

Lifestyle Matters



- Sedentary Lifestyle contributes to poor physical and mental health.
- Lack of Physical activity is one of the leading cause for preventable lifestyle diseases.
- It can cause ailments like metabolic diseases, joint and skeletal problems, heart diseases, high BP, obesity, diabetes, stress, etc., which surely are preventable.
- Abdominal obesity is a major risk factor for Heart Diseases.
- Substance Abuse contributes to health risk.



SITTING is the new **SMOKING**

Know your Figures



Body Mass Index (BMI) :
Weight (Kgs)/Height² (m²)

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m}^2\text{)}}$$



Underweight
t
< 18.5



Normal
18.5 to 24.9



Overweight
25 to 29.9



Obese
30 to 34.9



Morbid
Obese
>35

Waist : Hip Ratio

- Males < 0.90
- Females < 0.85

Ideal **Blood Pressure** to be maintained around 120/80 mm of Hg

Sugar Levels : FBS <100mg/dl,
PLBS<140mg/dl, HbA1c <5.7.



Let us replace our "I'll start exercising and eat healthy from **TOMORROW**" with '**TODAY**'
...and move one step ahead towards a '**HEALTHY ME**'

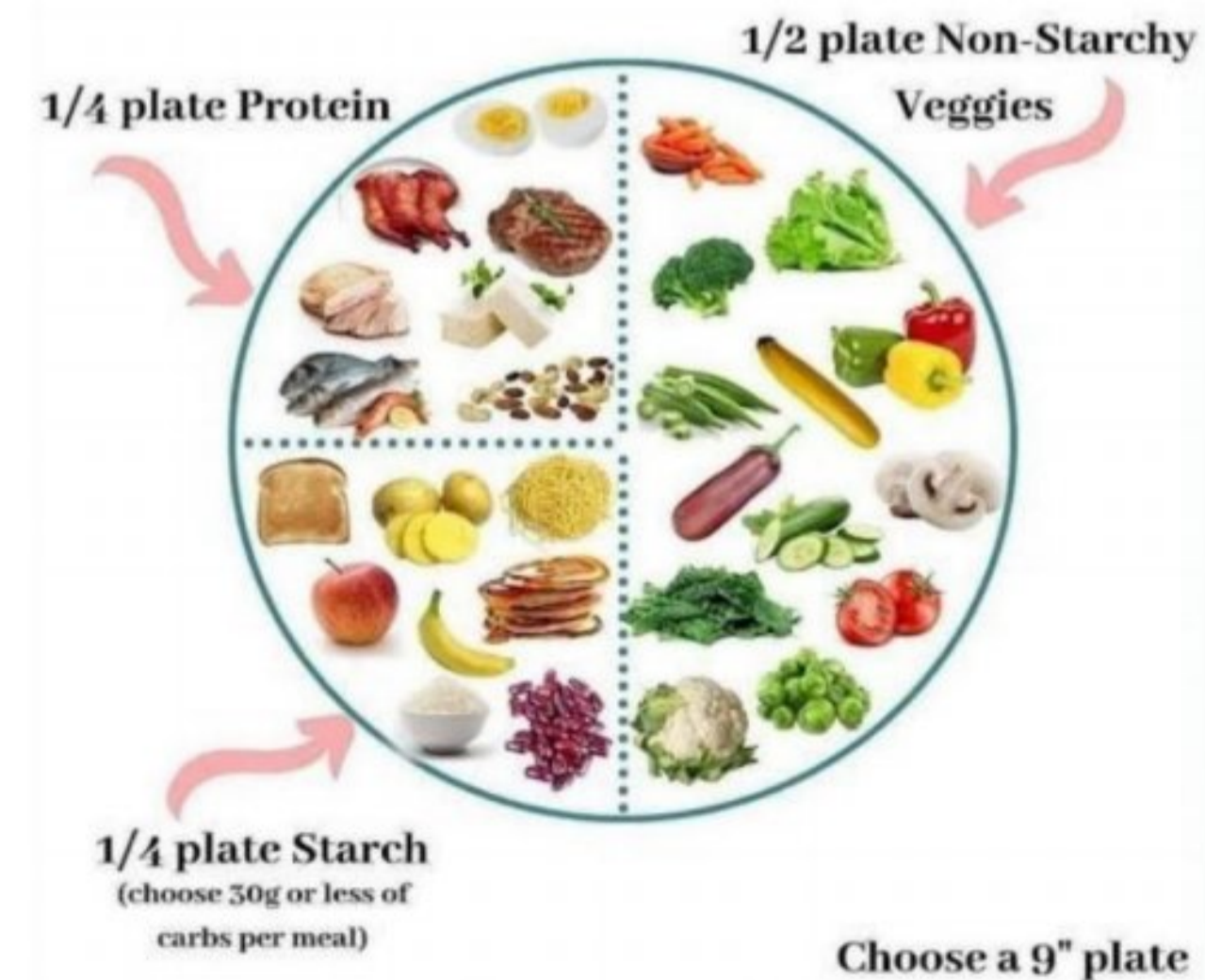
Aim to improve overall wellness !

Eat, SIP & Shine

Poor dietary habits and consequent obesity is a common health problem. Diet has a direct bearing on health.

Tips:

- Breakfast is the most important meal of your day, do not skip it.
- Base your meals on high fibre and proteins.
- 4 to 5 servings/day of fruits and vegetables.
- Cut down on saturated fats and sugars.
- Eat less than 6 gms of salt (for adults).
- Add calorie free flavoring.
- Keep yourself hydrated with water, infused water, low fat milk, buttermilk etc.



Consume lot of Water

Lets Gear Up..

Being physically active improves your health, elevates mood, helps manage weight, reduces the risk of diseases, strengthens bones and muscles, and enhances the ability to do daily activities.

Tips:

- Break the chain of continuous sitting.
- Use staircase, whenever possible.
- Practice Desk and Chair exercises.
- Walk for 45 minutes a day, 5 days a week.
- Weight training exercises.
- Maintain correct posture.



Let us do physical activities with our Family, to strengthen the emotional bond and to ensure a Healthy and Fit Family.

Techno Detoxification

20-20-20 RULE



Every 20
minutes



Take a 20
second break



And look at
something
20 feet away

Try to follow the 20-20-20 Eye Rule to prevent Eye Strain due to continuous use of Tech products.

Emotional Wellbeing



- Try to achieve Work Life Balance
- Try to get 6-8 hours of sleep
- Don't suffer in silence, seek help when needed
- Practice Self-Calming skills
- Avoid harmful addictions
- Engage in creative activities
- Sanjeevani Helpline : 24X7 availability.



Yoga

Yoga is a practice that connects the body, breath and mind. It improves physical posture, breathing capacity, mental peace.

Meditation helps reduce stress, improves self-confidence.

Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body.



- The '**Y Break**' App launched by Ministry of AYUSH
- It is a unique Five-Minute Yoga protocol app
- Designed especially for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity
- It consists of Asanas, Pranayam and Dhyana.

Prevention is better than Cure !



Executive Health Check-up Scheme

- To ensure that our staff maintains good health and also as a measure to prevent/detect any health issues at an early stage.
- Officials are permitted to undergo health check-up annually at our Tie-up Centres as per their convenience.
- Officials in Scale II (35 years and above) & officials in Scale III and above are eligible under this Scheme.
- Contact the Medical Dispensary to avail the facility.

Staff Welfare Initiative for all staff members covering Pathology, Radiology and Other Investigations at tie-up diagnostic Centres.



**Yes, I have done my EHC !
Let me note it**

2023	2024	2025	2026	2027
2028	2029	2030	2031	2032
2033	2034	2035	2036	2037
2038	2039	2040	2041	2042
2043	2044	2045	2046	2047
2048	2049	2050		

Tips to beat Stress

1. Encourage Open Communication -

The more self-aware your team is around their behaviour, the better equipped they'll be to handle interpersonal challenges as they arise.

2. Bring Some Diversions into the Office

The team that plays together, works better together.

3. Take A Deep Breath

If you're feeling overwhelmed or are coming out of a tense meeting and need to clear your head, a few minutes of deep breathing will restore balance

Feeling stressed at work ?



Here's how to deal with and manage stress at work in 10 ways .

4. Take control

If you think you cannot do anything about your problem, your stress can get worse.

That feeling of loss of control is one of the main causes of stress and lack of wellbeing.

The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

6. Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping.

They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones.

It's best to tackle the cause of your stress.

5. Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.

The activities we do with friends can help us relax and relieve stress.

Talking things through with a friend may also help you find solutions to your problems.

7. Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

8. Keep a journal

Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling.

Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

9. Get musical and be creative

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn't one of your interests, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

10. Ask for help.

If you're feeling stressed or depressed about your workload then you owe it to yourself and your supervisor to voice your concerns. Don't suffer in silence and let the pressure affect your work performance and relationships with those you care about at home.



List of empaneled Hospitals

Sl No	Hospital Name	City / Town	Contact Details	Circle
1	KIMS Health	Trivandrum	0471-2941400	KERALA CIRCLE
2	SUT Hospital	Trivandrum	0471-4077777	KERALA CIRCLE
3	SP Fort Hospital	Trivandrum	0471-2450540	KERALA CIRCLE
4	Ananthapuri Hospitals	Trivandrum	0471-6609900	KERALA CIRCLE
5	Dr Agarwal's Health Care Limited	Trivandrum	8879076048	KERALA CIRCLE
6	Regional Cancer Centre	Trivandrum	0471-2442541	KERALA CIRCLE
7	Upasana Hospital & Research Centre	Kollam	0474-2762887	KERALA CIRCLE
8	Dr Nair;s Hospital	Kollam	0474-2766180	KERALA CIRCLE
9	Bishop Benziger Hospital	Kollam	0474-2757000	KERALA CIRCLE
10	Caritas Hospital	Kottayam	0481-2790025	KERALA CIRCLE
11	Matha Hospital	Kottayam	0481-2792500	KERALA CIRCLE
12	Pushpagiri Medical College Hospital	Thiruvalla	0469-2700755	KERALA CIRCLE
13	Thiruvalla Medical Mission	Thiruvalla	0469-2626000	KERALA CIRCLE
14	KVM Hospital	Cherthala	0478-2832300	KERALA CIRCLE
15	Amrita Institute of Medical Sciences, Kochi	Ernakulam	0484-2851234	KERALA CIRCLE
16	Medical Trust Hospital	Ernakulam	0484-2358001	KERALA CIRCLE
17	Lissie Hospital	Ernakulam	0484-2402044	KERALA CIRCLE
18	Lakeshore Hospital	Ernakulam	0484-2701033	KERALA CIRCLE
19	Ernakulam Medical Centre	Ernakulam	0484-4507000	KERALA CIRCLE
20	MES Medical College	Perinthalmanna	04933-298333	KERALA CIRCLE
21	MIMS Kozhikode	Kozhikode	0495-2488000	KERALA CIRCLE
22	Palakkad Medical & Research Hospital	Palakkad	0491-2536293	KERALA CIRCLE
23	Baby Memorial Hospital	Kozhikode	0495-2777777	KERALA CIRCLE
24	Moulana Hospital	Perinthalmanna	04933-262262	KERALA CIRCLE
25	Gitanjali Eye & ENT Hospital	Trivandrum	0471-2326784	KERALA CIRCLE

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26	N S Memorial Institute of Medical Sciences	Kollam	0474-2723199	KERALA CIRCLE
27	Jubilee Mission Medical Colege Hospital	Thrissur	0487-2464347	KERALA CIRCLE
28	Malankara Orthodox Syrian Church Medical Mission Hospital	Kolenchery	0484-2885000	KERALA CIRCLE
29	Ford Hospital & Research centre	Patna	Bipin Mishra, 9102698974	PATNA CIRCLE
30	Sri Sai Hospital	Patna	Ranjan Kumar, Mob. No. 9102882222	PATNA CIRCLE
31	Sahyog Hospital	Patna	Shivanand Dubey, 9430955477	PATNA CIRCLE
32	Orchid Medical Center PVT LTD	Ranchi	Akesh Verma, 8757559971/6207965279	PATNA CIRCLE
33	Bhagwan Mahabir Medica Super Speciality Hospital	Ranchi	Giresh Prasad, 7033096616	PATNA CIRCLE
34	Matri Prerana Eye Hospital	Ranchi	Dr. S.K.Roy, 9771412029	PATNA CIRCLE
35	Samford Hospital PVT LTD	Ranchi	Robinson Minz, 7360080081/8210834417	PATNA CIRCLE
36	Brahamananda Naryana Multispeciality Hospital	Jamsedpur	Pallav Sinha, 7631112943	PATNA CIRCLE
37	Asian Dwarkadas Jalan Hospital	Dhanbad	Chandan Kumar. MOB:7295901442	PATNA CIRCLE
38	Bombay Hospital	Mumbai	Marine Lines 022 22067676	MUMBAI METRO
39	Jaslok Hospital	Mumbai	Peddar Road 9222352572	MUMBAI METRO
40	H.N.Reliance Hospital	Mumbai	Charni Road 1800221166	MUMBAI METRO
41	P.D.Hinduja Hospital	Mumbai	Mahim	MUMBAI METRO
42	S.L.Raheja Hospital	Mumbai	Mahim 022 66529999	MUMBAI METRO
43	Fortis Hospital	Mumbai	Mulund 022 43654365	MUMBAI METRO
44	Jupiter Hospital	Mumbai	Thane 022 21726633	MUMBAI METRO
45	Kokilaben Ambani Hospital	Mumbai	Andheri 022 30666666	MUMBAI METRO
46	Hiranandani Hospital	Mumbai	Powai 022 25763333/3300	MUMBAI METRO
47	Fortis Hospital	Mumbai	Vashi 022 39199157	MUMBAI METRO
48	Apollo Hospital	Navi Mumbai	Belapur 022 33503350	MUMBAI METRO
49	Nanavati Hospital	Mumbai	Vile Parle 022 68360000	MUMBAI METRO
50	Zen Multi Speciality Hospital	Mumbai	Chembur 022 25260066	MUMBAI METRO

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51	R.G.Stone Urological Research Institute	Mumbai	Khar, Andheri 022 61463500	MUMBAI METRO
52	Karuna Hospital	Mumbai	Borivali 022 28934698	MUMBAI METRO
53	Riddhi Vinayak Critical Care & Cardiac Centre	Mumbai & Thane	Malad West / Nallasopara	MUMBAI METRO
54	Life Line Hospital	Mumbai	Panvel 61567000/01/02/03 Wadala 022 65102690/24177600	MUMBAI METRO
55	Aditya Jyot Eye Hospital	Mumbai	Parel 022 24177000	MUMBAI METRO
56	Tata Memorial Hospital	Mumbai	Kalyan 0251 2981111	MUMBAI METRO
57	Fortis Hospital	Thane	Mumbai Central 8291101001	MUMBAI METRO
58	Wockhardt Hospital	Mumbai	Koparkhairane, Navi Mumbai 022 3966 6666	MUMBAI METRO
59	Reliance Hospital, Koparkhairane	Navi Mumbai	Juhu, Vile Parle	MUMBAI METRO
60	Vission Eye Centre (Eye Hospital)	Mumbai	Mr.Sachin - 9881123039	MAHARASHTRA CIRCLE
61	Aditya Birla Memorial Hospital	Pune	Mr.Dave- 9822710799	MAHARASHTRA CIRCLE
62	Poona Hospital	Pune	Mr.Sunil Gharpade - Mob.9890929013	MAHARASHTRA CIRCLE
63	Ruby Hall Clinic	Pune	Mr. Dnyaneshwar Pawar (9225307784)	MAHARASHTRA CIRCLE
64	Seth Nandlal Dhoot Hospital	Aurangabad	Dr.Bhalchandra (Admin) 9921292299	MAHARASHTRA CIRCLE
65	Ozone Multispeciality Hospital, Akola	Amaravati	Srinivas Chilgani Manipal - 9833108491	MAHARASHTRA CIRCLE
66	Manipal Hospital	Panaji	Mahesh Chaudhari Mobile No.8956385146	MAHARASHTRA CIRCLE
67	Ashoka Medicover Hospital	Nashik	Mr Prakash Jikar (9225201012)	MAHARASHTRA CIRCLE
68	VIMS Hospital	Nagpur	Mrs Priya Sangewar (9922928016)	MAHARASHTRA CIRCLE
69	Avanti Institute of Cardiology	Nagpur	Mr Roshan Fulbandhe (9921355799)	MAHARASHTRA CIRCLE
70	Kingsway Hospital Nagpur	Nagpur	Mr Lancy Correa (9767893065)	MAHARASHTRA CIRCLE
71	Shri Krishna Hrudayala & Critical Care Centre, Nagpur	Nagpur	Mr Chetan Gupta (7263887272)	MAHARASHTRA CIRCLE
72	Platina Heart Hospital Nagpur	Nagpur	Miss Monali Ridhurkar (9325776986)	MAHARASHTRA CIRCLE
73	Viveka Hospital, Nagpur	Nagpur	Dr Pravin Nikhade (8983114466)	MAHARASHTRA CIRCLE
74	Seven Star Hospital, Nagpur	Nagpur	Abhijeet Chakraborty- 9831274579	MAHARASHTRA CIRCLE
75	Peerless Hospitex Hospital and Research Centre	Kolkata		KOLKATA CIRCLE

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76	APOLLO MULTISPECIALITY HOSPITAL LTD	Kolkata	Sudip Banerjee-7602694917	KOLKATA CIRCLE
77	Woodlands Medical Centre	Kolkata	Abhrodip Podder-7604075558	KOLKATA CIRCLE
78	Ruby General Hospital	Kolkata	Amit Roy-9831184931	KOLKATA CIRCLE
79	Desun Hospital & Heart Institute	Kolkata	Debaditta Chakraborty- 8820546157	KOLKATA CIRCLE
80	AMRI Hospitals Ltd.	Kolkata	Mrinal Biswas 9831641044	KOLKATA CIRCLE
81	B. P. Poddar Hospital & Medical Research Ltd.	Kolkata	Somesh Chattopadhyay 9433776579	KOLKATA CIRCLE
82	Nightingale Hospital	Kolkata	Indrani Mukherjee- 7044189794	KOLKATA CIRCLE
83	The Mission Hospital, Durgapur	Durgapur	Ajay Chakraborty-9144239162	KOLKATA CIRCLE
84	Desun Hospital, Siliguri	Siliguri	Shaily -8697709187	KOLKATA CIRCLE
85	MEDICA SUPERSPECIALITY HOSPITAL	Kolkata	Soumen Bhar 8335898283	KOLKATA CIRCLE
86	Institute of Neurosciences - Kolkata	Kolkata	Partha Sakha Das-9903384593	KOLKATA CIRCLE
87	B M Birla Heart Research Centre	Kolkata	Satish Sharma-9831712719	KOLKATA CIRCLE
88	Healthworld Hospital	Durgapur	Biplab Naskar- 8170052745	KOLKATA CIRCLE
89	Belle Vue Clinic	Kolkata	Tushar Kanti Biswas 9836193420	KOLKATA CIRCLE
90	SHRINATH MEDICITY HOSPITAL	BAREILLY	0581-2526666/ 7088788888	LUCKNOW CIRCLE
91	KULWANTI HOSPITAL & RESEARCH CENTRE	KANPUR	Sishir, 6386797600,0512-6711375/ 9936566060	LUCKNOW CIRCLE
92	KANPUR MEDICAL CENTRE PVT LTD	KANPUR	Sanjeev , 9317048794,512- 2297130,2297131,2295152	LUCKNOW CIRCLE
93	K T C VEDANTA HOSPITAL	KANPUR	Anjana 8317048794, 9794594759/ 2556459,3314000	LUCKNOW CIRCLE
94	TAURUS HOSPITAL	KANPUR	Kuldeep, 8318257773, 0512- 2400779/2400774	LUCKNOW CIRCLE
95	CHANDAN HOSPITAL	LUCKNOW	Sekhar-9918101736, 0522-6666666	LUCKNOW CIRCLE
96	APOLLOMEDICS SUPER SPECIALITY HOSPITAL	LUCKNOW	Abbas 7705002229, 18004191066/0522- 6788888	LUCKNOW CIRCLE
97	MEDANTA LUCKNOW	LUCKNOW	Manish- 8447847746, 0522-4505050	LUCKNOW CIRCLE
98	SHUBHAM HOSPITAL	VARANASI	7860828384/0542-2502440,41	LUCKNOW CIRCLE
99	M/s Narayana Super Speciality Hospital	Guwahati	Sukalyan Sharma - 8811077610	GUWAHATI CIRCLE
100	Supercare Hospital	Shillong	Damien Marwein - 9920190036	GUWAHATI CIRCLE

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101	M/s Dispur Hospitals Pvt. Ltd.	Guwahati	Ranjan Kakati - 6900010206	GUWAHATI CIRCLE
102	M/s GNRC Ltd.	Guwahati	Tridip Gogoi - 9864140039	GUWAHATI CIRCLE
103	M/s Apollo Hospitals	Guwahati	Uday Borkataki - 7896005608	GUWAHATI CIRCLE
104	Aditya Diagnostics and Hospital	Dibrugarh	Anup Gogoi - 9613167183	GUWAHATI CIRCLE
105	M/s Nemcare Hospital	Guwahati	M Bora - 8638586850	GUWAHATI CIRCLE
106	Sanjivani Diagnostics & Hospital	Dibrugarh	Dipul Sarmah - 9435767767	GUWAHATI CIRCLE
107	M/s Hayat Hospital	Guwahati	Bujar Baruah - 9101437649	GUWAHATI CIRCLE
108	APOLLO HOSPITALS	HYDERABAD	Mr. Govardhan	HYDERABAD CIRCLE
109	BASAVA TARAKAM INDO AMERICAN CANCER HOSPITAL & RESEARCH INSTITUTE	HYDERABAD	Mr. I. Praveen	HYDERABAD CIRCLE
110	CARE HOSPITALS	HYDERABAD	Mr. Sai Kiran	HYDERABAD CIRCLE
111	CITIZENS SPECIALTY HOSPITALS	HYDERABAD	Mr. Rajesh	HYDERABAD CIRCLE
112	KRISHNA INSTITUTE OF MEDICAL SCIENCES (KIMS)	HYDERABAD	Mr. Malla Reddy	HYDERABAD CIRCLE
113	MEDICOVER HOSPITALS (FORMERLY MAXCURE HOSPITALS)	HYDERABAD	Mr. Sreehari	HYDERABAD CIRCLE
114	MAXIVISION SUPER SPECIALITY EYE HOSPITALS	HYDERABAD	Mr. Rahul Khanna	HYDERABAD CIRCLE
115	MEDIVISION EYE HOSPITAL	HYDERABAD	Mr. Girish	HYDERABAD CIRCLE
116	OMEGA HOSPITALS	HYDERABAD	Mr. Manoj Kumar	HYDERABAD CIRCLE
117	SUNSHINE HOSPITALS	HYDERABAD	Mr. Muralidhar	HYDERABAD CIRCLE
118	SLG HOSPITALS	HYDERABAD	Mr. Chander Tejavath	HYDERABAD CIRCLE
119	VIRINCHI HEALTH CARE PVT. LTD.(VIRINCHI HOSPITALS)	HYDERABAD	Mr. Harinath	HYDERABAD CIRCLE
120	Narayana Multispeciality Hospital	Jaipur	0141-7122222 (Mob. 9694094573,7357017222,9460667831)	JAIPUR CIRCLE
121	Eternal Hospital	Jaipur	0141-5174000 (Mob.- 9694094571,9782869677)	JAIPUR CIRCLE
122	Manipal Hospitals Private Limited (Jaipur)	Jaipur	0141-5164000 (Mob. 8003898853, 9799396047)	JAIPUR CIRCLE
123	Heart & General Hospital	Jaipur	0141-2370271, 2370104, 2370105, (Mob.- 9001243115)	JAIPUR CIRCLE
124	Metro Mas Hospital	Jaipur	0141-6661234 (Mob. 9929156015, 8003995461)	JAIPUR CIRCLE
125	Shalby Multi Specialty Hospital	Jaipur	0141-7123889 (Mob. -9587895902)	JAIPUR CIRCLE

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126	Bhagwan Mahaveer Cancer Hospital & research Centre	Jaipur	0141-2717777/2700106 (Mob. 9899765298)	JAIPUR CIRCLE
127	HCG Hospital	Jaipur	0141-7101800 (Mob. 9116330077)	JAIPUR CIRCLE
128	J.P. Eye Hospital	Jaipur	0141-2742525 (Mob. 8696579763)	JAIPUR CIRCLE
129	Anand Hospital & Eye Centre	Jaipur	0141-2220204/05/06 (Mob. 9772097720, 8003163333)	JAIPUR CIRCLE
130	S R Kalla Memorial Gastro & General Hospital	Jaipur	0141-5112042, 5112043	JAIPUR CIRCLE
131	Paras J.K. Hospital	Udaipur	0294-2982111/222/333/444	JAIPUR CIRCLE
132	Geetanjali Medical College & Hospital	Udaipur	0294-2500000-07	JAIPUR CIRCLE
133	Krishna Super Speciality Hospital	Jodhpur	0291-2711004 (Mob. 9829370768, 916630709)	JAIPUR CIRCLE
134	Kamla Nagar Hospital	Jodhpur	0291-2753466 (Mob.9929925099)	JAIPUR CIRCLE
135	Alchemist Hospital	Panchkula	Mr. Puneet Gupta Mob No.	CHANDIGARGH CIRCLE
136	IVY Hospital	Mohali	Mr. Abhisekh, Mob No. 8699999914	CHANDIGARGH CIRCLE
137	Narad Hospital	Hoshiarpur	Mr. KD Soray, Mob No. 8837711386	CHANDIGARGH CIRCLE
138	Fortis Hospital	Ludhiana	Mr. Anil Singh Mob No. 7087000735	CHANDIGARGH CIRCLE
139	SPS Hospital	Ludhiana	Mr. Inderpal Singh Mob No. 9814147999	CHANDIGARGH CIRCLE
140	IVY Hospital	Amritsar	Mr. Nitish Kumar Mob. No. 9501344607	CHANDIGARGH CIRCLE
141	DMC & Hospital	Ludhiana	Mr. Gurpreet Singh Mob No. 9872400866	CHANDIGARGH CIRCLE
142	Grecian Superspecialty Hospital	Mohali	Ms. Komal, Mob No. 9779320003	CHANDIGARGH CIRCLE
143	Fortis Hospital	Mohali	Mr. Amrit Randhawa, Mob No. 8427099955	CHANDIGARGH CIRCLE
144	Fortis Escorts Hospital	Amritsar	Mr. Akshay Prashar Mob No. 9115119191	CHANDIGARGH CIRCLE
145	Vardhmaan Mahaveer Healthcare	Patiala	Mr. Bhupinder Singh, Mob No. 7307609072	CHANDIGARGH CIRCLE
146	IVY Hospital	Bathinda	Ms. Simmi Sharma Mob. No. 9216417000	CHANDIGARGH CIRCLE
147	Kainos Super Speciality Hospital	Rohtak	Mr. Bimal Kishore Mob No. 9953391107	CHANDIGARGH CIRCLE
148	N.H.S. Hospital	Jalandhar	Ms. Kamalpreet Kaur, Phone: 8264343361	CHANDIGARGH CIRCLE
149	Medical Research Foundation (Sankara Nethralaya)	Chennai	Mr. Yuvaraj Ph.: 044-28233556 to 59	CHENNAI CIRCLE
150	D R R Eye Care & Oculoplasty Hospital	Chennai	Ph.: 044-28112592, 28116233, 28112358, 28112959	CHENNAI CIRCLE

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151	Cancer Institute (W I A)	Chennai	Ph. No. 044 -24910754, 2491 1526, 4205 4405	CHENNAI CIRCLE
152	Mehta Multispeciality Hospitals India Pvt. Ltd.	Chennai	Ph No. 044-42271001, 4005 4005	CHENNAI CIRCLE
153	Noble Hospital	Chennai	Ph No: 044 - 4004 2222, 26403335, 26422374	CHENNAI CIRCLE
154	Dr. Rela Institute & Medical Centre	Chennai	Mr Pratap Ph No: 044-66667777, 044-66667788.	CHENNAI CIRCLE
155	Ramakrishna Hospital,	Coimbatore	Ph. 0422-5300203, 5388797/2210075	CHENNAI CIRCLE
156	PSG Hospitals	Coimbatore	Ph. 0422-4345353	CHENNAI CIRCLE
157	Ortho One Orthopaedic Speciality Centre	Coimbatore	Ph No. 0422-4055155, 4055100, 2317118, 2317119	CHENNAI CIRCLE
158	Kauvery Hospital	Salem	Ph No: 0427 - 2677777.	CHENNAI CIRCLE
159	APOLLO HOSPITALS	Bhubaneswar	Basant Kumar Rath 8093060046	BHUBANESWAR CIRCLE
160	KALINGA HOSPITALS	Bhubaneswar	Ayub Khan, 9438620387	BHUBANESWAR CIRCLE
161	CARE HOSPITALS	Bhubaneswar	Soumya Ranjan Mohanty-7077720405	BHUBANESWAR CIRCLE
162	DR. AGRAWAL'S EYE HOSPITAL	Bhubaneswar	Bikash Chandra Lenka, 7894450768	BHUBANESWAR CIRCLE
163	KALINGA INSTITUTE OF MEDICAL SCIENCE HOSPITAL(KIIMS)	Bhubaneswar	Indrajit Banerjee, 9883338350	BHUBANESWAR CIRCLE
164	SPARSH HOSPITAL & CRITICAL CARE	Bhubaneswar	Chitta Ranjan Pal 9438505770	BHUBANESWAR CIRCLE
165	AMRI HOSPITAL	Bhubaneswar	Abhijit Das, 9937285080	BHUBANESWAR CIRCLE
166	SHANTI MEMORIAL HOSPITAL	Cuttack	Sudipta Samal, 7682829915	BHUBANESWAR CIRCLE
167	SHREE HOSPITAL	Bhubaneswar	Debasish Sahoo, 9437521166	BHUBANESWAR CIRCLE
168	HEMALATA HOSPITAL	Bhubaneswar	Sanjay Kumar Prusty, 9778719986	BHUBANESWAR CIRCLE
169	VIKASH MULTI SPECIALITY HOSPITAL,	Bargarh	Debadatta Birtia, 9438767502	BHUBANESWAR CIRCLE
170	M/S ASG EYE HOSPITAL	Bhubaneswar	Arabinda Jena, 7992533535	BHUBANESWAR CIRCLE
171	M/s Shalby Hospital	Indore	Mr Faziuddin 7898889189, 7049918753	BHOPAL CIRCLE
172	M/s Bombay Hospital	Indore	Mr Firoz Qureshi 9300550980 0731-4771111, 4266571	BHOPAL CIRCLE
173	M/s Apollo Hospital	Indore	Mr Ravi Choudhary – 9589977277 958997277	BHOPAL CIRCLE
174	M/s Shri Narayan Hospital	Raipur	Mr Yuvraj Khemka – 88899566555 9754013609, 9644408635	BHOPAL CIRCLE
175	M/s Mittal Institute of Medical Science	Raipur	0771-4014442, 4094443	BHOPAL CIRCLE

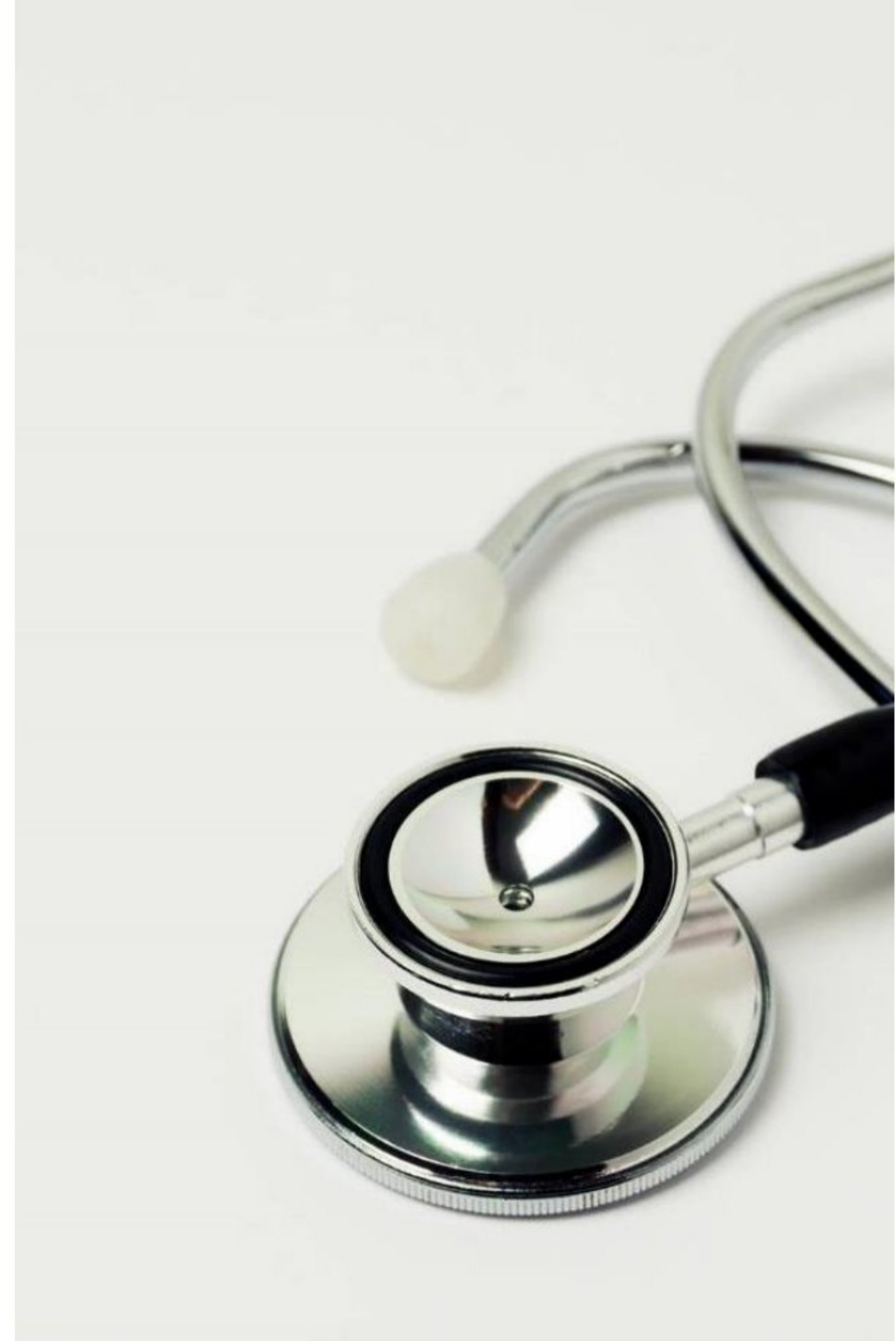
Sl No	Hospital Name	City / Town	Contact Details	Circle
176	M/s Shri Ram Krishna Hospital	Raipur	Shri Abhilash – 7898900561 Shri Kapil - 9754293397	BHOPAL CIRCLE
177	M/s Jamdar Hospital	Jabalpur	0761-2412333, 9479465691	BHOPAL CIRCLE
178	M/s Chhavi Netralaya	Jabalpur	7024711411, 0761-2414227	BHOPAL CIRCLE
179	M/s National Hospital	Jabalpur	Shri Naveen Shivhare – 944624898 0761-2412612, 9424624868	BHOPAL CIRCLE
180	M/s Jabalpur Hospital for research centre	Jabalpur	Shri Sanjeev Pandey – 8770033056 9893069626, 0761-245076, 2450762	BHOPAL CIRCLE
181	M/s Maha Kaushal Hospital	Jabalpur	Shri Rajneesh Tiwari – 9425863077 0761-4064780, 2610480	BHOPAL CIRCLE
182	M/s Bansal Hospital	Bhopal	7024104177, 7024104190	BHOPAL CIRCLE
183	M/s Peoples Hospital	Bhopal	Shri Uday Shanker Dixit 9300815212, 9424400220	BHOPAL CIRCLE
184	M/s Siddhanta Red Cross Superspeciality Hospital	Bhopal	Dr Subodh Varshney – 9826078994 0755-2572666	BHOPAL CIRCLE
185	M/s Smart City Hospital	Bhopal	7869126477, 9109101829	BHOPAL CIRCLE
186	M/s Shri Ram Care Hospital	Bilaspur	Shri Manoj Joshi – 9770572252 9039850891	BHOPAL CIRCLE
187	M/s KIMS Super Speciality Hospital	Bilaspur	Shri Sangram Singh – 8518883517 8518883517	BHOPAL CIRCLE
188	M/s Aarbee Institute of Medical Science	Bilaspur	Shri Abhishek Rathore – 9755055039 7049007710	BHOPAL CIRCLE
189	M/s RJN Apollo Spectra Hospital	Gwalior	9584298886, 9109122415	BHOPAL CIRCLE
190	M/s Swastik Multispecialty Hospital & heart Care Centre	Jabalpur	0761-2640638, 8461884444, 8462884444	BHOPAL CIRCLE
191	M/s Kalyan Multi Speciality Hospital	Gwalior	8120113011	BHOPAL CIRCLE
192	Fortis Hospitals Ltd Bannerghatta Road, Bengaluru.	Bengaluru	Shri. Ravi Kumar G. Head (Corporate Relations) Phone : 99804 11377 email : ravi.g@fortishealthcare.com	BENGALURU CIRCLE
193	Fortis Hospitals Ltd, Cunningham Road, Bengaluru.	Bengaluru	Shri. Ravi Kumar G. Head (Corporate Relations) Phone : 99804 11377 email : ravi.g@fortishealthcare.com	BENGALURU CIRCLE
194	Narayana Hrudayalaya, Bommasandra, Bengaluru.	Bengaluru	Shri. Prithvi Reddy Public Relations Officer Phone :9538899094 9036366269	BENGALURU CIRCLE
195	Sagar Hospitals, Tilak Nagar, Bengaluru.	Bengaluru	Shri. Mirza Sr. Manager (Marketing) Phone : 9591991898 9945720794 email : srmanager.marketing@sagarhospitals.in	BENGALURU CIRCLE

SI No	Hospital Name	City / Town	Contact Details	Circle
196	Narayana Netralaya, Rajajinagar, Bengaluru.	Bengaluru	Shri. Subramanian G Head - Corporate Relations Phone : 9108037824 9840568288	BENGALURU CIRCLE
197	Narayana Netralaya, Bommasandra, Bengaluru.	Bengaluru	Shri. Subramanian G Head - Corporate Relations Phone : 9108037824 9840568288	BENGALURU CIRCLE
198	Prabha Eye Clinic & Research Center, Jayanagar, Bengaluru.	Bengaluru	Shri. Sarvotham Public Relations Officer Mobile : 9916703942	BENGALURU CIRCLE
199	Manipal Hospitals Malleshwaram Bengaluru	Bengaluru	Shri. Harish Public Relations Officer Mobile : 9886659233	BENGALURU CIRCLE
200	Aster CMI Hospital Sahakar Nagar, Hebbal, Bengaluru	Bengaluru	Shri. Chethan Public Relations Officer Mobile : 9886080180	BENGALURU CIRCLE
201	Aster RV Hospital JP Nagar, Bengaluru	Bengaluru	Shri. Chethan Public Relations Officer Mobile : 9886080180	BENGALURU CIRCLE
202	M/s Mahatma Gandhi Cancer Hospital & Reseach Institute, Visakhapatnam	Visakhapatnam	B. Sankar 7702202249/08912878777	AMRAVATI CIRCLE
203	M/s Omni RK Hospitals, Visakhapatnam	Visakhapatnam	0891-3080300	AMRAVATI CIRCLE
204	M/s KIMS-ICON Hospital, Visakhapatnam	Visakhapatnam	0891-7100100	AMRAVATI CIRCLE
205	M/s Care Hospitals, Visakhapatnam	Visakhapatnam	0891-3041444	AMRAVATI CIRCLE
206	M/s Queen's NRI Hospital, Visakhapatnam	Visakhapatnam	0891-2827777	AMRAVATI CIRCLE
207	M/s Agarwal Eye Hospitals	Visakhapatnam	S Srinivasa Rao/9515112670	AMRAVATI CIRCLE
208	M/s Kamineni Health Care Pvt Ltd, Vijayawada	Vijayawada	T Srinivas/ 9491061978/0866-2463333	AMRAVATI CIRCLE
209	M/s Sentini Hospital (P) Ltd, Vijayawada	Vijayawada	V Srinivas / 0866-6465111/2451145	AMRAVATI CIRCLE
210	M/s American Oncology Institute	Vijayawada	M B Mahendra Reddy/ 08645-304050	AMRAVATI CIRCLE
211	M/s Ramesh Cardiac & Multispeciality Hospital Pvt Ltd	Vijayawada	T Srinivas/ 0866-2484801/811/9848672494	AMRAVATI CIRCLE
212	M/s Manipal Hospitals	Vijayawada	0866-2469700	AMRAVATI CIRCLE
213	M/s Aayush NRI LEPL Health Care Pvt Ltd., Vijayawada	Vijayawada	8662541414	AMRAVATI CIRCLE
214	M/s Lalitha Super Specialities Hospital, Guntur	Guntur	9440800357/7989050703/0863-2222866	AMRAVATI CIRCLE
215	M/s Sanghamitra Hospitals, Pvt Ltd, Ongole	Guntur	K.Anki Reddy, 7799885588	AMRAVATI CIRCLE
216	M/s Ramesh Cardiac & Multispeciality Hospital Pvt Ltd	Guntur	T Srinivas /0863-2377777/9848672494	AMRAVATI CIRCLE
217	M/s Omega Hospitals	Guntur	8019838020/9121106741/9121106730/0863-2223300	AMRAVATI CIRCLE
218	Narayan Hrudayalaya Hospital, Ahmedabad	Ahmedabad	Mr. Manish Vyas 8980694767	AHMEDABAD CIRCLE
219	Apex Heart Institute, Ahmedabad	Ahmedabad	Mr. Bhavin Choksi 9904407749	AHMEDABAD CIRCLE
220	Nidhi Hospital Ahmedabad	Ahmedabad	Mr. Tapan Dave 9879961261	AHMEDABAD CIRCLE

SI No	Hospital Name	City / Town	Contact Details	Circle
221	Life Care Institute of Medical Sciences & Research Ahmedabad	Ahmedabad	Mr. Michael- 9426460015	AHMEDABAD CIRCLE
222	CIMS Hospital Ahmedabad	Ahmedabad	Mr. Jignesh Prajapati 8238006048	AHMEDABAD CIRCLE
223	HCG Hospitals Ahmedabad	Ahmedabad	Mr. Dharmesh Goswami 9712396123	AHMEDABAD CIRCLE
224	Apollo Hospitals International Ltd	Gandhinagar & Ahmedabad	Mr. Hiren 9924449785, 079-66701800, 66305800, 40734073, 49111111	AHMEDABAD CIRCLE
225	Siddhi Vinayak Hospital, Maninagar, Ahmedabad	Ahmedabad	Mr. Nitin 9909982667	AHMEDABAD CIRCLE
226	SAL Hospitals Ahmedabad	Ahmedabad	Mr. Kaushal Rajgaur 8980015743	AHMEDABAD CIRCLE
227	Sterling Hospitals Ahmedabad	Ahmedabad	Mr. Dipak Dubey 9723430905	AHMEDABAD CIRCLE
228	Shalby Hospitals Ahmedabad	Ahmedabad	Mr. Pavan Patidar 9904422899, Mr. Sanjay 9512007061, 079-40203000	AHMEDABAD CIRCLE
229	Zydus Hospital Ahmedabad	Ahmedabad	Mr. Rajesh Rajpara- 9925203124	AHMEDABAD CIRCLE
230	Sanjivani Super Speciality Hospital Ahmedabad	Ahmedabad	Mr. Bhikhubhai 9328864102	AHMEDABAD CIRCLE
231	Sterling Hospitals, Vadodara	Vadodara	Mr. Ramjeet Yadav 9714547168	AHMEDABAD CIRCLE
232	Shree Krishna Hospital, Karamsad Anand	Vadodara	Mr. Vimal Singh 9228411418	AHMEDABAD CIRCLE
233	Tricolour Hospital Vadodara	Vadodara	Mr. Magilal Rajpurohit 9825823881 Mr. Prasanna Kadu 9925044821	AHMEDABAD CIRCLE
234	Bankers Cardiology P Ltd Vadodara	Vadodara	Mr. Rajesh Shah 7622015188	AHMEDABAD CIRCLE
235	Viroc Hospital Vadodara	Vadodara	Mr. Bhaskar Bhatt 9227473123	AHMEDABAD CIRCLE
236	Sterling Hospitals, Rajkot	Rajkot	Mr. Sandeepsinh Zala 9687868586	AHMEDABAD CIRCLE
237	DWTI- Prabhu General Hospital and Bankers Herat Institute, Surat	Surat	Mr. Apurva Gore 9039012231	AHMEDABAD CIRCLE
238	Shalby Hospitals, Surat	Surat	Mr. Shubham Tandon 9999722889 Mr. Shailesh Shukla 9723638946	AHMEDABAD CIRCLE
239	Maitreya Multi Super Speciality Hospital Surat	Surat	Mr. Dharmesh Rushil 9924755115	AHMEDABAD CIRCLE
240	HCG Hospitals Bhavnagar	Bhavnagar	Mr. Rahul Oza 7573033314	AHMEDABAD CIRCLE

VITAL PARAMETERS TO BE CHECKED REGULERLY

SI No	LAB TEST	Normal Range in SI Units
1	Cholesterol, Total	<200 mg/dL
2	Cholesterol, LDL	<100 mg/dL
3	Cholesterol, HDL	>40mg/dL
4	Creatinine	0.74 -1.35 mg/dL
5	Glucose, plasma	
	PBS	<100 mg/dL
	PPBS	<140 mg/dL
6	Hemoglobin	Female: ≥ 12.0 - 15.0 g/dL Male: ≥ 13.0 - 17.0 g/dL
7	Platelets	1.5 - 4.0 x 10 ⁹ /L
8	Triglycerides Normal	<150 mg/dL
9	TSH	0.35 - 5.0 μU/mL
10	WBC (White blood cells, Leukocytes)	4.5-11.0 x 10 ⁹ /liter
11	ESR	0 - 20 mm/HR
12	SGOT	≤ 40 U/L
13	SGPT	≤ 40 U/L
14	T.Bilirubin	0.3 - 1.2 mg/dL
15	Uric Acid	4.2 - 7.3 mg/dL



'We are what we repeatedly do.
Excellence, then, is not an act, but a
Habit.'

~Aristotle



Lets **'Excel in Healthy Habits'**