



JASLOK HOSPITAL
A lifetime of care

April 2026

PULSE

BY JASLOK HOSPITAL



World Myeloma Day at Jaslok Hospital



38th CFBP- Jamnalal Bajaj Uchit Vyavahar Puraskar
for Fair Business Practices



Hon'ble Mayor Smt. Ritu Tawde felicitating
Jaslok Hospital Team at JITO Car Rally



Jaslok Hospital Felicitated at WTA 125 L&T Mumbai Open
2026



Health Talk - Anant hall, Babulnath Mandir



CME at NAMO Hospital, Silvassa



OUR MISSION

- To make Jaslok Hospital the most respected medical institution of India.
- Providing the highest quality patient care.
- Nurturing and delivering clinical excellence and research.
- Doing charity to humanity irrespective of caste, race or denominations.



OUR VISION

To be the hospital of choice for patients, physicians and employees by providing state-of-the-art medical care with compassion and dignity.



LIFETIME OF CARE

A lifetime of care is as much about our 50 years history as it is about the next 50 and many more years. At its core it is the power of providing the highest quality patient care delivered through well-trained team, cutting-edge technology, research, all with a human touch. To summarise, it is a lifelong commitment from each and every 'Jaslokian' hence a Jaslokian's work is never finished.



EXECUTIVE SUMMARY

Medical Excellence

- Breakthrough Medical Cases

Medical Education

- Scientific Programs (offline & online)

Public Health Initiatives

- Community Outreach
- Jas-Health Series

Corporate Partnerships

- Corporate Strategic Engagements

Media Presence:

- Jaslok in the News



ONE FLICKERING TOE IN VIDEO: JASLOK HOSPITAL'S HIGH-RISK CERVICAL SPINE SURGERY REVERSES QUADRIPLÉGIA AND AVERTS VENTILATOR DEPENDENCE

- Initially assessed via video consultation, a subtle flicker of movement in the patient's left big toe indicated the spinal cord injury was incomplete and that recovery might still be possible.
- The procedure carried a significant risk of prolonged ventilator dependence, requiring advanced intraoperative monitoring and coordinated critical care planning to safeguard breathing and neurological function.

16th March 2026: Jaslok Hospital and Research Centre has successfully undertaken a complex, high-risk cervical spine surgery that has enabled Mr. Rajiv Varwade, who was rendered quadriplegic after a devastating neck injury causing severe spinal cord compression, to stand and walk again. In the face of a grave prognosis and a prolonged lack of medical treatment, the outcome achieved at Jaslok marks a truly miraculous turnaround.

Mr. Varwade sustained a life-threatening injury while returning home from work when an object suddenly came in his path, causing him to fall from his motorcycle. The impact resulted in a fracture of the cervical spine with severe compression of the spinal cord, leaving him paralysed below the shoulders. Injuries of this magnitude are associated with extremely high mortality and profound, often permanent neurological loss like Mr. Christopher Reeve (Superman) suffered.

Leading hospitals in his region refused him admission, saying that this is a permanent injury and surgery will not be helpful. To add to the misery, the surgery itself would be life-threatening with possible long-term ventilator dependence. Over the next 15 days, he remained at home without definitive treatment, with worsening condition, unable to move his hands or legs, and facing an increasingly uncertain future and possible death with young children at home.

As the family continued to search for options, they connected with Dr. Manish Kothari, Consultant Spine Surgeon, Minimal Invasive Surgery and Spinal Deformity Surgery at Jaslok Hospital, having heard of his experience in handling such complex patients from **Beed** district performed at Jaslok Hospital. Dr. Kothari initially assessed Mr. Varwade over a video consultation. The examination revealed complete paralysis in both upper limbs below the injury and no movement in the lower limbs. However, a faint flicker of movement in the left big toe suggested that the spinal cord injury might not be permanent, offering a small but critical indication that recovery could still be possible.

When Mr. Varwade was brought to Jaslok Hospital, the delay had added significant complexity to an already critical condition. The surgical intervention carried considerable risk, including the possibility of non-survival or prolonged ventilator dependence. After detailed discussions regarding the risks and realistic outcomes, the family chose to proceed.

The surgical team performed the high-risk cervical spine procedure with the goal of relieving pressure on the spinal cord and stabilising the injured segment. Encouraging neurological signs were observed in the early postoperative period. Within two weeks, Mr. Varwade was able to walk with support. At three months, he is walking independently and preparing to rebuild his life.

Dr. Manish Kothari, Consultant Spine Surgeon, Jaslok Hospital and Research Centre, said, "One of the most difficult aspects of Rajiv's case was the very real possibility that he could remain ventilator-dependent even if the surgery was technically successful. That risk weighed heavily on every decision in the operating room. Our focus was not just on decompression, but on giving him a chance at breathing and living independently. Seeing him recover without that dependence has been truly remarkable."

Breakthrough Medical Cases

Dr. Milind Khadke, Chief Medical Officer, Jaslok Hospital and Research Centre, said, “Rajiv’s case reflects the kind of responsibility tertiary centres must be prepared to shoulder. When others are unable to intervene because of the risk involved, it becomes imperative for institutions with the right expertise, infrastructure, and critical care support to step forward. The outcome in this instance speaks to the strength of a coordinated, multidisciplinary approach and our commitment to taking on the most challenging spine cases.”

Mr. Rajiv Varwade said, “After the accident, I went from being completely active to lying still, unable to move my hands or legs. The days that followed were filled with uncertainty and fear, especially when we were told how serious the injury was. Coming to Jaslok felt like our last hope. The journey since then has not been easy, but the first time I stood up with support was an emotional moment for my family and me. Today, being able to walk again feels like a second chance at life.”

This case highlights Jaslok Hospital’s capability in undertaking complex, high-risk spinal trauma surgeries and delivering outcomes that restore mobility in situations where hope appears limited.



Mr. Rajiv Varwade



PRECISION ENDOSCOPIC SPINE SURGERY AT JASLOK HOSPITAL ENABLES SAFE TREATMENT OF PATIENT SUPER OBESITY INDIA'S FIRST

- Minimally invasive endoscopic surgery provided rapid relief and restored mobility in a patient with super obesity, showcasing precise care for anatomically complex cases.
- Following the procedure, the patient began a structured weight-loss programme, regained independence, and returned to her professional and personal life within months.

23rd January 2026: Jaslok Hospital and Research Centre has successfully performed a landmark monportal endoscopic spine surgery on a 45-year-old woman who presented with severe back pain and marked loss of mobility. The patient was "super obese", weighing 120 kg with a BMI of 52, which placed her at significant surgical risk. This case makes it the highest documented BMI in **INDIA** at which this INTERLAMINAR endoscopic technique has been performed safely.

A 45-year-old woman, originally from India and currently living in Germany, returned home for her annual visit and developed sudden, severe back pain soon after arrival. The pain intensified to the point that she could barely stand or walk. Initial evaluation confirmed an L4–L5 disc herniation with severe nerve-root compression. Although such cases usually respond well to surgical treatment, BUT SHE WAS NOT BEING OFFERED SURGICAL OPTION DUE TO HER WEIGHT. She remained bedridden for nearly two months without improvement, and the prolonged immobility raised concerns about losing her job in Germany since she was unable to travel back.

She then sought care at Jaslok Hospital, where the endoscopic spine team assessed her case. The surgeons explained that monportal endoscopic spine surgery, which requires an incision of less than 1 cm, is safe and feasible even for patients with complex body types, making her weight no barrier to treatment. A review of medical literature confirmed that she is likely the highest-BMI patient in India to undergo this endoscopic procedure successfully, highlighting Jaslok's leadership in minimally invasive spine care

The surgery was performed successfully by Dr. Manish Kothari and the Anaesthesia for the surgery was looked after by **Dr. Rajashree Deopujari, Addl Director Anaesthesiology & Dr. Anuraj Jain, Consultant Anaesthesiology**. She was discharged the following day with significant pain relief. After recovery, she began a structured weight-loss programme involving diet and exercise and lost around 20 kg over the next two months. She has now returned to Germany with her parents to resume work and continue her health journey.



Dr. Manish Kothari - Spine Surgery



Dr. Rajashree Deopujari - Anaesthesiology

Breakthrough Medical Cases

Dr. Manish Kothari, Consultant Endoscopic Spine Surgery, said, “Operating on a patient with such a high BMI required constant attention to subtle anatomical variations and careful instrument navigation. The monportal endoscopic approach gave us the precision and flexibility to adapt at every step, ensuring safe decompression of the nerve with minimal SCAR. Seeing her regain mobility so quickly is a powerful reminder of how surgical expertise combined with advanced technology can make a real difference in challenging cases.”

Dr. Milind Khadke, Chief Medical Officer, said, “This patient had been considered too high-risk for surgery due to her weight, yet at Jaslok Hospital we were able to offer a safe and effective minimally invasive solution. Cases like hers demonstrate the level of expertise and confidence our team brings to complex spine care. Seeing her regain mobility so quickly reinforces how advanced endoscopic techniques can provide new possibilities for patients who were previously considered inoperable.”

This milestone underscores Jaslok Hospital’s expertise in treating complex spine cases, even in patients with high-risk conditions. This case showcases how advanced endoscopic techniques are redefining surgical possibilities for those once considered unsuitable for intervention.



Dr. Anurag Jain



FROM LOCAL DONATION TO LOCAL TRANSPLANT: JASLOK HOSPITAL TEAM ADVANCES MENISCUS ALLOGRAFT SURGERY IN INDIA

- A 21-year-old engineering student with severe post-injury meniscus loss underwent a minimally invasive arthroscopic transplant using a carefully matched donor graft to restore knee cushioning and mobility.
- The availability of locally processed meniscus grafts is reducing dependence on imports from the United States, lowering procedure costs from nearly ₹14 lakh to about ₹1.5 lakh for Indian patients.

30th March 2026, Mumbai: In a significant advancement for knee preservation surgery in India, Jaslok Hospital and Research Centre has successfully performed a meniscus allograft transplant using a graft that was donated, processed, and implanted entirely within the same institution. The procedure was performed by a surgical team led by **Dr. Prasad Bhagunde, Consultant Orthopaedics & Sports Medicine Expert**. The anaesthesia for the surgery was supported by **Dr. Rajani M R, Consultant Anaesthesiology, Jaslok Hospital & Research Centre**. It marks an important step for knee preservation surgery in India and shows that institutions in the country can manage the full pathway of tissue donation, preservation, and transplantation.

The surgery at Jaslok Hospital was performed on a 21-year-old engineering student who had lost his meniscus following a sports injury. Despite undergoing multiple procedures earlier, he continued to experience disabling pain that affected both his mobility and long-term joint health. The patient also worked as a part-time sportsman to support his livelihood, and over time even routine walking had become difficult before he arrived at Jaslok for treatment.

The meniscus acts as a vital shock absorber within the knee joint. When it is completely removed due to injury or repeated surgeries, patients often develop persistent pain, swelling, and an increased risk of early arthritis. Younger and physically active individuals are particularly affected as the loss of this structure can severely limit mobility. The meniscus does not regenerate once it is fully lost, and there is currently no artificial implant that can restore its natural biomechanics. For carefully selected patients without advanced arthritis, transplantation using donated biological tissue remains the only treatment that can recreate near-normal joint function.

In this case, the meniscus graft was donated at Jaslok Hospital and later used for transplantation into a patient at the same institution. Such a complete local donation and transplant cycle remains uncommon and illustrates how tissue donation within the country can directly support patients requiring complex joint preservation procedures.



Dr. Prasad Bhagunde - Orthopaedics



Dr. Rajani M R
Consultant Anaesthesiology

Breakthrough Medical Cases



Using this donor graft, surgeons at Jaslok Hospital performed the transplant through a minimally invasive arthroscopic approach. A carefully sized meniscus was implanted to restore the knee's natural cushioning and stability, with the objective of improving joint function and allowing the patient to regain mobility.

Speaking about the surgery, **Dr. Prasad Bhagunde, Consultant Orthopaedics & Sports Medicine Expert, Jaslok Hospital and Research Centre**, said, "In meniscus transplantation the real challenge is ensuring that the graft behaves like the patient's original tissue once it is implanted. Even small differences in size or positioning can affect how the knee distributes load during movement. In this case we spent considerable time planning the graft match and surgical placement so that the joint could regain its natural cushioning and stability, which is essential for a young and active patient."

Historically, meniscus allografts used in such procedures were largely imported from the United States, often leading to challenges in size compatibility, as patients in Asian populations typically have smaller knee anatomy. Cost has also been a significant barrier, with imported grafts priced at around ₹14 lakh, limiting access for many patients. However, the availability of locally processed grafts is transforming this landscape. These grafts are now available at approximately ₹1.5 lakh, significantly reducing the financial burden and making the procedure more accessible, while also offering a better anatomical fit for Indian patients.

Dr. Milind Khadke, Director Medical Services, Jaslok Hospital and Research Centre, said, "For many years, procedures that depended on specialised biological grafts remained difficult to scale in India because the ecosystem around tissue donation and preservation was still evolving. Cases like this signal that the gap is beginning to close. When institutions are able to support the entire pathway locally, it changes what doctors can realistically offer patients. The real significance lies in building that capability within the country rather than relying on solutions from elsewhere."

This case also highlights the role of tissue donation in expanding advanced orthopaedic care in India. From donor consent and tissue retrieval to graft processing, sterilisation, storage, and surgical implantation, the entire chain involved in this procedure was managed within the country under established medical protocols, demonstrating how a coordinated domestic system can support complex knee preservation procedures within India.



Scientific Programs

Doctors addressed via scientific programs - webinars - 150+

Round Table Meet with female GP's of Grant Road, Charni Road and Colaba with Dr. Vishnu Agrawal!!



Webinar on Lifestyle master class Dr. Rushi Deshpande, Dr. Priyanka Mehta & Dr. Kavita Gupta



Gpa Class Webinar - Dr. Jaydeep Palep



GPA Speaker Dr. Anand Bhabor



Dr. Aabha Nagral Ma'am at the Annual conference of Jain Doctors Federation Association held at Krishna Palace, Grant Road, Total number Doctor attended the CME - 274



Dr. Ninad Katdare (Surgical Oncologist) at Charni Road and Grant Road area - count 20+



Scientific Programs

Doctors addressed via scientific programs - webinars - 150+

Today marked the commencement of the Liver Transplant OPD of Dr. Vivek Shetty at Shree Bhagwan Mahaveer Hospital, Aurangabad



Dr. Sanjay Nagral gave talk on Abdominal surgery, what's changed, what hasn't? what should?



Dr. Pravin Agrawal gave talk on Why Liver Surgery Has Become Safer?



Dr. Chintamani Godbole gave talk on Recent Advances in Colorectal cancer Management



Dr. Sadashiv Chaudhari gave talk on Ventral hernia repair choosing the best option



Felicitation of Dr. Aabha Ma'am



Community Outreach

Addressed population of 2000 via Community programs

Health Check Up - Bhatiya Shipping Company, Fort



Health Talk - Anant hall, Babulnath Mandir



Health Partner - Bisa Nagda Samaj



Health Check up - Catholic Gymkhana



Cancer Awareness - Catholic Gymkhana



Health Check up - ESIC



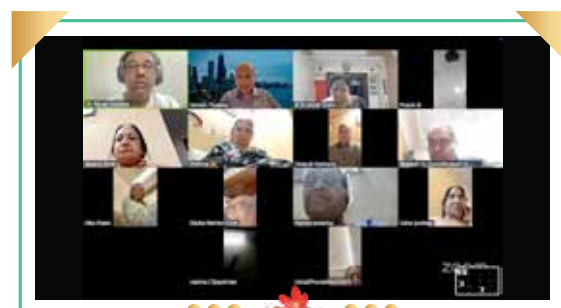
Community Outreach

Addressed population of 2000 via Community programs

Gracefull Living



Webinar Session - ZOOM



Health Check up camp & Blood Donation - Rustomjee



CPR Awareness - Seagull International Company



CPR Awareness - Snabbitt Company, Dadar



Well Women Camp, Ulhasnagar



EPISODES FEATURED IN JAN, FEB & MAR 2026



Corporate Strategic Engagements

Addressed population of 2500 via Corporate programs

Health Talk - National Insurance Company



Health Talk (Cardiology) - Mazgaon Dock



Health Talk (Psychology) - Mazgaon Dock



Webinar - Infomerica



Webinar - IIFL Capital



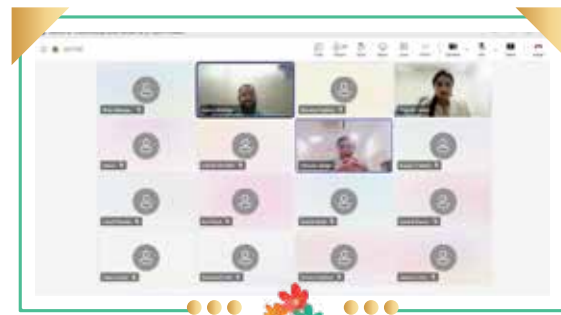
KYD - Reliance Industries Ltd



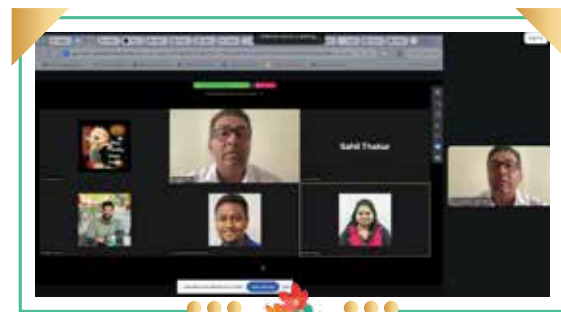
Corporate Strategic Engagements

Addressed population of 2500 via Corporate programs

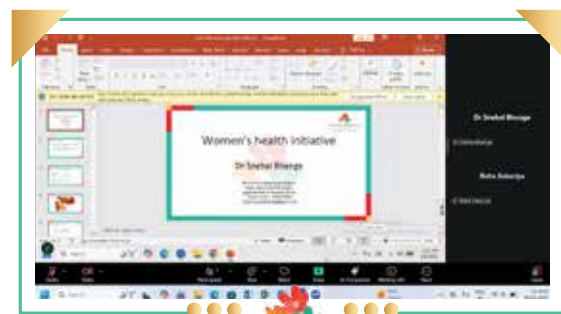
Webinar - Reliance Industries Ltd.



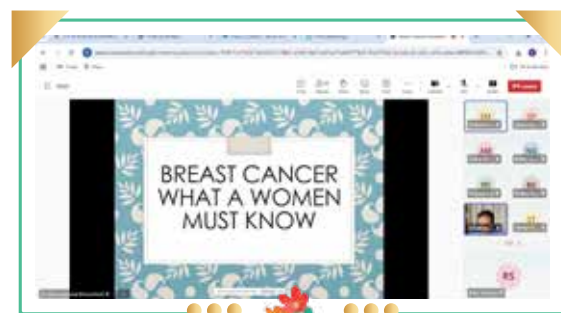
Webinar - Prime Focus



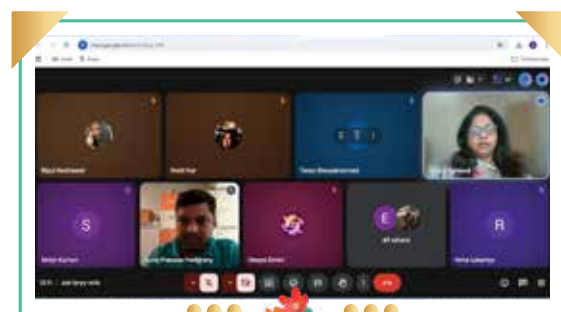
Webinar - Clearcover Insurance



Webinar - Emirates



Webinar - Clearcover Insurance



Health Camp - ATC Logistics, Lower Parel & Andheri





जटील शस्त्रक्रियेतून रुग्णाला नवजीवन

► मुंबई, नवराष्ट्र न्यूज नेटवर्क. अपघातानंतर सर्व काही संपल्यासारखे वाटत होते; पण पुन्हा स्वतःच्या पायावर उभा राहिलो, तो क्षण नव्या आयुष्याची सुरुवात ठरला, अशी भावना व्यक्त करणाऱ्या राजीव वरवाडे यांना जसलोक हॉस्पिटल अँड रिसर्च सेंटरमधील यशस्वी सर्वाधिकल स्पाइन शस्त्रक्रियेमुळे पुन्हा चालता येऊ लागले आहे. भीषण अपघातात त्यांच्या मानेच्या मणक्याला फ्रॅक्चर होऊन पाठीच्या कण्यावर

दबाव निर्माण झाला होता. परिणामी खांद्याखालील संपूर्ण शरीर चतुष्पाद अधोगत्यामुळे निकामी झाले होते. अनेक रुग्णालयांनी शस्त्रक्रियेचा उपयोग होणार नसल्याचे सांगत उपचार नाकारले होते, मात्र येथील उपचाराने नवे जीवन मिळाले, असे रुग्ण राजीव म्हणाले. सुमारे १५ दिवस उपचारांविना राहिल्याने त्यांची प्रकृती अधिकच खालावली होती. यानंतर जसलोक हॉस्पिटलमधील कन्सल्टंट स्पाइन सर्जन डॉ. मनीष कोठारी यांनी व्हिडिओ सल्लामसलतीद्वारे रुग्णाची तपासणी केली. डाव्या पायाच्या अंगठ्यातील सूक्ष्म हालचालीवरून सुधारण्याची शक्यता लक्षात येताच

या शस्त्रक्रियेत सर्वात मोठे आव्हान म्हणजे रुग्ण व्हेंटिलेटरवर अवलंबून राहण्याची शक्यता होती. मात्र योग्य उपचारपद्धतीमुळे त्यांना स्वतंत्रपणे श्वास घेण्याची आणि चालण्याची संधी देता आली. या शस्त्रक्रियेमुळे अत्यंत गंभीर स्पाइनल दुखापतीवरही योग्य वेळी आणि तज्ज्ञांच्या मदतीने उपचार शक्य असल्याचे स्पष्ट झाले.

—डॉ. मनीष कोठारी

शस्त्रक्रियेचा निर्णय घेण्यात आला.रुग्णालयात दाखल केल्यानंतर पाठीच्या कण्यावरील दबाव कमी करून मणक्याचा भाग स्थिर करण्यासाठी अत्यंत जोखमीची शस्त्रक्रिया करण्यात आली. शस्त्रक्रियेनंतर अल्पावधीतच सकारात्मक परिणाम दिसू लागले.

वीडियो कॉल पर जांच से सर्जरी तक— लकवाग्रस्त मरीज ने फिर से चलना सीखा

मुंबई। जसलोक हॉस्पिटल एंड रिसर्च सेंटर के डॉक्टरों ने एक बेहद जटिल और जोखिम भरी सर्वाधिकल स्पाइन सर्जरी कर एक ऐसे मरीज को नया जीवन दिया है, जो गंभीर दुर्घटना के बाद गर्दन के नीचे पूरी तरह लकवाग्रस्त हो गया था। इस सफल सर्जरी के बाद मरीज अब दोबारा खड़ा होने और चलने में सक्षम हो गया है। मरीज राजीव वरवाडे को यह गंभीर चोट उस समय लगी जब वह काम से घर लौटते समय मोटरसाइकिल से गिर गए। इस दुर्घटना में उनकी गर्दन की हड्डी में फ्रैक्चर हो गया और रीढ़ की हड्डी (स्पाइनल कॉर्ड) पर गंभीर दबाव पड़ गया। इसके कारण उनके कंधों के नीचे का पूरा शरीर काम करना बंद कर चुका था। ऐसी चोटों में मृत्यु का खतरा बहुत अधिक होता है और गंभीर न्यूरोलॉजिकल लॉस (जैसा कि फिल्म सुपरमैन के अभिनेता क्रिस्टोफर रीव को हुआ था) होता है। ऐसे में अक्सर मरीज हमेशा के लिए चलने-फिरने की क्षमता खो देते हैं। परिवार ने क्षेत्र के कई अस्पतालों से संपर्क किया, लेकिन अधिक जोखिम के कारण उन्हें इलाज देने से मना कर दिया गया।

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World Obesity Day 2026: Unhealthy diet and excess weight increase ovarian cancer risk, nutritionist explains how

Obesity has emerged as one of the most significant yet preventable risk factors for ovarian cancer, often called the silent killer due to its tendency to go unnoticed until advanced stages.

The Health Site.com

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International Women's Day 2026: What's driving the rise of breast cancer in India?

Breast cancer cases in India have increased sharply since 1990 due to lifestyle changes and urbanisation. An expert stresses the need for greater awareness, early screening and better healthcare access to reduce deaths.

www.beedcitizen.com

23MAR2026

बीडच्या रुग्णाला मुंबईत मिळालं नवजीवन; जसलोक हॉस्पिटलची जटिल स्पाइन सर्जरी ठरली जीवनदायी

१५ दिवस अनिश्चिततेत गेलेल्या रुग्णाला 'एका हलक्या हालचालीने' दिली आशा; जसलोकच्या तज्ज्ञ उपचारांनी पुन्हा चालता झाला

वीडियो कॉल पर जांच से सर्जरी तक— लकवाग्रस्त मरीज ने फिर से चलना सीखा

मुंबई। जसलोक हॉस्पिटल एंड रिसर्च सेंटर के डॉक्टरों ने एक बेहद जटिल और जोखिम भरी सर्वाधिकल स्पाइन सर्जरी कर एक ऐसे मरीज को नया जीवन दिया है, जो गंभीर दुर्घटना के बाद गर्दन के नीचे पूरी तरह लकवाग्रस्त हो गया था। इस सफल सर्जरी के बाद मरीज अब दोबारा खड़ा होने और चलने में सक्षम हो गया है। मरीज राजीव वरवाडे को यह गंभीर चोट उस समय लगी जब वह काम से घर लौटते समय मोटरसाइकिल से गिर गए। इस दुर्घटना में उनकी गर्दन की हड्डी में फ्रैक्चर हो गया और रीढ़ की हड्डी (स्पाइनल कॉर्ड) पर गंभीर दबाव पड़ गया। इसके कारण उनके कंधों के नीचे का पूरा शरीर काम करना बंद कर चुका था। ऐसी चोटों में मृत्यु का खतरा बहुत अधिक होता है और गंभीर न्यूरोलॉजिकल लॉस (जैसा कि फिल्म सुपरमैन के अभिनेता क्रिस्टोफर रीव को हुआ था) होता है। ऐसे में अक्सर मरीज हमेशा के लिए चलने-फिरने की क्षमता खो देते हैं। परिवार ने क्षेत्र के कई अस्पतालों से संपर्क किया, लेकिन अधिक जोखिम के कारण उन्हें इलाज देने से मना कर दिया गया। डॉक्टरों का कहना था कि यह चोट स्थायी है और सर्जरी से कोई खास फायदा नहीं होगा। इसके अलावा सर्जरी खुद भी बेहद जोखिम भरी थी और ऑपरेशन के बाद लंबे समय तक वेंटिलेटर पर रहने की आशंका थी। करीब 15 दिनों तक बिना इलाज के घर पर रहने के दौरान उनकी हालत और खराब होती चली गई।

The Indian Express

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News Lifestyle Fitness Jacqueline Fernandez tries pole dancing — here's why you should, too

While it is a fantastic full-body workout, it is essential to understand the do's and don'ts to ensure longevity and safety in your pole practice.

By Lifestyle Desk

3 min read New Delhi Jan 31, 2026 06:00 AM IST

msn

Donald Trump's father had Alzheimer's - what are the odds he could develop it too?

Story by Times Nine Digital • 1m

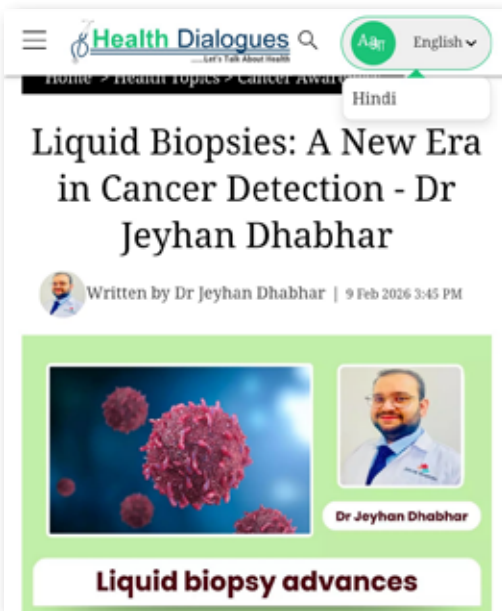
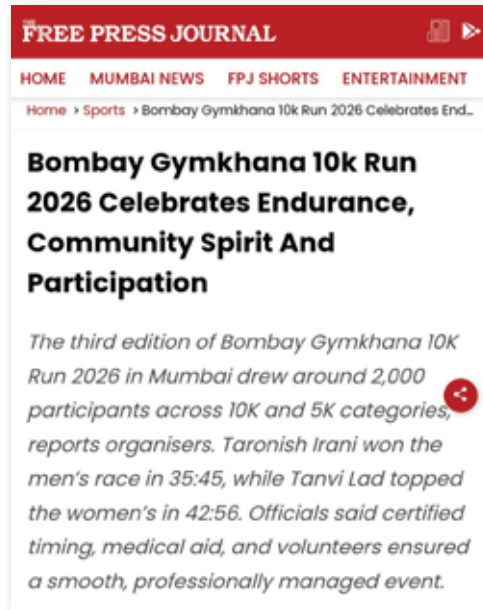
US President Donald Trump has reignited a debate regarding his health and cognitive sharpness as he struggled to recollect the word "Alzheimer's" during a recent interview. Speaking about his late father's cognitive condition, Trump said he was not worried about the neurological disease that destroys memory and thinking skills.

BBC NEWS देखी

भारत बीबीसी पाठकों की पहल करत कीर्तनी

माष्टीनम: नॉव घँट गेट रे वावत गेट हॉला मितररर विंता भउवताव रे मवरा है, उगाहुं डाक्टर वेल् वरें नाटा सागीरा है?

अपठक न वरिटा है नि जवें उगाहुं तुकम गेटे नं ता गेटे, विं वर वरें गितरे विं मितर रिग केले मवरा, रिगु नुं नरिटा विंता सागीरा है.



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