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AT A GLANCE

APRIL 2024



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Dear BBNGians,

I am delighted to present to you this month's edition of **BBNG AT A Glance** on Health & Wellness.

Covid brought to the fore the importance of health and immunity. Along with Allopathy, Homeopathy & Ayurveda, many other alternative therapies also came into focus and found wide acceptance amongst the people to fight the deadly pandemic.

People also started taking health issues, fitness and Yoga seriously.

At BBNG, we have a number of health and Wellness professionals offering their expertise using diverse therapies. This is an attempt to give exposure to them, so that BBNGians & others can make use of them to become healthier and thus happier.

We have had such tremendous response from our members, that we are coming out with 2 editions of Health & Wellness.

This is the first of them.

Please do give us your feedback and suggestions.

Regards,

Pallavi Gadgil

Editor

BBNG AT A GLANCE.

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Dear Members, We are thrilled to announce an exciting

new collaboration between our very own BBN Global Association and OMPEG! As two dynamic business networking groups, we recognize the power of synergy & the immense potential that lies in joining forces.

A bit about OMPEG: OMPEG is a UK-based networking group dedicated to fostering entrepreneurship within the Maharashtra community. Founded on the principle of networking professionals and entrepreneurs across the UK, OMPEG aims to promote collaboration and mutual growth by facilitating the exchange of experiences and ideas.

In today's rapidly evolving business landscape, collaboration is key. By coming together, we aim to create a platform that fosters growth, facilitates meaningful connections, and unlocks opportunities for all our members.

By joining forces, we can achieve more together than we ever could alone. Whether you're a seasoned entrepreneur or just starting on your journey, we invite every Brahman Entrepreneur to join this exciting collaboration and embark on a path of growth and success. Additionally, we're proud to mention our collaborations with GIBF, Dhruv IAS Academy, deAsra, Garje Marathi, & Udyog Mitra Sanstha, which further enrich our network and enhance the opportunities available to our members.

Here's a glimpse of what you can expect:

My OMPEG App Benefits for BBNG Subscribed Members in addition to BBNG Subscriber Perks:

1. Member Directory Access: Connect with professionals from various industries.
2. Easy Sharing: Share updates and opportunities effortlessly.
3. Private Messaging: Foster connections through private chats.
4. Stay Engaged: Stay updated on discussions and trends, and engage with other members.

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Hey!

Have you ever found yourself battling those **pesky mouth ulcers** that just won't quit?

Well, today, we're diving deep into the world of mouth ulcers – **busting myths, sharing remedies, & spreading some good vibes!**



Let's start by debunking some common misconceptions, shall we? Ever heard that..

Mouth ulcers are caused by 'excessive body heat' and that cold foods are the solution?

Or

They're just a sign of indigestion, & popping some B12 injections will magically make them disappear?

Or

And what about the classic: 'it's not a big deal, just ignore it' advice?

Trust me, we've all been there!

But here's the truth – enjoying food is one of life's simple pleasures, and dealing with persistent mouth ulcers can seriously put a damper on that joy. While the fear of cancer is real (and understandably scary), most ulcers can actually be treated with the right diagnosis and treatment. Many times, people suffer needlessly for years simply because their ulcers aren't properly diagnosed. But fear not! Whether it's a sharp tooth causing trouble or pesky aphthous ulcers, there's hope for relief!

NOW, LET'S TALK REMEDIES! Ever tried a little homemade magic with pure ghee? Boil it up, let it cool, and apply it to those ulcers – it's like a soothing balm for your mouth! And if ghee isn't your thing, no worries! Pure honey, aloe vera, or even turmeric have been shown to work wonders, too!



Remember, most mouth ulcers heal within 7-10 days, especially if they're stress-induced or caused by trauma from hard foods. But if those ulcers decide to overstay their welcome for more than two weeks, causing you extreme pain and discomfort, it's time to call in the specialists! Absolutely! Oral diagnosis medicine and radiology are indeed super-specialized

branches of dentistry that play a crucial role in identifying the exact causes of ulcers or mouth patches & providing appropriate treatment. These professionals are like detectives, using advanced diagnostic tools such as radiographic imaging, biopsies, and other specialized techniques to pinpoint the underlying issues. Whether it's detecting oral cancers, identifying autoimmune diseases like oral lichen planus, or pinpointing the source of chronic ulcers, these experts are essential in ensuring accurate diagnosis and effective treatment plans. So, if you're dealing with persistent mouth ulcers or any concerning oral symptoms, don't hesitate to seek help from these skilled professionals for personalized care & support.

And speaking of specialists, if you've ever dabbled in the world of tobacco (even in the past), don't brush off those ulcers as insignificant! Early and correct diagnosis is the key to proper healing, so don't hesitate to reach out for help if you need it!

Dr. Priyanka Sakhavalkar

MDS, MSc., PhD (UK)

Consultant Oral Diagnosis, Medicine & Radiology Specialist.

Managing Diabetes with Ayurveda: *A Holistic Approach to Wellness*

In the realm of alternative medicine, Ayurveda offers a time-tested approach to managing diabetes. Rooted in ancient Indian wisdom, Ayurvedic principles focus on balancing the body, mind, and spirit to achieve optimal health.

Here's how Ayurveda tackles diabetes:



Dietary Modifications

Ayurveda emphasizes the importance of a balanced diet tailored to an individual's constitution, or dosha. For diabetes management, foods that help regulate blood sugar levels, such as bitter melon, fenugreek, and Indian gooseberry (amla), are often recommended. Additionally, avoiding processed foods, refined sugars, and excessive carbohydrates can help stabilize glucose levels.

Herbal Remedies

Ayurvedic herbs play a crucial role in managing diabetes. Bitter melon, also known as bitter melon, is renowned for its blood sugar-lowering properties. Other herbs like cinnamon, turmeric, and holy basil have demonstrated potential in improving insulin sensitivity and reducing inflammation associated with diabetes.



Lifestyle Modifications

Ayurveda emphasizes the importance of maintaining a healthy lifestyle to prevent and manage diseases like diabetes. Regular exercise, stress management techniques such as yoga and meditation, and adequate sleep are integral parts of an Ayurvedic approach to wellness.

Detoxification Therapies

Panchakarma, a set of detoxification therapies in Ayurveda, aims to remove toxins from the body and restore balance. These therapies are associated with oil massages (Snehana) and herbal steam therapy (Swedana), can help improve insulin sensitivity and overall metabolic function.



Mind-Body Connection

Ayurveda recognizes the interconnection between the mind and body. Stress, anxiety, and depression can exacerbate diabetes symptoms. Practices like mindfulness meditation, pranayama (breathwork), and aromatherapy can help alleviate stress and promote emotional well-being.

Lastly, Why to choose Ayurveda for Diabetes? The answer is quite promising

- > Ayurveda dig to the roots of Diabetes and cut them through lifestyle and dietary changes.
- > Ayurveda medicines not only lower down the blood sugar levels but stimulates pancreas to secrete insulin naturally.
- > Ayurveda has given fantastic results in preventing pre-diabetic people to convert in to diabetics.
- > Ayurvedic medicines are safe to follow long-term.

While Ayurveda offers promising strategies for managing diabetes, it's essential to consult with a qualified Ayurvedic practitioner or healthcare provider before incorporating any new treatments into your diabetes management plan. Integrating Ayurvedic principles alongside conventional medical care can provide a holistic approach to diabetes management, promoting overall well-being and quality of life.

Dr. Sandip Chincholikar

MD Ayurveda Medicine, PhD Yoga Scholar.



WOMEN HEALTH A CRUCIAL CONCERN

Although women in industrialised areas have narrowed the gender gap in various aspects, in many areas of health, they experience lot of challenges as far as health is concerned with devastating conditions and poorer outcomes.

Women's health is influenced not just by their biology, but also by certain conditions like poverty, employment and family responsibilities.

Women represent the cornerstone of the family hence, women's health and hygiene play a crucial role in overall well being and development of the society.

"Health should never be one of the priority, it should be the only priority" and for good health, it is more important to maintain good hygiene.

Women's hygiene in India has always been a topic that has courted lot of controversies and hear say. Around 70% of all reproductive diseases in India are caused by poor menstrual hygiene and women continue to put their health, livelihood and dignity at risk.

Intimate hygiene is still a taboo subject.

Most of women suffer from following symptoms:

Dryness in vaginal region along with other symptoms such as,

Itching

Redness

Foul smell

Chafing

White discharge, painful sex and soo on...

Not only that improper hair removal techniques, improper sexual practices can expose genitals to bacteria even though vagina is a self cleansing organ, using harsh chemicals, using soaps can also disturb the pH of your vagina.



It is always said that stitch in time saves nine.

If you are suffering from any of these issues consult your doctor

> Yearly internal check up is mandatory.

> Breast self examination after your periods is mandatory.

> Following proper hygienic practices, using appropriate products that suit your skin type including vaginal moisturizers, intimate wash as per your doctors advice play a very pivotal role in maintaining good care of intimate areas, along with this knowing about your menstrual cycle including duration of your cycles, pattern of your cycles, maintaining your menstrual calendar, knowing the colour of your periods whether it is bright red or anything else. All these things are extremely important as far as women's health and hygiene is concerned.

Flaunt your woman hood...

Life is about finding yourself, embracing your strengths and weakness & being true to who you are...



As it should be understood

This article is to express what I have understood and actually experienced during the last 20 yrs. of learning and practicing Aatma-Yog under the able & kind guidance of Dr. Samprasad Vinod. Several fellow disciples also have similar understanding.

Many understand Yoga-योग to include only the Āsana-आसन, and think that expertise in yoga implies being able to perform complex body-twisting Āsanās-आसने. Some also try to include Prānāyāma-प्राणायाम i.e. Kapālbhāti-कपालभाति and Anulōm-vilōm (अनुलोम-विलोम) in it. However, Kapālbhāti is not Prā āyāma, but a purification exercise, to be done before Prā āyāma. Very few also include Meditation-ध्यान.

Bhagawān Patanjali describes Yoga as Chitta-Vṛtti-nirōdh (चित्त-वृत्ति-निरोध) implying cessation of wavering of Chitta. As I have understood Chitta: it is that faculty within us, where the first impression occurs inside us, when an external stimulus is received by any of our senses. This happens well before a name is given or a reaction arises inside us, to the stimulus. After explaining how to go about ChittaVṛtti-nirōdh, Patanjali explains another method of practicing Yoga, popularly known as Aṣṭāṅga Yoga (अष्टांग योग). It has eight elements, and not steps. Let's go thru' them one by one.

- 1 Yama-यम are rules to behave in the society. They are Ahinsā-अहिंसा (not harming anything or anyone including yourself), Satya-सत्य (behaving in accordance with the truth, after correctly understanding what Truth actually means), Astēya-अस्तेय (not snatching away by force or stealing from someone else), Brahmacharya-ब्रह्मचर्य (behaviour in the world as the Brahma-ब्रह्म behaves), Aparigraha-अपरिग्रह (not desiring what you don't have, and not being attached to what you have).
- 2 Niyama-नियम are rules to behave with oneself. They are Śauca-शौ (purity), Santōṣa-संतोष (contentedness), Tapa-प (continue to do unwaveringly, what you have decided to do, without the influence of Ahaṅkāra-अहंकार), Swadhya-स्वाध्याय (understanding all aspects of one's own self), Īśvarapranidhāna-ईश्वरप्रणिधान (total submission to the God - Īśvara).
- 3 Āsana-आसन is taking postures of the body which are steady, comfortable, taken with effortless ease; while the mind is one with the infinity.
- 4 Prānāyāma-प्राणायाम is stopping of the frequency of inhaling-exhaling, which is typically possible after realization of Prāna or energy in the inhaled air.
- 5 Pratyāhāra-प्रत्याहार is a state where all the five sensory organs get withdrawn from the outside world.
- 6 Dhārānā-धारणा is when the Chitta-चित्त gets bound to one single place; for example, a thought.
- 7 Dhyāna-ध्यान is when the above experience stays for a long time.
- 8 Samādhi-समाधि is when one's self gets almost dissolved in the meaning of the above experience.

One of the important meanings of Yoga is 'Joining'. Practically, it has different applications. One of them is: to include all these 8 elements in your Yog-Sadhana, all the while. Another such application is about 'me'. We do not really understand 'me'; but just assume it to be this or that!! It is actually a conglomerate of Body, Mind, Intellect, Emotions and Atman-आत्मन्. So, all these 5 parts of 'me' should get involved in unison while doing Yoga. Health and Wellness must also be associated with each of these parts individually and together.

Author: Sudhir Bapat,

Yog-Sadhak, Maharshi Vinod Research Foundation, Pune.
Double Graduate, IIT Bombay.

Grand Launch of **BBNGA Dombivli Harmony Chapter**

With the objective that all members get enough time for networking and spread across Dombivli for creating more awareness about the Community Based Platform for Brahmin Entrepreneurs to be able to network effectively & support each other for their Business Growth though gives gain philosophy we launched a chapter Dombivli Harmony.

Under the leadership of Engr. Arvind korhalkar, General secretary & DC Amod Khare & our Ex-DC Vivek Wamorkar and all the BBNGA Dombivli Harmony Chapter has successfully launched.

Chapter Vision is to reach 50 paid members who are quality networkers before Dec 2024 and we already have 22 paid members now in the chapter

Key Office Bearers:

Chapter Head:

Simantini Joshi

(Founder - Francophones Academy)

Chapter Secretary:

Vassudhaa K

(Co-Founder & Destiny Transformation Mentor - Redefine Destiny)

Chapter Treasurer:

Sharvari Bhave

(Co-Founder - Bhave Accounts and Tax Services)

Chapter Guardian:

Sanjay Desai

(Founder - Trifol Engineering and Consultants)

Distinguished Guests:

We were honoured to have Shripad Kulkarni sir Founder president, Suyog Narawane Associate director sustenance, Mahesh Deshpande Associate Director, Finance Director and chief guest Mahalaxmi Krishnan who graced the event with their presence.

Event Highlights:

Ms. Shreya Kulkarni did the anchoring and the proceedings, while the Chief Guest enlightened attendees on the "ABC of Image Building."

Acknowledgements:

Special thanks to Hrishikesh Tembe for sponsoring Rs 10,000 for the event, Sharvari Bhave for event photography, Shreya Kulkarni (Anchoring), Prasanna Adawadkar for FB Live support, Yogendra Vishwamitre for Tech Support and Swapna Thosar for sponsoring the grand chapter launch cake. We also extend gratitude to cross-chapter office bearers and members for their unwavering support. Stay tuned for more updates from BBNGA Dombivli Harmony Chapter.

Regards,

Vassudhaa K

Redefine Destiny

Chapter Secretary, Dombivli Harmony Chapter



Business Conclave by PCMC Chapter

21st MARCH, 2024

BBNG PCMC chapter held a successful Business Conclave called 'Samruddha Brahman'. The event, powered by Jobizza, brought together industry leaders & members of our community for an evening of insightful discussions and networking. The purpose of organising the Conclave was to make available Business Networking opportunities to BBNG members.

Gracing the occasion as chief guests were Dilip Kotibhaskar, Director of Kotibhaskar Infrastructure & Developers Pvt. Ltd., and Mrunal Joshi, CEO and Vice Chairperson of NICHROME India Ltd. Both figures are highly respected in their respective fields of construction and packaging industry.



The Conclave was attended by 215 Business Entrepreneurs.

A key highlight was the interactive session with the chief guests. Mr. Kotibhaskar offered valuable insights into his business journey, particularly useful for young entrepreneurs. Mrunal Joshi, with her company's rich 50-year legacy in the packaging industry, shared practical tips that benefit BBNG members.

Distinguished Brahmin Entrepreneurs were felicitated at the hands of Founder President & Exe. Director, BBNG.

Founder President of BBNG, Shripad Kulkarni, emphasized the importance of building a business legacy for Brahmin entrepreneurs. Additional guidance & valuable contributions came from Arvind Korhalkar, Shashank Shende, Suyog Narawane, and Gaurav Sharma, whose energetic speech left a lasting impression.

The success of the program is attributed to the dedicated PCMC team led by Chapter Head Shashank Wagh. Special recognition goes to Nandan Gumaste, Regional Director of Pune Region, whose vision steered the program to great success.

We eagerly look forward many more such events in the coming year.



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Dr Priyanka Sakhavalkar
Consultant Oral Medicine & Radiology Specialist
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UPCOMING EVENTS



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BBNG is expanding in **Marathwada & Vidharbha Region!!!**

Chapters are soon to be launched in Nagpur, Jalgaon, Latur, Ambejogai.



1st pre-launch meeting in Latur



1st pre-launch meeting in Nagpur



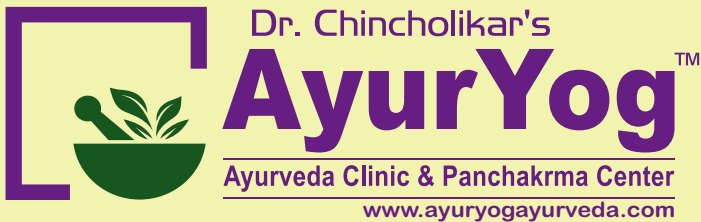
1st pre-launch meeting in Jalgaon

To know more and get membership call:

Dr. Abhijit Chande

Associate Director BBNG and Joint Secretary (Nashik & Vidharbha Region)

9822753226



Dr. Sandip Chincholikar

M.D. Ayurveda, M.A. Yoga

Ph.D Yoga (Scholar)

Ayurveda & Yoga Consultant

8446225531



Dr. Manjiri Chincholikar

B.A.M.S.

Ayurveda & Yoga Consultant

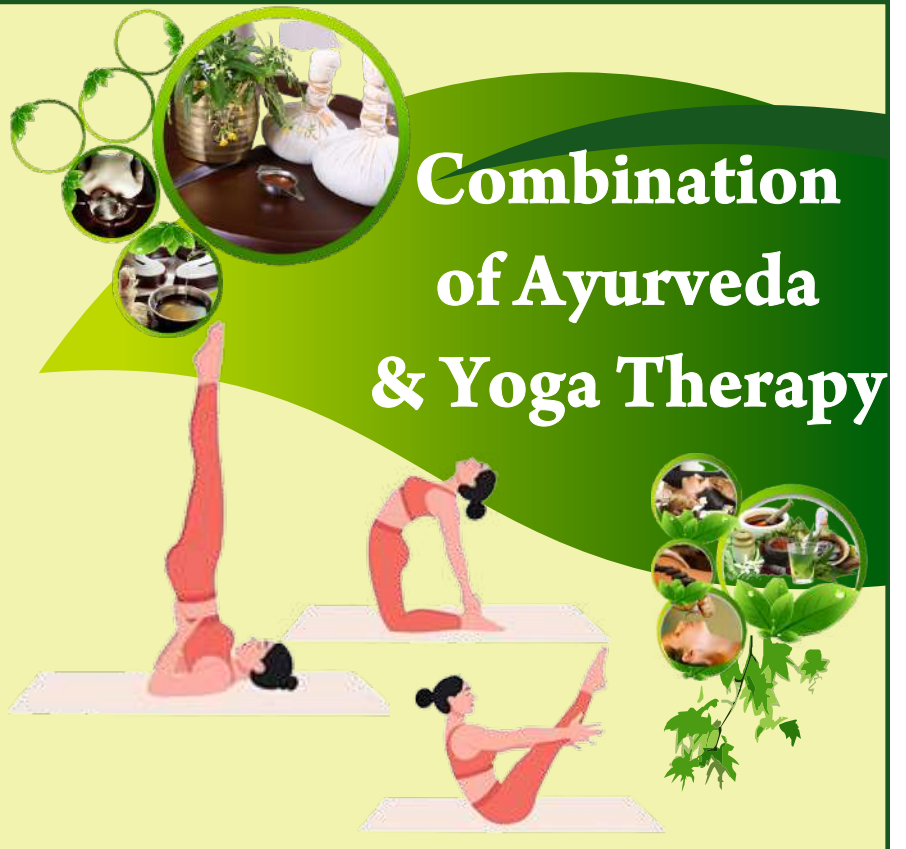
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