

MIRROR VISMAYA



VISION

To provide comprehensive and customised health services of global standards to all women with particular emphasis to high risk pregnancies.

MISSION

To provide 'Quality Service' with 'Honest Practice' that is both ethical and evidence based.

Mirror Health is a radical and earnest women's health center with a strong drive to provide high end health care services for women.

Established in April 2016, Mirror Health is currently expanding to attain it's fullest potential of comprehensive health care solutions for women with a primary emphasis on high risk pregnancy care. Many of the modest gains in women's health realised in recent decades are now threatened or have been reversed, thus compelling instant explications with honest evidence based clinical practices.

ADMIN TEAM



Dr Govindarajan M.J

MBBS, MD (Radio Diagnosis), MBA (Health Care)
Chief Consultant Radiologist
Director



Dr Revathi S Rajan

MBBS, DGO, DNB(OBG), FFMM (RGUHS)
Chief Consultant (Maternal Fetal Medicine)
Managing Director



D.Srikanth

B.E, ISE
General Manager



Rajagopal.K

B.Sc (C.Z.Mb)
Research & Admin
Assistant

MIRROR-HEALTH NEWS

This newsletter provides health information and insights from Mirror Health Experts, featuring information on common health topics and interests, health tips, patient stories, updates in medical research and clinical trials, upcoming events, health recipes and much more!!



WHAT'S INSIDE-



Consultant Panel - Our Services	2
Director's Desk	3
Admin's Corner	4
COVID-19 Vaccination in Pregnancy & Lactation.	5
Dr. Revathi S Rajan, Chief Consultant MFM, Managing Director, Mirror Health	
COVID-19 SAFETY MEASURES	7
Role of ultrasound in COVID-19	9
Dr Govindarajan M.J MBBS, MD (Radio Diagnosis), MBA (Health Care) Chief Consultant Radiologist Director	
COVID-19 infection in children	10
Dr Lokesh, MBBS, DCH, DNB; Paediatrician, Mirror Health	

Role of Nutrition in Caring for Pregnant Women During the COVID-19 Pandemic	11
Mrs. Shubha T.G; M.Sc., DIPLOMA IN CLINICAL TRIALS, Nutritionist, Mirror Health	
Mirror Academia	13
Webinars/Collaborative Research SMFM(I)	
Graduation Day	17
Mirror Moms & babies	
Mirror Celebrations	18
Special Events	20
International Women's Day COVID Awareness Building (Online Doctor-Patient Interactive session) - June 2021	
Mirror prepares for COVID-19	22
Team Mirror Health	24
Feedback Forum 	26
What's New @ Mirror Health	27

CONSULTANT PANEL

➤ **Dr Govindarajan M.J**
 MBBS, MD (Radio Diagnosis), MBA (Health Care)
 Chief Consultant Radiologist
 Director

➤ **Dr Revathi S Rajan**
 MBBS, DGO, DNB(OBG), FFMM (RGUHS)
 Chief Consultant (Maternal Fetal Medicine)
 Managing Director

➤ **Dr Shashikala. T**
 MBBS, DGO, FIGE, FRM
 Consultant (Gynaec Endoscopy)

➤ **Dr Sowmya Davaluri**
 MBBS, MS, FRM(RGUHS)
 Consultant (Reproductive Medicine)

➤ **Dr Lokesh T.R**
 MBBS, DCH, DNB
 Consultant (Paediatrician)

➤ **Dr Sapna. T**
 MBBS, MS
 General Surgeon

➤ **Dr Binduraj**
 MBBS, MD
 General Physician

➤ **Dr Nandakishore S.K**
 MBBS, MS, DNB (Urology and
 Andrology),
 MD (Fellow in Endourology)
 Consultant (Urologist / Andrologist)

➤ **Dr. Suma Gangatkar**
 MBBS (Resident)

➤ **Mrs. Shubha T.G**
 M.Sc., Diploma in Clinical trials,
 Nutritionist

D. Srikanth **Rajagopal.K**
 B.E, ISE B.Sc. C.Z.Mb
 General Manager Admin & Research Assistant

OUR SERVICES

WOMAN'S HEALTH CONSULTATION SERVICES

High Risk Pregnancy Care

Inutero Fetal Programming

Infertility Care

Gynaecological Care

Adolescent Health Care

Premarital and Preconceptual
 Counselling

Comprehensive Breast Care

Menopausal and Postmenopausal
 Care

Nutrition and Lifestyle
 Consultation

IMAGING AND INTERVENTIONAL SERVICES

Woman's Imaging

Ultrasound, Doppler

Tele Radiology Services

Second Opinion on Imaging in
 Cancer Patients

Image guided procedures -
 Aspirations, Biopsy, Drainage

Varicose Vein Management (RFA,
 Laser Ablation, Sclerotherapy)

NEWBORN & PAEDIATRIC CARE

LABORATORY SERVICES

PHARMACY SERVICES

CANCER SCREENING CONSULTATION, EXPERT TELECONSULTATION AND VIDEO CONFERENCE CONSULTATION SERVICES

COLLABORATORS

Dr Vikas Satvik
 MBBS, MD (Paediatrics), MRCPCH, CCT (UK), FRCPC,PGPN (BOSTON
 UNIVERSITY),IPPN (UNIVERSITY OF WESTERN AUSTRALIA)
 Consultant Neonatologist & Paediatrician

Dr Vinay K.K
 MD,Consultant (Anaesthesia and Critical Care)

DIRECTOR'S DESK



Hello to all...

Greetings from Mirror Health !

Mirror Health, incorporated in 2016, functions with a mission to provide quality service by honest practice. The team consisting of highly dedicated professionals and supporting staff is constantly working hard to bring in the best practices of women's healthcare services to all our patients irrespective of the level of challenges. We at Mirror Health follow International Guidelines with evidence based medicine and try to customize those to individual patients to optimize the results in a very cost efficient way. This approach has empowered us to treat more than 1300 patients in the last 5 years with many of them having medical problems of highest complexity and most of them overwhelmingly satisfied with our methods, efforts and results.

Spread the word; help the fellow humans to reach their dreams!!

Thanks for allowing us to be being part of your journey'



Best regards...

**Dr Govindarajan M J. MBBS, MD (Radio Diagnosis),
MBA (Health Care) Chief Consultant Radiologist,
Director, Mirror Health, Bengaluru**

Contact us: +91 9742388801 / Mon-Sat- 8.30 AM - 7.00 PM; Sun: 8.30 AM - 11.30 AM;
Website: mirrorhealth.in; Email: mirrorhealth16@gmail.com; mirrorhealth2016@gmail.com

ADMIN'S CORNER



'Quality Service' is one such ubiquitous force which motivates, guides and dictates every patient's optimal healthy outcome at 'Mirror Health'. We strongly believe in the 'Push-Pull and Propel' methodology by judiciously including concurrent advancements in science & research and academics to stay ahead in the game for the benefit of all our patients.

Mirror Health is on track and always on the move ferrying patients of varying illness towards one destination called "Good Health". Our main artery of scientific and research oriented approach is amply supported by several highly credible NABL approved Labs, World-Class Pharmaceuticals and a team of dedicated staff members whose enthusiasm to deliver their best every day reflects on our core values.

All these combined factors enable and equip "Team Mirror Health" to cater best-in-class and best-in-service to a cross-section of diverse patients in India and some even from across the seas.

We firmly believe in adding that 'Humane-Touch' to each and every patient under our care thereby string a life-long bond with them. Virtual events like '**Mirror's Got Talent**' and **Doctor-Patients Interactive Forums** are recurrent decorum of finesse, kindling that holistic glow in our patients and of course many more such activities are awaited in the future too.

"We foster Good Health" is our motto which each one of you should hum along in chorus for a perfectly well-orchestrated symphony.

Best Regards,

D.Srikanth & Rajagopal.K

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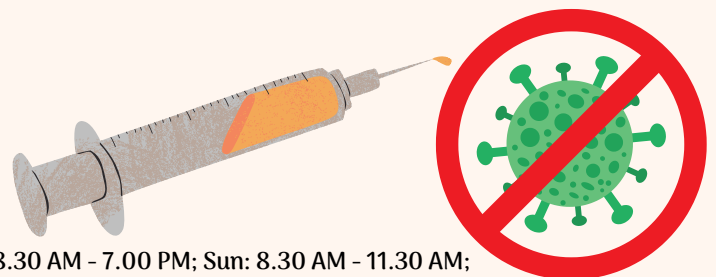
*Dr Revathi S Rajan, Chief Consultant (Maternal Fetal Medicine) & Managing Director,
Mirror Health, Bengaluru*



The National guidelines of our country have recommended COVID-19 vaccination both for pregnant and lactating mothers.

The following points need to be considered-

- Vaccination during pregnancy and lactation would contribute to more benefits as against the risks intrinsic to the procedure. This is rationalized by the fact that though COVID-19 preferentially does not affect these women, it has been observed that the disease could manifest in a more severe form resulting in life threatening complications in this group.
- Pregnant women affected with COVID-19 are known to have an increased risk of preterm birth which can jeopardize the fetal outcome if not anticipated and cared for appropriately.
- Vaccination does not render complete protection against COVID-19 infection and hence these women need to be counseled to continue to wear masks, maintain hand sanitization and to avoid social gatherings.
- Appropriate counseling regarding the vaccination process explaining the benefits and risks of the same needs to be performed by the concerned obstetrician and gynecologist before the procedure is undertaken.
- Pregnant and lactating women who have a household member who is a frontline health worker or are living in a community in which the risk of infection is high are considered to be high-risk for acquiring COVID-19. Hence a dedicated effort has to be made to get these women counseled for vaccination impressing the benefits versus risks of the same.
- Pregnant and lactating women who have medical risk factors like diabetes mellitus, respiratory diseases like asthma, those with organ transplants etc., are also considered high-risk for developing a progressive life threatening disease if infected with COVID-19.



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·Specific effects of the vaccine for COVID-19 in terms of causation of structural defects or other complications in pregnancy and lactation have not been documented in the scientific literature available till date. However, follow up of these women and children in the future would through light on the potential risks if any associated with vaccination or infection with COVID-19.

·Natural infection with COVID-19 does not preclude the above set of women from getting themselves vaccinated as the antibodies that develop post infection may be short lived and may not confer sustained protection.

·Registration for COVID-19 vaccination for pregnant and lactating women is not different from the rest of the community. However, declaration of the status (pregnancy/lactation) may be required.

References

1. National Technical Advisory Group on Immunization and Ministry of Health and Family Welfare (India) Recommendations.



COVID-19 SAFETY MEASURES

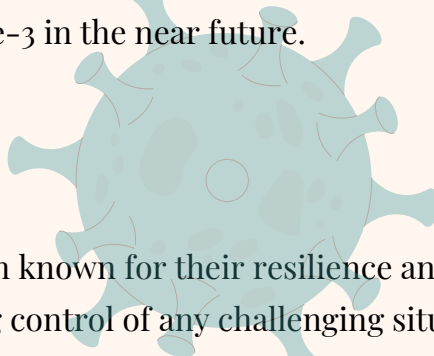


D.Srikanth & Rajagopal.K

Coronavirus disease 2019 (**COVID-19**) is a contagious disease caused by severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2) was first reported in Wuhan, China in December 2019.

Ever since, it has progressively spread its venomous tentacles clasp the entire globe and triggering a large scale chaos and panic, illness and unprecedented number of fatalities akin to bygone era of pandemics like Spanish-Flu, Plague and Cholera in mankind.

The catastrophic outcome is already well documented and is still ongoing to this day. Most of us are aware of the devastation it unleashed all over the planet in well punctuated timelines and for the sake of our understanding the scientific community have classified them into Wave-1, Wave-2, and the much anticipated Wave-3 in the near future.



Human beings have always been known for their resilience and that virtue alone has been the primary driving factor in taking control of any challenging situation. Needless to mention we collectively have rekindled hope with a pragmatic approach in combating this dreaded COVID virus.

The medical & scientific communities along with other ancillary agencies through cohesive collaboration were eventually able to come up with vaccine against this bug and India being one of the forerunners in this massive venture.

We at '**Mirror Health**' have been religiously following the directives of the government by strictly adhering to simple and efficacious protocol of regular temperature check of all patients, visitors and staff members and along with sanitization proactively.

The Mirror Health staff values each of one of you with your family and hence we urge you to follow the below listed guidelines in your and your family's best interest. We suggest you to digest these nuggets and make it integral to your daily life style.



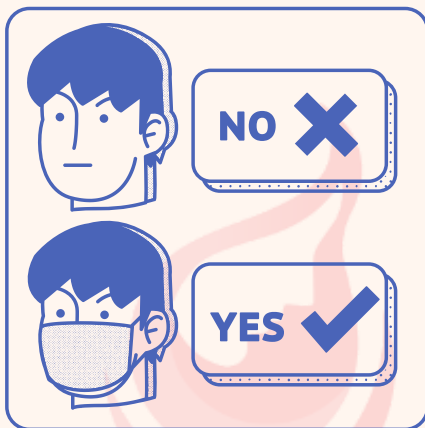
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Effective tips for fortifying against COVID-19:

- 1) Wear your mask and ensure even kids and seniors in your home are covered
- 2) Regularly sanitize your hands
- 3) Vaccinate yourself and your family without fail. We advise to consult a physician in case if you need more clarity
- 4) Avoid social gathering or if possible keep such engagements to a bare minimum
- 5) Avoid long and strenuous travelling and this particularly applies to pregnant women, kids and senior citizens
- 6) Pre-schedule your Doctor's appointment before hand for your own good and restrict your visit to the clinic with only one attendant.
- 7) Check possibility of scheduling **teleconsultation** with your Doctor for regular checkups.



Team Mirror Health has a heart that feels and cares about your well-being and we urge you to spread this message in your social circles as well to make a positive difference.



No mask, no entry.



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ROLE OF ULTRASOUND IN COVID-19

Dr Govindarajan M J. MBBS, MD (Radio Diagnosis), MBA (Health Care) Chief Consultant Radiologist,
Director, Mirror Health, Bengaluru

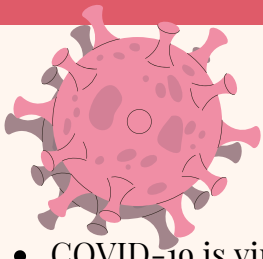


- Chest CT is the standard imaging modality in early diagnosis and management of COVID-19 patients, the use of lung ultrasound has advantages like point of care test, no ionizing radiation and easy availability.
- Typical lung ultrasound findings in COVID 19 patients are presence of B-lines, pulmonary consolidation, and a thickened pleural line.
- Consolidation, pleural effusion and lymphadenopathy are less commonly identified. Also, long standing disease leads to presence of thickened pleural line.
- Thus lung ultrasound can be used to assess progression or improvements of the lung in patients with COVID 19 without the risk of radiation.
- In essence, ultrasound of lungs is a convenient, quick, highly practical imaging solution in COVID 19 patients, more so when a CT scan is not possible (unavailable or patients in ICU/ ventilators), contraindicated (pregnancy) or not advisable to repeat often (children).

SALIENT FEATURES OF THE USG MACHINE HOSTED AT MIRROR HEALTH

- Best in category for women's imaging
- Elastography quantification for assessing hardness / softness of cervix to evaluate for premature delivery
- 3D/ 4D of fetus
- 3D of uterus
- 3D and vascularity of the endometrium
- Specific features for fetal echocardiogram with 3D and 4D
- Best resolution for fetal anomaly scan and Down's syndrome screening
- Breast ultrasound with elastography to detect breast cancer early
- Capability to perform abdominal, chest, limbs, small parts, musculoskeletal and vascular ultrasound scans.





COVID-19 INFECTION IN CHILDREN

Dr Lokesh, MBBS, DCH, DNB; Paediatrician, Mirror Health



- COVID-19 is viral infection caused by Coronavirus mainly affecting the respiratory organs. Children get affected by virus secondary to infected adults in the family. The symptoms range from the child being asymptomatic (no symptoms of disease) to severe life threatening one, the asymptomatic children can spread the virus to other family members.

- In India, during the first wave, older children were affected with severe presentations and in the second wave, young children with less severity. In a pandemic like this, there will be waves after waves of infection due to mutations in the virus and also people's behaviour during inter waves period. There is no concrete data to tell that specifically children will be affected in 3rd wave.



- When infection is mild, symptoms include cough, cold, fever, sore throat, loose motions, vomiting, stomach pain. In moderate to severe condition child can present with hurried breathing, dull looking, repeated vomiting, dehydration, shock.



Whom to test:

- Ideally all suspected cases (to avoid transmission to others) and prior to hospitalisation or any operative procedures
- Which test: RT-PCR of naso/oro-pharyngeal swab, if not next RAT (less sensitive)

For mild infection:

- Home isolation with supportive care, lot of liquids, rest. In case of fever, paracetamol to be given.
- **When to worry:** High fever spikes for > 48hrs, child is tired, repeated vomiting, stomach pain; Child with co-morbidities (lung, liver, kidney diseases or malignancy or immune compromised states). Child needs to be admitted and treated with IV fluids, antibiotics and other measures
- **Vaccination:** Vaccine trials for children is currently conducted from 2 to 18 years and the result is expected in a month or two after which the vaccination for children will be started.

Points to remember

1. Clinical features are non specific and mimic any viral illness
2. Children having co-morbidities, obesity, malnutrition the severity is more
3. Third wave affecting children is not sure



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ROLE OF NUTRITION IN CARING FOR PREGNANT WOMEN DURING THE COVID-19 PANDEMIC

Mrs. Shubha T.G; M.Sc., DIPLOMA IN CLINICAL TRIALS, Nutritionist, Mirror Health



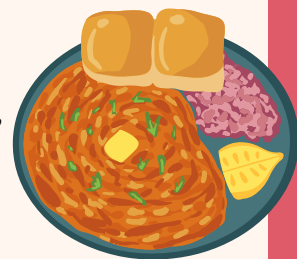
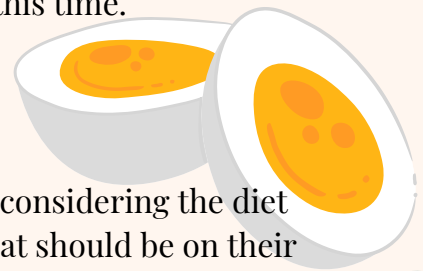
- The Coronavirus – COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since the world wars. Countries are racing to slow the spread of the virus by testing and treating patients, limiting travel, quarantining citizens, maintaining social distance and cancelling social gatherings.

Although there is no current data that shows that COVID-19 affects pregnant women different from other patients, it is known that pregnant women are at a larger risk of falling from respiratory viruses than women who are not pregnant. Hence an abundance of caution is advised for pregnant women at this time.



Essential factors to consider when pregnant-

- Nutrition is a key factor for both pregnant women & babies considering the diet of a pregnant woman. I believe there are 5 essential items that should be on their plate, like:
 - **FRUITS & VEGETABLES:** Whichever fruits and vegetables they like to eat should be taken on a daily basis.
 - General food items like chapati, roti and rice should be there in their daily diet.
 - Milk & milk products like curd, chenna etc. form an important part of the pregnancy diet
 - Food items that are rich in protein like fish, chicken, egg, soybean, pulses are highly recommended for a pregnant woman
 - Have some dry fruits like almond, walnut etc.
 - Take immune boosters regularly which include Haldi, citrus fruits, ginger, honey, etc.



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Hygiene



- Apart from nutrition, the other important thing is to stay at home. It is important to maintain hand, face and respiratory hygiene & ensure social distancing.
- 'Hand Hygiene' requires washing your hands with soap and water and then use alcohol-based sterillium. It is essential not to touch your face in this vulnerable time.
- Lastly, it is 'Respiratory Hygiene', like coughing into your elbow not in your palm or in case you cough into a tissue you must dispose it properly and try to gargle with lukewarm saltwater for once or twice a day.

Special considerations:

- If you have Gestational Diabetes Mellitus (GDM), monitor your blood glucose and blood pressure thrice daily & consult with your doctor over the phone if required.
- Take immune boosters regularly which include Haldi, citrus fruits, ginger, honey etc.
- If you are undergoing through 1st and 3rd trimester, you have to undergo various diagnostic tests, scans and vaccines in an alternative week or in a month, so prior come to the hospital make sure about doctor's availability and facilities going on there.



Lifestyle changes:

- Pranayama & meditation before sleep can help relaxation of the mind and body.
- Perform antenatal yoga in the early morning.
- Create positive affirmation cards for yourself by listening to music, watching positive vivid movie & spending quality time with family members.
- Just switch off the news, use social media or phone to connect with your close ones, but disconnect from everything else going on outside.
- Generally, it is known that pregnancy lowers the immunity & they are prone to other viral infection, so why not COVID-19? So, you have to be careful because of high susceptibility to several viruses which is caused due to immunosuppression associated with pregnancy.
- Immediately consult your doctor if there is an emergency.

So, stay at home, eat a nutritious diet, be healthy; as you love your little one more than the world & sky!



MIRROR ACADEMIA



Dr Meghana Sreenath

Dr Revathi S Rajan

Mirror Academia is a dedicated consortium with Dr Revathi S Rajan and Dr Govindarajan M J as leads for conducting clinical research mostly based on Maternal Fetal Medicine.

The team also includes Research Assistants (Dr Meghana Sreenath, D Srikanth & Rajagopal.K) and have been working along with SMFM (I) for Preeclampsia related research and academics.



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MIRROR ACADEMIA

Dr Revathi S Rajan & her research team (in collaboration with the University of Chicago) published the **ROBUST study: 'Real life outpatient biomarker use in management of hypertensive pregnancies in third trimester in a low resource SeTting'** in Pregnancy Hypertension Journal of International repute in March 2021.

MIRROR WEBINARS



A webinar (coordinated by Roche India) on the clinical utility of biomarkers in averting adverse maternal and fetal outcomes to a chain of IVF centers (INDIRA IVF) pan India (held on 07-08 2020) from MIRROR Conference Room. Dr Revathi S Rajan was the key speaker that included a virtual audience from all over the country.

Management of difficult pregnancies (high risk) especially after IVF; considering most elderly women are getting pregnant now with preexisting medical problems was discussed.

This was based on a test (sFlt-1 / PlGF) that could be used in the prediction and prognostication of preeclampsia (a serious form of hypertension in pregnancy) was discussed from the Indian context.

Enlisting other virtual presentations on MFM made by Dr Revathi S Rajan at Mirror Health

- Presented a dedicated virtual talk titled 'Current Trends in the Management of Luteal Phase Defect and Periconceptional Challenges & Risk Modulation': Evidence to Practice, hosted by Abbott Women's Health (11-Sep-2020).
- Presented a virtual talk on the 'Role of Angiogenic Biomarkers in the Prediction of Preeclampsia' (24-Mar-2021); coordinated by OBG/Biochemistry Departments of Nanavati Hospitals, Mumbai & Roche Diagnostics (India).
- Presented a virtual talk titled 'Exploring strategies towards a pro-active approach for the management of a threatened miscarriage' hosted by Abbott Women's Health (25-Mar-2021).

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MIRROR ACADEMIA

Mirror Health hosts **THE SOCIETY FOR MATERNAL FETAL MEDICINE (INDIA); SMFM(I)**
This society encompasses like-minded clinicians who are involved in the management of high risk pregnancies - **Website: <http://smfmi.com/>**



The team led by Dr Revathi S Rajan at Mirror Health has been actively involved in the formulation and propagation of the Preeclampsia Education of the Nation (India), PEN (I) course which was launched officially on 22-May-2021, World Preeclampsia Day (International Virtual Launch); by the SMFM(I).



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SMFM(I) CME & WEBINARS

Dr Revathi S Rajan is the current Secretary for the SMFM(I) and she along with her team from the society has hosted 9 LIVE webinars based on Maternal Fetal Medicine (MFM) along with National & International faculty from Sep 2020 to Aug 2021. She has also independently participated as Speaker for 2 stand-alone webinars [apart from SMFM (I)] based on topics related to MFM.



SMFM (I) in collaboration with ISSHP (THE INTERNATIONAL SOCIETY FOR THE STUDY OF HYPERTENSION IN PREGNANCY) have introduced a course – **PREECLAMPSIA EDUCATION OF THE NATION, (INDIA) PEN (I)**.

**WORKING TOGETHER,
SAVING LIVES....**

**PREECLAMPSIA EDUCATION OF THE NATION, (INDIA)
PEN(I)**

PEN (I) Helpline
Office: +91 95914 65757
1200 HRS - 1600 HRS IST

FOR URGENT ENQUIRIES
CO-CHAIRS (INDIA):
Dr Prakash K Mehta, President, SMFM (I): +91 98440 92313
Dr Revathi S Rajan, Secretary, SMFM (I): +91 99160 27802

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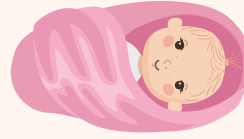
**Highlighted Specifics of the course
(for all practising Obstetricians & Gynecologists
including Post Graduates in OBG)**

- Credible Accreditations from (SMFM(I) & ISSHP)
- Has Indian & Global perspective.
- Current updates & evidence-based practice.
- Renowned faculty (India and Abroad).
- Structured Certification





GRADUATION DAY



Mirror celebrates 'New Moms with their little ones' on their **Graduation Day !!**



CONGRATULATIONS!!

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MIRROR CELEBRATIONS

“
Your spirit of
selfless
commitment
stands tall..
”



MIRROR
HEALTH
celebrates
**NATIONAL
DOCTORS'
DAY**
1-JULY-2021

DELIVERING
THE FUTURE



MIRROR
HEALTH
acknowledges

**WORLD IMMUNISATION
WEEK**
APR-24TH TO 30TH

BOOST
your
IMMUNITY



VACCINE

LET'S
STAY SAFE

MIRROR
HEALTH

**WORLD
PHARMACISTS DAY**
25-SEP-2021

PHARMACY:
ALWAYS TRUSTED FOR
YOUR HEALTH

HONEST PRACTICE QUALITY SERVICE PATIENT SAFETY



MIRROR
HEALTH
acknowledges

1-7 AUGUST 2021

**WORLD
BREASTFEEDING
WEEK**



PROTECT BREASTFEEDING: A SHARED RESPONSIBILITY

MIRROR
HEALTH
CELEBRATES



श्री कृष्ण

**SRI
KRISHNA
JAYANTHI**

30-AUG-2021



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MIRROR CELEBRATIONS



Team Mirror Health celebrated the **Foundation Day (5th Anniversary)** on **28-Jan-2021**.

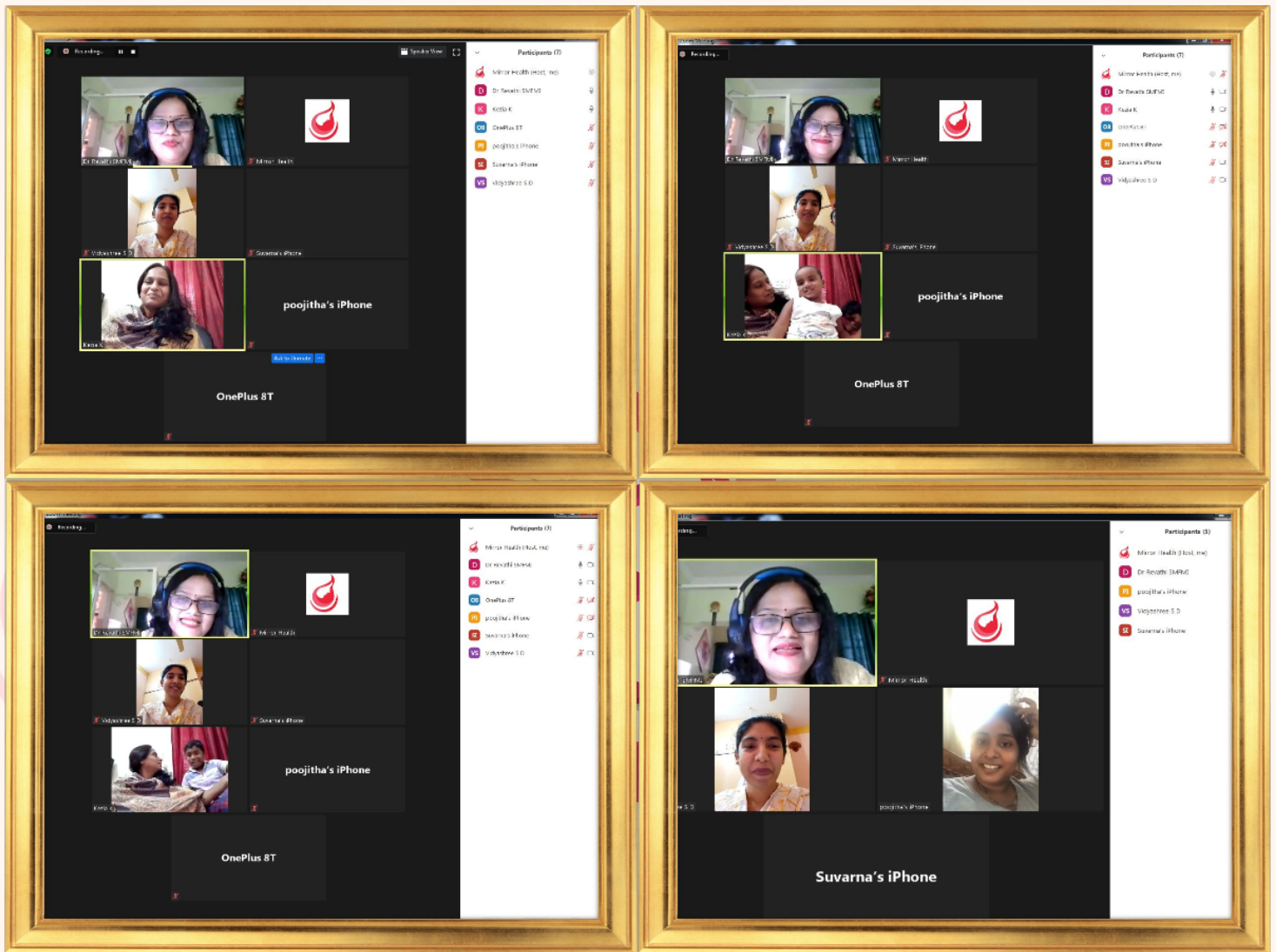
The celebrations were held amidst the COVID-19 pandemic with full precautions in the premises. The highlights of the session included presentations based on performance by different department leads along with one to one interaction between the employees and admin. The employees and the admin team were felicitated by the Directors in honour of their dedication & commitment to the institution

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MARCH INTERNATIONAL WOMEN'S DAY

The virtual International Women's Day celebration got in participants from in and around Bengaluru and lasted for an hour. The participants extended their gratitude and also sought quick advice from the expert doctor - Dr Revathi S Rajan.



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Website: mirrorhealth.in; Email: mirrorhealth16@gmail.com; mirrorhealth2016@gmail.com

COVID Awareness Building (Online Doctor-Patient Interactive session) - June 2021
Planning a Pregnancy during the COVID pandemic- Unraveling the Enigma



Mirror Health's initiative to spread **COVID awareness** was well reciprocated by patients on Zoom virtual platform by a Q& A session conducted by Dr Revathi S Rajan pertaining to preventive and precautionary measures and the benefits of vaccination against COVID.

- Special emphasis was laid on 'Preconception and Pregnancy' removing misconception's and enlightening every audience with scientific facts.



MIRROR HEALTH PREPARES TO HANDLE COVID-19



← TRIAGE AREA OUTSIDE THE CLINIC TO FACILITATE PATIENT STRATIFICATION

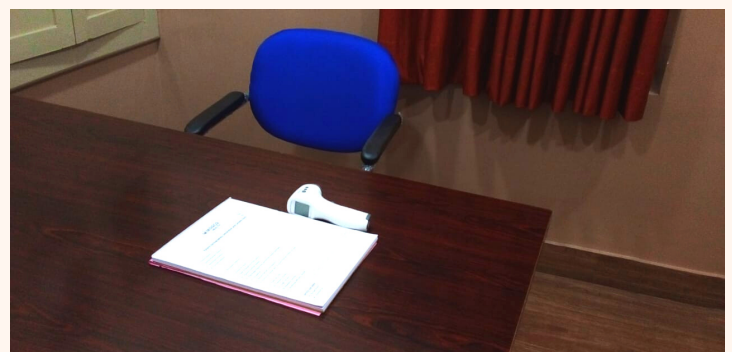


SANITIZATION AT ENTRY →



← BODY TEMPERATURE CHECKS WITH INFRA RED THERMOMETER

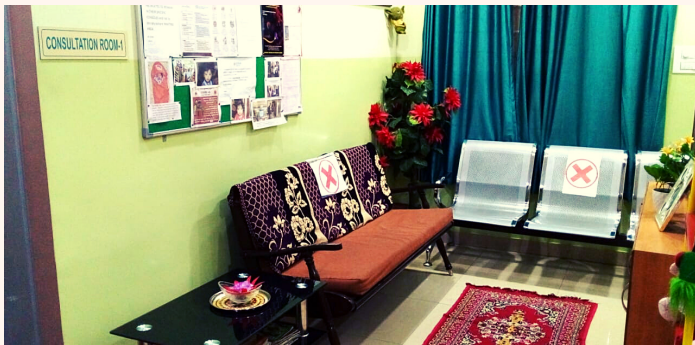
DECLARATION FORMS INDICATING PURPOSE OF VISIT / TRAVEL HISTORY →





SOCIAL DISTANCING

- We facilitate speedy consultation/review process by meticulous scheduling of patient appointments
- We also insist to fetch **only one attender** with the patient.



PERIODIC SANITIZATION OF THE PREMISES

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Ms Bhanupriya & Ms. Nisha - Front Office Executives



**Ms Rabiya -
Front Office Executive /
Scan room Coordinator**



Sr Jayanthi

Sr Sowmya

Staff Nurses



Team MIRROR HEALTH



Mirror Pharma

Mr Vinay- Chief Pharmacist



Dr Suma - Resident Doctor



Ms Bhagyamma



Ms Latha

Housekeeping



Mr Manjunath

Mr Dharam Singh

Support Staff

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Feedback Forum



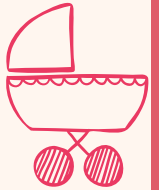
We have actually run out of words to describe the competence levels and professionalism displayed by Dr. Revathi. She is indeed one of the best in business in terms of knowledge and its practical application. It is only because of her sheer diligence and practicality we became happy and proud parents of two Baby Boys!! If you also crave to become parents, do visit Mirror Health to feel the Midas Touch healing hands of Dr.Revathi.

We once again like to thank God for sending an angel in the form of Dr.Revathi, whose very presence is a benediction to all wannabe parents.

Me and My wife Shobha were referred to Mirror Health by a colleague Sabera and it proved to be a blessing for us. We had tried at Ovum Hospital and Gunasheela Hospital without any luck. But visiting Dr.Revathi S Rajan turned the tables for us. Dr.Revathi is very competent and skilled who aided us in realizing our dreams with utmost care and concern. We also thank Dr.Govindarajan for his professional expertise in all our interactions. Both these Doctors are helped us in achieving our goal.

We would highly recommend Mirror Health Clinic for anyone with similar aspiration and also like to mention about the dedicated support staff here at Mirror Health.

In short words, "Mirror Health clinic is object oriented, methodical, logical and Practical. We thank the whole Mirror Health Team again.



My wife's friend referred about Mirror Health Clinic and we happened to meet Dr. Revathi. I and my wife hail from Tumkur and after a successful procedure by Dr.Revathi, we decided to relocate to Bangalore because of the Doctor's competence and the trust we have in her.

Dr.Revathi was finally able to succeed in helping us in fulfilling our wish which is so dear to our hearts. The success entirely can be attributed to Dr.Revathi and Dr.Govindarajan along with their friendly support staff.

We are 100 percent satisfied by the result and is still under the care of Dr.Revathi. I recommend all wanna-be parents to visit Mirror Health with confidence to experience positive outcomes.

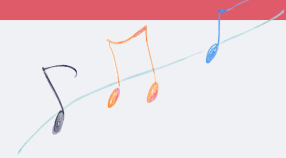
I urge to follow Dr.Revathi's advice religiously once you are under her watchful eyes. All your worries regarding parenthood will cease to trouble you once you knock the clinic door.

NOTE:

- *These are **feedbacks** from our **registered patients** which have been published **verbatim** after relevant consenting.*
- *Actual identity of the patient has been kept anonymous.*
- *Concerned documentation is under the ownership of **Mirror Health**.*

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RAGA SHUSHRUSHA



Team Mirror Health has collaborated with Master Aprameya G Vasishth (a budding carnatic musician from Bengaluru) to host music concerts and perform research in the field based on the healing effect of music.

Music (both vocal and instrumental) is played regularly in the clinic to facilitate a positive and calming effect on the caregivers and patients.

Aprameya G Vasishth, an enthusiastic 12th grader (son of Dr Revathi S Rajan) recently performed for his Carnatic Vocal Arangetram at Chowdiah Memorial Hall, Bengaluru under the able guidance of his Guru Vidwan. Sri. Mathur Srinidhi, which was well appreciated.

The team aspires to explore the concept of -
'Music that Heals'.



Contact us

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We are also on

