



PRABISHA

CREATIVES

CREDENTIALS

OUR CLIENTS

WHSmith
a relationship partnership

NDIM
New Delhi
Institute of
Management

SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

LE GRAND
INTERNATIONAL SCHOOL

LIC MUTUAL FUND

MF ONLINE
Creating Wealth for Investors

Tab
Employee
Engagement
Solutions

Trybotics
By something innovative

mane'
THE SALON



Zyd llac
BIOTECH

D
Beauty with Devika

GLAMKIDZ
2020

Yuki
Hues
Fine Jewelry and Accessories

Ghaas Phoos
Café

SIMPLY
Madly

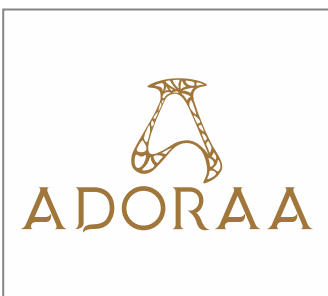
मेरी कहानी
मेरी कहानी
मेरी कहानी

SvaraJ
By Alka Sarda

WELLCARE HEALTH
WORLDWIDE MEDICAL TOURISM
Wellness Forever

Oven Bake

OUR CLIENTS



FOUNDER



PRATYUSH KUMAR CEO & Founder

Social Entrepreneur | Philanthropist | Speaker | Mentor

Founder & CEO, Prabisha Consulting, an emerging enterprise helping individuals, start ups and innovative companies in growing their businesses.

Founder & CEO, New Delhi Children's Hospital & Research Centre (NDCHRC Trust), an NGO which has helped 30,000+ Children in last three years and is helping 100+ Children everyday.

www.ndchrc.org

20 years of professional corporate experience in various leadership roles across the world in IHS Markit, HSBC, Northern Trust, Deutsche Bank, HCL, and GE Capital.

Black Belt in Six Sigma Quality from Indian Statistical Institute of India, Bangalore.

Masters in Advertising & Public Relations from IIMC, New Delhi.

An Alumni of prestigious Jawaharlal Nehru University, New Delhi.

Diploma in French Language, Literature and Culture from Alliance Française, New Delhi.

OUR SERVICES

Technology Solutions

- Website Design & Development, Application Development, UI/UX Design
- Bulk Scanning, Digitization and Creating e-Publications
- Content Development – Content for the Website, Blogs
- Animation – 2D Animation, Whiteboard Explainer Videos



1

Digital Marketing

- Social Media Management – Creating Social Media Strategy, Designing Creative and Posting them on Social Media Platforms
- Search Engine Optimization (SEO), Bulk SMS, Email Advertising
- Social Media Paid Ads - Facebook/Instagram/Google Ads



2

Graphic Design & Printing Solutions

- Brand Identity - Logo Conceptualization & Design, Business Card, Letter Head, Flyer, Brochure, Standee, Labels, Posters, Flex Banners, Prospectus Design
- Social Media Posts, Wedding Cards, Events Invitation
- Company Presentation, Corporate Profile, Event Presentation



3

Office Indoor & Outdoor Signage Design & Installation

- Acrylic Sign Boards, LED Boards, 3D, Glow Sign Boards
- Hoardings, Brass/Steel Letters



4

Photography & Videography Services

- Product Photography for website, ecommerce, etc
- Event Coverage – Birthday, Marriage, Conferences, Corporate Events, etc
- Photo Editing / Retouching Services



5

Corporate / Event Specific Bulk Gifts

- Company Branded T-Shirts, Mugs, Wrist-Bands, Bespoke Gifts
- Medals for Corporate Events, Souvenirs for Clients



6

WHSmith

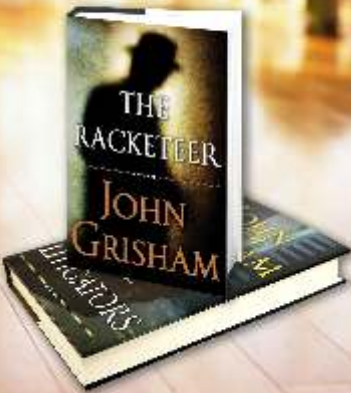
Promotions




WHSmith Promotions

WHSmith

**BUY 1 GET 1
HALF PRICE**



THE RACKETEER
JOHN GRISHAM



*M.C. apply
Goods in stock only.

WHSmith

**WHO WILL BE THE
WINNER
OF THE MATCH?**



INDIA VS NEW ZEALAND

TOO YUMMY!



?

*M.C. apply
Goods in stock only.

WHSmith

First Rose for First Love..!

Happy
Rose
Day



*M.C. apply
Goods in stock only.

WHSmith

Rush to the Nearest WHSmith Store
& Get Mouth Watering Scheewan Bhujia.
Buy 2 & Get 15% Off*



TOO YUMMY!

*M.C. apply
Goods in stock only.

WHSmith

**Travel Accessories
Like Never Before.**

Grab Them
@ Flat

**50%
Off**



*M.C. apply
Goods in stock only.

WHSmith

Here Is Virat Kohli's Favourite
Veggie Stix, Cheese Herbs



**Buy 2
Get 25% Off***



*M.C. apply
Goods in stock only.

Curves & Kontours

Promotions

Curves & Kontours™

Easy ways to **maintain good health**

- Eat fruits
- Drink water
- Exercise
- Sleep

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Curves & Kontours™

Reverse Ageing
Not a Problem

Having a **HEALTHY DIET** has a LOT of BENEFITS

- Boosts metabolism
- Improves skin
- Increases energy
- Supports digestion
- Reduces stress
- Improves mood

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Curves & Kontours™

HURRY!! Book your Packages & Renewals soon.

WEIGHT LOSS WINNERS

Rate Revising w.e.f. 15th August 2019

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Curves & Kontours™

EAT LIKE YOU LOVE YOURSELF

If you are dining in, then please do not forget...

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Curves & Kontours™

Eat Right Diet To Go Monsoon Immune

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Curves & Kontours™

Do Not Skip Your MEALS. PREFER SMALL MEALS AT REGULAR INTERVALS.

Having a **HEALTHY DIET** has a LOT of BENEFITS

- Boosts metabolism
- Improves skin
- Increases energy
- Supports digestion
- Reduces stress
- Improves mood

For Queries
 193 967 346 2882 | kurves@prabisha.com | www.kurvesandkontours.in

Dr. Gaurav Gupta

Promotions




Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

- Consultant, Paediatric Orthopaedic Surgery
- Observership Paeds. Ortho at Boston Children's Hospital, Harvard University, USA.
- Fellowship Paeds. Ortho at Nagoya, Japan.
- Fellowship Paeds. Ortho at OrthoKids Clinic, Ahmedabad, India.

Paediatric Orthopaedic Services offered:

- Congenital Upper limb, Lower limb and Spine deformities
- Paediatric Trauma and Sports injuries
- Cerebral Palsy and Neuromuscular Disorders
- Brachial Plexus Birth Palsy
- Bone and Joint Infections

23rd June (SUNDAY) OPD at
Gopi Krishna Hospital,
General Ganj, Arya Samaj Road,
(In front of GIC Government Inter College)
Mathura

FOR APPOINTMENT
Contact : **9971420063 / 7251066066 / 8279436773**
gauravgupta038@gmail.com www.drgaurav38ortho.com




Your Go To Place for all ORTHOPAEDIC PROBLEMS in CHILDREN

Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

- Consultant, Paediatric Orthopaedic Surgery
- Observership Paeds. Ortho at Boston Children's Hospital, Harvard University, USA.
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- Paediatric Trauma and Sports injuries
- Cerebral Palsy and Neuromuscular Disorders
- Brachial Plexus Birth Palsy
- Bone and Joint Infections

Available Facilities:

- 24 x 7 Management of Pediatric Trauma
- In house X-Rays & musculoskeletal USG.
- Intra operative imaging (IITV)
- Minimally Invasive/key hole surgeries.
- 24 hour laboratory & pharmacy.

9971420063 gauravgupta038@gmail.com www.drgaurav38ortho.com




A Talk on
"Visual gait analysis and functional classification in Cerebral Palsy".

at
Physiotherapists Meet
by
Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

- Consultant, Paediatric Orthopaedic Surgery
- Observership Paeds. Ortho at Boston Children's Hospital, Harvard University, USA.
- Fellowship Paeds. Ortho at Nagoya, Japan.
- Fellowship Paeds. Ortho at OrthoKids Clinic, Ahmedabad, India.

21st July (SUNDAY)
Gopi Krishna Hospital,
General Ganj, Arya Samaj Road,
(In front of GIC Government Inter College)
Mathura

For Registrations Please Contact:
Contact : **9971420063 / 7251066066 / 8279436773**
gauravgupta038@gmail.com www.drgaurav38ortho.com






Mathura Orthopaedic Society (MOS) Organises

talk on
"A Glimpse Into Paediatric Orthopaedics"
by
Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

- Consultant, Paediatric Orthopaedic Surgery
- Observership Paeds. Ortho at Boston Children's Hospital, Harvard University, USA.
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gauravgupta038@gmail.com www.drgaurav38ortho.com

Your Go To Place for all ORTHOPAEDIC PROBLEMS in CHILDREN

Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

W-SITTING

- W Sitting is when a child is sitting on their bottom with both knees bent and their legs turned out away from their body.
- Its mainly due to musculoskeletal framework of child which usually improves with age. It also leads to intoeing gait of the child.

For more questions and assessment, please contact.
9971420063 gauravgupta038@gmail.com www.drgaurav38ortho.com




Your Go To Place for all ORTHOPAEDIC PROBLEMS in CHILDREN

Dr. GAURAV GUPTA
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

CLUBFOOT CAN BE TREATED

Before **After**

One out of every 1,000 babies is born with a foot that's twisted. Or, it might have an odd shape so that it appears to be crooked, or even nearly upside down.

Most babies who are born with clubfoot are healthy in all other ways. Clubfoot doesn't cause pain, but if it's not treated, it can make it hard for a child to walk without a limp.

It's easy to correct in most cases, so most children don't have long-lasting effects. Cast or surgery can be done to treat such children as per the need.

Contact for More Details:
9971420063 gauravgupta038@gmail.com www.drgaurav38ortho.com

Dr. Arun Sharma

Promotions

SUPPORT & VOTE FOR CLEAN POLITICS
स्वच्छ राजनीति का समर्थन करें



Dr. Arun Sharma
M.B.B.S., M.S., M.Ch., MBA
Consultant Neurosurgeon
(Brain & Spine)

R K Puram Assembly Constituency, New Delhi

Indian's for Justice and Equality @arunsharma2020
Share this message



दुर्गा पूजा
की हार्दिक
शुभकामनाएं

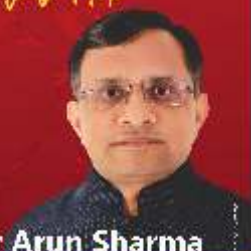


Dr. Arun Sharma
Consultant Neurosurgeon

To India call 88 106 444 72

Indian's for Justice and Equality @arunsharma2020
Share this message

*Wishing You the
gifts of the season
Peace, Joy, Hope.*




Dr. Arun Sharma
M.B.B.S., M.S., M.Ch., MBA
Consultant Neurosurgeon
(Brain & Spine)

R K Puram Assembly Constituency, New Delhi

Indian's for Justice and Equality @arunsharma2020
Share this message


We Wish You All
Happy Republic Day!




Dr. Arun Sharma
M.B.B.S., M.S., M.Ch., MBA
Consultant Neurosurgeon
(Brain & Spine)

Indian Spinal Injuries Centre, Sector-C, Vasant Kunj, New Delhi - 110070
neurosurgery.info@gmail.com

WISHING YOU
A Very
Happy Lohri

Dr. Arun Sharma
M.B.B.S., M.S., M.Ch., MBA
Consultant Neurosurgeon
(Brain & Spine)

R K Puram Assembly Constituency, New Delhi

Indian's for Justice and Equality @arunsharma2020
Share this message

HAPPY Holi
FESTIVAL OF COLORS

Holi is the day to express love with colors.
It is a time to show affection.
All the colors that are on you are of love.



Dr. Arun Sharma
M.B.B.S., M.S., M.Ch., MBA
Consultant Neurosurgeon
(Brain & Spine)

Indian Spinal Injuries Centre,
Sector-C, Vasant Kunj, New Delhi

9968474800 arunsharmaneuro@gmail.com

LE GRAND INT. School

Promotions

LE GRAND INTERNATIONAL SCHOOL

In academic collaboration with **Shri Educare Ltd.** bringing you the best educational practices, teaching-learning methodology and values of **The Shri Ram Schools**

ADMISSIONS OPEN NOW
DAY BOARDING SCHOOL

Near Jolly Grant Airport, B-10, Noida, Uttar Pradesh - 201301, India
+91 9412 058 500

LE GRAND INTERNATIONAL SCHOOL

In academic collaboration with **Shri Educare Ltd.** bringing you the best educational practices, teaching-learning methodology and values of **The Shri Ram Schools**

ADMISSIONS OPEN NOW
DAY BOARDING SCHOOL

- Safe green, safe & clean environment
- 400 meters athletic track and skating rink
- Indoor swimming pool
- Sports facilities like Squash, Badminton, Football, Tennis
- Judo Gym Math Lab / Sew & Robotics Lab
- Nutritious mid-day meals

Near Jolly Grant Airport, B-10, Noida, Uttar Pradesh - 201301, India
+91 9412 058 500

LE GRAND INTERNATIONAL SCHOOL

The Shri Educare Legacy

LE GRAND

SHRI EDUCARE

LE GRAND INTERNATIONAL SCHOOL

In academic collaboration with **Shri Educare Ltd.** bringing you the best educational practices, teaching-learning methodology and values of **The Shri Ram Schools**

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SHRI EDUCARE

LE GRAND INTERNATIONAL SCHOOL

The Shri Educare Legacy

In academic collaboration with **Shri Educare Ltd.** bringing you the best educational practices, teaching-learning methodology and values of **The Shri Ram Schools**

LE GRAND

Near Jolly Grant Airport, B-10, Noida, Uttar Pradesh - 201301, India
+91 9412 058 500

LE GRAND INTERNATIONAL SCHOOL

ADMISSIONS OPEN NOW
DAY BOARDING SCHOOL

- Safe green, safe & clean environment
- 100 meters athletic track and skating rink
- Indoor swimming pool
- Sports facilities like Squash, Badminton, Football, Tennis
- Judo Gym Math Lab / Sew & Robotics Lab
- Nutritious mid-day meals

Near Jolly Grant Airport, B-10, Noida, Uttar Pradesh - 201301, India
+91 9412 058 500

The Shri Educare Legacy

SHRI EDUCARE

LE GRAND INTERNATIONAL SCHOOL

In academic collaboration with **Shri Educare Ltd.** bringing you the best educational practices, teaching-learning methodology and values of **The Shri Ram Schools**

- Safe green, safe & clean environment
- 400 meters athletic track and skating rink
- Indoor swimming pool
- Sports facilities like Squash, Badminton, Football, Tennis
- Judo Gym Math Lab / Sew & Robotics Lab
- Nutritious mid-day meals

Near Jolly Grant Airport, B-10, Noida, Uttar Pradesh - 201301, India
+91 9412 058 500

LE GRAND INT. School

Promotions



Mane'a SALON Promotions







Services with Special Discounts :
Hair Color/Hair Straightening & Facial

Offer Description	Offers
Client 1st Visit	5% Discount on Bill
Client 2nd Visit	10% Discount on Bill
Hair Color - Mid to Xtra Long	L'oreal - Hair Color Treatment or Hair Cut FREE
Hair Smoothing/Straightening - Short Length	L'oreal - Hair Spa FREE
Hair Smoothing/Straightening - Mid - Xtra Long	10% Discount on Bill & L'oreal Hair Spa FREE
Pressure Facial + Back Polish + Hand Polish	15% Discount on Bill
Pressure Facial + Waxing/Pedicure/polish/Hair service	10% Discount on Bill
Advance Facial + Waxing/Pedicure/Mincare	5% Discount on Bill
Men's Haircut + Color + Cleanup/Pedicure	10% Discount on Bill
Club Members availing Above Services	One FREE service from the list.
Loyalty member availing Above Services	Extra 5% OFF on Bill


Note: Additional taxes apply.


Mane'a The Salon
2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-67
Call us @ +91-8884852345/+91-7975548144





Refreshing Drink

(Complimentary)





Coffee Tea Green Tea

Fruit Juice Aloe Lemon Juice

Mane'a The Salon
2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-67
Call us @ +91-8884852345 /+91-7975548144



Refer a friend

AND BOTH RECEIVE
20% OFF
ON YOUR NEXT SALON SERVICE



Recommend a Friend Reward

Your Name _____

Recommended Friend's Name (Reference) _____

Recommended Friend's Mobile # (Reference) _____

The Client is the BEST ambassador for our Salon!
We would like to thank you for introducing new clients to the salon. Additional special bonus for referring friends. The details are mentioned on the back of this card. Thank you!

(Keep this card with you as a reminder to return the offer. Mandatory)



Recommended by a Friend Reward

New Client Name _____

Recommended By (Reference) _____

Recommended By Mobile # (Reference) _____

The Client is the BEST ambassador for our Salon!
We would like to thank you for introducing new clients to the salon. Additional special bonus for referring friends. The details are mentioned on the back of this card. Thank you!

(Keep this card with you as a reminder to return the offer. Mandatory)

Terms & Conditions

- Reference should carry Voucher given by Reference with Name & Registered Number written.
- Reference should be close to the Salon and not be an immediate family member of Reference.
- Reference should sign Voucher along with new client with Name & Number written.
- Cannot be combined with any other Offer.
- Valid for 30 days from date of issue in Bangalore's Circle.

SEE YOU SOON..

Mane'a The Salon (TE value from Popovers signed)
2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-67
Call us @ +91-8884852345/+91-7975548144



Follow Parents Family Offer

Enjoy **20% OFF**
Discount on next visit only
When you refer 5 Members into Mane'a The Salon






Mane'a The Salon (TE value from Popovers signed)
2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-67
Call us @ +91-8884852345 /+91-7975548144

Mane'a SALON

Promotions

mane'a
THE SALON

Happy Note Offer

Terms & Conditions:

1. Customers can redeem a Happy Note Offer when a Happy Note Offered (Happy Note) is received by the Salon/Member.
2. The Happy Note Offer is valid for 30 days from the date of issuance.
3. Happy Note Offer is valid for all services except for the services which are not available for Happy Note Offer.
4. The Happy Note Offer can be used only for the services which are available for Happy Note Offer.
5. The Happy Note Offer can be used only for the services which are available for Happy Note Offer.
6. The Happy Note Offer can be used only for the services which are available for Happy Note Offer.

+91-7975 548 144, +91-8884 852 345

2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-560067

mane'a
THE SALON

HAPPY HOURS
20% OFF
on all services for bill value above 75,000/- (Mon-Fri) 10PM - 12PM Only

STUDENT OFFER
15% OFF
on all services (Mon-Fri) 10AM - 6PM Only (Valid for Students)

CORPORATE OFFER
15% OFF
on all services (Mon-Fri) 10AM - 6PM Only (Valid for Corporate Clients)

Corporate Offer - Terms & Conditions:
1. Valid for all services except for the services which are not available for Corporate Offer.
2. The Corporate Offer can be used only for the services which are available for Corporate Offer.
3. The Corporate Offer can be used only for the services which are available for Corporate Offer.
4. The Corporate Offer can be used only for the services which are available for Corporate Offer.

mane'a
THE SALON

Mane'a Package Memberships

Package Name	Month	3 Months	6 Months	1 Year
Basic	₹ 1,500	₹ 4,500	₹ 8,000	₹ 15,000
Pro	₹ 2,000	₹ 6,000	₹ 11,000	₹ 20,000
Elite	₹ 3,000	₹ 9,000	₹ 17,000	₹ 30,000
Signature	₹ 4,500	₹ 13,500	₹ 25,000	₹ 45,000

Terms & Conditions:

1. The package membership is valid for 12 months from the date of issuance.
2. The package membership is valid for all services except for the services which are not available for package membership.
3. The package membership is valid for all services except for the services which are not available for package membership.
4. The package membership is valid for all services except for the services which are not available for package membership.
5. The package membership is valid for all services except for the services which are not available for package membership.
6. The package membership is valid for all services except for the services which are not available for package membership.

mane'a
THE SALON

Mane'a The Salon

Nimal
Founder & CEO

+91-8884852345 / +91-7975548144
manebangalore@gmail.com

2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-67

mane'a
THE SALON

Nimal

+91-7892987670 / +91-8884852345
manebangalore@gmail.com

2nd Floor, Sri Rama Arcade, Above ICICI Bank, Whitefield-Hoskote Road, Seegehalli, Bang-560067

mane'a
THE SALON

MUSIC & DJ

Promotions




NASHA
NEW YEAR PARTY 2020
FEATURING
VJ MANISHA | DJ SID
LAKHILDFILMUM | G.O. ON, SERIALS & COMEDY
TICKET START@ 2299/-
31ST DECEMBER 2019 - BPM
3301130704, 3074876662 | Dhobe Raissan, Hi-Tech City, Hyderabad




FRIDAY
Night
FT. DJ ROCKY
8 PM ONWARDS
DJ CHIKU & SURASHINI NEXT TO JET 2KRAVIA NE. RO. STATION
FOR RESERVATIONS : 7751953901, 7752353952




THURSDAY
Night
FT. DJ ANUJ
8 PM ONWARDS
DJ CHIKU & SURASHINI NEXT TO JET 2KRAVIA NE. RO. STATION
FOR RESERVATIONS : 7751953901, 7752353952



NASHA 2020
PREMIUM NEW YEAR PARTY
Attractions

FREE PROPERTY	NO. YACHTS FOR BOAT RACE
LIMITED PROPERTY	SHOOTING WITH GUNNERS
LIMITED PROPERTY	PROFESSIONAL STAFF
LIMITED PROPERTY	HIGH QUALITY
LIMITED PROPERTY	AND SO ONWARDS

889 130657, 8074876662 | Dhobe Raissan, Hi-Tech City, Hyderabad



THE MOST AWAITED
EVENT OF THE YEAR IS HERE
THE GRAND CALENDAR LAUNCH

PhotoShoot
7th December (Lifestyle Store, VR Mall)
Calendar launch
20th December (Soul Garden Bistro)

UNLIMITED FUN FOR KIDS
RAMP WALK ON THE DAY OF THE LAUNCH
PHOTOSHOOT BY HARSHA SAJNANI
ZUMBA WORKSHOP FOR KIDS
MAKE YOUR CHILD THE NEXT POPULAR FACE IN TOWN
Enrol Now Limited Slots Only. HURRY UP

Hosted by  Media Partner  Fashion Partner 

To register, please contact :
Shalini Bharwani - 9790917974, Lavina Bharwani - 8056126298

TOUR & TRAVEL Promotions

TOUR Thailand
Discover the beauty of the Emerald Kingdom

Dates: March 4th - 9th 2020

Package: 35000/-*

Inclusions:
 • 10 Days Round Trip Flight Tickets
 • 5 Star Hotels
 • Breakfast
 • Airport Transfer
 • Visa
 • Travel Insurance
 • 24x7 Assistance
 • 100% Satisfaction Guarantee

For Further Details Please Contact:
Noble Holidays
 Mobile: 8939423773 | Email: nobleholidays@gmail.com

MARATHI/AM KERALA
The Wellness Tour

Spring Clean - Curated wellness break
 11th April 2020 - 15th April 2020
 Destination: Marathulam, Kerala

Inclusions:
 • Accommodation in 5 Star Hotels
 • Breakfast
 • Yoga Classes
 • Meditation
 • Spa
 • Round Trip Flight Tickets
 • 5 Star Hotels
 • Breakfast
 • Local Sightseeing
 • 24x7 Assistance

Pricing:
 Rs. 85,000/- per person
 Rs. 80,000/- per person

For Further Details Please Contact:
Noble Holidays
 Mobile: 8939423773 | Email: nobleholidays@gmail.com

Pongal Holidays Special Trip
 Delhi Chandigarh Amritsar Wagah Border

Inclusions:
 • Round Trip Economy Airfare
 • 3 Star Hotels
 • Breakfast
 • Transfer to Sightseeing (Delhi, Chandigarh, Amritsar, Wagah Border)
 • Entry Fee
 • 0% Taxes

Package Cost: Rs. 24500/-
 (Delhi Chandigarh Amritsar Wagah Border)

Dates: 11th - 18th 2020

For Further Details Please Contact:
Noble Holidays Mobile 8939423773
 Email: nobleholidays@gmail.com

This Valentine's Day NOBLE HOLIDAYS OFFERS PACKAGE TOUR TO SRI LANKA

Valentine's day special Couples only package to Sri Lanka Travel dates Feb 13-16th 2020

Book the trip @ 5,000/- per couple

Inclusions:
 • 4/5* Resorts & Hotels
 • Bf & Dinner
 • Valentine's day Special Dinner, Music & Cake etc.
 • All sightseeing in AC Pvt. Vehicle with Entry Tickets
 • Round Trip Economy Flight Tickets

PACKAGE COST 69,000/-

***EMI OPTIONS AVAILABLE**

FOR MORE DETAILS
FD. RAJESH 8939-423-773

Take a Wellness Break
 12th - 15th April 2020
 Destination: Marathulam, Kerala

Inclusions:
 • Accommodation in 5 Star Hotels
 • Breakfast
 • Yoga Classes
 • Meditation
 • Spa
 • Round Trip Flight Tickets
 • 5 Star Hotels
 • Breakfast
 • Local Sightseeing
 • 24x7 Assistance

Pricing:
 Rs. 74,000/- per person
 Rs. 70,000/- per person

For Further Details Please Contact:
Noble Holidays
 Mobile: 8939423773 | Email: nobleholidays@gmail.com

Nirvana
 THE WELLNESS TRAVEL COMPANY

NDCHRC TRUST

Promotions





Workshop with
Anupma Sethi

Brain Gym for Children, Age - 3 to 12 years
Innovative ways to enhance learning in Children With Special Needs



July 26 & 27, 2019
Fri. & Sat.
Time: 9AM to 12PM

Prior Registration Must
Registration Charges 3500/- INR

VENUE: G4, Mascoopur Dairy, Vasant Kunj, New Delhi-110070





The Inner Flow
Feldenkrais Method Workshop with
Michel Casanovas

mind body and center

Bring back the body's response to the inner and outer world through body-mind exploration



June 14 & 15, 2019
Fri. & Sat.
Time: 9AM to 12PM

Prior Registration Must
Registration Charges 2500/- INR

VENUE: G4, Mascoopur Dairy, Vasant Kunj, New Delhi-110070




#healthtips -
**SALTY & FRIED FOOD CAN CAUSE:
HIGH BLOOD PRESSURE?**



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(A Non-Profit Social Initiative for Good Health, Hope & Happiness)
Head Office: 34, Vasanth Park, Vasant Kunj, New Delhi-110070 Phone: 011-81313889
Registration No.: HR22019, NE-Ayng 29003 Regd. DL-00190200193



Checklist for
ASTHMA Patients


- Do yoga regularly
- Keep Inhaler
- Cover your face in dusty area
- Avoid Spicy food



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5 BENEFITS OF BROCCOLI

1. Cancer fighting food
2. Reduce cholesterol
3. Helps In digestion
4. Good for the bones
5. Reduces wrinkles

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Health Benefits of
DRINKING ENOUGH WATER

- Improve MOOD
- Soothes HEADACHES
- Relieves FATIGUE
- Improves DIGESTION
- Boosts IMMUNITY

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Promotions



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Early Intervention Centre (EIC)
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اننا نلتم
Combat colds and help boost
your immune system by
enjoying some hot
**Vegetable
Soup**

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Perthambika Hq.: #9A20, 4 HSA Ayog (NGO) Regd.: DL281620X 4

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Calcium
For your Bones

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HEALTHY EATING PLATE

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Use healthy oils (like olive and coconut oil) for cooking, on salad, and at the table.
Limit butter.
Avoid trans fat.

Drink water, tea, or coffee.
Suck little or no sugar.
Suck milk/dairy.
1-2 servings/day and
limit 21 oz/glass/day.
Avoid sugary drinks.

Eat plenty of fruits
of all colors.

Get a variety of whole grains
(like whole wheat bread,
whole grain pasta, and
brown rice). Limit refined
grains (like white rice
and white bread).

Choose fish, poultry, beans,
and nuts. Limit red meat
and chicken. Avoid highly
sodium, and other
processed meats.

The More veggie,
and the greater the
variety - the better.
Potatoes and French
fries don't count.

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**DONATE YOUR EXTRA
ANYTHING WHICH IS USEABLE**
be a part of our family

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New Delhi Children's Hospital & Research Centre (NDCHRC) is providing free health care products to vulnerable older adults of old age homes and Underprivileged children of Delhi/NCR.

Be a part of someone's good memory, because a kind gesture can reach a moment that only compassion can heal. So please donate your extra anything which is useable to them.

By WhatsApp: Head Office: #54, Mesrobian Dairy, Mesrobian, New Delhi-110070 Phone: 81912869
By Email: help@ndchrc.org
By Phone: 8881 234 300

New Delhi Children's Hospital & Research Centre
Old Age Home No.: 3829000-8888881
4FC, Old Age Home No.: 3829000-8888881
4FC, Old Age Home No.: 3829000-8888881

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**NDCHRC's School Kit
for Children:**

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School Bag
Three Note Books
Two Pens
Two Pencils
Sharpener & Eraser
Crayons

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2nd April is World Autism Awareness Day

NDCHRC
Supports **AUTISM** Awareness.
Awareness leads to acceptance
and social inclusion!!
Come, Stand up for **INCLUSION...!!**

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Welcomes Dr. Gaurav Gupta



- Consultant, Paediatric Orthopaedic Surgery
- Observership Paeds. Ortho at Boston Children's Hospital, Harvard University, USA.
- Fellowship Paeds. Ortho at Nagoya, Japan.
- Fellowship Paeds. Ortho at Orthokids Clinic, Ahmedabad, India.




CLINIC TIMING:
Mon. to Sat. : 11 to 8 pm at Tripathi Hospital, Mehra Park, New Delhi.
Mon. & Thu. : 11 to 2 pm at Yashoda Hospital, Ghaziabad.
Wed. & Sat. : 11 to 2 pm at Surya Trauma Centre, NRI Parkside, (On Appointment) : NDCHRC Trust, Vasant Kunj.

Dr. Gaurav Gupta
M.S. (Ortho)
Paediatric Orthopaedics Surgeon

Contact Number : **9971420063**


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NDCHRC स्वागत करता है



Dr. Gaurika Bansal is a Neurology & Child Specialist at Green Park, South Delhi. She practices at Dr. Gaurika Bansal's Medical Centre (GCBC) in Green Park, New Delhi, along with running her center, she is associated with Max Super Speciality Hospital, Saket, Ashford & Maxon Bhartiya Hospital.

Expertise: Neurology case counselling, assessment, growth & developmental assessment, Childhood infections, adolescent medicine, asthma & allergy, etc.

Dr. Gaurika Bansal was born right from birth to 18 years for everything from consultations to vaccinations to developmental monitoring, and she has been interacting with the parents to ensure all these were smiling parents.


CLINIC TIMING:
Thursday : 3 to 5 P.M.
NDCHRC Trust, Vasant Kunj
(On Appointment)

डॉ. गौरिका बंसल
नवजात-बाल विशेषज्ञ

Contact No. : **+91 9599 824 600**


NDCHRC (चैरिटी ट्रस्ट)
अच्छा स्वास्थ्य, अच्छा और खुशी के लिए एक गैर-लाभकारी सामाजिक प्रयत्न
फोनकरन संख्या : 4952016 - नवी अयोग (एनजीओ) फोनकरन संख्या : डीएल / 2018/0208163
54, मायपुरी डेयरी, वसंत कुंज, नई दिल्ली - 110 070

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WORLD Health Day
7 APRIL

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Everything comes to us that belongs to us if we create the capacity to receive it.

Rabindranath Tagore

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NDCHRC's Preventive Health Kit for Children:



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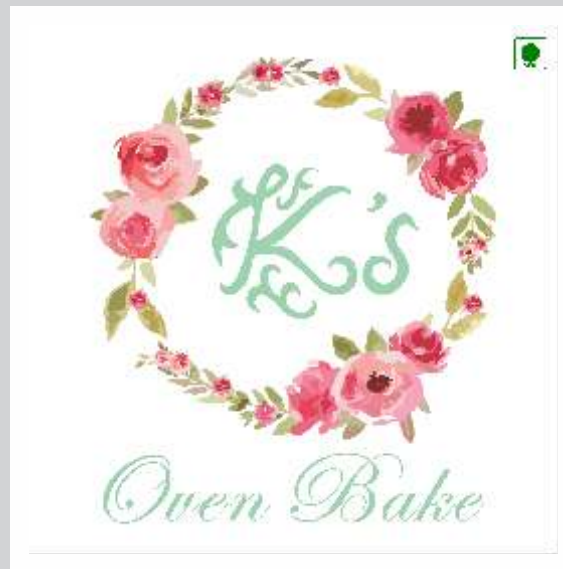


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FOOD & BEVERAGES

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NDCHRC
A Child's Right

NDCHRC is collaborating with

LITTLE MUNCHKINS
(A Unique and Specialized Kids food brand)

To Provide Healthy & Nutritious Food to Children

Saturday - 20th Dec 2019

NDCHRC Trust
(A Non-Profit Social Initiative for Good Health, Hope & Happiness)
Rajiv Gandhi Children's Institute for Child Health, New Delhi

www.ndchrc.org

EDUCATION

Promotions



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(Deemed to be University u/s 3 of UGC Act, 1956)

NDIM  **New Delhi
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5. Heart Transplant
6. Kidney Transplant
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World class facilities and advance technology set our high success rate in surgeries and transplants.

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HEALTHCARE N-Science

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B-Clay™ AquaBreed
HEALTHY NUTRITION FOR AQUARIUM FISH

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The fish will be more active & healthy.
- Fish will be free from parasites, diseases & fungi.
- Fish will be free from stress & they will be able to eat more & grow faster.

Prabisha International Pvt. Ltd. - Bangalore, India. www.prabisha.com



B-Clay™ Photo+
HEALTHY NUTRITION FOR AQUARIUM PLANTS

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The plants will be more active & healthy.
- Plants will be free from parasites, diseases & fungi.
- Plants will be free from stress & they will be able to eat more & grow faster.

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B-Clay™ Licke+
HEALTHY NUTRITION FOR AQUARIUM LICKERS

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The lickers will be more active & healthy.
- Lickers will be free from parasites, diseases & fungi.
- Lickers will be free from stress & they will be able to eat more & grow faster.

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B-Clay™ AQUA-ECO
HEALTHY NUTRITION FOR AQUARIUM ECO

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The fish will be more active & healthy.
- Fish will be free from parasites, diseases & fungi.
- Fish will be free from stress & they will be able to eat more & grow faster.

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B-Clay™ Soil+
HEALTHY NUTRITION FOR AQUARIUM SOIL

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The soil will be more active & healthy.
- Soil will be free from parasites, diseases & fungi.
- Soil will be free from stress & they will be able to eat more & grow faster.

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B-Clay™ Purely
HEALTHY NUTRITION FOR AQUARIUM PURELY

Usage: 1 gram for every 100 litres of water per day. SWT Sea Water.

Usage & Benefits

- The fish will be more active & healthy.
- Fish will be free from parasites, diseases & fungi.
- Fish will be free from stress & they will be able to eat more & grow faster.

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*Thank
you!*



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