

## Dr Kewal's Lab & Clinic introduces Youth Clinic

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**Lab & Clinic, a brand owned by Dr Kewal's Speciality Lab & Clinic, was founded in the year 2003**



With an aim 'Healthy Youth, Healthy Nation', Lab & Clinic a brand owned by Dr. Rajesh Kewalramani introduces Youth Clinic – a program that focuses on creating awareness and managing various health concerns in the adolescent and young adults.

With the continuous advancement in the technology available at affordable prices, the number of the Internet Users in India will rise in the near future, especially in the younger age groups. It is a known fact that India has the world's largest youth population. However, with youth comes a new set of health concerns ranging from lifestyle disorders to untreatable STIs.

Dr Kewal's Youth Clinic reaches the youth of the city through Health Conversations in colleges and university campuses—the year started with a session at Xavier's Institute of Communication, Fort – Mumbai on Tuesday, 8th January 2019, continues with an engaging session at IIM Indore Mumbai Campus yesterday and will go on until its voice echoes in every youth of the country.

On why creating awareness among the youth is necessary despite the exposure to the new age media, Dr Kewal says, "Today, we are all digitally connected. Every day, we search, read and share information online. But how much of the information that we are reading is accurate? And even if it is accurate, is it apt for the individual? Case Taking and Clinical Examination are two crucial elements before a doctor comes to a diagnosis. Reading online information could lead to self-diagnosis and self-medication – both of which are harmful for the health of an individual."

Furthermore, he adds, "When it comes to sexual health, being ambiguous may lead to misunderstandings that can be detrimental in the long run. There is a need to address some genuine concerns of the young curious minds. One misstep can lead to a big fall, a fall from which an individual may not recover. Some STIs like HIV yet do not have a cure. Considering the changing lifestyle patterns and approach to life, it is important to make our youth aware on the right choices."

Lab & Clinic, a brand owned by Dr Kewal's Speciality Lab & Clinic, was founded in the year 2003. This Centre of Excellence in Mumbai offers both Lab and Clinical Consultation services.