



**SUSHRUTA HOSPITAL  
AND TRAUMA CARE PVT LTD**

# **Leading a Healthy Lifestyle**



## ALCOHOL

41%

OF IRISH ADULTS DRINK ALCOHOL AT LEAST ONCE A WEEK

28%

BINGE DRINK ON A TYPICAL DRINKING OCCASION

29%

OF THOSE WHO DO NOT CATEGORISE THEMSELVES AS AN OCCASIONAL BINGE DRINKER CONSUME 6 OR MORE STANDARD DRINKS AT LEAST ONCE A MONTH

## SMOKING

23%

SMOKE DAILY/OCCASIONALLY

48%

OF ALL WHO HAVE SMOKED IN THE PAST YEAR HAVE ATTEMPTED TO QUIT DURING THAT PERIOD

11%

OF NON-SMOKERS ARE EXPOSED TO SECOND-HAND SMOKE DAILY

## DIET AND NUTRITION

73%

CONSUME LESS THAN FIVE PORTIONS OF FRUIT / VEGETABLES DAILY

42%

EAT SIX OR MORE PORTIONS OF SNACK FOODS DAILY

18%

OF WOMEN AGED 25-34 TAKE A FOLIC ACID SUPPLEMENT

## PHYSICAL ACTIVITY

65%

ARE AWARE THAT PEOPLE SHOULD BE ACTIVE FOR AT LEAST 150 MINUTES EACH WEEK

56%

FEEL THAT THEY UNDERTAKE A SUFFICIENT LEVEL OF PHYSICAL ACTIVITY, HOWEVER ONLY 32% DO

26%

SPEND 8 OR MORE HOURS SITTING EACH DAY

# The Holy Four

Some researchers termed the following the holy 4 as they have a big impact on disease;

- Smoking
- Drinking
- Nutrition**
- Physical Activity



# Exercise can be a walk in the park!



- A 30 minute
  - ✓ Brisk walk
  - ✓ Jogging
  - ✓ Cycling
  - ✓ Heavy gardening/housework...on >5 days a week
- If it gets you slightly out of breath and a bit sweaty its working!
- Two 15 minute bursts may be just as effective



# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



**33% Fruit &  
Vegetables  
5+ a Day**

**33% Starchy  
carbohydrates  
Bulk of meals**

**12% Meat,  
Fish, Eggs,  
Beans Oily fish  
once a week**

**15% Milk &  
Dairy 3  
portions daily**

**<8% High  
fat/sugary food  
Avoid saturated  
fats s**



# IMMUNITY BOOSTING FOOD

**DRUMSTICKS**- Drumstick is one of the superfoods which helps in boosting your immunity and acts as a shield for any virus to grow.



**COCONUT WATER WITH LEMON** - Intake of Coconut water should always be fresh. When you add half a lemon to fresh coconut water, vitamin C shoots up by 10 times. Once everyday, for the next few days, having coconut water with lemon is a must. (Note: Kidney patients should not have coconut water)



**GARLIC , ONION & TURMERIC** - These three are natural superfoods that will help kill the bad bacteria that thrive within us.



**PUMPKIN SEEDS** -Just by having 3-4 spoons of pumpkin seeds everyday can provide you with substantial quantities of healthy fats, magnesium and zinc which are vital for immune functions.





**AVOID STRESS** - Stress & fear weakens our immune system. Hence, we should consciously avoid taking any stress as it will directly impact our immune system.



**DO PRANAYAM** - Being active by practicing yoga or brisk walking will always help. In particular, pranayam works best in strengthening our respiratory system.



**TAKE PROPER REST** - Good quality sleep every night recharges our immune system.



**PRACTICE GRATITUDE & LOVE** - Just as sanitizers and masks work as shields on the outside, your healthy thoughts & immunity are your inner shields. Every moment thank God for being safe, strong and healthy. Just like we can spread a disease, we can also spread love and gratitude.




**MAINTAIN HYGIENE** - Wash your hands at regular intervals - Make this a habit, in every 3-4 hours wash your hands for 10-20 seconds thoroughly.

# FOCUS ON HOLISTIC WELLNESS



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# WHAT TO AVOID



**Avoid crowded places and quarantine yourself-** We can all do this not only for ourselves but also for the safety of others too.



**Avoid going out** - Use this time constructively at home instead of feeling stressed. Taking risk of going out is not advisable.



**Avoid Public Transport and unnecessary travel** - This reduces your chances of catching an infection and the lesser the interaction the better it is.

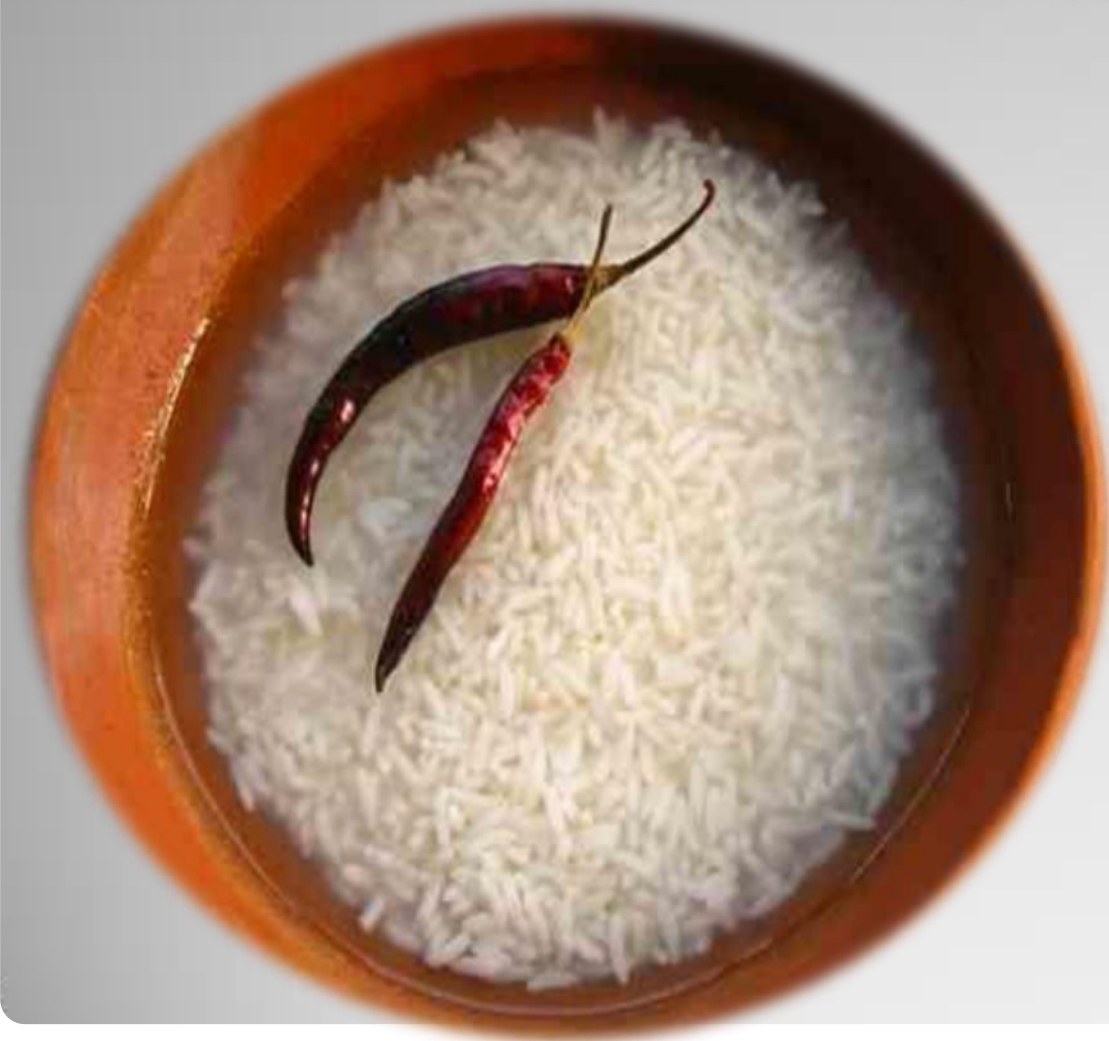


**Social Distancing** - Avoid meeting people and practice Social Distancing for your own safety and the safety of others. This is our foremost responsibility and we must act sensibly now.





# Panta Bhaat



It is a natural probiotic which is excellent for a healthy gut.

## Benefits

- It is high in nutritional value and helps to strengthen the immune system.
- It helps in curing gastro issues.
- It regulates good bowel movement and cures constipation.

## How to prepare ?

Take 2 tsp cooked rice overnight soaked in one glass of water.

## How to use to consume ?

Have that 2 tsp overnight soaked cooked rice along with the water first thing in the morning.



# DRUMSTICKS



Drumsticks are superfoods, one of the best foods for building immunity.

## Benefits

- Very high on immunity boosting properties.
- Excellent for diabetes, blood pressure and kidney health.
- An incredible source of essential minerals, calcium, iron and phosphorus which helps to strengthen bones.
- Very high on antibacterial qualities which help in avoiding infections around the throat and chest area.

## How to prepare ?

Boil 6—7 pcs of finger—size cut drumsticks in normal water for 15—20 mins.

## How to use to consume ?

Chew the boiled drumsticks before lunch and dinner and just intake the pulp.





# FRUITS

**Fruits have to be had on an empty stomach. An ideal way to start your day after jeera water is by having seasonal fruits.**

## **Benefits**

- Adds A lot of fiber to your body
- IncreAses your energy levels.
- Tons of vitAmins, minerAls & AntioxiDants.
  - Helps in bowel movement.
  - Helps in weight loss.

## **Correct way of eating fruits**

It means not eating fruits After your meals.  
Fruits should be eaten only on an empty stomach.



# JEERA PANI



**Jeera pani** is high in iron, a mineral that many don't get enough of in their diet

- can improve your ratio of HDL (good) and LDL (bad) cholesterol
- can help keep you from getting food poisoning because of its antimicrobial and antibiotic properties
- supports your immune system, keeping you from getting sick more often
- has cancer-fighting properties



# YOGA / PRANAYAM



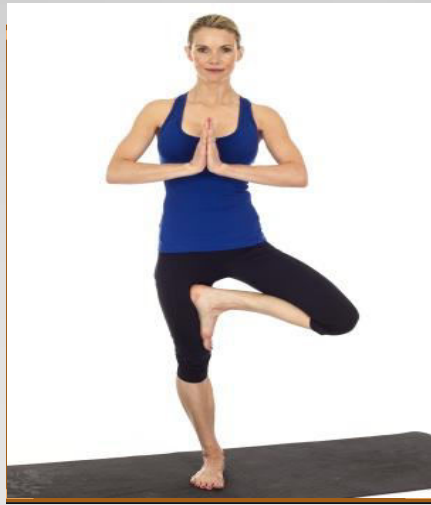
1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. 3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. 5. Yoga relaxes you, to help you sleep better.
6. 6. Yoga can mean more energy and brighter moods.





**SUSHRUTA HOSPITAL  
AND TRAUMA CARE PVT LTD**

# YOGA POSITIONS





## Providing 24 \* 7 Multi-Speciality Healthcare Facilities That You Can Trust Upon

**S**ushruta Hospital, an epitomized unit of Orissa Cosmetic Surgery Clinic, is a reputed multi-speciality hospital in Bhubaneswar with state-of-the-art medical infrastructure and advanced treatment facilities.

Established in 2019, Sushruta Hospital has commissioned recognition par excellence for its grit & contributions towards emergency healthcare services in Bhubaneswar. Our multispecialty hospital team includes doctors of international recognition, highly qualified – medically experienced & competent nursing and support staff along with latest technology-based machineries, ensuring all our patients a comfortable and super-fast recovery.

Our main motto is to deliver quality healthcare with great care & compassion, at affordable cost, maintaining highest grade medical standards & sustainability.





# 24 \* 7 Multi-Speciality Healthcare Facilities

Regd. Under Clinical Establishment Act, Collector & D.M. (Khorda)  
A ISO 9001- 2015 Certified Clinic



## OUR SERVICES

- TRAUMA CARE
- ROAD TRAFFIC ACCIDENT
- HAND INJURY
- FACIO- MAXILLARY INJURY
- LOWER LIMB INJURY
- PLASTIC AND -RECONSTRUCTIVE SURGERY
- COSMETIC SURGERY
- SKIN AND V.D.
- COSMETIC DERMATOLOGY
- LAPAROSCOPIC SURGERY
- BURN AND POST BURN
- COMPLICATIONS MANAGEMENT
- ORTHOPAEDIC AND SPINE SURGERY
- OBSTETRICS AND GYNECOLOGY
- GENERAL SURGERY
- OPHTHALMOLOGY
- ENT
- DIABETIC FOOT SURGERY
- DIABETIC FOOT CAR
- DIABETIC SURGERY
- FOOT CARE
- VASCULAR SURGERY
- DIAGNOSTIC : PATHOLOGY X RAY
- SURGICAL ICU



## SUSHRUTA HOSPITAL AND TRAUMA CARE PVT. LTD.

Plot No : 15, Forest Park, Airport Road, Bhubaneswar, 751009 Odisha,  
Website : [www.sushrutahospital.org](http://www.sushrutahospital.org)

### For Appointment

9437003544 / 7205887946 / 7328008915  
Email : [sushrutahospital2020@gmail.com](mailto:sushrutahospital2020@gmail.com)



# CONNECT WITH US

The image displays two digital screens showing the social media presence of Sushruta Hospital and Trauma Care. The top screen is a tablet displaying a Facebook profile page. The bottom screen is a smartphone displaying the same profile page, but with the 'About' section expanded to show contact information and a detailed description.

**SUSHRUTA HOSPITAL AND TRAUMA CARE**  
No.1 Aesthetic Surgery Clinic of Odisha  
A ISO 9001-2015 certified clinic

**Sushruta Hospital And Trauma Care**  
@SushrutaHospitalAndTraumaCare · Hospital

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**About** See All

Sushruta Hospital, an epitomized unit of Orissa Cosmetic Surgery Clinic, is a reputed multi-speciality hospital in Bhubaneswar with state-of-the-art m... See More

Established in 2018, Sushruta Hospital has

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Aesthetic Surgery Clinic of Odisha  
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**Sushruta Hospital And Trauma Care**  
Hospital

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Rating - 0 (0 reviews)

072058 87946

ocsbbsrit@gmail.com

Typically replies within a day  
Send Message

Sushruta Hospital, an epitomized unit of Orissa Cosmetic Surgery Clinic, is a reputed multi-speciality hospital in Bhubaneswar with st...

Established in 2018, Sushruta Hospital has commissioned recognition par excellence for its grit & contributions towards emergency



## More About Orissa Cosmetic Surgery Clinic

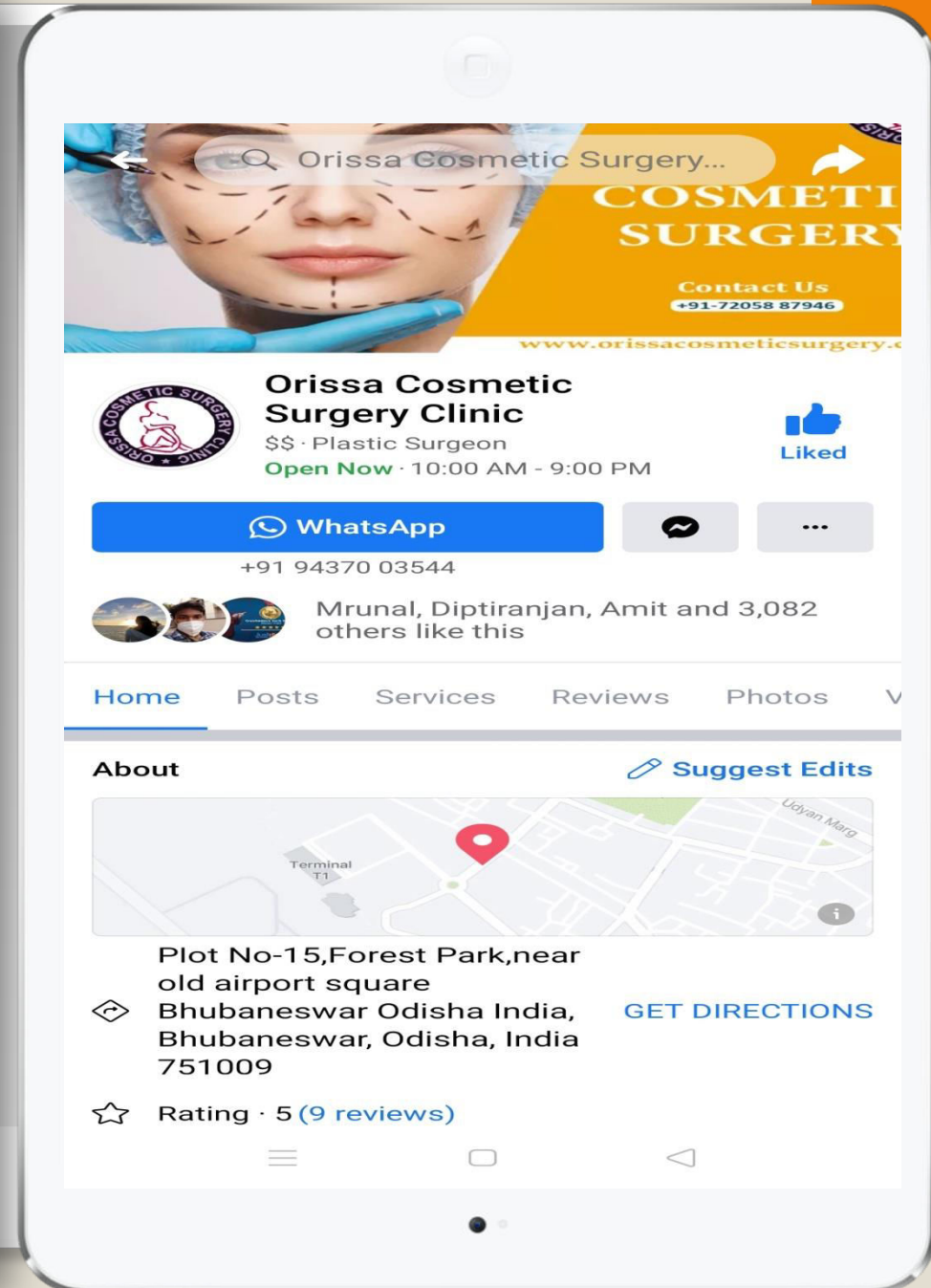
In today's world, to make an impact, it's required to be smart, and beautiful as well as intelligence is paramount for success. There is a well-known saying: first impression lasts long. It's applicable in every sphere of life like, while choosing your daughter-in-law, your wish to choose for a beautiful woman with all good qualities requires for a unified home. Same for a post of CEO to front desk manager, every body wants, a beautiful face.

### What You Need to Know

Plastic surgery involves many choices. The first and most important is selecting a surgeon you can trust. Choosing an APSI Member Surgeon ensures that you have selected a physician who: # Has completed at least six years of surgical training with a minimum of three years in plastic surgery and at one year in cosmetic surgery.

Is trained and experienced in all plastic surgery procedures, including breast, body, face and reconstruction. Operates only in accredited medical facilities

- Adheres to a strict code of ethics
- Fulfills continuing medical education requirements, including standards and innovations in patient safety.
- IS Board certified by Medical Council of India (MCI) and Indian Medical Association (IMA).
- At least completed training in cosmetic surgery for one year.





**Awarded as No 1 Cosmetic Surgery Clinic Of Odisha**  
**Regd. Under Clinical Establishment Act, Collector & D.M. (Khorda)**  
**A ISO 9001- 2015 Certified Clinic**



## OUR SERVICES

### LASER-COSMETOLOGY

Dermabrasion  
Chemical Peeling  
Acne & Scar Management  
Tattoo Removal  
Unwanted Hair Removal  
Wart Removal Mole Removal  
Black Pigmentation Removal  
Body Color Change  
Lip Color Change  
Laser Surgery  
Anti Aging Medicine  
Filler Injection, Fat Injection  
Botox injection  
Birth Mark Removal  
Eyebrow Micro Blading  
Micro Pigmentation of Scalp  
Dermal Fillers

### PLASTIC SURGERY

Hand Injury  
Facial Injury  
Trauma Management  
Faciomaxillary Injury  
Varicose Vein  
Post Bariatric surgery  
Flap Cover  
Post Burn Management

### COSMETIC SURGERY

Hair Transplantation  
Nose Reshaping(Rinoplasty)  
Breast Augmentation  
Male Breast Reduction (Gynaecomastia)  
Liposuction  
Tummy Tuck  
Buttock Reshaping  
Ear Lobule Stitch  
Ear Surgery(Otoplasty)  
Brow Lift  
Eyelid Surgery  
Chin Enlargement  
Breast Reduction  
Cleft Lip & Palate (Grahana Khandia)



## ORISSA COSMETIC SURGERY CLINIC (OCSC)

Plot No : 15, Forest Park, Airport Road, Bhubaneswar, 751009 Odisha,  
Website : [www.orissacosmeticsurgery.com](http://www.orissacosmeticsurgery.com)

### For Appointment

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Email : [ocscbsrit@gmail.com](mailto:ocscbsrit@gmail.com) / [routdoctor@yahoo.co.in](mailto:routdoctor@yahoo.co.in)



**NURSING STATION**

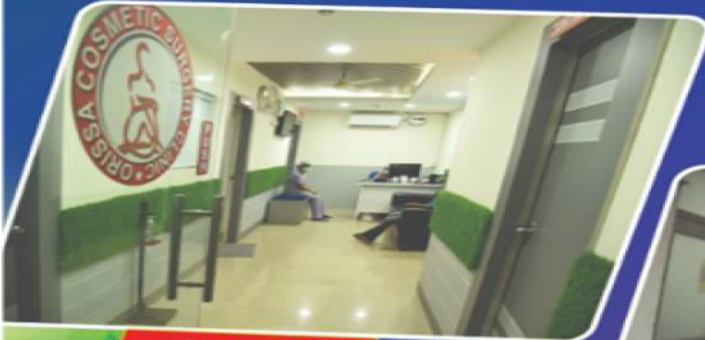
**RECEPTION**



**OT**



**OT**



**OCSC**



**ICU**





**OCSC**





# Stay Healthy !

## Find & Contact Us

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 <http://www.sushrutahospital.org>  
<http://www.orissacosmeticsurgery.com/>

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**SUSHRUTA HOSPITAL  
AND TRAUMA CARE PVT LTD**





# SUSHRUTA HOSPITAL & TRAUMA CARE PVT.LTD.

Registration No :- U851100R2019PTC031954

Plot No.-15,Forest Park, Unit -1, Aerodrome Rode, Bhubaneswar,District - Khordha,Odisha - 751009,India

# ODISHA PLASTIC & COSMETIC SURGERY CLINIC

(A Unit of OCSC) ISO 9001:2015 Certified Clinic



THANK

YOU