



# WORLD LAPAROSCOPY HOSPITAL®

LOG Book

## Laparoscopic Training Fellowship in Minimal Access Surgery

**GYNAECOLOGIST**

DOCTOR'S NAME

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### BATCH DETAILS

Year

Month

Start Day

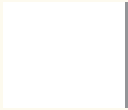
End Day

COURSE DIRECTOR : **Dr. R. K. Mishra**

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COURSE DIRECTOR : **Dr. J. S. Chowhan**

Mobile : +91 9811067797 | E-mail: jschowhan85@gmail.com



## TRAINEE'S INFORMATION

DOCTOR'S NAME :

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QUALIFICATIONS :

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SPECIALITY :

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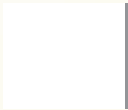
HOSPITAL NAME & ADDRESS :

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E-MAIL(S) :

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## DECLARATION

I understand that the training imparted at World Laparoscopy Hospital, DLF Phase-II, Cyber City, Gurgaon during F-MAS course aims only at improving the laparoscopic surgical skills of the trainee doctors. The training given at World Laparoscopy Hospital is only laboratory-based. The onus of safely applying these skills on the patients lies solely on the trainee surgeon and gynaecologist.

I have also been informed that i will neither have any clinical responsibility nor will treat any patient admitted at World Laparoscopy Hospital, Gurgaon during my training.

TRAINEE'S SIGNATURE

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# DAY 1

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

## DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Introduction of Minimal Access Surgery (Presentation of past, present and future of minimal access surgery and introduction to Robotics, HALS, NOTES, TEM and SILS).	<b>10:00 a.m. - 12:00 p.m.</b>
<b>Lab. Demonstration</b>	Discussion on importance of ergonomics of Task Analysis and Engineering in Laparoscopic Surgery. Lab. Demonstration of Instrument Design (Part I): Demonstration and discussion of principles of laparoscopic port access instruments, dissecting instruments, various graspers, and various scissors. Instruments used for closed and open laparoscopic access technique including Hasson's technique, Visiport® and safety trocars. How to access inside the abdominal cavity during laparoscopic surgery for general surgeons, paediatric surgeon, gynaecologists and urologists.	<b>12:00 p.m. - 02:30 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:30 p.m. - 03:00 p.m.</b>
<b>Lab. Demonstration</b>	Lab. Demonstration of Instrument Design (Part II): Principles of disinfection and sterilization of reusable dissecting and access instruments, non-electrical instrument including harmonic probes for surgeons, gynaecologists and urologists. Demonstration of port closure instruments and various uterine manipulators.	<b>03:00 p.m. - 05:00 p.m.</b>

## SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

## DAY 2

COURSE : **Fellowship in Minimal Access Surgery (F. MAS)**

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Advantages and Disadvantages of Minimal Access Surgery. How to do case selection in minimal access surgery. Effect of pneumoperitoneum on hemodynamics of the patient and how to manage those complications.	<b>11:00 a.m. - 02:00 p.m.</b>
<b>Practical</b>	Top Gun Drill laparoscopic hands-on exercises to learn bimanual hand & eye coordination, ambidexterity and depth perception using instruments in both hands. Exercises will be circular paper cutting and pegging the poles. Ambidexterity will be practiced as per the guidelines of WALs and SAGES.	<b><u>BATCH A:</u> 09:00 a.m. - 11:30 a.m.</b>  <b><u>BATCH B:</u> 02:30 p.m. - 05:00 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

# DAY 3

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Demonstration and discussion on all types of telescopes used in minimal access surgery with different diameters, different visual axes and different numbers of rods and lenses, Principles of camera, including single-chip and three-chip cameras. Differences between SD and HD cameras. Differences between interlaced and progressive HD monitors. Different types of light source entailing differences in functionality between Xenon and LED light sources and demonstration of types of light cables (fiber- optic and gel cables).	<b>11:30 a.m. - 02:00 p.m.</b>
<b>Practical</b>	Laparoscopic hands-on training and exercises to increase depth perception by doing Cobra Rope Drill, Tin Cup Drill and Terrible Triangle Drill. Practice of diagnostic laparoscopy and hand eye coordination for gynaecologists, surgeons and urologists for various minimal access surgeries in laparoscopic lab with all set laparoscopic instruments (hands-on training). Techniques of identifying various pathologies using laparoscope according to the guidelines of SAGES, EAES and WALIS.	<b><u>BATCH A:</u> 09:00 a.m. - 11:30 a.m.</b>  <b><u>BATCH B:</u> 02:30 p.m. - 05:00 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

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# DAY 4

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

## DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Laparoscopic Insufflator & Quadro - manometric Principles of Microprocessor - Controlled Digital Insufflator.	<b>11:30 a.m. - 02:00 p.m.</b>
<b>Practical &amp; Lab. Demonstration</b>	Lecture on laparoscopic suturing and knotting techniques.	<b>BATCH A: 09:00 a.m. - 11:30 a.m.</b>
	Practice of extracorporeal Roeder's, Meltzer's & Mishra's knot for free structures followed by practice of laparoscopic extracorporeal knot over appendix and fallopian tube.	<b>BATCH B: 02:30 p.m. - 05:00 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

## SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

# DAY 5

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

## DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
Lecture/PPT/Video Presentation	<p>Lecture and Power Point video presentation of various laparoscopic access techniques for surgeons, gynaecologists and urologists including Veress Needle, Hasson's method, Scandinavian method and Fielding method of access. Use of Visiport® and optical needle. Complications of access technique and how to manage those complication.</p> <p>A second lecture follows:</p> <p><b>FOR SURGEONS:</b> Lecture and video demonstration of laparoscopic appendectomy technique (Presentation of various ways of performing laparoscopic appendectomy including two-port appendectomy, stapler appendectomy and retrocecal appendectomy).</p> <p><b>FOR GYNAECOLOGISTS:</b> Lecture and video demonstration of diagnostic laparoscopy. Systemetic way of performing diagnostic laparoscopy for all the specializations including tubal patency test and chromotubation.</p>	11:30 a.m. - 02:00 p.m.
Practical	Hands-on practice of laparoscopic extracorporeal Meltzers or Mishra's knot for continuous structure like cystic duct, uterine artery, splenic or renal arteries. Hands-on practice of laparoscopic Square knot for myoma, fundoplication, burch suspension, partial nephrectomy, rectal prolapse and vault closure in total laparoscopic hysterectomy.	<b>BATCH A:</b> 09:00 a.m. - 11:30 a.m.  <b>BATCH B:</b> 02:30 p.m. - 05:00 p.m.
Break	Lunch Break	02:00 p.m. - 02:30 p.m.

## SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

# DAY 6

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Baseball Diamond Principle of Laparoscopic Ports Positioning (Video presentation of exact points where one should put the ports during various laparoscopic procedures to achieve the best ergonomics for easy task performance). This is one of the most important principles not taught anywhere in the world except by DR. R. K. Mishra who is inventor of this principle.	<b>11:30 a.m. - 02:00 p.m.</b>
<b>Practical</b>	Hands-on practice of laparoscopic Square knot and laparoscopic Intracorporeal Surgeon's knot used for tuboplasty, bowel anastomosis, vault closure, enterotomy repair, bladder injury and pyeloplasty (hands-on training on tissues in operation theatre environment).	<b>BATCH A:</b> <b>09:00 a.m. - 11:30 a.m.</b> <b>BATCH B:</b> <b>02:30 p.m. - 05:00 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

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# DAY 7

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

## DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	Laparoscopic Dissection Techniques (Presentation and discussion of principles behind monopolar, bipolar, harmonic scalpel, Ligasure™, Plasma-Sect™, and Argon beamer and Laser for gynecological, surgical and urological procedures. Various Complications of energy sources including insulation failure, direct and capacitative coupling and how to prevent them. Practical demonstration of working of all types of energy sources including entailing principles of Active Electrode Monitoring System (AEMS).	<b>11:30 a.m. - 01:30 p.m.</b>
<b>Practical</b>	Hands-on training on Intracorporeal Surgeon's knot with Choreographic movements without swording of instruments.	<b>BATCH A: 09:00 a.m. - 11:30 a.m.</b> <b>BATCH B: 02:30 p.m. - 05:00 p.m.</b>
<b>Mid-Session Examination</b>	MCQ-pattern exam on basics of laparoscopic surgery	
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

## SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

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# DAY 8

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
<b>Lecture/PPT/Video Presentation</b>	<b>FOR SURGEONS:</b> Lecture and video demonstration on laparoscopic cholecystectomy technique (Presentation of various ways of performing laparoscopic cholecystectomy including two-port cholecystectomy & SILS cholecystectomy). <b>FOR GYNAECOLOGISTS:</b> Lecture and video demonstration of laparoscopic tubal surgery (Presentation of laparoscopic salpingostomy, ectopic pregnancy, salpingo-oophorectomy and two-port techniques of tubal cyst resection).	<b>11:30 a.m. - 02:00 p.m.</b>
<b>Practical</b>	Laparoscopic hands-on exercises with energy sources on tissues in operation theatre setup.	<b>BATCH A:</b> <b>09:00 a.m. - 11:30 a.m.</b> <b>BATCH B:</b> <b>02:30 p.m. - 05:00 p.m.</b>
<b>Break</b>	Lunch Break	<b>02:00 p.m. - 02:30 p.m.</b>

SELF ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

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# DAY 9

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
Lecture/PPT/Video Presentation	<p><b>FOR SURGEONS:</b> PowerPoint presentation and video demonstration of various ways of performing Trans-Abdominal Pre-Peritoneal (TAPP) Laparoscopic Hernia Repair including two-port hernia repair and hernia without tackers and staplers.</p> <p><b>FOR UROLOGISTS:</b> Laparoscopic management of undescended testes.</p> <p><b>FOR GYNAECOLOGISTS:</b> Tubal sterilization and recanalization techniques for tubal block.</p>	<p><b><u>SURGEONS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>GYNAECOLOGISTS:</u></b> 01:00 p.m. - 4:00 p.m.</p>
	<p>Practical Hands-on training in wet lab. in operation theatre environment</p>	<p><b><u>GYNAECOLOGISTS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>SURGEONS:</u></b> 01:00 p.m. - 04:00 a.m.</p>
	<p>Break Lunch Break</p>	<p>12:00 p.m. - 01:00 p.m.</p>

## PRACTICED SURGICAL PROCEDURES :

PROCEDURE	PRACTICED TODAY	SIGNATURE
Laparoscopic Tubal Sterilization	<input type="checkbox"/>	.....
Laparoscopic Tubal Recanalisation	<input type="checkbox"/>	.....
Laparoscopic Salpingostomy	<input type="checkbox"/>	.....
Laparoscopic Salpingo-oophorectomy	<input type="checkbox"/>	.....
Laparoscopic Ovarian Drilling	<input type="checkbox"/>	.....
Laparoscopic Total Hysterectomy	<input type="checkbox"/>	.....
Laparoscopic Pelvic Lymphadenectomy	<input type="checkbox"/>	.....

TRAINEE DOCTOR

COURSE SUPERVISOR

**DAY 10**

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
Lecture/PPT/Video Presentation	<p><b>FOR SURGEONS:</b> PowerPoint Presentation and video demonstration of Totally Extra Peritoneal (TEP) repair of inguinal hernia. PowerPoint presentation of various ways of performing Inguinal Hernia Repair including hernia surgery with and without tackers and staplers using</p>	
	<p><b>FOR UROLOGISTS:</b> various suturing techniques and video demonstration of PowerPoint presentation various ways of performing varicocelectomy.</p>	<p><b><u>SURGEONS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>GYNAECOLOGISTS:</u></b> 01:00 p.m. - 4:00 p.m.</p>
	<p><b>FOR GYNAECOLOGISTS:</b> PowerPoint presentation and video demonstration of various ways of performing laparoscopic hysterectomy including vaginal part of LAVH using suturing technique and using Ligasure and harmonic waves.</p>	
Practical	Hands-on training in wet lab. in operation theatre environment	<p><b><u>GYNAECOLOGISTS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>SURGEONS:</u></b> 01:00 p.m. - 04:00 a.m.</p>
Final Examination	MCQ-pattern exam on basics of laparoscopic surgery	12:00 p.m. - 12:30 p.m.
Break	Lunch Break	12:30 p.m. - 01:00 p.m.

**PRACTICED SURGICAL PROCEDURES :**

PROCEDURE	PRACTICED TODAY	SIGNATURE
Laparoscopic Tubal Sterilization	<input type="checkbox"/>	.....
Laparoscopic Tubal Recanalisation	<input type="checkbox"/>	.....
Laparoscopic Salpingostomy	<input type="checkbox"/>	.....
Laparoscopic Salpingo-oophorectomy	<input type="checkbox"/>	.....
Laparoscopic Ovarian Drilling	<input type="checkbox"/>	.....
Laparoscopic Total Hysterectomy	<input type="checkbox"/>	.....
Laparoscopic Pelvic Lymphadenectomy	<input type="checkbox"/>	.....

TRAINEE DOCTOR

COURSE SUPERVISOR

# DAY 11

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
Lecture/PPT/Video Presentation	<p><b>For Surgeons :</b> Laparoscopic Paediatric Surgery (Demonstration of various laparoscopic and thoracoscopic paediatric surgical procedures).</p> <p><b>FOR UROLOGISTS:</b> Retroperitoneoscopy (PowerPoint presentation on various ways of performing retroperitoneoscopic surgery for nephrectomy and retroperitoneoscopic ureterolithotomy).</p> <p><b>For Gynaecologists :</b> Power Point presentation and video demonstration on Total Laparoscopic Hysterectomy including hysterectomy for big uterus and uterus with multiple fibroid.</p>	<p><b><u>SURGEONS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>GYNAECOLOGISTS:</u></b> 01:00 p.m. - 4:00 p.m.</p>
	<p><b>Practical</b> Hands-on training in wet lab. in operation theatre environment</p>	<p><b><u>GYNAECOLOGISTS:</u></b> 09:00 a.m. - 12:00 p.m.</p> <p><b><u>SURGEONS:</u></b> 01:00 p.m. - 04:00 a.m.</p>
Break	Lunch Break	12:30 p.m. - 01:00 p.m.

PRACTICED SURGICAL PROCEDURES :

PROCEDURE	PRACTICED TODAY	SIGNATURE
Laparoscopic Tubal Sterilization	<input type="checkbox"/>	.....
Laparoscopic Tubal Recanalisation	<input type="checkbox"/>	.....
Laparoscopic Salpingostomy	<input type="checkbox"/>	.....
Laparoscopic Salpingo-oophorectomy	<input type="checkbox"/>	.....
Laparoscopic Ovarian Drilling	<input type="checkbox"/>	.....
Laparoscopic Total Hysterectomy	<input type="checkbox"/>	.....
Laparoscopic Pelvic Lymphadenectomy	<input type="checkbox"/>	.....

TRAINEE DOCTOR

COURSE SUPERVISOR

# DAY 12

## COURSE Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

WEEKDAY :  Mon  Tue  Wed  Thu  Fri  Sat DATE : / /

### DAY ACTIVITIES :

ACTIVITY TYPE	ACTIVITY DETAILS	TIME PERIOD
Misc.	Discussion of F.MAS qualifying mid session & final examination papers. Completion of the LOG BOOK and doubts resolving session (Both Batch A and Batch B).	09:00 a.m. - 10:30 a.m.
Lecture/PPT/Video Presentation	<b><u>FOR SURGEONS, UROLOGISTS AND GYNAECOLOGISTS:</u></b> Mistakes and Errors in Minimal Access Surgery (Presentation of commonly encountered laparoscopic complications in minimal access surgery and various ways of dealing with these problems)	10:30 a.m. - 12:30 p.m.
Convocation	Certification ceremony and farewell lunch for the Fellowship Batch (All the fellowship and diploma course trainee doctors to attend).  Shuttle bus will be arranged for the participants to go to a nearby hotel. Candidates will be awarded mementoes and fellowship certificates in Minimal Access Surgery. Trophies will be given to the toppers amongst the surgeons and the gynaecologists in the written exam conducted by the WALs for the award of F. MAS.  The certification ceremony will be followed by the gala lunch.	01:30 p.m. - 05:00 p.m.

### SELF ASSESSMENT :

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### SUPERVISOR ASSESSMENT :

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TRAINEE DOCTOR

COURSE SUPERVISOR

# FINAL ASSESSMENT

COURSE : Fellowship in Minimal Access Surgery (F. MAS)

NAME: .....

No.	Lecture/PPT	Hand-on-Training	Date	Signature
1.	Past, Present & Future of Minimal Access Surgery (M.A.S.)	Lab. Demonstration of Instruments Design (Part-I)		
2.	Importance of Ergonomics, Task Analysis & Engineering in M.A.S.	Lab. Demonstration of Instruments Design (Part-II)		
3.	Advantages and Disadvantages of M.A.S. Effects of Pneumoperitoneum on Hemodynamics of the Patient and How to Manage Those Complications	Top Gun Drill Laparoscopic Hands-on Exercises to develop Hand-eye Co-ordination and to Develop Ambidexterity and Depth Perception		
4.	Various Optical Equipment Used in M.A.S.	Cobra Rope Drill and Terrible Triangle Drill		
5.	Microprocessor-Controlled Quadromanometric Digital Insufflator	Laparoscopic Extracorporeal Roder's & Meltzer's Knots for Free Structures (e.g. Appendix & Fallopian Tubes)		
6.	Various Laparoscopic Access Techniques Complications of Access Techniques & How to Manage Those Complications	Extracorporeal Knotting for Continuous Structure (e.g. Cystic Duct & Uterine, Splenic or Renal Arteries)		
7.	Systematic Way of Performing Diagnostic Laparoscopy	Laparoscopic Square Knot		
8.	Baseball Diamond Principle of Laparoscopic Port Positioning	Laparoscopic Intracorporeal Surgeons Knot		
9.	Laparoscopic Dissection Techniques	Intracorporeal Surgeon's knot with Choreographic movements without swording of instruments.		
10.	Laparoscopic Tubal Surgery	Laparoscopic Exercises on Energy Sources of Tissues		
11.	Laparoscopic Tubal Sterilization and Recanalization Techniques for Tubal Block	Training on Live Tissues		
12.	Laparoscopic Hysterectomy Including Vaginal Part of LAVH Using Suturing Tech.	Training on Live Tissues		
13.	Total Laparoscopic Hysterectomy	Training on Live Tissues		

Qualifying Exams Results : Mid-Session : \_\_\_\_\_ Final \_\_\_\_\_

Final Assessment : \_\_\_\_\_

COURSE SUPERVISOR

COURSE DIRECTOR



# WORLD LAPAROSCOPY HOSPITAL

ASIA'S FIRST SUPER SPECIALIZED INSTITUTE FOR  
LAPAROSCOPIC TREATMENT, TRAINING AND RESEARCH

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