

The People's Magazine

# Health and Fashion

₹120

Aug-Sep : 2020 Vol. 10 Issue 5

POSTPARTUM  
DEPRESSION

'It all starts  
from within'



"How  
aromatherapy  
proves to be  
an antioxidant for stress."

COPING WITH  
THE PANDEMIC  
AS CHILDREN

How basic  
ingredients  
from your kitchen  
can boost your  
Skin during this  
Lockdown



Lime Soda<sup>TM</sup>  
By Soundariya

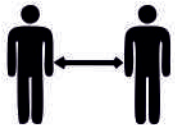
PRESENTS

# THE TRUNK SHOW

FASHION & LIFESTYLE

SEP 4<sup>TH</sup> & 5<sup>TH</sup> 2020

ENTRY BY APPOINTMENT | SAFE SHOPPING



Maintaining  
social distance



Mandatory  
use of sanitizer



Mandatory use  
of mask



Mandatory temperature  
checks using thermal gun

BOOK YOUR APPOINTMENT FOR SAFE SHOPPING

Contact: 98840 39303



## Varnamala

WEDDING EXPERIENCE CENTRE

Habibullah Road, T. Nagar, Chennai

Photograph Partner



Food Partner



Fitness Partner



Magazine Partner

Health and Fashion  
The People's Magazine







# Much more than an old age home

**A place full of Care, Compassion and  
Independence for elderly.**

Life after 60 should be as happy as the life before it. Which is why, unlike old age home, Athulya Assisted Living ensures a holistic approach towards elderly psychological and physical well-being. This means all their spoken and unspoken needs are addressed with utmost sincerity. Athulya is located within city limits to make it accessible to seniors and caregivers. We offer a quality lifestyle to all elderly so that they can live an independent life laced with comfort and care.



## Why Athulya?

-  **Professional Geriatric Assisted Living**
-  **Balanced Need Based Nutrition**
-  **In Your Favourite Neighbourhood**
-  **Comfortable Clinical Beds**
-  **Rental Model**
-  **Safe Engaging Environment**

**Book an appointment:**

+91 (44) 40041616  
+91 98844 97300

 [www.athulyaliving.com](http://www.athulyaliving.com)  
 [enquiry@athulyaliving.com](mailto:enquiry@athulyaliving.com)

**Follow us:**  
   

# Health and Fashion

The People's Magazine

## EDITOR

NARENDRA DAVEY

## EDITOR IN CHIEF

KHUSHALI VORA

## EXECUTIVE EDITOR

DR.KARTHIK NARAYAN

## MANAGING EDITOR

SUGANTHSHREE SUDANTHIRAM

## ASSOCIATE EDITOR

RAM .E

## HEAD - CONTENT & MEDIA

KAVYA S

## ART DIRECTOR

RAJ .S

## SUB EDITORS

DR.GIRI RENGASWAMY

SHANMUGASUNDARAM

## MARKETING COORDINATION

SWATHI

## CONTENT DEVELOPMENT

ASHRITA SETHI

HAARSHINI AGARWAL

APOORVA JHA

KRITHYA

NIVEDITHA .K

SNEHA .S .K

VARSHA ALAN

TAANYAA KAPOOR

YASHASVI KHANCHANDANI

HARSHINI .A

## ADVISORY COUNCIL

Dr. Kamala Selvaraj

Dr. Anbarasu

Dr. Nirmala Sadasivam

Dr. Kolapapillai

Dr.Asgar Alam

Dr.J Mangayakarasai

Mangala Davey

Dr. Ajit Mulasari

## ADVERTISEMENT ENQUIRES :

Email at [team@healthandfashionmagazine.com](mailto:team@healthandfashionmagazine.com)

+91 9840401255

## EDITORIAL ENQUIRES

Email at [khushali@healthandfashionmagazine.com](mailto:khushali@healthandfashionmagazine.com)

**[www.healthandfashionmagazine.com](http://www.healthandfashionmagazine.com)**

Copyright Health and Fashion. All rights reserved throughout India. Reproduction in part or whole without permission is prohibited.

Health and Fashion is not responsible for unsolicited material.

Wellness suggestions and treatments discussed in this issue are only indicators of what makes one healthy or not. It may not be an accurate assessment of what's ideal for you. Consult with your doctor before undertaking any treatment or medication. Also views in articles published herein are those of the respective authors only. Health and Fashion does not necessarily subscribe to these views

[www.facebook.com/healthandfashionmagazine](https://www.facebook.com/healthandfashionmagazine) [healthandfashionmagazine](https://www.instagram.com/healthandfashionmagazine) [hnfmagazine](https://www.twitter.com/hnfmagazine) [healthandfashionmagazine](https://www.linkedin.com/company/healthandfashionmagazine)

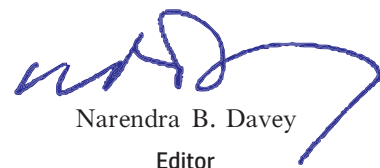
[health and fashion tv](https://www.youtube.com/channel/UC...) [www.pinterest.com/mvicipvtltd](https://www.pinterest.com/mvicipvtltd)



# Editorial



In times of uncertainty, while the economy is struggling and people are losing jobs, we, at 'Health and Fashion,' are here to serve you, in terms of updates in the sector pertaining to Health and Fashion. This year, the magazine has a lot to offer in terms of health, but as the world is slowly tip-toeing its way back to the 'new-normal,' the situation is still economically weak and unstable. The pandemic has crept in, a sense of fear in the minds of people where there is widespread misinformation, fake news and fear, slowly taking the world to lose its identity. It has introduced us to a set of new circumstances, wherein, the enemy against us is invisible, yet people mindlessly are moving drastically towards the old-normal, rebelling against the new-normal. With festivals lined up, our utmost priority should be our health and safety, where each and every one of us must be alert and informed about the situation we currently are in and act accordingly. The Government guidelines must be strictly followed, where stepping out needs to be limited to necessities. The only thing that is holding us together in these times of difficulty is the hope of us being injected with a cure, in the form of a vaccine, probably by the end of the year, which will put an end to the misery. Considering the situation, and being a bi-monthly magazine, this special edition will be accessible digitally and we will continue to keep you posted on all the updates in the sectors, with the same fervour and zest. At the moment, all we have to do is stay at home, be physically distant and socially connected. All this to say, our team at Health and Fashion wishes you all a hail and healthy life throughout the year and we hope to spread viable information through constantly keeping in touch.



Narendra B. Davey

Editor

# COPING WITH THE PANDEMIC AS CHILDREN

By : BRASHA PRAKASH

**A** long standing issue with society has been mental health and the lack of acknowledgment surrounding it. While there has been an improvement in the discussion of mental health, it is still considered to be a taboo subject in some areas, especially in regards to children. With the country at a standstill, due to the extension of the lockdown, people's regular lives have come to a halt. This has greatly impacted the mental health of children and adolescents.

The diagnosis of disorders related to mental health, can begin from the age of 5. According to a survey conducted by London J Prim Care, the prevalence of mental health disorders in children and adolescents is almost 15% - 20% globally and 50% of such disorders begin by the age of 14. However, 70% of children who have experienced a mental health issue have not had appropriate treatment.

Often times, a child's mental state or behavior is a reflection of their surroundings. With the outbreak of COVID-19, followed by the lockdown, children may feel anxious or confused. In such times, children will look to their parents for explanations but due to the nature of this pandemic, parents may not have all the answers. This may provide further uncertainty and, in turn, provoke fear and frustration. As a result, a child's mental state can be attributed to a number of factors.

## **Dealing with change –**

Change often represents uncertainty

and may disrupt a child's environment and provide instability. While events such as shifting schools or losing a family member are inevitable, a child or adolescent may not be able to cope with such changes if they do not possess a proper support system. As the world goes through a global crisis, children and adolescents may experience emotional turmoil and anxiety.

## **Home environment –**

A child's home environment holds the most influence on their mental health. If a child lives in unhealthy or unsafe conditions, they are more likely to develop a mental health disorder. As consequences of the pandemic, people are forced to remain in their homes. As a result, children who belong to dysfunctional or abusive families are continuously exposed to harmful acts and are forced to endure various hardships such physical and verbal abuse. This may cause them to resort to self-harm or to develop depression.

The emotional wellbeing of a child is just as important as their physical health. Good mental health allows children and adolescents to develop resilience in order to cope with whatever life may throw at them and will help shape them into stable, well-rounded adults. But how do you promote good mental health? As we live in such uncertain and confusing times, it can be difficult to provide support to your child, as well as yourselves. So how can you help maintain and improve your child's mental health?

## **Be aware of your children's activities –**

During this lockdown period, virtual

communication has become a necessity. While children are required to attend online classes, it is important that you set limits. Ensure that your child gets adequate sleep and exercise. It is also a good time for children to develop new skills such as learning a new language or playing an instrument.

## **Maintain structure –**

Despite the ongoing chaos, as a result of COVID-19, it is important to follow a steady routine. This will provide your children with a sense of stability and security.

## **Create a safe, positive environment –**

While the global pandemic continues, as parents, you are bombarded with questions from your children regarding their doubts and uncertainties. In such instances, it is important to first maintain your anxiety and then proceed to provide clarification and encourage discussions. This will allow them to openly address any issues they may be dealing with and will provide them with a sense value and respect.

While the cause of a mental health disorder cannot always be determined, there are certain treatments and facilities available that can minimize their effects, such as virtual therapy, suicide helplines and more.

Through the actions of various organizations, children's mental health is becoming a global priority and despite current circumstances, the stigma surrounding the subject is slowly being broken.





# POSTPARTUM DEPRESSION

*To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” —Ralph Waldo Emerson*

Childbirth is indeed an exhausting process. A woman undergoes a lot of changes - hormonal, emotional, physical and psychological, after the birth of her child. There is a big change in her interpersonal world and yes of course, in the family forefront.

There are three entities to this, postpartum blues, postpartum depression and postpartum psychosis.

Postpartum blues or baby blues, with an incidence of 300-700 per 1000 mothers globally, many resolve in a few days to a week and have only a few negative sequelae and usually require only reassurance. It is a feeling of low mood, emotional outbursts, crying for apparent reason, feeling touchy and irritable, anxiousness and restlessness. They usually occur during the first week after childbirth.

If your symptoms last longer or start later, you could have postnatal depression.

The global prevalence of postpartum depression has been estimated as 100-150 per 1000 births. Postpartum depression usually occurs 2 - 8 weeks after childbirth. Do you suffer from PPD? The symptoms are listed below.

- ▶ A total lack of interest and lack of enjoyment
- ▶ Reduced self-esteem and self confidence
- ▶ Trouble sleeping
- ▶ Difficulty in bonding with your baby
- ▶ Feeling that you're unable to look after the baby





- ▶ Problems concentrating and making decisions
- ▶ Self neglect
- ▶ Withdrawing oneself away from the baby and the rest of the family members
- ▶ Feeling worthless and full of guilt
- ▶ Constantly worried that something is wrong with the baby
- ▶ Suicidal ideas or repeated thoughts about death.
- ▶ Negative thoughts and feeling of hopelessness
- ▶ Paranoid and frightening thoughts like harming your baby

Most importantly, a previous history of depression or any psychiatric illness, leads to an increased chance of postpartum depression. Do consult with your treating obstetrician and make sure you are counselled before the birth of your child.

Postpartum psychosis, has a global prevalence ranging from 0.89 to 2.6 per 1000 births, is a severe disorder that begins within four weeks postpartum and requires hospitalisation. Despite India's mental health programme in 1982, there has been no emphasis on Maternal mental health. In India, maternal mental health services are largely deficient in the healthcare sector and the availability of specialists are lacking. We need to educate our people to promote Mental health awareness.

Why is the entire entity so important to us, because this not only affects the mother baby dyad but also the family members around them. Mothers who are depressed are more likely not to breastfeed their

babies and not seek health care appropriately, resulting in their children being stunted and underweight. Studies also show that breastfeeding decreases postpartum depression.

Edinburgh postnatal depression scale, postpartum depression screening scale and few other questionnaires have helped many doctors, lactation consultants and psychologists identify women with postpartum depression.

In one of my studies for postpartum depression, based on the answers of 300 Indian women from Chennai, many of

them had numerous barriers that prevented them from seeking help.

**What will people think of me? How can I be depressed after I have had a 'male' baby? Will my husband believe me? What will my in-laws think of me? My friends did not have depression then why me?**

Apart from the above, in no particular order, other factors that caused depression were, an unplanned/ unwanted pregnancy, mode of delivery, sex of the baby, spousal and familial support, financial insecurity, monotonous schedule of feeding the baby, insomnia, frustration of staying away from work, body shaming, harmful old baby rearing practices, peer group comparisons. I can go on and on about many more causes that have made women sink into depression.

**IT IS OKAY NOT TO BE OKAY**

**"BREATHE, IT IS JUST A BAD PHASE, NOT A BAD LIFE"**

Couple counselling followed by family counselling in the antenatal whilst their wait for the OPD visit, should be emphasised. They should be educated on every aspect and to the fact that every baby and every pregnancy is unique.

There is nothing wrong in wanting a normal delivery, but when the situation necessitates for an alternative way of delivery one has to go through it. It is okay to undergo a caesarean section, and the mother is not a lazy mother just because she couldn't undergo a vaginal delivery. In fact, I would also call them bold and brave to have laid their life on the operating table trusting the team of doctors right from anaesthesia to the delivery of the baby, not to forget the postoperative pain.

Women who have a strong antepartum preference for vaginal delivery, who end up in a delivery by cesarean may be at increased risk for depression in the early postpartum period.

People are so keen to know about the mode of delivery rather than the health of the mother and baby. We really need to educate them on this!

Sex of the baby is not determined by the mother, or any ritual in the preconception period, and whatever sex may be, a baby is a big bundle of joy. Data have also

shown that the birth of a girl baby has had increased risk of postpartum depression

I am obliged to reiterate this again and again that fathers are also a part of parenting right from conception, to the birth of the baby. It is normal for 'men' to take care of their own new-borns right from putting them to sleep to changing diapers to getting cleaned and also helping their spouse to come out of the pain and soreness due to childbirth. This in turn builds a better relationship between them, quality parenting, and also gives the mother some rest when they share the load, allowing herself to unwind. Spousal counselling sessions is a must and should be encouraged. The husband should be thrown some light onto postpartum changes, and the possibility of depression, thereby making it easier to understand the situation and seek help accordingly.

Physical exercises, ranging from walks, to mild aerobics based on the advice of your obstetrician during pregnancy and the postpartum period have helped many to achieve a better psychological well being and thereby reducing depression.

Pre natal and post natal yoga has helped many women fight depression. Every woman is different when it comes to body image, some gain weight excessively some do not. Many have their priorities set in, which may be different from one another. It's okay to be not in shape which is barely a perspective that you want to see yourself in. Embracing one's postpartum body, that has participated in creation and nurtured a life so well with a lot of care and love, is a very healthy way to look at it.

I find it very funny when one says sleep when the baby sleeps, because that is the time you would want to eat, bathe or just do nothing at all, and by time you're done, the little bub is up! I would suggest get help from a close family member or your spouse to get some time for yourself. Your spouse can put your baby to sleep whilst you catch a short nap or a massage or your favourite Netflix series. It is worthwhile to have some 'me time' and you are not being greedy since you want one. Remember, you need to be fine to take care of your baby.

**Still don't have an idea on what to do?**

Do something that would make you feel at ease, going for a stroll or reading a book or a good pedicure/massage, your favourite song list/series or a movie. By giving yourself those time outs you are more relaxed, thereby improving your mood and your breastfeeding journey. Most importantly make yourself really cosy and comfortable before you feed your baby. the more relaxed you are the better it is. Breastfeeding has known to decrease postpartum depression. Eat healthy food that you would generally do and remember whatever you eat literally doesn't get into your baby. Some babies do have colic and it is not because of you, don't blame yourself for it.

When you come across a difference in opinion with your in-laws or older family members, take the support of your spouse and if that is lacking, the best thing would be, is to get your paediatrician to advise them during a vaccination visit. If none of the above are possible, physically distance yourself from the situation or talk to a trusted close friend to calm yourself down.

As the WHO recommends, Exclusive breast milk until 6 months of age is recommended. There are many women who are not able to provide breast milk for their babies due various circumstances and this can be extremely stressful for a new mother. This is a common scenario that many fail to understand. We should be supportive to such women and not shame her for her decision. Not being able to provide breast milk doesn't make you a bad mother.

"Be the woman who fixes another woman's crown without telling the World it was crooked"

**Mrs. Meenakshi**, an entrepreneur said "I accepted I was going through postnatal depression. Next I knew I would make a good mother even with formula feed. I could hold him as much as I want because I had the rest of my life with this lil munchkin. This was only because of friends, family and importantly me coming to terms with certain decisions about my baby"

**Dr. Vidhya**, Paediatrician "The immediate postnatal phase was a storm of emotions ranging from extreme

happiness to a sense of claustrophobia and feeling useless. Regular exercise and going out with my husband for a quick bite or a cup of coffee gave me breathing space. Support in the form of kindness and understanding from my husband is what kept me brave and going"

**Mrs. Veena**, a stay at home mom "I went into a zone of loneliness and negative thoughts about my parenting ability. Yoga and meditation helped me to a great extent"

**Dr. Manasa, Psychiatrist** "Being a psychiatrist, well aware about the postpartum period, the gush of emotion I experienced on my second day after my cesarean section put me in a very hopeless place. Fortunately, with a supportive family I was lucky enough to get over it and get on with my mommy duties"

**Dr. Kavitha Moahan**, Yoga instructor, Founder & Director of Aum Yogini, "You are the exact right mom for your child, yes you read it right! Being a yoga teacher and a spiritual counsellor, I went through a lot of sleepless nights and stress, only through yoga I got back to work. Remember that you are not a bad mother, a bad partner, nor a bad person. You are not alone. Do not suffer in silence"

Going through postpartum depression myself. Despite being blessed, to have my mom as my obstetrician, who along with my dad, conducted my cesarean section, with my husband by my side. I don't know what I would have done without them. My husband, who being a surgeon himself, made sure he was right there whenever I needed him. He made sure that I got regular time outs, just to keep me going through my breastfeeding journey. This wasn't easy at all, and that pushed me to write this article to help break this taboo and to enlighten mothers and their families.

There are many more aspects of postpartum depression that I could talk about. Feel free to write to me at [thegracedoctor2020@gmail.com](mailto:thegracedoctor2020@gmail.com)

Let us empower women, support and uplift them.

With lots of Love,


**Dr. Lavanya Rajaraman MRPCH (UK)**

YOU ARE A GREAT MOM. YOU ARE DOING A GREAT JOB. REMEMBER YOU ARE NOT ALONE. SEEK TIMELY HELP.



Alternate day  
**fasting** to  
**reduce weight?**





**A**lternate day fasting (ADF), also referred to as 'Intermittent fasting' has gained a lot of attention among various dietary trends. Apart from losing weight, following this practice helps in regulating blood sugar and controls cholesterol level. And not only is this diet beneficial for overweight people, it can be followed by people with ideal body weight.

#### **What exactly is Alternate Day Fasting?**

A person who follows ADF, eats only on alternate days. On the day of fasting, the person is supposed to consume only unsweetened beverages, nothing else. However, 'modified version' of this diet restricts you to eat calories, which should not exceed more than 500 calories.

Intermittent fasting provides many health benefits, some of which have also been proven by various studies.

Many studies have established that fasting on alternate days boosts your health and calms your mind. A few other benefits include:

Normally, when people fast, they tend to eat more the following day. But intermittent fasting reduces hunger hormones and hence, reduces your urge to eat more.

Alternate Day Fasting is mostly recommended for obese and

overweight people. By fasting on alternate days, they can drop their weight in a healthy way. ADF also boosts their cardiac health.

ADF is also beneficial for diabetics. It reduces insulin resistance and regulates blood sugar level.

When there is less calorie intake, it helps to eliminate old cells from the body and generates new cells. And this practice delays the ageing process.

Many researches have also shown that ADF leads to losing fat mass and improves the preservation of muscle mass.

Intermittent fasting helps in lowering the risk of heart disease as it lowers LDL or bad cholesterol and improves HDL or good cholesterol level in the body.

#### **Things to keep in mind**

Before you start your Alternate Day Fasting, here are some tips that you should keep in mind:

- ▶ On the day you fast, do not exceed your calorie intake for more than 500 calories.
- ▶ Choose to eat fresh fruits and vegetables.
- ▶ Drink lots of water, soups and unsweetened beverages.
- ▶ If you want, you can split your calorie intake. Or eat one large meal during the day you fast.
- ▶ The day when you are not fasting, avoid indulging in over-eating. You should prefer eating proteins, vitamins, whole grains and fresh fruits and vegetables.

#### **How safe is Alternate Day Fasting?**

According to various studies, intermittent fasting is beneficial for everyone. Even if you have a healthy weight, you can opt for Alternate Day Fasting. And for those who want to experience better results, indulging in physical activities is as important. This diet promotes digestive and metabolic processes, hence, it is a healthier diet plan.

**Caution:** Pregnant women, lactating mothers, children and teens and people suffering from eating disorders should not follow this diet!

# 'IT ALL STARTS FROM WITHIN'

*Being a celebrity dermatologist, industry pioneer, author and a leading expert in aesthetic medicine, Dr. Rashmi Shetty is regarded as one of the best dermatologists in India and has an experience of over 20 years in the field. Her aesthetic magic has been the silent reason behind the enthralling beauty of several mystifying personalities. Having done her Medical Graduate from the prestigious Mysore University, Post Graduate in dermatology from Mumbai and Diploma in Cosmetology from Chester, UK, she is the first Indian woman to have appeared on the International Advisory Board of the Anti-Ageing World Congress. She is more famous for her hands-on for facial aesthetics, par excellence injector skills and is at the forefront of surgical and non-surgical cosmetic medicine. She is a global icon and is celebrated internationally in academic and industry arenas, and also appeared on the Scientific Advisory Board of Aesthetics and Anti-Ageing Medicine Asian Congress (AMAC). Dr. Rashmi Shetty has also been titled as the 'Beauty Doctor of Bollywood' and has the answer to every question you have ever had. Below is a one-on-one conversation with the lady herself!*

**Q) What gave you the inspiration to start writing Age Erase, which was released in the year, 2014?**

The reason behind that book was that there are a whole number of people all around the country, beyond the country and around the world where they can't probably reach a doctor for whatever reason, maybe financial, maybe just the distance, maybe they have a really busy lifestyle, maybe they are students going to school, but everybody has a right to good and healthy skin and hair. That is

when I thought, that I should put a few general things that everybody can follow to keep themselves healthy and the beauty that glows from within. And the title 'Age Erase,' might sound like an Anti-Ageing book, but it isn't. It is a simple logic which denotes - rub away the age or erase the age. There should be no age to beauty, and you should just be called, "Wow and beautiful." It doesn't make sense when people say, "Oh, she is beautiful and 20, or beautiful and old!" So, erase the fact that there is a number to age and understand that every skin or every age needs to be taken care of and it is important to keep it cleansed, nourished and healthy to have that everlasting glow.

**Q) What should one do in order to keep any kind of skin healthy?**

So, just to keep your skin healthy in general, the first thing you need to do is, make sure you follow a good lifestyle, which means a healthy eating habit, a healthy sleeping habit, which includes sleeping on time and waking up on time. Eat all food substances but within a limit. Stay happy and exercise daily, and this altogether keep any kind of skin







healthy. And then from the top, make sure you cleanse your scalp well and clean, and a healthy and nourished skin is best from within and from without all you need to do is nourish your skin with a good day cream and night cream. The day cream can have an anti-oxidant and night cream can have some reparative ingredients like peptides and maybe a small skin lightning ingredient which takes away the damage from the sun during the day and then definitely use a good sun protection through the day. So, this will in general keep you healthy, since most of the diets do not give us the nutrition that we require. Supplements are a fantastic thing to do and therefore RA supplemental line came into possession and RA supplements were made because we wanted the right skin ingredients in the right quantity for all the skin and hair care needs.

Q) Having been in the field for more than 15 years, what were the difficulties and hurdles faced by you then, and how is it easier and different now?

Being in the field for more than 15 years, what was difficult then was people didn't even know that this was a branch of medicine. So, we needed to convince people, talk to them and make them understand that it is a branch of medicine, where utmost care is required and your inner health is equally important, all of which needed to be told to people. Right now everybody is the enlightened audience, where they know it all and they know that they need to be taken care of. Apart from that, today has its own difficulties because in the clinics, some are qualified and some are not qualified, so people are not able to see the difference in all of them. It is very essential for people to understand, that it is important to find out the doctor's qualification, the equipments used in the clinic and whether they are of standard equipment or not. All in all, these are the things one needs to understand and also to have in mind that this is serious medicine and you should not look for bargains and deals.

Q) What are the treatments that you perform on a daily basis, as you specialise in a lot of areas?

Facial aesthetics is my forte, so on a daily basis I do a lot of fillers, which is my

expertise and people come to me because my results and fillers are so natural, that you can't even make out that I have done anything. So, all my patients just say, "oh, we do a nice little facial at Dr. Shetty's clinic and we glow," but you can never make out that one has touched your face at all. My expertise is to have the most natural result as the end result and I do a lot of fillers, injectable practise, lasers and skin tightening. Basically, beautifying, enhancing and anti-ageing is where my forte is and recently I have developed an interest in body sculpting as well. So, we do a lot of body work.

Q) Being in the limelight with celebrities and an expert in the field of aesthetic medicine, what are the common scalp issues that your clients face with an increase in air pollution?

Most people end up having, either a very dry scalp or dandruff which is a very common issue, or you could also end up having folliculitis. And, some of them might happen due to pollution and some of them due to wrong hair grooming habits. So, one needs to decide and treat them accordingly.

Q) Is it valid in the 21st century, that there is a taboo in the cosmetic industry wherein, only women need help with their skin and not men?

Men definitely need skincare too. There is no such restriction that men don't need skin care and women do. In fact, there are companies who have started making products for men too. In my very own clinic, they come to me for skin tightening and what not.

Q) What do you think is the reasons that, the cosmetic industry shy away from making products for men?

The cosmetic industry is not at all shying away from making products for men. Every company has products for men and major MNCs have also brought in products for men and in fact it's buzzing and even in our clinic, more than 30% of the patients are men and they don't shy away at all from doing anything from fillers to skin tightening and lasers to all therapies and anything and everything.

Q) What is the secret behind celebs having flawless skin?

Celebs follow a very healthy diet as well as lifestyle. Even though they have a tight

schedule, they never fail to follow their skin care routine and that dedication and care is what people need to follow too.

Q) What is the best known way to fight ageing without going through any clinical procedures?

To avoid going through any clinical procedure, first thing is moisturising your skin well and applying sunscreen during the day time. You could also take supplements which go a long way, like the RA hydrate is one of the best supplements that would work for you inside – out. This should keep you glowing from within and use a night replenishing cream if you don't want to visit the doctor's clinic.

Q) What is your prescribed life style to reduce the ageing of skin?

Keep exercising, whether it is yoga to keep your muscles in a good shape, go for an anti-inflammatory diet and keep your weight in check. So, basically this helps you in having a natural glow.

Q) During the wedding season, the sales of dermatology clinics go up by up to 20-25 per cent, since the would-be-grooms need to get their skin polished and get the wedding feels on. With an increase in percentage in men getting treatments done, do you think they are still shying away from performing such treatments? If yes, then why?

The patients, for example, men coming to the clinic during the wedding season going up, I really don't know. But otherwise, the sale from men coming to my clinic for other treatments has definitely gone up, especially for acne, hair, pigmentation and acne scars.

Q) There are many social media influencers, who are very verbal of their morning and night skin care routines and influence people to use such products. What according to you is the impact that people have after watching those videos and how far is it beneficial?

I don't want to comment on any blogger, but it depends on who the blogger is, and whether he is a qualified blogger or dermatologist and that is what is important for you to understand when you follow what they are saying.

Every skin is different, I suggest that you check with a professional before you try anything.

# THE GRACE DOCTOR - BETTER UNDERSTANDING, BETTER CARE



**T**oday, 2020! The World has shut herself down, to this deadly pandemic with the novel coronavirus. There has been anguish everywhere, with an unending uncertainty. Our education system hasn't trained us to live around a pandemic. Amid this fear, came the scarcity of sanitisers and masks which lead to a surplus amount of knock-off's and ineffective products.

At the very same moment in time, a large army of nurses, doctors, hospital cleaners, vegetable vendors, corporation workers, fire and police and many other essential services are working 24x7 relentlessly to make our lives, a little better during these tough times. Their services are at the cost of their own health and their families. They lack proper knowledge and tools to defend themselves, and that's when The Grace Doctor was formed.

The founders, Dr. Thineshchandar and Dr. Lavanya had their heart set to educate, contribute and deliver the best tools to overcome this pandemic. Before they became this power couple two years ago, they always wanted to make the world a better place.

Dr. Thineshchandar from an early age, was motivated by his grandfather to help the elderly at their local old age home and support the people in need. During his medical school, he participated in many free medical clinics for the rural population. He organized medical camps and supplied essentials during the Chennai floods. As an Orthopedic Surgeon, he has devoted his time in Lakshadweep Islands and in villages

around Thanjavur to identify and help patients with bone and joint disorders where quality healthcare is a distant dream.

**Dr. Lavanya**, a pediatrician, an animal activist and a hardworking mother and a recipient of the MAYAN awards in 2016 for her work during the Chennai floods. She is a motivational speaker and helps women battle with problems related to childbirth and motherhood. She has helped parents of sick children to raise funds for their treatment. She helped a group for HIV positive children for their education. She is also a volunteer in many animal activist groups that feed and save stray dogs and cats of Chennai.

As Doctors, they found that when the **Covid-19** pandemic hit Chennai, there was a big gap between understanding what is right and how to collectively fight the virus. "I saw parents of my patients touching their mask and then feeding their child without washing their hands or sanitising them which is the most basic form of defence against the virus" said Dr. Lavanya. The internet and social media doesn't make it easier with the free flow of false news. We should get information from trusted sources, media outlets and medical journalists that follow strict codes of practice.

At the start of the pandemic, the demand of hand sanitisers and masks had risen by more than ten times which led to a surplus amount of ineffective products in the market that do more harm than good. "I have been using sanitisers and masks in hospitals for 15 years now, and believe it or not, I could not find the quality brands since the demand was high so I had to buy the new locally produced ones which led to rashes and discolouration of my skin" said **Dr. Thineshchandar**. That's when he and his wife wanted to educate the public and fight fake news and deliver the right products.

They curate a box of monthly supplies of the best hospital grade products like masks, sanitisers and disinfectant sprays. They are delivered to you at your doorstep which contain brochures with information to live the "NEW NORMAL" life.

They believe in **1 PURCHASED = 1 DONATED**. So with every kit purchased, they donate a month of supplies on your behalf to the frontline workers to make their lives a little bit safer. Nurses, hospital cleaners and caretakers, vegetable vendors, police and security personnel are the frontline workers who were the most affected. "With a small income, buying quality masks and sanitisers were a big burden on them financially. So we wanted to help and provide with adequate tools for them and their families" shared the founders.

They have donated and helped over 700 frontline workers in two months providing them with personal protective equipments and free medical consultation. They work with the Health department of Greater Chennai Corporation to help ASHA and Focus Volunteers who are at the ground zero of this pandemic.

So let's join these Doctors in this fight to not only safeguard us but also our frontline workers and work towards a safer India.

Follow them on [www.thegracedoctor.com](http://www.thegracedoctor.com) and on Instagram for more details





# Leading your Team to Survival - Changing role of Parents

If the commitment Pre Covid19 was a 100 percent, Covid19 Times and beyond (whenever we can ever get back to the ways it used to be), have ensured that parents have become the frontline warriors in their homes. The homes, no longer represent the family environment that once as - they are now environments that transform into work spaces, schools and recreation centers ('restaurants' look-alike) not to mention fitness and counselling stations. Social circles are now a part of this environment and 'connecting' with people face to face is also restricted to homes currently, and perhaps life for a few years till we find the vaccine. For till then it will mean survival and protecting against a virus that has the potential to destroy our world.

With the changing physical landscape of homes, the role of the parent changes as well from being the primary provider to now an Edu partner, health official, WFH professional, counsellor, organizer, cleaner, chef, friend, playmate, entertainer, trainer and confidante. The day with its 24 hours means parents have to remain active and alert and while they juggle their responsibilities with work and household chores, the lack of outsourcing options creates a demand on their time as never before, and therefore the role is heightened. As compared to pre- Covid time now it doubles capacity and I dare say in the next 18 months as well as we normalize and get used to life in unpredictable times.

So, what does this change really entail? For starters imagine that you as the Captain of Team Mission C! As a leader,



*by Ms. Fatema Agarkar,  
Educationist and Founder of ACE*

your primary responsibility is to ensure that your family members - your team are all playing their part to 'survive'.

For starters, as parents, we will need to recognize the importance of time management, scheduling and communication. TCS, as I popularly call it will enable parents to (using the principle of getting their oxygen masks fitted first - fitness, sleep, food and personal time) organize themselves and their families in a manner that maintains peace and well-being.

Creating weekly flexible routines (time-tables) for every member, assigning roles and responsibilities so that everyone's contribution will keep this engine at home chugging along as without help and support, it will frequently break down. And the repair may just be more painful and hence prevention is better than cure in these cases and surely, in these times.

Flexibility is the key and while creating a time-table for what happens when, and a task-sheet for who takes what responsibility one has to respect that we are working with human beings, their feelings and emotions and therefore unlike parts of the machine, they will need understanding, some space to manoeuvre, change, and time to settle in. This 'personal' flexibility keeps the 'team' (your family) emotionally comfortable and that is a great starting point. Conversations with every individual at their pace will help in getting their buy-in for the reason this is been initiated.

Learning to say no, and accepting that everything cannot be addressed is also a big shift from yesterday as there was a larger

team you can empanel to manage the tasks. With limited resources, you must, therefore, learn to prioritize and make decisions on a 'need' basis.

Empowering and also 'walking away' from tantrums, disputes, outbursts would be a useful tool, allowing the team to also resolve without your intervention - disagreements between siblings, disagreements between grandparents and children/ spouses and children, etc. Let them also learn to 'deal' and 'cope', acknowledge their mistakes and find a way out of the situation. Becoming the person who always does it and 'sets it right' also cripples their independence, so resist this temptation at all times. Intervene when it is life-threatening. This will help you remain energetic when you need to play, conduct fitness regimes and negotiate with them about bedtime routines and meal choices.

Make the world more inclusive with them leading some decisions like what they would like to eat, or how much screen time, or when they would like to get their fitness routines in or when they would like to read. By making them part of the decision, and not making it for them, allowing discussions and communication but also a buy-in that makes sticking to a routine easier.

Share, share and share everything with your children as they are exposed. When you share the good and the bad and explain it in a simple manner, not built with anxiety, children learn to embrace the world with its grey areas and then your expectation of yourself as the superhero will no longer become the burden it is now, where you are supposed to have all the answers and can do it all.

Personal time and you're well being must be respected and appreciated. Therefore, ensure that they understand that this is 'mommie' or 'daddie' time, just like they had limited access when you were on chores outside the home in case you are a homemaker or for work if u are a working spouse. Children need to understand that parents also have routines and therefore, these times are when they find solutions or occupy themselves independently. As a coach, you will give them choices, options and walk them through times that you need to work on your personal targets. This is critical as this creates respect and empathy.

So from an instructional, directional role parents will experience a shift in their mindset, and ditching some age-old traditions for the more evolved role that of inclusive and empowering conversations, becoming mentor and guides who understand behaviour patterns and work with that, the role of the parent undergoes a transformation as well. At all times maintaining patience (well meditation and yoga is great for this), discipline and balance in ourselves will set the right examples for children. The role model that we want to demonstrate.

Allow yourself moments when you can 'cheat' and bend rules to keep the households 'happy', 'alive' and 'moving' .... using humour works immensely and remember it is therapeutic, a great stress buster, and in many cases without awkward discussions, laughter and jokes seamlessly help you exit some tough situations and generally restore the mood!

Embrace Covid19 parenting as a Captain, and reorganize your thoughts, and approaches to work for your team. Remember, the grass will always be greener on the other side so better not to constantly look at social media and track what other families are doing. You are not them, and you have a unique proposition ahead of you. Make the most of it.



# How basic ingredients from your kitchen can boost your Skin during this Lockdown

**L**ockdown has given us an opportunity to take care of ourselves. Staying indoors one gets inclined to take good care of oneself and indulge in self-pampering to boost skin condition. We all desire for a healthy and glowing skin. Stressful lifestyle, lack of nutritional diet, exposure to harmful UV rays are the major factors which makes our skin dull and dry.

With this extra time in hand, it is our chance to look inside the kitchen and find out the ingredients to rejuvenate skin and bring a radiant glow. Try these home remedies to achieve the perfect skin you long for.

## **Cucumber Skin Cooler**

Cucumber is easily available in every kitchen. It has cooling effect and its anti-oxidants properties replenish dull skin and helps to reduce puffiness around eyes. Cucumber with Yogurt works excellent for skin rejuvenation.

► Grate the cucumber in yogurt, beat it properly. Apply this mixture on your entire face and neck.

► Leave it for 5 minutes until it dries and wash it off with cold water and pat dry.

► Repeat this once in every 4 days.

## **Milk and Kalonji mask**

Milk Cream (Malai) is enriched with Vitamin, protein, fat and minerals which are good for skin. It works excellent on dry or parched skin and boost of hydration to dull or dehydrated skin. One can also use toner or low fat milk in case you have normal to dry skin.

Kalonji seeds are very beneficial for removing dead cells and to bring glow.



**By Ms. Pooja Nagdev  
Founder & CEO  
INATUR Ayurveda & Aromatherapy**

► Soak kalonji seeds in milk cream or no fat toned milk for 10 minutes till they become soft. One can directly apply on your damp face. Keep it for 10-15 minutes then rinse it off with lukewarm water. Make sure your face is clean on clean your face with cotton ball before application. It's good for deep cleansing and skin brightening. Please note this is only







recommended for those with dry skin.

This process can be repeated in every four days.

#### **Citrus Rice Flour Mask**

Lemon juice/ Orange Juice/ Amla juice and Orange Peel powder are a good source of Vitamin C. Vitamin C is suitable for open pores, skin tightening. It helps in detoxification, promotes collagen and anti-aging. It will deep clean your skin and pull the blackheads. Orange peel powder can be easily made at home. Dry some orange peel is the sun and when you are that are completely dehydrated make a powder in a mixer.

Rice flour is very good on soaking excess oil (sebum control) and supplements the citrus juices.

► Take 1 tablespoon orange peel, 1 tablespoon Rice flour, and get drops of Amla or lemon juice mix it until it becomes smooth paste by adding rose water.

► Apply this pack on face and neck, keep it until semi dry.

► Later rinse it off with cold water.

This mask is recommended for people with oily skin.

#### **Clove, Ajwain Oats and Yogurt Mask**

Clove, Carom Seeds (Ajwain), Oats powder and Yogurt this mixture is good for Oily skin due to it has anti-bacterial properties and enzymes. It can help reduce acne and fade acne scars.

► Grind a teaspoon of ajwain and one clove together and mix it with Yogurt and oats powder until it becomes a paste.

► Apply this paste on your face for 10-15 minutes.

► Wash it off with lukewarm water

► For better results, use 2-3 times in a week.

# "How aromatherapy proves to be an antioxidant for stress."

Essential Oils are also known as the fragrant pharmacy. Our mind, skin and hair all benefit from the pure essential oils. They make excellent stress busters and hence can be aptly called an antioxidant for stress.

When these oils are applied topically, they not only benefit the skin but also penetrate inside to be absorbed into the bloodstream where they infuse more intense therapeutic benefits. Their odoriferous molecules are inhaled which means the essential oils can affect us on an emotional and mental level as well. How wonderful is this. There are certain oils that help to calm our mind and improve our breathing.

Everyone in this world is under some kind of stress. Mental health is as precious as physical health. One has to identify the stress that is bothering and then choose essential oil synergistic blend to act on mind.

Let us distinguish between different kinds of stress. It may be positive stress, normal stress or a distress. It is very important to understand the kind of stress one is facing.

#### **Positive Stress**

Positive stress makes us leap higher and excitedly take on tasks & challenges on hand. This calls for oils that keep us focussed and our mind elevated to face the challenges and let the creativity flow.

This positive stress is caused when we trying to achieve something for example stress during exams. In this case we want the oils to help us focussed and relaxed.

A blend of following oils or individually these oils can be used.

Geranium, Lavender, Basil, Sandalwood, Bergamot, Patchouli and Cardamom

#### **Normal Stress**

Normal stress occurs when our body performs its functions for survival as a response to circumstances. Most of the time it catches us unprepared. For

example, when in a car accident there is rush of adrenalin in the body. It may lead to our heart pounding or heart shivering. Sometimes the trauma lingers for days. In this situation we need to normalise our body and mind.

The following oils are very good individually or as a blend to uplift our spirit and normalise anxious mind

Bergamot, Grapefruit, Neroli, Palma Rosa, Lavender, Lemon, Ginger and Rosemary

#### **Distress**

Distress is another level of stress that happens when our Normal stress becomes chronic, and as a result one loses hope, willpower and energy. It often is associated with feeling of frustration and guilt.

These are the oils that one can use for distress situation;

Pettigrain, Clary-sage, Lemon, Marjoram, Neroli, Nutmeg, Roman Chamomile and Lavender.

Now you all must be wondering how should you use these oils. For all kinds of stress a bath after work every night works wonders. Simply add 8-10 drops of your favourite oils to the bath.

You can also make a blend of essential oils in a carrier oil that can be massaged on to the body gently for 5 minutes before shower.

These oils can be used in a diffuser (it can be electric or candle) to diffuse the energy into the atmosphere.

One can also sprinkle a few drops on a handkerchief or pillow cover to let the fragrance enter the nostrils and blood stream.

So don't stress out and make yourself a priority. Watch your body and keep away from people and situations that alleviate it.

#### **Much Love**

Pooja Nagdev

(Founder) INATUR







# “Textiles are a vector for re-transmission,”

*says Defend & Protecht*



**D**esigned and developed in three-layer variants, Defend & Protecht, a Chennai-based initiative, is here to launch active virus-resistant masks, powered by four HeiQ Swiss Technologies for the first time in India. The outer barrier which is common for all variants is engineered to actively destroy viruses and microbes on contact and filter pollutants, and is droplet and water repellent. The middle layer is treated with anti-viral, anti-bacterial, water repellent and pollutant filtering technologies. The inner comfort layer has thermoregulation, moisture management and odour control. Moreover, the mask is self-sanitizing and reusable. They will be sold at an affordable price and will be available in various colors and prints. Following is a one-on-one conversation to know more about the initiative!

**Q) Being the first in the market to introduce multi-functional protective masks, how do you assure your customers for its reliability?**

The masks at Defend & Protecht are certified by HeiQ Swiss Technology testing services for proper application of their technology on our textile. Our masks are powered by four primary HeiQ Technologies which include, HeiQ Viroblock NPJ03 – antiviral protection, HeiQ Pure – antimicrobial odour control, HeiQ Eco-dry – moisture and droplet repellent and HeiQ Smart Temp – intelligent thermoregulation. A secondary HeiQ Technology, HeiQ Fresh – that neutralizes volatile organic compounds (VOC) has also been added. Once the fabrics pass the testing parameters and are approved by HeiQ, we use the HeiQ Viroblock tag for our masks, as an authorised attempt.

The technology provided by HeiQ is OEKO-approved and the masks have undergone numerous tests which put them at an international standard. The masks are certified by SGS Testing Laboratories and SITRA (South India Textile Research Association) Testing Laboratories.

**Q) What is the inspiration behind the creation of active virus-resistant masks?**

This community initiative is driven by a group of textile industry exporters – Emcee Apparels, Sreekumar Texind Corporation and Dvintex. In the face of the pandemic, with an increased mask production, we quickly zeroed in on the fact that textiles are a vector for re-transmission and the current fabric masks were at best – a passive filtration system. The lack of any pathogen killing textile mask in the market was the starting point to bring in an effective active anti-viral mask that inhibits viral activity and destroys bacteria on contact. This technology was already available for clothing and it was well suited for a mask. And so, we decided to use this technology and build a mask for the common man.

**Q) Even in these unprecedented times there are many, who cannot afford the basic requirements like – wearing a mask. As a Chennai-based initiative, what is the kind of market policies that you use to make your customers aware of your products usage, on a daily basis?**

Our awareness campaigns are already well in place by several bodies. What we are setting out to do is to make anti-viral masks affordable for all. We will be going through enquiries based by NGOs, Self help groups and not through profit organisations, in turn, making available the Essential India line which provide anti-viral masks powered by HeiQ Viroblock and priced at INR 30 – INR 50. This will not be available for sale on regular online platforms. These will be sold only to registered public service oriented institutions. The masks will be reusable and washable for upto 30 gentle washes making it a very effective and economic value proposition.

**Q) What are the processes that go behind the production of your masks?**

The masks at Defend & Protecht undergo careful selection of fabrics, effective application of biochemistry and assemble age of materials into a mask in a WRAP (Worldwide Responsible Apparel Production) approved production factory, that has a predominant women-centric work force. These masks are unique in that they utilise four international technologies – HeiQ Viroblock NPJ03, which is one of the first textile technologies in the world to be proven effective against SARS-CoV-2 (COVID-19) in the laboratory, deactivating 99.97% of the virus in just 30 minutes; HeiQ Smart Temp for thermoregulation and moisture management; HeiQ Pure for odour control; and HeiQ Eco Dry for water and droplet repellent properties. Such a combination of high-tech Swiss textile innovation on one mask is currently not available in the market.

**Q) Seeing the current scenario, the target audience of the virus are (above 60 and below 10). What is the method that your initiative will be seeking, in order to reach the target audience, since your products will be available online?**

The masks at Defend & Protecht will be available on our website, [www.defendandprotecht.com](http://www.defendandprotecht.com), Amazon and via select distributors who are carefully chosen.

**Q) Your initiative is led by the technology, named – HeiQ Viroblock. What is the significance of this technology and how is it any different from the other products available in the market?**

In a recent CNN Money Switzerland interview, HeiQ Group's CEO Carlo Centonze said, "All the textiles that are treated with [HeiQ Viroblock] become basically capable to destroy both of them in seconds to minutes and make sure that there is no re-transmission or contamination from the surfaces." This is a superior technology, and in combination with the other HeiQ technologies, we are the first to introduce a mask such as this in India.

HeiQ Viroblock had functional anti-viral treatment for SARS COV-1. But, when the infection rate slowed down, the technology went into HeiQ's archives.

With the advent of the current pandemic Covid-19, they were able to quickly resurrect this technology and modify it to inhibit the viral activity of SARS-COV-2 (COVID-19). They had the advantage of time and we felt that, this was the best bet for a market that needed such a product. HeiQ is also known for their attention and adherence to governmental regulations and environmental-friendly technology. Last but not the least; among all other companies in this bracket, HeiQ is amongst the few who provide support textile technology that makes a mask, easy and comfortable to wear.

**Q) Based on CDC research, your initiative focuses separately on masks for men with beards. What is the type of material used for the same?**

The material that has been used is the bird eye polyester and a self stretching knit mesh. This helps wrap and secure the mask around the beard so that a good seal is maintained.

**Q) With the production of these masks, what is the overall rate at which it is aimed at producing?**

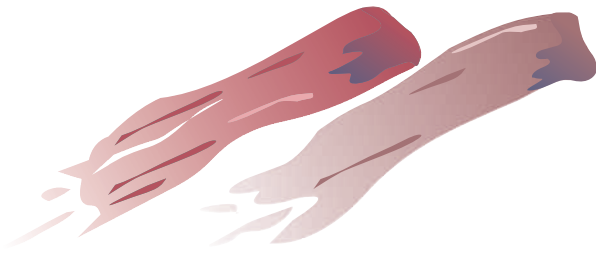
We will start with around 300,000 masks and continue the production to meet the growing demand.

**Q) Once your products are available online, what are the precautionary measures that you will be following in the distribution process, taking into consideration the current situation?**

We play the role of a manufacturer and seller. Our masks will be available on our website, Amazon, other reputed online platforms and carefully selected distributors only. It will not be available through re-sellers on any website or e-commerce platform. This will greatly minimize the chances of counterfeit production.

**Q) Talking about Phase 2, what are the other products that can be expected?**

Other protective accessories that we will launch in the future include medical gowns, salon capes, curtains, gloves and more. The launch of these products has been hampered by constant lock downs and containment zones. We expect the extended protective product line to be launched in the next quarter.



# Wisdom of nature with care

**P**arabens and sulphates are chemical elements which have been used in shampoos since the 1950s, and it is said that, use of parabens, prevents the build up of bacteria and act as a preservative agent in deodorants, lotions, shampoos and scrubs. On the contrary, sulphates are foaming agents that are found in shampoos and toothpastes. Yet, these chemicals have been used time and again and are causing several problems by its usage in high amounts, especially in the hair industry; it is causing damage to the hair by leaving behind problems like, dry scalp and hair fall. Several studies reveal that, particles of paraben found in the system are causing health issues like breast tumours, whereas, sulphates leave residues in the lungs and brain.

In the world of hair care, and with the aim to treat hair and combat and cure multiple common problems, Anveya has launched –Anveya Hydrate and Nourish Shampoo that acts as a natural moisturiser with its hyaluronic acid content, along with fermentoil which is a mix of argon oil (restores shine and elasticity), green tea oil (Anti-bacterial), sunflower seed oil, Almond oil (soften, silken and detangles), Camilla oil (manageable), with the added benefits of vitamin B5 and E oil to lock in moisture and to make hair stress free and adds free radicals which helps in preventing and treating damage, restoring volume and reducing breakage. It is suitable for all hair types.

Following the tagline of – 'Nothing Nasty', this product avoids the usage of parabens, sulphates, silicones, alcohol, ammonia and is gluten-free. Backing it up with ResistHyal™ – an active ingredient, it contains cingan synergetic ratio of hyaluronic acids, dissolved in a combination of water and lactic acid.

Anveya Hydrate and Nourish Shampoo comes in a 250 ML bottle, with a MRP of INR 695 and is available on Anveya's website and other e-commerce websites like, Amazon and Flipkart. The vision of the company is, to re-connect with nature and provide products for a healthy and eco-friendly lifestyle, combined with the wisdom of nature.



Backed by  
**FRENCH  
BIOTECH**





Since 1950

# Laser & Laparoscopic Hospital

General Surgical Hospital

121, G N Chetty Road T. Nagar, Chennai, Tamil Nadu 600017

Email: ashokllhntnagarchennai@gmail.com



NABH Accredited



## Dr. Anisha Ashok

MS, MCh Surgical Gastroenterologist, MRCS, FMAS, DMAS,  
FACS Fellow of Robotic Surgery.  
Fellow of Hepatobiliary Pancreatic and Colorectal Surgery.

## Dr. Jayanth Vijayakumar

MS, M.Ch Vascular And Endo Vascular Surgeon



### Laparoscopic / Minimal Invasive Surgery For:

- Gall Bladder Stone,
- GERD / Acid Reflux Disease
- Cancer of Stomach /  
Colon / Pancreas,
- Appendicitis
- Inguinal Hernia / Ventral Hernia
- Fibroid Uterus

### Surgery For:

- Thyroid & Parathyroid Disease
- Breast Cancer
- Tummy Tuck & Abdominoplasty
- Stroke Disease
- Lymphoedema
- Abdominal Aortic Aneurysm

### Laser For:

- Kidney Stones
- Hemorrhoids
- Varicose Veins

### Other Services Available:

- Complete Laboratory Services • Digital X-Ray • Ultrasound • 2D Echo & Doppler
- Pulmonary Function Test • Endoscopy • Colonoscopy



You Don't Have To Be Afraid  
Of Cancer Any More...  
We Can Take Care Of You...

*We can take care of you  
of cancer any more...  
You don't have to be afraid*



We are driven to make a difference in the lives of each individual patient we serve. Our care providers focus not only on the disease, but the whole person — providing educational, emotional and spiritual support.

As one of the most comprehensive cancer programs in the country, the Dr. Rai Memorial Medical Centre provides a full range of services, including the latest medical breakthroughs in detection, prevention, treatment and research.

**Dr. R.R.Rai M.S (Surgeon)**

## Services

- ✚ Breast Cancer
- ✚ Colorectal Cancer Program
- ✚ Gynecologic Oncology
- ✚ Medical Oncology
- ✚ Head And Neck Cancer Program
- ✚ Neuro-oncology
- ✚ Pediatric Oncology
- ✚ Radiation Oncology
- ✚ Thoracic Cancer Program
- ✚ Urologic Cancer Program

The **Dr. Rai Memorial Medical Centre** strives to be a leader in cancer care by providing expert services and state-of-the-art technologies to patients in our community. As one of the most comprehensive cancer programs in the India, the Dr. Rai Memorial Medical Centre provides a full range of services, including the latest medical breakthroughs in detection, prevention, treatment, and research.

The **Dr. Rai Memorial Medical Centre** provides exclusive cancer services and the largest clinical research program, and is on the forefront of discovering and improving cancer treatments to make a difference in the lives of each individual patient we serve.

## Dr.Rai Memorial Cancer Institute

No: 562 - Century Plaza, Anna Salai, Teynampet,  
Chennai - 600018. TamilNadu, India.

Telephone: +91 - 44 - 24349594 / 24349860 / 24349407

Fax: +91 - 44 - 24349594

Email: [info@drraimemorial.org](mailto:info@drraimemorial.org)