

TDMC TIMES

38/39 Maker Arcade, GD Somani Marg, Cuffe Parade 400005.

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LOCKDOWN SPECIAL

THIS IS A VERY SPECIAL EDITION WHERE WE CELEBRATE ALL THOSE PEOPLE WHO ARE DOING THEIR BEST TO HELP SUPPORT THE COMMUNITY DURING THE LOCKDOWN.

DO CHECK OUT THE WORK THEY HAVE BEEN DOING AND HELP SUPPORT THEM IN ANY WAY YOU CAN.

1. CUFFE PARADE RESIDENTS ASSOCIATION (CPRA)

To start out, a huge shoutout and thanks to our local residents association for taking care of all the residents. The amount of work that the body has done is extensive and is not within the scope of our newsletter to mention. However, here are a few lines about the impressive work the CPRA has done to keep us and our fellow citizens safe and healthy during the lockdown period.

They have regularly sent out advisories and messages for social distancing and proper COVID etiquette. Various society notices for handling of staff and deliveries. They were instrumental in shutting down public areas like BVM and CPRA Greens Gardens

The Association also distributed masks and safety gear to the Police force at Cuffe Parade Police Station as well as all the societies for the well being of the building staff and watchmen

Various systems to enable the society to tackle the virus and for our well being were set up by the CPRA such as contact less services for food and essentials ordering, passes for residents, meals for our senior citizens, to online/telephonic consultations with resident doctors.

The CPRA also ensured that all the societies were sprayed down and sanitised regularly during the lockdown period to help battle the virus.

2. Dr. VISHAKHA SHIVDASANI (Family Physician/Nutritionist)

 @doctorvee

The current Covid scenario, has stalled everyone's life. Vaccines may take another year and while various studies are on in full swing for different drugs as possible treatments, we don't know how long it will be before we have a treatment either.

The only thing we do know, from studies across the world is that age and co morbidities like diabetes, heart disease and obesity

are definite factors for complications and increase rate of mortality. Dr. Vishakha states that we need to understand that these co-morbidities are reversible and that we need to work on building our immunity to reduce complications and death rate. She has written extensively on how to enhance immunity in various publications like CNBC, Indian Express, Vogue etc and she routinely puts up posts and videos on her Instagram for the same (@doctorvee). She urges everyone to seek correct medical guidance as it is our best bet to survive this virus. Eat real food, supplement correctly, sleep well, exercise and keep stress down is what she has to say.

Personally, she has volunteered to give Covid-19 related medical advice (on Whatsapp only) to the members of CPRA as social service. She has also done an Insta live for CPRA members on immunity.

Dr Vishakha Shivdasani is a family physician with a special interest in reversing chronic diseases like type 2 diabetes, PCOS, obesity etc. through lifestyle and nutrition. She has clinics in Maker Arcade and Bandra and provides online consultations.

Clinic Contact no: +9122 22164000/ +91 8433855477



3. Sahil Dhandhia (Singer/Songwriter)

 @sahildhandhia

Sahil Dhandhia is a singer-songwriter, live performer and recording artist in Hindi and English based in Mumbai. He has been a full time musician since two years. Prior to that he worked in the family diamond business for 10 years after having procured his engineering degree from Stanford University. He is known for his soothing soulful voice and simple melodies that everyone can relate to. He regularly performs commercial Bollywood/Western music gigs for private/



corporate events as well as indie gigs. During lockdown, he has been putting out more content on Instagram to keep his fans entertained. Thank you Sahil!!

Send us your feedback, thoughts, opinions, heck just say hello to us and we'll respond right away!!



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4. Lokashi Aggarwal (Pet Groomer)



@lokashi_pawfect

Since its' inception in 2010 Pawfect - The pet Salon and Spa has been providing all kinds of grooming services for dogs and cats.

Lokashi is extremely passionate and caring when it comes to her pet clients and treats them just as her own.

During the lockdown since its extremely difficult for her to provide grooming services, she has been actively engaged in providing grooming tips (ear cleaning, nail cutting, dry baths, de-shedding, tick prevention etc) on her Instagram channel. Not only does this help the pets stay clean - but also encourages positive bonding between pet parents and their pooches. Do go check her page out if you need any help with your furry friend.



5. Shikha Dhandhia (Stylist)



@shikhadhandhia

Shikha is a personal shopper and stylist and will ensure that you will look smashing coming out of the lockdown period.

She had started her styling career under celebrity stylist Shaleena Nathani, working with the A-listers in the Bollywood industry, and now she wants to bring that sense of style to everyone possible.

Her portfolio of services include wedding shopping and styling (for brides, grooms and their families), wardrobe consultation, personal shopping, photoshoot styling,

as well as styling workshops for individuals, clubs and corporates. During the lockdown she has taken to making videos showing you how to make masks at home ensuring your protection. You can also check out her website at <https://www.shikhadhandhia.com/>

6. Kanika Ranka Artist

 @the_studioproject

Kanika works with the concept of wearable art and hand paints on bags, shoes and jackets amongst other products to create a one of a kind piece for our clients. During this lockdown period, she has been uploading simple DIY tutorials on her Instagram for all her followers to keep them engaged & creative! She focuses on up-cycling products with materials that are easily available at home/kitchen.



So head over to  @the_studioproject & let the creative juices start flowing!

7. Cuffe Parade Animal Welfare Group (CPAWG)

This an amazing group of like minded animal lovers who truly believe in the philosophy that stray animals are not to be considered as orphans but rather a collective responsibility of the community and must be treated as a “community pet”. They have come together to work tirelessly for such

animals. CPAWG has carried out various drives and programmes (scoop the poop, reckless driving :a danger to animals and humans alike, cat sterilization, dog sterilization to name a few) to ensure the animals in our area are cared for.

The group also provides all community pets in Cuffe Parade and the surrounding area with emergency and regular medical assistance.

CPAWG ensures that all the 80 community pets in the area (figures obtained by their own survey during regular vaccination drives) are fed with nutritious meals on a daily basis.

CPAWG has an ongoing feeding and care taking programme for all the community pets. Your contribution or help in any way will make a huge difference to them. Please do contact Mrs.Smita Shah: +919920349177 for further details.





8. Anandini Fernandes
Criminal Lawyer



@anandinifernandes



@onefamilysoupkitchen

All of us presently find ourselves living in exceptional times, however some of us are much more severely affected by this lock down.

Anandini feels a profound sense of responsibility to help alleviate the suffering of people less fortunate.

Some of the ways she is

making a difference are:

1. Midday Meal Program with the Dharavi Art Room - Due to the closure of public schools, many families dependant on the usual midday meal program are affected. The one family soup kitchen, has been conducting a midday meal drive for such kids since Friday, 20/3/2020.
2. Adopt A Meal
3. Street Light Education Foundation -The foundation is distributing food kits to daily wage workers construction site workers, orphanages and various slum areas and others facing hardship. The kit cost ranges from Rs.130 to 170/- and provides food for a week.
4. Rohingya Refugees - Their chief source of income has been from rag picking. Due to the current outbreak of Covid -19, their unhygienic living conditions and lack of daily income make them especially susceptible to the disease.
5. Rotighar Kitchen- If you want to provide cost effective meals of dal, rice and pickle to those who need it at just Rs. 25/- per meal.

She has been working consistently to organise funds for these various organisations and does a lot of the work herself. If you would like further details or would like to help with any of these organisations please do get in touch with her.

9. Azhar Ali Sayed (Health Coach)

 @azharalisayed

Azhar is a Fitness and Personal Health coach with over 17 years of experience in the field of Health and Wellness. He's a fitness enthusiast educated in Clinical and Sports Nutrition who aims at making a positive change in people's well being. Azhar started ProjectNow with the aim of helping people take care of their health by way of personalized, training and lifestyle protocols enabled by technology to reach clients across the world.

ProjectNow comprises a team of trainers and professionals that have positively impacted over 500 lives globally. During the unprecedented Covid19 lockdown, ProjectNow conducted multiple free sessions and many other open-for-all sessions to help people stay fit and active.

Azhar regularly shares informational content on various platforms on a daily basis to help people stay healthy and you can stay updated by following him on blogs.projectnow.in / www.projectnow.in/ LinkedIn - azharalisayed



10. Nehal Bellani (Reiki Healer)

 @thesoulfulserenity


Nehal Bellani is a Reiki Master and a healer from Bangkok. During the lockdown she understands that many people are going through various different problems such as anxiety, fear etc. To help everyone out during this time she does her small bit by conducting meditation sessions on ZOOM for free. Meditation gives the person a chance to go within and tap into their own wisdom and experience. Nehal also offers distant reiki sessions for anyone who would like to go deeper and work on themselves. For some soulful healing check out her instagram page or contact her at nehalbellani@gmail.com

And finally, what have we been upto, you, our dear reader may ask during this lock down period?

We at TDMC have been honing our skills and working on new protocols to make your treatment and journey at our clinic more efficient and most importantly safer than ever before when we open.


We have ensured that all our staff is trained in BLS - Basic Life Support (even the front desk) and our doctors are trained in ACLS (Advanced Cardiac Life Support). We also have certified ourselves with courses from the WHO for better understanding on how to deal with COVID-19 keeping your safety in mind.

We are gearing up just to help keep you safe! As dentists we are at the highest risk of the Corona Virus due to the aerosol produced during dental procedures. Personal Protective Equipment(PPE) both for you our dear patients and ourselves are on the way and were looking forward to getting back to treating you as soon as possible.

We have also started an Instagram live session once every week and are looking forward to hearing from you about the various topics you would like us to discuss. Please do follow us on  @therapeuodental for all our live sessions as well as daily informative posts and stories to keep you well informed about anything regarding your dental health.

 @therapeuodental

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