

proper exercise is key to keep your joints fit.



India has come out of COVID pandemic with flying colours, with you all healthy and happy future ahead



Take care of your bone and joints and your



Dr Suresh Arora The recovery of a patient gives immens satisfaction and happiness to us. Their olessings motivate us to work with more zeal. wish all my dear patients and their amilies a very healthy life. I also pray to God for upliftment of Doctor Patient relationships to greater



In the darkest storm heroes emerge, COVID's braves inspire hope."



Dr Rohan Mehta satisfied with the quality of their care during hospitalization Patient satisfaction car be improved through patient empowermen and engagement in the care delivery process.



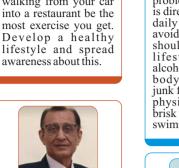
Maintain good posture nutritious diet ,walk and exercise daily for a healthy and happy life Relax and enjoy life



Dr Subhash Manchan Osteoarthritis - It's a age related wear & tear in which the knee joints are most often affected Toagreatextent lifestyle modification like weight control exercises, avoiding stairs & squatting car slow down the process



Makelifestyle change s, don't l e t walking from your car into a restaurant be the



Dr Rakesh Mehta Happy Doctor's Day to safe and healthy practice both in mind and body. Trust should be the main ingredien in the doctor patient

ASTROENTEROLOGIS



came out fighting and

Dr Sukrit Sud COVID challenged all doctors personally and professionally.. we



Dr Pawan Rawal 'In the midst of

darkness, their courage ignited a flame of hope their sacrifice payed the path towards a brighter tomorrow. Saluting the unsung heroes of the COVID era, whose bravery transcended boundaries and

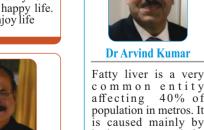


Dr Anukalp Prakash COVID challenged all doctors personally and professionally.. we came out fighting and



won the battle

Think Positively **Exercise Daily** Eat Healthy Work Hard Stay Strong Worry Less Dance More Love Often Ве Нарру



being overweight /having diabetes/ or taking regular alcohol. It shall become the most common cause of liver transplant in this decade. Healthy eating of diet rich in fruits salads/ sprouts and adequate proteins and daily exercises are key to prevent this important lifestyle



Dr Vishal Khurana

Dr Ramchandra Son

literally becomes you.

Fatty liver disease is a rapidly growing problem in India and it is directly related to our daily routine life. To avoid this problem we should adopt healthy lifestyle like avoid alcohol, reduce excess or disease. body weight, avoid unk foods and increase physical activity egbrisk walk, running and



the human body. The honor of being trusted to You are What you eat, give advice. The every 35 Days, your gratitude for helping skin replaces itself and someone through a your body makes new difficult illness. These cells from the food you things never grow old. eat, what you eat happy doctor's day

homage and we are indebted.



-30

Dr Bir Singh Sehrawat Dr Shobha Bhalla Most of the Unhealthy eating rheumatological habits in your diseases such as children can effect arthritis or others their liver's ability to svstemi function, and over autoimmune time.can even lead to rheumatic diseases permanent damage are easily treatable and controllable Patients can live normal healthy life it diagnosed early

THANK YOU

DOCTORS

The Covid pandemic has upended life for nearly every one, be it

healthcare workers, first responders or other essential workers

covid, protecting patients, saving the nation from the pandemic,

MSN

Research for Better Medicines

SALUTES 1492+ COVID BRAVES ON

DOCTORS DAY

Dr Anu Dabar

Early diagnosis and

constant awareness

of the symptoms are

the keys to managing

arthritis. Consulting

with a rheumatolgist

and ensuring good

compliance to

treatment and follow

up in addition to

avoidance of

smoking, regular

exercise and

maintaining an ideal

body weight with

correct nutrition can

make the patient

victorious in the

fight against arthritis.

Dr Vinita Gupta

Service to mankind is

no less than

worshiping God, and

Doctors not only give

selfless service but

also restore our faith

in humanity.

Blessed to be one.

Dr Sangeeta Verma

To give People the

opportunity for

Healthy Tomorrow-

Happy Doctors Day

RHEUMATOLOGIST

Dr Shallu Verma

Everyone's health

should be their first

responsibility. So all

of us should focus on

healthy lifestyle by

including regular

exercises, balanced

meals, avoid

smoking, alcohol

white sugar. For any

medical help, doctors

are always available

to give their best to

humanity. I wish all

my patients good

health and well-

Dr Shruti Bajad

Choose a doctor who

is honest and

dedicated and then

follow his advice

with full faith. That

will help you in

keeping a sound

being

Dr Rubal Gupta

Your Health is an

investment, Not

Dr Zubin Dev Sharma

Let's not forget our

learnings from

Covid, and

remember our life is

fragile. We must

keep working hard to

make our lives

healthy and keep

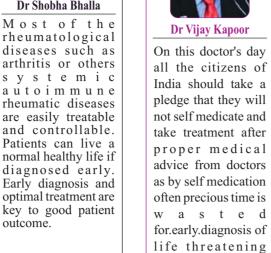
trust in our

caregivers

Expense

who have had to face more risks than most people. Fighting

many medical warriors' sacrificed their lives. It's time to pay



diseases.





I feel incredibly fortunate to be a doctor. In treating my patients, I have evolved as a person, more responsible, empathetic and grounded. It is a meditation to be there and treat. You feel closer to God





Good health is life's greatest blessing. It is an invaluable asset and is a state of complete harmony of the body and mind. On this Doctor's Day let us all take a pledge to prioritise health so that we can enjoy life to the



Dr Ashutosh Goval On this Doctor's

Day, I wish good health to all my fellow doctors. The best way to find Please take care of yourself to lose yourself in the



Skin is the largest organ of our body and it should be given due respect. Any underlying change in the body initially manifests as skin changes, so do not ignore vour skin disorders and visit a dermatologist if

required.



us, to our loved ones, from healing our cold, to our biggest fear, Thank you warriers for your neverending care.

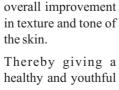


Doctors are bom abilities to change other's lives.



well as his or her physical appearance. So, besides maintaining a good health, one should also focus on daily





appearance. So my message is that radiant skin start with consistent skin care routine.



Doctor heals the brokenhearted and binds up their



Dr Abhuday Singh Rana Few people are the born directly sent from God for us. Salute to the heroic job you did. Hats off



Dr Sanjat Chiwane

Never ignore any

your heart, it can prove

to be costly in the future

Life dose not get easier

or more for giving we

Dr Jainendra Jain

get stronger and more

Dr Anil Mandhani

Let's kill time on self for

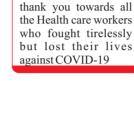
INSTA health, vibrant

FACE and agility like a

Stay healthy, Stay away

tweety bird.

"Medicine treat's disease but it's only doctors who cure For them their duty was before anything else, A heartfelt gratitude and



Dr L K Jha Each one of us have just one heart, so make sure that we take the best care of it.

Doctors are the beautiful blessing of the Almighty u have always treated us unconditionally for better health during pandemic. Thanks for everything Happy Doctor's Day

Dr Sanjeev Chaudhar

Health is jewel of happiness. Be healthy, be happy



Love to you all.

Keep smiling and stay

happy, thats all to keep

Dr Neeraj Jain

t is certainly not easy to

be a doctor because you

have to think of your

yourself. Happy

A big respect and

heartfelt gratitude to all

the heroes who

sacrificed their life in

the battle against our

biggest enemy

COVID.

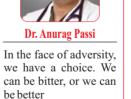
patients before

Doctors' Day!

your heart healthy



Dr. Anurag Passi



Medicine treats the

disease doctors cure



Dr Ashish KR Prakash Between every life and

PULMONOLOGIST

Dr Arun Chowdary Kotaru

This Doctors day lets

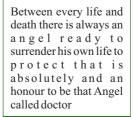
honour the health care

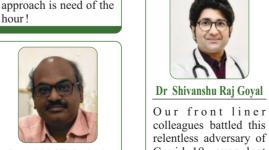
workers who sacrificed

their lives serving

humanity by bridging

the trust gap between

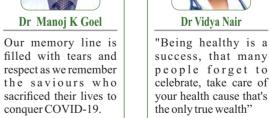




Covid 19, even lost their lives to save many more. To these fallen heroes I express my profound gratitude and admiration. Their legacy fuels our commitment to healthcare, reminding us of the profound

impact we can have on

other's lives.



success, that many people forget to celebrate, take care of your health cause that's the only true wealth" NEUROLOGIST



Dr Vidya Nair

Human Understanding Dr Kapil Agarwal Courage- These make the physician" The toughest responsibility of a doctor doesn't lie in treating the body but it lies in first treating the

Dr Praveen Gupta

Doctors are torch

bearer of wellness for

the society. May the

Dr Rishu Bansal

Observation, Reason

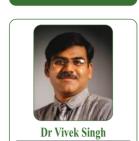
force be with them



Dr Mayank Chawla lives and keeping all of us safe. Dear Front Line Workers - you are an inspiration. Thank you for your tireless efforts!



Dr Pivush Goel Keep smiling and stay happy, thats all to keep your heart healthy



Dr Danish Jamal

"The good physician

treats the disease but the

great physician treats

the patient who has the

Dr Loveleen Mangla

A doctor is bestowed

with the eye to see and

treat weakness in

mankind. He is the one

who can give us hope

when we are in doom.

their selfless devotion lives on, forever inspiring hope in the face of adversity." "In honor of those we've lost, may their memory be a beacon of resilience, reminding us to cherish life and protect one another."

THANK YOU

DOCTORS

The Covid pandemic has upended life for nearly every one, be it

healthcare workers, first responders or other essential workers

covid, protecting patients, saving the nation from the pandemic.

No MS

Better MediciResearch for

who have had to face more risks than most people. Fighting

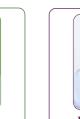
many medical warriors' sacrificed their lives. It's time to pay

SALUTES 1492+ COVID BRAVES ON

DOCTORS DAY

homage and we are indebted.

"In the hearts we carry,



Dr Namit Gupta It's great that we can count on people like you that are risking their own health to help

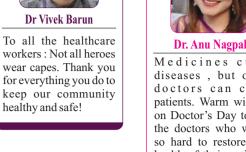


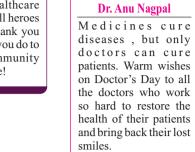
Dr Piyush Ojha A good physician treats the disease but a great physician treats the patient. Proud to be working with many such physicians and to be a physician myself.



Dr Vivek Barun

To all the healthcar workers: Not all heroes wear capes. Thank you





GYNECOLOGY

NEURO SURGEON



Your health is as important as your



A doctor is blessed with the magical powers to treat a life, to bring health into our lives and to be there with us when we have lost all the hopes. On Doctor's day, I would like to advise all the people to get regular health check ups so that many diseases can be prevented or picked up at early stage and treated properly. Happy

Doctor's Day to all my

colleagues.



Dr Himanshu Champaner

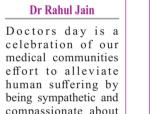
Grateful for all you do

You a true heroes

Words cannot thank

you enough.

Dr Rahul Jain



For doctors. We learn to

the journey called life.

Dr. Divya Kumar



patients needs



Dr Harsh Saini

To all the healthcare

workers: Gratitude and

blessings beyond

measure- for all that

you do, have done

continue to do. May

Dr Piyush Verma

To our extraordinary

superheroes in white

coats, your dedication

and compassion

illuminate our darkest

moments. Your healing

touch and unwavering

commitment save lives

and bring hope to

countless souls. Thank

you for selflessly

serving humanity and

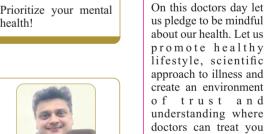
being the embodiment

of true heroism.

you remain safe

healthy, and strong.

health!



HAEMATOLOGIST

optimally.



Cancer may be formidable, but so are we. With each patient, we strive to bring hope, healing and a sense of comfort.



May this Doctor's Day bring you joy, fulfilment and sense of pride in all that you have accomplished & the lives you have touched.

ONCOLOGIST

