

TIMES HEALTH SURVEY

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ALL INDIA MULTISPECIALITY HOSPITALS RANKING SURVEY 2026

The research study aimed to arrive at a list of Top Multispeciality Hospitals in India for 2025-26. The hospitals included in the list had at least 3 or more Critical care speciality departments (Oncology, Nephrology, Urology, Cardiology, Pediatrics, Gynecology/Obstetrics, Neurology, Emergency & Trauma and Gastroenterology/ Hepatology).

TOP MULTI SPECIALITY HOSPITALS NATIONAL

1	Sir H. N. Reliance Foundation Hospital and Research Centre, Girgaon, Mumbai	2	Aster Medcity, Cheranelloor, Kochi	3	Medanta the Medicity, Sector 38, Gurugram
4	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	4	P. D. Hinduja Hospital & Medical Research Centre, Mumbai		
5	Aster CMI Hospital, New Airport Road, Bengaluru	6	Max Super Speciality Hospital, Saket, Delhi	6	Fortis Memorial Research Institute, Sector 44, Gurugram
7	Dr L H Hiranandani Hospital, Powai, Mumbai	11	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai		
7	Ruby Hall Clinic, Sassoon Road, Pune	12	Noble Hospitals & Research Centre, Hadapsar, Pune		
8	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	13	MGM New Bombay Hospital, Vashi, Mumbai		
8	Sahyadri Super Speciality Hospital, Deccan Gymkhana, Pune	14	AIG Hospitals, Gachibowli, Hyderabad		
9	Kauvery Hospital, Alwarpet, Chennai	15	Fortis Hospital, Anandapur, Kolkata		
9	Aster MIMS Hospital, Govindapuram, Calicut	16	PSRI Hospital, Sheikh Sarai-2, Delhi		
10	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	17	Sir Ganga Ram Hospital, Rajinder Nagar, Delhi		
10	Park Hospital, Sector 47, Gurugram	18	SOA Group of Hospitals (IMS & SUM Hospital Campus 1 & SUM Ultimate Medicare), Kalinga Nagar, Bhubaneswar		
11	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	19	MGM Healthcare, Aminjikarai, Chennai		
		20	Fortis Hospital, Sector - 62, Noida		

TOP MULTI SPECIALITY HOSPITALS WEST REGION

Rank	Name	City
1	Sir H. N. Reliance Foundation Hospital and Research Centre, Girgaon	Mumbai
2	Jaslok Hospital & Research Centre, Pedder Road	Mumbai
2	P. D. Hinduja Hospital & Medical Research Centre	Mumbai
3	Dr L H Hiranandani Hospital, Powai	Mumbai
3	Ruby Hall Clinic, Sassoon Road	Pune
4	Dr. D. Y. Patil Hospital & Research Centre, Pimpri	Pune
4	Sahyadri Super Speciality Hospital, Deccan Gymkhana	Pune
5	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri	Mumbai
5	Bombay Hospital & Medical Research Centre, Marine Lines	Mumbai
6	Noble Hospitals & Research Centre, Hadapsar	Pune
7	MGM New Bombay Hospital, Vashi	Mumbai
8	Bharati Vidyapeeth's Bharati Hospital & Research Center, Dhankawadi	Pune
9	Criticare Asia Multispeciality Hospital and Research Centre, Andheri	Mumbai
10	ACI Cumballa Hill Hospital, Kemps Corner	Mumbai
11	Asian Institute of Medical Sciences (AIMS Hospital), Dombivli	Mumbai
12	Aditya Birla Memorial Hospital, Chinchwad	Pune
13	Saifee Hospital, Charni Road	Mumbai
14	Fortis Hospital, Mulund	Mumbai
14	Lilavati Hospital And Research Centre, Bandra	Mumbai
15	Jupiter Hospital, Thane	Mumbai
16	Zynova Shalby Hospital, Ghatkopar	Mumbai
17	Jehangir Hospital, Sasoon Road	Pune
18	S L Raheja Hospital - A Fortis Associate, Mahim	Mumbai
18	Nanavati Max Super Speciality Hospital, Vile Parle	Mumbai
19	Breach Candy Hospital, Bhulabhai Desai Road	Mumbai
20	Shree Pragati Foundation's Hira Mongi Navneet Hospital, Mulund	Mumbai

TOP MULTI SPECIALITY HOSPITALS AHMEDABAD / GANDHINAGAR

Rank	Name	Area
1	Marengo CIMS Hospital	Sola
2	Zydus Hospitals	Thaltej
3	KD Hospital (Kusum Dhirajal Hospital)	Vaishnodevi Circle
4	Sterling Hospital	Gurukul
5	Anand Surgical Hospital	Naroda
6	SAL Hospital & Medical Institute	Thaltej
6	SGVP Holistic Hospital	Vaishnodevi Circle
7	Aashka Hospital	Gandhinagar
7	Shailya Hospital	Navrangpura
8	AIMS Hospital	Paldi

TOP EMERGING AHMEDABAD

Rank	Name	Area
#	Alpha Hospital	Sola

Aashka Hospital: Advancing Gandhinagar's Healthcare Revolution

Aashka Hospitals Ltd. is today a household name in the field of healthcare in Gandhinagar. As Aashka completes a decade of service, it is most commonly associated with its promise of ethics and excellence. But within the medical fraternity, Aashka is known for something even deeper - its pioneering spirit.

For years, Gujarat's capital city was underserved when it came to advanced medical care. Families had no option but to travel to Tier-1 cities such as Ahmedabad for tertiary treatment. That reality changed in 2016 with the conception of Aashka. It was among the earliest hospitals of its type in Gandhinagar and has continued to play a significant role in the region's healthcare landscape.

HOW DID AASHKA BEGIN ITS JOURNEY?

Aashka Hospital was born from the visionary insight of Chairman & Managing Director, Bipin Shah, who identified a critical void in the healthcare infrastructure of Gandhinagar, the capital city of Gujarat. He recognized that it was not only inconvenient but entirely unacceptable for residents to have to travel to Ahmedabad for tertiary medical care. The people of Gandhinagar deserved access to advanced healthcare services within their own city.

This vision became the driving force behind the establishment of Aashka Hospital an endeavor that set out to revolutionize healthcare in Gandhinagar.

WHY IS AASHKA CONSIDERED A INDUSTRY FORERUNNER

Because it brought tertiary-level care to a city that had never experienced it before. Aashka introduced Gandhinagar's first state-of-the-art Cath Lab, Class 100 modular operation theatres, Class 100,000 ICUs, a dedicated Neuro Rehabilitation Centre, and NABH-accredited services. These were not just facilities. They marked the beginning of a new healthcare era for the city.

WHAT RANGE OF SERVICES DOES AASHKA OFFER?

Today, Aashka stands as a fully equipped multispeciality and super-speciality hospital. With more than 30 specialties under one roof - including cardiology, neurology, orthopaedics, oncology, nephrology, emergency and trauma care, paediatrics, obstetrics and gynaecology, physiotherapy and rehabilitation - patients receive comprehensive care without having to run from one hospital to another.

It is multi-faceted care delivered with a personal, family touch.



WHY DO FAMILIES TRUST AASHKA?

Over the years, the Aashka family has grown not just in terms of staff and consultants, but in the number of people who walked in as patients or anxious relatives and left feeling like family.

The greatest compliment Aashka receives is when someone says, "Ek dum ghar jaisa laga." Families have travelled hundreds of kilometers, bringing neighbours and distant relatives, simply because they only trust Aashka.

Aashka combines corporate-level infrastructure with something far rarer - empathy. Patients are never reduced to case files or statistics. They are treated as individuals, as extended family. This culture, envisioned by Chairman and Managing Director Bipin Shah, has permeated every level of the institution. It is not a policy. It is a mindset.

HOW HAS AASHKA RESPONDED IN TIMES OF CRISIS?

When the COVID-19 pandemic struck, Aashka Hospital emerged as a frontline treatment centre in Gandhinagar. Thousands of patients were treated during one of the most uncertain and frightening periods in recent history.

The hospital continues to upgrade its technology and infrastructure. Yet what the community remembers most is not the equipment. It is the fact that Aashka did not say no.

While strictly adhering to government regulations and WHO guidelines, the hospital ensured that technicalities never overshadowed humanity. Many families arrived after being refused elsewhere. For them, Aashka became the final hope.

The real triumph was not only in the number of recoveries, but in watching critically ill patients return months later for routine check-ups - walking, smiling, living fully again. Surgeries were performed. Emergencies were handled. The community was supported when support was scarce. All this was achieved while maintaining one of the lowest infection rates in the region.

This was ethics and quality not as a slogan, but in action.

HOW HAS AASHKA GROWN OVER THE YEARS?

Challenges come and go, but Aashka's commitment to raising healthcare standards in Gandhinagar and Gujarat has remained constant.

● 2016: Aashka opens as Gandhinagar's first tertiary care hospital of its kind.

● 2017: The region's first state-of-the-art Cath Lab is introduced.

● 2018: Becomes one of the first few private hospitals in the region to achieve NABH accreditation.

● 2020: Recognised as a government-approved COVID-19 hospital.

● 2021: Makes history with one of India's largest SME IPO launches, paving the way for expansion.

● 2023: Launches one of the region's first advanced Neuro Rehabilitation Centres.

● Upcoming: A modern IVF Centre set to further elevate specialised care.

Each milestone represents not just expansion, but a deliberate effort to redefine what healthcare in Gandhinagar can look like.

HOW DOES AASHKA SUPPORT ITS MEDICAL PROFESSIONALS?

Aashka's contribution extends beyond patient care. It has reshaped the medical ecosystem of Gandhinagar.

Where once families travelled from tier-2 and tier-3 cities to metropolitan centres for specialised treatment, Aashka reversed the trend by bringing some of the leading medical talent to Gandhinagar. Doctors for whom patients previously travelled to Ahmedabad are now accessible within 15 to 20 minutes from their homes in Sargasan.

Beyond infrastructure and advanced equipment, Aashka offers its doctors something deeper - a rich culture. It is an environment where knowledge is shared, where interdisciplinary learning happens daily, and where both seasoned consultants and emerging specialists thrive.

For experienced professionals, it is a platform to expand impact and reach. For young doctors, it is a launch pad offering exposure to complex, high-risk cases and invaluable mentorship.

WHAT IS AASHKA'S VISION FOR THE FUTURE?

What began as a mission to bring quality healthcare to Gandhinagar has evolved into a broader vision. Aashka aims to build a network of hospitals across tier-2 and tier-3 cities, places where healthcare may exist, but consistent quality often does not.

The same spirit that once sought to uplift an underserved Gandhinagar now drives the ambition to serve other communities in need. Because access alone is not enough.

Access to quality is what truly transforms lives.

For further information:
Email at info@aashkahospitals.in
Call at +91 75750 07701

Shailya Hospital – Advancing Robotic-Assisted Surgery and Smart Patient-Care Services in Ahmedabad

In the evolving landscape of healthcare, precision, safety, transparency, and patient comfort define true quality. Shailya Hospital, Navrangpura, Ahmedabad, under the leadership of Dr. Kaushal Anand – Senior Robotic Gastro, HPB & Abdominal Cancer Surgeon, stands as one of the forerunners of this transformation. The hospital represents a progressive blend of advanced robotic surgery, AI-driven monitoring systems, and premium hospitality—offering quality care with ethical commitment and technological innovation.

ROBOTIC SURGERY AS THE STANDARD OF CARE

At Shailya Hospital, robotic surgery is not positioned as a luxury—it is becoming the standard of care. Robotic-assisted surgery enhances 3D visualization, tremor filtration, superior dexterity, and unmatched precision. The hospital aims to replace conventional laparoscopic procedures with robotic surgery wherever clinically appropriate, with only nominal additional cost. This ensures that society benefits from advanced global technology without financial burden becoming a barrier.

AI-POWERED SMART PATIENT MONITORING

Shailya Hospital integrates AI-enabled patient monitoring systems that redefine inpatient care. Smart ICU and premium beds are equipped with continuous real-time vital tracking, AI-based early warning alerts, integrated dashboards for clinicians, and transparent digital medical records. This intelligent ecosystem enhances safety, reduces human error, and enables proactive clinical decisions.

PREMIUM FLOOR – HEALING WITH COMFORT & DIGNITY

Healthcare quality extends beyond sur-



DR. KAUSHAL ANAND

Dr. Kaushal Anand is a Senior Robotic Gastrointestinal, Hepato-Pancreato-Biliary (HPB) and Abdominal Cancer Surgeon with over 23 years of clinical and surgical experience. He is trained at some of the best national and international institutes and has performed highly complex pancreatic, liver, gallbladder, colorectal, and upper GI cancer surgeries with excellent outcomes. His expertise also extends to advanced benign GI disorders and robotic minimal access surgery. As Director of Shailya Hospital, he combines surgical eminence with ethical transparency and a patient-centric approach, with a clear vision to make advanced robotic surgery accessible to society with only nominal additional cost.

Hospital functions as a live pilot project demonstrating how robotic surgery, AI integration, and premium infrastructure can coexist within a sustainable and socially responsible healthcare model. The upcoming vision includes a dedicated Robotic Surgery Center; integrated diagnostic and OPD wings, AI command center; tele-robotic collaborations, premium indoor hospital wings, and preventive health zones aligned with international standards.

Shailya Hospital is not merely delivering treatment—it is building the foundation for Gujarat's next-generation, smart, super-premium, internationally aligned healthcare ecosystem, where advanced technology serves society with responsibility and prowess.

For more details contact:
Shailya Hospital
Stadium Plaza,
Near Sardar Patel colony crossroads,
Navrangpura, Ahmedabad
Call : +91-7078087808 / 9727766966
e-mail: marketing@shailya.com



gery. The Premium Floor at Shailya Hospital includes luxury single rooms, suite accommodations, concierge-style assistance, private counseling spaces, and infection-controlled smart design. Patients receive advanced treatment in an environment that promotes psychological well-being alongside physical recovery.

A PILOT MODEL FOR AN INTEGRATED SMART INTERNATIONAL HEALTHCARE CENTRE IN GUJARAT

The current Shailya



RESEARCH METHODOLOGY

The objective of this research was to arrive at a list of Top Multi-Specialty Hospitals in India for 2026. The research had 3 major modules i.e. Desk Research, Factual survey & Perceptual Rating survey followed by a scientifically developed analysis & ranking process.

Fieldwork was conducted beginning December 2025 to February 2026.



MODULE 1 | DESK RESEARCH

Module 1 was a secondary research module. A comprehensive list of Hospitals was generated with the help of the internet, magazines, and other publications. The various sources used for the generation of the hospital list included:

- List of Hospitals from previous surveys (based on availability)
- A discussion with specialists to add/delete any Hospital to ensure we have a comprehensive list

As it is not possible to get a completely exhaustive list of hospitals and include them in the survey, we had the option of adding any new hospital name to the survey form if any respondent mentioned any hospital name outside our list. Effectively, every Hospital had a chance of getting covered in the survey if their name was mentioned by the respondents.

MODULE 2 | FACTUAL DATA COLLECTION

A detailed questionnaire was sent to all hospitals to collect factual information about their hospitals on various parameters which ranged from the infrastructure of the hospital to the quality of treatment provided. A total of 3265 hospitals were contacted for factual information.

MODULE 3 | PERCEPTUAL SURVEY

In the perceptual survey module, a structured questionnaire was administered to selected respondents including doctors of Oncologist, Nephrologist, Urologist, Cardiologist, Paediatrician, Gynaecologist/obstetricians, Neurologist, Emergency & trauma experts and gastroenterologists/Hepatologist, patients & their caregivers to get ranking for various hospitals and clinics on various parameters ranging from Hospital Infrastructure to quality of treatment provided. A total sample survey of more than 3300 interviews was conducted top indian cities viz Delhi/NCR, Mumbai, Kolkata, Chennai, Bangalore, Hyderabad, Coimbatore, Bhubaneswar, Pune, Lucknow.

ANALYSIS & FINAL RANKING OF MULTI SPECIALTY HOSPITALS

A robust approach was followed to arrive at the final rankings. Final scores and rankings were arrived at through step-by-step rigorous statistical analysis as given below:

Factual Score

- The information collected corresponds to similar parameters as in the perceptual survey
- A detailed scoring system has been developed for each parameter
- After assigning scores to each parameter, raw scores were calculated
- The raw scores were weighted by their importance to arrive at weighted scores
- The final entity score was calculated as in the perception survey

Perceptual Score

- Ratings on various parameters for each hospital
- Calculating the importance of various parameters to arrive at weights for each parameter – we use a regression model to arrive at the importance of various parameters
- Calculation of raw scores and weighted scores for each parameter
- Calculation of overall score for each hospital using important weightage
- The final score for a hospital was a weighted average of the respective hospitals' Perception Score and Factual Score.
- The rating score and their ranks were recalculated to arrive at the final score for multi-specialty hospitals

SOME CAVEATS/ASSUMPTIONS:

- Government or partly Govt. funded, Not for profit, and Charitable trust funded hospitals like AIIMS, CMC, Adyar Cancer Institute, TATA Memorial Hospital, Basavarakam Indo American Cancer Hospital & Research Institute, Kanchi Kamakoti Childs Trust Hospital, The Gujarat Cancer & Research Institute, etc. were not included in the ranking, considering them as a different league of hospitals due to their legacy, huge infrastructure, the sheer size of procedures performed at highly subsidized treatment cost, etc. We feel they are not directly comparable with other hospitals, thus have limited this survey to private/ corporate tie-up hospitals.
- Best efforts were made to reach the maximum hospitals; however, any hospital that did not send a complete "Factsheet" within the allotted time was assigned an average Factual score for calculating their overall ranking.
- Any entity which expressly stated that it did not wish to participate in the survey was excluded from the survey. Also, some hospitals facing/faced major issues like license, insolvency cases etc. have also been excluded from the survey.
- If the GAP between Hospitals is found very low, hospitals are awarded the same rank.
- Hospitals established in 2022 and onwards have been shown in the emerging category.

About Avance Insights Pvt Ltd (Avance Insights)

Avance is a new age strategic research and consulting firm founded by Industry experts from diverse academic and Industry background. Avance leverages advanced technologies to provide actionable insights to power client's businesses in real-time.

Avance success rests on strong pillar of its core values i.e. Ethics, Integrity, and Transparency. Avance has an ecosystem where clients' interests are aligned with the best-in-class tailored made solutions.

The company has 360-degree approach which includes qualitative and quantitative parameters in concern to derive all the knowledge which is needed for effective business decision-making. Avance revels in delivering insights that brings clarity to decision-making process.

Avance has executed assignments spanning large scale surveys in Healthcare, Agriculture, Livelihood, Education, Water and Sanitation, Rural Development Sector, Financial Inclusion, Air Pollution, Climate Change, FMCG, IT & ITes, Automobile, Retail, Fashion, Food & Beverages, Tourism etc.

The team behind the company's success is a mix of experts, experienced Industry veterans and dynamic young professionals which makes a perfect combination of knowledge, experience, and cutting-edge technology.

Avance has PAN INDIA Network and covered entire part of country successfully.

USPs:

- Expertise -100+ Cumulative Industry Experience
- TAT -Fastest in delivery as the speed matters.
- Quality First -Zero tolerance quality policy
- Partnership Approach- Never mind going the extra mile to offer the best.

MARKET RESEARCH, SOCIAL & DEVELOPMENT RESEARCH, CONSULTING

- Brand Studies – Track, Perception, Health Monitor, Brand Equity Index
 - Communication Testing- Advertisement Evaluation, Campaign Efficacy- Pre & Post
 - Monitoring and Evaluation Surveys
 - New Product Development and Evaluation, Concept Development and Testing
 - Shopper Insights, U & A, Understanding buying Behaviour, Consumer Profiling Study
 - Opinion Polls
 - Ranking Surveys and Many more...
- Avance Insights is a corporate member of MRSI and follows the MRSI code of conduct while conducting all its research projects. For more information about the company please visit www.avanceinsights.in and contact us on manoj@avanceinsights.in

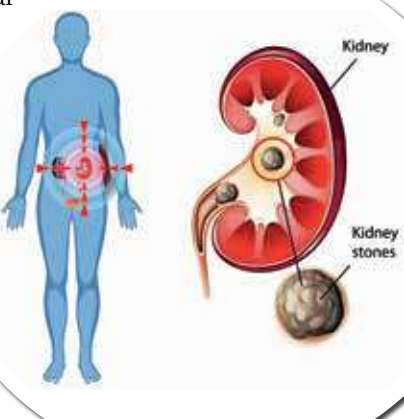
Note: Present survey has been exclusively conducted by an independent Research Agency named Avance Insights Pvt. Ltd. using stated methodology for arriving at given rankings. The publication house and its affiliates/employees/authorized representatives/group companies are not responsible/liable for the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

5 SILENT SIGNS OF KIDNEY DISEASE BEYOND CHANGES IN URINE

Kidney diseases are becoming increasingly common. In the United States, more than 1 in 7 adults have chronic kidney disease, according to the CDC. This is about 35.5 million people. About 40% of people with severely reduced kidney function are unaware of it. While changes in urination are well-known indicators, your kidneys send other signs long before the disease progresses. Early diagnosis is crucial for treatment options and outcomes. Here are 5 silent signs of kidney disease beyond the obvious changes in urine. Let's take a look at these signs... Lack of energy or trouble concentrating? Do you feel less energetic or struggle to concentrate? This could be a warning sign of kidney disease. When your kidney function declines significantly, it can lead to a build-up of toxins and impurities in the blood. This can lead to low energy, making it hard to focus. According to the National Kidney Foundation, kidney disease may also lead to another complication – anaemia, which can result in tiredness and fatigue.

DRY AND ITCHY SKIN

Most people misunderstand this crucial sign. They attribute dry and itchy skin to a lack of moisturising or a skin disease. However, this could be your kidneys warning you. Kidneys are responsible for the removal of waste and extra fluid from your body, help produce red blood cells, keep bones strong, and work to maintain the right amount of minerals in your blood. So, when the balance is disrupted, it can manifest as itchy and dry skin. If ignored, these early warning signs could progress to more serious kidney issues, making it essential to pay attention and consult a healthcare professional promptly.



self struggling to sleep, it could be a sign of kidney disease. When the kidneys do not filter properly, toxins remain in the blood instead of leaving the body through urine. This can interrupt sleep. A 2022 systematic review of studies published in the journal *Kidney Medicine* found that poor sleep quality and insomnia are pervasive among patients with advanced CKD. So, if your sleep problems persist, consult a doctor.

PUFFINESS AROUND THE EYES

Do you wake up with puffy eyes? If this sign persists, it could be a warning that your kidneys are not working properly. This is an indication that there is protein in your urine. The puffiness around your eyes occurs because your kidneys are leaking a large amount of protein into the urine (proteinuria), rather than keeping it in the body. This sign often gets dismissed, and many people attribute it to tiredness.

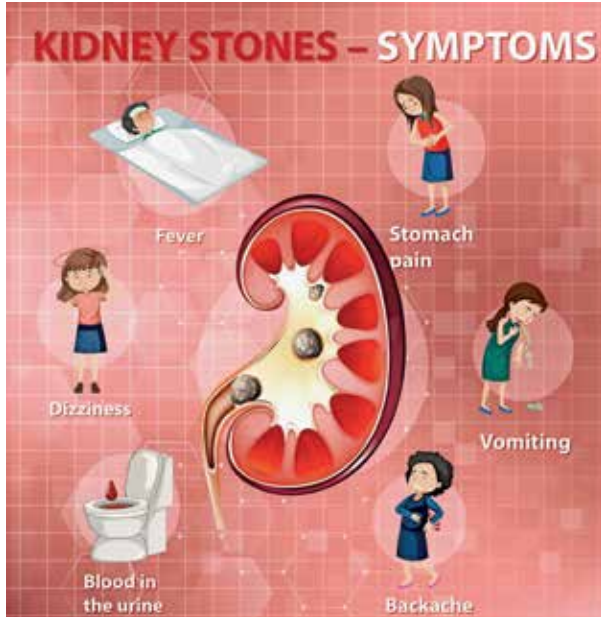
SWOLLEN ANKLES AND FEET

Another warning sign of kidney failure is swollen ankles and feet. This condition is called oedema. According to the NHS, this occurs as a result of water retention. When kidney function declines, it leads to sodium (salt) retention. Swelling in the lower extremities can also be a symptom of many chronic illnesses, such as heart disease, liver disease, and chronic leg vein problems. If you notice any of the following signs, it is crucial to reach out to your healthcare provider as soon as possible. These symptoms might also be indicative of various underlying health issues. Nevertheless, recognizing them early and obtaining timely medical advice can play a significant role in facilitating an accurate diagnosis as well as a suitable treatment strategy.

Note: The information provided in this article is for educational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before starting any new medication or treatment, or before changing your diet or supplement regimen.

TROUBLE SLEEPING

Never dismiss sleep problems. If you find your-



EARLY WARNING SIGNS OF BRAIN TUMOUR THAT YOU SHOULD NEVER IGNORE

A brain tumour can sometimes go unnoticed until symptoms become severe, but your body often gives early warning signs. Persistent headaches, unexplained vomiting, sudden mood changes, or seizures should never be ignored. These could be more than routine health issues; they may signal a serious underlying brain condition. Because a tumour can grow silently and put pressure on vital brain areas, recognising the early symptoms of a brain tumour is crucial for timely diagnosis and treatment. Small brain tumours might not cause noticeable symptoms initially. But, as they grow, symptoms can emerge, varying based on the location, size, and growth rate of the tumour. These symptoms can differ significantly from person to person, making the diagnosis and detection challenging. Take a look



WHAT A BRAIN TUMOUR IS AND 6 MAJOR SIGNS AND SYMPTOMS

Brain tumours can cause a range of symptoms, including general signs like headaches, seizures, and fatigue, as well as more specific symptoms that vary depending on the tumour's location in the brain. As a tumour grows, it can damage or put pressure on surrounding healthy tissue, disrupting normal brain function and leading to various issues. According to a study published in the *BMJ* journal, headache, vomiting, educational or behavioural problems, unsteadiness, and visual difficulties are the most common signs of a brain tumour:

ing symptoms can include nausea, vomiting, or vision changes, signaling the need for prompt medical evaluation.

2. NAUSEA AND VOMITING

Continuous nausea and vomiting, accompanied by headaches, can be an early sign of increased pressure inside the skull. These symptoms may worsen over time and often occur in the morning or after sudden movements, indicating the need for prompt medical evaluation to determine the underlying cause. If left unaddressed, persistent nausea and vomiting from elevated intracranial pressure can lead to dehydration, electrolyte imbalance, and further complications.

3. CHANGES IN MOOD OR BEHAVIOUR

Sudden changes in personality, mood swings, irritability, or loss of motivation may sometimes indicate a brain tumour. Some people may experience new or worsening depression or anxiety without a clear cause.

4. COGNITIVE DIFFICULTIES

Problems with memory, concentration, or clear thinking can occur as a tumour disrupts the normal processing of the brain. It might be difficult to recall information, make a decision, or stay focused.

5. SPEECH PROBLEMS

Finding the right words, slurred speech, or trouble understanding language can signal that a tumour is affecting areas responsible for communication.



1. HEADACHES

Headaches caused by a brain tumour tend to become more frequent and more intense with time. They often aren't cured by painkillers and may feel worse in the morning once you wake up. They may feel like a constant, pressure-like pain that worsens with coughing, sneezing, or bending over, and can gradually disrupt normal sleep and concentration patterns. Other accompany-

6. SEIZURES

These are one of the most noticeable signs of a brain tumour. They can take many forms, from sudden jerking to twitching movements to confusion, or unusual sensations in the body.

WHAT A BRAIN TUMOUR MIGHT FEEL LIKE

A brain tumour itself does not cause pain directly, but the pressure it creates inside the skull can trigger a range of sensations and symptoms.

- People often describe:
 - Persistent or worsening headaches
 - Morning nausea or vomiting
 - Episodes of confusion or fatigue
 - Difficulty with balance, walking, or coordination
 - Weakness or numbness in the arms, legs, or face

Because these symptoms can mimic other health issues, it's important not to jump to conclusions. However, any new or unexplained neurological symptoms should be checked by a healthcare professional.

Disclaimer: This article is for informational purposes only and should not be considered medical advice. Please consult a healthcare professional before making any changes to your diet, medication, or lifestyle.



SGVP HOLISTIC HOSPITAL: A MULTI-SPECIALTY HOSPITAL WITH ADVANCE INTEGRATIVE HEALTHCARE INITIATIVES



Indicative image representation only

SGVPHolistic Hospital is a 180-bed, NABH-accredited, multi-specialty hospital in Ahmedabad, operating under the aegis of the Shree Swaminarayan Gurukul Sarvajiv Hitawah Trust. The hospital is committed to delivering quality, patient-centric, and integrative healthcare, combining modern medicine with traditional systems such as Ayurveda and Yoga, supported by advanced medical technology and compassionate care.

CENTRES OF EXCELLENCE & TECHNOLOGICAL FIRST

Neurology & Neuromodulation – This is the first in Gujarat to implement AI-powered BrainLab technology, enabling advanced neurological treatments through Deep Brain Stimulation (DBS) and Radiofrequency Ablation (RFA) for conditions such as Parkinson's disease, tremors, dystonia, and writer's cramp. It offers comprehensive care for disorders of the brain, spine, and nervous

system, including stroke, epilepsy, and nerve and muscle disorders.

Epilepsy Centre – This provides comprehensive medical and surgical epilepsy care for both adults and children, supported by advanced diagnostics and neuro-navigation technologies. The centre focuses on accurate evaluation, personalized treatment, and helping many patients live a seizure-free life with improved independence and quality of life.

Cardiology & Cardiac Surgery – This is equipped with a state-of-the-art cath lab and advanced surgical infrastructure to manage complex cardiac conditions, including bypass surgery, valve replacement procedures, and comprehensive heart care.

Orthopaedics & Joint Replacement Surgery – This offers precision orthopedic care offering unicompartmental knee replacement, robotic joint replacement, arthroscopy, advanced trauma management, and hip replacement using the Direct Anterior Approach. The

department has successfully performed over 6,000 unicompartmental knee replacement surgeries, including 15 procedures completed in a single day, reflecting extensive expertise and consistent clinical excellence.

Urology – The centre is equipped with an advanced TFL laser RIRS system for minimally invasive kidney stone treatment, the department offers comprehensive care for urinary and male reproductive health conditions. Services include modern kidney stone management, minimally invasive prostate procedures, and keyhole surgical treatment for urological cancers.

Gastroenterology & Bariatrics – The centre is equipped with advanced endoscopic and minimally invasive technologies and providing comprehensive care for digestive, liver, pancreatic, and metabolic health conditions. Services include advanced endoscopic procedures, management of gastrointestinal disorders, specialized care for liver diseases, treatment of gastrointestinal cancers, and bariatric interventions for safe and

effective weight management.

Medical & Surgical Oncology – The centre is backed by experienced doctors, a skilled multidisciplinary team, and state-of-the-art infrastructure, the department provides comprehensive cancer care, including medical and surgical treatment for cancers affecting organs, bones, muscles, and connective tissues, with advanced solutions for both early detection and complex advanced-stage management.

Matrutva – Conception to Delivery: Naturally, Normally & Holistically – Offering complete maternity and women's healthcare services, including painless delivery options, special care for high-risk pregnancies, infertility treatment, advanced keyhole (laparoscopic) gynaecological surgeries with faster recovery, and comprehensive treatment and care for gynecancers.

A distinctive initiative under Matrutva is "Ma Ki Pathshala" – a true Garbhsanskar program designed to nurture motherhood beyond clinical care. This structured program

integrates Yoga, Ayurveda, and traditional Indian cultural practices to support women before conception, during pregnancy, and after delivery. It includes trimester-wise yogic practices, Ayurvedic dietary and lifestyle guidance, and traditional rituals such as mantra jaap, yagna, gau poojan, and prescribed sanskars aimed at fostering emotional balance, positive fetal development, and conscious parenting. Post-delivery guidance focuses on maternal recovery, lactation support, newborn care education, and restoring strength through holistic methods, ensuring a comprehensive and culturally rooted motherhood journey.

SGVP Vatsalya – Holistic Child Care (Up to 18 Years): SGVP Vatsalya is a dedicated 35-bed pediatric multi-specialty facility committed to providing comprehensive and compassionate care for infants, children, and adolescents. The hospital is equipped with advanced infrastructure, including PICU, NICU, HDU, isolation wards, and 24x7 pediatric emergency services to ensure continuous specialized care. The centre offers a full spectrum of pediatric specialties and super-specialties, including pediatric cardiology and cardiac surgery, neurology and neurosurgery, orthopedics, pulmonology, oncology, gastroenterology, nephrology, endocrinology, neonatology, developmental pediatrics, congenital heart defect correction, and cleft lip and palate surgeries, ensuring expert care across all stages of childhood.

Growth & Developmental Clinic – Holistic management of growth and developmental disorders such as growth hormone deficiency, genetic syndromes (Down syndrome, Turner syndrome), autism, ADHD (Attention Deficit Hyperactivity Disorder), cerebral palsy, speech delays, and global developmental delay.

TRADITIONAL HEALTHCARE

SGVP Ayurveda Centre recognized in the Guinness World Records for performing the highest number of Shirodhara therapies in a single day, promotes holistic health through authentic Ayurveda and Panchkarma treatments. The centre provides expert care for lifestyle disorders, autoimmune conditions, infertility, metabolic diseases, stress-related issues, and various chronic health concerns using traditional Ayurvedic principles.

SGVP Yog Centre offers personalized yoga programs including Iyengar Yoga with props for correct posture alignment, fitness yoga for strength and flexibility, therapeutic yoga for recovery and rehabilitation, pregnancy yoga, fertility yoga, weight management programs, pain management yoga, and sound meditation for relaxation and mental well-being, all guided by trained professionals for safe and effective practice.

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Rising Health Concerns in Children: Need for Lifestyle Reform and Role of Ayurveda

In today's fast-paced and rapidly evolving world, children are increasingly exposed to unhealthy lifestyles that are quietly affecting their long-term health. Easy access to junk food, excessive sugar intake, processed snacks loaded with preservatives, and food grown using chemical fertilizers and pesticides have become a regular part of many young diets. Added to this are environmental pollution, screen addiction, lack of outdoor activity, irregular sleep schedules, and rising stress levels in children. Together, these factors are contributing to weakened immunity and a disturbing rise in serious health concerns such as obesity, fatty liver, metabolic imbalance, heart-related issues, and even early-age chronic diseases.

Highly processed foods rich in artificial additives burden the digestive system and liver. Continuous toxin exposure through polluted air, contaminated water, and chemical residues in food increases oxidative stress and inflammation in the body. Over time, these imbalances weaken the immune system and may lead to lifestyle-related disorders. Without timely preventive care and guidance, children may face health complications that affect their growth, learning ability, and quality of life.

Ayurveda, India's ancient system of holistic medicine, strongly emphasizes prevention as the foundation of lifelong wellness. It focuses on balanced nutrition, disciplined daily routines (Dinacharya), seasonal care, detoxification, and natural immunity-building therapies. By nurturing healthy digestion, proper sleep, physical activity, and emotional balance, Ayurveda supports children in developing strong immunity and resilience against disease.

Arogyadeep Ayurveda, founded by Dr. Naman Ajudiya, is committed to building a healthier generation through authentic Ayurvedic science. Under his visionary leadership, the organization develops quality Ayurvedic formulations, medicines, and supplements while maintaining strict standards of purity, safety, and quality control. The goal is not only to treat illness but to promote preventive care and long-term well-being in children and families.

The company's Chief Consultant, Dr. Ashish Bharai, actively educates parents about child health through



Dr. Naman Ajudiya
Founder of Arogyadeep Ayurveda



Dr. Ashish Bharai

awareness sessions, consultations, and community initiatives. His guidance focuses on preventive healthcare, immunity strengthening, proper nutrition, and creating a healthy daily routine for children.

Several traditional Ayurvedic herbs and supplements are commonly recommended to support children's overall health. Suvarna Prashan is known for supporting immunity, brain development, and vitality. Chyawan Prash helps improve respiratory strength and stamina. Triphala promotes gentle detoxification and digestive balance. Giloy (Guduchi) acts as a natural immune modulator, while Haldi (Turmeric) provides antioxidant and anti-inflammatory benefits. Black pepper enhances digestion and nutrient absorption. Herbal-fortified Colostrum preparations supply natural antibodies and growth factors that help improve gut health, immunity, and healthy development in children.

However, Ayurveda also emphasizes that medicines alone are not enough. A balanced lifestyle is essential. Parents should encourage home-cooked meals, fresh fruits and vegetables, regular outdoor play, limited screen time, adequate sleep, and positive emotional support.

Teaching children healthy habits early in life creates a strong foundation for lifelong wellness.

With growing awareness about preventive healthcare, institutions like Arogyadeep Ayurveda headquartered in Rajkot with a branch in Porbandar, continue working toward a healthier future for children through research-based Ayurvedic solutions and public awareness. Their mission is clear: by combining ancient wisdom with modern lifestyle understanding, we can nurture stronger immunity, healthier habits, and brighter futures.

A healthy childhood builds a strong nation. Through mindful parenting, balanced nutrition, and the preventive wisdom of Ayurveda, we can protect the next generation from lifestyle-related diseases and help them grow into healthier, happier adults.

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From Risk to Relief: How TAVR is Reshaping Aortic Stenosis Care



Indicative image representation only

Aortic stenosis, a condition in which the heart's main valve becomes narrowed and restricts blood flow to the body, is one of the most serious and common heart diseases in older adults. While some individuals are born with valve abnormalities, most cases develop over time due to calcium deposits and scarring. Once symptoms such as chest pain, breathlessness, dizziness, or extreme fatigue appear, the disease can rapidly become life-threatening if left untreated.

For decades, the only effective treatment for severe symptomatic aortic stenosis was surgical aortic valve replacement, an open-heart operation requiring chest opening, temporary stoppage of the heart, and prolonged recovery. Patients considered too elderly or medically fragile often had limited options, relying on medications or balloon procedures that provided only temporary relief without improving long-term survival.

The emergence of Transcatheter Aortic Valve Replacement (TAVR) has dramatically changed this landscape. In TAVR, a new artificial valve is delivered through a thin catheter—usually via an artery in the groin or a small chest incision—and positioned inside the diseased valve. The replacement valve begins working immediately, often while the heart continues beating, avoiding major surgery and significantly shortening recovery time.

Initially developed for patients at very high surgical risk, including the elderly and those with kidney or lung disease, prior heart surgery, or heavily calcified arteries, TAVR has rapidly expanded in use. Large international clinical trials have shown outcomes comparable to, and sometimes better than, traditional surgery. As a result,



Dr. Abhishek Rajpopat,
Sr. Interventional Cardiologist

the procedure is now approved for intermediate- and even low-risk patients, making it a frontline therapy for many individuals with severe aortic stenosis.

One important consideration when comparing TAVR with surgical valves is valve durability and effective orifice area (EOA)—a measure of how freely blood flows through the new valve.

Current evidence shows that modern TAVR valves maintain strong performance for at least 8-10 years, with growing data suggesting durability approaching that of surgical bioprosthetic valves in selected patients. Surgical valves, particularly metallic valves used in younger individuals, have historically demonstrated Over 15-20 years of durability, which is why surgery may still be preferred in very young patients.

However, TAVR valves often provide a larger effective orifice area and lower residual pressure gradient compared with many surgical bioprosthetic valves, especially in patients with small native valve anatomy. This improved blood-flow profile can translate into better symptom relief, improved heart function, and reduced risk of patient-

prosthesis mismatch, an important advantage in elderly or frail individuals. Ongoing long-term studies continue to monitor structural valve degeneration to better define durability beyond a decade.

Compared with open-heart surgery, TAVR also offers clear practical benefits: minimal or no chest incision, hospital discharge within a few days, faster return to normal activity, and lower risks of bleeding or infection. Patients frequently experience rapid improvement in symptoms, survival, and overall quality of life. Careful selection remains essential, guided by a multidisciplinary heart team of cardiologists and cardiac surgeons who consider anatomy, age, associated heart disease, pacemaker risk, and long-term treatment strategy.

The global impact of TAVR has been profound, with more than 100,000 procedures performed annually in the United States and rapidly increasing adoption worldwide with over 4000 TAVR cases performed in India. Shorter hospital stays and fewer complications are also improving healthcare efficiency and costs.

Looking ahead, advances in valve design aim to deliver longer-lasting durability, even larger effective orifice areas, and lower complication rates, while similar catheter-based therapies are expanding to the mitral and tricuspid valves.

In just over a decade, TAVR has transformed severe aortic stenosis from a high-risk diagnosis with limited options into a treatable condition offering faster recovery, restored quality of life, and genuine hope—marking one of the most significant achievements in modern cardiovascular medicine.

For more information, contact:
9898561611

Orthopaedic Surgery Sees Innovation with Pixee Knee Plus in Knee Replacement

Advanced Subvastus MIS supported by AR-guided surgical innovation

Total Knee Replacement surgery in India has entered a new era with the successful completion of 100 knee replacement surgeries using the Pixee Knee Plus Augmented Reality system, performed for the first time in India by Dr Rishi Sanghavi at Anand Surgical Hospital Pvt. Ltd., Ahmedabad.

This landmark achievement combines Subvastus muscle-preserving technique with French AR-guided Pixee technology, delivering unmatched precision, faster recovery, and superior patient outcomes.

WHY SUBVASTUS TOTAL KNEE REPLACEMENT?

Subvastus Total Knee Replacement (TKR) is gaining rapid recognition among orthopaedic surgeons and patients for its muscle-sparing approach and quicker rehabilitation. Unlike conventional knee replacement methods that cut through the quadriceps muscle, the Subvastus technique keeps the muscle completely intact.

By preserving the quadriceps, patients experience significantly less post-operative pain, better knee stability, and faster functional recovery. Many patients can stand and walk within hours after surgery, regaining confidence early in their rehabilitation journey. This approach also results in minimal blood loss, making it especially suitable for senior citizens and individuals with active lifestyles.

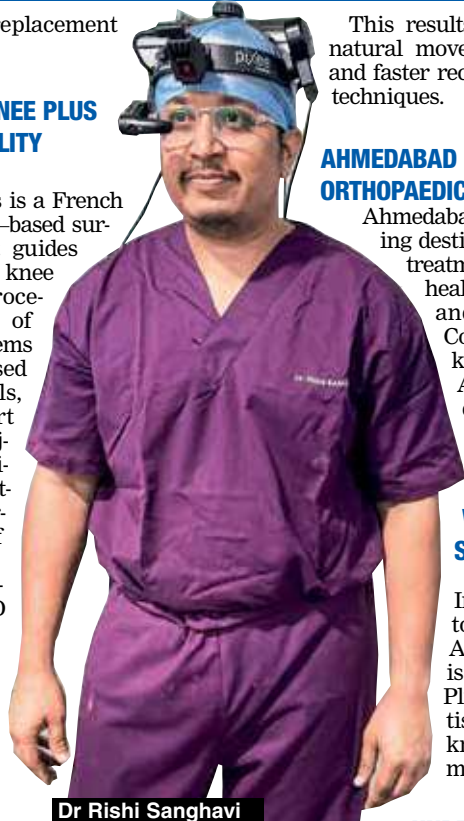
The Subvastus technique restores more natural knee movement, reduces dependency on pain medication, and enables patients to return to daily activities much sooner, making it a preferred choice for

modern knee replacement care.

WHAT IS PIXEE KNEE PLUS AUGMENTED REALITY SURGERY?

Pixee Knee Plus is a French augmented reality-based surgical system that guides surgeons during knee replacement procedures. Instead of bulky robotic systems or radiation-based navigation tools, Pixee uses smart AR glasses to project real-time surgical guidance directly into the surgeon's field of vision.

The system provides a virtual 3D



Dr Rishi Sanghavi

AHMEDABAD - A HUB FOR ADVANCED ORTHOPAEDIC CARE

Ahmedabad is emerging as one of the leading destinations for advanced orthopaedic treatments in India, offering modern healthcare facilities, expert surgeons, and cost-effective solutions. Compared to metro cities, Pixee knee replacement surgery in Ahmedabad provides global-standard technology at a more affordable cost, without compromising on safety or outcomes.

WHY CHOOSE DR. RISHI SANGHAVI?

Dr Rishi Sanghavi is among India's first orthopaedic surgeons to perform Pixee Knee Plus AR-assisted knee replacement and is the official trainer for Pixee Knee Plus technology in India. His expertise includes Subvastus pain-free knee replacement, hip replacement, and advanced arthroplasty.

UNDER HIS CARE, PATIENTS BENEFIT FROM:

- Highly precise implant placement using AR technology
- Less invasive surgery with faster recovery
- Personalised rehabilitation protocols
- Ethical practice and transparent pricing

EDUCATOR AND NATIONAL TRAINER FOR PIXEE TECHNOLOGY

Beyond the operating theatre, Dr. Sanghavi plays a vital role in transforming orthopaedic surgery nationwide. As the official Pixee Knee Plus trainer in India, he conducts workshops and hands-on training for national and international surgeons, ensuring that AR-assisted knee replacement benefits reach patients across the country.

His teaching philosophy focuses on combining technological innovation with refined surgical skill, ensuring consistently remarkable outcomes. "When we integrate the compassionate Subvastus technique with millimetre-level AR precision, we give patients more than a new knee, we give them their life back, faster and with less pain," says Dr Sanghavi.

COST OF PIXEE KNEE REPLACEMENT IN INDIA

Pixee Knee Replacement at Anand Surgical Hospital starts at ₹1.15 lakh for Indian implants with general ward accommodation. Imported implants range between ₹1.65 lakh to ₹2.4 lakh,

This results in better joint balance, more natural movement, longer implant lifespan, and faster recovery compared to conventional techniques.



Dr. Rishi Sanghavi



Dr. Rishi Sanghavi



depending on implant type and hospital facilities. Considering long-term accuracy, durability, and faster recovery, Pixee Knee Plus can be a cost-effective option.

KEY ADVANTAGES AT A GLANCE

- Subvastus TKR
- Quadriceps muscle preserved
- Minimal pain and fast recovery
- Early mobility and natural knee movement
- Minimal blood loss

PIXEE KNEE PLUS AR

- French AR-guided personalised alignment
- No radiation or CT scans
- Compatible with all implant brands
- Proven superior accuracy over conventional methods

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Nimaaya: An obvious address for the joy of motherhood



Dr. Birwa Dave, Dr. Yuvraj Singh Jadeja, Dr. Pooja Nadkarni Singh and Dr. Prabhakar Singh

Many women deprived of the joy of motherhood often carry emotional burdens and silently endure years of disappointment. Even after seeking medical treatment from multiple specialists, hope can sometimes feel distant. For countless such couples who had nearly given up, Nimaaya has emerged as a ray of hope.

Dr. Purnima Nadkarni, who served at Mumbai's renowned KEM Hospital, along with her husband Dr. Kishore Nadkarni, began their journey by establishing a hospital in the small town of Pardi in Valsad district. What started as a humble initiative soon transformed into a place where thousands of homes were filled with the laughter of children. Dr. Purnima Nadkarni possessed a rare gift — women who walked into her hospital rarely left without renewed hope for motherhood.

Dr Purnima Nadkarni's legacy of empathy and medical quality continues through her daughter, Dr. Pooja Nadkarni Singh. She earned her MD from B.J. Medical College, Ahmedabad, while her husband, Dr Prabhakar Singh, completed his postgraduate studies in Embryology from the University of Leeds. Together, the couple began offering advanced treatment for infertility and reproductive health through 21st Century Hospital in Surat, helping families experience the happiness they had long awaited.

Today, not only couples from South Gujarat but also from across India and many countries

seek treatment here and consult Dr. Pooja Nadkarni Singh, reflecting the growing trust in her expertise.

For over 19 years in Surat, IVF treatments associated with this legacy have helped approx 25,000 couples embrace parenthood — bringing the greatest joy into their lives. Recognizing that infertility is not confined to one city, and determined to extend this happiness to families across the state, Nimaaya was established in

Vadodara in 2022 by a dedicated team comprising Dr. Pooja Nadkarni Singh, Dr Prabhakar Singh, and Dr. Yuvraj Singh Jadeja and have helped approx 3000 couples embrace parenthood in last 4 years since inception. Following a progressive first year, Nimaaya expanded to Ahmedabad in 2023, with Dr. Birwa Dave joining the mission. Through Nimaaya's IVF treatments, thousands of homes now resonate with the laughter of children.

NIMAAYA women's centre for health

NIMAAYA'S EXPANDING PRESENCE

With a vision to ensure that no woman is deprived of the chance to experience motherhood, Nimaaya's services are now available not only in Surat but also in Vadodara and Ahmedabad — extending hope, care, and life-changing possibilities to families across Gujarat.

For more details visit:

www.nimaaya.com
Nimaaya centres are available at Ahmedabad, Vadodara and Surat

Heartfelt Stories of women Who Found Motherhood at Nimaaya

Dr. Pooja Placed the Joy of Motherhood in My Arms. I got married in 2014, and from 2015 onwards, I began visiting doctors in the hope of holding my child someday. I traveled as far as Mumbai and Rajasthan for treatment and tried countless remedies. The seven years after marriage were incredibly difficult. Every year meant consulting a new doctor, while my entire family waited for good news that never came. Two IVF attempts had already failed. But everything changed when I came to Nimaaya. The treatment began, and finally, I conceived. Today, I want nothing more — they have given me the greatest happiness of my life. I am deeply grateful to Dr. Pooja Nadkarni.

One mother shared her emotional journey

Nimaaya Blessed Me with the Opportunity to Become a Mother of Three. Before coming to Nimaaya for IVF treatment, I had already consulted what were considered the top doctors in Surat. I first visited Nimaaya in 2016, when Dr. Pooja suggested IVF, but I continued trying other options without success. Finally, in 2021, I consulted her again, and through IVF, I conceived.

When the very first sonography revealed that I was expecting triplets, our family was overwhelmed with happiness — it felt like a festival at home. After waiting so long for even one child, being blessed with three multiplied our joy beyond measure.

Another mother expressed her joy

DR. PURNIMA NADKARNI MEDICAL FOUNDATION A TRIBUTE TO AN EXCEPTIONAL WOMAN



Dr Purnima Nadkarni

There are few individuals who devote their entire lives to bringing smiles to others. Dr. Purnima Nadkarni was one such distinguished gynecologist whose medical service helped thousands of women achieve motherhood.

On October 22, 2021, Dr. Purnima Nadkarni passed away after battling liver cancer. To honor her noble legacy and keep her compassionate vision alive, the Dr. Purnima Nadkarni Medical Foundation was established. The foundation is dedicated to continuing her mission — supporting women in their fight against infertility and helping them experience the fulfillment of motherhood.

Over the past three years, the foundation has enabled 150 underprivileged women to conceive through IVF treatment, reaffirming its commitment to accessible and compassionate healthcare.



Nimaaya, Surat

For any further details about Times Health, email info.oms@timesofindia.com