

CURA-CATENA

# सांवंध

आरोग्य तुमचं,  
काळजी आमची...



## FROM THE HEART OF CURA-

A message from Dr. Shruti Kalkekar & Dr. Sanjeevkumar Kalkekar



Dear Parents and Families, Namaskar!

Welcome to the very first edition of the Cura Clinic Newsletter where every heartbeat, every smile, and every stage of life is connected through care.

As a pediatrician Adolescent Health Expert and Interventional cardiologist, we've built Cura Catena — a chain of care — that links joyful childhoods, resilient teens, and healthy hearts in adulthood. Whether it's your child's emotional well-being, a teen's transition, or your own heart health, we believe that care is most powerful when it's connected — across family, across generations.

### Each month, through this newsletter, we will share:

- Helpful health tips and updates
- Highlights from clinic activities
- Parenting insights
- Wellness stories from our Cura families
- Guidance on both child development and adult heart care

Thank you for trusting us. You are an essential link in our Cura Catena a bond of trust, empathy, and lifelong care.

With Warmth & Gratitude,

**Dr. Shruti Kalkekar**

(Pediatrician / Adolescent Health Expert)

**Dr. Sanjeevkumar Kalkekar**

(Interventional Cardiologist)

# CURA CLINIC MEANING & BRAND ESSENCE



## THE CONCEPT:

The Cura Clinic logo depicts a boy and a girl playing **"PHUGADI"** a traditional Maharashtrian children's game. As they hold hands and stretch their legs, their posture naturally forms the shape of a heart. This unique design symbolizes the clinic's focus on both childhood joy and emotional well-being, and the importance of heart health across all ages.

## SYMBOLISM & SIGNIFICANCE:



### HEART SHAPE:

Represents not only physical heart health (cardiology) but also emotional warmth, connection, and compassion — the core of Cura Clinic's care philosophy.

### CHILDREN PLAYING PHUGADI:

Highlights the innocence, energy, and developmental stages of childhood and adolescence, reinforcing the clinic's dedication to pediatric and teen health.

## OUR MISSION & VISION:

- We offer comprehensive health services: pediatric growth and mental wellness, teen health, and advanced adult cardiology including heart procedures.
- Our approach is grounded in empathy, ethics, and high-quality medical care.
- The logo visually expresses our commitment to family-centered, life-long care, nurturing strong hearts and happy lives at every age.

### CONNECTION & MOVEMENT:

The linked hands and legs forming the heart signify the continuous, interconnected care Cura Clinic provides — bridging child health and adult cardiac care seamlessly.

## TIPS FOR YOUR GOOD HEALTH-

- Eat Healthy
- Stay Active
- Sleep Well



- Stay Hydrated
- Stay Fit
- Health Checkups





# SUDDEN HEART ATTACK:

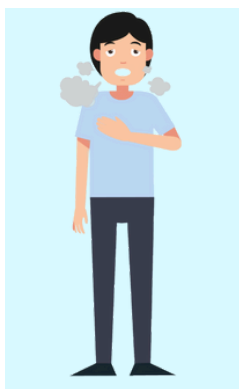
WHAT TO DO BEFORE HELP ARRIVES?



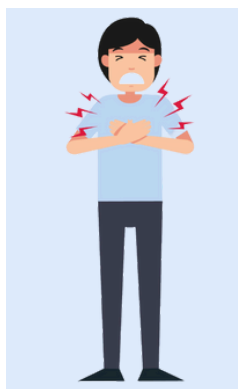
## SYMPTOMS



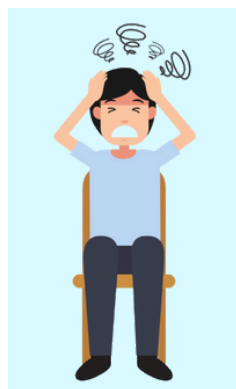
PALPITATIONS  
(FLUTTER)



SHORTNESS OF BREATH



CHEST PAIN



DIZZINESS



NAUSEA OR VOMITING



What to do in case of  
**HEART ATTACK?**

-DR. SANJEEVKUMAR KALKEKAR

SCAN  
TO WATCH  
THE VIDEO



## DR. SANJEEVKUMAR KALKEKAR

Senior Interventional Cardiologist &  
Structural Heart Disease Specialist

He currently practices full-time at Apollo Hospitals, Navi Mumbai. With over 18 years of experience and more than 18,000 successful interventional procedures, Dr. Kalkekar is a recognized leader in complex and advanced cardiac care.

### NOTABLE ACHIEVEMENTS:

- Performed Navi Mumbai's first Transcatheter Aortic Valve Implantation (**TAVI**).
- Introduced the **MITRACLIP** procedure in Thane, Raigad, and Navi Mumbai.
- Among the only two cardiologists in Mumbai performing Left Atrial Appendage Closure (**LAAC**) using the Watchman device.



# CURA IN ACTION:

## EVENTS THAT TOUCHED LIVES



### HEALTH FEST AT NANHE KADAM – 26th January 2025

OVER **100** FAMILIES  
BENEFITED FROM



- ✓ FREE DEVELOPMENTAL SCREENING CAMP
- ✓ DENTAL AND VISION SCREENINGS,
- ✓ PERSONALIZED NUTRITIONAL ASSESSMENTS.



नन्हे कदम

#### KEY SERVICES:

Screening for developmental delays, learning issues, and health risks like obesity or underweight.

**DR. SHRUTI KALKEKAR** led evaluations, supported by CURA staff and volunteers like young Sharaav Kalkekar, who managed food distribution.

Doctors involved included **DR. PRITI MHATRE, DR. RAHUL PATORIA, & DIETITIAN PRIYANKA VISAPURE.**





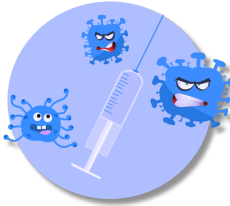
# WORLD IMMUNISATION WEEK

-April 24-30, 2025



IMMUNIZATION FOR ALL IS HUMANLY POSSIBLE

**52** IMMUNIZATION  
VACCINES  
ADMINISTERED



INFLUENZA | PNEUMOCOCCAL | MMR | HPV



## A Cake-Cutting Ceremony

celebrated the collective effort of

**The Cura Team.**



# FAMILY CORNER

## Wellness Meets Fun

Create a fun indoor scavenger hunt using paper hearts. Each heart carries a mini-challenge like:

- ♥ Do 10 jumping jacks
- ♥ Say one nice thing
- ♥ Share a healthy snack
- ♥ Draw your dream activity



## BACK TO SCHOOL

### 5 BACK-TO-SCHOOL HEALTH TIPS FOR KIDS

#### 1. KEEP THAT BACKPACK LIGHT:

Your child's backpack should be no more than 10% of their body weight.

#### 2. UPDATE VACCINATIONS ON TIME:

Ensure all vaccinations are up to date before school begins.

[Check For The Vaccination Chart.](#)

#### 3. TIFFIN MATTERS:

Pack healthy, energy-boosting snacks for better focus.

#### 4. CLEAN HANDS, HEALTHY KIDS:

Encourage frequent handwashing to avoid infections.

#### 5. SLEEP SMART:

Reset bedtime early for better mood and learning at school.



### FLU SHOT BEFORE MONSOON PROTECT YOUR FAMILY NOW!

**WATCH NOW**

