



The

Cuffeparadian

2024
HAPPY NEW YEAR

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January 2024



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Embracing 2024: Fresh Narratives Unfold!

I feel immense joy to be writing yet another editorial piece for *The Cuffeparadian*. The newsletter has been nothing short of a baby which is slowly growing into a matured young adult. It has a long way to go before it ripens into an old fellow, lovable yet wise at the same time, with lots of amazing stories and wisdom to share with our readers.

Our monthly newsletter, *The Cuffeparadian* is the face of Cuffe Parade. It's a newsletter *of the people, by the people, for the people*. Our journalists are the residents of Cuffe Parade. We encourage our readers to put pen to paper, or rather finger to keyboard and come forward to share their stories with us.

We have some amazing features like:

- ◆ **Interviews** of successful Cuffe Paradians both celebrities as well as beautiful people who have made some difference to the society in their own small way.
- ◆ **Inspirational Stories**
- ◆ **Recipe Stories**
- ◆ **It Happened to Me** Slice of life true stories by Cuffe Paradians
- ◆ **Yoga for Everyday Wellbeing**
- ◆ **Health & Wellbeing Gyaan**
- ◆ **Through the Lens of a Cuffe Paradian** features ace, as well as amateur photographers
- ◆ **Age is just another number** (Senior citizen achievers)
- ◆ **Awards & Achievements**
- ◆ **Festivals & Celebrations**
- ◆ **Money Matters**
- ◆ **Legal Eagle**
- ◆ **Science Bytes**
- ◆ **Beauty Tips**
- ◆ **Book Launch**
- ◆ **Pet Corner**
- ◆ **Travel Diaries**
- ◆ **Down Memory Lane...** A recollection of fond memories of a Cuffe Parade that was!
- ◆ **Home Chefs page**, which encourages our home entrepreneurs to advertise their cloud kitchens.

We are a self-sustaining body and have some amazing advertising partners who believe in our magazine and its reach, which is to 2,400 families in Cuffe Parade.

So, if you can write for any of the above features email us at cprainfoletter@gmail.com. We are waiting with bated breath!

Wishing all our readers a Very Happy & Prosperous 2024 with loads of good luck, health & cheer.

Maneck Thakkar
Editor, *The Cuffeparadian*



Hello Cuffe Paradians,

How are all of you doing? Isn't it lovely how there's a winter chill with the cheer of Christmas and New Year!

2023 was amazing - a lot of things were done and foundations laid for the future. 2024 is the year of General Elections in India and some 40 other countries across the world. And with the upcoming Olympics, it promises to be one special year! I wish all of you a year filled with joy, good health, time with loved ones and abundance. Happy, prosperous 2024!

We all are enjoying smart phones and digital media that have given us the freedom and platform to express ourselves and showcase our views and talent to the world. A word of caution though, please use the power of your fingertips judiciously. Do remember, whatever we do on these windows to the world can go either way so please be careful.

Especially WhatsApp activism and deep fakes. These have, and will continue to create wrong narratives which can destroy careers and lives. Instead, I request you all, please come to the real world - in person discussions, talks and meetings, so that we can bring together our creativity, talents and problem-solving abilities to make a real difference.

You would have noticed a Katta constructed outside Tata Power for elderly slum dwellers to relax. I know these slums are illegal, but with the current state of affairs we need to co-exist. There are rumours that it will be used for some rituals too. We have checked and, as of now, they have no such plans. Let us all, however, continue to be vigilant.

The upcoming Sports Academy in BVM, being funded by the Government through the District Sports Academy, is an excellent project for the youth of Cuffe Parade, along with the Astro Turf Football grounds and other facilities. We are talking to the authorities for unrestricted use by Cuffe Paradians. Do reach out if you can support in making this happen.

I also wish to highlight the Basant Building team who have done an amazing job in creating and maintaining a beautiful footpath, amazingly royal gates, beautiful lobby and a new façade. Wow! Cheers to the Basant Team.

Really look forward to other buildings emulating them. The Secretary of Basant, Mrs. Geeta Mansukhani, has joined the CPRA EC. If any of the other buildings need their support, they can approach her. Together, let's upscale and beautify Cuffe Parade!

My love for my amazing Cuffe Parade, where I have grown up and now want to make a difference, only continues to grow deeper. I am looking forward to all of you joining us in this journey of building a strong, resilient, beautiful community.

Together, let's make 2024 a year to remember.

Best wishes,

Manoj Poddar
President
CPRA

Nancy Lulla
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LIVING WILL

When we hear the term “Will”, what comes to our mind is a normal testament written by a person to deal with his or her property after death. It also requires a power of authentication by an appropriate Court.

A ‘Living Will’ is a written legal document that individuals can execute during their lifetime, whereby they can specify whether they shall or shall not be given medical treatment in the future if they become terminally ill.

However, Living Will is a class apart and gives the executor a right to die in a dignified manner rather than becoming a burden to the kith and kin and left to the mercy of caretakers and will avoid fights amongst the children and or other relatives, when he or she is lying in a helpless state both physically and mentally and is affected by some terminal illness.

Living wills are now gaining momentum in India and it has the legal approval of the Courts in India.

The essentials of a living will are as under:

- A Living Will to include the details of your immediate family member who will be authorized to give consent to refuse or withdraw medical treatment on your behalf in case you are incapable of taking a decision at the relevant time.
- It was required to be signed by an executor in the presence of two attesting witnesses and to be further countersigned by a Judicial Magistrate of First Class (JMFC).

It was first laid down in its 2018 judgment in **Common Cause vs. Union of India & Anr.** It was in response to the Aruna Shanbaug Case where Plaintiffs were arguing in favour of mercy killing to Aruna.

The case of Aruna Shanbaug which happened in this city is a classic example to explain the need to have a living will.

The Supreme Court allowed passive euthanasia while recognising the living wills of terminally-ill patients who could go into a permanent vegetative state. The court issued guidelines regulating this procedure until Parliament passed legislation on this. However,

this has not happened, and the absence of a law on this subject has rendered the 2018 judgment, the last conclusive set of directions.

It is advisable to execute a living will in these times of uncertainty to avoid being at the mercy of caretakers, and being a burden to all. It upholds the right to have a dignified death.



Adv. Gopalkrishnan Balakrishnan

P. Note. Very recently a Mumbai City Gynaecologist Dr. Nikhil Datar who was among the first to execute a Living Will in the state of Maharashtra moved by way of a Public Interest Litigation (PIL) in the Hon'ble Bombay High Court to direct the state to formulate instructions with regard to a Living Will. This matter is now posted to 23.01.2024 before the Hon'ble Chief Justice. This matter was widely reported in the Times of India. The reason why the doctor had to move the Bombay High Court stems from the fact that when Dr. Datar forwarded his Living Will to the Municipal Commissioner to keep it as a custodian. In the absence of specified government rules as to who and which authority should be the custodian of such Wills, it became an impediment for people who want to have a death as wished by them should they fall into a disease that causes severe impairment of physical and mental functions including dementia; the said person will be left to the whims and fancies of his or her kith and kin and as a result it may end up in a prolonged and painful death, which the said person may not have wished or accepted if he or she was in a proper state of mind to take a decision.

It is also a fact that most of the states in India have not come out with any specific guidelines on this issue namely the most important point being as to who could be the public custodia of such a Will executed by a person and who would have the authority under law to fulfil the said person's wishes as contained in the said Will.

Disclaimer: This in no way constitutes a legal advice or inducement to execute such a Will.

Words - Cuffe Paradian, Advocate Gopalkrishnan Balakrishnan

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My visit to the Colourful Land of Rani Padmavati

I was posted in Chittorgarh Rajasthan in 2019 for about one year. Chittorgarh came into the limelight when Sanjay Leela Bhansali announced the movie *Padmawat*. Out of curiosity, I went to the Chittorgarh Fort to have a look at everything related to Rani Padmini. When you enter the city, the huge fort is visible from a long distance and it is situated in the heart of the city. Luckily, I came across the caretaker of Chittorgarh Fort, Shri JP Bhatnagar. He told me the hidden secrets of the palace which are unknown to the world.

Rani Padmini's Palace was not even there when the war took place between Rana Ratan Singh and Allaudin Khilji. Rajput Kings and warriors used to treat queens and women as the pride of their community. It was almost impossible for other men to get a glimpse of them.

The story of showing Rani Padmini's appearance in a mirror was a fabricated one. JP showed me various temples which are inside this fort and had never been explored. Rani Padmini's statue is situated there and she is worshipped by locals. A Palace is made in memory of her and it is visited by thousands of tourists every year. The *Jauhar* area is now closed to tourists but you can still feel the vibes in the environment. The sculptures of *Lord Vishnu and Lord Krishna*



Beautiful Mirabai Temple



Chittorgarh Fort

can be seen. The *Victory Tower* is the pride of this Fort. This nine-story tower is built of red sandstone and white marble and it is dedicated to *Lord Vishnu*.

I went inside the *Samadhiswara Temple* in which a huge three-headed statue of *Lord Shiva* with *Lord Vishnu* and *Lord Brahma* is situated. The heavy doors are made of pure silver and there are *yantras* and inscriptions carved on the walls of this temple. I took the pictures of the statue and moved forward.

At one place two temples stood bang opposite each other and were called *Saas-Bahu Mandir*. The specialty was that you could see both temples from either of them. I had a lovely conversation with the women managing the temple. I think 100-plus temples are situated in the Fort.

The caretaker JP told me that when the *King of Mewar* comes to visit the fort, the caretakers are informed before the arrival of the Royal family. The caretaker offers a silver coin to the Royal Family and starts the rituals. This tradition has been followed by the Royal family in the past and even now. Presently the *King of Mewar Shrijee Arwind Singh ji* is a descendant of *Maharana Pratap*. The Fort is declared a heritage and the Government takes care of this historical monument. Every year *Chittorgarh Festival* is celebrated in the month of January or February. Cultural programs and folk dances are being held. Along with this, the program of *Village Safari, Man-Manuhar* is conducted for foreign tourists every year.

I did coverage of this cultural fest in 2020 and witnessed the colourful presentations by the most prestigious folk artists of Chittorgarh. Chittorgarh has a different identity in the world. Chittorgarh is a symbol of world heritage and pride, which is visited by foreign tourists from far and wide. They were welcomed in the traditional way with *garlands, tilak, uparna* and *coconut*. *Chhau Nritya, Kachchi Ghori, Swang, Kalbeliya, Terhatali, and Gawri* are famous dances of this region and were performed by various artists. Chittorgarh Fort is the witness to the glory of Mewar Culture. Many Nigerian students study at Chittorgarh University. It was a big surprise to see them dancing to the beats of folk music.

My stay in Chittorgarh was incomplete without a tour of this place. I visited this place thrice and found it different every time. Its beauty and glory cannot be described in words. It's better to go and capture the beauty of Chittorgarh yourself.

Words – Cuffe Paradian Ritu Sodhi



Enjoying a delicious Rajasthani meal



Locals engrossed in bhajan kirtans



Ship of the desert in all its glory

Is Running Bad for Your Knees? Debunking Myths and Embracing Truths

Marathon season has started and the much-awaited Mumbai Marathon is around the corner. For years, the debate has raged on: Is running bad for your knees? The imminent risk of osteoarthritis has individuals debating whether to lace up their jogging shoes or stay away. Let's dive into the real story behind running and knee health, sorting fact from fiction based on recent research.

What People Think?

A fascinating 2018 study by *Esculier et al* surveyed both runners and non-runners about their beliefs on runner's knee impact. Surprisingly, non-runners were more cautious about the effect of running on knees and a large number believed that running had detrimental effects on the knee joint and led to early wear and tear of the knee.

The truth about running and knee health:

Multiple studies have shown that running might benefit knee health. Running applies stress to the knee joint, believed to enhance nutrient penetration into knee cartilage while flushing out metabolic substances. Cartilage is crucial for bone movement, shock absorption, and reducing friction in joints, making running joint-friendly.

In a 2017 study involving 2,637 adults, researchers found that runners didn't exhibit a higher risk of developing knee osteoarthritis compared to non-runners. Additionally, a 2019 study with adults aged 50 and above showed that running not only didn't worsen knee pain or structural degradation over time but also reduced pain in

individuals with knee osteoarthritis.

Some tips for new runners:

Running offers numerous health benefits beyond knee health. If safeguarding your knees while running concerns you, consider these tips:

- Wear comfortable running shoes and make sure you break them in before doing long distances in them.
- Gradually increase your running distance, especially if you've never run before.
- Allow ample recovery time between runs, avoiding consecutive days of intense running.
- Incorporate focused strength training to improve your running.
- Cross-train with activities like cycling, swimming or Pilates.
- Prioritise good general health through nutrition, sleep, maintaining a healthy BMI, and stress reduction.

The Final Verdict:

Running isn't the knee destroyer many believe it to be. In fact, for most people, it's knee-friendly and protective! If you have specific concerns about your knee health, consider consulting a professional for further advice. Happy running!



Dr. Raina Ranney

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

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NAME	VALID UPTO	DISCOUNT	ADDRESS
S Salon		50% on salon membership fees for all CPRA members & 20% on services/ Treatment	Shop No 7 & 8, Maker Arcade, Cuffe Parade, Mumbai 400 005 Ph: 022-49695270 Mob: 7738119555
Scissors Edge Salon by Nizam		10% Special Discount offer for all services on all days	20, Ground Floor, Maker Arcade, Cuffe Parade, Mumbai 400 005 Ph: 2222168080 Mob: 8928156958
Sukho Thai	20-08-2024	20% off on all foot Massage	Sukho Thai Colaba, Behind Taj Mahal Hote
Backstage		20% regular discount on all services. 20% + 10% on every service during Festive Offers	Shop No 1, 2, 3 63/65 Mumtaz Manzil Woodhouse Road Colaba, Mumbai-400005 Mob: 9768231977, 8433543502, 9930289482

PATHOLOGY, HEALTH CARE & CHEMISTS

NAME	VALID UPTO	DISCOUNT	ADDRESS
Colaba Chemist		15% On Medicines to CPRA Members	27A Glamour House, Arthur Bunder Road, Colaba Mumbai-400005 Mob: 9892566192/02222832848 02222848029
Dr Akash S Bhandari		5% below 10,000 15% on min bill 10,000 & 25% on min bill 70,000	Shop No 6, Ground Floor, Apna Ghar CHSL, Colaba, Mumbai-400005 Mob: 7977357823
Jyoti Daswani Pathology laboratory		Flat 15% on the MRP for all types of Pathology Tests	A-1 Sangam Bhuvan, Opp. Strand Cinema, Brahmakumari Marg, Colaba, Mumbai-400005 Ph: 22833929/22872936
Metropolis Healthcare Pvt. Ltd.	01-07-2024	20% on all tests done in Cuffe Parade collection centre	Shop no 6, Charag Din, 64, Woodhouse Road, Colaba Mumbai Maharashtra 400005

CLOTHES, TAILOR & LAUNDRY

NAME	VALID UPTO	DISCOUNT	ADDRESS
Guy's Club		5%-15% on men's wear and ladies Sports Wear	64 A, Maker Arcade Cuffe Parade 400005
Divya Collection		20% on ladies' purse, gents wallets, belts & 15% on fancy chappal, small boys' shoes, Crocs	58, Maker Arcade Shopping Centre, Cuffe Parade, Mumbai 400005
Cottonworld	15-08-2024	15% on Presentation of the new CPRA Membership Card carrying the HDFC logo	Cottonworld, Basement Ram Nimi Building, 8, Mandlik Road (next to Mag St. Cafe, Neuma restaurant) Colaba Ph: 22850074/75
Raju Tailor & Sons		5% on stitching and 15% off on dress material	43, Maker Arcade, Cuffe Parade, Mumbai 400005 Ph: 9987498271/7039889544
Iron & Shine Laundry	20-11-2024	10% minimal bill of above 300	Shop no 1710, Dr. Baba Saheb Ambedkar Nagar, Sadhu T L Vaswani Marg, Near World Trade Centre, Cuffe Parade, Mumbai, Maharashtra 400005 Mob: 7045699453

RESTUARANT & BAKEREY

NAME	VALID UPTO	DISCOUNT	ADDRESS
Khaddo Hunger Pangs	23-12-2023	10% to all CPRA Members	Shop no 66-A, Maker Arcade, Cuffe Parade Mumbai 400005 Mob: 9919916673/9321604299
Kasa Hospitality	01-08-2024	15% on food and soft beverages to CPRA Members	Santé Spa Cuisine Unit no 6, Ground Floor, First International Financial Centre, G Block, BKC, Mumbai 400051 Ph: 9136962944
Woodside Inn Andheri/ Bandra west/Colaba	30-12-2024	15% On food and soft beverages	Colaba Ph: 9321728192 Bandra Ph: 8451957787 Andheri Ph: 8898192961
Fountain Sizzlers Flamboyante Hammer & Song		15% discount on weekdays on food and Beverages (Mon – Fri) 15% all days on Food and soft beverages for Ala Carte and Buffet 15% on Food and Beverages and Mon-Thursday get a 15% off on Alcohol	57, Mahatma Gandhi Road, Opposite HSBC, Fort, Mumbai, Maharashtra 400023 Shop No: 7, Ground Floor, The Arcade Building, Gate 2 World Trade Centre, Cuffe Parade, Mumbai- 400005 Shop No. 10, The Arcade, World Trade Centre, Cuffe Parade, Mumbai - 400005
Bombay Native	30-06-2024	15% on total bill	Native Bombay, 10-12, Cochin Street, Ballard Estate, Fort Mumbai 400 001 Mob: 9619066000
Plural Restaurant	30-11-2023	15% on all food and soft beverages	Plural Unit106/108 Jai Hind Building, Nangindas Master Lane, Hutatma Chowk, Fort, Mumbai 400001 E-mail: contact@plural.net.in
Cafe Free India	01-10-2024	30% on bill above Rs.1200	39/41, Cafe free India, ground floor, opp Deepak cinema, N M joshi marg, Mumbai 400013
Taste of Kerala	31-10-2024	10% on bill above Rs.599	6/A Pitha street, fort, Mumbai Maharashtra 400001
Glocal Junction Worli		15% A la Carte dishes	Glocal Junction Worli, Mob: 9619950010
Bake Live		10% on all Bread, Cookies, Kharis, Toast related products. For Home Delivery Minimum Purchase value should be above Rs.300. 30% off on Dine in Menu with minimum bill of 500, applicable for dine in and take away.	1 st Floor, L 5-6, Rajlaxmi Hi Tech Park, Mumbai Nashik Highway, Sonale Village, Bhiwandi, Maharashtra 421302 Mobile No: 9594997460 Email id: info@bakerstreet.in Website www.bakerstreet.in www.bakelive.com
Ovenfresh 1193, Lonavala 2 F & B Outlets – Magnolia and Camellia & an expansive Lawn Area for private functions Magnolia – all-day dining Camellia – fine dining Expansive Lawn Area for private functions		15% Discount on the Menu Price (excluding GST) F&B during weekdays (excluding bank Holidays). 10% on menu price (excluding GST) during weekends and bank holiday (excluding December 25 th , December, 31 st and January 1 st) 7.5% Discount on the list rates of banquets.	Ovenfresh 1993, between Shamiyana Lodge & HP Petrol pump, Old Mumbai-Pune highway, Lonavala: 410491
Bayroute		15% only at the Cuffe Parade outlet on Dine-in	Minoo Manor Building, 7, Captain Prakash Pethe Marg, Badhwar Park, Apollo Bandar, Cuffe Parade, Mumbai, Maharashtra 400005

OPTICIANS

NAME	VALID UPTO	DISCOUNT	ADDRESS
Ganko Opticians	01-08-2024	15% on Lenses and Frames	66-70,3 rd floor, Mulji Jetha Chs,187 Princess Street Mumbai 400002 Mob: 22-2201 2224

A Brief Understanding of Technical Analysis

What is Technical Analysis?

Technical analysis is a trading discipline employed to evaluate investments and identify trading opportunities by analysing statistical trends gathered from trading activity, such as price movement and volume.

Technical analysts believe past trading activity and price changes of a security can be valuable indicators of the security's future price movements.

Role of Technical Analysis in Stock Market?

Technical analysis is a method used by traders and investors to evaluate and predict future price movements of financial instruments, such as stocks, based on historical price and volume data. It involves analysing charts, patterns, and various technical indicators to make informed trading decisions. The role of technical analysis in the stock market can be summarized in several key points:



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.

1.	Price Patterns and Trends: Technical analysis focuses on identifying and understanding price patterns and trends in stock prices. Chart patterns, such as head and shoulders, triangles, and flags, are analysed to predict potential future price movements.
2.	Support and Resistance Levels: Traders use technical analysis to identify key support and resistance levels, which are price levels where a stock tends to stop and reverse. These levels are crucial for making decisions about entry and exit points.
3.	Indicators and Oscillators: Technical analysts use a variety of indicators and oscillators, such as moving averages, Relative Strength Index (RSI), and MACD, to assess the strength and momentum of price movements. These indicators can help traders identify overbought or oversold conditions and potential trend reversals.
4.	Volume Analysis: Volume is an essential component of technical analysis. Changes in trading volume can provide insights into the strength or weakness of a price movement. For example, increasing volume during an uptrend may confirm the trend, while decreasing volume could signal a weakening trend.
5.	Market Sentiment: Technical analysis takes into account market psychology and sentiment. Patterns and trends often reflect the collective behavior and emotions of market participants. Understanding these sentiments can help traders make more informed decisions.
6.	Timing of Trades: Technical analysis assists traders in timing their trades by providing entry and exit signals. For instance, a technical analyst might use a combination of indicators to identify potential buy or sell signals based on the current market conditions.
7.	Risk Management: Technical analysis plays a role in risk management by helping traders set stop-loss orders and determine the potential risk-reward ratio for a trade. This enables traders to manage their risk exposure and protect their capital.
8.	Short-Term Trading: Technical analysis is particularly useful for short-term traders, such as day traders and swing traders, who aim to capitalize on short-term price movements. The analysis of intraday charts and patterns is essential for these traders.

It's important to note that while technical analysis is widely used, it is not without its criticisms. Critics argue that it relies on historical data and patterns, and doesn't take into account fundamental factors such as company financials and economic conditions. As with any approach, a combination of technical analysis and fundamental analysis may provide a more comprehensive view for investors and traders.

This is all for now. We will cover the difference between Technical Analysis and Fundamental Analysis in the February 2024 issue.

Submitted by Cuffe Paradian Vaishali Parekh

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Story of how Cuffe Parade was Born...



Cuffe Parade - Colaba Reclamation

After the 1896 plague devastated Bombay, and the city slowly re-emerged to find its way to normalcy, between the years 1899-1900, it was deemed for particularly densely populated areas of the city to be decongested, which led to the formation of the Bombay City Improvement Trust (now BIT).

Beyond its initial task of restructuring the streets of the former Native Town (parts of south-central Bombay, including Bhuleshwar, Mumbadevi, Crawford Market, etc.), one of the next major overhauls taken up by BIT was to reclaim 90,000 square yards off Colaba in 1906, an area which was eventually named Cuffe Parade, after one Mr. T.W. Cuffe, a former BMC Chairman and a member of the Improvement Trust, who was responsible for suggesting the raised footpath that was a distinguishing factor of the main Cuffe Parade Road.

This newly reclaimed area was modelled on the fashionable South Kensington residential area in London, a mix of Victorian and Edwardian bungalows, and boasted some of the most beautiful homes on the island at the time.

Submitted by Cuffe Paradian Vivek Matthai –
Research & Write-up by Mrinal Kapadia

Image published by D.B. Taraporevala & Co.,
collection of Mrinal Kapadia

Prasarita Padottanasana Wide Legs Stretching Pose

Technique: Stand in Tadasana (Refer Jan 2022 issue of The Cuffeparadian).

Inhale, place feet four feet apart, and place hand on your waist.

Exhale, bend forwards with neck extended, back concave, and place palms on floor between the feet.

Exhale and bend elbows to allow head to rest on the floor between the two palms.

If you find it hard to place head on the floor, spread your legs to the maximum or use folded blankets to rest the head.

Keep medial arches of feet raised.

Maintain the pose and breathe normally.

Inhale and return to upright position.

Benefits:

Improves blood flow to head, neck and trunk.

Improves blood flow to thyroid, parathyroid, thymus, pineal and pituitary glands.

Reduces mental and physical fatigue.

Strengthens ankle, wrist joints, legs and reduces fat around thighs.

Reduces congestion in abdominal and pelvic organs and gonads.

Drains out secretions from lungs.

Indications:

Disorders of sex glands, menstrual disorder, pelvic organ, disorders of urinary bladder, uterus and prostate, pituitary, thyroid and parathyroid disorder, migraine, insomnia, lack of concentration, physical and mental fatigue.

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 beautiful poem on Basant building penned by an 80 year young resident



Pushpa Agarwal Dharnidharka

हमारा प्यारा बसंत परिवार

पूरा बसंत है एक परिवार
 इसमें रहते हैं, स्नेह और प्यार
 सुख दुख के साथी है हम सब
 लुटा रहे खुशियों की बहार।

कुछ उम्रदराज़ है बीच हमारे
 जिनके पास अनुभव का भंडार
 युवा पीढ़ी को दे सकते हैं
 अपना ज्ञान और संस्कार।

कुछ ऐसे दरियादिल भी हैं
 हरदम मदद को हैं तैयार
 प्रभु की बड़ी कृपा है इन पर
 खुले हाथों से बॉटे प्यार।

मेहनतकश इंसान यहाँ पर
 रखते हैं ये सबका ध्यान
 'बसंत' चमकता इनके कारण
 हम हैं कफ़ परेड की शान।

बच्चों से है सारी रौनक
 चहल पहल घर में खुशियों
 जिनके बच्चे हैं विदेश में
 राह तके माँ बाप की अँखियाँ।

सैंतालिस बसंत (seasons)
 देखे हैं मैंने

परमपिता से यही प्रार्थना
 आपस का प्यार कभी कम ना हो
 सबके लिए मेरी शुभकामना।

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