ALUMNI NEWSLETTER
JAI HIND COLLEGE

CIRCLE of FRIENDSHIP

SHARE. LEARN. SOAR

GREETINGS, FROM JAI HIND COLLEGE'S ALUMNI ASSOCIATION

We hope you enjoy reading this newsletter, & look forward to sharing some more of our achievements & stories with you in the next issue.

For more information, visit our website: www.jaihindalumni.com

IN THIS ISSUE:

- Cover Story 1 - Dr Preeti Chhabria & Dr Aashish Contractor
- Cover Story 2 - We are proud of our young alumnus - Mr Tejas Thackeray
- Awards & Achievements - Covid Warriors - Dr Rishma Pai
- Comments
- Alumni Speak - Aakash Sikka, Mr Ravi Khubchandani, Mr Ashish Thakur
- Obituaries - Ms Usha Hingorani, Dr Urvashi Shivdasani
- Newsletter Appeal
- Committee List

Dear Alumnus,

Greetings for the festive season. May the festival of lights illuminate your lives forever. May you always be healthy and safe.

Hope you enjoy reading this issue of the Newsletter.

We appeal to you to share success stories of fellow Alumni whom you are in touch with for us to feature in the Newsletter.

We also look forward to your valued inputs & feedback on the Newsletter.

Do intimate us of any changes in your contact numbers & Email IDs & assist us in connecting to other Alumni by sharing their details.

Take care of yourself

Warm regards.

Jyoti Thakur

Secretary Alumni Association &

Executive Coordinator

Managing Board

COVER STORY 1 - DR PREETI CHHABRIA & DR AASHISH CONTRACTOR

CIRCLE of FRIENDSHIP
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Two Medical stalwarts, in different fields, commenced their scientific journey at Jai Hind. They share their experiences........

Jai Hind has been a springboard to very diverse professions and career paths. From the outside while the field of medicine may appear homogenous, it is extremely intricate and esoteric. Here we talk to two of our Alumni who are practicing at Sir H N Reliance Foundation Hospital with extremely varied interests and specialties.

Dr. Preeti Chhabria M.D.(USA)

Board Certified, American Board of Internal Medicine.

Director Department of Internal Medicine and Geriatrics.

Sir H.N. Reliance Foundation Hospital, Mumbai.

Jai Hind in the 1980s was an undisputed center of excellence and a revered status symbol. I was at Jai Hind for only two years during my HSC Science but it was a formative experience. I was interacting with highly motivated young men and women, the best of the best, all aware that this institution brought us together to learn from each other, develop life-long relationships, and for many of us, propel us into the professional careers in service of our community. Jai Hind fulfilled all it promised and more. I had the best of teaching, excellent extra curricular activities, a safe haven, and a very impressive brand name. More than all that, it introduced me to the larger world, and imparted life skills that I could not have envisioned.

During my 35 year journey as a medical professional I am humbled how these early life experiences allow me to empathize with my patients and their families today. Often to the point, I can comprehend the unsaid, their unspoken fears, by closely observing their body language, tone of voice, or even silence. This has worked to my advantage as I can quickly turn the medical interview into a

very focused and fruitful endeavor. This skill has served me well during the current pandemic where most of my work has been in the virtual world via teleconsultation or video consultation. I have consulted with people virtually in hospitals, as well in their homes in India and abroad.

My area of expertise is geriatric medicine (medical care of the elderly). Telemedicine has turned out to be a major boon for my senior patients. While in the prior days my seniors would need a ride, a family member to take time off to bring them to visit me, now with a zoom or a call I am able to enter their homes, see how they live, see how they walk in their homes and gauge their ease with their daily activities. All without subjecting them to additional risk of Covid-19 exposure. The digital window provides safety for all, and while it is time consuming for the physician, it also maintains the sanctity of the doctor patient encounter. My major medical work over two decades has been in the US, so it is second nature for me to base my practice routines on evidence-based practices. I find that the trends globally also strongly favor telemedicine. Major insurance companies and even Government insurance (Medicare) are supporting this wholeheartedly. In Mumbai, my workplace, the Sir HN Reliance Foundation Hospital is adopting such practices aggressively. Globally there is a consensus that even after the pandemic ends digital medicine is here to stay because of the ease of access and interaction it offers patients, limit on carbon footprint, and additional social benefits.

My appeal to all readers of this article is, find some senior neighbors or family members with whom you may form a social bubble. Please train them on the use of a smart phone or any other hand held device. This connection with the virtual medical world will hold the elders in great stead. Technology enables our seniors to have a direct connection to an ambulance and a hospital emergency department. Technology allow us to monitor their important medical parameters in real time. Use of technology increases their independence which is so vital to them. While the old school doctor in me still yearns to touch and examine my patients, I remember my professors who taught us that 80% of diagnosis is listening to what the patient says, what professionals call a history. As technology advances, artificial intelligence and machines will empower medical professionals in inconceivable ways, but more importantly it will make healthcare human again by allowing the physician to focus time on what truly matters – connecting with the person. When my patient longs to touch my head to bless me they reach out to their screens and touch it, and that feeling is just as priceless. Let us collectively do our bit to enable the seniors in our community lead a happy, healthy and productive life which they deserve.

Dr Aashish Contractor

Director, Rehabilitation and Sports Medicine

Sir H.N.Reliance Foundation Hospital Mumbai

Unlocking your Exercise

We live in strange times, indeed. In the year 2019, if someone had told you that a rectangular piece of cloth, which can barely cover your face, would become, not only the saviour of the world, the following year, but would also be a potent symbol of political division, within the United States, you would probably dismiss them, at best, and question their sanity, at worst. But still, here we are in the middle of 2020, and that's exactly what's happened. Covid-19 has disrupted life as we know it, and this has taken a huge mental toll on most people around the world.

One of the things that has helped me keep my sanity has been exercise, especially exercise in the outdoors. Marine Drive has been my happy hunting ground for years, and continues to be so in the pandemic. Besides, the beautiful sea view, it allows me to run past my Alma Mater, Jai Hind, which always brings back fond memories. Though I was only there for two years, they were formative years and can never be forgotten. The late 80's (gosh, that's a long time ago) were innocent times, compared to today. Spending several hours on campus, and an equal number outside it, I must add, were some of the best years of my life. The college canteen was a mainstay, and when a new' snack bar called,' Treat' opened up on 'A' road, it seemed like a momentous occasion. I'm sure it will take a lot more to excite today's youth.

Exercise is an important part of life and the committed have somehow managed in the confines of their homes for the past several months. But, there's only so many times you can run around your house, or climb up and down your building steps and post it on social media. Here's a guide on how you can get back to exercise, in a manner which minimizes your risk of catching the virus.

What do we know for sure?

Our knowledge of the virus is changing every day, but we know the most important ways of avoiding it, with a high degree of certainty.

1. Physical distancing (I prefer this term to 'social distancing')

2. Masks

3. Hand hygiene

Conversely, we also know the situations which put you at highest risk. This is summed up nicely by

the Japanese health ministry as the 3 'Cs'.

C- Closed spaces with poor ventilation

C- Crowded places

C- Close contact settings, such as conversations

Exercise and Immunity:
Regular exercise has been shown to boost immunity. Having a stronger immunity is clearly an asset at a time like this. However, this is not a case of 'more is always better.' Research has shown that exercise and immunity have a 'J-shaped relationship', which means that the best immunity is attained with moderate levels of exercise. Not exercising at all, and excessive exercise lead to lowered immunity as compared to moderate exercise. If you have been exercising, during the lockdown, continue to do so at your usual levels, but do not increase it dramatically. If you haven't been exercising it might be a good time to start a moderate program, such as brisk walking.

Exercising Outdoors:
In general, the risk of viral transmission is significantly lower outdoors, than indoors, which is a great advantage to start with. A big question that arises, is whether to wear a mask or not- with a lot of misinformation being spread on social media. While doing low or moderate intensity exercise, such as brisk walking, wearing a mask should not be uncomfortable, and I recommend having it on.

19068
BIRLA
YRES
table!

However, when you start running, the degree of discomfort might increase, and you might want to lower your mask. Most guidelines recommend you stay 6 feet away from those around you.

However, during exercise, I would suggest doubling the distance to 12 feet, since, the respiratory droplets may travel further. I know that's not possible for most people living in crowded cities, so here is a practical suggestion. Try and exercise using routes, and timings, such that you come across the least number of people. Have your mask on, but lower it when no one is around you, if you feel the need. When passing through an area, where you cannot maintain the required distance, raise the mask and cover your nose and mouth. You can lower it again, when clear of people. Stories about carbon dioxide poisoning with masks, have no scientific basis, but if you do feel suffocated when wearing a mask, talk to your doctor.

Most outdoor sports activities, like tennis and golf, where distance can be maintained are safe by themselves. Often, it's the congregation after the activities, or in the dressing room, which are the problem.

Exercising Indoors: getting back to the gym:

This is a tough one. In general, closed and confined spaces carry a higher risk, however, with the appropriate precautions, it should be possible to get back to your workout in a relative safe manner.

- Gyms should take in clients by appointment only, to ensure adequate spacing of at least six feet between people.
- Keep your mask on, and lower only when necessary. Moderate intensity workouts can be done with the mask on, and it can be

lowered temporarily during high intensity intervals.

- Sanitize weights and machines, before and after use.
- Larger facilities, with high ceilings and good ventilation, are safer.
- Wash your hands frequently.

What's your risk appetite?

Apart from living alone in the wilderness with no human contact, every other situation carries the possibility of catching the virus. At the end of the day, it's a continuum of risk, ranging from minimal to very high, and you need to understand the relative risk of each activity and undertake it, as per your risk appetite. Exercise, with adequate precautions is certainly safe and much needed to unlock your body and mind. And remember, while walking down memory lane, is a great mental relaxer, it does not qualify as exercise

COVER STORY 2 -

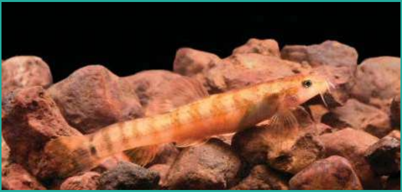
WE ARE PROUD OF OUR YOUNG ALUMNUS - MR TEJAS THACKERAY

Tejas Thackeray Alumnus of JaiHind College is a keen explorer & taxonomist.

With 5 years of experience and a passion for aqua diversity this young man wears his achievements lightly on his shoulders.

So far he has discovered 28 species & 1 new genus the latest one being the aqua 26(2)_Schistura hiranyakeshi

https://aqua-aquapress.com/product/aqua-262_schistura-hiranyakeshi/



AWARDS & ACHIEVEMENTS

COVID WARRIORS - DR RISHMA PAI

Honoured and thrilled as President of the Mumbai Obstetric and Gynaecological Society(MOGS) to recieve the prestigious 'Covid essential heroes award' during the CSR Health impact awards function, by the IHW Council. The 'MOGS V Care and Share' Programme which we started in May 2020 when I took over as President, has reached out to resident doctors who are the real frontline workers ,going through immense and unimaginable difficulties in providing care to the millions of pregnant or suffering women of Mumbai and also to the women we serve. We have provided essential protection gear PPEs, N95 masks, sheilds, Pulse oxymeters, Thermal scanners, Fetal Dopplers , NST machine etc to Sion, Nair, KEM , Wadia, JJ , Cooper, Cama , Bandra and Kurla Bhabha, Magathane, BDBA , VN Desai hospitals. Breast feeding mothers in Nair , Sion ,Cooper and KEM hospitals were provided self care kits and protein supplements. Immunity boosters and nutritional supplements were provided to hundreds of frontline hospital doctors recently. This award is a recognition of our ongoing committment to help those most in need during these difficult times. Special thanks to our core team Dr Anahita Chauhan, Dr Hrishikesh Pai, Dr Nozer Sheriar, Dr Rajendra Sankpal , Dr Atul Ganatra,Dr Nandita Palshetkar, Dr Jaydeep Tank ,Dr Sarita Bhalerao, Dr Niranjan Chavan, Dr Suvarna Khadilar and to many others who have helped us and donated generously. MOGS is a charitable organization and we also seek your help in being able to continue this good work. Pl contact us and donate on www.mogsonline.org

2020/8/21 12:25

COMMENTS PAGE

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Dr Hasina Sayed
"Once again and as always..newsletter has lived upto its expectations and this one goes beyond expectations!!! We so proud of all our alumnus! "

Mr Vikram Nankani
"Congratulations Jyoti and kudos to you for keeping this live and buzzing"

Mr Nitin Kasliwal
" Congratulations , well done "

Mr Raju Subramanium
"Congratulations Jyoti
Keep it going"

Ms Poonam Mahtani
"Amazing .. brings back the fondest of memories not to forget our famous canteen "

Mr Mihir Jain
"Fabulous work mam. You have grown this magazine so beautifully "

Ms Shubhika Davda
"So much hard work"

Ms Shenaz Bhadha

"Reading this interview brought back memories of our good old days at Jaihind college. And yes not to forget those heart shaped pattice at our canteen ,but more than anything its a blessing and a pleasure that we still are the best of friends and I wouldn't trade that for anything in the world "

Ms Dimple Shah

"As a fellow Jaihindite, this was such a joy to read! All the familiar professor names n the hangouts, very nostalgic"

Mr Hiren Gosalia

"Circle of Friendship provides Creative information which flows very well. Word count limited & keeping it brief as possible takes great time & efforts.
Truly Iconic"

Ms Meena Saxena

"Wonderful reading about our illustrious Alumni... Delighted and proud to see our Alumni doing so well professionally !!!!
Kudos to you for all ur efforts during limited school resources "

Ms Purveen Dubash.

" Going through the excerpts ,I was instantly connected to our super successful Alumni and just felt so proud to be a part of the prestigious institution. Good luck and God bless "

Ms Sonal Sethna

"Newsletter's design is superb. It's very informative. Our Alumni are high achievers in so many fields. It's heartening to know that. I'm sure there are many more. Congratulations to you & your team. In this time of pandemic you have done a marvellous job"

Ms Sangeeta Singh

"Dearest Jyoti,
Kudos to you and your team for putting together such an informative and interesting Newsletter.. It's absolutely all the more commendable in this unreal situation we are in..
Congratulations on your relentless pursuit to continue work despite the odds being faced..
Good going"

ALUMNI SPEAK

AAKASH SIKKA

Mr. Aakash Y Sikka- is currently associated with BDO India LLP as an Associate Director inHuman Resources (HR). Prior to joining BDO he was associated with PwC and Cipla Pharmaceuticals. Aakash has an experience of over 12 years in the field of HR. He graduated from Jai Hind College in Commerce in the year 2005 and did his Diploma and then Master's in Human Resource Management from Mumbai in 2008. As Aakash looks back into his journey 15 years ago he is always grateful to his college professors, the support staff and his friends for the fondest memories and experiences JHC has given him.

1) **What is your fondest memory of the College?**
   It would be very unfair if I said its only one as spending 5 years in JHC was fun. However recounting on a few it would be - being elected Class representative 5 years in a row . Absolutely loved the attention without a doubt being the one point of contact for all the Professors . The second one and the most interesting was to go on stage and participate in a fashion show for Hindi Parishad & even choreographing a fashion show at the last minute. Another one surely was getting selected to participate in the very prestigious Personality contest , to stand there in front of 500+ people and celebrities/chief guest was a different experience all together.
2) **Your favourite hangout spot in College?**
   Has to be the canteen – and have chana samosa with tea. It was not only the cafeteria but also the staff members like Prakash, Madan (to name a few) who made a difference. Apart from the canteen it was the famous steps of JHC where there was never a dull moment
3) **Your favourite Professor?**
   Has to be Prof Harver and Prof Iyer – they are the best. The knowledge they have about their subject and the way they taught us was brilliant.
4) **Your message / advice to the current students?**

Enjoy this time – however at the same time don't forget that you need to maintain a balance between academics and leisure These are the best years of your life wherein you need to learn to unlearn various things and meet people from different walks of life. This college has given some of the best names to the country and we must give our best shot in achieving our goals. Like Late Prof Shivdasani always said – you would have seen students from many colleges, but you will never find anyone as good as a Jai Hindite

MR RAVI KHUBCHANDANI

Ravi joined Jai Hind in 1983 studying for a Higher Secondary Certificate in Science. After Jai Hind he studied Electronic Engineering at the Thadoomal Shahani Engineering College, Bombay, but his foundation of Science was laid in the early years at Jai Hind.

Ravi acknowledges that at Jai Hind "I was introduced to an environment that not only helped me build on my academic interests but it provided me with a platform to interact with students from varied cultures and economic backgrounds studying Arts, Commerce, as well as Science.

Reflecting on my college years, I can now appreciate how Jai Hind shaped my personality for the rest of my career. The facility helped me realise my passion for engineering and today, I feel proud to say that I have constructed more than 51 buildings in Bombay and am currently developing the first ever Satellite Township in the Mumbai Metropolitan Region in partnership with Godrej Properties Ltd. spanning 11 million sq ft".

1) **Your Fondest Memory of the College?**
   I fondly remember enjoying some 'lip-smackingly delicious' samosas in our canteen.
2) **Your favourite hangout spot in College?**
   JHC has one of the finest campuses in the heart of Mumbai. While I loved all areas of the campus including the labs and classrooms, it was the foyer area where we could freely interact with friends and form meaningful relationships which I cherish, even today.
3) **Your favourite Professor?**
   All my professors played such a vital role in my education that it wouldn't be fair to just mention one.
4) **Your message/advice to the current students?**
   I would urge all of you to imbibe within yourself everything that Jai Hind has to offer and extract as much academically and socially because you are in a pivotal stage in your life and the knowledge you take away from the classrooms today will last you a lifetime.

MR ASHISH THAKUR

Mr Ashish Thakur studied at Jai Hind upto his 12th grade in Science & went on to do his degree in Electronic Engineering from VJTI. Entrepreneurship was his forte & as a result he is a very well established businessman today with business interests in varied fields. He is a very popular figure in the Social circuit of Mumbai.

1) **What is your fondest memory of the College?**
   Shining academically inspite of having a steady girlfriend (after we were selected Mr & Ms Jai Hind during the FYJC jam session day). We were awarded two tickets for a screening of "Summer of 42" at Eros!
2) **Your favourite hangout spot in the College?**
   The table tennis room next to the canteen...Bhagwan Gidwani's canteen delicacies was a close second.
3) **Your favourite Professor?**
   Prof. Shivdasani during my time (later he was Principal)
4) **Your message / advice to the current students?**
   Make the most of your time academically and in extra-curricular activities at Jai Hind.

OBITUARIES - MS USHA HINGORANI

Ms Usha Hingorani - Former Head of Psychology Department

A passionate advocate of this fine institution - Jai Hind College , she believed education was the foundation to success. A teacher and mentor who touched many lives over her 30 year career doing what she loved best. She always said , being around students kept her young and in touch with the new generation. She was an amazing mother and wife who was dedicated to her family and went above and beyond to help everyone succeed. She will be dearly missed and may she rest in peace.

DR URVASHI SHIVDASANI

REMEMBERING DR. URVASHI SHIVDASANI

"That woman is a success – who has lived well, laughed often, and loved much, who has gained therespect of intelligent men and the love of children, who has filled her niche and accomplished her task.

Who leaves the world better than she found it, who has never lacked appreciation of earth's beauty orfailed to express it, who looked for the best in others and gave the best she had."

– Unknown

On September 5, 2020, Jai Hind lost a stalwart of it's community - Dr. Urvashi Shivdasani.

Some of you may know her as a classmate; she attended Jai Hind as a Science student from 1970 – 1972 before going on to complete her M.B.B.S. degree. But, most of you will know her as the wife of Late Prof. N.W. Shivdasani, the former Principal and Executive Secretary. Together, they were affiliated with the institution for over 50 years.

If Prof. Shivdasani was the face and pillar of the institution (as he was often described), then Dr. Shivdasani was its graceful backbone. From acting as a doctor-in-residence to the faculty and staff, to playing host to everything from working committees, college functions and international delegations, she was a pillar of support for the entire community. Some people lead from the front, while others are silent contributors, working behind the scenes to ensure collective success. Dr. Shivdasani was such a player - loyal, dedicated and immeasurably selfless.

She often told Prof. Shivdasani that his first love was not her, but Jai Hind College. She was the wind beneath his wings, enabling him to take the College to new heights, while pursuing dream projects such as the state-of-the-art Annexe building. Her commitment to the College and the community meant that she took as much pride in the achievements and successes of Jai Hindites as the teachers did; she would proudly narrate tales of students who had gone on to pursue their dreams.

She had an innate understanding of people, and how she could help them. This quality not only made her an exceptional doctor, but also a much relied upon advisor, friend, mentor and counselor to many. From members of the Board and Alumni, to peons and watchmen, she nurtured relationships across the in spectrum. Her quiet and reserved demeanour hid a well of inner strength.

That she was able to do all of these things, while balancing her own medical practice and her children is a testament to her devotion. Despite the many hats that she wore, she was a dedicated and tireless mother to her two daughters, Kaajal and Tarana, and a caring grandmother to their children.

May the legacy of nurturing and caring for one's community left by Prof. Shivdasani and Dr. Shivdasani long live on.

INVITATION TO BE A MEMBER OF ALUMNI ASSOCIATION

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Alumni Association Jai Hind College invites all to be a part of Alumni Association.

PRIVILEGES & ENTITLEMENTS:

1) Life-time Membership of Alumni Association.
2) Access to the Data Base of Past Alumni
3) Entry to all Events hosted by Alumni Association such as Annual Reunions, Networking Meets, Celebrity Talks etc.
4) Employment/ Business Opportunities by linking with well placed Alumni from different walks of life.
5) Identity Card confirming permanent connectivity with your Alma Mater.
6) Memento/ gift from Alumni Association.

Register at the earliest & stay connected forever.

It is Your Moral Responsibility.

MEMBERSHIP FEES

1. Life Member: Rs.3000/-
2. Graduating Class: Rs.1500/-

Note : For further details contact Alumni Den, Ground Floor, Annexe Building or visit our website www.jaihindalumni.com

Sd/-
Secretary
Alumni Association – Jai Hind College

APPEAL TO THE ALUMNI

CIRCLE of FRIENDSHIP
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Dear Alumnus,

Greetings from the Alumni Association

We request you to share interesting stories, articles, happenings, achievements, awards & news related to Alumni of Jai Hind College that can be published & circulated

An earnest request to help us in this endeavor.

Secretary
Jyoti N. Thakur
Alumni Association – Jai Hind College

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