

Smart Health

Bulletin

Excellence Awards Recently Bestowed Upon Metro Hospitals And Its Clinicians



METRO HEART INSTITUTE, NOIDA AWARDED AS

**HOSPITAL OF THE YEAR:
CARDIOLOGY (NATIONAL)
BY ET HEALTHCARE
EXCELLENCE AWARDS 2025**



Dr. Sonia Lal Gupta

**Sr. Neurologist
Stroke & Headache Specialist
Joint Managing Director –
Metro Group of Hospitals**

awarded with

**NEUROLOGIST OF THE
YEAR (NATIONAL)
BY ET HEALTHCARE
EXCELLENCE AWARDS 2025**



Dr. Sameer Gupta

**Sr. Interventional Cardiologist
Director – Metro Group of Hospitals**

awarded with

**CARDIOLOGIST OF THE
YEAR (NATIONAL)
BY ET HEALTHCARE
EXCELLENCE AWARDS 2025**



INSIDE STORY

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THE SPINE THAT WOULDN'T GIVE UP

When precision met perseverance,
Healing Became Inevitable

At Metro Hospitals, a complex spinal surgery turned into a story of grit and expertise — where medical precision and a soldier's resolve came together to restore mobility, dignity and life.



A Battle Beyond Pain

After a spine injury followed by two unsuccessful surgeries elsewhere, complications spiralled out of control. A persistent Cerebro Spinal Fluid (CSF) leak, wound breakdown and severe infection led to septicemia — a life-threatening condition that can shut down vital organs and cause irreversible disability.

As the infection spread, multiple hospitals hesitated to admit him due to the high risk involved. His body was losing strength, but his spirit wasn't.

Hope returned when he arrived at Metro Hospitals, Noida.

Post-operative CSF leak with sepsis is one of the most formidable emergencies in spine surgery. Re-operating meant navigating infected tissues, damaged reconstruction and fragile neural structures — a challenge demanding precision, patience and advanced capability.

The goal was clear:

Control The Infection, Repair The Spinal Defect And Save Mobility.

Experts in Action

A multi-disciplinary approach began under the leadership of:

Dr Anutosh Singh, Senior Consultant – Brain & Spine Surgery, Metro Hospitals, Noida.

- Intensive infection control and targeted antibiotics were initiated immediately.
- Neuro-critical monitoring stabilised organ function.

Once fit, a lengthy spinal surgery was performed, meticulously repairing the CSF leak and removing infected tissue while safeguarding spinal integrity.

Advanced microsurgery, high-precision imaging & strict infection-control protocols defined every step.

A Soldier's Resolve

Healing did not come from medicine alone. The patient, a retired army professional, approached recovery with the same discipline, he once lived by in uniform.

Dr Singh reflects:

“He is an exceptional fighter. His strength and determination reminded us why we do what we do. Technical expertise can fix what's broken — but only the patient's spirit completes the healing.”

The Road Back

After weeks of rigorous rehabilitation:

- The infection subsided.
- The spinal wound healed.
- Movement returned gradually and steadily.

The day he walked independently, without pain, it was more than a medical success — it was a human victory.

Today, he leads a life not defined by injury, but by resilience.

Restoring More Than Health

At Metro Hospitals, healing means saving more than life — it means protecting strength, independence and identity. Through advanced expertise, disciplined care and unwavering compassion, Metro continues to deliver what patients seek most in their hardest moments: **Not Just Treatment, But HOPE.**



Dr. Anutosh Singh

Sr. Consultant – Brain &
Spine Surgery
Metro Hospitals, Noida

AWAKE, AWARE AND UNAFRAID

When science listens, Healing Speaks Louder

At Metro Hospitals, a 27-year-old mother of two underwent a rare brain surgery while awake, staying conscious — ensuring she would not lose her ability to speak or move.

A Silent Threat

Severe headaches, vomiting and weakness had slowly taken over her days. After weeks of confusion and treatment attempts, a contrast MRI finally revealed the cause:

A posterior-frontal tumour in the brain's dominant hemisphere, which was dangerously close to areas that control speech and movement.

Removing it was critical. The risk was terrifying. One wrong cut could take away her ability to even speak to her children again.

The Challenge

Conventional surgery meant full anaesthesia.

But in this case, that could have silenced her voice forever.

To preserve her speech, the Metro team chose a rare and complex approach:

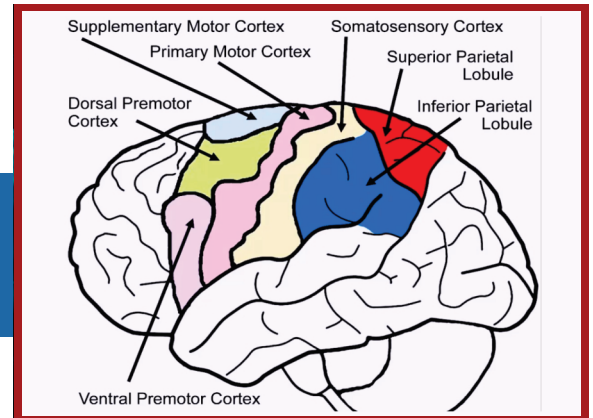
Awake Craniotomy, a procedure in which the patient remains conscious to help guide the surgeon in real time, while precisely removing the tumour.

Innovation in Action

Using a scalp block and **TIVA (Total Intravenous Anaesthesia)**, they ensured she remained awake, calm, cooperative and pain-free. As surgeons & anaesthesiologists worked, she was asked to:

- Count
- Speak
- Respond to questions

Using **Penfield's Bipolar Mapping Technique**, the surgical team identified and safeguarded the vital regions responsible for speech and movement.



Recovery and the Road Ahead

Within no time, she was:

- Speaking normally
- Orally having food
- Walking and interacting with her family

Biopsy reports confirmed **Atypical Microcystic Meningioma (WHO Grade II)** with limited brain invasion. She was discharged with a plan for follow-up radiation therapy, returning home to her children — her voice intact, her life unchanged, her family preserved.

Why This Matters?

Awake craniotomy is more than a surgical skill — it is a partnership between the patient and medical science.

At Metro Hospitals, this achievement reflects:

- Expert neurosurgical precision
- Advanced anaesthesia protocols
- State-of-the-art cortical mapping
- Team coordination at global standards

Where Science Meets Identity

In an era where healthcare is measured not only by survival but by quality of life, this case stands as a testament to Metro Hospitals' philosophy: **Saving a life is not enough — preserving how that life is lived matters just as much.**



Dr. Akash Mishra

Sr. Consultant – Brain & Spine Surgery
Metro Hospitals, Noida



Dr. Kapil Singhal

Dy. Medical Director & Director – Anaesthesia & Critical Care
Metro Hospitals, Noida

EVENING PD



at Metro Hospital
Noida



Specialities at 5:00 pm – 7:00 pm



Orthopaedics



Cardiology



Neurology
3 pm – 5 pm



Nephrology



Gynaecology



Paediatrics & Vaccination
4 pm – 8 pm



Urology



Respiratory



Dental
4 pm – 8 pm



Internal Medicine



Dermatology

PROTOCOL-BASED SPECIALISED CLINICS



Every Wednesday
12 pm – 4 pm



Every Friday
3 pm – 5 pm



Every Thursday
10 am – 2 pm



Everyday
1 pm – 4 pm



Every Saturday
12 pm – 4 pm

ILD Clinic

Every Thursday
9 am – 6 pm

Bronchiectasis Clinic

Every Friday
2 pm – 6 pm

WASOG Sarcoidosis Clinic

Every Thursday
12 pm – 2 pm

Auto Immune Clinic

Every Tuesday
12 noon – 2 pm

Acute Sinusitis Clinic

Every Monday
10 am – 12 noon

Severe Asthma Clinic

Every Friday
9 am – 6 pm

Spine Clinic

Every Monday
2 pm – 3 pm

Backache Clinic

Every Thursday
9 am – 6 pm



24X7 Stroke Specialists

Call **8447 666 333**
to book an appointment.

Metro Heart Institute, Noida

Region's Best Cardiac Centre*

OUR SERVICES



Interventional Cardiology:

- Angiography & Angioplasty
- Rotational Atherectomy (Rotablation)
- Valvuloplasty
- Non-Surgical Heart Hole Closure (ASD, VSD, PDA, etc.)
- Advanced Diagnostics and Imaging Techniques – OCT & FFR



Cardiac Surgery:

- Minimally Invasive Cardiac Surgery
- Coronary Artery Bypass Grafting (CABG or Bypass Surgery)
- Valve Replacements
- Congenital & Acquired Heart Defect Surgery



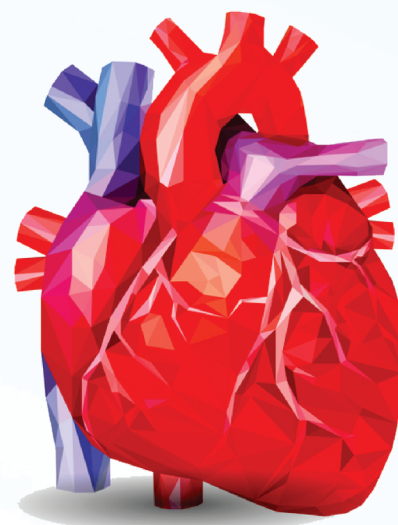
Structural Heart Conditions:

- Heart Hole Closure
- Transcatheter Aortic Valve Implantation (TAVI)
- MitraClip Procedure
- Left Atrial Appendage (LAA) Closure
- Tricuspid & Pulmonary Valve Replacement

Latest equipment & infrastructure

- ECMO Facility
- Modular Operation Theatres
- Fully Equipped Cardiac Care Unit

*By ET Healthcare Excellence Award 2025



Advanced Electrophysiology:

- Radiofrequency Ablation & 3D RFA
- Complex EP Ablation – VT, AF, SVT
- Pacemaker & ICD Implantation
- Conduction System Pacing (CSP)
- Cardiac Resynchronization Therapy (CRT)



Vascular Intervention Surgery:

- Laser Treatment for Varicose Veins
- Peripheral Vascular Interventions
- Non-healing Ulcers/Gangrene
- Aortic Aneurysms – EVAR and TEVAR
- Haemodialysis Fistula interventions
- Deep Vein Thrombosis (DVT)
- Renal and Mesenteric Artery Disease
- Catheter interventions for Pulmonary Embolism
- Peripheral Vascular Surgeries

AI enabled Cath Labs



Advanced Optis Ultreon 2.0 with AI

Metro Group of Hospitals: Protecting Every Mile.

Every year, one of the world’s biggest medical teams stationed at any international events, ensuring that all emergencies are taken care of & you can focus on your run.

450+ Medical Staff	50+ Doctors	40+ Bedded Dedicated Base Camp Hospital	12 Medical Aid Stations
12 Ambulances	10 Mobile Medics Equipped with AEDs	7+ Bedded advanced ICU Setup	

2022

2023

2024

2025



WELCOME ON BOARD



Dr. Vinay Kumar Bahl

MBBS, MD (Medicine), DM (Cardiology)
Ex-HOD – Cardiology, AIIMS, Delhi
Head of Cardiovascular Sciences & Research
Metro Hospitals and Heart Institute, Noida



Dr. Sanket Garg

MBBS, MS (General Surgery),
MCh – CTVS, AIIMS, Delhi
Sr. Consultant – Cardiac Surgery
Metro Hospitals and Heart Institute, Noida



Dr. Shreya Garg

MBBS, MS – ENT, AIIMS, Delhi
Consultant – Facial Plastic and ENT Surgery
Metro Hospitals and Heart Institute, Noida



Dr. Divyani Patel

MBBS, MD (Radio-diagnosis),
DNB (Radio-diagnosis)
Consultant – Radiology
Metro Hospitals and Heart Institute, Noida



Dr. Krishan K Gupta

MBBS, DNB (Orthopaedics)
Sr. Consultant – Orthopaedics & Joint Replacement
Metro Hospitals and Heart Institute, Noida



Dr. Sukanya Saha

MBBS, MD (Paediatrics)
Consultant – Paediatrics & Neonatology
Metro Hospitals and Heart Institute, Noida



Dr. Rahul Gautam

MBBS, MS (General Surgery), DNB, DrNB
Consultant – GI Surgery
Metro Hospitals and Heart Institute, Noida



Dr. Himani Goyal

MBBS, MS (Obstetrics & Gynaecology)
Consultant – Obstetrics & Gynaecology
Metro Hospitals and Heart Institute, Noida



Dr. Sugandha Gupta

MBBS, MD (Medicine), DM (Cardiology)
Associate Consultant – Interventional Cardiology
Metro Hospitals and Heart Institute, Noida



Dr. Abhishek Sharma

MBBS, DNB (Orthopaedics), MS (Orthopaedics)
Consultant – Orthopaedics & Joint Replacement
Metro Hospitals and Heart Institute, Noida



Dr. Shivanshu Mittal

MBBS, DNB (Orthopaedics), MS (Orthopaedics)
Sr. Consultant – Orthopaedics & Joint Replacement
Metro Hospitals and Heart Institute, Noida



Dr. Vishal Chaudhary

MBBS, MS (General Surgery),
DrNB (Surgical Oncology)
Sr. Consultant-Surgical Oncology
Metro Hospitals and Heart Institute, Noida

METRO UNIVERSITY

Spread across 50 acres of land at the heart of Greater Noida.

METRO UNIVERSITY

METRO UNIVERSITY



Academic Schools

- School of Allied Health Sciences
- School of Science, Engineering & Technology (SET)
- School of Journalism & Mass Communication
- School of Commerce, Finance & Management
- School of Liberal Arts

 **12 A & 12 B, Techzone – IV, Greater Noida, Uttar Pradesh**