



AMHS CONNECT

OCTOBER '20

FROM THE EDITOR'S DESK



Dear Modernites,

Firstly, a huge thank you to all for your wonderful contributions that made our 'Teacher's Day' issue so special. For days on, we continued to receive encouraging feedback that kept us all smiling.

Come October, and there's only one thing in every heart - Maa asche. Every year we look forward to this month as we welcome Maa Durga, who descends from her world with her children to be with us for a few days. And leave our world transformed in every possible way!

This year the spectacle and celebration will be somewhat muted of course. But our prayers to her, to reign over evil will no doubt be ever sincere and heartfelt.

Finally, may I just say that it is a genuine privilege to be a part of the team that puts together this communiqué. We hope you'll reach out to us with any ideas or suggestions you might have.

Happy Pujas and do stay safe!

- Supriya Newar
Batch of 1994

ALUMNI COMMITTEE: 2020-21

The AMHS held its AGM on 29th September on a virtual platform and we are glad to introduce the new Alumni Committee to our members.

President

Shailaja Mundra

Vice President

Dr De

Secretary

Sushma Nevatia

Joint Secretary

Ritu Singhania

Treasurer

Rewa Kajaria

Joint Treasurer

Archana Poddar

Committee Members

Sunita Bagree

Lily More

Sandhya Jalan

Urmi Basu

Kritika Bagaria

Harshita Goenka

Payal Khetawat

Sarika Pasari

Vasundhara Sawalka

Vineeta Jhunhunwala



THE HOMECOMING

Durga Puja Season~ The Great Bengal Autumn Festival

Autumn curls in...
Curls into our senses...
With the breeze turning more breezy and the sky turning more blue...
It curls into our senses like the upward curve of a smile...

Yet, it is perhaps with the day that we celebrate the God of Engineering and Mechanics,
the day we fly kites into the blueness of the sky, that we get the first whiff of dhuno of the season...
And the madness starts...every year!
The Autumn Festival of Bengal is unparalleled
Saradotsav!
Durga Puja!

Yes, it is the worship of the Mother Goddess, an incarnation of Shakti.
And She comes home.
To her parents house .
Along with her children
To be pampered and loved.
After fighting with her husband.

It's the season of homecoming.
Along with the the Devi or Mother Goddess, the divas on earth also come home,
back to their parents house, in an annual homecoming ceremony.
So do the men who live outside Bengal.
So do students.
This is the time to touch base with what made you, who you are and who you will become.
It's the annual touchdown to base time.
To gather the kaash and shiuli in your hands. Or inhale the heady aroma of the mutton cutlet and fish fry that you grew up with.

There is much more to Durga Puja than Durga Puja.
The planning starts months ahead.
At a macro level it is an industry.
Planning for the Pandal, the temporary edifices that come up,

each a wonder in itself.
The artwork and the light work and the sculpture of the Devi pratima (idol)
competing for prizes.
And then there are the accessories
The Souvenirs, the sponsorships, the cultural events . All planned to meticulous details.
At the micro level it is a celebration
For each individual
Resulting in a wave of revelry.

Those who are out of town plan the tickets and itinerary.
Those who are here plan the itinerary and the welcome agenda
But everybody shops
Till they drop
And they shop everything.
Clothes, accessories, jewellery, shoes, electronics, books, home decor items
Its shopping mania time
Gifts to give
Gifts to receive.
A new outfit for each day of the Puja.
A new outfit to sit for the ritual
A new one to go pandal hopping
A new one to show off to your girlfriends
The young count the numbers and show off to their friends
The older lot lose count of trying to mannaage budget and deals.

And so Autumn spreads itself within us.
In headiness
It comes up with the bamboo tied together to create the makeshift temple
It takes shape through the artisan's hands making the Devi Pratima
at Kumartuli and other Artisan hubs
It jostles into place amidst the rush of shoppers at Gariahat and New Market
And through the telephonic affirmation between families separated by continents..
That yes they are coming...
They are coming home.

- Ipsita Ganguli Batch of 1991

Ipsita Ganguli has worn, and continues to wear many hats. Her poems have been published in several national and international e zines and anthologies.
Her solo compilation of poems 'Of Love, Longing and Random Pondering' is available on Amazon.in and in select stores all over the city.



THE VEGAN LIFESTYLE



Shraddha Agarwal Saraogi
Batch of 1989

A vegan cooking enthusiast! She now curates her own plant-based recipes and conducts cooking classes with SHARAN. Her secret ingredient to all her recipes is to season with love!

DENTAL HYGIENE



Dr. Kanupriya Goyal (Kajaria)
Batch of 2004

Went on to do my BDS in Karnataka under Rajiv Gandhi University for Health Sciences. I further did my advanced education in Prosthodontics from New Jersey and Esthetic dentistry from Buffalo, NY.

Currently, I am practicing in Kolkata for almost 10 years now.



ALUMNI OF MHS MEMBERSHIP DETAILS

Fee: Rs 4500
(for life membership)

Website: <https://mhsalumni.in>

For queries, contact:

Ritu Singhania:
+91 98302 49817

Urmi Basu:
+91 98310 90103

I started my journey of healthy living a long time ago when I began getting constant migraines and headaches. For this, I was prescribed heavy medication which only seemed to suppress the pain instead of eliminating it completely. As with all allopathic medication, they only serve to treat the symptoms, and not the cause. However, the biggest wakeup call for me was when I saw my mother getting side-effects from the medication she was taking which would often cause her to hallucinate and have depressive moods. I knew I did not want to go down this route. So I began searching for alternative ways of healing which began with yoga and meditation which began to alleviate some of the pain.

However, last year when my husband was detected with diabetes upon already suffering with cholesterol and high blood pressure, we decided to have an entire lifestyle change which would promote a natural way of healing. We were introduced to Sharan which is founded by Dr. Nandita Shah. She introduced us to a whole food and plant-based diet. By following this, it began to improve my husband's problems and within 9 months he was free of all his ailments. You must be wondering, what is a whole food, plant-based diet? Firstly, only eat food that comes from plant- no meat or dairy. We only follow what nature has intended for us like fruits, vegetables, grains, pulses etc. Secondly, we eat everything whole – meaning we eat everything with the skin on because all the fibre lies within the skin which helps to clean our arteries and cells. Thirdly, organic foods should be eaten, as this prevents us from ingesting the carcinogenic chemicals that are used to commercially grow fruits and vegetables. Lastly, we should keep a check on our vitamin B12 and D3 levels for our well being.

Following these guidelines, making lifestyle changes in addition to yoga and meditation has led me back to good health and wellness with a life of no prescribed medications. We are now building a culture of happy and healthy living, would you like to join?

Our childhood experiences go a long way in shaping both our personal and professional lives. Good quality seeds sown timely and nurtured properly can only lead to fruit bearing plants. One of my most vivid memories of school is – sitting in Class 8B and Dr. De walking in to take our first Biology class. That's where my love for the subject began and after that I never looked back. It is because of the seeds of passion and dedication sown by her that I am a dentist today.

One of the most important and unfortunately neglected health related issues is oral hygiene and this is what I want to talk about today. Lack of oral hygiene affects not only our teeth and gums but also major organs especially the heart. Oral health is a mirror of our overall systemic health. We can maintain good oral health by following a few simple practices and these should be inculcated in our early childhood itself.

Let's address some of the most commonly asked questions:

1. Which toothbrush should be used?

Ans. Any small head toothbrush which has soft bristles should be used. Avoid using medium and hard bristles. If you have sensitive teeth, opt for an extra soft toothbrush after consultation with your dentist.

2. Which toothpaste should be used?

Ans. Any toothpaste containing fluoride can be used. Try to avoid gel based and whitening toothpastes as they are more abrasive to the enamel.

3. How long should we brush?

Ans. Ideally for 2 minutes but more than the time, the brushing technique is important. Brush should be done in a vertical and circular direction. There are plenty of videos available online.

Brush twice a day, before going to bed and AFTER BREAKFAST.

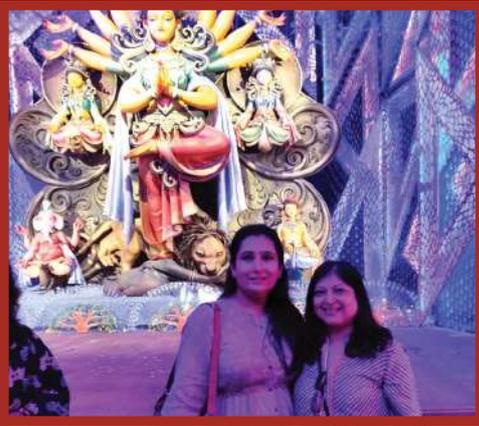
4. Is flossing important?

Ans. YES YES YES!!! I cannot emphasise the importance of flossing enough. You must floss everyday. Do not think that they will create gaps between your teeth. If you find flossing difficult, switch to a water flosser.

5. Which mouthwash should be used?

Ans. None, until and unless you are prescribed something from your dentist, kindly do not use any over the counter mouthwashes.

MODERNITES SOAKING IN THE FESTIVE FERVOUR WHILST PANDAL HOPPING



FEEDBACK CORNER

Enjoying the Alumni monthly newsletter? Share your feedback and comments and we'll publish the best ones in our next edition. Write to us at amhsconnect@gmail.com



Congratulations! What a delightful mix of articles, poetry, art work and photographs! Thank you.
- Devi Kar

Congratulations to AMHS for Girls, President Shailaja Mundhra and her wonderful team members. It is a pleasure to see how beautifully you all are blossoming. The AMHS Connect is making a remarkable effort to encourage ex students to once again Connect with our Alma mater and enhance their talent as they reveal their thoughts and feelings. My love and best wishes to you all. - Nalini Sicka

I have no words to express my thanks to all the lovely AMHS girls for this beautiful gesture. I am so touched. Stay well and happy and may we always keep the MHS flag flying high.
- Amita Prasad

Hi all. Loved the Teachers day newsletter..It feels wonderful to connect back to so many of our old teachers and read about their memories in MHS and receiving their blessings. Kudos to the AMHS connect team for the wonderful newsletter.
- Sunita Kothari Bagree Batch of 1988.

Designed by: GraphicsQue - 9874891891
Harshita Goenka (Batch of 2010)