

The Cuffeparadian

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February 2024



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Editor's Desk

In response to my January editor's message, urging Cuffe Paradians to come forward and write for our newsletter from the various features listed, I'm thrilled to share that we have received emails from readers wanting

to contribute poems, recipes, information on awards and book launches, health tips, travelogues, legal and much more.

Ram Lalla's Pran Pratishtha was celebrated with utmost devotion and enthusiasm as Cuffe Paradians gathered at *Jhulelal Mandir* on the 22nd of January, to pay obeisance to the Lord and participate in the National Event with full gusto. You can read about the event on **Page 3**.

While the country celebrated **Republic Day**, Cuffe Paradians braved the morning chill and headed straight to the Bay View Marina Garden to witness the flag hoisting ceremony. You can catch the event on **Pages 4 & 5**.

Adv. Gopalkrishnan Balakrishnan has shared a very simple yet detailed explanation on the difference between *Conveyance Deed & Agreement of Sale*. You can read about it on **Page 6**.

Vaishali Parekh had given us an insight on *Technical Analysis* in the January 2024 issue, in this issue she has spoken about *Fundamental Analysis & compared the two*, on **Page 7**.

Recently my kids have been pushing me to do weights to ensure a healthy muscle mass. So, I requested **Dr. Raina Ranney**, if she could give us some insights into the *importance of strength training*, which she so willingly did. **Page 8**, is where you can read about it.

Mr. Dilip Ahuja from the *Cuffe Parade Clean Up Project*, was very enthusiastic to give us an update on the rapid progress of the *Clean My Cuffe Parade campaign*. You can catch the updates on **Page 9**.

Some very beautiful photographs clicked by our very own Cuffe Paradians can be found in the *Through the Lens of a Cuffe Paradian* feature on **Page 10**.

Trust our readers are getting better at their yoga poses with **Dr. Anshu Goil's Yoga for Everyday Wellbeing** on **Page 11**.

Pet parents can gain some insights from **Dog Trainer Dolly Kanjani's interview** on how to keep their furry babies in control. **Page 12**.

As always, we look forward to emails from our readers with their write-ups for the upcoming issues. You can write to us at cprainfoletter@gmail.com.

Cheers until next time.

Maneck Thakkar
Editor, The Cuffeparadian

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Dear Cuffe Paradians,

Hope the New Year has started for you with happy sparks! For us at CPRA, it has been both exciting and challenging with new energies, ideas and actions.

At a national level, the beautiful Ram Temple was inaugurated in Ayodhya and it was an amazing moment for all of us Indians. Really happy to see it! India is undergoing a cultural renaissance, we are a lucky generation to be part of it.

The strength and beauty of Indian Democracy and society is unfolding in new ways and there is a lot of change we are seeing - both good and not so good. Of course, we have matured as a society, yet reality is that there will always be some aberrations, some gaps in expectations that we will live with.

Closer home and to our hearts, Cuffe Parade is one of the most famous, long-standing residential localities in the country and has always been a much desired, much coveted area to live in.

To make it friendly for our future generations who are looking both for modern amenities and aesthetic value, we need to have upgraded buildings. This can be achieved through redevelopment of our existing structures, sprucing up our lobbies, footpaths, building facades, roads, dividers, lights, gardens, sporting facilities and everything that enables a healthy, happy lifestyle that we all work so hard for.

None of this can happen without you! I invite you to please come and work with us for a better future. I'm sure we will agree and disagree, but we will go ahead with the majority view which feels what is best for us - simply following the Zen principles of *greater good for the greatest number!*

In the spirit of transparency and inclusion - we had some dissent and queries for the upcoming sports facilities on the ground behind BVM. I do understand the points of view from all perspectives. Thank you for sharing them. It is, however, important to note that this is government land and we are only caretakers at CPRA. We have, thus, engaged with the concerned agencies about our concerns. They have communicated to us that the coconut trees in the football ground will be retained with all their glory. To further reassure you, no stadium is being constructed. It is only a facility for Cuffe Paradians and, probably, citizens of Colaba.

We do also have verbal assurances for the following, we are awaiting them in writing and will share with you as soon as we have them -

- 1) Independent access
- 2) Pay to Play
- 3) No political or social events
- 4) Co-management with CPRA to ensure rights of Cuffe Paradians is protected
- 5) Fencing of BVM and the football ground to protect from encroachments

Please note that we are working in the best interests of Cuffe Parade and, as always, your support in our endeavours is paramount.

Your patience, involvement and participation are deeply appreciated.

Wish February turns out fabulous for us all!

Regards,

Manoj Poddar
President, CPRA

CELEBRATIONS

Cuffe Parade Celebrates Ram Lalla's Pran Pratishtha with great devotion...



JAI SHRI RAM! On the 22nd of January, the celebration of *Ram Lalla's Pran Pratishtha* resonated not just in India but across 56 countries! In the heart of Cuffe Parade, a dedicated group came together at *Jhulelal Mandir*, (offering heartfelt thanks to **Mataji**) for the beautiful festivities. **Mr. Vinod Bhimrajka's** visionary leadership, supported by the efforts of **Shri Rahulji Narwekar, Harshitaji Narwekar** and **Makarandji Narwekar** orchestrated a celebration that transformed our community into a mini-Ayodhya.



Gratitude flows for the meticulous arrangements – pandals, LED screens for live viewing, floral decorations, video shooting, and a commendable cleanliness drive. A sincere thank you to Vinodji Bhimrajka for extending the privilege to me for the participation; it truly felt like an honour to be part of this divine event. **Sarita Joshiji's** soul-stirring Bhajans and Kirtans added a spiritual touch, creating an atmosphere of devotion.

Amidst the joy, we relished a delightful meal courtesy of **Amrish Arora** and indulged in **Ratan Chandiramaniji's** delectable ladoos. Special camaraderie was experienced while working with **Anand Sheth, Aarti Wadhvani, Paragbhai, and Vinay Nangalia**, especially noting the exquisite God's new *Poshaks*.

A heartfelt mention goes to **Mohit Chaturvedi** for the elegant Shri Ram stoles and Vinod uncle for the special Shri Ram caps. The Shri Ram Kurtas, by Sonali from Vinodji Bhimrajka's office, were a beautiful embodiment of devotion.

In this harmonious tapestry of celebration, emotions ran high, weaving bonds that resonate with the spirit of JAI SHRI RAM!

Words – Cuffe Paradian Suhani Mendonsa

FELICITATIONS



Kunti Oza felicitated by CM Eknath Shindeji for Clean Mumbai Foundation

CPRA and fellow Cuffe Paradians wish to congratulate Mrs. Kunti Oza on her Felicitation for Clean Mumbai Foundation by Honourable Chief Minister Eknath Shinde on Deep Cleaning Day for A ward at the Gateway of India - on 31st December 2023.

Kuntiji very enthusiastically spoke about her work. "Our slogan is *Mera Aangan Saaf aur Sunder Hamesha Hamesha*. To participate, you can adopt your building or office pavement by engaging building cleaning staff to keep the surrounding pavements clean. In case of any encroachments, you can contact us to help for the removal. Discard old planters or get them repaired and replanted. Let us make our Cuffe Parade a place of beauty."



Nancy Lulla

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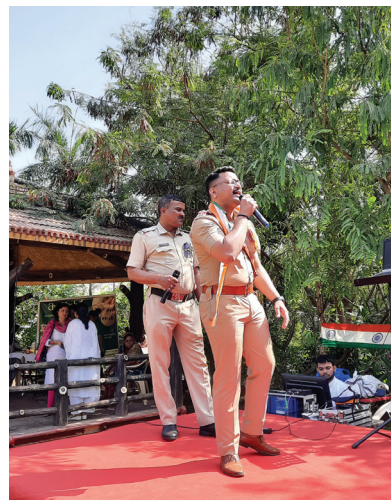
Republic Day Celebrations at Bay View Marina



United we stand



Kids enjoying the celebrations



API Abhijeetji & ASI Sawant enthralled the audience with their Desh Bhakti Geet

The Bayview Marina, hosted by CPRA, witnessed a heartwarming gathering of Cuffe Paradians during the 75th Republic Day celebrations. The poignant moment of flag unfurling was gracefully undertaken by esteemed senior citizens Mr. Kanu Doshi, Mr. R. Anand, and Mr. Kejriwal, with the presence of our president, Mr. Manoj Poddar and Ex Corporator Mr. Makarand Narwekar.

The event resonated with deep emotions as we came together, fostering unity and camaraderie.

An Ayurvedic camp, thoughtfully organized in collaboration with Ayushakti, offered the community free *Nadi Pariksha*, emphasizing the well-being of every individual.

API Abhijitji Bhosle's melodies filled the air, creating an enchanting atmosphere that echoed the spirit of the occasion.



Meena Toprani

देश प्रेम

सुनो सुनो भारत देश के प्यारे बच्चो,
और होनहार नौ जवानो।
देश प्रेम क्या है, अब तुम
कब और कैसे जानो।

लहूके हर कतरों से उन्होंने जब,
ये सुंदर बागको सींचा था।
तब जाके प्यारा तिरंगा
आस्माँ में लहराया था।

सौ सौ गोलियोंकी बौछारे
जालियावाला बागकी जुबानी थी।
मुठ्ठी भर नमक की खातिर बापूने
कूच करनेको ठानी थी।

खुब लडी मर्दानी, वह तो
झांसीवाली रानी थी।
इस जगमें हम सबको
कुछ सबक सिखाने आई थी।

सुभाषचंद्र बोसने जब ये
फानी दुनिया त्यागी थी।
लाल, बाल और पाल ने लोगो के
दिलमें जगह बनाई थी।

शहीद भगत सिंह नाम था जिसका
बसंती चोला पहना था।
मातृभूमिके कारण जिसने
अपना शीश गँवाया था।

नाम था उसका सरदार वल्लभ
पर लौह पुरुष कहलाता था।
देश की एकताकी खातिर जिसने
किया मर मिटनेका सौदा था।

नाम था जैसा, वैसा जवाहर
हम सबके संग रहता था।
अपनी आजादीकी खातिर जिसने
तन, मन और धन लुटाया था।

देश हमारा किसी ने अपना खून बहाकर
अभी आपको बख्शा है।
अब तो सबसे ऊँचा धर्म हमारा
अपने देश की रक्षा है।

बुरे धंधे लडाईं झगडेकी बाते
अब तो बंद करो।
सत्य, अंहिसा और प्रेम को मनो
सेवा, धर्म, समभावको पहचानो।

मानवताकी पुकार सुनकर अब
मनसे सदा तैयार रहो।
और कुछ कर मिटने के लिए,
हौसला अपना बुलंद करो।

अगर यह बात समझमें आए
तो जानू कुछ भी ठाना है।
लेकिन अब भी तुम ना समझो
तो बेकार कुछ भी कहना है।

Submitted by Cuffe Paradian
Meena Toprani



Cuffe Paradians dressed in Orange White & Green



Ex Corporator Shri Makarand Narwekar gives a speech



Proud to be Indian

ASI Sawant also sang a few songs. Head Constable Bhamare, Head Constable Gomsale & PC Sonawane Tejas also cheered on. A special mention goes to Hansu Pardiwala for organising snacks, featuring Poha, Upma, Sheera, and masala milk organised by Suhani Mendonsa.

A perfect blend of flavours, that added warmth to the celebration.

In essence, it was not just an event; it was a shared experience where we, the Cuffe Paradians, stood united, relishing the joyous moments of the 75th Republic Day together.

Words – Cuffe Paradian Suhani Mendonsa

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Comparative Study between Conveyance Deed and Agreement for Sale/Sale Deed

In this Article I am trying to differentiate the meaning of a Conveyance Deed and a Sale Deed. In Mumbai when one buys a property what is executed is an Agreement for Sale, this Agreement for Sale normally happens when the subject of the sale being a flat or a unit is under construction and it takes sometime to complete the subject of the sale to be put in possession to the purchaser. On the contrary if it is a ready to occupy flat or unit one enters into a Sale Deed. In both the cases the full stamp duty which is applicable based on the value of the subject to the sale covered in the Agreement for Sale or Sale Deed is paid upfront. While there is no bar to execute a further Sale Deed where an Agreement for Sale was executed after possession of the flat or unit no one goes for it because the above-mentioned document provides and confers a valid title to the property.

While in the other parts of India for the sale of flats or plot of land or for the sale of any immovable property, what is preferred is a Conveyance Deed and not a Sale Deed. In those cases, the Agreement for Sale prescribing the time limit and the conditions attached to be complied with by the parties to the sale will be normally executed on a stamp paper worth Rs. 100 and when the actual sale takes place a Conveyance Deed is executed.

Legally a “CONVEYANCE” includes a conveyance on sale and every instrument by which property, whether movable or immovable, is transferred *inter vivos* and which is not otherwise specifically provided for by Schedule I (Indian Stamp Act, 1899)

An “agreement to sell” an immovable property with transferring of possession without execution of any conveyance is deemed to be a conveyance under Art. 25 *Expln. 1* of the Act. *Veena Hasumukh Jain v. State of Maharashtra, AIR 1999 SC 807.* (Bombay Stamp Act, 1958)

While a “SALE” is a transfer of ownership in exchange for a price paid or promised or part-paid and part-promised. (T. P. Act, 1882)

“A contract of sale of goods is a contract whereby the seller transfers or agrees to transfer the property in goods to the buyer for a price. There may be contract of sale between one part-owner and another.” (Sale of Goods Act, 1930)

In the state of Maharashtra, the Maharashtra Stamp Act, 1958 in Schedule I, Article 25 deals with conveyance it says if it is related to a movable property the stamp duty is 3% of the total value of the movable property and in the case of immovable property it ranges from 4 to 5% of the market value of the property depending on the situs of the property.



Adv. Gopalkrishnan Balakrishnan

In Maharashtra we enter into an Agreement for Sale for purchase of a unit or flat from a developer rather than entering into a Conveyance Deed, the reasons are mainly as under:

- a. At the time of entering into the Agreement there is no identifiable property which is available unlike a Deed of Conveyance which can describe the property in all aspects.
- b. The completion and handing over of property for which the Agreement of Sale is entered into is subject to compliance of various terms and conditions agreed by the parties. The actual title passed to the purchaser is only on completion of these agreed terms, if not complied with the title to the property will not pass.
- c. The offer and acceptance will be completed only when the full consideration is paid from the seller point of view and in the case of a purchaser only when the property is handed over to them.
- d. Whereas in a Conveyance Deed the full consideration is normally received up front before this deed is executed and the title to the property passes on immediately once it is registered.
- e. Further in a Conveyance Deed even if not specifically stated also a bundle of rights which the seller possess passes on to the purchaser and the purchaser will be entitled to enjoy those rights without any further hassle, whereas in the Agreement for Sale no rights other than those which are specifically mentioned therein and rights which may have some fetters can be passed on to the purchaser.

Disclaimer: The information contained herein is provided for informational purposes only, and should not be construed as legal advice on any subject matter.

Difference between Technical Analysis & Fundamental Analysis

Continued from the January 2024 issue of *The Cuffeparadian*, which gave us a brief understanding of Technical Analysis.

The technical-analysis approach to the study of stock charts is the opposite of the fundamental approach. If you were a fundamental analyst, you would study a company's financial statements, such as the income statement and the balance sheet, to ascertain its growth potential. You would also try to monitor factors outside these financial statements that would increase the company's earnings in the future. For example, you would keep track of the new businesses the company is investing in, the new markets it is entering, and the new technology it has adopted, and so on.



Vaishali Parekh

The author has been associated with Prabhudas Lilladher Pvt Ltd for over 16 years and heading the Technical Research desk for nearly a decade.

Her main focus is to read the trend in equity market & generating trading strategy.

Technical analysis doesn't believe in this approach. It believes that stock prices move in circles. If you can spot the section of the circle the price is currently in, you will be able to make sound investment decisions. To identify the current stage of the price pattern, you would use some analytical tools. These include various types of stock charts, some momentum indicators and moving averages. We will get into these in detail in further sections.

Basis	Fundamental analysis	Technical analysis
Meaning	The practice of analysing securities by determining the intrinsic stock value.	A method of determining the future stock price by using charts.
Relevant for	Long term investment	Short term investment
Function	Investing	Trading
Objective	To identify the intrinsic stock value	To identify the optimal time to enter or exit the market
Decision-based on	Available information and statistical evaluation.	Market trends and stock price
Focuses on	Past and present data	Only past data
Form of data	News, events, industry statistics and economic reports.	Chart Analysis
Future prices	Determined based on past and present performance and the company's profitability.	Determined based on indicators and charts.
Type of trader	Long-term position trader	Short-term day trader and swing trader

Submitted by Cuffe Paradian Vaishali Parekh

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Want to Live Longer? Are you strength training?

Many people think that hitting the gym and lifting weights is something reserved for the younger crowd. The notion is that as you get older, you should stick to lighter activities like walking or yoga. But here's the truth: strength training is actually crucial for older folks and plays a big role in their overall well-being.

Let's talk about what happens to our muscles and bones as we age and how we can deal with it. As the years roll on, we naturally lose muscle mass and bone density. Muscle mass, its strength and the power it can generate all start to decline around age 35. The mass drops by 3-5 percent per decade—a condition known as sarcopenia which in turn leads to an almost 15 percent reduction in power. This decline speeds up, especially after 65 for women and 70 for men. Additionally, our body's ability to repair its muscles slows down. Bones also start to break down faster than we can build them, leading to osteopenia. After menopause, women can lose up to 20 percent of their bone density in a decade, potentially leading to osteoporosis where bones become weaker and prone to fractures.

But here's the game-changer: **strength training**. It's not just about hitting the gym; you can do it with free weights, resistance bands, or simply using your own body weight. Even just 2 days a week,

doing 2-3 sets for major muscle groups can make a significant difference.

Regular strength training stimulates bone growth, enhances bone density, and reduces the risk of fractures.

Studies show it's effective in combating muscle loss in older adults (even if they're in their seventies) crucial for maintaining strength, balance, and mobility, ultimately lowering the risk of falls and boosting independence. And the benefits go beyond physical health, impacting metabolism, mental well-being, and cognitive functions like memory and attention.

In conclusion, strength training isn't just for the young guns—it's for everyone, especially as you age. The benefits seem to outweigh the risks, but it's always wise to consult with a professional for specific concerns about strength training.



Dr. Raina Ranney

Cuffe Paradian Dr. Raina Ranney
Sports & Musculoskeletal Physiotherapist
Instagram handle: [Physio_raina](#)

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Cuffe Parade Clean Up Project



Clean Cuffe Parade pavements as a result of the Clean Up Project

Cuffe Paradians are aware as reported over the last few months, that the CPRA's Clean My Cuffe Parade campaign has made rapid progress with a wide involvement of CPRA and BMC Teams.

This Campaign aims at addressing issues of Cleanliness, Hygiene and Civic responsibilities of the entire Cuffe Parade area. We are doing this by:

1. Creating awareness
2. Interacting with Society Committees and Residents

3. Interacting with their Security and Cleaning Teams
4. Interacting with BMC Team and even the offenders down the Street

Our starting point was Cleaning the Footpaths, Flowerbeds and solving the Dog Poop problem. We are glad that we have achieved some progress in this area which you will observe while walking through G.D. Somani Marg.

Dog walkers (pet parents or their hired help) were brought into the discussion to ensure that they pick up the poop as a matter of compulsion. Hawkers and vendors were

spoken to by our team to stop littering the footpaths and flowerbeds and ensure using dustbins.

These efforts have got us a very positive response though we know that we have a long way to go till we achieve our and the country's objective of having a SWACHH BHARAT. You can see from the pictures taken last week of 2 stretches of the G.D. Somani Marg.

For the information of all Cuffe Paradians, the following other points are on the agenda for the coming months:

1. Clearing up of abandoned 2-wheelers and Cars
2. Stopping the Urinating behind parked or abandoned vehicles
3. Traffic issues with Taxis
4. Stopping 'noise pollution' by promoting NO HONKING
5. Providing more dustbins
6. Removal of unauthorized hawkers
7. Eradicating other anti-social activities with the help of the Mumbai Police
8. Maintaining footpaths, flowerbeds, trees, dustbins, etc...

We have written letters to the Managing Committees of most of the buildings and seek their support in our campaign which aims at the betterment of our lovely Cuffe Parade.

Submitted by - Dilip Ahuja on behalf of the Clean My Cuffe Parade Team



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GROUNDBREAKING CEREMONY



The afternoon of 26th January 2024, saw the groundbreaking ceremony of District Sports Complex, Colaba by Honourable Speaker & MLA Shri Rahul Narwekar supported by Smt. Harshita Narwekar and Shri Makarand Narwekar.

This auspicious event was attended by Cuffe Paradians as well as Colaba residents.

THROUGH THE LENS OF A CUFFE PARADIAN



A Clear day finally sans the smog - Ramesh Narayan



Sunset orange skies - Satish Bhatia



Mesmerising Sunsets - Priya Ponda



Parrots having breakfast at my window - Neena Khanna



Parrots line up outside my window - Sonu Belani



Pretty Clouds at sunset - Sonu Belani



Moonlit night - Satish Bhatia

Paschimottanasana

Back Spine Stretching Pose

Technique: Sit with legs straight and back erect.

Inhale and draw your spine up long.

Exhale and lean forwards, and extending the arms from the shoulders hold the toes.

Bend and extend trunk further forwards and downwards from the hips towards legs, placing forehead on knees or legs or on a support if unable to rest head on knees or legs.

Hold toes or out borders of feet in the middle of the soles.

On each exhale, lengthen your spine, deepen into your forward bend.

Maintain the pose and breathe normally.

Inhale and return to starting position by retracing the steps in a reverse order.

Benefits:

Tones complete spine.

Massages abdominal and pelvic organs.

Improves digestion.

Tones endocrine glands: adrenals, islets of Langerhans and gonads.

Reduces mental and physical fatigue.

Improves circulation to head and neck.

Loosens all joints.

PASCHIMOTTANASANA
THE FORWARD BEND POSE



yogiwayoflife.com

Indications

Backaches and arthritis

Gastro-intestinal disorders: constipation and dyspepsia

Diabetes, asthma, and disorders of sex glands

Menstrual disorders

Stress related disorders: asthma, diabetes, peptic ulcers and colitis (with head resting on the support)

Caution:

This asana should be avoided for those suffering from very high blood pressure and have recent or chronic neck, shoulder or back injury.

Disclaimer:

Some of the poses mentioned here may not be suitable for everyone or may require some modification. If you have doubts, feel free to reach out to me at anshukoil@gmail.com. 9820303050.

By Cuffe Paradian Dr. Anshu Goil - Certified Yoga Practitioner



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A tete-a-tete with Dog Trainer Dolly Kanjani

Tell me a little about yourself?

Hey, I am a certified dog trainer, scuba diver and world traveller. My angry muffin beagle Figo and I love to explore and learn from each other. You can learn more about our journey on our Insta @dolly_lovenpawsitivity

How come you thought of becoming a dog trainer?

Just a little before Covid in 2020, I had got Figo home. I was a first-time pet parent to a beagle. I would find myself using google and check with other pet parents on how to train my puppy. While some steps were great, a lot of them managed to damage my relationship with him. To take matters in my own hands I decided to learn and become a dog trainer. I studied under Shirin Merchant in an extensive course which took over 2 months.

What challenges do you face?

As a dog trainer, the most common challenge we face, is that pet parents complain that the dog is behaving badly or not following the command or going back to the behaviour which we were trying to rectify. We have seen this happen over and again.

A lot of these behaviours develop or get stronger because the pet parents stop practicing what we have worked with them, maybe the pet parent is not in the mind space to provide the training, sometime the family members don't behave appropriately (not planning the right kind of breed for their lifestyles, pulling things out of the mouth, scolding the dog for making an error much later, troubling the dog while they are eating etc).

A lot of this can result in the dog developing anxiety, resource guarding and not just listening.

As a trainer, I would tell the parent that it is 'Quality over Quantity'

Tell us about any interesting experience you had with a dog.

Having a dog in my life, which motivated me to take this on a professional level has made me more interesting. I find myself going on walks, exploring new areas, looking at pet friendly locations to get the weekend gateway. Understanding the concept of pure love.

How long does it actually take to train a dog? Is it an ongoing lifelong process? Is it possible to train a mid-age/ mid-size dog?

The training starts from the day you get your puppy home. We start with the basics like name, come, sit down in the first 1-2 weeks.

The important command like No, Stay, leave it, drop it, fetch and others, we introduce, strengthen and work on, once the basics are sorted. It can take 4-6 weeks.

You can work on fun tricks with your dog like handshake/paw, namaste, play dead, find it, roll over etc. as a break from the training.

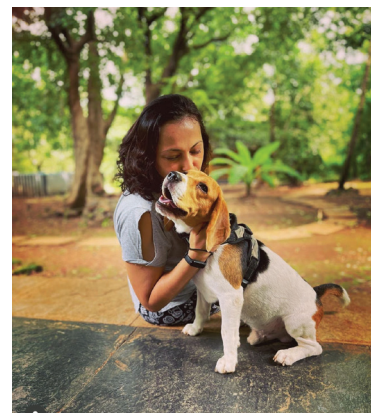
As an individual, I am constantly on the path of 'learn, unlearn, relearn and grow'.

With your dog when you focus on the quality of time you spend, you might not need to keep training them, but make sure the basics and important commands are in place. Keeping this in mind, a dog at any age can be trained. We might need to spend a little more time once they are older but it is very doable with patience, love, treats and more.

Any advice to dog owners?

- The perfect dogs you see on social media, have been trained.
- Please don't compare your puppy with others. Use a trainer who can guide you to get the ideal relationship with your dog
- One size doesn't fit all. Each pet parent and puppy need means and methods that help them get to a good relationship
- Each puppy will adjust to your lifestyle. Be patient. It takes some time for them to understand their new surroundings. They will be a little stressed and confused. Be patient. They will start adapting and understanding you once they get familiar with their new homes.
- If you catch your dog in a behaviour that you want to work on, you can correct them. Don't punish them later as they will not understand why you are upset with them.
- Find ways to bond that helps you connect in a stronger way.

Interviewed for The Cuffeparadian by Sonal Gupta



Dolly Kanjani with her pet Beagle

Newsletter Team: Maneck Thakkar, Aarti Wadhvani, Hansa Pardiwala & Sonal Gupta

Ayushakti

The basic principle of Ayurveda is to follow the natural way to diagnose diseases and bring balance to the body



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Netra Basti
Reduces retina problems, burning pain, blurred vision, number problems and cataracts.




Spinal Dhara
Reduces imbalance, back pain, slip discs and degenerative changes in the spine.



Heart Dhara
Effective in Cardiac Problems, Stress, Anxiety & Depression.



Shirobasti
Result oriented in Paralysis, Hypertension, Headaches and Hair problems.




Shirodhara
Good for relaxation, reduces high blood pressure, anxiety, depression and gives good sleep.



Raktamokshana
Raktamokshana therapy is effective at increasing blood circulation and breaking up blood clots.



Kidney Dhara
Reduces swelling of kidneys, Shrinking of kidneys and improves kidney functioning.



Ayurvedic Body Massage
Relaxes body, reduces pain and enhances skin glow.



Pindswed
Increases circulation by irritating aam, reduces swelling and water retention, relieves joints and muscular pain.



Nasaya
Beneficial in sinus, cold, improves eyesight, relieves Vata related disorders like Paralysis, Hair-loss, helps mind focus, enhances memory and alertness.

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