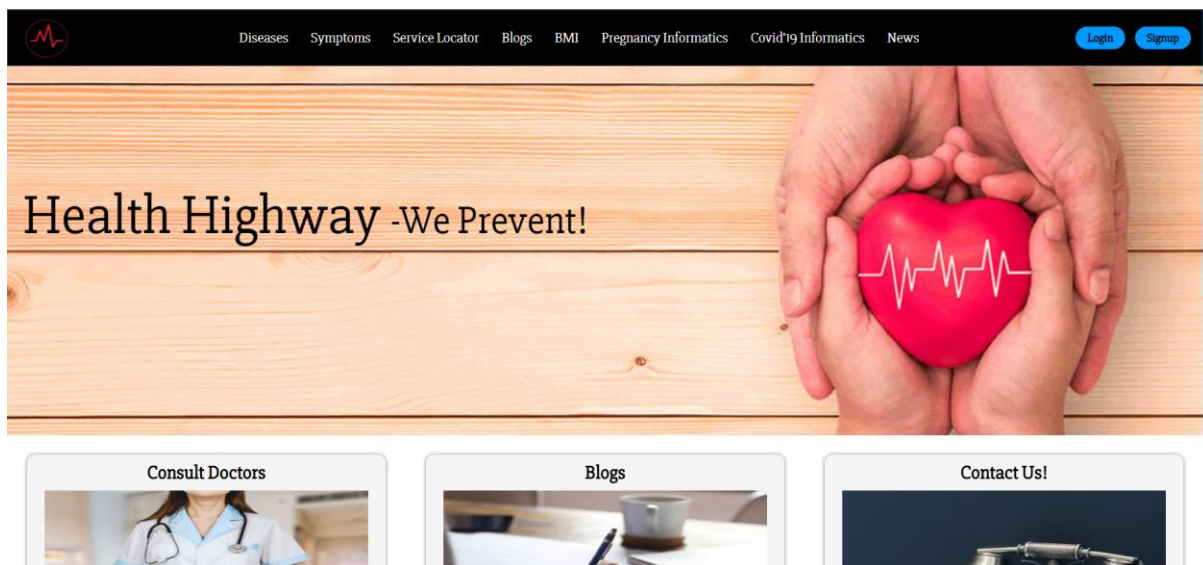
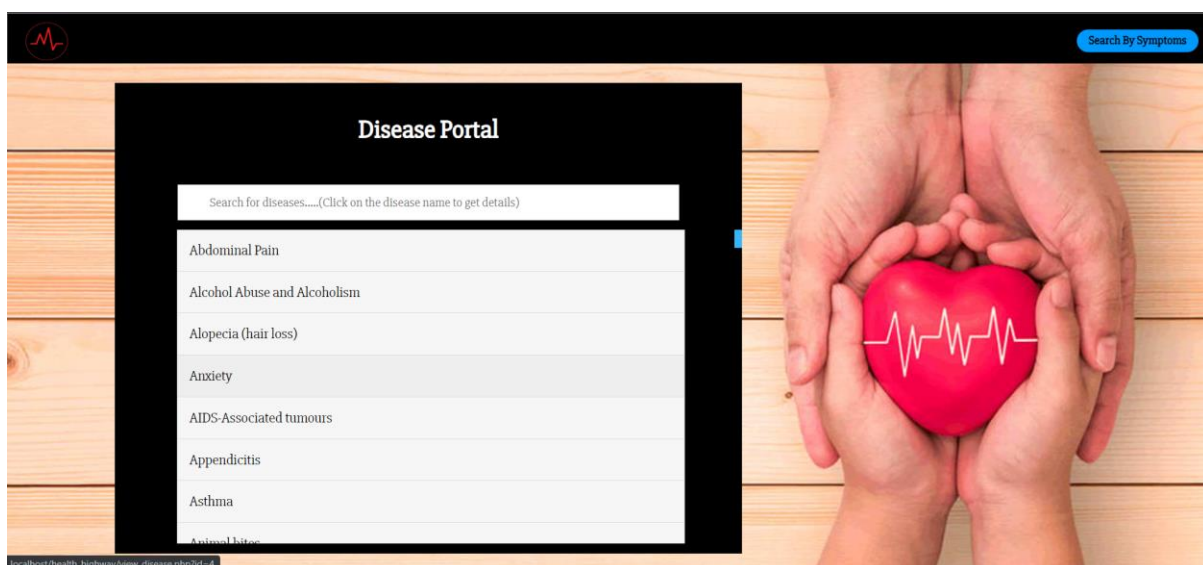
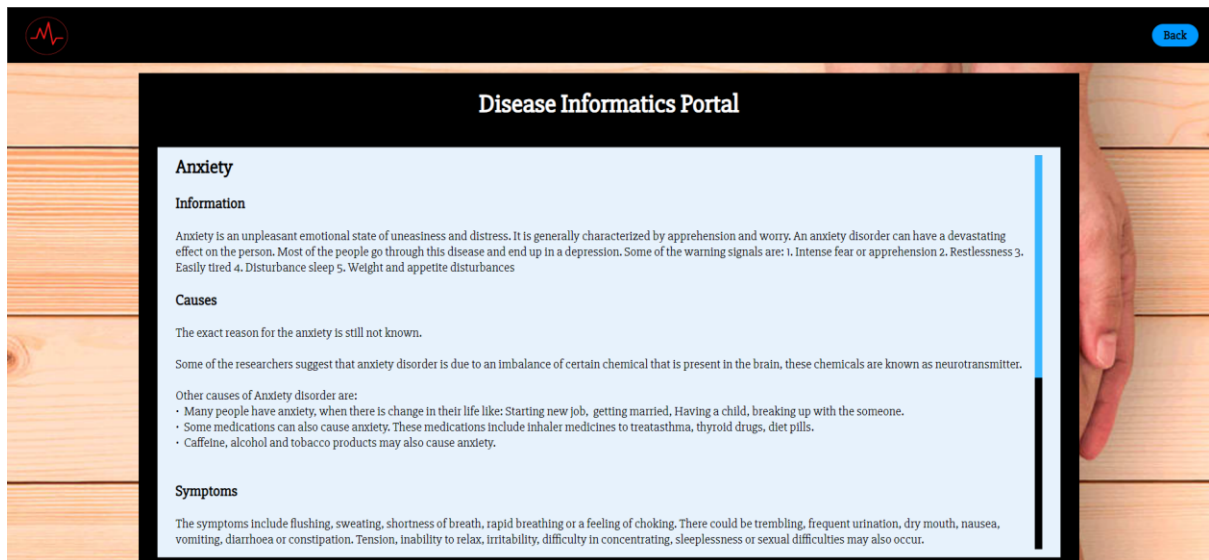


## Home Page:

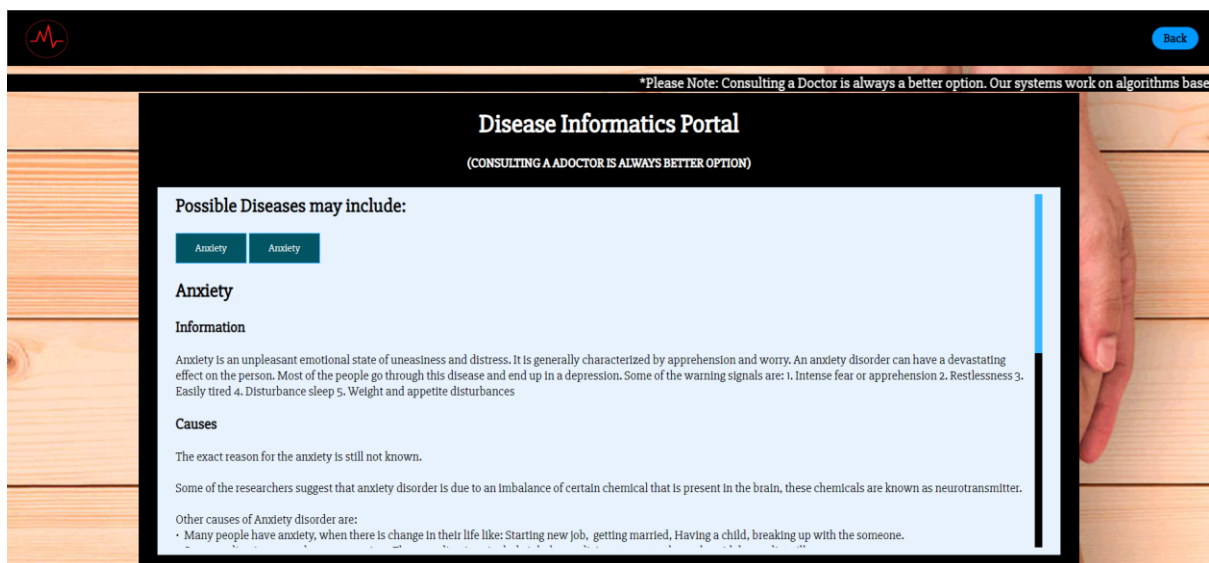
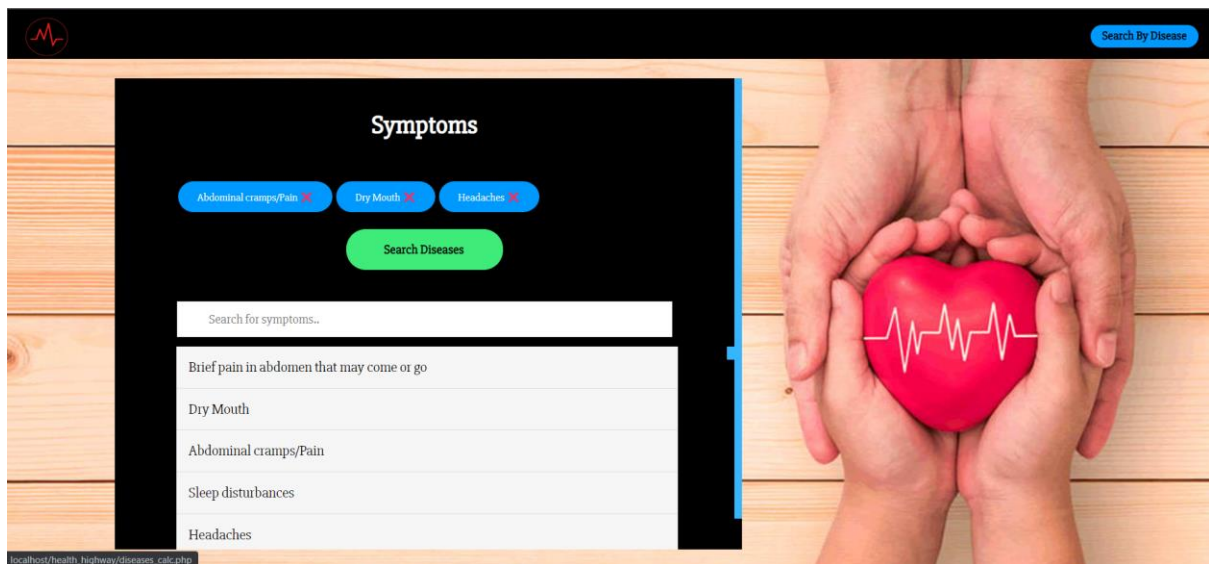


## Disease Page:

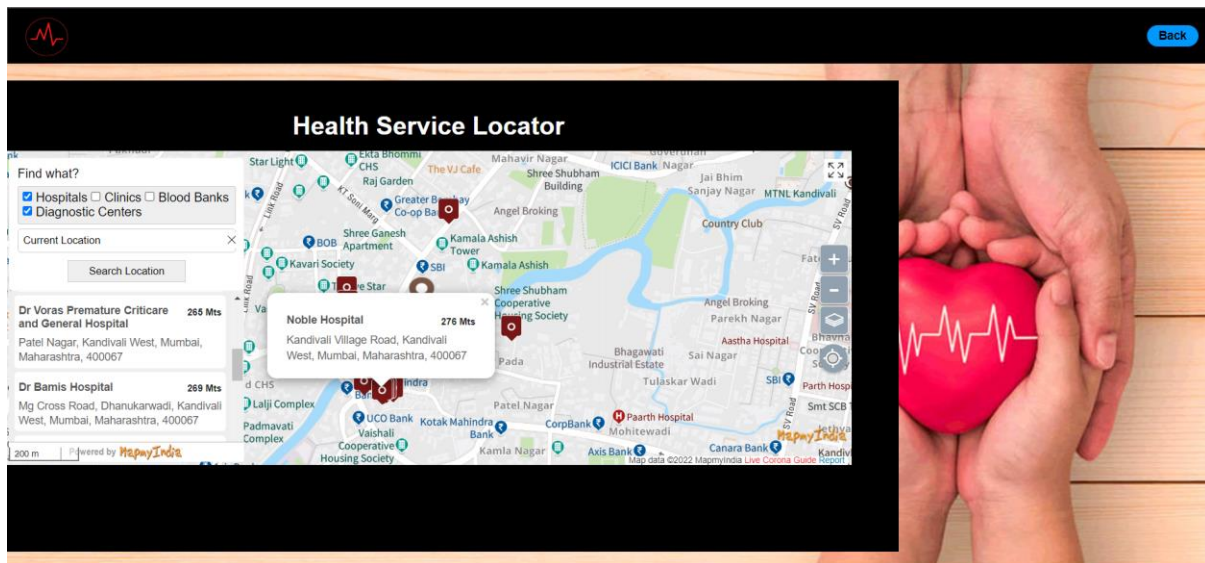




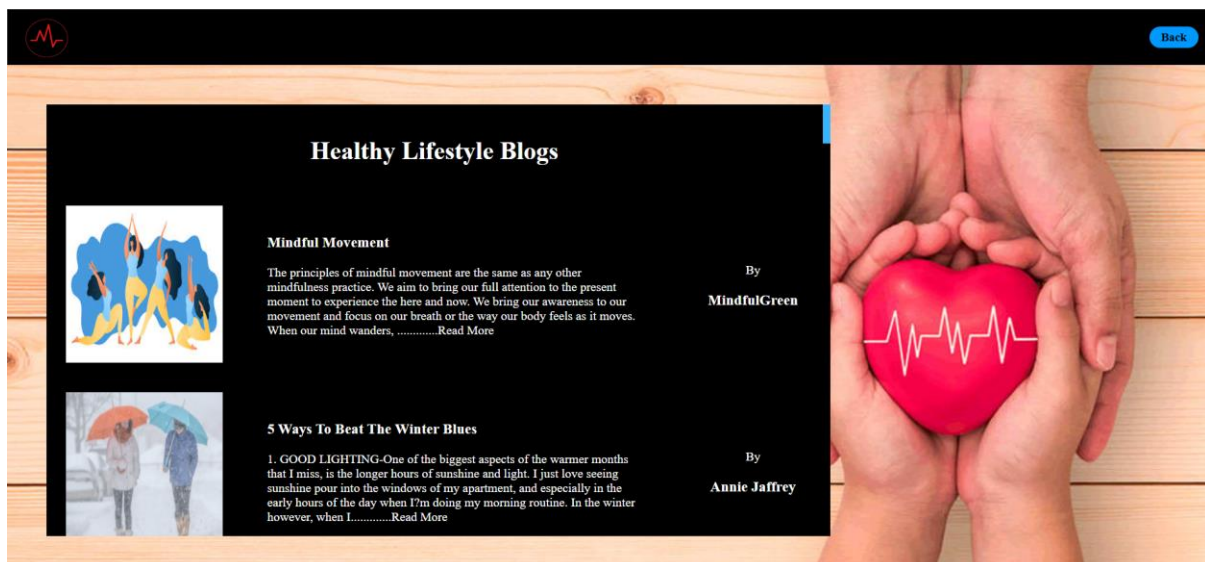
## Symptoms Page:



## Service Locator:




## Blogs:





[Back](#)


### Mindful Movement



The principles of mindful movement are the same as any other mindfulness practice. We aim to bring our full attention to the present moment to experience the here and now. We bring our awareness to our movement and focus on our breath or the way our body feels as it moves. When our mind wanders, we bring our attention back to the practice, to our breath, to our body.



## BMI:


[Back](#)


### BMI Calculator

kilograms(kg)

centimeters(cm)

Calculate



[Back](#)

### BMI Calculator

25.7 BMI

Overweight

Information

Underweight

Normal


Overweight

16.0


18.5

25.0

40.0



## Pregnancy:

Back

### Pregnancy Do's and Don'ts

Select Age Range

☐ 10-15

☐ 15-25

☒ 25-40

☐ 40-50

Select Trimester


☐ First \*


☒ Second \*

☐ Third \*

Next


\* First Trimester (From Week 1 to Week 12)  
\* Second Trimester (From Week 13 to Week 26)  
\* Third Trimester (From Week 27 till End of Pregnancy)




Back

### Pregnancy Do's and Don'ts for Second Trimester

Do's	Don'ts
<ul style="list-style-type: none"><li>Do regular and timely check-ups with your physician.</li><li>Do get a flu vaccine. According to the World Health Organization (WHO), women who are pregnant during the flu season should receive the vaccine. There is sufficient evidence showing that the vaccine is safe for a mother and baby at any stage of pregnancy, as it offers protection from what could be a severe illness in pregnancy. A flu vaccine does not contain the live virus which means it cannot infect you, but does cause your body to build up antibodies that protect you when you're exposed to the live virus.</li></ul>	<ul style="list-style-type: none"><li>Avoid alcohol, smoking, excessive intake of caffeine.</li><li>Dental visits are linked to diagnostic procedures. It is better to avoid all dental procedures until after delivery as dental x-rays and some dental medication can be harmful for the foetus.</li></ul>



## Covid'19 Portal

Back

### Covid'19 Informatics Portal

MapmyIndia COVID-19

Stats I need help I want to help API

Safety Check COVID solutions for Businesses

Bandra Bandstand

Select Map Layers

- Corona New Cases Yesterday **NEW**
- Corona Vaccination Centres
- State Wise Vaccination **NEW**
- District Wise Corona Cases
- State Wise Corona Cases **11639**
- Treatment Centres **2258**
- Testing Lab **2795**

Lilavati Hospital and Research Centre

A 791, Bandra Reclamation, Bandra West, Near Mount Carmel Church, Opposite Mumbai Educational Trust, Mumbai, Maharashtra, 400050

Direction

See More Info

click to see what people are experiencing at this place and also add yours


Source: ICMR-www.icmr.gov.in

Total Cases | India

**4,30,31,959**

In sync with **MohFW** website, last updated an hour ago

Active Cases	Vaccinated	Recovered	Deceased
11,639	1,166,900	4,24,98,789	5,21,530



## News Portal:



### All you need to know about Health



**How would you know if you have the flu or COVID-19? Symptoms and Prevention Explained - Oneindia**

As flu season is starting in many parts of the world, people often finds it difficult to identify whether they have been affected by flu or COVID-19. It is because both the diseases have similar symp? [+2203 chars].....Read More

Source: Oneindia.com

Published on: 2022-04-06 08:06:23



**Comparison of the Quality of Sleep in Patients With Chronic Kidney Disease and End-Stage Renal Disease - Cureus**

Objective In this study, we aimed to?compare the quality of sleep between patients with (CKD) and those with end-stage renal disease (ESRD). Methodology We performed a cross-sectional study between? [+21284 chars].....Read More

Source: Cureus.com

Published on: 2022-04-06 05:25:27

