



Dr Ayush Chandra

**DIABETOLOGY**  
**HEALTH & WELLNESS**  
**YOGA & AYURVEDA**



[www.nivaranhealth.com](http://www.nivaranhealth.com)

## ABOUT NIVARAN

Nivaran Health is an ISO 9001 :2015 certified firm and has two branches: Nivaran Diabetes, Foot Care, Wellness Clinic, and Nivaran Yoga and Ayurveda.

Dr. Ayush Chandra, Consultant Diabetologist & Diabetic Foot care Specialist, is an esteemed member of the American Diabetes Association, Medical Council of India, Indian Medical Association, RSSDI, Diabetic foot society of India and UK Diabetes along with other recognized medical bodies.

Dr. Chandra has received extensive experience and professional training in Diabetic Care, Foot care, & Wellness from Dr. DY Patil Hospital & Research Center Pune, RNOH London (National Health Services), Kingston Upon Thames Hospital London, Max Super Specialty Hospital Vaishali, Sudarshan Hospital Ghaziabad & Indraprastha Apollo Hospital Delhi.

Dr. Chandra holds multiple degrees in medicare and management from eminent national and international universities. He is MBBS, D.Diab(UK), holds Fellowship in Diabetes(Apollo Delhi), MBA from the UK, and trained in Diabetic Foot care from CMC Vellore & FRSPH (London).

His degrees, experiences, and association with renowned medical bodies and hospitals speak for Dr. Chandra himself. At present, Dr. Chandra gives consultation for Diabetes Treatment, Diabetic foot care management, Meditation & Yogic Therapies, and Ayurvedic Medication through direct, online, and tele consultation.

He is a certified yoga trainer from Ministry of Ayush (Govt. of India) and RYT 200 Registered Yoga trainer from Yoga Alliance USA. He is also an Art of Living Faculty who conducts yoga and meditation workshops regularly.



# HEALTHY HABITS MAKE US HAPPY





## nivaran

DIABETES, FOOT CARE & WELLNESS CLINIC

COMPLETE DIABETES CARE  
FOOT CARE MANAGEMENT  
LIFESTYLE MODIFICATIONS  
DIABETES EDUCATION  
OBESITY CONTROL

 68, WEST MODEL TOWN, GHAZIABAD

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 WWW.NIVARANHEALTH.COM



**DR. AYUSH CHANDRA**

CONSULTANT DIABETOLOGIST &  
DIABETIC FOOT CARE SPECIALIST





# DIABETIC FOOT CLINIC

- Foot Assessment
- Peripheral Neuropathy
- Wound Management
- Nail, Toe Care
- Corn, Callous Removal
- Gait Analysis
- Footwear Advise
- Insulin Management



## Neuropathic Assessment

Monofilament Exam  
Ankle reflex  
Vibra Tip  
Tip Therma

Coming Soon

Biothesiometer  
Digital VPT  
Hand Doppler  
Podiascan





**nivaran**  
YOGA & AYURVEDA  
BRINGING A CHANGE

# Yoga for Life

Online Beginners & Intermediate Level Yoga  
for Personal, Couple & Group Batches

**Specific Disorder Yoga & Mudras  
(Diabetes, HTN, Thyroid, Obesity)**

**Power Yoga | Pranayam | Mudras | Meditation**

**Dr. Ayush Chandra**  
Certified Yoga Trainer



MINISTRY OF  
**AYUSH**



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- An ancient ayurvedic technique of diagnosis.
- Accurately diagnose physical, mental & emotional imbalances as well as diseases.
- Identifies root cause of the health issues.
- Pulse reveals both physical and mental characteristics of the patient.
- Personalized treatment, therapeutic plans, suitable diet and lifestyle.
- Naadi Parikshan is done empty stomach for precise diagnosis.



**Dr Lalita Bhatt**  
Renowned Naadi Consultant  
Ayurvedic practitioner  
for 12+ years

Address: 68, West Model Town, GT Road, Gzb.

Contacts: 9971408025, 9971400967

Website: [www.nivaranhealth.com](http://www.nivaranhealth.com)

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## HOME SAMPLE COLLECTION FACILITY AVAILABLE IN DELHI NCR. SERVICES AVAILABLE FROM:



PACKAGE #	PACKAGE NAME	TESTS INCLUDED
<b>N1</b>	<b>DIABETES WELLNESS</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Blood Profile, Diabetes Profile, Cardiac Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Fat Analysis Yoga & Meditation Workshops(Optional)
<b>N2</b>	<b>CHRONIC DIABETES WELLNESS</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Blood Profile, Diabetes Profile, Cardiac Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Fat Analysis, Vitamin & Bone profile, Eye Screening, Cancer Screening(Oncology) Yoga & Meditation Workshops(Optional)
<b>N3</b>	<b>DIABETIC FOOT SCREENING</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Complete Foot (Podiatry) Assessment, Neuropathy Screening, Foot Investigations, Blood Profile, Diabetes Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Eye Check Up
<b>N4</b>	<b>PRE-DIABETES ASSESSMENT</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Blood Profile, Diabetes Profile, Cardiac Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Fat Analysis, Other Tests, Yoga & Meditation Workshops(Optional)
<b>N5</b>	<b>OBESITY CONTROL</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Blood Profile, Diabetes Profile, Cardiac Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Fat Analysis, ECG, Yoga & Meditation Workshops(Optional)
<b>N6</b>	<b>PREGNANCY WELLNESS (GESTATIONAL)</b>	1 Diabetes Consultation + 1 Nutrition Consultation, Blood Profile, Diabetes Profile, OGTT, Cardiac Profile, LFT, Kidney Profile, Thyroid Profile, Urine Analysis, Prolactin LH/FSH, Yoga & Meditation Workshops(Optional)

## VISITING FACULTIES



**Dr Amresh Chandra**

Newborn, Child & Adolescent Specialist  
MBBS, DCH (GSVM Kanpur)



**Dr Mithlesh Chandra**

MMBS (Lady Harding Delhi), P.G.D  
M.C.H, RCOG(UK), Obs & Gynecologist



**Dr Mini Chandra**

MD DVL, FAAM (Fellowship in Anti-Ageing  
& Aesthetic Medicine), Dermatologist,  
Trichologist, Cosmetologist & Aesthetic Physician



**Dr Lalita Bhatt**

BAMS (State Ayurvedic College, Lucknow)  
Ayurveda Practitioner & Naadi Consultant





DIABETES, FOOTCARE & WELLNESS CLINIC

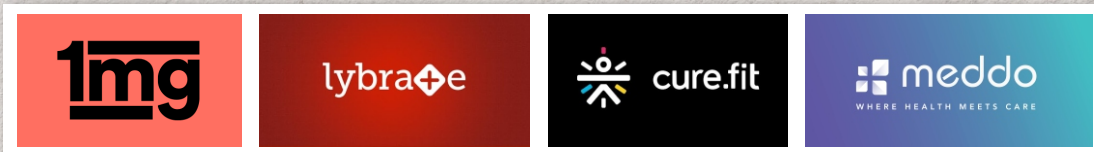


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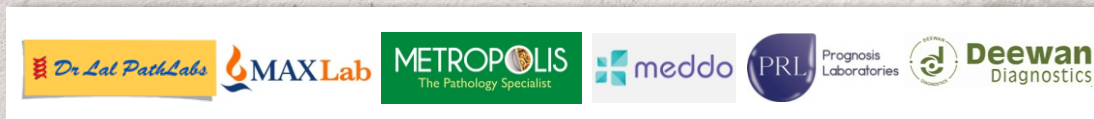
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