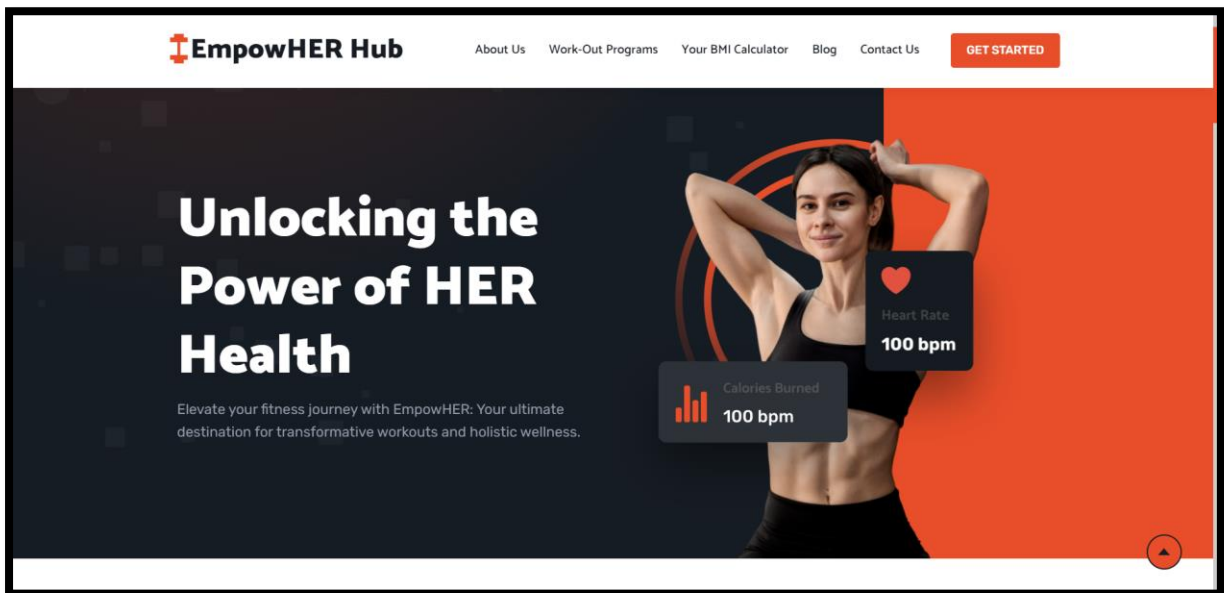
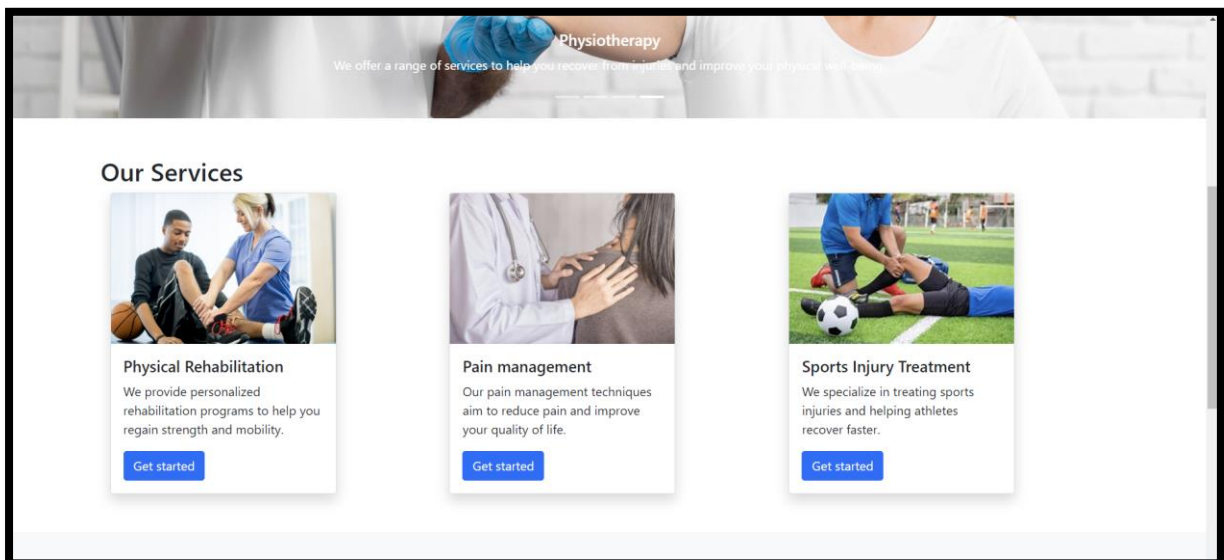


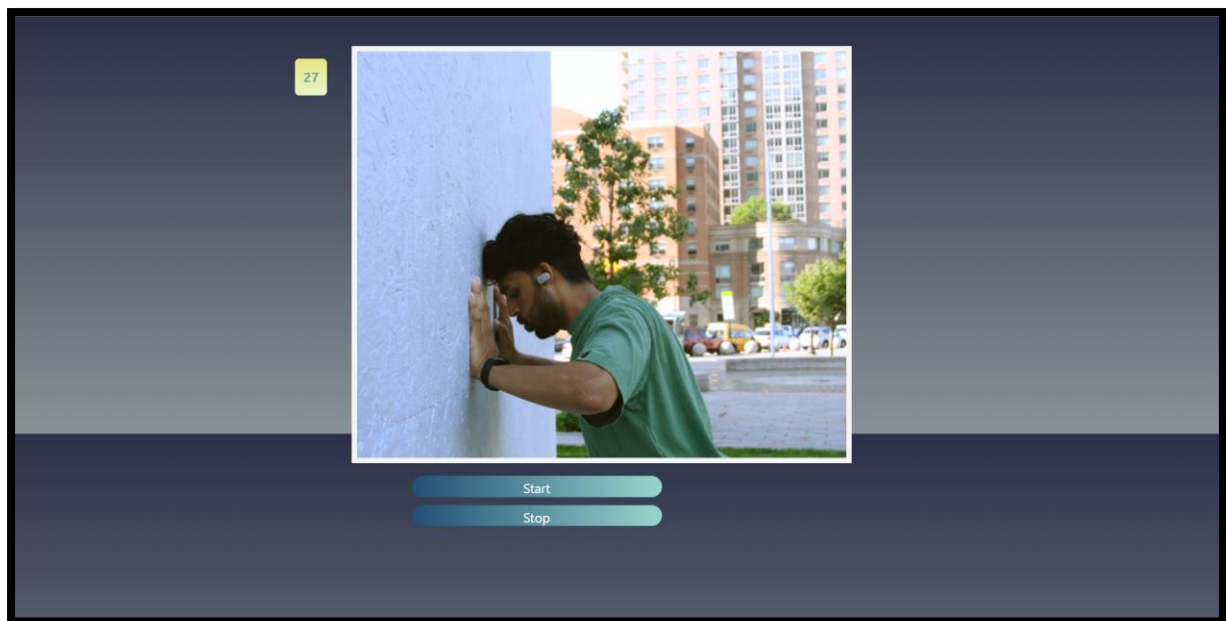
# WEBSITE OUTPUT SCREENSHOTS



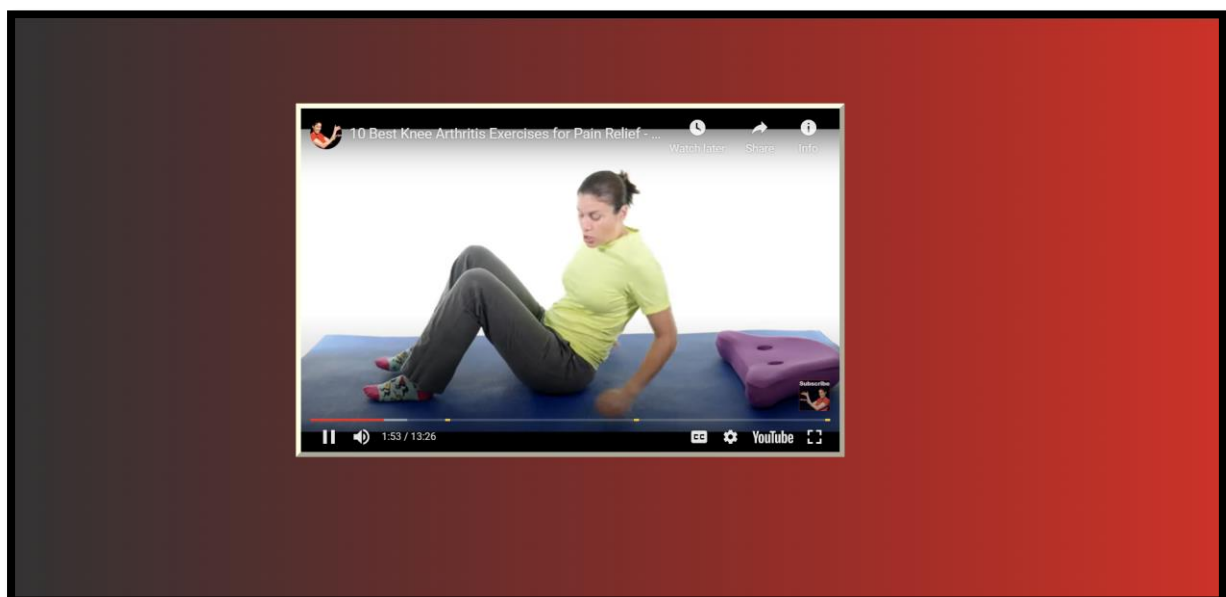
## HOME PAGE



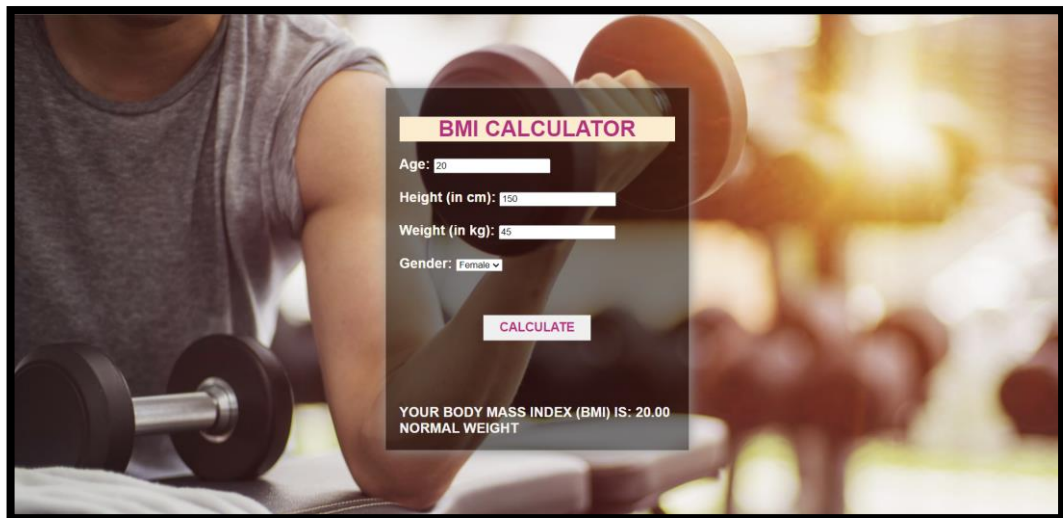
## PHYSIOTHERAPY SERVICES



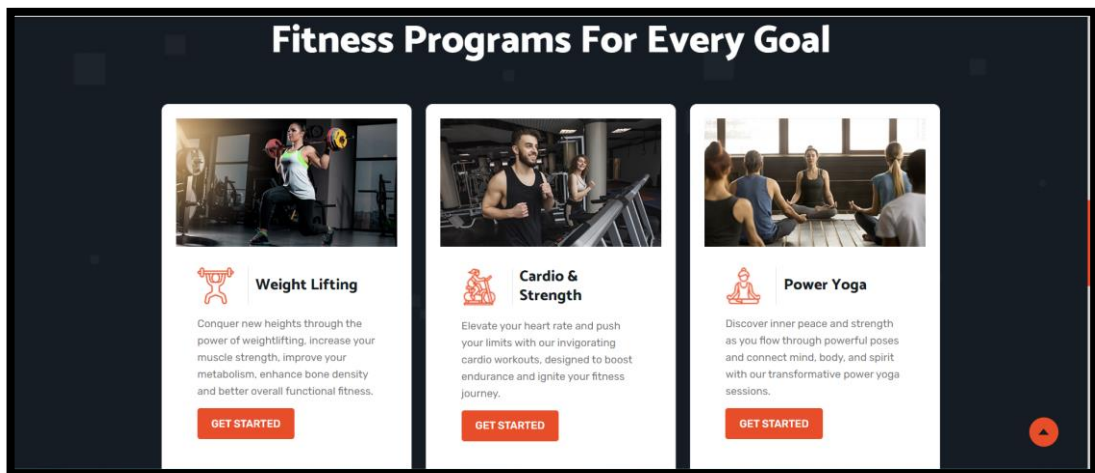
**WALL PUSHUP ANIMATION VIDEO PLAYING**



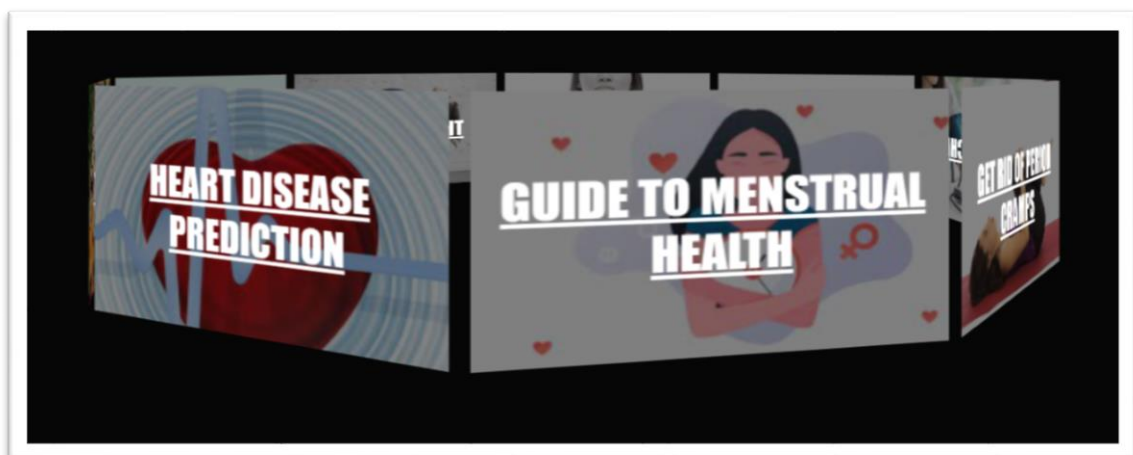
**KNEE ARTHRITIS EXERCISES FOR PAIN RELIEF IN PHYSIOTHERAPY**



## BMI CALCULATOR

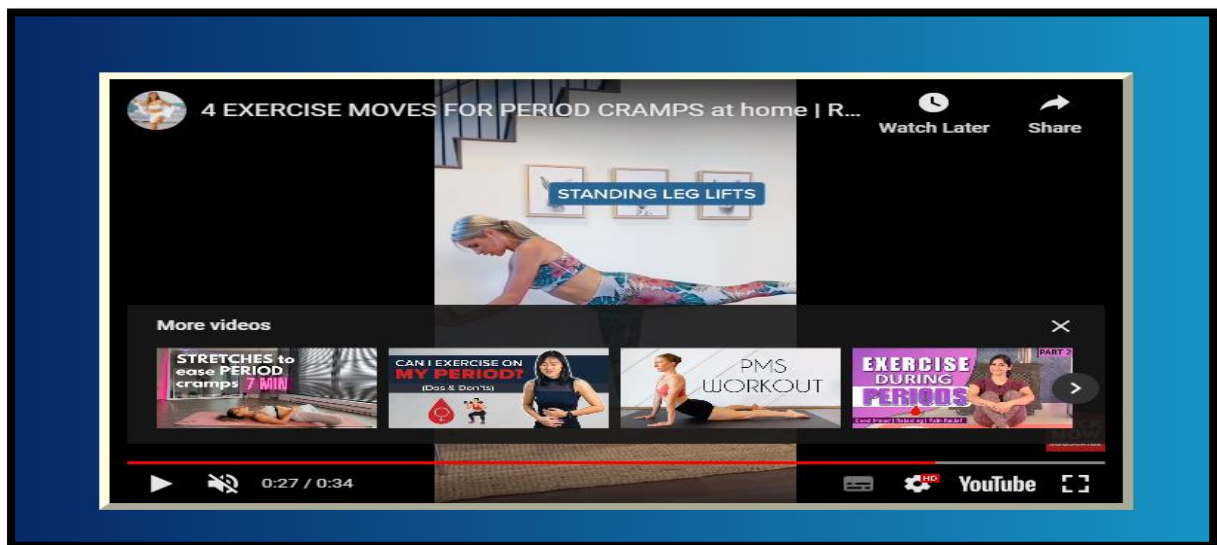


## FITNESS PROGRAMS





## GUIDE TO MENSTRUAL HEALTH



## GET RID OF PERIOD CRAMPS



1 2 3 4 5 6

How often do you consume refined flour, white bread, white rice etc ??

very often ☒

sometimes ☐

rarely ☐

PREVIOUS SUBMIT

1 2 3 4 5 6

AT HIGHT RISK!! THERE IS A HIGH PROBABILITY OF BEING DIAGNOSED WITH PCOS/PCOD IN THE NEAR FUTURE!! START TAKING PRECAUTIONS!!!

PREVIOUS SUBMIT

### PCOD/PCOS CHECK

1 2 3 4 5 6

Do you have changes in the menstrual cycle like lighter or heavier periods, or irregular cycles??

YES ☒

NO ☐

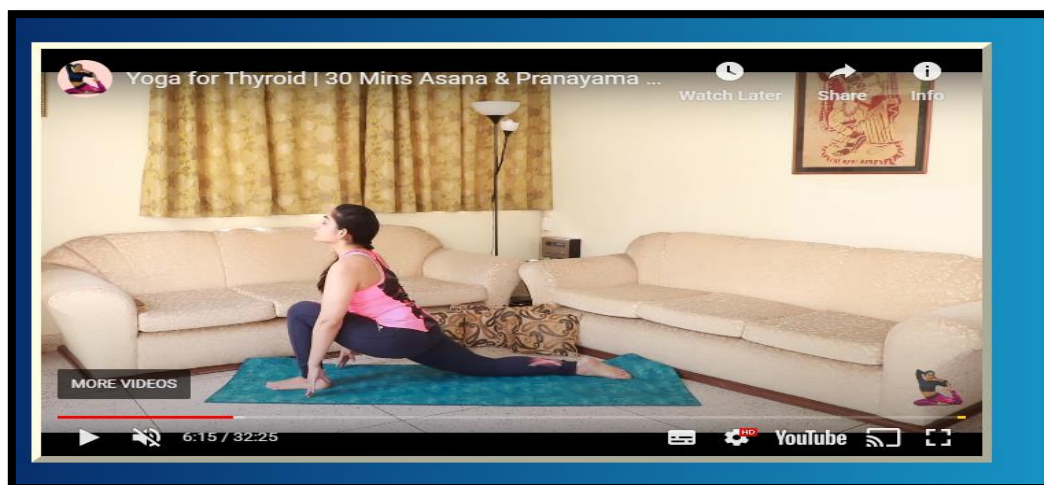
PREVIOUS SUBMIT

1 2 3 4 5 6

THESE MIGHT BE THE EARLY SYMPTOMS OF THYROID!!!!CONSULT THE DOCTOR!!!

PREVIOUS SUBMIT

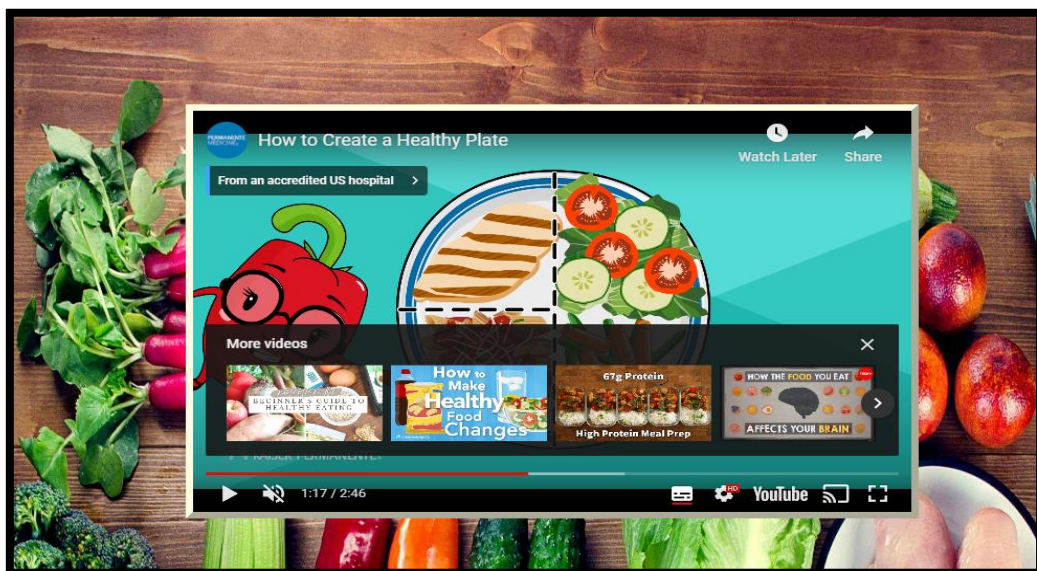
### THYROID CHECK



### THYROID RELIEF



### SOME HEALTH TIPS



### DIET