

DR. SUMITA SOFAT HOSPITAL A DOCTOR WHO IS THE GUIDING LIGHT IN PEOPLE'S LIVES

Risk-taker, passion player and harbinger of hope, she is busy bringing smiles and joy to the lives of couples who had lost all hope of holding a child in their arms. These words perfectly describe Dr Sumita Sofat, the visionary who dared to dream and bring joy & smiles to the lives of couples who cannot conceive by opening the IVF (Test Tube baby) hospital in Punjab. The hospital was one of its kind in North India to start dedicated infertility services in 1996.

The hospital today has carved a niche in infertility treatment, with its tight quality control, advanced reproductive technology, state-of-art IVF/ ICSI labs, world-class cryofreezing unit and latest technologies like vitrification of eggs, ERA & CASA (Endometrial Receptivity Assay & Computer Assisted Semen Analysis). It is also credited for bringing techniques such as laser hatching for first time in Punjab.

The story of evolution of IVF (Test Tube baby) in Punjab will be incomplete without the mention of Dr Sumita Sofat. 20 years ago, Sofat Hospital saw the light of the day through the vision of its architect, Dr Sumita. She believes that the joy and happiness of holding an innocent baby in one's hands should not just be the privilege of a few fortunate. Gynecologist and renowned Infertility specialist, Dr Sumita Sofat is the shining star on the IVF horizon, who dedicated her life to the cause of infertility and pioneered the field of ICSI, IVF, Laser Hatching and CASA in Punjab. At her



DR. SUMITA SOFAT
Scientific Director & MD

hospital, all the treatments including consultations, ultrasound scans, egg collection and embryo transfer are done personally by Dr Sumita. Dr. Sumita Sofat's pioneering effects the field of infertility and continuous knack to match up to the world class standards soon earned a distinctive name for her hospital. The lady is credited for bringing hope and joy to the families in North and subsequently the whole of India, who were struggling with the emotional and social turmoil of not being blessed with a child. Alumni of the prestigious Government Medical College in Patiala, Dr Sofat pursued post-graduation in Gynecology from DMC & H in Ludhiana. She is also the brain behind new techniques in the field of infertility where she encouraged the development and training of specialists in the field.

AN INCREDIBLE JOURNEY

Being the daughter of the Zonal manager of a life insurance company, Dr. Sumita Sofat owned the genes of showing a sliver line in the dark clouds to the hopeless families. Born in Chandigarh, Dr. Sumita's childhood has been interspersed with the exposure of various rich cultures enshrined in different cities and societies she made her home.

Dr. Sumita is the visionary who brought infertility treatments in Punjab within the reach of common man and has tirelessly worked for spreading happiness among infertile couples. No wonder, she has been hailed as the face of IVF in Punjab through various accolades. The journey that started from her medical college in Patiala reached a turning point when she set upon herself to change the lives and thoughts of people.

So, what made her embark on such a bold project at a time when conservative mindset was still rampant in the country. In an answer that shows that she has fire in her belly, the gorgeous lady replies enthusiastically, "If anybody dares to challenge me into doing something, I grab it with both hands since I have always been an achiever in life. Challenges don't deter me as they are the blessing in disguise that pushes me to move forward in life."

The doctor in whose dictionary the world NO doesn't exist has made miracles by bringing twinkling little stars in the life of parents.

BELIEFS, HOPES AND DREAMS

Recalling the school days Dr Sumita shares that she always had desire to opt for a profession where she could not only make a living but also make a difference in other people's lives.

She has a vision to bring revolutionary concepts in field of infertility. The life and vision of Dr Sumita Sofat is shaped by this inspiring quote, "The best way to find you is to lose you in the service of others." Dr Sofat believes in bringing the bundle of joy called a child into every home, weaving a world full of hope and blessing. She believes that it is her life's calling to bring life's greatest blessing in the form of a child in several homes. "One should set the bar so high that it should exceed the expectations of those we serve," she says with a leap of faith.

Being an architect of ICSI and IVF in Punjab, Dr Sofat has broken new grounds by pioneering new techniques in the field of infertility and her hospital has emerged as a brand for innovation, integrity, medical and technical excellence.





Did she meet with dogmatic voices vehemently opposing to the idea of conceiving through IVF (Test Tube baby)? Dr Sofat tells, "Earlier, there was a lack of awareness among the people but now things have changed. It was an uphill task to convince people to come up to you but slowly our efforts bore fruits as no hardship or challenges sapped our conviction and beliefs."

UNWRAPPING A BLESSING

A child is the most amazing creation of god, bringing joy to everyone around, however sometimes not all goes smooth as there are number of factors which prevent the couple from procreation. It is here the role of Dr. Sumita Sofat comes in to effect. Dr Sumita Sofat hospital believes that every couple has right to have children. The hospital offers the comprehensive range of infertility services under one roof, so that the patient doesn't have to shuffle from clinic to laboratory. This hospital has all facilities including IVF-ET, ICSI, TESA, SURROGACY, EMBRYO FREEZING, LASER HATCHING & BLAST CYST CULTURE.

Also, it offers an umbrella of infertility treatment related services (ONE STOP FERTILITY DIAGNOSTICS, MINIMALLY INVASIVE ULTRASOUND GUIDED PROCEDURES, DIAGNOSTIC & OPERATIVE LAPAROSCOPY AND HYSTEROSCOPY, HYSTEROSCOPIC TUBAL CANNULATION, RECURRENT PREGNANCY LOSS CLINIC and FALLOPIAN TUBE RECANALIZATION), so the patient doesn't have to shuttle between clinics and labs. Her eyes beam when she says, "Seeing one helpless couple holding a child in the arms is the best feeling that cannot be expressed in words. No wealth or power in the world can buy the joy and satisfaction derived in seeing such an innocent beauty making headway in the world."

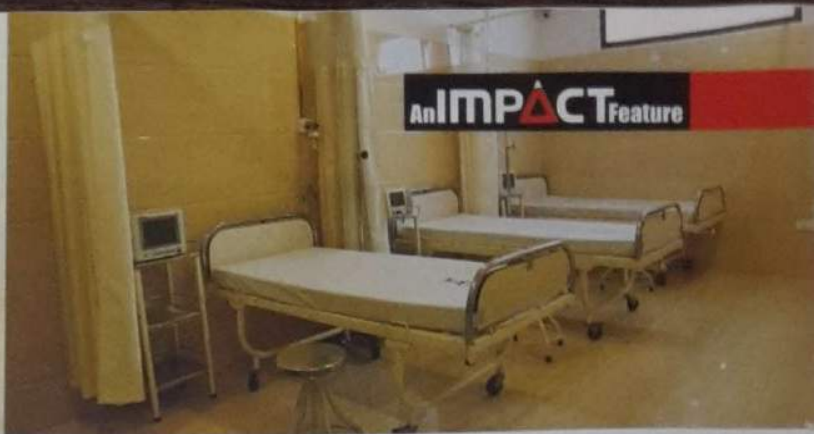
She adds, "It is the implicit faith placed in me every day that keeps me going from strength-to-strength and this where I draw my inspiration in life to never give up on my dreams. I feel blessed to see the day where I am given the opportunity to add spark to the lives of people."

The doctor who, has to her credit, several awards and recognitions (including the Young Scientist award by World Association of Reproductive Medicine and AnhadSanman Award by CM Parkash Singh Badal) showcasing her as a multi-talented infertility specialist, has another feather to her cap. Dr Sofat is a relentless social worker who has tirelessly been organizing free infertility and medical camps, where she has personally supervised hundreds of infertile patients. Here is a doctor whose motto is serving the people and one can only say that the sky is the limit for a doctor who believes that service to humanity is service to God.

FAMILY SECRETS, BONDS OF LOVE

What makes Dr Sumita Sofat believe in the vast sea of humanity? Her face brightens up when she leads us into the family secret when she reveals, "I got married when I was pursuing my post-graduation and, thereafter, settled in Ludhiana." The humble doctor is blessed to have the love and support of her son, Siddharth. Siddharth considers his mom to be his idol and is set to





tread on the same path taken by Dr Sumita. It can only be a plus to feeble voices in society to have such a family dedicated to the noble cause and profession of medicine.

The self-effacing doctor hastily cast aside the belief that she is a hardcore intellectual and concedes that there is a creative side to her. Dr Sumita is a self-confessed ardent painter and her beautiful house defines her personality through her paintings that garnishes the walls.

BOND WITH THE BEST IN HEALTH CARE

Leading infertility and women care hospital in the North region of India, Sofat Hospital believes in the philosophy of delivering global services to the people. People comes to the hospital not only throughout North India but from all over the world to avail of best state-of-the world health care system. Dr Sumita Sofat Hospital also gives equal importance to affordable service designed to cater to all classes in society.

The efforts of Dr Sumita Sofat have been recognized by former governor of Himachal Pradesh who rewarded her with excellence award in quality innovation and management. She was also conferred the rare distinction of young scientist award in Rome by World Association of Reproductive Medicine, among many accolades and felicitations for her path breaking work in infertility. The centre has also been recognized by the Punjab Government for NRI patients. Therefore, it comes as no surprise that Sofat Hospital has topped the list of hospital in providing excellence and yielded better results through the latest technological know-how.

The hospital's IVF/ICSI lab has world class infrastructure which includes modular lab, Modular operation theatre and AHU unit with class 100 environment and photocatalytic filter for highly sterile environment. Besides being the first IVF/ICSI modular lab in Punjab it is equipped with 2 world class Heracell incubators, mink trigas incubators, 3 laminar airflow units. Nikon and Olympus trinocular stereo-zoom microscopes, Nikon inverted

microscope along with Narishige micro-manipulator with CCTV camera and monitor with the facility for the patient and trainee doctor to see what is happening in the lab.

Dr Sumita Sofat explains: "Through the help of advancing technology, we strive to offer services on par with global standards. We have the latest equipment and surrounded by a team of well-trained doctors to ensure that we reach the best outcome."

Elaborating further, Dr Sofat says, "The hospital has all the facilities for couples requiring assistance to conceive and we are the first to provide laser hatching in Punjab." She says with a smile that she makes it her person duty to overlook every procedure and when it comes to passion, the sky is the limit.

It's been a fascinating long journey as Sofat Hospital relentlessly nurtured their dreams against all odds to establish the first ever dedicated hospital for IVF (test tube baby) in Punjab.

Who told you that you have no hope to hold a small bundle of joy close to you? As an extended member of your family, Dr Sumita Sofat is waiting for you at her doorsteps and let her hold your hand with a reassuring smile as she takes you to her abode of happiness. For icons like Dr Sumita Sofat, dreams are the gateway to human happiness beyond fame, wealth and name.

