

ENHANCED MEDICAL FACILITIES AT INS INDIA

1. In its continued drive for providing better living for naval fraternity at Delhi area, INS India has commissioned following additional services and facilities at MI Room Complex INS India:-

- (a) **Lab facilities (only for better diagnostic aid):-**
 - (i) Hematology:- Complete blood count
 - (ii) Biochemistry:- Cholesterol, Sugar, Liver function test, Kidney function test, Serum electrolyte etc.
 - (iii) Urine analysis:- for routine urine examination.
- (b) **X-Ray (100mA):-** Most of the "X rays" can be taken except those of Thoracic spine, Lumbo Sacral Spine, Skull, Pelvis and KUB.
- (c) **Ultrasonography.**
- (d) **ECG (Multi-Channel).**
- (e) **Physiotherapy:-**
 - (i) **Pulsed Shortwave Diathermy:-** (for acute post traumatic and infective conditions).Sprains, Contusions, Receptures, Haematoma etc.
 - (ii) **Combo therapy unit (Ultrasound+IFT+TENS):-** Relieve pain, reduces swelling, repair tissue, promote healing, restore functions etc.
 - (iii) **Ultrasound Massager:-** Musculoskeletal and neuromuscular disease, Osteoarthritis, calcific deposits, Radiculitis etc.
 - (iv) **Full body massage chair:-** For providing complete relaxation of body and mind.
- (f) **Consultants/Specialists OPD:-**
 - (i) Medical OPD - Daily (Mon-Fri).
 - (ii) Aerospace Medicine Consultation- Daily (Mon-Fri).
 - (iii) Radiologist for Ultrasonography- Daily (Mon-Fri, by appointment).
 - (iv) Gynaecology OPD- Twice a week (Mon-Sat, by appointment only).
 - (v) Following consultants/Specialists would be available for seeking opinion on appointment basis. The appointment for the same would be

routed through Help Desk, MI Room India on tele: 23010301 and Pax. 3046.

- (aa) Endocrinologist.
- (ab) Gynecologist.
- (ac) Neurosurgeon.
- (ad) Psychiatrist.
- (ae) Pediatrician.
- (af) Under Water Medicine Specialist.
- (ag) Eye Specialist.

2. **OTHER NAVAL MEDICAL CENTERS/FACILITIES AT DELHI AREA AT A GLANCE:-**

(a) **Family Clinic and Family Welfare Centre, NSB-I, Chanakyapuri (Mon-Sat).**

- (i) General OPD.
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme.
- (iv) **Gynaecology OPD**, every Thursday by qualified Gynecologist.
- (v) **Paediatric OPD**, every alternate Saturday by qualified Paediatrician.

(b) **Family Clinic, NSB-II, Naraina (Mon – Sat).**

- (i) General OPD.
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme.

(c) **Family Clinic, NSB-III, Palam (Mon-Sat).**

- (i) General OPD.
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme.
- (iv) **Paediatric OPD**, every alternate Saturday by qualified Paediatrician.

(d) **Resident Medical Assistant (RMA) at NSBs.** There is one medical assistant detailed as RMA at each of the naval residential areas for sailors viz at Chanakyapuri, Naraina and Palam respectively. He is available daily during off working hours to assist residents in case of any medical emergencies/First Aid. Their contact details are placed at the main gate/guard rooms of respective NSBs.

3. **Ambulance on call Service (Round the clock):- Kapoor Medical Services-Tel:- 25791387, 9810077777**, for transporting acute medical emergencies requiring genuine medical support during transit from the place of occurrence to nearest military hospital/civil hospital (if the distance of military hospital is more than the civil hospital, endangering life of the patient due to longer transit period) .The charges for the same would be paid/reimbursed by CO, INS India. NHQ notice No.312 dated 13 May 11 and INS India Daily Order 123/10 dated 28 Jun 11 also refers.

4. It will be our endeavor to provide the best possible medical care to serving naval community at Delhi area. However we earnestly request for everyone's cooperation as these facilities would take a little time to stabilize.