

About Us

Smt. Kausalya Karad Gramin Rugnalay is a charitable multi-specialty hospital located at the base of Sinhgad Fort in Donje Golewadi, Pune, India. Founded in 2022, our hospital is dedicated to providing high-quality healthcare to rural communities. With 22 beds and a comprehensive range of modern diagnostic, therapeutic, and intensive care services, we serve as a one-stop medical center managed by the Late Vaibhav Phalnikar Memorial Foundation (Public Charitable Trust).

Our Facilities

- **Advanced Infrastructure:**
Our hospital is equipped with three operating theaters (including one modular OT), a sophisticated laboratory, a digital radiology unit, and advanced laparoscopy services to ensure optimal patient care.
- **Expert Team:**
We are proud to have some of the finest medical and administrative professionals in Pune who are committed to offering compassionate and expert care.
- **Comprehensive Services:**
Our multispecialty offerings cater to a wide range of healthcare needs—from joint replacement and urology to general diagnostics and emergency care.

Patient and Attendant Amenities

- **Canteen Service:**
We provide a complimentary lunch for admitted patients. Additionally, attendants can enjoy a full lunch at just Rs. 10, ensuring that everyone receives proper nourishment during their time with us.
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Departments and Specialized Services

We offer specialized services in the following departments:

1. Dental Department

- **Treatments & Procedures:**

- Scaling and polishing
- Teeth whitening
- Composite restorations
- Oral surgery, including flap surgery
- Root canal treatment
- Metallic, Ceramic, and Zirconia caps
- Dental implants and full mouth implant procedures
- Tooth extractions
- Complete denture fittings
- Diagnostic imaging: Tooth X-ray and OPG (Orthopantomogram)

2. Ophthalmology Department

- **Services:**

- Comprehensive eye checkups and refractive error corrections
- Foreign body removal
- Chalazion surgery
- Pterygium excision with Conjunctival Autograft (CAG) surgery
- Cataract surgeries: Small incision cataract surgery and PHACO surgery
- YAG Laser surgery
- Fundoscopy

3. Radiology Department

- **Imaging & Diagnostic Tools:**
 - Digital X-Ray
 - Ultrasonography
 - OPG (Ortho Panto Gram)
 - C-Arm machine operations

4. General Surgery

- **Procedures:**
 - Hernia repair
 - Appendectomy
 - Circumcision
 - Hydrocele repair
 - Various minor surgeries

5. Gynaecology Department

- **Services:**
 - Hysterectomy
 - Tubectomy
 - Diagnostic D&C (Dilation and Curettage)

6. Orthopedics

- **Specialized Treatments:**
 - Joint replacement surgeries
 - Arthroscopic Ligament Reconstruction
 - Fracture treatment and related surgeries
 - Spine Surgeries

7. Pathology

- **Services:**
 - Comprehensive pathological investigations

8. Physiotherapy

- **Rehabilitation and Pain Management:**
 - Electotherapy modalities (IFT, Ultrasound Therapy, TENS, Russian Current, Laser, Traction, Electrical Muscle Stimulator)
 - Pre and post-rehabilitation programs
 - Pain management strategies
 - Kinesio taping and manual therapy
 - Neurological rehabilitation
 - ANC (Antenatal Care) and PNC (Postnatal Care) protocols
 - Pediatric rehabilitation

9. Pediatric OPD

- **Services:**

Dedicated pediatric outpatient services tailored to the needs of children.

10. ENT (Ear, Nose, and Throat) OPD

- **Services:**

Comprehensive ENT consultations and treatments.

11. Oncology

- **Focus Areas:**
 - Breast Cancer and Cervical Cancer: Screening, diagnosis, and treatment services

12. Endoscopy

- **Procedures:**
 - Gastroscopy

- Colonoscopy
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By integrating advanced infrastructure, expert care, comprehensive services, and specialized departmental treatments, we ensure that every patient receives high-quality healthcare in a supportive environment. Whether you're here for surgical interventions, diagnostic procedures, or routine care, our facility is dedicated to your well-being every step of the way.

Clinic on Wheel

We are proud to extend our healthcare services beyond our hospital through our innovative mobile clinics:

- **MMU (Mobile Medical Unit):**
Since 2011, our MMU has been providing free checkups, necessary investigations, and free medicines to needy patients in rural and peripheral areas, ensuring accessible healthcare for all.
- **Arogyam:**
India's first high-tech multispecialty mobile clinic, Arogyam, offers:
 - Dental services
 - Breast and cervical cancer screening
 - Ophthalmic checkups
 - General health checkups
 - Pathology servicesAlong with free medicine distribution, this initiative ensures quality healthcare reaches every community.

Our Mission

At Smt. Kausalya Karad Gramin Rughalay, our mission is more than just a statement—it is a deep commitment to our community. Here's what it means to us:

- **Reaching the Unreached:** We focus on providing medical care in areas where healthcare is scarce. By establishing a state-of-the-art hospital in a remote region, we ensure that even those in isolated communities have access to essential services.
- **Serving with Dignity and Respect:** Every patient is treated with the utmost care, understanding, and compassion. We believe that healthcare is not just about treating illnesses, but about honoring the human spirit and maintaining the dignity of every individual.
- **Quality Healthcare:** We are dedicated to offering top-tier medical services. Our hospital is equipped with advanced diagnostic and treatment facilities, and our team of expert doctors and staff are committed to delivering excellence in every aspect of care.
- **Promoting Health Equity:** We work tirelessly to eliminate disparities in healthcare access. By providing affordable, high-quality care, we ensure that everyone, regardless of socioeconomic status, has the opportunity to live a healthy life.
- **Championing Social Justice:** Our efforts extend beyond medicine. We advocate for fair treatment and equal opportunities in healthcare, striving to create a system where everyone is valued and cared for equally.

In essence, our mission drives us to make a tangible difference in the lives of those who have long been overlooked. We are here to bridge the gap in healthcare services, empower our community, and foster a culture of compassion and inclusivity.

Our Vision

At Smt. Kausalya Karad Gramin Rugnalay, our vision is to serve as the foundational pillar of healthcare accessibility in our rural community. This means creating an environment where every individual, regardless of their economic or social background, can access top-quality medical services close to home.

- **Breaking Barriers to Quality Care**
we are dedicated to dismantling the obstacles that often prevent rural residents from receiving adequate healthcare. By integrating state-of-the-art technology and multidisciplinary expertise into our services, we strive to bridge the gap between rural and urban healthcare. Our commitment is to

ensure that geographical location does not determine the quality or availability of medical care.

- **Comprehensive Medical Services under One Roof**

Our vision goes beyond treating illnesses—we aim to offer a holistic health ecosystem. From preventive care and early diagnosis to advanced therapeutic interventions, our services are designed to cover every facet of healthcare. This comprehensive approach means that patients receive continuous, coordinated care that meets their evolving needs over time.

- **Empowering a Healthier Future**

we believe that a healthier community is a stronger community. By providing accessible, high-quality medical services, we empower individuals to lead healthy and fulfilling lives. Our focus is on not just immediate treatment but also long-term wellness and preventive care, enabling our patients to thrive regardless of their socioeconomic status.

- **Promoting Social Equity in Health**

at the heart of our vision is a commitment to social justice. We envision a future where quality healthcare is recognized as a fundamental right, not a privilege. By offering accessible and affordable care, we work to level the playing field, ensuring that even the most underserved populations have the opportunity to enjoy a healthy, vibrant life.

In summary, our vision is to be the beacon of healthcare excellence in our rural community—transforming lives by ensuring that every resident has access to the care they need to build a healthier, more prosperous future.

Core Values

- **Compassion:**

We believe that empathy is at the heart of healing. Every interaction is guided by a genuine concern for the physical and emotional well-being of our patients. Our team takes the time to listen, understand, and address the unique challenges each individual faces, ensuring that every patient feels cared for and supported.

- **Integrity:**

Our commitment to ethical practices means that honesty, transparency, and accountability are integral to everything we do. We ensure that resources are managed responsibly and decisions are made with the

highest ethical standards. This unwavering integrity builds trust with our patients, their families, and the community.

- **Excellence:**

Continuous improvement is a cornerstone of our service. We strive for excellence by adopting the latest medical practices, investing in state-of-the-art technology, and fostering an environment of ongoing learning. Our dedication to excellence ensures that we provide the best possible care and achieve superior patient outcomes.

- **Respect:**

Valuing each person is essential to our approach. We treat everyone—patients, families, and staff—with dignity and courtesy. By recognizing the unique background, culture, and individual needs of everyone who walks through our doors, we create an environment of mutual respect and inclusivity.

- **Patient-Centered Care:**

Our patients are at the core of all our decisions. We prioritize their needs by involving them and their families in every step of the care process. This personalized approach ensures that each treatment plan is tailored to individual circumstances, fostering a partnership built on trust and collaboration.

- **Teamwork:**

Healthcare is a collective effort, and we believe that working together leads to better outcomes. Our multidisciplinary team collaborates closely, sharing knowledge and expertise to deliver comprehensive care. Through effective teamwork, we ensure that every aspect of patient care is coordinated and efficient.

- **Community Empowerment:**

We are dedicated to uplifting the communities we serve, particularly in rural and underserved areas. Beyond providing medical care, we engage in initiatives that educate and empower individuals to take charge of their health. Our goal is to create a sustainable impact by promoting health awareness, improving access to care, and fostering a sense of community well-being.

Each of these core values is more than just a statement—they are the principles that guide our actions and shape the compassionate, high-quality care we provide every day.

Our Medical Team

Our hospital proudly presents an esteemed panel of doctors dedicated to providing exceptional care across various specialties:

Dental Department

- **Dr. Bhushan Phalak** (BDS)
- **Dr. Prashant Vanarse** (BDS)
- **Dr. Anuja Mahajan** (BDS)

Ear, Nose & Throat (ENT)

- **Dr. Padma Deshpande** (MS-ENT)

Ophthalmology

- **Dr. Vijay Desai** (MBBS, DOMS, FCPS – Ophthalmology)

Orthopedics

- **Dr. Prashant Munde** (MBBS, MS – Orthopedics)
- **Dr. Atul Patil** (MBBS, MS – Orthopedics)
- **Dr. Anand Surana** (MBBS, DNB – Orthopedics)

Pediatrics

- **Dr. Rajiv Hirve** (MBBS, DCH)
- **Dr. Girish Kari** (MBBS, DCH)

Gynaecology

- **Dr. Anjali Kari** (MBBS, D.G.O. – Obstetrics & Gynaecology)
- **Dr. Varsha Oak** (MBBS, D.N.B. – Obstetrics & Gynaecology)

Oncology

- **Dr. Bhagyashri Khaladkar** (MBBS, MS – Oncology)
- **Dr. Shekhar Kulkarni** (MBBS, MS – Breast Surgery & Oncology)

General Medicine

- **Dr. Ashish Patil** (MBBS, MD – Medicine)

Anesthesiology

- **Dr. Sachin Ghodki**
- **Dr. Deepak Poman**
- **Dr. Vivek Salve**

Our Resident MO's

- **Dr. Sanjay Pawar** – Chief Medical Officer (CMO)
- **Dr. Sonali Penore** – General OPD
- **Dr. Priti Dorle** – General OPD
- **Dr. Balaji Gugale** – General OPD
- **Dr. U. S. Patil** - General OPD
- **Dr. Srushti Pawar** – Physiotherapy
- **Dr. Monika Patil** (BDS)

Each member of our team is committed to delivering compassionate, patient-centred care, ensuring that every patient receives the best possible treatment.

Management Body: Same as from below webpage

<https://www.aplaghar.org/web/who-we-are/trustees>