

BHARATIYA VIDYA BHAVAN

The sweet breezes wafting across the sands of Chowpatty in our neighbourhood, lift our vision to amazing structures like Bharatiya Vidya Bhavan.

The simple clean lined architecture of Bharatiya Vidya Bhavan is art deco in style. Art-deco has its origin in Paris, around 1910, to give a stylized element to the steel brick and mortar of industry. The symmetry is set off by majestic Indo-Islamic domes rounding off the pinnacle sweeping across skies and horizons: the span of history, culture, music and education that works on the promise of building an India. Admired by the world. Leading the world.

The dynamics of the building originated from Doctor Munshi's versatility in 1938. Carrying the richness of a man's life that went beyond to explore possibilities. Taught by greats like Sri Aurobindo, Dr Munshi was drawn to politics. He associated with Doctor Annie Besant & Mahatma Gandhi and participated in the Salt Satyagraha, 1930, served two years of rigorous prison.



Dr. Munshi established himself in a legal career. He loved the English language, championed Sanskrit and believed in a united India strong at the centre.

Within his busy schedule he found time to write novels, plays and essays in Gujarati. His passion for literature and arts spread to education, where he advocated equality and excellence.

The Bharatiya Vidya Bhavan rooted in its belief of spectacular progress is in sync with the ideals of: 'Vasudhaiva Kutumbakam' (The World is one Family) and 'Aa no bhadraah kratavo yantu Vishwatah' (Let noble thoughts come to us from every side). A one of its kind institution in the world offering a second to none spectrum of multi-dimensional programmes for the enhancement of students and each and every citizen.

Unparalleled educational excellence:

The Bhavan's educational institutions born under the aegis of Bharatiya Vidya Bhavan carries its emblem of unsurpassed distinction.

Dr. S.Radhakrishnan, former President of India and founder member of the Bhavan said "The Bharatiya Vidya Bhavan has been doing excellent work all these years in getting our generation back to its roots. In the noise and



intensity of modern life the youth are wandering bewildered. It is essential for them to get back to the roots and that is why I appreciate very much the work which the Bharatiya Vidya Bhavan is doing."

From the fountainhead of Mumbai, Bhavan's has spread to more than 119 centres in India and 7 centres abroad. It runs 367 institutions including 91 schools, imparting education to more than 3,00,000 students every year. Some of the institutes are highly sought after by students for learning engineering and management excellence like Sardar Patel College of Engineering, Sardar Patel Institute of Technology and SP Jain Institute of Management and Research.

Bhavan's rich legacy encompasses scriptures, humanities, arts & fine arts, science and technology, engineering, public affairs & administration, vocational training, foreign language, mass media, Commerce & Management studies.

Bhavan's Chowpatty as an institution stands strongly for our culture by conducting diploma courses on the Gita and Sanskrit. They conduct an excellent course in Astrology and also teach classical music and instruments to learners. Their auditorium is frequently used for classical music and dance shows. A line from the quote of Pt. Birju Maharaj, world

renowned kathak dancer mentions "The Bhavan has strived to preserve, sustain and propagate India's ageless culture with great dedication."

A vanguard of Gujarati Theatre. Its unfading sparkle for staging legendary inter-collegiate drama fests have actually honed stars like Rajesh Khanna. Bharatiya Vidya Bhavan by the bay is the wave that rises again and again to give us the ocean. Looking out to shores yet to be discovered. They also host well thought entertainment programs for all ages including seniors.

Its library in addition to 60,000 books has one of the best Indological libraries in the country. Contains a museum of rare palm-leaf manuscripts, and other archival materials. Bhavan publishes books on spirituality, philosophy, traditional culture and values. The institute also promotes research, journals and papers that correlate ancient insights to modern discoveries.

The Bhavan's Gandhi Institute of Computer Centre has drawn praise from Bill Gates. He contributed Rs 25 million along with other donors, Lakshmi Mittal, Tatas and HDFC. The Computer Centre, the brain child of Shri Murli Deora, started in 1996 has become the hallmark for providing free computer education to one and all. Today it has 22 computer learning centres across India. Bill Gates said "My faith in India is well placed... Bhavan's Gandhi Institute's Project of making even poor and disadvantaged computer savvy was a model to the world and the privilege of being involved in it spurs me on."

Bhavan's has been the recipient of many awards including: The International Gandhi Peace Prize; The Communal Harmony Award; The Educational Institute of National Eminence and The Rajiv Gandhi Award for National Integration. A postage stamp has also been commemorated in its honour to celebrate 75 years of completion.

As we look up to the heavens to study stellar patterns, to ascertain where an expanding universe is leading us, we have the wings of Bharatiya Vidya Bhavan and its entrepreneurial approach to education unlock for us thought, words, ideas, beliefs, intelligence and wisdom that is leading India's modern renaissance. A light that'll shine forever to lift humanity to the highest planes of innovation.

It is appropriately referred to as the cultural centre of our neighbourhood, where people of all ages can gather to educate, learn, and practice - music, dance, and literature of our ancient Indian culture.

(Article contributed and written by Sujoy Sen, content writer having experience of 25 years, email: sujoycoolin@gmail.com)

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Sketching from a Cumballa Hill cliff, c. 1838



In the hustle and bustle to develop, succumbing to the guile of “upward mobility” and a warped sense of gentrification, this view is testament to the ethereal, almost surreal, beauty of Bombay that we've lost. As per several accounts of the 19th and even early 20th centuries, it was, in the estimation of the average British traveller, accounting for all that their eyes might have beheld, given their experiences, predilections, and prejudices, Bombay was a place of singular beauty in the eastern part of the world. Oftentimes compared with Venice, a notion now laughable if the metric is purely aesthetic, the original 'Isle of Palms' is on stunning display in this watercolour.

Since what we're seeing is an almost-180 degree panorama, there's a lot to decode in this view - from right to left, is Malabar Hill, Gowalia Tank, and August Kranti (formerly Gowalia Tank) Road in the foreground, Girgaum and Back Bay in the middle distance, and Colaba and Fort in the background, “capped” off by mainland Maharashtra in the far distance. Sketched from 'Prospect Lodge', an early structure on Cumballa Hill that accommodated Europeans travelling on a budget, it was located at the cul-de-sac on Anstey Road, off Altamont Road, literally at the edge of a cliff (consequently offering us this unobstructed view), at the spot where Prithvi Apartment stands today (called “Greece” colloquially by local residents for much of the 20th century, when a grand Greek-styled mansion stood there!)

Considering that only a handful of townhouses have come up in the August Kranti Road area here, and that the Girgaum area is virtually untouched, it seems like this is a relatively early sketch of Bombay (the work is unsigned and undated.) In fact, since Bombay offered few opportunities of patronage for professional artists, and in the Company era (pre-1858) was not yet heavily “marketed” as a tourist destination in England, even visitors were few and far between, leaving us few amateur artworks from this time.

The clues to dating this view lie in the barely-visible St. Thomas' Cathedral on the extreme left, beyond the vaguely discernable fort walls, which was consecrated as a Cathedral in 1836, and the spires pointing skywards in the fashion seen here appear in 1837. Further, Colaba Causeway was built in 1838, and while it is unclear whether it has been built already in this view, as the early version was merely a skeletal structure snaking through the erstwhile island, it is at the very least in its very early form here, with very little to no development around, hence this work would've

been created around this time. Whatever be the case, this is amongst the earliest-ever works to be sketched from the relatively rural and inaccessible Cumballa Hill area.

One of my personal favourite bits that this watercolour showcases relates to that very part of the archipelago – the row of trees on Old Woman's Island (part of Colaba Causeway today) that dot the tiny strip of land in the distance has been referenced to as a navigational marker as early as the late 1600s! One of the earliest (and might I add, charmingly quaint) descriptions in an English Pilot (standardized navigational manuals used by East India Company ships) describes how when at sea off Colaba Island, sailing towards Bombay harbour on the eastern side, observing the seven trees above Malabar Point (site of Raj Bhavan) and aligning the opening between them to the tallest tree on Old Woman's Island would prevent capsizing at the dreaded Sunken Rock (Sunken Rock Lighthouse today, visible east of Colaba.) Imagine a time that trees were so safe that their placement was set in ink on standardized guidebooks!

And finally, the focal point of the artist's subject - within the fields of the Brahmin-occupied village centered around the old Gowalia Tank, stood stately mansions abutting Malabar Hill on opposite sides of the tank, at least as early as the late 18th century. These were grand bungalows with grand names, two of them being The Retreat and Tankaville, occupied for several decades by East India Company officers, where these “fish out of water” would take their evening constitutional nearabout the fish and fowl that resided in or around the tank. Being just a few hundred metres away from the tranquil Back Bay, where fishing boats seem to be up and about aplenty during dry season, and pilgrims from Western India and beyond would arrive for centuries to worship at Banganga, one might begin to wonder where this view, taken from virtually in the neighbourhood where Antilia has now come up, has disappeared.

(Picture and article by Mrinal Kapadia, resident of Cumballa Hill, he is a collector and researcher, and can be reached on mrinal.kapadia@gmail.com or via Instagram on @mrinal.kapadia)



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Mumbai Gets A Small Animal Hospital - Thanks To Ratan Tata

This month, Ratan Tata's long-cherished dream of gifting Mumbai, a small animal hospital, was realised. Located in Mahalaxmi, the Tata Trusts Small Animal Hospital, is dedicated to the medical care and rehabilitation of street as well as domesticated dogs, cats, and birds.

Ratan Tata's love for animals is well-known and inspirational. Visitors to Bombay House, the Tata headquarters in Mumbai, are greeted by the unusual sight of street dogs inside its hallowed portals. The legendary industrialist has, for many years, opened the doors of his heritage building for homeless dogs to take shelter in. There is an exclusive kennel made just for them. A corporate house with a heart of gold, indeed!

The idea of establishing a world-class hospital for animals occurred to Mr Tata, when he had to fly his pet dog all the way to the United States for medical treatment. Since the current healthcare infrastructure for animals has been found lacking, the services offered by this hospital will, to a great extent, address this need. The hospital, which is led by Dr Thomas Heathcote, a British veterinarian, has tied up with the Royal Veterinary College, London, for training. It will offer surgical (including orthopaedic), diagnostic and pharmacy services, and multidisciplinary care for small animals. It covers five storeys and can house 200 animals. There will also be a dedicated annexe for the sterilisation and treatment of street animals which will be run by an NGO, the Welfare of Stray Dogs.

"It is a personal dream of mine that Mumbai should have a state-of-the-art animal health centre...and I am delighted to see it finally come to life. It will be a resource for everyone who owns pets or comes across distressed animals, and it will save a limb, or a life, and help cure disease," said Ratan Tata.

To book an appointment, please call or send a WhatsApp message on: +912231053105. For further info., please refer to the website: <https://sahmumbai.com>

(Contributed by Pervin Sanghvi, C4D Consultant, Environmentalist, Co-founder 'Save Hanging Garden' campaign)



More than just a treatment center, SAHM embodies a philosophy of comprehensive care. SAHM

Friends Forever

The Hanging Garden walkers club celebrated the 98th birthday of the most senior walker of the garden, Naru Kaka on June 30, 2024, at CCI. The Green Garden Group put on a well-planned entertainment programme that included couples dancing to vintage Hindi tunes and ended with a performance by the group's women members. The event was filled with laughter and enjoyment. (In pics: women members of the group & Naru kaka 1st from left alongwith alongwith his brother Amu Uncle (Age 102 yrs).



World Cup victory celebration

Hanging Garden is a lively place in the morning. India won the T20 Cricket World Cup on June 29th, and all Indians celebrated this historic event. The whole of India rejoiced all night. Hanging Garden walkers continued the celebration next morning by marching around the Garden, waving the Indian flag. STPG initiated the march, and other walkers joined them.



STPG is St. Teresa's School Parents Group. They are a unique group who have been together for the past 18 years. They have competed in several marathons and won 10 medals. Thank you STPG for a wonderful morning!

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Friends of Malabar Hill



Are you passionate about improving our neighbourhood? Join the Friends of Malabar Hill, a dedicated group of residents committed to addressing civic issues and fostering a vibrant, thriving community. Our mission is to act as a liaison between citizens and local authorities, to make our concerns heard and addressed effectively.

As a member, you'll have the opportunity to collaborate with like-minded neighbours, participate in community projects, stay in touch with the most pressing issues, and advocate for improvements that matter to you. Whether it's enhancing public safety, beautifying our streets, car parking issues, protecting our trees, or improving civic amenities - your involvement can make a real difference.

Let's work together to create a cleaner, safer, and more livable Malabar Hill. Become a part of Friends of Malabar Hill today and help shape the future of our beloved neighbourhood.

Join the WhatsApp group by scanning the QR code from the 'Settings' menu on WhatsApp. Alternatively, you could send an email to friendsofmalabarhill@gmail.com with your name and mobile number.



Ek Mutthi Anaj



Ek Mutthi Anaj on 15th June arranged breakfast for 350 cancer patients and their families at Ghadge Maharaj Trust, Dadar. The donors were present to personally serve the food.

Ek Muthi Anaj has begun the distribution of school stationery, and other items, which will continue for some time. They, together with the Shri Nimesh Tanna Charitable Trust, gave them to students of the tribal villages of Dahanu and Palghar. Raincoats, school bags, stationery, and books were supplied to these students. Snacks were also served. They covered approximately 1000 students. The second part of this distribution of school books, stationery, and other items took place on Saturday, June 22nd, to another 1000 students.

Again on 22nd June, Ek Muthi Anaj arranged breakfast for 350 cancer patients and their families at Ghadge Maharaj Trust, Dadar. The donor family present to serve the food.

Ek Muthi Anaj is thankful to the generous donors and all well-wishers. One can celebrate occasions and commemorate remembrances in the name of your near and dear ones who are no more today by donating breakfast to the cancer patients and their families. The cost of the same is around Rs 9000 for one time.

Ek Mutthi Anaj is an initiative of Hanging Garden walkers. Any willing donor can contact Naresh Jain 98200 89449 or Ashok Sharma 98210 85445 or visit Hanging Garden on weekends between 7 am to 8 am and donate personally.

Nana-Nani Khusiyaan Group

Cyber crime awareness interactive talk was organized by Miss Ashwini and Sunil Patil for Nana Nani Khusiyaan group at Mackichan Hall, Chowpatty on 6th July 2024. Police inspectors Pankaj Hole and Sandeep Mane of Gamdevi police station conducted this interactive talk. They gave all information about the cyber frauds and the action to be taken by the victims of the Fraud. (By Sharad Bhagat)



Robinhood Army (RHA)

In the month of June 2024, Robin Hood Army (RHA) held an exceptional drawing class for the children from the slums. They gave these children pictures of Krishna and asked them to draw them with colours. Children did exceptional drawings. After colouring they were divided into 3 groups and told them a story followed by Q&A for character building. This was followed by cake cutting and food distribution. RHA thanks the sponsors. (By Anil Dhawan)



Giants Group of Chowpatty

Giants Group of Chowpatty & members, Lavkesh Thaker along with Daksha Varma, Amita Dharia, Maya Chavda, Meeta Parekh, Sumita, Drs - Mrs & Mr Patwari, their son, visited Shri Sadgurudev Swami Akhandanand Memorial Charitable Trust at Barumal. Also known as Trayodash Jyotirling Bhagwan Bhav Bhaveshwar tirth. The Ashram is situated at Dharampur where about 750 tribal poor girls reside and study.

They donated 2400 books, stationery kits and money for fodder as there are 300 cows in their Gaushala. They were happy to visit such a remote place with so many hurdles. The members did Abhishek on the Jyotirling and sought blessings from Gurudev.

The group is in its 48th year and makes conscious efforts to visit places and personally spend time with lesser blessed. Their aim and goal is to give back to the society and make a difference in a few lives if not all.

The Group also donated 42 Kgs of plastic for recycling by the efforts of Nisha Majmudar.

(By Lavkesh Thaker)



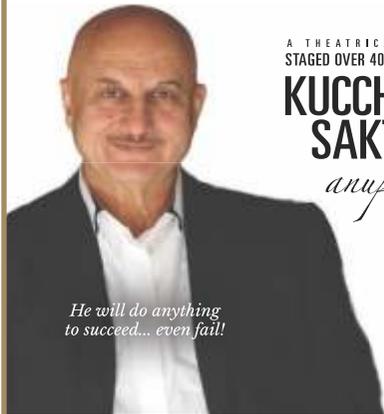
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Inner Wheel Club of Bombay Bayview

A Toy and Book Library was set up at Michael School, Kurla for over 3000 children from nursery to grade 2. It has been proved that Interactive and age-appropriate educational toys enhance cognitive development and instill a love for learning early on. The school had very limited educational toy and Books resources which made it difficult for the teachers to teach in the modern learning way through play techniques. The children will have access to over 2500+ books, games, puzzles etc so that creativity, critical thinking and social skills can be promoted. We sincerely hope that this library will empower students to explore, discover, and grow, laying a strong foundation for their future academic journey. Branding for Inner Wheel Club of Bombay Bayview was also done at the library. The project was inaugurated by District Chairman Prerana Raichur on 6th July along with members of IWC Bayview. Project Cost: Approx 9 Lakhs (By Rtn. Rajni Barasia)



Inner Wheel Club of Bombay Hanging Garden

On the occasion of the installation of new President Meena Shah, her family donated two dialysis machines to the Pushpachandra Trust in Ghatkopar, allowing the needy to receive treatment for only Rs 200. Prerana Raichur, the District Chairman, led the inauguration.

'Whoever plants a tree plants hope'. Nimisha Shah, a member, through Inner Wheel Club of Bombay Hanging Garden, planted 1500 trees with schoolchildren in Saphale, Palghar to help minimise the carbon imprint. (By Meena Shah)



Inner Wheel Club of Bombay North

The Club carried out its Diamond Jubilee Flagship Project as part of their Integrated Village Development of Water, Health, and Education.

Pallipada Village, located in Palghar's Dahanu district, has suffered from poverty, migration, and barren fields owing to a lack of water, which is the basis of our livelihood.

In order to foster sustainable growth for the villagers, the Club has installed solar panels, which will allow them to cultivate different crops and provide clean water to every farm and residence. They have also constructed a bore well, which will offer drinking water to all homes. The Club will now take care of medical facilities by giving a doctor with sufficient support staff and drugs to take care of healthcare needs for around 10 villages around Pallipada.

(By Dr. Vidya Mukund)



Rotary Club of Bombay Bayview

Making a Difference in our Community: On July 1st, 2024, the Club launched the new Rotary year with several community initiatives under the leadership of President Rtn. Rajni Barasia.

Blood Donation Drive at Churchgate Station: Club partnered with South Mumbai Rotary Clubs for a District Mega Blood Donation Drive at Churchgate Station, with 8 members participating and 5 donating blood.

Felicitation at Nair Hospital: To honor National Doctors Day, Club presented Tulsi plants, certificates of appreciation, and hosted a lunch for the Dean and HOD doctors at Nair Hospital, which was greatly appreciated.

Baghban - Disability to Ability at Balgandharva Bandra: At this event the Club celebrated talents of differently-abled individuals and senior citizens.

Addiction Prevention Awareness: In collaboration with the Rotary Club of Addiction Prevention, the Club conducted substance abuse awareness sessions for 9th standard students at Michael High School, led by Dr. Nilam Gada.

Other Community service projects: The Club also donated Talpatri to 80 underprivileged families for monsoon relief. Club regularly supports the needy, differently-abled, and senior citizen homes with Annapurna programs. Additionally, they aided an animal welfare center with treatments and feed.

Monthly Speaker Meeting: As part of community engagement efforts, the Club hosted speaker meeting with Brijesh Singh, IPS, Principal Secretary to the CM of Maharashtra, who shared insights on cyber security, cyber hygiene, and AI, captivating the audience with an interactive session. He also shared the importance of reporting incidents promptly to law enforcement agencies for swift action.

Further Plans for July: Looking ahead, RCBB plans to support villages in Dahanu, inaugurate a well in Ambesari Baripada, install playground equipment in 10 Zilla Parishad schools, and provide 25 e-learning kits, among other projects.

The Club continues to exemplify community service. Visit www.rotarybombaybayview.com for upcoming events and volunteer opportunities. Contact President Rajni Barasia at 9820148615 or Hon. Secretary Rackhee Mehta at 9930556670 and contribute to Rotary Club of Bombay Bayview Charitable Trust for various community service projects. (By Rtn. Rackhee Mehta, Hon. Club Secretary).



Inner Wheel Club of Bombay

The Inner Wheel Club of Bombay, a pillar of the city's service community, held its annual presidential installation ceremony on July 1, 2024, at the C.K. Naidu Hall, CCI, Mumbai. The Club ushers in new leadership and celebrates service.

The event marked the passing of the torch for the 2024-2025 term with outgoing President Zarin Havewala passing the baton to incumbent President Dr. Mita Roy. District Chairman Prerana Raichur graced the ceremony and inspired the attendees as Chief Guest and the young and dynamic Rotarian Satyan Israni, President of Rotary Club of Bombay, joined as Guest of Honour, further solidifying the strong bond between the two partner service organisations.

The Club also took the opportunity to honour one of its veterans, Past District Chairman Lata Palekar, whose dedication has inspired generations of Inner Wheel members. A highlight was the presentation of the prestigious Mira Mehta Award. This year, Mini Suboth, the driving force behind the NGO 'Akshay Shakti', received recognition for her tireless work in empowering women and promoting education across diverse segments of society.

The theme for the new year, 'Building a Future', resonated through poetry. The evening featured readings of 'Where the Mind is Without Fear' by Gurudev Rabindranath Tagore and a powerful dance performance of Sohan Lal Dwivedi's 'Koshish Karne Walon Ki Kabhi Haar Nahin Hoti' by underprivileged children. (By Shernaaz Engineer)



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Anila Shah's Legacy

Anila Shah's legacy spans over four decades, rooted in her journey from humble beginnings to a renowned entrepreneur.



She was born into a modest family, where she experienced the harsh reality of living with eight people in a cramped 275 square feet house. Nonetheless, Anila took on the role of the eldest daughter-in-law shouldering the responsibilities of managing the household and caring for her three children.

Anila also landed on the roller coaster at this stage of her life when she planned to convert her hobby of cooking into a business venture with her supportive husband, Mahendra Shah. What kept her going was her love for cooking and expertise in preparing tasty and crispy namkeen from her home. This young idea rapidly grew into a huge movement within their group and local markets within a short time.

This determination was not long in coming since the couple managed to develop their activity beyond a home-based business. A drastic change was introduced and implemented in their business by their own son, Chirag Shah. He carried out the

vision of expanding and updating the business by bringing young ideas into the family business. They dared to start with the first outlet in Walkeshwar, their namkeen prepared with lots of care and attention continued to lure people and their palate. He managed to grow the business and get popular for offering high-quality products and serving customers well. He set up another successful outlet in Breach Candy, which helped them to make their position stronger in Mumbai's food market.

The life of Anila Shah from a cramped house to a businesswoman is a good role model for everyone in the society. Her legacy continues to inspire aspiring entrepreneurs. Anila Shah's story is a good example of how with sheer determination and the faith in the skills one possesses any dream is achievable no matter how unimaginative the setup might have been.

The shop is known as 'Anila Shah - Tasty Treat' and is situated at Walkeshwar, near Teen Batti.

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Sensei Rajesh Thakkar's Karate Camp at Khandala



Sensei Rajesh Thakkar, 7th Degree Black Belt - Japan & Chief Instructor of Rajesh Thakkar's Karate Academy, will be conducting the 85th Karate Camp for all Karate lovers (brown belts & black belts only) at Zara's Resort - Khandala on Thursday, 15th August to Sunday, 18th August 2024.

The camp will focus on advanced karate training in a holistic way including:- Kihon (basics), Goju-Ryu Kata (Hard & Soft style form), Bunkai (application of Kata), Ippon Kumite (one step sparring), Makiwara (bagwork), Shiai Kumite (sports karate), Pool training. The camp will also focus on upcoming state/national and international tournaments.

For More information call Miss Wadia on 90049 44333 or visit website www.rajeshthakkarkarate.com

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Shree Aadi Jin Yuvak Charitable Trust

During this scorching summer, with temperatures reaching 45°, the trust sent 10 to 15 water tankers daily to animal-friendly tribal villages of Sirohi and Pali. In Sirohi, around 600 water bowels were provided. On World Environment Day saw the making of a new water pond funded by the Trust and inaugurated by a Forest Officer. In Sirohi, Rajasthan, tree plantation was also done.

On July 7, Sunday, at Bhayander Secondary School, at a 2000 student institution, there was a school project overseen by Shree Aadi Jin Yuvak Charitable Trust Walkeshwar, Mumbai. They distributed books, stationery packages, and refreshments to more than 400 students. Sponsored by Smt. Sangeetaben Rajeshbhai Jogani family. Donor Rajeshbhai Jogani family & MLA Geeta Jain were present. Anchor Panjrapole Chairman Harsh Vora, Ahinsa Dham team of 25 members were also present.

The Trust donated 1 year school fees of Rs 3600 per year to 67 needy students as per survey list. The trust also donated 35000 plus books in different schools.

For more information on the Trust and their activities and to donate for noble cause please call Jayesh Jariwala on 99204 94433 or Bharat Mehta on 93222 22928. Donating to the trust will get you tax relief. (By Bharat Mehta).



Picture of High tide at Marine Drive. Contributed by Ramnarayan Iyer. He can be contacted on 96196 42587 for any photography assignments

Misconceptions about Physiotherapy

Physiotherapy has gained attention in the past few years but many have misconceptions about physiotherapy- such as, only using machines are enough or yoga can replace exercises. Exercises done haphazardly or without a proper assessment and direction can in fact lead to injuries. Physiotherapy is not application of machines one after the other, or random exercises, but a streamlined thought process that is formulated after a detailed assessment of movements.

Physiotherapists are movement specialists and our role is identifying movement dysfunctions that limit your daily activities and restrict your participation in society, the causes of those dysfunctions, prognosis and recovery process.

Brain and spine health is indispensable. Memory issues, headaches, imbalance, numbness or tingling, each can be improved by physiotherapy. A comprehensive cognitive assessment, even in a dementia, stroke or Parkinson's disease patient, helps create a framework for cognitive training- which upgrades the quality of life of the individual.

Dementia, stroke, Parkinson's disease and brain haemorrhages have been creating disabilities in the lives of elder individuals. Accurate assessment such as cognition, memory, perception, visuospatial orientation enables formulation of cognitive training. Neuroplasticity enables the brain to re-learn forgotten movements and hence task specific exercises, gait training and balance improve the quality of life of the individual. Home care enables individuals to regain their ability to perform their daily activities.

Manual therapy helps in reducing pain and improving joint mobility which improves movements. Adjuncts in physiotherapy are used to ensure early return to exercises, and include ultrasound, dry needling, sports taping and cupping therapy.

To return to sports, even as a weekend recreational activity requires specific testing, as the joint proprioception and ability to generate force is affected after an injury. The performance developed after rehabilitation should be enhanced to higher than pre-injury levels and tested at regular intervals to permit return to sports.

Physiotherapy exercises are not meant to be lifelong. Transition to an appropriate and safe fitness regimen is necessary, to live a pain-free healthy lifestyle.

To spread awareness of physiotherapy, Asiya Physiotherapy and Rehabilitation is conducting various brain and spine health camps across Mumbai.

To know more, please contact: Dr. Dhairav Shah 9869198306. Asiya Physiotherapy and Rehabilitation clinic: Unit 4a, 2nd floor, Aman Chambers, Opera house, Charni Road east, Mumbai 400 004. Instagram: asiya physiotherapy. Facebook: Asiya Physiotherapy



International Yoga Day

Palanpur Samaj Kendra, Women's Forum, celebrated 'International Yoga Day' at Avsar Hall on 21st June 2024.

The event was inaugurated by Mr Nitinji Patawa, 'Deep Jwalan' was done by Mr Pravin Shankarji Padya, Smt Jyostsnaben Mehta, ex-BMC Corporator, graced the occasion.

Neeta Nimish Mehta of Wellness Yoga conducted the yoga session.

Neeta ben is teaching Yoga voluntarily since last 20 years in the community. Her students performed energetically and their senior group (73 to 83 yrs) performed on 'Aao Yog Karein' song. More than 160 people participated at the Yoga Day.



Resolve your Ailments - by Mickey Mehta

The truth about the health risks associated with an inactive lifestyle or desk job encompasses a myriad of issues that can significantly impact our well-being. From physical ailments like neck pain, posture problems, weight gain, and mobility issues to mental health concerns such as stress, mental fatigue, and eyestrain, the sedentary nature of an inactive lifestyle poses numerous challenges.

Additionally, snack liabilities, cardiovascular complications, diabetes, and obesity are all potential consequences of prolonged sitting and unhealthy habits commonly found in office environments or inactive lifestyles.

Here are some common concerns associated with being sedentary:

1. **Obesity and Weight increase:** Being inactive might result in obesity and weight increase. Insufficient physical activity causes excess calories to be stored as fat, which eventually results in weight gain.
2. **Cardiovascular Issues:** A higher risk of heart disease and stroke is associated with inactivity. Frequent exercise lowers the risk of cardiovascular issues by maintaining good blood pressure, cholesterol, and blood flow.
3. **Weakness and Loss of Flexibility in the Muscles:** In the absence of consistent exercise, the muscles become weaker and less flexible. This can cause less mobility as well as a higher chance of accidents and falls, particularly as you get older.
4. **Bone Health:** Walking and resistance training are examples of weight-bearing exercises that assist in strengthening bones and lower the risk of osteoporosis. Decreased bone density and a higher risk of fractures can result from inactivity.
5. **Mental Health Issues:** Exercise regularly is proven to elevate mood and lower the likelihood of anxiety and sadness. On the other side, inactivity can make pre-existing diseases worse and is linked to an increased risk of mental health issues.
6. **Metabolic Syndrome and Type 2 Diabetes:** One of the main risk factors for metabolic syndrome, a group of illnesses that raises the risk of heart disease, stroke, and type 2 diabetes, is a lack of physical activity. Frequent exercise increases insulin sensitivity and helps control blood sugar levels.
7. **Cancer Risk:** Research indicates that a sedentary lifestyle may raise the risk of endometrial, colon, and breast cancers, among other cancers.
8. **Poor Circulation and Increased Inflammation:** Extended sitting has been linked to the body's poor circulation and increased inflammation, which can cause many health issues, such as heart disease and persistent pain.

Taking a holistic perspective, we can draw upon ancient wisdom such as the concept of the five elements, or panchamahabutas, to understand how our unique constitutions, or Prakriti, interact with our modern lifestyles. By recognizing our compositions, we can tailor preventive measures to address specific vulnerabilities and promote overall well-being.

This holistic approach integrates both traditional medical treatments and alternative remedies to support our health. Optimal movement therapy, breathing exercises, meditation, massage, and nourishment through cosmic and natural nutrition can all play crucial roles in mitigating the adverse effects of inactive life.

These practices not only alleviate physical discomfort but also nurture mental and emotional resilience, fostering a balanced state of being.

Furthermore, it's important to recognize the emotional journey many individuals undergo when facing serious illness or chronic conditions. From denial and anger to bargaining, depression, and ultimately acceptance, navigating these stages of adjustment requires support, understanding, and compassion. By fostering open discussions and providing resources for coping strategies, we can empower individuals to navigate these challenges with resilience and grace.

In essence, acknowledging the health risks of an inactive lifestyle and adopting a holistic approach to wellness can proactively address these challenges and cultivate a vibrant, fulfilling life, even in the face of sedentary work environments.

Inactivity to Activity... Get Mickeymized!!!



Latest Advances in Breast Cancer Surgery: Fluorescence Technology is Improving Surgical Outcomes

What is Fluorescence?

Fluorescence is a type of light emission where a substance absorbs light and then re-emits it almost instantly. In everyday life, you see fluorescence in things like highlighter pens. In medicine, fluorescent dyes are used to highlight and visualize specific molecules, making it easier for doctors to see them during diagnostic or surgical procedures.

Fluorescence technology represents a significant advancement in breast cancer surgery, offering several key benefits that improve patient outcomes.

Sentinel Lymph Node Mapping:

- Procedure: Indocyanine green (ICG) a fluorescent dye, is injected near the breast tumor. This dye travels through the lymphatic system and accumulates in sentinel lymph nodes (SLNs).

- Benefits: Accurately identify and remove SLNs, crucial for staging and determining further treatment. This precision reduces unnecessary lymph node removal and associated complications like lymphedema.

Lymphatic Microsurgical Preventing Healing Approach (LYMPHA):

- Procedure: Following axillary dissection, ICG dye is injected in the arm. ICG helps visualize lymphatic channels in real-time, guiding the creation of connections between lymphatics of arm and venous systems.

- Benefits: Enhanced visualization improves the success rate of LVA by ensuring precise anastomosis, thereby reducing the risk of arm lymphedema.

Flap Vascularity Assessment:

- Procedure: In breast reconstruction surgeries, a fluorescent dye (typically ICG) is injected into the bloodstream to assess blood flow to transplanted tissue (flap).

- Benefits: Real-time imaging helps surgeons identify areas with inadequate blood supply, allowing adjustments during surgery to prevent tissue necrosis and improve overall flap success rates.

About the Author

Dr. Jay R. Anam completed his M.Ch. in Surgical Oncology from Tata Memorial Centre and a Fellowship in Breast Oncology from Centre Oscar Lambret, Lille, France. Dr. Anam specializes in Breast Oncology, performing various surgeries including mastectomy, breast conservation, aesthetic and cosmetic reconstruction, sentinel node biopsy, sono-guided and wire-localized surgeries for screen-detected cancers, flap reconstructions for advanced cancers, and aesthetic surgery for benign tumors.



Dr. Jay R. Anam
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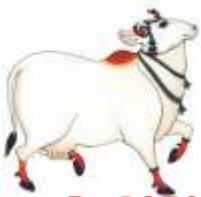
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Prediction of July 2024

Zodiac Sign : Cancer, Leo. **Auspicious dates :** 7, 16, 25. **Auspicious Direction :** Northwest. Individual can sit in northwest direction for important meetings, tasks, projects, etc
Auspicious Day : All Monday's and Tuesday's of the Month
Auspicious time: 7am , 7pm. **Auspicious colour:** Family of moon and shining
 Auspicious month for those who are in Creative field, Travel agency, Travel agents, Transportation field.

Remedies : Pen down your thoughts ideas and beliefs in a diary and visualize your goal and try to manifest them. It's a manifestation month.

Month of July

J...ALWAYS BE JOYFUL

U...UNBELIEVABLE MONTH...MAKE THINGS HAPPEN

L...WORK WITH LOVE

Y...BELIEVE IN YOUR SELF

(By Dr. Divya Malhotra, GST (Gyan of Secret Talent),
 Diploma, Gold Medalist, PhD in Numerology. Mobile: 98217 12051.)



People are the heart of buildings. Gardens are its nervous system

Since time immemorial, gardens have shared a symbiotic relationship with its people. A relationship meant for recreation, for food, for shelter, for oxygen, for medicine, for rejuvenation. A relationship which believes in co-existing, supporting, depending on each other. A relationship that enhances mental, physical, social, emotional, spiritual well-being.

It's the garden which has been at the epicenter of all life, for all people. Human beings, birds, bees, butterflies, alike. However, it's very purpose has changed over the time - and its size, too.

Today, gardens have become a beautification element rather than a necessity. In housing societies, commercial complexes, or public projects, gardens are designed to suit our needs over the others.

Exotic plants are widely used to 'enhance' aesthetics, thus displacing native plants and with them, biodiversity. Lawns have taken a centerstage to give a greener look over the grasses, medicinal plants that are lifesaving for many. Old trees are being uprooted, giving way to concrete pathways or appeasement structures, dismantling homes of countless life-forms from birds, insects, that depend on them for food, shelter. Colourful leaves that make a statement are chosen over flowers, which are useless for attracting any pollinators.

While we may imagine a garden to be a huge, open public space, it is now confined to our buildings. Sometimes to our windows. Parks are becoming private and individual.

This change brings a greater responsibility for its residents. Of restoring the ecosystem one plant at a time. Of creating a microcosm for other living beings one garden at a time.

But what's in it for us? Why should I care about



plants, birds, or bees? Well, without them, our existence too is in jeopardy. Without nature's humble pollinators, we will have nobody to propagate our food. Without the old tree cover, we won't have clean air or shade to escape from the sweltering heat. Without the humming sounds of birds and fluttering of butterflies, we won't have mental peace. We have much more to lose than them.

The habitat loss created by urbanization and consumerism is making the biodiversity vulnerable and dependent on us. Though, this trend can be reversed if we stand united in this battle. If each housing societies makes informed, meaningful choices to build or transform garden spaces into sanctuaries for its people, we will be able to create an equal, hospitable environment for all. Be it a building park or an individual's home.

The idea of a garden should be barter, not banish. To shape the way we live, play, enjoy and do just anything.

By Dipti Agarwal

Founder and Chief Gardening Officer, Peepal.

Resident of Kemps Corner

Mobile: +91 7400068705.

Email: dipti.agarwal@peepal.one

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MONTHLY GUIDANCE – Tarot -78 Connect to your Inner Wisdom 1

Dear Readers, this month, I turn to the angel oracle cards for guidance and inspiration. May their loving messages and beautiful artwork bring wisdom, comfort, and clarity on one's journey.

Ask a question about any area of your life, and refer to the cards below for guidance. Seek answers and insight from the angel oracle cards. Let their wisdom and loving messages provide direction and clarity on your journey.

Kindly take what resonates with you. This is an absolute general guidance. For a personal reading, you may contact the Tarot and Angel Card reader on the details given below.

Oracle angel cards are a type of divination card deck used for guidance, inspiration, and wisdom. They typically feature uplifting messages, affirmations, and beautiful artwork, and are designed to connect users with the angelic realm and higher states of consciousness. Each card offers a unique message or theme, such as hope, courage, or inner strength, to support users on their life journey. Oracle angel cards can be used for daily guidance, meditation, or as a tool for deeper self-reflection and personal growth. They are often used in conjunction with intuition and inner wisdom to provide a more comprehensive understanding of one's situation and potential paths forward. By drawing a card, users can gain a fresh perspective, find comfort, and discover new insights to navigate life's challenges and opportunities.



Card No. 1 Card No. 2 Card No. 3 Card No. 4



CARD NO.1- FORGIVENESS

This card guides us to: Let go of grudges and release negative emotions, Forgive ourselves and others, Release the burden of resentment and anger, - Embrace peace and closure, Create space for healing and new beginnings, Trust that forgiveness is a process, and it may take time, Remember that holding onto resentment only harms us, not the other person.

Overall, this card encourages us to release the weight of unforgiveness and choose a path of love, compassion, and liberation

CARD NO.2- OPPORTUNITY

This card guides us to: Embrace new possibilities and prospects, Be open to change and growth, Recognize and seize potential opportunities, Trust that everything is working in our favour, Have faith in the universe's plan, Take risks and step out of our comfort zone, Believe in our abilities and talents

- Know that every experience brings growth and learning

Overall, this card encourages us to stay alert, be receptive, and trust that opportunities are presenting themselves to us, guiding us towards our highest good.

CARD NO.3 - TAKE ACTION

This card guides us to: Stop procrastinating and take bold steps forward, Turn ideas into reality, Take consistent and determined action towards our goals, Trust in our abilities and talents, Overcome fear and doubts, Embrace a sense of urgency and momentum

- Break down big goals into smaller, manageable steps, Focus on progress, not perfection, Keep moving forward, no matter what.

Overall, this card encourages us to stop waiting and start doing, to take decisive action towards our dreams and desires, and to trust that the universe will support us on our journey.

CARD NO.4- WITHIN THE NEXT FEW WEEKS

This card guides us to: Expect a significant change or development in the near future, Stay alert and aware of new opportunities and circumstances, Trust that things are unfolding in our favour, Have faith in the universe's timing and plan, Keep a positive attitude and expectation, Get ready to receive a blessing, gift, or surprise, Stay open and receptive to new experiences and possibilities, Know that our prayers and intentions are being answered

Overall, this card encourages us to stay hopeful and optimistic, knowing that positive changes and opportunities are on the horizon, and to stay open to receiving them.

For a personalised reading – ONLINE/ OFFLINE.

Connect with Deepaa P Contractor TAROT -78.

Tarot and Angel Card Reader
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THE VOICE OF MALABAR HILLS TEAM

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- Ortho Rehab
- Sports Rehab

- Aqua Rehab
- Paediatric Rehab

- Cardiac Rehab
- Speech Therapy

- Neuro & Robotic Rehab
- Prosthesis & Orthosis



Spinal Mouse Evaluation
-Assessment of Spinal alignment.
-Examine Scoliosis, Kyphosis & Lordosis.



Isokinetic Device
-To evaluate strength, endurance of muscles & provide training.
-Used for sports, ortho, neuro & pediatric rehabilitation.



TECAR
-Improves microcirculation of deep tissue.
-Helps in relieving pain & stiffness.



Gait Training
-Improves ability to stand, walk, balance & co-ordination.



VAST
-Train balance, co-ordination & cognition in various neurological conditions.



EMG Biofeedback
-Useful in urinary incontinence (urine Leakage) by assessing and strengthening pelvic floor muscles with biofeedback.



Robotic Treatment
-Helps to activate Hip, Knee & Ankle Movements.
-Useful in head injuries, Spinal cord injuries, stroke, Parkinsons etc.



Robotic Hand Therapy
-Recover hand function by Facilitating motor relearning for activities like holding, picking & hand opening.



Paediatric Rehab
-Sensory swing, ball pool, mat, etc. helps to improve adaptive responses and enhance Overall functioning.



Foot Analysis
-Evaluate ankle & Foot posture & provide insoles if needed.



Cryotherapy
-Reduces pain & inflammation in musculoskeletal injuries.
-Works on temp beyond -40 C.



Exercise Therapy
-Improves muscle strength, boost endurance with help of different pneumatic machines to avoid pressure over the joints.



Pressure Plate & Gait Analysis
-To analyze walking pattern to check unequal pressure is experienced in feet & hence provide Solution for same.



Shoulder & Knee CPM
-To achieve shoulder & Knee range of motion in conditions like frozen shoulder, post-surgery etc.



VO2 Max
-To check lung capacity & aerobic endurance & train accordingly.
- Can be used post cardiac & pulmonary surgeries also.



Aqua Therapy
-To achieve strength by avoiding joint pressure.
-Useful for weight reduction, Degenerative conditions, balance & co-ordination.



ECG
-Vitals & ECG monitoring to improve long term cardiac endurance.



Spinal Decompression
-Indicated for back & neck pain, herniated discs, degenerative disc disease, sciatica.

CONDITIONS WE TREAT:

Osteoarthritis, Rheumatoid Arthritis, Gout
Soft Tissue Injuries(Ligament & Meniscal Tear)
Nerve Injury(Wrist Drop, Foot Drop)
Upper & Low Back Pain

Stroke, Parkinsons
Spinal Cord Injury
Vestibular Dysfunction
Diabetic Neuropathy

Cardiac Disorders
Flat feet
Hand Injuries
Sports Related Injuries

Urinary Incontinence
Pre & Post Natal Care
Paediatric Conditions
Developmental Delay

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Close to Care, Convenience, and Comfort: Your Budget-Friendly Hotel Near Major South Mumbai Hospitals

When seeking medical treatment in Mumbai, finding a suitable accommodation is paramount. Hotel Royal Castle, having an experience of 33 years in the hospitality sector, located at Kemp's corner, offers a perfect balance of proximity, cleanliness, affordability, comfort, and convenience tailored for medical tourists.



Proximity: Close to Leading Medical Facilities

Strategically located near Mumbai's leading hospitals, Hotel Royal Castle minimizes travel time and stress for guests:

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- Jaslok Hospital: 1.2 kilometers
- Sir Harkishandas Hospital: 1.5 kilometers
- Saifee Hospital: 2.2 kilometers
- Breach Candy Hospital: 2.4 kilometers
- Wockhardt Hospital: 2.4 kilometers

This close proximity ensures swift medical care



Impeccable Hygiene Standards

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Quality Accommodation at Competitive Rates

Understanding the financial strain of medical expenses, the hotel offers competitive rates without compromising on comfort. All rooms are equipped with basic amenities like attached bathrooms, wifi facilities, LED TVs, in-room safes, tea and coffee maker, mini refrigerator etc.

Comfort: A Homely and Supportive Atmosphere

Hotel Royal Castle offers a warm and inviting atmosphere, complemented by personalized service that caters to each guest's unique needs. Ensuring guests' comfort is the management's top priority, always delivered with a smile.



Convenience: Comprehensive Services for a Stress-Free Stay

Beyond accommodation, Hotel Royal Castle offers:

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- **Travel Desk:** Assist with all your travel needs.
- **Laundry Facilities:** Convenient and efficient laundry services, ensuring guests have clean clothes without hassle
- **24/7 Front Desk:** Always available for guest's assistance.



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