



PEACE AND BLISS DAWNS ON “WOODS” RESTAURANT AS THE GODS SHOWERED THEIR BLESSINGS ON THE VENUE. VAASTU PUJAN FOLLOWED BY SATYANARAYAN KATHA (the next day) SAW PUJA, HAVAN, AARTI, RANGOLI, THE CHORUS OF BRAHMINS IN RHYTHM INVOKING THE BLESSINGS OF THE ALMIGHTY SAW HUNDREDS OF MEMBERS ATTENDING THE EVENT AND ALSO ADMIRING THE SPANKING NEW CREATION (with Bhargav at the Helm) WHICH WILL HOUSE THE NEW INCOMING CATERER. THE RESTAURANT WILL BE READY AND OPERATIONAL BY THE MOON END AND GUESS WHO IS THE NEW CATERER ?



SONAKSHI SINHA'S FASHION FUNDA

Sonakshi and her parents Shatrughan Sinha are proud to be members of Juhu Vile Parle Gymkhana Club.

Sonakshi Sinha who became the household name after her debut film blockbuster Dabangg released gave her second blockbuster film Rowdy Rathore recently. Since her first film till date she has been always personified the Indian beauty, but in her teen days she was never ever bothered about her fashion and style because she was weighing ninety kilos. Sonakshi Sinha shares her beauty and fashion mantra with us.



A file photo of Sonakshi

MY CLOTHING

In my films I have always sported an Indian look but in real life I am very much a jeans and t-shirt person. I have seen that it suits my body type also. I also have a liking on skirts and flair dresses. In any special occasion I prefer gowns. But am also fond of Indian dresses - my all time favourite would be churidar dresses. I also keep an eye on the cuts and fits of my dresses. Because I have a broader frame, I always keep in mind that the final outcome of a dress should be a fitted one, an ill fitted dress is a big no no for me. I always prefer such cuts and fit s which compliment my height and body. Fashion means comfort I feel fashion and comfort go hand in hand. They compliment each other. Whatever you



I started shedding off my weights I tried different dresses and that was a bonus for me. It worked as an inspiration for me. It exactly took three years to pull down thirty kilos. Though my father Shatrughan Sinha was a star in his time but becoming an actor was never in my mind.

carry it should give you the comfort level which you feel while carrying a particular outfit. So I rather prefer creating my own style which I am confident and comfortable about. I am not a very brand conscious person. If I find something nice I don't mind buying that from a normal road side shop also.

MY FAVOURITE DESIGNERS

I simply love Kolkata based designers Dev and Nil's creation and it suits me also. Otherwise Rohit Bal, Narendra Kumar and Manish Malhotra's creations are also magical.



Sense of beauty Though people consider me as a very good looking face in the industry but I myself realised my own beauty quite late. It was during the release of my debut film Dabangg, when I first saw me in the big screen and realised that I was good looking. In my childhood I was quite a tomboy and very chubby. I used to weigh ninety so my school football team appointed me as a team goal keeper and because of my big size I used to cover the whole goal post and due to that our opponent team never used to score goals. (smiles) I remember my mother used to worry a lot about my obesity.

MY INSPIRATION

Its a known fact that superstar Salman Khan was instrumental on my getting into shape. He is a family friend and after his interference I started the process of



loosing weights. And once I started shedding off my weights I tried different dresses and that was a bonus for me. It worked as an inspiration for me. It exactly took three years to pull down thirty kilos. Though my father Shatrughan Sinha was a star in his time but becoming an actor was never in my mind. During Amrita Arora's sangeet event Arbaz Khan saw me and thought of casting me in his film and he discussed this with Salman Khan and rest is history.

MY REEL LOOK

In Rowdy Rathore and Dabangg my look was an Indian because in those films my characters were from small towns in North India. So my look was apt for that and

Fashion means comfort I feel fashion and comfort go hand in hand. They compliment each other. Whatever you carry it should give you the comfort level which you feel while carrying a particular outfit.

luckily my fans have appreciated that look also. In my forthcoming film Lootere I am playing a character which is set on the 1960's and my look is also based on that. I am very excited about it. I am sporting a retro look in the film and my hair style, costume and jewellery also signifies that era.

NOT A JEWELLERY GIRL

I was never into jewellery in my life, I don't prefer looking like a chandelier. But yes I am very fond of my nose ring, and my



nose shape also complimented that. And incidentally that became my style statement also.

MY BEAUTY TIPS

We should all follow - be happy and look healthy and good. ■



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FORTHCOMING EVENTS

15th July 2012

FANCY DRESS COMPETITION

Spry Buds present Fancy Dress Competition on 15th July 2012 at 10 am to 12 noon at Activity Hall. Age group - 5yrs to 11yrs. For registration contact Member Service Desk.

21st July 2012

MUSICAL NITE BY DR. MRUDULA JOSHI

Entertainment sub. comm. present Musical Nite by Dr. Mrudula Joshi on 21st July 2012 at Activity hall, 8 pm onwards. This event is sponsored by **Godrej Properties**. For details and passes contact Member Service Desk.

19th - 23rd July 2012

JVPG CLUB COMBINED 4 STAR DIST. RANKING TT TOURNAMENT

The tournament is organised & conducted by JVPG Club under the auspices of Mumbai Suburban Dist. Table Tennis Association. Tournament will be held from 19th to 23rd July 2012 at Badminton and Table Tennis halls. There are 12 events from Midget to Open category.

PROMOTIONS JULY 2012

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8th Aug. 2012

SR. CITIZEN FORUM PRESENTS PATRIOTIC SONGS PROGRAMME

Senior Citizen Forum celebrate Independence Day with performing patriotic songs. Venue - Activity Hall at 6.30 pm onwards on Wednesday, 8th August 2012. For registration contact Member Service Desk.

31 July-5th Aug. 2012

BADMINTON HOME TOURNAMENT

Badminton Home Tournament will be held from 31st July to 5th August 2012. For registration contact Dept./Member Service Desk / Office.

11th Aug. 2012

KRISHNA JANMASHTANI

Krishna Janmashtami Celebration by Spry Buds on 11th August 2012. For registration contact Member Service Desk.

12th Aug. 2012

QUAWALI NITE

Entertainment sub. comm. present Quawali Nite on Sunday, 12 August 2012 at Activity hall 8.30 pm onwards. For registration contact Member Service Desk.

1st & 2nd Sep. 2012

SR. CITIZEN FORUM VISIT TO GOVARDHAN DAIRY AND BHIMASHANKAR

Senior Citizen Forum organise 2 day picnic to Govardhan Dairy and Bhimashankar on 1st and 2nd September 2012. For registration contact Member Service Desk.



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જોઈન્ટ રીપ્લેસમેન્ટ સર્જન

જોઈન્ટ રીપ્લેસમેન્ટ ઓપરેશનો કરવામાં નિષ્ણાત છે, ઈંગલેન્ડ, યુએસએ, જર્મની હોગકોંગ અને સ્વિટ્ઝર્લેન્ડમાં સર્વોચ્ચ કેન્દ્રોમાં આ કામનો અનુભવ લીધો છે.

સંપૂર્ણ ઘૂંટણ, સંપૂર્ણ નિતંબ, સંપૂર્ણ ખભો, સંપૂર્ણ કોણી, પુનરાવર્તન અને આંશિક ઘૂંટણ બદલવાનાં ઓપરેશનો કરનારા ભારતમાં ખૂબ જ થોડા સર્જનો માહેના તેઓ એક છે.

તેમને ઘણા આંતરરાષ્ટ્રીય પુરસ્કારો પ્રાપ્ત થયા છે. મારકવીસ 'હુસ હુ ઝીન ધ વર્ડ ૧૯૯૭' મા વિશ્વમાં ૨૦૦૦ સૌથી મોટા ગણમાન્ય ૨૦મી સદીનાં ઉલ્લેખનીય વ્યક્તિઓમાં એમનું નામ જાહેર થયું હતું.

ડૉ. અરુણ દેશભરમાં અને વિદેશોમાં સાંધા બદલવાના વિષય પર પ્રવચનો આપ્યાં છે અને તેઓ એડિનબર્ગની રોયલ કૉલેજ ઓફ સર્જન્સમાં સર્જિકલ કૌશલ અંગેના અભ્યાસક્રમોમાં પ્રશિક્ષક છે.



ડૉ. અરુણ મુલાજી
FRCS Ed, Mch Orth (UK).
MS Orth, MB, D Orth, DNB Orth

ગંભીર રૂપે ઘસાઈ ગયેલા અને ખૂબ જ દુઃખાવો કરતા સાંધાને આધુનિક કમ્પ્યુટર-સહાયવાળી ટેકનિકથી નાનકડો કાપ મૂકીને બદલી શકાય છે. તેને લીધે દુઃખાવો દૂર કરવામાં અને થોડાક જ દિવસોમાં પુરી ગતિશીલતા પ્રાપ્ત કરવામાં મદદ મળે છે. તેથી જીવનની ગુણવત્તા સુધરે છે.



જોઈન્ટ રીપ્લેસમેન્ટની જરૂર ક્યારે પડે છે ?

૧. જ્યારે તીવ્ર સંધિવાત - ઓસ્ટિયોઆર્થ્રાઈટિસ, રૂમેટોઈડ આર્થ્રાઈટિસ, એન્કિલોઝિંગ સ્પાન્ડિલાઈટિસ-જેમાં હાડકાંને જોડનાર સાંધાની ગાદી ઘણી ખરાબ રીતે ઘસાઈ ગઈ હોય ત્યારે,
૨. નિતંબના એવાસ્ક્યુલ નેક્રોસિસ જેમાં નિતંબના સાંધામાં રક્તનો પુરવઠો ખોરવાઈ જાય અને તેથી વેદના થવા માંડે ત્યારે.
૩. નિતંબ અને ખભાના સાંધામાં ફ્રેક્ચર (અસ્થિભંગ) અને સાંધો ખસી જાય ત્યારે.

દર્દીએ ઓપરેશન માટે ક્યારે વિચારવું જોઈએ ?



જ્યારે દુઃખાવાથી છુટકારો મેળવવા માટે ચિકિત્સાની તમામ પદ્ધતિઓ અજવાલી લેવામાં આવે અને તેમાં સફળતા ન મળે, હિલચાલની ગતિવિધિ મંદ

પડે અને હાલવા-ચાલવામાં ખૂબ જ તકલીફ પડે ત્યારે ઓપરેશન માટે વિચારવું જોઈએ. આ ઓપરેશનથી જીવનની ગુણવત્તા સુધારવામાં નાટ્યાત્મક પરિણામ હાંસલ થઈ શકે છે.

કઈ ઉંમરે સાંધા બદલવા સલાહભર્યું છે ?

હાડકાંના સંધિવાત (ઓસ્ટિયોઆર્થ્રાઈટિસ)માં વ્યક્તિને ૫૫-૬૦ વર્ષની ઉંમર પછી સાંધા બદલવાની સલાહ આપવામાં આવે છે. તેમ છતાં સ્નાયુના સંધિવાત, એન્કિલોઝિંગ સ્પાન્ડિલાઈટિસ અને એવાસ્ક્યુલર નેક્રોસિસમાં યુવાન વયે પણ સાંધા બદલવાની જરૂર પડી શકે છે. વ્યક્તિ ઓપરેશન માટે બાકી બધી રીતે સ્વસ્થ હોય તો મોટી ઉંમરનો કોઈ બાધ નડતો નથી.

“ની રિપ્લેસમેન્ટ” એટલે શું ?

બે હાડકાંને છેડે જ્યાં સાંધો બને છે ત્યાંની ઘસાયેલી સપાટીને સ્થાને ધાતુ અને પોલિથિનની બનેલી નવી સપાટી બેસાડવામાં આવે છે, જે સાંધાનું હલન-ચલન સરળ બનાવે છે. આ સપાટીને સામાન્ય રીતે “હાડકાંની સિમેન્ટ” વડે હાડકાં સાથે જોડી દેવામાં આવે છે. આ સામગ્રી આયત કરવામાં આવે છે અને ઘણાં વર્ષોથી સફળતા પૂર્વક વપરાય છે, તેથી શરીર તેની અવગણના કરે અથવા તેની કંઈ આડઅસર થાય તેની સભાવના નહીવત્ છે.

કયા સાંધા બદલી શકાય ?

સામાન્ય રીતે ઘૂંટણ અને નિતંબના સાંધા મોટેભાગે બદલવામાં આવે છે. ત્યાર બાદ ખભા અને કોણીનો ક્રમ આવે છે.

સાંધા બદલવાના વિભિન્ન પ્રકાર હોય છે ?

હા. સાંધાનું ટોટલ રીપ્લેસમેન્ટ (સંપૂર્ણ પુનઃસ્થાપન) હોઈ શકે (જેમાં સાંધો બનાવતી સંપૂર્ણ સપાટીને બદલી નાખવામાં આવે) અથવા યુનીકમ્પાર્ટમેન્ટલ જેમાં (આંશિક રૂપે) ફક્ત અર્ધા સાંધાની સપાટી જ બદલવામાં આવે છે અને કેટલા ભાગમાં કેટલી સપાટીને નુકસાન થયેલું હોય એ પર અવલંબે છે. તેમાં પણ અનેક ડિઝાઈનો હોય છે, કેટલીક રચનાઓ અન્ય ડિઝાઈન કરતાં વધુ વર્ષો સુધી ચાલે છે અને વધુ સારાં પરિણામો આપે છે.

સંવેદન શૂન્યતા માટે કયા પ્રકારનું એનેસ્થેસિયા આપવામાં આવે છે ? નિતંબ અને ઘૂંટણના સાંધા બદલવા માટે કરોડરજ્જુમાં અથવા (એપિડ્યુરલ) એનેસ્થેસિયા આપવાનું પસંદ કરવામાં આવે છે અને પીઠમાં ઈજેક્શન આપી ફક્ત પગને જ સંવેદન શૂન્ય બનાવવામાં આવે છે.



CAS (કમ્પ્યુટર એડેડ સર્જરી) શું છે ?

સાંધા બદલવાના સફળ પરિણામો નવા ભાગને જેટલી ચોકસાઈ પૂર્વક યથાસ્થાને બેસાડી શકાય અને પગને સંતુલિત બનાવી શકાય એ પર નિર્ભર છે. ટેકનોલોજીમાં તાજેતરમાં થયેલી પ્રગતિ ચોકસાઈને વધારવા માટે ઓપરેશન દરમિયાન કમ્પ્યુટરના પ્રયોગને આવકારે છે.

આ પ્રકારના કમ્પ્યુટરની સહાયતાથી થયેલા ઓપરેશન આધુનિકતમ સાધનોની મદદ થી લાંબા સમય માટે વધુ સારા પરિણામો આપવામાં મદદરૂપ થાય છે, જેમાં કાપ નાનકડો મુકવો પડે છે, ઓછું લોહી વહે છે, ઓછામાં ઓછો દુઃખાવો થાય છે, જલદી સાજા થવાય છે અને બીજી આડઅવળી સમસ્યાઓ ઓછી પેદા થાય છે.

MIS(મિનિમલી ઇનવેસિવ સર્જરી) એટલે શું ?

કમ્પ્યુટર અને આધુનિકતમ ટેકનિકોના ઉપયોગ ને લીધે એક નાનકડા કાપ દ્વારા સફળતા પૂર્વક ઓપરેશન કરી શકાય છે. તેને લીધે ખૂબ થોડી કોશિકાઓને નુકસાન પહોંચે છે, દરદ ઓછું થાય છે, જલદી રૂઝ વળે છે અને વધુ સારાં પરિણામો મળે છે.

હોસ્પિટલમાં કેટલા દિવસ રહેવું પડે ?

દર્દીઓ સામાન્ય રીતે ૩-૪ દિવસ પછી ઘેર જાય છે.

હું બન્ને ઘૂંટણ અકી સાથે બદલવાનું ઓપરેશન થઈ શકે ?

હા, જો દર્દીની વૈધકીય સ્થિતિ બધી રીતે સ્વસ્થ હોય તો CAS થી (કમ્પ્યુટરની મદદથી ઓપરેશન) એકી વખતે બન્ને ઘૂંટણ બદલવાનું ઓપરેશન સફળતા પૂર્વક થઈ શકે છે. તેને લીધે એકી સાથે બન્ને ઘૂંટણ બદલ્યા પછી પણ ૩-૪ દિવસોમાં જ દર્દી ઘેર જઈ શકે છે.

ઘૂંટણ બદલ્યા પછી તેની કેવી હિલચાલ શક્ય છે ?

આધુનિક ડિઝાઈનો અને પ્રગતિશીલ ટેકનિકો વડે કરેલ ઓપરેશનથી દર્દીઓ લગભગ પૂરી હિલચાલ કરી શકે છે. અને તે પૂરેપૂરા ઘૂંટણ વાળીને પલાંઠી મારીને પણ બેસી શકે છે. આવાં પરિણામો દર્દીની ઓપરેશન પહેલાંની શારીરિક ક્ષમતા અને ઓપરેશન પછી જરૂરી કસરતો કરવા પર આધાર રાખે છે.

શું ઓપરેશન વખતે ખૂબ જ દર્દ થાય છે. ?

આધુનિક અને સુધારેલી પદ્ધતિઓ, જેવી કે વિશિષ્ટ ઈજેક્શનો, MIS અને CAS ની મદદથી ઓપરેશન કરતાં દર્દીઓને ખૂબ જ ઓછો દુઃખાવો થાય છે અને તેઓ જલદી સાજા થાય છે.



શું બહુ વધારે શારીરિક કસરતોની જરૂર પડે છે ?

ના. એ કસરતો માત્ર પાંચ સાદા વ્યાયામ જેવી હોય છે, જે દીર્ઘને હોસ્પિટલમાં જ બતાવી દેવામાં આવે છે. દર્દી ઘેર જઈને એ બધી એકસરસાઈથી જાતે કરી શકે છે.



સાજા થવામાં કેટલો સમય લાગે ?

નિતંબ અને ની રીપ્લેસમેન્ટ બાદ મોટાભાગના દર્દીઓ બીજે જ દિવસે ચાલવાનું શરૂ કરી દે છે. ૩ જા દિવસથી તેઓ સ્વતંત્રરૂપે ચાલી, ખુરશી પર જેસી, શોચાલયનો વપરાશ કરી અને પગથિયાં ચઢી શકે છે. એક મહિનામાં, દર્દી પોતાની સાધારણ જિંદગીની તમામ પ્રવૃત્તિઓ, કાર ચલાવવા સહીત કરી શકે છે.

ઘૂંટણ બદલવાનું ઓપરેશન કેટલું સફળ છે ?

પરિણામો નીચે મુજબની પરિસ્થિતિઓ પર અવલંબે છે

૧. સાંધો બદલવામાં સર્જનનો અનુભવ અને કુશળતા; જો સર્જને આ પ્રકારનાં સેંકડો ઓપરેશનો સફળતા પૂર્વક કર્યા હોય અને તે સાંધા બદલવાના નિષ્ણાત હો તો પરિણામો વધુ સારાં મળી શકે છે.



૨. CAS જેવી આધુનિક અને આગળ પડતી ટેકનિકોનો ઉપયોગ; જે સૂક્ષ્મ ચોકસાઈ અને યથાર્થતામાં વધારો કરે છે તથા સાંધાને લાંબા સમય સુધી કામ કરતો રાખી શકે છે.

૩. હોસ્પિટલ; ખાસ કરીને વિશિષ્ટ ઓપરેશન થિએટર તથા મદદમાં ફિઝિયોથેરાપિસ્ટ્સ, નર્સો અને ફેઝેન્ટોની અનુભવી ટીમ.

ટોટલ ની રીપ્લેસમેન્ટ પહેલાં અને પછી

૪. નવા બેસાડવામાં આવતા ભાગોની રચના અને ગુણવત્તા.

જ્યારે આ ચારેય પાસાં હાજર હોય તો પરિણામો દર્શનીય અને ૯૦-૯૫% થી વધુ સફળ તથા ૧૫-૨૦ વર્ષો સુધી કામ આપતાં નીવડે છે.

ગૂંચવાડા અથવા જટિલતાઓ શું હોઈ શકે ?

સામાન્ય રીતે, જો દર્દીની શારીરિક અને વૈધકીય સ્થિતિ સંતોષજનક હોય તો જોખમો ખૂબ હળવા હોય છે. તેમ છતાં કોઈકવાર પગની નસોમાં લોહી જામી શકે, તેના ઘેરા જોખમ સામે તકેદારી રાખવામાં આવે છે. નવા સાંધામા ચેપ લાગે તેની સમસ્યા ખૂબ જ ગંભીર હોય છે અને તેનું નિવારણ લેમિનાર ફ્લો થિએટરો, એન્ટિબાયોટિક્સનો ઉપયોગ અને યોગ્ય ટેકનિક દ્વારા કરવામાં આવે છે. આ જોખમ ૧% કરતાં પણ ઓછું છે. કેટલાંક વર્ષો પછી નવા બેસાડેલા ભાગો ટીલા પડી શકે.

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BLOOD PRESSURE

Hypertension is the medical term for high blood pressure. It is known as the "silent killer" since it has no initial symptoms but can lead to long-term disease and complications. Many people have high blood pressure and don't know it. Important complications of uncontrolled or poorly treated high blood pressure include heart attack, congestive heart failure, stroke, kidney failure, peripheral artery disease, and aortic aneurysms



BLOOD PRESSURE: With the high speed life that most adults are rushing through and the unprecedented rise of stress related illnesses, many are falling pray to the malady of Blood pressure. The heart pumps blood into the arteries with enough force to push blood to the far reaches of each organ from the top of the head to the bottom of the feet. Blood pressure can be defined as the pressure of blood on the walls of the arteries as it circulates through the body. Blood pressure is highest as its leaves the heart through the aorta and gradually decreases as it enters smaller and smaller blood vessels (arteries, arterioles, and capillaries). Blood returns in the veins leading to the heart, aided by gravity and muscle contraction. Hypertension is the medical term for high blood pressure. It is known as the "silent killer" since it has no initial symptoms but can lead to long-term disease and complications. Many people have high blood pressure and don't know it. Important complications of uncontrolled or poorly treated high blood pressure include heart attack, congestive heart failure, stroke, kidney failure, peripheral artery disease, and aortic aneurysms (weakening of the wall of the aorta, leading to widening or ballooning of the aorta). Uncontrolled high blood pressure may be responsible for many cases of death and disability resulting from heart attack, stroke, and kidney failure. According to research studies, the risk of dying of a heart attack is directly linked to high blood pressure, particularly systolic hypertension. The higher your blood pressure, the higher the risk. Maintaining lifelong control of hypertension decreases the future risk of complications such as heart attack and stroke.



Blood pressure is measured with a blood pressure cuff and recorded as two numbers, for example, 120/80 mm Hg (millimeters of mercury). Blood pressure measurements are usually taken at the upper arm over the brachial artery.

The top, larger number is called the systolic pressure. This measures the pressure generated when the heart contracts (pumps). It reflects the pressure of the blood against arterial walls. The bottom, smaller number is called the diastolic pressure. This reflects the pressure in the arteries while the heart is filling and resting between heartbeats.

Can help reduce blood pressure



Normal blood pressure less than 120/80Pre-hypertension 120-139/ 80-89High blood pressure (stage 1) 140-159/90-99High blood pressure (stage 2) higher than 160/100Then again, with a controlled and disciplined lifestyle and regular visits to the doctor, BP can be monitored. A wise choice of diet can help lower high blood pressure much easier. On the other hand, eating the wrong foods can make things worse by increasing the blood pressure.

TO DO's for High BP: Increase Fruit's intake Increase Vegetable's intake Increase low-fat or fat-free dairy products Reduce sodium salt intake Limit red meat, sweets, and sugar-containing beverages The plan is rich in nutrients, protein, and fiber. Avoid Sodium Salts

If having high blood pressure cut down on table salt and other forms of sodium. It is suggested to limit sodium intake not more than 2,500 milligrams of sodium (about one teaspoon of salt) a day that includes all sodium consumed, whether added for cooking, in the table, or already present in food products. It is a fact that most of the consumption of the sodium salt is from processed foods.



Products contain sodium:

Soy sauce,

Seasoned salts,

Monosodium glutamate (MSG),

Baking soda,

Some antacids Choose products lower in sodium:

Fresh fruits

Vegetables are naturally low in sodium.

Avoid Caffeine

Caffeine is present in coffee, tea, and sodas; Caffeine raises blood pressure only temporarily. However, if one continues consuming frequently may permanently increase the blood pressure and keep it high forever. Thus, it is advisable to give up or at least limit caffeine containing products.



Adrenal gland is stimulated naturally only on fright or fight situations that are at emergency or at dangerous situations, but caffeine stimulates it artificially without any requirement.

If the adrenal gland is stimulated it increase heart rate, muscle tension and results in higher blood pressure.

Low blood pressure diet is nothing but a smart food choice that nourishes our body and helps to normalize blood pressure and relieve the symptoms of low BP. Get all the necessary nutrients needed for the good health. Your focus should be on various foods that include whole-grains, fruits, vegetables, lean-chicken and fish.



Low-carb meals



Eat small, low-carb meal's: To help prevent blood pressure from dropping sharply after meals, eat small meal several times a day. Furthermore, limit high-carbohydrate foods such as potatoes, rice, pasta, and bread. Caffeine containing drinks such as, coffee or tea with meals may temporarily raise blood pressure. This rise may sometimes by as much as 3 to 14

millimeters of mercury (mm Hg). However, because caffeine can cause other problems, check with the doctor before increasing the caffeine intake.

Increase Sodium salt intake: Increased intake of sodium salt is good for people with low BP. However, because excess sodium can lead to heart failure, especially in older adults, it is important to check with the doctor before increasing salt intake.



Drink plenty of Water and less alcohol: Although nearly everyone can benefit from drinking enough water, this is especially true for people with low BP. Fluids increase, increases the volume of the blood in the body, in addition, and helps prevent dehydration. Both of which are important in raising blood pressure to treat hypotension.

Increases Caffeine intake: Caffeine containing drinks such as, coffee, tea, and some sodas can stimulate the adrenal gland. This temporarily raises your blood pressure to certain time. By often, taking these drinks helps to raise the blood pressure and manage to keep at a normal level. Low blood pressure foods can help hypo tension treatment and relieves hypo tension symptoms.

RECIPES FOR HIGH BP PATIENTS

SEVIYAN UPMA

Ingredients

1/4 cup green peas
1/2 tbsp lemon juice
1 1/2 tsp oil
1/4 tsp salt
1 tsp urad dal (split black lentils)
1 1/2 cups wheat vermicelli (seviyan)
1/2 tsp mustard seeds (rai / sarson)
3/4 cup finely chopped onions
2 green chillies, finely chopped
a few curry leaves (kadi patta)
1/4 cup finely chopped carrots

Method: Heat 1/2 teaspoon oil in a non-stick pan, add the vermicelli and roast till it is golden brown in colour. Remove from the flame and keep aside.

Heat the remaining oil in another pan and add the urad dal and mustard seeds to it. When the mustard seeds crackle, add the onions, green chillies and curry leaves and sauté till the onions turn translucent.

Add the carrots, peas and 1/4 cup water. Cover and cook till they are tender. Add the vermicelli and 1/2 cup of water. Cover and cook for another 2 to 3 minutes. Add the lemon juice and salt and toss well. Serve hot.



BAKED VEGETABLES IN COTTAGE CHEESE SAUCE

Ingredients

For the vegetables

1 1/4 cups chopped mixed vegetables, boiled (cauliflower, green peas, carrots, French beans)
1 tsp oil
1/8 tsp salt
freshly ground pepper powder to taste
For the cottage cheese sauce (makes approx. 3/4 cup)
1 ltr (5 cups) low fat milk
1 tbsp lemon juice
1/4 cup low fat milk
1/4 tsp salt
freshly ground pepper powder to taste

Other ingredients

1 cup boiled and grated potatoes
1/4 tsp dried mixed herbs

Method

For the cottage cheese sauce Put the 1 litre milk to boil. When it starts boiling, add the lemon juice. Stir gently until the milk curdles and water floats on top. Remove from flame, strain and discard the water. Do not squeeze out all the water.

Blend the warm prepared paneer, 1/4 cup of milk and 1/4 cup water together in a mixer till smooth and creamy.



Add the salt and pepper and mix well. Keep aside.

For the vegetables

Heat the oil in a non-stick pan, add the vegetables and sauté for a couple of minutes. Add the cottage cheese sauce, salt and pepper and mix well. Remove from the flame and keep aside.

How to proceed

Spread the vegetable and sauce mixture in a greased baking dish and spread the grated potato on top. Sprinkle the herbs over it and bake in a pre-heated oven at 230°C (460°F) for 10 to 12 minutes or microwave for 5 to 7 minutes. Serve hot.

CHANA PANEER

Ingredients

1 cup kabuli chana (white chick peas), soaked and boiled
½ cup chopped low fat paneer (cottage cheese)
3 medium sized brinjals (baingan / eggplant), skinned and chopped
3 small sized tomatoes, blanched and blended into pulp
½ tsp cumin seeds (jeera)
2 sticks of cinnamon (dalchini)
2 cloves (laung / lavang) 2 bayleaves (tejpatta)
1/4 tsp garam masala
1 tsp chilli powder
½ tsp dried mango powder (amchur)
1 tsp coriander-cumin seeds (dhania-jeera) powder
2 tsp oil
1/4 tsp salt
To be ground into a paste
½ cup roughly chopped onions
8 cloves of garlic (lehsun) 12 mm. (½") piece of ginger (adrak)

For the garnish

2 tbsp chopped coriander (dhania)

Method: Heat 1 teaspoon of oil in a non-stick pan and cook the brinjal pieces in it on a slow flame until they are soft.

Blend them with the tomato pulp in a blender till smooth. Keep aside.



Heat the remaining oil in the same pan & add the cumin seeds. When they crackle, add the ground paste, cinnamon, cloves and bay leaves and sauté for a few seconds.

Add the brinjal-tomato mixture, garam masala and chilli powder and sauté for a few minutes.

Add the kabuli chana, amchur, coriander-cumin seed powder, 1½ cups water and salt and bring to a boil.

Add the paneer, mix gently and simmer for 5 to 7 minutes.

Serve hot garnished with coriander.

ROSE BARFI

Ingredients

Other ingredients
1/4 tsp ghee for greasing
2 1/2 tbsp powdered sugar
a few drops of rose essence
2 to 3 drops of red colour
3 tbsp crumbled low fat mava (khoya)
3/4 cup crumbled low fat paneer (cottage cheese)

Method: Mix all the ingredients except the red colour in a bowl, add 2 tbsp of water and knead it till the mixture becomes smooth. Add a tbsp of water if required.

Divide this mixture into 2 equal portions. Add red colour to one portion and mix well. Keep aside. Spread the white mixture on a greased thali and keep aside.

Spread the remaining pink coloured mixture over the white coloured mixture.

Refrigerate for at least 1 hour and just before serving cut into 8 pieces.

Tips

Variation: Almond Pista Rolls In the above recipe, substitute rose essence for almond (badam) essence. Follow step 1, then divide the mixture into 8 equal portions.

Shape them into cylinders and roll them in 2 tbsp of finely chopped pistachios.

Refrigerate for at least 1 hour before serving.

Nutrient values per piece

Energy Fat
80 cal. 0.3 gm.



Stir in the corn flour mixture and cook till it thickens.

Add the tofu and salt and mix well

Serve hot on a bed of rice noodles.

SPROUTS KADHI

Ingredients

2 bay leaves (tejpatta)
½ tsp cumin seeds (jeera)
½ tsp chilli powder
1/8 tsp asafoetida (hing)
1 tsp ginger-green chilli paste
1/4 tsp turmeric powder (haldi)
2 cups low fat curds (dahi)
4 tsp besan (bengal gram flour)
1/4 tsp mustard seeds (rai / sarson)
2 whole red chillies, broken into pieces
1 cup mixed sprouts (moong , chana , l415 etc.)
2 tsp oil
1/4 tsp salt

Method

Heat the oil in a pressure cooker and add the cumin seeds, mustard seeds, bay leaves, red chillies and asafoetida and sauté for while.

When the seeds crackle, add the sprouts, ginger-green chilli paste, chilli powder, turmeric powder and 2 cups of water.

Pressure cook for 1 to 2 whistles or till the sprouts are cooked.

Meanwhile, whisk the curds and besan together.

Add this mixture along with ½ cup of water to the cooked sprouts and bring to a boil while stirring continuously.

Simmer for 4 to 5 minutes and serve hot.

STUFFED APPLES IN SAFFRON SAUCE

Ingredients

For the apples

4 medium sized apples
2 tbsp sugar
½ tsp lemon juice
1/4 tsp saffron (kesar) strands

For the stuffing

3 tbsp low fat milk
3/4 cup freshly low fat paneer (cottage cheese)

1 tbsp powdered sugar

1/4 tsp rose essence

For the garnish

2 almonds (badam), thinly sliced

Method

For the apples



Cut the apples into halves and core the centres.

Warm the saffron and rub with a little water until it leaves colour. Keep aside.

Mix together the sugar, lemon juice, 2 cups of water and the apples in a non-stick pan and cook on a slow flame until they are soft.

Remove the apples from the syrup and keep aside.

Boil the syrup until thick. Remove from the flame and keep aside.

For the stuffing

Blend together all the ingredients in a mixer till smooth and creamy. Keep aside.

How to proceed

Stuff each half of the apples with 2 tablespoons of the stuffing.

Arrange them on a plate and pour the syrup on top. Refrigerate to chill.

Serve chilled garnished with almonds.

PASTA WITH RED PEPPER SAUCE

Ingredients

4 cloves garlic
2 tablespoons olive oil
1 cup water
½ cup tomato paste
2 tablespoons red wine vinegar
Grated Parmesan cheese (optional)

6 medium red sweet peppers, chopped, or two 12-ounce jars roasted red sweet peppers, drained

2/3 cup loosely packed snipped fresh basil or 2 tablespoons dried basil, crushed

8 ounces hot cooked whole wheat or regular pasta, such as penne, cavatelli, or tortellini

Directions

For sauce, in a large skillet cook sweet peppers and garlic in oil over medium heat about 20 minutes, stirring occasionally. (Or, if using peppers from a jar, in a 2-quart saucepan cook garlic in hot oil for 3 to 4 minutes or until light brown.)

Place half of the pepper-garlic mixture in a blender container or food processor bowl. Cover; blend or process until nearly smooth. Add half each of the water, basil, tomato paste, and vinegar. Cover and blend or process with several on-and-off turns until basil is just chopped and mixture is nearly smooth. Transfer to a 2-quart saucepan. Repeat with remaining peppers, water, basil, tomato paste, and vinegar; transfer to the saucepan.

Cook and stir sauce over medium heat until heated through. Serve sauce over pasta. If desired, sprinkle with Parmesan cheese.

RECIPES FOR LOW BP PATIENTS

QUICK AND EASY STIR-FRY

Ingredients

3/4 cup bean sprouts
3/4 cup blanched broccoli florets
1/4 cup shredded red cabbage
3/4 cup coloured capsicum (green, yellow, red) cubes
½ cup tofu (bean curd/ soya paneer), cut into 1" cubes
4 whole dry red chillies, broken and dry roasted
1 1/2 tbsp chopped garlic (lehsun)



1 tbsp cornflour dissolved with ½ cup water

2 tsp oil

1/4 tsp salt

For serving

3 cups boiled rice noodles

Method

Pound the garlic and chilli together in a mortar-pestle. Keep aside.

Heat the oil in a pan, add the pounded mixture and sauté for a minute.

Add the bean sprouts, broccoli and cabbage and stir-fry on high flame till they are crisp.

ARRIVING SOON: COMBO INCLINE, OLYMPIC DECLINE BENCH**LIBRARY: NEW ARRIVAL OF JUNE 2012**

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Swami Vivekanand	Part 1 to 9
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Pattanaik D.	7 Secrets of Vishnu
Flynn Vince	Kill Shot
Zaidi S. Hussain	Mafia Queens of Mumbai
Roberts Nora	The Witness
Patterson James	Gilty Wives
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Collins	Amul's India
Iyer Pico	The man within my head
Moltz Barry	Bounce
Schlesinger L.	Just start
Govindarajan V.	Reverse Innovation



Author	Title of the Book
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Bhasin Juggi	The Terrorist
Pinto Jerry	Em and the big hoom
James El	Fifty shades of grey, darker, freed.
Laurens S.	A Lady of Expectations
Mallory S.	Regency Improprieties
Balddaci D.	The Innocent
P. C. Kristin	Marked, Betrayed, Hunted, Destined
Kelly cathy	What she wants
Clark M. H.	The lost Years
Cussler C.	The Thief
Sharma R.	Breakout Nation
Zaidi S.	Dongri to Dubai
Picoult J.	Lone wolf
Amar Chitra Katha	207 Titles
Khalid A-H Ansari	Sachin – Born to bat

SWIMMING HOME GALA

Swimming Home Gala held on 10th June 2012. About 75 members participated in 34 events. Afternoon Water Telegame was conducted in which more than 60 children participated.



Dr. Ojas Dave - Hon. Jt. Sec.

Satish Shah
TreasurerNikhil Thanawala
Chairman, HC

Mrs. Bela Vakil

**BILLIARDS HOME TOURNAMENT
2012 RESULTS**

Billiards Home Tournament was held from 10th June to 23rd June 2012. The finals were held on 23rd June followed by prize distribution. Results are as follows:

Events	Winner	Runner-up
Billiards Handicap	Zubin Lelinwala	Rajesh Vora
Billiards Open	Harvinder Negi	Rahul Sachdev
Snooker Handicap	Anup Kedia	Santosh Gulwadi
Snooker Open	Rahul Sachdev	Ashish Agarwal

Rahul Sachdev
Snooker open winnerVinod Poddar with Harvinder Negi,
Billiards open winnerAnup Kedia
Snooker Handicap winnerZubin Lelinwala
Billiards handicap winner

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STANDARD CHARTERED - POTTERY WORKSHOP

Pottery inspires creativity, foster self discovery and is a form of meditation. Standard Chartered Pottery Workshop organised by Spry Buds was all of that and a lot of fun. Children expressed creativity in clay and had a lot fun. Shivani convenor "Spry Buds" was overwhelmed with the response and said that many had to go back disappointed. Over 100 participants enjoy the joyfull event. Sponsored by Standard Chartered Bank.



Sponsored by



LECTURE BY PADMASHREE ANANDJIBHAI

On 22nd June 2012, Sr. Citizen Members met Shri Anandjibhai from duo Kalyaniji Anandjibhai fame engrossing the 90 plus gathered crowd with his interesting speech and sharing his experience about his musical journey of his film songs in the late 60s and 70s there on. The crowd was also privileged to see some of his musical audio and visual clips. All the members who were present for this program thanked Shri Anandjibhai for this lovely program and special thanks was given to Shri Satish C Shah for organizing such an eventful evening.



Smt. Pramodini Nanavati, Member Sr. Citizen Forum giving vote of thanks to Shri Anandjibhai. This event was sponsored by Indusind Bank

