





# THE TIMES OF INDIA

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Maharashtra Govt to launch on Modi's birthday on Sept 17 a plan under which every woman will get ₹50k towards that can be encashed in 2 yrs

### ORTHOPAEDIC



**Dr. Ajay P. Chakkar**  
Health is all about living life in moderation. Balance between work and leisure, exercise and rest. Healthy might last for more active days. Wishing you all the life full of energy and motivation.



**Dr. Chirag P. Desai**  
"As well as all bones, Osteoarthritis can be very painful and can limit your lifestyle and make them dependent. Hence early diagnosis and prevention is the best bet to prevent severe Osteoarthritis. Weight reduction, lifestyle modification and physical activity definitely helps to prevent the progression of Osteoarthritis."



**Dr. Hitesh Kulkarni**  
To relieve patients from their agony and to get them back to their normal life as quickly as possible is our goal for every Doctor.



**Dr. Jay D'Silva**  
"Suffering with osteoarthritis and been advised to avoid walking" sounding like a myth - "Osteoarthritis" does not go away due to walking or resting, rather's exercise and weight training help in improved musculoskeletal strength and better function."



**Dr. Kishor R. Desai**  
"Let's build wellness rather than treat disease."



**Dr. The Parthasarathi**  
"Your spine is the backbone of your overall health. Proper spine care involves maintaining good posture, regular exercise, and performing regular stretching and strengthening exercises. Avoid heavy lifting without proper technique and take breaks to rest your spine if you sit for long periods. Consult your doctor for a thorough spine assessment and professional advice at the first sign of discomfort. A healthy spine supports a healthy life."



**Dr. R.K. Nishikant K. Kapadia**  
"A simple daily walk of about half an hour, is the best way to keep osteoporosis away. Try it, it's absolutely free."



**Dr. P.N. Jale**  
"Although the world is full of suffering, it is full also of the overcoming of it." - Helen Keller. Pain is not the most common symptom in hospital. Often patients do not report their pain to their treating doctors. That is why they go on suffering silently. Effective pain relief & techniques are available now to relieve pain safely. Report your pain early & avoid the unnecessary suffering."



**Dr. Rahul Kulkarni**  
Observation, Review, History Understanding, Clarification, these make the physician "hear the white coat with dignity and pride"-it is an honor and privilege to get to serve the public."



**Dr. Rajeev Chitambar**  
"Health is wealth. It's very important to eat correctly. Exercise daily, eat healthy things and stay active, always and get good rest."



**Dr. Ramesh Patel**  
Prevent as if disease is inevitable.



**Dr. Vipul D. Shah**  
"Wherever the art of Medicine is loved, there is also a line of Hippocrates."



**Dr. Santosh Mahajan**  
"Appropriate Diet, Optimum Exercise, Balanced Work and Rest are the keys to attack all problems in Physical, Psychological, Spiritual Health. Sincerely thankful to all my patients for believing and participating in the healing journey. Happy Doctor's Day!"



**Dr. R.K. Nishikant K. Kapadia**  
"When there are 1000s of you, you are a doctor. When there is only one, you are a patient. When there is a 1000, you are a doctor. When there is a 1000, you are a doctor. Happy Doctor's Day."



**Dr. Swastika S. Zaveri**  
"Celebrating doctors who pride in forming healthy bones through osteoporosis prevention, exercise, and a calcium-rich diet. For our overall well-being and skeletal strength."



**Dr. Shantam Bhambhani**  
"The past is HISTORY, Tomorrow is a MYSTERY, The present is a PRESENT. So enjoy it while healthily...!"



**Dr. Sachin P. Mahadik**  
Orthopaedic wellness is the harmonious integration of body, mind, and mobility. To achieve optimal musculoskeletal health, move purposefully, rest mindfully, maintain a balanced lifestyle, nurture positivity, and engage in activities that inspire you. Let's embrace a lifestyle that fosters strong bones, flexible joints, and a joyful spirit."



**Dr. Darshan S. Yeshu**  
"The life of a doctor is a delicate balance between science and humanity, compassion and detachment. Happy Doctor's Day."



**Dr. Madhur Mahabharat**  
Simple tips for a long and healthy life:  
1. Follow traditional eating habits.  
2. Stay active.  
3. Good sleep.  
4. A healthy mind.  
5. Control our blood pressure, Diabetes, cholesterol and weight."



**Dr. Darshan S. Yeshu**  
"The life of a doctor is a delicate balance between science and humanity, compassion and detachment. Happy Doctor's Day."



**Dr. Piyu Bhatnagar**  
Behind every successful treatment is a doctor who goes above and beyond, facing challenges with courage and determination. Happy Doctor's Day!"



**Dr. Gaurav Patil**  
"The life of a doctor is a delicate balance between science and humanity, compassion and detachment. Happy Doctor's Day."



**Dr. Vinay Shetty**  
In this busy life, pause for a moment and breathe. The doctor's day is not just for the physically healthy, but to engage in activities that bring mindfulness like meditation and Yoga. Mind and body are interconnected and your well-being will improve the other as well."



**Dr. Vinita Bhambhani**  
Doctors don't just treat diseases, they provide comfort, support, and guidance to those facing life's challenges. Happy Doctor's Day!"



**Dr. Madhvi Munde**  
Doctors don't just save lives, they provide hope, healing, and comfort to those in their darkest moments. Happy Doctor's Day!"



**Dr. Mahesh Narve**  
Doctor's care is the only certainty when there's a crisis in life's adversity. Happy Doctor's Day."



**Dr. Arun Shah**  
Amidst the chaos of the emergency room, doctors remain calm, compassionate, providing care and comfort to those in need. Happy Doctor's Day!"



**Dr. Jayesh Desai**  
"Behind every diagnosis is a doctor who listens with empathy, compassion, and unwavering dedication. Happy Doctor's Day!"



**Dr. Chandan Chaudhari**  
Appreciate doctors not just for their medical expertise, but for their unwavering commitment to their patients. Happy Doctor's Day!"



**Dr. Gaurav Shetty**  
Doctors are not just professionals, they are compassionate. In life's journey, offering care, comfort, and empathy during the war. Happy Doctor's Day!"



**Dr. Siddhant Lakshmi**  
Behind every diagnosis is a doctor who carries the weight of their patient's hopes and fears. Happy Doctor's Day!"



**Dr. S.M. Shinde**  
Don't wait for a wake-up call to prioritize your well-being. Invest in your health now, and you'll reap the rewards of vitality, joy, and a life well-lived. Your future self will thank you for the care and commitment you show today. Remember, money can't buy the good health for any of us. Doctors are your friends who'll guide you."



**Dr. Vijayan Gokhale**  
Let us salute Rheumatoid Arthritis together and for the life with full potential."



**Dr. Arun Shah**  
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**Dr. Jayesh Desai**  
"Behind every diagnosis is a doctor who listens with empathy, compassion, and unwavering dedication. Happy Doctor's Day!"



**Dr. Margaret Harnburg**  
Of Harvard School of Health Sciences and "I am a doctor, not a nurse" as well as a nurse practitioner by doctors who bring to the bedside - not just technology and medicine, but also their humanity, care, and concern. On this Dr. Day, I will thank you for your journey filled with care, empathy and humanity as we continue to do our best work for our patients."

## THANK YOU DOCTORS.

In Association With THE TIMES OF INDIA

Restoring, renewing, reviving, reclaiming, and rejuvenating are as noble as creating!!!

### HAPPY DOCTOR'S DAY

MSN Research for Better Medicines

20th Anniversary

World Bank of 480+ Countries | One of India's Largest R&D Centers | 900+ Patents | 350+ International Collaborations | 40+ Pharma Launches



**Dr. Nitay Dha**  
"If Wealth is lost, Nothing is lost! If Character is lost, something is lost! If Health is lost, everything is lost!"



**Dr. Anshu Mishra**  
Behind every patient encounter is a doctor who brings empathy, compassion, and unwavering dedication to their practice. Happy Doctor's Day!"



**Dr. Anura Agnihotri**  
Amidst the chaos of the ER, doctors remain calm, compassionate, providing comfort and care to those in need. Happy Doctor's Day!"



**Dr. Akash Bhatia**  
Hence, let July be Doctor's Day is celebrated to mark the exemplary service doctors give back to the society. On this grateful day, I therefore thank and greet all the doctors who work selflessly towards the betterment of the people and enhancing their lives. Let us to cheer for the strong heroes."



**Dr. Rishabh Deshpande**  
We are all heroes.



**Dr. Prakash Gellwad**  
Doctors don't just treat diseases, they witness the profound resilience of those suffering and heal them. Happy Doctor's Day!"



**Dr. Chandan Sark**  
In the busy of modernity, doctors stand tall, embodying courage, resilience, and unwavering commitment to their patients. Happy Doctor's Day!"



**Dr. Nikhil Kumbhar**  
On Doctor's Day, we honor and appreciate the dedication and sacrifice of all doctors who work tirelessly to make the world healthier. Happy Doctor's Day!"



**Dr. Sandeep K. S.**  
"When there are 1000s of you, you are a doctor. When there is only one, you are a patient. When there is a 1000, you are a doctor. When there is a 1000, you are a doctor. Happy Doctor's Day."



**Dr. Sakshi Mehta**  
Doctors' care is the only certainty when there's a crisis in life's adversity. Happy Doctor's Day."



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