

TIMES

HEALTH

SURVEY

Circulated with The Times of India, Chennai

Tuesday, 29 September, 2026

An Advertorial, Health Promotional Feature
An Optimal Media Solutions Initiative, A Division of Times Internet Limited

ALL INDIA LIFESTYLE HOSPITAL & CLINIC

RANKING SURVEY 2026

The objective of this research was to identify the Hospitals/ clinics for various Lifestyle Specialities in India. The specialities that were included in the research were Bariatrics, Orthopedics, Diabetes, Hair & Tricology, Plastic Surgery, Skin & Dermatology, Ophthalmology, Dental and IVF.

BARIATRICS		
NATIONAL - HOSPITALS		
Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Laparo Obeso Centre - (LOC) Healthcare, Sadashiv Peth, Pune	S
3	GEM Hospital, Ramanathapuram, Coimbatore	S
4	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
5	P. D. Hinduja Hospital & Medical Research Centre, Khar, Mumbai	M
6	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
7	Max Super Speciality Hospital, Saket, Delhi	M
8	KIMS - LIVLIFE Hospitals, Begumpet, Hyderabad	S
9	Medanta - The Medicity, Sector-38, Gurugram	M
10	Fortis Memorial Research Institute, Sector 44, Gurugram	M
11	Mohak Bariatrics And Robotics, Ujjain State Highway, Indore	S
12	MGM New Bombay Hospital, Vashi, Mumbai	M
13	Manipal Hospitals, Mukundapur, Kolkata	M
14	AIG Hospitals, Gachibowli, Hyderabad	M
15	Kauvery Hospital, Myslapore , Chennai	M
16	Noble Hospital and Research Centre, Hadapsar, Pune	M
17	Sahayadri Super Speciality Hospital, Deccan Gymkhana, Pune	M
18	Sir Ganga Ram Hospital, Old Rajinder Nagar, Delhi	M
19	Fortis FIC LT. Rajan Dhali Hospital, Vasant Kunj, Delhi	M
20	GEM Hospital, Gandhi Nagar, Chennai	S
21	BLK-Max Super Speciality Hospital, Rajinder Nagar, Delhi	M
22	Park Hospital, Sector-47, Gurugram	M
23	Lifeline Multispecialty Hospitals, Kilpauk, Chennai	M
24	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
25	Dr L H Hiranandani Hospital, Powai, Mumbai	M
26	Jupiter Hospital, Thane, Mumbai	M
SOUTH REGION – MULTI HOSPITALS		
Rank	Name	M/S
1	AIG Hospitals, Gachibowli, Hyderabad	M
2	Kauvery Hospital, Myslapore , Chennai	M
3	Lifeline Multispecialty Hospitals, Kilpauk, Chennai	M
4	Gleneagles Global Hospitals, Lakdi ka pul, Hyderabad	M
5	Koval Medical Center and Hospital, Peelamedu, Coimbatore	M
6	MGM Healthcare, Ammijkara, Chennai	M
7	Chettinad Super Speciality Hospital, Kelambakkam, Kanchipuram	M
8	PSG Hospitals, Peelamedu, Coimbatore	M
9	Royal Care Super Speciality Hospital, Neelambur, Coimbatore	M
10	Sri Ramakrishna Hospital, Sidhapudur, Coimbatore	M
11	Aster CMI Hospital, Hebbal, Bengaluru	M
SOUTH REGION – SINGLE HOSPITALS		
Rank	Name	M/S
1	GEM Hospital, Ramanathapuram, Coimbatore	S
2	KIMS - LIVLIFE Hospitals, Begumpet, Hyderabad	S
3	GEM Hospital, Gandhi Nagar, Chennai	S
CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Myslapore	M
2	Lifeline Multispecialty Hospitals, Kilpauk	M
3	MGM Healthcare, Ammijkara	M
4	MIOT International, Manapakkam	M
5	Gleneagles Health City, Perumbakkam	M
6	Sri Ramachandra Medical Centre, Ramachandra Nagar	M
7	Chennai Meenakshi Multispecialty Hospital, Myslapore	M
8	Aarthi Hospital, Kovilatt	M
9	Noble Hospital, Purasawakkam	M
10	St Thomas Hospital, Defence Colony Road	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	GEM Hospital, Gandhi Nagar	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Chennai Gastro Care, Alwarpet	C
2	Chennai Obesity & Gastro Surgeons Centre (COGS), Velacherry	C
3	UNI Slim Care, Alwarpet	C
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	
OPHTHALMOLOGY		
NATIONAL - HOSPITALS		
Rank	Name	M/S
1	L V Prasad Eye Institute, Banjara Hills, Hyderabad	S
1	Sir H. N. Reliance Foundation Hospital and Research Centre, Girgaon, Mumbai	M
2	Narayana Nethralaya, Rajajinagar, Bengaluru	S
3	Asian Eye Hospital and Lasik Laser Institute, Sakar 10, Pune	S
4	P. D. Hinduja Hospital and Medical Research Centre, Mumbai	M
5	Rajan Eye Care Hospital, T.Nagar, Chennai	S
6	Centre for Sight Eye Hospital, Safdarjung Enclave, Delhi	S
7	Sankara Nethralaya, College Road, Chennai	S
8	Aravind Eye Hospital, Anna Nagar, Madurai	S
9	Dr Dudhbate Nethralaya And Retina Centre, Manik Baug , Pune	S
10	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
11	Sanjivani Eye Hospital, Navrangpura, Ahmedabad	S
12	MGM New Bombay Hospital, Vashi, Mumbai	M
13	Smart Vision Eye Hospitals, Srinagar Colony, Hyderabad	S
14	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
15	Fortis Memorial Research Institute, Sector 44, Gurugram	M
16	Koval Medical Center and Hospital, Peelamedu, Coimbatore	M
17	L V Prasad Eye Institute, Patia Rd, Bhubaneswar	S
18	Navkar Eye Hospital, Ambawadi, Ahmedabad	S
19	Park Hospital, Sector 47, Gurugram	M
20	Dr Muralidhar Eye Hospital, Nayapalli, Bhubaneswar	S
21	Ruby Eye Hospital, Govinda Bihar, Berhampur	S
22	Dr L H Hiranandani Hospital, Powai, Mumbai	M
23	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
24	Eye7 Hospitals, Lajpat Nagar, Delhi	S
25	Aster MIMS Hospital, Govindapuram, Calicut	M
26	Max Super Speciality Hospital, Saket, Delhi	M
SOUTH REGION – MULTI HOSPITALS		
Rank	Name	M/S
1	Koval Medical Center and Hospital, Peelamedu, Coimbatore	M
2	Aster MIMS Hospital, Govindapuram, Calicut	M
3	Kasturba Hospital, Manjal	M
4	Aster CMI Hospital, Hebbal, Bengaluru	M
SOUTH REGION – SINGLE HOSPITALS		
Rank	Name	M/S
1	L V Prasad Eye Institute, Banjara Hills, Hyderabad	S
2	Narayana Nethralaya, Rajajinagar, Bengaluru	S
3	Rajan Eye Care Hospital, T.Nagar, Chennai	S
4	Sankara Nethralaya, College Road, Chennai	S
5	Aravind Eye Hospital, Anna Nagar, Madurai	S
6	Smartvision Eye Hospitals, Srinagar Colony, Hyderabad	S
7	Shekar Eye Hospital, J P Nagar, Bengaluru	S
8	L V Prasad Eye Institute, Tadiadapa, Vijayawada	S
9	Devi Eye Hospital, Koramangala, Bengaluru	S
10	Shekhar Hospital, J P Nagar, Bengaluru	S
11	L V Prasad Eye Institute, Hanumanthawaka Junction, Visakhapatnam	S
12	Maxivision Eye Hospital, Somajiguda, Hyderabad	S
13	Pristine Eye Hospitals, Madhapur, Hyderabad	S
14	MediVision Eye Care Centre, Masab Tank, Hyderabad	S
15	Neo Vision Eye Care & Laser Centre, Habsiguda, Hyderabad	S
CHENNAI CITY – HOSPITALS		
Rank	Name	M/S
1	Rajan Eye Care Hospital, T.Nagar	S
2	Sankara Nethralaya, College Road	S
3	Bilroth Hospitals, Shenoy Nagar	M
4	ACS Medical College and Hospital, Velappanchavadi	M
5	MIOT International, Manapakkam	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	MGM Healthcare, Ammijkara	M
8	Glennagles Health City, Perumbakkam	M
9	Kauvery Hospitals, Myslapore	M
CHENNAI CITY – CLINICS		
Rank	Name	
1	American Eye Care Centre, Valasaravakkam	M
2	Uma Eye Clinic, Anna Nagar	M
3	Darshan Eye Care, Annanagar	M
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

M-Multi-Specialty Hospital; S-Single Specialty Hospital; C-Clinics; SC-Super Clinic Chain

ORTHOPEDICS		
NATIONAL - HOSPITALS		
Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
1	P. D. Hinduja Hospital & Medical Research Centre, Mumbai	M
2	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
2	Max Super Speciality Hospital, Saket, Delhi	M
3	Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Andheri, Mumbai	M
4	MGM New Bombay Hospital, Vashi, Mumbai	M
4	Medanta -The Medicity, Sec- 38, Gurugram	M
5	Sahyadri Super Speciality Hospital, Deccan Gymkhana, Pune	M
5	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
6	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
7	Dr L H Hiranandani Hospital, Powai, Mumbai	M
7	Jupiter Hospital, Thane, Mumbai	M
8	Hiranandani Hospital (A Fortis Network Hospital), Vashi, Mumbai	M
8	Manipal Hospitals, Mukundapur, Kolkata	M
9	Breach Candy Hospital, Bhulabhai Desai Road, Mumbai	M
9	KIMS-Sunshine Hospitals, Begumpet, Hyderabad	M
10	Lilavati Hospital and Research Centre, Bandra, Mumbai	M
11	Saifee Hospital, Charni Road, Mumbai	M
11	Soundarapandian Bone and Joint Hospital, Anna Nagar, Chennai	S
12	S.L. Raheja Hospital (A Fortis Associate), Mahim, Mumbai	M
12	Sarvodaya Hospital, Sector- 8, Faridabad	M
13	BLK-Max Super Speciality Hospital, Rajinder Nagar, Delhi	M
13	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
14	Bharati Vidyapeeth's Bharati Hospital and Research Center, Dhankawadi, Pune	M
15	Aster Medcity, Cheranallloor, Kochi	M
16	Indian Spinal Injuries Centre, Vasant Kunj, Delhi	M
17	PSRI Hospital, Sheikh Sarai, Delhi	M
18	Park Hospital, Sector 47, Gurugram	M
18	Fortis Hospital, Sector-62, Mohali	M
19	Srikara Hospitals, RTC Cross Road, Hyderabad	M
20	Fortis Memorial Research Institute, Sector 44, Gurugram	M
SOUTH REGION – HOSPITALS		
Rank	Name	M/S
1	KIMS-Sunshine Hospitals, Begumpet, Hyderabad	M
2	Soundarapandian Bone and Joint Hospital, Anna Nagar, Chennai	S
3	Aster Medcity, Cheranallloor, Kochi	M
4	Srikara Hospitals, RTC Cross Road, Hyderabad	M
5	Aster CMI Hospitals, Hebbal, Bengaluru	M
5	HOSMAT Hospital, Magrath Road, Bengaluru	M
6	Kauvery Hospital, Alwarpet, Chennai	M
6	Dr. Mehta's Hospitals, Chetpet, Chennai	M
7	Dr Muthus Super Speciality Ortho Hospital, Singanallur, Coimbatore	S
8	Dr. Lenin's OrthoIndo Hospital, Anna Nagar, Chennai	S
8	Rathimed Speciality Hospital, Anna Nagar, Chennai	M
9	MGM Healthcare, Ammijkara, Chennai	M
9	United Hospital, Kalaburagi, Kalaburagi	M
10	Star Hospitals, Banjara Hills, Hyderabad	M
11	Yashoda Hospitals, Somajiguda, Hyderabad	M
12	MAMS Hospitals, Bachupally, Hyderabad	M
13	Sri Hospitals, Tondiarpet, Chennai	M
14	Trilife Hospital, Kalyan Nagar, Bengaluru	M
14	Fortis Hospital, Bannerghatta Road, Bengaluru	M
15	Ortho-One Orthopaedic Speciality Centre, Trichy Road, Coimbatore	S

CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Ammijkara	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispecialty Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispecialty Hospital, Tambaram	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's OrthoIndo Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Astra Ortho n Spine Center, Velachery	
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Ammijkara	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispecialty Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispecialty Hospital, Tambaram	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's OrthoIndo Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Astra Ortho n Spine Center, Velachery	
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Ammijkara	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispecialty Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispecialty Hospital, Tambaram	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's OrthoIndo Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Astra Ortho n Spine Center, Velachery	
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Ammijkara	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispecialty Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispecialty Hospital, Tambaram	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's OrthoIndo Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Astra Ortho n Spine Center, Velachery	
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

CHENNAI CITY – MULTI HOSPITALS		
Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Ammijkara	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispecialty Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispecialty Hospital, Tambaram	M
CHENNAI CITY – SINGLE HOSPITALS		
Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's OrthoIndo Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S
CHENNAI CITY – CLINICS		
Rank	Name	
1	Astra Ortho n Spine Center, Velachery	
CHENNAI CITY – EMERGING		
Rank	Name	
#	Atlantis Healthcity, T. Nagar	

WE TAKE WALKING FOR GRANTED,

UNTIL WE CAN'T

For most of us, walking is almost invisible. We get out of bed, go to work, climb stairs, exercise, travel and move through our day without thinking about the two feet making all of it possible.

For Dr. Vishwanathan Vishnu Vijay (Dr. Vishnu), Co-founder of Stepwise Health, that changed when a fracture temporarily took away something he had always taken for granted—his mobility.

Living alone in the UK at the time, even ordinary activities suddenly required help. “That experience made me realise that mobility is much more than movement. It is independence. It is the ability to work, to live on your own terms and to retain your dignity,” says Dr. Vishnu.

As a doctor, however, he had already seen the other end of that story. He had watched people live with persistent foot pain and gradually restrict their lives around it. More seriously, he had witnessed people with diabetes develop wounds that progressed into ulcers and, sometimes, lose parts of their feet through successive amputations.

The numbers underline that reality. In one recent Indian urban-community study, 15.29% of people presenting with diabetic foot ulcers underwent a minor or major amputation.

But the loss is not measured only in toes



or limbs. It can mean losing the ability to work, exercise, travel independently or simply walk without depending on another person. Mobility ultimately is dignity.

These experiences eventually shaped an idea that Dr. Vishnu developed while studying in the UK. Stepwise approaches foot health by beginning not with a product, but with a question: What does this particular pair of feet actually need?

Consider a young professional who develops heel pain after spending ten hours a day on their feet. A person with flat feet who repeatedly experiences discomfort after walking. A senior citizen becoming less



Dr. Vishwanathan Vishnu Vijay, Co-founder of Stepwise Health



confident with every step. Or someone with diabetes who feels perfectly well, but may be gradually losing sensation in the feet. The answer for each can be very different.

At the Stepwise Health Experience Store in Adyar, technology is therefore used to understand the problem before recommending a solution. A 3D foot scan helps identify foot structure and arch patterns that may contribute to discomfort. NeuroTouch assessment helps evaluate nerve sensitivity—particularly important for people who may not adequately feel an injury to their feet.

In-shoe pressure assessment goes a step further by examining where excessive pressure develops while a person actually

walks.

“Technology is useful only when it helps us answer a practical question: why is this person experiencing a problem, and what can we do about it? We want to understand the feet first and then find the right solution,” explains Dr. Vishnu.

Those solutions can range from everyday and therapeutic footwear, customised insoles, bamboo socks and foot-care products to specialised offloading and post-surgical footwear for more complex foot conditions.

The underlying idea remains the same whether it is a working professional with heel pain or a person at risk of a diabetic foot complication: preserve movement for as long as possible.

“We shouldn’t have to lose our mobility before we begin valuing it. Our feet carry our work, our independence and, in many ways, our freedom. Give them the care they deserve,” says Dr. Vishnu.

For more information, contact:
Stepwise Health — Engineering Foot Wellness
5th St, Padmanabha Nagar, Adyar, Chennai.
+91 98943 99107, 91505 42999
enquiry@stepwisehealth.in

More than meds: How you navigate weight loss, matters most in diabetes

India is home to nearly 90 million adults with diabetes, and almost 43% remain undiagnosed, as per the International Diabetes Federation's 2025 Diabetes Atlas. With numbers this large, diabetes can no longer be treated as a blood-sugar-only condition; it has to be managed as the complex, whole-body syndrome.