

MARCH 2024

# VISION

MONTHLY NEWSMAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

RID 3030



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## MELGHAT SURGICAL CAMP

JOINT  
CLUB  
MEETING

CLUB  
ASSEMBLY



# Presidential message

Oct 2023



Rtn. Gordon McNally  
RI President 2023-24

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.





Rtn. Asha Venugopal  
Dist Governor RID 3030

## District governor's message

April has set in, and we are only two months away from ushering in the next Rotary Year. April as we all know is dedicated to Maternal and Child Health. India experiences high rates of maternal and infant mortality and morbidity, with tribal communities disproportionately affected.

As we are almost at the end of this Rotary Year let's take an Oath to contribute as much as we can to the Rotary Foundation (TRF) so that we can continue the good work in the Seven Areas of focus defined by Rotary International.

Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

Certain factors which were found to be influencing the use of maternal healthcare and childhood immunization include:

woman's age, parity, media exposure, maternal education, wealth quintile, and residence. The findings also revealed that these factors affect the use of maternal and child health services differently.

Tribal populations frequently live in unfavourable socio-economic conditions and deficient social health indicators, culminating in adverse health consequences. Using a life course perspective, this qualitative study explored risks over the life course that contribute to maternal and child health problems among tribal populations in India.

The right to health was violated for a large number of women and children due to limited awareness of the women. Even after concerted efforts by the government and non-government organizations, the imparting of knowledge to the women to care for themselves and their children was extremely limited.

Rotary makes high-quality health care available to vulnerable mothers and children so they can live longer and grow stronger. We expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented.

## President speaks

Dear RCNV Family,  
We are well and truly into the last leg of our Rotary year and I can already see the President Elect gearing up to take the reins. That is the beauty of Rotary. The seamless transition from one year to the next. The continuous effort to serve society better and better each passing year. Every President and the year's team does its best according to their level of commitment and involvement. This ensures that while no year is better than the previous one, society stand to benefit the most through our actions and service. This month we have our Melghat Surgical Camp. A camp which will grow bigger and bigger with each passing year and will require our service in greater measure. I request members to get more involved in such worthwhile projects because that is where you see the true worth of the organisation we represent.

-Ajay Uplanchiwar



## Editor's Note SOHRAB KANGA

### CAST YOUR VOTE

India gears up for the largest elections in the history of mankind. The machinery is at work trying to ensure smooth and fair polls, but what is certainly taking society by storm is the forwards and claims on Whatsapp University. Suddenly we are flooded with messages and videos for and against political parties and the narrative is being built up in heated discussions on private groups. While it is common sense that one must use his/her judgement and discretion in casting votes, it does influence one's thinking. We, in Rotary, are known to be leaders in our respective fields and I can only hope we use this platform as a beacon of sense when we go and cast our vote. If we get as easily influenced by forwards as the rest of the populace, there is little hope for humanity!

# Vocational insights

1st March 2024



Extremely insightful Vocational and Business meet was held with members from our rotary club in varied fields of vocation briefing the audience. Meeting was conducted as a business meet, followed by Vocational Insights. President Elect Jaishree Chhabrani gave information about her work in the field of graphology and education, Dr Pranav Jha, a new member, nephrologist by profession and associated with Viveka Hospital, Nagpur, spoke next. He provided a detailed presentation on the prevention of kidney problems.

The meeting continued with Pawan Mangoli, a super enthusiastic and charming, Zumba Instructor who has many feathers to his Cap, highlighted the aspects of Zumba and Fitness to the members. Session concluded with Mr Manjiv Sharma, Sr development officer LIC who enlightened the audience on Pension Planning, Tax Saving, and Smart Investments.

Introduction of speakers was given by CA Garima Gupta and Dr Arunima Panse. Vote of Thanks was given by Rtn. Ritesh Somani.

Rotary Carnival was announced by presidents of Rotary club of North and Rotary club Ishanya.

New member Chandrakant Satija proposed by Rahul Arya was inducted.

The program was put together by the programs committee, led by Vice President Ritesh Amidwar and conducted by Rtn. Meghana Nene. The meeting ended with singing of the National Anthem.

# Speaker Meet at IMT



# Speaker meet at IMT

2nd March 2024



2nd March 2024 saw a very special speaker meeting for RCNV. RCNV got, not one but two eminent speakers. Mr. Ashok and Mrs. Novel Lavasa. Mr. Ashok Lavasa, former finance secretary and election commissioner, spoke on 'The uncaging of India in the current geopolitical global scenario'. Mrs. Novel Lavasa, the second speaker, shed light on sustainability and opportunities in waste management.

Attended by around 300 students, some officials of IMT and many RCNV members, it was a speaker meet held at the beautiful premises of IMT, on Katol Road. President Ajay, PP Rajiv Behal, President Elect Jaishree Chhabrani, Hon. Secretary Madhumati, Sonal Malkan, Meghana Nene and Garima Gupta attended the speaker meet.

A wonderful insight into both subjects was brought out before the audience. The meeting materialised due to untiring efforts of Rtn. PP Rajiv Behal. The young budding executives from IMT interacted with the guest speakers. All in all it was afternoon well spent for all those who could make it. The vote of thanks was proposed by Rtn. Meghana Nene

# Polio drive

3rd March 2024

The Nagpur Municipal Corporation in association with Nagpur Rotary Enclave initiated and executed the Polio Drive in and around Nagpur city. The drive started at 7 am and continued till 6 in the evening on 3rd March. Rotary Club of Nagpur Vision collaborated and helped in the vaccination drive in the Gandhi bagh zone, Nagpur. As a good will gesture RCNV distributed packed lunch boxes to 250+ volunteers at Gandhi Bagh zone. Sgt -At Arms Rtn. Abhishek Ghatode, coordinated the entire drive. The drive saw all other Rotary clubs of Nagpur city participating with full enthusiasm.

As part of the Melghat Multi Committee and surgical camp, team RCNV joined the health department Borikheda and coordinated in disbursing the polio vaccine in the Tribal areas.





# Melghat Camp



# Melghat surgical camp

3rd March 2024



RCNV in association with MAHAN trust Melghat, successfully conducted a surgical camp at MAHAN trust hospital Melghat along with community projects on 3rd March 2024. 55 major and minor surgeries were performed by the team of expert doctors and anaesthetists from RCNV and other hospitals. Melghat is a Tribal region and is recognised as one of the most backward in the country with a very high infant mortality rate and malnutrition. It is known for extreme poverty coupled with illiteracy and lack of proper health facilities. The team of doctors from RCNV and other hospitals performed major and minor surgeries alleviating pain and suffering of the tribals. Generous donations received from Rtn. Aarouni Verma made this camp hugely successful.

Major surgeries like Hysterectomy, ovarian cancer, Thyroid carcinoma, Parotid tumour, dacryocystorhinostomy, hernia, hydrocele and many minor surgeries like lipoma, dermoid, ganglioma were done successfully. The team led by Director Dr Sangeeta Tajpuriya, included chairpersons Dr Rajesh Singhvi, director Farnberg Bharucha, Manish Agrawal, President Ajay Uplanchiwar Director Nitya Agrawal, Dr Vikram Alsi and Dr Pallavi Alsi. Dr Madhukar Thakre, Dr Aditya Mehta, Dr Payal Khobragade, Dr Sunil Sonkusale, Dr Raju Ambulkar, Dr Satkar Pawar and Dr AlkeshSoni & 2 residents Dr Darshan, Dr Harshal accompanied the team. The patients were screened and prepared for surgery by Drs Ashish and Kavita Satav of MAHAN trust. Dr Satav expressed his gratitude by thanking team RCNV for the remarkable work towards the less fortunate ones from tribal areas.

As part of Sparsh- Surgical camp at Melghat, Team RCNV held non-medical activities for the benefit of the tribal population at Melghat. Team Community led by Director Nitya Agrawal, president Ajay, Farnberg Bharucha and Manish Agrawal visited the villages and distributed sports goods like 8 volleyball and net kits to the enthusiastic children. Team community also distributed around 300 woollen clothes blankets and shawls and also cotton clothes to the needy which were donated by children from Jain International School. Team RCNV also joined the health department at Borikheda and coordinated in disbursing the polio vaccine in Tribal areas.

LOKMAT Times of India TIMES

## Community News

### Rotary Club of Nagpur Vision holds surgical camp at Melghat



Doctors during the camp at Melghat.

Rotary Club of Nagpur Vision (RCNV), in association with MAHAN Trust, Melghat, successfully conducted a surgical camp at MAHAN Trust Hospital in Melghat on March 3. A total of 55 major and minor surgeries were performed by the team of expert doctors and anaesthetists from RCNV and other hospitals. Generous donations received from Aarouni Verma made this camp hugely successful. The team led by director Dr Sangeeta Tajpuriya, included chairpersons Dr Rajesh Singhvi, director Farnberg Bharucha, Manish

Agrawal, president Ajay Uplanchiwar, director Nitya Agrawal, Dr Vikram Alsi and Dr Pallavi Alsi. Dr Madhukar Thakre, Dr Aditya Mehta, Dr Payal Khobragade, Dr Sunil Sonkusale, Dr Raju Ambulkar, Dr Satkar Pawar and Dr Alkesh Soni and 2 resident doctors Dr Darshan, Dr Harshal accompanied the team. Team community led by Director Nitya Agrawal, president Ajay, Farnberg Bharucha and Manish Agrawal visited the villages and distributed 8 volleyball and net kits to the enthusiastic children.

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# Mental Health awareness



# Mental Health awareness @ SRPF

7th & 11th March 2024

On account of 76th Raising Day of SRPF Maharashtra on 6th March, week long celebrations were planned by SRPF. RCNV in association with SRPF, Hingna had organized sessions for the mental health and awareness, for the jawans of SRPF on 7th and 11th of March at the SRPF campus in Hingna, to mark the occasion. On 7th March, Rtn. Dr Shrikant Nimbhorkar, a renowned Psychiatrist touched on the topic of types of stress and its management. Causes of stress and its implications were elaborated by Dr. Nimbhorkar in his talk. Giving examples he suggested ways and tricks to handle stress be it in workplace or at home. President Elect Jaishree Chhabrani gave valuable inputs on managing stress. On 11th March Rt. Ann Kashish Jeswani, Psychologist, spoke on addiction. She engaged the SRPF jawans in an interactive session and explained what is addiction what causes it and how to overcome it!! She briefed on a holistic approach to recovery which needs body, mind, medicine and mindfulness. The sessions were attended by 250 jawans and officers.

President Ajay Uplanchiwar, President Elect Jaishree Chhabrani, Hon. Secretary Dr Madhumati and Rtn. Amit Jeswani was present for the program. President Ajay Uplanchiwar did Tree plantation on the eve of 76th foundation day of SRPF at their premises along with Assistant commandants Ashok Rupnarayan (DySP) and Dada Ishwarkar (DySP). Commandant SRPF Nagpur Dr. Priyanka Naranware, IPS, coordinated with RCNV to conduct these sessions for their Jawans.



# Mono Act

by Deepali Ghonge 9th February 2024



On March 8, a Women's Day Special joint meeting was arranged by RCNV. President Ajay Uplanchiwar called the joint meeting with the Rotary Club of Nagpur Downtown and Rotary Club of Nagpur Mihan Town, to order. The 4 Way test was read by president of Mihan Town Rtn Abhijeet Pophali. Directors and chairpersons announced upcoming projects. Chairperson Rtn Meghna Nene introduced the speaker of Women's day Special, Deepali Ghonge. Deepali Ghonge in her monoact depicted the character of Chhatrapati Shivaji Maharaj's mother Jijabai. Her portrayal was exceptional, capturing character with depth and authenticity. Her talent, dedication, and artistry were evident throughout the performance. It was a great show that was dedicated to Women's Day. A vote of thanks was given by Rtn. Ar Parag Ghubade, a member of the Rotary Downtown club. The meeting was adjourned by President Ajay after the National Anthem.



Hislop College Alumni Association, Nagpur (HISCAAN) actively supports and sponsors about 100 underprivileged students every year. The sponsorship takes care of Books and fees (College and Tuition fees) for a year. HISCAAN also takes initiative and helps these students in vocational trainings and Job Placements. RCNV collaborated with HISCAAN for the Smiling Faces Project and supports 5 students every year. On 8th March 2024, a cheque of Rs 25000/- was handed over to Vijay Naidu, President HISCAAN, under the project Smiling Faces.



## Club assembly

15th March 2024



On 15th March the 2nd Club assembly was held in the presence of ADG, Dr Manohar Muddeshwar at Chitnavis Centre, Nagpur. A number of RCNV members and spouses were present for the same. All the Board Members and chairpersons presented their respective reports of the service projects done so far in 2023-24. The ADG, reviewed the projects and appreciated the work done under various committees. Dr Muddeshwar summed up the meeting and urged everyone present to give a standing ovation to team Community ably led by director Nitya Agarwal. The meeting Adjourned after singing the National Anthem.



# Zoo visit for special kids

16th March 2024



On 16th of March, team community RCNV organised a trip to the Gorewada Zoo for the 30 inmates of Late Umesh Haladkar Matimand Mulanchi Niwasi Shala, Katol Road, Nagpur. Director Nitya Agrawal along with chairpersons Swati, Rakhi, Tanushree and Payal were present for the trip. The boys accompanied by their teachers cum care takers were taken around the Gorewada zoo in the park bus. The boys were excited and thrilled to see the wildlife in the open park. Snack boxes were given to the children after the tour. The boxes were arranged by Director Farnberg Bharucha. Rotarians Hetal Sampat and Sudha Agrawal also accompanied the team community.

## 'Special' kids enjoy day out at Gorewada



The members of RCNV and the kids who enjoyed the trip to the Gorewada Zoo.

### ■ Staff Reporter

UNDER its community project, the team of Rotary Club of Nagpur Vision (RCNV) organised a trip for 30 inmates of Umesh Haladkar Matimand Mulanchi Nivasi Shala to the Gorewada Zoo.

The boys from the school located at Katol Road had a great day out at the Zoo. They were excited and thrilled to see the wildlife in the open park. The kids were accompanied by their teach-

ers and care-takers and were taken around the zoo in a bus. Snack boxes, arranged by Director Farnberg Bharucha, were given to the children after the tour.

Rotary Club of Nagpur Vision members including Director Nitya Agrawal along with chairpersons Swati, Rakhi, Tanushree and Payal were present for the trip.

Rotarians Hetal Sampat and Sudha Agrawal also accompanied the team.



# Take Rotary Home

16th March 2024



The seventh Take Rotary Home for the year 2023-24 was held at the lovely farmhouse of Rtn Madhumati and Swapnil Dhawad on 16th March 2024. It was a Pre- Holi theme with fun games and camaraderie. About 30 Rotarians and Spouses attended the event. The guests were welcomed with gulal tika and served Thandai and the host made arrangements for some yummy authentic snacks and drinks which were thoroughly enjoyed by one and all . The guests, Old and New members participated enthusiastically in the games and it was proved once again that ladies always have an upper hand . The pleasant weather at the beautiful farmhouse added to the joyous atmosphere . After the customary introduction, PP Santosh Panse gave some insight into Rotary matters . Presence of President Ajay Uplanchiwar, Sec Madhumati Dhawad & Pres. Elect Jaishree Chhabrani added charm to the TRH . Director Manjiv Sharma and Chairpersons Priya Uppanlawar and Archana Mulak conducted the event. Rtn. Tushar Singhvi presented the vote of thanks .

# Joint club meeting

22nd March 2024

Renowned entrepreneur, author, business strategist and podcast host, Mr Rajan Shah from Mumbai, held an enlightening and inspirational session offering unique insights into personal empowerment and self-discovery. Mr Shah has been regularly conducting workshops on manifestations and the laws of attraction that has enabled individuals across the country to discover their hidden potential and deliver the best they can. A joint meeting with Rotary Club Nagpur North and Rotary Club of Nagpur Vision was held at NFSC auditorium, Raj Nagar on Friday 22nd March from 4 pm to 6pm.

Mr Shah emphasised on the ability to learn the Art of Abundance and let the laws of attraction work in one's favour. Many Rotarians and spouses attended the meeting from both the clubs along with the students and Rotractors of National Fire Service College, Nagpur, to make the program a huge success.

The joint meeting with RC Nagpur North also increased the camaraderie amongst the members of both the clubs.



# Water Filter & cooler installation

23rd March 2024



Clean drinking water is a basic right. Access to clean drinking water is paramount for good health without which the children can face multiple health problems. The children fall ill frequently and in turn miss school. Sensing the need for a water filter and cooler for the 300 children of Mahatma Fule Vidyalyaya, Surabardi, team community services RCNV took it upon themselves and installed and inaugurated the much-needed water filter and water cooler on 23rd March. The water filter and cooler was donated by RCNV club member Rtn Priyesh Vijaywargi. The entire project was executed by chairperson Rtn Dhawal Jain. Director community, Nitya Agrawal along with chairpersons Rakhi Amidwar, Roopal Kataria were present for the installation.

# Embracing sustainability

29th March 2024

The concept of sustainability is becoming increasingly important in today's world as we strive to find a balance between our needs and the preservation of the environment.

On 29th March, Praneti Lawange, an Honorary Wild Life Warden and founder of Pihu Ecoliving spoke on the meaning of sustainability, its benefits and practical steps we can take to live in harmony with nature leading to a healthier planet for future generations.

She enlightened the audience on environmental, economic and social benefits of embracing sustainability. Praneti suggested key actions to promote sustainability in our daily lives like reduce, reuse and recycle. Avoiding single use plastics, opting for reusable products, transitioning to renewable energy sources like solar panels, conserving water with simple actions like fixing leaks, using aerators, harvesting rain water can make a significant difference. Praneti aroused the interest of the audience and left them pondering on how to create Sustainability all around. President Elect Jaishree Chhabrani proposed a Vote of Thanks. The monthly Magazine Vision, February issue was released and meeting was adjourned after singing the National Anthem.





# Rotary around District 3030



Rotary club of Nashik GODAVARI adopted 3 girls for 1 year education and gave a cheque of Rupees 15000 to Day Care School



A neighborhood in Sainagar caught fire and caused damage. RC Jalgaon Central contributed food, Clothing, Essentials along with Monetary help for the displaced people



Rotary Club of Nasik implemented "Miyawaki Forest Project" at Janata Vidyalaya, Gandhinagar, Nashik Under "Environment"



RC Amravati & RC Amravati Midtown, With DAGHMI - 3030, jointly organized Stress Management Seminar For the Office Staff of PSI, Amravati.



Prosthetic Foot limb Project was organised by Rotary Club of Jalgaon West with the support of Rotary Club of New Kalyan.



RC Shegaon distributed food packets to nurses giving polio drops to children at polio booths. This project covered 37 polio booths with a total 150 health care staff.

# Rotary international news

## A Creative Look at the 4 Way Test

Imagine yourself addressing conflicts through the lenses of fellowship, empathy, accountability and trust. That is the Four-Way Test. Imagine the power four questions and twenty-four words can have to help resolve conflicts without violence and fulfill our Rotary peace mission.

The Four-Way Test is Rotary's unique approach and process to address conflicts, solve problems and make decisions to achieve desired outcomes. It can help us be more successful in reaching mutually beneficial, sustainable and scalable solutions.

The Four-Way Test has been a go-to for Rotary members when they have found themselves in difficult situations. With the Rotarian Code of Conduct, it is an ethical and effective guide for Rotary members to use for their personal and professional relationships. Furthermore, the concepts of conflict transformation embrace many of the Rotary principles. The Test is about fellowship, empathy, accountability and trust.

Conflict transformation is the process to transform conflict into constructive change without violence. It differs from conflict resolution and conflict management approaches by recognizing "contemporary conflicts require more than the reframing of positions and identification of win-win outcomes. The very structure of parties and relationships may be embedded in a pattern of conflictual relationships that extend beyond the particular site of conflict. Conflict transformation is a process of engaging with and transforming the relationships, interests, discourses and, if necessary, the very constitution of society that supports the continuation of violent conflict." \*

The Four-Way Test is not a rigid process. Be creative and consider flipping the order of the four questions. Below are ideas for using The Four-Way Test and conflict transformation concepts for constructive change without violence.

Will it build GOODWILL and BETTER FRIENDSHIPS? FELLOWSHIP. Rotarians are known for being sociable and building relationships. Ensure the process is civil and there's a feeling of respect and openness to ask questions that can lead to creative and innovative solutions. Discuss and agree on desired outcomes.



Will it BENEFICIAL to all concerned? EMPATHY. Have an open mind and a curiosity for new ideas, novel applications and different point-of-views. Consider many options and build on different ideas. Come to mutually beneficial solutions that are sustainable and scalable.

Is it FAIR to all concerned? ACCOUNTABILITY. Keep in mind both the Golden Rule and the Platinum Rule. Identify and include all interested and affected parties. Try to understand the other point-of-views in the context of conflict and reaching shared goals.

Is it the TRUTH? TRUST. From the Rotarian Code of Conduct, act with integrity and high ethical standards. Acknowledge and define the problem including the root causes. Collect information and apply critical thinking by asking questions to identify the difference between facts, beliefs, assumptions and opinions. Moreover, be a trusted problem solver.

The Four-Way Test is an adaptive process. It takes into account everyone's point-of-view and concerns, as well as their needs and wants. The process is designed to build goodwill and earn trust so a particular end result is mutually beneficial, sustainable and has scalable outcomes.

**By Dennis Wong, Co-Founder of the Rotarian Action Group for Peace and member of the E-Club of World Peace**

# Travel

## why I travel

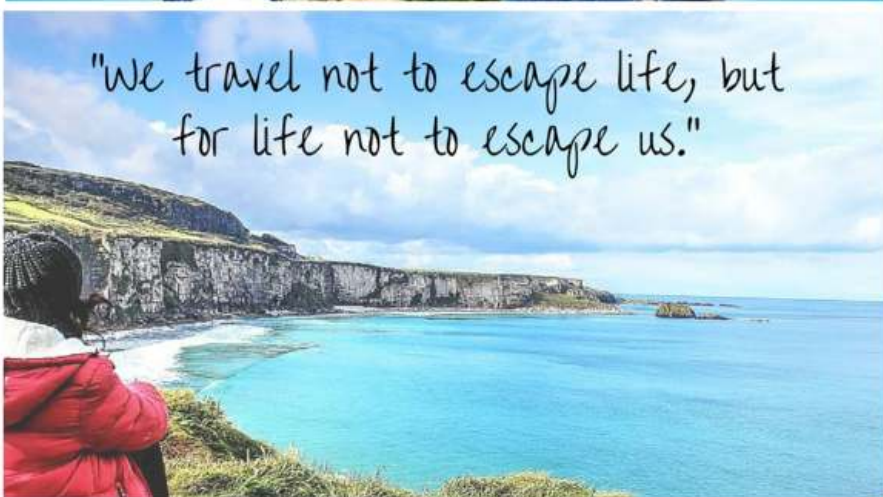
-Anmol Badjatia



The most oft heard reason for travelling I have heard is that people want to escape the humdrum of regular life. True this is a very valid reason but travel should not be all about escaping life but ensuring that life does not escape us. Hence I travel ! I travel to meet new people , to learn about different cultures, to communicate in many different ways ,to be astounded by the bounty of nature , to delve into the history of mankind, to marvel at the way mankind has progressed over the millennia, to connect with family and friends away from the nitty gritty of life , to sit back and contemplate , to thank God for kind mercies , to appreciate what I have , ...the list is endless. At the end of the day travel enriches me .It makes me more patient , empathetic , thankful and of course fills me with wisdom and knowledge. Hence I travel ! Be it just communicating with people of different races and backgrounds , breaking bread with them or just interacting with family and friends in different environments, the "travel" experience is phenomenal . It makes one wonder about the great scheme of things and where we are placed in it ! At times it makes you feel small and at times like a giant. Hence I travel ! Mark Twains quote that travel is fatal to prejudice, bigotry, and narrow-mindedness strikes a note with me and this is also why I travel ! Nature , our ancestors, different cultures have given us so much to experience that a life time of travel also is definitely not enough . Hence we must travel !



"We travel not to escape life, but for life not to escape us."



# Recipe

## mango ice cream

-Surbhi Jain



Creating ice cream inside a mango especially during Nagpur Summers can be a fun and creative way to enjoy this sweet treat. Here's a simple recipe to make mango ice cream inside a mango:

### Ingredients:

- 2 ripe mangoes
- 1 cup heavy cream
- 1/2 cup sweetened condensed milk
- 1 teaspoon vanilla extract

### Instructions:

Slice the top off each mango and carefully scoop out the flesh, leaving a thick border around the edge to create a "bowl." Puree the mango flesh in a blender until smooth. In a separate bowl, whip the heavy cream until stiff peaks form. Gently fold the sweetened condensed milk and vanilla extract into the whipped cream until well combined. Add the mango puree to the whipped cream mixture and gently fold until fully incorporated. Pour the mango ice cream mixture into the hollowed-out mango "bowls." Place the mangoes in the freezer for at least 4-6 hours, or until the ice cream is firm. Once frozen, slice the mangoes into wedges and serve immediately for a refreshing treat. Enjoy your homemade mango ice cream inside the mango fruit!



# Burn Fat & lose weight

-Dr. Shantala Bhole



"Oh wow! you have lost weight; you are looking so fit." This is one compliment that really makes women happy these days. Obesity was rare a century ago and the human genotype has not changed over that time. But today obesity has become a worldwide epidemic.

Women face a special challenge in losing weight due to monthly hormonal changes and pregnancy, lactation and childbirth. Many women complain that in spite of a customised diet and exercise schedule they are unable to shed those kilos.

We are aware that weight loss and fat loss is related to the calories that are burnt daily. Let us take a quick look at how our body consumes energy.

**Total energy expenditure consists of three components:**

- **Basal metabolic rate (BMR):** also known as resting metabolic rate, (RMR) is the amount of energy the body uses to maintain vital processes, like breathing and blood circulation, while at rest .This component accounts for 60-70% of total energy expenditure (TEE).

- The thermic effect of food (TEF) is the energy the body uses to convert the food into more energy or store (as fat) for use at a later time, and makes up about 10%-15% of daily energy expenditure.

- Thermic effect of physical activity (TEPA)- The final and most variable part of total energy expenditure is physical activity, which accounts for 6-10% of total energy needs . It's the amount of energy the body needs to perform all forms of physical activity, postural maintenance, and muscular contraction. This includes physical activity due to both exercise and non-exercise activity thermogenesis (NEAT).

I am sure we are all aware about calories burnt during workout. But what about the energy that we utilise for daily activities like doing chores, taking care of our family with cooking & cleaning, gardening etc. These activities are clubbed under a new and fancy name called NEAT.

## What is Non-Exercise Activity Thermogenesis (NEAT)?

NEAT is a term coined by Dr. James Levine, a researcher at the Mayo Clinic, to describe the energy expenditure associated with all physical activities other than planned exercise. It includes all the activities that render us vibrant, unique, and independent beings such as working, playing, and dancing.

Obese individuals appear to exhibit an innate tendency to be seated for 2.5 hours per day more than sedentary lean counterparts. To reverse obesity, we need to develop individual strategies to promote standing and ambulating time by 2.5 hours per day and also re-engineer our work, school, and home environments to render active living the option of choice.

We know that managing body weight requires a balance between energy input and output. Many people try to lose weight by exercising more but they may not get the desired results if they are sedentary at other times. It's also been found that women with same BMR ,who maintained weight had an average NEAT that was over 200 kcal/day higher (both after weight loss and one year later) than those who gained weight after one year.

## What are the benefits of NEAT?

-It is an effective way to burn calories and maintain a healthy energy balance.

- Helps in boosting metabolism and potentially aiding in weight management

- Causes better insulin sensitivity, lower blood pressure, and reduces risk of chronic diseases such as heart disease and diabetes.

- Impacts mental health by improving sleep, mood and cognitive function.

## What are the factors that influence NEAT?

Several factors can influence NEAT, including genetics, age, body composition occupation, and environment. Physical activity generally decreases with increasing age and is lower in overweight and obese individuals compared to leaner ones. Negative energy balance, such as during weight loss, can also decrease NEAT.

**How can I increase my (NEAT)?** It is highly recommended to include more physical activity throughout the day to maintain a healthy energy balance. Here are some effective ways to increase NEAT:

1. Take frequent standing and walking breaks at home or the workplace: This could mean taking a short walk around the office or your home, or simply standing up and stretching for a few minutes.

2. Walk to the Grocery Store or to work Walk to run errands or get groceries.

3. Lipoprotein lipase (LPL) is an enzyme that plays a critical role in converting fat into energy. Remaining sedentary for long periods can reduce it, while being active throughout the day can help sustain LPL levels and help burn fat.

4. Daily steps add up. The U.S. Department of Health has been promoting 10,000 steps a day as an achievable goal for daily physical activity. Even if the target is not achieved daily, just adding extra steps can burn calories.

5. Play with your kids. In this modern era of having an app for everything, there is no app for spending extra time with your kids. Even a few minutes playing catch, kicking a ball or walking down to the park, will add precious time with your kids while racking up NEAT.

6. Take the stairs instead of the elevator: It requires more energy and engages more muscles, which can help increase NEAT.

7. Use a standing desk: Standing burns more calories than sitting and can also help improve posture and reduce back pain. Also taking a short break every 2 hours will help in getting the get your blood moving, take a break from your screen, breathe deeply, and come back

8. Engage in outdoor activities: Outdoor activities like hiking, biking, and playing sports require physical movement and can be a fun way to stay active. In some countries like Belgium, Netherlands etc, most people use a bicycle as a means of transportation

9. Do household chores: Doing household chores like cleaning, cooking, and gardening can help increase NEAT.

**Can NEAT replace traditional exercise?** Planned exercise has many benefits beyond calorie burning, such as improving cardiovascular health, building muscle, and reducing stress. Ideally, it is beneficial to incorporate both NEAT and structured exercise into your daily routine.

NEAT and LongevityThe blue zones located at different locations all over the world have the longest living and healthiest people with life expectancy exceeding 100 yrs. An e.g. is Okinawa islands in Japan. Researchers have found that these people "move naturally." They obtain sufficient exercise by doing daily chores, like gardening, washing dishes, sweeping, and grocery shopping, throughout the day and not by hitting the gym. Everyday tasks like these are nothing more than NEAT activities.

## Can NEAT help with weight loss?

NEAT can help with weight loss by burning more calories, but it is important to note that NEAT alone may not be sufficient for achieving significant weight loss.

While seemingly small, making the effort to change your daily habits by adding more physical activities can create a foundation for long-lasting weight-loss success. More importantly it can be done in multiple sessions during the day and does not need special equipment or clothing

Conclusion NEAT is a simple and effective way to burn calories and promote a healthy energy balance. I like to think that 15 minutes walking in my house or playing with my pet can help me remain fit and happy specially if I miss out on my workout.