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January 2024

Social Media Marketing

Portfolio

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Sony a7iii Camera




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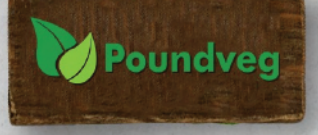


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Pediatrician

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Dr. Fatima Mamnoon
MBBS, DNB TB & Respiratory Medicine, EDRAM
PULMONOLOGIST

Condition Treated

- Asthma/Bronchitis
- COPD
- Pneumonia/Pneumothorax
- Chest Pain/Breathlessness/Cough
- Allergy/Allergic Rhinitis/Allergy Test
- Post-covid Lung Complications
- Sleep Apnea/Snoring/ Polysomnography Testing
- Bronchiectasis/Tuberculosis
- Lung Fibrosis/ILD/Lung Biopsy
- Lung Abscess/ Pulmonary Embolism/ Pleural Effusion
- Spirometry/ Pulmonary Function Test
- Bronchoscopy/ EBUS
- Thoracoscopy/ Pleural Aspiration
- Lung Cancer Diagnostic
- Smoking Cessation

 **Fortis hospital, Shalimar Bagh**
9 AM to 5 PM – OPD (Walk-In)
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MONDAY WEDNESDAY FRIDAY (6.30PM TO 8.00PM)


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Dr. Fatima Mamnoon
MBBS, DNB TB & Respiratory Medicine, EDRAM

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Regular exercise enhances **lung capacity** and improves overall respiratory function. Aim for at least 30 minutes of moderate exercise most days.



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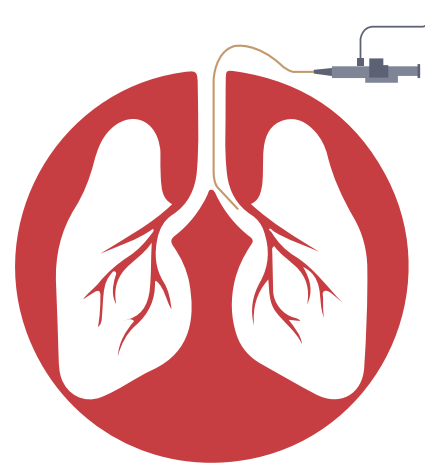
**Achoo!
Allergies acting up?**

Uncontrolled allergies can worsen asthma symptoms. Consult with me to manage allergies and breathe easier.




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BREATHE BETTER, WITHOUT WORRY






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Happy Republic Day

Grateful for the sacrifices of those who fought for our country.
Happy Republic Day!



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Every card tells a story

What's your story today?
Let the cards weave the narrative of your journey.




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Did you know?

The Fool card symbolizes new beginnings and a leap of faith.

What new chapter are you stepping into?




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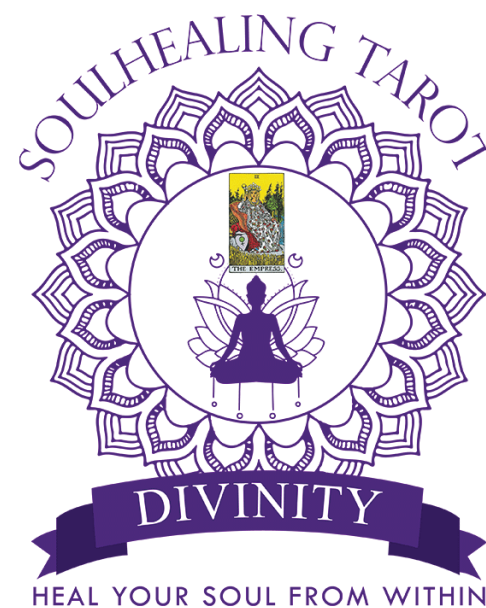

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Did You Know?

Tarot cards were originally designed for playing card games in 15th-century Europe before evolving into a popular tool for divination.




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TIME TO CHASE DOWN
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We won't have a society if we destroy the environment."
- Margaret Mead



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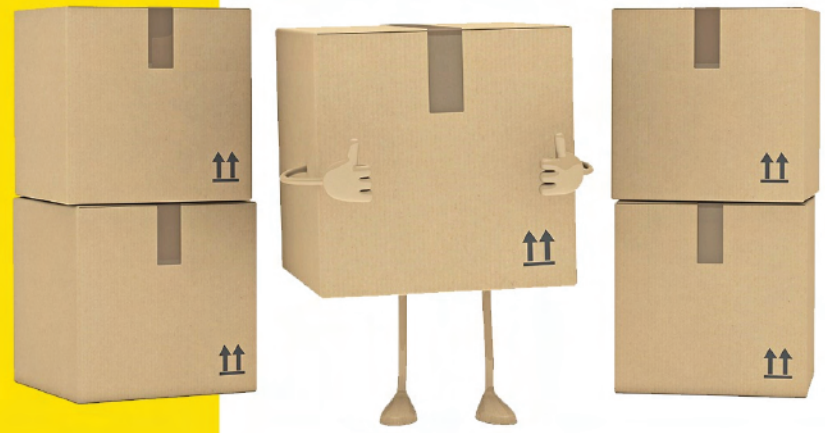
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- Bruce D. Schneider



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The background features a white central area with decorative elements. In the top-left corner, there is a thin blue arc of a circle. In the top-right corner, there are three small blue dots arranged in a triangle. The bottom half of the image is filled with large, overlapping geometric shapes in shades of orange and blue. The text "Thank You" is centered in a blue cursive font, with a thin blue horizontal line underneath it.

Thank You
