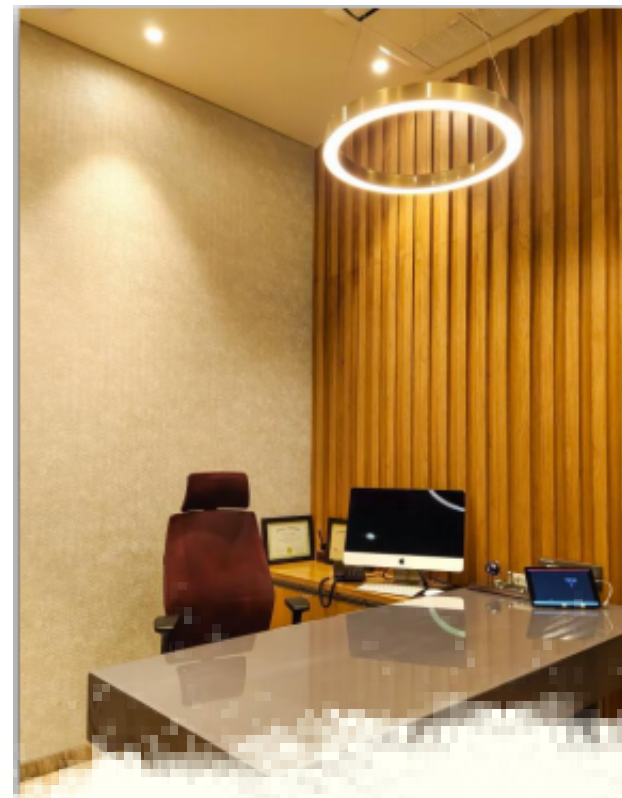
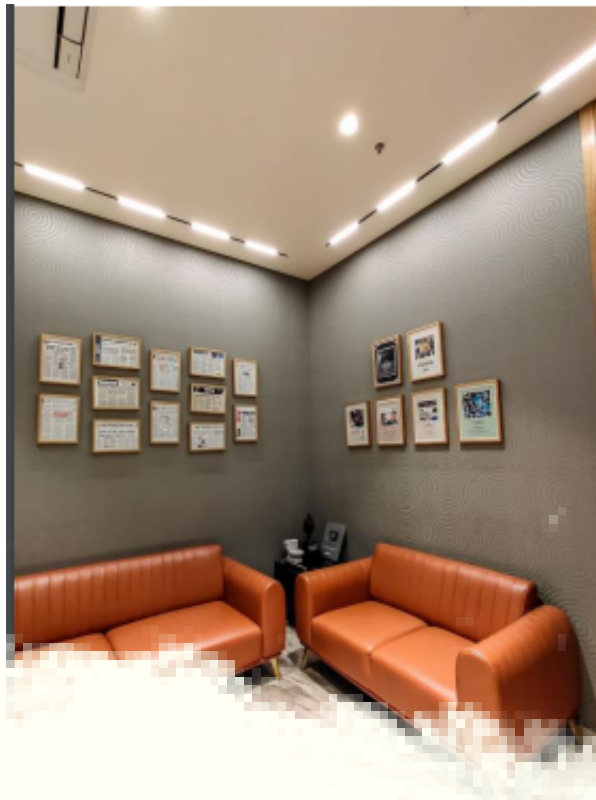


**HEALING HANDS CLINIC  
INTERNATIONAL PATIENT  
MEDICAL TRAVEL GUIDE  
2023**



**ONE'S DESTINATION IS NEVER A PLACE,  
BUT A NEW WAY OF SEEING THINGS**



--HENRY MILLER



# MY TRAVEL JOURNEY



When you first make the decision to travel to Healing Hands Clinic, India, you may feel a bit overwhelmed! That's to be expected and you're not alone. It's the reason why I have created this International Patient Medical Travel Guide - to help you get started. It will relieve some of the anxiety that comes with planning a trip of this magnitude. Living with a fistula can be very debilitating and trying to manage treatment in a foreign country comes with its own issues and challenges. Having made this trip myself in 2022, I found some challenges despite my years of travelling experience. If you have already made the decision to travel to India and Healing Hands Clinic or if you are still considering your options, my hope is that this guide will provide the resources and tools that will help you in planning a safe and successful healing journey!

-- Julie Rogers



# GET TO KNOW YOUR DOCTOR

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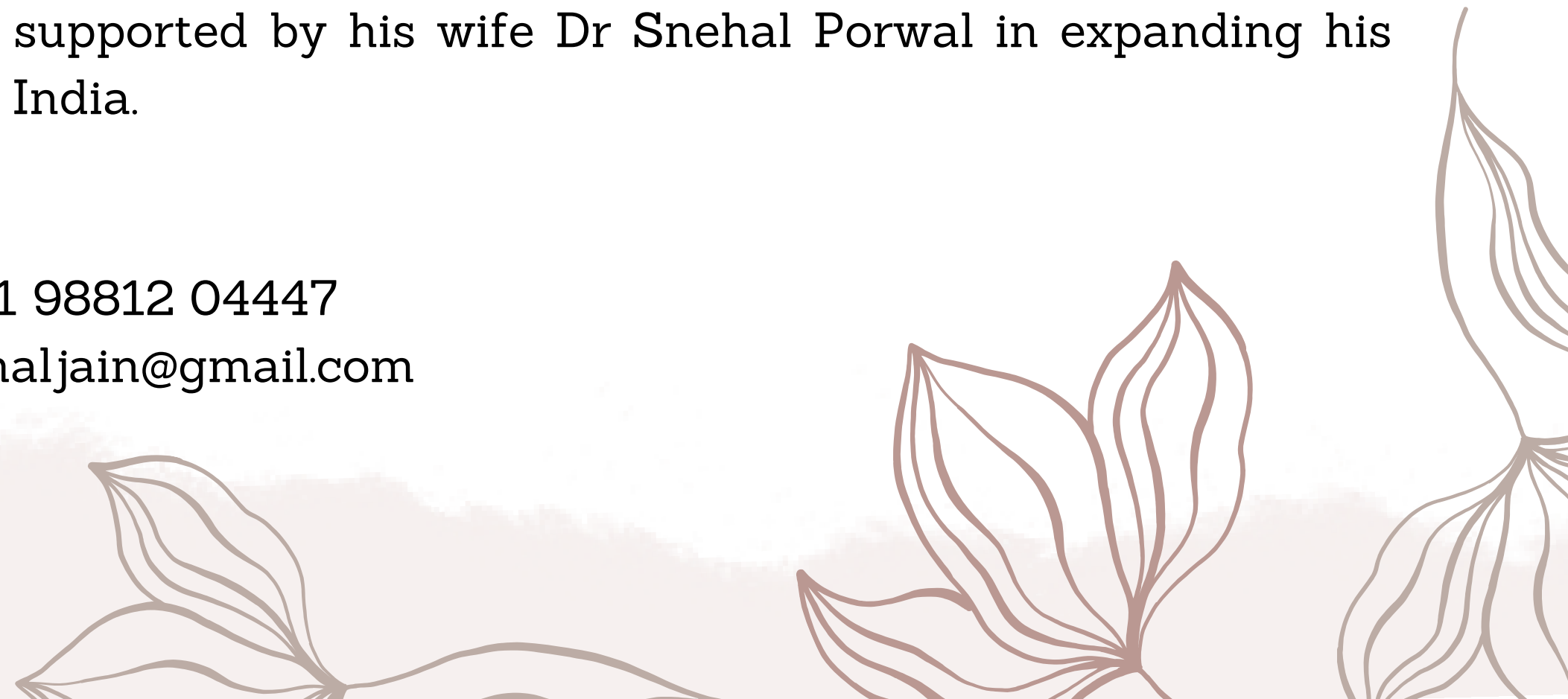
Dr Ashwin Porwal, Founder and Chief Surgeon at Healing Hands Clinic, is renowned for his innovative treatment in curing Fistula. He has devised a treatment DLPL (Distal Laser Proximal Ligation), which has been successfully used to treat Complex and Recurrent Fistulae. Patients from across the world who have been afflicted by Fistula for years have been successfully treated at Healing Hands Clinic.

Dr Ashwin is supported by his wife Dr Snehal Porwal in expanding his reach beyond India.

Contact:

Whatsapp: +91 98812 04447

Email : [drsnehaljain@gmail.com](mailto:drsnehaljain@gmail.com)



# HEALING HANDS CLINIC – INDIA'S FIRST NABH ACCREDITED PROCTOLOGY CLINIC

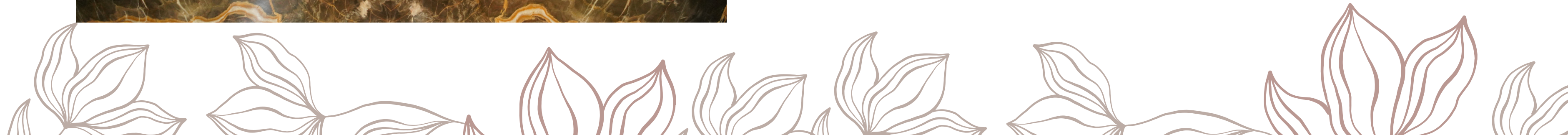


NABH stands for National Accreditation Board for Hospitals & Healthcare Providers. It is a constituent board of Quality Council of India, set up to establish and operate accreditation program for healthcare organizations. This standard consists of stringent 600 plus objective elements for the hospital to achieve in order to get the NABH accreditation. The objective of the board is to ensure that a patient walking into the hospital has a smooth and convenient experience with registration, admission, pre-surgery, surgery and post-surgery protocols, discharge from the hospital to follow up with the hospital after discharge. NABH assesses administrative aspects too, so that clear and transparent policies and protocols are maintained. In a nutshell, NABH aims at streamlining the entire operations of a hospital.

# WHY TRAVEL TO INDIA?



- 1) Healing Hands Clinic is a super specialty clinic that not only offers cutting edge treatment, but the highest level of care, compassion and commitment not found anywhere else
- 2) Highly qualified & experienced doctors/surgeons – Dr Porwal is amongst the top Anorectal Surgeons in India and his vast experience with DLPL for Fistula treatment gives him an edge over the others.
- 3) Improved patient experience
- 4) Shorter wait period
- 5) Convergence of Eastern & Western medicine
- 6) Availability of latest medical tests and techniques
- 7) Affordable cost of treatment

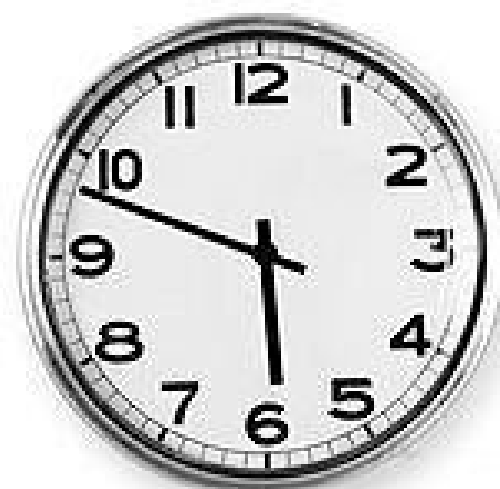




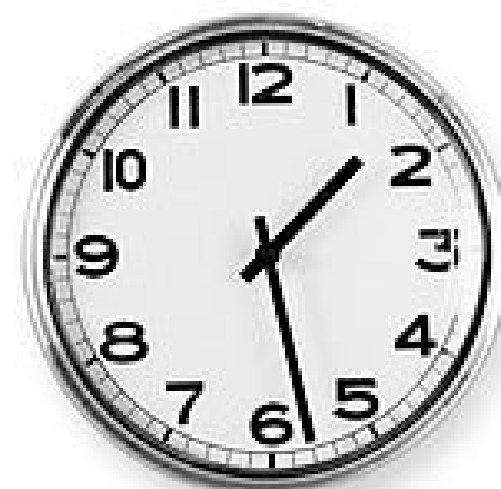
• New York •



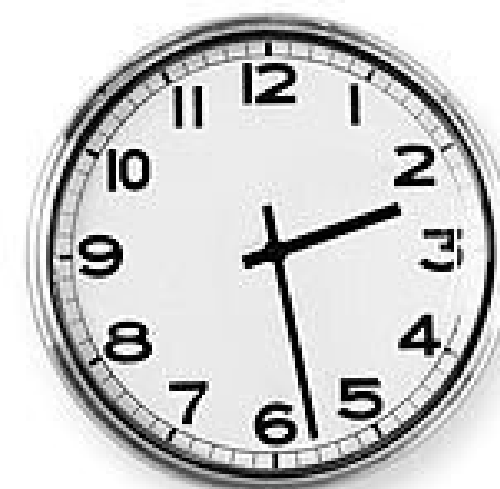
• London •



• Frankfurt •



• Hong Kong •



• Tokyo •

**Vaccinations:** None required

**Languages:** Hindi, English widely spoken

**Time Zone:** GMT +5

**Country Dialing Code:** +91

**Electricity:** 220V, plug types B & E



## CURRENCY

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INR Rupees.

XE Currency converter ([xe.com](https://www.xe.com))

## PHONE: SIM CARD

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Airtel (3 minute walk from Healing Hands Clinic)

## ATMs

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ATM's are very accessible. Not all of them work with an international debit card, but most do. If you can find one that will disperse bills other than a 500 INR that is a bonus because it is a challenge to find change a lot of times.

## PASSPORT

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Your passport must have 6 months validity at the time of applying for a visa.

It is a good idea to make a couple of copies of your passport and keep in different locations.

## CREDIT CARDS: INTERNATIONAL CARDS

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Make sure to call your banks or go on-line and let them know you will be travelling to India and abroad. International cards will not work everywhere so it is a good idea to carry some Rupees. For Uber, you can use cash pay and this works great as the CC option won't work in India.





## E- VISA

There are 5 different types of e-visas. The e-medical visa is advised which allows 2 medical attendants to travel with you who apply for the medical attendant visa. As the patient you will need a letter from Healing Hands Clinic on letterhead that includes your date of admission to the clinic. Ask the doctor you are in contact with at HHC to send you this letter. You will need a copy for Immigration when you arrive in India. It is advisable to also make an extra copy of your visa to carry with you, along with the copy of your passport.

**[www.indianvisaonline.gov.in/evisa/tvoa.html](http://www.indianvisaonline.gov.in/evisa/tvoa.html)**

# CREATE YOUR HEALTH TRAVEL VACATION

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Before you embark on an airplane journey overseas, read, ask questions, and learn as much as you can about your destination. You will be interacting closely with local physicians, staff, health planners and others who live and work in the country. It is most beneficial to know a little something about the regions culture, history, geography, and language of the country you are visiting, in this case, India. Taking a small amount of time and investing in learning about India will not only create goodwill and appreciation but will make you more confident and proficient when you arrive.

# PLAN AHEAD

Preparation is a big part of planning. Before you do anything, make sure you confirm your appointment with HHC considering the amount of time it will take to get everything in order. Three months before treatment is good. Six months is even better depending on your current diagnosis and ability to travel.

The lowest international airfares go to those who book early. If you are planning on using Frequent Flyer Miles, try and book at least 90 days in advance.

When budgeting for your treatment and trip, take the following into consideration- Passport and visa airfare, International entry and exit fees, transportation, companions, treatment costs, lab work, prescriptions, lodging meals and leisure travel.



# AIR TRAVEL

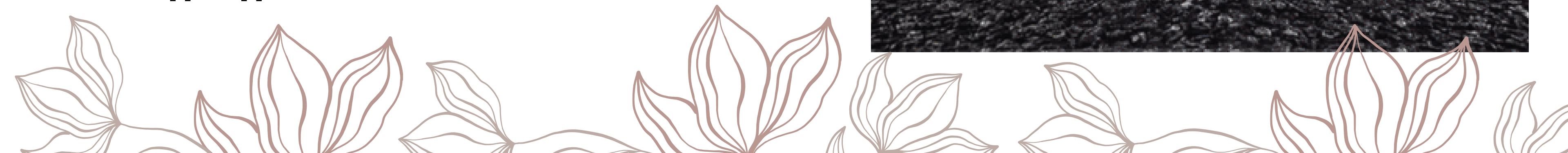
There are a couple of options when travelling to Pune. You can choose to fly into Mumbai International Airport and then hire a car to take you into Pune which is about a 3 ½ to 4-hour drive depending on traffic. You can also fly directly into Pune International Airport (PNQ) which is located 10km (6.2 miles) Northeast of downtown Pune’.

Transportation between Mumbai and Pune’

<https://greenrides.in/>

# BOOKING YOUR FLIGHTS

Frommer’s just came out with the top ten airfare search sites and in the top ten are two of my favorites: Skyscanner and the travel app Hopper.



# LODGING

WHEN BOOKING ACCOMMODATIONS DON'T STAY TOO FAR FROM THE TREATMENT CENTRE.

Below are some suggestions

## **Sunderban Resort**

+91 20 2612 4949 Whatsapp +91 9420 49 6605

<http://www.tghotels.com/hotel-sunderban.html>

- As a sign of goodwill, they offer discounted prices to patients coming to HHC, since the stay is pretty long
- Many previous patients have lived here and have loved the place and surroundings
- Located in Koregaon Park area which has some of the best cafes and restaurants.

## **AR Suites Jewels Royale**

<https://ahujaresidences.com/hotel-suites/ar-suites-jewels-royale/>

## **The Conrad Hotel**

- Ask for the Healing Hands rate when booking
- They too offer discounts to patients coming to HHC
- [www.conradpune.com](http://www.conradpune.com)

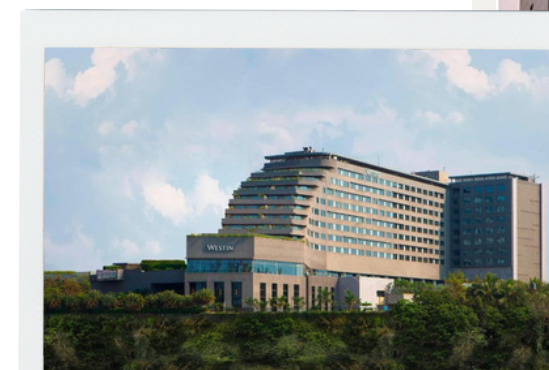
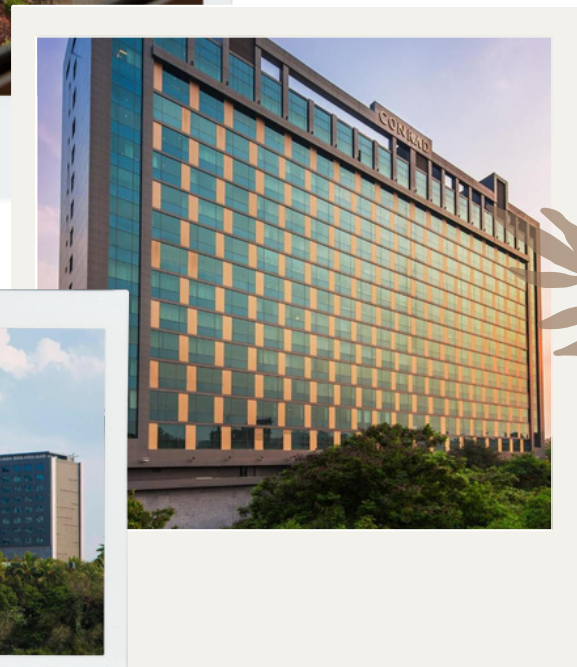
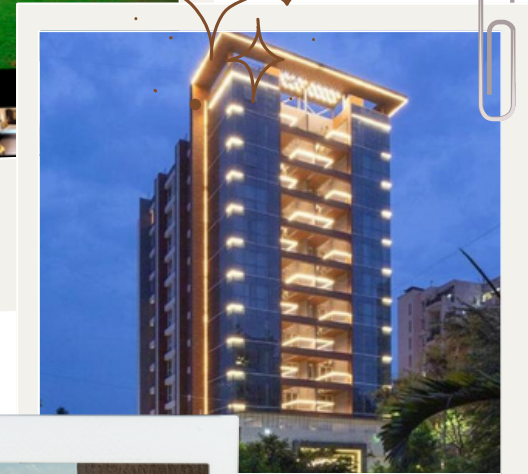
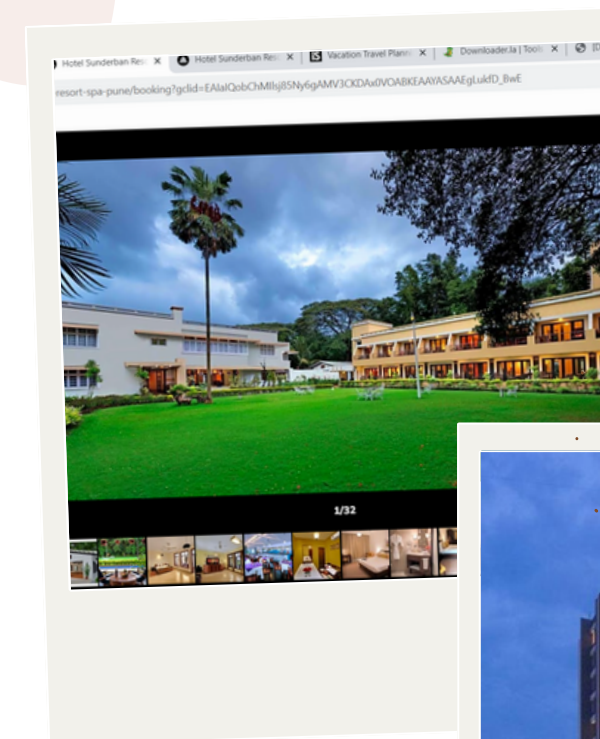
## **The Westin**

<https://www.marriott.com/en-us/hotels/pngwi-the-westin-pune-koregaon-park/overview>

## **Blue Diamond, Pune**

## **Sheraton Grand, Pune**

**Air BnBs:** There are several in the area



# Shopping in Pune



- **The Bombay Store:** Great for gifts!
- **Fab India:** Clothing and gifts!
- **Amanora Mall**
- **Phoenix Market City:** Largest Mall
- **Amazon India**
- **Laxmi Road:** Local Street shopping
- **RC Road:** Local Street shopping
- **Decathlon:** Sporting Goods Store



NATURES BASKET



ADRISH ORGANICS



ORGANIC INDIA



PATANJALI



DORABJEE



# GROCERY STORES

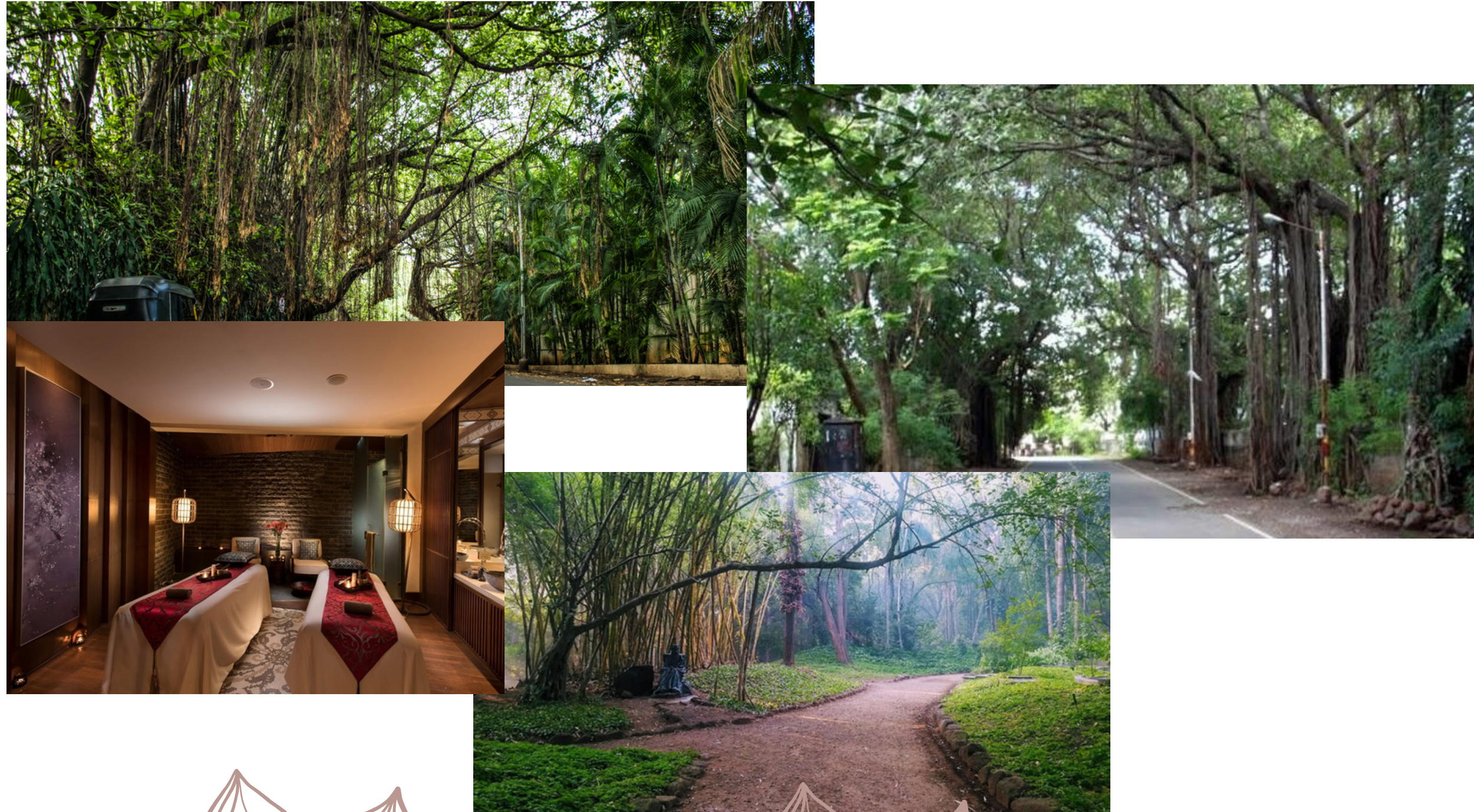
- Natures Basket- they also deliver.  
<https://www.naturesbasket.co.in>
- Dorabjees Supermarket (highly recommend)  
[www.dorabjee.com](http://www.dorabjee.com)  
NH 65, Central Street Camp, Pune'
- Adrish Organics  
<https://adrish.co.in>
- Organic India
- Himalayan Organics
- Patanjali-Ayurvedic  
<https://patanjaliayurved.net>
- Big Basket – Online grocery app
- Amazon India (Online)

# OUTDOOR SPACE TO RUN AND WALK

- Koregaon Park-Lanes 1-4 are the best.
- OSHO Teerth Park-between lanes 2-3
- Okayama Friendship Garden

## Massage:

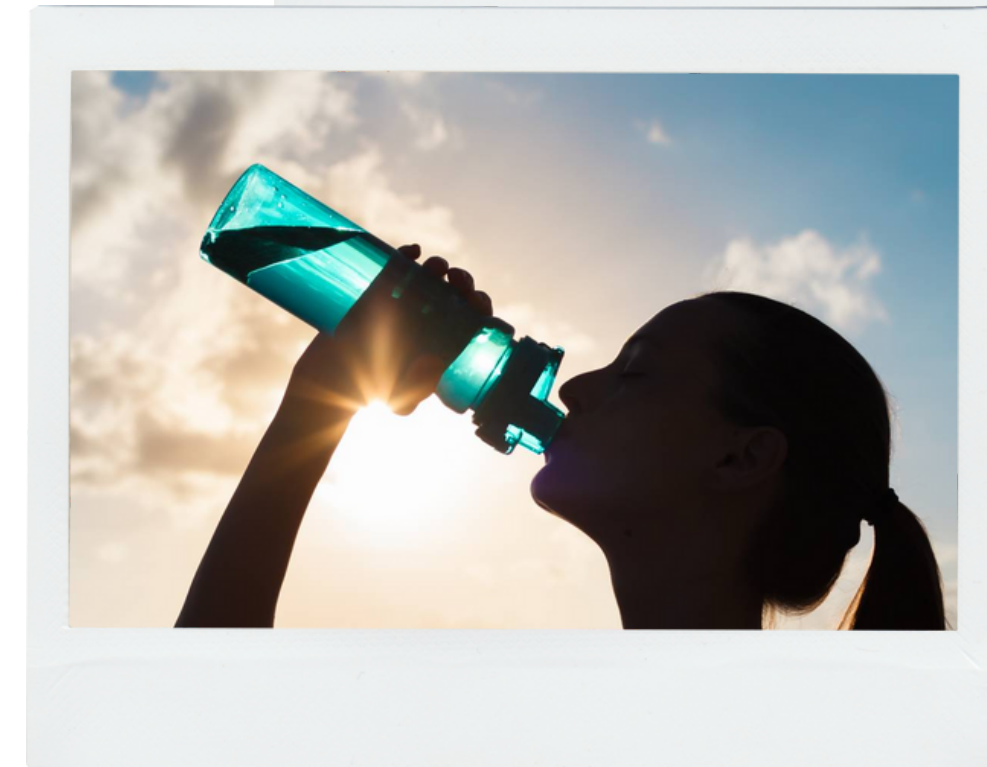
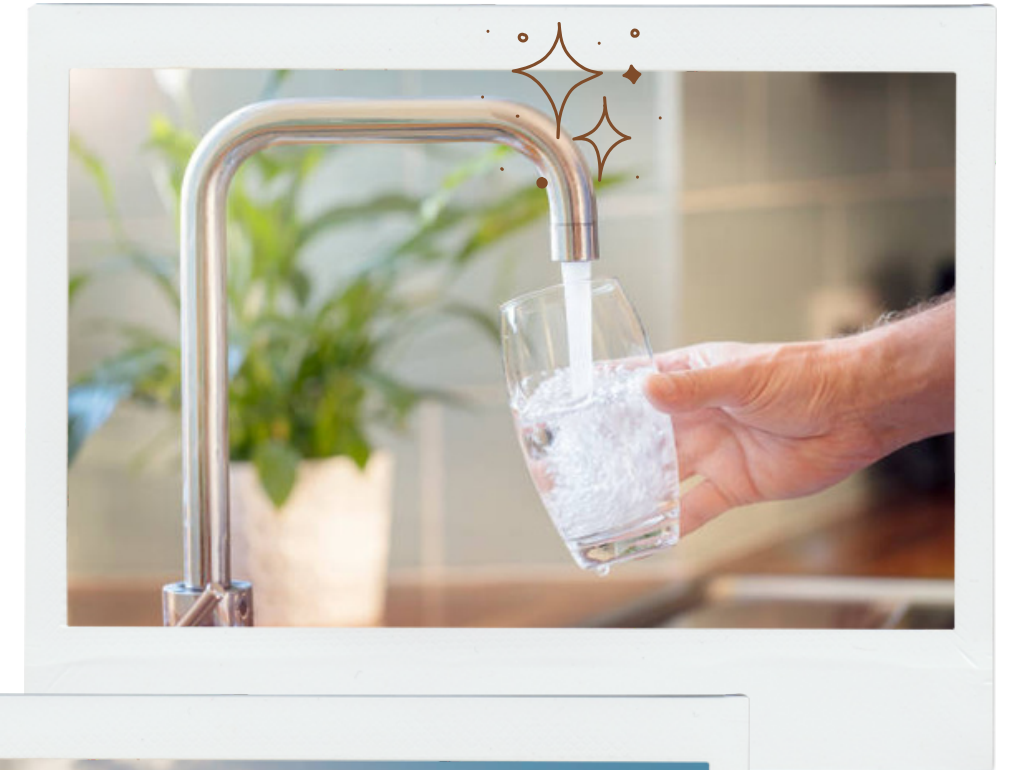
Conrad Spa- 6am-10pm  
7, Mangaldas Road, Pune'  
<https://www.conradpune.com/spa.php>



# WATER IN INDIA

As a rule, travellers should avoid drinks with ice and foods that haven't been cooked or peeled. This means salad is off the menu for now! Some hotels, restaurants and establishments may have a water purifier installed, but you should always ask the staff if it's safe before guzzling down a glass of tap water. When traveling in India, the general advice is to stick to bottled or canned mineral water instead. However, single-use plastic bottles contribute to a massive environmental problem, so we recommend bringing a reusable water bottle with purification technology, and/or some water purification tablets with you.

- Avoid using tap water to brush your teeth.
- Try not to open your mouth in the shower.
- Avoid eating salads and uncooked fruits and vegetables – eat fruits that must be peeled, like bananas.
- Buy a special water bottle that can purify tap water.
- Bring plenty of oral rehydration tablets or sachets in case you come down with diarrhea or stomach upset.
- Drink fresh coconut water



# FOOD

With changing global trends, food is no longer a concern for people travelling to India. A wide variety of Continental, American, Oriental and South East Asian cuisines are available.

**Tip: Eat only cooked foods, drink only bottled water and say no to ice.**

## Popular Restaurants

- Malaka Spice
- German Bakery
- Madhuban
- Prems
- Sassy Spoon
- Café From the Tree
- Cosie
- Tsuki

## Healthy options

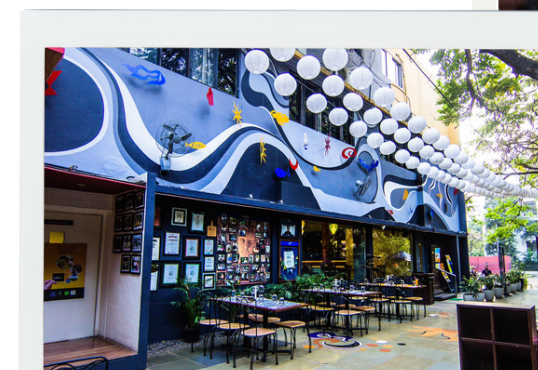
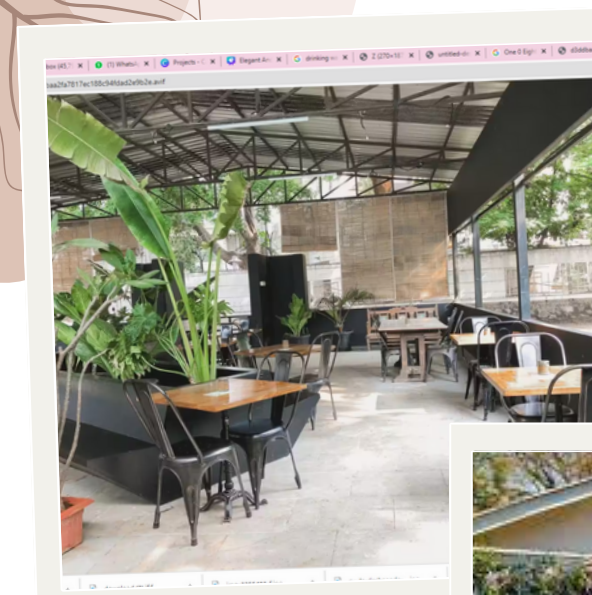
- One 0 Eight Café
- Sante Spa Cuisine (next to Sunderban Resort )
- Yogi Tree
- Chafa
- Café' Paashh
- Bai Mu Dan (on Sunderban property)

## Food Delivery App:

- Zomato
- Swiggy

## 5 Star Options

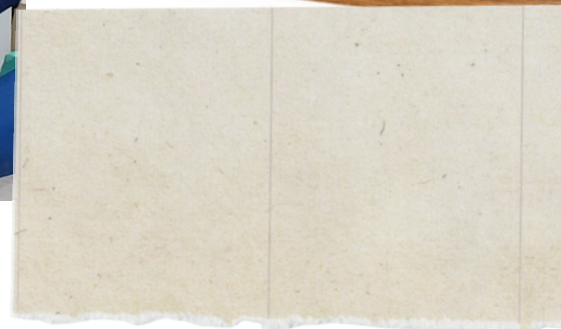
- Koji, Conrad
- Ukiyo, Ritz Carlton
- Aldila, Conrad
- Three Kitchens restaurant and bar



# COFFEE & TEA



- **Third Wave Coffee**  
[www.thirdwavecoffeeroasters.com](http://www.thirdwavecoffeeroasters.com)
- **Grey Soul**  
[www.greysoul.coffee](http://www.greysoul.coffee)
- **Bai Mu Dan**  
[www.greysoul.coffee](http://www.greysoul.coffee)
- **Blue Tokai Café**  
<https://cafe.bluetokaicoffee.com/kavadewadi-pune-33636/home>
- **Juice Bars : The Fresh Press Pune'**  
[www.thefreshpress.in](http://www.thefreshpress.in)
- **Cane Yard Sugar Cane Juice Bar~**  
Agarkar Nagar  
Must try! J No website



# PLACES TO VISIT NEARBY

## **Ganesh Temple :**

[www.dagdushethganpati.com](http://www.dagdushethganpati.com)

## **OSHO**

<https://www.osho.com>

## **Aga Khan Palace**

Open 9-5:30

## **Parvati Hill**

5:00am-8:00pm

One of the most scenic locations in the city!  
Must see Temples and views of the city.

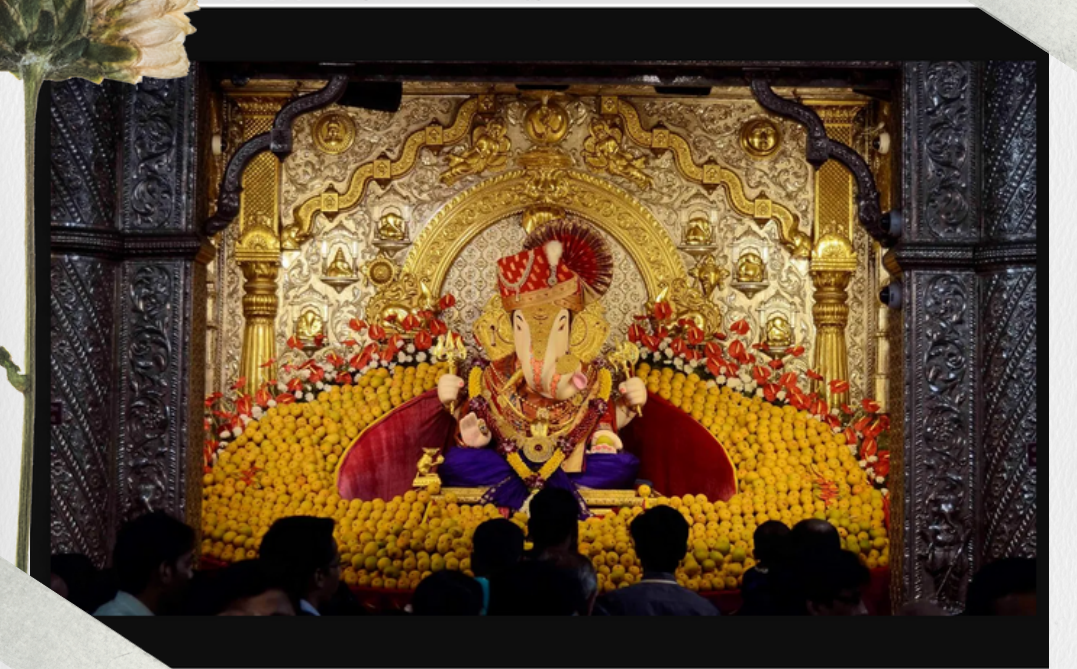
## **Shaniwar Wada**

286-year-old mansion

8:00am-6:30pm

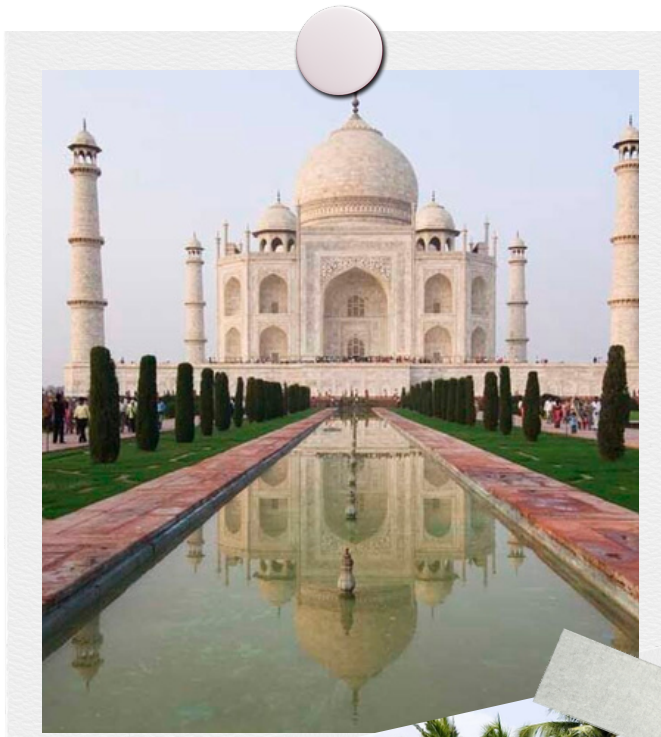
125 INR for foreigners

Light and sound show options.



# LEISURE TRAVEL

What brings international tourists to India?



## GOA

[www.goatourism.gov.in](http://www.goatourism.gov.in)

## Taj Mahal - Located in Agra in Northern India

<https://www.tajmahal.gov.in/>

## Rajasthan

Known for its ancient temple architecture and sandy deserts.

## Kerala

Beautiful resorts in backwaters of Arabian Sea.

## Karnataka

Mountainous and sea-side tourist destinations

## India has some very good wildlife safaris

Noteworthy include Ranthambore National Park, Jim Corbett National park, Gir Wildlife sanctuary, Kaziranga National park, Kanha National Park, Sunderbans national park, Tadoba National park, Pench National park

# RETREATS CLOSE TO PUNE

## **Hilton Shillim**

[www.hilton.com/en/hotels/pnqshhi-hilton-shillim-estate-retreat-and-spa](http://www.hilton.com/en/hotels/pnqshhi-hilton-shillim-estate-retreat-and-spa)

A wellness escape and retreat in the Sahyadri Mountain Range

## **The Machan Woods**

Eco friendly nature hotel

Food can be on the spicier side so speak to management beforehand

[www.themachan.com](http://www.themachan.com)

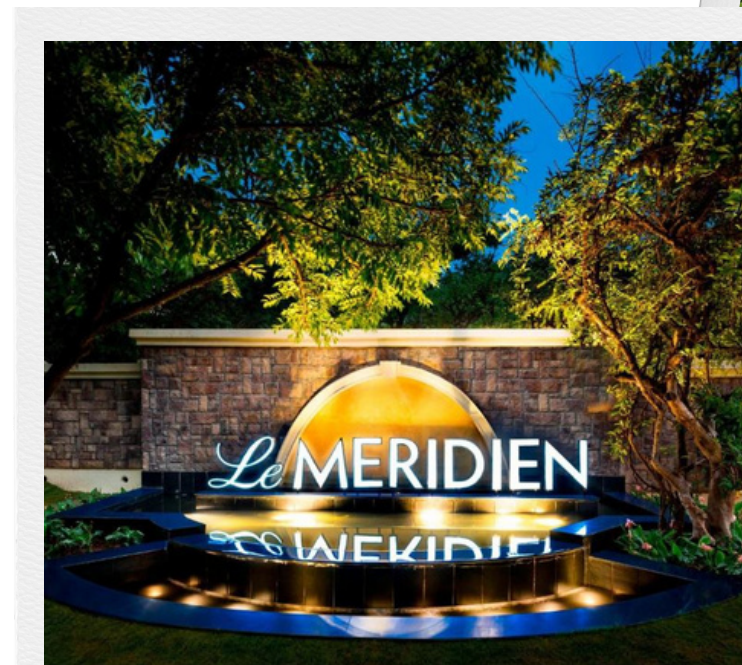
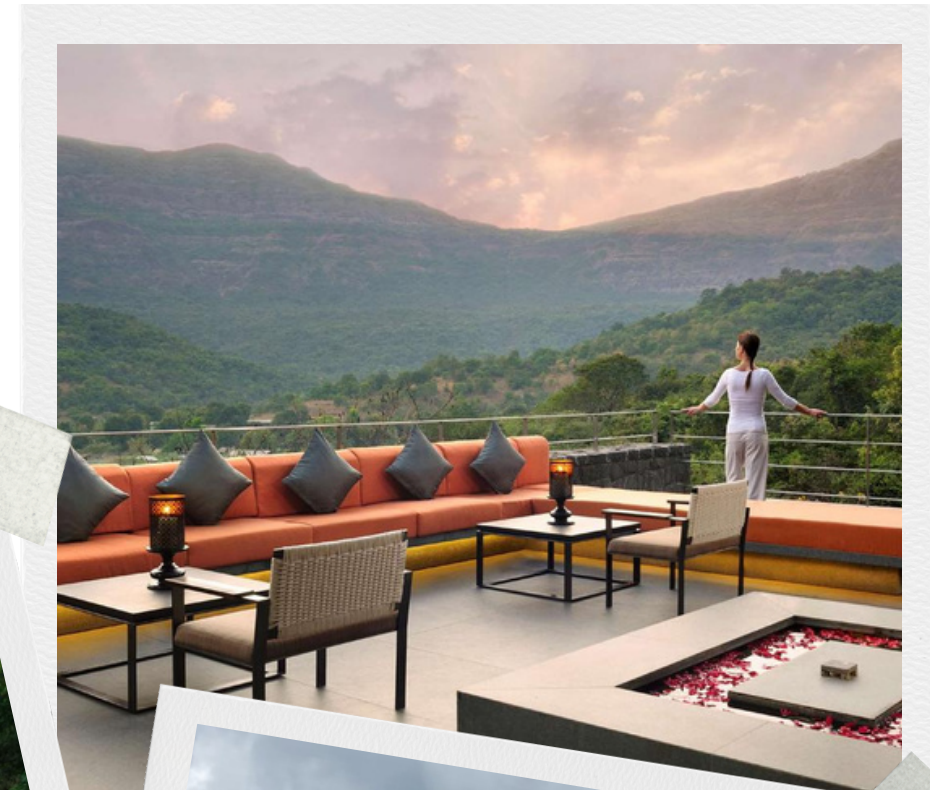
## **Mulshi**

[www.thrillophilia.com](http://www.thrillophilia.com)

An ecotourism hot spot that boasts natural serenity and a peaceful atmosphere.

## **Le Méridien, Mahabaleshwar**

## **Courtyard, Mahabaleshwar**



# RECUPERATION AND RECOVERY

The days and weeks spent post-treatment can be particularly challenging. In the first few days following the procedure rest and a healthful lifestyle are essential. It is important to follow the doctor's post-treatment orders allowing your body and spirit time to return to health.



# TRAVELING HOME

It is important to pace yourself, particularly your first few days back home, allowing yourself time to settle back into a routine. If you're returning from a long journey jet leg is real and will take time to recover. It's even more important if you're not completely healed and require additional recovery time. This is also a great time to lean on your support system and not be afraid to ask for help.



## RESOURCES

[www.healinghandsclinic.co.in](http://www.healinghandsclinic.co.in)

[www.puneonline.in/city-guide/about-pune](http://www.puneonline.in/city-guide/about-pune)

[www.incredibleindia.org/content/incredible-india-v2/en.html](http://www.incredibleindia.org/content/incredible-india-v2/en.html)

[www.patientsbeyondborders.com/book](http://www.patientsbeyondborders.com/book)



thank you

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