

FEBRUARY 2024

RID 3030



VISION



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MONTHLY NEWSMAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

ROTARY SUPERSTAR

MENSTRUAL HYGIENE

INTER CLUB DEBATE

SAONER KIDATHON



Group THE BOND OF... ndh... AM... N JA...

Presidential message

Oct 2023



Rtn. Gordon McNally
RI President 2023-24

There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability

Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

Ending racism

Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through anti-racism efforts.

The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this

message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

Managing disasters using data

Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations.

Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.





Rtn. Asha Venugopal
Dist Governor RID 3030

District governor's message

Friends,

We are nearing the end of this Rotary year 2023-2024. All clubs are executing fantastic projects that are beneficial for the community. And I'm sure that the remaining four months will see the emergence of even better and more valuable projects. Water and Sanitation being the focus point of one of them. Water is central to our health, our economy, our productivity, education, our capacity to produce food and produce pretty much everything else, our capacity for peaceful co-existence with our neighbours and every living creature. It ALL depends on water.

Clean water is a basic human right that many are often denied. There are 2.5 billion people in the world that lack access to improved sanitation and 748 million people that don't have clean drinking water. Nearly 1400 children die each day from diseases caused by lack of sanitation and

unsafe water. When people have access to clean water, they live healthier and more productive lives.

The largest source of water pollution in India is untreated sewage. Other sources of pollution include agricultural runoff and unregulated small-scale industry.

Contaminated water and poor sanitation are linked to transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A, typhoid, and polio. Absent, inadequate, or inappropriately managed water and sanitation services expose individuals to preventable health risks. Rotary members are committed to reaching the water and sanitation SDG through projects like building wells, installing rainwater harvesting systems, and teaching community members how to maintain new infrastructure.

Unfortunately, it is estimated that unsafe water and lack of basic sanitation cause 80 % of all sickness and diseases in the world.

However, through water, sanitation, and hygiene (WASH) programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that yield long-term change. Rotarians are taking decisive action through WASH programs that assist in provision of infrastructure, training programs and sustainable projects in communities. Help us support this main Rotary cause.

I wish all a Very Happy Holi, Let's burn the evil and celebrate the festival of colours.

President speaks

Dear RCNV Family,

The pace may have slackened a bit, but the urge to execute more and more projects is always there!

As we head into the last leg of our year, I can honestly say that it has been an exciting time with a huge learning curve and developing relationships across the cross section of society. I have made more friends and known more people in this year than my entire life and that is what Rotary does to you. It gives you a new outlook, a fresh zeal, a peek into peoples' lives. Rotary makes us understand that people coming from all walks of society can co-exist as one big family and lend a hand wherever, whenever necessary. And yes, Rotary has a huge pool of talent too, as we saw in our ever popular Rotary Superstar event. To sum this up, I am reminded of the old quote...All work and no play makes Jack a dull boy. Yes we work, but Superstar shows that we play hard too. And that is the USP of Rotary!

-Ajay Uplanchiwar



Editor's Note SOHRAB KANGA

ROTARY

The biggest gift we are given
is the power to touch a life,
To change, to make a difference
in the circle of life.

If we can reach out,
With our Hand, Heart and Soul,
The magic will start to happen,
As the wheel begins to roll.
Let's turn the wheel together,
So all humanity thrives,
We have the power and the magic,
to Serve to Change Lives!



Birthday celebrations provide an opportunity to honour our senior members and let them know they are loved, appreciated and valued. On the 5th of February, we celebrated birthdays of 2 members, the ever enthusiastic Rtn. Yatin Malji and the dynamic Rtn Dr Manmohan Daga. The committee led by Director, Nitya Agarwal and chairpersons Swati Belkhade, Tanushri Vijaywargi, Priyanka Sharma, Payal Mallewar, Rakhi Amidwar and Hon. Treasurer Amit Chandak planned and executed the celebrations at the residences of the members.



Are you really happy?



Joint club meeting

9th February 2024



A joint meeting of the three clubs - RC Nagpur Vision, RC Nagpur and RC Nagpur North was held on 9th February at Chitnavis Centre. All the three club presidents- Ajay Uplanchiwar, Pooja Khatri and Namita Sharma inducted new members in their respective clubs.

The guest speaker Dr Sanjay Arora with his enthusiastic oratory skills, aptly threw light on the topic - Ask yourself, 'Are You Really Happy?'

He left the audience to ponder over the thought of Being Happy.

He shared various life experiences and talked about the definition of being Happy!! He ended his talk with a quick meditative session. The audience thoroughly enjoyed the talk. The Vote of thanks was proposed by President Elect Jaishree Chhabrani.



 **ROTARY**
SuperStar





Rotary Club of Nagpur Vision, RCNV conducted Rotary Superstar singing contest for Rotary district 3030, sponsored by VG Group of Mr. Gajanan Kotawar. The auditions for the contest were held at 4 places namely Jalgaon, Nashik, Amravati and Nagpur. The audition round for Nagpur as well as the finale was held on 18th February at Chitnavis Center. The audition round saw many Rotarians participating. All the contestants participated enthusiastically and the winners were Rtn Manisha Padgilwar from Rotary Club Chandrapur and Rtn. Rajesh Dani from RC of Nashik Road. The runners up of the event were Rtn Dr. Uday Gupte, from RC Nagpur South, and Dr Sushil Rane from RC Jalgaon West. The esteemed judges for the event were Jyotsna Jaju, Dr Umesh Barapatre and Dr Shivangi Jagirdar, Shradha Bharadwaj, Surbhi Dhomne and Dr Nishikant Lokhande. The event was ably guided by PP Rajiv Behal. Director Rupam Mulak, President Ajay Uplanchiwar, Hon. Secretary Madhumati, PDG's Dr Satish Sule and Vishwas Sahasrabhojane were present for the event. The audition round of the show was anchored by Rotarians Dr Akshay Daga and Pallavi Urganlawar and finals by PP Rajiv and Sonal Malkan. PP Sohrab, PP Dr Shivani, Garima Gupta, Archana Mulak, PE Jaishree Chhabrani, Director Farnberg, Manish Agarwal, Amit Chandak & the entire team worked hard for the success of Rotary Superstar .

TheHitavada
Nagpur City Line | 2024-02-20 | Page- 7
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RCNV holds Rotary Superstar singing contest

THE seventh edition of 'Rotary Superstars' a flagship project of Rotary Club of Nagpur Vision (RCNV) for music talent hunt evoked fine response during auditions held the other day. Contestants from Nagpur, Nashik, Jalgaon, Amravati and other places in Vidarbha participated enthusiastically in the auditions.

Two finalists, Manisha Padgilwar of Rotary Club of Chandrapur and Dr Uday Gupte of Rotary Club of Nagpur North, were selected from the first round. The judges were Jyotsna Jaju, Dr Umesh Barapatre, and Shivangi Jagirdar. Eight finalists from four regions were short-listed for the final.

The audition round were anchored by Akshay Daga and Pallavi Urganlawar.

The finals were anchored by Rajiv Behal and Sonal Malkan. The winners were Manisha Padgilwar for her song 'Rangila Re' and Rajesh Dani of Rotary Club of Nashik Road for his song 'Oh Saathi Re'. The runners-up was Dr Uday Gupte, and Dr Sushil Rane of Rotary Club of Jalgaon West. The winners were awarded trophies and silverware mementoes at the hands of past president Behal, President Ajay Uplanchiwar, Secretary Madhumati Dhawad and director Rupam Mulak.

Judges for final were Surabhi Dhomne,



The winner of the contest receiving the trophy at the hands of the dignitaries.

Shradha Bharadwaj and Dr Nishikant Lokhande. Surabhi Dhomne paid her respects to Inanpith awardee Gulzar with a fine rendition of 'Meri Aawaz Hi Pechan Hai'.

On the occasion, Gajanan Kotawar and Pallavi Kotawar were honoured by Mulak with a memento.

Past president Sohrab Kanga, Dr Shivani Sule, Akshay Daga, Pallavi Urganlawar, Archana Mulak and others made efforts to make the programme successful.

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Kidathon @ Saoner



Kidathon

@ Saoner

19th February 2024



For the 1st time ever, on the occasion of Chhatrapati Shivaji Maharaj Jayanti, RCNV in association with Deaf and Dumb Residential school Saoner, organized a Kidathon at Saoner for children between 8 and 15 years. There were 3 categories for the fun run / walk event - 3 km, 4 km and 5 km. Almost 750 students had enrolled for the run. The event was flagged off by Saoner IMA president, Dr Vilas Mankar and Dr. Vijay Dhote, School Principal Suvarna Mahashabde and President RCNV Ajay Uplanchiwar. Other members present for the Kidathon were Hon. Secretary Madhumati, 1st lady Pallavi Uplanchiwar, Swati Belkhade and Abhishek Ghatode. School president Prashant Dawale, secretary Narayan Samarth, Treasurer Nikhil Samarth and jt. Secretary Dr Amit Chede helped in organizing and ensured smooth execution of the event. The children were given goodie bags, medal and certificates which were sponsored by RCNV. Chocolate boxes were also distributed. Mrs. Durga Chede, Kavita Kelapure, Jyoti Raut, Sanjay Lunge and other staff of Deaf n Dumb residential school worked hard for the success of the event. The event was meticulously planned under the leadership of president Ajay and director Amit Chandak. The smiles and exuberance on the faces of the children were a reflection of the hard work and dedication of all the members who put in their sincere efforts which culminated in a successful event.

RCNV conducts Saoner Kidathon

ROTARY Club of Nagpur Vision (RCNV), in association with Deaf and Dumb Residential School, Saoner, organised a Kidathon at Saoner for children between 8 and 15 years.

The kidathon was organised for the 1st time, on the occasion of Chhatrapati Shivaji Maharaj Jayanti.

The event was held in three categories - 3 km, 4 km and 5 km. Around 750 students had enrolled for the run. The event was flagged off by Saoner IMA

President, Dr Vilas Mankar and Dr Vijay Dhote, School Principal Suvarna Mahashabde and President RCNV Ajay Uplanchiwar.

Other members present were Secretary Madhumati, 1st lady Pallavi Uplanchiwar, Swati Belkhade and Abhishek Ghatode. School President Prashant Dawale, Secretary Narayan Samarth, Treasurer Nikhil Samarth and Joint Secretary Dr Amit Chede helped in organising and

smooth execution of the event.

The children were given goodie bags, medal and certificates. Chocolate boxes were also distributed. Durga Chede, Kavita Kelapure, Jyoti Raut, Sanjay Lunge and other staff of Deaf and Dumb Residential School worked hard for the success of the event.

The event was planned under the guidance and able leadership of the duo of President Ajay and Director Amit Chandak.



Talk on Menstrual Hygiene

20th February 2024



On February 20, 2024, Dr. Shantala Bhole conducted an enlightening session on menstruation, menstrual hygiene, adolescent fitness, and peer pressure at Blossom School in Pardi, Nagpur. Covering crucial topics such as adolescent health, menstruation, and sustainable menstrual products, Dr. Bhole emphasized the significance of diet, nutrition, and exercise for teenagers. The session, attended by approximately 100 girls from Std 6th to 9th standard, also delved into addressing peer pressure and understanding the concept of good touch-Bad touch.

Rotarian Priyanka Gandhi, the school's principal, orchestrated the program, with the presence of Director Rt Nitya Agarwal and Chairperson Rakhi Amidwar from RCNV. The event concluded with a brief Q&A session, allowing students to seek clarification on the discussed subjects.



Inter Club

debate on Membership 22nd February 2024



The most anticipated panel discussion of the year was held on 22nd February at Chitnavis Centre. This was jointly hosted by RC Nagpur Vision and RC Nagpur. Both the Presidents- Ajay Uplanchiwar and Namita Sharma chaired the meeting.

The moderator of the panel discussion was PDG Shabbir Shakir . The panellists were Kapil Bahri, Pooja Khatri, Jaishree Chhabrani, Abhijeet Deshpande, Jai Prakash Sharma , Sachin Zoting and Rajeev Varbhe.

The moderator PDG Shabbir commenced the panel discussion by putting a common question to the panellists- ' What should be the ideal membership of the club ?'

The panel discussion was interactive with the active participation from the audience too. A need of the hour , the topic gave many insights on Membership. The Vote of thanks was proposed by Mahindra Kamath from RCN.

Understanding Gen Z

23rd February 2024



On February 23, President Ajay Uplanchiwar called the meeting to order. Rt Ann Archana Mulak read Rotary information, and the four-way test was read by President Ajay. The president greeted members and spouses on their birthdays and anniversaries. Directors and chairpersons announced upcoming projects. During the speaker meeting, Rtn Ritika Singhvi introduced Toastmaster Manisha Zilpelwar, who delved into the topic of Zen Z, which is all about understanding the mindset and characteristics of Generation Z. Using a visually appealing PowerPoint presentation, she guided the members through various aspects of Zen Z, such as their values, preferences, and behaviors.

It was a really good meeting, and members learned a lot about Zen Z. A vote of thanks was given by Rtn. Smita Bhargav. The meeting was adjourned by President Ajay after the National Anthem.

Rotary around District 3030



Rotary Club of Amravati arranged an Oral Hygiene Awareness Seminar for 100 workers At Plastisurge Industries on Date Thursday, 8th February, 2024



:RC Akola Midtown celebrated Valentine's Day with a heartwarming gathering of Rotarians. Love and camaraderie filled the air as members came together.



RC Malegaon distributed sweaters to children of very poor labourers from Zilla Parishad school in Malsane Village. 35 children were donated winter wear.



RC Nagpur Elite showcased the magic of cultural diversity was seen at the Rotary Youth Cultural Dance Fest! It had 17 schools and over 175 participants.



Joint Meeting of All Rotary Clubs Of Amravati City was held on Thursday, 15th February, 2024 at Brlal Biyani College Auditorium, Dussehra Maidan Road, Amravati.



RC Nagpur South East provided financial support to women's self-help groups. Bank officials were directly called to guide and inform about the various government schemes.

Rotary international news

Remembering Paul Alexander, who lived 70 years in an iron lung

Paul Alexander, a 78-year-old man from Texas, USA, who spent most of his life in an iron lung, died on 11 March. Alexander contracted polio in 1952, when he was just 6 years old. The disease paralyzed him from the neck down so he couldn't breathe on his own. He earned a law degree, passed the bar exam, and practiced law in Dallas for a time. He was also briefly a member of a Rotary e-club.

The following is a story we reported in 2015.

One might think a man living with polio in an iron lung would know about Rotary. But it wasn't until Paul Alexander had a business meeting with a member in Duncanville, Texas, earlier this year that he learned Rotary fights to eradicate the very disease that left him almost completely paralyzed.

"I was completely blown away by the idea. For all these years, I didn't know the work they were doing," says Alexander, a practicing attorney in Dallas. "It's such a perfect fit for me."

Alexander contracted polio during a major U.S. outbreak of the disease in the late 1950s when he was six years old, and almost died in the hospital before a doctor noticed he wasn't breathing and rushed him into an iron lung, an airtight metal tank that encloses all of the body except the head and uses regulated changes in air pressure to force the lungs to inhale and exhale. Alexander is among a small number of people in the world today still using an iron lung to assist his paralytic polio. The need for the 800-pound machines declined dramatically after the polio vaccine became widely available in the early 1960s.

In October, Alexander became a member of the Rotary E-Club of District 5810 during an induction ceremony held in his home, attended by Rotary's President Gary C.K. Huang through an online



connection. Alexander is writing a book about his experience and wants to be an ambassador for Rotary promoting the benefits of eradicating polio.

Long lost connection to Rotary

His father was president of a Dallas Rotary club in the 1960s, but Alexander says he doesn't remember it. His introduction to Rotary began when he met Duncanville member Alexander Peralta. Peralta told the Rotary District 5810 governor, Bill Dendy, who immediately decided Alexander would be the perfect subject of a video his wife was making on polio eradication. Alexander agreed, and a film crew from the district's e-club came out to shoot the interview.

"I visited him weekly after that," Dendy says. "One day, I said to him, 'Paul, you could be a contributing member of Rotary.' He asked me how that would be possible. And I told him with an e-club, which meets online, it would be very possible."

Since joining Rotary, he's become a popular speaker in the Dallas Rotary community. He's already addressed two large gatherings and is scheduled to speak at the next district conference. The Waxahachie Rotary Club, which builds wheelchair ramps as a project, built him a new one when they heard he transports his iron lung to the hospital or for longer trips.

"It means so much to me to belong to this organization," Alexander said during a phone call to his home recently. "I'm having a great time and staying awake at night thinking of ideas. So many people have come into my life. I never knew there were so many caring people out there."

Odisha

rediscovered -Sharad Bhave

A dive into the history of Utkal

Utkal means glorious wonderful country. Our first place of visit was state tribal museum. Came into existence in 1953. What a facelift it has got! Immaculate infrastructure. Sprawling lawns. Well-maintained garden. Rtn. Sharad Paliwal fell for the collection of the rare species and immediately decided the next visit of Nagpur garden club to the venue. It basically showcases the livelihood and cultural beliefs of Odisha's 13 particularly vulnerable communities. Artisans at work explained the art of making to the visitors and the handicrafts were on sale as well (fresh from oven like).

BNR Days Come Alive

We headed for BNR Chanakya for our stay at Puri. It is a first hotel of its kind owned by the Indian Railways, originally belonging to Bengal Nagpur Railway, then to the SE Railways. It is now managed by the Chanakya Group. Established in 1910, frankly speaking this 114 year old heritage building with its impressive arches and lavish corridors offers an atmosphere of peace and tranquility. A piece of vintage steam engine is showcased in the premises.

Back to the Pre-Independence Era

Jankinath Bhavan, the ancestral house of Netaji Subhash Chandra Bose located at Oriya Bazar, Cuttack deals with the life history of the legendary character. Interesting collections in the museum include 22 original letters written by Netaji from Geneva, Milan, Mandalay Jail et. al. The horse cart is on display that carried young Subhash to the school.

The man who rejected the offer outright after securing fourth rank in the order of merit in ICS (Indian Civil Service) Examination and instead formed INA with an appeal to the masses "Tum mujhe khoo do, Main tumhe aazadi dunga". The viewing of the galleries brought back the memories of the yesteryears and gave us goosebumps.

Admiring traditional performing art

The early medieval literature says in Sanskrit "Utkrushta Kalaya Deshaha Saha Utkalah" meaning the land having excellent opulence of artists and art is called Utkala (Kala=Art &Utkrushta= Excellent). So as to have the firsthand experience we reached the heritage crafts village, Raghurajpur in Puri District known for its Master Pattachitra painters. An art form that dates back to the 5th Century BC. Every household has a painter of repute. A painter explained the intricacies of the making of these divine pieces. PDG Satish Sule bought a few to bring back home.

Gotipua is a traditional dance form and is a precursor of Odissi Classical Dance. It is performed by young boys only as it is customary. Although in the surrounding not so comfortable, the show was traditional in a true sense and mesmerizing too. As we bid adieu to the old dance master and his young team, promising them an invitation to Nagpur, their eyes filled with tears. Before leaving, we bowed down to the statue of Kelucharan Mahapatra, the great master founder of Odissi dance.



To be one with Nature

Relaxation at Eco Retreat, Bhitarkanika, Kendrapara. Bhitara means interior and kanika means beautiful-giving birth to the word Bhitarkanika that stands for the beauty and variance of the Eco system. True to its name about 25 tents are in place at the location for the guests along with a huge dining hall and reception lounge. No concrete. No brick work. Only cloth and timber. It takes a month to put it in place.

Hospitality top class. Arrangements awesome. Seawaves almost touching your doorsteps. Guests are kept busy with water sports, boat ride, night star gazing, jungle safari, trip on river for crocodile experience and at night live music in the dining hall. Do take a trip for enjoying the "Atithi Devo Bhava" treatment by the local boys and girls (simplicity and smile together) . Available for 3 months only (December- February).

Bye, Bye, Odisha

Gone are the days when this eastern state was only known for Jagannath Temple, Konark Surya Mandir and at the most Kalinga Battlefield. This was my 4th visit and so much is left to be seen. No wonder then OTDC (Odisha Tourism Development Corporation) Emblem is ODISHA- India's Best Kept Secret and how true it is! Every visit one feels "Yeh Dil Mange More".



ODISHA
INDIA'S BEST KEPT SECRET.

Daal bati

-Priyanka Gandhi



Ingredients:

For Baati:

1. Makka flour- 2 Cups
2. Desi Ghee – ¾ Cup for dough + ¾ cup to Soak the baati
3. Carrom Seeds- 1 Tsp
4. Salt- As per taste
5. Water- approximately ½ cup

For Dal:

1. Toor daal- 1/4 cup
2. Urad dal -1 tablespoon
3. Chana dal-1 tablespoon
4. Garam masala powder-1/4 teaspoon
5. Teaspoon turmeric-1/8 tsp
6. Cumin seeds-1/4 teaspoon
7. Asafoetida- A pinch
8. Water- 2 cups
9. Ghee -1/2 tablespoon
10. Chilli powder -1/2 teaspoon red
11. Salt- As per taste
12. Ginger-1/4 inch
13. Mango powder- ¼ tsp

Process for making Baati

1. To prepare the baatis, take a bowl and add all the ingredients.
2. Using your hands, knead a very stiff dough with warm water.
3. Shape the dough in the size of a ping pong ball. 4. Meanwhile, heat a gas tandoor and roast the dough balls on low heat for some time. 5. Make sure they are brown and crusty. 6. Once ready soak it in Ghee.

Process for making Dal:

1. To prepare the dal, wash all the dals together add 1 cup water and a quarter teaspoon of turmeric. 2. Pressure cook the dals till 3 to 4 whistles. Allow the cooker to cool and remove the dal. 3. For Tempering Put ghee in a pan over medium flame, add the cumin a seeds. Once they splutter, add ginger & asafoetida. 4. Mix all the spice powders in 1/2 cup of water to make a thin paste.. Then, add the paste of spice powders and fry for a minute, add the cooked dal. 5. Step 4 Garnish the dal with lemon juice and coriander leaves 6. Then add the remaining water and stir well. Bring it to a boil. 7. To get that extra zing, add lemon juice in it. 8. Check and add salt if required. 9. Garnish with chopped coriander. 10. Serve hot with freshly prepared baatis and dal.



Mutton curry

-Sandeep Durugkar



Ingredients:

- Mutton 1 kg
Onion - 2 big onion finely chopped
Ginger Garlic paste-
1 Tbsp whole garam Masala
Bay leaf - 2
Cinnamon - 2 inch
Black Cardamom- 2
Mace - 1
Green chillies and coriander paste - 1 tbsp
Dry Roast and make a paste
Onion- 1 small (sliced)
Coriander seeds -1 tbsp
Dry coconut slices - 4-5
Poppy seeds- 2 Tsp
Cumin seeds- 1 Tsp
Dry Masala
Red chilli powder - 2-3 Tsp
Turmeric -1/2 Tsp
Coriander Powder- 3 Tsp
Oil - 150 ml
Salt to taste
Kala Masala/ Garam Masala- 1 Tsp
Chopped Coriander leaves to garnish

1. Heat oil, add bayleaves, once it changes its colour to dark brown, add other whole masalas. Let it slightly brown. 2. Add chopped onion, fry till it is golden brown in colour 3. Now add Ginger Garlic paste. Fry till it is golden brown. 4. Now add all dry masala. Sprinkle some water so that masalas don't burn. 5. Add mutton and mix it well in the masala. Cover it with a lid . Keep stirring the same after every 2-3 mins. Let it cook like this for 15-20 mins. 6. Once the mutton is half done then add dry roast masala paste and also green chilli, coriander leaves paste. Mix well , cover and cook for 10 mins on medium flame. Keep stirring in between. 7. Now add one and half glass of water, add salt and kala masala. Now cover and cook for 20-25 mins. 8. once mutton is cooked, garnish it with chopped coriander leaves and serve joy with chapatis.



Heart attack - the golden hour

-Dr. Nikunj Pawar



A heart attack happens when there is a loss of blood supply to part of the heart muscle. It often results from a blockage in a nearby artery. A person who is experiencing a heart attack or myocardial infarction will feel pain in their chest and other parts of their body, as well as other symptoms. Spotting the early signs of a heart attack and getting prompt treatment is crucial and can save a person's life. A heart attack is different from cardiac arrest, in which the heart stops working completely. Both are medical emergencies, and without treatment, a heart attack can lead to cardiac arrest. As heart attacks can be fatal, it is crucial to recognize the warnings as soon as possible and contact emergency services. The first hour after the onset of a heart attack is called the golden hour. Appropriate action within the first 60 minutes of a heart attack can reverse its effects. This concept is extremely important to understand because most deaths and cardiac arrests occur during this period. However, if the person reaches the hospital and gets treated within this period s/he can expect near-complete recovery. Listen the symptoms seriously which include the following.

- * A feeling of pressure, tightness, pain, squeezing, or aching in the chest
- * Pain that spreads to the arms, neck, jaw, or back
- * A feeling of crushing or heaviness in the chest and heartburn or indigestion
- * Nausea and sometimes vomiting with feeling of clammy and sweaty
- * Shortness of breath and feeling lightheaded or dizzy
- * In some cases, anxiety that can feel similar to a panic attack
- * coughing or wheezing, if fluid builds up in the lungs
- * Hypoxemia: This involves low levels of oxygen in the blood.
- * Pulmonary edema: This involves fluid accumulating in and around the lungs.
- * Cardiogenic shock: This involves blood pressure dropping suddenly because the heart cannot supply enough* blood for the rest of the body to work adequately.

Window of opportunity:

The Golden Hour is a window of opportunity that impacts a patient's survival and quality of life following a heart attack. It is a critical time and time, is a muscle. This is because the heart muscle starts to die within 80-90 minutes after it stops getting blood, and within six hours, almost all the affected parts of the heart could be irreversibly damaged. So, the faster normal blood flow is re-established, the lesser would be the damage to the heart. To reduce the damage, it is important to get to the hospital as soon as possible. Other than the consequences of a damaged heart muscle, the most common killer in the early period are abnormal heart rhythms called ventricular tachycardia and ventricular fibrillation where the heart muscles contract at a rapid rate, but no effective pumping of blood from the heart takes place. This is why once the person reaches a medical facility (ambulance or hospital), they are immediately put on an ECG monitor to assess the heart rhythm so that they can be given

prompt treatment in case of an abnormal rhythm, which could be delivering a shock (Cardioversion) or administering certain medication.

Steps to be taken:

- * Recognize the symptoms
- * Call for help immediately
- * Reach the hospital promptly.

What is wrong and how to fix it?

Heart attack is caused when a clot completely blocks a blood vessel in the heart. The primary aim is to get rid of this clot as soon as possible; otherwise, that part of the heart dies. Even if there is a slight suspicion that the symptoms could be of a heart attack, chew a 300/325mg of aspirin tablet immediately; it helps dissolve the clot. Once you are at the hospital, the doctors will try to get rid of the clot, either with the help of a very powerful clot buster medicine [thrombolytic medicines] or with a procedure called primary angioplasty. Although both modalities have advantages and disadvantages, primary angioplasty is the preferred therapy in most scenarios. In primary angioplasty, a diagnostic coronary angiogram is performed immediately to identify the site of blockage and angioplasty is performed and a stent (metallic scaffold) is deployed in the artery to open up the blood flow. The only prerequisite is that it can be done only in hospitals where a cardiac catheterization laboratory and doctors well versed with this procedure are available. Apart from this, other supportive therapy also gets initiated simultaneously.

Be prepared:

- * Always keep the contact numbers of ambulances and nearby hospitals stored in your cell phone, so that you can call them in case of need.
- * Try to reach the nearest hospital which has cardiac care facilities...as early as possible.
- * Try to go by ambulance.
- * Do not drive yourself as you could harm yourself as well as others.
- * Call the hospital helpline; so that the system can be activated even before the patient reaches the hospital.



