

NUTRITION MONTH CELEBRATIONS



RG Hospitals®
Short Stay • Smart Surgeries

RG Urology & Laparoscopy Hospital®
Stone ————— Simplifying Surgeries

EI (Emotional Intelligence) Enabled Healthcare.™

Delhi • Noida • Faridabad • Mumbai • Chennai • Kolkata • Goa • Ludhiana • Dehradun

MATCHING FOOD PRODUCTS WITH FOOD GROUPS COMPETITION



- DR. SHAIKH
- DR. SONALI



- MR. ANJUMAN
(FRONT OFFICE)

EAST OF KAILASH



FIRELESS COOKING COMPETITION



• **DR. NIKKI**



• **MS. CHANDNI**
(ECO)



• **MS. NEHA**
(Marketing & Clinical Programs)

EAST OF KAILASH



FIRELESS COOKING COMPETITION



- **MS. SONIA**
(Emergency Nursing
In Charge)



- **MS. DOLLY**
(FRONT OFFICE)



- **MS. ANEETA NEGI**
(IPD)

GAGAN VIHAR



POSTER COMPETITION



• **MS. RUBINA**
(MRD)



• **MR. NITIN BHARDWAJ**
(LAB)



• **MS. SONIA**
(Emergency Nursing
In Charge)

GAGAN VIHAR



FIRELESS COOKING COMPETITION



- **MS. POOJA**
(Emergency Nursing
In Charge)



- **MS. JYOTI**
(TPA)



- **MR. SWARAJ**
(OT)

PITAMPURA



POSTER COMPETITION



• **MS. TANYA**
(Nursing)



• **MS. REENA**
(IPD)



• **MS. RESHMA**
(Housekeeping)

PITAMPURA



QUIZ COMPETITION



- **MS. SHIVANI RAI**
(Marketing & Clinical Programs)



- **MS. SHEENAM**
(Nursing)



- **MS. HEMA**
(MRD)

PITAMPURA



FIRELESS COOKING COMPETITION



• **MS. TABASSUM**
(MRD)



• **MR. SUMIT SHRMA**
(Nursing)



• **MS. SABIYA**
(Nursing)

RAJOURI GARDEN



BLINDFOLD TASTING CHALLENGE



• **MS. SUDHA SHARMA**
(Marketing & Clinical Programs)

• **MS. KASHISH**
(Operations)

RAJOURI GARDEN



QUIZ COMPETITION



• **MS. SANDHYA**
(Nursing)



• **MS. SEEMA**
(Nursing)

RAJOURI GARDEN



FIRELESS COOKING COMPETITION



• **MS. HANSI**
(Nursing In Charge)



• **MS. SAVITRI**
(Nursing)



• **MR. KARAN**
(ICN)

FARIDABAD



POSTER COMPETITION



• **MR. ASHOK**
(OT)



• **MS. AMITA**
(Recovery Nurse)



• **MS. MANISHA**
(Emergency Nursing Staff)

FARIDABAD



FIRELESS COOKING COMPETITION



• **MS. MALA**
(OT)



• **MS. MAHARIBA BEGAM**
(OT)



• **MS. GOMATHI**
(Ultrasound)

CHENNAI



SPECIAL PRIZE



• **MS. SAROJINI**
(TPA)

• **MS. VALARMATHI**
(LAB)

CHENNAI



BLINDFOLD TASTING QUIZ COMPETITION



• **MS. NIRMALA**
(Security)

CHENNAI



POSTER COMPETITION



• **MS. CELINE MARY**
(MRD)



• **MS. VISHWAPRIYA**
(Nursing)



• **MS. SUMITHRA**
(OT)

CHENNAI



FIRELESS COOKING COMPETITION



• **MR. SHIVAM**
(Facility Supervisor)



• **MR. UDHAV BADU**
(F&B Department)



• **MS. RADHA RANA**
(OT)

DEHRADUN



BLINDFOLD TASTING QUIZ COMPETITION



• **MS. HELINA MICHEL**
(Nursing)



• **MR. YASHWANT SINGH**
(CSSD)



• **DR. DEEPAK NEGI**

DEHRADUN



FIRELESS COOKING COMPETITION



- **RUPALI MISTRY**
(Nursing)



- **DR. NIDHI SHARMA**



- **MR. VISHAL**
(X Ray Technician)

KHAR



POSTER COMPETITION



• **MS. VIBHUTI BHOSALE**
(OT)



• **DR. NIDHI SHARMA**



• **MR. TEJAS**
(OT)

KHAR



QUIZ COMPETITION



- **DR. NIDHI**
- **MR. SUJIT** (Pathology)
- **MR. SUNIL** (Front Office)



- **DR. SALMAN**
- **MS. RUPALI** (Nursing)
- **MRS. PREMA** (Pathology)



- **MRS. PALLAVI** (Sales)
- **MR. SANJAY** (Sales)
- **MR. PAL** (Accounts)

KHAR



FIRELESS COOKING COMPETITION



• **MS. SHREYA SADHUKHAN**
(ICU technician)

• **MS. SAPTAMITA ROY**
(Nursing)

• **MS. RINA BAHADUR**
(Ward Attendent)

KOLKATA



POSTER COMPETITION



• **MS. SIMA JANA**
(Medical Transcriptionist)

• **MS. PRODIPTA MIDDHYA**
(Nursing)

• **MS. SUPARNA DAS**
(Nursing)

KOLKATA



QUIZ COMPETITION

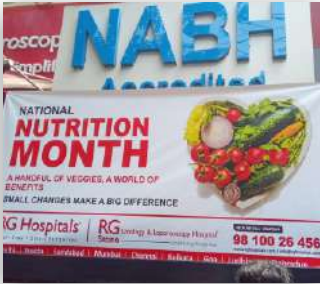


- **MS. ANANYA MUKHERJEE** (TPA)
- **MS. POULAMI MAJUMDAR** (FO)

- **MR. SUBHASIS ROY** (Marketing)
- **MS. SUSHMITA DAS** (Marketing)

- **MR. ABIN SKARIA** (Nursing Supervisor)
- **MR. SHAHARUKH MOLLA** (ICN)

KOLKATA



FIRELESS COOKING COMPETITION



• **MS. RANJIT KAUR**
(MT)



• **MS. DIVJOT** (Nursing)
• **MS. SUBHARDRA** (GDA)



• **MS. BHAWNA** (Staff Nurse)
• **MR. MOHAN** (Kitchen Supervisor)

LUDHIANA-FEROZEPUR ROAD



BLINDFOLD TASTING QUIZ COMPETITION



Surprise Gifts Were Handed Out

LUDHIANA-FEROZEPUR ROAD



POSTER COMPETITION



• **MS. DIVJOT**
(Coordinator)

LUDHIANA-FEROZEPUR ROAD



SPECIAL HIGHLIGHT

LUDHIANA-FEROZEPUR ROAD

The event was honored by the presence of Dr. Jaspreet Kaur, Head of the Department of Home Science at Government College for Girls, Ludhiana, & Convener of the Punjab Chapter of the Indian Dietetic Association (IDA) as an esteemed guest. Her inspiring words added immense value to the occasion, motivating both the participants and the audience.

Additionally, a Nukkad Natak was performed by the students of Government College for Girls, Ludhiana, to raise awareness about the importance of proper nutrition, healthy lifestyle choices, and the prevention of anemia.



#NutritionMonthCelebrations

OUR CENTRES

DELHI - EAST OF KAILASH

F-12, East of Kailash,
New Delhi-110065
Ph.: 011-71056000
Helpline: +91-9810026456

DELHI - PITAMPURA

194-195, Deepali Chowk,
Pitampura, New Delhi-110034
Ph.: 011-71057000
Helpline: +91-9810026456

NOIDA - ORC

D-82A, D-Block, Sector-26,
Maharaja Agrasen Marg,
Noida-201301
Ph.: 8595923938
Helpline: +91-9810026456

LUDHIANA - FEROZEPUR ROAD

Opposite Grand Walk Mall,
Main Ferozepur Road,
Ludhiana, Punjab-141012
Ph.: 0161-5130000
Helpline: 9718778877

MUMBAI - MULUND

C/O Hira Mongi Navneet Hospital,
Valiji Ladha Road, Mulund (West),
Mumbai-400080
Ph.: 022-25675012/14
Helpline: +91-8657914852/53

KOLKATA-ORC

44A, S P Mukherjee Road, Beside
Bhowanipore Police Station,
Kolkata, West Bengal-700026
Ph.: 033-24550045
Helpline: +91-70634 83569

DELHI - RAJOURI GARDEN

B-1, Vishal Enclave, Opp. Police
Station, Rajouri Garden,
New Delhi-110027
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Helpline: +91-9810026456

DELHI - MODEL TOWN - ORC

B-12, Derawal Nagar,
Model Town II, New Delhi-110009
Ph.: 011-42430300
Helpline: +91-9810026456

FARIDABAD

A-6, Nehru Ground, Neelam
Bata Road, N.I.T Faridabad-121001
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Helpline: +91-9810026456

DEHRADUN

8, Convent Rd, Near SBI Main
Branch, Race Course, Dehradun,
Uttarakhand-248001
Ph.: 0135-3520555
Helpline: 9810026456

GOA

CVC Centre, Plot No. 217-218,
PDA Colony, Bardez, Alto
Porvorim, Bardez, Goa-403521
Tel: 0832-6640664
Helpline: +91-9552558899

CHENNAI

391- 392, Anna Salai, Saidapet,
Near Saidapet Metro Station,
Chennai-600015
Ph.: 044-43993600
Helpline: +91-9962860000

DELHI - GAGAN VIHAR

18, Gagan Vihar Main,
New Delhi-110092
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Helpline: +91-9810026456

DELHI - JANAKPURI - ORC

92A, Major P. Srikumar Marg,
Block C2B, Janakpuri-110058
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Helpline: +91-9810026456

LUDHIANA-MODEL TOWN

510-L, Model Town,
Ludhiana-141002
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Helpline: +91-9876910000

MUMBAI - KHAR

Ahimsa Marg, 14-A Road,
Khar (West), Mumbai-400052
Ph.: 022-61463500
Helpline: +91-9322653838

KOLKATA

33, Orbit Heights, Gariahat
Road South, Opp. Jodhpur Park,
Kolkata 700031
Ph.: 033-40271000
Helpline: +91-8697000002

OUR SPECIALITIES

Urology

- Urinary / Kidney Stone
- Enlarged Prostate (BPH)
- Ureteric Stricture
- Urethral Stricture
- Erectile Dysfunction
- Male Infertility
- Male Sterilization

Gynaecology

- Uterine Fibroids
- Uterus Prolapse
- Ovarian Cysts
- Endometriosis
- Ectopic Pregnancy
- Female Infertility
- Sterilization
- Cosmetic Gynaecology

Urological Malignancies

- Kidney Cancer
- Prostate Cancer
- Urinary Bladder Cancer

Bariatric Surgery

- Obesity/Metabolic Syndrome
- Uncontrolled Diabetes

Robotic & NexGen Surgery

- General Procedures
- Urology Procedures
- Gynaecology Procedures
- Colorectal & Upper GI Procedures
- Bariatric Procedures
- RAMS™
(Robot Assisted Metabolic Surgery)
- NanoSlim MiPS
(Minimally Invasive Prostate Surgery)

Minimally Invasive Surgery

- Gall Bladder Stone
- Hernia Repair
- Appendicitis
- Piles, Fissures & Fistula

Female Urology

- Female Urinary Incontinence
- Vesico Vaginal Fistula
- Overactive Bladder
- Post Delivery Urinary Problems
- Interstitial Cystitis
- Voiding Difficulty
- Urinary Tract Infections
- Painful Bladder Syndrome
- Neurogenic Bladder
- Female Sexual Dysfunction