



Good health is the greatest wealth



Dr Radha C Mohan

MAHATMA Gandhi the Father of our Nation stated "It is Health which is real Wealth, and not pieces of gold and silver". Our WHO has defined Health as a complete state of well being - Physical, Mental and social well being, and not merely the absence of disease or infirmity. Wealth is "Abundance of valuable resources" (Wikipedia). That means Healthy person can enjoy life completely from birth to death utilizing his wealth for the same, whereas only having wealth cannot buy him good health. (Health cannot be bought from a grocery shop. A person with bad health cannot enjoy pleasure of being wealthy. So Good health cannot be purchased by wealth alone.)

Physical Health and Mental Health go hand in hand for a Healthy body has a healthy mind. From infancy to old age our physical body is designed by default by nature to suit our age and to maintain this body healthy is our fundamental duty. Regular Medical Preventive Maintenance of Body is essential as our physical body is subject wear and tear with age (Law of Nature).

As infants, and children our body is maintained automatically by our environment, upbringing, maintenance of nutrition by Balanced Diet, properly

physical activity which contributes to fitness of body and mind. Good sleeping habits and maintenance of appropriate clean and fresh air, water and sunlight and environmental cleanliness are essential for good health. Maintaining cleanliness in all walks of life is absolutely essential to maintain a healthy body for Cleanliness is next to Godliness.

A person with good physical health has a sound mind having an attitude to adore the Glory of Life while concentrating his efforts to realize his dreams, being happy and cheerful enjoying his life working to live in the present. Mental Maturity should develop with age with continuous learning, observing the world around us, Obeying our elders, Parents, Teachers, and Well wishers, we become Socially and intellectually healthy. Early to Bed and Early to Rise makes a Man Healthy Wealthy and Wise. As Our inbuilt Biological Clock inherently present in our body is programmed likewise. Hence morning time should be utilized for Prayers, Exercise, Meditation and Heavy Breakfast.

By default we age with time, as Time and Tide waits for no Man and by design we have to maintain good health and wealth by our own voluntary efforts. Thus fatal medical conditions like Heart Diseases, Hypertension, and certain Cancers are all avoided to some extent by being proactive and productive in our life. Maintaining Good health helps us all the time and encourages us to earn more wealth by our own initiatives. Thus Good health is the real money of life. As Haste makes waste is alert of your health on regular basis and give importance for Preventive Maintenance of body while being involved whole heartedly in this competitive world which is Superfast, Crowded and Polluted.

In conclusion Maintaining work -life balance is absolutely important to maintain Good physical and Mental Health, as Primarily healthy and peaceful life needs good health and Secondly Wealth is essential to maintain good health.

Dr Radha C Mohan,
Paediatrician & Clinical Hypnotherapist
Apollo Clinic , Vadodara

SAVITA SUPER SPECIALITY HOSPITAL

A world-class medical institution

SAVITA SUPER Speciality Hospital located near Waghodia Road will be inaugurated on July 1st 5 p.m. Chief Guest of the function will be Mr.Nitin Patel , Deputy Chief Minister. The range of services to be offered at SSSH will make it unique in the field of healthcare in Central Gujarat, the major goal behind Re-launching the hospital by the group of doctors is to provide quality services in philanthropic way, with all services under one roof.

Savita Super Speciality Hospital aims to provide medical care in accordance with global best practices in healthcare. Designed to make the patients 'Feel Better ', the hospital imbibes core philosophy 'WE CARE', carrying forward legacy of excellence with professionalism and dedication."

For Savita Superspeciality hospital to flourish, three eminent professionals people who took up the responsibility to govern & establish a legacy of excellence, in the field of social healthcare.

A doctor by profession, a successful Entrepreneur, a well known social activist and a generous donor for Philanthropic work, Dr. Kiran Patel completed his fellowship in Cardiology at Columbia University in 1982 after obtaining a Medical degree from Gujarat University in India. Dr Patel was Chairman and President at Freedom Health and Optimum Healthcare Inc. He is a recognized as pre-eminent cardiologist having established a physician practice management company at multiple locations. He is pioneer & founder of 75 bedded charitable hospital & English medium School with international standards, for serving to Mankind at their native place "Mota Fofalia" –Vadodara. r. Pallavi Patel of Tampa is a board-certified paediatrician, a philanthropist, and an outstanding citizen who has advanced the role of women around Florida and around the world. Born in India, Pallavi began her medical career in Zambia. In future years, she and her husband would return to Zambia and India, making them focal points for their philanthropy by building hospitals, schools and other community



Dr. Kiran Patel, Director and
Dr. Pallavi Patel, Director

projects, as well as leading disaster relief projects. In 2004, the Dr. Pallavi Patel Performing Arts Conservatory was established in Tampa as a result of a \$5 million gift to the Tampa Bay Performing Arts Center. Annually, the Conservatory enables thousands of young people to pursue their dreams in music and the performing arts. Continuing in her paediatric practice, Pallavi is passionate about issues related to teen pregnancy, single motherhood, adolescent self-esteem and women's health and education.

Jeetendra Patel of Mota Fofalia, Vadodara is an Engineer by profession, a Philanthropist and Pioneer of developing Public-Private Partnership (PPP) model in Health sector of Gujarat, Pioneer in development and management of International standard English & Gujarati medium school and sports complex at Mota Fofalia, Pioneer in making Mota Fofalia Village the first NIRAMAL GRAM of Gujarat and Honoured by His Excellency President of India Shri A.P.J. Abdul Kalam for Nirmalgram in 2006

With 16 years of in Hospital Administration & Management personnel, Dr. Mitesh Shah has done M.B.B.S from M.S.U – Baroda Medical College, DIH from M.S.U – Baroda Medical College and Hospital Administration from NHIFW-New Delhi, pursuing MBA in



Mr. Jeetendra (Jeetu) Patel,
Managing Director



Dr. Mitesh C. Shah,
Chief Medical Director

Healthcare. Apart from Medical Management Practice; he is a Senate Member of Medicine Faculty, M.S University – Vadodara as well as associated with "Indu Healthcare & Research Foundation Trust". He is solely responsible for whole management affairs, growth of Hospital, day to day liaisons & all external as well as internal affairs.

Savita Super Speciality would be first 125 bedded Hospital in eastern region of Vadodara which will include 24-hour emergency services, ICU, ventilator, lab



and dispensary, ambulance facility, neurosurgery, Cardiac services, Joint Replacement , Orthopaedic, Cosmetic, reconstruction, plastic surgery, Paediatric surgery,, urology, nephrology, clinical psychology and psychiatry ,ENT, Dentistry, Ophthalmology, paediatric and neonatology.

At Savita Superspeciality Hospital we strongly believe that by taking care of your health and being aware of any potential risks associated with your current lifestyle or family medical history, you are in a better position to ensure that you stay well, manage and even reverse any previously undiagnosed health issues. Our health screening programs are suitable for both individuals and employees of corporate organizations and across different strata of the community.

Savita Super Speciality Hospital,
Waghodia Road, Vadodara

Center of dental excellence

DENTARTISTRY, Center of Dental Excellence opened with the desire and commitment to bring the very best of patient care to the heart of Vadodara, Alkapuri.

DentArtistry is committed to providing dentistry for generations, which means looking after their patients' oral health throughout all the stages of life.

For principal dentist and owner, Dr. Darshi Patel, the real passion is in helping people improve their life by creating beautiful smiles that allow their true character to shine.

Being an ethical health care provider has been at the forefront of Dr. Darshi Patel's treatment which is one of the reasons patients keep returning to see her.

Treating patients in a state-of-the-art clinic with modern technology is wonderful for both patients and doctors, but what the team most prides themselves on is providing genuine advice and quality dentistry with world class facility.



Dr. Darshi Patel

DentArtistry's services include:

- Comprehensive examination and trustworthy advice.
- Smile makeovers and cosmetic dentistry.
- Preventive and hygiene dentistry.
- Whitening and aesthetic treatments.
- Root canal treatment.
- Teeth replacement options including implants, bridges and dentures.
- Replacement of maxillofacial defects after cancer treatments including obturators, mandibular defects, ear and eye prosthesis.

■ Sports mouth guard.

■ Orthodontic treatment.

■ Minor surgical procedures.

Cosmetic dentistry should be an integral part of restoring an unhealthy mouth to a healthy one, regardless of whether it is a simple procedure like getting a filling done or a complex procedure like getting your whole mouth reconstructed.

All dental work should be aesthetically pleasing. Different procedures can produce different results. But the final outcome should be the same – you should feel good about your smile.

To learn more about DentArtistry and to see some of Dr. Darshi Patel's smile makeovers, visit us at DentArtistry, 001 Gayatri Apartment, 74 Alkapuri Society, Alkapuri, Vadodara.

HAPPY DOCTOR'S DAY

A State of the Art, Center of Dental Excellence with the latest Techniques and Technologies and top of the line treatment all under one roof.

001 Gayatri Apartment, 74 Alkapuri Society, Alkapuri, Vadodara - 390007

Tel No. : 7984782325, Email : dentartistry18@gmail.com

Apollo Clinic

Expertise. Closer to you.

Timings: Mon to Sat, 8am to 8pm
Tel: 2780030, 2780040 Mo. : 7228995959

◆ Consultations ◆ Dentistry ◆ Treatment Room ◆ Health Checks

◆ Diagnostics ◆ Diabetes Care ◆ Home Sample Collection

ALL DIAGNOSTICS UNDER ONE ROOF

- LABORATORY TESTS, X-RAY, SONOGRAPHY, ECG, TMT, ECHO, PFT & AUDIOMETRY
- CONSULTATION BY SPECIALISTS & SUPER SPECIALISTS
- HEALTH CHECKUP DONE TO SUIT THE NEEDS OF EVERY AGE GROUP

APPOINTMENT PREFERRED

Dental Treatment

Pediatric Consultation & Vaccination

Pathology

Radiology - X-ray, USG, TMT, Echo, ECG, PFT

e-mail: vadodara@theapolloclinic.com website: www.apolloclinicvadodara.com

1, Cosmic Enclave, Opp. SBI (Sama Branch), Near GIPCL Circle, New Sama Road, Vadodara 390 008