

Indraprastha

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YEAR OF CHARTER 1939

Indraprastha No 17th issue /22-23, 10th November 2022

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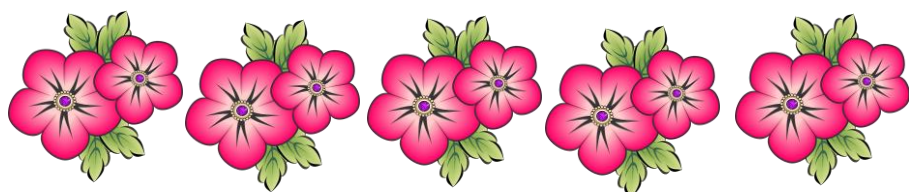
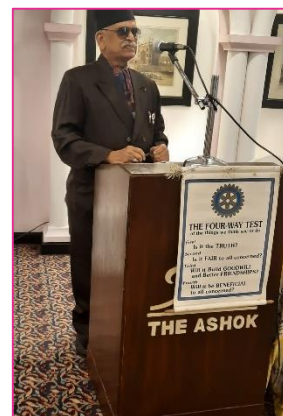
Suresh Bhasin

Sgt-at-arms

M M Janveja

LUNCH MEETING AT HOTEL ASHOK ON 3rd NOVEMBER

Our lunch meeting on 3rd November was on a Sunny day without any environmental problems and later part of the week Delhi was engulfed in a maze of heavy stubble burning in states around NCR and heavy pollution. But all our members enjoyed the lunch offered by Ashok n historical talk from one of our own members Col Sanjeev Sehgal about Carnatic war in South of India before our independence when India was surrounded by British, French n Portuguese colonists.








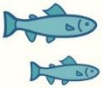










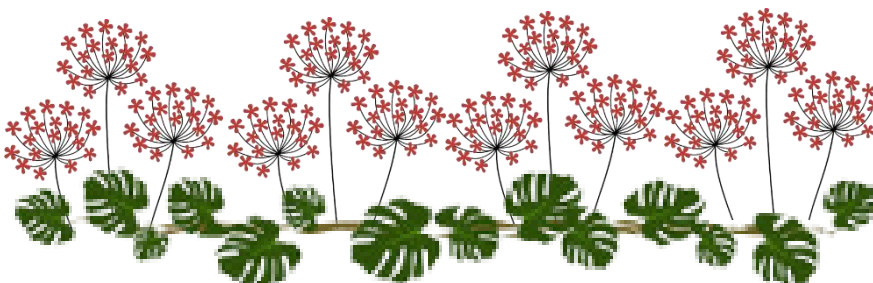
Our Speaker on 10th November'22

Dr Amrita Ghosh

Dr. Ghosh has completed her graduation from Govt. Medical College Nagpur, Post Graduate diploma and fellow ship in Diabetes from M.V Hospital for Diabetes and Professor M. Viswanathan Diabetes Research Centre (WHO collaborating centre) and Post graduate diploma in Clinical Endocrinology and Diabetes, certified by Royal college of Physicians , UK. Her main areas of interest lies in type 1 diabetes and new technology related to diabetes management, gestation diabetes. She is actively involved in Type 1 Diabetes advocacy and support groups. She has publication is international journals and member of international bodies.

 Diabetes Superfoods 	
These foods are extra healthy for people with diabetes, because they have near-zero net carbs and help stabilize your blood sugar.	
 Beans are packed with fiber, magnesium, and potassium	 Tomatoes are an amazing, low-carb source of vitamins C and E and iron
 Dark, green vegetables deliver a powerful dose of fiber, proteins, vitamins and minerals	 Salmon reduces triglycerides, blood pressure, and inflammation
 Citrus fruits contain generous amounts of vitamin C and fiber	 Whole grains have folate, omega-3s, magnesium, chromium, fiber and potassium (white bread doesn't)
 Sweet potatoes contain more healthy fiber, antioxidants and vitamin A than white potatoes	 Raw nuts are full of healthy fats and fiber
 Berries are packed with antioxidants, fiber and vitamins	 Fat-free dairy delivers vitamin D. Yogurt's probiotic bacteria helps keep intestines healthy and boosts immunity.

IDEAL DIET PLAN FOR A DIABETIC				
BREAKFAST 8 AM	MID MEAL 11 AM	LUNCH 1 PM	EVENING 4 PM	DINNER 8 PM
Fruits	Fruits	Meals	Fruits	Meals
				





*Rajan Gupta
13th November*

*Vice Adm. Kailash Kohli
16th November*



*Sanjay Kumar Bajaj
13th November*



Gurbani

Guru Nanak truly believed that one should achieve true contentment only through engaging in completely selfless acts. You may not realise it now but once you do so, the level of calmness and peace inside you will be different.

Purnav Sawhney

*Next Meeting
At
Hotel Lalit
New Delhi
on
10th November
Our speaker is
Dr. Amrita Ghosh*

Created & Designed by
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