

What's up WOODLANDS

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Advancing Women's Health with Robotic Surgery at Woodlands Hospital

At Woodlands Hospital, women's health challenges are being made easier with groundbreaking solutions that combine compassion with cutting-edge technology. One such advancement is robot-assisted gynaecological surgery, a modern approach that is transforming the way complex conditions are treated and giving women renewed hope for healthier futures.

Under the expertise of Dr. Poushali Sanyal, Consultant – Gynaecology, Obstetrician, and Laparoscopic & Robotic Surgery, a patient with multiple fibroids and a history of infertility recently underwent a robotic myomectomy. With age nearing 40, preserving uterine shape and ensuring faster recovery were critical to improving her chances of conception. Robotic surgery offered these advantages, along with unmatched precision, minimal blood loss, and significantly reduced post-operative pain compared to conventional laparoscopy.



Dr Poushali Sanyal
Obstetrics and Gynaecology

Two large fibroids were successfully removed, and the patient's recovery was swift. She was able to walk the very next day, discharged within 48 hours, and within two weeks had resumed her daily routine with ease. Dr. Sanyal emphasises that robotic pelvic surgery ensures better wound healing, enabling patients to plan for pregnancy within three to six months. She notes, "Robotic pelvic surgery is more precise, with less pain and faster recovery. It represents the future of gynaecology."

This case reflects Woodlands Hospital's commitment to making women's healthcare more effective and accessible through advanced medical technology and compassionate care. Robotic surgery is not just a procedure—it is a promise of better outcomes, quicker healing, and renewed possibilities for women facing complex gynaecological challenges.

LEAD STORY

Woodlands Hospital continues to advance women's healthcare through robotic-assisted gynecological surgery. Under the expertise of Dr. Poushali Sanyal, a patient with multiple fibroids and a history of infertility successfully underwent robotic myomectomy, benefiting from greater surgical precision, minimal blood loss, and faster recovery. The patient was discharged within 48 hours and resumed normal activities within two weeks. This success story highlights how robotic surgery is redefining gynecological care, offering women safer treatment, quicker healing, and renewed hope for future motherhood.

A Complex Case, A Remarkable Recovery

At **Woodlands Hospital**, exceptional patient care is built on the strength of multidisciplinary teamwork. By bringing together specialists across disciplines, every complex case is managed with a shared commitment to achieving the best possible outcome for the patient.



Mrs. Nivedita Mukherjee had been living with several serious health conditions, including diabetes, hypertension and morbid obesity, with her weight ranging between 133 and 135 kilograms. Her condition became critical when she was admitted to Woodlands Hospital with severe chest pain, excessive sweating and breathing difficulties.

Recognising the complexity of her case, a multidisciplinary team worked together to manage both the immediate cardiac emergency and the underlying medical concerns affecting her health.

Dr. Prasun Kumar Mitra, Consultant, Cardiology and Critical Care, Woodlands Hospital, played a key role in assessing her condition. **Dr. Souharta Dutta, Registrar in Dr. Mitra's Unit**, identified additional complications, including chronic leg ulceration and longstanding plaque related issues.

During a critical phase of treatment, **Dr. Susmita Debnath, Consultant, Critical Care**, stabilised the patient and prepared her for coronary angiography. With the support of **Dr. Anusua Banerjee, Consultant, Cardiac Anaesthesia**, and the Cardiology team, the procedure was completed safely.

Following intensive treatment and close monitoring, Mrs. Mukherjee made a steady recovery and was discharged in a stable condition. Her recovery reflects the clinical expertise, seamless teamwork and compassionate care that continue to define patient care at Woodlands Hospital.

WOODLANDS HOSPITAL DR WOOD'S CORNER

Healthy Habits Build
a Healthier Liver

Give your liver the care it deserves



Eat Well

Choose a balanced diet to support a healthy liver



Keep Moving

Stay active every day to maintain a healthy weight



Stay Hydrated

Drink enough water to support your body's natural functions



Protect Your Liver

Stay up to date with recommended hepatitis vaccinations



Take Medicines Wisely

Always follow your doctor's advice before taking any medication



MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd.

A Vision for the Future, Built on a Legacy of Care

As we celebrate the Bengali New Year, it is a meaningful time to reflect on our journey and look ahead with renewed purpose. For eight decades, Woodlands Hospital has stood for trust, clinical commitment and patient-first care in Kolkata. This legacy continues to guide us as we prepare for the next chapter of healthcare delivery.

The **Woodlands Institute of Robotic Sciences** marks an important step in that direction. It reflects our commitment to bringing advanced, technology-driven healthcare to patients while preserving the warmth, ethics and personal attention that have always defined Woodlands Hospital.

Innovation, for us, is not only about new machines or modern infrastructure. It is about improving precision, safety, recovery and outcomes for every patient who places their trust in us. We also believe in delivering an international standard of patient care, supported by clinical excellence and compassionate service.

As we move forward, our focus remains clear: to combine medical excellence, compassionate care and responsible innovation in the service of better health.

From Open Surgery to Robotic Precision: A New Chapter in Healthcare

Sweeping changes have marked the evolution of surgery techniques over the decades. From traditional open procedures in blood-soaked theatres leaving visible scarring to minimally-invasive laparoscopy and onto computer-aided robotics to reduce trauma and enhance precision, surgery has pivoted across milestone phases with élan.

When Laparoscopic Surgery Gained Currency

By the 70s and 80s, the big disruption in the shape of laparoscopic surgery arrived, with the aim to minimise the complexity of operations and the trauma of cuts themselves. Initially frowned upon, the new method swiftly revolutionised the practice, with surgeons now operating through a video screen instead of looking directly at the patient. The benefits were stupendous such as reduced pain, early mobilisation, shorter hospital stays and improved cosmetic outcomes.

A Few Challenges Though

While offering a clutch of advantages over Open Surgery, Laparoscopic Surgery came with a few challenges. One key issue was limited range of motion for the surgical instruments. These tools are usually straight and inflexible, making certain manoeuvres difficult in constricted spaces. The other was the two-dimensional view offered by the laparoscope, making spatial orientation trickier than in open surgery.

Robotic Surgery Arrives

These limitations of laparoscopic surgery soon begged the question – “Can a surgical platform combine the dexterity of open surgery with the advantages of minimally-invasive access?”

Robotic Surgery offers a persuasive answer. In the robotic system, the surgeon sits at a console, while the robotic arms replicate his/her movements inside the patient. Quite a few handicaps of the laparoscopic method can be overcome by articulated instruments with 240-degree dexterity mimicking the surgeon's wrist, superior tremor-control and stable, 3D, and high-definition visualisation.

Surgeon fatigue is reduced by the ergonomic advantages of the robotic system while the instinctive hand-eye coordination is reinstated through camera control. Robotic Surgery is now widely deployed in Urology, Gynaecology, Thoracic Surgery, Gastrointestinal Surgery, Joint-replacement Procedures and more.

April Highlights: Advancing Healthcare through Community Outreach, Awareness Programs, and Professional Engagements



Engaging with the Community through Stall Activation at Calcutta Club's Poila Boishakh Festivities



Woodlands Hospital participated in FUSICON 2026, engaging with healthcare professionals and showcasing its commitment to clinical excellence, innovation, and advanced patient care.



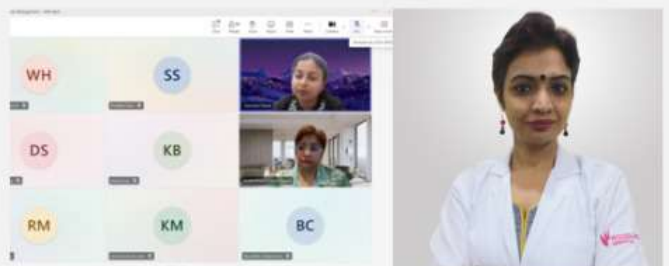
WMHL organised a Cardiac Health Check-up Camp along with personalised dietitian consultations for employees of Rashmi Group, promoting preventive healthcare and wellness among 67 participants.



WMHL organised an awareness session on common cardiac health issues for TCS employees, led by Dr. Ritwik Ghosal, Consultant Interventional Cardiologist, with 85 employees participating in the session.



WMHL organised a CME on recent advancements in Cardiology, led by Dr. S. B. Roy and Dr. Saroj Mondal, for corporate medical officers from leading organisations with 15 doctors attending the session.



WMHL, in association with Jayashree Textiles, conducted a webinar on Work-Life Balance and Anxiety Management led by Dr. Bidita Bhattacharya, Consultant Clinical Psychologist, with 95 participants attending, followed by an interactive Q&A session.

For suggestions and queries, please write to: corporate.communication@woodlandshospital.in

