

# ***Celebrating Shija Hospitals'***

*38 years Saga of Achievement*

## **FOUNDATION DAY CHRONICLE**

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### ***Shija Hospitals***

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**2023**  
*3<sup>rd</sup> July*



## Shija at a Glance

**Shija Hospitals & Research Institute** is a multi-specialty hospital equipped with state-of-the-art infrastructure and exceptional healthcare services facilitated by the finest doctors and surgeons. With cutting-edge technologies and unparalleled diagnostic capabilities, coupled with the highest standards of patient care, Shija Hospitals is the premier healthcare destination in Northeast India and beyond. Today, the 3<sup>rd</sup> July 2023, Shija marked the completion of 38 successful years of spearheading the medical revolution in the region. From a mono-practice clinic attached to a pharmacy at Paona Bazar, Imphal, Shija has grown into a 350-bedded multi-specialty hospital with 37 specialties and super-specialties. Shija now has the first homegrown medical college in Northeastern India, the Shija Academy of Health Sciences (SAHS), with an intake of 150 students per year from 2021–2022.

173 full-time highly skilled doctors

78 Critical Care beds

Total number of caregivers: 1590

42 bedded Dialysis Unit

12 Modular OTs, General OTs & Minor OTs

13,48,746 OPD patients consulted from January 1995 till date

132853 surgeries performed from January 1995 till date

First to performed Kidney and Cornea Transplant in Manipur.

**89 Kidney transplants** performed till date

First in Northeast India to performed ABO Incompatible Kidney Transplant

First Private Hospital to performed Cochlear implant surgery

Total stone solutions under one roof

Over 38,500 key-hole surgeries till date

Separate COVID block for COVID patients supporting Govt. of Manipur to tackle COVID pandemic

### Shija Mission Myanmar - I

Free Cleft Lip and Palate Surgery (134 cleft lip and palate)

### Shija Mission Myanmar - II

Free Cataract Surgery (179 cataract blindness)

### Shija Mission Myanmar - III

Free Key Hole Surgery (32 key-hole surgeries)

Shija Overseas Training program for Myanmar medical professionals to facilitate availability of advanced medical services in Myanmar

Over 2200 Myanmar nationals treated

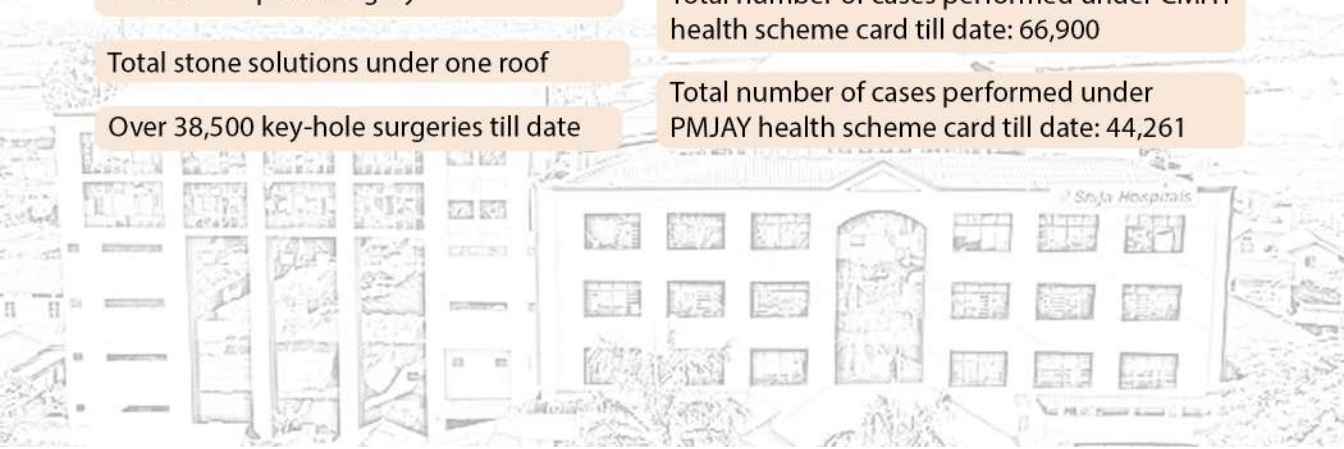
NABH ( Pre-entry level) Accredited

NABL Accredited Laboratory

Empanelled with AB-PMJAY & CMHT

Total number of cases performed under CMHT health scheme card till date: 66,900

Total number of cases performed under PMJAY health scheme card till date: 44,261







## MESSAGE

“ *Many patients from Manipur have been going outside the state for healthcare reasons since the 1960s causing huge economic drainage and inconveniences. And also many nursing, paramedical and medical students have been going outside the state and country for their education.*

*Shija journeys from a mono practice at Paona Bazar in 1985 to a Super Speciality Hospital at Langol and then to the first Homegrown Private Medical College in NE India.*

*Shija has been able not only to stop patients and students from going outside the state to a great extent but also attract patients and students from outside the state and country.*

*On the occasion of celebration of completion of 38 years of medical revolution in the region on the 3rd of July 2023, I congratulate all the caregivers and express our heartfelt gratitude to all for trusting us.*

*We wish the organisation would continue to grow and serve the society globally.*”

  
**Dr. Palin Khundongbam**  
Chairman cum Managing Director  
*Shija Hospitals*

## VISION

To be a premium & leading brand in the healthcare services globally by 2029, recognized by our customers for our holistic approach, personal touch and technological advancement.

## MISSION

To provide high quality and customer focused healthcare services.

We will achieve this by focusing on –

- **Customer needs:** Being sensitive to our customer needs
- **Research & Development:** Improving our services through constant research & skill development
- **Quality system:** Continuing to be highly systematic and organized in our services delivery and quality control
- **Networking:** Building up our local and international network with our partners in healthcare
- **People development:** Caring and grooming our people to set and achieve higher goals.

## QUALITY POLICY

***Our quality policy*** is to achieve customer delight by providing customer centric, cost effective, timely and ethical medical care with diligent consideration of the applicable legal and other requirements.

We are committed towards continual improvement of our quality management system with active participation of all members of our organization, customer and other interested parties.



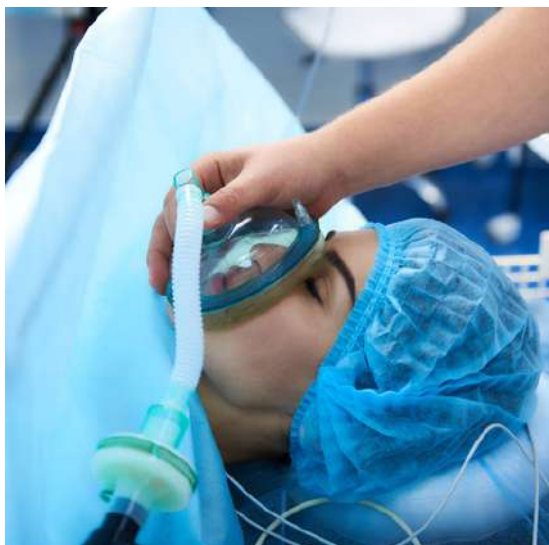
## Department of ***Anaesthesiology & Critical Care***

**Department of Anaesthesiology** is accredited by the National Board of Examination under Ministry of Health, Govt. of India for 3 years post graduate DNB course in anaesthesiology. The foundation of this department is the clinical skill of our anaesthesiologists who have received training and accomplishments from the best institutes around the country. 10 Anaesthesia Consultants are available round the clock on rotation basis to ensure highest standards of care. The team members are well trained to cater to all kinds of surgeries including high end surgeries like open heart surgery, renal transplant surgery etc.

Services provided also include pre-operative anaesthesia check-up (PAC), 12 operation theatres including 6 modular OTs and 6 minor OTs, epidural anaesthesia for painless labour, U.S.G. guided regional blocks for post operative analgesia, awake fiber optic intubations, percutaneous tracheostomy, 78 critical care beds, anaesthesiologist supervised 10 bedded post operative ward, post-operative

pain management and 24 X 7 emergency anaesthesiology services.

The anaesthetists are equipped with the state of the art anaesthetic equipments with Savoflurane which is one of the best anaesthetics ideal for general anaesthesia. Well-trained staff and availability of latest technology and drugs makes the hospitals as one of the safest places to get anaesthesia.



- 10 Full-time Anesthetists
- Post graduate DNB course in Anesthesiology
- Pre-operative anaesthesia check-up (PAC) prior to surgery for risk assessment
- 12 operation theatres
- 24 X 7 Critical Care Service



## Clinical Laboratory Services

Our clinical laboratory is the First hospital based NABL accredited laboratory in the state with the scope of services including Clinical Biochemistry, Clinical Haematology, Clinical Microbiology and Clinical Pathology. We provide state-of-the-art diagnostic services 24 hours a day and 7 days a week with a primary focus that 'patients come first', reporting results that help provide accurate answers for physicians and patients. A medical diagnostic laboratory is more than the backbone of a treating physician; it is the very soul of diagnosis. Through the application of leading-edge technology, the laboratory services at *Shija Hospitals* prides itself on providing rapid turnaround time, affordable inpatient & outpatient testing and superior customer service. *Shija* Clinical Laboratory has also developed a system called critical values call back protocol. Critical values also known as panic or alert values are laboratory results that indicate life threatening situation for the patient. Because of their critical nature, urgent notification of a critical value to the appropriate healthcare professional is done through telephonic conversation.



- 11 Full-time Pathologists
- 10 Full-time Microbiologists
- 7 Full-time Biochemists
- 4 Full-time Radiologists
- 53 Full-time Technicians
- 24 X 7 Diagnostic Services
- NABL Accredited Laboratory







## Department of ***Dermatology***

The Department of Dermatology at *Shija Hospitals* renders all the modern services and treatment procedures to treat different kinds of skin and hair disorders. Skin disorders range from simple issues such as eczema and warts to something as serious as psoriasis and even skin cancer. We provide a complete range of services for patients with skin disorders including acne, eczema, dermatitis, psoriasis, hair loss, warts, pigmentation and therapy of cosmetic and ageing conditions of the skin, fat, nails and hair. We have excellent histological facilities to help in diagnosing difficult and atypical skin problems. Being part of multi specialty hospital, interlink with other departments is always available for multi disciplinary approach. We perform various cosmetic and dermatosurgical procedures backed by a team of highly skilled Cosmetic surgeons.



At *Shija Hospitals'* Dermatology Centre, we provide unmatched clinical excellence and best-in-class hospitality. We have a sound team of dermatologists with years of experience in providing treatment for skin problems.

Cutting-edge technology and infrastructure further complement our team's skill in providing world-class dermatology services.

- 4 Full-time Dermatologists
- Treatment of skin disorders including acne, eczema, dermatitis, psoriasis, hair loss, warts, pigmentation
- Therapy of cosmetic and ageing conditions of the skin, fat, nails and hair
- The services of Dermatology are also available at the Shija Urban OPD, a city centre of Shija Hospitals



Department of  
***Emergency & Trauma Unit***

Our Emergency Department is accredited by the National Board of Examination under Ministry of Health, Govt. of India for 3 years post graduate DNB course in Emergency Medicine. ISRO conferred Award of Recognition to Emergency Department, Shija Hospitals in appreciation of its valuable participation in Health QUEST (Health Quality Upgradation Enabled by Space Technology of ISRO) in February, 2023. Shija Hospitals is the first stroke ready hospital in the state.

**Scope of Services:**

- Trauma Care
- Heart Emergency Care
- Stroke Emergency Care
- 24 X 7 Emergency Rescue Team
- Burn Care
- Obstetrics & Gynaecology Emergency
- Paediatrics, Neonatology & Geriatrics Emergency
- Mass Casualty/ Disaster ready
- Toxicology (Poisoning)
- Eye & ENT Emergency
- Critical Life Saving Procedures
- 24x7 Pathological Laboratory
- 24x7 Radiological Services



- 1 Full-time Emergency Physician
- 4 DNB Students
- 8 RMOs
- 27 Emergency Nurses
- First Stroke Ready Hospital in the State

**For Emergency, contact  
7085 012 345**



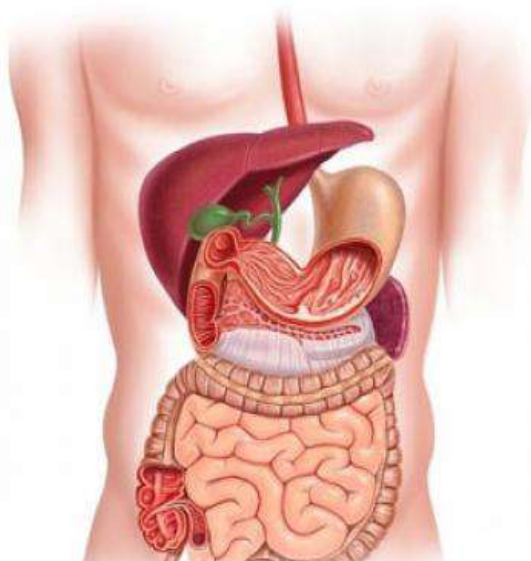




## Department of **Gastroenterology**

**Our Department of Gastroenterology** provide comprehensive therapy for various gastroenterological conditions. The center has state-of-the-art facilities and a panel of expert doctors, making it the preferred option for the management of gastroenterology disorders. It specializes in the diagnosis, treatment, and prevention of disorders of esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver. We provide comprehensive care for gastro-intestinal conditions such as heartburn, nausea, difficulty in swallowing, abdominal pain/bloatedness, incomplete bowel evacuation, constipation, diarrhoea, Irritable Bowel Syndrome (IBS),

A perfect blend of advanced technology and compassionate staff allows us to achieve positive results and fast recovery. Our gastroenterology department provides various diagnostic, therapeutic, and emergency services like gastroscopy, colonoscopy, ERCP, endoscopic ultrasound (EUS), narrow band imaging (NBI), capsule endoscopy etc. These procedures help our team of doctors make a precise diagnosis and provide expert care. *Shija Hospitals* has been certified to perform liver transplantation by the Directorate of Health Services, Government of Manipur, on September 22, 2022 (Registration No. THO/003/LV/2022).



- 1 Full-time Gastroenterologist
- Diagnosis, treatment, and prevention of disorders of esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver

blood in stool, jaundice, piles & other anal disorders, alcoholic liver disease, viral hepatitis, liver cirrhosis, biliary and pancreatic duct diseases, tumours of the gastrointestinal tract, blood vomiting, removal of ingested foreign body, management of ingested corrosive.



## Department of **General Medicine**

With a group of specialist doctors and allied health staff who are dedicated in providing patient-centric medical care, the department of General Medicine is committed to bring healthcare of international standards within the reach of every individual. *Shija Hospitals* is accredited by the National Board of Examination for 3 years post graduate DNB course in General Medicine. The dedicated team of physicians provide outpatient and inpatient primary care services as well as consultation services for patients with complex clinical problems. They also provide pre-operative evaluation that helps in ensuring an uneventful and successful surgery. Intensive-care under our dedicated physicians is also provided to patients with life threatening conditions like instability (hypertension/ hypotension), airway

or respiratory compromise (such as ventilator support), acute renal failure, potentially lethal cardiac arrhythmias, or the cumulative effects of multiple organ failure, more commonly referred to now as multiple organ dysfunction syndrome. Such patients are admitted and closely monitored in ntensive care units until deemed stable to transfer to a less intensively monitored unit.

- 4 Full-time Physicians
- 3 years post graduate DNB course in General Medicine





## Department of **General Surgery**



It is Eastern India's pioneer and leading brand in the field of laparoscopic surgery. Department of general & laparoscopic surgery is also accredited for 3 years post graduate DNB course in general surgery. Harmonic Scalpel (USA) for bloodless surgery was installed at Shija Hospitals for the 1st time in Asia in 1997. The department has performed more than 38,500 successful key-hole surgeries till date and still counting. Surgeries are performed by eminent AMASI (Association of Minimal Access Surgeons of India) faculties. It is one of the very few centers in the world to perform ERCP and Cholecystectomy in the same sitting. It is the first centre in the state to perform laparoscopic pancreatic tumour removal. It is also the first centre in North Eastern India to perform laparoscopic choledochal cyst removal. It is the most comprehensive treatment centre for piles, fissure in ano, fistula in ano, rectal polyp, rectal prolapse, colon cancer, pain and bleeding per rectum and 1st in Eastern India to introduce non operative and less invasive treatment solutions for piles like Cryo surgery, IRC, Rubber band ligation, Injection sclerotherapy, LASER, Doppler Guided Haemorrhoidal Artery Ligation (DGHAL), Stapling surgery, Transanal suture rectopexy (TASR).

**Both open and key-hole surgery facilities are available in the department for the following:**

- Gall bladder, appendix removal
- Ovary, Uterus (Hysterectomy)
- All types of surgeries for acute pain in abdomen, including problem in liver, intestine, spleen, pancreas and stomach etc.
- Rectopexy (for excessive protrusion per rectum)
- Hiatus hernia, inguinal hernia, intestinal hernia and adhesiolysis
- Paediatric laparoscopic surgery and many others

- 4 Full-time General & Minimal Access Surgeon
- 3 Full-time General Surgeon
- 1 Visiting General & Minimal Access Surgeon
- First to start full-fledged Laparoscopic surgery in Manipur in 1996
- First in Asia to install Harmonic Scalpel (USA) for bloodless surgery
- Over 38500 key-hole surgeries till date





## Department of ***Interventional Radiology***

*Shija Hospitals* is the only centre in the state having a qualified full time Neuro-Interventional Radiologist. The department has a dedicated Cath lab exclusively for interventional radiological procedures. Advanced interventional radiological procedures are done regularly such as cerebral angiograms, embolizations of cerebral AVMs and Tumors, endovascular coiling of cerebral aneurysms, Intra-arterial thrombolysis for ischemic stroke. Endovascular management for gastrointestinal haemorrhage and percutaneous stenting of biliary system, Trans-jugular portacaval stenting as a therapy for cirrhotic patients to correct bleeding without surgery, Trans-hepatic biliary drainages and stenting of biliary system are also routinely performed.

- 1 Full-time Neuro-Interventional Radiologist
- First in the state to perform Leg Angioplasty
- First in the state to perform CDT Thrombolysis for Acute Arterial/ DVT
- First in the state to start German Laser Technology in Manipur for Varicose Veins
- First in the state to perform Brain Aneurysm Coiling
- First in the state to perform Mechanical Thrombectomy for Acute Stroke
- First in the state to perform Brain Aneurysm Flow Divertor
- First in the state to perform Brain Angioplasty
- First in the state to perform Brain AVM Embolisation
- First in the state to perform Brain Venous Stenting ( Dural Venous)





## Department of ***Paediatrics & Neonatology***

**Department of Paediatrics & Neonatology** comprises of a team of 5 Full-time specialists who are experienced in taking care of chronic disease management, acute illnesses, injury, mental or behavioural disorders and rehabilitation, offering a wide range of outpatient services. To prevent your child from diseases, viruses and bacteria the centre also provides vaccination facilities.

Our skilled team of healthcare professionals is well experienced in caring for children suffering from acute and critical illness or injury. Equipped with advanced technology, the Neonatal Intensive Care Unit (NICU) and Paediatric Intensive Care Unit (PICU) at ***Shija Hospitals*** is well designed not only to improve the chances of survival but also speed up the recovery process.

### **Salient features of Neonatology & Paediatrics Dept.:**

- 5 Full-time Specialists
- 24x7 Emergency Services
- Free Ambulance Service for Newborn, Critically Ill & Sick Child
- Dedicated Immunization Unit
- State of the art well-equipped 12 bedded NICU & 6 bedded PICU with Multimode ventilator, Bubble CPAP, Multipara Monitors, 24 hour ABG facilities, Syringe pumps, Centralized oxygen & suction, Phototherapy, Exchange transfusion facilities, Surfactant therapy facilities for newborn infants with respiratory distress, Central catheterization facilities, Total parental nutrition facilities, Radiant warmers



- 5 Full-time Specialists
- 24x7 Emergency Services
- Free Ambulance Service for Newborn, Critically Ill & Sick Child



## Department of **Neurosurgery**

**Our Department of Neurosurgery** is equipped with facilities at par with the best in the region to cover the entire range of Neurosurgical diseases. A branch of surgery involved with the brain, spine and nerves, is a key specialty at **Shija Hospitals**. We have state-of-the-art operation theatres with specially trained nursing staff and a dedicated neurosurgical Intensive care unit. **Shija Hospitals** is recognized as a leader in acute Neurosurgical care and is ranked among the top hospitals specializing in Neuro care in the region.

**Shija** is proud to be recognized as a referral centre for neurosurgical treatment by the Govt. of Manipur. The first surgical cerebral aneurysm clipping in Manipur was successfully performed by a team of doctors led by Dr. Ch. Gautam, Consultant Neurosurgeon, **Shija Hospitals** in the year 2013.



SONOPET Ultrasonic Aspirator was installed for the 1st time in Manipur by Shija for clear, safer, bloodless & faster brain tumour surgery. Routinely performed surgeries include - Surgical and ICU management of all types of Head & Spinal Injuries, Brain Tumor

Surgery, Vascular Neurosurgery (Aneurysmal Surgery, Arteriovenous Malformations, Carotid endarterectomy), Skull Base Surgery (Surgical excision of skull base tumors, Cranio facial resection), Minimal invasive Surgery (Cervical Disc surgery- anterior and posterior, Cervical disc replacement, Spinal Stabilisation and instrumentation, spinal cord tumors and infections), Surgery for removal of intraventricular tumors, Intracranial haematoma, evacuation, surgery for Obstructive hydrocephalus etc.

- 1 Full-time Neurosurgeon
- Recognized as a Referral Centre for neurosurgical treatment by the Govt. of Manipur.
- First in the state to perform Brain Aneurysm Clipping
- Surgical and ICU management of all types of Head & Spinal Injuries





## Department of **Neurology**

The Department of Neurology at *Shija Hospitals* deal with treating conditions & disorders related to the nervous system of the body. The department has a leading team of neurologist and nursing staff who are experienced and well trained in using advanced neuro-imaging technology to provide an accurate diagnosis and an efficient treatment. This department provides comprehensive care to the patients with neurological disorders such as:

- Epilepsy & seizures
- Movement disorder
- Stroke
- Paralytic disorders
- Sleep disorders
- Bell's palsy
- Headache & Migraine
- Peripheral Neuropathy
- Multiple Sclerosis
- Infection of the nervous system
- Neurodegenerative diseases such as Parkinson's disease & Alzheimer's disease

The department is supported by modern Neuro-radiology service such as MRI, CT-Scan, etc.

- 1 Full-time Neurologist
- Modern Neuro-radiology service such as MRI, CT-Scan, etc.





## Department of **Obstetrics & Gynaecology**

**Shija Hospitals** is committed to providing world-class health care for women seeking gynecological solutions. Our team of 5 Full-time Obstetricians & Gynaecologists ensures women and couples seeking fertility solutions to couples struggling to achieve pregnancy, experience superior health care benefits and services. We provide excellent healthcare services to expectant mothers in need of special care during and post pregnancy.

- 5 Full-time Obstetrician & Gynaecologists
- Management of High-risk pregnancy
- Painless Normal Delivery

### Services offered:

- Adolescent health care
- Reproductive endocrine care
- Menstrual disorders management
- Benign breast disorders management
- Infertility treatments
- Menopause disorders management
- Advanced pelvic endoscopy surgery
- Gynecologic oncology
- Urogynaecology
- Menopause Contraception & Family Planning
- Obstetrics care
- Management of High-risk pregnancy
- Painless Normal Delivery
- Management of medical disorders in pregnancy





## Department of **Orthopaedics**



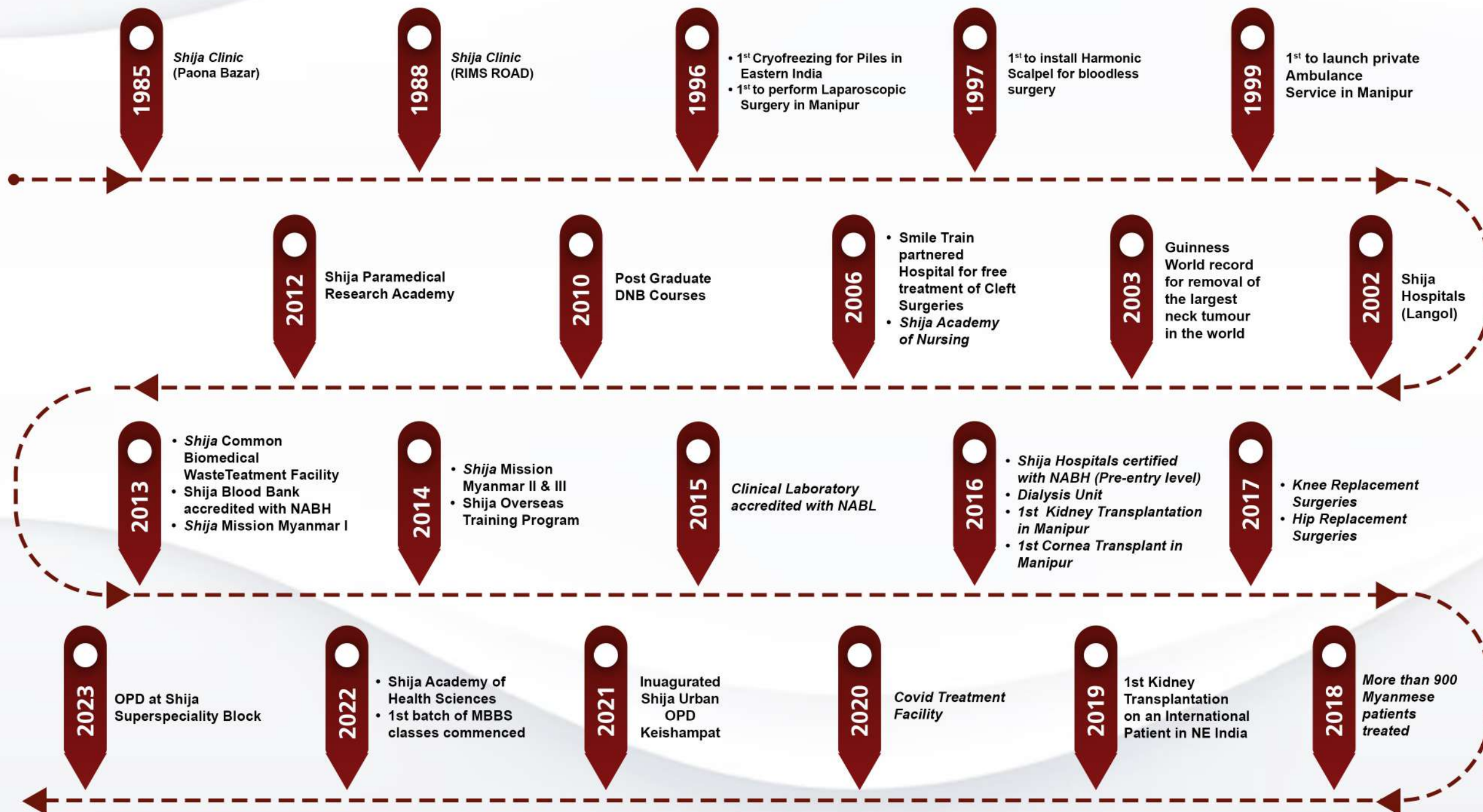
Our highly skilled specialists at the Department of Orthopaedics diagnose, treat, rehabilitate and prevent disorders of the entire musculoskeletal system. The department encompasses the latest high-definition arthroscopic systems, state-of-the-art joint replacements with exceptionally compassionate care. We provide services for Joint replacements, Arthroscopy and sports injuries, Paediatric orthopaedics, Spine surgery, Physiotherapy and rehabilitation. **Shija** is the first private hospital in Manipur to introduce Arthroscopy and it is also the first private hospital in Manipur to perform joint replacement surgeries by its own orthopaedic surgeons. Specialty highlights of this department include highly qualified and experienced surgeons with cumulative experience, team of skilled anaesthetists and para-medical staffs, dedicated ultra-modern modular OT, high definition arthroscopic systems, well-equipped Surgical ICUs for post-operative care, comprehensive radiology unit including CT scan, MRI, Digital X-Ray, etc.

- 1 Full-time Orthopedics, Spine & Arthroscopic Surgeon
- 1 Full- time Orthopedics, Spine and Joint Replacement Surgeons
- First private hospital in Manipur to introduce Arthroscopy
- First private hospital in Manipur to perform joint replacement surgeries by its own orthopedic surgeons
- Over 50 Joint replacement performed till date





# Shija Hospitals MILESTONES





## Department of **Otorhinolaryngology (ENT)**

**The Department of ENT** provides a broad spectrum of surgical as well as medical services for the disorders related to ear, nose, throat, head and neck. The highly skilled team of 4 full-time ENT specialists including 1 full-time Audiologist & Speech Language Pathologist uses the latest equipments and technologies to perform skull base surgeries, endoscopic nasal surgeries, ear and cochlear implants. The team is expert in treating patients in different age groups with problems related to ear, nose and throat.

### **The services rendered by the department includes:**

Hearing and deafness, deviated septum, rhinitis, ringing in the ears, sinusitis, nasal obstruction, sinus headaches and migraines, and various cancerous conditions.

Sleep-related disorders such as nasal and airway obstruction, sleep-disordered breathing, sleep apnea and snoring along with expert counseling and consultations to the patient.

Problems related to the throat including sore

throat, throat tumors, gastro esophageal reflux disease (GERD), hoarseness, infections, vocal cord and airway disorders.

Defects at the time of birth, related to the head and neck, ear infection, developmental delays, airway problems, tonsil and adenoid infection, asthma and allergy.

The doctors are highly efficient and also work in collaboration with other specialties to deal with the congenital disorders and facial deformities which may occur during childbirth such as cleft palate and lip along with speech pathologist. The collaboration with other specialties ensures that the patient is given complete quality care.

- 4 Full-time ENT Surgeons
- 1 Audiologist & Speech Language Pathologist
- First Private Hospital in Manipur to performed Cochlear implant surgery





## Department of **Psychiatry**

At *Shija Hospitals*, our team of experts understand that treating mental health disorders involves specialized therapy and empathetic approach. The multidisciplinary team evaluates children and adults via personal interviews, assessment, psychological testing and laboratory tests and provide customized treatment combining the quality of life programs, support programs, workshops, psychotherapy and counselling.

### **A few of the specific treatments and services for different patients include:**

- Pharmacotherapy (medication) – This therapy is given for issues such as de-addiction treatment for alcohol, nicotine and substance abuse, individual counselling, premarital counselling, career counselling, identity disorders/ gender reassignment, marital therapy, family therapy.
- Children and adolescents – We offer psychiatric services for problems such as learning difficulties, sleeping and eating disorders, over-activity and poor concentration (ADHD), conduct problems, separation anxiety, autism, depressive disorders, sexually deviant

behaviour, drug abuse dependence

- Adults – Therapy is given for various disorders, including anxiety disorders, mood disorders, psychotic disorders, sleep and eating disorders, sexual disorders, gender identity disorders and substance-related disorders.



- Geriatric – We provide services for disorders such as dementia and delirium faced by geriatric population. We also conduct programs to educate caregivers.

- 3 Full-time Psychiatrists
- 1 Clinical Psychologist



Department of  
***Physical Medicine and  
Rehabilitation (PM&R)***

*Shija Hospitals* has a well qualified pain specialist who is the first from the entire North-East region with post doctoral fellowship in Pain Medicine from AIIMS, Delhi. PM&R is a medical specialty that seeks to promote healing and rehabilitation of patients who have suffered injury or disability with minimally invasive procedures.

**Conditions treated using minimally advanced pain procedures:**

- Back Pain
- Knee Pain
- Neck Pain
- Sports Injuries
- Trigeminal Neuralgia
- Cancer Pain
- Slipped Disk
- Joint Pain
- Shoulder Pain
- Headache
- Fibromyalgia



**Commonly performed minimally invasive procedures:**

- Epidural Injections
- Radio-frequency ablation (RFA)
- Microballoon compression
- Spinal cord stimulation
- Vertebroplasty
- Platelet-rich plasma (PRP) injection
- Root sleeve and faced joint blocks
- Ozone discetomy
- Neurolysis
- Intrathecal pumps
- Botox injection
- Ozone and Hyaluronic acid injection





## Department of ***Palliative Medicine***

**The Department of Palliative Medicine** is under the care of Dr. Nandan Choudhary, MD Palliative Medicine, the only qualified specialist in this field in the entire North-East India. He had completed his MD in Palliative Medicine from AIIMS, New Delhi. He has over six years of experience in Palliative Care and is the incumbent Joint Secretary of Palliative Care Society, Imphal, Manipur. The hospital has allocated four beds of General Ward at 4th Floor, Main Building, ***Shija Hospitals***

The services offered by the department includes Severe Pain Management, supportive care for cancer patients, End of life care for a terminally ill patient, supportive care for End-stage

Liver disease, End-stage Lung Disease, End-Stage Renal Failure, End-Stage Heart Failure, and supportive care for incurable illnesses that require hospital admission. With this effort at ***Shija Hospitals***, patients will have the opportunity to avoid intractable pain and may avail end of life care due to multiple reasons.



- First Palliative Medicine Department in North-East India
- Dedicated General Ward for Palliative Care





## Department of ***Plastic & Reconstructive Surgery***

**The Department of Plastic & Reconstructive Surgery** is a surgical specialty involving the restoration, reconstruction, or alteration of the human body. It can be divided into two main categories: reconstructive surgery and cosmetic surgery. Reconstructive surgery includes craniofacial surgery, hand surgery, microsurgery, and the treatment of burns. While reconstructive surgery aims to reconstruct a part of the body or improve its functioning, cosmetic (or aesthetic) surgery aims at improving the appearance of it.

It is the first private centre in Eastern India to be accredited by National Board of Examination (NBE) for post MBBS (direct 6 years) DNB course in Plastic Surgery. The Plastic and Reconstructive Surgery department comprises of a team of highly qualified surgeons and experienced technicians. The team has access to the latest technology available and comes up with effective yet minimally invasive cosmetic and reconstruction techniques.

Common cosmetic procedures include liposuction (fat removal), abdominoplasty, fat injection, double eyelid surgery, anti-aging eyelid surgery, microblading, vampire face lifting, face & neck lifting, FUE hair transplantation, beard transplant, jaw line surgery, mommy makeover (lipoabdominoplasty, breast reduction, thighplasty), butt lift surgery, white patch (leucodermia) correction with skin graft,

fat graft including nanofat facial rejuvenation, bat ear correction, laser for scar & skin rejuvenation, tattoo, mole & scar excision, botox injection for facial wrinkles, skin whitening injection, chemical peeling, injection PRP for hair & facial rejuvenation, dimple creation, breast enhancement/reduction, transgender breast surgery, cosmetic genital surgery, rhinoplasty (nose reshaping). Reconstructive surgeries include cleft lip and palate repair, tumour removal, laceration repair, maxillofacial surgery, scar revision, hand surgery, breast reconstruction after mastectomy, contracture surgery for post burn

survivors, creating a new outer ear when one is congenitally absent, and microsurgery to transfer tissue for coverage of a defect when no local tissue is available. Few medical feats of this department include setting of Guinness World Record for removal of the largest neck tumour in the world in 2003, more than 9 successful re-implantations of totally amputated hands and fingers for the first time in North Eastern India.



Reconstructive surgeries include cleft lip and palate repair, tumour removal, laceration repair, maxillofacial surgery, scar revision, hand surgery, breast reconstruction after mastectomy, contracture surgery for post burn survivors, creating a new outer ear when one is congenitally absent, and microsurgery to transfer tissue for coverage of a defect when no local tissue is available. Few medical feats of this department include setting of Guinness World Record for removal of the largest neck tumour in the world in 2003, more than 9 successful re-implantations of totally amputated hands and fingers for the first time in North Eastern India.

## Scope of Reconstructive Surgery

- Congenital Defects
- Post Burn Defects
- Hand surgery
- Cancer Reconstruction
- Nerve Surgery
- Trauma & Micro Vascular Surgery
- Diabetic Foot Surgery
- Brachial Plexus Surgery
- Maxillo Facial Surgery

- 5 Full-time Plastic & Reconstructive Surgeons
- Guinness World Record for removal of the largest neck tumor
- More than 4500 free surgeries for cleft lip and palate under Smile Train
- First to start Free Flap Surgery in Northeast India
- First in NE India to perform more than 9 Re-implantation surgeries for amputated fingers & arms
- Post-graduate DrNB Course (First in Eastern India)
- Round the clock emergency services for faciomaxillary, hand injuries, burns
- Mission Myanmar for Smile Train (performed 103 free corrective surgeries)
- The services of Plastic & Reconstructive Surgeries are also available at Shija Urban OPD





## Department of ***Radiology & Imaging Science***

The department is equipped with technologically advanced medical equipments to render the early and accurate diagnostic output. **Shija Hospitals** is regarded as one of the best hospitals for radiology in the region. Our Department of Radiology & Image Science is highly specialized and provides diagnostic imaging along with image-guided procedure and therapies. We continuously strive to make technological progressions and improvements so that we can render the best services to our patients. Being one of the topmost Radiology centres in the region, we provide services like diagnostic radiology and interventional radiology, through which our highly qualified and experienced radiologist performs minimally invasive procedures using ultrasound, X-Ray, MRI Scan, and Computed Tomography (CT) Scans. We also offer state-of-the-art imaging technologies like Doppler facility, DSA lab and other facilities like digital X-ray, mammography,

Fluoroscopic Investigations, ultrasonography, and interventional radiology.

Few medical feats of this department include: 1st in NE India to perform Radiofrequency Ablation (RFA) for liver cancer, 1st in Manipur to perform bronchial artery embolization, leg angioplasty, renal angioplasty, renal aneurysm coiling, arterio venous embolization, carotid (neck) angioplasty, mechanical thrombectomy, uterine bleeding embolization and many more.

- 2 Radiologist
- 2 Sonologists
- First in NE India to perform Radiofrequency Ablation (RFA) for liver cancer
- First in Manipur to perform bronchial artery embolization, leg angioplasty, renal angioplasty, renal aneurysm coiling, arterio venous embolization, carotid (neck) angioplasty, mechanical thrombectomy, uterine bleeding embolization and many more.







## Department of **Reproductive Medicine**

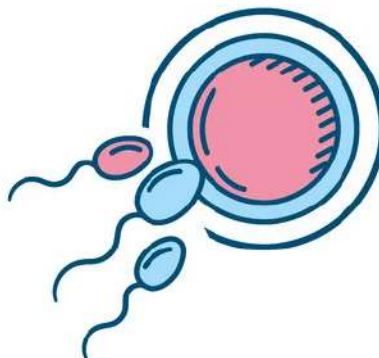
**Shija Hospitals** is proud to have a Reproductive Medicine specialist who is the 1st Gynaecologist in Manipur with 2 years Post Doctoral Fellowship in Reproductive Medicine from CMC, Vellore.

Reproductive medicine deals with prevention, diagnosis and management of the following conditions such as Reproductive Tract Infections (RTIs), Reproductive Cancers affecting Women, Reproductive Cancers affecting Men, Causes of Infertility or Subfertility in Women, Causes of Infertility or Subfertility in Men, Disorders of Sex Development, Congenital Abnormalities of the Female Reproductive system, Congenital Abnormalities of the Male Reproductive system, Endocrine Disorders.

Assessment (a full medical history, physical examination and relevant investigations) and treatment of reproductive conditions is a key area of reproductive medicine. Once the investigation is complete, treatment of identified conditions begins. For fertility issues, this may involve assisted reproductive technology (ART) such as in-vitro fertilization (IVF) or fertility medication. There are surgical methods that can be used as treatment, however, these are now performed less frequently due to the increasing success of the less invasive techniques.

Salient features of Reproductive Medicine include IVF, IUI, ICSI, Embryo & Egg

Freezing, Male Factor Infertility & Andrology, Frozen Embryo Transfer, Fertility Preserving Minimally Invasive Surgery, Perinatal Medicine



Consultation (Recurrent Pregnancy Loss), Advanced Obstetrics Diagnostics Level 2 & 3 Ultrasound, Invasive Fetal Testing by Chorionic Villus Sampling, Amniocentesis & Cordocentesis, Diagnostic Hysteroscopy (for Uterine Pathologies)

- 1 Reproductive Medicine Consultant
- First Gynaecologist in Manipur with 2 years Post-Doctoral Fellowship in Reproductive Medicine



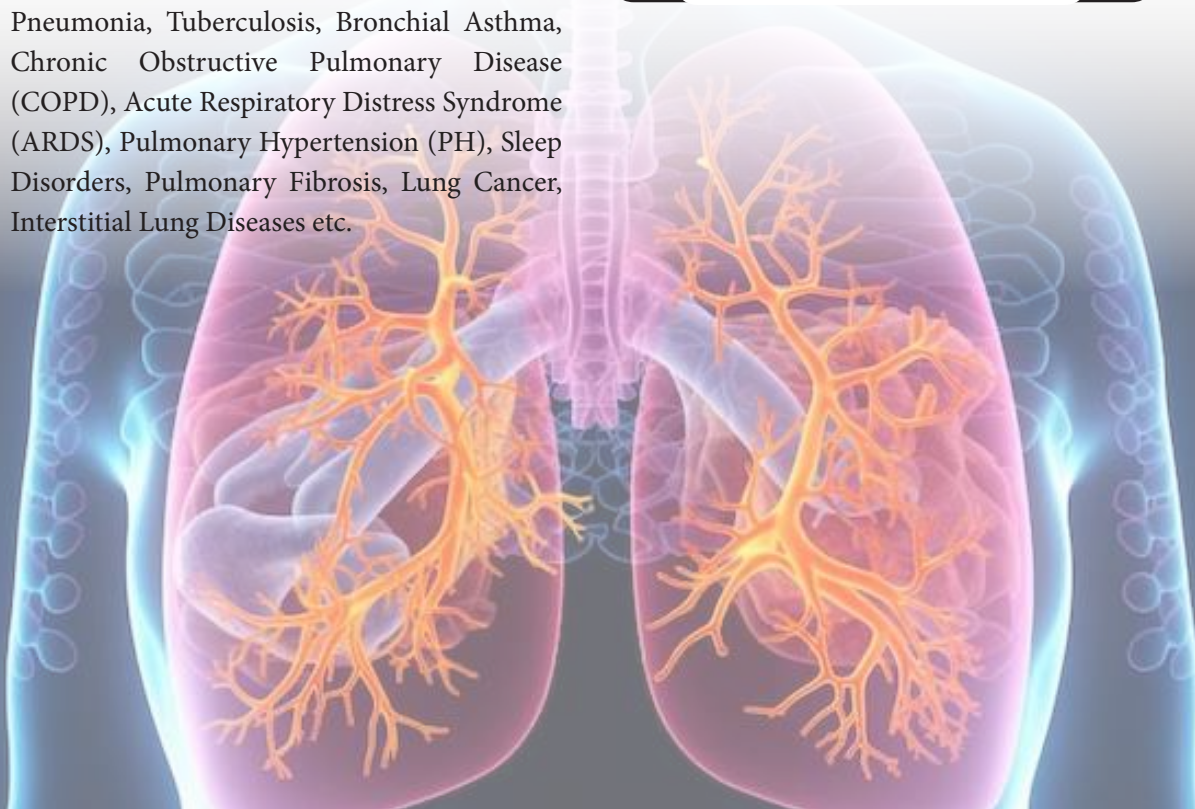
## Department of **Respiratory Medicine**

The department of Respiratory Medicine (Pulmonary Medicine or Chest Medicine or Respiratory Medicine) deals with diseases related to the respiratory tract. **Shija Hospitals** is considered as the best hospital for Respiratory medicine with team of eminent chest specialists dealing with critical, complex and rare conditions. The department uses the latest technology to provide effective care in an out-patient or in-patient setting which also includes intensive care. We have the latest state-of-the-art facilities for Imaging diagnostics, a Bronchoscopy unit, Pulmonary Function Lab (PFT Lab) spearheaded by highly experienced and qualified doctors.

With a strong commitment to innovation and research, **Shija Hospitals** brings to its patients, access to advanced treatment options. The department of Respiratory Medicine caters to various respiratory diseases like: Pneumonia, Tuberculosis, Bronchial Asthma, Chronic Obstructive Pulmonary Disease (COPD), Acute Respiratory Distress Syndrome (ARDS), Pulmonary Hypertension (PH), Sleep Disorders, Pulmonary Fibrosis, Lung Cancer, Interstitial Lung Diseases etc.



- 1 Full-time Respiratory Medicine Consultants
- State-of-the-art facilities for Imaging diagnostics, a Bronchoscopy unit, Pulmonary Function Lab (PFT Lab) spearheaded by highly experienced and qualified doctors.





## Department of ***Surgical Oncology***

Department of Surgical Oncology at *Shija Hospitals* actively involves in care of incredibly diverse group of patients with cancer and can provide unique surgical expertise in surgical cases unfamiliar to general surgeons.

The hospital is equipped with the best of infrastructure, state-of-the-art diagnostic modalities and well-experienced Surgical Oncologist with extensive experience in delivering comprehensive treatment of cancer to ensure the best patient outcomes.

**The services rendered by the department of Surgical Oncology includes:** cancers of the oral cavity, larynx, thyroid, lung, breast, gastrointestinal (anal cancer, liver tumour, gastric cancer, colon cancer, rectal cancer, pancreatic cancer etc.)



- 1 Full- time Surgical Oncologist
- All kinds of surgeries for inpatient and outpatient cancer treatment







## Department of **Nursing**

The Department of Nursing at *Shija* is equipped with a highly skilled and diverse team of nursing professionals. We carefully adjust nurse-to-patient ratios according to each patient's specific needs, ensuring optimal care. Furthermore, our commitment to continuous education and quality control is evident through dedicated teams focused on maintaining high standards in healthcare. The Infection Control Nursing and Quality Control teams work diligently to ensure patient safety and excellence in care. Moreover, our nursing students are given the opportunity to engage in international placements, fostering a global perspective and familiarity with various healthcare systems.

- Total Nursing Officers: 414
- Specialized Renal Transplant Nurses: 16
- ICU Care Nurses: 74
- Nursing Supervisors: 12
- Specialized Infusion Nurses: 16
- Dialysis Nurses: 26
- Operation Theater Nurses: 30
- Pediatric Intensive Care Unit (PICU) & Neonatal Intensive Care Unit Nurses: 25
- Hair Transplant Nurses: 8
- Cath-Lab Nurses: 4

### Patient Ratio

- 1:4 nurse-patient ratio in the General Ward
- 1:2 nurse-patient ratio in ICU without a ventilator.
- 1:1 nurse-patient ratio in ICU with a ventilator

### Features

- Regular Continuing Nursing Education (CNE) is provided to the nursing staff to keep their knowledge and skills up-to-date
- Separate teams for Infection Control Nursing and Quality Control to ensure patient safety and maintain high-quality care standards.
- B.Sc. nursing students of Shija Academy of Nursing are placed at hospitals in Japan and Sakra Hospital in Bangalore under the Technical Intern Training Program (TITP)







## Department of **Dental Care**

At *Shija Hospitals*, we constantly emphasize that dental care is an integral part of overall healthcare. It is our constant endeavour to provide a comprehensive range of affordable and world-class dental services. We provide an extensive range of dental treatments encompassing premium services, progressive cosmetic dentistry and routine dental care.



We have an expert team of dentists covering nearly every field of specialization such as orthodontics, endodontics, prosthodontics, pedodontics, periodontics, maxillofacial

surgery. State-of-the-art technology and infrastructure complement our dentists' expertise in providing the highest possible quality of dental care. Root Canal Treatment (RCT), Cosmetic Dentistry, Maxillofacial Prosthesis.

### **Our services include:**

Crowns, Bridges and Implants, Orthodontic Treatment (Braces), Root Canal Treatment (RCT), Cosmetic Dentistry, Maxillofacial Prostheses.





## ***Shija Heart Beat***

**Shija Heart Beat** is one of the best heart care centres in the region, performing a multitude of treatments and procedures in cardiology and cardiothoracic surgery.

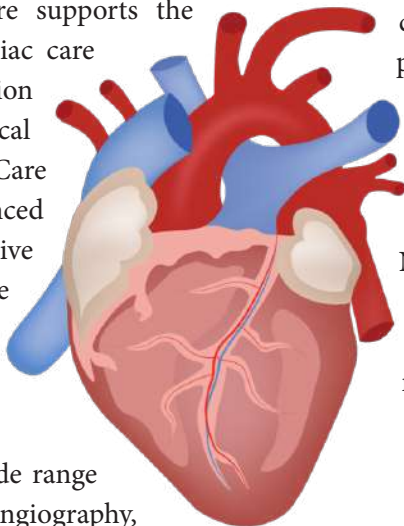
Our advanced infrastructure supports the complex nature of the cardiac care provided. The third generation Cath Lab, Cardiac Critical Care Units and Intensive Care Units support our experienced cardiologists and post-operative care teams, making us one of the most sought-after Cardiology hospitals in the region.

Our hospitals provides a wide range of facilities including Angiography, Angioplasty, Echo, TMT, Holter, pacemaker implantation, etc. Shija Heart Beat is dedicated to the diagnosis and surgical treatment of cardiac, thoracic and vascular diseases.

The hospitals also carries out variety of surgeries, from repair of congenital heart defects in infants to coronary bypass surgeries in octogenarians. Non operative closures of holes in the heart of children (0 to 18 years) are

regularly done in collaboration with Directorate of Health Sciences, Govt. of Manipur & Govt. of Nagaland.

Shija Heart Beat has successfully completed 173 angioplasty procedures, 198 device closures and 40 open heart surgeries. Over the past years, 34 device closure camps have been conducted in all districts in Manipur and Nagaland for children between the ages of 0 to 18 years. CMHT and PMJAY cover almost all cardiac-related procedures at the hospital.





## Shija Kidney Centre

The *Shija Kidney Centre* is one of the leading kidney care centres in the region and has comprehensive renal transplant programs. Kidney transplants at *Shija Hospitals* provides the most cost-effective packages in India. Shija offers both compatible and ABO-Incompatible Kidney Transplantation. The centre is proud to have performed the 1st ABO-Incompatible Kidney Transplant in NE India in 2022.

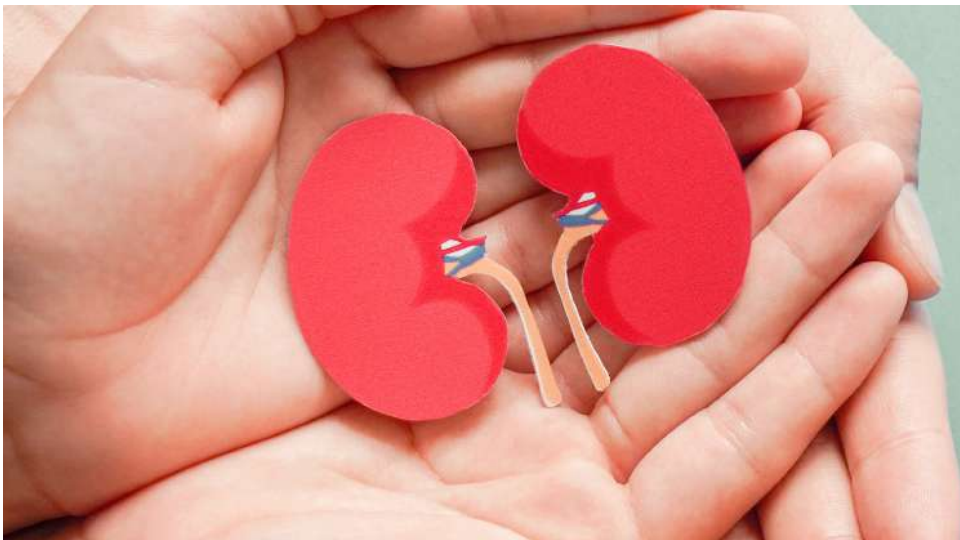
The Centre performs minimally invasive surgeries for renal donors which minimizes the post-operative recovery time as well as hospitalization. The stringent infection control practices, immunosuppressive protocols and proactive vigil for complications and their prompt management make the service a huge success.

The centre contains state-of-the-art infrastructure and technology to deal with all kinds of kidney diseases, advanced dialysis unit with peritoneal dialysis facilities, best technology to perform continuous replacement therapy in critically ill patients, kidney biopsy facilities, management of critical care nephrology, 24-hour emergency services, cutting-edge imaging technology and laboratory medicine.

The 42 bedded dialysis unit at Shija Hospitals supported by more than 70 Dialysis Staff performs the highest number of dialysis in NE India with approx. 36,900 Dialysis performed per year. Shija has successfully performed 89 kidney transplants till date.

### Facilities:

- 2 Full-time Urologists & a Full-time Nephrologist
- Kidney Transplantation
- 42 bedded Dialysis Unit
- Treatment for Kidney Disorders under Urology including Endourology, reconstructive surgeries, laparoscopic Urology, Uro-oncology, Pelvic health, Man's Health, Paediatrics Urology, Vascular access for dialysis, CAPD catheter insertion.
- Treatment under Nephrology include: Haemodialysis, Peritoneal dialysis, CAPD, SLED for low BP patients, Hemoperfusion for poisoning, Plasma pheresis for autoimmune neurological disorders





## ***Shija Breast and Thyroid Clinic***

The primary objective of the *Shija* Breast and Thyroid Clinic is to conduct screenings for breast and thyroid disorders, create awareness within the community, and establish proper protocols. Our state-of-the-art infrastructure enables us to offer advanced surgical treatments. Each patient visiting the clinic will receive a comprehensive clinical examination, educational booklets, and long-term follow-up plans. The clinic is managed by Dr. Ajit Singh Lukram, a highly skilled surgeon specialized in General Surgery, Breast and Endocrine, as well as Colorectal Surgery at North Cumbria University Hospital in Carlisle, United Kingdom.







## ***Shija Foundation***

*Shija Foundation*, a non-profit sister concern of *Shija Hospitals*, was initiated on 10th September, 1992 as a non-profitable, non-political, non-sectarian, non-religious, secular voluntary organization by a group of young people having professional background as Doctor, Advocate, Social Worker, Agriculturist, Economist, etc. to support/ undertake responsibilities in health, educational and environment sectors for the well-being of the community. It is registered under the Manipur Societies Registration Act, 1989 having registration number 2799 of 1993 (M). The organisation is also registered under Sec 12A and Sec 80G of Income Tax Act 1961 and with FCRA Act 2010.

- 'Project for provision of eye medical equipment' was provided under GGP scheme by the people of Japan
- Over 4500 free cleft surgeries till date
- More than 550 eye outreach camps conducted
- Over 500 villages covered in different districts
- More than 7000 free Cataract surgeries

### **Some of the undergoing projects/units of Shija Foundation are:**

- Smile Train *Shija* Cleft Project
- *Shija Eye Care Foundation*
- *Shija Blood Centre*
- *Shija* Regional Oxygen Plant & Generation Unit
- *Shija Academy*:
  - » *Shija Academy of Nursing (SAN)*
  - » *Shija Paramedical & Research Academy (SPRA)*



## Shija Academy of Health Sciences

**Shija Academy of Health Sciences** is the first homegrown private medical college in North-East India. The National Medical Commission (NMC) has approved the academy to enroll 150 students annually from the academic session 2021-2022. The institute is equipped with 146 faculties and 78 support staff.

The main purpose of establishing the medical college is to produce strong, empathetic, compassionate, socially and environmentally responsible research-oriented medical graduates and postgraduates for the new era of health sciences, to help save the state's exchequer and inclusive growth of the region.

In two years, the medical college plans to build a subsidized 700-bed teaching hospital. Additionally, Shija intends to establish a satellite hospital with 100 beds at the international border, Moreh. This facility will address the healthcare needs of the border regions in India and Myanmar, specifically focusing on primary and secondary healthcare services. Furthermore, a Rural Health Centre will be established within a radius of 40 km to serve the local community.

- Professors: 26
- Associate Professors: 08
- Assistant Professors: 54
- Senior Residents: 26
- Junior Residents: 25
- Tutors: 02
- Academic Administrators: 09



# OUR AWARDS & ACCOLADES

2003

## GUINNESS WORLD RECORD

for removal of the largest neck  
tumour in the world

2005

## NETV PEOPLE'S CHOICE AWARD 2005

for contribution in the field of healthcare  
business in the North East India.

2009

## NORTH EAST EXCELLENCE AWARD FOR ENTREPRENEURSHIP FOR LARGE ENTERPRISES

by the Indian Chamber of Commerce and the Ministry  
of Development of North Eastern Region (DONER),  
Government of India

2014

## WINNER AT INDIA DEVELOPMENT MARKETPLACE

by World Bank Group

2019

## DOWNTOWN AWARD OF EXCELLENCE IN MEDICINE

by Downtown Hospital, Assam.

2021

## EXEMPLARY PERFORMANCE

in the district under Ayushman  
Bharat Pradhan Mantri Jan Arogya  
Yojana (AB-PMJAY)

2021

## DOUBLE HELICAL NATIONAL AWARD

for outstanding work in providing  
affordable and quality care during  
COVID and beyond

2022

## BEST HOSPITAL TO WORK FOR

conferred by the Association of  
Healthcare Providers - AHPI, India

2023

## AWARD OF RECOGNITION

from the Indian Space Research  
Organization (ISRO) in appreciation  
of its valuable participation in Health QUEST

2023

## PATIENT CENTRIC AWARD

by Association of Healthcare Providers (India)



# EMPANELLED ORGANIZATIONS

- Airport Authority of India (AAI)
- Apollo Munich Health Insurance Company Limited
- Ayushman Bharat –Pradhan Mantri Jan AarogyaYojana (AB-PMJAY)
- Bajaj Allianz General Insurance Company Limited
- Care Health Insurance
- Central Agricultural University (CAU)
- Central Silk Board (CSB)
- Chief Minister-gi Hakshelgi Tengbang (CMHT)
- Cholamandalam MS General Insurance Company
- Cigna TTK Health Insurance Company Limited
- Employees' State Insurance Corporation (ESIC)
- Employment Provident Fund Organization ( EPFO)
- Ericson Insurance TPA Pvt. Ltd.
- Family Health Plan Insurance TPA Limited
- Government of Arunachal Pradesh (for CMRRS)
- Government of Manipur ( Neurosurgery)
- Government of Mizoram
- Government of Nagaland
- HDFC Ergo Health Insurance
- Health India TPA Services
- Heritage Health Insurance TPA Private Limited
- Housing & Urban Development Corporation (HUDCO)
- ICICI Lombard General Health Insurance
- IFFCO TOKIO GIC
- Indira Gandhi National Open University ( IGNOU)
- Manipur University ( MU)
- MDIndia Healthcare Services (P) Ltd.
- Medecins Sans Frontieres
- MediAssist India Pvt. Ltd.
- Medvantage Insurance TPA Private Limited
- National Bank for Agriculture and Rural Development ( NABARD)
- National Hydroelectric Power Corporation Ltd ( NHPC)
- NE Railway





- NivaBupa Health Insurance
- Paramount Health Services (TPA) Pvt. Ltd.
- Power Grid Corporation of India Limited
- Raksha TPA
- RBI
- Regional Institute of Medical Sciences ( RIMS)
- Safeway Insurance TPA
- SBI GIC
- Star Health Insurance
- Tata AIG Insurance
- The Indian Council of Agricultural Research ( ICAR)
- Thriven Marketing India Ltd. ( Mangalam)
- Vidal Health Insurance TPA
- World Vision

# Shija

## Hospitals



 [www.shijahospitals.com](http://www.shijahospitals.com)  
 [contact@shijahospitals.com](mailto:contact@shijahospitals.com)  
 **9611 60 9611**  
**9007 9007 94**  
   [shijahospitals](#)