



# METRO UNIVERSITY

A LEGACY OF EXCELLENCE, A FUTURE OF POSSIBILITIES

## LEARN TODAY LEAD TOMORROW

ADMISSIONS OPEN FOR 2026-27

METRO UNIVERSITY

METRO UNIVERSITY



 **Avail Scholarship Opportunities\***

- \*Up to 100% Fee Waiver Available
- Founders Scholarships
- Merit Scholarships

\*Conditions Apply

**Rooted in excellence, Built for the future**



**SCHOOL OF ENGINEERING  
& TECHNOLOGY**  
B.Tech | BCA | MCA

- Computer Science & Engineering
- Artificial Intelligence & Machine Learning
- Robotics
- Cyber Security
- Internet of things
- Data Science
- Computer Application
- Information Technology



**SCHOOL OF BUSINESS  
& COMMERCE**  
BBA | MBA | B.Com | M.Com

- Business Analytics & Artificial Intelligence
- Healthcare & Hospital Management
- Digital Business & E-commerce
- Entrepreneurship & start-up Management
- Fintech & Financial Management



**SCHOOL OF JOURNALISM  
& MASS COMMUNICATION**  
BA (JMC) | MA (JMC)

- Journalism
- Mass Communication

**Proven Placement Track Record for MCHSR**



Metro Hospitals, Noida

Volume 04 | August 2026

INDEPENDENCE DAY SPECIAL



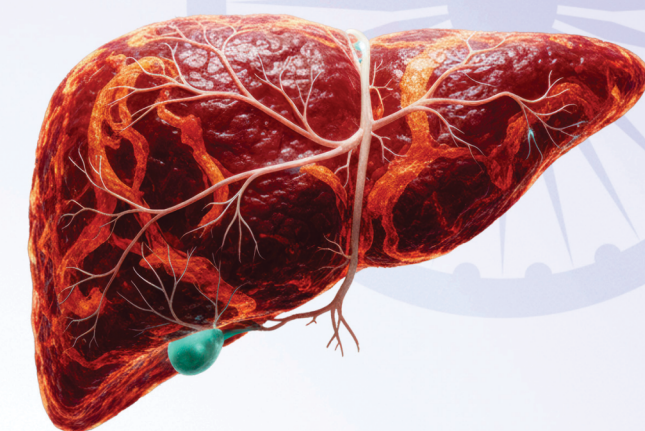
**METRO**  
GROUP OF HOSPITALS  
HEALTHCARE • EDUCATION

# Smart+Health

Bulletin

## SILENT HEALTH RISK: KNOW THEM EARLY

Call ☎ **8447 666 333**



**SudoScan2** supports quick, pain-free assessment of peripheral nerve function.

Tingling, burning, numbness in the feet, or reduced sensation are often ignored in the early stages. These signs may be more common in people with diabetes or long-standing high blood sugar.

-  Burning or tingling in the feet
-  Numbness
-  Reduced sensation
-  Long-standing diabetes



**FibroScan® Mini+ 430** offers advanced, non-invasive liver assessment.

Liver-related changes can build gradually without obvious warning signs. Risk may be higher in people with obesity, diabetes, high cholesterol, or an inactive lifestyle.

-  Fatty liver risk
-  Diabetes
-  Obesity
-  High cholesterol



**INSIDE STORY**

**Headaches:  
Know the Signs**  
Page - 02

**Hypertension:  
The Silent Risk**  
Page - 03

**That Sudden  
Kidney Stone Pain**  
Page - 04

**Sports Injuries:  
Prevention is better than cure**  
Page - 05



SCAN TO  
APPLY NOW  
for 2026 Admissions

**METRO UNIVERSITY**

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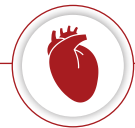
**28+ YEARS' LEGACY**

FUTURE-READY EDUCATION | RESEARCH & INNOVATION | LEADERSHIP | IMPACT



# Comprehensive Heart Care in Noida

From prevention and diagnosis to advanced interventions and cardiac surgery - Metro brings experienced cardiac specialists and modern infrastructure under one **cardiac care ecosystem**



## ADVANCED CARDIAC INTERVENTIONS

- ♥ Angiography & Angioplasty
- ♥ Rotational Atherectomy (Rotablation)
- ♥ Structural Heart Diseases
- ♥ TAVI and Valve Interventions



## CARDIAC SURGERY & CRITICAL CARE

- ♥ Minimally Invasive Cardiac Surgery
- ♥ Heart Bypass Surgery
- ♥ ECMO Support
- ♥ Fully Equipped Cardiac Care Unit



## NON-SURGICAL HEART PROCEDURES

- ♥ (ASD, VSD, PDA & etc.)
- ♥ MitraClip Procedures
- ♥ Cardiac Electrophysiology



## Advanced Cardiac Infrastructure

- ✓ Optis Ultreon 2.0 with AI
- ✓ Modular operation Theatres
- ✓ ECMO Facility
- ✓ Fully Equipped Cardiac Care Unit



# Headaches: Know the Signs.

Headaches are one of the most common health concerns I see in my practice. While most headaches are not serious, understanding the type, trigger and pattern is important for the right care.

## Few Common Headaches



**Tension-Type Headache**  
Dull, pressing pain on both sides of the head. Often related to stress, fatigue or poor posture.



**Migraine**  
Throbbing pain, usually on one side of the head, often with nausea, light sensitivity or sound sensitivity.



**Cluster Headache**  
Severe pain around one eye, occurs in clusters or cycles.



**Migraine**  
Throbbing pain, usually on one side of the head, often with nausea, light sensitivity or sound sensitivity.

## Simple Steps for Headache Relief

- ✓ Maintain regular meals
- ✓ Limit excessive screen time
- ✓ Exercise regularly
- ✓ Stay hydrated
- ✓ Get adequate sleep
- ✓ Manage stress

## When to Seek Medical Advice



Sudden, severe headache



Headache with fever, vomiting or confusion



Vision changes or weakness of face, arm or leg



Headache that is frequent, worsening or affecting daily life



Headache not relieved by usual medications

Accurate diagnosis and the right treatment plan can help you manage headaches effectively and improve your quality of life."

## Dr. Sonia Lal Gupta

Sr. Consultant, Neurologist  
Stroke & Headache Specialist  
Joint Managing Director  
Metro Group of Hospitals



Dr. Sonia is a US-trained, highly qualified neurologist specialising in **Headache Medicine & Vascular Neurology**. She is a Visiting Professor at New York Medical College, USA. She is board **certified by 4 American boards** including **Neurology, Vascular Neurology, Neurosonology** and Headache Medicine.

For appointment, please call ☎ **999 789 9820**



# Hypertension: The **Silent** Risk



High blood pressure often has no early symptoms, yet it can increase the risk of heart attack, stroke, kidney disease and other serious health problems.

The good news – it is preventable, manageable and controllable.



## Why It Matters



Increases risk of heart attack and stroke



Can lead to kidney damage and failure



May cause vision problems and retinopathy



Can affect brain health and memory



Can cause heart failure and other complications

### Know Your Numbers

**Normal**  
Below 120/80 mmHg

**Elevated**  
120–129 / Below 80 mmHg

**Hypertension**  
130/80 mmHg or higher

*Regular monitoring helps in early detection and better control.*

## Common Risk Factors



Family history



Smoking and tobacco use



Overweight or obesity



Stress



High salt diet



Excess alcohol



Sedentary lifestyle



Diabetes and high cholesterol

Regular check-ups. Healthy lifestyle. **Stronger you.**

“Hypertension may be silent, but its impact is serious. Early detection, healthy habits and regular monitoring can help you live a longer, healthier life.”

**Dr. Richa Agrawal**

Sr. Consultant – Interventional Cardiology  
Metro Heart Institute



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

OPD Timings :  
Tue, Wed & Fri : 10:00 AM – 12:00 PM  
Mon & Thu : 10:00 AM – 05:00 PM

# That Sudden Kidney Stone **Pain?**

It Often Begins with  
**Everyday Habits**

*Many cases of kidney stones are not incidental. In my clinical practice, they are frequently linked to small, overlooked habits that gradually increase risk over time.*



## Where Most People Go Wrong

One of the most common contributors is inadequate hydration. In busy routines, water intake is often neglected, particularly in warmer climates or during long working hours. This leads to concentrated urine, creating conditions that favour stone formation.

Dietary patterns further contribute. Excessive salt intake, high consumption of animal protein, and reliance on processed foods increase mineral concentration in urine. When combined with a sedentary lifestyle, the risk becomes significantly higher.

If you experience persistent discomfort, urinary symptoms, or have a history of kidney stones, timely evaluation can help prevent progression and ensure appropriate care.

“Kidney stone pain may appear sudden, in most cases, it is the result of habits that develop gradually over time.”

**Dr. Ashutosh Singh**

Director & Head – Metro Centre for Urology & Renal Sciences



## Early Signs You Should Not Ignore

- ▶ Sudden pain in the lower back or side.
- ▶ Burning sensation during urination.
- ▶ Blood in urine.
- ▶ Increased frequency or urgency of urination.

## What I Advise My Patients



Keep Hydration a Priority



Choose Fresh Over Processed



Avoid Too Much of Protein



Exercise for Metabolic Health



*Kidney stones are largely preventable. **Awareness, timely attention** to early symptoms, and **disciplined daily habits** can help avoid unnecessary discomfort and complications.*

If you experience persistent discomfort, urinary symptoms, or have a history of kidney stones, timely evaluation at Metro Hospitals can help prevent progression and ensure appropriate care.

OPD Timings :  
Mon & Sat : 10:00 AM – 03:00 PM

Call ☎ **9217 932 633**  
to book an appointment.



# Sports Injuries: Prevention is Better Than Cure

With more people taking up fitness and sports, I see a rising number of injuries—not because of accidents, but due to avoidable mistakes in training, technique, and recovery.

## 7 Things I Recommend to Prevent Sports Injuries



### 1. Balanced Fitness Routine

I recommend combining strength, cardio, and flexibility to avoid excess strain on specific muscles.



### 2. Warm-Up & Cooldown Matter

Always prepare your body before activity and allow proper recovery after—cooldowns should not be rushed.



### 3. Focus on Correct Technique

Incorrect posture or form is one of the most common causes of preventable injuries.



### 4. Don't Ignore Pain

Pain is an early warning sign. Ignoring it can turn minor issues into serious injuries.



### 5. Allow Proper Recovery Time

Overtraining or repeated stress on the same muscles increases the risk of long-term injury.



### 6. Stay Hydrated & Physically Ready

Dehydration can lead to fatigue, cramps, and reduced coordination.



### 7. Use Proper Gear & Footwear

Supportive shoes and correct equipment help reduce stress on joints and prevent injuries.

“Most sports injuries are not caused by accidents, but by avoidable mistakes in training and recovery.”

### Dr. Krishan K. Gupta

Director – Metro Sports Injury Clinic  
Sr. Consultant – Orthopaedics & Sports Injury Specialist

Experiencing joint pain  
or recurring injuries?  
Consult specialists at  
Metro Sports Injury  
Clinic for expert care  
and guided  
rehabilitation.



### OPD Timings :

Mon, Wed & Fri : 09:00 AM – 11:00 AM  
Tue, Thu & Sat : 04:30 PM – 06:00 PM

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



## Welcome on Board!



### Dr. Abhinaba Hazra

MBBS, MD (Medicine), DrNB (Endocrinology)  
Consultant – Endocrinology  
Metro Hospitals and Heart Institute, Noida



### Dr. Manish Bharti

MBBS, MD, DA, FNB (Critical Care),  
EDIC, EDAIC  
Head – Critical Care Medicine



### Dr. Dipesh Agrawal

MBBS, MS, MCh. (Surgical  
Gastroenterology)  
Sr. Consultant – GI Surgery & HPB Oncology



### Dr. Israrul Haque, MD, DM, RhMSUS

MBBS (Gold Medal) MD (Gold Medal)  
DM (Clinical Immunology and Rheumatology)  
SCE Rheumatology (UK) USSONAR Fellow  
Consultant – Rheumatology & Clinical Immunology  
Metro Hospitals and Heart Institute, Noida



### Dr. Jayashree Biswas

MBBS, MD, DM (Hepatology)  
Associate Consultant – Hepatology



### Dr. Shyam Kalyan N

MBBS, DLO, DNB, MNAMS, DOHNS (A)  
Consultant – ENT, Clinical Allergy,  
Head & Neck Surgery

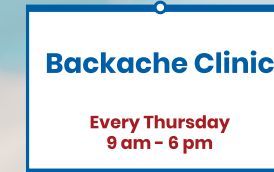
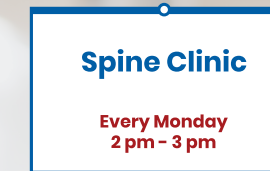
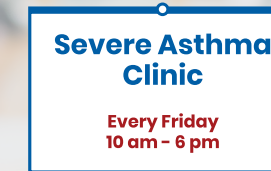
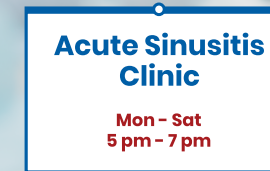
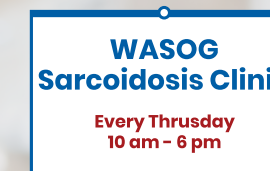
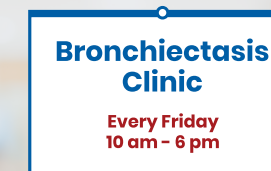
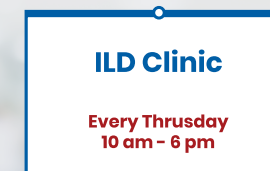
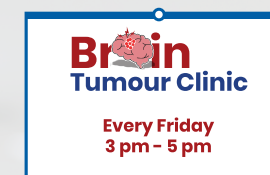
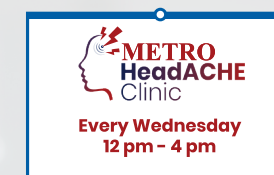


**Metro Hospitals & Heart Institute**  
Sector 11, Sector 12, Noida



[www.metrohospitals.com](http://www.metrohospitals.com)

## PROTOCOL-BASED SPECIALISED CLINICS



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