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Know Your Town

Subbone Mehta

Dr. Subodh Mehta's Advanced Orthopaedic
& Joint Replacement Centre

Home Sweet Home

Rutu Richmond

Mr. and Mrs. Nimgaokar

“Rutu homes are spacious and beautifully designed. Modular kitchen, chimney and gas connection are some of the facilities provided by the Rutu Group. There is a dry balcony in the flat, which easily accommodates a washing machine and also leaves space for drying clothes. The quality of construction is immaculate.



Mr. and Mrs. Pachpore

“It was our dream to have our own home. Earlier we used to stay in Kalyan but later when I got the job in Thane, I decided to buy a home here. Rutu offers great homes, which are spacious and well-ventilated. There is a balcony, from where the view is amazing. Rutu is one of the few builders that helps its customers in financial planning and financial flexibility with respect to home buying.



Mr. and Mrs. Moorthy

“The original plan was to buy a home after a couple of years. However one fine day when we were travelling, we came across the Rutu Richmond project. We just thought of checking it out. We went in and were mesmerized to see the sample flat. It had a balcony and good ceiling level. Also the 1 BHK flat that we booked is 500square feet, which is spacious and at an affordable rate. Rutu homes offer value for money.



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Editor's Note



RING OUT THE OLD, RING IN THE NEW!

The district health authorities recently came out with startling data which only those responsible can explain or perhaps justify the least. They are in huge numbers making it more difficult to digest the reason for their apathy. A whopping 11,70,113 citizens out of 73,43,791 from our own Thane district have refrained from taking even the first dose of the vaccine against the COVID-19. The consolation is however 42,95,337 have been administered both doses. Does this irresponsible behaviour come out from sheer arrogance or ignorance which cannot be accepted at any cost when the world is fighting the pandemic with the only available tool of vaccine. That these 14 percent of the un- vaccinated population is not only endangering itself but making the entire society vulnerable.

It is equally intriguing as to why the urban and supposedly educated and elite class takes such an obnoxious approach. The persistent exhortations by the authorities are apparently falling on deaf ears. It is sad that the same segment of the society talks authentically on the pandemic and its variants making mockery of the health

system. They actually have no moral right to harp on the topic which according to them is nothing but a part of a bigger international conspiracy of fraud and dubbed as nothing but marketing frenzy. They are spreading the rumours faster than the virus itself!

On one hand, despite the fear of new variants popping up their ugly heads, the pandemic curve has been flattening too. This assuring picture is being made dirty by the resistance of over one million population still showing their back is sickening. Are they not worried about themselves or their loved ones? Do they really not feel that the children must go back to their classrooms? Are they seriously bent upon giving a permanent residence to fear and uncertainty? Are those still un- vaccinated confident that the virus will surrender to the 'brave hearts' (really?!) and people start believing that the vaccine was yet another ploy to milch the people?

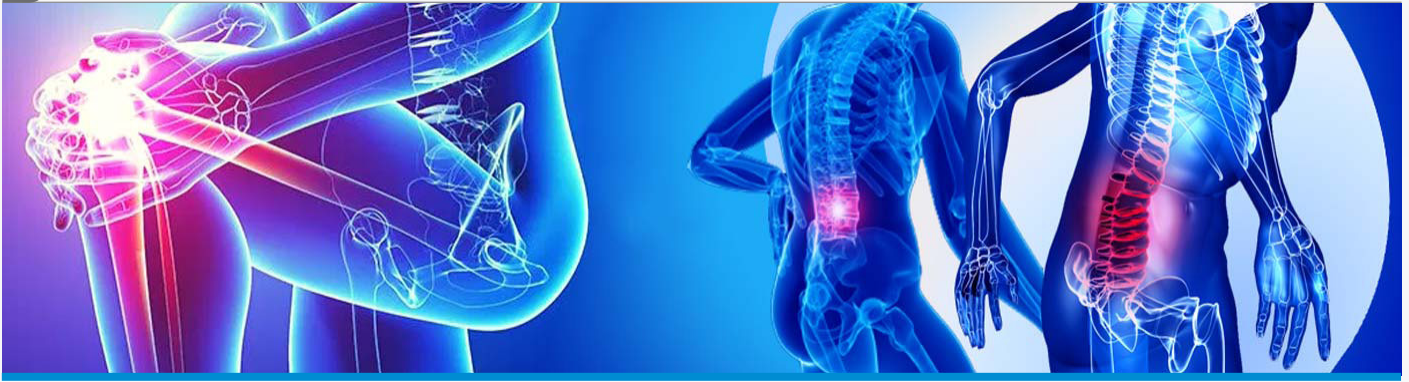
I think as we embrace the new year, let us ring out the darkest ever past and ring in for a better and brighter tomorrow. And yes, vaccines are the vehicle to traverse the path from darkness to light.

Best Wishes,

Miilind Ballal

Editor, Know Your Town

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Subbone Mehta

Nikhil Ballal / Juili Kulkarni / Lakshmi Nadkarni

If “health is wealth” then it is better to be “Bone Deep”, says Dr. Subodh Mehta, a household name in Thane; who is associated with orthopedics and knee replacement surgeries for the past many years.

After graduating from Seth G.S Medical College, Dr. Subodh Mehta continued his education at the same institute choosing orthopedics as his specialization. He started private practice in Thane in 1993 driven by a desire to rehabilitate and heal patients who are disabled. Being ahead of time, this was the first super specialty hospital in Thane with international standards, housing the first digital X-ray machine and spacious operation theater with special air lock system with HEPA filters to help maintain sterility and reduce the risk of infection and minimize postoperative stay of patients. The nursing home and operation theater became a hallmark for giving the best in an orthopedic set up.

The little town of Thane has come a long way to become one of the ‘Smart’ cities in India. Can the field

of medicine be still looked at in the lack of facilities? Thane now boasts of numerous multi-specialty, corporate hospitals and tertiary care centers. High risk, aged patients are now managed by him in those centers. Corporate hospitals and individual nursing homes complement each other. Both are equally necessary for the well-being of the society.

In today’s fast paced world, vehicular accidents are on rise. Bad roads, reckless driving, etc. all contribute to an increase in the number of high velocity trauma (accidents), loss of life and loss of limbs,

Dr. Subodh Mehta shares some quick tips. He says, “Most of our bone problems are lifestyle related and by changing our lifestyle, food habits and adding calcium intake and adding regular exercise to our daily routine will keep us away from orthopedic problems.”



Dr. Subodh Mehta
Advanced Orthopaedic & Joint Replacement Centre

which can impair the life of an individual seriously. Poor ergonomics at the workplace and stressed lifestyle further add to injuries to our skeletal

system.

The amiable orthopedic surgeon says that now, with the advances in the field of



medicine and surgery, the longevity of life has increased but the field of orthopedics offers patients an improved quality of life. Advanced orthopedic center, his nursing home in Panchpakhadi, next to the Thane Municipal Corporation offers all the facilities for managing skeletal problems with a multi-dimensional approach.

Apart from treating problems like arthritis, fractures, etc. he also concentrates on joint replacement and trauma care as super specialization has become the norm of the day. Trauma surgeries have developed over a period of

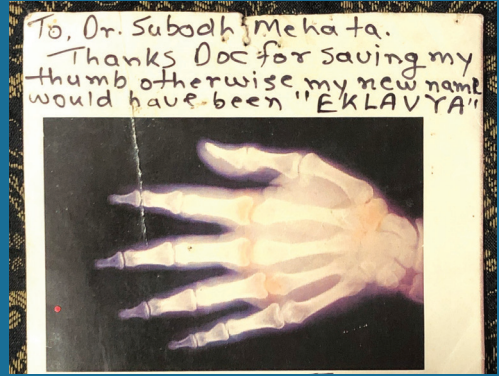
In today's fast paced world, vehicular accidents are on rise. Bad roads, reckless driving, etc. all contribute to an increase in the number of high velocity trauma (accidents), loss of life and loss of limbs, which can impair the life of an individual seriously. Poor ergonomics at the workplace and stressed lifestyle further add to injuries to our skeletal system.



time because of biomedical advances. The use of titanium rods and advanced spine instrumentation helps the patients to walk in 3 days as against 3 months like yester years. Speaking of different operating techniques of ortho surgery, he prefers CAS-computer assisted systems where the infrared technology and three dimensional orientation helps get better results. It is also cost effective. The other two techniques being PSI (patient specific instrumentation) and robotics.

His positive and optimistic mindset has seen him through all his challenges in all the 25 years of his successful





"We had a patient coming to us straight from the Mumbai airport. He was returning from the Caribbean. He had a broken thumb. We quickly took out the X-ray of his hand and started with the treatment. We were able to save his thumb. To date, his words, 'Thanks doctor for saving my thumb, otherwise my new name would have been Eklavya' still ring in my ears," recalls Dr. Mehta.

career. When quizzed about what he holds close to his heart he says, "The two-point advice of Dr. Shrikhande which was given to me in my younger days; have patience and collect charges for your hard work but don't be mercenary. Always put your patient's health above all else." Dr. Mehta adds, "God and my patients are always with me."

Before signing off, Dr. Subodh Mehta shares some quick tips. He says, "Most of our bone problems are lifestyle related and by changing our lifestyle, food habits and adding calcium intake and adding regular exercise to our daily routine will keep us away from orthopedic problems."



Dr Subodh Mehta along with Dr Priti Mehta

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Tanvi Herbals' Wheatagrasso tablets boost immunity, digestion and fight skin and hair woes

Living in the times of uncertainty, there is seldom any doubt that immunity is the best friend of every individual. Cognizant of this, Tanvi Herbals' second generation scions, Dr. Rucha Mehendale Pai and Dr. Manasi Mehendale Dhamankar have launched a unique product called 'Wheatagrasso tablet'.

The Wheatagrasso tablets are 100% natural and are made from pure wheatgrass extracts. Dr. Rucha says, "A Wheatagrasso tablet is not a typical medicinal tablet. It is a food supplement that brings the goodness of pure wheatgrass in an easy-to-consume tablet form. Wheatgrass is known as a super-food, which is rich in vitamins, calcium, iron, magnesium, phosphorus, potassium, sulphur, cobalt, zinc and other essential amino acids. This nutrient-dense food, leads many people to feel fuller faster and stay full for longer periods of time. It also helps in reducing one's desire for foods that are high in sugar or fat, ultimately serving the goal of weight-reduction. The table which is made up of wheatgrass aids in reducing the chemical processes that occur within a living organism in order to maintain life."

Apart from these, Wheatagrasso tablets, which are anti-cancerous in nature, can boost metabolism, help in digestion and improve immunity. It also works well in fighting problems

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related to skin, hairfall, among many. One tablet before lunch and one tablet before dinner for a full course

of six months can work wonders. Wheatagrasso tablets are available online as well as offline.

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Boost metabolism



Detox Body



Immunity Booster



Improves Digestive System



TMC school teachers seek help of UNICEF programme to bring back students to school

It has been close to two years now that the students have been kept away from physical schools. The students have been busy with their online classes, however, the students hailing from humble financial backgrounds have not been able to attend the online classes due to various reasons.

Most of these students dropped out of schools either to help their parents or due to lack of availability of smart phones and internet connection at their disposal. Now with the schools slowly opening up, bringing back these students to school is going to be a daunting task for the teachers.

Recently, the Thane Municipal Corporation (TMC) civic school teachers were trained in a UNICEF programme on how to involve students in education. The programme was funded by UNICEF and conducted by several NGOs including Pratham Education Foundation, Sacred, State Council of Education and Research Training and Maharashtra State Council of Educational Research and training.



The programme, which trained more than 200 teachers from 28 schools, also involved students and parents.

Under this programme, UNICEF has selected four cities and districts of Maharashtra and provided funds for the training. The programme focused on encouraging teachers to use different teaching skills to engage children. The schools were selected from localities where there were more dropouts or migration.

Hygiene training was also given to the teachers who in turn can teach the students to ensure safety protocols are maintained.

The foundation has also created groups on social media to get in touch with parents and provide them with innovative ideas to help their children connect. Those parents who do not have a smart phone are helped by other parents in the neighbourhood.

Teachers will use different games, activities using common items like pebbles, vegetables or sprouts. Music is also used as a medium to impart knowledge. Some of the activities are difficult and all children might not be able to pass them. However, the teachers will not be failing anyone.

The parents and children actively participated in training along with the teachers. Involvement of parents is crucial to engage children in school. The TMC school teachers will continue to send videos and activities to children through which parents also can teach children at home. This was a pilot project and more such sessions are expected in the future.

Thane highway will be elevated at two spots to protect wildlife and ensure ease of commute

The two stretches of an arterial state highway are slated to be elevated at Thane, in order to prevent the wildlife from being run over on Ghodbunder road and to allow free vehicular movement on the stretch. The primary aim of elevating the highway is to not only upgrade the urban infrastructure but also protect the wildlife.

According to the Maharashtra State Road Development Corporation Limited (MSRDC) officers, the leopards were often seen on the stretch that surrounds the eastern fringe of the Sanjay Gandhi National Park



(SGNP). The experts believe that it is important to elevate the road as Maharashtra has lost 67 leopards in road accidents between January last year and this May.

The MSRDC has plans to elevate the existing Ghodbunder Road at

two stretches- between Gaimukh and Fountain Hotel. The proposed cost of constructing the freeway is estimated to be Rs. 1200 crores.

Shiv Sena MP Rajan Vichare said, "We have been pushing for the speedy implementation of



the elevated road not just to protect the wildlife but also to benefit the people using the highway. We have given the orders to the wildlife department and MSRDC to complete the work and make the freeway away to the public for use at the earliest."

Know Your Ingredient: Bajra

Bhavya Pande

Bajra/pearl millet is a gluten free grain packed with healthy nutrients. It is known to be very effective in aiding weight loss, contributing to improved blood sugar levels and optimal health benefits.

Ingredients:

For dough

- 1.5 cups bajra flour
- 1.5 cups whole wheat flour
- 1 cup finely chopped methi/fenugreek leaves
- 1 cup grated carrot
- 1.5 tbsp oil to knead
- 2 tsp white sesame seeds
- 1 tsp ajwain/carom seeds
- 1 tsp turmeric powder
- 1 tbsp coriander powder
- 1 tsp roasted cumin powder
- ½ tsp hing/asafetida
- 1 tsp salt
- ½ tsp sugar
- Water to knead

For toasting

Around 1 tsp oil per paratha or as per your taste and preference.

Procedure:

1. Keep all the ingredients ready.
2. Mix all the dough ingredients together, gently knead to form a soft and pliable non-sticky dough.
3. Cover and set aside the dough for 15-30 minutes.
4. Divide the dough into equal parts to make smooth balls.
5. Lightly flour the rolling area. Take one ball at a time, flatten it in between your palms, place it on the rolling area and sprinkle some flour over it.
6. Roll the ball into a big round shaped chapati/disc.
7. Heat the tawa on high flame. When it's hot enough, transfer the chapati to it. You can now adjust the flame to medium-high.
8. Once the chapati is slightly cooked on both sides or starts puffing up a bit, spread oil over it and flip it. Keep pressing it with a spatula.
9. Once the bottom side is cooked, spread oil on the top side and flip it again.
10. Once both the sides are well toasted and appear golden brown, the Paratha is ready. Transfer it to a plate over a paper napkin.
11. Enjoy it with chutney, pickle, curd, soup or curry of your choice.



Choose Healthy. Stay Healthy!

Kalyan MP Dr. Shrikant Shinde requests funding of Rs. 800 crore for Kalyan Yard Redevelopment Project

Kalyan is one of the busiest railway stations on Central Railway. The railway station not only caters to local trains but also to express trains. It is an important junction as many express trains take a halt at Kalyan. Apart from this, crossovers and limited lanes cause long delays in starting train services during rush hour. In view of the increasing busyness of this railway station, Kalyan constituency Lok Sabha MP Dr. Shrikant Shinde raised the issue of redevelopment of Kalyan Yard during the zero hour period of the Parliament session on December 13.

Kalyan Yard Redevelopment (Remodeling) is an ambitious project which



will cost around Rs. 800 crore. The remodeling work of this yard in the third phase of Mumbai Civil Transport Project was approved in 2018. But so far only Rs 60 crore has been tendered and

no major work has been started on the project. Dr. Shinde has requested the Railway Ministry to make the funds available at the earliest, which will ensure quick completion of the project.

As per the redevelopment project, Kalyan Junction will be reconstructed, under which a new railway line and five additional platforms will be constructed, making the total count of platforms to 12. "With the availability of separate lanes for railway freight services, long haul trains and suburban trains, there will be no inconvenience caused to the commuters as well as the railway service. It will also be possible to increase the number of local round trips," said MP Dr. Shinde.

Dr. Shinde is hopeful that this redevelopment project will make Kalyan station better. The construction of new platforms and rail lines will facilitate the rail travel of the citizens.

Thane railway station to be revamped soon

Thane railway station will be revamped soon, according to the BJP MP Vinay Sahasrabudhe. The railway ministry will be working towards bringing changes to Thane railway station, apart from the proposed Karjat-Panvel shuttle services.

Sahasrabudhe along with party colleagues from Thane and Raigad met the railway minister on December 15 in New Delhi requesting steps to be taken to improve railway infrastructure in the distant suburbs of Mumbai. MLC Niranjan Davkhare also sought dedicated freight services to be started



on the route along with increasing capacity of coaches on the Matheran-Aman Lodge segment.

Davkhare said, "The extended suburbs are witnessing a lot of growth and therefore there is a need to improve the railway facilities. Also, the

Thane station has a lot of historic significance but it lies untapped and we have sought an integrated development plan for the station upgrade. We have requested the railway minister to look into these issues following which the railway minister has

ordered the concerned authorities to start a feasibility study for the same."

Sahasrabudhe, Davkhare and other party members also notified the railway minister about the traffic situation in Mumbai and metropolitan region (MMR). In view of this, they sought to develop a multi-modal logistic hub at Vasai for proper distribution and regulation of freight movement. The idea is to ensure reduced congestion on Thane roads that have faced the brunt of heavy traffic over the last several years due to increased traffic to and from JNPT.

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Indo Scots Global School Thane offers a perfect blend of academics and extra-curriculars

Indo Scots Global School (ISGS) is one of the leading proposed CBSE schools in Thane. Apart from Thane, it is present in Navi Mumbai as well as Pune. The Thane branch was taken over in 2017-18 and from 60 students then to 450+ students to date, ISGS has gone from strength to strength. At present, the school has students studying upto the eighth grade. This year onwards, the school will graduate to ninth standard and later to tenth standard.

Located in the heart of Thane city, the school boasts of state-of-the-art infrastructure, along with qualified and experienced teachers. The school infrastructure includes a decorated library with

an extensive collection of books and above all inaugurated by Mr. Anand Kumar of "Super 30", computer laboratory, physics, chemistry and



biology laboratory, football turf, including a cricket pitch. Sports culture is



nurtured and encouraged in this school. A day at ISGS starts with yoga and meditation which all the students perform under the able guidance of their teachers.

With regards to imparting knowledge, the teachers believe in providing experiential learning to their students. Learning just doesn't happen within the confines of a classroom, the students are taken to field trips, which help them reinforce their concepts. It actually gives them an opportunity to apply the theoretical knowledge learnt in the classroom in the practical life.

Apart from teaching the regular academic

curriculum, the school and its teachers emphasize on developing and nurturing the life skills of each and every student. The school endeavours to identify the in-born talent of its student through an event called "My Delightful Moment" (MDM) and then work towards improving it. The school, thus empowers the students to realize their dreams.

ISGS does not compromise on quality and strives to provide the best of facilities to its students. In just a span of four years, the school has carved a niche for itself in the city and there is no doubt that the school will go on to produce some of the best citizens of this country.



Thane's senior couple complete a 40-km trek post knee replacement surgery

Thane's Dr. Ranjit Rajput (69) and his wife Mrs. Samaj (68) recently raised many eyebrows as the super enthusiastic and adventurous couple completed a 40-km long Rudranath trek in Himalayas last month. The trek starting from Sagar village is known to be one of the most difficult treks in India. The trek is estimated to be around 4,000 metres above sea level.

The Rajputs underwent Uni-Compartmental Knee Replacement (UKR) surgery on the same day as they were suffering from knee osteoarthritis. After the surgery, the couple, who are avid trekkers, ceased from going for difficult treks after their surgeries. However, on the day of the surgery they promised to each other of returning to trekking at the earliest.

Dr. Rajput has been trekking for



more than 20 years. However, the knee pain which was caused due to knee osteoarthritis did not let him enjoy his trekking. Just before the surgery, he attempted to complete a trek, however, had to return midway as the pain became unbearable. Being a doctor himself, he tried all sorts of medication and treatment including physiotherapy, however to no avail.

Surgery was the only option and the couple underwent the same in 2019. Last year, that is 2020, with the pandemic in full force, it was not possible for the Rajputs to go out and train themselves. So they began with indoor training and followed a fitness regimen. Gradually they went for small treks in Yeoor hills. After gaining confidence in their ability to do bigger treks, they spoke to their doctor on getting back to trekking. Once the doctor agreed, the couple started their preparations for the big one, which was the Rudranath trek in the Himalayas.

Dr. Ranjit Rajput and his wife Mrs. Samaj are a testimony to the fact that nothing is impossible and if one has the will and determination to achieve something in life then there is no force that can deter him/her from accomplishing that goal.

I started cycling in 2018 for fitness and slowly that turned into passion. During the COVID-19 imposed lockdown, I rode everyday on traffic free roads early in the morning starting at 5.30am. That gave me confidence to do longer rides. After achieving Super Randonneur batch (successfully completing Cycling brevets of 200, 300, 400 & 600 kms in stipulated time), I looked forward to Ultra Distance Riding. Meanwhile I joined Epic Riders, Thane (a cycle enthusiast informal club). We organized an expedition called R2M (Ride to Mumbai) and decided to make it an annual event. The inaugural ride was planned from Kanyakumari to Mumbai/ Thane a total distance of 1,650 kms over a period of 7 days. Meticulous planning regarding route mapping, hydration points, food halts, night stays was done by seniors of the club Devesh Aggarwal, Purushottam Samrai, Venkata Rambabu, Dinesh Laungani, Kunal Trivedi and

A Dream Ride

Tanya Aggarwal.

We (seven riders) started our ride from Kanyakumari on December 4, 2021 and reached Thane on December 11, 2021 in the evening with night halts at Madurai and Salem in Tamil Nadu, Tumkuru, Ranebennur and Sankeshwar in Karnataka, Shirwal in Maharashtra and finally reaching Thane covering total 1,670 kms with the total elevation of 8,548 mtrs. Interestingly, during these seven days, I burned more than 50,000 calories.

I noticed smooth, perfect roads in Tamil Nadu and Karnataka but once you enter Maharashtra the roads are horrible for cyclists. Lot of potholes, unnecessary speed-breakers, rumble strips make cycle riding a nightmare and that too, on national highway. In spite of this long distance we had minimal problems for the cycles, only two tyres punctured and one gear

cable tear.

I gained a lot during this ride; mental toughness, physical endurance and six good friends. I feel, more than physical ability your mental strength is tested during such ultra distance riding. You have to prepare your mind to ride day after day for on an average 250 kms every day on unknown roads. That's more than 10 hrs riding every day. No doubt, discipline during the ride, appropriate hydration and timely eating habits are the key to successful ultra distance cycling. But such rides cannot be a success without thorough and painstaking preparation done by all riders before the ride. Speaking about me, for building stamina to sustain during such long distance riding for seven days in continuity, I used to ride every day more than 60 kms, for all 7 days a week. I kept an eye on my diet i.e. eating good home-made food and getting enough proteins through eggs, dry






fruits etc.

Finally I enjoyed fruits of these efforts by successfully completing our Fist R2M. But I must mention here that it was possible because of unconditional full support from my family and valuable guidance from seniors of Epic Riders, Thane.

*Dear readers,
You are invited to share your experiences of excursions, adventures, travelogues or some interesting encounters and memories with us on knowyourtown1@gmail.com*

Showcasing 200 success stories



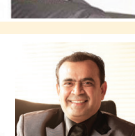
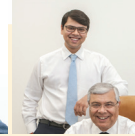
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