



January 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	



February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

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February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	



March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.



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Until we open

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April 2026

M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

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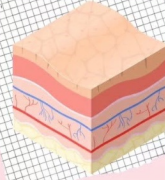
April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Why ANAHAN?



?

A beautiful Sanskrit word
Anaha (अनह) means:

- Perfect Health
- Freedom from Disease
- Unobstructed Energy Flow



Mentioned in the revered **Lalitha Sahasranama**, and inspired by **Anahata**, the Heart Chakra—symbolizing healing, compassion, and emotional balance.

May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

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May

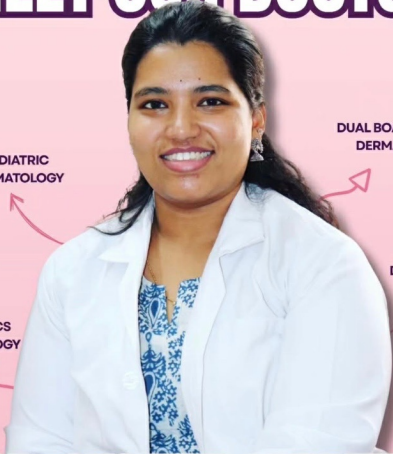
2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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MEET OUR DOCTORS



PEDIATRIC DERMATOLOGY

DUAL BOARD CERTIFIED DERMATOLOGIST

CLINICAL DERMATOLOGY

AESTHETICS DERMATOLOGY

DR. SUSHMA SUKRUTHI

MBBS, MD-DVL (Osmania), DNB REG NO: 04379



Consult Now



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June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

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June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.



July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

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July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		



Happy GANESH CHATURTHI



Happy Ganesh Chaturthi! May Lord Ganesha bless you
with wisdom, prosperity, and happiness.

MONDAY - SATURDAY
4:00PM - 9:00PM



Dr. Sushma Sukruthi
MBBS, MD-DVL (Osmania), DNB
(Reg No: 04379)



Dr. PRADEEP VARMA
MBBS, MS- ORTHO (Osmania), FIJR
(Fellowship in Joint Replacement)
(Reg No: 01189)

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September 2026

M		7	14	21	28
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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(Reg No: 04379)

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October 2026

M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
				Gandhi Jayanti		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Dussehra / Dasara & World's Osteoporosis Day					
26	27	28	29	30	31	



Why Chemical Peel?



- ✦ Clears Acne & Tightens Pores.
- ✦ Remove dead skin Cells, Smoothen Fine lines & Wrinkles.
- ✦ Fades Pigmentation & Dark Spots.
- ✦ Lift & Firm Your Skin For a Youthful Feel.
- ✦ Improves Skin's Texture.



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(Reg No: 04379)

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November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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November

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8
						Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	Guru Nanak Jayanti					



December 2026

M		7	14	21	28
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Christmas		
28	29	30	31			
			New Year's Eve			