



सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ।

May All be Happy, May All be free from illness

Read More

- 1) Can we extend the illustrations till the boxes
- 2) Close the tiny gap
- 3) Fonts are differing - Spine & Mind (hyperlink them to their detailed pages)

Read More

## Original Design

# Spine

CHIEF PHYSICIAN

Dr. Nisarg  
Parikh (M.S)

Endoscopic Spine Surgeon  
Fellow: India, Italy, Germany



HOME ABOUT US SPINE MIND CAREERS CONTACT US

Fonts, opacity, letter spacing  
are differing from the original,  
also its weight.

Same applies to the **Mind**  
Section

Hyperlink Spine to its detailed  
page

# Spine

CHIEF PHYSICIAN

Dr. Nisarg  
Parikh(M.S)

Endoscopic Spine Surgeon  
Fellow: India, Italy, Germany

Website

Original Design

The screenshot shows a dark-themed website layout. At the top, there's a banner with a video player showing two people in profile. Below the video is a testimonial quote from a user named 'Swasti'. A pink decorative element resembling a stylized heart or flower is positioned above the testimonial. Below the video and testimonial is a section titled 'Facilities'.

A screenshot of the Windows taskbar showing the original website's header. The header includes a search bar, a list of pinned apps, and the website's title 'Swasti - Home Page.pdf'.

A screenshot of the redesigned website. The layout has been updated. The testimonial video player and the facilities section remain, but the overall design is cleaner. A callout arrow points from a circled set of three dots at the bottom left of the original testimonial section to the corresponding dots in the redesigned version. A yellow box labeled 'Website' highlights the redesigned section.

Dot size is differing

Justify the testimonial text

Website

## Original Design

**Explore**  
Home  
About  
Career  
Contact

**Quick Links**  
Spine  
Mind

### Get In Touch

503, Golden Icon,  
Nr. Someshwar Jain Temple Cross,  
132 Feet Ring Rd, Nr. Shyamal,  
Ahmedabad, Gujarat 380015  
079 4019 3600, +91 90993 87037  
swastispineandmindcare@gmail.com

### Follow Us On



TERMS & CONDITIONS

PRIVACY

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**Explore**  
Home  
About  
Career  
Contact

**Quick Links**  
Spine  
Mind

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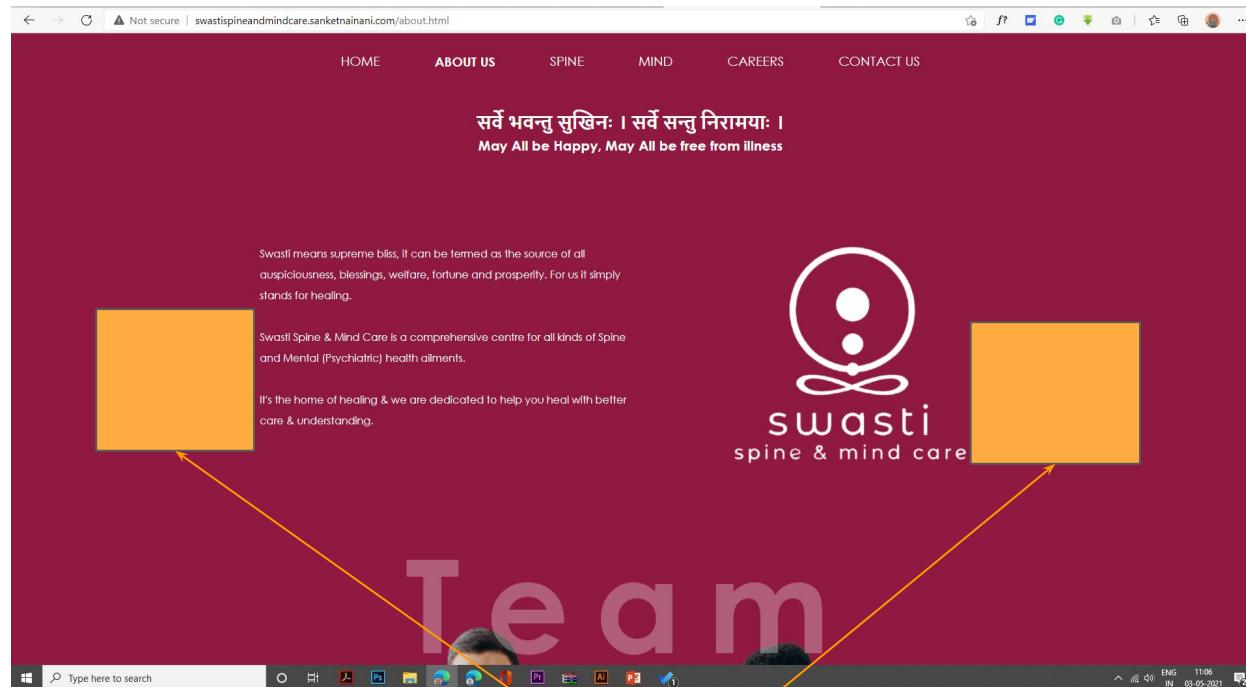
## Website

Text at the bottom stripe has to  
be left aligned

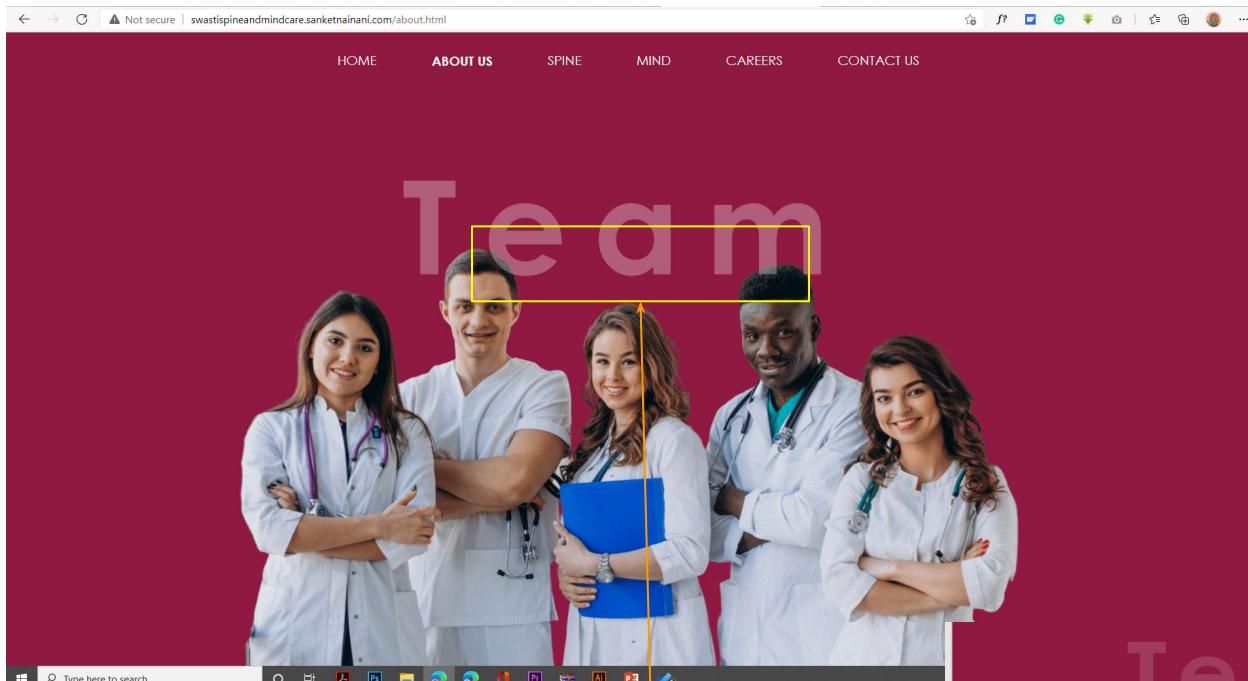
Text should be Centre aligned

Font weight is different

# ABOUT US

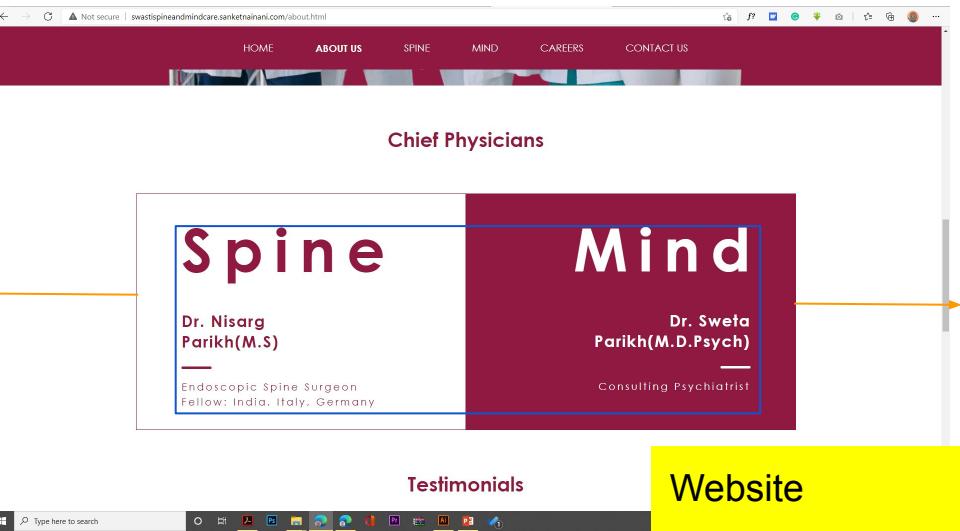
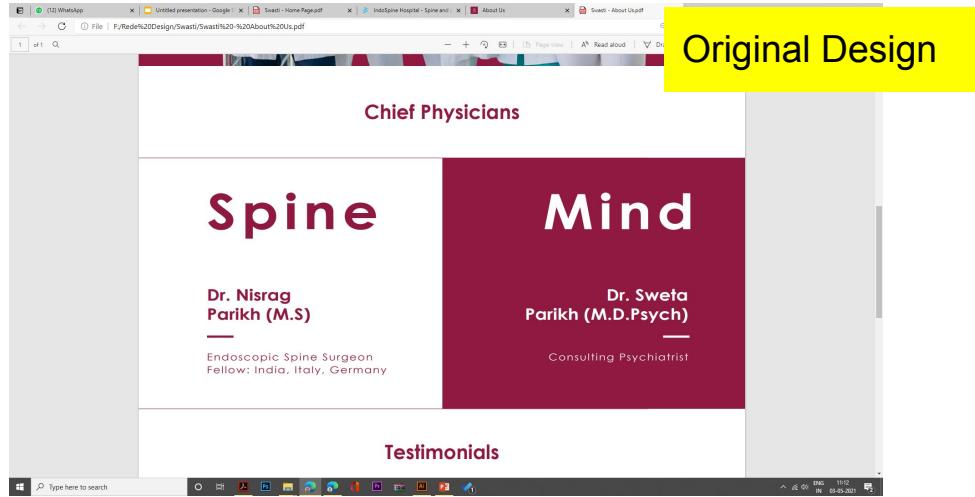


Same as the home page, the empty area can be utilised



Text will be behind them  
Font & opacity is different





- 1) **Right** - Magenta patch till extend till the edge  
**Left** - lines (top and bottom) will extend till the edge, remove the side border
- 2) **Fonts** are differing along with space between letter and weights
- 3) Title font weight differing

Not secure | swastispineandmindcare.sanketainani.com/spine.html

HOME ABOUT US SPINE MIND CAREERS CONTACT US

# Spine

The spine is one of the most important parts of your body. Without it, you could not keep yourself upright or even stand up. It gives your body structure and support. It allows you to move about freely and to bend with flexibility. The spine is also designed to protect your spinal cord.

The spinal cord is a column of nerves that connects your brain with the rest of your body, allowing you to control your movements. Without a spinal cord, you could not move any part of your body, and your organs could not function. This is why keeping your spine healthy is vital if you want to live an active life.

Website



- 1) Same as the home page, the empty area can be utilised.
- 2) Also, increase the size of illustration. Font & opacity is differing

HOME ABOUT US SPINE MIND

# Spine

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Original Design

# Original Design

## Lumber Spine

Low Back Pain

This term is used for degeneration seen in the spine, be it cervical/dorsal or lumbar spine. Wear and tear occurs in all parts of the body as age progresses and the same applies to the spine too. Degeneration in spine can involve disc, joints and other bony structures, muscles etc., and this is termed as spondylosis. It can be a result of a degenerative process of joints (seen in elderly) or due to fracture/defect of pars (seen in adolescents).

Lumbar Disc Prolapse And Radicular Pain(Sciatica)

Initial symptom is usually back pain. As the condition progresses there will be more slippage and more impingement over the nerve roots, leading to symptoms of neurological claudication- pain, heaviness, tingling-numbness in legs after walking and standing for a few minutes.

Spondylolisthesis

Treatment part consists of analgesics, activity modification, back and core strengthening exercises initially. However, as disease progresses, symptoms can worsen and it can lead to disability. In this situation surgery is recommended. In surgery, fixation and stabilization of the involved vertebra is done.

Spondylosis

Common symptoms of lumbar spondylosis are: back pain, buttock pain, heaviness in legs, restricted movements of back etc. As spondylosis progresses it can lead to spinal canal stenosis. This will give rise to neurogenic claudication.

Treatment of spondylosis consists of activity modification, analgesics and back exercises. Activities like yoga, cycling, swimming, walking etc help in losing weight, build muscles and endurance, thus helping in reducing the intensity as well as the duration of the symptoms of spondylosis.

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HOME ABOUT US SPINE MIND CAREERS CONTACT US

**SPINE AILMENTS**

**TREATMENT OPTIONS**

**TECHNOLOGY**

**Lumber Spine**

Low Back Pain

Lumbar disc prolapse and radicular pain(Sciatica)

Lumbar spinal stenosis

Spondylosis

Spondylolisthesis

Low back pain is one of the most commonly encountered spine problems. It can involve spine in all age groups. It can arise due to any abnormality in muscles, bones, joints, posture, spine or other soft tissue. The common causes are the abnormal posture, weight lifting and lack of exercises. It can also be seen due to trauma, infection and in rare case, tumor.

Low back pain can be isolated to a particular area or it can be associated with radiating pain in buttocks or thighs. Acute low back pain gets resolved with analgesics, rest and some light exercises. In cases of chronic low back pain, there can be intermittent pain, stiffness and loss of function. The mainstay of treatment for chronic low back pain is activity modification via avoidance of weight lifting, forward bending, posture correction and back strengthening exercises.

Non-invasive measures like avoidance of heavy weight lifting, back exercises, posture correction especially at your workplace etc. are important for avoidance of back pain.

Definitive assessment by a spine expert with necessary investigations is necessary if one is having a history of fall, fever, symptoms like weight loss or loss of appetite in addition to persistent back pain.

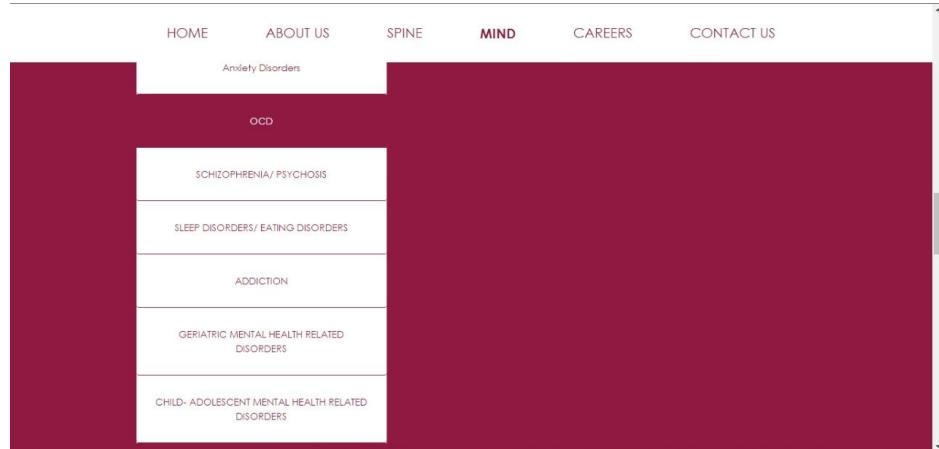
Things mentioned below applies to all the tabs in Mind & Spine

Top three buttons and content below it will be aligned as shown, refer to the original design

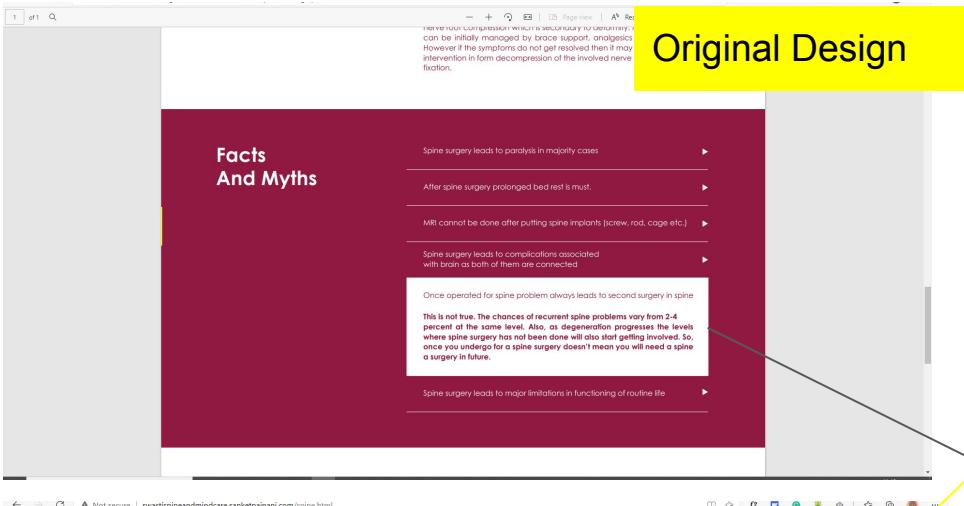
Title size is differing

The whole word will have enough space, from left and right. And spacing between the letters! Font differing

There will be space between the tabs and the content.



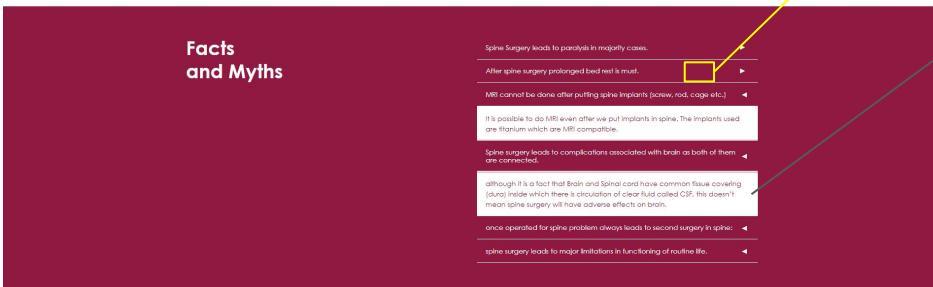
Different screen sizes is reacting to Vertical tabs differently. Here, unable to see the connect when clicking on the desired tab. Since the content is above the tab



## Original Design



Spacing between the tab is differing from the original, spacing between each of them should be same as the vertical tab



Upon clicking a certain Fact the drop should look how its in the original design.

Fonts weights are differing and Sentence case missing, refer to the original design

Website

# Mind

The spine is one of the most important parts of your body. Without it, you could not keep yourself upright or even stand up. It gives your body structure and support. It allows you to move about freely and to bend with flexibility. The spine is also designed to protect your spinal cord.

The spinal cord is a column of nerves that connects your brain with the rest of your body, allowing you to control your movements. Without a spinal cord, you could not move any part of your body and your organs could not function. This is why keeping your spine healthy is vital if you want to live an active life.



- 1) Same as the home page, the empty area can be utilised.
- 2) Also, increase the size of illustration. Font opacity is differing

Note: Mind Content  
[https://drive.google.com/file/d/1wNcCQ9xvbrXAKnwyk7zLkXgeLyf6Dp\\_i/view?usp=sharing](https://drive.google.com/file/d/1wNcCQ9xvbrXAKnwyk7zLkXgeLyf6Dp_i/view?usp=sharing)

Illustration shouldn't overlap the content



Original Design



Fonts, opacity, letter spacing  
are differing from the original,  
also its weight.

HOME ABOUT US SPINE MIND CAREERS CONTACT US

Mind  
CHIEF PHYSICIAN

Dr. Sweta  
Parikh(M.D.Psych)  
Consulting Psychiatrist

COMMON AILMENTS

TREATMENT OPTIONS

Website

Hyperlink Mind to its  
detailed page

Not secure | swastispineandmindcare.sanketnani.com/mind.html

HOME ABOUT US SPINE MIND CAREERS CONTACT US

COMMON AILMENTS TREATMENT OPTIONS

Major Depressive Disorder (Mdd)

Bipolar Mood Disorder

Anxiety Disorders

OCD

SCHIZOPHRENIA/ PSYCHOSIS

SLEEP DISORDERS/ EATING DISORDERS

ADDICTION

GERIATRIC MENTAL HEALTH RELATED DISORDERS

CHILD- ADOLESCENT MENTAL HEALTH RELATED DISORDERS

Common Ailments

Treatment Options

Major Depressive Disorder (Mdd)

- Persistent sadness/ irritable mood
- Lack of interest in previously enjoyable activities
- Change in appetite
- Sleep disturbance
- Loss of pleasure
- Hopelessness, Helplessness, Worthlessness
- Suicidal thought/ attempts

All these can cause difficulty in social/ professional functioning

Refer to comments on slides 9 & 10

The screenshot shows a PDF document with a dark red header bar containing the text 'Child-Adolescent Mental Health Related Disorders'. Below this, a yellow box highlights the title 'Original Design'. The main content area has a white background. On the left, there's a section titled 'Facts And Myths' in bold red text. To its right is a list of statements with arrows pointing right, each followed by a detailed explanatory text in a dark red box:

- Psychiatric illness is a chronic illness requiring lifelong treatment.
- Medicines for psychiatric illnesses are addictive and habit forming and difficult to withdraw/quit.
- Psychiatric medicines have serious side effects and should not be taken.
- Psychiatric medicines cause drowsiness, are sedatives and decrease mental functioning.  
This is not true. The chances of recurrent spine problems vary from 2-4 percent at the same level. Also, as degeneration progresses the levels where spine surgery has not been done will also start getting involved. So, once you undergo for a spine surgery doesn't mean you will need a spine surgery in future.

Refer to comments on slides 11

The screenshot shows a website with a dark red header bar containing navigation links: HOME, ABOUT US, SPINE, MIND, CAREERS, and CONTACT US. Below this, a yellow box highlights the word 'Website'. The main content area has a white background. On the left, there's a section titled 'Facts and Myths' in bold black text. To its right is a list of statements with arrows pointing right, each followed by a detailed explanatory text in a dark red box:

- Psychiatric illness is a chronic illness requiring lifelong treatment.
- Medicines for psychiatric illnesses are addictive and habit forming and difficult to withdraw/quit.  
This is a wrong notion that psychiatric medicines are addictive. Except the sedatives, no other medicines are addictive. Sedatives too, when used in low doses for short time are not addictive. They are used for short time. Similar to other medical illnesses, psychiatric illnesses need treatment and do not get cured only by counselling/ talk therapy/ a few sessions. Just the way medical conditions like diabetes, hypertension and non-communicable diseases don't stop even though the illnesses still don't get cured by such losses in treatment. This is not an indication of medicines being addictive, but it only indicates that the illness persists and needs regular treatment.
- Psychiatric medicines have serious side effects and should not be taken.
- Psychiatric medicines cause drowsiness, are sedatives and decrease mental functioning.

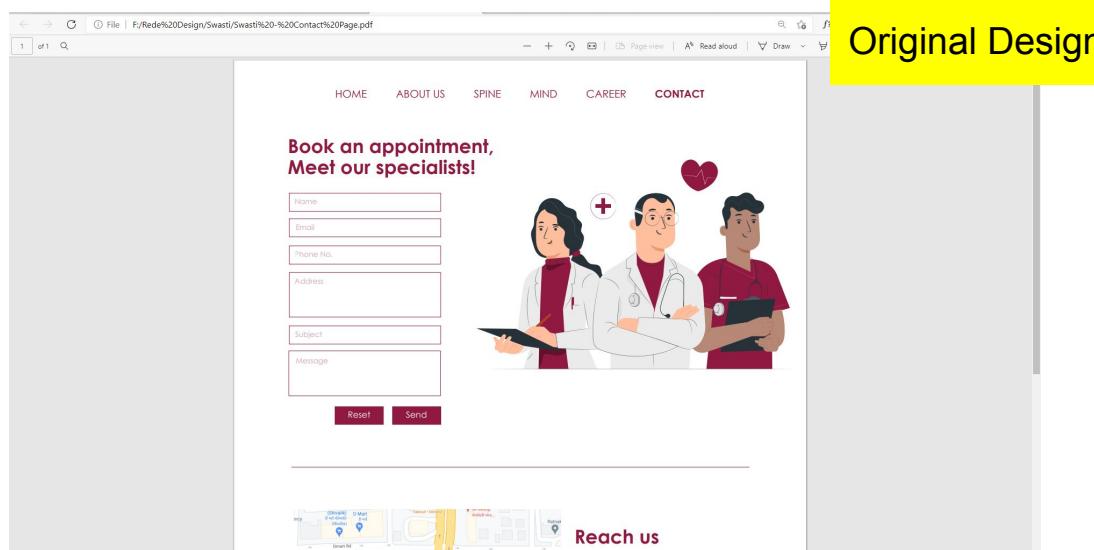
# CAREER

The screenshot shows a web browser window for the URL [swasthispineandmindcare.sanketainani.com/careers.html](https://swasthispineandmindcare.sanketainani.com/careers.html). The page has a navigation bar with links for HOME, ABOUT US, SPINE, MIND, CAREERS (highlighted in red), and CONTACT US. Below the navigation is a form titled "To be part of our team or for training and internship programs, drop in your details below". The form includes fields for Name, Email, Phone No., Subject, Message, Resume (with a "Browse" button), and two buttons: "Reset" and "Send". To the right of the form is a cartoon illustration of three medical professionals: a woman doctor, a man doctor, and a nurse, standing together. A yellow callout box with the text "CAREERS" points to the "CAREERS" link in the navigation bar. Another yellow callout box with the text "CONTACT US" points to the "CONTACT US" link in the navigation bar. At the bottom of the page is a dark footer bar with sections for Explore (Home, About, Career, Contact), Quick Links (Spine, Mind), Get in Touch (address: 503, Golden Icon, Nr. Somnathwar Jain Temple Cross, 132 Fenni Ring Rd, Nr. Shyamoli, Ahmedabad, Gujarat 380015), Follow us On (Facebook, Instagram, YouTube, Twitter, LinkedIn icons), and a logo. The footer also includes a search bar, a taskbar with various icons, and system status indicators.

\*CAREER

Illustration can be  
slightly bigger

Keep the boxes cornered



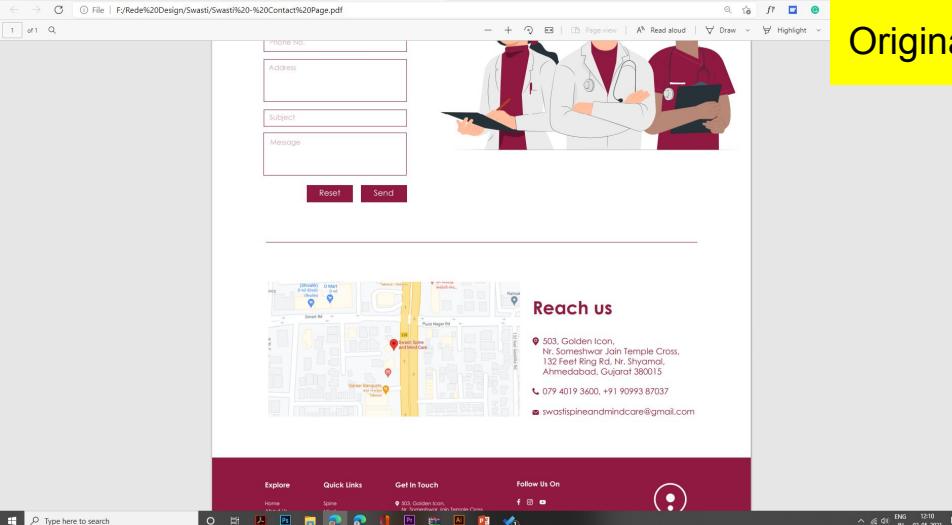
Original Design

The screenshot shows the same contact form and medical professionals illustration as the original design, but with different font weights and placements. A red arrow points from the text "Book an appointment, Meet our specialists!" in the original design to this version, highlighting the change. The top navigation bar is identical to the original.

Font weight and placement differing from the original

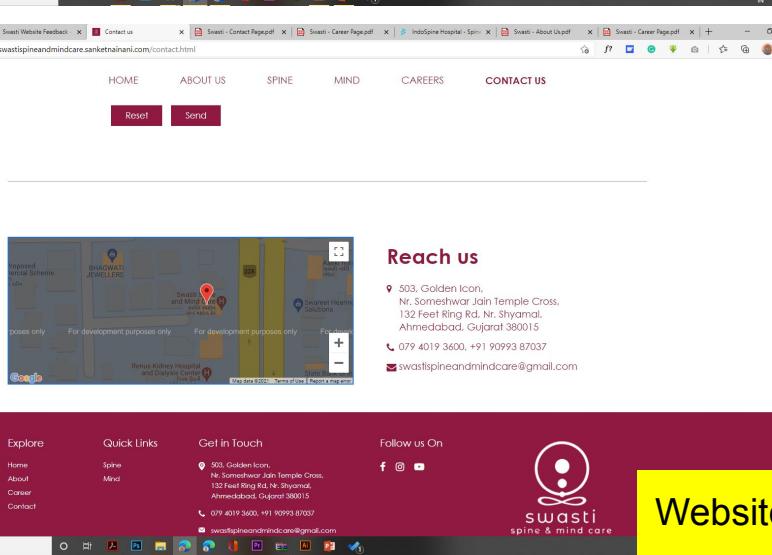
Illustration can be slightly bigger

Website



# Original Design

# CONTACT



# Website

Icons & its size along with spacing, differing from the original

Query - will the map always be looking like this, dark?

Can we also hyperlink the text address

Note: There will be a slight modification in the terms of content, which we'll be sending soon.

There are separate Social Media for Spine & Mind, which we'll update you about, how it'll be included and placed.

Mostly, the modifications remains of the font, spacing - it would be great if you can refer to the original design precisely.