

THE INCREDIBLE BULLETIN AUGUST 2023**WORLI WHISPERS****TOP NEWS OF THE MONTH**[CLICK TO READ](#)**EDITORS NOTE 2****AWESOME SPEAKERS 3**[CLICK TO READ](#)**HEART HEALTH 7-9****PROJECTS AND ACTIVITIES 4-6**[CLICK TO READ](#)**UNSEEN INVENTIONS 10****MINDFUL TECHNIQUES 11-12**[CLICK TO READ](#)[CLICK TO READ](#)**BRAIN TEASERS 13**

EDITORS NOTE

Dear Friends,

Happy to release the 2nd issue of the incredible bulletin for our club. The festive season has just begun and holds lots of opportunities to meet and greet each other. This month we had outstanding speakers with great sharing of experiences.

I continue to urge members and partners to contribute articles, share experiences and anecdotes for the upcoming months magazine. No matter what the topic, there is a lot each one of us has to share which will be interesting for others.

As we dive into the final stretch of Monsoon season, let's make the most of our time together. Whether it's enjoying our upcoming events, volunteering in the projects, or simply connecting with fellow members, Upcoming month is filled with opportunities to create lasting memories.

Rtn. Akanksha Bector



AWESOME SPEAKERS FOR THE MONTH



3RD AUG

MS.SHILPA CHAVAN
ARTIST, MILLINER,
FASHION STYLIST &
CREATIVE DIRECTOR

On 3rd August 2023 our first Speaker meeting was organized, wherein our Director for Club Admin Services, Rtn Dr Prafulla Kerkar, had invited Ms. Shilpa Chavan: Artist, Milliner, fashion stylist & creative director

Befitting a milliner, Shilpa Chavan wears many hats in her multi-disciplinary portfolio.

Her work bridges the worlds of "Art" & "Fashion", infusing unorthodox elements together (utilization of uncanny raw materials, collision of everyday found objects and imprints of new vistas). Her work unfolds layers of curiosity through artworks, installations, scenography, immersive atmospheres, photography, millinery, films, performances.



17TH AUGUST

MR. D. SIVANANDA
RETIRED DG OF POLICE
MAHARASHTRA

On 17th Aug 2023, we invited D. Sivanandhan is a highly regarded IPS officer with an illustrious career spanning 36 years. After earning a postgraduate degree in Economics, he joined the IPS in 1976 and retired as the Director General of Police of Maharashtra state police in 2011. He also served as the Police Commissioner of Mumbai. He spoke about cyber crime and how it can impact each one of us.

- **Cyber crime is worse than we think. there are innumerable ways in which they can occur. We need to be vigilant**
- **Fashion can be used as a toll for freedom and Self-Expression**

EXPERTS ADVICE

Projects and Activities

August 2023



Rotaract Club update

On 26th August 2023, RCBW conducted the 7th installation ceremony of the Rotaract Club of Worli Lalbaug. Rtr. Prachi Masurkar and her team of Board of Directors were installed. Rtn Yogesh Gupta was present along with me for the same.

Blood donation Drive

On 21st August 2023, Blood donation camp as organized by RCBW at CSMT Railway station. The blood collected was for the 110 thalassemia major patients attached to the Transfusion Centre of St.George Hospital. We collected 64 units of blood.



Aadhar Tirth Ashram

Foodgrains were distributed to children of Aadhartirth Ashram

Projects and Activities

August 2023



Tata Hospital

Tata Hospital Cancer
Donation was
undertaken.

Interact Club Update



On 8th August 2023 the ceremony of Installation of our *INTERACT PRESIDENT *of Guru Nanak school was conducted. Tegbahadur Vishwakarma and his Board of Directors were inducted for this incredible year. Rtn. Dipti Rajda, Rtn Nimesh Sanghrajka came along with me came in to give support and encouragement to the young children. The school kids arranged dance performances. It was heartwarming to see the enthusiasm among the children to work towards the betterment of the society.



EMPOWERING HEART HEALTH

IMPORTANCE OF
CARDIAC
SCREENINGS
FOR ADULTS
ABOVE 45



Heart disease is the leading cause of death worldwide, including India. The prevalence of CAD in Indians living in India is 21.4% for diabetics and 11% for nondiabetics. Cardiac screenings for individuals above 45 years of age is crucial. Heart health becomes increasingly critical as people age, and early detection of heart conditions can significantly improve outcomes and quality of life.

**Rtn Dr. Paula
Goel,
Pediatrician &
Adolescent
specialist,
Fayth Clinic**





Here are some common heart conditions in this age group to motivate cardiac screenings:

• Coronary artery disease (CAD): CAD is the most common heart condition in older adults. It occurs when the blood vessels that supply the heart with oxygen and nutrients become narrowed or blocked due to the buildup of plaque. This can lead to chest pain (angina) or, in severe cases, a heart attack. Regular cardiac screenings can help identify risk factors and early signs of CAD, allowing for timely interventions and lifestyle changes to prevent complications.



- Angina (chest pain caused by temporarily reduced blood flow to the heart muscle), shortness of breath with exertion, and heart attack can result from coronary artery disease
- Stable angina is chest pain or discomfort that most often occurs with activity or emotional stress. Angina is due to poor blood flow through the blood vessels in the heart called the coronary arteries which are narrowed or blocked by atherosclerosis or by a blood clot.
- Unstable angina is a condition in which your heart doesn't get enough blood flow and oxygen, even at rest. It may lead to a heart attack. Atherosclerosis is the buildup of fatty material, called plaque, along the walls of the arteries. This causes arteries to become narrowed and less flexible. The narrowing can reduce blood flow to the heart, causing chest pain.
- Variant angina-when there is Coronary artery spasm, which is a brief, sudden narrowing of one of these arteries. The spasm often occurs in coronary arteries that have not become hardened due to plaque buildup. However, it also can occur in arteries with plaque buildup. These spasms are due to a squeezing of muscles in the artery wall.
- Atherosclerosis(hardening of the arteries) is very common. Atherosclerosis, sometimes called "hardening of the arteries," occurs when fat, cholesterol and other substances build up in the walls of arteries. These deposits are called plaques. Over time, these plaques can narrow or completely block the arteries and cause problems throughout the body. Atherosclerosis is a common disorder

- **Hypertension (High blood pressure):** As people age, the risk of developing hypertension increases. High blood pressure puts extra strain on the heart and blood vessels, increasing the risk of heart disease, stroke, and other cardiovascular problems. Regular screenings can help detect high blood pressure and enable early management through lifestyle modifications and medication.
- **Heart rhythm disorders (Arrhythmias):** Arrhythmias are abnormal heart rhythms that can cause palpitations, dizziness, or even fainting. Some arrhythmias can be benign, while others may be life-threatening. Cardiac screenings, including electrocardiograms (ECGs) & Holter screenings, can detect arrhythmias and help determine the appropriate treatment.
- **Heart valve disease:** Over time, heart valves may become damaged or calcified, leading to conditions such as aortic stenosis or mitral regurgitation. These conditions can impede blood flow and strain the heart. Regular cardiac screenings can identify heart valve problems early, allowing for timely intervention and management.
- **Heart failure:** Heart failure occurs when the heart cannot pump blood effectively, leading to fatigue, shortness of breath, and fluid retention. It is more prevalent in older adults due to the cumulative effects of other heart conditions and lifestyle factors. Early detection through cardiac screenings can lead to effective management and better outcomes.



Potential benefits of early detection and intervention

Cardiac screening includes detailed history, analysis of risk factors, medical examination, blood tests, ECG, stress test, 2D echo, chest X-ray. For individuals with fluctuating blood pressure & young high BP patients ambulatory BP testing is required. With individuals with irregular heart rate and palpitations, Holter testing is required.

Additionally, adopting a heart-healthy lifestyle, such as regular exercise, a balanced diet, and stress management, can further reduce the risk of heart disease and related complications. Encouraging individuals to take proactive steps toward heart health can empower them to make informed decisions and prioritize their well-being as they age.

UNSEEN INVENTIONS

The incredible 2000-year-old earthquake detector

A seismometer – an earthquake detector – was invented in 132 A.D., by Chang Heng, a brilliant mathematician and scientist in the Han Dynasty.

The device was remarkably accurate in detecting earthquakes from afar, and did not rely on shaking or movement in the location where the device was situated. Zhang's seismoscope was a giant bronze vessel, resembling a samovar almost 6 feet in diameter.

The Mechanism consisted of a copper-domed urn with Eight dragons' heads circling the outside, each containing a bronze ball, and a pendulum hung from its top inside. When the Earth shook, the pendulum would swing, knocking a ball from one of the dragon heads into the open mouth of a bronze toad below. The direction of the earthquake's epicentre could be determined from which ball had been released.



BY JANHAVI
SANGHRAJKA

In 2005, scientists in Zengzhou, China (which was also Zhang's hometown) managed to replicate Zhang's seismoscope and used it to detect simulated earthquakes based on waves from four different real-life earthquakes in China and Vietnam. The seismoscope detected all of them. As a matter of fact, the data gathered from the tests corresponded accurately with that gathered by modern-day seismometers!



Dear Friends,

We have time and again appealed to all our Members and Ann's to contribute to the Bulletin about some 'Amazing Encounters' they would have with any person who has left an impact on their lives. However, we not received any response so far. So as a stop Gap arrangement, in this edition of the Bulletin we decided to write about some ancient inventions which could be the first of its kind in the world.

The ART of watching your thoughts

A mindfulness exercise for inner peace

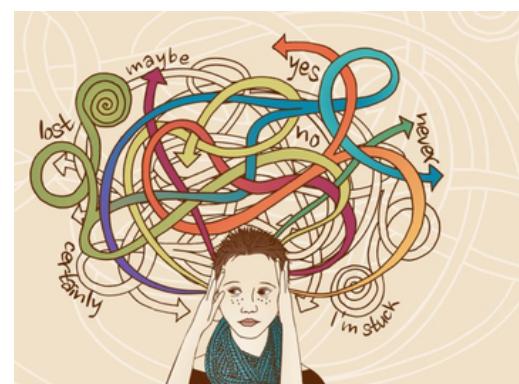
The art of watching your thoughts is a transformative practice that invites you to explore the depths of your own consciousness. By cultivating mindfulness, creating mental space, practicing non-attachment, embracing impermanence, and offering yourself self-compassion, you can master this art and unlock a world of inner peace, self-discovery, and personal growth.

In the fast-paced world we live in, our minds are constantly bombarded with thoughts, emotions, and distractions. Amidst this mental chaos, there exists a timeless practice that offers a path to clarity, self-awareness, and inner peace—the art of watching your thoughts. This ancient practice, rooted in mindfulness and meditation, holds the power to transform the way we relate to our inner world and, by extension, our external reality.

The Nature of Thoughts

Before delving into the art of watching your thoughts, it's essential to understand the nature of thoughts themselves. Thoughts are like mental phenomena that constantly arise within our consciousness. They can range from simple observations to complex narratives, from fleeting notions to deep-rooted beliefs. They emerge from various sources, including past experiences, cultural influences, and personal conditioning.

- **Create Mental Space:**Watching your thoughts allows you to create mental space between yourself and your thoughts. This space provides clarity and objectivity, allowing you to assess your thoughts more rationally. Instead of reacting impulsively, you can choose how to respond consciously, making decisions aligned with your values and intentions.
- **Non-Attachment:**In the art of watching your thoughts, non-attachment is a fundamental concept. This means not identifying with your thoughts or clinging to them. Thoughts are like clouds passing through the sky of your consciousness; they come and go. By not attaching your identity or emotions to them, you can experience a greater sense of inner freedom and reduce suffering caused by negative or repetitive thoughts.



The ART of watching your thoughts

A mindfulness exercise for inner peace

- Embrace Impermanence: Realize that thoughts, like everything else in life, are impermanent. They don't define you, and they don't last forever. By acknowledging their transitory nature, you can release the grip they have on your mind, and this can lead to a profound sense of inner peace.
- Self-Compassion: Watching your thoughts is not about self-criticism or harsh judgment. It's an opportunity to practice self-compassion and self-acceptance. Treat yourself kindly, knowing that everyone has thoughts that range from positive to negative. The goal is not to eliminate all negative thoughts but to change your relationship with them.

For those of you who are interested in mindfulness and meditation sessions regularly to keep a check on your emotional wellbeing, can fill the attached google form :

If you are a meditation enthusiast and seeker of tranquillity amidst your busy life, join us for these sessions to be a part of our global community benefit from it on an ongoing basis. The exercises and tools that we use in our sessions ,will help you experience an extremely refreshing mental getaway, which has positive ripple effects on your health, life, and relationships.

<https://forms.gle/uVqBa4pUbSN6N5Hq6>

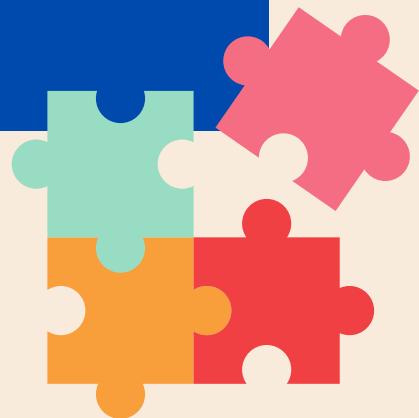
Every Sunday morning 8.30 am (IST)

RTN. AKANKSHA BECTOR



Solve the puzzles and send in your screenshot by 5th of Oct to Janhavi or Akanksha. The winners will be announced in the next bulletin.

	4		2	8	6	5
7		6	8			
1			4	7		2
1	8	7	4			
5	2		9	6		
		8	6	1	5	
9	1	5				6
	8	2				7
8	7	3	6		2	



Sudoku

Bollywood A-Z

Guess the names of famous movie characters.

Atleast 20 correct answers to qualify

