



By Clinical Dietician: Mehar Panjwani / 9920027711

*updated till December 2024

SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	In Months	SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	In Months
1	Sameer Thakker	120	60	60	18	43	Ms.Payal Nagrani	87	80	7	3
2	Prakash Mukim	108	80	28	22	44	Tanvi Vakil	70	63	7	2
3	Sejal Shah	115	90	25	7	45	Mamta Shah	75	68	7	2
4	Fatima A. Shaikh	95	74	21	10	46	Avinash Suthank.	74	67	7	2
5	Yash Jain	123	103	20	6	47	Shilpa Desai	69	62	7	2
6	Suvika Videsh	117	99	18	10	48	Khushboo Bhuva	72	65	7	2
7	Zarina Shaikh	86	69	17	7	49	Kalpesh Mehta	79	72	7	2
8	Karan Shrama	96	79	17	9	50	Ganesh Shah	80	83	7	3
9	Meena Faria	86	70	16	5	51	Shivam Hazare	88	81	7	2
10	Manav Lalwani	95	80	15	4	52	Hemangini Mehta	71.5	65.3	6.2	2
11	Yasmin Ansari	82	67	15	6	53	Fraser	80	74	6	1
12	Deepika Gada	100	86	14	5	54	Anila Parekh	92	86	6	2
13	Bharti Madhu	75.5	62	13.5	4	55	Rekha RP	91	85	6	1
14	Bharti Choksi	78	66	13	4	56	Preeti Mandiyani	95	89	6	2
15	Vishal Rawade	88	75	13	4	57	Vidhya Sugandh	78	72	6	1
16	Siddharth Jain	113	100	13	3.5	58	Bhavna Vora	100	94	6	1
17	Udeep Pathak	146	134	12	4	59	Khushal Patel	98	92	6	2
18	Kushal Patel	85	73	12	4	60	Manushi Patel	90	84	6	1
19	Nicollete Sen	93	82	11	3	61	Sonal Shah	85	79	6	1
20	Shalini Sawant	82	72	10	3	62	Khushboo Mehta	63	57	6	2
21	Indu Vaid	80	70	10	3	63	Bajendra Pal singh	85	79	6	1
22	Payal Singh	83	73	10	4	64	Anshuman Chatwa	74	68	6	1
23	Siddhi Dolas	90	80	10	3	65	Kamini Vyas	83	77	6	2
24	Viral Hansal	70	60	10	3	66	Sayed Mohammed	106	100	6	1
25	Meenakshi M.	73	63	10	4	67	Dheer Bhatia	78	72	6	1.5
26	Sameena Ansari	90	80	10	3	68	Amita Rawade	74	69	5	1
27	Deepali Vora	79	69	10	3	69	Jyoti Desai	88.3	83	5.3	2
28	Yamini Mehta	79	69	10	3.5	70	Shanti Narendra	93	88	5	1
29	Manisha Desai	85	75	10	4	71	Meethi Devji	78	73	5	1
30	Preeti Tailor	79	69	10	3.5	72	Rita Bablani	85	77	8	3
31	Mona Gandhi	85	76	9	3	73	Kirti Bathija	78	70	8	2.5
32	Hetal Karia	79	70	9	3	74	Rohit Shah	89	84	5	1
33	Sonal Dhruv	79	70	9	3	75	Meena T.	86	78	8	3
34	Darshi Jain	71	63	9	3	76	Hemant Vahalia	102.6	95	7.6	3
35	Nanki Fatnani	73	65	8	3	77	Arati Punjabi	67.5	60	7.5	3
36	Aditi Mehta	93	84	8	3	78	Nehal Shah	72.5	65	7.5	3
37	Chiranjeev Lalwani	92.6	84.6	8	3	79	Zahid Shaikh	107.5	100	7.5	3
38	Grewal Sarabjeet	72	64	8	3	80	Divya Mendon	83	76	7	3

and many more...take your step forward today for a healthier wiser you!

SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	in months	SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight LOSS Kgs	in months
81	Veena Turakhia	78	70	8	3	101	Neeti Zaveri	67	61	6	2
82	Aasha Gandhi	68	60	8	2	102	Pinky Chugani	74	68	6	2
83	Mukund Shah	85	78	7	2.5	103	Vidya M	103	97	6	1
84	Manisha Somaya	96	89	7	3	104	Sayed Mohd.	106	100	6	2
85	Jyoti Sequeria	72	66.5	5.5	2	105	Usha Mehta	77	72	5	1
86	Bianca Chugani	65	60	5	2.5	106	Hansa Bhangde	75	70	5	1
87	Swati Sahani	65	60	5	1	107	Karuna Gharat	67.5	62.5	5	1
88	Preeti Duggal	70.4	65.4	5	1	108	Parinita Goel	65	60	5	1.5
89	Nalini Rajan	83	78	5	2	109	Sheena Bhasin	60	55	5	1
90	Damyanti Raviya	72	67	5	1	110	Teena Mehra	71	66	5	1
91	Hetal Shah	82	77	5	1	111	Smriti Agarwal	60	55	5	1
92	Namisha P	79	74	5	1	112	Rupashi Agarwal	103	98	5	1
93	Palak Chandaraj	73	68	5	1	113	Reshma Deevan	65	60	5	1
94	Hansraj B	75	70	5	2	114	Shruti Sheth	75	70	5	2
95	Sheeroo Sidhwa	78	70	8	5	115	Nehal Thakker	70	65	5	2
96	Bharat Shetye	65	60	5	1	116	Rupal Tamia	65	60	5	1
97	Anthony Travasso	85	80	5	2	117	H Balaria	120	115	5	1
98	Shagun Mehta	60	55	5	1	118	Diza Damania	64	59	5	1
99	Naman Kanodia	133	128	5	2	119	Naresh Sadarangani	95	90	5	5
100	Jill Parikh	109	104	5	1						

LEAN to MUSCULAR (*updated till Dec 2024)

SR #	NAME OF THE PATIENT	Prev. Wt.Kgs	Current Wt.Kgs	Weight GAIN	in months
1	Raheela Husna Shaikh	36	54	18	6
2	Harshita	34.5	50	15.5	4
3	Rohan Sunthankar	56	70.5	14.5	12
4	Heta Mody	37	43	6	3
5	Osama Shaik	55	60	5	1
6	Osama Shaikh	55	60	5	2
7	Husna Shaikh	36	40	4	1
8	Karan Parekh	51.3	55	3.7	2

WhatsApp with full name if to be added to the nutritional awareness broadcast for free!

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