



M.P. SHAH HOSPITAL
A Legacy of Care

The **HEALTH TRACK**

Healthy Insights For You

HOSPITAL NEWSLETTER, JUNE 2025



#LegacyofCare

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CELEBRATING MEN'S WELLBEING

WITH HEART AND ACTION



This June, we shone a spotlight on the men in our community, championing their health and wellbeing with a month filled with purpose and connection. From essential health screenings to heartfelt surprises, we've been fully committed to men's wellness, and we're delighted to share the highlights with you. We launched the month with Men's Health Week, hosting free screening clinics that empowered men to take charge of their physical and mental health.

Lets start off with the Chairman's and CEO's insights focused on men's mental wellness and the evolving concept of masculinity.

Chairman's Perspective – Dr. Manoj Shah



Society has often equated masculinity with stoicism, success, and self-sacrifice. But for men to thrive in today's complex world, we must learn to balance those ideals with authenticity. Staying true to our values means recognising that vulnerability is not weakness but wisdom. Whether in leadership, family, or friendship, men must give themselves permission to pause, reflect, and reconnect with their inner compass. Navigating societal expectations requires intention and inner clarity, knowing who you are, what you stand for, and allowing space for imperfection. Mental wellness begins when men stop performing and start being.

CEO's Perspective – Dr. Toseef Din



In today's world, where rapid change and unrelenting pressure have become the norm, emotional resilience is no longer optional—it is vital. Yet, many men continue to carry the weight of societal expectations that discourage emotional vulnerability. As a leader and mental health advocate, I've seen firsthand how men in healthcare, boardrooms, and homes silently battle stress, burnout, and internalised isolation. We must dismantle the idea that strength means silence. True resilience is the ability to acknowledge struggle, seek help without shame, and embrace the courage of self-awareness. We must create safer spaces, at work and in our communities, where men can talk openly, heal without judgment, and redefine masculinity to include emotional intelligence and mental well-being.

M.P. SHAH HOSPITAL'S COMMITMENT TO SUSTAINABILITY

On World Environment Day, we united staff, partners, and the community in a powerful reaffirmation of our commitment to a cleaner, greener planet under the theme "Stop Plastic Pollution, Protect Our Environment." The hospital proudly showcased its transformative Bottle-less Water Project, an initiative replacing single-use plastic bottles with reusable and recycled alternatives, significantly reducing waste and championing environmental stewardship. Joined by the innovative team from Africa Collect Textile Company, M.P. Shah Hospital reinforced its sustainability journey, fostering a shared mission to reduce, reuse, and rethink plastic use. This inspiring event highlighted the hospital's leadership in driving meaningful change, proving that collective action and innovative solutions are key to building a brighter, more sustainable future for all.



M.P. SHAH HOSPITAL AND SHREE SWAMINARAYAN PARTNERS: HOST IMPACTFUL MEDICAL & BLOOD DONATION CAMP AT H.H. SWAMIBAPA TEMPLE.



M.P. Shah Hospital, in collaboration with Shree Swaminarayan Mandir-Maninagar and Shree Swaminarayan Gadi Sansthan, proudly hosted a transformative Medical & Blood Donation Camp at H.H. Swamibapa Temple, reinforcing their commitment to community health during the 14th Healing Little Hearts Cardiac Camp. The event provided free ENT check-ups, BMI assessments, blood sugar and blood pressure screenings, with the hospital's ambulance on standby for emergencies, ensuring comprehensive care for attendees. This impactful initiative, supported by dedicated stakeholders, saw an inspiring turnout of blood donors and participants, whose contributions will save countless lives. M.P. Shah Hospital extends heartfelt gratitude to all who joined in this noble cause, under the spirit of compassion and unity.



M.P. SHAH HOSPITAL LABORATORY HONoured WITH ISO 15189:2022 ACCREDITATION.



M.P. Shah Hospital's laboratory celebrated a milestone achievement, receiving the prestigious ISO 15189:2022 accreditation at a distinguished ceremony hosted by the Kenya Accreditation Service (KENAS). The award recognises the hospital's laboratory for its unwavering commitment to excellence in medical testing, ensuring precision, reliability, and international standards in patient diagnostics. This accolade underscores M.P. Shah Hospital's dedication to advancing healthcare quality in Kenya, positioning its laboratory as a trusted leader in medical diagnostics and reinforcing public confidence in its services.



CELEBRATING FATHER'S DAY: HONOURING REMARKABLE FATHERS WITH JOY AND GRATITUDE



During Father's Day, M.P. Shah Hospital celebrated the extraordinary fathers in our family with a heartwarming tribute to their enduring strength, love, and resilience. Through thoughtful gifts, personalised gestures, and joyful gatherings, we honoured these remarkable men who have shaped lives with unwavering dedication. From handwritten notes of gratitude to special moments shared with care, we were privileged to create lasting memories that warmed hearts and brought smiles.



EMPOWERING MEN'S RESILIENCE

M.P. Shah Hospital proudly sponsored and participated in the transformative ManCave 5 Event at Herencia, Thika Road, where over 400 men united under the inspiring theme, "Nurturing Resilience, Shaping the Future." Our commitment to men's health and wellbeing shone through as we provided vital health screenings and ensured an ambulance was on standby for immediate support, reinforcing our dedication to fostering a stronger, healthier community. The event was a powerful testament to the incredible impact of men coming together, sparking meaningful connections, and driving positive change. When men meet, great things truly happen.



TRANSFORMATIVE AWARENESS CAMP IN RUAKA



In a heartwarming collaboration, we partnered with Christ the King Parish - Ruaka to host a transformative Mental Health Awareness Camp, uniting the community in a shared mission to break the stigma surrounding mental health. Guided by the compassionate expertise of facilitator Pauline Machio, the event created a safe, welcoming space where attendees could openly share their experiences, gain valuable insights, and find strength in mutual support. Through honest conversations and collective empathy, the camp highlighted the power of community in fostering mental wellness, leaving participants inspired and empowered to continue the dialogue beyond the event.



CELEBRATING PREPAREDNESS TO SAVE LIVES

M.P. Shah Hospital proudly commemorated International Emergency Medicine Day, embracing the global theme that "preparedness saves lives." The hospital hosted a dynamic event featuring live demonstrations of life-saving techniques, interactive training sessions for staff, and inspiring talks by its skilled emergency medicine team, led by specialists from the Accident & Emergency Department. Highlighting the critical role of rapid response in crises be it natural disasters, health emergencies, or accidents the hospital showcased its state-of-the-art emergency facilities and reaffirmed its commitment to excellence as a national referral centre. This impactful celebration underscored M.P. Shah's dedication to saving lives through preparedness, community education, and compassionate care, resonating with its 90-year legacy as a leading private healthcare institution in East and Central Africa.



A CONVERSATION ON FATHERHOOD AND LEADERSHIP:

BALANCING FAMILY, FAITH, AND COMMUNITY.

We sat down with **Mr. Ephraim Irangi**, our staff member, a devoted father and community leader who shares his deeply personal insights on what it means to be a father, a mentor, and a positive influence in both his home and beyond. His reflections weave together faith, family, and a commitment to shaping future generations.



Interviewer: Let's start with what being a good father means to you. How has your understanding of fatherhood evolved over time?

To me, being a good father is about being the spiritual anchor for my family praying for them, guiding them in faith, and nurturing their souls. It's also about providing security, whether that's financial stability, paying school fees, or being a protector. I love being the "sports leader" for my children, cheering them on, and occasionally stepping into the role of head chef to whip up a memorable family barbecue.

Interviewer: What core values do you hope to instill in your children, and why are they so important to you?

I want my children to be prepared for life disciplined, courageous, and rooted in faith. I strive to teach them to love as God

intended, to trust in Him completely, and to face challenges boldly. These values are personal because they were instilled in me by my late father, Reverend Javan Mukwana. He always said, "I'm teaching you this so you won't stray when you're grown." Interviewer: Can you share a moment when you felt you were truly succeeding as a father?

There are a few moments that stand out. One was when my children openly expressed how much they appreciate me as their dad, it made me walk a little taller. Another was paying my son's first kindergarten fees; it was a proud moment of providing for my family. And then there's the gratitude I feel every day for being able to put a roof over their heads.

Interviewer: What are some of the biggest challenges you've faced in being the father you aspire to be?

It's tough when I can't meet every need my family has whether it's providing a more prestigious home or affording lavish holidays. My wife often works long hours to help support us, and I wish I could carry that burden alone. Time is another challenge; I want more fun, carefree moments with my children. To overcome these, I focus on doing my best and showing my children that their dad is someone who loves them fiercely, fears God, and keeps praying for them.

Interviewer: How do you handle moments when you feel you've fallen short as a father?

I'm quick to apologise when I mess up. I want my children to see that I'm human, too. I turn to God, our ultimate Father, and introduce my children to Him as the true source of strength.

Interviewer: How do you model integrity and responsibility in these roles?

I strive to live authentically, whether I'm at home, on the street, or in the office. I don't live a double life my faith and actions align. Once, I faced a tough situation at work where policies threatened to compromise my beliefs. I stood my ground, even at the risk of losing my position. That moment showed me the importance of standing firm and taking responsibility for my choices, no matter the cost.

Interviewer: What advice would you give men who want to be positive role models in their communities?

Be ready to own your actions, protect the vulnerable, and give sacrificially of your time and resources. Start small mentor a young person, volunteer, or simply live with integrity. Every step forward makes a difference.

Interviewer: How do you prioritise family time amidst work responsibilities?

I'm deliberate about creating cherished moments like eating dinner together, singing

at our family altar, or watching my children shine on the basketball or football pitch. I work close to home to stay accessible and communicate openly with my wife when work demands pull me away. A practical tip? I make morning routines special—helping the children get ready and driving them to school gives us time for heartfelt conversations.

Interviewer: Have you had to make sacrifices to balance fatherhood and your career?

Yes, there are times I've had to prioritise family over work like leaving early for school events or waiting at the salon late at night while my daughter gets her hair done, knowing I have an early morning. When my child or wife is ill, I feel guilty if work keeps me away. To cope, I make up for it with quality time, like taking them out for a meal or planning a fun outing. Those moments ease the stress and reconnect us.

Interviewer: How do you ensure quality family time during busy work periods?

I treasure our time in God's presence, cooking together in the kitchen, or watching a fun film as a family. I love cheering for my children at their games or making random video calls when work gets intense. After a high-pressure period, I plan a family timeout with activities to unwind and reconnect. Those moments are sacred.

Interviewer: What's one piece of advice for a new father balancing work, family, and community impact?

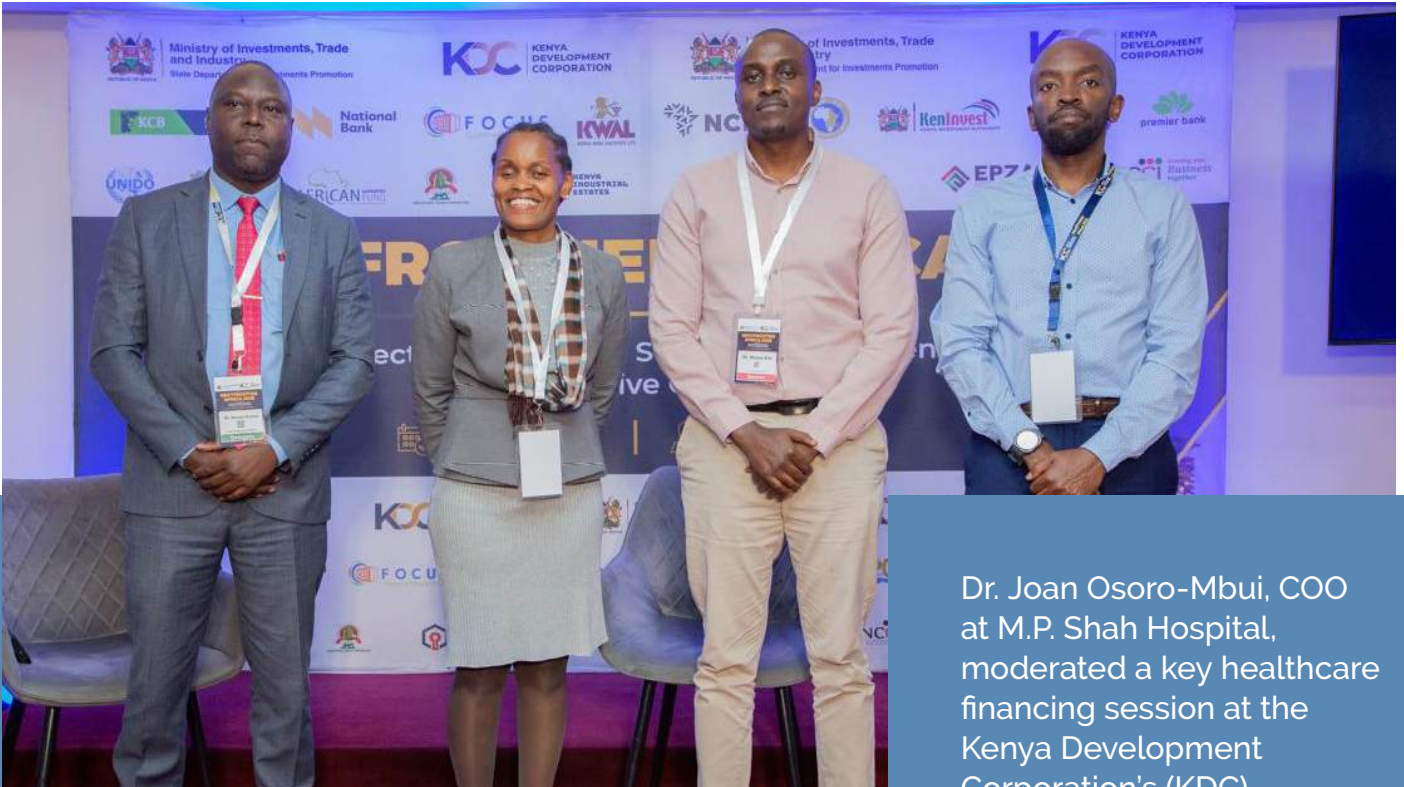
Stay focused. Be physically present for your family, not parenting via Zoom. Avoid distractions like affairs, and let your actions reflect your values. Your presence and integrity will shape your children and your community.

Interviewer: What legacy do you hope to leave?

I want to leave a community grounded in faith, where people love God and each other. I hope to raise obedient, grounded children who honour God and elders. My success should be a foundation for others to build on a launching pad for the next generation.

JULY'S PLUG

HEALTHCARE FINANCING SESSION AT THE KENYA DEVELOPMENT CORPORATION



Dr. Joan Osoro-Mbui, COO at M.P. Shah Hospital, moderated a key healthcare financing session at the Kenya Development Corporation's (KDC) inaugural Sectoral Forum at KICC, engaging leaders and investors to discuss innovative models for accessible healthcare. This role underscored the hospital's commitment to healthcare transformation, aligning with KDC's 2024/25–2028 Strategic Plan for sustainable growth.



M.P. SHAH HOSPITAL JCI SUSTAINABILITY ACCREDITATION

In the month of July, the hospital is pursuing the Joint Commission International (JCI) sustainability accreditation, a prestigious recognition that underscores its commitment to environmental stewardship and world-class healthcare standards. The JCI sustainability accreditation is part of the 8th edition of JCI's Accreditation Standards for Hospitals. This evaluates hospitals on evidence-based environmental sustainability standards, focusing on governance, employee engagement, procurement practices, infrastructure, and resource management to reduce carbon footprints while maintaining quality and safety.



THIS JULY, PRIORITISE YOUR HEALTH

Take charge with confidence. Book your mammogram today at just **Ksh. 4,500/-** as part of our "Pink Clarity" campaign, thanks to our new high-tech mammogram machines installed at the Main Hospital on Shivachi Road and Village Medical Centre Clinic at The Village Market. Valid from **1st to 31st July 2025**. Early detection saves lives!



**CONFIDENCE
LOOKS LIKE
GETTING
SCREENED**

Book your
mammogram today!

**Kshs
4,500/-**

Validity 1st - 31st July 2025

**Pink
Clarity**

WALK WITH THE CEO



Our annual walk with CEO Dr. Toseef Din will be happening at the Karura forest. This event offers a perfect opportunity to immerse yourself in the natural beauty of the forest while promoting well-being, building stronger bonds, and fostering unity among our team. Expect a day brimming with positive energy and shared moments that highlight M.P. Shah Hospital's commitment to health, mutual trust, and friendship within our hospital community.

CARDIAC OPEN DAY

M.P. Shah Hospital will be having a free Open Cardiac day dedicated to promoting heart health across the community. The Hospital will offer complimentary screenings, including blood pressure (BP), glucose tests, and electrocardiograms (ECG), conducted by our expert cardiology team at our main hospital at Parklands, Village Market and Spring Valley clinics. This initiative aims to raise awareness about cardiovascular health, encourage early detection, and provide Personalised consultations to empower individuals to take charge of their well-being.



MAIN HOSPITAL:
Shivachi Road, Parklands

SATELLITE CLINICS:
Village Medical Centre
2nd Floor New Wing, The Village Market

SPRING VALLEY MEDICAL CENTRE:
Block C, Spring Valley Business Park

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