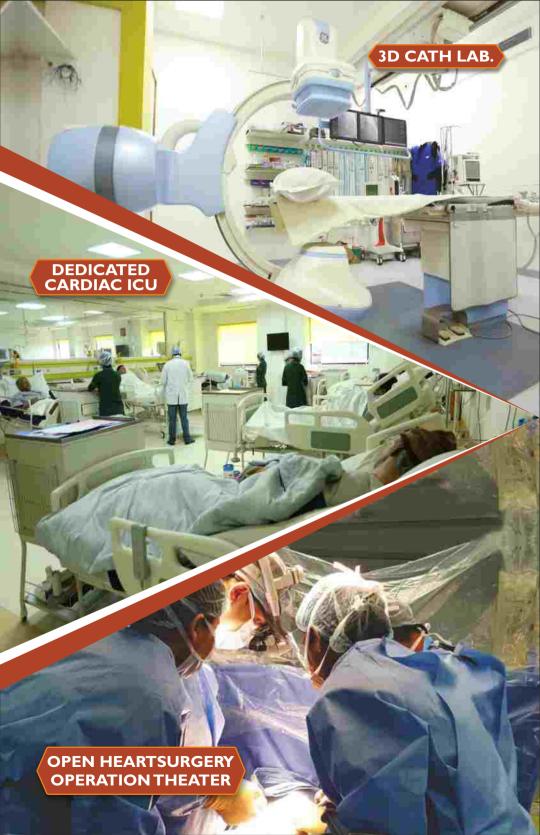
# DEPARTMENT OF CARDIOTHORACIC & VASCULAR SURGERY

Department of Cardiothoracic and Vascular Surgery at NHS hospital is managed by a dedicated team available 24/7 for personal care, of their patients, focused on saving lives.

#### **Facilities**

- Beating Heart Bypass surgeries
- Total Arterial Revascularization
- Valve repair & replacements
- · Correction of tumor of heart
- · Repair of hole in heart
- · Peripheral bypass grafting







**Dr. Vineet Mahajan** MBBS, MD, FCCP (USA) Chest Specialist & Intensivist



Sonologist



## CHEST & PULMONARY DISEASES

Department of pulmonary medicine is par excellence and is fully equipped in diagnosing and treating all acute and chronic respiratory disease, like:

- · Bronchial Asthma
- · COPD
- Interstitial Lung Disease
- · Bronchogenic Carcinema
- Tuberculosis

These are managed with latest techniques and guidelines

#### **FACILITIES**

- State-of-art Critical Care Unit (ICU)
- Non-InvasiveVentilator Management (BIPAP)
- Spirometry
- Bronchoscopy
- CT guided FNAC of Lung mass
- Smoking Cessation Clinic
- Sleep Study (Polysomnography)







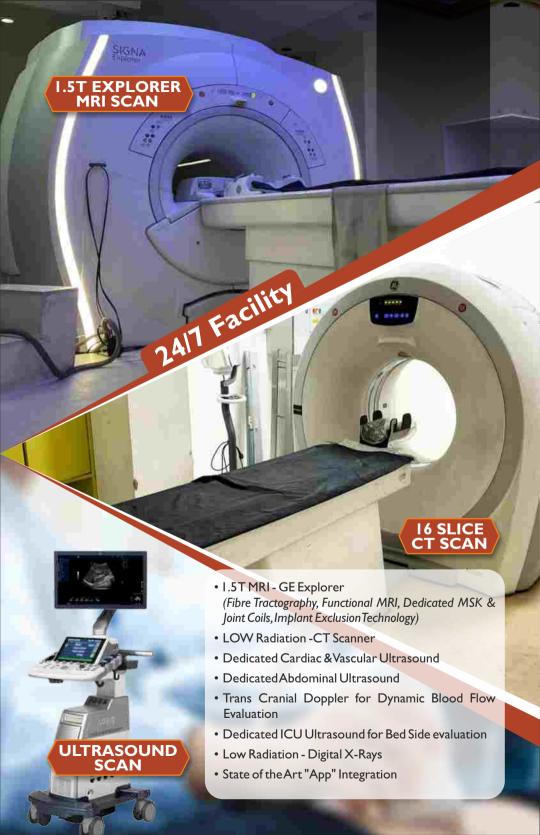
Department of Radiology at NHS provides "state of the art" imaging facilities with advanced MRI techniques especially for Neuroimaging and Musculoskeletal imaging along with all the routine diagnostic modalities including CT Scan, Ultrasonography and Xray services. Here skilled radiologists with astute clinical judgement generate patient centric diagnostic outcomes using the latest technology.

#### 24/7 Facilities

- Slilent MRI
- · Low radiation dose CT scan
- · MR Cartigram for cartilage imaging.
- MAVERICK metal artifact reduction technique for Imaging of post operative patients with metal implants
- Epilepsy imaging

#### **SPECIAL NEURO IMAGING**

- Tumour imaging including advanced techniques of MR Spectroscopy, MR Perfusion, MR Tractography and DTI
- X-rays & Ultrasound Scan









**Dr. Satinder Pal Aggarwal**MCh Urology and Transplant Surgeon
Urologist



## DEPARTMENT OF GASTROENTEROLOGY

Department of Gastrointestinal sciences aims at holistic approach to various GI, pancreatic and liver diseases including Obesity and early detection and management of GI cancers

#### Treatments Available

- All liver diseases
   All Pancreatic diseases
- Acute G.I. bleed Gastrointestinal Track Cancers
- CBD and Gall Bladder stones

Department proudly boasts of some of the best equipment of the world, available at NHS hospital.

- · Dedicated state of the art Endoscopy suite.
- · Olympus 190 series endoscopy system.
- High resolution endoscopic visualisation for Biopsy and Interventional endoscopy.
- · Third space endoscopy procedures
- Bariatric endoscopic surgery (weight loss surgery).
- · Capsule endoscopy (NoTubes).
- · Fibro scan for Liver Diseases.



DEPARTMENT OF

## **UROLOGY & KIDNEY TRANSPLANT**

Department of Urology provides the latest & most advanced technology for problems related to the urinary system, like -

- Renal Stones
- · Enlarged Prostate Gland
- · Prostate / Bladder / Kidney Cancer
- · Stricture Urethra
- Pediatric Urology
- · Neurogenic Bladder
- Urogynae Problems

The department boasts of

- 100 watt Holomium Laser
- Latest Richard Wolff / Karl Storz Endoscopic Equipment
- Modern operation theaters









## Dr. Tarun Aggarwal

M.D. Internal Medicine (Consultant Physician & Non-intervention Cardiologist)



**Dr. Jugbadal Singh Nannuan** M.D., P.G.S. (Internal Medicine) PH.D. (Cardiology)



Department of Internal Medicine at NHS endeavours to treat the basic cause of any disease and focuses on the prevention and control of diseases.

#### Special clinic for

- Diabetics Thyroid disorder Fever Anaemia
- Pulmonary & Extra Pulmonary Tuberculosis besides treatment of all routine diseases.

#### **Facilities**

- Ambulatory BP Monitoring
- Continuous Glucose monitoring
- FNAC's Specially Thyroid Gland and other swellings
- Bone Marrow Aspiration and Biopsy
- Well equipped lab. and dedicated Pathology & Microbiology



Dr. Narender Paul M.S. FMAS, DipMAS Consultant General & Laparoscopic Surgery



DEPARTMENT OF

### **GENERAL & G. I. SURGERY**

Department of general surgery offers Minimal Invasive / Laparoscopic Gastro Interstinal Surgery besides basic abdominal surgery, for

- Galbladder Stones
- Abdominal and Inguinal Hernias
- Breast Lumps
- Excessive Fat
- Infertility Diagnosis & Treatment

Laser Treatment for

• Varicose veins • Pilonidal sinus • Fistula in Ano



24/7 Dialysis unit function for all types of Kidney problems & expert guidance of Nephrologist





24/7 State of Art Accident, Injury & Emergency Srvices with dedicated operation theater & 7 bedded triage makes it a unique setup for Emergency management.







**Dr. Pooja Aggarwal** D.A., DNB Anaesthesiology Anaesthesiologist



**Dr. Harleen Sandhu** MBBS, MD Anaesthesiology Anaesthesiologist





**Dr. Vibha Chitkara**MBBS
IVF Specialist

## DEPARTMENT OF FERTILITY SERVICES

Department of Fertility Services has a team of highly experienced fertility experts, working to deliver the best results for infertility treatment & compassionate opportunity for motherhood to its patients.

#### **Facilities Avaiable**

- IUI
- IVF
- ICSI
- TestTube Baby
- Male & Female infertility workup
- Ultrasonology



Dr. Shelly Goel MBBS, M.S. (Opth) Eye Surgeon



The Department of Ophthalmology sets benchmarks in all aspects of ophthalmic care delivery to the patients and the services are reviewed regularly to keep them aligned with changing demands and technology.

Latest techniques are available for:

- Stitchless Cataract Surgery (PHACO EMULSIFICATION) with all types of IOL Implantation
- Glaucoma Surgery
- All other types of Eye Surgeries
- Contact Lens
- Retinal Laser (Green Laser)
- OCT
- Perimetry



**Dr. Rinku Aggarwal** B.D.S.
Dental Surgeon

## DENTISTRY

Department of Dentistry provides high quality dental care to the community it serves. We have the expertise and latest state of art dental equipments to treat a wide variety of dental problems in a family environment and personal touch.

- Teeth whitening
- · Tooth coloured Fillings
- · Crowns / Bridges / Veneers
- Root Canal Treatment
- · PeriodonticTreatment for gum diseases
- Complete & Partial Dentures
- All types of facial trauma reconstruction
- Braces & InvisalignTreatment
- · Implants for missing Teeth
- · Tooth Jewellery & Smile Designing

# EARTH CAFE







**Dr. Madhvi Sondhi** MBBS, M.S. (E.N.T) E.N.T. Surgeon



Department of Ear, Nose & Throat (ENT) provides care for wide range of complaints. It is well equipped with latest technology for various surgeries.

- Latest Coblation assisted Adenotonsillectomy
- Functional Endoscopic Sinus Surgery
- Endoscopic Septoplasty
- Rhinoplasty
- Ear surgeries and hearing aids
- Allergy testing and Immunotherapy



Atul Madan
MAAP, MBA, FCECLD, MPhil
Clinical Psychologist

## CLINICAL PSYCHOLOGY

The Department of Clinical Psychology provides mental health treatment in adolescent and adult mental health issues.

#### **PSYCHOTHERAPY & COUNSELLING FOR -**

- Behavioural / Emotional / Adjustment Problems
- Depression / Anxiety / Mood-swings
- Negative Thinking / Low Confidence
- OCD / Phobias / Panic Attacks
- Alcohol / Drug De-addiction
- Poor Concentration / Memory Problems
- Stress Management / Time Management
- · Chronic Aches and Pains
- Marriage Counselling / Couple Therapy / Family Therapy (Interpersonal Relationship Issues)



**Deeksha Walia** M.A. Psychology DECSC Counselling Psychologist



**Nikita Sharma** M. Sc. Psychology, PGDGC Counselling Psychologist





A 24/7 in house Kitchen that prepares food for our patients and visitors with utmost hygine under the expert guidance of qualified trained dietitian various solid, liquid & semi solid diets are made for patients of Kidney, Diabetes, Hypertension, ICU & Post operative patients.







### **Sports Rehab & Orthopaedics Physiotherapy**

Dedicated Sports Rehab & Orthopaedics Physiotherapy units works 8-8 to provide physiology routine & specialized services for all orthopaedic conditions of post operation patients of **Sports injuries & Knee, Hip, Shoulder replacement surgeries** 

### **Dedicated Neuro Physiotherapy & Paraplegia Rehab**

Neurological physiotherapy involves the treatment of people with movement and function disorders that have originated from problems within the body's nervous and neuromuscular system.

These conditions often manifest themselves as muscle weakness, poor balance and coordination, uncontrolled muscle spasm and tremors, loss of function and decreased sensation. Common neurological conditions include:

Functional Neurological Disorders, Stroke, CVA or TIA, Spinal cord and traumatic brain injuries, Multiple sclerosis, Parkinson's disease



The AUTISM CENTER at NHS Hospital was started in 2019 in collaboration with SOCH Autism Society of Punjab. It aims to provide complete support and training to those on the Autism spectrum.

The Autism Center works in close coordination with the Psychology department for diagnosis and trainings. It provides a holistic plan for training in areas of self-help and activities of daily living, communication, fine and gross motor training, social skills, pre-vocational and vocational skills. All the plans are detailed Individual Education Plans(IEP). The plans are executed in a ratio of 2:1—child:facilitator at the center.

The AUTISM CENTER conducts regular workshops to train and equip families of those affected with strategies needed to support those on the spectrum.



## **LIST OF PRIVATE INSURANCE COMPANIES / TPAs**

- STAR HEALTH INSURANCE
- PARAMOUNT HEALTH INSURANCE
- BAJAJ ALLIANZ INSURANCE
- FUTURE GENERALI
  INSURANCE
- EASTWEST TPA
- GOOD HEALTH TPA
- APOLLO HEALTH INSURANCE
- MED SAVE HEALTH INSURANCE
- HERITAGE HEALTH INSURANCE
- FAMILY HEALTH PLAN
  TPA
- ALANKIT TPA
- · ICICI LOMBARD
- MEDI ASSIST TPA
- SAFEWAY TPA
- HEALTH INSURANCE TPA
- GRAND INSURANCE TPA

- HDFC ERGO GENERAL INSURANCE
- RAKSHA HEALTH INSURANCE
- MAX BUPA HEALTH INSURANCE
- MD INDIA HEALTH INSURANCE
- VIPUL MED. CORP.
- CIGNATTK HEALTH INSURANCE
- PARK MEDICLAIM
- ORIENTAL / UNITED INSURANCE
- NEW INDIA / NATIONAL INSURANCE
- UNIVERSAL SOMPO HEALTH INSURANCE
- ADITYA BIRLA HEALTH INSURANCE
- LIBERTY GENERAL HEALTH INSURANCE
- IFFCO TOKIO GENERAL INSURANCE

## **GOVERNMENT INSURANCE COMPANIES / PSUs**

- EMPLOYEES STATE
   INSURANCE
   CORPORATION (ESIC)
   Punjab / H.P.
- CENTRAL GOVERNMENT HEALTH SCHEME (CGHS)
- FOOD CORPORATION OF INDIA (FCI)
- PSPCL (Electricity Board)

- NORTHERN RAILWAY
- ECHS (Ex-Army)
- NIT
- BHAI GHANIYA SEHAT SEWA SCHEME (BGSSS)
- H.P. GOVT. EMPLOYEES (H.P. GOVT.)
- AYUSHMAN BHARAT
- RAIL COACH FACTORY

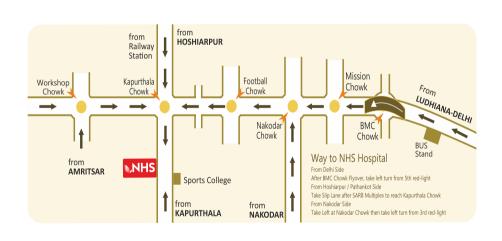
#### For Appointments

NEUROLOGY	<b>98153 48800</b> 0181-4640181, 4633333
NEUROSURGERY	<b>98153 54547</b> 0181-4640181, 4633333
ORTHOPAEDICS	<b>98142 09405</b> 0181-4640181, 4633333
GASTROENTEROLOGY UROLOGY, CARDIOLOGY	<b>81949 46333</b> 0181-4640181, 4633333
ENT, PULMONOLOGY INTERNAL MEDICINE, PSYCHOLOGY	<b>81959 46333</b> 0181-4640181, 4633333

**EMERGENCY** 81969 46333

**AMBULANCE** 77106 46333

HELPLINE 0181-4640181 0181-4633333





## **NHS** Hospital

Near Sports College, 300m from Kapurthala Chowk, Jalandhar 144008 (Punjab) ਐਨ. ਐਚ. ਐਸ ਹਸਪਤਾਲ

ਨਜ਼ਦੀਕ ਸਪੋਰਟਸ ਕਾਲਜ, ਕਪੂਰਥਲਾ ਚੋਂਕ ਤੋਂ 300 ਮੀਟਰ, ਜਲੰਧਰ 144008 (ਪੰਜਾਬ)

ਫੋਨ ਨੂੰ : 0181 - 4633333, 4640181







