

OUR DISTINGUISHED ALUMNI

Dear Doctor

TAKE CHARGE
of your health



Healthy
Life

Thank You for Making the World a Healthier Place!



Darbari Lal DAV Model School

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UNITED

When the intelligentsia of a nation pledges to give back to the society, the nation triumphs and humanity wins! One such promise was made in the Healers' meet that took place in DLDV Shalimar Bagh under the auspices of



DAV United. It was heartening to see 30 accomplished doctors from various fields brainstorming on ideas to help the DAV fraternity. From mentorship programs to talk shows, health camps and screening drives to lifestyle management, the enthusiastic doctors passionately drew up plans to sensitize people on 'Awareness- Prevention-Correction' of various health issues. They decided to start an award for school toppers to motivate and reward young children for academic excellence. Principal Ms. Reena Rajpal lauded the efforts of the dedicated doctors and assured them of their full support.



DLDAV MODEL SCHOOL SHALIMAR BAGH, DELHI

presents

IMPORTANCE OF EXERCISE FOR HEALTHY LIVING

Session by our proud alumnus
- Dr. Raju Easwaran
(Orthopaedic Surgeon)
(Batch 1993)

FOR STUDENTS OF CLASS X
Wednesday, July 31, 2019



Raju Easwaran is with Meru Chandna at DL DAV Model School Shalimar Bagh.

Yesterday at 3:29 PM • New Delhi • 🌐

Felt fabulous to get back to my Alma mater. Had a wonderful interaction with our future generation. Was reassured to see that most of them looked the right weight. Nearly all of them wanted to know how to concentrate more & how not to let sports rob them of their study time. Valid concerns, I believe the session should also have been directed to their parents.



MENTORSHIP SESSIONS

DLDAV MODEL SCHOOL SHALIMAR BAGH, DELHI

PRESENTS

NUTRITION & HEALTH CAMP

FOR TEACHERS AND PARENTS

BY OUR PROUD ALUMNUS

Kamakshi Vasudev (2012)

Clinical Nutritionist

Saturday, August 17, 2019

DLDAV MODEL SCHOOL SHALIMAR BAGH, DELHI

presents



Becoming A Better Student

Session for Students of Different Needs

By Our Proud Alumnus

Dr. NITISH GARG
Occupational Therapist

Friday, August 9, 2019

Physiotherapy Can Do Miracles



Dr. Rajiv Mehta- Physiotherapist

Proud alumnus of DLDVA Model School, Shalimar Bagh (Batch 1996)

Senior Orthopedic, Neurologic, Paedetric, Sports, Rehab and Fitness consultant

BPTh/ BPT, MSPT (Master of Physical Therapy) Physiotherapist, Clinical Physiotherapist

FP-18A, PITAMPURA, DELHI, PH: +91-2732-2827

Awards:

Healthcare Excellence Award as the Best Physiotherapist in North West Delhi-2012, Member Delhi Council of Physiotherapy-2013, Speaker Incpt AIIMS Delhi 2014.

Qualification:

Master in physiotherapy for cardiothoracic conditions (M.P.T.-CT) 2005-2007.

Bachelor of Physiotherapy (B.P.T.), 1996-2000. National institute of rehabilitation, training and research Utkal University, Orissa.

Level one manual therapy course, mulligan concept, November' 2005.

Here are some important health tips shared by Dr. Rajiv Mehta:

1. "Tips to Prevent Your Family from Bad Air"

<https://www.practo.com/healthfeed/tips-to-prevent-your-family-from-bad-air-30614/post>

2. "Occupational Hazards Among Teachers and Its Treatment"

<https://www.practo.com/healthfeed/occupational-hazards-among-teachers-and-its-treatment-34983/post>

3. "Relieve Your Stress with Easy Massages"

<https://www.practo.com/healthfeed/relieve-your-stress-with-easy-massages-23989/post>

4. "Back Pain in Teenagers"

<https://www.practo.com/healthfeed/back-pain-in-teenagers-39587/post>

Ayurveda- The Science of Life



Dr. Pradeep Kumar Dua- Ayurvedic Doctor

Proud alumnus of DLDVA Model School, Shalimar Bagh (Batch 1991)

Senior Research Officer in Government of India

M.D. in Ayurveda from the University of Delhi

PH: +9198119 0570

Specialties:

Ayurveda, Clinical Research, Yoga & Naturopathy, Intellectual Property Rights Law, Patents, Hospital Management, Pharmaceutical Drug Regulatory Affairs

Qualification:

- B.A.M.S., University of Delhi.
- M.D. (Ay.), University of Delhi.
- Diploma in Naturopathy & Yoga (N.D.D.Y.), Delhi.
- Postgraduate diploma in Hospital Management (P.G.D.H.M.), N.I.H.F.W.
- Postgraduate diploma in Intellectual Property Rights Law (P.G.D.I.P.R. Law), I.L.I.
- Postgraduate diploma in pharmaceutical drugs regulatory affairs (P.G.D.P.R.A.), Jamia Hamdard University.
- Professional diploma in Clinical Research (P.D.C.R.), Catalyst Clinical services.
- Postgraduate diploma in Bioethics (P.G.D.B.E.), NIH (USA)/ICMR/IGNOU.

Dr. Dua has participated in several National and International forums including BIMSTEC and BRICS. On official assignments, he has been to Thailand, Russia, Singapore, Switzerland, Uzbekistan, Nepal and Sweden to represent the country.

Dr. Dua has several publications in peer reviewed indexed National and International Journals to his credit. One of the famous publication is:

Dietetics in Ayurveda: the Forgotten Science

<https://pdfs.semanticscholar.org/c157/e70a36a56564eb4b27e0be280370e413e3c9.pdf>

Orthopaedic- Keeping Our Nation in Motion



Dr. Raju Easwaran- Orthopedician & Traumatologist

Proud alumnus of DLDAV Model School, Shalimar Bagh (Batch 1993)

Orthopaedic Surgeon, Director, Shree Meenakshi Orthopaedics & Sports Medicine Clinic, B H 41 East Shalimar Bagh,
9810752016 (for appointments)

MS (Orthopaedics)

PH: +9198119 0570

Awards:

- Best paper award for work on 'Minimally Invasive Fixation of PCL Avulsions' in the annual conference of Delhi Orthopaedic Association, 2010
- Best Postgraduate Student Award at the 2nd MAMC PG Instructional Course, 2002
- Presented multiple papers & delivered keynote lectures in arthroscopy meetings throughout India & abroad

Specialities:

- Arthroscopy, Orthopaedic Sports Medicine & Joint Preservation Surgery

Qualification:

- MBBS, Maulana Azad Medical College (1994-1999)
- M.S (Orthopaedics), Central Institute of Orthopaedics, Safdarjang Hospital (2000-2003)
- Arthroscopy Fellowships from Royal Liverpool Hospital, (Liverpool, UK), Institut de la Main (Paris), St. John of God Hospital (Perth, Australia), Advanced Shoulder Arthroscopy Fellowship, Funabashi Orthopaedic Hospital (Japan)

Featured in The Hindu on sports injuries:

<https://www.thehindu.com/life-and-style/fitness/what-is-it-what-is-fitness-hangover/article29178282.ece>