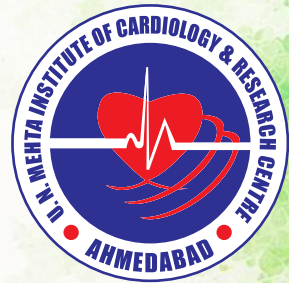


HEART TODAY

"KNOW YOUR **HEART** FOR
BETTER TOMORROW"

News Bulletin | ISSUE : 60 | August 2026



U. N. MEHTA INSTITUTE OF
CARDIOLOGY & RESEARCH CENTRE

15 अगस्त
स्वतंत्रता दिवस

विकसित भारत
अभियान
1947 TO 2047



Historical Milestone

A live Human
Donor Heart Was Brought
by Vande Bharat Train to UNMICRC
A Historic Step Towards Saving a Life

To subscribe Scan this :



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A HISTORIC MILESTONE THROUGH SPEED, SAFETY & HUMAN SERVICE

Vande Bharat Express Delivers
a Human Heart in Record Time

ONE HEART... ONE LIFE... A NEW HOPE...

According to official
updates
from the Ministry of
Railways and
NOTTO India :

- This historic milestone actually happened twice within three days.
- The first heart was transported from Surat to Ahmedabad.
- The second heart followed just days later from Ankleswar to Ahmedabad.
- In both instances, flights were grounded due to heavy rainfall, making Vande Bharat Express the ultimate life-saving green corridor.

02
SANDSH
સિદ્ધી
AHMEDABAD
SATURDAY, 14th SEP 2023

વંદે ભારતની ઝડપ અને RPF-પોલીસના શ્રીન કોરિડોરથી નવો ઇતિહાસ
સૌ પ્રથમવાર સુરતથી અમદાવાદ ધબકતું હૃદય
વંદે ભારત ટ્રેનમાં અઢી કલાકમાં જ પહોંચાડાયું
અમદાવાદ સ્થિત યુ.એન. મહેતા કાર્ડિયોલોજી ખાતે જીવંત હૃદયનું પ્રત્યારોપણ કરાશે

ભારતીય રેલવેએ દેશની આરોગ્ય
સેવાઓના ભારમાં એક નવો ઇતિહાસ
રચ્યો છે. પ્રથમવાર વંદે ભારત એક્સપ્રેસ
ટ્રેન માર્ગે અમદાવાદ સુધી પહોંચી ગયો.
જીવંત હૃદયનું સફળતાપૂર્વક પરિવહન
કરાયું છે. સુરતથી અમદાવાદ સુધી ટ્રેન
નંબર 200201 મુંબઈ સેન્ટ્રલ-મોંઘેરનાર
કોરિડોર વડે ભારત એક્સપ્રેસ દ્વારા અંદી

બેઘન ડેડ દર્દીના
પરિવારે સંગઠન કર્યું
સુરત સિવિલ હોસ્પિટલના એડ
બેઘન ડેડ દર્દીના પરિવારે આ
કપરા સમક્ષમાં પાસ લાગેલા
કુટુંબના સદસ્યો સાથે
પ્રેરણાથી ભરેલા હતા
મામલોના ઉત્તમ ટીકાકાર હતા



TIME CRITICAL
Delivered in
Record Time

SAFETY & SECURITY
Seamless &
Secure Process

HUMAN SERVICE EXCELLENCE
Teamwork That
Saves Lives

IN COLLABORATION
Indian Railways,
RPF, Surat Civil Hospital &
U.N. Mehta Hospital

A PROUD & HISTORIC ACHIEVEMENT...
For Humanity, For Science, For Life
We Salute Every Hand Behind This Success.



BLOOD CENTRE U. N. Mehta Institute of Cardiology & Research Centre

A Milestone
in Advanced Transfusion Medicine:
Successful Automated Red Cell Exchange
in Sickle Cell Crisis with Acute Chest Syndrome



- The Blood Centre (UNMICRC) has achieved a significant milestone by successfully performing an urgent **Automated Red Cell Exchange (RCE)** on a patient experiencing a severe sickle cell crisis complicated by **Acute Chest Syndrome (ACS)**.
- Given the patient's critical condition, a multidisciplinary team of UNMICRC promptly initiated the procedure using compatible, leukodepleted packed red blood cells. The automated exchange was completed safely and tolerated well by the patient.
- The intervention yielded a remarkable therapeutic response: the patient's HbS fraction dropped sharply from a pre-procedural **73.3%** down to **11.1%**. This rapid reduction of the sickle cell burden led to immediate clinical improvement and vital stabilization.

IMPACT THAT MATTERS

**Pre-procedure
HbS Fraction**
73.3%

**Post-procedure
HbS Fraction**
11.1%

**Rapid Response.
Life Saved.
Hope Restored.**

We extend our sincere appreciation to the Blood Centre team and all collaborating departments of UNMICRC for their swift, **life-saving efforts.**

ORGAN DONATION

as a Shared National & Community Responsibility

Transforming Tragedy into Collective Hope :
Bringing the Conversation to Our Neighbourhoods

National data indicates a steep gap between available organs and patients awaiting life-saving transplants. Changing this starts with active public engagement:



1 The Miracle of One :

One deceased donor can save or transform multiple lives by donating vital organs and tissues.



2 Talk to Your Family :

Signing a pledge card is a vital first step, but it must be backed by a clear conversation at home so your final wishes are known and respected.



3 Dispel the Myths :

Misconceptions regarding brain death often cause critical delays. Educating our social circles helps build public confidence in an ethical system.

GENERAL AWARENESS

Dr. Pratik Manek

Associate Professor in
CVTS UNMICRC



Driving Change:

The Gujarat Public Care Model

A look at how local public policy, medical hubs, and logistics networks collaborate to form a transparent, accessible, and ethical transplant framework:

Ecosystem Component	Core Contribution & Responsibility
 State Government Policy	Strengthens infrastructure, specialist medical manpower, and secure transit pathways like green corridors.
 Civil Hospital Ahmedabad	Delivers on the public healthcare promise by providing transparent, equitable, and dignified care to all economic strata.
 U.N. Mehta Institute	Drives the advanced heart transplantation programme, executing precise, time-critical retrieval and surgeries.
 Administrative Agencies	Police, rail, and aviation authorities coordinate seamlessly to facilitate the rapid logistics required for organ transport.



"The gift of an organ should not be limited by the financial capacity of the recipient."

Through government-supported healthcare schemes, public health programs ensure financial limitations never block a recipient's access to vital surgeries and lifelong post-transplant medications.



Local Action Plan : How You Can Participate

Building a true grassroots movement requires action across all areas of community life:

1 Youth Ambassadors:

Young residents are our primary advocates to initiate open household discussions about voluntary pledges.



2 Community Leaders:

Educators, local organizations, and religious figures can proactively clear doubts and share transplant stories.



3 Honouring Silent Heroes:

As a community, we must continually honour donor families who display extraordinary strength in their moments of grief



One Decision.
Many Lives.



PLEDGE TODAY
SAVE TOMORROW

EVENTS & ACTIVITIES

Nourishing The Fragile Heart : Evidence-based Breastfeeding and Nutrition In Infants with Critical Congenital Heart Disease A Cme For Pediatric Faculties : 1st August, 2026



The Department of Cardiac Rehabilitation at the U. N. Mehta Institute of Cardiology & Research Centre (UNMICRC) successfully conducted a specialized CME seminar today titled **"Nourishing the Fragile Heart: Evidence-Based Breastfeeding and Nutrition in Infants with Critical Congenital Heart Disease."**

Inaugurated by Director Dr. Chirag Doshi, the comprehensive day-long program brought together leading medical faculties, including Dr. Elizabeth K.E., Dr. Deepa Banker, Dr. Arti Pawaria, and Dr. Asha Benakappa. The scientific sessions meticulously mapped out nutritional strategies across preoperative and postoperative periods, fluid fortification, and specialized lactation support during infant hospitalization. The event concluded with practical, hands-on faculty workstations focused on case-based discussions and Kangaroo Mother Care (KMC) protocols for critical cardiac babies.

The event was attended by paediatric cardiologists, paediatricians and nursing staff of paediatric department of U. N. Mehta Institute of Cardiology & Research Centre (UNMICRC).

National Heart Transplant Day : 3rd August, 2026



On the occasion of National Organ Donation Day on 3 August, the UN Mehta Hospital Transplant Team organized an organ donation awareness activity. Information regarding the importance and process of organ donation was shared with the relatives of patients. The team addressed their queries and encouraged them to consider organ donation. Relatives willing to pledge their organs were guided and assisted in completing the process through NOTTO. The activity aimed to promote awareness and encourage more people to support the noble cause of organ donation to save lives.

International Delegation Visits UNMICRC : Strengthening Gujarat's Medical Value Travel Potential : 13th August, 2026



AHMEDABAD, 13 August 2026 - The U.N. Mehta Institute of Cardiology and Research Centre (UNMICRC), Ahmedabad, hosted a distinguished delegation of international public health professionals today. The visit was conducted under the Executive Program in Public Health Policy & Management, organized by the Indian Institute of Public Health Gandhinagar (IIPHG) through the ITEC framework of the Ministry of External Affairs, Government of India.

Comprising healthcare specialists from Lao PDR and several other nations, the delegation sought first-hand insights into India's public healthcare delivery model. The visit focused primarily on advanced cardiovascular care, institutional management, technology-enabled healthcare, and patient-centred service delivery.

The interaction successfully highlighted growing global interest in India's medical infrastructure and showcased Gujarat's role as a premier destination for Medical Value Travel. UNMICRC's specialized clinical expertise, advanced infrastructure, and strict focus on quality and patient safety reinforce the region's capacity to deliver reliable, high-end and affordable medical care. This visit serves to enhance international confidence in India's healthcare capabilities and foster long-term institutional partnerships.

Research Abstract

Role of Near Infrared Spectroscopy Monitoring in Intra-Operative Period for Neurological Outcomes in Complex Aortic Surgeries- A study of 50 Adult Cases

J Cardiothorac Med. 2026; 14(2): 1676-1682. Doi : 10.22038/jctm.2026.94583.1525

Dr. Mittapalli Jeevan Babu, Dr. Rajeshkumar M Thosani, Dr. Kaushal Patel, Dr. Guriqbal Singh, Dr. Jigar Patel, Dr. Chirag Doshi, Dr. Hima Bindu.

Introduction : Complex aortic surgeries are associated with a considerable risk of perioperative neurological complications, mainly due to cerebral hypoperfusion, ischemia, or embolic events. Early recognition of cerebral oxygen imbalance during surgery may help in reducing postoperative neurological morbidity. Near-infrared spectroscopy (NIRS) offers a non-invasive method for continuous monitoring of regional cerebral oxygen saturation (rSO₂).

Methods : This observational study included 50 adult patients undergoing complex aortic surgery. Baseline cerebral rSO₂ values were recorded using NIRS before induction and monitored throughout the intraoperative period. Cognitive function was assessed using the Standard Mini-Mental State Examination (SMMSE) before surgery and again in the postoperative period. Intraoperative changes in NIRS values were compared with postoperative SMMSE scores to evaluate cognitive decline and delirium. Additional clinical outcomes, including duration of mechanical ventilation and length of intensive care unit stay, were also analyzed.

Results : A fall in intraoperative cerebral rSO₂ was associated with a reduction in postoperative SMMSE scores, indicating postoperative cognitive decline in a subset of patients. Patients with lower intraoperative NIRS values also showed a tendency toward prolonged ventilation and longer intensive care unit (ICU) stay. Postoperative cognitive dysfunction was observed in approximately 10% of the study population.

Conclusion : Intraoperative NIRS monitoring may be a useful adjunct in complex aortic surgeries for detecting cerebral desaturation and identifying patients at risk of postoperative cognitive dysfunction. Reduced rSO₂ values were associated with poorer neurological recovery, prolonged ventilation, and increased ICU stay.

Case Report

Misdiagnosis of restrictive cardiomyopathy averted by a stethoscope: a case report

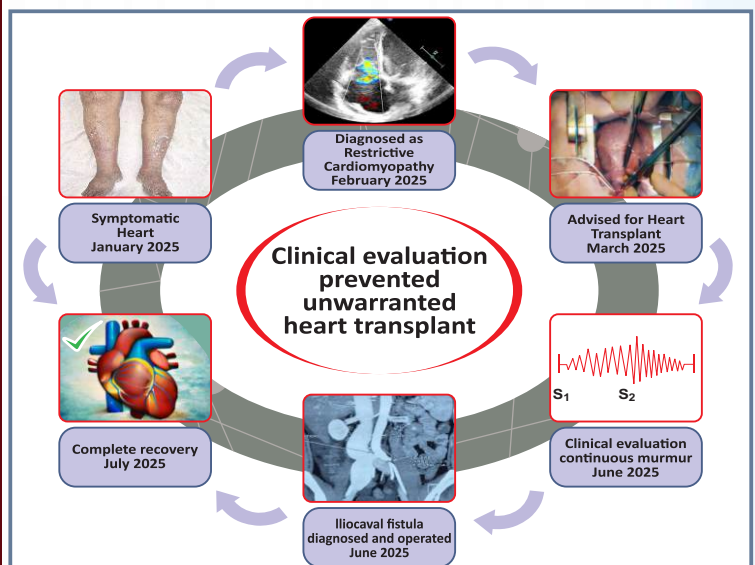
Eur Heart J Case Rep. 2026 Jul 14;10(7):ytag505. doi: 10.1093/ehjcr/ytag505. PMID: 42518532; PMCID: PMC13381791.

Dr. Shyam S Kothari, Dr. Sagar Ghetiya, Dr. Vishal Sharma, Dr. Prarthi Shah, Dr. Nirav Panchal

A 37-year-old man presented with 7 months of progressive pedal oedema, tense ascites, and exertional dyspnoea. The baseline ECG showed sinus tachycardia with right axis deviation, and chest radiograph revealed cardiomegaly with right pleural effusion. Transthoracic echocardiography and cardiac MRI demonstrated right atrial and ventricular enlargement and severe functional tricuspid regurgitation with preserved biventricular systolic function. A provisional diagnosis of restrictive cardiomyopathy was considered, and the patient was referred for transplant evaluation. Bedside examination identified a continuous murmur loudest over the left iliac fossa. Contrast CT aortogram confirmed a large ilioaval communication between the left common iliac artery and the inferior vena cava. Surgical closure with vascular grafting was performed. At 1-month follow-up, the symptoms resolved and echocardiography showed normalization of right heart size with disappearance of tricuspid regurgitation.

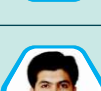
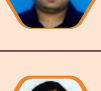
This case underscores the importance of clinical evaluation by a cohesive history and physical examination in every patient in the clinical context. The patient had high-output heart failure from an iatrogenic injury during the spine surgery. The findings of high cardiac output were evident on examination. The misdiagnosis of RCM could have been avoided, if the high cardiac output findings were recognized earlier, as patients with RCM typically have a low cardiac index. Fortunately, simple clinical examination with an open mind solved what appeared to be a mysterious heart failure, and his recovery was complete. Similar cases of arteriovenous fistula following a spinal surgery have been reported in the past.^{1–5} Once the possibility was considered, everything fell in place for the diagnosis in this patient.

A simple examination of such a good volume pulse and presence of a continuous murmur were enough to point to the correct diagnosis. While advances in multimodality imaging have made tremendous progress, patients' story (his-story), and physical examination remain relevant even in the current era.



UPCOMING EVENTS

Continuing Cardiac Education

	Date	Topics	Speakers
Cardiology	05-09-2026	Approach to Coronary Bifurcation Lesions	 Dr. Dixit Dhorajiya Assistant Professor
	12-09-2026	Navigating Treatment Pathways: Cardioselective Beta Blocker	 Dr. Anuj Chaturvedi Assistant Professor
	19-09-2026	Cardiac Amyloidosis	 Dr. Rohan Patel Assistant Professor
	26-09-2026	Cath Oximetry	 Dr. Deepanshu Assudani Assistant Professor
Cardiovascular Thoracic Surgery	05-09-2026	Deep Hypothermic Circulatory Arrest - Principles & Applications	 Dr. Jenil Bhat Assistant Professor
	12-09-2026	Operative Approaches to Mitral Valve	 Dr. Devvrat Desai Associate Professor
	19-09-2026	Chest Wall Tumors - Resection & Reconstruction	 Dr. Humerabanu Behlim Assistant Professor
	26-09-2026	Pulmonary Endarterectomy for CTEPH	 Dr. Madhusmita Acharya Assistant Professor
Cardiac Anesthesia	05-09-2026	Approach to Respiratory Failure in Adult Post Cardiac Surgery Patient	 Dr. Manu P K Assistant Professor
	12-09-2026	Weaning from Critically ill Cardiac Patients	 Dr. Yash Joshi Assistant Professor
	19-09-2026	Management of Electrolyte Disturbances Causing Life - Threatening Arrhythmias	 Dr. Siddhartha Singh Assistant Professor
	26-09-2026	Diagnosis & Management of Infective Endocarditis	 Dr. Deepika Dash Adult Intensivist

Join Us For

CONTINUING NUTRITION EDUCATION

Learn. Nourish. Empower.

TOPIC

Nutrition of Renal Diet

SPEAKER

 **Ms. Sweta Kadam**
Assistant Dietician



DATE

SUNDAY
27th September, 2026

TIME

02.00 PM to 03.00 PM

Continuing

NURSING EDUCATION

Learn • Update • Excel



DATE

26th
SEPTEMBER 2026

TIME

2:00 PM
TO 5:00 PM

TOPIC: NURSING BURNOUT

TOPICS

SPEAKERS

Nursing Burnout- A growing concern

 **Ms. Jenis Parmar**
(Trained Cardiac Staff Nurse Grade-III)

Management of Nursing Burnout

 **Ms. Sonal Christian**
(Trained Cardiac Staff Nurse Grade-III)

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CONTINUING PHYSIOTHERAPY EDUCATION

Learn. Advance. Inspire.

DATE

SATURDAY
26th SEPTEMBER, 2026



 **Dr. Kiranben Chaudhari**
Physiotherapy Grade - II

TOPIC

POST FONTAN & ITS PHYSIOTHERAPY MANAGEMENT



Enhance Clinical Skills

Evidence-Based Learning

Network with Professionals

Anandit Hridayam Activities - Singing / Instrument Playing / Mimicry 22nd August, 2026



Our institute has started recreational activities for revitalization & rejuvenation of employees and to develop team spirit. As a part of this there are various activities which will be held on the third Saturday of every month. On the Fourth Saturday of August 2026, a Singing / Dancing / Instrument Playing / Mimicry was held for the rejuvenation of employees.

Employee Achievement



Dt. Poonam Brahmhatt from our Diet Department (UNMICRC Satellite Centre, Gandhinagar) recently participated in a One-Day Virtual Seminar celebrating World Breastfeeding Week 2026, Organised by the FSTN Exploration Foundation, Kolkata.



Bharti Vasanani, a Trained Cardiac Staff Nurse Gr-III (Critical Care) at UNMICRC's Transplant ICU, has been awarded the prestigious title of Subject Matter Expert in Infection Prevention & Control (SMEIPC) by the Association of Healthcare Quality Professionals (AHQP) an institutional member of ISQua and recognized by the CPD Certification Service - UK).



Annual Workshop : Advancing Excellence in Cardiology Practice

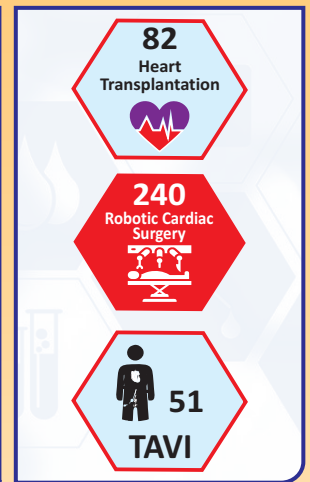
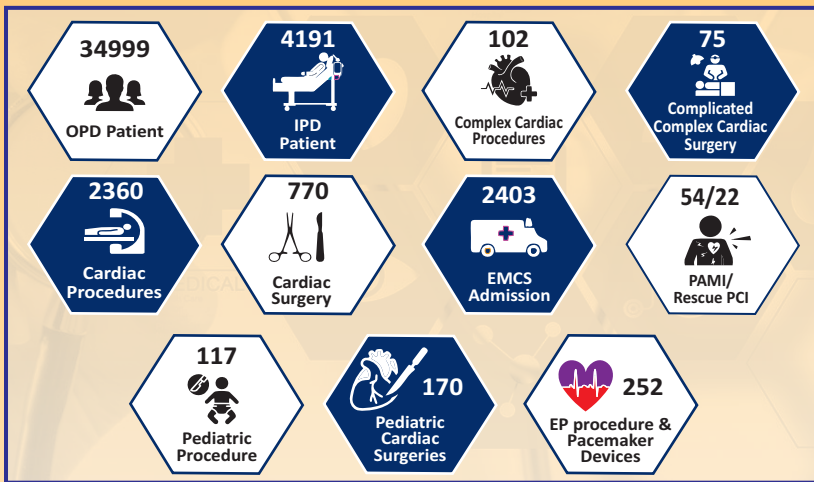
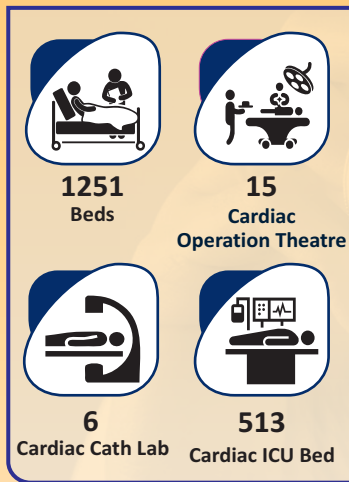


The Post Basic Diploma in Cardiology Nursing students, in collaboration with GINERA, hosted their annual workshop, "Advancing Excellence in Cardiology Practice." Conducted by 19 specialized students from the October 2025–2026 cohort under the guidance of UNMICRC and GINERA mentors, the event featured Dr Chirag Doshi (Director, UNMICRC) as Chief Guest alongside GINERA Principal Dr Hiral Shah. The workshop highlighted the advanced theoretical and hands-on cardiac care training these future specialists are undergoing.

Preventive Cardiac Health Check-up & Management Camp

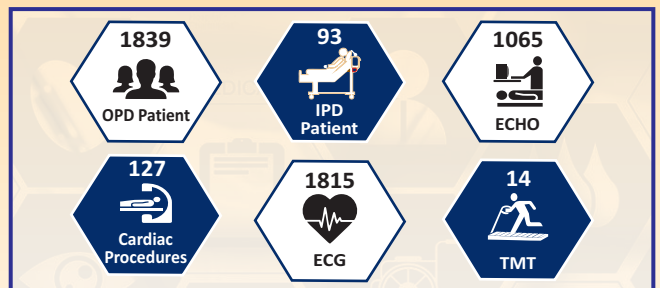
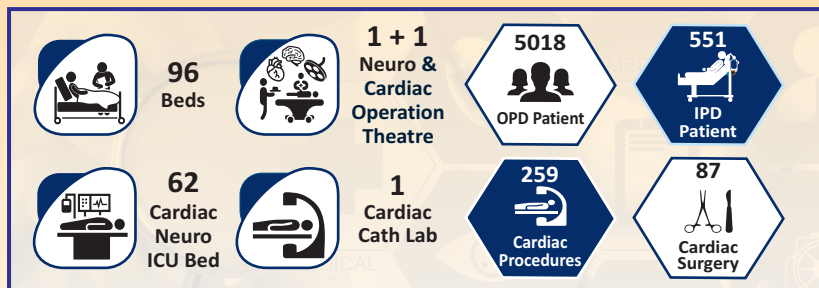


The U.N. Mehta Institute of Cardiology & Research Centre (UNMICRC), Ahmedabad, organized a Preventive Cardiac Health Check-up & Management Camp for the security staff of Gujarat Chief Minister Shri Bhupendra Patel. The camp was held from Thursday, 20/08/2026, to Monday, 24/08/2026, at the UNMICRC premises in the Civil Hospital Campus, Asarwa, Ahmedabad.



UNM Gandhinagar Satellite Centre

UNM Rajkot Satellite Centre



Patient Benevolent Emergency/Free/Concessional Cardiac Treatment Schemes

at UNMICRC



EMCS (Emergency Medical Cardiac Services) Scheme



Ayushman Bharat Yojana (PMJAY)



Scheduled Caste (SC) Category



Scheduled Tribe (ST) Category



Free Rashtriya Bal Swasthya Karyakram (RBSK) (Cardiac School Health Program)



Low Income Group (LIG)



INCLUDES BENEFICIARIES UNDER

- PMJAY-MA Yojana
- Below Poverty Line (BPL)
- Central Government Health Scheme (CGHS)
- Central Armed Police Force (CAPF)
- Gujarat Shram Vikas Kalyan Board
- Chief Minister's (CM) Relief Fund
- Prime Minister's (PM) Relief Fund



*Compassion in Care...
Commitment for Every Heart*



*Quality Cardiac Care
for Every Citizen*

Your Right to Health, Our Responsibility



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(Affiliated to P.D.U Medical College, Rajkot)

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Phone : +91 63573 78701 • Email : info@raj.unmicrc.org

Shri Rajeev Topno, IAS

Additional Chief Secretary, Health & Family Welfare Dept., Govt. of Gujarat and Chairman G. B., UNMICRC

Dr. Chirag Doshi (M.S., Mch CVTS)

Director & Member Secretary, Governing Board, UNMICRC

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