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Institute, Hyderabad)



Dr. Anil Gupta
MBBS, MS, PhD, FFM,
Phaco fellow Sankara
Nethralaya, Chennai

Doctors Trained From AIIMS Delhi,
Sankara Nethralaya, Chennai & LV Prasad
Eye Hospital, Hyderabad.

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TEAM, TRUST & TECHNOLOGY

SHRI GANESH VINAYAK EYE HOSPITAL

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Oculoplasty
Consultant (LV
Prasad, Hyderabad)



Dr. Shubhank Khare
MBBS, MS, FVLS,
Retina & Uvea
Consultant (Arvind
Eye Hospital,
Coimbatore)



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MBBS, MS,
DNB Ophthalmology
Jaipur Pediatric
Ophthalmology
Consultant



Dr. Jagdish Kumar
MBBS, MS, DNB
Narayana Nethralaya
Bangalore



Dr. Meenakshi Mosh
MS Ophthalmology
Gwalior
(Glaucoma
Consultant)



Dr. Ruchita Rathi
MBBS,
MS Ophthalmology -
Dr. Parna Medical
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**Biggest eye
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Special Facilities: Cataract, Squint, Retina, Glaucoma, Contact Lens, Refractive Surgery, Cornea, Pediatric Ophthalmology, Neuro Ophthalmology, Orbit & Oculoplasty, Comprehensive Eye Care

Training Programs – DNB (Accredited institution), Phacoemulsification Fellowship, Sics Cataract Surgery, Ico Fellowship For International Doctors

Our Network - 20 Vision Centers, 2 Secondary Centers, 1 Tertiary Center

SHRI GANESH VINAYAK EYE HOSPITAL

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Date with Yourself

Swayam Se Sakshatkar

LIVE


DATE WITH YOURSELF

स्वयं से साक्षात्कार





खोज खुद की और खुदा की (K5)

By **Dr. Anil K. Gupta**

MBBS, MS, PhD, FFM
Director Shri Ganesh Vinayak Eye Hospital
Founder & Director Positive Health Zone

Coming Soon.....

In the relentless hustle of modern life, where hurry, worry, and curry define our days, we often chase success, money, and approval—while overlooking the most essential relationship of all: the one with ourselves.

To help people pause, reflect, and reconnect, Positive Health Zone, Raipur, is hosting a one-day power-packed workshop, "Date with Yourself – Swayam Se Sakshatkar," led by Dr. Anil and his team.

Why This Workshop Matters

The root cause of much human suffering, as highlighted in both the Bhagavad Gita and the teachings of Patanjali, is Avidya—the ignorance of not knowing "Who am I?" Until we meet our true selves, all external achievements remain incomplete. This workshop is designed to bridge that gap, combining timeless spiritual wisdom with modern scientific tools.

The Questions That Change Everything

Participants will engage with life-changing questions that cut beyond the surface of daily living:

Who am I beyond this physical body?

How do my mind, brain, and intellect function differently?

What roles do the conscious, subconscious, and supra-conscious mind play in shaping my life?

How do ego, self-identity, and self-respect differ?

What is my unique body type, mind type, and personality type—and how can I align my lifestyle accordingly?

What are chakras, and how do they influence personality and energy?

Can technology truly read aura, biofield, and nadi?

Most importantly: Why am I here, and how can I live with health, happiness, and purpose?

What You'll Take Home

Far from being just another motivational seminar, this program promises practical, personalized outcomes:

- ★ Clarity about your true self
- ★ Insights into your personality type (as specific as knowing your blood group)
- ★ Tailored guidance on lifestyle, diet, and detox
- ★ First-hand experience of chakra and aura analysis using modern tools
- ★ A roadmap to live your dream life with balance and purpose

Wisdom That Inspires

"Knowing yourself is the beginning of all wisdom," said Aristotle. Rumi called the inner journey "the greatest journey." Lao Tzu added, "He who knows others is wise; he who knows himself is enlightened." This workshop brings these timeless insights into real, practical application for today's seekers.

Why Join?

Because quality questions create quality answers. And a quality life begins with better questions. This immersive experience invites participants to:

- ★ Step away from the external noise
- ★ Turn inward through guided processes
- ★ Explore the fusion of science and spirituality
- ★ Walk away with clarity, direction, and a personalized life blueprint

Event Details

- ★ Venue: Positive Health Zone, Raipur
- ★ Time: 9 AM – 6 PM
- ★ Facilitator: Dr. Anil & Team

A Gift to Yourself

This is not just an event—it's a sacred appointment with yourself. A day to pause, ask the questions you've been postponing, and discover answers that can transform the way you live, love, and lead.

After all, the most important date you will ever keep is the one you keep with yourself.



Positive Health Zone

Integrated Holistic
Health Care System

Unique Wellbeing Center



Holistic Healthcare Team

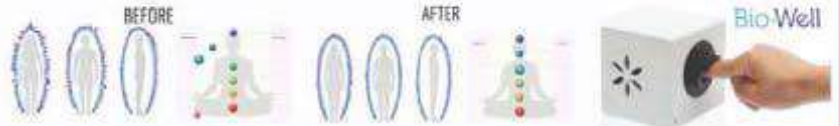
Our INTEGRATED SERVICES

Holistic Path Of Wellness & Wellbeing



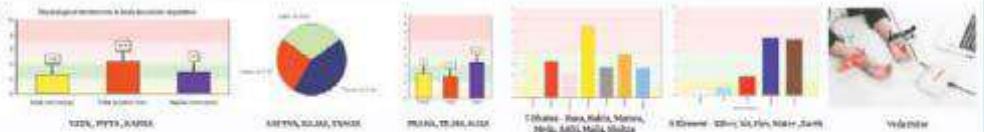
- 1 Personal Energy Blueprint at Quantum Veda Lab with Latest Quantum Devices-

Aura, Chakra, Biofield,
Lifeforce Energy Analysis.



- 2 Digital Nadi Parikshan Modern Nadi Veda Pulse -

Personality Analysis
Body Type, Mind
Type, Energy Type.



- 3 Life Style Clinic

Personalised Diet Plan, Lifestyle
Plan, Day Plan, Detox Plan as
per your Quantum Analysis.



- 4 Body Detox & Rejuvenation with Kerala Ayurveda Panchkarma.



- 5 Mind Detox & Stress Management with NLP & Counselling.



- 6 Inner Alingment, Chakra Balancing with PNP Meditation.



Get In Touch
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