

TIMES OF INDIA HEALTH WARRIORS

TRANSFORM YOUR HEALTH WITH DT SUNNY GUPTA

Dt Sunny Gupta has many achievements and accolades to his name having a client base across all continents internationally—people credit Dt Sunny Gupta as an expert of weight loss and customised detox plans



DT SUNNY GUPTA

In order to lead a healthy lifestyle, it is very important to know your body and understand what type of diet and exercise will help achieve your fitness goals.

We come across Gujarat's most trusted dietitian & lifestyle Counselor, Dt Sunny Gupta founder of 24 Refresh Fitness & Weight Loss Centre. He is an experienced and well qualified Dietitian and detox expert.

Achievements

Over the years, Dt Sunny Gupta has helped 1000+ people to lose weight and manage health conditions across India and from different parts of the world. He helps people to lose weight, improve digestion, balance hormones and strengthen immunity.

Weight Loss Mantra

Dt Sunny Gupta specializes in weight loss management and detox diet. They are the pioneers in launching basic to advance level detox plans in Gujarat which demands a lot of research and study of this field. He uses a holistic approach combining nutritional therapy and exercise to provide a customised plan to clients that will restore digestive function and promote optimal health. Dt Sunny provides recipes based on organic and sustainable food sources which are packed with flavour and will rebuild your body from the inside out.

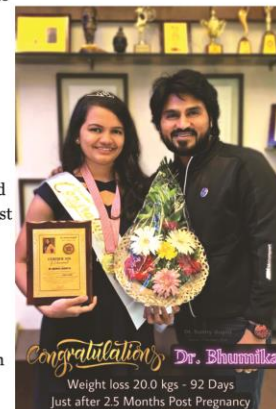
Global Advise

Dt Sunny Gupta believes in giving right advice to the right person which has earned him clients from across the world who take his diets virtually and have been highly satisfied. He has achieved a unique fleet having clients from all seven continents of the world.

Being the only dietitian from the city who organizes 'Diet Awards' to motivate patients—which have gained tremendous popularity among people, Dt Sunny says, "We regularly organize diet awards and felicitate people who have achieved exemplary results. This unique concept motivates people to strive harder."

Dt Sunny Gupta has done extensive research on detox plans and recipes which makes his diet plans quite popular among people. He keeps on posting various tips and recipes which makes him one of most followed dieticians across the country on all social media platforms.

All said and done, Dt Sunny's unique speciality as a practising consultant dietitian, has landed him a successful career that has helped change the lives of many.



Jupiter moves into Aquarius from November 21 to April 12. Celebrity astro numerologist Anupam V Kapil explains the impact of Jupiter's transit from your Moon sign on your career and life

Aries



Though your weekly forecast is somewhat tense, the movement of Jupiter into your 11th house from the Moon will bring in an increase in wealth and reputation. Your enemies will be defeated, and most of your efforts will be rewarded. There shall be happy occasions in the family, you might be blessed with a child. Those working will receive recognition and promotions, and those in business will see growth in profits.

Taurus



You need to be careful in partnerships and relationships with your spouse. The transit of Jupiter in the 10th house from your Moon is expected to bring loss of money and prestige. As this transit is considered to be bad for the career, besides suffering a loss in prestige and reputation, it is very important to immediately get the remedies for Jupiter done. Heavy unplanned expenses are seen in the business, it will be difficult to continue making profits.

Gemini



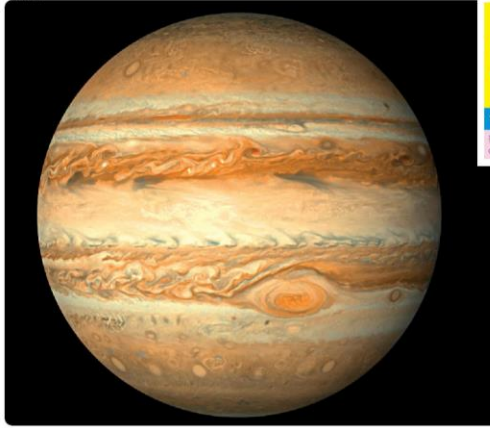
Your sign has been one of the biggest sufferers in the last few months due to adverse transit, but now there is good news in store for you as Jupiter moves into your ninth house from your Moon. There shall be an increase in wealth and opportunities to make swift money. There will be a definite positive trend in your career and an increase in your luck. Even the slightest of exertions will lead to big gains. There shall be an increase in materialistic gains, pleasures as well as material comforts. Recognition from the government/ awards is also seen.

Cancer



Jupiter has moved into the eighth from your Moon, which cautions you to take care of your health as this transit weakens the liver, too. You must avoid speaking harshly as you are now prone to be ridiculed due to your speech. Your aura and lustre will reduce, and some of you may also face the prospects of having to leave the job. Travels and journeys will be fruitless. You are

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of income and favour from relatives and friends besides gain from higher officials.

Virgo



Jupiter has now moved into the sixth house from your Moon, and this is considered one of the most difficult transits for Jupiter. This transit is known to create an increase in enemies and bring in disputes with relatives and danger from thieves/litigation. Therefore, you are required to take adequate and abundant precautions while creating short-term strategies till mid-April. At your work, you will be subject to difficulties, your efforts will fail and there shall be continuous pin pricking, which may make you ill-tempered and misbehave with people apart from having an unsocial attitude. This is certainly not one of the best times to marry

brings in great danger of losing wealth and domestic peace. Unnecessary and wasteful expenditure increase and there are also quarrels with all relatives and spouse. This is not a good transit for those indulging in speculation, gambling on the stock markets. There will be some problem connecting to paternal property or involvement in false cases, therefore you must be very alert and proactive in preventing these situations from deterioration. Those working will not be rewarded for the good work, rather they may be a victim of humiliation due to false accusations.

Sagittarius



Your sign lord Jupiter has also changed, its transit into the third house from your Moon is supposed to bring loss of possession, failure

Anupam V Kapil
 finolexpipes.com | 1800 200 3466
 For appointments mail at: anupamvkapil@gmail.com or sms on 9822042295.

ASTROSPEAK

Capricorn



The movement of Jupiter into your second house from the Moon brings good news, you will enjoy happiness, an increase in popularity and fame, good fortune, acquisition of wealth and defeat of enemies. Your materialistic position shall improve, there shall be success in all enterprises and increase in family happiness. You may be given additional responsibility or get a promotion in service. This is a good period for investments. All your plans will be successful, this is a very good time to execute all your wishes and difficult plans, which were getting postponed.

Aquarius



Though your career house is fortified for the moment, and Sun and Mercury promise career gains in the next month, Jupiter's transit into your sign will also bring difficulties and obstacles in your profession/employment. As time progresses, there shall be mental turbulence. This is a period where relationships with friends get affected due to misunderstandings. Jupiter transit over the moon often results in loss of name and reputation, humiliation and displeasure from the bosses. You must do remedies for Jupiter and Saturn.

Pisces

Though the prospects for the week ahead look good on

This city dietician gets felicitated

One of Gujarat's most trusted dietician and lifestyle counselors Sunny Gupta is known for his detox diet plans which has produced some fantastic results. He won the 'Outstanding Arogya Ratna National Award' in October 2021 at ADA Ranga Mandira, Bengaluru by National Institute for Socio Economic Development for his excellence in the field of Diet Management.



Sunny Gupta

Having served 1000+ people to lose weight and manage health conditions in India and across the world, Sunny is one of the pioneers in launching basic to advance level detox plans in Gujarat. Sunny says, "I believe in taking a holistic approach for my patient's treatment, combining nutritional therapy and exercise for their complete health and wellbeing." His service includes helping people lose weight, improve digestion, balance hormones and strengthen immunity.

Sunny did tremendous job during the Corona phase. During lockdown he did online consultation with clients across India & worldwide for weight loss and improving people's lifestyle. "We were fortunate enough to help 133 patients worldwide to lose total 1248 kgs with our diet plans. Our motto is to make everyone fit and healthy," concluded Sunny.

For more details contact:
 Dr Sunny Gupta Rajhans Olympia, Bhatar Rd, Surat, Gujarat 395007
 Call: +91 99583 40807
 Visit: www.drsunnygupta.com/

*The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

I BELIEVE IN TAKING A HOLISTIC APPROACH FOR MY PATIENT'S TREATMENT, COMBINING NUTRITIONAL THERAPY AND EXERCISE

Dietician from Surat, Sunny Gupta helps people from India and abroad to transform their fitness

Many people often face difficulties in reducing weight, but under the guidance of Dr Sunny Gupta, many women have been able to bring a positive change in their lives. With the help of balanced food and detox diet advised by Dr Sunny Gupta many people have lost weight significantly.

Dr Sunny Gupta, founder of 24 Refresh Fitness & Weight Loss Centre and one of renowned dieticians of the city has helped several people achieve their fitness goals, more their personality and lead a more confident life. "I am on a mission to make changes in people's lives by guiding them towards healthy and detox diet. We have seen amazing results where people have lost as much as 15 kgs in 40 days to reach towards health and fitness," adds Sunny Gupta.



Dr Sunny Gupta



"I am 21 years old. I tried everything including gym, zumba, fasting which didn't lead me to desired results. I achieved desired results under the guidance of Dr Sunny Gupta without starving myself. My lifestyle has been completely changed now. I eat healthy food and feel fresh and healthy throughout the day. I have reduced approx 10 kgs within 45 days under the guidance of Sunny Si. We believe that dieting is similar to fasting which is a myth and your weight increases once you leave all the diet precautions. But all these myths were busted by Dr Sunny Gupta, whose diet plan never makes you feel that you are starving. Hence, I would strongly recommend Dr Sunny Gupta for consultation for weight loss."

SABON SHAH
Entrepreneur, Surat (Gujarat)

"I am thankful to extremely helpful diet plans of Dr Sunny Gupta. Following his diet plan helped me to lose approx 13 kgs in 40 days. We have seen impressive results of his diet plans. Once my weight was 75 kgs which has reduced to 62 kgs now. I feel much more energetic throughout the day. Dr Sunny Gupta has helped me immensely to reach my goal and I am thankful to him."

HARILEKSH OBEROI
Chartered Accountant, Germany

For more details contact:
Dr Sunny Gupta Rajhans Olympia, Bhatar Rd, Surat, Gujarat 392007
Call: +91 98983 40007
Visit: www.dr.sunnygupta.com/

GREEN LEAF ENVIROTECH IS ON A MISSION OF A GREEN AND SUSTAINABLE FUTURE THROUGH ITS WASTE WATER TREATMENT TECHNOLOGY

Green Leaf Envirotech Pvt. Ltd. was started in the year 2018 by young and energetic entrepreneurs working in the field of environmental engineering with a vision of supporting clean and green environment and being a part of development that is sustainable to environment. The company, located in Mehsana and Surat, is headed by Kalpesh Gopi and Naresh Chaudhari. The company provides a complete range of services including: Air Pollution Control, Fire Safety, Water Treatment Plant, Distribution System, Medium Industrial Plant, Laboratory Services, Monitoring Services, Extinguisher Refill Services. They cater to diverse requirements of various clients, serving them quality services in the best possible manner. The company has set a goal of building/maintaining 100 MLD waste water treatment facility

for industries and municipalities (Domestic wastewater) by year 2025. Their mission is to build new treatment plants and provide expert services to operate or maintain existing treatment plant. They have already treated 116 MLD of wastewater since inception of company and currently building 145 MLD capacity of treatment plants in various locations of India which will serve approx 15 lakh of populations for treatment of domestic wastewater. This ongoing project of 145 MLD will be completed by the center 2022.

Greenleaf embraces advance technology for treatment of wastewater like SBR (Sequential Batch Reactor), SBT (SBR Bio technology) and MBR (Membrane Bio Reactor). Currently they are doing R&D on advance technology in anaerobic treatment of wastewater, which will make effluent treatment plant self sustaining in terms of electricity requirements. They have also adopted various IT software for day to day management of wastewater treatment plant projects, Laboratory management software for day to day operation of our NABL & MOEF approved environmental testing laboratory. Their future goal is to provide services in solid waste management and air pollution



Kalpesh Gopi

control field. The company believes that, Together we can bring a change in the environment and give a better and greener future to the next generation.
For more information contact:
Green Leaf Envirotech Pvt. Ltd.
Contact: 972518974
Email: Kalpesh.gopi@glept.com

MAMSA BROTHER IN SURAT IS PROVIDING SUSTAINABLE SOLUTIONS TO BUSINESSES WITH ITS RAIN WATER HARVESTING TECHNIQUE

Rain Water is a technique of storing rain water for further use. Rather than allowing it to run off roads. The idea and method of Rain Water Harvesting has been used since ancient times and is increasingly being accepted as a practical method and providing potable water to development projects and for various other purposes. Home security is major problem in many parts of India, but with the practical implementation of the Rain Water Harvesting technique, we can tackle this problem and help people get access to pure water without any cost.

A Surat-based company is engaged in providing rainwater harvesting solutions and roof water harvesting services. Mamsa Brother was setup by entrepreneur Eksham Mamsa in Surat in 2006. They provide well-maintained and dependable personalized solution for rain water harvesting within a minimum time period and at most genuine rates. Here they share useful insights into this technique.

Rain Water Harvesting is of great significance since it reduces the demand and dependence for ground and potable water. It is important especially in the area where the water level is very low.

Rain Water Harvesting is very efficient and eco-friendly method of conserving water. The preparer mode for rain water conservation is very simple and economical too.

It is known that depleting water levels have been a cause of global concern for the past few years. India, which depends almost completely on the monsoon seasons, currently faces the most severe water crisis. Even today, our cities run dry during summers. Nevertheless there still not enough awareness about the simple solution of Rain Water Harvesting in India. Can we really afford to neglect this straight forward solution any longer? State Governments can popularize Rain Water Harvesting by launching awareness drives, not just in urban areas but in rural areas as well.

Many experts opine that it's still not late to rotate the wheels of change in the interest of country's present and future if we decide to act on the water wisely. Let us use rainwater effectively!

For more information contact:
Ph: 0281-2428632
12/19121, Buzee House,
Near Sir J.J. English School,
Shubpur, Surat-395002



Imrahim Mems

Make a successful career in diamond industry at Arihant Diamond Institute

Today many industries seems to be facing the biggest problem of unemployment due to ongoing pandemic, but there are many new opportunities emerging in Surat's main textile and diamond industry, especially in the diamond industry which is currently in a very good phase and has the potential to employ thousands of people. During such time, Krunal Sanghvi, the director of the renowned Arihant Diamond Institute in Surat joined the Shiksha Conclave with the Minister of State for Education, Krunal Sanghvi says that the demand for skilled artisans in all the factories and in the jewelry manufacturing sector is increasing due to the current good situation in the diamond industry.



"After SBI 12, students can enroll themselves in institute and study various aspects related to diamond industry, which can fetch them good jobs opportunities. At present, due to the mass promotion given by the state government, the percentage of students who have passed SBI 12 is going to be around 100 per cent."

In our institute, they can get such a good opportunity with our course," says Krunal Sanghvi. Arihant Diamond Institute runs skill development courses for both boys and girls of all ages such as Silver, Gold, Jewelry Planning, Jewelry Design (Manual), Jewelry Design (CAD), Assorted Diamonds with Prepared Diamonds, Polished Diamonds and more which can help build your career in the diamond industry.

After completion of these courses at Arihant Diamond Institute, the placement department provides job support and practical knowledge of the market as well as business support so that the trainee can achieve his goals. There are many employment options. You can work from home in the diamond industry as well as do a part time job or get a permanent

job. In addition, the Arihant Diamond Institute offers different job and business level courses in which anyone can kick start their own business after 6 to 8 months of training. You can get your first paycheck from Rs.10,000 to Rs.60,000.

Key features of this course are-

- Extensive experience of 23 years, more than 20 courses under one roof, all courses from Rough Diamond to Jewellery Design at one place and more
- The Institute has got a world record of training highest number of trainees in 1 year
- Arihant Diamond Institute has total 8 branches in India, with more than 20 experienced teams at different locations
- It has a GemVision Authorized Training Center providing training on 20 licensed versions in Matrix, etc
- Arihant Diamond Institute has achieved many benchmarks in the Gems and Jewellery sector by training people with the latest technology



For more information contact:
Branches: • **Guzaratnadi,**
• **Itirbagh,** • **Vesu,** • **Highland,**
• **Shingapur**
Ph: 9574194152

Phoenix Investments - is a route to the new age of stock market analysis

Stock market is very uncertain and totally based on risk reward return. Because of its volatile nature, one has to be careful while choosing the investment counterpart. Phoenix Investment started by Kunal Rathi and Govind Mandavia is an investment startup. It all began with a simple idea after observing people losing jobs, living difficulties and struggling financially during the pandemic. What started with a small client base, today the company has approx 200+ clients across the world. Kunal and Govind talks about their startup.



Kunal Rathi

When and why did you started Phoenix?
We started Phoenix in September 2020 with a simple thought to solve the problems of wealth management, which occurred to us during the lockdown. We strive to make everyone financially independent, while encouraging the younger generation to invest wisely. This was a bold decision as we started a venture in the pandemic and knew the risks rewards will be great.

What was the main idea?
We have a straight and simple idea "Let's make wealth together," which is also our USP. The best thing about us is that we manage clients in all situations, providing a handholding support wherever necessary because stock market is very uncertain. Our work processes is planned according to clients goals to ensure they get handfull returns.

What is your work motto?
Our first priority is building the wealth of clients and taking care of their investment portfolio such that it gives them a good return. For this we include the different varieties of products to our client base. We believe that, a happy client will get you 10 happy clients and accordingly make our strategies.

What is your investment philosophy?
We recognise that every individual is unique in terms of his investment time horizon, investment objectives, personal financial situations, levels of interest, indications in the investment, decision making process and last but not least - his risk taking ability.

What are your product offerings?
Some of the products we offer are stock trading platform (which includes both online and offline functions), equity trading, derivatives, mutual funds, portfolio management services, smart tips, initial public offers, smart option trading, margin trading, etc (security lending and borrowing).

What are some of your company's strengths?
We have one of the best research team in India along with a powerful risk management system, supported by a personalised pms advisory and a strong compliance and back office infrastructure. Our expertise team of 65+ in Mumbai works as per the clients requirements.

What are your future plans?
We like to build 200+ client base in the near future. We have more than 200+ students enrolled with our division of Phoenix education part and plan to increase it

Why should one choose Phoenix?
Phoenix represents slow beginning, that no matter how hot things may get, we will get back on our feet and rise from our own ashes. Our aim is helping people through Phoenix, providing a platform to make wealth together. Together we will find the solution. We are here to help and work together across the globe to make a world of difference.

The team Phoenix believes that stock market is a place of transferring money from others bank account to yours, and destination and patience are the key levels of stock market to achieve success in it.

For more details contact:
Instagram: [pnixinvestments](https://www.instagram.com/pnixinvestments)
Email: pnixinvestments@gmail.com
Website: www.pnixinvestments.com
Contact :- +91 9182808006 +91 77788 17774 +91 77788 17775