



# WOMEN'S DAY SPECIAL



On the occasion of International Women's Day, this special feature shines a spotlight on the remarkable journeys of three trailblazing women entrepreneurs who have not only carved out successful paths in their respective industries but have also become beacons of inspiration for aspiring entrepreneurs in the region.



## GAGAN ANAND

**G**agan Anand, a nutritionist extraordinaire armed with a Masters in Food and Dietetics, is at the helm of the Gagan Anand Diet Clinic, where wellness meets warmth in the heart of Chandigarh city!

A mother of two and approaching her 50s, Anand believes that these years are the new 30s. She dismisses the notion of joint pains and diseases defining this stage. Instead, it's about embracing health, vitality, and purpose, with a profound recognition of how diet plays a pivotal role in feeling and looking young, healthy, and fit.

Guided by that philosophy, the Gagan Anand Diet Clinic has served a vast happy clientele in India and overseas, becoming the ultimate destination for a holistic



**"The unique twist lies in the power of desi goodness. Instead of bland, exotic diets, our clinic integrates delicious Indian food into personalized meal plans, proving that healthy can indeed be lip-smackingly tasty,"**

**Gagan Anand  
Dietician**

health journey. In this haven, health goals aren't just heard but truly understood. Here, the focus is on supporting individuals who aim to shed pounds, manage lifestyle diseases like diabetes or PCOD, or revamp eating habits.

The support system is a standout feature: The clinic employs a 3-day follow-up system with motivational coaching sessions to ensure clients stay on track.

One of the committed and inspiring clients, Sagar Thakur, shares their remarkable journey: "Thanks to Gagan Anand Diet Clinic, I lost 20 kgs in just 3 months! And that too by just making slight adjustments to my routine eating habits."

Gurmeet Kaur, who had been battling PCOD issues, says "Dealing with PCOD can be emotionally challenging. Thanks to Gagan Anand, not only did I witness improvements in my PCOD symptoms, but I also experienced a boost in energy levels and a positive shift in my mindset."

Affordability is another distinctive feature of the clinic. Anand explains "good health should be a right, not a luxury. Our aim is to make health affordable and ensure that everyone has access to the transformative journey of well-being, and our motto is to always recommend healthy, seasonal foods."

Embark on the wellness journey together with Gagan Anand Diet Clinic. For more details, interested parties can write to [info@dietitiangagan.com](mailto:info@dietitiangagan.com), visit [www.dietitiangagan.com](http://www.dietitiangagan.com) or check out the Instagram handle [diet\\_clinic\\_chandigarh](https://www.instagram.com/diet_clinic_chandigarh)

#### LOCATIONS:

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#6, C/O Lifetree clinic,  
Hollywood Plaza, VIP road,  
Zirakpur  
Contact Numbers:  
9914096585, 7087666237**



## DR. ANITA MAHEY



the best care with the least invasive methods. Gynae endoscopy, encompassing laparoscopy and hysteroscopy, offers numerous benefits over traditional surgery, such as smaller incisions, less pain, minimal scarring, shorter hospital stays, quicker recovery, and a reduced risk of complications.

The ethos of Dr. Mahey's practice lies in prioritising the well-being and health of her patients, leveraging her expertise and surgical precision. She has tirelessly worked to ensure that women in the region have access to the latest in minimally invasive diagnostic and treatment options for a variety of conditions affecting the female reproductive system.

As Gynae endoscopy plays a pivotal role in enhancing women's health by offering safer and more effective alternatives to conventional surgeries, Dr. Anita Mahey's contributions continue to be invaluable. For women experiencing symptoms related to gynecological conditions, Dr. Mahey's practice stands as a premier choice. For more information visit the website: [www.dranitamahey.com](http://www.dranitamahey.com)



**LOCATION:**  
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revolutionary Laparoscopic Transabdominal Cerclage for cervical incompetence, management of scar ectopic pregnancy, isthmocoele correction, Laparoscopic sling/mesh surgeries, Total Laparoscopic Hysterectomy, Laparoscopic Myomectomy, Laparoscopic Endometriosis Treatment, Hysteroscopy, and specialist Infertility Treatment.

Dr. Mahey's expertise extends to handling complicated laparoscopic and hysteroscopic surgeries, ensuring her patients receive

**Dr. Mahey recently made headlines by removing the largest fibroid uterus, weighing an astonishing 2.5 kg, through keyhole surgery. This achievement not only highlights her surgical prowess but also her dedication to providing patient-centric care, emphasising speedy recovery with minimal discomfort.**

**D**r. Anita Mahey stands amongst the foremost names throughout the region in the field of Gynaecology and Laparoscopic Surgery. With a robust practice, Dr. Mahey is known for her groundbreaking work in Minimally Invasive Gynaecology spanning over a decade.

Her journey began at the prestigious Govt. Medical College and Hospital (GMCH), Chandigarh, where she graduated before pursuing Post Graduation in Obs-Gynae from the renowned PGIMER, Chandigarh. With 14 years of experience, including a Senior Residency at GMCH-32 and a Fellowship in Advanced Gynae Laparoscopy, Dr. Mahey's expertise is unparalleled.

An academician at heart, Dr. Mahey is a staple figure at Gynaecological conferences and workshops, where she demonstrates her superior surgical skills live. Her approach to Gynaecological care in Chandigarh and the Tricity area is unmatched, offering a comprehensive range of procedures with her team. These include the

## DR. SUKHLEEN SRAN



**H**elmed by Dr. Sukhleen Sran, Airine Skin Care is fast emerging as a new beacon of dermatological excellence in the region. Sran is a visionary in the field of Dermatology and Cosmetology and packs an impressive background that includes over seven years of experience, an MBBS, and an MD in Dermatology, Venereology & Leprosy from DMC&H, Ludhiana.

Dr. Sran is distinguished by her dedication to providing personalised and advanced skincare solutions. Her

commitment to her patients' well-being and her pursuit of the latest in skincare innovation make her clinic a premier destination for those seeking expert care in Chandigarh.

"Our mission is to provide the highest quality of care and personalised treatment plans to each of our patients. Whether you're seeking preventative care or addressing specific concerns, we are here to support you on your skincare journey to achieving a healthy, glowing skin," says Dr. Sran, encapsulating her patient-centric

approach and the ethos of Airine Skin Care.

Founded in February 2023, Airine Skin Care prides itself on offering a comprehensive range of services tailored to meet the individual needs of each client. The clinic specialises in treatment of all Skin and Hair diseases and cutting-edge treatments with aesthetic procedures like Laser Hair Reduction, Pigmentation Treatment, Botox, Acne and Scar Treatment, Dermal Fillers, Chemical Peels, Medifacials, Threadlift, PRP (Platelet-Rich Plasma), and GFC (Growth Factor Concentrate).

PRP uses the patient's own blood to stimulate collagen production, effectively reducing fine lines, wrinkles, and acne scars. It is an effective treatment for hair loss that helps promote new hair growth.

Another standout service is Microneedling Radiofrequency (MNRF), a minimally invasive procedure that enhances the skin's texture and appearance by stimulating collagen production through controlled micro-injuries. This treatment promises a natural, effective solution for those looking to reduce fine lines, wrinkles, and acne scars.

Dr. Sran and her team's vision for Airine Skin Care extends beyond mere aesthetic improvements. They aim to empower their clients by boosting confidence and promoting a healthy, radiant complexion. This vision is grounded in the belief that everyone deserves to feel confident and beautiful in their own skin.

In celebration of its commitment to excellence and beauty, Airine Skin Care is offering a 30% discount on all Skin and Hair procedures on the 8th, 9th, and 10th of March, 2024.

**LOCATION**  
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