

## ADVISORY

### **Medical Advice/Counselling Help**

This is in continuation of earlier Medical advice issued on April 21, 2020 wherein Indian Doctors' Forum (IDF) has kindly volunteered to provide Medical Advice and extend counselling support.

2. Indian Doctors' Forum (IDF) has provided a revised list of doctors with specific specialties, time-schedule for consultations and regional language known to them is attached. Members of the Indian community in Kuwait who desire to utilize the services of IDF can reach them as per contacts given below.

3. Further, it is urged that any suspected Corona virus case or one with symptoms may be reported immediately at **helpline 151**. Any other medical **emergency** needs to be conveyed on **112**.

<b>IDF TELE-CONSULTATION</b>					
<b>General Instructions for Tele-Consultation :</b>			<b>Duration : Until 25th May 2020</b>		
1	Below is the Revised List, kindly don't use the previous Tele-consultation list				
2	Preferably Send voice / Text messages instead of voice calls				
3	English and Hindi are common languages for consultation. Additional languages for respective doctors are as mentioned below				
4	Mention Name, Age, Sex, complaints and history of any medications in the message				
5	Kindly check timings and days of availability of Doctors prior to the consultation				
6	Take consultation from the respective specialist only				
<b>DOCTORS LIST FOR TELE-CONSULTATION</b>					
<b>S.No</b>	<b>Specialty</b>	<b>Doctor Name</b>	<b>Mobile Number</b>	<b>Consultation Timing</b>	<b>Regional Languages</b>
1	General Practitioner	Dr Philipose George	97327880	9.00 am to 1.00 pm 5.00 pm to 9.00 pm	Malayalam
2	General Physician	Dr Asok Deb	98748750	9.30 am to 3.00 pm 5.00 pm to 9.00 pm	Bengali
3	General Physician	Dr Prerana Giri	65818029	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Marathi
4	General Physician	Dr Raghunandan Rayavaran	99491954	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Telugu

5	General Physician (Consultant)	Dr Varkey Alexander	99550924	6.00 am to 10.00 am 6.00 pm to 10.00 pm	Malayalam
6	General Practitioner	Dr Amir Ahmed	99374877	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam
7	General Physician / Respiratory Physician	Dr Yasir Peringattu Thodiyal	97824800	9.00 am to 1.00 pm	Malayalam
8	General Physician / Respiratory Physician	Dr Rajini Sudhir	+44 78816474 47	7.00 pm to 10.00 pm	Hindi
9	Cardiology (Heart Specialist)	Dr Hassan Khan	66082859	8.00 am to 3.00 pm	Telugu
10	Cardiology (Heart Specialist)	Dr Nalini Ravichandran	99562906	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Tamil
11	Cardiology (Heart Specialist)	Dr Mohammad Shukkur	66533228	9.00 am to 3.00 pm	Malayalam
12	Diabetology (Sugar) / Internal Medicine	Dr Noble Zachariah	66753676	10.00 am to 2.00 pm	Malayalam
13	Diabetology (Sugar) / Endocrinology	Dr Preeti Jolly	66757657 (Whatsapp Messages Only)	5.00 pm to 10.00 pm	Punjabi
14	Infectious Diseases	Dr Saroj Grovar	99713208	9.00 am to 2.00 pm	Punjabi
15	Gynecology (Maternity)	Dr Annie Roy Cherian	98079787	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam
16	Gynecology (Maternity)	Dr Sonia Noel	99541752	<b>Friday</b> 5.00 pm to 7.00 pm <b>Saturday :</b> 9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam, Gujarati
17	Gynecology (Maternity)	Dr Rekha Rubin	+91 98666503 04	<b>Monday &amp; Wednesday :</b> 9.00 am to 1.00 pm 5.00pm to 7.00 pm <b>Sunday, Tuesday &amp; Thursday :</b> 5.00pm to 7.00 pm	Malayalam

18	Gynecology (Maternity)	Dr Christina James	99228163	<b>Tuesday &amp; Wednesday :</b> 3.00 pm to 6.00 pm	Malayalam
19	Gynecology (Maternity)	Dr Ananta Priya Vaidya	66688709 (Whatsapp Voice Message only)	<b>Sunday, Tuesday, Thursday :</b> 3.00 pm to 5.00 pm	Kannada, Telugu
20	Dermatology (Skin Specialist) - Consultant	Dr Arun Joshi	66564382	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Hindi
21	Dermatology (Skin Specialist)	Dr Navneet Patel	99956854	9.00 am to 12.00 pm	Gujarati
22	Dermatology (Skin Specialist)	Dr Asha Marshal	99101281	9.00 am to 1.00 pm	Hindi
23	Dermatology (Skin Specialist)	Dr Yashpal Manchanda	99852673	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Hindi
24	Dermatology (Skin Specialist)	Dr Ruchira Vasudeva	99570878	<b>Except Friday :</b> 11.00 am to 2.00 pm	Hindi, Punjabi
25	ENT (Ear, Nose, Throat Specialist)	Dr Blenda Dsouza	99726070	<b>Sunday, Tuesday &amp; Thursday :</b> 12.00 pm to 3.00 pm	Konkani, Marathi
26	ENT (Ear, Nose, Throat Specialist)	Dr Farah Dalwai	97975258	<b>Monday, Wednesday &amp; Saturday :</b> 5.00 pm to 7.00 pm	Hindi
27	ENT (Ear, Nose, Throat Specialist)	Dr Amit Kunjumon	66907648	<b>Sunday to Thursday :</b> 9.00 am to 6.00 pm	Malayalam
28	ENT (Ear, Nose, Throat Specialist)	Dr Ramesh Menon	67083790	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam
29	ENT (Ear, Nose, Throat Specialist)	Dr Banoo Bhandari	99496031	<b>Sunday, Monday, Friday :</b> 6.00 pm to 7.30 pm	Gujarati, Marathi
30	Ophthalmology (Eye Specialist)	Dr Sujatha Krishnakumar	99565735	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Kannada
31	Neurology (Brain & Nerves Specialist)	Dr John Alexander	99687473	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam

32	Neurology (Brain & Nerves Specialist)	Dr Shekar Lamade	66653893	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Hindi
33	Surgical Gastroentrol ogist	Dr Devidas Shetty	+91 94481522 96	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Kannada, Tulu
34	General Surgery	Dr Farooq Belgrami	99345438	9.00 am to 3.00 pm	Kannada
35	Urologist (Surgery)	Dr Jagannath Chodankar	66613512	5.00 pm to 7.00 pm	Konkani, Marathi
36	Nephrology (Kidney) / General Medicine	Dr Ramkumar Gupta	99575828	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Hindi
37	Oncology (Blood Cancer) - Consultant	Dr Ramesh Pandita	66097760	5.00 pm to 9.00 pm	Hindi
38	Oncology (Blood Cancer)	Dr Anita	97903128	6.30 pm to 9.00 pm	Malayalam
39	Oncology (Cancer)	Dr Sushovana Sujit Nair	66068476	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Bengali
40	Pediatrics (Children Specialist)	Dr Tahseen Khan	99829502	7.00 pm to 10.00 pm	Telugu
41	Pediatrics (Children Specialist)	Dr Jasneet Narang	99702250	12.00 pm to 2.00 pm	Punjabi, Hindi
42	PMR (Physical Medicine)	Dr Antony Sebastian	60693949	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Malayalam
43	Orthopedics (Bone Specialist)	Dr Narendra AV	99280118	9.00 am to 1.00 pm 5.00 pm to 7.00 pm	Kannada
44	Orthopedics (Bone Specialist)	Dr Bibi Dhanan	69086792	9.00 am to 1.00 pm 5.00 pm to 8.00 pm	Malayalam

\*\*\*\*