

A HARMONY OF

# ALLOPATHY AYURVEDA YOG

TO HELP YOU HEAL BETTER

900

### **DIVINE BLESSINGS**



यावज्जीवं च शुश्रूषा कार्या मातुः पितुर्गुरो । रोगार्तस्य मनुष्यस्य यथाशक्तिच मामकै ।। AS FAR AS POSSIBLE, SERVE ELDERS, PARENTS AND THE SICK THROUGHOUT YOUR LIFE.

**BHAGWAN SHREE SWAMINARAYAN** (SHIKSHAPATRI 139)



"SAINTS ARE THE SEVAKAS OF SOCIETY."

PUJYA SHASTRIJI MAHARAJ SHREE DHARMAJIVANDASJI SWAMI



"GRIEF IS MITIGATED THROUGH WORSHIP OF THE LORD."

PUJYA JOGI SWAMI SHREE HARIPRAKASHDASJI SWAMI



"STRIVE TO SERVE MOTHER, FATHER, GURU, AND UNWELL FOR LIFE"

WITH THE CHANTING AND PENANCE OF AKHAND BHAGAVAD PARAYAN SHRI JOGI SWAMI, THIS PUBLIC WELFARE CONTINUED TO GROW AND HEAL THOUSANDS OF PATIENTS.

THE 'SHRI JOGI SWAMI SGVP HOLISTIC HOSPITAL' HAS BEEN CONSTRUCTED IN THE SACRED MEMORY OF THESE HOLY SAINTS. THE PURPOSE OF THIS HOLISTIC HOSPITAL IS TO KEEP THE BODY, MIND AND CONSCIOUSNESS OF HUMAN BEINGS HEALTHY IN ALL RESPECTS.

SWAMI MADHAVPRIYADASJI (PRESIDENT - SGVP)



### **BEING A PART OF THE**

### SGVP HOLISTIC HOSPITAL FAMILY



"शरीश्माद्यं खलु धर्मसाधनम्"

"RESPECTING THESE VEDIC WISDOM WORDS, SGVP IS DEDICATED TO HEALTH AND CARE OF BODY, MIND AND SOUL.

PURANI SHREE BALKRISHNADASJI SWAMI
MANAGING TRUSTEE



"SGVP HOLISTIC HOSPITAL IS AN EXCELLENT CENTRE FOR TOTAL CURE OF BODY, MIND, AND SPIRIT. HERE, ONE CAN FIND THE HARMONY OF ALLOPATHY, AYURVEDA, AND YOG.

"DR. VIJAY DHADUK - DIRECTOR



"SGVP HOLISTIC HOSPITAL IS NOT JUST A WELLNESS CENTRE, IT'S ALSO THE CENTRE OF EXCELLENCE."

MR. JAYDEV SONAGARA - DIRECTOR



"IT IS THE ORDER OF LORD SHREE SWAMINARAYAN TO BE ENGAGED IN ACTIVITIES THAT LEAD TO PUBLIC WELFARE"

MR NAVINBHAI DAVE
TRUSTEE



"SGVP HOLISTIC HOSPITAL HAS SUCCESSFULLY
INTEGRATED THE MODERN DIAGNOSTIC APPROACH TO AN
AFFORDABLE COST IN ORDER TO PROVIDE HEALTH
TREATMENTS GLOBALLY."

MR HARSHADBHAI PATEL - DIRECTOR



"SGVP HOLISTIC HOSPITAL IS A CENTRE THAT
OFFERS AUTHENTIC AYURVEDA AND YOG WISDOM
WRAPPED IN MODERN HOSPITALITY STANDARDS."

VAIDYA PRAVIN HIRPARA - DIRECTOR

### THE FUSION OF MODERN AND TRADITIONAL

### **HEALTHCARE**



### **OUR MISSION**

LEADING THE WORLD TO A HEALTHIER FUTURE BY ADVANCING HEALTH AND WELLNESS THROUGH A HOLISTIC AND INTEGRATED APPROACH

### **OUR VISION**

WE SHALL BE RECOGNISED FOR EXCELLENCE AND CHOSEN FOR CARING

- BY INTEGRATING PRECISION OF MODERN
   MEDICINE WITH LEGACY OF AYURVEDA AND YOG.
- BUILDING A HEALTHIER COMMUNITY.
- CONNECTING WITH THE WORLD TO IMPROVE HEALTH GLOBALLY.
- CREATING A SYSTEM THAT IS TRANSFORMING RESEARCH.
- DELIVERING TOMORROW'S HEALTH CARE TODAY.



**DIGNITY & UNITY** 

TRUST & TRANSPARENCY

**HONESTY & ETHICS** 



**RESPECT & RESILIENCE** 

**CARE & COMPASSION** 

**QUALITY & EMPOWERMENT** 

### OFFERING EXCELLENT SERVICES,

### **COMPREHENSIVE CARE**

AN INFRASTRUCTURE SPREAD ACROSS 1,50,000 SQ. FT. AND 7 FLOORS, SGVP HOLISTIC HOSPITAL TAKES CARE OF YOUR EVERY HEALTHCARE NEED.



150+ BEDS





**CHEMOTHERAPY** 



**RADIOLOGY & PATHOLOGY LAB** 



**4 ULTRA-MODERN OPERATION THEATRES** 



IN-HOUSE ALLOPATHY & AYURVEDA PHARMACY



**ULTRA MODERN CATH LAB** 

**SURGICAL & MEDICAL ICU** 



PHYSIOTHERAPY & REHABILITATION CENTRE



24x7 EMERGENCY CARE & TRAUMA CENTRE



**RENOWNED DOCTORS & VAIDYAS** 



20 AYURVEDA PANCHAKARMA THEATRES



AYUSHMAN BHARAT - PMJAY EMPANELMENT



YOG AND MEDITATION HALL



DAYCARE ADMISSION FACILITY



**DIALYSIS CENTRE** 



CASHLESS AND MEDICLAIM TOGETHER



**NEONATAL/PEDIATRIC INTENSIVE CARE UNIT** 



ICU ON WHEELS AMBULANCE



### **CLASS-APART INFRASTRUCTURE**













### AIMING TO ACHIEVE OPERATION

### **SUCCESS**

A MODULAR OPERATION THEATRE, STATE-OF-THE-ART EQUIPMENT, ADVANCED MACHINERY SPREAD ACROSS 8,000 SQUARE FEET COMPLEX TAKES CARE OF EVERY SURGICAL NECESSITY. OUR HIGHLY QUALIFIED AND SKILLED TEAM OF EXPERIENCED ANESTHETISTS REMAINS AVAILABLE 24x7 IN CASE OF EMERGENCIES



### **OPERATION THEATRE**

IT IS ALWAYS REASSURING TO KNOW THAT THE OPERATION THEATRE (OT) WHERE THE SURGERY WILL BE PERFORMED MEETS THE HIGHEST STANDARDS OF QUALITY AND IS WELL EQUIPPED. OUR OTS ARE FITTED WITH LAMINAR AIRFLOW AND HEPA FILTERS TO PROVIDE THE MOST STERILE ENVIRONMENT.

### I.C.U

OUR ICU UNIT IS SPREAD ACROSS 4,000 SQ. FT. IT HOUSE NECESSARY AND ADVANCED EQUIPMENT TO TACKLE ANY FATAL HEALTH ISSUE.



### **EMERGENCIES**

### SHOULD NOT WAIT FOR APPOINTMENTS



GET A FULLY-EQUIPPED

AMBULANCE RUNNING

TO SAVE YOU.



### **EMERGENCY & TRAUMA CARE CENTRE**

OUR STATE-OF-THE-ART TRAUMA CENTRE CAN HANDLE ALL KINDS OF (MEDICAL OR SURGICAL) EMERGENCIES & TRAUMA-RELATED ISSUES SUCH AS ACCIDENTS, CARDIAC, NEURO, BRAIN STROKE, AND MANY OTHERS WHILE BEING ABLE TODOASWIFT PATIENT MOVEMENT.

### RADIOLOGY & LABORATORY SERVICES

TREATMENTS START WITH A PERFECT DIAGNOSIS. OUR RADIOLOGY AND LABORATORY SERVICES ARE OPEN 24X7 TO HELP IDENTIFY VARIOUS DISEASES AND ITS' CAUSE. TO SUPPORT OUR UNHINGED DEDICATION, WE HOUSE THE LATEST EQUIPMENT AND MACHINERY TO DIAGNOSE YOUR DISEASES.



### **RADIOLOGY MACHINES**

MRI, CT SCAN

4D IMAGING FOR SONOGRAPHY
MULTIPHOS15(1T)/KLH X-RAY BY SIEMENS
ECHO MACHINE (VIVID E95 R2)
XTROMAM 2000 HF MAMMOGRAPHY
DEXA BMD MACHINE
OPG MACHINE FOR TEETH



### **PATHOLOGY EQUIPMENT**

ROCHE (COBAS 311)

**ROCHE (COBAS E411)** 

**BACTEC (5000)** 

TRANSASIA (SYSMEX XN-L 550)

TRANSASIA (VESMATIC 20)

TRANSASIA (ECL 412)

**OLYMPUS MICROSCOPE (CX211FS1)** 

### FOR US, EACH PATIENT IS EQUALLY

### **IMPORTANT**

### AFFORDABLE HEALTH CHECKUPS

THE FIRST STEP TO PREVENTING VARIOUS DISEASES ISGETTING A REGULAR HEALTH CHECK-UP. AND WE PROVIDE AFFORDABLE AND COMPREHENSIVE HEALTH CHECKUP PLANS ON THE PATIENT REQUIREMENTS, WE INCLUDE ALLOPATHIC AND AYURVEDIC CHECKUPS TO DERIVE A HOLISTIC SOLUTION.





### **DIALYSIS CENTRE**

OUR 24X7 DIALYSIS CENTRE IS WELL-EQUIPPED AND IS AVAILABLE AT ECONOMIC RATES TO HELP KIDNEY PATIENTS AND RARE BLOOD DISEASE PATIENTS WITH TRANSFUSION.

### **CSSD CENTER**

WE HAVE A WELL-KNOWN STERIS MACHINE FROM USA TO DISINFECT AND STERILISE SURGERY/PROCEDURE-RELATED REUSABLE MEDICAL EQUIPMENT.





### **MRI - MAGNETIC RESONANCE IMAGING**

**GUJARAT'S FIRST** 

SIGNA PRIME - AI Enabled State-Of-Art 1.5 Tesla

### **CARDIAC SCIENCE**

WHERE CARE MEET EXPERTISE



# BACKED BY ADVANCED INFRASTRUCTURE, SUPPORTED BY A HIGHLY-FUNCTIONAL CATH LAB & CARDIAC OT

EQUIPPED WITH INNOVA IGS 520, OUR CATH LAB PROVIDES A COMPREHENSIVE SUITE OF FUNCTIONALITY, CUSTOMIZED FOR A WIDE RANGE OF CARDIAC, NEUROLOGICAL & INTERVENTIONAL RADIOLOGY PROCEDURES. THE DIGITAL DETECTOR OFFERS PRECISE VISUALIZATION OF THE BRAIN AND HEART AND ITS CHAMBERS.

### **CARDIAC SCIENCE DEPARTMENT**

(CARDIOLOGY & CARDIAC SURGERY)

WE PUT OUR HEARTS INTO TREATING YOUR HEART. OUR CARDIOLOGISTS AND CARDIAC SURGEONS TAKE CARE OF TREATMENTS FOR PEOPLE WITH VARIOUS CONDITIONS RELATED TO THE HEART, ARTERIES AND VEINS (CARDIOVASCULAR DISEASES). WE WORK ALONGSIDE MANY SPECIALISTS TO DETERMINE THE MOST SUITABLE TREATMENT FOR OUR PATIENTS.

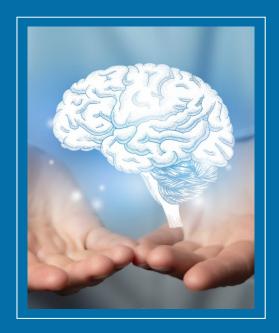


### **DEDICATED PEDIATRIC CARDIOLOGY DEPARTMENT**

FOR SMALL PRECIOUS HEARTS

MANY TYPES OF HEART CONDITIONS CAN AFFECT CHILDREN OF ANY AGE. IT INCLUDES CONGENITAL HEART DEFECTS, VIRAL INFECTIONS, AND HEART DISEASES THAT APPEAR LATER IN CHILDHOOD DUE TO UNKNOWNILLNESSES OR GENETIC SYNDROMES.TO HELP CHILDREN LIVE THE BEST DAYS OF THEIR CHILDHOOD, SGVP CENTRE OF EXCELLENCE IS OFFERING THE PEDIATRIC CARDIAC SCIENCE DEPARTMENT

### **NEURO SCIENCE**



#### **NEUROSCIENCE DEPARTMENT**

(NEUROLOGY, NEUROSURGERY, INTERVENTIONAL NEUROLOGY)
A CENTRE OF EXCELLENCE TO SAVE EXCELLENT MINDS
THIS SUPER-SPECIALITY DEPARTMENT TREATS MANY
BRAIN-RELATED DISEASES AND CONDITIONS. WE OFFER THE
LATEST IN NEUROLOGY AND NEUROSURGICAL CARE,
INCLUDING LIFESAVING, TECHNICALLY DEMANDING
PROCEDURES THAT HELP ADULTS AND CHILDREN WITH
COMPLEX AND SERIOUS CONDITIONS. THE USE OF THE CATH
LAB FOR INTERVENTIONAL NEUROLOGY PROCEDURES MAKES
THIS FACILITY AN EXCELLENT CENTRE.

#### **NEUROLOGY**

OUR NEUROLOGISTS EXAMINE EACH PATIENT FOR COMPLEX NEUROLOGY DISEASES AND CONDITIONS AND PROVIDE TREATMENT BASED ON THEOBSERVATION. THIS OBSERVATION IS LED BY NEUROSURGEONS IN A COLLABORATIVE MANNER TO HELP COME UP WITH THE MOST SUITABLE HOLISTIC SOLUTION.

#### INTERVENTIONAL NEUROLOGY

OUR SPECIALISED BRANCH OF NEUROSCIENCE DEPARTMENT, INTERVENTIONAL NEUROLOGY ENCOMPASSES A WIDE RANGE OF DISORDERS THAT AFFECT THE BODY'S NERVOUS SYSTEM, WHICH INCLUDES DISEASES OF THE BRAIN, SPINAL CORD, NERVES, AND MUSCLES. USING SPECIALIZED TRAINING IN THE USE OF MINIMALLY INVASIVE, IMAGE-GUIDED TECHNIQUES, OUR INTERVENTIONAL NEUROLOGISTS TREAT COMPLEX CONDITIONS.

#### **NEUROSURGERY**

SUPPORTED BY NEURO RADIOLOGY SERVICES, NEURO INTENSIVE CARE FACILITIES AND MEDICAL AND RADIATION ONCOLOGY SERVICES, OUR NEUROSURGEONS TREAT PATIENTS IN ORDER TO ACHIEVE EXCELLENT OUTCOMES IN NEUROLOGICAL DISEASE WHICH MATCHES WITH INTERNATIONAL TREATMENTSTANDARDS.

### **ADVANCED EQUIPMENTS**

NEURO MICROSCOPE M525, F50 BY LEICA MICROSYSTEM NEURONAVIGATION
SYSTEM BY BRAIN LAB

**EMG - NCV** 

WE PINPOINT THE EXACT ISSUE USING OUR NEURONAVIGATION SYSTEM WHICH HELP US COME UP WITH A HOLISTIC SOLUTION. WE TREAT MANY COMPLEX CONDITIONS SUCH AS EPILEPSY, BRAIN STROKE AND OTHERS USING INNOVATIVE THERAPIES AND NEW TECHNIQUES TO HELP OUR PATIENTS.

### **IMPECCABLY ADVANCED**

### **ALLOPATHY TREATMENTS**

### **MEDICAL & SURGICAL ONCOLOGY**

THIS SUBSPECIALTY IS HOLISTIC IN NATURE WHEN IT COMES TO FIGHTING CANCER



### **MEDICAL ONCOLOGY**

OUR MEDICAL ONCOLOGY DEPARTMENT IS THE MOST COMPREHENSIVE CANCER DIAGNOSIS & TREATMENT CENTRE OF SGVP. FROM EARLY DETECTION TO CHEMOTHERAPY, OUR EXPERIENCED STAFF HOLDS EXPERTISE IN PROVIDING A HOLISTIC PROGRAMME TO CANCER PATIENTS

### **ORTHO ONCOLOGY**

BONE CANCERS ARE RARE BUT WE TAKE CARE OF SUCH DISEASES BY HAVING ORTHO ONCOLOGISTS WHO SPECIALISE IN THE DETECTION AND TREATMENT OF SUCH BONE DISEASES.



### **OUR SPECIALISED FIELDS OF ONCOLOGY MEDICINE & SURGERY**



### **SURGICAL ONCOLOGY**

OUR SURGICAL ONCOLOGY DEPARTMENT IS A SUBSPECIALITY TO TREAT A WIDE VARIETY OF CANCERS. OUR SURGEONS ARE WELL-KNOWN FOR PERFORMING COMPLEX SURGERIES AND EXCELLENT OUTCOMES. WE HAVE EXPERTISE IN THE PRECISION OF HARMONIC & LIGASURE BOTH TO TREAT CANCER PATIENTS.



### **GYNEC ONCOLOGY**

A TUMOUR OF THE FEMALE REPRODUCTIVE TRACT CAN BE AS DEADLY AS ANY OTHER CANCER. TO TREAT AND MANAGE SUCH CASES, WE HAVE HIGHLY-EXPERIENCED SURGEONS ON THE SGVP CAMPUS.



### **CHEMOTHERAPY**

WE PROVIDE HIGH-QUALITY CHEMOTHERAPY TO KEEP THE CANCER CELLS IN THE PATIENT'S BODY FROM GROWING, DIVIDING AND MULTIPLYING INTO MORE CELLS. WE TAKE THE UTMOST CARE TO REDUCE AS MUCH OF ITS SIDE-EFFECT AS POSSIBLE BY NOT LETTING TOO MANY OF HEALTHY CELLS BE DAMAGED BY THE POWERFUL DRUGS USED FOR CHEMOTHERAPY.

### **ORTHOPAEDICS SURGERY & JOINT REPLACEMENT DEPARTMENT**

TREATING THE BACKBONE OF YOUR LIFE, THE SGVP ORTHOPAEDIC DEPARTMENT TAKES CARE OF EVERY SINGLE BONE (INCLUDING THE SPINE) WITH EXCELLENT PRECISION. WE ALSO TAKE CARE OF FRACTURES AND BONE ISSUES DUE TO TRAUMA/ACCIDENTS. OUR ORTHOPAEDICS SPECIALISTS ARE KNOWN FOR THEIR SURGICAL EXCELLENCE AND TECHNICAL SUPERIORITY OVER SOLVING BOTH SIMPLE AND COMPLEX BONE FRACTURES & OTHER BONE-RELATED DISEASES





#### ROBOTIC MICROPLASTY & KNEE REPLACEMENT

AS THE PROBLEM OF KNEE ARTHRITIS PROGRESSES SLOWLY BUT STEADILY OVER A PERIOD OF TIME, TECHNOLOGY ALSO KEEPS ITS PACE BUT WITH MUCH GREATER SPEED TO HELP MANKIND. HISTORICALLY EVOLUTION HAS OCCURRED IN IMPLANTS, INSTRUMENTS, MINIMALLY INVASIVE SURGERY AS WELL USE OF COMPUTERS IN THE LAST FEW YEARS. ROBOTIC SURGERY IS THE FINEST AND MOST ADVANCED TECHNOLOGY TO GET THE MOST REPRODUCIBLE RESULT FOR EACH PATIENT.

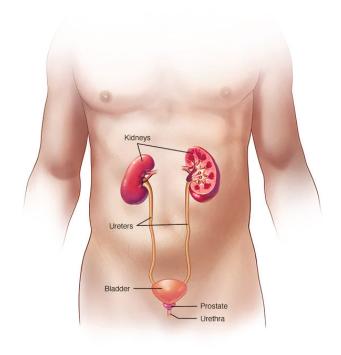
### **OUR MEDICAL & SURGICAL GASTROENTEROLOGY**

OUR DIGESTIVE SYSTEM INCLUDES MORE THAN OUR STOMACH. MOUTH, OESOPHAGUS, SMALL AND LARGE INTESTINE, RECTUM AND ANUS CAN SUFFER FROM MANY HEALTH-RELATED ISSUES. AND WE ARE READY TO OVERCOME ANY CHALLENGE TO TREAT THEM. WE PERFORM ADVANCED LAPAROSCOPIC & ENDOSCOPIC PROCEDURES TO TREAT AND DETECT GUT & LIVER ISSUES. WITH AN EXCELLENT PRECISION IN HARMONIC & LIGASURE, OUR MEDICAL & SURGICAL, GASTROENTEROLOGIST & ANORECTAL SURGEONS HELP PATIENTS SUFFERING FROM VARIOUS CONDITIONS.



### **UROLOGY & NEPHROLOGY**

FROM TENDING WEAK KIDNEYS TO HANDLING SURGERY, OUR UROLOGY DEPARTMENT TAKES CARE OF ALL KIDNEY-RELATED ISSUES. OUR 24X7 OPEN DIALYSIS CENTRE AID IN AS AN EXCELLENT SERVICE FOR KIDNEY PATIENTS SUFFERING FROM KIDNEY DISEASES OF CENITOURINARY SYSTEMS LIKE KIDNEY STONES, PROSTATE CANCER, BLADDER ISSUES, URETHRAL ISSUES AND MANY OTHER DISEASES.



### **PULMONOLOGY & THORACIC SURGERY**

A SOLE DEPARTMENT TO TAKE CARE OF LUNGS RELATED DISEASES SUCH AS SWINE FLU, TUBERCULOSIS, COVID-19. ASTHMA, COPD, PNEUMONIA AND MANY MORE. AT SGVP, WE HAVE THE MOST RENOWNED EXPERTS OF RESPECTIVE FIELDS READY WITH THEIR TEAMS TO PERFORM THORACIC SURGERIES INVOLVING ANY OF THE CHEST ORGANS LIKE HEART, LUNGS. ESOPHAGUS AND TRACHEA. OUR TECHNICALLY RICH INFRASTRUCTURE SUPPORTS OUR DOCTORS TO GIVE YOU THE BEST RESULTS IN YOUR FIGHT AGAINST YOUR ILLNESS.





### **PLASTIC & RECONSTRUCTIVE SURGERY**

NO MATTER THE DEFORMITY OR ISSUE, WE HAVE PLASTIC SURGEONS IN ONCOLOGY, ORTHOPAEDICS, DERMATOLOGY, OTORHINOLARYNGOLOGY (ENT), ORAL AND MAXILLOFACIAL TO OFFER COMPREHENSIVE RESTORATION.

### **BARIATRIC SURGERY**

BARIATRIC SURGERY A.K.A WEIGHT-LOSS SURGERY IS FOR PEOPLE SUFFERING FROM OBESITY AND RELATED DISEASES. OUR BARIATRIC EXPERTS ARE THE BEST IN THE INDUSTRY WHO BROUGHT ALONG YEARS OF EXPERIENCE AND REQUIRED FACILITIES AT SGVP.





### **ENDOVASCULAR SURGERY**

OUR SURGEONS SPECIALISE IN PERFORMING MINIMALLY INVASIVE SURGERY USING ULTRA-MODERN TECHNOLOGY FOR PVD. PERIPHERAL VASCULAR DISEASE (PVD) IS A SLOW AND PROGRESSIVE CIRCULATION DISORDER. PVD MAY AFFECT ANY BLOOD VESSEL OUTSIDE OF THE HEART INCLUDING THE ARTERIES, VEINS, OR LYMPHATIC VESSELS.

### **GENERAL SURGERY**

OUR SURGEONS PROVIDE EXPERT GUIDANCE AND TREATMENTS FOR VARIOUS CONDITIONS SUCH AS HERNIA APPENDIX, SKIN, LESIONS/TRAUMA, ANORECTAL SURGERIES LIKE PILES, FISSURE, FISTULA ETC.



### **GYNAECOLOGY & OBSTETRICS**

TAKING CARE OF FEMALE REPRODUCTIVE ORGANS, OUR GYNAECOLOGY CENTRE IS ONE OF THE BEST IN AHMEDABAD. WHILE OUR OBSTETRICS CENTRE DEALS WITH ISSUES RELATED TO PREGNANCY, LABOUR, AND IMMEDIATE PERIOD FOLLOWING THE DELIVERY.

### **OPHTHALMOLOGY**

SGVP EXPERT EYE SURGEONS ARE ALWAYS AVAILABLE TO TREAT DISEASES SUCH AS CATARACTS, GLAUCOMA, OPTIC NERVE DISORDER, RETINAL DISORDERS AND MANY OTHERS.





### **OTOLARYNGOLOGY (ENT)**

OUR ENT SPECIALISTS TAKE CARE OF ALL DISEASES
RELATED TO EARS, NOSE & THROAT, NECK & HEAD AREA.
OUR CLINIC HAS ONE OF THE MOST RENOWNED DOCTORS
WORKING FOR SGVP PATIENTS.



#### **ENDOCRINOLOGY**

THE ENDOCRINE SYSTEM OF THE BODY CONSISTS THE PANCREAS, THE THYROID, PARATHYROID, PINEAL, HYPOTHALAMUS, ADRENAL AND PITUITARY GLANDS, AND THE OVARIES AND TESTES. OUR ENDOCRINOLOGISTS TAKE CARE OF A RANGE OF ENDOCRINE DISORDERS AND DYSFUNCTIONS LIKE DIABETES & THYROID DISORDERS TO RAREST HORMONAL DISORDERS

#### PEDIATRICS DEPARTMENT

INCLUDING AN ACTIVITY ROOM, RESTING AREA AND OTHER FACILITIES TO SUPPORT A CHILD AND THEIR FAMILY, SGVP PAEDIATRIC CENTRE TREATS CHILDREN'S DISEASES WITH LOVE AND CARE. THIS CENTRE ALSO TREATS NEUROLOGICAL LUNG AND HEART PROTECT YOUR ISSUES IN CHILDREN. WE HELP YOU CHILDREN FROM PREVENTABLE, LIFE-THREATENING DISEASES BY PROVIDING THEM WITH ALL NECESSARY VACCINES AT THE RIGHT TIME INTERVALS. WE ENSURE HIGHEST LEVEL OF HYGEINE AND PRECISION WHILE DEALING WITH YOUR BELOVED CHILDREN.



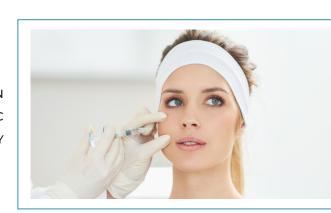


### **DERMATOLOGY**

OUR DERMATOLOGISTS ARE EXPERTS IN THE FIELD. WITH THEIR YEARS OF EXPERIENCE, THEY CARRY THE REPUTATION IN TERMS OF TREATING VARIOUS SKIN & HAIR RELATED DISEASES.

#### COSMETOLOGY

OUR COSMETOLOGISTS HELP YOU BE THE PERFECT VERSION
OF YOURSELF THROUGH ADVANCED COSMETIC
PROCEDURES AND SURGERIES. THEY ENSURE A HEALTHY
YET YOUTHFUL GLOW FOR YOUR BODY



### **DENTISTRY**

APART FROM EXPERT DENTISTS, OUR DENTISTRY DEPARTMENT HAS AN OPG-DIGITAL X-RAY MACHINE TO FIND THE ROOT OFVARIOUS GUM AND TOOTH DISEASES.



### **INFECTIOUS DISEASES**

THE KEY TO ANY INFECTIOUSDISEASE IS AN ACCURATE DIAGNOSIS. AND OUR DOCTORS TAKE THE RIGHT TIME TO IDENTIFY BOTH PROBLEMS AND SOLUTIONS OF DISEASES CAUSED BY BACTERIA, FUNGAL, VIRALAND PARASITIC INFECTIONS.

### **RHEUMATOLOGY**

WE PROTECT YOUR BODY FROM AUTOIMMUNE AND INFLAMMATORY DISEASES THAT PRIMARILY AFFECT THE BODY'S MUSCULOSKELETAL SYSTEM JOINTS, MUSCLES, TENDONS, LIGAMENTS THROUGH THE STATE-OF-THE-ART AND EXPERTISE OF OUR DOCTORS.



### INTERVENTIONAL RADIOLOGY

THROUGH IR, WE DIAGNOSE & TREAT CANCER & OTHER CONDITIONS WITHOUT MAJOR SURGERY. WE USE OUR ADVANCED CATH LAB TO PERFORM CT SCANS & ULTRA SOUND.

### **DE-ADDICTION/ PSYCHIATRY**

A DEDICATED & MULTY-DISCIPLINARY TEAM PSYCHOLOGISTS AND SPECIALISTS HELP FIGHT THE ADDICTION THROUGH A HOLISTIC APPROACH WHILE TEACHING YOU METHODS TOMASTER MENTAL HEALTH.



### **PHYSIOTHERAPY**

ALL OF OUR PHYSIOTHERAPISTS ARE CERTIFIED AND WELL-TRAINED. THEY WORK ALONG WITH DOCTORS AND TAKE A HOLISTIC APPROACH TO HELP YOU GET BACK ON YOUR FEET AFTER SURGERY OR TREATMENT.

### **PAIN MANAGEMENT**

SGVP BELIEVES AND PRACTICES A HOLISTIC APPROACH TO EVERY MINOR/MAJOR DISEASE. FOR PAIN MGMT, WE OFFER TAILOR-MADE & INTEGRATED SOLUTIONS DEPENDING ON THE TYPE OF PAIN.





VATSALYA, LOCATED WITHING SGVP HOLISTIC HOSPITAL, IS COMMITTED TO PROVIDING EXCEPTIONAL HEALTHCARE FOR CHILDREN, OFFERING A WIDE RANGE OF TREATMENTS FROM DISEASES AS COMMON AS COMMON COLD TO COMPLEX DISEASES LIKE PEDIATRIC CARDIOLOGY. NEPHROLOGY ETC.

OUR DEDICATED TEAM OF FULL-TIME DOCTORS, WITH EXTENSIVE EXPERIENCE AND EXPERTISE, IS DEVOTED TO CARING FOR CHILDREN'S HEALTH. AT SGVP HOLISTIC HOSPITAL, WE ALSO HAVE SPECIALIZED PROFESSIONALS WHO PROVIDE TENDER CARE AND SPECIALIZED ATTENTION TO EXTREMELY PREMATURE INFANTS.

THE PEDIATRIC VATSALYA UNIT COMPRISES 35 BEDS, WHICH ENCOMPASS THE NICU, PICU, PREMIER WARDS AND CHILD-FRIENDLY INDOOR ROOMS.

WE FIRMLY BELIEVE THAT EVERY CHILD IS UNIQUE AND REQUIRES A CUSTOMIZED APPROACH TO THEIR MEDICAL CARE. WE TAKE INTO ACCOUNT THEIR EMOTIONAL, COGNITIVE, DEVELOPMENTAL, COMMUNICATION, AND SOCIAL MILESTONES WHEN DETERMINING THE MOST APPROPRIATE COURSE OF TREATMENT. IN ESSENCE, VATSALYA IS THE ONLY MULTI-SUPER-SPECIALTY PEDIATRIC UNIT THAT SERVES THE HEALTHCARE NEEDS OF NEWBORNS THROUGH 18-YEAR-OLDS.

# PEDIATRIC SUPER SPECIALITY

- Pediatric Neonatal & Intensive Care
- Pediatric Cardiology
- Ped. Cardiac Surgery
- Ped. Neurology & Neuro-Surgery
- Ped. General Surgery
- Ped. Orthopedics
- Ped. Gastroenterology
- Ped. Unit for Congenital Defects
- Ped. Nephrology
- Ped. Endocrinology
- Ped. Urology
- Ped. Pulmonology



- Ped. Allergy and Immunology
- Ped. Infectious Disease Care
- Ped. Speech Therapy & Audiology
- Ped. Growth & Developmental Clinic
- Ped. Rheumatology
- Ped. Hematology
- Ped. Physiotherapy & Rehabilitation
- Lactation Clinic
- Ped. Pain Management

### PICU - PAEDIATRIC INTENSIVE CARE





### AMBULANCE SERVICE



### VACCINATION CENTER







Infertility is a major concern that affects couples across the world. Holistic techniques that mix contemporary medicine (allopathy) with ancient practices like Ayurveda and Yoga are gaining preference for Infertility treatment in Ahmedabad. The advantages of using a holistic infertility treatment that involves Allopathy, Ayurveda, and Yoga:

### **Allopathy**

ALLOPATHY, PLAYS A VITAL ROLE IN THE DIAGNOSIS AND HOLISTIC INFERTILITY TREATMENT. TO ADDRESS UNDERLYING PROBLEMS, IT INVOLVES A VARIETY OF TREATMENTS SUCH AS HORMONE THERAPY, ASSISTED REPRODUCTIVE TECHNOLOGIES (ART), AND SURGICAL THERAPIES. ALLOPATHIC TREATMENTS TRY TO IMPROVE FERTILITY BY TREATING HORMONAL IMBALANCES, STRUCTURAL ABNORMALITIES, AND REPRODUCTIVE HEALTH ISSUES. IN VITRO FERTILISATION (IVF) AND INTRAUTERINE INSEMINATION (IUI) HAVE REVOLUTIONIZED INFERTILITY TREATMENTS, GIVING MANY COUPLES HOPE.

MATRUTVA CLINIC INCLUDES A TEAM OF EXPERIENCED ALLOPATHIC FERTILITY DOCTORS WHO CONDUCT FULL HEALTH ASSESSMENTS AND PROVIDE MEDICAL TREATMENTS SUITED TO EACH PATIENT'S SPECIFIC NEEDS.



### **Ayurveda**



AYURVEDA, AN ANCIENT INDIAN HOLISTIC MEDICINE APPROACH, EMPHASIZES MIND-BODY-SPIRIT BALANCE TO ENHANCE OVERALL WELLNESS AND HEALTH. AYURVEDA FOCUSES ON IDENTIFYING AND TREATING IMBALANCES IN THE BODY'S DOSHAS (VATA, PITTA, AND KAPHA) IN THE CONTEXT OF INFERTILITY. AYURVEDIC TREATMENT OF INFERTILITY FREQUENTLY INVOLVES PANCHAKARMA, A DETOXIFICATION THERAPY, HERBAL OR AYURVEDIC MEDICINES FOR PREGNANCY, DIETARY MODIFICATIONS, LIFESTYLE CHANGES, AND STRESS MANAGEMENT APPROACHES. PANCHAKARMA IS ESSENTIAL FOR BEEJ SHUDDHI, WHICH PROMOTES HEALTHY PREGNANCY BY AIMING TO RESTORE THE BODY'S NATURAL BALANCE, IMPROVE REPRODUCTIVE HEALTH, AND INCREASE THE POSSIBILITY OF PREGNANCY. AYURVEDA TREATMENT OVERALL WORKS ON ROOT CAUSE OF INFERTILITY.

MATRUTVA CLINIC INTEGRATES THESE AYURVEDIC PRINCIPLES INTO THE TREATMENT PLANS. THESE MAY INCLUDE DIETARY RECOMMENDATIONS, HERBAL FORMULATIONS, DETOXIFICATION THERAPIES, AND SPECIALIZED AYURVEDIC DOCTORS FOR INFERTILITY TREATMENT TO ENHANCE REPRODUCTIVE HEALTH.

### Yoga

YOGA, AN ANCIENT INDIAN MIND-BODY PRACTICE, ENCOMPASSES PHYSICAL POSTURES (ASANAS), BREATHING EXERCISES (PRANAYAMA), AND MEDITATION TECHNIQUES. YOGA PRACTICE CAN HELP WITH BOTH THE PHYSICAL AND MENTAL ELEMENTS OF INFERTILITY. CERTAIN YOGA ASANAS BOOST BLOOD CIRCULATION TO THE REPRODUCTIVE ORGANS, REDUCE STRESS, BALANCE HORMONES, AND IMPROVE OVERALL HEALTH. PRANAYAMA TECHNIQUES CAN HELP YOU CALM YOUR MIND, REDUCE ANXIETY, AND ALLOW YOURSELF TO RELAX. INCORPORATING YOGA INTO ONE'S DAILY PRACTICE MIGHT HELP IN THE CREATION OF AN IDEAL ENVIRONMENT FOR CONCEPTION.

MATRUTVA CLINIC, SGVP HOLISTIC HOSPITAL OFFERS YOGA SESSIONS LED BY VERY WELL-TRAINED AND CERTIFIED SENIOR CONSULTANTS UNDER WHOM ALL YOGA SESSIONS ARE CONDUCTED, AND WHICH SPECIALIZE IN REPRODUCTIVE HEALTH. THESE SESSIONS INCLUDE FERTILITY-FOCUSED ASANAS, PRANAYAMA EXERCISES, AND MEDITATION TECHNIQUES.

THE HOLISTIC APPROACH AT MATRUTVA CLINIC EMPHASIZES CLOSE COLLABORATION BETWEEN ALLOPATHIC DOCTORS, AYURVEDIC PRACTITIONERS, AND YOGA INSTRUCTORS. BY INTEGRATING THE STRENGTHS OF ALLOPATHY, AYURVEDA, AND YOGA, THE CLINIC STRIVES TO MAXIMIZE THE CHANCES OF CONCEPTION WHILE PROMOTING HOLISTIC WELLNESS THROUGHOUT THE FERTILITY JOURNEY.



### **AYURVEDA**

### ADVANCING THE ROOTS OF INDIAN HEALTHCARE

THROUGH A HARMONIOUS & INNOVATIVE APPROACH, OUR AYURVEDA TEAM IS ADVANCING AYURVEDA TREATMENTS TO OFFER HOLISTIC TREATMENT TO PATIENTS SUFFERING FROM CHRONIC DISEASES.

THE LARGEST TEAM OF RENOWNED VAIDYAS

CURATED WELLNESS PROGRAMS

WELL-EQUIPPED WITH TRADITIONAL METHODS







### GUINNESS WORLD RECORDS

### **ACHIEVING PEACE FOR 1120 PEOPLE**





### **NADI PARIKSHA**

### **PULSE DIAGNOSIS**

THE TIME TESTED AND CENTURIES-OLD NATURAL WAY OF HEALING AYURVEDA, HAS TAUGHT THAT ANY PRESENCE OF DISEASE IN OUR SYSTEM WILL BE INDICATED AS AN IMBALANCE IN OUR 'DOSHAS'. THE KEY TO KEEPING OUR BODY IN GOOD HEALTH IS TO BALANCE THE DOSHAS AND BRING BACK BALANCE TO THE BODY SYSTEM. AND NADI PARIKSHA IS THE BEGINNING OF THAT HEALTHY JOURNEY.

### Vata Dosha, Pitta Dosha, Kapha Dosha

THIS NON-INVASIVE, HIGHLY ADVANCED YET ANCIENT AYURVEDIC METHOD HELPS DIAGNOSE THE IMBALANCE IN TRIDOSHAS. A PATIENT'S EMOTIONAL, PHYSICAL, MENTAL, AND SPIRITUAL IMBALANCE IS DUE TO THE FLUCTUATING NATURE OF THESE DOSHAS AND NADI PARIKSHA HELPS IDENTIFY IT.

### PANCHAKARMA CENTRE

### TRUE MANIFESTATION OF THE AYURVEDA

ONE OF THE MOST EMINENT BRANCHES OF SGVP'S AYURVEDA DEPARTMENT PANCHAKARMA CENTRE EXCELS IN HEALING A PATIENT FROM WITHIN WITH MORE THAN 80 DIFFERENT PANCHAKARMA THERAPIES AVAILABLE AT THE CAMPUS, THIS CENTRE BECOMES AHMEDABAD'S ONE OF THE MOST UNIQUE HEALTHCARE FACILITIES

### **DETOXIFYING & REBALANCING**

### DOSHAS THROUGH PANCHAKARMA

A BALANCED DOSHA DECIDES THE HEALTH OF A PERSON AS THE SEASON CHANGES, DOSHAS ACCUMULATE, DISTURBING THE IMMUNE SYSTEM. BUT WITH THE RIGHT PANCHAKARMA TREATMENT, ONE CAN RESTORE BALANCE AND DETOXIFY THEIR BODY, MIND AND SOUL WITH EASE.



### **PRE-DETOX TREATMENTS**

### PROVIDING 80+ TREATMENTS WITH HOME-LIKE CARE

THE EFFECTIVENESS OF PANCHAKARMA TREATMENTS STARTS WHEN YOUR BODY IS READY BODY NEEDS TO BE FLEXIBLE AND YOUR SKIN PORES SHOULD BE OPEN/LOOSE. YOU SHOULD BE AT THE PEAK OF YOUR RELAXATION. TO ACHIEVE THAT, AYURVEDA OFFERS TWO UNIQUE TREATMENTS.



### **SNEHANA**

DIP THE INTERNAL AND EXTERNAL SENSES INTO HERB OIL/GHEE TO LOOSEN BODY TOXINS.



### **EFFECTIVE IN**

- LOOSENS BODY TOXINS
- OFFERS BODY FLEXIBILITY
- SOFTENS SKIN



### **SWEDEN**

SOAK THE BODILY SENSES IN A MEDICATED SAUNA AND RELEASE TOXINS THROUGH SWEAT GLANDS.

### **EFFECTIVE IN**

- RELEASES STIFFNESS & PAIN
- ELIMINATES LETHARGY
- INCREASES LONGEVITY OF JOINTS

### **DETOXIFY THE BODY**

### PROVIDING 80+ TREATMENTS WITH HOME-LIKE CARE

THERE ARE HUNDREDS OF PANCHAKARMA TREATMENTS MENTIONED IN ANCIENT TEXTS OF AYURVEDA BUT THERE ARE FIVE MAJOR TREATMENTS WHICH COVER EVERY OTHER THERAPY AS A WHOLE.



### **VAMANA**

USING MEDICATED EMESIS, UPPER BODY TOXINS ARE REMOVED THROUGH THE RESPIRATORY TRACT.

### **EFFECTIVE IN**

- UPROOTS DISORDERS OF KAPHA DOSHA
- EFFECTIVE FOR RESPIRATORY SYSTEM
- BENEFICIAL IN GI & SKIN DISEASES AND MANY MORE CHRONIC DISEASE





#### **VIRECHANA**

CLEAN PITTA DOSHA THROUGH LOWER
PATHWAYS OF THE BODY. HERE, THE PATIENT
IS GIVEN A MEDICATED & CONTROLLED DIET
TO RELEASE THE TOXINS.

#### **EFFECTIVE IN**

- IMPROVES METABOLISM
- CONTROLS DIABETES
- REDUCES CHOLESTEROL
- EFFECTIVE IN LIVER & SKIN DISORDERS
- HELPS REDUCE FAT
- GOOD FOR PEOPLE WITH FATTY LIVER

# BE PAIN-FREE THROUGH PANCHKARMA



#### **JANU BASTI**

TREAT STIFF, PAINFUL KNEES AND LIGAMENTS THROUGH JANU BASTI WHERE MEDICATED OIL IS POURED ON KNEES. FOLLOWED BY FOMENTATION

#### **EFFECTIVE IN**

- LIGAMENT PAIN
- STIFF KNEES
- POST-KNEE
- REPLACEMENT PAIN



### **AGNI KARMA**

TREAT ANY KIND OF MUSCULAR AND JOINT DISORDER THROUGH AGNI KARMA THAT IS BELIEVED TO CURE PAIN IMMEDIATELY.

#### **EFFECTIVE IN**

PAINFUL DISEASES OF JOINTS



### **KATI BASTI**

NOURISH AND STRENGTHEN OF BACK
MUSCLES AND NERVES USING KATI BASTI
WHICH TARGETS PAINFUL MUSCLES
THROUGH HERBAL OILS.

### **EFFECTIVE IN**

- STIFF MUSCLES AND NERVES
- PAINFUL, SORED MUSCLES
- DEGENERATIVE ISSUES
- CHRONIC LOWER BACKACHE



#### **ABHYANGA**

A FORM OF HERB OIL MASSAGE, ABHYANGA
IS A THERAPY THAT REDUCES STRESS
LEVELS WHILE TAKING CARE OF VATA DOSHAS.

#### **EFFECTIVE IN**

- INSOMNIA
- ANTI AGEING
- VATA DOSHA DISORDERS
- HYPERTENSION & FATIGUE

# DISCOVER THE BEAUTY OF AYURVEDA



### **AKSHI TARPANA**

PREVENTS EYE ISSUES AND KEEPS THE EYES
HEALTHY & BEAUTIFUL THROUGH MEDICATED
WARM GHEE!

#### **EFFECTIVE IN**

- POOR EYESIGHT
- DRY EYES SYNDROME
- BLURRED VISION
- NIGHT BLINDNESS



#### **MUKH LEPANAM**

ACHIEVES FLAWLESSLY BEAUTIFUL FACIAL SKIN THROUGH THIS UNIQUE AYURVEDIC TREATMENT

#### **EFFECTIVE IN**

- ACNE & PIMPLES
- SUN DAMAGE & DARK SPOTS
- WRINKLES
- DISCOLOURATION OF THE SKIN



#### **SHIRODHARA**

REJUVENATING YOUR MENTAL SENSES, THIS ANCIENT METHOD IMPROVES SLEEP AND HAIR QUALITY WHILEGIVING AN IMMERSIVE EXPERIENCE.

#### **EFFECTIVE IN**

- DEPRESSION & INSOMNIA HAIR ISSUES
- HYPERTENSION LACK OF FOCUS

# MORE AYURVEDIC BEAUTY TREATMENTS AVAILABLE ONLY AT SGVP

SAUNDARYA AVGAHA SWEDA • SUVARNA MUKH LEPANAM

KAVAL • MUKTA MUKH LEPANAM

KESH LEPANAM ◆ SARVANG LEPANAM

GANDUSH ← UDVARTANA

RAJAT MUKH LEPANAM ◆ EKANG UDVARTANA



#### **BASTI**

PURIFY SAPTADHATU AND CLEANSE DEEP TISSUES FROM TOXINS THROUGH BASTI THAT BALANCES VATA DOSHAS

#### **EFFECTIVE IN**

- HELPS MANAGE PCOS
- EFFECTIVE IN HYPERLIPIDAEMIA
- IMPROVES RESULT FOR PARALYSED PATIENTS
- GREAT IN REDUCING JOINT PAIN

#### **NASYA**

ADDRESSES ALL DISEASE WHICH OCCURS
ABOVE CLAVICLE. THROUGH HERBAL OIL BY
POURING IN YOUR NOSTRILS FOLLOWED BY
SPECIFIC PROTOCOL.

- REDUCES SYMPTOM OF SINUSITIS & MIGRAINE
- HELPFUL IN CASE OF HIGH BP & PARALYSIS
- TREATS DISORDERS OF EAR, EYE, NOSE & THROAT
- HELPFUL IN NERVOUS SYSTEM DISORDERS





### **RAKTAMOKSHANA**

RELEASE THE IMPURE BLOOD THROUGH LEECH OR SYRINGES AND BE FREE FROM BLOOD-RELATED ISSUES

### **EFFECTIVE IN**

- PURIFIES BLOOD
- REDUCES BLOOD CLOTS, RASHES, PIMPLES
- HELPS REDUCE SEVERE BURNING SENSATION
- HELPS TREAT MANY SKIN DISORDERS
- REDUCES SORE MUSCLES

### **KSHAR SUTRA**

(MEDICATED CAUSTIC THREAD)

### A UNIQUE AYURVEDIC SURGERY FOR HAEMORRHOIDS AND FISTULA.

BE FREE FROM PAINFUL DISEASES LIKE FISTULA THROUGH KSHAR SUTRA. IT WORKS BY THE ACTION OF EXCISION, SCRAPING, DRAINING, PENETRATING, DEBRIDEMENT AND SCLEROSING AS WELL AS HEALING SIMULTANEOUSLY WITHOUT A SURGICAL EXCISION.

HIGHER SUCCESS RATIO | PREVENTS RECURRENCE OF THE DISEASE

### **WELLNESS CENTRE**

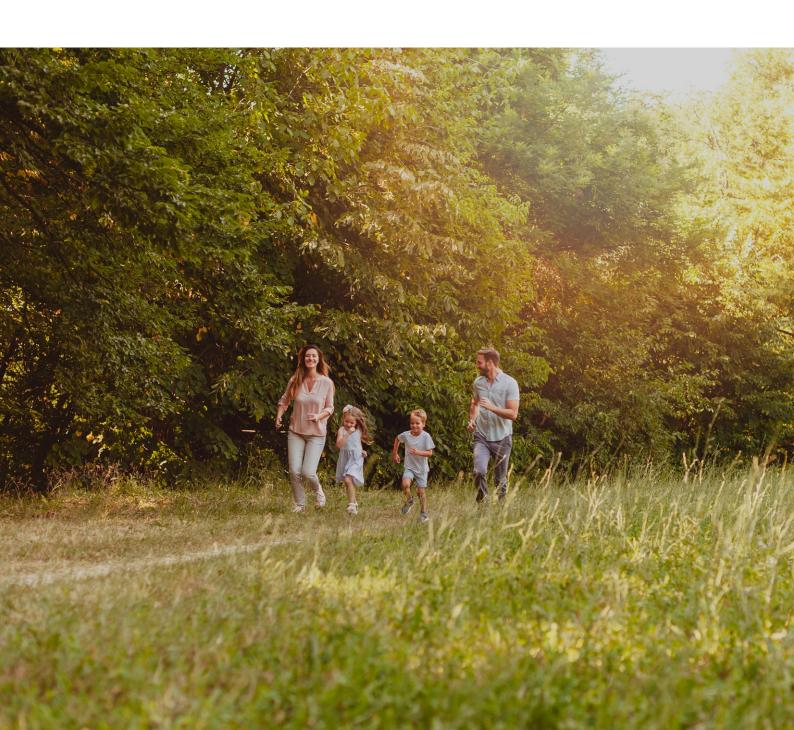
### STAY ON TOP OF YOUR GAME & LIFE!

A SPECIAL PROGRAMME BY SGVP AYURVEDA DEPARTMENT FOR ELITE AND HARD-WORKING PROFESSIONALS. HERE, WE PLAN YOUR DAILY ROUTINE TO DETOXIFY YOUR BODY, MIND AND SOUL. EACH ACTIVITY IS WELL-THOUGHT AND BLISSFUL TO HELP YOU ELIMINATE FATIGUE, STRESS, AND NEGATIVE ASPECTS OF YOUR LIFESTYLE.

### SPEND A DAY OR A FEW DAYS HERE

### AND SEE THE POSITIVE ASPECTS OF LIFE CRYSTAL CLEAR

BEFORE YOU START YOUR WELLNESS JOURNEY, OUR VAIDYAS DO A FULL BODY CHECKUP. IT INCLUDES NADI PARIKSHA, PRAKRITI PARIKSHAN, AS WELL AS HEALTH CHECKUPS SUCH AS BLOOD TESTS AND CARDIOGRAMS TO DETERMINE YOUR HEALTH.



# A DAY AT SGVP HOLISTIC WELLNESS CENTRE



### WHO SHOULD TAKE THIS WELLNESS PROGRAMME?

- PROFESSIONALS SUCH AS COMPANY CEOS, DIRECTORS, EXECUTIVES, MANAGERS
- GOVT. EMPLOYEES SUCH AS SECRETARY, OFFICERS, IPS OFFICERS, JUDGE AND LAWYERS, PROFESSORS, TEACHERS
- BUSINESS OWNERS, COMPANY OWNERS, CONTRACTORS, ATHLETES, HOUSEWIVES, WORKING WOMEN, AND ANYONE WHO SUFFERS FROM DAILY STRESS.

### MANGALYA GARBH SANSKAR CLUB

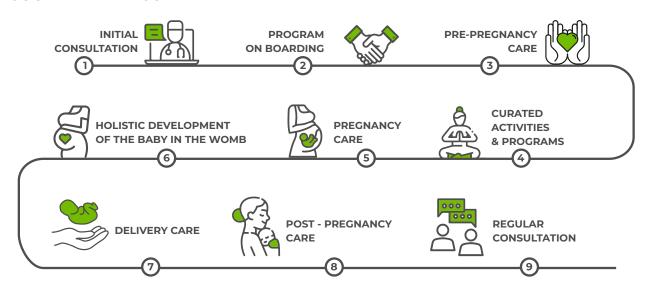
### A SPECIAL BABY-PLANNING PROGRAM BASED ON ANCIENT AYURVEDA

TREAT INFERTILITY OR SIMPLY PLAN YOUR BABY
THROUGH ANCIENT PRACTICES FROM PHYSICAL
ACTIVITY TO MENTAL & SPIRITUAL DEVELOPMENT,
WE PROVIDE VARIOUS ACTIVITIES AND METHODS
TO A COUPLE WISHING FOR A CHILD



### YOUR PARENTHOOD

### **JOURNEY WITH US**



### **SUVARNA PARASHANAM**

A FEW DROPS OF AYURVEDA ELIXIR FOR YOUR PRECIOUS CHILD.

AYURVEDIC IMMUNITY BOOSTER FOR CHILDREN
POWERS UP INTELLECT AND MEMORY
PREVENTS COMMON INFECTIONS & ALLERGIES

### **DE ADDICTION & REHABILITATION CENTRE**

EMBRACE HEALTHY LIFE AGAIN BY QUITTING ADDICTIONS IN THE MOST NATURAL WAY. COME TO SGVP'S DE ADDICTION & REHABILITATION CENTRE THAT OFFERS CURATED PROGRAMS POWERED WITH AYURVEDIC METHODS AND MEDICINES.

# MORE DETOX TREATMENTS AVAILABLE ONLY AT SGVP

ANUVASAN BASTI	•	DHUMPAN
NIRUH BASTI	•	EKANG ABHAYANG
ANUVASAN BASTI	•	GANDUSH
NIRUH BASTI	•	GRIVA BASTI
LEKHAN BASTI	•	HRID BASTI
MATRA BASTI	•	KARN POORAN
PICHCHA BASTI	•	KARN DHUPANAM
ROPAN BASTI	•	KAVAL
UDUMBER KWATH BASTI	•	MARMA CHIKITSA
VAITRAN BASTI	•	MARMA CHIKITSA WITH AROMA
TIKTA KSHEER BASTI	•	PAAD SAMVAHAN
YAPAN BASTI	•	PAADTAL ABHYANG (GHRUT)
UPANAH SWEDA	•	PIZHICHIL (SARVANG DHARA)
UTTAR BASTI	•	MAASH PIND POTTALI SWEDA
SARVANG VALUKA SWEDA	•	EKANG MAASH PIND POTTALI
EKANG VALUKA SWEDA	•	SWEDA
VRUKKA BASTI	•	PATRAPIND POTTALI SWEDA
EKANG SHASHTI SHALI PIND SWEDA	•	EKANG PATRAPIND POTTALI
SHIRO BASTI	•	SWEDA
SHIRO BASTI	•	PRUSHTHA BASTI
SHIRO PICHU	•	RAKTAMOKSHAN - JALAUKA
YAVANI DHUM NASYA	•	CHARAN
AVGAHA SWEDA	•	RAKT MOKSHAN - SYRINGE
BASHP SWEDAN	•	METHOD
CUPPING	•	RUKSHA SWEDA
	•	SHASHTI SHALI PIND SWEDA

### **YOG CENTRE**

1800 SQ. FT. OF YOG & MEDITATION SPACE





ANADI MUKTA
P.P. SHRI NARAYANMAMA
SARVAJEEV HITAVAH
SPIRITUAL CENTER

### WHY IS SGVP YOG SPECIAL?

SGVP YOG CENTRE IS THE ONLY PLACE WHERE WE TEACH IYENGAR YOG -THE YOG SUTRA WRITTEN BY PATANJALI. THIS IS A TYPE OF HATHA YOG IN WHICH EMPHASIS IS ON ASANAS AND PRANAYAMA AND MORE THAN 200 YOG MUDRAS AND 14 TYPES OF PRANAYAM COMING TOGETHER HERE. IYENGAR YOG UTILIZES PROPS LIKE BELTS, BLOCKS, YOG MATS, ROPES, ETC. ENABLING PEOPLE FROM THE AGE OF 9 YEARS TO 90 YEARS AND EVEN THOSE WHO HAVE NEVER DONE YOG IN THEIR LIFE, TO DO YOG WITH EASE & CONFIDENCE AND LET THEM BE BENEFITTED BY ITS POSITIVE OUTCOMES. THERE ARE VARIOUS SPECIFIC SERVICES FOR DIFFERENT PURPOSES AVAILABLE AT OUR YOG & SPIRITUAL HEALING CENTER.

### 1) REGULAR FITNESS YOG

THIS IS THE TYPE OF YOG FOCUSED ON IMPROVING YOUR DAY-TO-DAY LIFE BY INCREASING STAMINA & IMMUNITY AS WELL AS MAKING YOU FEEL MORE ENERGETIC. IT RELIEVES STRESS, REDUCES ANXIETY, TREATS INSOMNIA & STRENGTHENS YOUR MUSCLES TO PROVIDE YOU WITH VISIBLE RESULTS IN YOUR DAILY FUNCTIONING ULTIMATELY LETTING YOU LIVE A MORE PRODUCTIVE & HEALTHIER LIFE.



### 2) YOG FOR CURE

WHETHER IT'S A PRE-EXISTING ILLNESS LIKE DIABETES, HIGH/LOW BLOOD PRESSURE. THYROID, OBESITY INDIGESTION, HEART/KIDNEY PROBLEMS OR ANY ISSUES THAT YOU'VE BEEN FACING DUE TO CERTAIN UNFORTUNATE, ACCIDENTAL EVENTS LIKE CHRONIC PAINS, DEPRESSION, JOINT PAINS OR ANY OTHER ISSUES, WE HAVE A SOLUTION TO EACH OF THEM! WE TREAT YOU WITH IYENGAR YOG AND CATALYZE YOUR HEALING TO HELP YOU ACHIEVE BETTER PHYSICAL & MENTAL HEALTH.



### 3) TEACHER'S TRAINING COURSE

(APPROVED BY INTERNATIONAL YOG ALLIANCE) WANT TO TEACH WHAT YOU PREACH? HERE'S THE BEST WAY TO DO IT! ENROLL YOURSELF INTO OUR SPECIALIZED TEACHER'S TRAINING COURSE WHERE YOU WILL LEARN TRADITIONAL YOG, HATHA YOG, PHYSIOLOGY, ANATOMY, IYENGAR YOG (WITH PROP), YOG WITH MUSIC AND 7 DIFFERENT TYPES OF MEDITATION & RELAXATION METHODS.

### 4) SOUND THERAPY

REDUCE ANXIETY, RELEASE STRESS, IMPROVE INSOMNIA, REDUCE BODY/JOINT PAIN, RELAX MIND, BALANCE HORMONE

### 4) SHANK PRAKSHALANA

- INCREASE DIGESTION SYSTEM, CONTROL ACIDITY, INDIGESTION
- RELIEVES GAS, CONSTIPATION HEALTHIER BODY AND MIND
- RELIEVES DIABETES
- STOPS FAT INCREASE
- SMOOTHENS SKIN



### **BENEFITS OF YOG AND SPIRITUAL HEALING**

REMOVES THE NEGATIVE THOUGHTS AND CREATES A POSITIVE OUTLOOK.

REDUCES STRESS & DEPRESSION AND IMPROVES MEMORY.

YOG HELPS IN THE TREATMENT OF JOINT PAINS ESPECIALLY IN THE NECK, BACK, KNEE ETC.

HELPS CONTROLLING THE BLOOD SUGAR LEVEL WHICH IS NOT MANAGED EFFECTIVELY BY MEDICINES.

YOU CAN CONTROL PROBLEMS LIKE HIGH BLOOD PRESSURE, INCREASED FAT DEPOSITS IN THE BODY, HEADACHE (MIGRAINE) AND ASTHMA.

IT IMPROVES LUNG FUNCTIONS AND ALSO HELPS IN ELIMINATING THE TOXINS FROM THE BODY.

### SPECIAL CHARACTERISTICS OF THE YOG CENTRE

SPIRITUAL YOG CENTRE SPREAD ACROSS 1800 SQ. FT.

GUIDANCE FOR YOGA STUDIES BY YOGA CONSULTANT HETAL DESAI, HOLDING MORE THAN 20 YEARS OF EXPERIENCE.

TREATMENT THROUGH THE BEST IYENGAR YOG TECHNIQUE.

SPECIAL TRAINING AND COURSES FOR YOG TEACHERS ON ASHTANG YOG & IYENGAR YOG TECHNIQUES.

YOG DONE USING SPECIAL PROPS LIKE BELTS, BLOCKS, CHAIRS, ROPES & WOODEN EQUIPMENT



### **COMMUNITY SUPPORT & ACTIVITIES BY SGVP FAMILY**

#### **EDUCATION**

- KG TO 12TH STANDARD ENGLISH MEDIUM EDUCATION WITH BOARDING AND COMMUTING SERVICES.
- TO PROTECT THE CORE VALUES OF HINDUISM 'DARSHANAM' SANSKRIT MAHAVIDYALAYA TEACHES 200+ SAINTS & BRAHMINS FREE OF CHARGE EACH YEAR
- CHILDREN FROM LOW-INCOME FAMILIES HAVE FREE BOARDING FROM 9TH STANDARD THROUGH COLLEGE
- FOR THE PAST 75 YEARS, STUDENTS FROM RURAL AREAS PAY ONLY 1 RUPEE PER DAY OF TUITION
   WHICH COVERS LODGING, EDUCATION & MEAL PLANS
- FINANCIAL SUPPORT FOR CHILDREN (BOYS AND GIRLS) FROM LOW-INCOME
- IN ADDITION TO EDUCATION, FOR THE PROGRESS OF CHILDREN, THERE ARE MANY DIFFERENT FACILITIES CREATED FOR THEM SUCH AS PLAYGROUNDS, HORSE RIDING, HELP CENTRE, SWIMMING POOL, AND OTHER INDOOR FACILITIES
- THROUGH PROFESSIONAL CHEFS, STUDENTS RECEIVE CLEAN AND HEALTHY MEALS EVERY DAY
- TO INCULCATE SATSANG IN WOMEN, SPECIAL SERVICES ARE PROVIDED TO MEET THEIR NEEDS

### SOCIAL AND SPIRITUAL SERVICES

- SATSANG, SHIBIR, KATHA AND FESTIVALS LIKE GYANSATRA FOR SPIRITUAL ENLIGHTENMENT
- THROUGH SATSANG YATRAS ACROSS DIFFERENT COUNTRIES, SPIRITUAL KNOWLEDGE IS INSTILLED

#### **NATURAL DISASTER SUPPORT**

- MONSOON-RELATED FLOODING DISASTER SUPPORT SUCH AS FOOD PACKET DISTRIBUTION
- DROUGHT RELATED SUPPORT FOR AFFECTED FAMILIES AND THEIR LIVESTOCK
- EARTHQUAKE RELATED SUPPORT SUCH AS THE BUILD OF 55 RELIEF CENTRES
- SPECIALIZED DEVELOPMENTAL SUPPORT IN SMALL RURAL TOWNS

#### AD HOC SUPPORT AND SERVICES

- THROUGH THE KAMDHENU CATTLE FARM, 200 GIR COWS ARE TAKEN GOOD CARE OF
- THROUGH THE HOSPITAL MEDICATION, RELIEF IS PROVIDED TO THE COMMUNITY
- GOMUTRA AND OTHER HERBAL REMEDIES FOR AYURVEDIC MEDICATION ARE PRODUCED AND DISTRIBUTED
- IN MANY TOWNS, SPECIALIZED MEDICAL CAMPS AND OTHER ANCILLARY SERVICES ARE PROVIDED
- TO IMPROVE WATER QUALITY, 1008 WELLS HAVE BEEN DUG
- TREE PLANTATION SERVICES TO PROTECT THE ENVIRONMENT
- BLOOD DONATION CAMPS ON VARIOUS OCCASIONS EACH YEAR
- ADDICTION-FREE CAMPAIGN & DISCOURSES IN TOWNSAND CITIES
- GURUKUL SAINTS AND VOLUNTEERS HAVE CLEANED UP 108 VILLAGES







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