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Know Your Town

DR. MALATIBAI CHITNIS HOSPITAL

*Celebrates
Diamond Jubilee!*

Dr. Kishor Chitnis

SAMRIN HERITAGE

ROYAL HOMES

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Editor's Note



Best Wishes,

Miilind Ballal

Editor, Know Your Town

(SP)RING IN THE NEW!

Gudi Padwa, as it is known in Maharashtra, is celebrated with great pomp and fervour. It marks the beginning of the new year. Yes, the Hindu year and hence unlike the usual celebration of January 1, are replaced with many traditional rituals with religious intent, ofcourse. Hence, Padwa signifies the purity of mind, symbolically made empty by the copper vessel perched upside down on the well-decorated wooden stick. With folded hands, the Gudi is revered in all houses, welcoming the new year and the prayers asking the supreme to fill the mind with knowledge, joy, positivity, good health and prosperity.

With over two and half years of lull, people have started rejoicing in the festivals, which have been our culture's hallmark and identity. The splashing of colours in the recently celebrated Holi has set the tone to welcome the new year with increased enthusiasm.

Gudi Padwa is celebrated in different parts of India, and is known by different names like: Ugadi, Cheti Chand, Navreh and Sajibu Cheiraoba. It signifies a sense of newness.

Beginning of the new year:

According to the Hindu calendar, Gudi Padwa is the first day of the Chaitra month, which marks the

beginning of the new year. During this time, the sun is in the first zodiac sign - Aries.

The return of Lord Rama: The festival also symbolizes the victory of good over evil. It is believed to be the day Lord Rama returned to Ayodhya after 14 years of exile.

Creation of the world: It is also said that Lord Brahma created the world on this day, marking the beginning of Satyuga.

In the days when marketing and branding have become the norm, Gudi Padwa, too, has turned into a significant crowd-pulling event! Processions carrying floats that showcase the city's cultural heritage and institutions that spearhead the all-round development come forward and are greeted with a sense of pride in all those who participate. The young and the old come out well-draped with a feeling of standing out. The exuberance and the confidence gathered on an auspicious day continues until the next year.

We at KYT, too, have planned a more meaningful year for our patrons and well-wishers by being a part of your moments of happiness, rejoicing, achievements, success and anything that makes you stand out. We wish you a very happy, healthy and happening new year.

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DR. MALATIBAI CHITNIS HOSPITAL CELEBRATES DIAMOND JUBILEE!



Dr. Kishor and Dr. Meghana Chitnis

Dr. Malatibai Chitnis Hospital is a household name in Thane. Being one of the first few establishments of the city, the hospital has garnered tremendous respect and appreciation from the Thanekars. This year, the hospital completes 75 years, and what a momentous occasion it is for Chitnis family and other lakhs of families who have been blessed with gifts of God.



Niikhil Ballal and Juili Kulkarni

On the eve of its diamond jubilee celebrations, KYT interviewed Dr. Kishor Chitnis, son of the founder Dr. Malatibai Chitnis to know more about the beginnings and the illustrious journey of the hospital over the course of seven and a half decades.

“We lived in a joint family in Charai. My mother who was born and brought up in Pune moved to Thane after marriage. She was the eldest of the siblings and the first doctor in her family. Her father was a lawyer and her mother was a home-maker. My mother completed LCPS (present day MBBS) in first attempt. Being an enterprising lady, she started a hospital in Damlewada on the day of Gudi Padwa in 1948 to become the first lady gynaec in Thane to run a maternity home. She took on rent two rooms and arranged for two beds. Soon she took a bigger place and expanded into six beds in Divecha blocks in Charai,” says Dr. Kishor.

In 1954, Dr. Malatibai shifted her base to Parsi House, which continues to be the hospital’s address to date. Dr. Kishor avers, “My father Madhukar, who worked in Customs, and my mother together bought this place. It was a great decision since we lived in the same building. It was a boon especially





during emergencies." Dr. Malatibai started with performing 30-50 deliveries in a month. Gradually she did 70-80 as people from outside of Thane visited her. Dr. Malatibai always saw the medical profession as a social service.

Since childhood, Dr. Kishor watched his mother work relentlessly hard in the hospital. "I would spend hours in the OPD. At a very young age, I decided to become a doctor," he recalls.

Dr. Malatibai inspired many to take up medical as a profession. She was a popular figure in Thane. Dr. Kishor shares, "When my mother was 57, one day suddenly she started suffering from stomach pain. My fiancé, Meghna, was there with her at that moment. Meghna called to inform me and I immediately left for home from my college. We called up Dr. Arun Karkhanis. She was taken to the hospital and after examination it was found that her gall bladder had ruptured and required operation. She had A -ve blood group. We somehow managed to get only one bottle of blood in the entire Mumbai. At Harkishan Das hospital, she was put on dialysis. But she could not cope with it and breathed her last in the hospital. When we took her back to Thane, the road in front of our hospital was flooded with people to take her last glimpse. The TMC also showered flowers at various corners. It was for the first time I saw ladies coming to the crematorium." Dr. Malatibai had performed 110 deliveries exactly one month prior to her death. She was extremely workaholic.

Dr. Kishor took over the reins as he decided to discontinue his education. His professors at Sion Hospital tried to convince him but Dr. Kishor had made up his mind. Though his mother had laid a solid foundation, it was challenging for him at the start being a male gynaec. However, the fact that he had



served with his mother in a hospital run by Bohri community worked in his favour. He continued the tradition even after his mother's demise. Dr. Kishor also requested a lady doctor who practised there to join him at Dr. Malatibai Chitnis Hospital to make his mother's patients feel comfortable at the start.

In no time, Dr. Kishor had 90-100 patients daily. His wife, Dr. Meghna too joined hands and started looking after the OPD and administration of the hospital. He states, "My wife has played a pivotal role in overall management. She is a strong pillar. I am at times impulsive and emotional but she has a very practical approach. She still looks after our admin very well. It is because of her that our attrition rate is low." He adds, "Meghna's parents were doctors. Seeing her parents serve people, Meghna was also encouraged to become a doctor. After marriage, she held the fort at home brilliantly well. She raised our kids with love and affection and was

With a stupendous wealth of experience that is spread across seven decades, Dr. Malatibai has undoubtedly become a big brand, thanks to three generations of the Chitnis family that have been striving relentlessly to keep the legacy going. "Today we have the fourth generation of our then patients coming to us, and this loyalty that we enjoy, I think, speaks volumes of our success", elucidates Dr Chitnis

Looking at the evolution of Dr. Malatibai Chitnis Hospital, which has successfully survived three generations from grandmother to father to grandson, the Japanese saying "Shirtsleeve to Shirtsleeve in three generations" can certainly be put to rest.





always there for them in my absence. I will always remain indebted to her for her unconditional support at home and in the hospital."

At present, Dr. Malatibai Chitnis Hospital is 53-members strong. There are people who are still working with the hospital for close to four decades.

Dr. Kishor adds, "Currently, we have two centres - one at Charai and other at Kapurbavdi. Both the centres have modern Modular OT and day care facilities. Besides, there is an advanced NICU and IVF Lab at Kapurbavdi centre, which is looked after by my son, Dr. Nikhil. His wife, Dr. Minal is a paediatrician, and practises there. My daughter, Dr. Tejal is a dermatologist and is based in Pune and my son-in-law Nikhil is a doctorate working with Johns Hopkins school of medicine".

Talking about his son, Dr. Nikhil, who, with his youth and exuberance, brought about paradigm changes in the treatments and facilities Dr. Malatibai Chitnis Hospital offers, Dr. Kishor says, "Nikhil's first three years into the practice were all about getting the basics right. Once he was thorough with the basics and had gained the required expertise, he was well-equipped to take the plunge to dive into the pool of infertility and IVF, which was relatively new back in 2009. Modular OT, motorised tables, advanced Laparoscopy instruments, and high-tech anaesthetic pendants were introduced. These advancements ensure the safety of patients, reduce infections, increase the mobility of doctors, and allow the doctors to concentrate more



Dr. Nikhil Chitnis



Dr. Minal Chitnis

on the work rather than the paraphernalia. Our patients often complained that the prescribed medicines were not easily available to them. To find a permanent solution to the problem, Nikhil came up with the idea of having an in-house Pharmacy."

Dr. Kishor and his wife Dr. Meghna and Dr. Nikhil with his wife Dr. Minal have carried the strong legacy of Dr. Malatibai forward. While Thanekars are proud to have Chitnis family as one among them, Dr. Kishor shares that he owes to the city and its people. He says, "Without the support and trust of Thanekars it wouldn't have been possible to reach this milestone. I promise to serve Thane till my last breath."

The new Malatibai Hospital at Kapurbavdi is a luxurious 5000 square ft space decked up in English green colour that signifies fertility. "We take utmost care to make the patients feel at ease. Right from the patient-friendly environment that is composed of state of the art infrastructure, beautifully crafted hospital layout, and refreshments to online scheduling of appointments, we see to it that patients have a hassle free experience", elucidated Dr Chitnis. Patients are extremely happy with Dr. Nikhil's results, adds Dr. Chitnis.



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THE FOOD TOWN AWARDED AS THE BEST RESTAURANT OF THANE



The Food Town has been the talk of the town, thanks to the brand winning the coveted title of "Best Restaurant" of Thane at the Food Connoisseurs India awards recently.

With over 600 dishes on the palate, The Food Town (TFT) is a perfect family restaurant catering to all type of food lovers. Alongside serving great food, The Food Town (TFT) has left no stone unturned in serving happiness. It has already catered more than 25 lakh customers, and they wish to make 1 crore patrons happy in next three years. It aims to grow to a pan-India level with 20 outlets. The journey of The Food Town which started with a staff of four, has come a long way and is now 400 plus personnel strong.

Young turks Vicky Sharma and Punit Shah are the master minds behind the brand The Food Town which is popularly known as TFT. Vicky being a Hotel Management graduate, has a vast experience working in five-star hotels for many years whereas Punit is a born entrepreneur having 17 years of diversified business experience.

The first branch of The Food Town opened in Kalyan in October 2017.

In nick of time they went so popular that they immediately started getting many franchise offers. And their first franchise was started in Dombivli which made them set up their centralised kitchen to maintain the quality standards.



People these days are not just looking for good service, good food, and a pleasing ambience, but they're looking for an experience. The Food Town redefines experience by activating all five senses: smell, sound, sight, touch, and taste.

When the world grappled with the COVID-19 pandemic, Vicky and Punit defied all odds. During the lockdown, they launched a multi-cuisine restaurant in Thane and another outlet in Bhiwandi. Soon, the Dombivli outlet was also upgraded to

a bigger space followed by the opening of an outlet in Mulund.

They recently opened up their sixth flagship restaurant at Ghatkopar with 250+ seating capacity. Another three outlets in the western suburbs of Mumbai are in the pipeline.

The Food Town is not just about building a brand. It's an emotion. It's not only about the food. It's about the whole experience. At The Food Town, they serve Indian- Western-Continental-Oriental food with a twist of fusion and innovation. A concept that's not explored all that much in the industry. They add new dishes to the menu each month according to their feedback and preference. Some popular dishes are MeduVada with Thai Curry, Butter Garlic Paneer, Mexican sizzler, Pavbhaji fondue and Melting grill sandwich. The Food Town, with its exquisite variety of jaw-dropping cuisines, cater to all age groups and taste palettes. Everything under one roof and value for money is guaranteed!

The founding principle of The Food Town is "AthitiDevoBhava", which means guests are Gods. Quick turnaround time, sufficient portion size, and personal touch are its standout features.

So, have you visited The Food Town? If not, block your calendar and visit this mesmerising town to enjoy the best food and ambience, all under one roof.



Why Acupressure and Acupuncture Works So Incredibly Well !!!

Most people know that Acupressure & Acupuncture relieves pain, reduces inflammation and restores balance.

There are two main ways of explaining how acupuncture works 1) Increased blood flow, and 2) Stimulation of the nervous system. One of the reasons why acupuncture works is that it improves the flow of oxygen, nutrients and blood through specific networks of blood vessels to nourish every cell of our body.

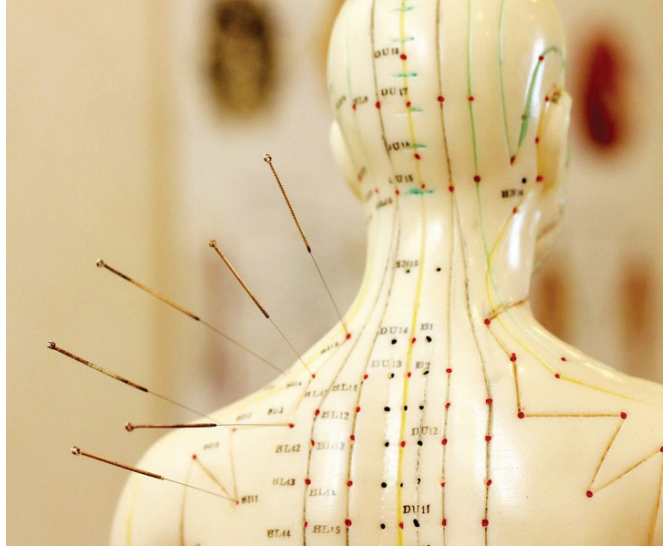
When there's a problem with blood flow to any particular area of the body that area can't function properly. As Acupuncture causes your blood vessels to dilate and increases blood flow, it relieves pain, improves organ function and prevents aging. Another reason why acupuncture works so well is that it stimulates the nervous system, by activating sensory nerves, and proprioceptor fibers that travel from the skin to the spine and into the brain.

Acupuncture works by treating the five main factors that influence your health:

1) Flow of oxygen of your body. 2) Flow of blood in your body. 3) Health of your blood vessels. 4) Health of your organs. 5) Health of your nervous system.

Acupuncture stimulates the body's natural ability to heal itself! Your body does the majority of healing but sometimes it needs help. Acupuncture does wonders in focusing the direction of the blood flow to a certain area in order to speed up the healing. After all, the body won't heal without proper blood flow.

This is significant because everything the body needs to heal is in the blood, including oxygen, nutrients we absorb from food, immune substances, hormones, painkillers and anti-inflammatories. Restoring



proper blood flow is vital to promoting and maintaining health. Blood flow decreases as we age and can be impacted by trauma, injuries and certain diseases. Acupuncture has been shown to increase blood flow and vasodilation in several regions of the body. Acupuncture stimulates the body's built-in healing mechanisms.

When the acupuncture needle penetrates the skin, the body sees it as a form of an injury (micro trauma). The body responds by stimulating blood flow to the area of micro trauma. This allows the body to spontaneously heal injuries to the tissue through nervous, immune and endocrine system activation.

As the body heals the micro traumas induced by

acupuncture, it also heals any surrounding tissue damage left over from old injuries.

Acupuncture releases natural painkillers. Inserting a needle sends a signal through the nervous system to the brain, where chemicals such as endorphins, norepinephrine and enkephalin are released. Some of these substances are 10-200 times more potent than morphine! Acupuncture relaxes shortened muscles. This releases pressure on joint structures and nerves, and promotes blood flow. Acupuncture reduces both the intensity and perception of chronic pain.

Stress reduction is perhaps the most important systemic effect of acupuncture. Recent research suggests that acupuncture stimulates the release of oxytocin, a hormone and signaling substance that regulates the parasympathetic nervous system.

Also to treat several conditions including shoulder, neck pain, menstrual disorders, headaches, fatigue, back pain, anxiety, allergies, pains, aches, diabetes, thyroid, digestion, immunity disorder, paralysis, Parkinson's, weight loss, and many more health issues.

Our Patient's comments & reviews are available in our google page, few mentioning here:

Mahak- My mother (Anjana) was suffering from diabetes and other problems that come along with it, but within two months using sujok treatments she's halfway healed and doing much better mentally and physically. She was in great distress mentally but has been feeling alright thanks to the seeds and mudra therapies. It all works so great for everyone and everyone should put faith and trust in this natural healing.

Theresa- It's been more than a month I am visiting Ishwari, she is an amazing person who tries to understand your problem and the root cause behind it. Based on this analysis the treatment is proposed. Also, if there is any issue at any point of time she is there to provide guidance. Anyone looking out for acupuncture or sujok treatment, she is the go to person! Highly recommend her!!

Aruna- From last 22 years I had neck, shoulder, lower back, and knee pain. I also had digestion and diabetes issues. I have visited number of doctors and physiotherapists. But I got no results. After visiting Ishwari in December 2021, all my body pain disappeared within three months and now I'm back to my daily routine under her guidance. Thanks to Medical Therapist Ishwari.

Dipanwita - I have been going for the Sujok therapy for multiple health problems (mainly for back pain). I found the treatment very effective. The best part is there is no side effect. The therapist is knowledgeable and patiently listens to the problems. She is friendly and caring. She gives ample time and attention to understand the problem before providing the solution.

Sachin - I have been through a session for stress related issues. It has immensely helped me sort my issue. The therapist's approach to tackle the issue was professional. Her remedies were easy and effective. At IAM Centre, we provide the best treatment to cure each and every patient for any type of body pain, joint pain, illness, diet guidance, easy daily exercise guidance.

ISHWARI RAMTEKKAR- ARCHITECT & MEDICAL THERAPIST

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'GUDI PADWA 2023 EXPECTED TO BOOST HOME BUYING IN THANE'

KAMLESH PANDYA

Thane is a culturally rich city, and among the traditional beliefs Thanekars hold true is the one about Gudi Padwa being ideal for new beginnings – especially as it is the day we celebrate the New Year in Maharashtra. Gudi Padwa is celebrated with great enthusiasm in Thane, the auspicious day brings multiple opportunities for Thanekars to select their dream home – and make it a reality.

What can the home seeker Thaneite expect from Gudi Padwa this year?

To begin with, enhanced home buying sentiment should be reflected in the quantum of sales and new launches. CREDAI MCHI Thane President Jitendra Mehta points out that the real estate expo, PROPERTY 2023-Thane, has resulted in data of 27,000 families who, having visited the Expo, showed interest in buying a home in Thane. "A majority of these have completed site visits, so we expect around 1,500 homes to be booked during the sentiment accompanying Gudi Padwa," he says.

Thane Real Estate Agents Association President Lawrence Shetty echoes the sentiment. "Over the years, we have seen the trend of buying a house in the festive fervour seen during Gudi Padwa. Real estate developers offer schemes that include ready-to-move-in apartments, booking offers, flexible payment schemes, etc. The



developers also offer sweeteners to market their properties and get maximum leads, which get converted into actual home buying in the coming weeks," he adds.

Property is a solid asset class on various parameters. For the home buyer, the safety factor of buying one's own home is beyond compare. For the investor, it reflects a safe and secure option that provides rental income and capital appreciation. It is a win-win for both

the buyer and the investor. "Thaneites should take advantage of the positive sentiment this Gudi Padwa and buy property - it will be the best decision to have made," says real estate developer Bharat Malik.

Gudi Padwa is a festival that offers homebuyers happiness, along with fantastic offers and discounts. I hope Thaneites will buy property on this day, as it is an auspicious day," concludes Bharat Malik.





3 Things Taxpayers Should Do Before the End of Financial Year

It's important to tick off your personal finance checklist before March 31. By March 31, you should have completed all critical financial tasks for the year, allowing you to begin planning for the coming year. There are many aspects that a taxpayer should look into as we approach the end of the financial year.

1) Determining Residential Status As Per Tax Laws In India For FY 2022-23

The last three years have seen many Indian citizens or people of Indian origin travel to India and get stuck in India due to COVID-19-related travel disturbances. In such cases, it is important to evaluate the residential status in India to ensure that the taxability is determined correctly. Taxability in India depends on the residential status of an individual. Individuals who qualify as ordinary tax residents in India will be taxed in India on their worldwide income. Non-residents are taxed on income earned from sources in India or income received in India.

2) Determining Various Sources Of Income And The Applicability Of

Advance Tax

Taxable income is generally divided into the following five heads of income: income from salary; income from house property (rental income); income from capital gains; income from business or profession; income from other sources (for example, interest, dividend, or any other income which does not fall under above heads).

Many forget to take stock of interest earned on savings accounts, dividends from shareholdings, etc. It is essential to collate details of all such income earned during the year and determine the taxable income and tax thereon. Advance tax is payable if the tax payable during the year, after credit for tax withheld (TDS), exceeds

Rs 10,000. Advance tax due must be paid in four instalments during the financial year: non-payment or short payment of advance tax results in interest on shortfall.

3) Review of the Annual Information Statement (AIS)

The AIS is available on the income-tax e-filing portal and provides a comprehensive summary of taxpayers' financial transactions, including taxes withheld or paid during a financial year, specified financial transactions, tax demand or refund, and tax proceedings. Review of the AIS will help individual taxpayers by ensuring that all financial transactions which may be taxable are duly identified and considered for calculating taxes.

6 HEATWAVE HACKS TO HELP YOU COOL DOWN IN THE SUMMER



Everyone loves a bright sunny day and warm weather. But even those who wait eagerly to welcome summers would agree that heatwaves can be pretty miserable. Things seem fine till the time you have to stay indoors. Stepping out on a hot summer day can be a real challenge. The sweat and heat can easily lead to dehydration and make you feel lethargic. Here are six heatwave hacks to help you cool down in the summer.

Stay Hydrated

Staying hydrated is the simple rule of surviving the summer heat. Drinking water helps maintain the amount of fluid in your body, which is lost easily in sweat. Consuming two litres of water is important for every individual in all weather. In

the summers, you need to do a little more due to easy water loss from the body. Have juice, coconut water and hydrating fruits.

Take a lukewarm shower

Taking a cold shower in hot weather seems relaxing and comforting, but scientists suggest this makes you feel even hotter. That's because when you take a cool shower, your body has to work harder to warm up again. Warm water cools your bloodstream. So, opting for it is a better option.

Avoid tea and coffee

Caffeine and nicotine intake can also increase the body's core temperature. They constrict the

blood vessels, which warms the blood and makes you feel hot and sweaty. Have cool beverages like coconut water, lemon water and fruit juices. Even excessive intake of alcohol should be avoided.

Eat light meals

Eating heavy meals can also generate heat in the body and make you feel uncomfortable. After a large meal, your body must work harder to digest and metabolise the food. This eventually increases your core temperature and makes you feel sweaty and lethargic. Consume light and freshly cooked meals in the summer. Cut down on processed food and intake of salty foods.

Cool your toes

If you feel excessively hot, you can quickly bring your temperature down by cooling your toes. Soaking your feet in cool water can relax you and make you feel less hot. You can also wear wet socks for a while.

Wear loose cotton clothes

Wearing tight-fitted and dark-coloured clothes can make you sweaty. Opt for loose, light-coloured cotton clothes if you intend to stay cool and avoid excessive sweating. Your sweat does not evaporate when you wear thick clothes. Besides, dark colours absorb more wavelengths of light, making you feel hotter.

4 uber cool Summer Holiday destinations in India

Kashmir

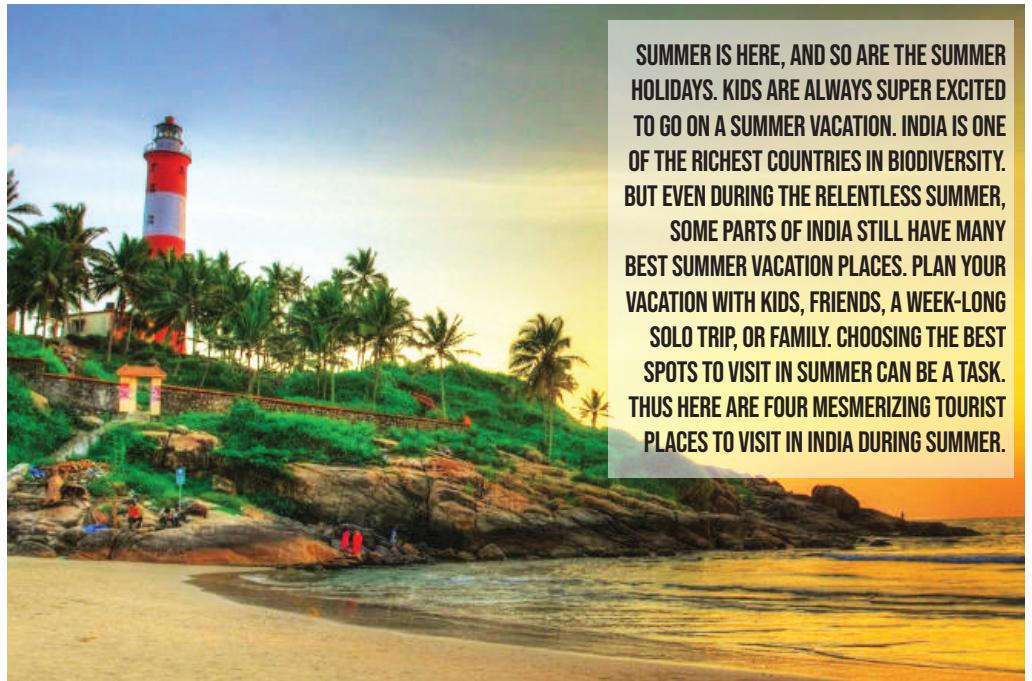
Gulmarg, Pahalgam, and Srinagar are heaven-on-earth places to visit. Many sightseeing activities, nature walks, and alluring scenic views will keep you busy. This is also the most popular honeymoon destination in India. Go for shikara rides, visit the gorgeous Mughal Gardens, and tulip garden, take a gondola ride, dal lake floating market, and visit Betaab Valley, where the movie Betaab was filmed. Kashmir is known for its spectacular valleys.

Ladakh

Ladakh is also popularly known as "Little Tibet". This makes it the best place for adventure lovers, bike riders, and romantic couples for the summer holidays. This cold place in India will give you a different experience. Visit Chang La, take a motorcycle trip, scenic Karakorum, and terrain on vast barren valleys, huge mountain passes, mesmerizing lakes, and Buddhist monasteries make it the most magical land of Lamas.

Sikkim

This is the best family destination to consider during summer vacation. Rumtek Monastery, Tibetan Buddhist culture in North East India, makes it extra special. This unexplored place in India gives you a majestic Himalaya view of the Teesta River. Many mesmerizing waterfalls, unexplored caves, Himalayan trekking, lakes like Gurudongmar Lake, and beautiful lush valleys can be explored during Sikkim tours. Capture the best picturesque valleys



SUMMER IS HERE, AND SO ARE THE SUMMER HOLIDAYS. KIDS ARE ALWAYS SUPER EXCITED TO GO ON A SUMMER VACATION. INDIA IS ONE OF THE RICHEST COUNTRIES IN BIODIVERSITY. BUT EVEN DURING THE RELENTLESS SUMMER, SOME PARTS OF INDIA STILL HAVE MANY BEST SUMMER VACATION PLACES. PLAN YOUR VACATION WITH KIDS, FRIENDS, A WEEK-LONG SOLO TRIP, OR FAMILY. CHOOSING THE BEST SPOTS TO VISIT IN SUMMER CAN BE A TASK. THUS HERE ARE FOUR MESMERIZING TOURIST PLACES TO VISIT IN INDIA DURING SUMMER.

in your camera, colourful orchids, vast forests and Ravangla (tea estate), and Kunchenzonga peak in the morning.

Coorg

Karnataka has many hill stations and other heritage sites. With its lush and cool environment, Coorg

makes it the perfect place for honeymoons and family vacations. This famous hill station of India is best during the scorching summer heat. It's called the 'Scotland of India' and 'Kashmir of the South' for its beauty and weather conditions. Fall in love with the beauty of such a hill station. One can also consider trekking and bird-watching for perfect rejuvenation. Not to miss the coffee and spice at the beautiful hill stations.

POSTPARTUM HEALTH AND WELLBEING



DR. PURVA JOSHI

Becoming a new mom is a beautiful and precious experience. You welcome the baby with joy and have all emotions ploughing in your mind just before sowing the pathway of parenthood ahead. You have happiness, tears, a dilemma, apprehension about things coming your way,

the changes that will happen in your lifestyle, and the list goes on.

But, in the meantime, did you realise that you will be a different individual? A version of you who is stronger and more determined on all fronts. Amidst all chaos, anxiety and stress, you will likely miss out on your health. Therefore, with becoming a new mom, it is also important for you to take

good care of yourself and ensure your well-being; after all, even you are an important individual.

As often quoted - Health is Wealth, and by health, I mean all aspects, including physical, mental, social, emotional, psychological, and economical. Here is a list of a few do's and don'ts, specifically targeted to all ladies who have become new moms recently.



Do's

- Take adequate rest until you are physically recovered.
- Have a healthy, balanced diet and maintain proper nutrition.
- Try meditation for sound mental, psychological and emotional well-being.
- Connect with your dear ones and fellow ladies sailing in the same boat as you.
- Be confident about the choices you make for your baby.

Don'ts

- Don't sabotage your sleep. Yes, it isn't easy to have the same sound sleep again as pre-delivery for a couple of years, but try to set sleep time when you get the chance. (Better said than done), but it is a really helpful tip.
- Don't panic or stress out when you are clueless. Try to find guidance from the elders and well-wishers.
- Only experiment with something with your little one on your own. Always consult your physician prior.
- Remember routine health visits for your baby and yourself.
- Don't get trapped within the world's opinion. It is okay to act as you think is appropriate for your little bundle of joy.

The writer is a Public Health Specialist and Drug Safety Physician at IQVIA, Thane.

What is ChatGPT-4 and how to use it: All you need to know



IT'S BEEN FOUR MONTHS SINCE ARTIFICIAL INTELLIGENCE COMPANY OPENAI UNLEASHED CHATGPT AND — NOT TO OVERSTATE ITS IMPORTANCE — CHANGED THE WORLD FOREVER. IN JUST 15 SHORT WEEKS, IT HAS SPARKED DOOMSDAY PREDICTIONS IN GLOBAL JOB MARKETS, DISRUPTED EDUCATION SYSTEMS AND DRAWN MILLIONS OF USERS, FROM BIG BANKS TO APP DEVELOPERS.

likely” to produce factual responses.

What else can it do?

One of ChatGPT-4's most striking new features is the ability to handle words and pictures in what is being called “multimodal” technology. A user can submit a photo alongside text — both of which ChatGPT-4 will be able to process and discuss. The ability to input video is also on the horizon.

What are its limitations?

Like its predecessor, ChatGPT-4 isn't too hot at reasoning on current events, given that it was trained on data that existed before 2021. There are still many known limitations that the company is working on addressing, such as social biases, hallucinations, and adversarial prompts.

How can I use ChatGPT-4?

Most people can give basic ChatGPT a whirl by signing up with OpenAI here, although restrictions apply in some countries and territories worldwide. In the future, you'll likely find it on Microsoft's search engine, Bing. If you go to the Bing webpage and hit the “chat” button at the top, you'll likely be redirected to a page asking you to sign up for a waitlist, with access being rolled out to users gradually.

Who is using ChatGPT-4 right now?

Morgan Stanley is using it to organize wealth management data, payment company Stripe Inc. is testing to see whether it can help combat fraud, and language-learning app Duolingo is incorporating it to explain mistakes and to allow users to practice real-world conversation.

Source: Bloomberg

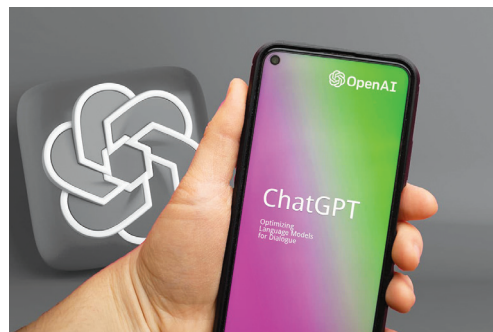
But now it's goodbye to ChatGPT and hello to ChatGPT-4 — an even more powerful tool, sure to send even bigger ripples across the world. So what is GPT-4, how powerful is it, and how can you use it? Here's everything you need to know:

What is ChatGPT-4?

Let's start with the name. The Chat section speaks for itself — a computer interface you can interact with — while GPT-4 is short for “generative pre-trained transformer 4.” That means it's the fourth iteration of the OpenAI software that has analyzed vast quantities of information from across the internet to determine how to generate human-sounding text and give users detailed responses to questions.

How does ChatGPT-4 differ from its predecessor?

Anyone who has researched ChatGPT will know its limitations. It's been criticized for giving



inaccurate answers, showing bias and for bad behaviour — circumventing its baked-in guardrails to spew out answers it's not supposed to be able to provide. The argument has been that the bot is only as good as the information it was trained on. OpenAI has spent the past six months making the new software safer. It claims ChatGPT-4 is more accurate, creative and collaborative than the previous iteration, ChatGPT-3.5, and “40% more



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