

2

**Hospital  
Emergency  
Codes**

3

**Expanding  
horizons with  
the addition of  
fetal medicine**

4
**Iqraa Alumni  
Chapters Formed in  
Qatar, Oman, and UAE**

## Iqraa's Academics Adds another Golden Feather



# MAHE Ph.D. Program Launched

IQRAA Hospital marked a significant milestone with the official launch of its Ph.D. program under the Manipal Academy of Higher Education (MAHE) following its recognition as a research centre of MAHE.

The inauguration ceremony, held with much purpose and promise, was graced by Mr. M.P. Ahmed, Chairman of the Malabar Group, whose presence underscored the value placed on health-focused research and social responsibility.



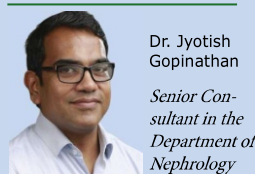
Mr. Ahmed expressed his appreciation for IQRAA's commitment to disease prevention and clinical research, which, along-

side the institution's strong sense of community responsibility, inspired his support through collaboration.

His gesture reflects the growing importance of collaborative, socially-driven research in the healthcare sector.

## From Reverence to Reality: Reimagining the Role of Doctors Today

National Doctors' Day is observed in India each year on the first of July commemorating Dr. Bidhan Chandra Roy. Dr. Roy whose many achievements are well documented, is remembered for his roles as a freedom fighter rubbing shoulders with Mahatma Gandhi himself, a physician par excellence who did not feel it beneath him to adopt other roles including that of a nurse while delivering health care, an educator- he taught in several medical colleges and served as vice chancellor of university of Calcutta as well as the first chairman of the board of directors of IIT Kharagpur, and a visionary administrator- he functioned as the mayor of Calcutta and as the chief minister of West Bengal. His life and career echoed Rudolf Virchow's statement- "Medicine is a social science, and politics is nothing else but medicine on a large scale".



Dr. BC Roy's determination to get the job done was the stuff of legend. After being denied admission to the prestigious St Bartholomew's Hospital for postgraduate studies he submitted additional applications thirty times more before finally getting accepted. Dr. Roy was born on the first of July 1882 and passed away on his 80th birthday in 1962.

The theme for Doctors' Day in 2025 is 'Behind the mask: who heals the healers?'. The lot of the modern Indian doctor is such that, with all the demands on their time doctor's are often unable to spare some for themselves. Burnout is often underreported because the medical professional is just supposed to hunker down and carry on with it. The toll that it extracts sometimes is all-pervasive, affecting not just the individual but also those surrounding him- family, friends and social groups. Inability to take time away from work impacts physical as well as mental health and wellbeing.

Medicine is a calling more than a profession. This clichéd aphorism has been repeated ad nauseum, often to invoke the goodness of the stoic doctor who ignores personal needs for the larger good. An acceptance of this statement would suggest that doctors deserve to be accorded a pedestal of respect by the larger society.

### IQRAA Faculty Recognised as Ph.D. Supervisors and Co-Supervisors under MAHE

IQRAA International Hospital and Research Centre has been formally recognised as a research centre under Manipal Academy of Higher Education (MAHE), a prestigious Institution of Eminence. This collaboration marks a major step forward in IQRAA's academic journey, expanding its role from a leading clinical institution to an active contributor to advanced medical and scientific research.

As part of this academic alliance, the Ph.D. program under MAHE has been officially launched at IQRAA.

In recognition of their academic and research expertise, several members of IQRAA's faculty and research leadership have been approved as Ph.D. supervisors and co-supervisors under the university's doctoral framework. Notably, Dr. Vajid N. V. and Dr. Benil Hafeeq K. P. have also been engaged as Adjunct Faculty of MAHE, further strengthening academic collaboration between the two institutions.

### Recognised Supervisors/ Adjunct Faculties



#### Dr. Benil Hafeeq K.P

Dr. Benil Hafeeq K. P., Senior Consultant and Head of the Department of Nephrology, has been recognised as a Ph.D. supervisor. His clinical leadership in nephrology is complemented

by research interests in renal transplantation, hemodialysis, and community-based kidney care. His inclusion as a supervisor strengthens IQRAA's capacity to offer in-depth clinical research mentorship in nephrology and related fields.



#### Dr. Vajid N.V

Head of the IQRAA Centre for Research and Development (ICRD), has also been recognised as a Ph.D. supervisor.

With a strong background in microbiology, molecular biology, and public

health, Dr. Vajid leads interdisciplinary research initiatives within the institution. His supervisory role reflects IQRAA's growing emphasis on lab-based and translational research that intersects with healthcare delivery and environmental science.





Dr. Jyotish Chalil Gopinathan

Senior Consultant in the Department of Nephrology, brings valuable clinical insight into kidney diseases, immunology, and transplant-related care. His academic engagement will enrich the program's focus on chronic disease management and nephrology research.



Dr. Deepak Bose

Consultant in Gynecological Oncology in the Department of Obstetrics and Gynecology, has been actively involved in both clinical oncology and academic inquiry. His work spans cancer biology, reproductive health, and preventive medicine, making his role as co-supervisor vital to guiding students pursuing research at the interface of oncology and molecular biology.



Dr. M. Fathimath Muneesa

Research Coordinator at ICRD, has also been recognised as a co-supervisor. Her research interests lie in molecular biology, disease mechanisms, immunology, and cell signaling. With a strong foundation in biomedical research, she will contribute to mentoring scholars in fundamental and translational research domains.

# A Thank You Note to the Unsung Heroes

The Department of Transfusion Medicine commemorated World Blood Donor Day on June 14, a day dedicated to raising awareness about the significance of blood donation. This day is celebrated on the birthday anniversary of the Nobel laureate Karl Landsteiner, who discovered the ABO blood group system, emphasizing the crucial role blood donors play in saving lives and strengthening healthcare systems worldwide. The theme set by WHO for 2025 is "Give blood, give hope: together we save lives!"

In honour of this occasion, our blood centre organized in-house blood donation drives, engaging healthcare workers and community

members alike. These drives aimed to reinforce the importance of voluntary blood donations and their critical role in ensuring safe blood supplies for those in need.

Jointly organized by Blood Donors Kerala Kozhikode, ISHRAE Calicut Sub-Chapter and Department of Clinical Laboratory Services at IQRAA Hospital, the initiative was a resounding success.

Our blood centre operates under a 100% component separation policy, allowing each donated blood unit to be separated into multiple components, saving numerous lives simultaneously.



Access to safe and sufficient blood permits increasingly complex medical and surgical interventions to significantly reduce morbidity and mortality, especially in situations of severe bleeding. Importantly, blood is a "drug" that

cannot be manufactured; it can only be obtained through donations from a healthy population. According to WHO, blood donations from just 1% of a country's population can meet its basic needs. In India, the estimated blood requirement stands at around 14.6 million blood units annually.

Yet, despite being one of the largest nations in terms of human resources with a significant eligible donor population, our current blood supply consistently falls short by approximately one million units. This alarming gap underscores the urgent need to cultivate a healthy donor pool to support those in need. We extend



Dr. Chippy C.S  
Specialist in Transfusion Medicine

our heartfelt gratitude to each blood donor for their altruistic dedication to this noble cause.

Your contributions not only save lives but also help us uphold our motto "right blood to the right patient at the right time".

Together, let us continue to celebrate our unsung heroes: the blood donors who truly make a difference in the lives of many.

# HOSPITAL EMERGENCY CODES



Ms. Nithya P.R  
Manager - Quality & Patient Safety Department

## Benefits of Hospital Emergency Codes

1. Rapid Response: Codes trigger swift and coordinated responses from hospital staff.
2. Clear Communication: Standardized codes ensure clear understanding of the emergency situation.
3. Effective Resource Allocation: Codes help allocate resources, such as personnel and equipment.
4. Reduced Confusion: Codes minimize confusion and ensure a unified response.

How Hospital Emergency Codes Help Manage Situations:

1. Prompt Action: Codes initiate prompt action, reducing response time.
  2. Coordinated Response: Codes ensure a coordinated response from various departments.
  3. Prioritization: Codes help prioritize patients and resources.
  4. Improved Outcomes: Codes contribute to better patient outcomes by ensuring timely and effective care
- By implementing hospital emergency codes, hospitals can enhance their emergency preparedness, response, and patient care.

Hospital emergency codes are vital for a quick, standardized, and effective response to various critical situations, minimizing confusion and panic among staff and visitors. These color-coded alerts enable immediate action by designated teams, ensuring patient, staff, and visitor safety. Hospital emergency codes are standardized codes used to alert staff to specific emergency situations, such as:



	<b>Code BLUE</b> - Cardiac/ Respiratory arrest
	<b>Code RED</b> - Fire, smoke, electric spark, medical gas leakage and abnormal surface temperature variation.
	<b>Code PINK</b> - Child/infant Abduction
	<b>Code ORANGE</b> - External Disaster/ Mass Casualty
	<b>Code WHITE</b> – Violence, Physical/ Verbal abuse
	<b>Code Brown</b> Chemical spill- Chemical spillage within hospital premises
	<b>Code Black</b> - Bomb threat
	<b>Code Yellow</b> - Internal disaster (Server down, Power failure, Water scarcity/ leakage)
	<b>Code MT</b> - Massive Transfusion
	<b>Code Stroke</b> - Stroke (In window period)
	<b>Code Trauma</b> - Trauma
	<b>Code STEMI</b> - ST Elevation MI
	<b>Code OBG</b> - Obstetrics emergency/ Ruptured Ectopic Pregnancy
<i>In case of any emergency dial 256 (reception) and inform the code along with exact location. The codes are then announced in the public announcement system by the reception staff three times</i>	



# Expanding horizons with the addition of fetal medicine

Established in 2020, IQRAA FERTILITY is a dedicated reproductive medicine unit of IQRAA International Hospital & Research Centre, Kozhikode—known for its commitment to affordable, ethical, and patient-centered healthcare. Located at Address Mall, Oyitty Road, the IQRAA Fertility has grown rapidly over the past four years, offering comprehensive infertility evaluation and advanced assisted reproductive technologies (ART). At IQRAA FERTILITY, we believe that the joy of parenthood is a right, not a privilege. Our mission is to make this belief a reality by offering ethical, compassionate, and scientifically advanced fertility care to every individual and couple.

## Fertility Services: A Multidisciplinary, Patient-Centered Approach

IQRAA Fertility provides individualized fertility treatments including ovulation induction, IUI, and IVF/ICSI, achieving clinical pregnancy rates of 60–70%. A unique stance of the center is its non-donor policy for IVF/ICSI—unlike many centers, IQRAA does not employ donor gametes. In just four years, we have helped more than one thousand couples fulfil their dream of having a child. Fertility-enhancing laparoscopic and hysteroscopic procedures—such as myomectomy, septal resection, endometriosis surgeries, and tubal cannulation—are routinely performed to improve natural conception or prepare patients for better ART outcomes. To improve accessibility, outpatient fertility services have been expanded to centers in Thottipalam, Sulthan Bathery, and Malappuram, extending specialized care.

## Fetal Medicine: Enhancing Pregnancy Surveillance and Fetal Care

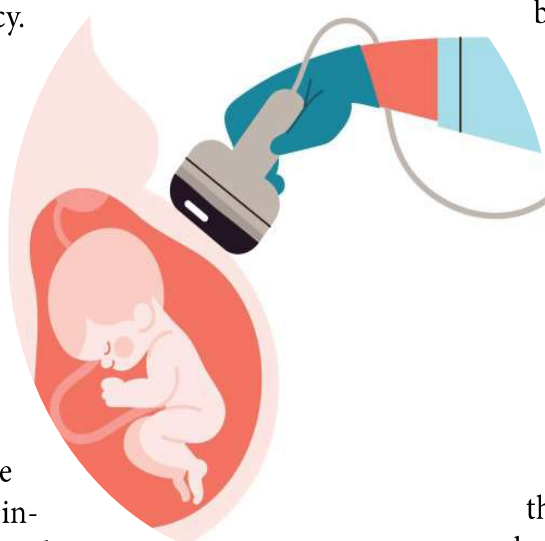
Recognizing the need for continuity in reproductive care beyond conception, IQRAA Fertility has launched a dedicated Fetal Medicine Unit. This unit addresses the increasing complexity of pregnancies, especially those resulting from ART or involving maternal comorbidities such as hypertension, diabetes, thyroid dysfunction, or autoimmune conditions.

**Fetal Medicine** is a subspecialty that focuses on detailed evaluation, monitoring, and management of the fetus during pregnancy.

It is particularly vital in high-risk and referral cases involving fetal anomalies, recurrent pregnancy loss, or adverse obstetric history.

The role of the fetal medicine specialist primarily involves the core principles of beneficence and patient autonomy whereby patient opinions decide management options. Contrary to the public opinion where the only option for fetal abnormalities is termi-

nation, fetal medicine offers a new compassionate perspective where certain conditions can be managed in utero by surveillance, investigations and even management. In conditions like fetal anemia where the fetus inevitably succumbs to heart failure, an in utero transfusion may save the life of the fetus who may go on to live a long and fruitful life. Fetal medicine therefore offers a fresh perspective and new management options to both patients and clinicians for a healthier and happier tomorrow.



## Prenatal Screening and Diagnostics

- **First Trimester Combined Screening (11–14 weeks):** Nuchal translucency, nasal bone assessment, and maternal serum markers for trisomy risk estimation
- **Targeted Anomaly Scan (18–22 weeks):** Systematic evaluation of fetal organ systems to detect structural abnormalities
- **Fetal Neurosonography and Echocardiography:** Detailed imaging of the fetal central nervous and cardiovascular systems
- **Doppler Studies:** Uterine artery, umbilical artery, MCA, and ductus venosus Doppler assessments to evaluate placental function and fetal oxygenation
- **Serial Growth Scans:** For monitoring intrauterine growth restriction (IUGR), macrosomia, and amniotic fluid anomalies

## Genetic Evaluation and Counseling

- **Preconception and prenatal genetic counselling** is offered for couples with a previous child affected by genetic disorders such as thalassemia, spinal muscular atrophy, or chromosomal anomalies. These couples are guided through recurrence risks, genetic testing options, and available prenatal diagnostic methods.
- **Invasive procedures** such as chorionic villus sampling (CVS) and amniocentesis are offered to confirm suspected aneuploidies or single-gene disorders. Samples are processed through validated genetic laboratories for karyotyping, FISH, microarray, or molecular testing as indicated.



Dr. Rabeeh V  
Consultant  
Reproductive  
medicine



Dr. Rakhi p  
Consultant  
Fetal  
Medicine

## Therapeutic Fetal Interventions

- **Intrauterine Blood Transfusion** is provided in Rh isoimmunization and other causes of fetal anemia, with careful ultrasound and Doppler monitoring.
- In select cases, **fetoscopic laser photocoagulation** for Twin-to-Twin Transfusion Syndrome (TTTS) and other fetal therapies are facilitated in collaboration with advanced fetal therapy centers, ensuring timely referral and procedural planning.

## Management of High-Risk and Multiple Pregnancies

- **Specialized surveillance** is conducted for multiple gestations, with early chorionicity and amnionicity determination (11–13 weeks), regular growth scans, and TTTS screening.
- **Twin Reversed Arterial Perfusion (TRAP) sequence**, selective fetal growth restriction (sFGR), and monochorionic complications are identified early and followed closely with individual growth and Doppler monitoring.
- **Multidisciplinary care planning** is provided in collaboration with Obstetricians, Geneticists, and Neonatologists for all complex cases.

## Collaborative Perinatal Care: Integration and Continuity

IQRAA Fertility operates within a well-integrated tertiary care setting, which includes the Departments of Obstetrics and Gynaecology, Maternal-Fetal Medicine, and Neonatology. This ecosystem supports a full continuum of care—from ovulation induction and embryo transfer to safe pregnancy completion and neonatal stabilization. High-risk pregnancies, especially those arising from ART, are co-managed by the fertility and obstetric teams using shared care protocols. The presence of a Level III Neonatal Intensive Care Unit (NICU) enables timely management of preterm births, low-birthweight infants, or babies requiring intensive support.



# Iqraa Alumni Chapters Formed in Qatar, Oman, and UAE

Alumni chapters of Iqraa Hospital have been formed in Qatar, Oman, and the UAE. Former staff members who had served at Iqraa Hospital during various periods came together to establish these chapters. The inaugural events held across the three countries were graced by Dr. P.C. Anver, Executive Director of Iqraa Hospital, as the chief guest. Dr. V. Idrees, Mohammed Jezeel N, Abdurahman E, Muhammed Najeeb K, Askar Ali K, also attended the functions.



Oman Alumni chapter



UAE Alumni chapter



Qatar Alumni chapter

## What They Achieve, We All Celebrate...

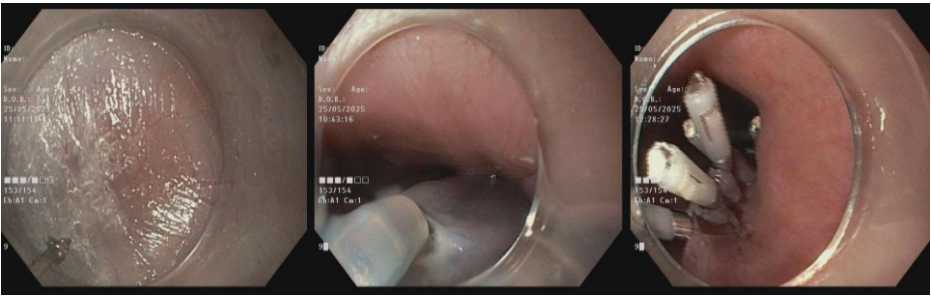
**Dr. Faris Hussain K.N** Head of our Critical Care Department, has received the Dr. Joseph Feidelis Memorial Award for Young Clinician Leader in Quality and Patient Safety at the CAHOCON-25, an International Conference organised by Consortium of Accredited Healthcare Organizations, held in New Delhi.



*Dr. Hasna and Dr. Shifa, our Paediatric DNB trainees, secured first place in the Immunization Quiz organized by the Indian Academy of Paediatrics for teaching institutions in Calicut.*



*DNB residents in OBGY, Dr. Salwa and Dr. Athira, have won the third prize in the YUVA FOGSI South Zone Quiz Competition held in Ooty.*



We have successfully completed the first Peroral Endoscopic Myotomy (POEM) in the Department of Gastroenterology at Iqraa Hospital, Calicut – marking our entry into third space endoscopy, an advanced method where procedures are done in the layer between the inner lining and muscle of the gastrointestinal tract. Heartfelt thanks to the entire team, including the departments of gastroenterology and anaesthesia, as well as the technicians, nurses, and all supporting staff, whose efforts made this achievement possible.



*Children's Teeth: A Handbook, prepared by Dr. Muhammed Arshad and Dr. Vivek G. from the Community Dental Clinic, Department of Dentistry, was officially released by Executive Director Dr. P.C. Anver, who handed it over to Dr. Hidayathullah PKM, HOD of Paediatrics.*

WELCOME TO IQRAA FAMILY

Dr. Rakhi P.  
Fetal Medicine

Dr. Rajiv Mohan S.  
Gastroenterology

Dr. Chippy C.S.  
Transfusion Medicine

Dr. Safa V. P.  
Pulmonology

Dr. Meera  
Pulmonology

Dr. P.V. Sreekanth  
Radiology

Dr. Risvin M.  
Radiology

Dr. Nithasha V.  
Gastroenterology

Dr. Sunil Prashanth Raveendran  
General Medicine

Dr. Haritha Mohanan  
Pathology

Dr. Poornima K.Nair  
Dermatology

Dr. Renu P Kurup  
Paediatric Cardiology

Dr. Rameez Ahmad Roshan  
Endocrinology department

### Forever in Our Memories

BEEBI BISHARA  
(ECG Technician)

AL AMEEN P  
(Nursing Officer)

Health-related articles are invited for the upcoming August edition of the Iqraa Gazette. Please share your editorial contributions via email at [cciqraa@gmail.com](mailto:cciqraa@gmail.com). For more information, contact 7559038891.



*Iqraa Hospital was awarded the BEST STEPS Centre with the highest contribution towards TB detection.*



*The NICU at Iqraa Hospital has received Level III A certification from the National Neonatology Forum (NNF) of India.*