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MINIMALLY INVASIVE
TREATMENT FOR
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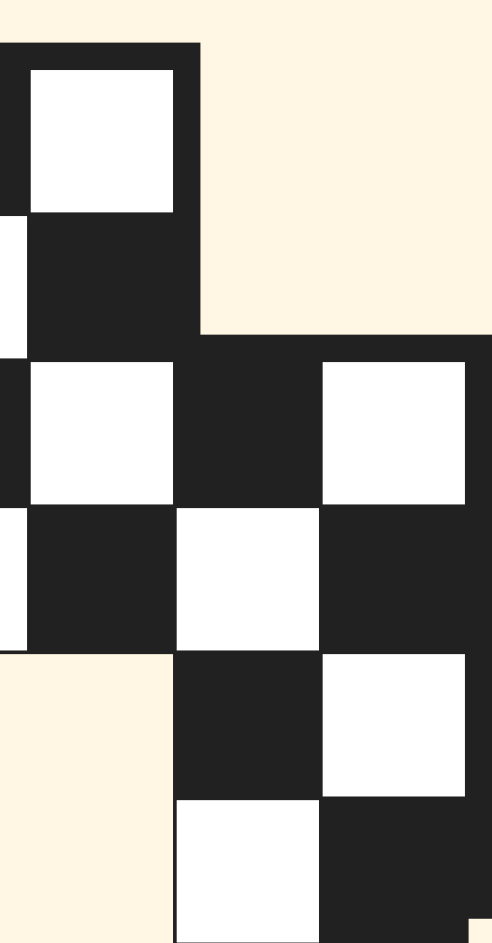
RIISING CASES OF
GALLBLADDER STONES
An Interview with
Dr.Yogananda Reddy

FEATURING TOP 50 DOCTORS II

VETERANS
MEDICAL EDUCATORS
SPECIALISTS
DR. INFLUENCERS

SUPREME COURT'S STRAY DOG REMOVAL ORDER

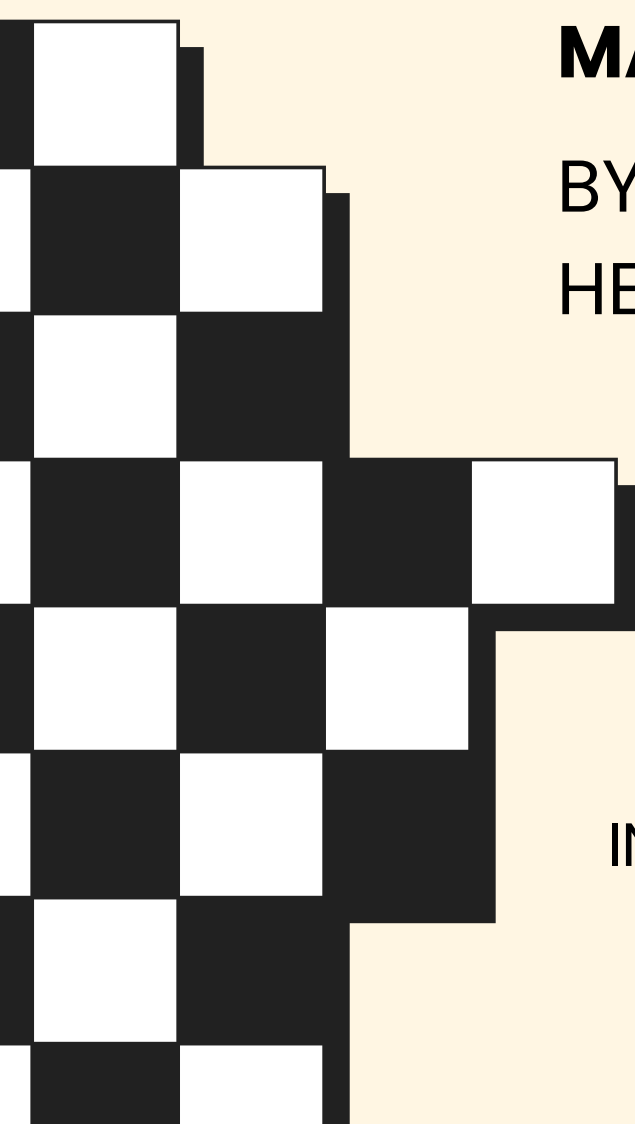
PUBLIC HEALTH RISKS &
VET SOLUTIONS FOR DELHI



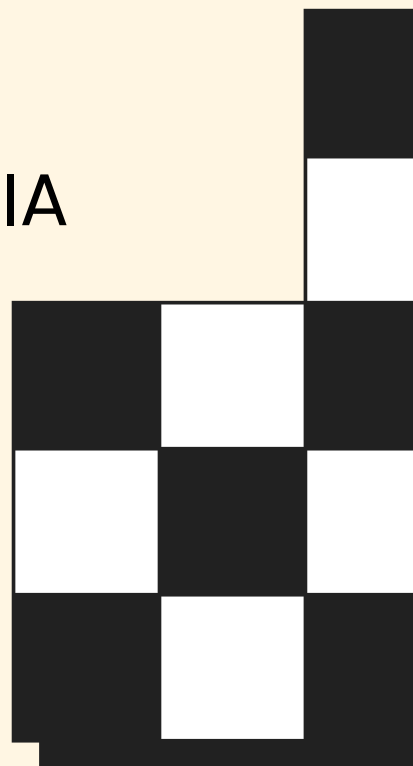
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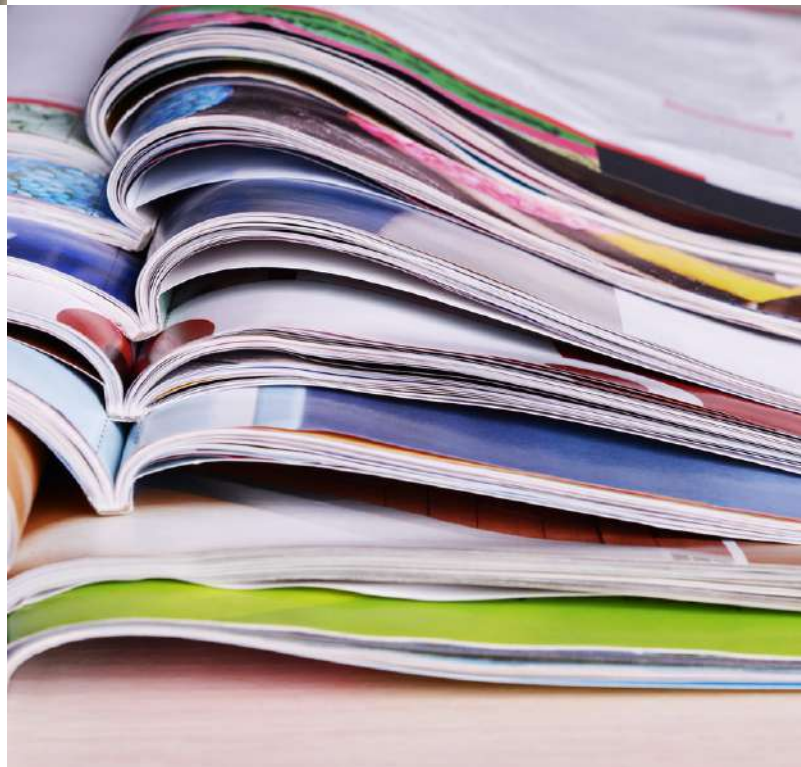


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The August 2025 edition of HealthViews Magazine is a special one—it's not just another issue, it's a celebration of trust, innovation, and the remarkable people who make India's healthcare system what it is.

From The Co-Founder's Desk



This month, we proudly present the Top 50 Trusted Doctors of India part 2 - a continuation of previous list. From veterans with decades of experience to specialists across the country and medical influencers who blend clinical practice with education and awareness on digital platforms, this list reflects the evolving face of Indian healthcare.

But this issue is not just about honoring doctors—it's about exploring the future of health. We shed light on iTind procedure, minimally invasive treatment for benign prostatic hyperplasia, and we bring out Public Health Risks & Vet Solutions for Delhi after Supreme Court's Stray Dog Removal Order.

At HealthViews Magazine, our mission has always been to connect, inform, and inspire—and this issue embodies that vision. As we move forward, we invite you to join us in celebrating excellence, sharing knowledge, and shaping a more inclusive, accessible, and forward-looking healthcare ecosystem. Here's to the doctors who heal, the innovations that inspire, and the stories that matter.

Shahid Ali Khan

Director & Co-Founder

Thank you for your continued support and trust in HealthViews Magazine. Together, let's make 2025 a year of growth, compassion, and impactful progress in healthcare.

Welcome to the July 2025 edition of HealthViews Magazine—a milestone issue that celebrates excellence, innovation, and the ever-evolving landscape of healthcare in India.

Editor's Note

This month, we are delighted to present “Top 50 Trusted Doctors of India – Edition 2”, a carefully curated list that

shines a spotlight on the veterans, educators, influencers, and specialist doctors who have earned the nation's trust through their skill, ethics, and impact. From celebrated experts in leading metros to compassionate practitioners in smaller towns, this compilation captures the true diversity of India's medical community. It brings together seasoned pioneers with decades of service and a new wave of medical influencers who blend clinical excellence with digital engagement, making healthcare knowledge more accessible to all.

Alongside this landmark feature, we explore some of the most intriguing health trends and breakthroughs shaping the future. Our story on the iTind procedure highlights how this minimally invasive treatment is transforming the management of enlarged prostate by offering relief without surgery or permanent implants. We also examine the Supreme Court's Stray Dog Removal Order: in Delhi, unpacking the challenges of balancing human safety, animal welfare, and sustainable urban health solutions.

In this edition, we celebrate more than just individuals—we celebrate the ideas, innovations, and transformative trends reshaping healthcare in India. It is a tribute to those who heal, those who inspire, and those who are shaping the future of medicine.

HealthViews Magazine continues to be a platform for healthcare professionals, organizations, and innovators to share insights, collaborate, and drive progress. From interviews with industry leaders to thought-provoking articles, we aim to empower professionals with knowledge and opportunities.



Deepti Verma
Editor-in-Chief &
Co-Founder

**HealthViews
Magazine**

AUGUST 2025 | ISSUE 12

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With over 35 years of pioneering experience in interventional cardiology, Dr. Seth has revolutionized how heart diseases are treated in India. His expertise in angioplasty, stenting, and advanced cardiac interventions has saved countless lives and earned him recognition not just nationally, but globally.

Dr. Ashok Seth completed his medical education at the prestigious King George's Medical College, Lucknow, before specializing in cardiology. His early fascination with interventional techniques led him to train extensively in angioplasty and advanced catheter-based procedures. Over the decades, he has introduced multiple pioneering cardiac techniques to India, including directional atherectomy, rotablation, drug-eluting stents, and bioresorbable stents, which have transformed the treatment outcomes for patients with complex coronary artery disease.

Pioneer in Cardiology

Regarded as one of the world's most respected interventional cardiologists, Dr. Seth has performed more than 50,000 angioplasties and over 1,00,000 angiograms, a feat that highlights his unmatched expertise and dedication. His innovations in transradial angioplasty and use of

DR. ASHOK SETH

intravascular imaging techniques have set new benchmarks for cardiac procedures in India.



Currently, Dr. Ashok Seth serves as the Chairman of Fortis Escorts Heart Institute in New Delhi and as the Chairman of Cardiology Council for Fortis Group of Hospitals. Under his leadership, these institutions have emerged as global centers of excellence in heart care, offering patients world-class treatment with cutting-edge technology.

Contributions to Academia

Beyond clinical practice, Dr. Seth has contributed extensively to cardiac research and education. He has published over 400 papers in peer-reviewed journals and authored several chapters in cardiology textbooks. His research on new stent technologies and advanced angioplasty techniques has been widely cited and has influenced global cardiology practices. He is also a highly sought-after speaker.

Awards & Global Recognition

Dr. Seth's exceptional work has been recognized with some of the highest honors in India, including the Padma Shri (2003) and Padma Bhushan (2015) by the Government of India. He has also received the Doctor of the Year Award, Lifetime Achievement Awards, and numerous international accolades for his pioneering role in cardiology. His memberships in leading global medical associations underscore his standing as a global authority in interventional cardiology.

Trusted Healer for Millions

Patients from across India and abroad trust him with their lives, knowing that they are in the hands of one of the most skilled and compassionate cardiologists in the world. His philosophy is centered on providing care that combines cutting-edge science with a human touch, ensuring holistic recovery for every patient.

🏆 HealthViews Magazine recognizes Dr. Ashok Seth as one of the Top 50 Trusted Doctors of India for his unmatched contributions to interventional cardiology. His lifelong dedication to saving lives have made him a legend in Indian healthcare.

📍 **Fortis Escorts Heart Institute in New Delhi**

In an era where technology meets precision, Dr. Arvind Kumar stands apart as a chest surgeon who has revolutionized thoracic care through minimally invasive and robotic surgery. Honored with the Dr. B. C. Roy Award as Eminent Medical Person of the Year in 2014, his decades of innovation and excellence continue to redefine surgical outcomes in India.

Dr. Arvind Kumar's foundation in surgery is rooted deeply in academic excellence, having earned his MBBS and MS from AIIMS, New Delhi. From 1988 to 2012, he led the Thoracic and Robotic Surgery unit at AIIMS, introducing revolutionary techniques including video-assisted thoracoscopic surgery (VATS) and pioneering the first VATS thymectomy for myasthenia gravis and thymoma in India

Leading India's Chest Surgery Transformation

At Medanta—the Medicity in Gurugram—Dr. Kumar chairs the Institute of Chest Surgery, Thoracic Oncology Surgery & Lung Transplantation, leading the country's most comprehensive chest surgery program. Boasting over 15,000 thoracic surgeries, including 8,000 minimally invasive (VATS or robotic) procedures, his expertise spans lung cancer, thymoma, esophageal tumors, trauma, and more.

 **Medanta Hospital, Gurugram**

DR. ARVIND KUMAR



A Catalogue of Firsts in Robotic Surgery

Dr. Kumar has etched his name in medical history through several groundbreaking firsts:

- The first Robotic Thymectomy in India for myasthenia gravis and thymoma (AIIMS, 2008).
- The first Robotic Esophagectomy in North India for esophageal cancer (SGRH, 2012).
- Innovations including robotic lobectomy, thyroidectomy, and diaphragm plication, setting new standards in surgical precision and patient outcome

National Leadership & Honors

An esteemed figure in India's surgical community, Dr. Kumar has received numerous awards:

- Dr. B. C. Roy National Award, recognizing his eminence in medicine.
- ASI Betadine Lifetime Achievement Award and ASI Social Services Award (2019), reflecting his leadership in surgical innovation and community care.

Additionally, he serves as a key member in professional bodies, including the Association of Surgeons of India, and leads the establishment of thoracic surgery as a recognized super-specialty under the National Board.

 At HealthViews Magazine, we celebrate doctors who blend clinical expertise with innovation and empathy. Dr. Arvind Kumar epitomizes this ethos—reshaping thoracic surgery through pioneering robotics, transforming lives with minimal invasiveness, and guiding future surgeons. His leadership, and trustworthiness make him a natural choice for India's Top 50 Trusted Doctors.

With an illustrious career spanning decades, Dr. Kumar has revolutionized vitreoretinal surgery and ophthalmic care in India. As one of the most influential names in ophthalmology, he embodies the rare blend of clinical excellence, academic leadership, and compassionate patient care.

Dr. Atul Kumar's medical journey is deeply rooted in his training at AIIMS, New Delhi, where he completed his MBBS, MD, and super-specialization in ophthalmology. His exceptional skills in retina and vitreous surgery soon placed him at the forefront of Indian ophthalmology. Rising through the ranks at AIIMS, he went on to become Professor and Head of Ophthalmology, mentoring generations of doctors and shaping the future of eye care in India.

Transforming Vitreoretinal Surgery in India

Considered a pioneer in vitreoretinal surgery, Dr. Kumar has played a pivotal role in advancing surgical techniques for complex retinal disorders, diabetic retinopathy, retinal detachment, and macular degeneration. His innovations and surgical expertise have not only improved outcomes for countless patients but also set new benchmarks in the management of blinding retinal diseases in India.

 **The AK Institute of Ophthalmology**

DR. ATUL KUMAR

Leadership at AIIMS & Impact

At AIIMS, Dr. Kumar transformed the Dr. Rajendra Prasad Centre for Ophthalmic Sciences into a global hub of excellence for eye care and research. Under his leadership, the institute expanded advanced diagnostic and treatment facilities, making them accessible to thousands of patients every year. Beyond institutional leadership, Dr. Kumar has been instrumental in guiding national blindness prevention programs. His expertise has shaped policies on cataract surgery, diabetic retinopathy screening, and community outreach, reinforcing his role as a national leader in ophthalmology.

Commitment to Research and Teaching

An avid academician, Dr. Kumar has published extensively in national and international journals, contributing significantly to the global body of ophthalmic knowledge. His research spans retinal imaging, surgical techniques, diabetic eye disease, and preventive ophthalmology. He has also trained hundreds of ophthalmologists, ensuring that his knowledge and techniques benefit future generations of doctors and patients alike.



Awards & Recognition

Dr. Atul Kumar's contributions have been recognized at the highest levels. He was awarded the Padma Shri for his early contributions to medicine, followed by the Padma Bhushan, one of India's highest civilian honors, for his groundbreaking work in ophthalmology. In addition, he received the Dr. B.C. Roy Award, India's most prestigious recognition for excellence in medicine.

 HealthViews Magazine recognizes Dr. Atul Kumar for his extraordinary blend of surgical expertise, visionary leadership, and commitment to reducing blindness in India. His work has not only restored sight to countless patients but also elevated India's standing in global ophthalmology. In honoring him, we celebrate a doctor whose vision and dedication continue to light the way for millions.

A global pioneer in gastroenterology and therapeutic endoscopy, Dr. Reddy is the first Indian physician ever to receive all three prestigious Padma awards - Padma Shri (2002), Padma Bhushan (2016), and Padma Vibhushan (2025), a testament to his exceptional contributions to medicine

Born in Visakhapatnam in 1956, Dr. Reddy pursued medicine at Kurnool Medical College (MBBS), followed by an MD from Madras Medical College and a DM in Gastroenterology from PGIMER, Chandigarh. He started his career as a professor at Nizam's Institute of Medical Sciences and Guntur Medical College before founding the Asian Institute of Gastroenterology (AIG) in Hyderabad in 1994, which has since become the world's largest gastroenterology hospital.

Transforming Patient Care and Access

Dr. Reddy introduced therapeutic endoscopy techniques and day-care units, transforming how gastrointestinal conditions are diagnosed and treated in India. AIG has served patients from across South Asia and extended specialized outreach with mobile endoscopy units and rural screening programs, expanding healthcare access to underserved communities.

 **AIG Hospitals, Telangana**

DR. D. NAGESHWAR REDDY

Global Recognition and Academic Authority

With over 1,000 peer-reviewed publications, contributions to multiple endoscopy textbooks, and editorial roles on leading gastroenterology journals, Dr. Reddy stands as an internationally respected scholar. His leadership includes serving as President of the World Endoscopy Organization and accepting awards such as the Master Endoscopist (ASGE, 2009), Master of WGO (2014), Rudolf V. Schindler Award (2021), and Lifetime Achievement Award (WEO).



A Legacy Woven with compassion

Beyond surgical excellence, Dr. Reddy is known for his deep empathy—referring to healthcare as 'serving humanity with dignity.' On receiving the Padma Vibhushan, he credited the honor to his patients, team, and the broader healthcare ecosystem, emphasizing the importance of patient-first care.

Awards and Honors

- **9 Under Graduate Gold Medals**
- **5 Awards in Academy of Sciences**
- **12 Awards in Recognition Towards Contribution to Gastroenterology**

 HealthViews Magazine celebrates doctors who blend innovation with integrity. Dr. D. Nageshwar Reddy embodies this ethos—redefining gastroenterology through breakthroughs in endoscopy, academic leadership, and compassionate care. His unique distinction as India's first triple-Padma physician underscores both his medical excellence and enduring trustworthiness, making him a natural inclusion in our Top 50 Trusted Doctors list.

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Known as one of the most distinguished heart surgeons in India, Dr. Panda has earned worldwide respect for his precision, innovation, and success in some of the most complex heart surgeries performed in the country.

DR. RAMAKANT PANDA

Born in Odisha, Dr. Panda pursued his medical education at All India Institute of Medical Sciences (AIIMS), New Delhi, where he earned his MBBS and MS degrees. He later trained at the Cleveland Clinic, USA, one of the world's leading centers for cardiac care. This rigorous academic and surgical foundation shaped him into one of the most refined practitioners of cardiovascular and thoracic surgery in India. With his vision and expertise, Dr. Panda established himself as a leader in the field, pioneering surgical techniques that have transformed cardiac care.

Asian Heart Institute

In 2002, Dr. Panda founded the Asian Heart Institute (AHI), Mumbai, which has since grown into one of India's most trusted centers for heart care. The institute is renowned for its ethical medical practices, evidence-based treatments, and exceptional success rates in cardiac surgery. Under his leadership, AHI has become a beacon of hope for patients from across India and abroad, often taking up cases deemed too risky by others.

Beyond the Operation Theatre

While Dr. Panda's professional life revolves around saving hearts, his vision extends beyond surgery. He advocates for preventive healthcare, public awareness about heart disease, and lifestyle modification as key factors in reducing India's growing cardiac burden. His philosophy is clear: the true success of cardiac care lies not only in curing disease but in preventing it altogether.

Surgical Excellence

Dr. Panda is celebrated as one of the world's best bypass surgeons, having performed over 20,000 cardiac surgeries and more than 2,000 high-risk redo bypass operations. His approach emphasizes total arterial revascularization, beating heart surgery, and minimally invasive techniques, which ensure longer-lasting results and quicker recovery for patients. He gained national attention as the chief surgeon for the late Dr. Manmohan Singh, former Prime Minister of India, during his complex redo bypass surgery in 2009. The successful outcome reinforced Dr. Panda's reputation as India's safest heart surgeon.



Awards & Recognition

In recognition of his contributions to medicine, Dr. Panda was honored with the Padma Bhushan in 2010, one of India's highest civilian awards. He has also been consistently ranked among the Top Cardiac Surgeons in the World and has received numerous accolades from national and international medical associations.

🏆 At HealthViews Magazine, we celebrate Dr. Ramakanta Panda not only for his surgical brilliance but also for his dedication to patient-centric care, ethical values, and pioneering work in cardiac healthcare. His legacy is one of healing, trust, and innovation—a story that continues to inspire millions of patients and doctors across the globe.

📍 **Asian Heart Institute** ☎️ **+91 98200 27691**

Known for his expertise in spinal surgery, brain tumors, and Gamma Knife radiosurgery, Dr. Vaishya has emerged as one of the most respected neurosurgeons in the country.

Dr. Sandeep Vaishya completed his MBBS and MS in General Surgery, followed by an MCh in Neurosurgery from the prestigious AIIMS, New Delhi. His training at AIIMS, one of India's foremost medical institutions, laid a strong foundation for his career as a neurosurgeon. He further honed his skills in advanced neurosurgical techniques, with a special focus on minimally invasive procedures and Gamma Knife radiosurgery, which today stand as hallmarks of his medical excellence.

Brain & Spine Surgery Expert

Over the past three decades, Dr. Vaishya has performed thousands of successful surgeries, specializing in the treatment of brain tumors, spinal disorders, neurovascular conditions, and cranial surgeries. His expertise lies in handling complex brain tumors with microsurgical precision and delivering effective outcomes in cases previously considered inoperable. In the domain of spinal surgery, he has pioneered advanced techniques for treating spinal cord tumors, degenerative spine diseases, and spinal deformities.

Fortis Memorial Research Institute, Gurugram

DR. SANDEEP VAISHYA



Gamma Knife Surgery Specialist

Dr. Vaishya is regarded as one of India's foremost experts in Gamma Knife radiosurgery, a revolutionary non-invasive technique for treating brain tumors and other neurological disorders. This cutting-edge technology allows for targeted precision in removing or shrinking tumors without the need for conventional open brain surgery. Patients from across India and overseas consult him for Gamma Knife surgery due to his exceptional experience and track record of successful outcomes. His dedication to precision, innovation, and compassionate care has earned him the trust of patients not only in India but across the globe.

Leadership at FMRI

Currently, Dr. Sandeep Vaishya serves as the Executive Director of Neurosurgery at Fortis Memorial Research Institute (FMRI), Gurugram, one of India's leading super-specialty hospitals. Under his leadership, the neurosurgery department has gained recognition as a center of excellence for advanced neurological care. His ability to integrate state-of-the-art technology with compassionate patient management has set new standards in neurosurgical practice.

Global Recognition, Trust

His contributions have been widely recognized through academic lectures, medical publications, and invitations to conferences. Patients describe him not only as a skilled surgeon but also as a healer who listens, reassures, and guides them through some of life's most difficult health challenges.

 HealthViews Magazine recognizes Dr. Sandeep Vaishya as one of India's Top 50 Trusted Doctors for his unmatched contributions to neurosurgery. His expertise in spinal surgeries, brain tumor management, and Gamma Knife radiosurgery, coupled with his commitment to patient well-being

In a domain where few women once dared to lead, Dr. Saroj Chooramani Gopal stands apart as a visionary who redefined pediatric surgery and reshaped medical education in India. Honored with the Padma Shri and the Dr. B. C. Roy Award, her pioneering spirit continues to inspire generations through innovation, leadership, and an enduring legacy of healing

Born in 1944 in Mathura, Uttar Pradesh, Dr. Gopal completed her MBBS and MS from Sarojini Naidu Medical College in Agra. In 1973, she became the first woman to earn an M.Ch in Pediatric Surgery from AIIMS, New Delhi—a remarkable milestone that paved the way for countless others

Academic Leadership

From 1973 to 2008, Dr. Gopal spent over three decades at Banaras Hindu University's Institute of Medical Sciences, progressing from faculty to Dean and Medical Superintendent, before being appointed as Vice-Chancellor of King George's Medical University (KGMU), Lucknow—the first woman in that role. Her leadership reshaped academic standards and institutional rigor in medical education. Gopal has published several articles, counted at 120, in peer-reviewed national and international journals.

DR. SAROJ CHOORAMANI GOPAL

Innovator for Accessibility

Driven by a commitment to accessible care, Dr. Gopal invented affordable pediatric innovations—such as low-cost humidifiers, stents for hydrocephalus, and the “Chooramani's Hook” for neonatal urinary obstruction—all aimed at aiding underprivileged families. Notably, six of these innovations have been patented by the NRDC



Dr. Saroj Chooramani Gopal, Honorary Professor at the Centre of Biomedical Research, has held key leadership roles including President of the Indian Association of Pediatric Surgeons (1998) and currently, President of the National Academy of Medical Sciences, New Delhi.

Awards and Recognition

With over 120 publications in pediatric surgery, Dr. Gopal has shared insights on hemangioma, teratoma, and surgical reconstruction—expanding India's pediatric surgical knowledgebase. Her efforts earned her prestigious fellowships (such as INSA and Commonwealth Medical Scholarships), the Dr. B. C. Roy Award (2002), and the Padma Shri (2013).

Scholar at 79

Even in her late 70s, Dr. Gopal's quest for knowledge continues. In 2024, at age 79, she enrolled for a PhD in regenerative medicine at IIT Kanpur, aiming to advance spinal nerve repair using stem cells derived from bone marrow or peritoneal tissue. Her enduring passion for learning remains an inspiration to all.

 HealthViews Magazine celebrates doctors who seamlessly blend clinical brilliance, educational leadership, and social innovation. Dr. Saroj Chooramani Gopal exemplifies this trio—innovating surgery, transforming institutions, and advancing research well into her untiring career. Her leadership and compassion make her one of India's most trusted medical luminaries.



Recipient of the Padma Shri Award, Dr. Joshi is one of the country's most respected endocrinologists and diabetologists. He has not only transformed diabetes and metabolic disorder management in India but also emerged as a global authority in endocrine sciences.

Dr. Shashank Joshi's medical journey began with his MBBS and MD in Medicine from Mumbai, followed by a DM in Endocrinology from KEM Hospital, Mumbai. His academic brilliance led him to train further in clinical endocrinology abroad, where he refined his expertise in managing complex metabolic and hormonal disorders. Today, he stands as one of the most recognized faces in endocrinology, both in India and international space.

Eminent Endocrinologist and Diabetologist

His clinical expertise covers a wide range of conditions, including diabetes, thyroid disorders, obesity, growth abnormalities, and pituitary diseases. As a practicing endocrinologist, he has touched the lives of thousands of patients, guiding them with evidence-based treatments and lifestyle interventions. His pioneering work in diabetes reversal and lifestyle medicine has helped countless individuals regain control over their health.

 **Lilavati Hospital and Research Centre, Mumbai**

DR. SHASHANK JOSHI OF MUMBAI

Research, Academic Contribution

Dr. Shashank Joshi has authored and co-authored over 600 research papers in national and international journals. His research spans critical areas such as diabetes, obesity, thyroid, osteoporosis, and public health endocrinology. His contributions have been instrumental in shaping India's medical guidelines on diabetes and endocrine disorders.



As an academician, he serves on editorial boards of leading medical journals and has played a crucial role in medical education and training of young endocrinologists. His research continues to influence global strategies for managing lifestyle-related diseases.

Leadership & Health Advocacy

Beyond his clinical practice, Dr. Joshi is actively involved in public health policy-making. He served as a member of the COVID-19 Task Force in Maharashtra, where his expertise was instrumental in guiding protocols for managing the pandemic, especially for patients with co-morbidities such as diabetes. He has also been a strong advocate for diabetes prevention and awareness campaigns, frequently engaging with media, health forums, and community outreach initiatives.

Awards and Recognition

Dr. Joshi's outstanding contributions have earned him several honors, most notably the Padma Shri, one of India's highest civilian awards. In addition, he has been recognized with multiple national and international accolades.

 HealthViews Magazine recognizes Dr. Shashank Joshi for his unparalleled contributions in endocrinology, groundbreaking research in diabetes, and unwavering commitment to patient care. His leadership, combined with his compassion for patients, makes him not only a top doctor but also a trusted guide for India's fight against lifestyle and endocrine disorders.

Rising Cases of Gallbladder Stones in Indians: Gastroenterologist Dr. Yogananda Reddy Explains It all

Gallbladder stones – or gallstones – were once thought to affect mainly older individuals or those with specific lifestyles. But today, Indians of all age groups, including people in their 20s and 30s, are being diagnosed with gallstones at alarming rates. To understand why cases are rising, what symptoms we should look for, and how to prevent complications, HealthViews India spoke to Dr. Yogananda Reddy [MBBS, MRCP (UK), FRCP (UK), CCT (UK), FEBGH (European Board)], one of Bangalore's leading gastroenterologists and the founder of Bangalore Gastro Center.

In this insightful conversation, Dr. Reddy sheds light on the hidden causes behind gallstones, the latest treatments, and why awareness is key.



In this exclusive HealthViews interview, Dr. Musthafa sheds light on the increasing prevalence of heart attacks and shares valuable insights on prevention, diagnostics, and advancements in cardiology.

Q1. Dr. Reddy, we're hearing that gallbladder stones are now common even among younger Indians. Why is this trend rising?

You're absolutely right – we are seeing more cases across all age groups, even teenagers in some rare cases. The main reasons are dietary and lifestyle changes. Indians are eating more processed foods, refined oils, and fast foods that are high in unhealthy fats.

Another major factor is sedentary lifestyles. People are sitting longer hours, moving less – this slows down digestion and bile flow. Add to this rising obesity, hormonal factors, and uncontrolled diabetes, and we have a perfect storm for gallstone formation.

Q2: What exactly are gallstones, and how do they form?

Gallstones are hardened deposits of digestive fluid (bile) that form in the gallbladder, a small pear shaped organ under your liver. These stones can be as small as sand particles or as big as a golf ball. They form when there's too much cholesterol in bile or when the gallbladder doesn't empty properly. Over time, this leads to sand like crystals called sludge that clump into formation of stones.

Q3. What symptoms should people watch out for? Are there early signs?

Some gallstones are silent and cause no symptoms – we discover them incidentally on scans done for other reasons like annual health check-up. But when symptoms occur, the most common ones are:

- Sudden, intense pain in the upper right abdomen or in the centre (especially after fatty meals)
- Nausea or vomiting
- Bloating, indigestion, or discomfort after eating
- In severe cases, yellowing of the skin/eyes (jaundice)

If you have sudden severe abdominal pain lasting more than an hour seek medical help immediately.

Q4. Are there certain groups of people more at risk for gallstones?

Yes. We call it in medical textbooks the “5 F’s rule” in medicine – Female, Fat, Fertile, Forty, and Family history. Women (especially after pregnancy) are at higher risk due to hormonal changes. People who are overweight, in their 40s or older, and those with a family history of gallstones are also more vulnerable. But now, due to lifestyle factors, we are seeing gallstones in men and even young adults more frequently.

Q5. What is the role of early screening and preventive care in tackling this issue?

Treatment depends on the size, symptoms, and complications.

- No symptoms? We sometimes just monitor.
- Pain or complications? We usually recommend laparoscopic gallbladder removal (cholecystectomy) – a safe, minimally invasive surgery.
- In very rare cases, medicines may help dissolve tiny crystals, but surgery is the gold standard if there are repeated attacks.

Q6. Is there a link between undetected gallstones and gallbladder cancer?

Yes, there is. Long-standing, untreated gallstones can cause chronic irritation and inflammation of the gallbladder wall. Over many years, this irritation can lead to changes in the gallbladder lining, increasing the risk of gallbladder cancer. It’s important to note that not everyone with gallstones will develop cancer.



“Your gut is your lifeline—prioritize it.”
- Dr. Reddy.

Q7. Can gallbladder cancer spread even after removing the gallbladder?

Unfortunately, if cancer has already spread beyond the gallbladder before surgery, removing the gallbladder may not be enough to stop the disease. That’s why early detection is critical. If cancer is caught at an early stage, removing the gallbladder can be curative. But if the cancer is advanced, further treatments like chemotherapy or targeted therapies may be required.

Q8. Are gallstones genetic? Can they run in families?

Yes, there is a genetic component. If you have a family history of gallstones, you are more likely to develop them yourself. This is because bile composition and cholesterol metabolism can be

Rising Cases of Gallbladder Stones in Indians: Gastroenterologist Dr. Yogananda Reddy Explains It all

influenced by genes. That's why we advise people with a parent or sibling who had gallstones to be extra careful with their lifestyle and their diet.

Q9. How can one ensure they don't develop gallstones? Are there specific precautionary measures?

Dr. Musthafa: Heart health begins with awareness. Understand your risks, adopt a healthy lifestyle, and never ignore symptoms, no matter how minor they seem. Prevention is always better than cure, and even small, consistent changes can have a profound impact on your heart health over time.

Q9. How can one ensure they don't develop gallstones? Are there specific precautionary measures?

Prevention is possible, and it starts with lifestyle choices: Eat a balanced diet – More fruits, vegetables, whole grains; avoid too much fried or fatty food.

Stay hydrated – Adequate water keeps bile thin and prevents stone formation.

Maintain healthy weight – Obesity is a major risk factor, but avoid crash diets as rapid weight loss can also cause stones.

Regular exercise – Keeps your digestion and bile flow active.

If you have risk factors like obesity or a family history, get routine check-ups – early detection is key.

Q10. Final message to readers on gallbladder health?

Don't ignore your digestive health. Occasional indigestion may seem harmless, but recurrent pain or discomfort should be checked. Gallstones can lead to serious complications like infections or pancreatitis if left untreated. Listen to your body – and don't delay a Gastroenterologist visit if you notice symptoms.

Dr. Yogananda Reddy

Bangalore Gastro Centre. Appointments at 080-4688-8888

3 Simple Steps to Keep Your Gallbladder Healthy

Eat a Balanced Diet

- Include more fruits, vegetables, whole grains, nuts, and seeds in your meals.
- Cut down on saturated fats, trans fats, and excess sugar.
- Incorporate healthy fats and avoid too much fried or fatty food.

Stay Hydrated

- Adequate water keeps bile thin and prevents stone formation.
- Staying hydrated supports smooth digestion and prevents bile from becoming concentrated.

Regular Exercise

- Keeps your digestion and bile flow active
- Improves overall metabolism and maintains healthy body weight.
- Enhances circulation, supporting liver and gallbladder function

Start small, stay consistent, and consult a doctor for personalized advice. Your GB will thank you!



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A recipient of the prestigious Dr. B. C. Roy Award (2016) for his excellence as an educator and a recipient of multiple honorary doctorates (D.Sc. Honoris Causa), Dr. Mishra's legacy is woven into the fabric of India's medical academia and policy-making.

Dr. Mishra's distinguished career has been marked by early academic leadership—he was the youngest-ever member on the Senate and Dean of the Faculty of Medicine at Nagpur University. Over more than three decades, he has steered national academic reform as Chairman of multiple committees at the Medical Council of India (MCI), guiding postgraduate education standards, curriculum design, finance, and accreditation

Architect of Medical Education

As Pro-Chancellor of Datta Meghe Institute of Medical Sciences (Deemed University), Nagpur, and Principal Advisor to KIMS University, Karad, Dr. Mishra has pioneered academic policy and institutional governance across India's leading medical universities. He serves as the National Head of the Academic Programme for the UNESCO Chair in Bioethics in Haifa and sits on numerous advisory councils, including the IMA's Academic & Accreditation Board and SAARC Medical Association. His input has shaped medical education nationwide

DR. VEDPRAKASH MISHRA

Beyond Teaching

Dr. Mishra brings more than policy to the table—he brings principles. As Honorary Advisor to the Indian Medical Association and a prominent figure in bioethics, he has emphasized integrity, student well-being, and curricular relevance. His role as Convener of the Experts Group at the National Board of Examinations underscores his influence in embedding competency-based education and national faculty development programs in Indian medical schools

School, Awards and Lasting Influence

Dr. Mishra's contributions transcend his administrative titles. He has been honoured with several D.Sc. Honoris Causa and D.M.Sc. Honoris Causa degrees by multiple Indian health science universities—a fitting tribute to his unwavering service to medical education. As the only medical educator whose life and work have been chronicled by his own father—featured in the Limca Book of World Records—his journey is both personal and historic.



He is the Honorary Advisor to the National Indian Medical Association and Chairman of the Standing Committee for Medical Education.

HealthViews Magazine recognizes doctors who transcend clinical impact to build systems, shape minds, and uplift entire disciplines. Dr. Vedprakash Mishra personifies these ideals. His leadership, integrity, and dedication to nurturing today's and tomorrow's doctors make him one of India's most trusted medical educators. We salute him among our Top 50 Trusted Doctors of India.

In the world of medical education, where clarity and mentorship shape the future of healthcare, Dr. Vaishaly Bharambe stands tall as one of India's most respected anatomy educators. With more than 25 years of experience in teaching anatomy, she has guided generations of medical, dental, nursing, and physiotherapy students.

Throughout her career, Dr. Bharambe has held prestigious academic leadership positions. As Dean and Head of Anatomy at Symbiosis Medical College for Women, she laid the groundwork for the Department of Anatomy, ensuring it was both academically strong and student-centric. At Dr. D.Y. Patil Medical College, Pune, where she taught for over two decades, she became a guiding force for countless students, mentoring them not only academically but also personally. Her most recent role as Deputy Director for Organ Donation and Professor of Anatomy at Dr. D.Y. Patil Medical College highlighted her ability to merge academia with social responsibility. Today, as an Academic Consultant at DeftXR, she is helping design 3D human models for immersive, technology-driven anatomy education—pioneering the future of medical learning.

DR. VAISHALY BHARAMBE

VB Anatomy Academy

In 2023, Dr. Bharambe launched VB Anatomy Academy, a YouTube channel dedicated to simplifying anatomy, embryology, and surgical anatomy for young medical learners. Within a short span, the channel has become a trusted online resource for students across India and beyond, offering conceptual clarity through well-explained lessons. By bridging traditional teaching methods with digital innovation, she has ensured that medical education remains accessible, engaging, and future-ready.



🏆 At HealthViews Magazine, we honor doctors who shape healthcare and society alike. Dr. Vaishaly Bharambe embodies this spirit as an academican, researcher, innovator, and mentor

Academic Contribution

Beyond teaching, Dr. Bharambe is a prolific researcher with more than 55 research publications, including 45 original articles and 9 case reports. Her research interests span cadaveric anatomy, surgical anatomy, embryology, and medical education innovations.

Awards & Recognition

Dr. Bharambe's commitment has earned her six national and two international awards, recognizing both her academic brilliance and her contribution to society. She is a sought-after speaker at academic conferences, delivering guest lectures across India, where she motivates students, teachers, and healthcare professionals to embrace innovation and compassion in their work.

Teacher, Mentor & Changemaker

What sets Dr. Bharambe apart is not only her academic excellence but also her belief in mentorship. Born into a military family as the daughter of an Indian Air Force officer, she carries the values of discipline, dedication, and integrity into every aspect of her work. To her students, she is more than a professor—she is a mentor who guides them through the complexities of both medicine and life.

📌 **VB Anatomy Academy, a YouTube channel**

SC's Stray Dog Removal Order

Public Health Risks & Vet Solutions for Delhi



Delhi's stray dog population, estimated at 5.6–10 lakh, contributes to significant public health challenges. In 2025, Delhi reported 35,000+ dog bite cases and 49 rabies cases by July, with India accounting for 36% of global rabies deaths.

The Supreme Court's suo motu action on August 11, 2025, in *In Re: "City Hounded By Strays, Kids Pay Price"* (Writ Petition No. 5/2025), was triggered by media reports of a child's death from rabies.

The court directed civic bodies to capture all stray dogs, house them in shelters, and prohibit their release back to streets, overturning the Animal Birth Control (ABC) Rules, 2023, which mandate sterilization and release. This shift has sparked intense debate between public safety advocates and animal welfare groups.

Background of Supreme Court's Stray Dog Removal Order:

In August 2025, the Supreme Court of India issued a landmark order mandating the relocation of all stray dogs in Delhi-NCR to shelters within eight weeks, citing rising dog bite incidents and rabies risks. With an estimated 10 lakh stray dogs in Delhi and 35,000+ dog bite cases reported in 2025, the ruling aims to prioritize public safety.

However, veterinarians and animal welfare experts argue that mass relocation is inhumane and ineffective, advocating for sterilization and vaccination programs instead. This article examines the SC's order from a public health perspective, incorporating vet insights, evidence from recent data, and the broader implications for India's urban health landscape.



SC Order Key Directives:

Relocation Mandate: All stray dogs in Delhi-NCR to be captured and relocated to shelters within eight weeks.

Shelter Standards: Shelters must provide food, water, medical care, sterilization, vaccination, and CCTV monitoring.

No-Release Policy: Sterilized dogs cannot be returned to their original localities, breaking from ABC Rules.

Helpline System: A 24/7 helpline for dog bite complaints with a four-hour response time.

Accountability: Municipal bodies face contempt for non-compliance; shelters require at least two staff members and record-keeping.

SC's Stray Dog Removal Order

Public Health Risks & Vet Solutions for Delhi



Rabies & Dog Bites: Growing Concern

Rabies Burden: India contributes 36% of global rabies deaths (20,000 annually), with 65% of Southeast Asia's human rabies cases. Delhi reported 49 rabies cases in 2025, largely from stray dog bites.

Dog Bite Statistics: Delhi recorded 35,000+ dog bite cases in 2025, with 3.7 million nationwide in 2024. Children and the elderly are particularly vulnerable due to limited access to post-exposure prophylaxis (PEP)

Public Health Impact: Rabies is nearly 100% fatal if untreated, costing India INR 1,500 crore annually in healthcare and productivity losses. Dog bites also cause psychological trauma and secondary infections.

Effectiveness of Relocation

Vacuum Effect: Removing vaccinated, sterilized dogs creates a "vacuum" where unvaccinated dogs move in, increasing rabies risk.

Shelter Overcrowding: Delhi's 20 existing shelters house <5,000 dogs, far below the 2,000 shelters needed for 10 lakh strays. Overcrowding risks disease outbreaks and poor animal welfare.

Behavioral Risks: Relocation to unfamiliar environments increases stress and aggression in dogs, potentially exacerbating bite incidents.

Recommendations

Scale Up TNR Programs: Achieve 70% sterilization and vaccination coverage, following Goa's zero-rabies model.

Community Engagement: Form RWA-led Animal Welfare Committees for local dog censuses and responsible feeding.

Legal Alignment: Amend ABC Rules to allow temporary sheltering of aggressive dogs while upholding humane standards.

Public Awareness: Educate residents on responsible waste management and reporting dog bites to reduce conflict.

Shelter Reforms: Reserve shelters for aggressive or sick dogs, ensuring adequate funding and veterinary care.

Alternate Solutions

Veterinarians and public health experts advocate for evidence-based alternatives:

Sterilization and Vaccination: WHO and WOAH recommend 70% sterilization and vaccination coverage to control dog populations and rabies. Goa's zero-rabies status via Trap-Neuter-Return (TNR) programs is a model.

Community Engagement: Programs involving RWAs, NGOs, and local feeders reduce human-dog conflict through responsible feeding and monitoring.

Waste Management: Proper garbage disposal reduces food sources for strays, lowering population growth.

VETERINARIAN INSIGHTS



Relocating stray dogs to shelters is not a long-term solution. Sterilization and vaccination drives, partnered with private clinics and RWAs, are more humane and effective. A stray dog census is critical for targeted interventions.” Dr. Sharma highlights that isolation alone won’t reduce bites or rabies, citing evidence from TNR programs.

DR. KUNAL DEV SHARMA, MAXPETZ, NEW DELHI



“This order is a death sentence for community dogs. Zero stray dogs may reduce bites temporarily, but it’s impractical and inhumane. Other rabies sources, like unvaccinated pets, persist. TNR and mass vaccinations, as in Goa, are proven solutions.” Dr. Simoes warns of shelter-related health risks.

DR. MICHELLE SIMOES, PETS OF PARADISE



Forced removal of 10 lakh dogs will cause chaos and suffering. Effective sterilization since 2001 could have controlled populations. Shelters are unfeasible; focus on ABC programs and closing illegal pet shops.” Dr. Aravindan stresses the “vacuum effect” and legal violations.

DR. MINI ARAVINDAN, PETA INDIA

SC's Stray Dog Removal Order

Public Health Risks & Vet Solutions for Delhi

Public Health Implications for India

Rabies Control

Current Challenges: Only 4.7 lakh of Delhi's 10 lakh strays are sterilized, far below the 70% WHO threshold. Inadequate PEP access in rural and urban slums increases rabies mortality.

Proposed Strategy: Mass vaccination campaigns, targeting 70% of strays annually, could achieve zero-rabies status, as in Goa. Microchipping and tracking, as planned by MCD, enhance accountability.

Critical Evaluation

Strengths of the Supreme Court Order

Public Safety Focus: Addresses the 35,000+ dog bite cases and 49 rabies cases in Delhi, protecting vulnerable groups.

Accountability: Mandates helplines, CCTV, and record-keeping to ensure transparency.

Urgency: Responds to a child's rabies death, highlighting the need for immediate action.



Animal Conflict

Public Safety: While the court prioritizes Article 21 (right to life), mass relocation may not reduce bites if unvaccinated dogs replace removed ones.

Community Dynamics: Stray dogs are integral to Delhi's ecosystem, controlling rat populations and coexisting with communities. Relocation disrupts this balance, potentially increasing rodent-related diseases.

Limitations and Risks

Infeasibility: Delhi's 20 shelters cannot accommodate 10 lakh dogs; new shelters require years to build.

Legal Conflict: The no-release policy violates ABC Rules, 2023, risking legal challenges.

Health Risks: Relocation may increase dog aggression and disease spread in shelters.

Ethical Concerns: Animal welfare groups, including PETA and FIAPO, call the order inhumane and unscientific.

The Indian Context

India's 20,000 daily dog bite cases and 36% share of global rabies deaths underscore the urgency of effective stray management. However, the court's approach overlooks proven TNR programs and risks straining civic resources, potentially worsening public health outcomes.

Shelter Feasibility

Capacity Issues: Building 2,000 shelters for 10 lakh dogs requires significant land, funding (hundreds of crores annually), and trained staff, which MCD currently lacks.

Health Risks: Overcrowded shelters risk disease outbreaks (e.g., canine distemper) and poor welfare, negating public health goals.

In an era where lifestyle diseases are among the biggest health challenges, Dr. Anand Hinduja as a Consultant Physician with a special interest in Diabetes, Thyroid, Metabolic Disorders, and Neuropathies has emerged as one of the most trusted physicians

Dr. Anand Hinduja brings a strong academic and clinical foundation to his practice, holding credentials such as MBBS, MRCP (UK) in Endocrinology & Diabetes, and MHA (Gold Medalist), along with advanced certifications like CCEBDM, CCGDM, CCMTD, among others.

Aarti Clinic, Kharghar

At his flagship Aarti Clinic in Kharghar, Navi Mumbai, Dr. Hinduja has built a model of technology-enabled, multidisciplinary care. The clinic is equipped with a suite of advanced diagnostic tools rarely found outside tertiary hospitals, making it a destination for patients seeking precision in metabolic and neurological health:

SUDOSCAN for early detection of Diabetic Neuropathy

Fibroscan for non-invasive liver fibrosis screening

Podiascan for foot pressure assessment and ulcer prevention

Home-based Sleep Study for diagnosing Obstructive Sleep Apnea (OSA)

DR. ANAND HINDUJA



Heart Rate Variability (HRV)

Testing for autonomic balance and stress evaluation

AI-powered QEEG Testing for detecting Mild Cognitive Impairment

Global Academic Engagements

Dr. Hinduja's journey is also defined by his diverse global academic footprint. His scientific contributions have been recognized with abstract selections at some of the world's most prestigious platforms, including:

IDF Congress 2022 – Diabetes

European Sleep Congress 2024 – Sleep Medicine

Jumpstart Renal Nutrition Research Program 2024

(Germany) – Renal Nutrition

EASD 2025 – Diabetes & Metabolism

WCN 2025 – Neurology

Educator & Leader

Dr. Hinduja's impact extends far beyond his clinic. As Adjunct Faculty in Clinical Simulation at Symbiosis International University, he has trained over 2,500 healthcare professionals, and continues to be a sought-after faculty member for leading medical colleges across India. His role as Course Director of the CardioDiabetes Synergy Symposium (CDSS), a Biannual Medical Conference further underscores his commitment to advancing collaborative medicine. CDSS has become a premier platform bringing together experts from cardiology, diabetology, nephrology, and internal medicine to improve outcomes in cardio-metabolic health through shared expertise and innovation.

A doctor who brings both science and sensitivity to every consultation.

🏆 At HealthViews Magazine, we celebrate doctors who blend clinical excellence with human connection. Dr. Anand Hinduja embodies these values—bringing advanced endocrinology to everyday care, listening patiently, and applying thoughtful medical strategies. His consistent results and patient feedback make him India's most trusted and effective physicians—worthy of our Top 50 Trusted Doctors recognition.

📍 **Aarti Clinic, Kharghar, Navi Mumbai +91 98218 94405**

In the fight against diabetes and metabolic diseases, patients seek not just treatment but true transformation. Dr. B. Jagadish, Director and Chief Consultant at Masterdoctor® Wellness Group of Clinics, delivers precisely that—empowering individuals to reclaim their health through lifestyle medicine, functional nutrition, and holistic care.

Dr. Jagadish is a uniquely qualified specialist—holding MBBS, MD, PGDENDO, PGDGM, DDIAB, and advanced certifications in functional and lifestyle medicine, geriatrics, cardiology, and diabetes care. As a Metabolic Well-Being Coach, Diabetes Reversal Expert, and Preventive Cardiologist, he brings over 12 years of consistent clinical excellence to his practice in Bhubaneswar, Odisha.

Masterdoctor® Clinics

Under the umbrella of Masterdoctor® Wellness Clinics, Dr. Jagadish oversees more than 15 branches across 12+ districts of Odisha. His services span type 2 diabetes management, diabetic neuropathy, obesity, hypertension, thyroid disorders, and geriatrics. His clinics are celebrated not just for medical proficiency, but for delivering care at affordable prices.

Masterdoctor® Wellness, Odisha ☎ +91 8093008191

DR. B JAGADISH

Healing Through Neo-Ayurvedic Nutrition

Dr. Jagadish also heads MASTERDOCTOR Pharmaceuticals, where he crafted 15+ neo-Ayurvedic herbal supplements that support metabolic health. His integrative approach—combining clinical nutrition, Ayurveda, yoga, and mind-body therapies (NLP, EFT, Bach flower remedies)—helps thousands rediscover metabolic balance through safe, non-invasive protocols.

Thought Leader, Author & Mentor

As a keynote speaker at national conferences, Dr. Jagadish shares actionable insights in functional medicine and lifestyle change. He authored MADHUVEDA and co-authored Hormonal Harmony, enhancing public understanding of nutrition science and metabolic well-being. He continues to mentor young doctors and inspire patients to embrace sustainable health practices.

Patient-Centric Approach

What distinguishes Dr. Jagadish is his belief in collaborative healing—he views patients as partners in wellness. His motto, “Health & Wellness for Everyone,” reflects his commitment to equity, education, and empowerment through personalized care frameworks based on functional medicine principles.



Awards, Honors and More

Dr. Jagadish's work has earned him multiple state and national honors. His awards include:

- National Healthcare Excellence Awards for his contribution to lifestyle medicine.
- Recognition by IAMS (Indian Association of Medical Specialists) for pioneering holistic care models.
- Academic and Social Excellence Awards for his patient-centric initiatives in diabetes management and public health awareness.

HealthViews Magazine spotlights doctors whose impact transcends prescription and procedure. Dr. B. Jagadish embodies the future of healthcare—integrative, patient-centered, and digitally fluent. His inclusion among India's Top 50 Trusted Doctors is a recognition of his pioneering spirit, compassionate leadership, and award-winning contributions to holistic wellness.

In a world where obesity challenges both health and confidence, Dr. Muffazal Lakdawala—fondly known as Dr. Muffi—stands apart as a pioneer who has redefined bariatric surgery with innovation and compassion.

Dr. Lakdawala laid the foundation for modern bariatric surgery in India by establishing the Digestive Health Institute (DHI) in Mumbai—the country's first Surgical Review Corporation (SRC)-accredited Center of Excellence in Bariatric Surgery. As Director of Surgery and Head of Minimal Access Surgical Sciences at Sir H. N. Reliance Foundation Hospital, he has performed over 50,000 surgeries, spanning bariatric, gastrointestinal oncology, and advanced minimally invasive procedures.

Breaking Barriers Through Innovation

Globally renowned for pioneering techniques, Dr. Lakdawala has achieved several historic firsts: the first single-incision sleeve gastrectomy in India, the first fully robotic gastric bypass using the da Vinci Xi system, and handling some of the most challenging cases—like operating on Asia's heaviest man and the world's heaviest woman, Eman Ahmed. His unmatched surgical portfolio and fearless precision make him a game-changer in metabolic surgery.

Digestive Health Institute by Dr. Muffi

DR. MUFFAZAL LAKDAWALA



International Recognition & Global Leadership

In 2019, Dr. Lakdawala was honored as "Best Surgeon in the World" by the American Society for Metabolic & Bariatric Surgery (ASMBS) and received the "Master Educator" Award from the International Federation for the Surgery of Obesity (IFSO)—both acknowledging his surgical brilliance and educational impact. A respected board member of the Asia-Endosurgery Task Force, he served as IFSO's Asia-Pacific President, advancing surgical standards across the region.

Scholarly Contributions

With over 100 publications to his name and extensive work with international peers, Dr. Lakdawala contributes actively to surgical research and guidelines. As Professor Emeritus at BYL Nair Hospital, he mentors bariatric fellows from South Asia, the Middle East, and beyond. He regularly leads live surgery workshops throughout Asia, shaping future generations of surgeons with his expert methodologies.

Service Beyond Surgery

Dr. Lakdawala's commitment extends beyond operating rooms. He played a vital role in leading operations at the NSCI Dome COVID Hospital in Worli—treating thousands of patients during the pandemic with unwavering care and leadership. His philanthropic endeavors and patients-first philosophy reinforce his trust as both doctor and humanitarian.

 HealthViews Magazine honors Dr. Muffazal Lakdawala for being more than a surgeon—he is a pioneer, educator, and healer whose innovation, expertise, and compassion improve lives on a massive scale. His surgical artistry and patient-centered ethos define what it means to be truly trusted by communities.

As co-founder of Ayushakti and a renowned Ayurvedic physician, pharmaceutical herbalist, and nutritionist, Dr. Naram has dedicated her life to transforming wellness through the sacred lineage of Siddha Veda—a 2,500-year tradition entrusted to her and her family.

In 1980, Dr. Smita and Dr. Pankaj Naram were initiated into the ancient Siddha Veda lineage by Babaji, revered for his 125-year life and profound Ayurvedic mastery. Entrusted with rare Tibetan scrolls that preserve Buddha-era knowledge, they founded Ayushakti in 1987 to share these healing traditions globally. From its humble clinic in Mumbai, Ayushakti now operates across 108 countries, having healed over 1.9 million souls through a unique blend of traditional wisdom and modern application.

Ayushakti

Ayushakti stands out for taking a scientific approach to traditional medicine. Under Dr. Naram's guidance, Ayushakti has published 32+ peer-reviewed research papers demonstrating efficacy in managing chronic diseases. Their 3R treatment model—targeting the root cause through Diet, Detox, and Personalized Herbal Remedies—is tailored through pulse reading, detoxification, lifestyle plans, and marma therapies.

 **Ayushakti Ayurved**

DR. SMITA PANKAJ NARAM

Mentor for Aspiring Doctors

Dr. Naram's leadership and vision have garnered global acknowledgment. Awards include the Kashyap Award from Germany, the Best Pharmacy Award at the International Seminar on Holistic Medicine, and a Lifetime Achievement Award from the World Wellness Open University—hallmarks of her impact across healthcare, research, and compassionate service.

Mentor for Aspiring Doctors

Dr. Naram believes that Ayurveda must be practiced with authenticity and responsibility. Ayushakti's protocols are rooted in GMP and ISO 9001:2015 standards, ensuring herbal purity, efficacy, and safety. With digital outreach and AI tools like SiddhaAI, she now brings personalized Ayurvedic care to global audiences, maintaining transparency and trust at every level.

Educator & Mentor

A committed educator, Dr. Naram has trained more than 500 Ayurvedic practitioners globally, particularly in pulse reading and Panchakarma techniques.



 At HealthViews Magazine, we celebrate doctors whose trust extends beyond treatments—those who preserve traditions, inspire innovation, and heal with heart. Dr. Smita Naram represents all these qualities. She is not just a physician but a torchbearer of holistic healthcare, whose centuries-old wisdom continues to guide modern wellness. Her legacy, impact, and unwavering commitment rightfully secure her place among India's Top 50 Trusted Doctors.

Rare iTind Procedure

What is It? How Does it Work?



What is iTind Procedure

iTind (Temporarily Implantable Nitinol Device) is a minimally invasive outpatient treatment for benign prostatic hyperplasia (BPH), or enlarged prostate. It offers rapid symptom relief by gently remodeling the urethral passage—without cutting tissue or leaving anything permanently implanted.

In a major medical milestone, a 30-year-old man struggling with bladder neck obstruction (BNO) also called as bladder outlet obstruction (BOO) found relief through a revolutionary, minimally invasive procedure performed at KIMS Hospitals Thane.. The patient had been experiencing troubling urinary symptoms, but was successfully treated by Dr. Aakil Khan, Urologist at KIMS Hospitals Thane, using the next generation solution – iTind procedure

How it Works

A nitinol device is placed into the prostatic urethra using a cystoscope. Over 5–7 days, the device slowly expands, pressing at three strategic points to widen the urinary channel.

After this, it's fully removed—there's no permanent implant, no tissue removal, and sexual and ejaculatory function are preserved.

How Did the Patient Feel after the iTind Procedure?

"I was nervous about surgery, especially with risks to daily life and personal health. But this treatment felt effortless. I was back on my feet the same day with no pain and no complications," he shared



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Rare iTind Procedure

Advantages, Side-Effects

Procedure & Techniques Behind the Breakthrough



Advantages

- Rapid symptom relief, often noticeable soon after removal
- Preserves sexual and ejaculatory function—a notable benefit compared to many traditional treatments
- Outpatient procedure with minimal downtime—most patients go home the same day without needing a catheter
- Durable results—clinical data shows sustained symptom relief out to at least 3–4 years.
- No thermal ablation or tissue cutting; avoids risks associated with heat-based or surgical prostate treatments

Side Effects

- Common side effects during the treatment window include mild urinary discomfort, pelvic pressure, blood in urine, urgency, or burning sensations
- These typically resolve once the device is removed.
- Harsh complications are rare, but may include urinary retention or infection in very few cases
- Sexual function is generally maintained, with no significant long-term complications noted in studies

Procedure Steps

1. Patient lies in lithotomy position; local anesthesia and/or sedation applied
2. The iTind device is inserted via cystoscope into the prostatic urethra and positioned just below the bladder neck. Device expands over a few days, gently compressing the tissue to reshape and widen the urinary channel.
3. After 5–7 days, the device is removed via the attached wire, typically through the urethra—no additional surgery required. Most patients begin experiencing relief shortly after removal and continue to improve over the following 6–12 weeks

Want to submit a medical breakthrough, research paper and/or case study mail us: info@healthviewsonline.com

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Celebrating Healthcare Heroes

HealthViews Healthcare Awards 2024

In this interview, Shahid Ali Khan and Deepti Verma, the co-founders of HealthViews, discuss their transformative initiatives in the healthcare sector. From hosting the prestigious HealthViews Healthcare Awards 2024 in Mumbai to creating platforms that empower doctors and health professionals, they share insights into how HealthViews is redefining recognition and collaboration in the industry.

Q1: Congratulations on the success of the HealthViews Healthcare Awards 2024! What was the inspiration behind these awards?

Shahid Ali Khan: Thank you! The awards were inspired by a need to celebrate the unsung heroes of healthcare. Whether it's doctors, health organizations, or AYUSH practitioners, their contributions often go unrecognized. The HealthViews Healthcare Awards 2024, honored individuals and organizations who have truly made a difference. The awards were our way of shining a spotlight on excellence and dedication.

Q2: What inspired you to launch HealthViewsOnline.com and HealthViews Magazine?

Shahid Ali Khan: The idea stemmed from the need to create a comprehensive platform that caters to every facet of healthcare. While HealthViews Magazine offers in-depth articles, cover stories, and interviews, the website provides health-related articles, updates, interactive content, and an extensive repository of resources for professionals and organizations. Together, they ensure that healthcare insights are accessible to a wider audience.



Celebrating Healthcare Heroes

HealthViews Healthcare Awards 2024



Q3: HealthViews Magazine has become a trusted resource for health professionals. What does it offer specifically to doctors and health organizations?

Deepti Verma: The magazine is tailored to cater to the needs of the healthcare community. For doctors, it provides opportunities for featured stories, cover stories, and interviews to showcase their expertise. Health organizations benefit from brand stories and strategic partnerships that amplify their visibility. Additionally, we cover the latest medical trends, case studies, and success stories, making it a comprehensive resource for staying informed and inspired.

Q4: How does HealthViews ensure the credibility of its content and awards?

Shahid Ali Khan: Credibility is at the core of our work. Our editorial team collaborates with medical experts to fact-check every article. For the awards, we have an independent panel of judges who meticulously evaluate nominations to ensure that only the most deserving individuals and organizations are recognized.

Q5: Why should doctors and health organizations enroll in HealthViews Magazine?

Deepti Verma: HealthViews Magazine offers opportunities, such as Featured Stories & Interviews that share their journey and innovations with a wide audience. Cover Stories that highlight contributions to healthcare.



Celebrating Healthcare Heroes

HealthViews Healthcare Awards 2024

Brand Stories that strengthen the organization's credibility by showcasing success stories. It's a comprehensive platform that amplifies the voices shaping the future of healthcare.

Q6: Can you tell us about the awards that HealthViews organizes, and why professionals should participate?

Shahid Ali Khan: Our awards—such as the Doctor Ratna Award, Aarogya Vibhushan Samman, National Medical Award, Asia's Best Healthcare Awards, and Pharma Ratna Shree Samman—recognize exceptional contributions to healthcare. Winning these awards not only validates your work but also enhances your professional standing. It's a prestigious recognition that celebrates dedication and innovation in healthcare.

Q7: What unique benefits do healthcare professionals gain by nominating themselves or their organizations for HealthViews Awards?

Shahid Ali Khan: By participating, you:

- Gain recognition as a leader in your field.
- Inspire trust and credibility among peers and patients.
- Increase visibility through our extensive media coverage.
- These awards are a badge of honor that highlights your commitment to healthcare excellence.

Q8: HealthViews also focuses on recognizing emerging healthcare professionals. How do you support young talent?

We've initiated programs like 'Young Health Leaders to Watch' and networking events. These initiatives give emerging professionals a platform to showcase their talent and connect with industry leaders.

Q9: What was the most memorable moment from the HealthViews Healthcare Awards 2024?

Shahid Ali Khan: There were many! One standout moment was honoring healthcare workers who went above and beyond during crises. Seeing their dedication recognized on such a grand platform was heartwarming. These stories remind us why we started HealthViews—to celebrate those who make a difference.

Final Words from the Co-Founders

Deepti Verma: HealthViews is a powerful platform for recognition and knowledge-sharing. We invite doctors, health professionals, and organizations to join us in building a community of excellence and innovation.

Shahid Ali Khan: Together, let's celebrate the dedication, innovation, and impact of the healthcare sector. Whether it's through our magazine, website, or awards, HealthViews is here to make your journey unforgettable.

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MAGAZINE

8 OPPORTUNITIES TO ESTABLISH AS A INDUSTRY LEADER



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When it comes to gastrointestinal diagnostics, few names resonate as profoundly as Dr. Vikas Jadhav. He is particularly renowned as World's first PhD holder in ultrasonography focused on gastrointestinal ulcer diseases.

Dr. Vikas Jadhav earned his MBBS and DMRD (Diploma in Medical Radio Diagnosis) from Shivaji University, followed by a PhD in Gastrointestinal Tract Sonography from D.Y. Patil University in Pune—the first-ever in this discipline globally. His advanced training includes fellowships in diagnostic ultrasound and interventional radiology at Thomas Jefferson University Hospital (USA) and Endoscopic Ultrasonography in the UK.

Clinical Leadership

With over three decades of clinical experience, Dr. Jadhav has served as Consultant Radiologist and GI Sonologist at premier institutions such as D.Y. Patil Medical College, Aditya Birla Memorial Hospital, and Noble Diagnostic & Research Centre. He currently coordinates the Fellowship in GI Tract Radiology at D.Y. Patil University and practices in Pune under major healthcare networks. His private imaging clinic diagnose GI ulcers, liver disease, bowel conditions, tumors, and vascular thrombi using both conventional interventional and innovative ultrasound-based techniques.

DR. VIKAS JADHAV

A Public Voice for Mental Health

Dr. Jadhav's landmark contribution is the development of an Ultrasonographic Imaging Classification for Gastrointestinal Tract Ulcer Disease—the world's first academically patented system in this area, recognized in 161 countries under the Berne Convention. He is also the inventor of sonographic criteria for diagnosing intravascular tumor thrombo-embolic disease. These innovations elevate diagnostic precision and have made GI ultrasound safer and more effective in real-world clinical settings.



Educator & Thought Leader

A sought-after speaker since 2000, Dr. Jadhav has presented at medical conferences across 27 countries. With over 29 peer-reviewed publications, and roles on editorial boards and as Program Director for GI Radiology Fellowships, he actively shapes the next generation of diagnostic specialists.

Brain Health & Mental Health

Dr. Jadhav's approach blends technical mastery with empathetic patient interaction. He believes in early, non-invasive diagnosis—employing ultrasound to detect ulcers, thrombi, and GI tumors before invasive procedures become necessary. Patients frequently highlight his personalized follow-up and involvement in treatment choices, citing clear communication.

Trusted Affiliations

Dr. Jadhav holds life memberships in the Indian Radiological & Imaging Association (IRIA), Indian College of Radiology (ICRI), Indian Society of Pediatric Radiology (ISPR), Indian and World Ultrasound Federations (IFUMB, WFUMB), and is internationally linked with the American Institute of Ultrasound in Medicine (AIUM), American College of Radiology, and European Radiology societies. These affiliations reinforce his credibility and global recognition.

🏆 At HealthViews Magazine, we look for doctors who transform healthcare through innovation, trust, and impact. Dr. Vikas Jadhav symbolizes all three: he pioneered gastrointestinal ultrasound research, mentors future radiologists, and consistently delivers precise, ethical & empathetic patient care

When patients seek relief from fractures, joint pain, or athletic injuries without surgery as the only fallback, they turn to Dr. Santhosh Jacob. With over 15 years of experience in orthopedic surgery, sports medicine, and regenerative care, Dr. Jacob stands at the intersection of innovation, research, and empathy.

Dr. Santhosh Jacob earned his MBBS and MS (Orthopedics & Trauma) from Sri Ramachandra University in Chennai. He further enhanced his qualifications with fellowships in joint replacement and trauma surgery in Germany, leading to American Board certification in Regenerative Medicine and a PhD in Sports Medicine. These certifications empower him to offer both world-class surgical care and non-surgical, evidence-based recovery options.

Be Well Hospital, Chennai

As Director of Orthopedics, Sports Medicine & Spine at Be Well Hospitals, Chennai, Dr. Jacob oversees an advanced center for treatment across Ambattur, T. Nagar, and Anna Nagar. He has performed thousands of procedures—from joint replacements and complex trauma surgeries to minimally invasive arthroscopy and spinal interventions. Under his clinical leadership, Be Well has become a trusted destination for rehabilitation and orthopedic excellence.

Be Well Orthopedics, Chennai ☎ +91 8489989916

DR. SANTHOSH JACOB

Pioneer in Regenerative Ortho

Dr. Jacob is among India's pioneers in regenerative therapies—integrating stem cell interventions, ultrasound-guided PRP, and minimally invasive interventional techniques into orthopedic recovery. His work under the International Association of Stem Cell and Regenerative Medicine (IASRM) as Chairman of Interventional & Regenerative Orthopedics has shaped national standards and inspired ethical adoption of new treatment paradigms.

Committed to public health, Dr. Jacob leads community workshops focused on injury prevention, fall safety for seniors, and ergonomic awareness.

Why Patients Trust Him?

Patients often praise Dr. Jacob for offering clear explanations, realistic rehabilitation plans, and long-term follow-ups. His practice emphasizes “exercise as medicine”—encouraging patients through Ageless Fitness programs to prevent and manage injuries with safe, science-backed routines. Many recover without surgery—something testimonials credit to his personal guidance and detailed care approach.



Educator & Mentor

Dr. Jacob serves as Principal of the School of Physiotherapy at NMIMS University and leads international affairs for the Indian Association of Physiotherapists. His contribution to medical education extends to guest lectures at international conferences, guest faculty positions, and mentorship of physiotherapy and orthopedic professionals. He actively contributes to raising standards in rehabilitative care across the country.

🏆 At HealthViews Magazine, we recognize doctors who deliver measurable outcomes, uphold ethical standards, and empower patients through knowledge. Dr. Santhosh Jacob embodies that trust—spanning surgical acumen, regenerative innovation, patient empathy, and community education. His consistent excellence in orthopedics earns him a rightful place among India's Top 50 Trusted Doctors.

White Salt vs Pink Salt – What to Use for Daily Cooking



In recent years, pink salt, Himalayan salt, and sendha namak have become buzzwords in the world of wellness. Influencers and health enthusiasts often hail them as “pure,” “natural,” and “superior” to regular white salt. But is this switch truly beneficial for your health?

According to Dr. Akshat Chadha, Lifestyle Consultant, making pink salt or sendha namak your main cooking salt may not be a smart choice — especially when it comes to iodine and potassium balance in the body.



Iodine: The Missing Nutrient in Pink Salt

One of the most important nutrients in white iodised salt is iodine — an essential mineral your body cannot produce on its own. Iodine is critical for thyroid function, brain development, and metabolic regulation. According to the World Health Organization (WHO), iodine deficiency remains one of the leading causes of preventable mental disabilities in children worldwide.

Risk of Iodine Deficiency

Pink salt and sendha namak lack iodine, which puts individuals — especially pregnant women, children, and adolescents — at high risk of deficiency-related disorders such as:

- **Goitre (thyroid swelling)**
- **Hypothyroidism**
- **Developmental delays in children**
- **Fatigue, cognitive decline**

What does study indicate?

Switching completely to pink salt may lead to subtle but serious health impacts over time. Dr. Chadha warns that the effects of iodine deficiency might not appear immediately but could manifest after 1-2 years of regular use.



Potassium in Sendha Namak: Too Much of a Good Thing?

Yes, pink salt is rich in potassium — but that's not always a good thing. Excess potassium can be harmful for people with heart conditions, kidney issues, or those on certain medications.

Too much potassium may lead to:

- **Hyperkalemia (high potassium levels in blood)**
- **Irregular heartbeats**
- **Muscle fatigue**
- **Kidney stress**

Your body needs potassium, but only in the right amounts — and not from excessive salt intake.

Why White Iodised Salt Remains the Best for Daily Use



In India, where iodine deficiency is still a public health concern in certain regions, iodised salt plays a lifesaving role. The Food Safety and Standards Authority of India (FSSAI) mandates the use of iodised salt to prevent Iodine Deficiency Disorders (IDDs). Moreover:

- White salt is more regulated for nutrient content
- It's less expensive and readily available
- It prevents serious health issues related to iodine deficiency

White iodised salt is not “refined and bad” as some wellness trends suggest. In fact, fortification with iodine has been one of the most successful global health interventions.

What About Mixing Both Salts, Pink Salt and White Salt?

Many people try to balance things out by mixing pink and white salt, but this may not be effective either. The dilution of iodine content defeats the purpose of fortification. Plus, since pink salt is less salty in taste, you may end up using more of it — adding to your sodium intake.

Expert Recommendation: Stick to White Iodised Salt

Dr. Akshat Chadha advises:
“Use pink salt occasionally for flavour or in certain recipes, but for main cooking, always stick to white iodised salt. It's not about purity or colour — it's about nutrients that your body needs daily.”



Final Take

Trendy doesn't always mean healthy. While pink salt may look exotic and seem healthier, it lacks one crucial ingredient — iodine — without which your body cannot function optimally. Unless you're medically advised otherwise, white iodised salt remains the best choice for everyday use.

In a digital world overflowing with misinformation, Dr. Karan Rajan stands apart as a surgeon who bridges surgical expertise with science-backed communication. As an NHS surgeon, bestselling author, and one of India's leading health content creators, he blends clinical precision with relatable insights—making healthcare accessible across surgeries, screens, and society.

Dr. Karan Rajan earned his MBBS from Imperial College London and trained as a surgeon in the NHS, where he continues to practice. His formative years in medicine were shaped by curiosity—a childhood moment when a cousin's medical emergency ignited his calling to save lives. Since then, his surgical training and compassion have made him a dependable clinician, though his reach now extends far beyond the operating room

Medicine Meets Myth-Busting

Frustrated with scarce quality medical tutorials, Dr. Rajan launched his first educational videos on YouTube in 2012. By 2019, he embraced TikTok, creating digestible, myth-busting clips that resonated widely. Known for blending evidence-based health tips with humor, he has now amassed over 10 million followers across social platforms.

 **Imperial College, London**

DR. KARAN RAJAN



His viral content covers topics as diverse as sleep, nutrition, anatomy, and immune health—bringing reliability to viral media.

Author and Speaker

Beyond social media, Dr. Rajan is the author of the Sunday Times bestseller *This Book May Save Your Life*, offering practical health wisdom rooted in experience and debunking medical myths with wit and clarity. He hosts the popular “Dr. Karan Explores” podcast, inviting global health experts to unpack complex medical topics, and his newsletter “6 Interesting Things” keeps thousands both informed and intrigued. His voice is regularly featured across major media outlets, including BBC, Sky News, and print platforms around the world.

Bridging Medicine & Media

Dr. Rajan embodies a rare trust in modern healthcare: a hands-on surgeon who also educates millions. Viewers value his credibility—mental health, wellness, and myth deconstruction delivered with clarity resonate with audiences seeking reliable medical insight. His voice has become especially crucial during public health crises, empowering audiences to distinguish fact from fear

Thought Leader

Long before digital attention, Dr. Rajan recognized that health literacy is a public good. His content focuses on actionable insights—like ideal fiber intake linked to cancer prevention or how individualized sleep patterns matter more than the myth of eight-hour norms. He addresses misinformation with empathy, not condescension, encouraging people to be informed partners in their health.

 HealthViews Magazine highlights professionals who combine expertise with empathetic outreach. Dr. Karan Rajan ticks both boxes and more: a healer, educator, and digital pioneer who has become a beacon of clarity in a cluttered health landscape. Featured among India's Trusted Doctors, he inspires trust—one insightful post, one myth buster at a time.

With an MBBS, MD in Dermatology, Venereology & Leprosy, and advanced international training, Dr. Sarin combines clinical precision with empathetic care to redefine skin and hair wellness in Delhi.

Dr. Sarin began her medical journey earning her MBBS from Devi Ahilya Vishwa Vidhyalaya, Indore, followed by an MD in Dermatology, Venereology & Leprosy from Sri Aurobindo Institute of Medical Sciences, Indore, completed in 2019. She further augmented her skillset through international credentials, including MRCP (SCE, UK), a UK Diploma in Allergy, and advanced fellowships in dermatosurgery and aesthetic medicine from leading universities in Germany and Tehran. This unique blend of local expertise and global insights makes her a trusted figure in skin medicine.

Founder, Sarin Skin Solutions

As a founder member of Sarin Skin Solutions in Defence Colony, New Delhi, Dr. Sarin has built a reputation for personalized, affordable dermatological care. Her philosophy? Beautiful and healthy skin is best achieved through evidence-based medicine complemented by holistic lifestyle practices. Patients from across the country seek her expertise.

 **Sarin Skin Solutions**  **098215 85586**

DR. JUSHYA BHATIA SARIN

 HealthViews Magazine celebrates Dr. Jushya Bhatia Sarin for transforming dermatology into a field that not only heals skin but uplifts lives. Her rigorous training, outstanding patient outcomes, and transparent, empowering communication exemplify what it means to be truly trusted in medicine. That's why she proudly takes her place among India's Top 50 Trusted Doctors



Digital Educator

Dr. Sarin is also dedicated to public education, frequently sharing insights on skincare, product selection, and lifestyle practices—like the surprising link between diet and hair health—through social media and digital platforms. Her candid, relatable content bridges the doctor-patient gap, empowering people to understand their skin better and make informed decisions, without jargon or confusion.

Patients' Stories

Patient testimonials highlight Dr. Sarin's impact: one individual with adult cystic acne described how her thorough diagnosis and empathetic treatment cleared their skin within three months, urging others to "blindly trust her". Another patient praised her calm demeanor and smooth procedure delivery, calling her "awesome" and highly recommendable. These stories underscore her talent not just in treatment, but in building trust.

She is recognized not just as a medical expert, but as a healer who understands that healthy skin empowers confidence and self-worth.

best known as Dr. Cuterus—Dr. Tanaya Narendra is on a bold mission to demystify sexual and reproductive health. An Oxford-trained doctor turned digital educator, Dr. Narendra empowers millions with science-based clarity, breaking taboos and elevating health literacy across communities.

Dr. Tanaya Narendra earned her MBBS in India, followed by a Master's in Clinical Embryology at the University of Oxford, where she also qualified as a doctor in the UK. As a Fellow of the Royal Society for Public Health (FRSPH), she brought global academic insight into addressing stigma around sex, periods, and the female body. In 2020, she launched her Instagram handle @dr_cuterus and YouTube channel—dedicated to trustworthy, digestible content on sexual health. Nearly overnight, her authentic, fearless approach made her a standout voice in Indian health education.

From Myths to Medical Literacy

Dr. Cuterus harnesses the power of social media to deliver accurate, non-judgmental insights on topics rarely discussed openly in India—from HPV vaccination to body image, and menstruation. Her animated delivery, paired with factual content, demystifies everything from public hygiene to sexual consent.

 **Sarin Skin Solutions**  **098215 85586**

DR. TANAYA NARENDRA

 At HealthViews Magazine, we celebrate doctors who go beyond clinical walls to impact public well-being. Dr. Tanaya Narendra does exactly that—she combines medical credibility with empathetic digital dialogue, lighting the path toward sexual health confidence for millions. Her work is an essential pillar of trust in the digital health age, and her inclusion in the Top 50 Trusted Doctors of India honors not only her expertise but also her vital role as an educator and advocate.



Author & Thought Leader

In December 2022, Dr. Narendra published *Dr. Cuterus—Everything Nobody Tells You About Your Body*, a candid, inclusive guide that became a bestseller and has since been translated into multiple languages, including Marathi in 2024. Simultaneously, she has been recognized among Forbes India's Top 100 Digital Stars (2023, 2024), awarded Health Influencer of the Year by the IHW Council (2022)—affiliated with NITI Aayog—and embraced as the Elle Wellness Expert (2023). Her accolades reflect both her impact on health messaging and her growing role in mainstream discourse.

Voice in Advocacy & Education

Dr. Tanaya is more than an educator—she is an advocate. She has petitioned the Indian government to include the HPV vaccine in the national immunisation program, championing preventive health policy. As a scientific advisor to government and non-government organizations, she elevates not only content but also strategy, helping shape youth-focused sexual health initiatives. Her TEDx talks and media presence further amplify her message, reinforcing that knowledge is empowerment.

Though still early in his journey as a Senior Resident in Gastroenterology at GB Pant Hospital, New Delhi, Dr. Arul is already being noticed for both clinical dedication and his unique ability to connect with future healthcare professionals through social media and digital platforms.

Dr. Yokesb Arul earned his MBBS and is currently undergoing super-specialty training in Gastroenterology as a Senior Resident at GB Pant Hospital, New Delhi, a leading tertiary centre. Balancing the rigors of clinical medicine, he also actively prepares for the NEET Super Specialty exam, where he achieved an All-India Rank of 25—a testament to his determination and academic excellence

Communication as Care

Unlike most residents, Dr. Arul complements his clinical journey with effective digital outreach. In 2025, he launched his VB (YouTube) channel and Instagram profile, where he educates students and the general public on gastrointestinal health, medical resilience, and professional growth—often infusing humor and compassion into complex medical conversations. As a content creator, Dr. Arul speaks candidly about student life, duties, and growth—breaking the stereotype of detached professionalism.

 **GB Pant Hospital, New Delhi**

DR. YOKESH ARUL



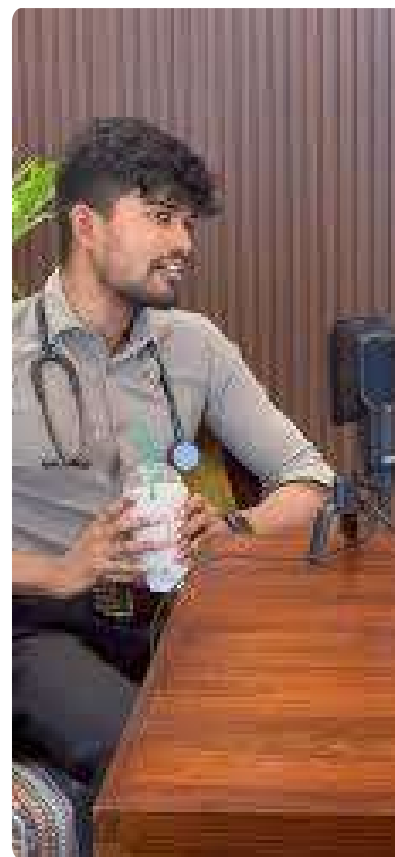
Building Trust through Transparency

Across his social presence—Instagram, YouTube, and Threads—Dr. Arul debunks myths, shares study hacks, and reassures students who struggle balancing hospital life with mental wellness. Openly discussing the challenges of residency, including facing bias over content creation, he models resilience and trust-building through transparency

 HealthViews Magazine values impact, integrity, and innovation. Dr. Yokesb Arul is emerging as a trusted voice—leveraging both medical rigour and digital empathy to nurture a well-informed and supported community. Though early in his career, his evolving model of healthcare inspires trust and respect—precisely why we spotlight him among the Top 50 Trusted Doctors of India.

Balancing Ambition

Dr. Arul is known not just for his clinical focus but also his disciplined lifestyle. Even amid busy schedules, he never skips gym sessions—poised between patient care and self-care. This commitment reflects his belief that patient wellness is linked to physician well-being.



He represents a new generation of trusted doctors who bridge compassion, expertise, and communication.

In a field where fertility struggles often meet silence and stigma, Dr. Yuvrajsingh Jadeja stands apart as a reproductive specialist who combines clinical expertise with compassionate care. With over a decade of experience in IVF, surrogacy, and reproductive surgery, he has guided countless families toward parenthood

Dr. Jadeja is a seasoned Gynecologist and IVF specialist practicing in Vadodara, Gujarat. With over 10 years of dedicated service, his expertise spans fertility preservation, recurrent pregnancy loss, and male infertility. Alongside a medical degree and advanced training, his sensitive, personalized approach has made him a trusted figure for individuals and couples on their fertility journey.

Inclusive Reproductive Care

Beyond remarkable clinical outcomes, Dr. Jadeja is widely recognized for making fertility services accessible to all. Described as “Queer Friendly”, he welcomes patients across the spectrum, offering non-judgmental, inclusive care. An invited TEDx speaker, he amplifies diverse voices, promotes reproductive equity, and reshapes societal norms—making IVF a path available to all, regardless of background.

DR. YUVRAJ JADEJA



Building Trust in the Community

Through his practice platforms, Dr. Jadeja has assisted over 100,000 infertility patients with procedures ranging from IVF to infertility evaluation and care. His growth as a trusted doctor is evident—patients from across Vadodara, Ahmedabad, Anand, and beyond rely on both his medical skill and compassionate bedside manner.

🏆 At HealthViews Magazine, we seek out clinicians who embody clinical excellence, empathy, and societal responsibility. Dr. Yuvrajsingh Jadeja embodies all three—he’s a skilled fertility specialist, a welcoming voice for marginalized communities, and a public communicator who educates with compassion and clarity. His dedication to making reproductive medicine accessible, inclusive, and human makes him a natural inclusion in our Trusted Doctors of India.

Education and Advocacy

Dr. Jadeja bridges clinical expertise with public education, appearing in media and podcast episodes—like on “Flirting with a Fish”—to discuss taboo topics including menopause, sexual health, and reproductive myths. His goal: to demystify medical jargon and empower patients



With over a decade of experience in IVF, surrogacy, and reproductive surgery, Dr. Jadeja has transformed hope into reality.

📍 **Nimaaya Center for Women’s Health**

Earth Companions Foundation

In a world where nature's cries for help often go unheard, a beacon of hope shines through – the Earth Companions Foundation (ECF). ECF is not just an organization; it is a collective, a community of individuals driven by passion to protect and nurture our planet. Founded with the belief that every individual can be an agent of change, ECF is dedicated to fostering a harmonious relationship between humans and nature.

About ECF

Earth Companions Foundation is a non-profit organization committed to safeguarding the Earth's fragile ecosystems. By emphasizing sustainable development and community participation, ECF empowers individuals to take meaningful action for the environment. We believe that every companion of the Earth has a responsibility to protect it, and through collective efforts, we can create a world where nature and humanity thrive together.



What ECF Does?

At ECF, we transform ideas into impactful actions that resonate across communities. Our work spans several vital areas:

Environmental Conservation

- Reforestation drives and afforestation projects.
- Wildlife protection initiatives.
- Restoration of degraded ecosystems.

Sustainable Living Campaigns

- Promoting eco-friendly practices.
- Educating communities on waste management and recycling.
- Encouraging renewable energy adoption.

Education and Awareness

- Conducting workshops, seminars, and community outreach programs.
- Developing educational materials to inspire environmental stewardship.
- Collaborating with schools and institutions to instill green values in young minds.

Community Empowerment

- Supporting local communities in adopting sustainable livelihoods.
- Partnering with grassroots organizations to amplify impact.



Earth Companions Foundation

Why Join Earth Companions Foundation?

In an era of environmental challenges, being a part of ECF means standing on the frontlines of change. Here's why you should join us:

Be a Changemaker:

Contribute to meaningful projects that directly impact the planet.

Learn and Grow:

Gain insights into sustainable practices and environmental strategies.

Collaborate and Connect:

Join a global network of like-minded individuals and organizations.

Inspire the Future:

Help shape a world where future generations inherit a thriving planet.



The Objectives

Environmental Restoration:

Repairing the damage caused to ecosystems and ensuring biodiversity thrives.

Sustainability Advocacy:

Creating a global shift towards sustainable habits.

Education for Action:

Equipping individuals with the knowledge and tools to make a tangible difference.

Community-Driven Impact:

Building a network of environmentally conscious communities worldwide.

Call To Action

The Earth needs companions, and ECF needs you. Together, we can rewrite the narrative of environmental degradation and replace it with a story of renewal, resilience, and hope.

By joining Earth Companions Foundation, you are not just supporting a cause – you are becoming part of a movement to safeguard the only home we have.

Let us unite as Earth's companions and nurture the planet that nurtures us.
Email: info@ecfglobal.in to become a companion today.





**THERE IS NO
PLANET B.
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FOR BETTER
TOMORROW.**



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IRFANA ZARGAR, KASHMIR'S PADWOMAN

In the heart of conflict-ridden Kashmir, where silence often surrounds sensitive issues, one woman dared to raise her voice—for dignity, hygiene, and humanity. Irfana Zargar, a resident of Srinagar, Jammu & Kashmir, and daughter of Late Gulam Hassan Zargar, has emerged as a beacon of hope and reform in one of the most challenging regions of India. Armed not with resources but with resolve, she has been championing menstrual hygiene, women's dignity, and disability rights—without any institutional funding or NGO backing.

Breaking the Norm & Stigma

In a region like Kashmir, even talking about menstruation can invite raised eyebrows. Girls often drop out of school, suffer infections, or silently endure shame just because basic hygiene is unavailable or unaffordable. By placing sanitary pads in public toilets, Irfana doesn't just address health—she restores self-respect. For every girl who now walks into a washroom with dignity, she chips away at a centuries-old wall of shame.



What began as a tribute to her late father soon became a movement of compassion and courage. Irfana's self-funded initiative, "Eva Safety Door," is a simple yet powerful concept: ensuring that every woman, no matter how poor or marginalized, has access to basic menstrual hygiene kits—sanitary pads, panties, wet tissues, and sanitizers—at public toilets across Kashmir. But Irfana didn't stop there. She goes door-to-door in slums, schools, and rural areas, conducting awareness campaigns and breaking the silence around periods, which is often amplified by religious, social, and political taboos in the valley.

The Padwoman of Kashmir

In a region where curfews and conflict are frequent, Irfana Zargar has distributed over 60,000+ sanitary kits—often walking miles alone or navigating narrow alleys during unrest and pandemics. Her commitment has turned public toilets and small spaces into safe havens of dignity for girls and women, especially those with disabilities

Recognition & Honours

Despite the absence of formal backing, Irfana Zargar's efforts have earned her global respect. Known as the "Padwoman of Kashmir," she has been:

- Featured in national and international media including The Wire and other human rights platforms
- Invited to speak at conferences on women's health, disability rights, and grassroots innovation
- Honored with awards such as the Uttam Bharat Puruskar
- Recognized by social platforms across South Asia and Australia for her impact

Through it all, Irfana remains grounded. She sees herself not as a celebrity, but as a daughter who carries her father's values, striving to make the world just a little better, one sanitary kit at a time.

Eva Safety Door Initiative

-  Installation of free menstrual hygiene kits
-  Door-to-door awareness drives
-  Advocacy for accessible sanitation and disability
-  All self-funded by Irfana from her personal savings.



ANIL JOSHI, VETERINARY HERO OF HARYANA

When compassion meets dedication, heroes are born—not just in stories, but in the heartlands of India. One such inspiring tale is that of Mr. Anil Joshi, a Veterinary Livestock Development Assistant (VLDA) with the Animal Husbandry Department, Government of Haryana, who has spent over 20 years serving animals and empowering rural communities. Yes, raising his voice for the voiceless, meet Haryana's veterinary hero Anil Joshi

Founder of SSJ Foundation

In loving memory of his late father, Shri Sushil Joshi, Mr. Joshi founded the SSJ Foundation, with active support from his elder brother Mr. Mukesh Joshi. The NGO is now a driving force in the region, conducting multiple social welfare initiatives that reflect compassion and community spirit:

Helping the Voiceless

One of the most commendable parts of Mr. Joshi's work is his voluntary treatment of over 2500 injured or ill stray animals, especially those affected by road accidents. To combat the menace of rabies, Mr. Joshi has organized free anti-rabies vaccination camps across his region, vaccinating over 800 stray and domestic dogs.

Social Work for Animal Welfare

Under his dream project 'Chai Chaupal', he has organized more than 350 grassroots awareness camps, reaching over 12,000 farmers, unemployed youth, and rural women. These camps deliver:

- Expert guidance on livestock care
- Free veterinary medicines
- Nutrition supplements for animals at minimal costs

Education on sustainable animal husbandry practice.

His long-term vision includes:

- Reducing animal malnutrition through accessible feed solutions
- Enhancing farmers' income through better livestock health
- Promoting a humane society where people are conscious of animal welfare

Anil Joshi is not just a VLDA—but a symbol of selfless service and rural transformation. a Veterinary Changemaker and Community Hero.



Born and brought up in Loharu, Bhiwani (Haryana), Mr. Joshi holds an M.A. in Economics along with a VLDD Diploma from CCSHAU Hisar. He currently serves as an Extension Officer in the state government but goes far beyond the call of duty every single day. Mr. Anil Joshi's love for animals was deeply rooted from his childhood—be it feeding stray dogs or nursing injured birds. This love eventually translated into his professional and personal mission: "Raise your voice for the voiceless."

Awards and Honors

His journey as a VLDA began in 2006, and since then, he has pushed boundaries, blending government service with grassroots activism. Notably, in 2023, he was honored with the prestigious 'Veterinary Care Innovator of the Year' award by Journal Talk Media at the national level, in recognition of his extraordinary contribution to veterinary care. He has received numerous accolades from district administration, government departments, and community organizations.

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Rooted in a four-century legacy of Siddha medicine and armed with decades of lived experience, Prof. Dr. P. Jeyaprakash Narayanan is widely regarded as a guiding light in traditional medical science.

Born in Puliyangudi, Tamil Nadu in 1949, Dr. Narayanan represents the sixth generation Siddha practitioner in his family lineage, tracing back to Valangai Puli Pandithar—a legendary healer from Coutrallam. He earned his M.D. (Siddha) from the Government Siddha Medical College in Palayamkottai, and quickly rose to prominent academic roles, including Vice-Principal at Government Siddha Medical College, Arumbakkam. His leadership in education and research sustained the legacy of over 400 years of family medicine practice.

Siddhalaya, Chennai

With over five decades in clinical service, Dr. Narayanan has treated thousands for ailments like diabetes, arthritis, psoriasis, infertility, anemia, and even certain cancers using Siddha protocols. At his clinic, Siddhalaya in Chennai, he combines herbal-mineral formulations with holistic lifestyle counseling, offering patients a dignified and evidence-informed path to health.

Siddhalaya Clinic, Arumbakkam, Chennai

DR. P. JEYAPRAKASH NARAYANAN

Research and Clinical Trials

Beyond patient care, Dr. Narayanan has been a central figure in institutionalizing Siddha medicine in national health policy. He has chaired key government committees, including the CCRAS, the Siddha Pharmacopoeia Committee, and the Institutional Ethics Committee at Government Siddha Medical College, Chennai.



Teacher and Mentor

As a respected teacher, Dr. Narayanan has guided generations of Siddha doctors through his roles at government medical colleges and in postgraduate training. He is also the Managing Director of Jeya Indian Medicine Pharmaceuticals, producing high-quality Siddha medicines, and regularly organizes international conferences to promote scientific rigor in traditional healing.

Bridging the Gap

Dr. Narayanan's unique strength lies in his ability to deliver patient-centered care that remains faithful to Siddha philosophy, yet is calibrated for 21st-century health challenges. He manages chronic conditions like ulcerative colitis, rheumatoid arthritis, asbestos-induced illnesses, and even mental wellness through personalized protocols that complement mainstream treatments. His patients speak of restored vitality, improved quality of life, and renewed trust in natural healing.

Honors and Recognition

Dr. Narayanan's contributions have earned him numerous accolades: the Lifetime Achievement Award from Tamil Nadu Dr. M.G.R. Medical University, the Warriyar Virudhu (Spiritual Academy Award), and recognition by the World Tamil Chamber of Commerce for contributions during COVID-19. In 2021, he was felicitated at a ceremony graced by the Governor of Telangana. These honors reflect his role as both healer and national health advocate.

🏆 As a torchbearer of Siddha medicine, a mentor, and a public health influencer, he truly represents the essence of a Trusted Doctor of India

In Kerala's vibrant healthcare landscape, Dr. V. P. Gangadharan aka Saint with a Stethoscope shines as a pillar of hope for children and families battling cancer. With over three decades of experience, he has pioneered pediatric oncology in the private sector and championed accessible cancer care.

Dr. Gangadharan earned his MBBS from Government Medical College, Kottayam, and subsequently completed dual postgraduate degrees—one in Radiotherapy at AIIMS Delhi and another in Internal Medicine at Kottayam Medical College. He then secured a DM in Medical Oncology from Adyar Cancer Institute, Chennai. Further enhancing his expertise, he trained in Bone Marrow Transplantation at the NCI in the USA and at Royal Marsden Hospital in the UK under WHO and NCI fellowships.

Clinical Leadership

Dr. Gangadharan has treated thousands of pediatric and adult cancer patients—including leukemia, lymphoma, solid tumors, and relapsed cancers requiring stem cell transplants. He introduced bone marrow transplantation, monoclonal antibody therapy, and high-dose chemotherapy protocols at his center. The dedicated day-care chemotherapy unit he oversees prioritizes patient comfort.

📍 **VPS Lakeshore Hospital & Medical Center, Kochi, Kerala**

DR. V. P. GANGADHARAN

In 1989, Dr. Gangadharan took a foundational role in establishing the Medical Oncology Department at RCC, Trivandrum—Kerala's first. Later, at VPS Lakeshore Hospital, Kochi, he developed one of the first private-sector pediatric oncology units in the state. Under his leadership, the department strictly follows globally recognized protocols from NCCN and ESMO. His efforts have made the hospital a trusted destination for cancer treatment across India and abroad.

In 2023, he was bestowed with the Kerala Sree Award, one of the state's highest civilian honors, affirming his lifelong devotion to medicine and society.

Community Advocate

Lovingly called the “Saint with a stethoscope”, Dr. Gangadharan is admired for extending care beyond clinical duties. He founded the Cochin Cancer Society to ensure underprivileged patients receive free or subsidized treatment. He also regularly leads community screening camps, public education initiatives, and CME programs for doctors and paramedical staff—making cancer prevention and early detection mainstream in Kerala.



Mentor and Teacher

As a teacher and examiner for DM Medical Oncology across Indian universities, Dr. Gangadharan has guided hundreds of postgraduate students. He has delivered over 60 invited lectures nationally and internationally, authored more than 40 peer-reviewed medical publications, and served as principal investigator in 38 multicentre clinical trials. He has also contributed chapters in medical textbooks, further shaping oncology education nationwide.

🏆 Dr. Gangadharan's exemplary contributions have earned him more than 60 honors—state, national, and international awards including Kairali Ananthapuri Award, NSH Global Harmony awards - recognizing clinical excellence and social service.

Be prepared and act fast

HOW TO SPOT A STROKE

A stroke is a sudden interruption in the supply of blood to the brain. Patients experiencing an onset of symptoms require immediate professional medical assistance.



Face Drooping –
One side sags.

1

2

Arm Weakness –
Unable to lift.

4

Dizziness or Balance Issues –
Trouble walking steadily.

Speech Difficulty –
Slurred or unclear words.

3

Vision Problems –
Blurred or double vision.

4

6

Severe Headache –
Sudden, intense pain.

For more information, please visit: [HealthViews India](#)

NEURO ATHLETICS

THE FUTURE OF

SPORTS PERFORMANCE

Imagine training your brain the same way you train your body — sharpening reflexes, enhancing focus, and accelerating recovery. Welcome to NeuroAthletics, a groundbreaking field where neuroscience meets athletic training.

From elite Olympians to weekend runners, athletes are discovering that performance isn't just about muscle strength — it's about brain power. NeuroAthletics uses brain-based training methods like neurofeedback, visual drills, balance work, and cognitive conditioning to optimize the nervous system.



What is it Exactly?

NeuroAthletics combines sports science, neurology, and psychology to train the brain for better performance. Think reaction-time drills for faster decision-making, eye-tracking exercises for sharper focus, and mindfulness techniques to calm pre-game nerves.

Why Does it Matter?

Most athletic training stops at the neck. NeuroAthletics looks above it — because every movement starts in the brain. By improving the brain's ability to send clear, fast signals, athletes gain:

- Quicker reflexes & reaction times
- Improved coordination & balance
- Sharper focus under pressure
- Faster recovery after injuries

NeuroAthletics isn't just a trend — it's the evolution of athletic training.



Who Is Using It?

Top-tier athletes — from NBA players to Formula 1 drivers — are investing in NeuroAthletic training. But it's not just for professionals. Schools, academies, and even fitness enthusiasts are exploring brain training tools to enhance their workouts.

The Future of Sports

As technology advances, NeuroAthletics is becoming accessible to everyone. Whether you're recovering from an ACL tear, improving your golf swing, or simply wanting to stay sharp, training your brain might just be the ultimate fitness hack.



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