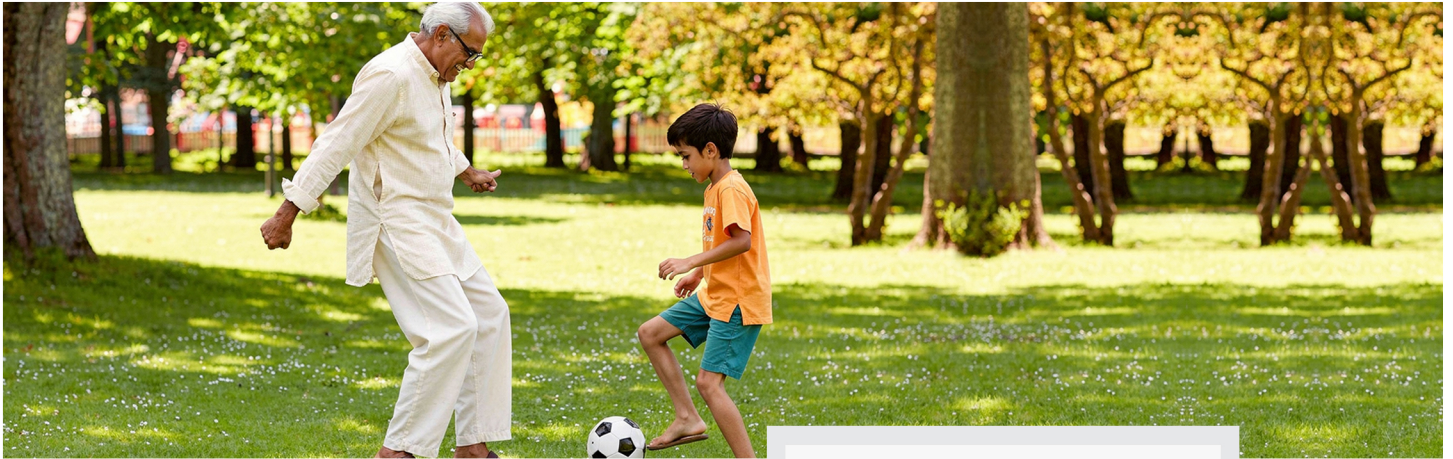


Whats up WOODLANDS

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From Varus to Victorious: How Woodlands Hospital helped realign posture and restore a dream

Recently, Dr Siddhartha Gupta, Robotic Joint Replacement and Sports Injury Specialist at Woodlands Hospital, Kolkata, successfully performed a Robotic Joint Replacement Surgery on a patient with a long-standing varus (a type of knee deformity where the knees protrude outward) knee deformity. The patient had suffered an ACL tear nearly 20 years ago and had since been living with progressive pain affecting all three compartments of the knee. Determined to walk freely again and return to football, he chose robotic-assisted surgery for precision and optimal alignment.

Using advanced robotic technology, the first of its kind performed at Woodlands Hospital, Dr Siddhartha Gupta achieved an accurate straight-leg alignment. This was made possible by performing a cruciate-preserving procedure that allowed to preserve the PCL (posterior cruciate ligament) of the knee. This technique enhances joint perception and stability, allowing faster functional recovery. Remarkably, the patient was able to walk on the very same day of surgery. Being a sports enthusiast, he progressed confidently, even walking without a walker.

From admission at 6:15 am. to the completion of surgery before noon, every step reflected a seamless Standard Operating Procedure. Comprehensive pain management, including epidural



Dr Siddhartha Gupta
Robotic Joint Replacement and
Sports Injury Specialist

support, ensured pain and discomfort remained minimal and well-controlled. The attentive nursing staff, round-the-clock medical support, and a coordinated care system contributed to a smooth and reassuring recovery journey.

As the patient, Mr Noomi Mehta, shared, “What truly matters is the right doctor, the right nursing care, the right technology and infrastructure all coming together to ensure the right clinical outcome. At Woodlands Hospital, I found all of these under one roof”.

Today, his knee stands corrected, and with it, his stride restored. And most importantly, his dream of playing football once again is now well within reach.

LEAD STORY

At Woodlands Hospital Kolkata, precision surgery authored a remarkable comeback. Dr Siddhartha Gupta performed a robotic-assisted joint replacement surgery on a patient who had been living for 20 years with an ACL injury, severe varus deformity, and advanced osteoarthritis. The surgery was completed before noon, and remarkably, the patient was walking the very same day. With accurate alignment, cruciate (knee ligament) preservation, and seamless, coordinated care, pain steadily gave way to progress. His knee now stands corrected, and with it, his dream of returning to playing football again is back in play.

Advancing Cardiac Excellence At Woodlands Hospital With Cutting-edge IVUS & Rotablation Technology



Dr Ritwik Ghoshal
Interventional Cardiologist

At Woodlands Hospital, we are proud to mark a significant leap forward in cardiac care. Our Interventional Cardiology Department just got a major upgrade, now powered by cutting-edge Intravascular Ultrasound (IVUS) technology and an advanced Rotablation system, further strengthened with the expertise of Dr Ritwik Ghoshal. Notably, this milestone also brings one of the first

few uses of the RotaPro system in West Bengal, elevating precision, safety, and outcomes in complex cardiac interventions. This milestone marks a major step forward in the treatment of complex and calcified coronary artery disease, particularly in elderly patients, where arterial calcification can make conventional procedures more challenging. The addition of IVUS enables highly precise imaging within blood vessels, enabling accurate diagnosis and optimised stent placement. Meanwhile, the Rotablation system enables our specialists to safely modify heavily calcified plaques, improving procedural outcomes. Recently, a patient was presented to us with complaints of exertional angina and chest pain experienced during physical activity. With the support of our newly installed advanced systems, our team planned and delivered highly specialized, precision-driven care. At Woodlands Hospital, we remain committed to continually enhancing our technologies, infrastructure and clinical expertise to ensure that our patients receive world-class cardiac treatment, right here at home.



DR WOOD'S CORNER

Summer is coming. Your glow should too, not your dehydration.

Kolkata heat doesn't knock. It kicks the door in. And when it does, your body's first SOS is usually silent: fatigue, headaches, cranky mood, "why am I so done by 3 pm?" vibes. That's not adulthood, that's dehydration.

Here's your summer survival kit (doctor-approved, GenNext-friendly):

Sip smart, not once-in-a-while. Don't wait for thirst to send a calendar invite. Keep a bottle in sight and take a few sips every 20-30 minutes.

Salt is not the villain. If you're sweating a lot, you're losing salts too. Plain water + low electrolytes = still tired. Add ORS occasionally (especially after outdoor time).

The "pee check" is real. Light straw colour = good. Dark yellow = refill immediately.

Cool your plate. Water-rich foods are underrated superheroes: watermelon, cucumber, curd, coconut water, and buttermilk.

Caffeine counts against you. That extra coffee/cola can dry you out. Balance every cup with water.

Timing beats bravery. If you must step out, avoid peak heat (12-4 pm). Your skin and BP will thank you.

Watch for red flags: dizziness, fainting, racing heartbeat, confusion, very low urination, Don't "push through." Get help. Summer isn't the enemy; carelessness is. Stay cool, stay hydrated, stay unstoppable.

MD SPEAKS



Rupak Barua
MD & CEO,
Woodlands Multispeciality
Hospital Ltd

A New Era of Cardiac Precision

At Woodlands Hospital, we are committed to continuously advancing our clinical care services, with Cardiology remaining a key focus area. We are proud to announce the installation of the advanced Intravascular Ultrasound (IVUS) technology, further strengthening our Interventional Cardiology Department.

The IVUS system enables highly precise imaging from within the coronary arteries, allowing accurate diagnosis and optimal stent placement for better patient outcomes. Alongside this, our Rotablation System is specially designed to safely treat heavily calcified and complex coronary blockages, a common challenge, particularly among elderly patients. With the introduction of these advanced technologies, Woodlands Hospital continues to bring world-class cardiac treatment closer to home, combining cutting-edge innovation with expert care for every heart we serve.

NEB Kolkata Full Marathon on February 8, 2026

Woodlands Hospital actively participated in the NEB Kolkata Full Marathon as the official medical partner, ensuring the safety and well-being of all participants. The hospital deployed a dedicated medical team equipped to handle emergencies, provide first aid, and offer immediate medical assistance throughout the marathon. This collaboration demonstrated the commitment of Woodlands Hospital towards promoting health, fitness, and community welfare, while also enhancing its visibility and trust among a large and diverse audience. The initiative further strengthened community engagement and highlighted the readiness of the hospital in managing healthcare support at large-scale events.





An awareness session on cervical cancer prevention and care at RP Goenka International School on February 13, 2026

Woodlands Hospital conducted a health talk on Cervical Cancer on February 13, 2026, for the staff and teachers of RP Goenka International School. The session was delivered by Dr Soma Dutta, Consultant Obstetrician and Gynecologist, who shared valuable insights on awareness, prevention, and early detection of cervical cancer. A sizeable number of staff members and teachers attended the session. RP Goenka International School, which combines advanced digital innovation and contemporary educational research to develop resilient leaders for tomorrow, provided an ideal platform for this meaningful health awareness initiative.



Inter Club Drama Festival at Uttam Mancha from 16th February to 22nd February 2026

Woodlands Hospital proudly served as the official medical partner for the Inter-club Drama Festival held from Feb 16th- 22nd, 2026. Sampreeti, a collaborative forum of eight leading Kolkata clubs (Calcutta Club, Calcutta Rowing Club, Calcutta International Club, Indian Life Saving Society, Lake Club, DKS, Dalhousie Institute, and Outram Club), has been hosting this unique non-competitive festival for over two decades.

Its focus remains on:

- Cultural exchange and camaraderie
- Promoting amateur theatre
- Celebrating creativity without the pressure of awards

This platform continues to nurture Kolkata's rich theatre heritage while strengthening bonds among the city's historic clubs.



SBI Annual Sports Day at Howrah

Woodlands Hospital proudly participated in the SBI Annual Sports Day as the official medical partner on February 14, 2026. The hospital team ensured comprehensive on-site medical support throughout the event, prioritizing the health and safety of all participants. This collaboration not only highlighted the hospital's commitment to community well-being and emergency preparedness but also enhanced its visibility and credibility among attendees. The initiative provided an excellent platform for promoting health awareness, strengthening community engagement, and building meaningful institutional relationships, reflecting the organization's dedication to corporate social responsibility.



Reaches out to senior at Indian Oil RTD Employees Welfare Association, Haldia

Woodlands Hospital organized a Urology Screening Camp with Uroflowmetry led by Dr Jawaid Rahman in association with Indian Oil Retired Employees Welfare Association, Haldia on February 16, 2026.

The attendees were counselled by Dr Jawaid Rahman and given timely guidance for further medical evaluation, reinforcing the hospital's focus on preventive care.



An evening of science, skill and sharp minds

Woodlands Hospital organized a scientific session on complex cardiac interventions on February 18, 2026, at Hotel Peerless Inn. The session was led by Dr Ritwik Ghosal and attended by eminent physicians from Howrah, providing a platform for sharing advanced knowledge, latest techniques, and best practices in cardiac care. The initiative highlighted the hospital's commitment to medical education, professional collaboration, and the continuous advancement of cardiology expertise in the region.

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

