



SPARSH
HOSPITAL

THE TOUCH OF LIFE



SPARSH ANUBHAVA

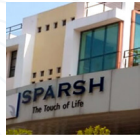
Quarterly Newsletter

ISSUE 1, MAY 2026



The Legacy of SPARSH

Over the past 20 years, SPARSH has achieved numerous milestones that have earned us pride in our reputation. We have performed complex surgeries and pushed ourselves every day, striving to live up to our endeavour to touch as many lives as possible. Within a year of our foundation, we performed over 1000 surgeries and became a name associated with quality healthcare. Here are some of our major milestones.



2006

The first step, beginning our journey and making a commitment to complex life-saving surgeries



2008

Challenged the limitations of medical science while operating on Lakshmi, born a conjoined twin with 8 limbs



2012

Launch of the SPARSH Davanagere for advanced surgeries



2020

Establishment of a super-specialty hospital in Rajarajeshwari Nagar



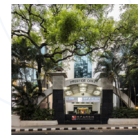
2025

Launch of SPARSH Hospital, Hennur Road—a state-of-the-art quaternary care facility, and SPARSH Institute of Cancer Care.



2007

Performed a surgery on Prabhu, who had a foot growing out of his back, successfully and earned global acclaim



2011

Launch of the Infantry Road Hospital for advanced surgeries



2015

Establishment of a super-specialty hospital in Yeshwanthpur



2024

Establishment of a super-specialty hospital in Yelahanka



2025

Launch of SPARSH Hospital, Sarjapur Road—a quaternary care centre redefining excellence in specialised healthcare.

The Story of SPARSH

New opportunities, challenges, and the drive to help more people are what push us to be the best at SPARSH. Ever since our inception, we have had one goal: to make quality healthcare accessible to the poorer. At SPARSH, we stand for achieving clinical excellence with social relevance. Making a difference and positive impact on society at a larger scale has always been vital to us and keeping this in mind, our story began — a journey with no end.



Vision

To be a leader in health care and serve as a destination for complexities



Mission

Practise evidence based medicine with highest integrity.
Educate Patient and family for participative decision making.
Focus on enhancing skill sets through learning and training.
Harness the advances in science and technology to deliver quality health care.

Core Values



FAITH



HOPE



LOVE

Chairman's Message

Dear Friends,

'SPARSH Anubhava' the newsletter is a great initiative. We are over 600 doctors and 3000 paramedical staff including nurses across SPARSH group of hospitals and growing. I am sincerely hoping this newsletter will be a binding thread which will connect people of the entire organisation. It is amazing how little we know about each other's work even though we are in a single city. This newsletter will bridge that gap in terms of what work we do and what personalities we have. I also hope, it will become a platform for any of us to express ourselves freely.

I would urge everyone in the organisation to proactively support the editorial team led by Suraj to make this newsletter vibrant and successful.

DR SHARAN PATIL

Founder & Chairman



Editorial Note

As we present the relaunch of Sparsh Anubhava—our quarterly newsletter—we renew our commitment to strengthening connections across our network of centres. Anubhava, meaning experience, reflects the strong culture that defines SPARSH—one rooted in shared learning, collaboration, and collective growth.

Across our institution, exceptional clinical outcomes, academic initiatives, research contributions, and individual milestones are achieved every day. Yet, much of this work often remains within individual departments or units. This newsletter brings SPARSH's collective excellence together on a single platform where it can be shared, appreciated, and learned from. Beyond internal engagement, this initiative also serves as a window to the larger community, offering insight into the depth of expertise, innovation, and compassionate care we are known for.

Importantly, this newsletter is not limited to clinical achievements alone. We equally value and celebrate accomplishments beyond the hospital—be it academic pursuits, creative talents, or personal milestones that reflect our diverse strengths. We like to sincerely thank everyone who has contributed to this edition. Your efforts have made this relaunch possible, and we look forward to many more such contributions in the future.

This is very much a work in progress, and its success depends entirely on the participation and contributions of our doctors and staff. We invite each one of you to come forward, share your journeys, and inspire others. Your stories matter—they connect, motivate, and help build a stronger, more unified SPARSH.

Editorial Team:



Dr Sharanu Patil



Dr Suraj Hindiskere



Dr Shabnam Shashidhar



Dr Yamini



Dr Nisha Nair



Dr Aparna Savkoor



Major
Dr Mohsin Chidgupkar



Dr Rincy S Mathew



Dr John Paul M

Table of Content

07

Section 1

Stories of Strength
Clinical Excellence & Impact Stories

16

Section 2

Spotlight
Reward Recognition & Collaboration

22

Section 3

Scholar's Desk &
Academic Highlights

29

Section 4

The SPARSH Momentum
Growth, Milestones, Future Vision

34

Section 5

Beyond Medicine

STORIES OF STRENGTH



CLINICAL EXCELLENCE & IMPACT STORIES

📍 YESHWANTHPUR



Successfully Performed The City's First Heart–Lung En Bloc Transplant

In a historic milestone for advanced transplant care, SPARSH Hospital, Bangalore, successfully performed the city's first heart–lung en bloc transplant—one of the most complex procedures in modern medicine. Transplanting the heart and lungs together as a single unit requires exceptional surgical precision and coordination, with only a limited number of such surgeries performed worldwide each year.

This achievement also marks SPARSH's first lung transplant, firmly establishing the institution as a centre of excellence in complex cardiothoracic transplantation. Beyond its technical brilliance, it represents the coming together of multidisciplinary expertise, infrastructure, and a shared commitment to pushing the boundaries of what is possible in patient care.

At the heart of this milestone is a 50-year-old gentleman with a congenital ventricular septal defect complicated by Eisenmenger's syndrome. As his breathlessness and fatigue worsened, his world grew smaller. After thorough evaluation, a heart–lung transplant emerged as his only chance. With courage and trust, he and his family chose to move forward—transforming a moment of uncertainty into one of hope and a new beginning.

Team

Dr. Ravishankar Shetty K & Team (Cardiovascular & Thoracic Surgery)

📍 YESHWANTHPUR

Microsurgical Replantation of Left Ring Finger following Traumatic Complete Amputation



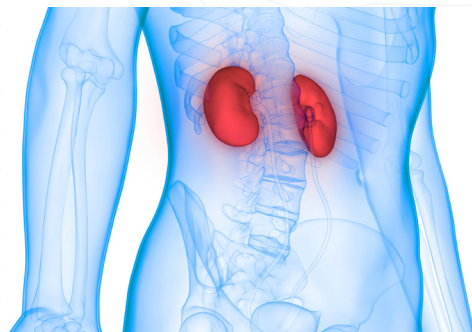
A 26-year-old man with traumatic amputation of the left ring finger underwent successful microsurgical replantation. Prompt transport and proper preservation enabled the complex repair of bone, tendons, nerves, and vessels under a microscope. Blood flow was restored, and early recovery was achieved. With structured rehabilitation, functional improvement is expected, highlighting the importance of timely care and advanced microsurgical expertise in limb salvage.

Team

Dr Roshan Shetty & Dr Karthik Vishwanath (Plastic Surgery)

Successful High-Risk Second Renal Transplant in a Sensitised Recipient

A 39-year-old man with end-stage renal disease and prior graft failure underwent a successful second renal transplant despite high immunological risk. After desensitisation therapy to reduce donor-specific antibodies, he received a living donor kidney from his wife. The transplant showed good immediate function, and recovery was uneventful, highlighting the success of meticulous planning and multidisciplinary care in high-risk repeat transplantation.



Team

Dr Arun Kumar N (Nephrology)

📍 HENNUR ROAD

Facial Tumour Excision and Advanced Reconstruction

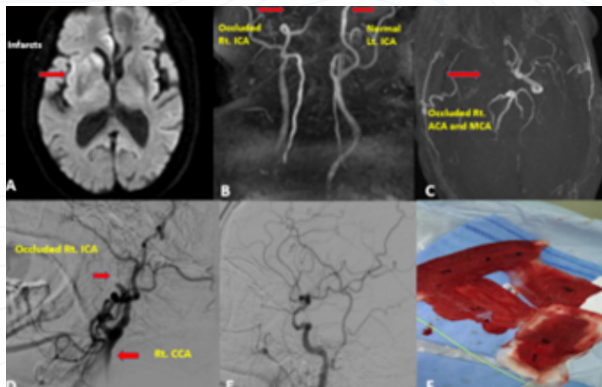
Hima, a seven-year-old with tuberous sclerosis, developed a rare, aggressive, tumour destroying most of her lower jaw, affecting function and appearance. A complex surgery removed the tumour and reconstructed her mandible using 3D planning and leg bone graft with growth potential. With multidisciplinary care, she recovered well and now attends school, eats comfortably, and smiles confidently. This life-changing procedure was supported by the SPARSH foundation.



Team

Dr Vidya Bhushan R & Dr Vivek Shetty (Head & Neck Oncology)
Dr Anand K, Dr Gautham M & Dr Gururaj H (Plastic Surgery)

Mechanical Thrombectomy in the Golden Hour saves stroke victims' lives



Sparsh Hospital, Hennur, showcased the "golden hour" in stroke care by saving two patients—aged 80 and 30—with acute ischemic stroke due to large vessel occlusion. Rapid imaging and timely mechanical thrombectomy enabled swift clot removal and restoration of blood flow. Both patients achieved near-complete neurological recovery and were discharged stable, highlighting the lifesaving impact of early intervention.

Team

Dr Deepmala Karmakar (Interventional Radiology)

📍 INFANTRY ROAD

3D Planning Assisted Two-Stage ALPPS in Advanced Hepatocellular Carcinoma



A patient with hepatitis B-related liver fibrosis and large hepatocellular carcinoma underwent a rare staged ALPPS procedure after 3D imaging showed inadequate future liver remnant. Following Stage 1, liver volume nearly doubled within 10 days, enabling safe extended hepatectomy. The patient recovered well and was discharged stable, highlighting the role of advanced planning and liver regeneration in complex cancer surgery.

Team

Dr Vikram Belliappa (Surgical Gastroenterology & Hepatobiliary)

Redo Aortic Valve Replacement with Root Enlargement and Leadless Pacemaker in Severe Prosthetic Restenosis



A 58-year-old woman with severe prosthetic aortic restenosis underwent redo aortic valve replacement with root enlargement. Despite technical challenges, surgery was successful. Postoperatively, she developed complete heart block requiring a leadless pacemaker. She recovered well, with a normally functioning valve and stable

rhythm at discharge, highlighting the role of advanced surgical techniques and integrated cardiac care in complex redo procedures.

Team

Dr Ranjan Shetty (Cardiology)

📍 SARJAPUR ROAD

Polytrauma with Complex Upper Limb Injury

A 32-year-old patient with severe upper-limb trauma following a road traffic accident underwent successful limb salvage surgery. After resuscitation and staged interventions, a complex soft-tissue defect threatened limb viability. A 10-hour microvascular free flap reconstruction restored coverage and blood supply. With coordinated multidisciplinary care, the patient recovered from critical illness and was discharged in 18 days with a viable limb.



Team

Dr Naveen Kumar (Plastic Surgery) | Dr Suhas Sagar NU (Emergency Medicine) | Dr Prashanth BN Jain (Orthopaedics) | Dr Shanmukh Hiremath (CTVS) | Dr Ramkumar Jayaprakash (Critical Care) | Dr Pallavi Patri (Nephrology)

Recovery of a Paediatric patient following fall from height



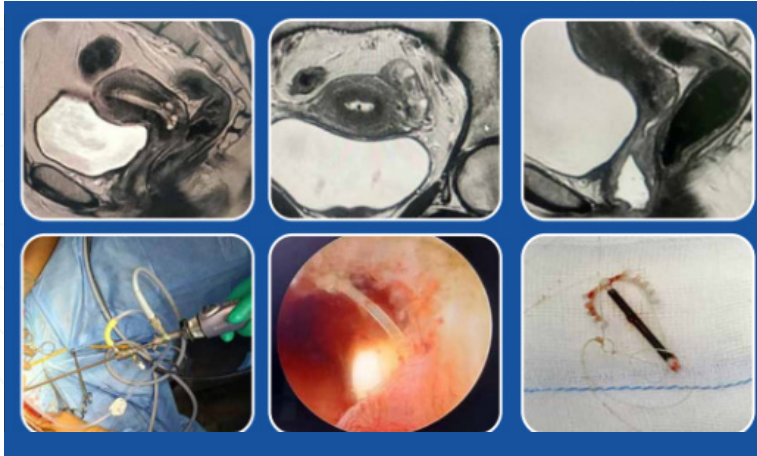
A 13-year-old girl survived a fall from the sixth floor, sustaining severe injuries to her brain, chest, abdomen, face, and arm. She arrived unconscious and in critical condition, requiring immediate ventilatory support and emergency surgeries. A coordinated multidisciplinary team managed her complex care in the intensive care unit. With early rehabilitation and continuous monitoring, she made a remarkable recovery—regaining consciousness, speech, and mobility. Today, she walks independently, reflecting extraordinary resilience and the impact of timely, advanced medical care.

Team

Dr Nataraj (Orthopaedics) | Dr Naveen Kumar (Plastic Surgery) | Dr Chetan (Neurology)

📍 YELAHANKA

Management of Complex Müllerian Anomaly with Upper Vaginal Septum



A 31-year-old woman with a previously undiagnosed Müllerian anomaly presented for IUD removal while planning a second pregnancy. MRI revealed an upper vaginal septum. She underwent image-guided hysteroscopic evaluation and surgical correction with successful removal of the device. Recovery was uneventful, with restoration

of normal anatomy, highlighting the importance of advanced imaging and individualised surgical planning in managing complex congenital anomalies.

Team

Dr Sunitha RG (OBG) | Dr Ashwini & Dr Sakib (Radiology) | Dr Thirunavukkarasu (Anaesthesiology) | Dr Palaniappan Ramanathan (Surgical Oncology)

Advanced Navigational Bronchoscopy for Lung Nodule



A 51-year-old woman with a suspicious 14 mm spiculated lung nodule and lymphadenopathy underwent advanced navigational bronchoscopy for tissue diagnosis. Using real-time imaging guidance, precise sampling of the peripheral lesion was achieved safely. Histopathology revealed granulomatous inflammation with no malignancy. The patient recovered without complications, avoiding unnecessary cancer treatment and highlighting the value of advanced bronchoscopic techniques in accurate diagnosis.

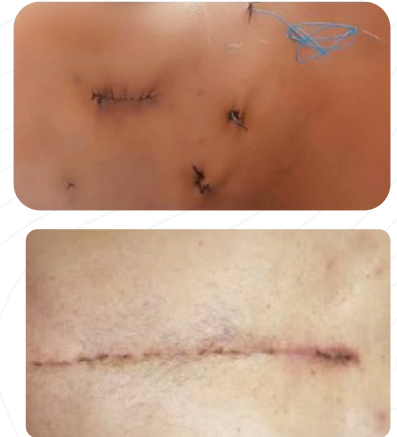
Team

Dr Smitha Naregal (Pulmonology)

📍 RR NAGAR

Evolving Surgical Strategies in Congenital Cardiac Defects

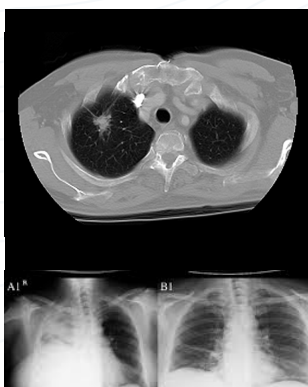
A 33-year-old woman presented with a congenital cardiac defect causing significant left-to-right shunting. Detailed imaging confirmed an intracardiac communication requiring surgical correction. Following multidisciplinary evaluation, she underwent minimally invasive keyhole cardiac surgery through a small lateral thoracic incision, avoiding sternotomy. The procedure was successful, with an uneventful recovery, less than 24 hours of ICU stay, and discharge on day three. This case highlights the effectiveness of keyhole techniques in reducing morbidity, enabling faster recovery, and delivering excellent functional and cosmetic outcomes.



Team

Dr. Ashwini Kumar Pasarad & Team (Cardiac & Transplant Surgery)

Early-Stage Lung Adenocarcinoma Managed with VATS Lobectomy



A middle-aged woman with an incidentally detected left lower lobe lung mass was diagnosed with early-stage (Stage I) lung adenocarcinoma following PET-CT and biopsy. With no nodal or distant spread, she underwent curative Video-Assisted Thoracoscopic Surgery (VATS) left lower lobectomy with lymphadenectomy. The procedure was uneventful, enabling early mobilization and discharge on day four. Final histopathology confirmed complete resection (pT1aN0). This case highlights VATS as a safe, effective, minimally invasive approach offering excellent oncological and recovery outcomes.

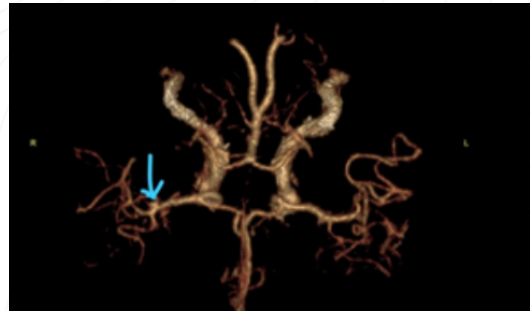
Team

Dr. Sunil Navalgund & Team (Surgical Oncology)

📍 WOMEN AND CHILDREN

Aneurysmal Subarachnoid Haemorrhage in Pregnancy

A 37-year-old pregnant woman at term presented with neurological symptoms and was diagnosed with aneurysmal subarachnoid hemorrhage. She underwent emergency caesarean delivery, followed by endovascular treatment for a cerebral aneurysm. With intensive multidisciplinary care, she recovered without neurological deficits, and both mother and baby were discharged in stable condition, highlighting the importance of timely diagnosis and coordinated intervention in rare, life-threatening pregnancy complications.



Team

Dr Prathima Reddy & Dr Nivedita Jha (OBG)

📍 DAVANGERE

Acquired Haemophilia B Associated with Chronic Prosthetic Joint Infection due to *Ralstonia pickettii*: A Diagnostic Challenge During Revision Total Knee Arthroplasty



A 72-year-old male undergoing revision total knee arthroplasty for suspected chronic prosthetic joint infection developed unexpected intraoperative bleeding. Evaluation revealed isolated prolonged aPTT and markedly reduced Factor IX levels, with mixing studies confirming an acquired inhibitor—diagnosing Acquired Haemophilia B. Intraoperative cultures grew *Ralstonia pickettii*. Managed with targeted antibiotics and haemostatic support, Factor IX levels normalised following infection control. This rare case highlights the link between chronic infection and autoimmune coagulopathy, emphasizing the need to investigate unexplained bleeding with isolated aPTT prolongation.

Team:

Dr. Ravikumar Mukartihal & Team
(Orthopedics)

SPOTLIGHT



REWARDS, RECOGNITIONS & COLLABORATIONS

ACHIEVEMENTS



Dr Srinath Kumar TS, Senior Consultant & Group Head - Emergency Medicine was bestowed upon a Fellowship by the Asian Society for Emergency an appreciation award for exceptional contributions to the development of the ED Certification at Abu Dhabi in December 2025, and also the prestigious Ambassador Leadership Award for 2025 at the American College of Emergency Physicians' International Summit at Salt Lake City, Utah in September 2025.

Dr Rajkiran Deshpande, Group Consultant Transplant Surgeon at SPARSH Sarjapur Road, was conferred the Leadership in Transplant Diagnostics Award at the Voice of Healthcare Awards in Mumbai, Jan 2026, in recognition of his contributions to advancing diagnostic and protocol-driven approaches that improve kidney transplant outcomes.



At the Times Power Women Conclave and Awards 2026, three of our doctors were honoured for their contributions:



Dr. Prathima Reddy
Pioneer in Obstetrics & Gynaecology



Dr. Shrishti Patil
Young Achiever in Orthopaedic & Joint Replacemen



Dr Mansi Khanderia
Excellence in Comprehensive Medical Oncology

Dr Rajkiran Deshpande, Group Consultant Transplant Surgeon, SPARSH Sarjapur Road, was conferred the Karnataka Vaidya Rathna Award Prashasthi at the Karnataka Rajyotsava Awards in November 2025, by the Karnataka Book of Records, in recognition of his contributions to healthcare and public service in the state.





The Departments of Orthopaedics, Cardiac Sciences, Neurosciences, and Renal & Transplant Care were recognised at the Vijaya Karnataka Health Excellence Awards & Conclave 2026.



SPARSH Foundation was honoured by the World CSR Congress February 19 2026 for its outstanding contribution to social consciousness. This recognition reaffirmed our unwavering commitment to creating meaningful impact beyond healthcare.



Dr Sriшти Patil, Consultant Orthopaedic & Joint Replacement Surgeon, SPARSH Hennur, was awarded the 'Business 40 Under 40 – Healthcare (2026)' award for her contribution to the field of Orthopaedics and Healthcare.

Dr. Ravikumar Mukarthihal was conferred the prestigious 'Best Faculty Award' at the recent AO Recon Meeting, held at the MSR Cadaver Lab, Bangalore—an honour that reflects his unwavering commitment to teaching, academic excellence, and mentorship. He has also been appointed Scientific Committee Chairman for the inaugural Prosthetic Joint Infection Conference to be held in Goa this July—an exclusive, one-of-a-kind academic platform dedicated to advancing knowledge and collaboration in prosthetic joint infections.



Dr Praveen Ramachandra, Consultant- Endocrinology & Human Metabolism, SPARSH Yelahanka, was nominated as a member of the legal sub-committee of the Indian Medical Association—Karnataka State Branch, for the year 2025-26.

Dr Aditi Dattagupta, Consultant– Interventional Cardiology, SPARSH Sarjapur Road, became a Fellow of the Society of Cardiovascular Angiography and Interventions (SCAI) in January 2026. SCAI is a professional organisation based in the USA. This is a prestigious designation for interventional cardiologists who perform catheter-based heart procedures, signifying advanced expertise and adherence to SCAI standards.

COLLABORATIONS



SPARSH Hospital, Infantry Road, was the Official Health Partner for the ATP Bangalore Open 2026.

SPARSH Official Medical partner at the Hitachi Energy Run 2026, supporting hundreds of enthusiastic runners with on-site medical care, emergency response, and wellness support.



SPARSH Hospital, Hennur, started SPARSH Clinic at Sattva Mistry, Kanakapura Road, bringing healthcare closer to everyday life.

In association with the Lions Club, held Diabetes & First Aid awareness programmes at Infantry Road and Hennur.



SCHOLAR'S DESK



ACADEMIC HIGHLIGHTS

From Ethics to Expression: Strengthening Research Excellence at SPARSH

The Institutional Ethics Committee at SPARSH Hospital, operational since 2013 (ECR/520/INST/KA/2013-RR-2025), serves as a vital pillar in ensuring ethical, compliant, and high-quality research in alignment with CDSCO, DCGI, and DHR guidelines. The committee oversees a wide spectrum of research activities, including industry-sponsored clinical trials (drugs, medical devices, and concepts), investigator-initiated studies, CTRI-registered trials, DNB and fellowship theses, and case-based publications. With close to 90 projects facilitated to date, it remains committed to safeguarding patient safety while protecting the intellectual property of both investigators and the institution, and continues to support clinicians through approvals and publication processes.

Complementing this is the newly established Scientific Writing Department, designed to enhance the clarity, accuracy, and impact of the institution's academic output. By streamlining documentation and communication, the department bridges the gap between complex research and its practical application. It supports manuscript preparation for peer-reviewed journals, technical documentation, internal reports, grant proposals, and research summaries, while strengthening the organization's scientific voice and credibility.

For enquiries, contact Dr. Soujanya at +91-9606197707 or soujanya@sparshhospital.com or reach the team at sw.ypr@sparshhospital.com

From Ethics to Expression:

Medical Courses at SPARSH

📍 Yeswanthpur

Specialty	No. of Seats	Duration (Years)	Course Name
Anaesthesiology	2 + 1	3	DNB
Family Medicine	1 + 1	3	DNB
Radiodiagnosis	1 + 1	3	DNB
General Surgery	1	3	DNB
Orthopedics	1 + 1	3	DNB
Nephrology	1	3	DrNB
Critical Care Medicine	2	3	DrNB
Emergency Medicine	4	3	CCT-EM (Certified Course Training in Emergency Medicine)
General Medicine	2	3	DNB
Hematology	2	3	DNB
Orthopedics	2	3	DNB

📍 RR Nagar

Specialty	No. of Seats	Duration (Years)	Course Name
Anaesthesiology	1 + 1	3	DNB
Radiodiagnosis	2 + 1	3	DNB
General Surgery	2	3	DNB
Critical Care Medicine	2	3	DrNB
Emergency Medicine	4	3	CCT-EM (Certified Course Training in Emergency Medicine)
Critical Care Medicine	2	1	IDCCM-Indian Diploma in Critical Care Medicine

📍 Infantry Road

Specialty	No. of Seats	Duration (Years)	Course Name
Anaesthesiology	1 + 1	3	DNB
Orthopedics	2	2	FNB Arthroplasty
Critical Care Medicine	2	3	DrNB
Critical Care Medicine	2	1	IDCCM – Indian Diploma in Critical Care Medicine
Emergency Medicine	2	3	CCT-EM – Certified Course Training in Emergency Medicine
Orthopedics	2	3	DNB

📍 Yelahanka

Specialty	No. of Seats	Duration (Years)	Course Name
Anaesthesiology	2+2	3	DNB
Radio-diagnosis	2+2	3	DNB
Critical Care Medicine	2	3	Dr DNB

Other Academic Programs

Course	Intake per Year	Eligibility	Course Duration	Affiliation
BSc Nursing	100	12 Pass	4 Year	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		Indian Nursing Council
				Karnataka Nursing Council
Bachelor of Physiotherapy (BPT)	20	12 Pass	3+1 Year	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		
BSc Anaesthesia and Operating Theatre Technology	20	12 Pass	3+1 Year	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		
BSc Medical Laboratory Technology		12 Pass	3+1 Year	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		
BSc Emergency and Trauma Care Technology		12 Pass	3+1 Year	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		
BSc Renal Dialysis Technology		12 Pass	3+1 Year Internship	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		
BSc Radio Therapy		12 Pass	3+1 Year Internship	Rajiv Gandhi University of Health Sciences
		With 50% marks in PCB		

Recent Publications by SPARSHians

Bhargav H, Bista S, Jasti N, Srikanta S, Nagarathna R, Padmavati R, Kusneniwar G, Singh NK, Manohar KN. Yoga's long-term effects on diabetes: results from a randomized controlled trial. *Adv Mind Body Med*. 2026;40(1):91–101.

Suresh A, Bhaskar MV, Govindaraju A, Soman S. Advancing varicocele management: a comprehensive study on the efficacy and outcomes of endovascular techniques in a tertiary health care setting. *Journal of Clinical Interventional Radiology International Society of Vascular and Interventional Radiology*. 2025; (ahead of print). doi:10.1055/s-0045-1802653.

Mukartihal R, Jain K, Katariya A, Zacarias TP, Kartik PN, Patil S. Precision vs. tradition: evaluating alignment accuracy and functional outcomes in robotic vs. conventional total knee arthroplasty. *International Journal of Research in Orthopaedics*. 2025 Nov; 11(6):1480–1484.

Morris G, Kattimani R, Fisher N. The use of calcium sulphate as a drug delivery system in lower limb amputation. *Cureus Journal of Medical Science*. 2025 Nov 26; 17(11):e97839. doi:10.7759/cureus.97839.

Mahesh M, Dinakar Reddy CR, Nirdesh Hiremagalur Jagadeesh J. Evaluation of Functional Outcome of Fluoroscopy Guided Transforaminal Epidural Steroid Injection in Lumbar Disc Herniation with Radiculopathy. *European Journal of Clinical Pharmacy*. 2025;7(1):590-595.

Clark J, Salins N, Pearson M, Sherigar M, Rao S, Williams S, Spathis A, Bhat R, Currow DC, Simha S, Johnson MJ. Implementing breathlessness self-management in low- and middle-income countries: co-design of breathlessness self-management resources for use in India. *NPJ Primary Care Respiratory Medicine*. 2025 Nov 24.

Rajamanya KA, Shah R, Nayak T. Split Peroneus Brevis: An Overlooked Cause of Ankle Dysfunction. *Journal of Orthopaedic Case Reports* 2026 February;16(02): 00-00.

Shashidhar S. Rethinking Glycemic Control: The Intensive Care Unit Pro-con Debate on Continuous versus Conventional Glucose Monitoring. *J Acute Care* 2025;4(3):167–169.

Majitha CS, Nayak DR, Shetty S, Devaraja K. Distant metastasis at the time of presentation of head and neck squamous cell carcinoma: a retrospective chart review from a tertiary cancer care centre. The Journal of Laryngology & Otology. 2024.

Shetty S, Ravindra A, Majitha CS, Pujary K, Sharan K. Assessment of prevalence and factors affecting trismus in cases of oral and oropharyngeal malignancies after complete treatment. Indian Journal of Otolaryngology and Head & Neck Surgery. 2025;77(1):89–95.

Sinha M, Pillai S, Shetty S, Devadas U. Role of absolute versus relative voice rest in post-operative management of benign vocal fold lesions. The Journal of Laryngology & Otology. 2024;138(10):1018–1023.

Sivaraman T, Kavyashree HS. Comparison of adductor canal block plus IPACK (interspace between the popliteal artery and capsule of the posterior knee) block versus adductor canal block plus periarticular injection for postoperative analgesia in patients undergoing unilateral total knee replacement arthroplasty. Karnataka Anaesthesia Journal. 2025;20(3–4):79–89.

Machado T, Nath A, Madtha J, et al. (February 04, 2026) To Intervene or Observe: Accidental Ingestion of a Wireless Earbud in an Adult. Cureus 18(2): e102994. doi:10.7759/cureus.102994

Joseph A, Rodrigues D, Priya BD, Gadicherla S. Effectiveness of a structured online rehabilitation program in enhancing functional performance in older adults: A non-randomized intervention trial. Journal of Bodywork and Movement Therapies. 2025;29:1360–8592.

Active Registered Clinical Trials at SPARSH

Comparison of analgesic efficacy of ultrasound-guided genicular nerve block in combination with femoral nerve block in Primary total knee Arthroplasty (CTRI/2024/02/063280)

INHALED nebulised unfractionated HEParin for the treatment of hospitalised patients with COVID-19 (INHALE-HEP) (CTRI/2022/02/040418)

Study of antibodies in Babies born to mothers who are recovered from COVID 19 (CTRI/2021/06/034057)

CME's & Conferences Hosted by SPARSHians

Clinico-Haematology CME at SPARSH Hospital Hennur March 2026

The first Clinico-Haematology CME at SPARSH Hospital – Hennur Road brought together leading clinicians and healthcare professionals for an insightful session on "From Symptoms to Smears: A Clinico-Haematological Review. The event fostered meaningful discussions, knowledge sharing, and collaborative learning to strengthen diagnostic and treatment approaches in haematology.



SPARSH MED- PHYSIOCON 2026 March 2026

The department of Physiotherapy at SPARSH Hospital, Infantry Road, brought together leading minds in physiotherapy for a dynamic exchange of knowledge, innovation, and clinical expertise. Through insightful sessions, expert-led discussions, and meaningful professional collaboration, they highlighted the evolving role of physiotherapy in advancing patient recovery and rehabilitation. It served as a powerful platform for learning and leadership, helping shape the future of movement science and rehabilitative care.

Young Arthritic Knee Conclave November 2025

SPARSH Hospital, Sarjapur Road hosted the Young Arthritic Knee Conclave in collaboration with Meyer Vitabiotics — a vital platform where leading experts came together to discuss the future of next-gen knee preservation. Orthopaedic experts from across the country contributed to insightful discussions and knowledge sharing.



Rapid Revision Course in Basic Sciences January 2026

SPARSH Hospital successfully conducted the Rapid Revision Course in Basic Sciences in association with the Society for Emergency Medicine India. The two-day academic program brought together emergency medicine professionals for focused learning, knowledge sharing, and skill enhancement.

THE SPARSH MOMENTUM



**Growth,
Milestones,
Future Vision**

Gift of Life: Quarterly Transplant Snapshot

Jan - Mar 2026

Unit	Kidney	Liver	Heart	Heart & Lung
Yeshwanthpur	12		1	1
Yelahanka	7			
Sarjapur Road	2			
RR Nagar	3			

Lives Restored in 2025

Unit	Kidney	Liver	Heart
Yeshwanthpur	41	20	5
Yelahanka	26		
Sarjapur Road	2		
RR Nagar	28	14	

SPARSH Foundation

Since its inception in 2007, SPARSH Foundation has remained deeply committed to transforming the lives of the underprivileged through compassionate care and sustained service. From the landmark 27-hour surgery of Lakshmi Tatma, born with eight limbs—to countless other complex,



life-changing procedures, these milestones have strengthened our resolve to serve. Over the years, we have funded hundreds of critical surgeries for patients unable to access tertiary care, while continuing our flagship initiatives, Guru Namana and SPARSH Vachana, supporting teachers and children in need. Beyond healthcare, the Foundation is also empowering deserving students by supporting their education in paramedical courses, helping them build meaningful careers in healthcare. At SPARSH, this journey is not an obligation, but a heartfelt opportunity.

New Consultants & Key Appointments

Jan 2026 - Mar 2026

Infantry Road



Dr. Amar Rajashekar Naidu
Senior Consultant – Neurologist



Dr. Divya Badanidiyur
Sr. Consultant & Head -
ENT, Head & Neck Surgeon



Dr. Aadithya Rangarajan
Lead Consultant - Plastic &
Reconstructive Surgeon



Pramod U
Deputy General Manager
Marketing Head

Hennur Road



Dr. Nirmala Rai
Consultant
Gynaecological Oncology



Dr. Pravin Kumar
Senior Consultant
Radiology



Dr. Hasib Abdul Gaffor
Senior Consultant
Radiation Oncology



Dr. Jagadeesh Krishnamurthy
Consultant
Liver Transplant and HPB Surgery

Yelahanka



Dr. Santosh M P
Senior Consultant -
General, Gastrointestinal,
Minimally Invasive &
Bariatric Surgery



Dr. Yedin Chandra
Consultant - Gastrointestinal,
General, Minimal Access &
Bariatric Surgery



Dr. Umashankar U. S
Consultant -
Gastroenterologist,
Hepatologist & Therapeutic
Endoscopist



Dr. Manjunatha S
Consultant - Urologist
Andrologist
Renal Transplant Surgeon

Sarjapur Road



Dr. Aasima Boxwalla
Consultant -Gastrointestinal &
HPB Surgery, GI Oncology &
Liver Transplantation

RR Nagar



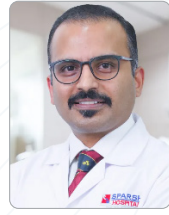
Dr. Vishwanath Sanagoudar
Consultant Paediatrician &
Paediatric Intensivist



Dr. Niveditha.C
Consultant Paediatrician,
Neonatologist, Paediatric
Nutritionist



Dr. Santhosh S
Consultant – Nephrology &
Renal Transplant Physician



Dr. Nikhil Suresh
Consultant Hepatobiliary-
Pancreatic & Liver Transplant
Surgery



Dr. Sandeep R
Chief Operating Officer

Yeshwanthpur



Dr. Swetha J
Consultant - Rheumatology &
Clinical Immunology



Dr. Anindita Mukherjee
Senior Consultant
Transplant and General
Anaesthesiology



Dr. Pradeep Kumar K
Senior Consultant &
Interventional Cardiologist
(Adult & Paediatric)



Dr. Rajagopalan G
Hepatopancreaticobiliary (HPB)
Surgeon & Liver Transplant Specialist



Arnab Adak
Chief Operating Officer

Corporate



Srinivasa Prasad G B
Associate Vice President
Laboratory, Radiology &
Allied Business



Satyabrata Padhi
Vice President
Operations & CSR



Ravinuthala Venkata Krishna Rao
Vice President
Information Technology

Launch of

Bone Marrow Transplant (BMT) facility

SPARSH Institute of Cancer Care, Hennur Road, launched a Bone Marrow Transplant (BMT) facility, marking a key advancement in cancer care. The unit offers protocol-driven treatment for blood cancers and complex haematological conditions. Supported by experienced specialists and advanced infrastructure, the facility enhances access to specialised cancer treatment within the region, bringing comprehensive care closer to patients.



Life-Course Vaccination (LCV) Program



A comprehensive LCV programme was launched to strengthen preventive and integrated healthcare across all age groups—from childhood to old age. The programme will be rolled out in phases, beginning at the Infantry Road hospital in Bengaluru and expanding across other centres in the city. Supported by Zydus Lifesciences Ltd. as a knowledge and awareness partner and guided by in-house expertise in infectious diseases, the

initiative aims to promote vaccination as a key preventive health measure across life stages and address gaps in adult immunisation in India.

CARE Model for Kidney Care

SPARSH Hospital, Sarjapur, introduced its CARE Model, a structured approach to kidney care that spans early detection to transplantation and long-term follow-up.

The model is built on four pillars—Comprehensive Kidney Care, ensuring end-to-end renal services; Access Excellence, prioritising timely and effective vascular access; Regional Referral Centre, strengthening capabilities for complex nephrology and transplant care; and Expert & Educational Care, focusing on continuous learning and patient awareness. Supported by multidisciplinary teams, the initiative aims to deliver safe, ethical, and accessible kidney care.



BEYOND MEDICINE



Where Team Spirit Meets Joy

A refreshing day out brought SPARSH resident doctors together beyond the hospital, strengthening bonds and shared camaraderie. Filled with fun, laughter, and team spirit, the outing was a well-deserved break from their dedicated clinical routines.



World Kidney Day Run

On the occasion of World Kidney Day, SPARSH Hospital, RR Nagar, transformed a 5K run into a powerful movement, bringing together over 5,000 participants to raise awareness about kidney health.

International Women's Day,

This International Women's Day, the women doctors at SPARSH Hospital, Hennur Road, come together to celebrate the strength of women everywhere. Across specialities and across journeys, they continue to make a difference in countless lives every day.



Cancer Awareness Walkathon

SPARSH Hospital, Yelahanka, organised a Cancer Awareness Walkathon, bringing the community together in a shared commitment to fight cancer, with oncologists and care teams promoting awareness, early detection, and stronger support for every cancer journey.

Baby Showers

What began as a baby shower evolved into a joyful, informative, and memorable experience. At SPARSH Hospital, Infantry Road and RR Nagar, expectant mothers were welcomed into a caring space filled with guidance, support, and meaningful moments, making the journey to motherhood even more special. Because every new beginning deserves celebration, confidence, and compassionate care.



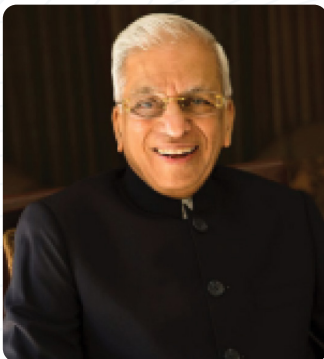
Wisdom Corner

What is The Meaning of Life?

It is difficult either to define or to state precisely what the meaning of life is, as it varies from person to person. But, certainly life is a great opportunity given to everyone to make it meaningful. The meaning of life is not a single answer and it is not static but a personal and evolving pursuit. It evolves as we move on with time, shaped by experiences, challenges, adversities and reflections. The meaning of life in youth may undergo a change in old age. In the final analysis, it is to be found in living with awareness, integrity, and purpose, making a difference to the people around us. There is no single, universally accepted answer to the above question.

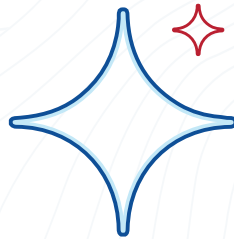
Hard work, honesty, and humility are blessed by Divinity to make our lives meaningful. To grow and/or achieve something in life, aim high and set a goal. One should not lower the goal to the level of one's capacity. Per contra, to raise the capacity to the level of goal. For this, three magical questions, namely, what next? What else? And what more? Must always be alive with one, as they have a dynamic, driving force within them to reach the set goal. It is good to remember that when hard work becomes worship, talents are rewarded.

Life is like a notebook in which the first and last pages are already written. They can neither be altered nor erased. But, the middle pages are empty to be written by one leading meaningful and fruitful life, not for oneself, but for the society as well. Thus, one can give meaning to life.



Justice **Shivraj V. Patil**

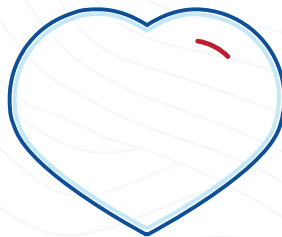
Former Judge, Supreme Court of India
Founder, SPARSH Foundation



FAITH



HOPE



LOVE



SPARSH
HOSPITAL

THE TOUCH OF LIFE

Infantry Road | Yeshwanthpur | RR Nagar | Women & Children, Infantry Road | Yelahanka
Davanagere | Hennur Road | Sarjapur Road