



*Our Staff...Our Strength...*

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Healing through Hope & Joy

**Indian Spinal Injuries Centre**

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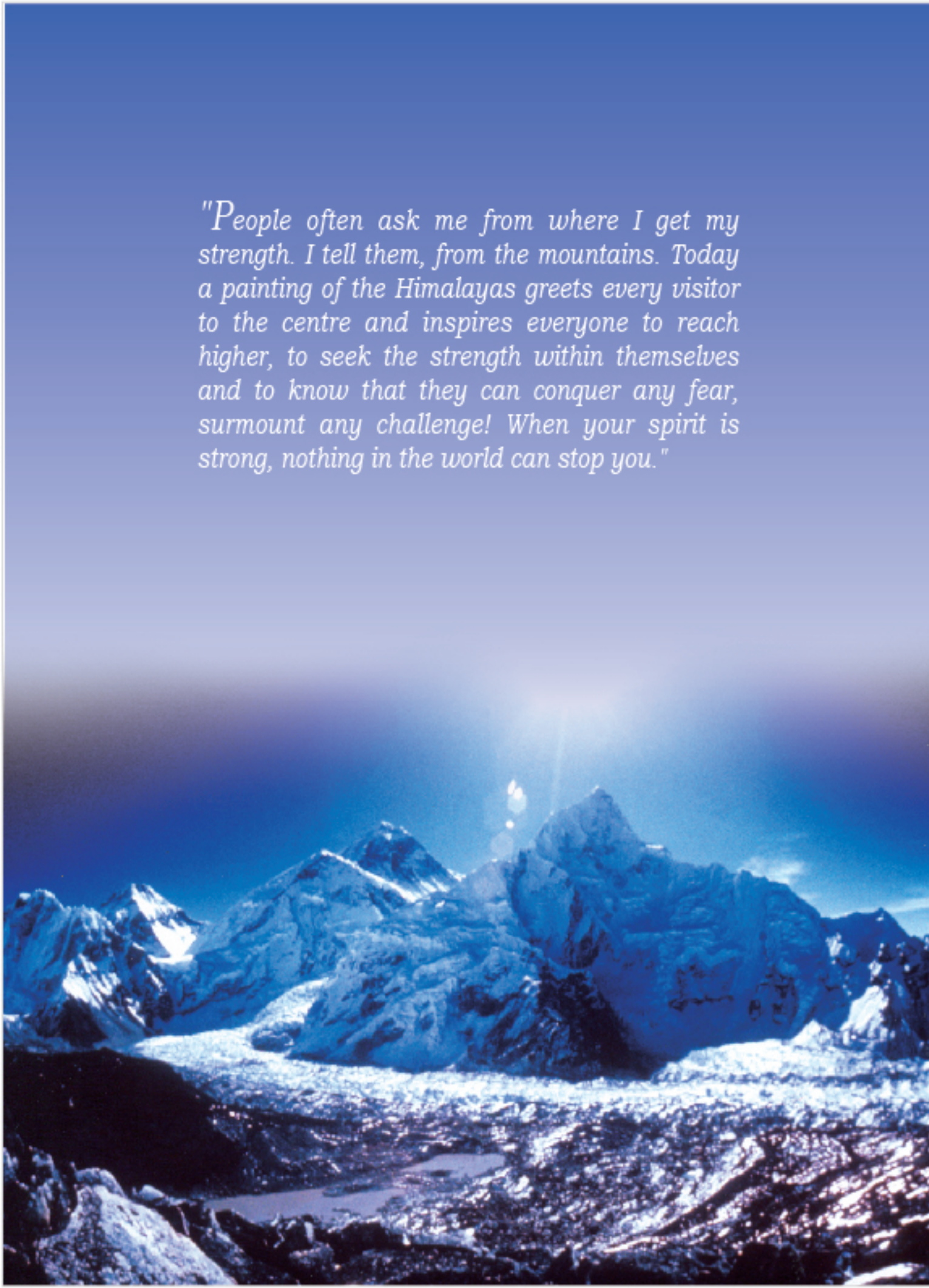
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Major H.P.S. Ahhawalia - Chairman, with (from left) - Ms.Chitra Kataria - Head of Department, Rehabilitation,  
Dr. A.K. Mukherjee - Director General, Ms. Sugandh Ahluwalia - Dy. Director Strategy,  
Dr. H.S. Chhabra - Chief of Spine Services & Medical Director,  
and Mr. K.V.Uthaman - C.A.O

*"My dream was to build a Hi-Tech Holistic Care Centre  
that would offer the world's most advanced medical care to patients...  
that would be at the cutting edge of medical and surgical technology...  
that would play a leading role in path-breaking medical research and treatment...  
that would be equipped with the most sophisticated diagnostic laboratories...  
that would offer the most complete rehabilitation facilities and therapeutic care...  
that would set the standards in teaching and training a new generation of specialists...  
a hospital where every treatment a patient needs, would be available under one roof...  
where even the poorest of poor patients would receive specialized care free of cost...  
where people would heal in natural environment, surrounded by gardens...  
where patients and their families would receive expert psychological counseling...  
where the mind, body and spirit would be nurtured with compassion...  
a hospital, filled with hope and the promise of a life worth living..."*

*Major H.P.S. Ahhawalia*



*"People often ask me from where I get my strength. I tell them, from the mountains. Today a painting of the Himalayas greets every visitor to the centre and inspires everyone to reach higher, to seek the strength within themselves and to know that they can conquer any fear, surmount any challenge! When your spirit is strong, nothing in the world can stop you."*

## *A dream fulfilled A thousand lives transformed...*

Sometimes it takes a terrible tragedy to help us discover the true strength of our spirit...and the true purpose of our lives. The story of the Indian Spinal Injuries Centre, is really the story of one man's journey of faith...of accomplishing an almost impossible mission...of completely dedicating his life to help transform the lives of others...

Major Ahluwalia was just 26 years old when he climbed the world's highest peak, Mount Everest. Tragically just a few months later, he was wounded in the Indo-Pak war which resulted in his confinement to the



wheelchair. It was a tragedy that would have destroyed most people. Though he nearly lost his life, he never lost his courage or his fighting spirit. "Life is all about conquering the other summit - the Summit of the Mind," he says even today.

To his dismay, Major Ahluwalia discovered that there were no specialized hospitals for people with spinal injuries in India. Determined to rebuild his life, he finally travelled to the UK, to undergo intensive rehabilitation at the Stoke Mandeville

Hospital. It was an experience that totally transformed him. He realized that though he himself had been lucky to get expert care, millions of Indians were not so fortunate and were forced to lead marginalized lives. It became his life's mission to help others like him and he determined to set up a similar hospital in India.



*Rajiv Gandhi (Former late Prime Minister of India) Laid the Foundation Stone of ISIC*

In the early 1990s, Major Ahluwalia's dream project began to take shape, when the Government of India gave him financial grant. To ensure the highest standards, he sought collaboration with leading institutes around the world. Impressed with his vision, the Government of Italy invested

US \$ 10 million in the project - the largest ever Italian collaboration with any country in this sector. The Indian Spinal Injuries Centre (ISIC) was a true landmark, not only in India, but in the whole of Asia.



*Dr. A.P.J. Abdul Kalam  
President of India visiting ISIC*

In recognition of his unique contribution to society, the Government of India awarded Major Ahluwalia the country's highest honours - the Arjuna Award, the Padma Shri and the Padma Bhushan. The President of India has also conferred the National Award for Best Work in the Field of Disability on him, for his humanitarian efforts and tireless service for the welfare of persons with disabilities.



## The largest and the most successful Indo-Italian collaboration...

The Indian Spinal Injuries Centre has been set up in collaboration with the Government of Italy, through << **San Raffaele Hospital, Milan**, along with support from the Government of India. Today it is a model institution comparable to the best in the world. A 145-bed hospital, it has 14 beds reserved for poor patients, many of whom cannot afford to pay. No one is turned away due to lack of funds and there is no discrimination in the quality of medical care. With the latest state-of-the-art diagnostics and surgical equipment and a highly qualified team of doctors, surgeons, physiotherapists, who have all been trained at the world's best institutions, ISIC has become a major referral centre. Its patients come not only from across India, but from all over the world.



**Mrs. Meira Kumari** - Hon'ble Minister of Social Justice and Empowerment, Govt. of India, visiting the hospital.

It is also probably the only hospital in the world designed by a patient. Major Ahluwalia was able to use his own experience to provide the architects unique insights into the problems faced by patients and help to find optimum solutions. It is the only hospital in India that is totally barrier-free and has the unique advantage of providing everything that a patient would need under one roof.



**Mrs. Margherita Boniver** - Hon'ble Minister of State, Foreign Affairs, Govt. of Italy, visiting the hospital.

## Indian Spinal Injuries Centre...



**Sac Prof. Don Luigi Maria Verze** President, San Raffaele Hospital, Milan, Italy

# Revolutionizing diagnosis, treatment & rehabilitation of patients

One of the most advanced institutes in Asia for the management of spinal and neuromuscular injuries, the Indian Spinal Injuries Centre is much more than just a hospital.

- ❖ It is the most advanced *Spine, Orthopaedic & Neuromuscular Surgical Centres* in India, with ongoing training and knowledge sharing in cutting edge surgical techniques with international institutes.
- ❖ A complete *Training Institute & Teaching Hospital* and the only one to offer Masters Degree in Prosthetics & Orthotics.
- ❖ A landmark *Scientific Research Institute* that has set up research collaborations with some of the most reputed institutes in the world.
- ❖ A sophisticated *Diagnostic Centre*, with complete in-house facilities for MRI & CT Scan for accurate diagnosis.
- ❖ A full-fledged *Rehabilitation Department*, the largest in Asia with the only Solar Heated Hydrotherapy unit of its kind in India.
- ❖ A *Holistic Treatment Centre* that provides a complete range of alternative therapies.
- ❖ A unique *Counseling Centre* for Psychosocial, Spiritual & Peer Counseling of patients as well as their families.
- ❖ A well-equipped *Centre for Occupational Therapy*, with a Computer Centre to help patients find productive employment and become self-reliant.



## Our Vision

- ❖ To strive to become the first choice as a spinal and orthopedic healthcare provider in New Delhi.
- ❖ To foster a culture of education in all of our activities and supporting exemplary health sciences research and development in an environment which is both ethical and respectful of others
- ❖ Utmost dedication to providing quality, value driven health care to all we serve through education, outreach, and other innovative services in spine and other spinal ailments.
- ❖ To strengthen our relationships through affiliation with renowned institutions of higher learning; offering technological advances and modern facilities.
- ❖ To reach thze lives of thousands of newly spinal injured every year by providing medical excellence through both scientific expertise and compassionate therapy.



Education of the highest standard

### Our Mission

At Indian Spinal Injuries Centre, our aim is to restore hope and joy in the heart of every patient with unrelenting attention to clinical excellence, patient safety and an unparalleled dedication to assure exemplary physical, emotional and spiritual care.

### Our Core Values & Commitments

- ❖ To strive to bring *awareness in the field of disability* and lobby with policy makers to introduce suitable legislation for prevention of disability and enforcement of the Equal Opportunity Bill.
- ❖ We will continue to put *strong emphasis on manpower development* through education programs with a focus on graduate and post-graduate courses in Rehabilitation Sciences.



# A landmark on the map of international scientific research centres



ISIC has had successful associations & Research Collaboration with NIDRR, Government of USA, under which it has programs for research and information dissemination with 18 other model spinal injuries centers in USA. It also has Research Collaboration with the Bio-Medical Scientific Park of San Raffaele Hospital, Milan, Italy - a network of various research agencies, run by Nobel Laureates.

ISIC is committed to bring the benefits of the latest advances in scientific research to its patients. One of the most promising new areas in breakthrough medical technology is the use of embryonic stem cells. They hold special promise in the repair of nerve and muscular tissue.

The driving force behind the revolution in spinal injury management in India, ISIC has taken the lead in organizing international seminars and conferences and provide a forum for the exchange of knowledge, new ideas and research findings in disability care. It recently hosted the International Spine & Spinal Injuries Conference on "Complications in Spinal Cord Injury & Spine Surgery", under the patronage of the International Spinal Cord Society.



Auditorium with sophisticated sound & projection facilities



*'I have been in this field for 40 years. It breaks my heart that with the best of technology at my disposal, I cannot tell a patient that he/she will walk again. Now, for the first time, we can see a ray of hope. There is a tremendous promise in stem cell research. We have to uncover the secrets and give them to humanity as a gift. Tomorrow's world is a stem-cell world.'*

**Dr. A.K. Mukherjee - Director General**

*Dr Mukherjee has been working for the welfare of the disabled for more than four decades. After completion of Masters in Surgery in Orthopaedics he joined the Oxford University as a Berry Scholar and completed his doctorate. He was former Medical Advisor to the World Health Organisation and Fellow of the Academy of Medical Sciences. He has been Director General of Health Services, Government of India, Secretary General of the Indian Red Cross and the Chief of the Medical Council of India.*

# At the cutting edge of Surgical Technology



As part of our ongoing commitment to offer the most advanced treatment to our patients, we continue to collaborate with leading medical institutes worldwide and keep up-to-date with breakthroughs in surgical technology. We constantly share our knowledge with other institutions and the medical profession, through an exchange program with demonstrations of live surgeries. There have often been cases when doctors from overseas come to observe our techniques and then transfer the knowledge to their own countries.

*"The Indian Spinal Injuries Centre is one of just 3 institutions in India that has the specialized facilities to do disc replacement. We have successfully carried out the first triple replacement of cervical discs in India. Made of titanium, with a polyurethane gel, the discs are completely biocompatible. We are currently doing cervical disc replacement and plan to start lumbar disc replacement soon. I work closely with my colleagues around the globe and we have been able to achieve remarkable success in pain management and restoring normal mobility."*

**Dr. H.S. Chhabra >>**  
Chief of Spine Services  
and Medical Director



*"Spinal injury management is the most complex, because it requires a multi-disciplinary team. Unfortunately it is also the most common amongst the lower income groups, who are often involved in physical labour and most likely to suffer from injuries."*

*"Nothing we do is ever enough. Until we have revived hope and joy in the heart of every patient, we have not completed our jobs. It is not enough to perform a successful surgery or provide an effective prosthetic. We must transform the lives of the families who come to us. Healing the spirit is as important as healing the body. We truly believe that inner peace and joy are the best healers."*

<< ISIC Team



## One of the largest Rehabilitation Centres in Asia



ISIC has the largest number of trained paramedics, who have specialized from Institutes in Australia, Switzerland, England as well as San Raffaele Hospital in Italy.

ISIC offers complete facilities for physiotherapy, including the largest solar heated hydrotherapy unit in Asia, with a 350 sqm. temperature controlled pool and a system of healing through Hot Jet Massage and Color Therapy.

It has Occupational Therapy with a Computer Centre for training patients to lead a productive, self-reliant life. It also offers Psychological and Spiritual Counseling for patients and their families.

We have had remarkable success in the treatment of paralysis, neurological strokes, post fracture complications, arthritis, spondylitis and backaches. Our aim is to reduce the patient's dependence on drugs, relieve pain, improve mobility, strengthen muscles and enhance self-reliance.

### Sports & Recreation

We try to help our patients lead as joyful and fulfilled a life as possible. Team sports not only provide an opportunity to bond with other patients, but are also a great activity for the whole family. We have complete facilities for both outdoor and indoor sports. The entire hospital is barrier-free, to allow patients on wheelchairs to move around easily and independently.



*"It is essential to stay up-to-date, because treatment techniques are constantly improving. We offer our patients the benefit of the very latest in medical technology... but I believe the greatest healing power lies in the gentle touch of a human hand, the compassion in a human voice... just knowing that someone cares."*

*"I believe my patients are the real heroes, the champions of this world. They strive against all odds and never give up on a chance to get better. We work closely as a team and celebrate every achievement. To see their faces light up with joy, brings a new meaning and purpose to my life."*

**Chitra Kataria**  
Head of Department, Rehabilitation, trained in Italy and has mastered the art and science of healing through a perfect balance between modern technology and human compassion.





## Institute of Rehabilitation Sciences

### A Government-recognized Deemed University

We continue to put strong emphasis on human resource development through intensive training programs. We have developed comprehensive graduate and post-graduate courses in Disability Management and Rehabilitation, Orthotics and Prosthetics. We have a distinguished, highly qualified faculty whose members have all been trained at the world's leading institutes. We have also started courses at the master trainer level, including Masters in Physiotherapy, Orthopaedics, Spine Surgery, Rheumatology and plan to offer a Diploma in Autism for the first time in the country.



*"I feel really fortunate that I have been able to enroll in India's first Institute of Rehabilitation Sciences. We not only have a great faculty, we have been able to benefit through real life practical experience with patients."*

#### **Shefali Walia**

*A student of Institute of Rehabilitation Sciences.*



#### **^ Orthotics**

**<< Mrs. Shalini Grover**  
Lecturer - Institute of Rehabilitation Sciences with students.



### Specialized Clinics

- ❖ **Joint Disease** - Dr. A.N. Malaviya, world renowned Rheumatologist
- ❖ **Pain Clinic** - Dr. G.P. Dureja - Prof. & Consultant incharge, Department of Anaesthesiology, (Former Prof. Intensive care, AIIMS)

### Specialized Departments

- ❖ Neurology
- ❖ Urology
- ❖ Orthopaedic, Spinal & Neurosurgery
- ❖ **Heart Command and Research Centre** ICCU, ECG, Doppler, Echocardiography, Holter, Lung Function Test, TMT, Cardiac Pacing
- ❖ **Laboratory Services** Haematology, Biochemistry, Microbiology, Pathology & Serology.

### ❖ Diagnostics

MRI, CT Scan, Ultra Sound and X-Ray, ECG, EMG, Spirometry

### ❖ Rehabilitation Services

Physiotherapy, Hydrotherapy, Occupational Therapy, Orthotics & Prosthetics, Assistive Technology, Counseling & Psychology and Alternative Medicine

### Other Facilities

- ❖ Out-patient Department and Day Hospital
- ❖ 24 hour Emergency
- ❖ Hi-tech Intensive Care Unit
- ❖ State-of-the-art Operation Theatres
- ❖ Ophthalmology
- ❖ Dental and Facio-Maxillary Surgery
- ❖ ENT
- ❖ Gastroenterology
- ❖ Plastic Surgery
- ❖ Psychiatry
- ❖ General Surgery
- ❖ Personalized Diets and Nutritional Advice
- ❖ Health Packages for Senior Citizens
- ❖ Executive Health Checkups.



### Patron-in-Chief

Late Smt. Indira Gandhi (Former Prime Minister of India)

### Founder Chairman

Late Mr. H.C. Sarin (Former Bureaucrat and Diplomat )

### Board of Directors

Major H.P.S. Ahluwalia

Chairman-ISIC, Ex-Chairman-Rehabilitation Council of India, President-Indian Mountaineering Foundation

H.H Vincent M. Concessao

Archbishop of Delhi

Mr. Vikram Kapur

Industrialist - President, Atlas Industries Ltd.

Dr. A.K. Mukherjee

Former Dir. Gen. - Health Services, Govt of India and Advisor to WHO

Dr. Kalyan Sachdev

Chairman-Privat Hospital

Mr. Gautam Khaitan

Advocate

Air Marshal A.S. Chahal

Former Director General - AFMS

Lt. Gen. J.R. Bhardwaj

DGAFMS

Mr. Alok Swarup

Industrialist

Ms. Veena Chopra

Industrialist

Mrs. Bholi Ahluwalia

Chairman, Welfare Society

Dr. H.S. Chhabra

Medical Director & Chief of Spine Services

### Our Collaborators

- ❖ Government of India - Ministry of Social Justice & Empowerment.
- ❖ Government of Italy - Association for Italian Solidarity amongst People Overseas, San Raffaele, Milan, Italy.
- ❖ Government of USA - National Institute of Disability and Rehabilitation Research Department of Education.
- ❖ Escorts Heart Institute & Research Centre.
- ❖ Specialty Ranbaxy, USA.
- ❖ Stanford University for Hand Service.